

Pacifica Tidings



DECEMBER 2018



A Note from the Executive Director

Happy Holidays to all of our amazing residents and family members! We have enjoyed an incredible 2018 here at Pacifica! We have incurred many positive changes in the community! Highlighting those changes were Dawna Wymore moving into the Activities Director role, completion of Dogwood and Cedar cottages with the remodel, Jeni Dightman joining the team in the position of Memory Care Director and the addition of some new amenities including; podiatrist visits, manicures and pedicures in the beauty salon and an upgraded menu for meals! We have enjoyed some good times in 2018 and they are sure to continue in 2019!

We have made the decision to revamp our nursing department and have a wonderful new team! Our new director is John Keshvari, who is joining us after several successful years in the business, not only as a hands on nurse but also as an educator for youth the last few years. We also have Virginia and Diane joining us as Wellness Nurses. Please take a moment to say hi and Welcome them to our Community! Finally I want to just wish everyone a Happy Holiday and remind you to enjoy family over the season!

Who am I?

I was born in Sidney, Nebraska. Moved to Idaho when I was two years old and grew up in Mountain Home, Idaho, 34 miles from the capital Boise.

I have five kids all grown up and they all live in the Boise area.

We have two dogs, Angel and Chewy. Angel is an Australian Shepherd Border Collie mix and Chewy is a Teacup Yorkie.

I have been married since July 7, 2007 to my wonderful wife.

Welcome to Our Community

Virginia Faber
Opal Griffith
Darlene Reimer
Bill Redfern
Bea Castona
Shirley Kalanquin
Dory Kelly

Activities & Special Events

Welcome to December 2018

We have a full calendar lined up this month with festive activities and adventures! This is the time of year to be with family, good friends and reflect back on all the precious memories we shared this past year.

We have Twinkle Light Holiday Drives planned this month. Also, the local Cub Scouts, Pack 36 will be stopping by to sing holiday carols for our residents. They enjoy visiting each cottage and bringing joy to all. A Kohl's Trip is scheduled for those shoppers with last minute gift ideas. Our Library Trips and Scenic Drives are on the calendar along with a run to Starbucks and a Dollar Tree outing.

This month's Happy Hour Entertainment is going to be a very special holiday treat for all. Naomi will be by later this month for our Holiday Party. Robbie will be returning along with Lee Howard and Dean Hayes. We'll see you again soon. Here's to 2019!

Wishing you Holiday Cheer and a Happy New Year!



Senior Spotlight: Pauline



Pauline was born in Vancouver Washington on February 23rd. She grew up in Vancouver with her sister and three brothers. After graduating from High School, she was hired on with Bonneville Power where she met her husband William.

Pauline and William were soon married and raised two children of their own, Sharon and Doug. Today she is a proud grandmother of four grandchildren. Two granddaughters from Sharon and two grandsons from Doug. William spent many years in College earning his Masters while Pauline took periods of time working for the Navy.

Looming yarn is her favorite pastime. She has made hundreds of hats all sizes for charity. Currently she is working on making hats for infants to keep their heads warm this winter. She continued to stay active in the community volunteering at Snohomish Senior Center for ten years covering the receptionist position.

Words Of Wisdom: "Try to spend each day filled with a purpose and do the things that make you feel useful."

Health & Fitness by

Roxie

We all know that exercising is a good way to lose weight... but did you know there are many other great benefits that come from daily exercises?

Lots of research has been done on the subject, and what has been discovered may be surprising. Just a 10-15 minute stroll daily can help reduce the risk of many diseases including cancer, diabetes, heart disease, etc.

In addition, the simple act of walking out and about in the community can help create better balance and mobility. These steps alone can help reduce falls in the senior population by almost 40%!

Exercising is also a wonderful way to relieve stress. Any number of calorie burning activities like: Yoga, Thai Chi or even Ballroom Dancing can help the body release natural endorphins that not only put us in a better mood, but also may help you sleep better at night. It can even reduce those stress-related tension headaches or migraines.

At Pacifica, we proudly support physical programs to help keep us happy and active throughout the entire community.

Feel free to join in on fitness fun with: Morning Exercises, Walking Clubs, SKEE Ball lessons and many more!

Birthdays



Chloe McCandlis	12/6
Constantine Andrews	12/8
Bo Henderson	12/25
Donald Newman	12/28

Happy Birthday To You!

Spiritual Activities

On Sundays, we are blessed to have Church Services provided by Saint Michaels Parish. They also offer us Communion; On Wednesdays Tim comes by to provide this special service for all of our residents. We also spend time reading uplifting short stories of hope and faith.

We are proud to offer Sunday Morning Sermons in Memory Care as well. In the afternoon we like to sing along with our favorite gospel tunes from our Hymnals. It's truly a spiritual experience for all.



Who Am I?

(answer)



Christopher Schultz

Maintenance Director

Management Team

Heinz Gehner
Executive Director

Roxie Stormo
Community Relations Director

Dawna Wymore
Activity Director

Jeni Dightman
Memory Care Director

Janice Kleespie
Food Service Director

Chris Schilz
Maintenance Director

John Keshvari
Residential Care Director

Nicole Jamison
Office Manager



*Pacifica Senior Living is committed to
supporting our communities,
residents, and the families we serve.*

*We strive to create a lifestyle of
independence, security, and peace of mind.*

*It is through our dedicated and caring
team members that our culture is
exemplified in service, accountability,
teamwork and compassion.*

*The right choice. The right time.
Welcome Home!*



PACIFICA
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Memory Care

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Welcome Home!