

# Pacifica Tidings



**PACIFICA**  
SENIOR LIVING

ELLENSBURG  
Independent Living  
Assisted Living • Memory Care

**December 2018**



## *A Note from the Executive Director*

If I could wish a wish for you, it would be for peace, faith, and happiness not only at Christmas, but for the whole year through!

I wish that there always be food on your table. That you always give to those less fortunate. May you always take time to share, and thank those who have blessed you.

I wish for time, so you may reflect on the blessings that you have, and that you express your love to those who are dear to you. May you never feel lonely, because there are those who care. That you realize: you are special, you are unique, you make a difference, not only at Christmas, but all year!

I wish for your thoughts to be positive ones, that you never quit, that you never give up, and that you continue to learn.

I wish for the love, and peace of God, to be yours always.

Merry Christmas!

~ Lena

## *Who am I?*

- ◆ I was born on August 30, 1822.
- ◆ I was the fourth of six children born to a Quaker family in Massachusetts.
- ◆ At the age of 15 I worked on the whaling ship, Emily Morgan.
- ◆ I have a red star tattooed on my hand that became part of my company's logo.
- ◆ My company's first day of business on October 28, 1858 sales totaled \$11.08, equal to \$312.83 today .
- ◆ My company is thriving today and has been featured in movies.

Do you know who I am?

## *Welcome to Our Community*

**Sandra Berger**

**Chelsa Stevenson**

**Larry Gemmill**

**Marge Cruse**


**Brent Croyle**

**Michael Alexio**

*Activities & Special Events*

*eat*   
**DRINK**   
*& be Merry* 

**Date:**  
12/19/2018  
01:00 PM

  
**Venue:**  
818 E Mountain View  
Ave  
Ellensburg, WA,  
United States, 98926

  
**Host:**  
Pacifica Staff  
509-925-1220

**Pacifica Senior Living Christmas Dinner**

RSVP by Friday, December 14, 2018      \$10 per person



Nail  
Spa Day  
with  
Terri



## Health & Fitness by

While the holidays are a time of gatherings with family and friends, they can also be a source of stress, as exercise schedules might be disrupted for shopping excursions and rich holiday meals make it difficult to adhere to a particular diet. Staying healthy can be a challenge during this time of year, especially for seniors.

Robyn Golden, a licensed clinical social worker and director of the health and aging department at Rush University in Chicago, agrees. "Offer older relatives options and ask them what they want to do, but don't assume their limitations," she advises.

To help seniors stay healthy during the holidays, reduce their stress and avoid the holiday blues, keep the following tips in mind:

1. Make Healthy Choices
2. Stay Hydrated
3. Follow Dietary Restrictions
4. Drink in Moderation
5. Keep Exercising
6. Shake Up Traditions
7. Decrease Gifts
8. Rest After Traveling
9. Make Homes Accessible
10. Take Breaks
11. Stay Involved

With a few preventative measures and a willingness to change some traditions, senior citizens can stay healthy and follow their diets, while also having fun with their family members this holiday season.

**For the full article visit:**  
<https://bit.ly/2eg9lnz>

## Birthdays

**December brings us the birthdays of**

**Alice Archer 12/4**

**Patricia Winfrey 12/6**

**Elaine Conder 12/15**

**Helen Lewis 12/28**

**Carol Lynch 12/30**

**Murl Canterbury 12/31**



## Spiritual Activities

**MONDAY ~ 9:30**

Bible study with Jean in the Media Room

**TUESDAY ~ 9:15**

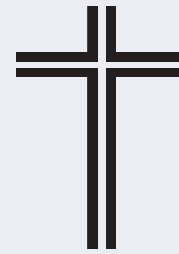
Communion ~ Catholic Faith Fireside Room

**WEDNESDAY ~ 3:00**

Calvary Baptist Service  
Enjoy an uplifting service and singing. Dining Room

**1st WEDNESDAY ~ 9:00**

St. Andrews Mass  
Media Room

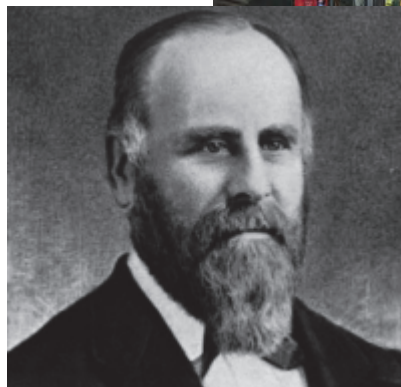


**Sunday Mornings  
Spiritual  
Hour at 11AM  
with Terri**

## Who Am I? Rowland Hussey (R.H.) Macy

(answer)

**Founder of Macy's**



**Still holds the title of the world's largest department store**



## *Management Team*

**Angelena Bishop**  
Executive Director

**Jacob Butler**  
Business Office Manager

**Alex Stevenson**  
Resident Care Director

**Brian Jones**  
Community Relations Director

**Sharon Buettner**  
Resident Care Coordinator

**Tim Ryan**  
Maintenance Director

**Faly Nevarez**  
Dining Service Director

**Terri Wells**  
Activity Director

**Lauren Melcher**  
Concierge



## *Our Mission*

*Privately owned, Pacifica Senior Living strives to create a lifestyle of independence and peace of mind for each individual and their family.*

*We do what we love and what we truly believe in – providing compassionate, personalized care services with dignity and respect.*

*Our dedicated, professional team supports each resident and goes above and beyond to help them feel at home.*



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*Welcome Home!*