

Pacifica Tidings



**January/February
2019**



A Note from the Executive Director

Dear Family, Friends, and Residents:

Welcome to the year 2019! What a joy it is to be able to spend another year of my life with all of you. As we enter into this New Year, may we reflect on the things that went well in 2018, and also, may we think about those things we can do better so we can continue to grow. I'm sure we are going to build many lasting memories together. 2019 is going to be a great year for us — I'm so excited to see what's in store. Please be sure to look over your calendar to see all of the exciting activities we have planned, and be sure to come and join us.

In your service,

Danielle Inman
Executive Director

Who am I?

I was born in 1924, and grew up on a farm in Ohio. My ancestors came to America on the Mayflower in 1620. My ancestor was: Samuel Fuller who was the colony doctor and church deacon. I am also a member of the Mayflower Society. I met my husband Emil on the Island Queen on the Cincinnati River, when he was enlisted in the army. We married, and raised five children in Illinois. I have 13 grandchildren and 21 great-grandchildren. I enjoy with my new friends at Pacifica in many different activities.

Welcome to Our Community

It is always a pleasure to welcome new friends to our community !

Laurene J.
Ernest P.
Narcizo P.
Ralph P.
Joseph B.
Marie B / Anne Marie V.
Clarita F.



Activities & Special Events

UPCOMING EVENTS HAPPY HOUR



Thursday, January 3rd and 10th at 2:30 p.m.

MOVIE-POP CORN



Friday, January 11th at 2:00 p.m.

ICE CREAM PARTY



Thursday, January 17th at 2:30 p.m.

MAKING PIZZA



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Friday, January 18th at 2:00 p.m.

PICNIC TO THE LAKES



Tuesday, January 22nd at 10:15 a.m.

BIRTHDAY PARTY



Thursday, January 31st at 2:30 p.m.

FAMILY NIGHT

Wednesday, January 16th at 5:00 p.m.

Administration Building

Light Meal Provided

RSVP:(239)437-5511 by
January 11th

WE HOPE TO SEE YOU THERE!

HAVING FUN AND MAKING MEMORIES



Memorable Moments



Residents had a lot of fun on our **trip to Fort Myers Beach**, Making **Christmas Ornaments and Christmas centerpieces**, celebrating **Halloween with Fort Myers High School volunteers** and **Honor our Veterans**, thank you to our volunteers for helping out with our Activities Program, if you like to be a volunteer at our community, please contact Victoria at **239-437-5511** or email at **AD.fortmyers@pacificaseniorliving.com**



Birthdays



January

Norma B. 01/03

Ralph P. 01/08

Drema B. 01/15

Anne Marie V 01/21

Betty K. 01/26

Faye V. 01/30

February

Joyce S. 02/10

Mary Ann G. 02/19



A LOT OF FUN CAROLING CHRISTMAS WITH GIRL SCOUTS

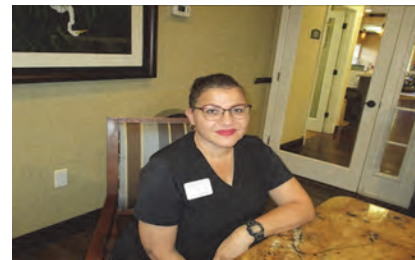


A Note from the Activities Director

Pacifica Senior Living offers residents many options for staying socially engaged through a variety of stimulating programs and activities. Residents, families, staff and volunteers had a great time this year at our Holiday Celebration with Santa Claus. Our residents enjoyed the time they had with Santa and also making gingerbread houses and Christmas cookies with Fort Myers High School volunteers. They also loved our Christmas Musical and our Caroling Christmas with girl scouts. I would like to say thank you to our wonderful families for their donations and support to our Employee Appreciation Fund. I hope this new year bring happiness to Pacifica's families and residents. As always, thanks for your support.

Victoria Bendezu

WE WOULD LIKE TO ANNOUNCE JANUARY NOMINATED



EMPLOYEE OF THE MONTH CARMEN C.

Carmen is outstanding hardworking and an asset to our residents and the community. Thank you Carmen for all the work you do with compassion and care! All are encouraged to participate in nominating employees for working hard and going to the extra mile!

Health & Fitness by

Danielle Inman, ED, LPN 5 Ways to Protect Yourself and Your Family From the Flu

The flu is caused by a virus that can be transmitted through contact with someone who is already sick, most commonly through coughing or tracking germs from surfaces like door handles, computer keyboards and phones. Anyone can get the flu, but some people are more susceptible to complications than others, including infants and young children, the elderly, pregnant women and people with weakened immune systems.

In order to keep yourself and your family safe and healthy during flu season, the Centers for Disease Control and Prevention (CDC) recommends taking a few precautions:

- 1. Get a Flu Shot**, the CDC recommends that everyone able to get the flu shot do so every year.
- 2. Wash Your Hands**, because coughing and sneezing into your hands, coming into contact with contaminated surfaces or coming into physical contact with someone who is sick can easily make you ill, keeping your hands clean is one of the most effective ways to avoid colds and the flu.
- 3. Stay Home** When You Are Sick.
- 4.- Boost Your Immune System with a Healthy Diet**, a strong and healthy immune system is the best protection against illness. Eating a balanced diet with enough fruit, veggies and essential nutrients is the best place to start.
- 5. Disinfect Often**, cold and flu germs can live on surfaces for up to 24 hours. Wipe down surfaces regularly with a disinfectant to minimize the risk when people in your home or office are sick.

Fitness Activities



Exercise is an essential part of daily life .Exercise supports strength, mobility, stamina and overall good health . Daily exercise helps to lower blood pressure helps with blood sugar control and weight control. **Chair aerobics, volleyball, ball toss, Zumba , dance and Tai Chi** are part of our daily exercise program . Every Tuesday you can join us at 2:00 p.m. to relax and enjoy our **Tai chi class** with Vicki Elliot.

Spiritual Activities



Hymns and Bible versus
Monday at 10:00 am cott 5
Monday at 10:20 a.m. cott 4

Bible Study and Hymns
Monday 10:40 a.m. cott 3
Monday 11:00 a.m. cott 1-2

Communion
First Monday and Third Monday during the service church.

Sunday Worship
Channel 10 at 10:00 a.m.

WHO AM I ?.....
My name is : EMMA M.



Management Team

Executive Director

Danielle Inman

Marketing Coordinator

Neil Blaylock

Business Office Manager

Alicia Blaylock

Activities Director

Victoria Bendezu

Director of Maintenance

Nick Roberts

Director of Dining Services

Linda Lemons



*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
SENIOR LIVING

FORT MYERS

Memory Care

9461 HealthPark Circle

Ft. Myers, FL 33908

(239) 437-5511

www.PacificaFortMyers.com

Welcome Home!