

# Pacifica Tidings



**JANUARY 2019**



## *A Note from the Executive Director*

Happy New Year and Welcome 2019!

As we reflect on the past year, I have many fond memories of 2018! Some of my favorites include; a wonderful St. Patrick's Day celebration. Our Easter party and egg hunt (including a visit from the Easter Bunny). Watching Mariner's Games and enjoying a hot dog and beer with some of the residents. Our end of the summer Snohomish Country Shindig. And of course, the Halloween Costume Party and kids trick or treating!

We added some incredible new residents during the past year and unfortunately, we had to say goodbye to some wonderful long term residents as well. We also had some great new employees join our team in 2018.

We will be welcoming back an old friend to our nursing team as well. Michael Cain will be returning to our community after spending time at our Lynnwood community. Please join me in welcoming Michael back home! Finally I would like to congratulate our food service team as we were awarded first place in a contest among other Pacifica communities for best dish! Way to go team! I look forward to more positive changes in 2019!

-Heinz Gehner, ED

## *Who am I?*

I was born in Caldwell, Idaho. I have a daughter, 2 sons and 6 grandchildren. I have worked in this building for 8 years through 3 different companies. I retired for 4 years and came back to work six months ago. This job has been such a gift. Helping residents and employees puts a smile on my face every day!

My very favorite quote is from The Wizard of Oz. He was a very wise man. When the Tin Man asked for a heart, he said "Why would anyone want a heart when they are so easily broken?" Be kind. Break no hearts. Live. Love. Laugh.

## *Welcome to Our Community*

Lorraine Bresler  
Margaret Heeb  
Bev Moeller

## *Activities & Special Events*



Welcome to January 2019

Happy New Year Everyone! This past year has been full of adventures and activities.

As we look back on the places we've been and the things we did, we are reminded of the people we shared those precious moments with. Our friends and family.

We are ringing in the new year with more outings, tours, crafts, games, social hours and happy hours!!

Our January calendar will have something for everyone to enjoy. We'll be exploring the Blackman museum and a tour to the Skip Rock Distillery. Both are located downtown Snohomish. We have another tour scheduled at the Schack Art Center in Everett. The Victoria Village antique shop and Lindy's Attic. It's going to be a lot of fun. We also have the Snohomish Bakery on our calendar this month. I think we're all looking forward to that trip!!

Pacifica Senior Living in Snohomish would like to acknowledge a milestone birthday that occurred last month. Father Constantine turned 101 years old! Happy Birthday Father and cheers to you..

Feel free to find us and like us on Facebook to stay up to date with current events and activities!

### *Senior Spotlight: Ann Reimann*

This month, we shine our Senior Spotlight on our friend, Ann Reimann!

Ann was born in Orofino, Idaho. She has lived in many different places such as Hawaii, Missouri, California and New Mexico.

Ann's former occupation as an RN found her working in many hospitals. On several occasions, she was made head of units and often rising all the way to director of nursing.

Ann met and married her husband, Harvey Riemann while working at the same hospital. She has one granddaughter, Michelle and three great grandchildren.

She enjoys reading, computer games and TV shows. Ann can be found with friends playing a game of Pinochle or Bridge. Remembering good times and talking with her sister can make her laugh.

"Take each 24° at a time and be the best person you can."





## *Health & Fitness by* *Dawna*

Physical activities can improve your mood, well-being and the quality of life.

Just 30 to 60 Minutes Daily

- **The Body Benefits**

Reduces joint pain, stiffness, osteoporosis and diabetes. It can lower the risk of getting high cholesterol, decreasing your chances of heart disease and strokes. It can increase your energy levels and change the brain to improve memory. May be key for dementia and Alzheimer's prevention.

- **The Mind Benefits**

It's proven to boost the "feel good" chemicals, hormones, endorphins and serotonin which increases happiness. Better coping skills to work with stress. Increases your confidence and independence.

- **The Social Benefits**

A game of Bridge among friends can help encourage self confidence and boosts self esteem. Creates positive social interactions with others. Having the fun and enjoyment of life. The validation of feelings, experiences and identity.

We stay very active and social. Please feel free to come by and join us! See you soon..

## *Birthdays*



William Redfern     1/02

Frances Oman        1/22

**Happy Birthday To You!**

## *Spiritual Activities*

On Sundays, we are blessed to have Church Services provided by Emmanuel Baptist Church with Bill and Donna Bair.

Dave Troupe from Snohomish Community Church also comes to lead worship for our residents. Both trade off every other Sunday.

The Saint Michaels Parish offers Communion on Wednesdays. Tim comes by to provide this special service for all of our residents.



## *Who Am I?* *(answer)*



**Gloria Thomas**  
*Receptionist*

## *Management Team*

Heinz Gehner  
**Executive Director**

Roxie Stormo  
**Community Relations Director**

Dawna Wymore  
**Activity Director**

Jeni Dightman  
**Memory Care Director**

Michael Cain  
**Resident Services Director**

Janice Kleespie  
**Food Service Director**

Chris Schilz  
**Maintenance 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**  
SENIOR LIVING  

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SNOHOMISH  
Assisted Living  
Memory Care

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*Welcome Home!*