

Pacifica Tidings



PACIFICA
SENIOR LIVING

WOODMONT
Independent Living
Assisted Living • Memory Care

January 2019

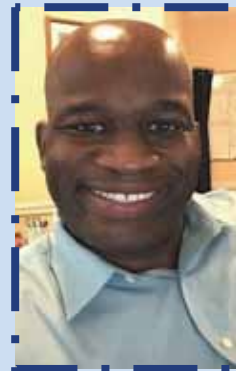


A Note from the Executive Director

Greetings Woodmont Family,

We would like to welcome our New Executive Director, Jerald J. Black to our Woodmont family. He is a military veteran, with over 20 years of experience in serving seniors in Mississippi, Texas and Florida. He believes in honest, open communication with his team members, residents and families. He believes that everyone on the team should consider themselves "caregivers" regardless of their title or rank within the organization.

Jerald hails from Mississippi, but has lived and travelled from the Deep South to Tokyo, Japan. His passions are spending time with family and friends, sightseeing, SEC Football (Sorry FSU fans), travelling, hiking, listening to live music, finding mom and pop diners, bowling and making people laugh.



Black looks forward to relocating to Tallahassee, joining the Pacifica Woodmont team and serving the residents and families here.

With Warmest Regards,
Your Woodmont
Management Team

Who am I?

1. I was born on December 1, 1939.
2. I was raised by my mother and grandfather.
3. I started working as a golf caddy at age eight.
4. I served for four years in the U.S. Marine Corps.
5. I was struck by lightning in 1975.
6. I am well-known for my humorous antics.
7. My fans nicknamed me "SuperMex".
8. I have been married three times.
9. I am a famous golfer.
10. I have a unique style of play that I developed as a teenager.
11. I won my first U.S. Open in 1968.
12. I was inducted into the World Golf Hall of Fame in 1981.

Welcome to Our Community

We are so proud that you have chosen to be a part of this community.
Welcome Home!

Florence Niwinski

**Eva & Manuela (Manny)
Chula**

*Welcome
Home*

Health & Fitness by

Healthy New Year's Resolutions for Older Adults

Start a New Exercise Regimen

For older adults, exercising is essential to staying fit and healthy. This year, make a commitment and plan out a new workout regimen that fits your needs.

Eat Healthier

Eating healthy is as important as exercising. What you put in your body fuels your day and helps to keep your mind sharp. Avoid processed foods and make a promise to eat more fresh fruits and vegetables.

- Fiber-rich whole grains
- Heart-healthy fish
- Low-fat meats like chicken and turkey

Improve Your Balance

Falls are one of the leading causes of injuries among older adults. This year, empower yourself to improve your balance and help prevent falling. Exercises that strengthen your muscles are a good first step

Boost Your Brain

Mental health is an important aspect of healthy living. The more you use your mind, the more the brain is stimulated, which improves memory and brain function and reduces the risk of cognitive diseases.

- Puzzles
- Word games
- Learning to play a musical instrument
- Learning a second language

Socializing also gives the brain a boost, so consider joining a book club or discussion group. Doing so will also let you meet new people and make new friends.

Get a Good Night's Sleep

The foundation to good health is getting the recommended amount of sleep each night. Achieving your other goals can become difficult if your body is tired. According to the National Sleep Foundation, older adults 65 years and above should get 7-8 hours of sleep. If you have restless nights and feel tired during the day, visit the National Sleep Foundation for tips on how to sleep better.

Birthdays



Alice Gibson Jan. 6th

Sittercise

Please join us **Monday - Friday at 10:00AM** in the **Front Lobby** for Sittercise. We do an array of different exercises each day including stretch, bands, weights lifting, balance, ball toss and balloon volleyball.

Why is Exercise Important???
Because it

- | | |
|--------------------------|----------------------------|
| ◆ Helps Prevent Diseases | ◆ Enhances Flexibility |
| ◆ Improves Stamina | ◆ Controls Weight |
| ◆ Strengthens and Tones | ◆ Improves Quality of Life |

Spiritual Activities



Catholic Rosary
every Wednesday at
4:00 PM

Bible Study
Every Tuesday & Thursday at
6:30PM

Church Service
Every Sunday at 2:00 PM

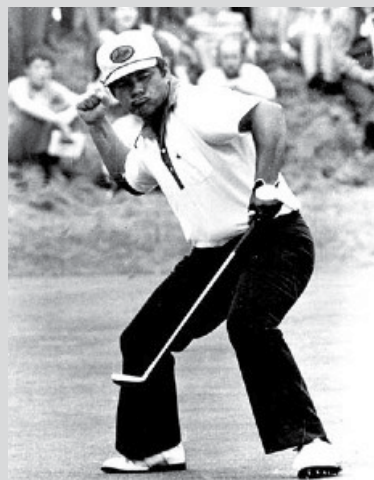
Evening Prayer
Every Monday at 6:30 PM

New Activities with all of your Community Directors

- ◆ Be sure to look at your calendar for new Activities highlighted in Green with each of your directors.

Who Am I? (answer)

Do you know who I am? That's right—I'm professional golfer Lee Trevino!



Special Events & Memorable Moments



Special Events & Memorable Moments

January Events

MUSICAL ENTERTAINMENT



First Three Fridays of the month at 3:00PM

RED HAT SOCIETY



Tuesday, January 8th at 3:00PM

MEN'S CLUB WITH KENNY



January 1st at 12:00PM in the Sunroom

Genealogy

What is Genealogy??

It is the study and tracing of lines of descent or a line of descent traced continuously from an ancestor.

If you are interested in tracing your ancestry please stop by the Activity Directors office and sign up, because it is a timely process we will have a signup sheet. Mr. Ladd will be helping you track down your family tree, and you will need to know a few of your relatives to make this work.

Important Monthly Meetings

**Resident Council Meeting
Tuesday, January 8th
12:30 PM(AR)**

**Menu Chat with Chef Ryan
Thursday, January 3rd
2:30 PM(DR)**

**Activities Meeting
Monday, January 14th
3:00 PM (AR)**



****Note***

We are currently looking for 6 resident volunteers to join our Resident Council Committee. We have one meeting a month that you would need to attend. This is your chance to voice your opinion and help implement change in your community.

Please speak with your Activity Director, JoBeth if you are interested.

Employee of the Month



*Congratulations to our
January 2019
Employee of the Month*

Mikeria Andrews



Huge congrats to Mikeria Andrews for receiving January employee of the month! She has been a part of the Woodmont Family since May of 2018 and is an enormous asset to our community. Mikeria exceeded in her Med -tech training and joined our community having never done this job before. She has proven herself a very valuable team member. Her ambition, passion for helping others, politeness and respectfulness has just shined through and touched not only our residents but also many of her team members. Mikeria embodies what it means to be a team player and a role model for our community's core values. She is greatly loved by our residents and has earned the respect of all her peers and co -workers. Mikeria we are lucky to have you as a member of this team. Thank you for your dedication and hard work .



Kesheye Butler

**Thank you for your dedication
and hard work for our
community. You are a valuable
asset to this team!**



In honor of our Veterans we will be putting up a Veterans Wall on the first floor that will stay on display throughout the year and for years to come.

If you are a Veteran please bring down a picture of yourself in uniform if you have it. Your Activity director, JoBeth will make a copy of it and give you back your original.

This is our way of showing appreciation for all the sacrifices you have made for this country and each one of us.

Management Team

Executive Director

Jerald J. Black

Business Office Manager

Aisha Thompkins

Director of Nursing

Latina Hall

Marketing Director

Tasha Harper

Memory Care Director

Leteka Scott

Dining Services Director

Ryan Siler

Maintenance Director

Mitchell Locke

Housekeeping Director

Chanton Jennings

Activities Director

JoBeth Rowley

Memory Care Activities Director

Tionna Jones



*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!*



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Lic.# 99**

Welcome Home!