

Memory Care Pacifica Tidings



PACIFICA
SENIOR LIVING

WOODMONT
Independent Living
Assisted Living • Memory Care

February 2019



A Note from the Executive Director

Love is in the air this month. As many people will shop around for that special box of chocolate for their sweetheart, here at Woodmont we are spreading love one resident at a time. That love comes in many forms. For some it's a simple embrace for that resident that has lost a loved one. For others it's simply listening to the trials and tribulations of someone who's old enough to be your great grandfather.

This month we are challenging our staff to love our residents one day at a time by remembering all the little things matter. We also would like to remind you of the same.

Our care team, dining staff, housekeepers, concierges are the engine that keeps the love going at our community. I ask that you take the time to share a thank you, a please or an atta-boy or atta-girl with our hardworking team.

Your words of affirmation go along way to boost the spirits of our team and re-focus them on the reason why they chose the greatest profession of all-time--caregiving.

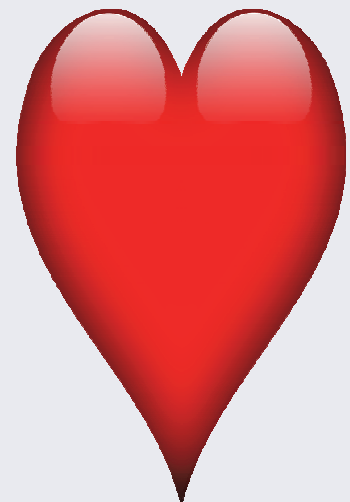
-Executive Director,

Jerald J. Black

Who am I?

He was born in Buckingham County, Virginia on December 19, 1875, the son of former slaves, James and Eliza Riddle Woodson. His father helped Union soldiers during the Civil War and moved his family to West Virginia when he heard that Huntington was building a high school for blacks. Coming from a large, poor family, he could not regularly attend school. Through self-instruction, he mastered the fundamentals of common school subjects by the age of 17. Wanting more education, he went to Fayette County to earn a living as a miner in the coal fields, and was able to devote only a few months each year to his schooling. Later attended the University of Chicago, where he was awarded an A.B. and A.M. in 1908. Woodson was ostracized by some of his contemporaries because of his insistence on defining a category of history related to ethnic culture and race. At the time, these educators felt that it was wrong to teach or understand African-American history as separate from more general American history. He died suddenly from a heart attack in the office within his home in the Shaw, Washington, D.C. neighborhood on April 3, 1950, at the age of 74.

Welcome to Our Community



In Honor of...

Alice Smith Gibson

Tallahassee - Alice Smith Gibson, 74, of Tallahassee, passed away on Monday, December 24, 2018.

She was born in Montgomery, Alabama on January 6, 1944, a daughter of the late Otis and Etta Mae Stacy Smith. She is also preceded in death by her husband, Samuel E. "Gene" Gibson, Sr. and a daughter, Robin Strickland. She was an avid reader and enjoyed playing video games and doing puzzles.

Survivors include granddaughters, Catherine Fuller and Kimberly Strickland; grandson, Lee Gibson; sisters, Wanda McLendon and Catherine Whittington.

The funeral is 10:00 AM, Friday, December 28, 2018 at Abbey Funeral Home, with private interment following at Tallahassee Memory Gardens.





Upcoming Events



**Snack
Bingo
2:30 (MC)**

**Family Night
February 21st @ 4:30 PM**

**FRIENDLY REMINDER:
Podiatrist
March 14th 8:30AM**

**David Carty Music
First Thursday from
11:30AM-12:30PM**

**Join us in Memory Care for
Exercise
Hangman
Word Search
Cross Word Puzzles
Trivia
And More!**

Outings

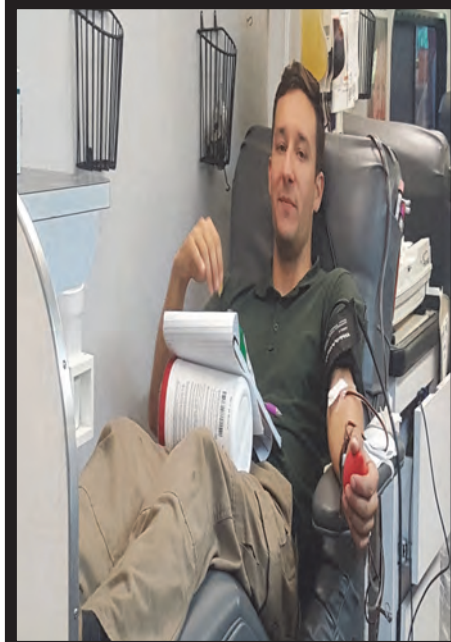
**Target
February 5 @ 10:30AM**

**Wal-Mart
February 12 @ 10:30AM**

**Publix
February 19 @ 10:30AM**

**Dollar Tree
February 26 @ 10:30AM**

Special Events & Memorable Moments



Health & Fitness by

Alzheimer's disease is A progressive disease that destroys memory and other important mental functions.

0-2	Never
3-5	Never
6-13	Never
14-18	Never
19-40	Very rare
41-60	Rare
60+	Very common

Dementia is a group of thinking and social symptoms that interferes with daily functioning.

Although the two terms are often used interchangeably, Alzheimer's disease and dementia are two different terms. Dementia is an umbrella term used to describe several conditions and it includes Alzheimer's, as well as other conditions with shared symptoms. More than mere forgetfulness, an individual must have trouble with at least two of the following cognitive areas to be diagnosed with dementia:

- Memory
- Communication and speech
- Focus and concentration
- Reasoning and judgment

Visual perception (including trouble detecting movement, differentiating colors, or experiencing hallucinations). The assessment tools used to determine which stage of dementia a person is experiencing are meant to be a guide and a rough outline of what caregivers can expect and when they can expect it. Some symptoms may occur later than others, others may appear in a different order than the scale predicts, and some may not appear at all. Some symptoms may appear and then vanish, while others will continue to worsen over time. Because every person is different and dementia manifests itself uniquely, the speed at which dementia progresses varies widely. as 20 years.

Birthdays

**Happy Birthday to our
Outstanding
Residents & Staff**

**Robert Hatch 2/2
Charles Carter 2/14
Susan Miller 2/20**

Spiritual Activities

**Catholic Mass 1st Saturday of every month at
10:00 AM**

**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**

Who Am I?

(answer)

Carter G. Woodson, PH.D





Employee of the Month



Huge congrats to Annette Nolan for receiving February employee of the month! Annette is originally from New Jersey, and has traveled around the world with her husband who serviced in the United States Armed Forces. She has been a part of the Woodmont Family for seven years, and is an enormous asset to our community. Annette is always willing to help out anywhere she is needed and plays a vital part in several different departments. She is friendly, dependable, ambitious, always willing to go above and beyond the call of duty, meticulous in her work and one of the BEST cooks in the world. Annette embodies what it means to be a team player and a role model for our community's core values. She is greatly loved by all our residents and has earned the respect of all her peers and co-workers. Annette we are lucky to have you as a member of this team. Thank you for your dedication and hard work.

Employee
of the
month

CONGRATULATIONS

*Getting to
Know Your Neighbor...*



Management Team

Jerald Black
Executive Director

Aisha Thompkins
Business Office Manager

Latina Hall
Director of Nursing

Leteka Scott
Memory Care Director

Mitchell Locke
Maintenance Director

Tasha Harper
Marketing Director

Ryan Siler
Dining Services Director

Tionna Jones
Memory Care Activities Director

JoBeth Rowley
Activities Director



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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Welcome Home!