

Pacifica Tidings



PACIFICA
SENIOR LIVING

WOODMONT
Independent Living
Assisted Living • Memory Care

March 2019



A Note from the Executive Director



Greetings Woodmont Family,

Being a part of a team is one of the things I've always enjoyed. As a young farm boy I enjoyed working alongside my older sister tilling the ground, as a student it was basketball and football, in college it was Air Force R.O.T.C. and in my young military career it was sharing adventures with my fellow airmen and soldiers.

What I enjoyed most about being a part of a team was bringing a group of men and women together to focus on a common goal or mission.

Everyone on the team had a specific job or responsibility. Everyone had to be accountable to each other in order for the team to reach maximum success.

Here at Woodmont we are a team of sorts or should I say a neighborhood. As a neighborhood that's 130-plus strong, we all have a responsibility to our neighbors. Those responsibilities are very simple.

We should do the following:

- a) do not smoke in your apartment or in any of the common areas in the community
- b) lower the volume of your TV or radio in your apartment
- c) keep your dog on a leash while in the community and be sure to pickup after your pet's poop
- d) please don't put your trash in the hallway (housekeepers will pick it up for you)
- e) if you make a mess in the common bathrooms or somewhere else in the community please report it to a staff member so it can be cleaned up

With Warmest Regards,
Jerald J. Black
Executive Director

Who am I?

Here are some clues:

1. I am of Swiss heritage.
2. The date I was born is a mystery.
3. I am an important part of my people's heritage.
4. I have an association with apples.
5. My life was one of defiance, righteousness, and rebellion against those who wished to oppress the Swiss people.
6. During the Second World War, I would play a pivotal role in preserving my people's autonomy.
7. I would have lived around the late 13th or early 14th centuries.
9. I most likely never existed at all and I am but a legend.
10. Nevertheless, I am certainly an important symbol of freedom for my people.
11. A version of my stories was created by the Brothers Grimm in the 18th century.

Welcome to Our Community

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

- ◆ **Joyce Clanton**
- ◆ **Russell Ricotta**
- ◆ **Carol Raker**
- ◆ **James Pafford**
- ◆ **Anthony Jugger**

Welcome Home

Special Events & Memorable Moments



Check out all the New Manager
Monthly Activities & join in
the fun!

<u>Manager</u>	<u>Activity</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>
Leteka	Health Talk	3/12/19	2:30PM	AR
Mitchell	War Birds Luncheon	3/13/19	11:30AM	AR
Aisha	Trivia	3/19/19	3:00PM	LR
Latina	Puzzle Time	3/20/19	1:30PM	TR
JoBeth	Arts & Crafts	3/22/19	3:00PM	MC
Jerald	Corn hole	3/25/19	3:00PM	LR

Sittercise

Please join us Tuesday—Thursday 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

Woodmont Clubs



What is a Red Hatter Lady??

The Red Hat Society is an international society of women that connect, support and encourages women in their pursuit of fun, friendship, freedom, fulfillment and fitness while supporting members in the quest to get the most out of life. The Red Hat Society's primary purpose is social interaction and bonding among women. In the early part of their lives women give their all to family, career and community. The Red Hatters promote a period of recess from the cares and duties of everyday life in which members gather for no other purpose than to play and enjoy each others time.



The Veteran's Club

better know in our community as the **WAR BIRDS** is a group of service men and women who come together once a month for a luncheon and share their stories. It is lead by our Maintenance Director, Mitchell Locke who is also a veteran. We are so thankful for each and everyone of our veterans and all the scarifies that each one of them have made for this country. We are proud to say we have somewhere around 20 veterans in our community and each one of them have fantastic stories from different branches of service to share. Please look at our enclosed March Calendar for the date and time of our next Veteran's Club/WAR BIRDS meeting.

TOWN HALL MEETINGS



1st Resident Town Hall Meeting will be held on March 22nd at 2:30PM in the Dining Room. All residents and family members are invited to attend. This is your opportunity to voice any concerns, praises or suggestions to your management team. All of the department heads will be present at this meeting. We look forward to meeting with you all.

Birthdays



- ◆ Lois Stonecypher 18th
- ◆ Lucille Grant 24th



Dining Room Hours

Breakfast: 7:30AM - 9:00AM

Lunch: 11:30AM - 1:00PM

Dinner: 5:00PM- 6:30PM

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)

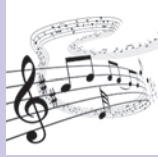
Can you guess who we are? That's right, we are the
William Tell!



Special Events & Memorable Moments

March Events

MUSICAL ENTERTAINMENT



First Three Fridays of the month at 3:00PM

RED HAT SOCIETY



March Wednesday 20th at 3:00PM

MEN'S CLUB WITH KENNY



TBD

Outings

- ♦ **Every Monday Shopping Trip to Wal-Mart at 10:30AM**
- ♦ **Every Friday Shopping Trip to Publix at 10:30AM**
- ♦ **Dinner Outing to Wahoo Seafood Grill Tuesday March 26th at 3:30PM**
- ♦ **Mystery Ride Every Sunday at 1:00PM**

Important Monthly Meetings

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

**Menu Chat with Chef
Thursday, March 7th
2:30 PM(DR)**

**Activities Meeting
Monday, March 11th
3:00 PM (AR)**



Transportation for Medical Appointments

**Tuesdays & Thursdays
9:00AM – 2:00PM**

***Notify Nursing at least 24 hours in advance of your transportation needs**

***Any appointments made before or after the specified times will be up to the resident's family members, friend or guardian to provide transportation. Otherwise the scheduled appointment will have to be rescheduled.**

Employee of the Month



***Congratulations to
our
March 2019
Employee of the
Month***

**Cornell
Moore**



Huge congrats to Cornell for receiving March employee of the month! Cornell is originally from Havana, FL, and has been a part of the Woodmont family for one year. During his time at Woodmont he has made an enormous impact on our community. Cornell started out as a Med-tech at Woodmont, and has now taken over as our head concierge. He is always willing to help out and plays a vital role in our communities day to day operations.

Cornell is friendly, dependable, loyal, ambitious, and always willing to go above and beyond the call of duty. He has such a strong will and hunger for life. Cornell is a 6 year survivor after battling cancer. He embodies what it means to be a team player and a role model for our community's core values. He is greatly loved by all our residents and has earned the respect of all his peers and co-workers. Cornell we are lucky to have you as a member of this team. Thank you for your dedication and hard work.



Nicholas Richards

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.

Legacies Memory Care Corner

Special Events & Memorable Moments



Upcoming Events



*Mardi Gras Social
March 5th at 3:00PM*



*Luck of the Irish
Family Night at
6:00PM– 7:30PM*



*Irish Bash with
Steve Sternberg at
3:00PM*



*Community Action
Day & BBQ March
30th all day*

Upcoming Memory Care Trips



**Wednesday
March 6th at
10:30AM**



**Wednesday
March 20th at
10:30AM**



**Wednesday March
13th at 10:30AM**



**Saturday March 9th at 1:30PM
&
Saturday March 23rd at 1:30PM**



**Wednesday
March 27th at
10:30AM**

Management Team

Executive Director

Jerald J. Black

Business Office Manager

Aisha Thompkins

Director of Nursing

Latina Hall

Marketing Director

Cathy Suhor

Memory Care Director

Leteka Scott

Dining Services Director

Ryan Siler

Maintenance Director

Mitchell Locke

Activities Director

JoBeth Rowley



*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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*3207 N. Monroe Street
Tallahassee, FL 32303
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Lic.# 99*

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