

Pacifica Tidings



APRIL 2019



A Note from the Executive Director

Welcome Spring!

After a late and very rough winter I know we are all glad to see a little sunshine. Who would have ever thought we would break a record for the most snowfall and the warmest March in a matter of two months?!?! Well the good news is, we can all move forward to a wonderful Spring in Snohomish!

I would like to begin by announcing our incredible Easter party and Egg Hunt coming this month! On April 20th we will be celebrating Easter here at Pacifica! We will be enjoying a small brunch, some Easter games and treats as well as an Easter Egg Hunt with our good friend the Easter Bunny! We have invited several children to join us. We hope that any grand children or great grandchildren of you the residents will join us as well!

I am also very excited to announce the arrival of a new Business Office Manager to the community! After just over two years, Nicole has decided to move on to pursue other opportunities, we are excited to introduce Lacy Spicer to the community as the new BOM. Please come visit her in the office and introduce yourself!

Heinz Gehner - ED

Employee Of The Month Appreciation

"A team player willing to jump in and help out when asked."

"Amazing Team Player!"

"Shows compassion for the residents and their family members."

"Always wearing a smile even after working a double."

"Makes time for every resident."

"I enjoy working with her. She always brightens my day."

Welcome to Our Community

Mary Duryee

Yvonne Lervick

Bonnie McDonough

Mary Scott Ward

Elizabeth Willson

Marilyn Toberer

Terry Layson

Dorna Hillis

Activities & Special Events



Welcome To April 2019

Spring is in the air! The weather is starting to warm up bringing more beauty to each day that comes. Apple blossoms and cherry blossoms are blooming in Snohomish right now and what a lovely sight. We're all looking forward to spending more time outdoors. Lemonade on the patio... anyone?

Mark Your Calendars! We are having an Easter Celebration on Saturday, April 20th! Please join us between 12pm - 4pm. Brunch starts at noon. Egg hunt following the parade at 2pm. See you there!

On this month's calendar, we are planning trips to the Skagit Valley Tulip Festival and Flower World. A Spring Scenic Drive is scheduled as well.

The Bunny Lady will be visiting us this month along with Singing Sue and Lindi Moo! Dean Hayes will be kicking off April's Happy Hour for entertainment. Following Dean will be Jill Hudon and Scooter.

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

Senior Spotlight: Juanita Frye

This month, we shine our Senior Spotlight on our friend, Juanita Frye!

Juanita was born in Centralia Washington on June 28th where she was raised until the age of 6. They soon found new residence in Mossyrock Washington. After one year, she moved to Morton Washington and completed grade 2 through grade 12. Once Juanita graduated from high school, she then attended Centralia Business College for 1 year.

"I then met my first husband." She explains. "We had four sons, one daughter." She continues, "Tom, Doug, Dan, Mike and Patricia."

After their divorce, she met Roger. They were married 20 years and built a log cabin together on the Columbia River Douglas County.

She enjoys making new friends, spending time with old friends, gardening, crafting, sewing, camping, knitting, square dancing, good music and a good book.

Words of wisdom: *"Be true to yourself."*



Health & Fitness by Roxie

We all know that exercising is a good way to lose weight... but did you know there are many other great benefits that come from daily exercises?

Lots of research has been done on the subject, and what has been discovered may be surprising. Just a 10-15 minute stroll daily can help reduce the risk of many diseases including cancer, diabetes, heart disease, etc.

In addition, the simple act of walking out and about in the community can help create better balance and mobility. These steps alone can help reduce falls in the senior population by almost 40%!

Exercising is also a wonderful way to relieve stress. Any number of calorie burning activities like: Yoga, Thai Chi or even Ballroom Dancing can help the body release natural endorphins that not only put us in a better mood, but also may help you sleep better at night. It can even reduce those stress-related tension headaches or migraines.

At Pacifica, we proudly support physical programs to help keep us happy and active throughout the entire community.

Feel free to join in on fitness fun with: Morning Exercises, Walking Clubs, SKEE Ball lessons and many more!

Birthdays



Charles Laurence Hall	4/06
Caroline Lamb	4/13
Bonnie McDonough	4/19
Patricia Bond	4/20

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.



★★ *Employee Of The Month* ★★ **Susan Matheny**



For Outstanding Performance, Service And Dedication.
Congratulations Susan!

Management Team

Heinz Gehner
Executive Director

Roxie Stormo
Community Relations Director

Dawna Wymore
Activity Director

Hana Stowe
Memory Care Coordinator

Michael Cain
Resident Services Director

Chris Schilz
Maintenance Director

Lacy Spicer
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!*



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Welcome Home!