

# Pacifica Tidings



**KENMORE**  
SENIOR LIVING

Independent Living  
Assisted Living • Memory Care

**MAY  
2021**



## *A Note from the Executive Director*

Spring has brought us the sound of the bird's song. April has brought us early spring flowers and we are so looking forward to May and the warmth of the sun.

May looks to be very busy as we will be celebrating May Day, the Kentucky Derby (complete with hats), Cinco de Mayo, Mother's Day, Memorial Day... and we may throw in outside BBQ and the bus going out on drives.

I would like to thank all of you for your patience in the transition to Pacifica. I am so looking forward to spending more time with you and less time doing paperwork.

Katie Aldrich  
Executive Director ~ Kenmore Senior Living

## *Who am I?*



## *Welcome to Our Community*

Lee M.

## *Special Events & Memorable Moments*



A toast to happy hour!



Some days all it takes to create a smile is a sundae!



Spring has sprung in our courtyard!



## *Activities & Special Events*



Saturday, May 1st we will be enjoying the Kentucky Derby from 9:30am to 11:30am in the Theater Room on the 2nd floor. Join us with your big derby hats as we cheer on our favorite thoroughbreds. Snacks, games, and fun!

Be sure to check out the wall of horses for their stats leading up to



Saturday, May 8th we will be serving a Mother's Day Luncheon for the Ladies in the dining room at noon.

Don't worry guys, we have something special planned for you too... Pizza Party in the Activity room .

We are going to start gardening soon! This month we will be planting our herb garden. Do you have a green thumb? We need all the "thumbs" we can get to create a beautiful herb garden for our own Farm - to - Table project. Our first gardening project will take place Friday, April 16th.



### **May Facts**

Flower ~ Lily of the Valley and Hawthorn

Birthstone ~ Emerald

May is named for the Roman goddess Maia, who oversaw the growth of plants.



## *Birthdays*

John B.  
Irma C.  
Bob C.  
Loree M.  
Maria P.  
Earline V.



## **LIBRARY2GO**

King County Library Outreach offers a wide range of library services for those who are unable to visit the library buildings.

Please see Melody or Danica for library request forms.

**LIBRARY2GO** is the second Thursday of each month. Our next appointment is April 8th.

Also... did you know that Kenmore Senior Living has it's own library? Yes it does! Our library is located in the Theater room on the 2nd floor across from the elevators. There are a wide variety of books to check out. Please feel free to enjoy.

## *A Note from the Activities Director*

In the month of April we had a visit from "Edward", a very special rubber duck that goes on adventures all over the country and has his picture taken with many people.

We'd like to see where some of you have traveled! So to that end, if you go traveling please bring us back a refrigerator magnet from the places you go. We'd like to put them up in the activities room for all to see where we travel to and from.

This is a great way to start a conversation, get to know each other better and reminisce.

## **An Activities request....**

We are in need of wine corks and old magazines that we can cut up for a project. Please leave them at the front desk for the Activities Dept.

Do you have jars of beads or buttons that you just don't know what to do with? Well let us take them off your hands! We have a few activities coming up that need your unused beads and buttons.

Thank you in advance,  
The Activities Department

## *Health & Fitness by*

### **Walking**

Getting out and walking is not only good for your heart and weight, but the benefits go further..

- \* Adds years to your life.
- \* Bolsters your brain.
- \* Trim those extra inches.
- \* Brisk walking may also lower your risk of Glaucoma.
- \* It helps with a good night's sleep.
- \* Mindful walking may offers many stress-busting benefits.
- \* Walking for 30 minutes a day can ward off depression.
- \* Keep yourself moving and active for the long term.

So join us for walking club every Monday at 1:30pm

## *Fitness Activities*

Join us for Exercise Group, Monday thru Friday at 10:00am in the Activities room. Move and groove!

Walking Club will meet in front of the Activities room every Monday afternoon at 1:30.

Drum Therapy is at 1:30 in the Activities room the first and third Tuesdays of the month.



## *Spiritual Activities*

We will be resuming our Spiritual activities soon.

*"And I say to you that "you Peter, and on this rock I will build My church..."*

Matthew 16:18



*Who Am I?*  
(answer)

Laurel L.



## *Management Team*

**Katie Aldrich**  
~Executive Director~

**Kim Spencer**  
~Community Relations~

**Cristy Dzawala**  
~Resident Care Director~

**Melody Henning**  
~Activities Director~

**Anthony Stewart**  
~Dining Services~

**Mary Williams**  
~Memory Care Coordinator~

**Marylin Batchelor**  
~Business Office Manager~

**CJ Abuba**  
~Maintenance Director~



## *Our Mission*

*Privately owned, Pacifica Senior Living  
strives to create a lifestyle of  
independence and peace of mind  
for each individual and their family.*

*We do what we love and  
what we truly believe in –  
providing compassionate, personalized  
care services with dignity and respect.*

*Our dedicated, professional team supports  
each resident and goes above and beyond  
to help them feel at home.*



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*Welcome Home!*