Management Team

Katie Aldrich
Executive Director

Roxie Stormo
Community Relations Director

Dawna Wymore
Activity Director

Eric Booth
Maintenance Director

Trish Olsen
Residential Care Director

Kristina Pasiecznik
Business 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!

PACIFICA
SENIOR LIVING
SNOHOMISH
Assisted Living
Memory Care

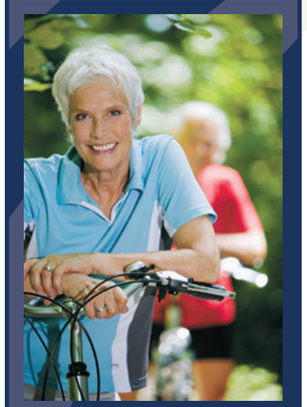
1124 Pine Avenue
Snohomish, WA 98290
Tel: 360.568.1900
www.PacificaSnohomish.com

Welcome Home!

Pacifica Tidings

PACIFICA
SENIOR LIVING
SNOHOMISH
Assisted Living
Memory Care

JANUARY 2020



A Note from the Executive Director

Welcome To January 2020

Happy New Year To You All! I hope the holidays were a joyful season filled with fond memories that will last throughout the year. We had a lot of fun at the Holiday party last month and I want to thank everyone that came and celebrated with us. I would also like to thank all of you that helped make it happen. Robbie Egelstad gave a beautiful performance that filled the room with holiday cheer. Thank you again everyone and good job!

I am very happy to announce that Eric Booth, our Maintenance Director is back and he has already resolved many of our repair issues. Thank you Eric and welcome back!

I'm looking forward to spending this new year with all of you, bringing with each day special moments that you can look back on and share.

It's A New Day

Katie Aldrich, ED

Who am I?
Employee Of The Month

"She lights up the room with her presence. You always know when she's near because you can feel her warmth and sunshine."

"We love her! She does a great job. We enjoy playing Bingo with her every Wednesday morning!"

"The Front Desk.. She's Good!!"

"Clever, kind and adorable!! A pure joy to work with and she makes me laugh!!"

"Oh! She's precious."

Welcome to Our Community

Julie Martin

Dorothy Morris

Activities & Special Events

Happy New Year!!

Welcome to 2020 Everyone! This is going to be an exciting month and year.

This past year has been full of adventures and activities. As we look back on the places we've been and the things we did, we are reminded of the people we shared those precious moments with. Our friends and family.

We are ringing in the new year with fun activities, outings, tours, crafts, games, social hours and happy hours!!

We are bringing back Naomi Morgan along with Singing Sue, Lindi Moo, and our favorites, Robbie, Edwin and Lee Howard!

Our January calendar will have something for everyone to enjoy.

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

Senior Spotlight: Dorothy Clayton

This month, we shine our Senior Spotlight on our friend, Dorothy Clayton!

Dorothy was born on May 9 1923 in Wallace, Idaho. Raised in the North Idaho area, she graduated from high school in 1941. Dorothy was an only child and very loved.

She moved to the Spokane area and attended college at Central Washington, graduated in 1947. She met her husband Joseph in college, right after World War II. They met through mutual friends and were married for 73 beautiful years. They raised a son and daughter. As of now, she has two Grandchildren and four Great-Grandchildren.

Dorothy started teaching music in 1947 here in Snohomish. She also taught kindergarten at Emerson Elementary. The one thing she really enjoyed doing was hiking! Dorothy still enjoys knitting, gardening and a good game of Cribbage with friends.

Words Of Wisdom.. "Love Is The Essence Of Life."

Health & Fitness by Dawna

Physical activities can improve your mood, well-being and the quality of life.

Just 30 to 60 Minutes Daily

- **The Body Benefits**

Reduces joint pain, stiffness, osteoporosis and diabetes. It can lower the risk of getting high cholesterol, decreasing your chances of heart disease and strokes. It can increase your energy levels and change the brain to improve memory. May be key for dementia and Alzheimer's prevention.

- **The Mind Benefits**

It's proven to boost the "feel good" chemicals, hormones, endorphins and serotonin which increases happiness. Better coping skills to work with stress. Increases your confidence and independence.

- **The Social Benefits**

A game of Ring Toss among friends can help encourage self confidence and boosts self esteem. Creates positive social interactions with others. Having the fun and enjoyment of life. The validation of feelings, experiences and identity.

Come Join Us...
We have many activities to help keep you happy and fit. Morning Exercise, Ring Toss, Walking Club and so much more. We'll see you there!

Birthdays

January 2020

Frances Oman 1/22

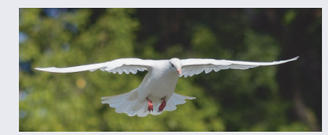
Happy Birthday To You!

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.



Who Am I? *(answer)* Fallon Egelstad *Employee Of The Month*

For Outstanding Performance, Service And Dedication.
Congratulations Fallon!

Legacies Pacifica Memory Care

JANUARY 2020

PACIFICA SENIOR LIVING SNOHOMISH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy New Year **10:00 AM Workshop** 11:00 AM Cottage Walkers **1:00 PM Music Therapy** 2:00 PM Puzzle Time **3:00 PM Out On The Town** 4:00 PM Coffee and Chat 6:00 PM Movie Time	**2 Cream Puff Day** **10:00 AM Color Sculpting** 11:00 AM Music Instruments **1:00 PM Sensory Station** 2:00 PM Cottage Walkers **3:00 PM Bingo** 4:00 PM Coffee and Chat 6:00 PM Movie Time	**3** **10:00 AM Art Studio** 11:00 AM Sensory Station **1:00 PM Short Stories** 2:00 PM Ball Toss **3:00 PM Happy Hour AL** 4:00 PM Radio Show 6:00 PM Movie Time	**4 Sheltie Saturdays** 10:00 AM Hot Hoops 11:00 AM Coloring Concepts **1:00 PM Bowling** 2:00 PM Darts **3:00 PM Bingo** 4:00 PM Coffee and Chat 6:00 PM Movie Time
5 Nat'l Bird Day **10:00 AM Worship Service** 11:00 AM Social Hour 1:00 PM Cottage Walkers 2:00 PM Sunday Matinee **3:00 PM Bingo** 4:00 PM Sensory Station 6:00 PM Reminiscing	**6 Nat'l Shortbread Day** **10:00 AM Cottage Crafts** 11:00 AM Shadow Boxes **1:00 PM Balloon Toss** 2:00 PM Coffee and Chat **3:00 PM Bingo** 4:00 PM Cottage Walkers 6:00 PM Movie Time	**7** **10:00 AM Hand Therapy** 11:00 AM Sensory Station **1:00 PM Laughter Therapy** 2:00 PM Ball Toss **3:00 PM Bingo** 4:00 PM Coffee and Chat 6:00 PM Movie Time	**8 Nat'l English Toffee Day** **10:00 AM Workshop** 11:00 AM Cottage Walkers **1:00 PM Music Therapy** 2:00 PM Puzzle Time **3:00 PM Out On The Town** 4:00 PM Coffee and Chat 6:00 PM Movie Time	**9** **10:00 AM Color Sculpting** 11:00 AM Music Instruments **1:00 PM Sensory Station** 2:00 PM Cottage Walkers **3:00 PM Bingo** 4:00 PM Coffee and Chat 6:00 PM Movie Time	**10 Save The Eagles Day** **10:00 AM Art Studio** 11:00 AM Sensory Station **1:00 PM Short Stories** 2:00 PM Ball Toss **3:00 PM Happy Hour AL** 4:00 PM Radio Show 6:00 PM Movie Time	**11 Sheltie Saturdays** 10:00 AM Hot Hoops 11:00 AM Coloring Concepts **1:00 PM Bowling** 2:00 PM Darts **3:00 PM Bingo** 4:00 PM Coffee and Chat 6:00 PM Movie Time
12 **10:00 AM Worship Service** 11:00 AM Social Hour 1:00 PM Cottage Walkers 2:00 PM Sunday Matinee **3:00 PM Bingo** 4:00 PM Sensory Station 6:00 PM Reminiscing	**13 Nat'l Rubber Ducky Day** **10:00 AM Cottage Crafts** 11:00 AM Shadow Boxes **1:00 PM Balloon Toss** 2:00 PM Coffee and Chat **3:00 PM Bingo** 4:00 PM Cottage Walkers 6:00 PM Movie Time	**14 Dress Up Your Pet Day** **10:00 AM Hand Therapy** 11:00 AM Sensory Station **1:00 PM Laughter Therapy** 2:00 PM Ball Toss **3:00 PM Bingo** 4:00 PM Coffee and Chat 6:00 PM Movie Time	**15 Nat'l Hat Day** **10:00 AM Workshop** 11:00 AM Cottage Walkers **1:00 PM Music Therapy** 2:00 PM Puzzle Time **3:00 PM Out On The Town** 4:00 PM Coffee and Chat 6:00 PM Movie Time	**16 Nat'l Fig Newton Day** **10:00 AM Color Sculpting** 11:00 AM Music Instruments **1:00 PM Sensory Station** 2:00 PM Cottage Walkers **3:00 PM Bingo** 4:00 PM Coffee and Chat 6:00 PM Movie Time	**17 Hot Butter Rum Day** **10:00 AM Art Studio** 11:00 AM Sensory Station **1:00 PM Short Stories** 2:00 PM Ball Toss **3:00 PM Happy Hour AL** 4:00 PM Radio Show 6:00 PM Movie Time	**18 Sheltie Saturdays** 10:00 AM Hot Hoops 11:00 AM Coloring Concepts **1:00 PM Bowling** 2:00 PM Darts **3:00 PM Bingo** 4:00 PM Coffee and Chat 6:00 PM Movie Time
19 Nat'l Popcorn Day **10:00 AM Worship Service** 11:00 AM Social Hour 1:00 PM Cottage Walkers 2:00 PM Sunday Matinee **3:00 PM Bingo** 4:00 PM Sensory Station 6:00 PM Reminiscing	**20 Martin L King Jr Day** **10:00 AM Cottage Crafts** 11:00 AM Shadow Boxes **1:00 PM Balloon Toss** 2:00 PM Coffee and Chat **3:00 PM Bingo** 4:00 PM Cottage Walkers 6:00 PM Movie Time	**21 Squirrel Appreciation** **10:00 AM Hand Therapy** 11:00 AM Sensory Station **1:00 PM Laughter Therapy** 2:00 PM Ball Toss **3:00 PM Bingo** 4:00 PM Coffee and Chat 6:00 PM Movie Time	**22** **10:00 AM Workshop** 11:00 AM Cottage Walkers **1:00 PM Music Therapy** 2:00 PM Puzzle Time **3:00 PM Out On The Town** 4:00 PM Coffee and Chat 6:00 PM Movie Time	**23 Nat'l Pie Day** **10:00 AM Color Sculpting** 11:00 AM Music Instruments **1:00 PM Sensory Station** 2:00 PM Cottage Walkers **3:00 PM Bingo** 4:00 PM Coffee and Chat 6:00 PM Movie Time	**24 Nat'l Peanut Butter Day** **10:00 AM Art Studio** 11:00 AM Sensory Station **1:00 PM Short Stories** 2:00 PM Ball Toss **3:00 PM Happy Hour AL** 4:00 PM Radio Show 6:00 PM Movie Time	**25 Sheltie Saturdays** 10:00 AM Hot Hoops 11:00 AM Coloring Concepts **1:00 PM Bowling** 2:00 PM Darts **3:00 PM Bingo** 4:00 PM Coffee and Chat 6:00 PM Movie Time
26 Nat'l Spouse's Day **10:00 AM Worship Service** 11:00 AM Social Hour 1:00 PM Cottage Walkers 2:00 PM Sunday Matinee **3:00 PM Bingo** 4:00 PM Sensory Station 6:00 PM Reminiscing	**27 Chocolate Cake Day** **10:00 AM Cottage Crafts** 11:00 AM Shadow Boxes **1:00 PM Balloon Toss** 2:00 PM Coffee and Chat **3:00 PM Bingo** 4:00 PM Cottage Walkers 6:00 PM Movie Time	**28 Blueberry Pancake Day** **10:00 AM Hand Therapy** 11:00 AM Sensory Station **1:00 PM Laughter Therapy** 2:00 PM Ball Toss **3:00 PM Bingo** 4:00 PM Coffee and Chat 6:00 PM Movie Time	**29 Nat'l Puzzle Day** **10:00 AM Workshop** 11:00 AM Cottage Walkers **1:00 PM Music Therapy** 2:00 PM Puzzle Time **3:00 PM Out On The Town** 4:00 PM Coffee and Chat 6:00 PM Movie Time	**30 Nat'l Croissant Day** **10:00 AM Color Sculpting** 11:00 AM Music Instruments **1:00 PM Sensory Station** 2:00 PM Cottage Walkers **3:00 PM Bingo** 4:00 PM Coffee and Chat 6:00 PM Movie Time	**31 Hot Chocolate Day** **10:00 AM Art Studio** 11:00 AM Sensory Station **1:00 PM Short Stories** 2:00 PM Ball Toss **3:00 PM Happy Hour AL** 4:00 PM Radio Show 6:00 PM Movie Time	

Heartland Assisted Living

JANUARY 2020

PACIFICA SENIOR LIVING SNOHOMISH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy New Year **10:30 AM Coffee and Chat** 11:00 AM Morning Stroll **1:00 PM Card Games** **2:00 PM Board Games** **3:00 PM Puzzle Time** **4:00 PM Cottage Social** 6:00 PM Movie Choice	**2 Cream Puff Day** **10:30 AM Sit And Be Fit** 11:00 AM Trivia **1:00 PM Wii Bowling** **2:00 PM Knock 'Em Down** **3:00 PM Victoria Village** **4:00 PM Walking Club** 6:00 PM Book Club	**3** **10:30 AM Yahtzee!** 11:00 AM Board Games **1:00 PM Balloon Toss** 2:00 PM Afternoon Stroll **3:00 PM Happy Hour** **4:00 PM Friday Social** 6:00 PM Activity Fun Night	**4 Sheltie Saturdays** **10:00 AM Treasure Memoirs** **11:00 AM UNO** **1:00 PM BINGO** 2:00 PM Cribbage Game 3:00 PM Cottage Walkers 4:00 PM Puzzles 6:00 PM Game Night
5 Nat'l Bird Day **10:00 AM Worship Service** **11:00 AM Yahtzee!** **1:00 PM Stamping Party** 2:00 PM Cottage Walkers 3:00 PM Crossword 4:00 PM Reminiscing 6:00 PM Card Game	**6 Nat'l Shortbread Day** **10:30 AM Wheel of Fortune** 11:00 AM Cottage Walkers **1:00 PM Ring Toss** **2:00 PM Art Studio** **3:00 PM Cottage Crafts** 4:00 PM Social Hour 6:00 PM Movie Classics	**7** **10:30 AM Balloon Toss** 11:00 AM Complete Phrase **1:00 PM Tuesday Matinee** 2:00 PM Afternoon Stroll **3:00 PM Apple Cider Social** 4:00 PM Cottage Walkers 6:00 PM Board Games	**8 Nat'l English Toffee Day** **10:30 AM BINGO** 11:00 AM Morning Stroll **1:00 PM Workshop** **2:00 PM Pet Therapy** **3:00 PM Short Story Club** **4:00 PM Cottage Social** 6:00 PM Movie Choice	**9** **10:30 AM Sit And Be Fit** 11:00 AM Trivia **1:00 PM Wii Bowling** **2:00 PM Family Talk Game** **3:00 PM Lord Hill Drive** 4:00 PM Cottage Walkers 6:00 PM Book Club	**10 Save The Eagles Day** **10:30 AM Yahtzee!** 11:00 AM Board Games **1:00 PM Balloon Toss** 2:00 PM Afternoon Stroll **3:00 PM Happy Hour** **4:00 PM Friday Social** 6:00 PM Activity Fun Night	**11 Sheltie Saturdays** **10:00 AM Treasure Memoirs** **11:00 AM UNO** **1:00 PM BINGO** 2:00 PM Cribbage Game 3:00 PM Cottage Walkers 4:00 PM Puzzles 6:00 PM Game Night
12 **10:00 AM Worship Service** **11:00 AM Yahtzee!** **1:00 PM Painting Party** 2:00 PM Cottage Walkers 3:00 PM Word Search 4:00 PM Reminiscing 6:00 PM Card Game	**13 Nat'l Rubber Ducky Day** **10:30 AM Wheel of Fortune** 11:00 AM Cottage Walkers **1:00 PM Ring Toss** **2:00 PM Art Studio** **3:00 PM Cottage Crafts** 4:00 PM Social Hour 6:00 PM Movie Classics	**14 Dress Up Your Pet Day** **10:30 AM CASINO** 11:00 AM Puzzle Time **1:00 PM Tuesday Matinee** 2:00 PM Afternoon Stroll **3:00 PM Hot Cocoa Social** 4:00 PM Cottage Walkers 6:00 PM Board Games	**15 Nat'l Hat Day** **10:30 AM BINGO** 11:00 AM Morning Stroll **1:00 PM Workshop** **2:00 PM Pet Therapy** **3:00 PM Short Story Club** **4:00 PM Cottage Social** 6:00 PM Movie Choice	**16 Nat'l Fig Newton Day** **10:30 AM Sit And Be Fit** 11:00 AM Trivia **1:00 PM Wii Bowling** **2:00 PM Scrabble Slam** **3:00 PM Annie's On First** **4:00 PM Walking Club** 6:00 PM Book Club	**17 Hot Butter Rum Day** **10:30 AM Yahtzee!** 11:00 AM Board Games **1:00 PM Balloon Toss** 2:00 PM Afternoon Stroll **3:00 PM Happy Hour** **4:00 PM Friday Social** 6:00 PM Activity Fun Night	**18 Sheltie Saturdays** **10:00 AM Treasure Memoirs** **11:00 AM UNO** **1:00 PM BINGO** 2:00 PM Pinochle Game 3:00 PM Cottage Walkers 4:00 PM Puzzles 6:00 PM Game Night
19 Nat'l Popcorn Day **10:00 AM Worship Service** **11:00 AM Yahtzee!** **1:00 PM Snowflake Party** 2:00 PM Cottage Walkers 3:00 PM Sudoku 4:00 PM Reminiscing 6:00 PM Card Game	**20 Martin L King Jr Day** **10:30 AM Wheel of Fortune** 11:00 AM Cottage Walkers **1:00 PM Ring Toss** **2:00 PM Art Studio** **3:00 PM Cottage Crafts** 4:00 PM Social Hour 6:00 PM Movie Classics	**21 Squirrel Appreciation** **10:30 AM Balloon Toss** 11:00 AM Complete Phrase **1:00 PM Tuesday Matinee** 2:00 PM Afternoon Stroll **3:00 PM Apple Cider Social** 4:00 PM Cottage Walkers 6:00 PM Board Games	**22** **10:30 AM BINGO** 11:00 AM Morning Stroll **1:00 PM Workshop** **2:00 PM Pet Therapy** **3:00 PM Short Story Club** **4:00 PM Cottage Social** 6:00 PM Movie Choice	**23 Nat'l Pie Day** **10:30 AM Sit And Be Fit** 11:00 AM Trivia **1:00 PM Wii Bowling** **2:00 PM Snowball Fun** **3:00 PM Lk Stevens Drive** 4:00 PM Cottage Walkers 6:00 PM Book Club	**24 Nat'l Peanut Butter Day** **10:30 AM Yahtzee!** 11:00 AM Board Games **1:00 PM Balloon Toss** 2:00 PM Afternoon Stroll **3:00 PM Happy Hour** **4:00 PM Friday Social** 6:00 PM Activity Fun Night	**25 Sheltie Saturdays** **10:00 AM Treasure Memoirs** **11:00 AM UNO** **1:00 PM BINGO** 2:00 PM Dominos 3:00 PM Cottage Walkers 4:00 PM Puzzles 6:00 PM Game Night
26 Nat'l Spouse's Day **10:00 AM Worship Service** **11:00 AM Yahtzee!** **1:00 PM Scrapbook Party** 2:00 PM Cottage Walkers 3:00 PM Maze Craze 4:00 PM Reminiscing 6:00 PM Card Game	**27 Chocolate Cake Day** **10:30 AM Wheel of Fortune** 11:00 AM Cottage Walkers **1:00 PM Ring Toss** **2:00 PM Art Studio** **3:00 PM Cottage Crafts** 4:00 PM Social Hour 6:00 PM Movie Classics	**28 Blueberry Pancake Day** **10:30 AM Balloon Toss** 11:00 AM Complete Phrase **1:00 PM Tuesday Matinee** 2:00 PM Afternoon Stroll **3:00 PM Hot Cocoa Social** 4:00 PM Cottage Walkers 6:00 PM Board Games	**29 Nat'l Puzzle Day** **10:30 AM BINGO** 11:00 AM Morning Stroll **1:00 PM Workshop** **2:00 PM Pet Therapy** **3:00 PM Short Story Club** **4:00 PM Cottage Social** 6:00 PM Movie Choice	**30 Nat'l Croissant Day** **10:30 AM Sit And Be Fit** 11:00 AM Trivia **1:00 PM Wii Bowling** **2:00 PM Knock 'Em Down** **3:00 PM Faded Elegance** **4:00 PM Walking Club** 6:00 PM Book Club	**31 Hot Chocolate Day** **10:30 AM Yahtzee!** 11:00 AM Board Games **1:00 PM Balloon Toss** 2:00 PM Afternoon Stroll **3:00 PM Happy Hour** **4:00 PM Friday Social** 6:00 PM Activity Fun Night	