

Pacifica Tidings


PACIFICA
SENIOR LIVING
LYNNWOOD
Assisted Living
Memory Care

May 2021



A Note from the Executive Director

Hello there!

I hope you are enjoying the spring. We are getting out on scenic drives and starting to garden. Please let Michael know of any park outings that may sound good. Now that more folks are getting vaccinated, we are opening up to more visitation. You are able to go with family members as 100% of our residents did receive their vaccination shots. Please wear a mask, where applicable. Get back to life! Enjoy your family again. Take care and stay safe.
— Kathy Valencia



Who am I?

Doris Von Kappelhoff was born April 3, 1922 in Cincinnati, Ohio, U.S. American singer and motion-picture actress whose performances in movie musicals of the 1950s and spicy 1960s comedies made her a leading Hollywood star.



Welcome to Our Community

Warren in Birch Cottage



Activities & Special Events

- 1. Cut and paste construction paper modern art.** We will use multiple shapes of cut construction paper glued onto a black background to imitate modern art.
- 2. Tempra painting.** Using a model or freestyle we will paint using multiple colors to express each individual's artist abilities. Very fun with nice results.
- 3. Balloon Batting.** Resident sit in a circle and shoot baskets and volley back and forth. This helps with staying active and maintaining hand-eye coordination.
- 4. KARAOKE.** We have a professional sound system and computer which allows access to hundreds of tunes
- 5. Communion.** Michael is an ordained minister with an advance degree in Theology. Resident will be receiving a "non-denomination" memorial meal. Classically held by the Christian faith.
- 6. Bible Study-Group** Bible studies once a week at Alder Cottage.
- 7. Biblical prayer and counselling:** available upon request.
- 8. Roaming musical performances;** (Rock, Pop, Gospel, Contemporary Christian, Old Country Folk Music.
- 9. Percussion Sessions:** We showcase and play along with music from various parts of the world. Using congas, tablas. Tambourines, claves, shakers and more we taste the music of other countries.
- 10. Cooking Classes:** Michael has owned a couple of restaurants and has travelled all over the Europe learning cooking from his friends and relatives all over Italy, England. France. We also explore Asian cuisine. Held individually in each cottage.
- 11. Rescue and Service Animal visits:** We have access to a few animals that love to come and visit with people. Post Covid-19 we will have access to parrots and maybe some kangaroos.
- 12. Sit and be fit:** This popular exercise technique. Helps maintain flexibility and strength. Michael works out daily and is trained in this fitness technique. (stretch band fitness classes will soon be available.)
- 13. We have all the classic board games** and playing cards which will be provided upon request. And we have a professional set up for BINGO.
- 14. Outdoor Church Services:** Weather Permitting.
- 15. Rock Painting:** Making garden art with tempera-paint and waterproofing.
- 16. Custom Book Marks:** We are using construction paper to fashion flashy book markers for friends, family and personal use. Fun, fun, fun!
- 17. Adult Coloring:** This is not kid's color books; We are using hand-drawn pictures that can be colored to your liking! These modern prints are made by our AD, Michael!
- 18. Scenic Drives:** we will visit some of Snohomish County's most beautiful parks, landmarks and landscapes. Transportation and snack provided.

NEW ACTIVITIES IN BLUE

Health & Fitness by

A NOTE ABOUT IMMUNITY

It should come as no surprise that, in the middle of a global pandemic, immunity is a hot ticket item. Views of immunity articles on EatingWell.com are up over 700% year-over-year and people are particularly interested in recipes to help their immune systems, While following guidelines from the Centers for Disease Control and Prevention and your local public health department is important to help stop the spread of diseases like COVID-19, there are things you can do to keep your immune system as healthy as possible. Get enough sleep, exercise regularly, reduce stress in your life and eat a well-balanced diet. Certain nutrients, like vitamins A, C and D, as well as zinc, all support your immune system



Birthdays



Lorraine 5-5

Jackie 5-6

Duane 5-6

Keith 5-8

Mary Kay 5-13

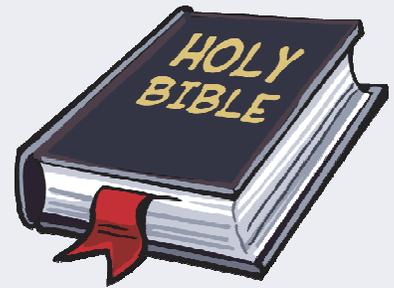
Kathy 5-17

Connie 5-31

Ida Mae 5-31

Spiritual Activities

Thanks to the retreat of the COVID-19 Virus we have been able to start bringing in outside volunteers. We are most grateful to Pastor Byron Newby of Creekside Church who has agreed to hold once-a-week Bible studies. Our spiritual well-being is very important to our physical health. These will be held in the Alder Cottage. All Assisted Living residents are welcome to attend. Wheel Chair service provided!



Who Am I?

(answer)



DORIS DAY

Management Team

Kathy Valencia
Executive Director

Jill Schukei
Business Office Manager

BriAnne Green
Community Relations Director

Pam Baudry, RN
Resident Care Director

Candie Johnson
Memory Care Director

Abel Briones
Maintenance Director

Charlie Turner
Dining Services Director

Michael Castanares
Activities 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!