

Pacifica Tidings



**September
2022**



A Note from the Executive Director

Labor Day has been celebrated since the late 1800's. The purpose is to recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States.

Labor Day is also known as the unofficial end of summer, the official end of the hotdog season and the very unofficial end to wearing all white!

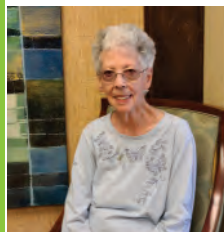
We now also celebrate September 11th as Patriot Day in remembrance of those who died in the attacks on September 11, 2001. A very sad time in our history which we will never forget.

This year, September 11th is Grandparents' Day. Now, this is one we can truly celebrate around here! We have a whole building of fantastic grandparents. Some of you are even Great-grandparents! This is a very noteworthy accomplishment. You had to raise the parents of the grandkids just to get to have those grandkids! Big job, but very worth the effort!

On the 11th, please take a moment to remember this day in 2001 and then take a few moments to celebrate yourselves as the wonderful grandparents you are! Fall is on its way!!!

Cindy Schafer, Executive Director

Who am I?



Introducing Evelyn Schafer, a Washingtonian. She was born at home in Lewiston, ID the youngest of five that moved to Maple Valley, WA as an infant.

Her father worked on the first floating bridge on Lake Washington. After business school, Evelyn worked as a court clerk. Then for Boeing in the food service until she retired. She met her husband on April 1 on a blind date. They have three children, four grandchildren and two great. They traveled in their RV or car after retiring. Her interests include making jeweled calendars, scenic rides, playing bingo, and gambling at the casinos. Please say hello to this sweet and friendly lady.

Welcome to Our Community

This month we would like to extend a warm and enthusiastic "Welcome" to our newest neighbors,

Beverly Borchers
Gerald Wilson
Tim and Linda Hickcox

We are grateful that you chose the Meridian at Stone Creek as your new home! We look forward to getting to know

Activities & Special Events

National ASSISTED LIVING WEEK **September 11-17**

Dress-Up:

Monday—Sports Wear Day
Tuesday—Wacky Socks Day
Wednesday—Western Day
Thursday—Pick your Decade
Friday—Crazy Hats Day

Events:

9/12 Seahawks /Broncos Party-5:15
9/13 Wii Bowling Competition— 11:00
Cooking Demo w/ Ryan —2:30
9/14 Show Me What You Got —2:30
9/15 Live Music with Terry —2:30
9/16 Oktoberfest-
Live Music with Lyle——2:30

National Daughters Day September 25

These are some of our wonderful daughters who support their families.



National Centenarian's Day!

Thursday September 22

Meridian is blessed with two ladies who are 100 +



Chris McQuaker



Ethel Hixson

Health & Fitness by

Eleven Best Foods to Boost Your Brain and Memory

Written by Kerri-Ann Jennings, MS RD

This article is continued with the next six Best Foods to Boost your Brain and Memory.

6. Pumpkin Seeds. Pumpkin seeds contain powerful antioxidants that protect the body and brain from free-radical damage

7. Dark Chocolate. The flavonoids in chocolate may help protect the brain. Studies have suggested that eating chocolate, especially dark chocolate, could boost both memory and mood.

8. Nuts. Nuts contain a host of brain-boosting nutrients, including vitamin E, healthy fats and plant compounds.

9. Oranges. Oranges and other foods that are high in vitamin C can help defend your brain against damage from free radicals.

10. Eggs. Eggs are a rich source of several B vitamins and choline, which are important for regulating mood and Promoting proper brain function and development.

11. Green Tea. Green Tea is an excellent beverage to support your brain. Its caffeine content boosts alertness, its antioxidants protect the brain, and L-theanine helps you relax.

The bottom line:

Many foods can help keep your brain healthy. Some foods, such as the fruits and vegetables in this list, as well as tea and coffee, have antioxidants that help protect your brain from damage. Others, such as nuts and eggs, contain nutrients that support memory and brain development.

Birthdays

For our September Birthdays, Ryan has put together an eloquent lunch for all of our birthday folks! Please RSVP with the front desk so we can save you a seat. We look forward to celebrating you!

Birthday Lunch will be happening on Thursday, September 15th at 11:00AM.

Barbara Brabant - 9/02

Jim Martin - 9/02

Renee Estey - 9/03

Beverly Daws - 9/03

Steve Swegle - 9/03

Linette Gaudet - 9/04

Helen Pompeo 9/07

Clay Andregg - 9/08

Lou Ann Lefor - 9/11

Silas Nelson - 9/13

Estelle Smith - 9/14

Hank Loomis - 9/15

Evelyn Schafer - 9/15

Willa Fletcher - 9/17

Tony Kautzman - 9/22

Norman Lee - 9/25

Florence Thompson - 9/27

Juanita Holloway - 9/28

Ethel Hixson - 9/30

Barbara Schultz - 9/30

Spiritual Activities

Catholic Communion

Every Monday in AR2 at
10:00AM

Bible Study

Every Wednesday in AR2 at
10:00AM

Non Denominational Church Service

1st Thursday of the Month at
1:00PM



Employee of the Month

Congratulations to Fita Jennings, evening shift caregiver, for receiving the Employee of the month for August. Fita is a very caring, friendly person with a wonderful attitude. She is personable, responds promptly to requests, initiates without being asked and arrives on time for her shift. We are grateful to have Fita as part of our care staff. Please thank her for her dependability.

Fita was born and raised in California. She moved to Washington this last spring to be closer to her Grandma. She has done caregiving in people's homes. In her spare time, she likes to spend time with her younger siblings. She takes them to their activities and watches them play sports.

Management Team

Cindy Schafer

Executive Director

Jessica Hinderman

Business Operations Manager

RyanMcPherson

Food Services Director

Jan Sondergeld

Activities Director

Daniel Fabre

Maintenance Director

Doreen Vitek

Community Relations Director

Nicole Helmer

Community Relations Director

Jackalynn Braziel

Memory Care Coordinator

Tiffany Murry

Resident Care Coordinator

Lynn Davison

Resident Care



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.*



THE MERIDIAN

at Stone Creek

A Pacifica Senior Living Community

1111 South 376th Street

Milton, WA 98354

Phone: 253.661.3651

www.meridianatstonecreek.com

Welcome Home!