

Pacifica Tidings



PACIFICA
SENIOR LIVING

WOODMONT
Independent Living
Assisted Living • Memory Care

**December
2016**



A Note from the Executive Director

Dear Friends & Family,

I am so honored to have been blessed with the opportunity to continue to serve you. As most of you know I have served in several different roles in the last three years. Seeing each of you everyday truly brings so much joy to my heart. Thank you!

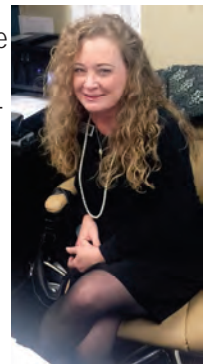
Welcome back home Diane Sullivan! You have been missed greatly. Diane is back as our Community Relations Director. Welcome back home Latina Hall our LPN, and welcome back home Tionna Jones our Resident Assistant!

Now that we have our home team complete we are going to make you as proud as we can. In order to fulfill my new role, I will have

to travel a few days this month; but will return refreshed and ready to look forward to the New Year with you!

There are many new exciting things happening and coming up for the New Year! We have a Solar Panel Project that is underway, new menu's, a host of special events, and much more. I wish everyone peace, goodwill, and blessings for the forthcoming year. Merry Christmas & Happy New Year

Laurie Love
Exclusive Director



Who am I?

At one time in my life, I was a media mogul. On several occasions, I served as a stand-in for the most admired woman in the world. My inheritance helped launch my husband's career. One of the two books I wrote was turned into a documentary film. I survived my husband by more than 30 years. I passed away in 2007 at the age of 94. Although not an elected official, I had considerable influence on politics. My childhood nickname stuck with me throughout my entire life. Known for my southern charm, I played a key role in healing a grieving nation. One of my greatest accomplishments was the passage of the Highway Beautification Act. I was first lady of the United States during the 1960s. My husband, Lyndon Baines Johnson, was the 36th president.

Welcome to Our Community

*Mary Fairbanks
Paul Slaton
Mary Jones
Tome McRae
Judy Boulay
Ruby McDaniel*

In Honor of...

Mrs. Helen Turner

Mr. LaVerne Gordon



It was truly an honor for us to have the opportunity to display all of our Veterans.

Thanks again to all of those who helped out with our "Veterans Day Salute"



Upcoming Events



Let Your Voice Be Heard !

Resident Council Meeting

December 6th
12:30 (AR)

Food Committee Meeting

December 7th
12:30 (SR)

Resident Meeting

December 13th
12:00 (DR)

Activities Meeting

December 20th
12:30 (AR)



Join us **EVERY** Friday at 3:00 for
Happy Hour.
Come out and enjoy live music, light
refreshments and of course cocktails



New Resident Social

December 28th in the
Living Room
At 3:00 pm

Please come and welcome
our newest family members
to our community

Holiday Performances

12/7 Lighthouse Choir 10:00am
12/7 FSU Christmas Show 7:00pm
12/12 Christmas Carols with Santa
3:00 pm

12/18 Christmas Performance
5:30pm

12/20 FSU Christmas
Show 2:00pm



Come out and celebrate the
December Diamonds
We will have a our annual
Residents Birthday party
December 15th
At 2:30 pm
in the
Dining Room



Special Events & Memorable Moments



Health & Fitness by

Fight Wintertime Depression

Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation.

To help avoid these issues, family members can check in on seniors as often as possible; even a short, daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

Dress for Warmth

Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low.

According to the CDC, more than half of hypothermia-related deaths were of people over the age of 65.

So don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

Your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately.

Birthdays

Katie Tola
December 1st

James Notley
December 8th

Margaret Lambert
December 13th

Florence Scherdin-Cay
December 16th

Judy Boulay
December 23rd

Myrtice Craven
December 31st

***Happy Birthday to all of
our Dynamic December
Residents!***

Spiritual Activities

Sunday Church Services

2:00 PM in the Sunroom

Catholic Mass

1st Saturday of the month
10:00 AM in the Sunroom

Weekly Evening Bible Study

Every Tuesday
6:30 PM in the Sunroom
Every Thursday
6:30 PM Sunroom

Catholic Rosary

Wednesday
4:00 PM in the Sunroom

Who Am I?

(answer)



Claudia Alta "Lady Bird" Johnson was First Lady of the United States, as the wife of the 36th President of the United States, Lyndon B. Johnson. Notably well-educated for a woman of her era, she proved a capable manager and a shrewd investor.

Employee of the Month



December 2016 Winner

Congratulations to our December Winner "Tee" Hopkins. Woodmont would not be the same with out you.

Thank you for your unwavering dedication to our Residents & Families. We are so grateful to have you as a member of our family!

Thank you for all you do, you are a beautiful person inside & out!

Thank
you

LOVE you
TO THE MOON
& back



Getting to Know Your Neighbor...



Judy Boulay was born December 23rd, 1945 in Birmingham, Alabama as a twin and one of five children. She was raised in Tallahassee, Florida and graduated from Leon High School. After graduation Judy met her husband, Richard Boulay. The couple has two children Brent and Lara and two energetic grandchildren. The family moved all over the US, Germany and even Saudi Arabia. Through her travels Judy has collected many beautiful and unique pieces of art from every corner of the globe. Judy came back to settle in her hometown of Tallahassee and worked as a Legislative Analyst. She chose to pursue her passion for serving others by working with Leon Advocacy and resource center to help house disabled adults. Judy enjoys painting nature scenes, making jewelry, music, poetry and spending time with her grandchildren and family.

Welcome

Management Team

Laurie Love

Executive Director

*Alnesha Williams
Director of Nursing*

*Taquandra Leonard
Memory Director*

*Laurie Love
Business Office Coordinator*

*Oral Web
Food & Beverage Director*

*Jan Sedlacek
Maintenance Director*

*Brittany Burks
Activities Director*



*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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*3207 N. Monroe Street
Tallahassee, FL 32303
(850) 562-4123
Lic.# 99*

Welcome Home!