

Pacifica Tidings



**April
2017**



A Note from the Executive Director

We would like to take this opportunity to welcome Nicole Jamison to our community as our new Office Manager. Nicole lives in Tulalip where she resides with her 3 dogs and 2 cats. Nicole went to school at Everett Collage where she received her Associates Degree, Nicole also has been a Med Tech ,EKG Tech and a Ultrasound Tech. Nicole has been in the health care field for 10 years and Business Office Management for over 25 years. We would all like to welcome her to the community.

Who am I?

I was born on December 8, 1917, I married my wife Joy in 1934. We had 4 children 2 boys and 2 girls, we have been blessed with 2 Grandchildren 1 boy named Christopher and 1 girl Zoe witch is Greek for Joy. My hobbies include translating Greek to English. I am a Porto Pres Veteros Greek Orthodox Priest. I live in Cedar Cottage. I enjoy popcorn.

Welcome to Our Community

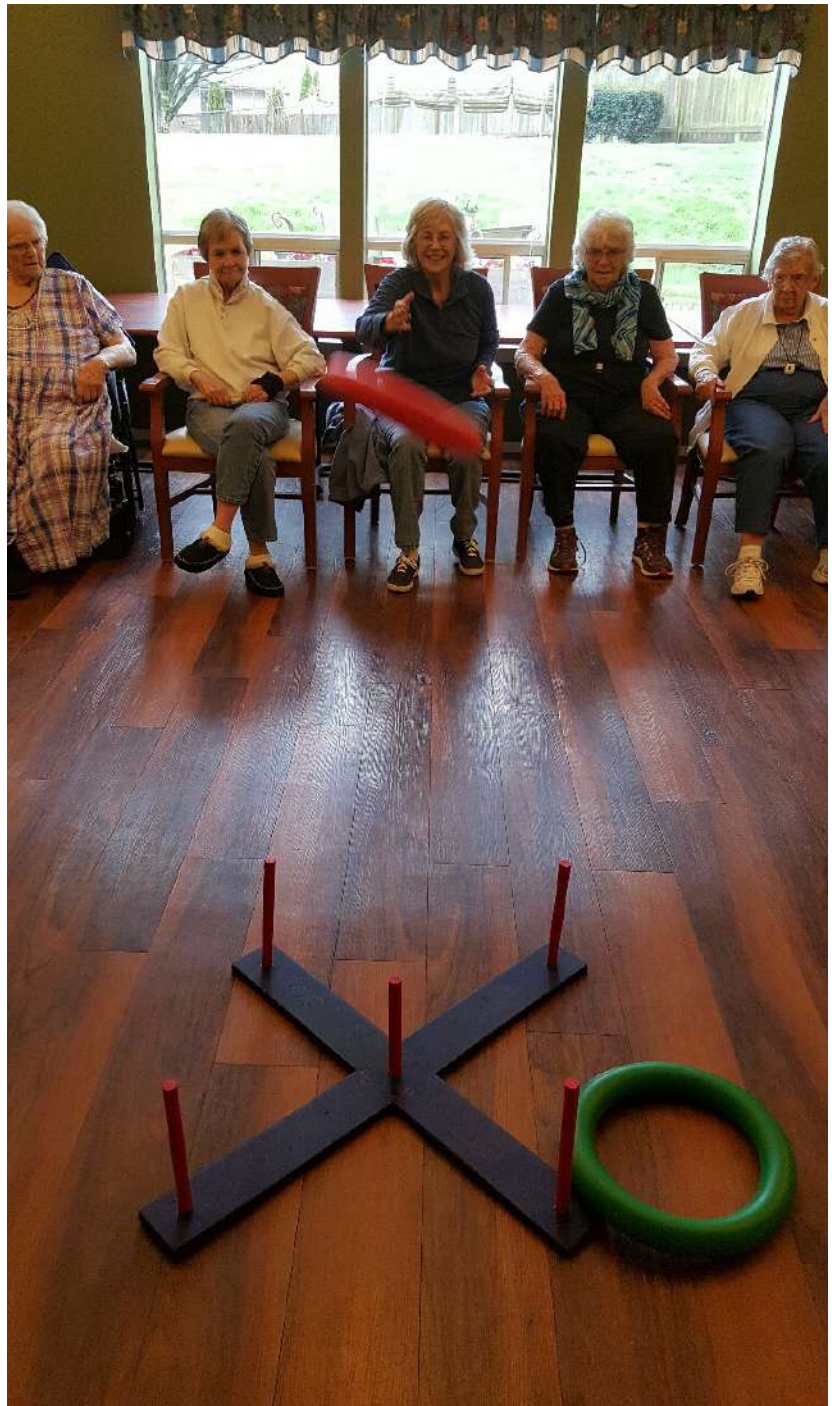
Earl Yates - Cedar Cottage

Activities & Special Events

Well Spring is here, all the flowers are blooming so pretty. We have all been busy with all our activities, and we took a trip to the Casino in March. We have a new entertainer Doug, he plays the guitar and sings the residents just loved him. Another Bingo store has come and gone it was a big hit. I have been keeping track of final scores for Ring Toss and Bean Bag Toss and take the top 3 residents out to lunch their choice where we go. We are very excited about all the changes here in our community, we are all excited to the warmer weather so we can have our Bar B Ques. We have been playing Yates and it is fun, the residents keep beating me. We had a small Saint Patrick's Day Party we were entertained by Jon Pressman a good time was had by all.



RING
TOSS
FUN.



Health & Fitness by

We have many residents who love to walk, rain or shine I can watch them out of my office window they inspire me. Our residents enjoy exercise class 4 times a week with balloon toss thrown in their favorite might add. We have a good turnout for the activities it keeps us all going and meeting new people.

Everyday in Memory Care is about Health and Fitness, we start with "Morning Stretch" to get ready for exercise, some times we work out with weights, a fun time is had by all with "Singercise" where we do our exercising while singing familiar tunes like, Daisy, Take me Out to the Ball Game, My Bonnie and so many more old time songs. We have a wonderful variety of exercise groups for all health levels, we even have fun playing "Balloon Toss" and when the weather is right we have plenty of space and walkways on our beautiful grounds to walk/ tour the entire Memory Care community.

We not only exercise our body but we also exercise the mind with games like "Name That Tune", Word Games, "Hangman", Trivia and so many more. We have musical programs through out the day, every day such as Karaoke and lot's of sing along time. Music is good for the mind body and soul! Join us!

Birthdays

Marion Stocker 4/10
Dorothy Brenchley 4/12
Lovelie Wood 4/25



Spiritual Activities

On Sundays we are visited by a husband and wife from Saint Michaels Parish and they have a church service for our residents. Ruby comes by and gives Communion to our residents. On Wednesdays I read from a book called A Cup of Comfort that contains uplifting short stories, that our resident enjoy.

Sunday in Memory Care, we offer "Sunday Morning Sermons", we have "Hymn Book" so you can enjoy some of your favorite old gospel tunes and in the afternoon we have Sunday Sing Along, maybe learn some new songs. And Sunday evening we show our "Sunday Inspirational Movie"

Who Am I?

(answer)



Management Team

Katie Aldrich
Executive Director
Russell Christenson
Community Relations Director
Nancy Thomas
Activities Director
Cindy Freeman
Food Services Director
Eric Cole
Maintenance Director
Kelsey Lindstrom
Resident Care Coordinator
Michael Cain
Residential Care Director
Nicole Jamison
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!*



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SNOHOMISH
Assisted Living
Memory Care

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

Welcome Home!