

Management Team

Kathy Valencia
Executive Director

Marilyn Batchelor
Business Office Manager

BriAnne Green
Community Relations Director

Vacant Position
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.




PACIFICA
SENIOR LIVING
LYNNWOOD
Assisted Living
Memory Care

18625 60th Ave. W
Lynnwood, WA 98037
Tel: 425.771.7700
www.PacificaLynnwood.com

Welcome Home!

Pacifica Tidings


PACIFICA
SENIOR LIVING
LYNNWOOD
Assisted Living
Memory Care

November
2020



A Note from the Executive Director

The fall is here and the leaves are turning such beautiful colors. We made it through a difficult summer not being able to go out and enjoy the weather. You have all been so patient and I really appreciate all of you. We all have been getting to know our new Activities Director, Michael. We are so blessed to have him. Candie is enjoying her new role as the Memory Care Director and is doing a wonderful job! I have also been getting to know all of you and look forward to a season of holidays coming up so we can have some fun! My door is always open. - Kathy Valencia



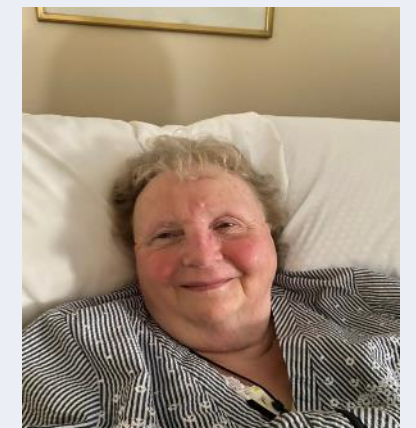
Who am I?

Musically talented,
an ordained Minister,
A great home chef, loves
art and history. Has one
daughter. Is on the staff.
Has travelled to Europe.
Italy is a favorite!
Guess who I am?

See next page picture for answer

Welcome to Our Community

Ida Mae is our newest resident in our Cedar Cottage—glad you're here!



Activities & Special Events

15 Fun Activities to Participate in! Read more about them:

- 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 batt a balloon back and forth with each other. 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-**Individual and group Bible studies will be help upon request.
- 7. Biblical prayer and counselling:** available upon request.
- 8. Roaming musical performances;**
 - A. Rock
 - B. Pop
 - C. Gospel
 - D. Contemporary Christian
 - E. Old Country
 - F. 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. Mystery Bus Rides—**Coming Soon. Jump on board!

Ask Michael about any activity and how to participate. Suggestions welcome!

Health & Fitness by



How Seniors can boost their brain health—easy tips

- Practice using your memory. Regularly engaging in memory exercises can help improve both short and long-term recall.
- Play 'thinking' games.
- Learn something new.
- Seek out social interaction.
- Keep stress under control.
- Maintain physical fitness and a **healthy** diet.
- Know where to get help if you need it.

Birthdays

NOVEMBER BIRTHDAYS

Muriel Korton-November 2nd
Sandy Hanson-November 5th
Norm Sedor-November 15th
Mary Farman-November 20th
Dick Hodges-November 21st
Lyman Bates-November 23rd



Spiritual Activities

According to these studies, **meditation** can help individuals sleep better, cope with some symptoms associated with **mental disorders** like depression and anxiety, reduce some of the psychological difficulties associated with chronic pain, and even improve some cognitive **behaviors**.

Who Am I? (answer)

