

Pacifica Tidings



PACIFICA
SENIOR LIVING

LYNNWOOD
Assisted Living
Memory Care

January 2021



A Note from the Executive Director

I can't say I'm sad to see the year end. What a year it has been! I would like to wish each and every one of you a Happy New Year. May this year bring health and happiness to you, your friends and your family. We are honored you have chosen Pacifica as your home. - Kathy

GOODBYE 2020
HELLO 2021

Who am I?

According to some biographers, the movie makers at Fox Studios found **his name** inappropriate and changed his last name to the last **name** being taken from the American Revolutionary general "Mad Anthony" **Wayne**. In time this actor would become an American icon. He personified to the world the image of the "American Cowboy" "Well I guess you don't know pardnah!"



Welcome to Our Community

Susan Tullar, Elm Cottage



Activities & Special Events

ALL SCHEDULED EVENTS ARE SUBJECT TO CHANGE.

- 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;** (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.



Health & Fitness by

Add a whole new range of gym exercises to your in home routine. With the included wrist & ankle straps, You can a home workout easy. The advanced resistance bands provide continuous tension through your entire range of motion, ensuring maximum efficiency throughout your workout. Every year can bring its limitations and loss of range of motion, but resistance bands are good because they are effective in maintain flexibility and strength and take up very little space. Don't leave them lying around though. They can be a tripping hazard. I literally wore out my first set. Below are the expensive "KoreTense" set at the high end and Walmart's version. Not much difference



Birthdays

Eileen
Gordon
Jan 21



Don
Lopez
Jan 8

Spiritual Activities

"Thy word have I hid in mine heart, that I might not sin against thee." That famous passage of scripture sounds daunting to us because we know deep down inside we cannot go very long without violating God's righteous standard. However, this verse is hopeful, not unattainable. When we hide God's word in our hearts, then what comes from the deepest part of you will spill out to the benefit of others as well as yourself. This month we will focus on BIBLE STUDIES. Tell your caregivers to give me your name and a good day for you and we'll try to make a time that works. Michael Castanares AD

Who Am I?

(answer)

AMERICAN ICON - JOHN WAYNE



Management Team

Kathy Valencia

Executive Director

Marilyn Batchelor

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!