

Pacifica Tidings



PACIFICA
SENIOR LIVING

LYNNWOOD
Assisted Living
Memory Care

April 2021



A Note from the Executive Director

Spring flowers are blooming and the weather is fair. It's time to get out there and get some fresh air. As we open up and see our loved ones and friends again, it reminds us to cherish each moment we have. It's been a tough road with Covid and we are not completely out of the woods, but I can see light at the end of the tunnel. I hope you all can see it too. I want to encourage you to get involved with outings and activities. We hope to start a garden club soon. See Michael with any questions.—Kathy



Who am I?

I am a famous American actor. I am probably known by most people for playing Moses in the movie of "The Ten Commandments" I was born in October 4, 1923. In 1972 I switched political parties and became an activist. [📄](#) As a Hollywood star, I appeared in almost 100 films over the course of 60 years. Who am I?

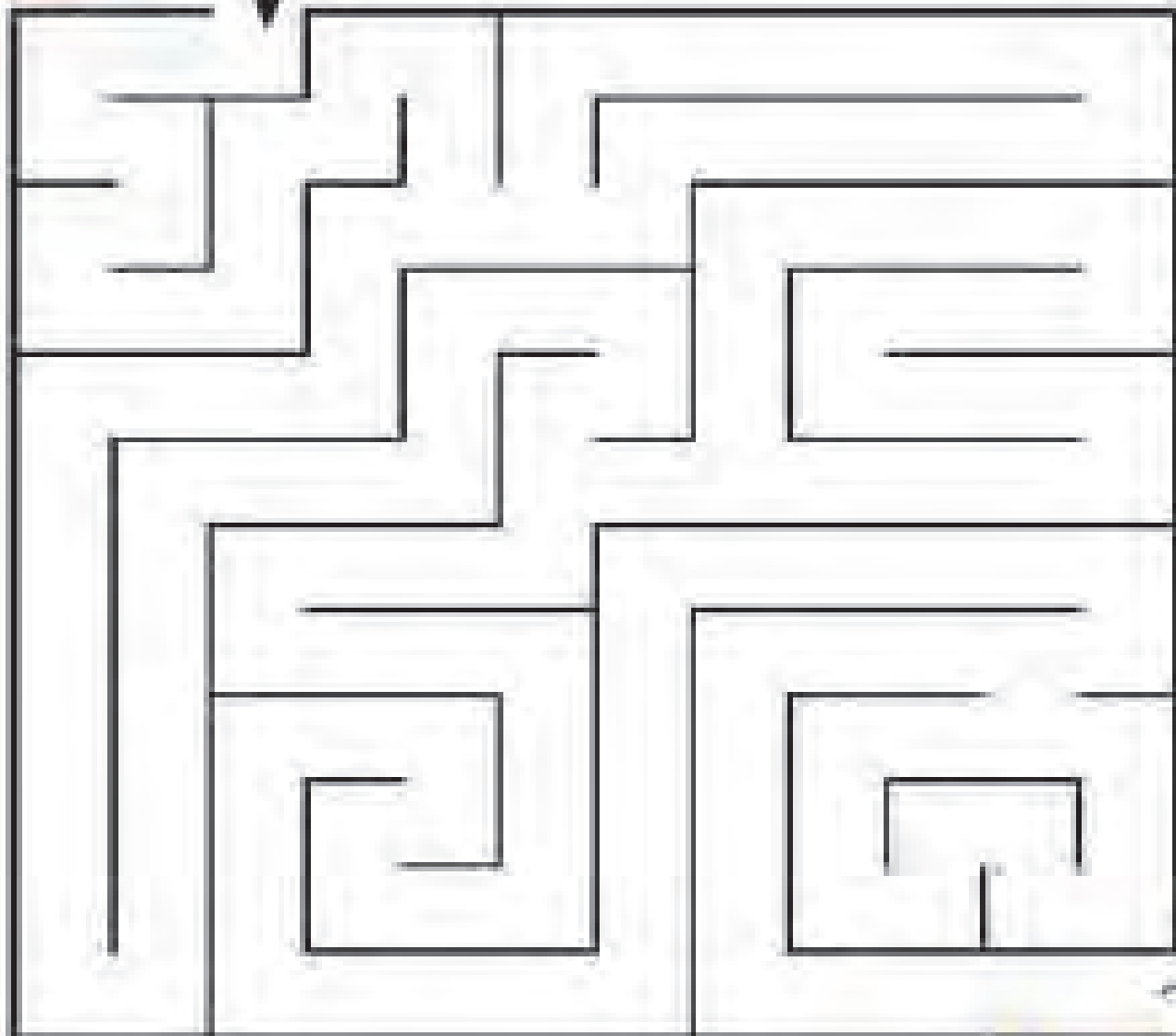
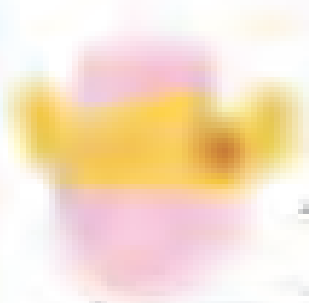


Welcome to Our Community



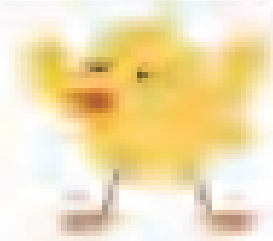
Evelyne

Happy Easter!



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It's Easter Day and the baby chick just hatched from her egg. Help her take her first steps and find her way through the chicken coop.



Health & Fitness by tips from mike

There are many great diets you can follow to lose weight, however, as history has revealed: the results are not long-lasting. Weight loss and good health come from a life-style change. In our society there are far too many unhealthy places to buy high fat, high sodium, and high sugar foods. The long term effect on our bodies and mental state have been devastating to thousands of us Americans. This may be controversial, however, the food pyramid is a little misleading...not everyone is the same. Although I am not an "anti-milk" person, milk is primarily for baby cows. I switched to almond milk a long time ago. Don't quit, just cut back. Also we in the U.S. typically eat too much bread, pasta, rice and potatoes. Try substitutes like quinoa, cauliflower rice, or brown rice. Cauliflower can be made into rice or mash-potato substitute. Cauliflower rice can be used almost any way you can make white rice. A little creativity can go a long way. Make a good pasta sauce and put it over spaghetti squash or make pad tai with it. Look at new ways to enjoy vegetable. I have many great ideas for you. I literally saved my life by changing the way I eat. If you want to hear any of my ideas or recipes, please email me at ad.lynnwood@pacificseniorliving.com. Please consult your doctor before you dramatically change your eating style. Live long my friends! Michael Castanares, Activities Director.

Birthdays



Pat 4-7

Merle 4-11

Bernice 4-18

Merrill 4-20

Spiritual Activities

This month we will be looking at the Christian practice of prayer. Most of us think of prayer as things we ask of the Lord when we are in trouble. Some might have scripted prayers that are done for meals, or starting the day. But in the month of April we are going to focus on prayer as something we do to build relationship with our spiritual father and creator. Simply put; prayers are words that turn God's ear to his children. I have found that prayers in time of trouble can be done in confidence when I have consistently prayed for the sake of intimacy and relationship. April is a month when we will focus on relationship with God through prayer.

Who Am I? (answer)



CHARLTON HESTON

Management Team

Kathy Valencia
Executive Director

Jill Schukei
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!