

# Pacifica Tidings



September/October  
2018



## *A Note from the Executive Director*

Hard to believe that another summer has past. Labor Day is a U.S. national holiday held the first Monday every September. Unlike most U.S. holidays, it is a strange celebration without rituals, except for shopping and barbecuing. For most people it simply marks the last weekend of summer and the start of the school year. I want to thank all of our staff for their hard work and true dedication.

The first Sunday after Labor Day is National Grandparents Day, a time to honor and recognize the important role that grandparents and seniors play in the lives of their families and communities.

I would like to wish all of the grandparents in our community a **HAPPY GRANDPARENTS DAY!** We salute your contributions to family and our community. Grandparents make a real difference.

**DANIELLE INMAN**

## *Who am I?*

I was born and raised in Pittsburgh, Pennsylvania. After graduation from High school I got married and had three children. Our family moved to an Acreage in Iowa, where we owned many horses. The kids was trained and showed horses at events throughout the Midwest, After my husband passed, I moved to Florida. and spent many years volunteer at big Cypress National Park. I worked on archeological excavations of Calusa Indian shell mounds. My recent move to Pacifica has provided a very comfortable and social lifestyle.

## *Welcome to Our Community*

It is always a pleasure to welcome new friends to our community !

Karina P.– Robert H.  
Ana A. –Joan E.  
Michael T.-Ray S.  
Barbara W.—Henry B.  
Louise C.-William C.  
Elizabeth B.– Donna M.



## Activities & Special Events

### UPCOMING EVENTS MUSIC RECITAL



Wednesday, September 5th at 10:00 a. m.

### KARAOKE PARTY



Thursday, September 6th at 2:30 p.m.

### ANIMAL SHOW



Wednesday, September 12 at 2:00 p.m.

### WESTERN SHINDIG



Thursday, September 13th at 2:30 p.m.

### GRANDPARENTS BREAKFAST



Friday, September 14th at 8:00 a.m.

### HAPPY HOUR

Thursday, September 20th at 2:30 p.m.

### BIRTHDAY PARTY



Thursday, September 27th at 2:30 p.m.

### FAMILY NIGHT

Wednesday, September 19th at 5:00 p.m.

Administration Building  
Light Meal Provided

RSVP:(239)437-5511 by September 17th

**WE HOPE TO SEE YOU THERE!**

### LUAU PARTY WAS A LOT OF FUN



## Memorable Moments



Residents had a great time on our trip to **Kingdom Pet Store** with **FGCU nursing students**. They got to make their own **Pizza's**, make beautiful **clay flowers** with **Denise** and celebrate the **4th of July**. Thank you to our volunteers for helping out with our Activities Program. If you would like to be a volunteer at our community, please contact Victoria at **239-437-5511** or email at **AD.fortmyers@pacificseniorliving.com**



## FUN AT PACIFICA WITH SNOW CONES AND ICE CREAM

### Birthdays



#### SEPTEMBER

Ingeborg S. 09/17  
Henry Borg 09/10  
Frank C. 09/22  
Jane Appell 09/24

#### OCTOBER

Sheryl S. 10/5  
William L. 10/5  
Anna W. 10/9  
Carolyn W. 10/13  
Joyce M. 10/19  
Leroy Appell 10/20  
Raymond P. 10/22  
Ingeborg W. 10/27  
Mary Ann W. 10/30



### *A Note from the Activities Director*

**Pacifica Senior Living** offers residents many options for staying socially engaged through a variety of stimulating programs and activities. We treat our residents, families and staff with snow cones last month. Residents had a lot of fun visiting Kingdom Pet Store with Florida Gulf Coast University nursing students.

Residents had a fabulous time making a delicious pizza with their favorites toppings also they sharing a good time with their families celebrating 4th of July as well as had a lot of fun at our Luau Party.

I would like to invite you to participate in our events in September, but please don't forget to check the calendar. We welcome you to enjoy Pacifica!

As always, thanks for your support.

Victoria Bendezu

### WE WOULD LIKE TO ANNOUNCE AUGUST NOMINATED



### EMPLOYEE OF THE MONTH KATIANA L.

Katiana is outstanding hardworking and an asset to our residents and the community. Thank you Katiana for all the work you do with compassion and care!

All are encouraged to participate in nominating employees for working hard and going the extra mile!

## Health & Fitness by

### Danielle Inman LPN, ED Dehydration

Our elderly loved ones need a little extra TLC during the hot summer months. Find out why dehydration increases with age and get valuable tips on keeping your favorite senior hydrated.

Senior dehydration is a common health issue that can lead to bigger problems if proper hydration is not made a priority, such as low blood pressure and urinary tract infections. Proper hydration helps to keep the body and vitals regulated. The University of Chicago Medical Center found that 40% of heat-related fatalities in the U.S. were among people over 65.

Fluid intake is key. Caregivers and families need to be cognizant about risks to make sure aging loved ones are properly hydrated.

**Here are some tips to help encourage fluid consumption and reduce the risk of elderly dehydration:**

1. Encourage 8 oz. of fluid intake every time the senior takes medication.
2. Keep water bottles and/or a water cooler available throughout the day wherever the senior is (for example, in bed, or throughout the house or at the senior living community).
3. Offer fluids on a regular basis throughout the day.
4. Provide senior's favorite beverages (make sure they're not alcoholic or caffeinated).

## Fitness Activities



Exercise is an essential part of daily life. Exercise supports strength, mobility, stamina and overall good health. Daily exercise helps to lower blood pressure helps with blood sugar control and weight control.

**Chair aerobics, volleyball, ball toss, Zumba, dance and Tai Chi** are part of our daily exercise program.

Every Tuesday you can join us at 2:00 p.m. to relax and enjoy our **Tai chi class** with Vicki Elliot.

## Spiritual Activities



**Hymns and Bible versus**  
Monday at 10:00 am cott 5  
Monday at 10:20 a.m. cott 4

**Bible Study and Hymns**  
Monday 10:40 a.m. cott 3  
Monday 11:00 a.m. cott 1-2

**Communion**  
First Monday and Third Monday during the service church.

**Sunday Worship**  
Channel 10 at 10:00 a.m.

## WHO AM I ?..... Mary Ann S.



## *Management Team*

### **Executive Director**

Danielle Inman

### **Director of Resident Services**

### **Marketing Coordinator**

Tiffany Parisi

### **Business Office Manager**

Alicia Blaylock

### **Activities Director**

Victoria Bendezu

### **Director of Maintenance**

Nick Roberts

### **Director of Dining Services**

Linda Lemons



*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!*



**PACIFICA**  
SENIOR LIVING

FORT MYERS

Memory Care

*9461 HealthPark Circle*

*Ft. Myers, FL 33908*

*(239) 437-5511*

*www.PacificaFortMyers.com*

*Welcome Home!*