A Note from the Executive Director

Holidays Rich in Tradition
The holidays are a time rich with tradition. Some of these traditions are centuries old, while others are much more recent. New or old, every holiday tradition has a story—and that’s what makes them special.
The whimsical holiday tradition every grade-schooler has loved since the Great Depression. In 1939, an advertising copywriter for Montgomery Ward wrote a short story called “Rollo the Red-Nose Reindeer.” Store executives didn’t care too much for the name. They did not like Reginald, either, the author’s second choice.
The winning name came from his younger daughter…and Rudolph has been shining bright ever since. Traditions like these are what make the holidays such a magical time. Living at Woodmont, you know what a fun and festive time of year it can be. Our associates do their very best to bring the sights, sounds and spirit of the season home to you.
So whether your tradition is a handmade ornament, a favorite song or recipe passed from generation to generation, ‘tis the season to enjoy. Take a moment to share a cherished holiday tradition with the ones you love. From our family to yours, all the best this holiday season.

Sheila Kay Benn,
Executive Director

Who am I?
I was born on December 12, 1915, in Hoboken, New Jersey, to Sicilian immigrants. An only child, I loved having people around me at all times. My son was kidnapped and held for ransom in 1963 but was released after just a few days. During my career, I won many awards and honors including the Oscar, the Grammy, and the Golden Globe. An asteroid was named in my honor. I was known in some circles as the “Sultan of Swoon.”

Welcome to Our Community
Chef Jeff Weiland
Food & Beverage Director
Tiffany Francis R.N
Director of Nursing
Laurie Love
Business Office Coordinator
In Honor of...

Mr. Arnold Weand
November 25, 1921—November 14, 2015

Mrs. Jean Dixon
January 25, 1919—November 16, 2015

1. First cooking job was at wilderness lodge at the base of Mt. McKinley in Alaska
2. Attended culinary school at Le Cordon Bleu in Chicago
3. LOVES sports and avidly follows the Michigan Wolverines and the Chicago Cubs
4. Grew up in a small town in Illinois called Minonk. Surrounded by corn fields
5. All-time favorite food is Italian, followed closely by Fruit Gushers
6. Best quality is sense of humor
7. Wears size 14 shoe
8. Loves to play video games
9. Loves going to the movies because it reminds me of my mom
10. Lost mother to colon cancer just over 8 years ago
11. Loves to quote movies, especially "Dumb and Dumber" and "The Shawshank Redemption"
12. Has a dog named Sadie Leigh who was a Valentines Day gift to his wife 3 yrs ago
13. My new favorite outdoor hobby is snorkeling in the springs of Florida
14. I have 4 older sisters and in the only boy
15. Ever wonder what's in that giant mug I'm carrying around? It's Diet Mt. Dew!
16. I was just married to the love of my life, Megan, in July on Alligator Point Florida
17. I am a bit of an adrenaline junky. I love roller coasters, bungee jumping and someday SKYDIVING
18. I wore glasses until I was 5. Now have 20/20 vision
19. I love jeopardy, and I'm actually pretty good at it
20. Worked for the Peoria Chiefs, the single A affiliate of the Chicago Cubs, as a member of the grounds crew
22. I've been my own personal barber for 12 years
23. I believe whole heartedly I'm chivalry and testing women with respect
24. Played offensive and defensive line on High school football team. Also, threw the shot put and discus on the track team
25. My all-time favorite job is working with the wonderful residents of Woodmont
Upcoming Events

Please join us Thursday, December 10th, 2015 for our “Christmas Around the World “ Holiday Party
To RSVP please do so by December 4th

This month we will be traveling to Poland for our annual Passport Dining Meal, join us on December 15th. If you would like to attend please RSVP by December 8th

We are pleased to announce that the Nursing Staff here at Pacific Senior Living at Woodmont will be conducting a wellness clinic every month on the 1st and 2nd @ 10 am to evaluate your weight and blood pressure.

This month we will focus upon Heart Healthy Habits for Seniors.
### Health & Fitness by

4 Steps to Heart Disease Prevention

You can keep your heart healthy no matter how old you are, but it does take effort — possibly even changes in your everyday habits, such as eating a heart-healthy diet and increasing your activity level. Here’s how to get started:

- **Get enough exercise.** This means at least 30 minutes of exercise almost every day of the week.
- **Quit smoking.** If you do smoke, it’s time to quit.
- **Eat a heart-healthy diet.** Load up on fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol, like fatty meats.
- **Watch your numbers.** Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes, and make sure they’re under control with medication.

### Birthdays

- Katie Tola
  December 1st
- Margaret Lambert
  December 3rd
- Mary Ellen Charters
  December 5th
- Florence Scherdin Cay
  December 6th
- James Notley
  December 8th
- Myrtice Craven
  December 31st

*Happy Birthday to our December Diamonds*

### Spiritual Activities

- Tru Fellowship every 4th Monday at 6:30pm (SR)
- Bible Study every Tuesday at 6:30pm (SR)
- Catholic Rosary every Wednesday at 4:00pm (SR)
- King's Chapel every Thursday at 6:30pm (SR)
- Christian Church service held every Sunday in the Sun Room at 2:00pm

### Who Am I? (answer)

I am Frank Sinatra. Francis Albert "Frank" Sinatra was an American jazz and traditional pop singer, actor, and producer, who was one of the most popular and influential musical artists of the 20th century.
Lorna Delcy was born on January 14th in Haiti. She has one Daughter who she says is the source of her inspiration. When asked what she enjoys most about her job she said her residents. Lorna also enjoys working with her fellow associates and says it’s a positive environment! Her favorite dish is White Rice, Fish & Pigeon Peas. She spends her free time with her daughter and hitting the books.

We would like to thank Lorna for all of her hard work. She has shown time and time again her dedication to her job and residents. We are so blessed to have her. Not only do we love you, but we appreciate all that you do.
Mrs. Ruth Goldsmith was born on April 7th, 1926 in Bullock, Alabama. She moved with her family to Destin, Florida where she was raised. She later moved back to Alabama to attend University where she met her beloved husband Roy, who later joined the United States Navy. After graduating with a degree in Secretary Studies she went on to work for Maxwell Air Force Base in Montgomery, Alabama. We are so thrilled to have you here Mrs. Goldsmith.

Getting to know your Director of Nursing:

Hello families and staff,
I am pleased to be your new Director of Nursing at Woodmont. I am a Louisiana native, and a mother of eight. I have spent most of my nursing career working for the Military in Fort Leonard Wood, Missouri.

I moved to Tallahassee 2 years ago to continue working in the field of Obstetrics and Gynecology, however GOD was directing my path and directed me back to where I first developed my love for nursing, which was working with seniors. GOD blessed me with a servant’s heart, and I would not be serving Him if I were not serving those very people who have come before me.

I want to extend my deepest gratitude to all of the residents, family members and staff who have made me feel right at home my first few weeks here, I greatly appreciate it. For those who have not met me yet, I look forward to getting to know you and working with you and your loved one.

Sincerely,
Tiffany Francis RN
Management Team

Shelia Kay Benn
Executive Director

Laurie Love
Business Office Coordinator

Diane Sullivan
Marketing Director

Jeff Weiland
Food & Beverage Director

Jan Sedlacek
Maintenance Director

Tiffany Francis
Director of Nursing

Brittany Burks
Activities Director

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
WOODMONT
Independent Living
Assisted Living • Memory Care

3207 N. Monroe Street
Tallahassee, FL 32303
(850) 562-4123
Lic.# 99

Welcome Home!