

# Pacifica Tidings



November 2017



## *A Note from the Executive Director*

Happy fall and Happy Thanksgiving everyone! The holidays are upon us, and we are looking forward to the opportunity to come together with all of our residents and families for a pre-Thanksgiving family dinner. On November 16<sup>th</sup>, at 6:00 PM, we will be hosting a Family Affair Get-Together for our families, residents, and staff to help usher in the holiday season. Please join us for a Thanksgiving Feast with your loved one on the second floor in our Merwin & Lacamas Cottages for an evening of traditional Thanksgiving fare and fun.

Please RSVP by November 9<sup>th</sup>, via email to James Winther at [ad.vancouver@pacificaseniorliving.com](mailto:ad.vancouver@pacificaseniorliving.com)  
Thank you and Happy Thanksgiving!



## *Who am I?*



## *Welcome to Our Community*

Welcome Roy Brothers, our newest family member who moved in the last week in September.



Roy was an administrator for both Washington State and Oregon State Schools for the Blind. Go introduce yourself when you have time. He has lots of stories to tell.

*Activities & Special Events*

# Picnic Outing



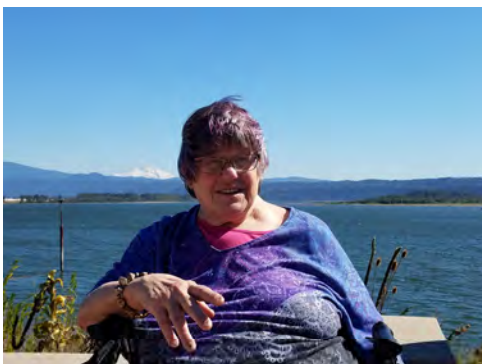
Residents enjoy a picnic lunch before the weather turns cold and wet.



Janet & Lois discussing their plan for a quick departure. Just kidding. Just walking with a friend.



Residents taking in the view while Mt. Hood is towering over the Columbia



Isabel posing for a glamor shot with Mt. Hood in the background.



Susan enjoying a day at the Columbia River with the gals.



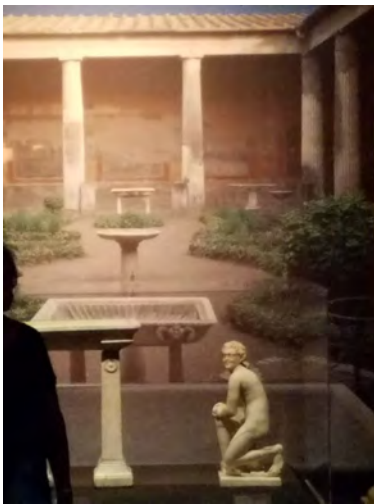
## Memorable Moments



Residents on the threshold ready to step back into time, to the year 79 A.D.



# Travel to Pompeii OMSI Exhibit



Common Pompeians gardens in their homes. .



Preserved cookware.



Minted coins of Emperors. Used as currency and a piggy bank.



Castings of bodies excavated from Pompeii

The residents walked back in time and experienced a life of simplicity. Learning that the people of the time really did have cookware and dishes like us. They got to witness with aid of videos what they ate, how things worked. They even learned that indoor plumbing and heating was common of the time. Residents got to examine coined currency, of emperors of the time. The finale was an experience of the last reaming hours in Pompeii. Residents got to examine life size castings dug up from the excavation.

## Birthdays



Vivian Barber

11/26



### Happy Birthday Famous Peoples Birthdays November

Marie Antoinette	11/02/1755
Vivien Leigh	11/5/1913
Hedy Lamarr	1/14/1914
Bill the Kid	11/17/1859
Jamie Lee Curtis	11/22/1958
Winston Churchill	11/30/1874
Mark Twain	11/30/1835



Zena the friendly goat



Zena the goat not wanting to be fed  
lays down on the grass and snubs  
the residents.



Residents lined up waiting  
to feed Zena the Goat.

## A Note from the Activities Director

Thanksgiving is right around the corner. This holiday is celebrated in the united states as a time to give thanks. How much do you really know about the holiday? Why do we celebrate it? What was the actual date that this holiday was 1st celebrated on? See how many of these questions you can answer. Answers will be at the bottom of the page to the right. Good Luck!

1. When was the 1st proclamation set as law that Thanksgiving was to be a national day of recognition?
2. Who was the president of the United States to recognize Thanksgiving as a National Holiday?
3. What was the date of the 1st Thanksgiving Day celebrated?
4. Who was the president that moved Thanksgiving day to be celebrated in November on a Thursday?

5. Who was the president that moved Thanksgiving to the second to last Thursday in the month of November?
6. What was the ship that brought the pilgrims to North America?
7. What was the pilgrims religious denomination?
8. What religious state did the pilgrims run away from to protect their own beliefs so not to be in jeopardy of treason?
9. After fleeing England which country did the pilgrims settle?



1. The year was 1789
2. President George Washington
3. September 28, 1789
4. President Abraham Lincoln
5. President Franklin Roosevelt
6. The Mayflower
7. Christian
8. Roman Catholic
9. Holland

**Answers:**

## *Health & Fitness by*

### 5 Things to keep your Heart Healthy

You know that exercise and a good diet can keep your heart healthy. Here are five key things you need to do every day to help your heart work most efficiently. .

1. Eat Healthy Fats NOT Trans Fats. Avoid trans fats like processed snacks margarine and cooking oils. All natural fats are better for your heart.

2. Keep Good Dental Hygiene. Just brushing your teeth is not good enough. Flossing daily prevents plaque build up on the teeth and gums which can cause gingivitis. This disease can cause infection and lead to other nasty complications.

3. Get enough sleep. Make sure you get enough sleep. A good night sleep is to be 6 hours of uninterrupted sleep. REM sleep is when we dream and that is when the body rejuvenates.

4. Don't Sit for long periods. Make sure you get up and move around every hour to increase circulation and to get the heart pumping.

5. Avoid 2nd Hand Smoke. If you can stay away from those people that smoke, you will have a better chance of increasing your life. Second hand smoke is worse than smoking.

## *Fitness Activities*

### **Toss & Trivia**

Sometimes in fitness class, I find it exhilarating to try new activities to get the residents engaged and not think it is another boring day of exercise. Keeping this thought in mind, I have come up with a new way to keep the mind active while exercising the body. It is Called "Trivia and Toss". This activity involves throwing the ball to each resident, while sitting in a circle. Engaging the resident in eye hand coordination while asking them a question at the same time. When they toss the ball back to the instructor, they need to answer the question. Residents love this game. Their eye hand coordination has improved since I have started this activity. The Trivia is random. It ranges for movies to history.

## *Spiritual Activities*

We have a nondenominational Church Service on Thursdays, conducted by Haran & Barbara Cannon.

Service is held at 10:30 in in Lacamas Cottage on the 3rd floor.

Now that we have all the residents in one main building it is easier for all to join in one service.

We also have someone that comes in to perform Catholic Communion for those that wish it.

**November church schedule: 2nd, 6th, 16th, 30th. No church service on Thursday November 23rd.**



***A Family Affair Get Together***

***Thursday November 16th***

***6:00 p.m. R.S.V.P***

***Ad.vancouver@pacificaseniorliving.com***



## **Management Staff**

### **Executive Director**

Jason Wart

### **Business Office Manager**

Jordan Wilson

### **Community Relations Director**

Jennie Jackson

### **Residents Services Director**

Juanita Diamond, RN, BSN

### **Food Service Team**

Joe Dunn

Michael Edwards

### **Maintenance Director**

Aaron Cardis

### **Activities Team**

Anna Cardis

James Winther



*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!*



## **Who Am I?**



**2410 NE 112th Avenue  
Vancouver, WA 98684  
(360) 619-5245**

***www.PacificaVancouver.com***



**Vivian Leigh  
Born: November 5, 1913  
Died: July 8, 1967**



**Vivian Leigh** also known as **Lady Olivier** after 1947; was an English stage and film actress. She won two Academy Awards for Best Actress for her iconic performances as Scarlett O'Hara in *Gone with the Wind* (1939). She played as Blanche DuBois in the film version of *A Streetcar Named Desire* (1951), a role she had also played on stage in London's West End in 1949. She also won a Tony Award for her work in the Broadway musical version of *Tovarich* (1963).

*Welcome Home!*