

Pacifica Tidings


PACIFICA
SENIOR LIVING
VANCOUVER
Assisted Living

December 2017



A Note from the Executive Director

Thank you to all of the family and friends that attended our pre-Thanksgiving dinner on the 16th! We had a wonderful turnout and it was heartwarming to get the chance to meet even more family and to get a little bit closer with the ones we already know. We look forward to you joining us again in December when we get together for our first annual Christmas tree lighting on Tuesday, the 12th at 5:30! We will have carolers, hot chocolate, egg-nog, and appetizers for residents and guests.



For those of you who have been nice (or naughty) this year, Santa will be making a special visit to Pacifica on December 21st from 3:30 – 4:30 PM. Feel free to come in for the photo opportunity and bring your whole family to skip those long lines at the local mall. From everyone at Pacifica, we wish you a very Merry Christmas and a Happy New Year!

Who am I?



Welcome to Our Community



Dennis Rugg Red Cross Volunteer

Dennis Rugg is a volunteer that raises funds for the American Red Cross in our Vancouver Chapter. Dennis also recruits volunteers for the Red Cross. We invited Dennis to our Veteran's Day Ceremony and presented him Hygiene packets on behalf of the Red Cross that our residents put together. These packets were distributed at the Veterans Day parade the following day. Veterans need to be supported and given assistance when needed. They have dedicated their lives to the service in protecting America and abroad.

Activities & Special Events

Pacifica ladies join together in sprucing up their red hats. Adding flowers and feathers to their hats, they want to express and send an impression that they are apart of a group of ladies that come together monthly to talk, learn, and, yes, have cucumber sandwiches and tea.



Susan admiring her creation



< —Lois working her magic to create a fine hat.

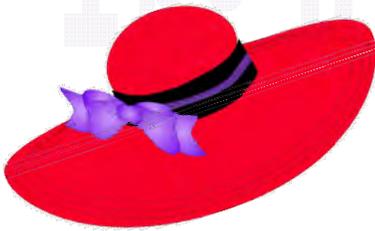


Isabel using the color pallet and creating a one of a kind hat.



Ruth's creation needs help from Barb her personal assistant. — >

The Red Hats are Back!!



Ruth Wearing her hat with distinction and class.



Lois strutting her stuff with her new hat.



Susan modeling her gorgeous hat. Featuring purple flowers and feathers on a red background. One needs a hit of color.



The **Red Hat Society (RHS)** is an international social organization that was founded in 1998 in the United States for women age 50 and beyond, but now open to women of all ages. There are over 20,000 chapters in the United States and over 30 other countries.



MEDICAL PROVIDER OF THE QUARTER

Dr. Guo's office is at 304 N. Lieser Road, Vancouver, WA 98664.
Her phone number is (360) 896-8963

Dr. Holly Guo, MD. is Pacifica Senior Living Vancouver's first Medical Provider of the Quarter for our December newsletter. Dr. Guo has several residents at PSL. She has appointments on-site with the residents. This allows the resident to stay "at home" and not have to travel for medical appointments. Dr. Guo is one of the few providers involved in In-Home Primary Care. Dr. Guo also has a PA-C, Kendra Mesa MPAS, who works with Dr. Guo as a provider at the Evergreen Medical Center. Their number one goal is to help a resident lead a healthy life. Nothing is more important than their health. That is why the providers and staff make our resident's needs the utmost priority. They take time to listen to and truly understand the individual's medical needs. They understand the difficulties that come with caring for loved ones with advanced illnesses and helping them access medical care. In their in-home primary care service, the providers see their patients on a regular and detailed basis, and respond promptly to urgent care needs.

Why use in-home care? Provider is able to spend more time with residents; take a more proactive approach towards medical care and avoid unnecessary emergency room visits, urgent care visits and unnecessary hospitalizations; reduce stress, and cost of transportation to appointments; does not require family members to take time off assisting in the appointments; limits exposure to sick patients in a waiting room; and have greater privacy and comfort at home

What services are available for in-home primary care? Regular comprehensive evaluation and treatment, vaccinations, insulin and Coumadin adjustment, wound care, urine catheter management, extended and unhurried visits; same-day or next-day appointments for urgent conditions; in-home EKG, lung function tests, joint injections, small skin lesion removals, hearing and vision screenings, as well as other needed care, regular conferences with caregivers and family members; general care instruction and nutrition counseling; routine foot care, nail trimming, nail hygiene or other preventive maintenance; enhanced coordination of specialist care and therapists; 24/7 availability via office phone and pager.

Membership advantages. "We go above and beyond what the traditional provider offers". The advantages of in-home primary care membership with our clinic encompasses the services not usually covered by Medicare and other insurances. We limit the size of our in-home patient practice to work closely with our patients. They will receive quality medical care with respect and dignity.

Dr. Guo is Medical Director, Internist, Board Certified, and is American Board of Internal Medicine. She provides primary care for patients aged 12+ years. Prior to practicing medicine, she studied Immunology at the graduate school of Cleveland State University, OH. Following that, she had four years of research fellowship training on asthma at the Cleveland Clinic in Ohio. She has published numerous research results in highly respected scientific journals during her fellowship. She then completed her internship and residency in Internal Medicine in the Cleveland Clinic Health System. In her free time, she enjoys hiking, cooking, and spending time with her children. She speaks English and Chinese (Mandarin).

Birthdays

Janet Blair 12/14
Lois Parda 12/19



Happy Birthday Famous Peoples Birthday December

Walt Disney 12/01/1901
Mary, Queens of Scots 12/08/1542
Frank Sinatra 12/12/1915
Nostradamus 12/14/1503
Ludwig Van Beethoven 12/16/1770
Pope Francis 12/17/1936
Woodrow Wilson 12/28/1856



Veteran's Ceremony

This years Veteran's Day Ceremony was a total success. Staff and family attended this event along with residents. We presented certificates to our veterans. There are 5 wonderful veterans that reside at Pacifica.

Special guest speaker, Dean Bray (Veteran) and husband, of our nurse Juanita, deliver a great eulogy. Dedicating it to our heroes and fallen soldiers. Dean was also our guest vocalist. The local boy scouts, Pack # 310 also participated in this ceremony. Handing out certificates, shaking hands and leading us in the "Pledge of Allegiance." Thank you all for a wonderful event!

Army Air Core

Fred Fredrickson
Richard Krusinski
George Temme

Navy

Roy Brothers
Ruth Cook

Thank you for serving and protecting our country.



Boy scouts, pack #310 lead the service in "Pledge of Allegiance"



Dean Bray delivering a veteran's speech and eulogy.



Family, residents boy scouts and staff participating in Veterans program.

A Note from the Activities Director

Did you know that Queen Victoria and her German husband Albert, were the first two monarchs to put gifts under a fur tree at Christmas time? Evergreen branches were placed above doors to celebrate the winter solstice. See how much you know about Christmas and the traditions. The answers are at the bottom right of the page. Good Luck and Merry Christmas.

- 1) In the song, "The Twelve Days of Christmas", if you added up all the gifts that you receive in the 12 days, how many gifts would there be?
- 2) How many Reindeer are there on Santa's Sleigh?
- 3) What were the 3 gifts the Wise Men presented to Baby Jesus?
- 4) Who is the singer that sold over 1 million copies of "White Christmas"?
- 5) What is Charles Dickens Christmas classic?

- 6) How many spirits visited Ebenezer Scrooge? What were their Names?
- 7) Who was the man that put coal and gifts in peoples shoes at night when the shoes were left outside?



- Answers:**
1. 364 Gifts Total when you tally all the gifts.
 2. 9 Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen, Rudolph
 3. Gold, Frankincense, Myrrh
 4. Bing Crosby
 5. "A Christmas Carol
 6. 4 Spirits Ghost of Christmas Past, Present, Future & Jacob Marley.
 7. Bishop St. Nicholas

Health & Fitness by

How to keep your eyes healthy

Protecting ones' eyes as we get older is very important. As we get older so do our eyes. Here are some tips to help us keep the eyesight that we have as long as we can as we age.

1) Eat Right. Good eyesight starts with the foods we eat. Eat nutritional foods such as Spinach, Kale, vegetables that have beta carotene in them. Add to your diet such foods as Salmon, oysters, pork and eggs.

2) Quit smoking. If you smoke it is vital to stop immediately. Smoking can cause cataracts and ruin your optic nerve.

3) Wear Sunglasses. By wearing sunglasses, you are saving your eyes from the harmful rays that the sun gives off let alone a possibility that you could have something be blown in your eye.

4) Wear protective eyewear. If you work in a hazardous job, it is important to wear protective eye wear so that nothing gets into the eye and cause damage.

5) Look away from the computer screen. If you work at a computer your eyes will get tired, causing blurry vision, dry eye, and headaches.

Remember you only have one pair of eyes, so take care of them.

Fitness Activities **Strengthening the Back**

Our back is a vital part for keeping the rest of the body in alignment and happy. When we age it is easier for a simple twist or turn of the body to pinch a nerve, or pull a muscle. This can lead to weeks or months in pain. Slowly stretch every day, with these simple exercises.

- 1) Standing, lean down and touch your toes with both hands. Do not bob up and down to accomplish this. It could result in back injury.
- 2) Put your hands on your hips and slowly turn from side to side.
- 3) Sitting in a chair letting your hands drop to your sides. Leaning down slowly and see how far down you can go to stretch the lower back.

Do each exercise stretch 15x and in 3 sets.

Spiritual Activities

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

Service is held at 10:30 in La-camas 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.

**December church schedule:
7th, 14th, 21st, 28th.**



Pacifica's 1st Annual Tree Lighting Guest Night

Tuesday December 12th
at 5:30

All are welcome. Please
R.S.V.P. By December
7th.

We look forward to seeing
you for this holiday
event.

James Winther
ad.vancouver@pacificasen
iorliving.com
360-619-5245

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?



Woodrow Wilson

Born: December 28, 1856

Died: February 3, 1924

Thomas Woodrow Wilson was an American statesman and academic who served as the 28th President of the United States from 1913 to 1921. A member of the Democratic Party, Wilson served as the President of Princeton University from 1902 to 1910 and then ran and was elected as a progressive Democrat to the office of Governor of New Jersey.

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www.PacificaVancouver.com

Famous Quote:

"You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand."

Welcome Home!