

Pacifica Tidings


PACIFICA
SENIOR LIVING
VANCOUVER
Assisted Living

January 2018



A Note from the Executive Director



Happy New Year everyone! We're looking forward to starting the New Year off on the right foot and we're excited to invite you all to our Grand Re-Opening of our Yale Cottage. On February 1st from 3:00—5:00 PM, we will be serving hors d'oeuvres and refreshments with a ribbon cutting at 4:00 PM. We hope to see you all there!

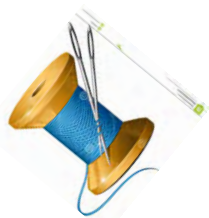
Who am I?



Welcome to Our Community

We here at Pacifica wish to take this time and welcome our newest member: Priscilla Hughes. Priscilla likes to watch Jeopardy. She also enjoys Sunrises and Sunsets. We welcome you Priscilla to our family.





Sewing Seniors



Isabel (left), Lois (right) are venturing into a new activity called "Sewing Seniors". In this activity residents are familiarizing themselves with the sewing machine. Then they are provided with material, patterns, and supplies to make the product. Staff is on hand to guide the resident through this fun craft. Pillows were raffled off at the local Christmas Tree lighting. What a great job! Lois and Isabel expressed their excitement after they saw the finished product. This is the first time they ever sewed on a machine.



Pearl Harbor Project



Residents had an opportunity to reflect on the Pearl Harbor on December 7, 1941. "A Day of Intriguing event, residents made a salt map of the island of Oahu one of the islands of Hawaii. This island has a lagoon where Pearl Harbor resides. Lois, Isabel,



Lois, Ruth, Isabel, Janet & James Working on project.



Day 1 Residents forming the island of Oahu, from salt, flower, water and Tartar.

Day 2 painting the ocean and island.

Featured Resident of the Month



Great Times with Janet Blair

Janet Blair Meets Liza Minnelli

My lady friend and I were on our way back from the Tennis pro Masters game in Palm Springs California. While driving back to our hotel we noticed at a theater that Liza Minnelli was playing at the concert hall. I said to my girlfriend I wonder if they have any tickets left. It would be a great honor just to see her. My friend got out of the car and said just drive around till you find a parking spot and then come look for me. After I drove around the packed parking lot I finally found a spot. In reaching the entrance, Betty was waving two tickets up in the air and jumping up and down. Betty told me that two tickets had just been returned because the people could not go. Pulling 2 \$100 bills out of her purse Betty purchased the tickets. They were 2nd row center seats. At the end of the concert, Liza came and started talking to a lady in her 90s in the front row. While chatting Liza's Manager asked us if we wanted to meet Liza. I said, Oh right. The manager took us out the side door, that was for band members only and out to a trailer. There we talked with the manager and all of a sudden Liza stepped out of her trailer and brought her little dog as well. I was more interested in petting her dog and while petting the dog I had a tap on my shoulder and Liza asked me if I wanted an autograph as well as my friend. After that we stood around and talked while having cookies and coffee. This was a great thing for me. I was so excited to meet Liza, and her husband and pet her cute little dog.



Janet walking wit her friend Lois while pic-nicking off the shores of the Columbia.



Janet Striking a pose with Mount Hood in the background with her Pacifica family.



Nothing like a picnic with the girls.

Birthdays

Eileen Perrigo 1/3

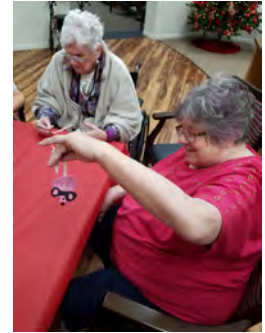


Happy Birthday Famous Peoples Birthday January

Pope Alexander VI	1/1/1431
Isaac Newton	1/4/1643
Elvis Presely	1/8/1935
Alexander Hamilton	1/11/175
Benjamin Franklin	1/17/1706
Betty White	1/17/1922
Michelle Obama	1/17/1964
Cary Grant	1/18/1904
Edgar Allen Poe	1/19/1809
Virginia Woolf	1/25/1882
Wolfgang A Mozart	1/27/1756



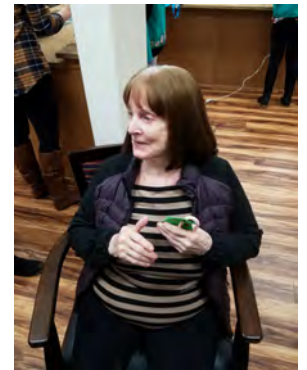
Girls Scouts with residents



Meet Mordimor my mouse.



Ruth hugging after craft is complete



Susan watching craft while holding her tree she made with candy cane

A Note from the Activities Director

Happy New Year. I hope you all had a great holiday season. Now that we have entered a new year, I thought it would be fun to see how much you know about a lot of different people. Below is a trying trivia for you . The answers are at the bottom right side of this page. Good Luck and hope you have a great year.

Questions

1. In what Austrian city was Wolfgang Mozart born in?
2. Where did Virginia Woolf obtain her schooling?
3. True or False. Did Cary Grant ever act with Shirley Temple? What movie was it?
4. Who was the man that invented paper-cloth used to make currency?
5. What is a Super Moon?
6. What is a Lunar Eclipse?



- Answers:**
1. Salzburg
 2. At Home She was home Schooled
 3. True "The Bachelor and the Bobby Soxer"
 4. Benjamin Franklin
 5. A super moon is when the moon is up to 40% brighter and is closer to the earth.
 6. Is when the Earth passes between the sun and the moon. Causing the suns rays to go around the earth illuminating the moon.

Health & Fitness by

Warding off the "Winter Bug"

This time of the year our homes are shut up tight and not really letting any good fresh clean air in. The weather has changed requiring us to wear more and spinning the dial on the thermostat up a few degrees.

Nothing wrong with keeping warm, but we do risk the chance of harboring bacteria and bringing home viruses that can potentially cause us and our loved ones to get sick. Not a good thing in the winter. To help prevent this from occurring, make sure to wash your hands as often as possible especially after being out in the public where we can contract illness. By picking up fruit and other products or even touching a door knob, and not washing your hands, you can very easily get ill.

Health Tips combating the Flu

- 1) Wash your hands (Often)
- 2) Eat right
- 3) Get Plenty of Rest/Sleep
- 4) Do not stress
- 5) Keep your house and clothes clean
- 6) Keep yourself clean

Follow these helpful tips and you can lessen your chances of contracting the "Winter Bug".

Fitness Activities

Preventing Skin Break-down

Do you sit in a wheelchair most of the day while you are up? You can actually exercise while in your chair. When you sit in your chair for long periods of time, your skin can break down causing open sores to develop. This is not a good sign.

- 1) Put your feet flat on the floor and sit up straight. Put your brakes on. Lean forward and touch your toes.
- 2) Sitting in an upright position, lean over to the left and then to the right making sure you get your bum elevated to get air under you relieving the pressure on your buttocks.

These exercises will help blood circulation in your lower extremities which in turn will help your skin from breakdown.

Spiritual Activities

We have a nondenominational Church Service on Thursdays, conducted by Paul & Trudy Lund...playing the Piano is Barbara Cannon.

Service is held at 10:30 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.

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

No Shave November or is it no shave all winter?



From Left to Right

Michael – Best Looking Beard	Jordan - Best Facial Hair
Jason - Non Participant	Joe - Best Mustache
Joe - Ugliest Beard	Aaron - Best Goatee
James - Grayest Beard	

In answer to the question it could be both. However all the male staff at Pacifica participated in no shave November. in support of awareness for men that loose their hair due to medication or treatment of prostate cancer or any other treatments. Staff judged the men and their facial hair for different categories.

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

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

Famous Quote:

Just as people behave to me, so do I behave to them. When I see that a person despises me and treats me with contempt, I can be as proud as any peacock.

“The music is not in the notes, but in the silence between.”

“When I am completely myself, entirely alone... or during the night when I cannot sleep, it is on such occasions that my ideas flow best and most abundantly. Whence and how these ideas come I know not nor can I force them.”

Welcome Home!



Wolfgang Amadeus Mozart

Born: January 27, 1756

Death: December 5, 1791

