

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
VANCOUVER  
Assisted Living

**March 2018**



## *A Note from the Executive Director*

### *You're Invited to Our Grand Reopening Open House*

March 1st, 2018

3:00 P.M.— 5:00 P.M.

Ribbon Cutting at 4:00 P.M.

Enjoy the celebration with food, refreshments and entertainment

Please RSVP by February 22nd, 2018

To (360) 619-5245

2400 NE 112th Avenue, Vancouver, WA 98684

[www.PacificaVancouver.com](http://www.PacificaVancouver.com)

## *Who am I?*



preventable • treatable • beatable

According to the American Cancer Society, more than a million people in the United States can count themselves as survivors thanks to early detection and treatments. But there is more that can be done. Knowing the causes and risk factors can help prevent colorectal cancer.

President Clinton named March Colon Cancer Awareness Month in 2000.

# 1st Annual Groundhog's Day Celebration

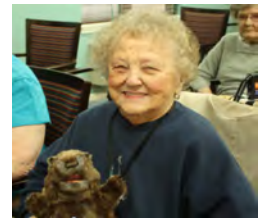


**Deloris and  
Patches**



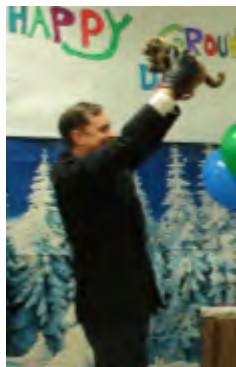
**Cheering for—>  
Winter**

**← cheering for  
Spring**



**Florence and  
Patches**

It was a chilly morning for the residents at Pacifica Senior Living Vancouver. Anxious to go outside for the 1<sup>st</sup> Annual Groundhog Day Celebration, Florence Fieland left her apartment wearing her furs. When told that the activity would be indoors because of the weather, Florence felt a little disappointed smiled and said, "Okay, where do I go?" Florence was helped to a chair in the activity room to wait for the festivities to begin. She sat beside a very bundled up Deloris Philip, who sat comfortably in her wheelchair in the front row, waiting to catch a glimpse of Pacifica Patches, the groundhog. Florence and Deloris agreed that neither of them were morning birds but that somehow this event got them up and excited to see what was going to transpire. They traded in their usual morning routines because they just had to know, was this 2<sup>nd</sup> cousin of Punxsutawney Phil a real groundhog or was the Activity Director just pulling their leg? The room began filling up with residents, family members and staff in anticipation of seeing what Patches the groundhog was going to say. Was it going to be six more weeks of winter or was spring right around the corner?



**Presenting  
Patches**



**Father & Son  
conversing**



**Receiving the  
Verdict**

At 10:00 AM the festivities kicked off with a roar! People cheered to signs reading WE WANT SPRING!!, or WE WANT WINTER!! Decked out in full attire, the master of ceremonies, James Winther (Activities Director) opened the gala event, telling the group what was about to happen. Jason Wart, (Executive Director) helped James pull Patches out of his cozy home, a tree trunk that the residents spent 3 days making. As Patches emerged from his burrow, he sprang into action attacking Jason and surprising the crowd. Once Patches was tamed and the situation under control, James looked deep into the rodent's eyes and waited patiently to find out what the prognosticator had seen. In a matter of moments, the verdict was in and James read the scroll informing all that it would be six more weeks of winter. The crowd went wild and roared with cheers and laughter!! The whole crowd then posed for a group picture and residents took turns posing with Patches to commemorate a fun event that will repeated for many years. After the event was over and the crowd had left, Florence and Deloris agreed that they were happy they had attended to see Patches for themselves and both planned on coming again next year. Strangely, neither could recall if Patches was real or not but both agreed that they had a great time.



**Early Bird get  
The Rodent**

**Group Photo  
—>**







Lois & Janet. Janet sipping the tee and really wanting Baijiu.



Residents enjoying Tea and Egg Rolls while learning the history and traditions about Chinese New Year..



James & Barb Hosts Toasting Baijiu to start the festivities. (Just tea)



Florence & Isabel having the time of their life. Celebrating the year of the Dog.



George  
I have been to China 2 times During the war.



Lois Parada and Sandra Dressing the part for the celebration.



Ruth and Richard. Richard asking "Where is the good Stuff?"



Staff members John & Kristin Joining in the festivities.



Selena and Jim taking time out to pose for the camera. Enjoying the festivities with the residents.

## Birthdays

### Happy Birthday

Lois Vogt 3/6  
Veronica Solfemoser 3/8

Happy Birthday  
Have a wonderful day!



### Famous Birthdays

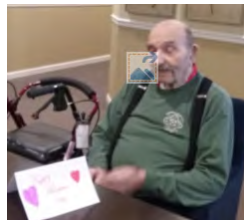
Alexander G. Bell	3/3/1847
Michelangelo	3/6/1475
Bobby Fischer	3/9/1943
Albert Einstein	3/14/1879
Michael Caine	3/14/1933
Andrew Jackson	3/15/1767
James Madison	3/16/1751
Grover Cleveland	3/18/1837
Vincent Van Gogh	3/30/1853

## Spreading a little love in the community

This Valentine's Day, residents wished to do something for the community. Gathering supplies the residents worked hard on making homemade Valentines for the children at Doernbecher's Children's Hospital. Ruth explained to the group, "Let's do something for those kids that are sick and not able to make it home to be with their families. Lets put a smile on their face."

Lois added "Remember we have a lot of love to give, and besides getting a valentine from a stranger a grandparent is always especially rewarding for the kids."

20 Valentine's were made and sent off to the children.



George admiring his card before signing.



While the group begins, Richard ponders what he wants to say .



## A Note from the Activities Director

There are a bunch of events going on in the month of March. The Oscars, Mardi Gras, St. Patrick's Day, and Daylight Savings time, to name a few. See if you can answer the questions correctly to some of these events. Good Luck!! Answers at bottom right of this page.

1. Who was the first person to introduce the idea of Daylight Savings to Congress?
2. When and where was the 1st Mardi Gras celebrated in the United States?
3. It took this artist 4 years to complete this Fresco, that was commissioned to him by Pope Julius VI?
4. This Artist died penniless, but his work is totally famous today?
5. This is the only country in the world that does not have Snakes
6. This was the first bishop to convert Pagan religions to Christianity?

7. In what Country and city did Albert Einstein grow up?

8. This president was labeled the least healthy by Fitness magazine, due to his constant cigar smoking and excessive beer consumption?

9. "Watson come in here please", is a famous quote from this inventor?

- Answers:
1. Benjamin Franklin
  2. A) New Orleans, Louisiana B) 1704
  3. Michelangelo
  4. Vincent Van Gogh
  5. Ireland
  6. Bishop St. Patrick
  7. Munich, Germany
  8. Grover Cleveland
  9. Alexander Gram Bell



## Health & Fitness



### 9 Foods Everyone Should Eat

- 1) **Blueberries:** Blueberries have 40 more antioxidants than most of its competitors, in the fruits and vegetable category.
- 2) **Oats for Fiber Intake:** Oats are high in soluble fiber and linked to lowering blood pressure and overall cholesterol levels.
- 3) **An Apple a day keeps the doctor away:** Researchers have found that apples contain loads of antioxidants quercetin and catechin. Quercetin and Catechin protect our cells and help reduce the risk of cancer and heart disease.
- 4) **Green Tea increases Metabolism:** Green Tea contains a powerhouse of antioxidants. Its antioxidant values are shown to be higher than measured in fruits and vegetables.
- 5) **Ground Flaxseed reduces inflammation:** Flaxseed is not only a good source of fiber, but also loaded with Alpha-linolenic acid. Alpha-linolenic acid is an essential fatty acid shown to reduce inflammation in the body.
- 6) **Yogurt Improves Gut Bacteria:** Yogurt is known for its probiotic live cultures. Yogurt is shown to reduce the growth of harmful bacteria in the digestive tract. It also helps maintain stable PH levels in the body.

### 9 Foods Everyone Should Eat

- 7) **Broccoli is an Antioxidant King:** broccoli, a cruciferous carbohydrate is one of the most powerful antioxidants in our dietary tool box. Broccoli protects our body against cancer and ranks at the top of the superfood list.
- 8) **Olive Oil for Heart Health:** Olive Oil is considered a healthy dietary fat shown to reduce the risk of heart disease. The primary fat found in olive oil, monounsaturated fatty acids, have been shown to lower total cholesterol and help stabilize blood clotting.
- 9) **Beans are Brain Food:** Beans are an excellent source of soluble fiber and good carbohydrate to eat daily. Soluble fiber helps the heart by soaking up cholesterol to prevent sticking to the artery wall.

## 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.

**March church schedule:**  
1st, 8th, 15th, 22nd, 29th,

### Definition for the following Health Words.

**Antioxidants:** A substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products.

**Carbohydrates:** Any of a large group of organic compounds occurring in foods and living tissues, and including sugars, starch and cellulose.

**Cholesterol:** A compound of the sterol type found in most body tissues. Its derivatives are important constituents of cell membranes and precursors of other steroid compounds, but high proportion in the blood low density lipoprotein is associated with an increased risk of coronary heart disease.



Carbohydrates

Fruits & Vegetables



### **Management Staff**

#### **Executive Director**

Jason Wart

#### **Business Office Manager**

Jordan Wilson

#### **Community Relations Director**

Shannon Calles

#### **Residents Care Director**

Juanita Diamond RN, BSN

#### **Resident Services Coordinator**

Amanda Salavea

#### **Dining Services Director**

Joe Dunn

#### **Maintenance Director**

Jon Barrett

#### **Activity Director**

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!*

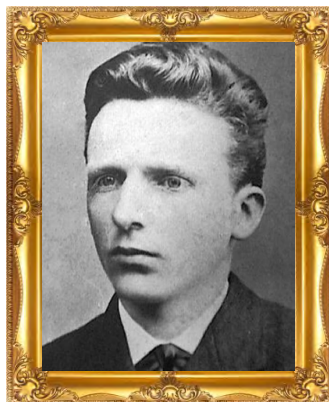


### **Who Am I?**



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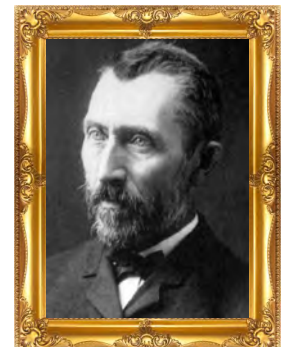
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#### **Vincent Van Gogh**

**Born:** March 30, 1853

**Died:** July 29, 1890



**Vincent Willem van Gogh:** March 30, 1853 – July 29, 1890) was a Dutch Post-Impressionist painter who is among the most famous and influential figures in the history of Western art. In just over a decade he created about 2,100 artworks, including around 860 oil paintings, most of them in the last two years of his life.

They include landscapes, still lifes, portraits and self-portraits, and are characterised by bold colours and dramatic, impulsive and expressive brushwork that contributed to the foundations of modern art. His suicide at 37 followed years of mental illness and poverty.



*Welcome Home!*