

Pacifica Tidings



April 2018



A Note from the Executive Director

Spring has sprung and with it we have so many exciting things to look forward to: Weather changing from cool to warmer, a rare Easter on April 1st, Spring cleaning, and even Mother's Day.

With that in mind, I'd like to personally invite all of our resident's and families to join us in honoring our mom's with a Mother's Day Brunch on Sunday, May 13th from 11:00 AM—2:00 PM. All are welcome and there is no charge for the event.

We respectfully request all who are planning on attending to RSVP by May 6th. RSVP's can be made by emailing James Winther, Activity Director at ad.vancouver@pacificaseniorliving.com or by calling (360) 619-5245. Thank you and we are looking forward to serving you soon!

Who am I?

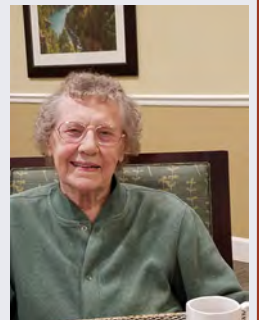


Welcome to Our Community

La Verne Roemmich

We want to welcome our newest member to Pacifica. La Verne is the youngest in a

family of 9. She worked at Bonneville Dam for 30 years. Stop by and say hi.





Residents getting ready to play their 1st game of Jeopardy with a real board

This Is.... JEOPARDY !

\$600

Presidents
For
\$1000



Group listening as James explains the rule to the game.

The Category is Presidents...
Here is the question.....

Who is the only president to die
of Pneumonia on the 31st day in
office as a sitting president?

\$800

\$2000



Hands going up from the group hoping to be the first to answer.

Who is:....
William Henry
Harrison

Jeopardy is a fun interactive game for all. Test your skill and knowledge to correctly answer the question first using the phrase **Who or what** in your response just like Alex Trebek would say. Not only does this activity keep the resident's minds sharp, but they also get to have a great time with each other. The camaraderie between the residents is great. Joking and laughter is also expressed during this event.



Gone to the Dogs



Ruth getting a hand from troop leader .

Each month the local Girl Scouts come to Pacifica, providing an activity for the residents. While engaged together laughter and fun is enjoyed by all. During the school year the scouts will come and participate in activities. At the end of the year they receive a patch for helping out in the community. This teaches the girls how important it is to reach out to the community.



Lois examining her purple bobble pup.



Ruth admiring her dog. She named him 'Frank'.



Local Girl Scouts and residents posing with their painted "Bobble Dogs".



Young scout learning early to help out in the community.



Florence finishing up her Bobble dog and she is quite pleased!

Birthdays

April Birthday

Florence Fieland 4/1



Mardi Gras Celebrated at Pacifica



Posing on the streets of New Orleans, Pacifica Residents are having a blast.



Isabel taking a break from the decorating committee and admiring her work.

Famous Peoples Birthdays in April

Marlon Brando	4/3/1924
Betty Davis	4/5/1908
Thomas Jefferson	4/13/1743
Leonardo De Vinci	4/15/1452
Charlie Chaplin	4/16/1889
Juanita Diamond	4/20
Adolf Hitler	4/20/1889
Queen Elizabeth II	4/21/1926
William Shakespeare	4/23/1564
Barbara Streisand	4/24/1942
Carol Burnett	4/26/1933

Vivian enjoying herself at the event. Taking time out for a photo.



Roy excited for the event to start and holler-ing for the girls to come out and dance.



Isabel, Vivian and Richard all joined together to celebrate Mardi Gras 2018



Ruth strutting her stuff on the strip.

A Note from the Activities Director

One of the most famous women in the world is Her Majesty, Queen Elizabeth II. She is the longest reigning British monarch ever. So, lets see "What Do You Know About Queen Elizabeth?" II?". Good Luck. Answers at the bottom right.

- Queen Elizabeth was born in the year 1926. What was the date she was born?
- Where was Elizabeth born?
 - 17 Bruton Street, Westminster
 - Glamis Castle in Scotland
- What are the Queens middle names?
 - Alexandria Victoria
 - Alexandria Mary
- In which year did the queen and the Duke of Edinburgh marry?
- Where was her first overseas visit to?
 - South Africa
 - America

- From which country did the queen receive Sloths as a gift? **A) Panama, B) Brazil**
- The Queen was the first monarch to do what in 1976.?
 - Send an Email .
 - Broadcast her Christmas message Outside
- How tall is the Queen? A) 5ft 3 B) 5ft 4?
- Which Breed of dog did the Queen cross with Corgis to produce the crossbreed Dorgi?
 - Dachshund
 - Dalmatian



- April 21, 1926
- A) 17 Burton Street, Westminster
- B) Alexandria Mary
- The y were married at Westminster Abbey on November 20th 1947.
- A) South Africa
- Brazil in 1969
- A) She sent an Email while visiting an army base
- B) 5 foot 4
- A) Dachshund

Answers:

Health & Fitness by **5 Healthy snacks to eat**

1. Tuna Packets

What makes tuna packets a great snack? It is pretty much pure protein plus it's portable. Reach for tuna in water not in oil. A single serving generally has 100 Calories or less.

2. Hard Boiled Egg Whites

Another great protein snack is the whites of the egg. Just remove the yolk. Each large egg is about 20 calories. It is great with tuna, salsa or hummus and is excellent with a side of fresh fruit.

3. Baked, not fried Veggie-French Fries

Half Turnip and sweet potato fries are great. Bake at 425 for 30 minutes or until crisp. You may add less than a tsp of butter and a sprinkle of salt to your tasty treat. This delicious snack is only 100 calories and .5 grams of fat.

4. Deli Meat

Extra lean deli meat, such as turkey, and chicken are great. Wrap the meat around string cheese or seedless cucumbers and it makes a great tasty snack to tide you over till dinner. A 2oz portion of meat is about 60 calories.

5. Stuffed Strawberries

Get five large strawberries. Cut off the stems and hollow out the middle. In a bowl, add 2tbsp Of Ricotta cheese, a drop of vanilla and a no calorie sweetener packet. Stir well then spoon into a plastic bag. Snip the end and squirt inside the berry. Top with a Chocolate Chip.

These treats are healthy as well as tasty.

Fitness Activities



2018 Winter Games

With the 2018 Winter Olympic Games in full swing in Pyeongchang, South Korea, I decided to have some fun with it. Setting up the recreational table area like a snow packed slopes, table, we threw snowballs at a target. The goal was to see how many snowballs each athlete could get in the snow barrel container at the end of the slope (table). Each resident had their chance for the Gold. Lois Vogt was the winner sinking the snowballs in the container 3x. Some exercises do not have to be strenuous to get a work out.

Spiritual Activities

We have a non-denominational 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.

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

April church schedule:
5th, 12th, 19th 26th,



Leap Year Baby

Roy Brothers is the first resident at Pacifica Vancouver to be a Leap Year Baby. It is not everyday that you can celebrate a birthday for a resident that is not on the same day and only comes once every 4 years. Roy says:
"When it is my Birthday, even if it is not on my real day, I am going to celebrate and make lots of noise"

Management Staff**Executive Director**

Jason Wart

Business Office Manager

Jordan Wilson

Community Relations Director

Shannon Calles

Residents Care Director

Juanita Diamond BSN, RN

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?**

**2410 NE 112th Avenue
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(360) 619-5245**

www.PacificaVancouver.com



Juanita Diamond
Born; April 20th in the 60s.



Nurse Juanita working hard. Been
a nurse for over 20 years.

When I lived in Texas, my husband Dean and I were involved in Historical Reenactments of the Civil War. We would either make or buy the costumes to fit the part that we were to portray. While doing the reenactment period of history, we would eat sleep and live the way one did during the period. We also were given special responsibilities and stature in the community. I was a Prim and Proper raised lady with all the frilly dresses and Dean was an officer.

We had such fun and did it for 20 years. What a way to learn about history.

Welcome Home!