

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
VANCOUVER  
Assisted Living

**June 2018**



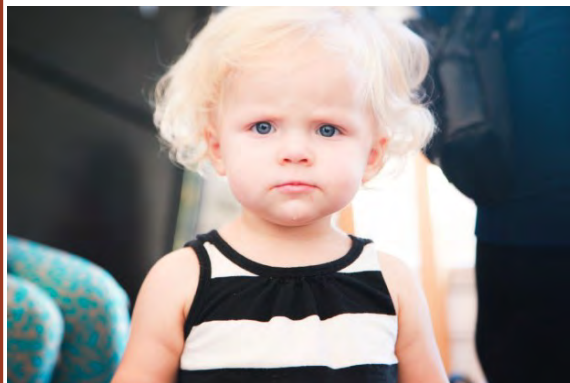
## *A Note from the Executive Director*

### **“Shall I compare thee to a summer’s day?” By William Shakespeare**



Shall I compare thee to a summer’s day?  
Thou art more lovely and more temperate:  
Rough winds do shake the darling buds of May,  
And summer’s lease hath all too short a date:  
Sometime too hot the eye of heaven shines,  
And often is his gold complexion dimmed,  
And every fair from fair sometime declines,  
By chance, or nature’s changing course untrimmed:  
But thy eternal summer shall not fade,  
Nor lose possession of that fair thou ow’st,  
Nor shall death brag thou wander’st in his shade,  
When in eternal lines to time thou grow’st,  
So long as men can breathe, or eyes can see,  
So long lives this, and this gives life to thee.

## *Who am I?*



## *Welcome to Our Community*



Welcome Molli Paige to our Entertainment Group. Singing songs from Doris Day and Patsy Cline in addition to giving a historical timeline of when the songs first premiered.



# Cinco De Mayo



Cinco de Mayo group photo with residents wearing their sombreros.



Florence posing with the sleeping "Gringo".



Janet trying to wake the hombre from his siesta. Unfortunately no luck.



Isabel chatting with the Señor asking him if he would like to have another margarita.

La Verne posing with the man taking a Siesta. ↓



←Ruth taking time out of the party to pose with the hombre taking a siesta.



Residents celebrating Cinco de Mayo with margaritas, chips, and song.







Lois and the sleeping Señor.



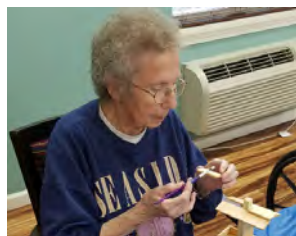
Rich, getting ready himself for a siesta after the fiesta.



The Señor ready for a siesta after a night of festivities.



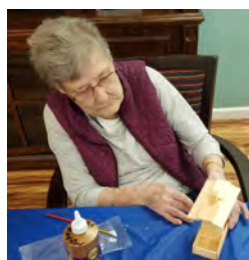
## Birdfeeders Mania



Janet being diligent in her work.



La Verne and Florence working together to complete the feeder.



Lois completing the task. Just doing last minute touch ups now.



The group working hard to create their own birdfeeders.

## Birthdays

### June Birthdays



Ruth Cook

6/25



### Famous Peoples Birthdays in June

Marilyn Monroe	6/1/1926
King George III England	6/4/1738
Judy Garland	6/10/1922
Gene Wilder	6/11/1933
George H.W. Bush	6/12/1924
Anne Frank	6/12/1929
George Orwell	6/25/1903
Helen Keller	6/27/1880
Mel Brooks	6/28/1926
Henry the VIII England	6/28/1491



## Mother's Day



Sandra with family for Mother's Day.



La Verne Celebrating Mother's Day with Family.



Ruth and family inviting Nurse Juanita and husband Dean to Mother's Day brunch. Enjoying Mimosa's with the meal.



George's family at Mother's Day Brunch.

## A Note from the Activities Director

### Did You Know?

The term, June Bug, is given to many large bugs found in the United States, during May and June. The bugs get this name because the transition from larva to adult happens in this month. These are usually seen in the dark when they are attracted to light. Here is some trivia about the month of June. Good Luck!!! Answers at bottom right.



- 1) What is the birth flower (s) for the month of June?
- 2) People born in June fall under two Zodiac signs. What are they?
- 3) The name June comes from which Roman Goddess?
- 4) What was the Goddess's husband's name?
- 5) In 1786 this delicious dessert item was put on sale for the general public in the flavor of Vanilla. What was it?
- 6) What two US presidents have a birthday in the month of June?

- 7) June is a special month for these events that attract more people to them than any other month. What are they?
- 8) What two Shakespeare Plays mention the month of June?
- 9) What is the meaning of Flag Day? Who Proclaimed June 14th as the official day of observing the flag? Who made the flag?

- Answers:**
- 1) A: Rose, B: Honeysuckle
  - 2) A: Gemini, B: Cancer
  - 3) Juno
  - 4) Jupiter
  - 5) Ice Cream
  - 6) A: George Bush Sr. B: Donald Trump
  - 7) Marriage
  - 8) A: Anthony & Cleopatra B: Henry IV part I
  - 9) A: It is the Anniversary and adoption of the flag recognizing that we are the United States and we are a free country. B: The Continental Congress C: Betsy Ross



## Health & Fitness by Colon Cancer

### Awareness

By  
James Winther

Did you know that colon cancer is the third leading cause of cancer related death in men and women? Knowing the signs and symptoms at an early stage will help you catch and conquer the disease before it is too late.

#### Symptoms include:

- ♦ Cramping belly pain
- ♦ Dark or bright red stool
- ♦ Stool change from constipation to Diarrhea frequently

#### Whole body symptoms include

- ♦ Weight loss
- ♦ Loss of appetite
- ♦ Unusual tiredness
- ♦ Iron deficiency
- ♦ Anemia
- ♦ Jaundice

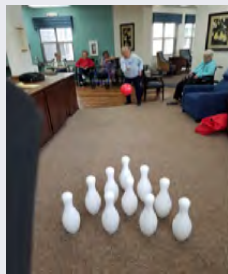
Although these signs do not say you have colon cancer, you should get a test done each year after 50. A simple bowel sample that you can do in the privacy of your own home is beneficial. Some doctors may recommend a colonoscopy to make sure you do not have polyps that could be cancerous. It is important to know your body and if you think something is wrong, you should seek medical attention. Colon Cancer is nothing to fool around with. For more information on this topic talk to our nurse or ask your doctor.



## Fitness Activities

### Bowling Fever

Bowling is a fun interactive sport for all. This sport / Activity groups the residents into teams or they can play against each other. Cheering on each other to get the pins all down unifies the residents into one specific goal. To have FUN!!! Of course the main idea is to get the pins down but the residents enjoy the competition. Bowling also helps with balance and eye hand coordination. It also influences those that are not able to stand that you can do anything you put your mind to.



## 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 provide Catholic Communion for those that wish it.

**June church schedule:**  
**7th, 14th, 21st, 28th**



## FATHER'S DAY CASINO PARTY



### Pacifica's Casino Party



Sunday June 17th, 2018

1:30 pm to 3:00 pm

Come have a great time with your Father on this special day.

Casino style Blackjack and Roulette Wheel will be at your mercy

Beer

Chips & Dip

Peanuts



Gamble till your heart is content or you break the Bank

Please RSVP to James Winther Activities Director

360-619-5245 ext. 1004

AD.Vancouver@pacificaseniorliving.com

### **Management Staff**

#### **Executive Director**

Jason Wart

#### **Business Office Manager**

Jordan Wilson

#### **Community Relations Director**

Patricia Hatherly

#### **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!*

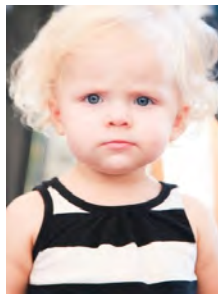


### **Who Am I?**



**2410 NE 112th Avenue  
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***www.PacificaVancouver.com***



**Marilyn Monroe:  
Born: June 1, 1926**



Marilyn Monroe was an American actress, model, and singer. Famous for playing comic "blonde bombshell" characters. She became one of the most popular sex symbols of the 1950s and was emblematic of the era's attitudes towards sexuality.

Although she was a top-billed actress for only a decade, her films grossed \$200 million by the time of her unexpected death in 1962. More than half a century later, she continues to be a major popular culture icon.

### **Famous Quotes:**

*"Imperfection is beauty, madness is genius and it's better to be absolutely ridiculous than absolutely boring."*

*"I am good, but not an angel. I do sin, but I am not the devil. I am just a small girl in a big world trying to find someone to love."*

*Welcome Home!*