

Pacifica Tidings


PACIFICA
SENIOR LIVING
VANCOUVER
Assisted Living

August 2018



A Note from the Executive Director

**Midsummers Night
Dream
By
William Shakespeare**



*If we shadows have offended,
Think but this, and all is mended,
That you have but slumber'd here
While these visions did appear.
And this weak and idle theme,
No more yielding but a dream,
Gentles, do not reprehend:
If you pardon, we will mend:
And, as I am an honest Puck,
If we have unearned luck
Now to 'scape the serpent's tongue,
We will make amends ere long;
Else the Puck a liar call;
So, good night unto you all.
Give me your hands, if we be friends,
And Robin shall restore amends.*

Who am I?



Welcome to Our Community



I wish to welcome all our new residents that have joined the Pacifica family. Our facility is growing and a lot of new faces are peaking around the corners. Take a moment and introduce yourself to our new residents. They have some stories to tell.

A Visit with Mocha



Janet taking out a few minutes to express her love for Mocha with a biscuit.

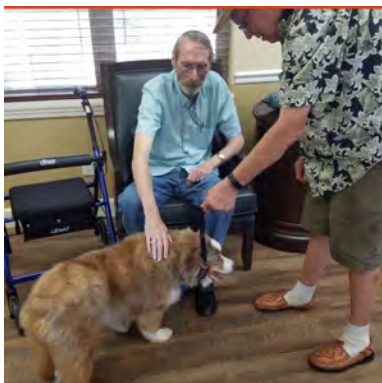


Vivian enjoying her time with Mocha. Mocha is eating a cookie from her hand.



Mocha is a 12 year old Alaskan Shepard., who loves to spend time with children and seniors. Mocha is also able to perform a variety of tricks. On this day that he visited Pacifica, he showed us how he was able to get in a crate box and sit nice and tall. In addition to tricks Mocha brings warmth love and joy to his life as well as for the seniors. As you can guess Mocha is a therapy dog that visits Pacifica one a month. Five minutes with Mocha and you life has changes. Residents that were not having a very good day come around when Mocha is on campus and "Wow" what a difference it can make for that person.

Keep an eye on the up and coming calendars to see when Mocha is coming. Stop in and spend a few minutes with him. You'll be glad you did!!



Rich receiving some love from Mocha.



Mocha and Ruth bonding after Mocha does a trick for Ruth in order to receive a treat.



Lois receives a hand lick after a treat was given to him by Lois.



Blueberry Fever



"I remember picking these as a child," Says Ruth while filling her bag.



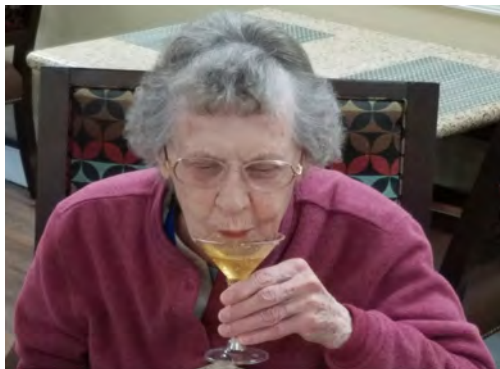
Janet & Eileen picking blueberries for fresh Blueberry Shakes.



Lois picking Blueberries on a muggy day. The branches are just packed.



Martini Madness



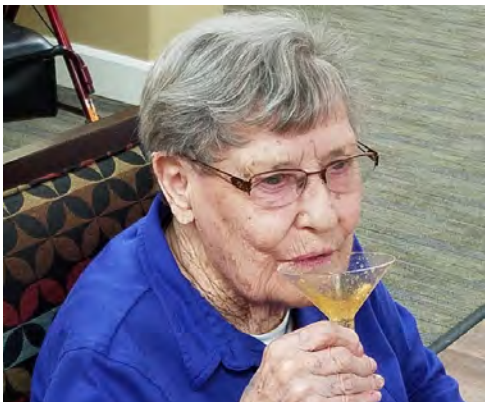
La Verne enjoying a delicious, cold refreshing Spiced Apple Martini after a hard day of activities.



Mondays are dedicated to enjoying a refreshing cool Martini, Margarita, or Mimosa at social hour. The group will gather around and sip on their drinks while in topic of conversations. The group looks forward to these times.
"Bottoms—UP"



"How did you know this is what I needed? This makes my day so complete!"



Lois sipping her martini as she is socializing with the girls.



Florence informing me that every night after work she would have a Martini.

Birthdays

August Birthdays



Susan Waltos	8/3
Lloyd Larson	8/7
Dolores Philip	8/9
George Temme	8/11
Gary Hutchinson	8/31



 Veteran

August Celebrities Birthdays



Meghan Markle (Duchess of Sussex)	8/1/1981
Barack Obama	8/4/1961
Andy Warhol	8/6/1928
Robert De Niro	8/17/1943
Bill Clinton	8/19/1946
Princess Margaret (Countess of Snowdon)	8/21/1930
Sean Connery	8/25/1930
Mother Teresa	8/26/1910
Sn John McCain	8/29/1936

Honoring Our Veterans



Veteran's need to be recognized even on their birthday. Ruth turned 98 and as a special gift Pacifica purchased the U S Flag and had it flown at the Capital in Olympia, Washington on her birthday. Then the Secretary of states sees to it that it is sent to the veteran along with a signed certificate with the date it was flown at the capital.



A Note from the Activities Director

Wow, August is here. This means it is the last spring into a quick getaway for families before the school year starts. Can you identify these famous places families might go and relax? Good Luck!! Answers are at the bottom right of the page.

1. This place has a lot of clean fresh air, lots of wind and plenty of water as well as earth.
2. Completed in 1936, this fantastic monumental place brings in close to 1,000,000 visitors in the month of August. Only 98 fatalities in the building of the grand site.
3. Starting construction in 1950, this make believe land lost \$1,000,000.00 in its first year it opened due to too many coupons generated.
4. This breathtaking historical landmark is 277 miles long, up to 18 miles wide and has a depth of over a mile (6,093 Feet)

5. If you want to see the stars you can go to this place and peer thru open doors and curtains. You might just get a chance to see one.
6. Filled with over 10,000 books and documents, this famous place is a building of U.S. History.
- 7 At one time this iconic site was in over 250 pieces. Having a foot size of 21 feet it is difficult to find a shoe provider.



1. The Beach (Any Beach)
2. Boulder Dam, (Hoover Dam)
3. Disneyland
4. The Grand Canyon
5. Hollywood, California
6. Library of Congress
7. Statue of Liberty

Answers:

The Health Benefits of Water By James Winther

Did you know that your body weight is approximately 60 percent water? Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions.

FACT: The body loses water through **breathing, sweating,** and **digestion**, which is why it's important to rehydrate by drinking fluids and eating foods that contain water.

FACT: Water does more than just quench your thirst and regulate body temperature; it also keeps the tissues in the body moist. You know how it feels when your eyes, nose or mouth get dry? Keeping your body hydrated helps it retain optimum levels of moisture in key sensitive areas, as well as in the blood, bones and the brain. It also helps protect the spinal cord and it acts as a lubricant and cushion for your joints.

FACT: Adequate water intake enables the body to excrete waste through deification, perspiration, and urination. The kidneys and liver use water to help flush out waste as do your intestines.



Water Benefits continued.....

FACT: Water can help you with deification, however it should be noted that drinking more fluid is not a total cure for constipation.

FACT: Water helps with the digestive system. Your saliva glands produce saliva which is needed to help lubricate your esophagus to help the food go to your stomach where it is then broken down and fed to the cells throughout your body.

When you do not partake in drinking fluids your body starts to decline causing dehydration. 64 oz. of water is a good amount for most people and seniors.

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.

August church schedule:
2nd, 9th, 16th, 23rd, 30th

Pacifica's 1st Annual Alzheimer's Carnival

When: August 18, 2018
Time: 12:00 pm to 3:30 pm

Games, and prizes. Food and Fun
All proceeds are going to the Alzheimer's Foundation

Come Join us for the fun!!
Hope to see you there!!

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?



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SENIOR LIVING

VANCOUVER
Assisted Living

**2410 NE 112th Avenue
Vancouver, WA 98684
(360) 619-5245**

www.PacificaVancouver.com

Born: August 25, 1930

Current age: 87

Named Thomas Sean Connery born in Fountainbridge, Edinburgh, Scotland. Sir Thomas Sean Connery (born 25 August 1930) is a retired Scottish actor and producer who has won an Academy Award, two BAFTA Awards (one of them being a BAFTA Academy Fellowship Award) and three Golden Globes. (including the Cecil B. DeMille Award and a Henrietta Award).



Connery was the first actor to portray the character James Bond in film, starring in seven Bond films between 1962 and 1983. In 1988, Connery won the Academy Award for Best Supporting Actor for his role in *The Untouchables*. His film career also includes such films as *Marnie*, *The Name of the Rose*, *The League of Extraordinary Gentlemen*, *Indiana Jones and the Last Crusade*, *The Hunt for Red October*, *Finding Forrester*, *Highlander*, *Murder on the Orient Express*, *Dragonheart*, and *The Rock*.

Connery has been polled as "The Greatest Living Scot" and "Scotland's Greatest Living National Treasure". In 1989, he was proclaimed "Sexiest Man Alive" by *People* magazine, and in 1999, he was voted "Sexiest Man of the Century". Connery was knighted in the 2000 New Year Honours for services to Film Drama.

Welcome Home!