

Pacifica Tidings


PACIFICA
SENIOR LIVING
VANCOUVER
Assisted Living

July 2018



A Note from the Executive Director

During the month in which we celebrate our independence it seems most appropriate to remember all those who have served in our country's armed forces and acknowledge the personal sacrifice

that each man and woman has made to help ensure the freedom we have here in the United States. On behalf of our team at Pacifica Vancouver, thank you to all of our Veterans for their service, and their families for their support. From our family to yours, have a happy, fun, and safe Fourth of July!



Who am I?



Welcome to Our Community



Welcome our newest members Louise Barbo & George Darnell. After retiring from the US Coast Guard, George went to work with water treatment plants in the state of California. Louise was an employee of Fred Meyer, and helped open up the 2nd Fred Meyer store in St. Johns, Portland Oregon. Both of them enjoy life to the fullest and are very active.



Roy listening to students reading their own book.

Image Elementary Book Reading



1st graders showing off their book that they created together.



Eileen listening to two young ladies about a girl and her flower garden.



Janet being read to about a dog and his boy that these two students wrote and illustrated together.



Rich listening intently to the students. Their story was about a day at the zoo.



Pacifica residents posing with the children on a successful activity. The 1st Graders at Image Elementary did an awesome job!!!



Lois so proud that the students made a book and then shared it with her.



Image Elementary 1st Graders started a new project this year. The students worked in pairs to come up with a story to share with an audience. They came up with a theme for each book and a great story line, along with illustrations. They then contacted Pacifica and asked if the residents would like to participate in the project as an audience. With grins of excitement the residents went to the event and were so pleased with the work the students did. The students then gifted the series of books to the residents of Pacifica.



Florence places a carrot between her lips for Napoleon to take.



Rich petting Napoleon Affectionately.



Isabel telling Napoleon how adorable he is and asking for a kiss.

Alpaca Fever



Richard talking to the Alpaca while feeding him a snack.



Napoleon is a 5 year old Alpaca from Peru. He is a gentle creature that enjoys fame and publicity. He lives on an Alpaca farm with 5 other male alpacas. He has been featured on social media, websites, national and world news and stage. He currently is getting ready for the county fairs and a few wedding invitations. Napoleon has repeatedly won 1st place ribbons in shows for behavior and agility in obstacle courses.



Keith putting a carrot in his mouth and hoping that llamas don't bite.



"Lay one on me baby I am ready!! Lois assuming the position for a kiss from Napoleon. Oh so cute!!!"



Janet puckering up for a kiss, after a one on one conversation.



Priscilla talking and feeding Napoleon a carrot.



"Yes you're cute baby, oh so adorable..." LaVerne assuring the alpaca that he is a very special animal.

July Birthdays

Louise Barbo 7/08
Isabel Cole 7/31

Famous Peoples Birthdays in July

Sylvester Stallone	7/6/1946
George W. Bush	7/6/1946
Tom Hanks	7/9/1956
Julius Caesar	7/13/1000
Gerald Ford	7/14/1913
Alexander the Great	7/20/356
Ernest Hemingway	7/21/1899
Robin Williams	7/21/1951
Amelia Earhart	7/24/1897
Stanley Kubrick	7/26/1928
Mick Jagger	7/26/1943
Benito Mussolini	7/29/1883
Arnold Schwarzenegger	7/30/1947



Pacifica 1st Annual Luau

Come join us for our 1st annual Luau.
Friday August 3rd
Time: 4:00pm-6:00 pm
R.S.V.P. by July 20th to
James Winther, Activities Director
Ad.vancovuer@pacificaseniorliving.com
(360) 619-5245



A Note from the Activities Director

Independence day is the celebration of our freedom from England. The colonists wanted a different life and wished to have a say in government. But under English law this was not allowed. Here are some questions about Independence day. Good Luck!!! Answers at bottom right.

- 1) Why did the 13 original colonies separate from England?
- 2) On July 8, 1776 at Independence Hall what was rung to hear the first reading of the Declaration of Independence?
- 3) In the year 1805, who were the first people to celebrate the Independence day west of the Mississippi?
- 4) These two presidents died within hours of each other on July 4, 1826. Who were they?
- 5) How many signatures are on the Declaration of Independence?

- 6) What year did Independence Day become a recognized federal holiday signed by Congress?



- Answers:**
- 1) Taxation without Representation. The colonist had no say in English parliament.
 - 2) The Liberty Bell
 - 3) Lewis & Clark at Independence Creek.
 - 4) A) Thomas Jefferson, B) John Adams
 - 5) 56 Delegates. 50 of them signed on August 2, 1776 and a couple days later the other six signed.
 - 6) 1941, Independence day was just a celebration for independence but it was not recognized as a legal federal holiday until congress passed the law in 1941.

Health & Fitness by

How Aging affects your feet By James Winther



Aging takes its toll on your feet and ankles as it does with the rest of your body. Taking good care of ourselves is the best way to ensure good health into our senior years. But we usually don't think of our feet until something goes wrong. Given the amount of stress we put on our feet in a lifetime, it's easy to see why certain foot problems seem unavoidable.

Problems that may occur:

*** Dry Skin of the Feet**

Dry skin, especially on the soles of the feet, is a problem that may require a daily application of a moisturizer to prevent cracking or an itchy rash. The decreased fatty layer beneath the skin means reduced cushioning on the sole of the foot, which also contributes to cracked heels and calluses due to extra stress on the skin.

*** Seborrheic Keratosis**

One common skin condition that affects older adults is called seborrheic keratosis. Seborrheic keratoses are lesions that are darker than the surrounding skin and are slightly raised, appearing as if they could easily be scratched off. Seborrheic keratosis is a benign skin lesion that usually does not warrant medical care, although the lesions can become itchy.

Fitness Activities

Fitness Fever

What a great way to start the day. Exercising outside. Breathing in the fresh air and getting some Vitamin D and K. Residents at Pacifica are excited to be able to exercise outside when it is such a beautiful time of the year. Their attitude changes and they feel wonderful. Come join us for some outside exercise classes. You'll be glad you did.



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.

**July church schedule:
5th, 12th, 19th, 26th**



How Aging affects your feet ... continued



*** Toenail Changes**

Toenails usually become thicker and more brittle with age, making them more difficult to cut. One reason that nails become thicker is that their growth slows over time, mostly due to hormonal changes in the body. Other causes of toenail thickening include hypothyroidism and inadequate circulation to the limbs from peripheral artery disease (PAD). Onychomycosis, which is a fungal infection of the toenails, is another common cause of toenail thickening.

*** Arthritis**

Arthritis is another reality of aging. Osteoarthritis is what we think of as wear-and-tear arthritis: that inevitable consequence of years of stress on the joints. The ankle joint, subtalar joint, and the big toe joint (first MTPJ) are three joints that frequently develop arthritis. Symptoms associated with bunions and hammer toes may worsen over the time due to the progression of arthritis within those toe joints. Another joint problem that can develop in older adults is gouty arthritis. Gout is a metabolic disease that often manifests as intense arthritis symptoms at the big toe joint.

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
Vancouver, WA 98684
(360) 619-5245*

www.PacificaVancouver.com



Gerald Ford:
Born: July 14, 1913
Died: December 26, 2006

Ford was born in Omaha, Nebraska, and attended the University of Michigan and Yale Law School. After the attack on Pearl Harbor, he enlisted in the U.S. Naval Reserve, serving from 1942 to 1946; he left as a lieutenant commander. Ford began his political

career in 1949 as the U.S. Representative from Michigan's 5th congressional district. He served in this capacity for 25 years, the final nine of them as the House Minority Leader. Following the resignation of Spiro Agnew, he was the first person appointed to the vice presidency under the terms of the 25th Amendment. After the resignation of Richard Nixon, Ford automatically assumed the presidency.

Famous Quotes:

“ A government big enough to give you everything you want is a government big enough to take from you everything you have.”

Welcome Home!