

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
VANCOUVER  
Assisted Living

September 2018



## *A Note from the Executive Director*

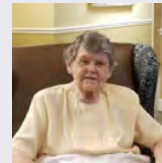
If you missed out on the chance to come to our carnival and dunk me in the dunk tank in August, then I hope you'll take the opportunity to join me for a bier for Pacifica Vancouver's first annual Oktoberfest! On Friday, September 21st, we would love to have all of our resident's families join us for bier, music, food, and fun! After the hot, hot, summer, what better way to cool off than a refreshing bier and bratwurst with your loved one.

Please RSVP with James Winther by Friday, September 14th, at (360) 619-5245 or via email at: [ad.vancouver@pacificaseniorliving.com](mailto:ad.vancouver@pacificaseniorliving.com).

## *Who am I?*



## *Welcome to Our Community*



Welcome Jackie Carr! Jackie is one of our newest residents at Pacifica. She has been awarded the honor of "Woman of the Year" 2 years now. She also has lots of stories to tell. Stop by and say hi.



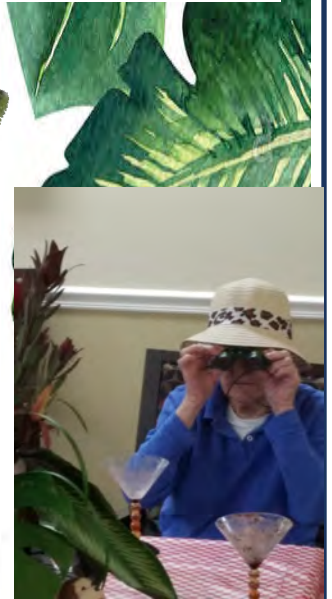
**Vivian & Ruth looking for the Elephants in the jungle.**



**George and daughter Anita enjoying a day in the bush. Love you Dad.**



**Eileen & daughter Lissa enjoying a day together.**



**Lois having a Martini after a romp through the jungle.**

# Safari Days

Each month the residents take a small trip and go somewhere they might not have been before. This month the residents took a trip to Africa. While there they had a scavenger hunt to see if they could find the different types of animals that live in the jungle. After they were able to locate the last animal, which was the Giraffe, they gathered around the local native hut and celebrated with Peppermint Chocolate Martinis. No Jeeps or planes were needed. The best thing about this adventure was there were no flies and no Mosquitos. Residents posed for a snap shot and with great fond memories they headed back to Pacifica. Family members also participated in the adventure.



**Rich & George enjoying their beverage after a heated day in the jungle**



**Residents finished the floral arrangements for their trip to Africa.**



**La Verne and Rich enjoying a relaxing afternoon in the jungle with martini and great company. Thank goodness the heat is keeping the tiger away.**



# Alzheimer's Carnival



Jason waiting to get dunked in the Dunk Tank.



People flocking to the Charity table to donate to the Alzheimer's Foundation.



Jason, James & Clown Patricia enjoying a moment in the spotlight



Residents and guest lining up to take a stab at the person in the Dunk Tank.



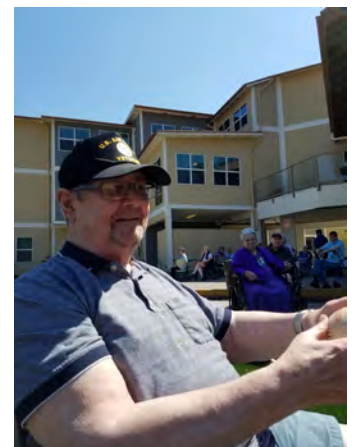
Eileen's son Mark and guest enjoying the bbq at the Carnival



Lloyd warming up to get our ED dunked.



Richard H taking time out to throw a few balls at the person in the tank. He is now all wet!!!



Richard K. having a grand time at the carnival!



## Birthdays

### September Birthdays



#### Happy Birthday

Jackie Carr 9/6  
Lilly Hutchinson 9/21



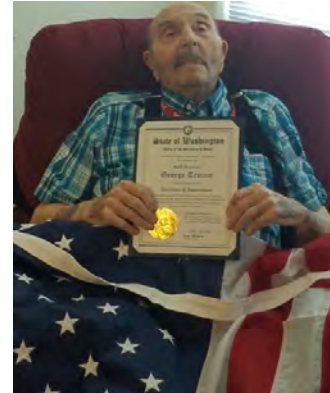
 Veteran

#### September Celebrities Birthdays

King Louis XIV 9/5/1636  
QEI Elizabeth 1st 9/7/1533  
James Winther 9/8/1966  
Colonel Sanders 9/9/1890  
Prince Harry 9/15/1984  
Stephen King 9/21/1944  
Bill Murray 9/21/1950  
Emperor Augustus 9/23/0063  
Christopher Reeve 9/25/1952  
Michael Douglas 9/25/1944  
Serena Williams 9/26/1981

# HONORING OUR VETERAN'S

**Honoring Lloyd Larson:** Lloyd's Birthday was August 7. Turning 82, Lloyd has some stories to tell you about his time in the Korean War. Lloyd was an Airman 1st Class in the Air Force. After serving his time Lloyd became a Frito Lay Truck Driver. Thank you for serving.



**Honoring George Temme:** George's birthday was August 11th. Turning 98 he has a lot of stories to tell about the war and after. George was stateside during WWII, working in Pratt Kansas. He was a Staff Sergeant and his responsibility at the time was being a "Ball Turret Belly Gunner" tester. After the war he had a few different jobs; one he did a lot of was being a Pipe Welder. George has 6 kids 10 grandchildren and 17 great grandchildren. George's love of his life was Julia for 75 years. Thank you, George, for serving.



## 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

1. Who was the President that signed into law Labor Day?
2. What year did Labor Day become a national holiday in the United States and Canada?
3. Why do we celebrate Labor Day?
4. What is the capacity of Disneyland over the Labor Day Weekend?
5. What are the flowers that represent the month of September?
6. What does the flower Aster mean?
7. In ancient times what were the leaves from the Aster flower used for?
8. What does the Latin word Aster (flower) mean?
9. Why do we call them Forget-Me-Nots?

9. What does the Forget Me Not flower represent.



**Morning Glory**



**Aster**



**Forget-Me -Nots**

1. Grover Cleveland
2. 1894
3. Honor our working Men and Women
4. 85,000/day + over 10,000 cast members
5. Aster, Forget Me nots, Morning Glory
6. Patience and daintiness
7. Ward away Evil Snakes
8. "Star" which is what the shape of Aster is.
9. The Forget-Me-Not flower has many different meanings. Here are just a few: Helping Patients with Alzheimer's, True and undying Love, Growing Affection between two people. (There are at least 10 Reasons)

## 4 Reasons to Eat

### Watermelon

By James Winther

Watermelon evokes the perfect summer day; golden sunlight, green grass, the smell of sunscreen, and the refreshing splash of the lake. From hydration to heart health, here are some tips on why you should grab some watermelon when you are hungry next time.

#### 1) Hydration:

Eating a slice of watermelon is basically like having a glass of water (they're 90% H<sub>2</sub>O, after all). Not only that, this hydrating snack also contains electrolytes, important minerals that help your body keep the water it needs. Electrolytes are an often-overlooked part of staying properly hydrated, especially in the sweaty summer months. Snacking on watermelon is a tasty way to ensure your body is getting the electrolytes it needs.

#### 2) Nutrition:

Watermelon may be 90% water, but the other 10% is full of nourishing goodies – a fair size wedge of watermelon can contain about a third of the vitamin A and C you need daily. Sounds pretty good, right? Add in B vitamins, copper, magnesium, and plenty of fiber, and watermelon is a treasure trove of nutrition. Plus, it's extremely low in calories. Don't forget to eat the seeds – they're a valuable source of zinc and iron.

#### 3) Antioxidants:

From vitamins A and C to a wealth of phytonutrients, watermelon is one juicy antioxidant bomb. The antioxidants in watermelon fight free radicals throughout your body, protecting your cells, supporting healthy inflammatory processes and your body's systems.

#### 4) Health:

If you've heard of the antioxidant lycopene, you're likely thinking about tomatoes right now, but watermelon also contains a lot of this beneficial phytonutrient – that's where the red hue comes from. You can thank lycopene for fending off free radicals and promoting cardiovascular health. For the best benefits, be sure your watermelon is quite ripe, as lycopene is highly concentrated in ripe fruit. Watermelon is also high in potassium, a mineral vital to healthy heart function.

### *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.

**September church schedule:  
6th, 13th, 20th, 27th**



**Octoberfest**  
**Friday**  
**September 21st**

**Dinner Feast**  
**4:30-6:30**

**German dishes will be served,  
along with Beer, Music, and Fun!**  
**Come join us for this big event!!**

**RSVP by Friday September 14th**  
**with James Winther, Activities Director**  
**Ad.vancouver@pacificaseniorliving.com**  
**360-619-5245**

**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**

Irasema Campos

**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!*



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

*www.PacificaVancouver.com*

**Who Am I?**



Elizabeth I was Queen of England and Ireland from 17 November 1558 until her death on 24 March 1603. Sometimes called The Virgin Queen, Gloriana, or Good Queen Bess, Elizabeth was the last monarch of the House of Tudor.

Elizabeth 1 Queen of England  
Born: September 7, 1533

- ◆ *I know I have the body of a weak and feeble woman, but I have the heart and stomach of a king, and of a king of England too.*
- ◆ *It is a natural virtue incident to our sex to be pitiful of those that are afflicted.*
- ◆ *To be a king and wear a crown is a thing more glorious to them that see it than it is pleasant to them that bear it.*

*Welcome Home!*