

# Pacifica Tidings



**PACIFICA**  
SENIOR LIVING

VANCOUVER  
Assisted Living

October 2018



## *A Note from the Executive Director*

### **Happy Halloween Poem By James Winther**

I know I saw a spooky witch  
out riding on her broom.  
I know I saw a goblin thing  
who was laughing in my room.  
I think perhaps I saw a ghost  
that had a pumpkin face.

With creepy cants  
and sleeping bats hiding every place.  
It does not matter where I look  
there is something to be seen.

I know it is October  
So I think it is Halloween.



## *Who am I?*



## *Welcome to Our Community*

Ted Boursaw is one of our Country Western entertainers that comes monthly to energize the residents.

Playing songs on his guitar from such artists as Roy Clark,



Hank Williams, and even sliding in a few Elvis. Come in, sit a spell, take your shoes off and listen to the music.

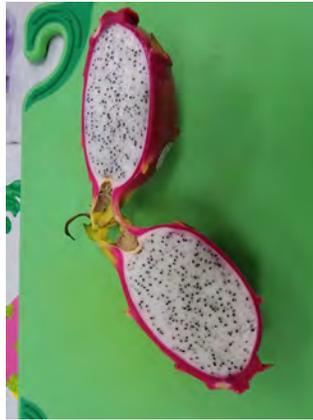
# DRAGON FRUIT IS THE



Janet trying the Dragon Fruit.  
"Mm it is okay, kind of bland."



Fred getting some help.  
"Tastes like bland grits"



Jackie comments, "Not bad",  
She comments.



La Verne telling us, "It is  
not my idea of fruit."

# FRUIT OF THE MONTH



Fred, Ruth, Lois trying dif-  
ferent fruits from the trop-  
ics.



Maureen enjoying the  
Dragon Fruit.



Lois giving the fruit a try.  
"This is pretty good!"



Rich H, Rich M, and  
Maureen listening to the  
facts about Dragon Fruit.



The residents while eating  
fruit and getting nutritional  
information.



Group waiting to go to Olive Garden



Conversing what sounds good?



Maureen and Rich waiting to be seated.



Waiting to order.



1st course meal  
Soup Salad and Breadsticks.  
Mmm.....



Getting the Main course meal  
Yum Yum.



Ruth and Lilly waiting to go home after a great meal.

## Birthdays



### Happy Birthday

La Verne Roemmich	10/2
Sandy Dunham	10/5
Jim Greenlee	10/7



# HONORING OUR VETERAN'S



**Honoring Gary Hutchinson:** Gary enlisted in the Army Air Core. While serving his 3 years, Gary was stationed in Germany. Due to the large amounts of soldiers in the region, Gary was released at 21/2 years. Leaving the Army Air Core as a Corporal Gary went back to the Steam Mill. He later moved to Arizona with his wife Lily. Gary had a sweetheart waiting for him when he returned home, but she informed him upon arriving home that she had found another. Gary was introduced to Lily through relations, that Gary's sister married Lily's Dad. Both Gary and Lily have been married over 68 years. They have 2 boys and 1 girl. Due to complications, from an illness after returning home from Vietnam, he lost one of his son. The Hutchinson's have an abundance of grand and great grandchildren. Thank you Gary for your service in the Army Air Core.

### October Celebrities Birthdays

Jimmy Carte	10/1/1924
Theresa May	10/1/1956
Mahatma Gandhi	10/2/1869
Kate Winslet	10/5/1975
Jenny Lind	10/6/1820
John Lennon	10/9/1940
Miss Thatcher	10/13/1925
D. D. Eisenhower	10/14/1890
Pablo Picasso	10/25/1881
Hillary Clinton	10/26/1947
Teddy Roosevelt	10/27/1858
Bill Gates	10/28/1955
Chris Columbus	10/31/1451

## A Note from the Activities Director



October has arrived. Days getting shorter and nights getting longer and colder. Our imaginations run wild with noises and shadows. Here are some questions on how Halloween got its name, and all the other stuff associated with Halloween. Test your knowledge on the following questions. Don't let it spook you! Good Luck!! Answers are at the bottom right of the page.

1. Where did Halloween originate from?
2. What did they do at the festival?
3. What city and state is known for the most people accused of being a Witch?
4. What city did Ichabod Crane live in, and what was his profession?
5. What was the ghostly figure that people were afraid of in Sleepy Hollow?
6. Who was the young lady that Ichabod Crane was in love with?

7. What was Dracula's Real Name?
8. What was his title and what country was he from?
9. What is the Witches companion?
10. Why are cats associated with evil and witches?



10. Black cats were seen as evil and associated with the devil. In the 14th century many cats were killed because of this belief, causing the Black Plague. Cats were also believed people that did bad things came back as a cat.



1. Ancient Celtic Festival called Samhain
2. They Built bonfires and wore masks and costumes to ward off ghost
3. Salem, Massachusetts
4. Sleepy Hollow, School Master
5. The Headless Horseman
6. Katrina Von Tassel
7. Vlad the Impaler, Dracula
8. Prince of Romania
9. Black Cats

**Answers**

## Health & Fitness by

Tips to survive

Old Man Winter

By James Winther

Old man winter is just around the corner. Working his way in our domain, he brings wet, cold, rainy temperatures, such as snow, wind and fog. The Thermometer drops too. In trying to escape the frigid temperatures, here are some tips to prepare yourself.

- 1) Dress warmly and keep dry. No more shorts and tank tops. As we age our body heat can easily escape so wearing warmer clothes like sweaters, long sleeve shirts and long johns are important. Also proper nutrition is essential to keep the your body warm.
- 2) When going outdoors dress warmly. That summer time jacket will not do. Wear something that keeps the body heat in and the cold out.
- 3) Put lotion on your skin a lot more. In the winter our skin can crack and dry out due to wintery conditions.
- 4) Wear non skid sole shoes when going outside. If inside wear slippers.
- 5) Drink lots of fluid. Just because it is cold outside does not mean we cut back on our fluid intake. Water is still a natural part or our bodies survival.
- 6) Put an extra blanket on the bed. This is always good cause when you do snuggle in oh man it is so toasty you do not want to get up. Keep Warm

## Fitness Activities Bowling with Potatoes?

Residents line up on either side of the make-shift bowling table. Pins are set up but no ball.. Mmm...Janet sits at the table with a curious look on her face as James, the Activity Director puts 2 medium size potatoes on the table. "What are we going to do with those?" Janet asks. "We are going to play Potato Bowling" answers James with a smile. As the residents take turns tossing, rolling or even zinging the potato down the lane, the pins fall, and the potato got bruised. Roars of laughter could be heard throughout the breezeway as residents partook of the crazy but fun activity. See you can even do bowling without a ball!!!



## 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.

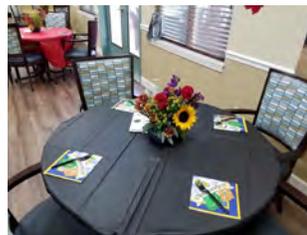
**October church schedule:  
4th, 11th, 18th, 25th**



## Oktoberfest Floral Arranging



Jackie working diligently on the centerpieces for Oktoberfest.



Special Thanks to: Janet, Lois, Isabel, Ruth, & Jackie for your hard work and dedication to create such beautiful arrangements for Oktoberfest.



Isabel admiring her work after completing one centerpiece..



Isabel's finished project.



Jackie's last minute look over the finished product for any improvements.

## Management Staff

**Executive Director**  
Jason Wart

**Business Office Manager**  
Jordan Wilson

**Community Relations Director**  
Patricia Hatherly

**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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## Who Am I?



**Margaret Thatcher**  
Born: October 13, 1925  
Died: April 8, 2013

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## Famous Quotes

- ◆ ***The Problem with Socialism is that you eventually run out of other peoples money***
- ◆ ***There is no such thing as society: there are individual men and women, and there are families***
- ◆ ***Being powerful Is like being a lady. If you have to tell people your are, you aren't***

*Welcome Home!*