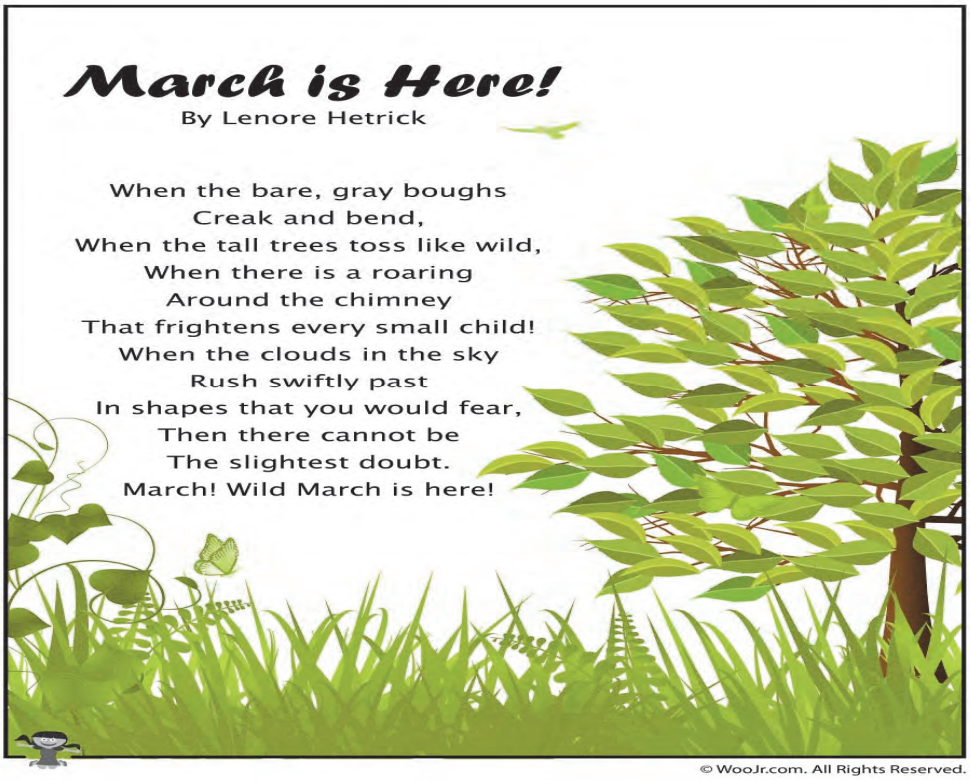
Pacifica Tidings

PACIFICA
SENIOR LIVING
VANCOUVER
Assisted Living

MARCH 2019



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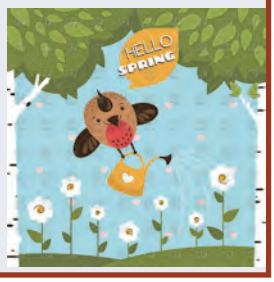
Who am I?

Welcome to Our Community

We, here at Pacifica Senior Living, wish to welcome all of you who have recently moved in to our community. Let's give a warm shout out to our new neighbors:

Paul Nelson
LeathaTehennepe
Patricia Beck
Kathy Kelly
Harriet Burt

Welcome!



FLY ME TO THE MOON!

Muriel is the new Mrs. Atlas. Taking it upon herself to hold up the world.

Richard and Maureen Moreno tried sampled space food.

Every month our residents take an impromptu trip to a far off place around the world. They have visited places like Paris, the jungles of Africa, Hawaii, Mexico, and New Orleans. In January the trip was to a far off place 238,900 miles away. Yes you got it! They went into space and landed on the moon. What does it feel like to be on the moon? Is there wind? What is the temperature? What does it feel like to be in space? What do they eat? How do they do daily rituals? These are just a few of the questions they asked.

1st Couple Sent to the Moon Joyce & Bob Hall make the best of it.

Jacquie and LaVerne had a great time as they learned about the moon and NASA.

Isabel had fun as we talked about gravity

Ruth and Rich are curious about living as an astronaut

Gravity!!!! Where is it??

Lois and Janet visited the moon with great interest and enthusiasm.

Chinese New Year 2019

It's time to review our fortunes.

Ruth and Lois are getting into the spirit of things.

The Moreno's are enjoying the view.

Tradition is...Sweep out the old and Welcome in the new.

Isabel with her son.

It's time to celebrate! We are ready.

Jackie and Florence are posing by the Chinese Pavilion.

March Birthdays

Lois Voigt	**3/6**
Mary Ann Milligan	**3/8**
Maureen Moreno	**3/11**

Famous Celebrities Birthdays

Dr. Seuss	3/02/1904
Alexander G. Bell	3/03/1847
Michelangelo	3/06/1475
Bobby Fischer	3/09/1943
Albert Einstein	3/14/1879
Michael Caine	3/14/1933
Andrew Jackson	3/15/1767
Ruth Bader Ginsburg	3/15/1933
James Madison	3/16/1751
Grover Cleveland	3/18/1837
Aretha Franklin	3/25/1942
Sir Elton John	3/25/1947
Nancy Pelosi	3/26/1940
Diana Ross	3/26/1944
Vincent Van Gogh	3/30/1853

Love & Friendship

A Note from the Activities Director

There are many events going on in the month of March. The Oscars, Mardi Gras, St. Patrick's Day and Daylight Savings time, to name a few. See if you can answer the questions correctly to some of these events. Good Luck!!. Answers at bottom right of this page.

1. The month name "March" is a given name to by which Roman Calendar god?
2. The god Mars, was regarded as the guardian of what industry?
3. What happens after the 1st full moon after the Northern Hemisphere Equinox?
4. 1n 1692 in the Salem village, Massachusetts, accusations were made against 3 women believing they were?
5. "Watson come in here please", is a famous quote from this inventor...
6. What Country does not have any snakes?
7. This music icon Diva is known as the "Queen of Soul".
8. This female was the first to be accepted to the Highest court in the United states.
9. She is the 1st women to be elected to be Speaker of the House. She is also the only women to hold this position twice.
10. After being kidnapped and imprisoned at the age of 16, he went back to convert them to Christianityn

Answers:

1. Mars, the god of War
2. Agriculture
3. Passover or Easter
4. Witches (Salem Witch Trials)
5. Alexander Gram Bell
6. Ireland
7. Aretha Franklin
8. Ruth Bader Ginsberg
9. Nancy Pelosi
10. St. Patrick

Symptoms you may have Pre-Diabetes

Pre-diabetes is the stage before full-fledged diabetes develops. Statistics reveal that nearly a quarter of all Americans live in this pre-diabetic stage. Affected individuals will notice their blood sugar levels significantly increase. In most cases, a pre-diabetic person will eventually develop diabetes. But changes to diet and exercise, coupled with medications, can prevent this.

1. Higher Blood Sugar Levels than Normal

A pre-diabetic person will have higher blood sugar levels than normal. According to the American Diabetes Association (ADA), these levels are, on average, 100 to 125 mg/dl. Some experts claim blood sugar levels below 100 mg/dl may also indicate pre-diabetes. Weight and genetics play a role in the likelihood of developing diabetes, so people who are overweight and those with family histories of diabetes should consider regular testing.

2. Regular Exhaustion

People who feel exhausted regularly may consider this normal, especially if they live active lives. But exhaustion associated with the pre-diabetic condition is quite different. Busy people get tired naturally because of physical activity. A pre-diabetic person, on the other hand, feels tired without physical exertion -- even when well-rested, they continue to feel fatigued. Pre-diabetics may feel especially tired after meals. This is linked to pre-diabetes, although other health conditions can cause this symptom as well.

3. Wounds Heal Slowly

The human body naturally heals and forms fresh skin over wounds and cuts. But a pre-diabetic person will find that his or her wounds and cuts fail to heal as quickly as they did before. This is more common in diabetes than pre-diabetes, although pre-diabetics may experience slow wound healing as well.

4. Inexplicable Mood Swings

Healthy glucose levels in the body contribute to mental and physical wellbeing. Pre-diabetes can sometimes cause mood changes, including depression. However, mood swings are common symptoms of different conditions, or normal life changes. So, this symptom may go unremarked and does not necessarily indicate pre-diabetes unless it is noticed in conjunction with other signs.

Spiritual Activities

We have a nondenominational 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.

March church schedule:
7th, 14th,21st, 28th,

The 500 Club

Hello All… This is James your Fitness Instructor. There is a new program that is going to start at the 1st of March. It is called “The 500 Club”. This is for all of you to participate in. Each time you participate in daily physical activities such as Exercises, Bean Bag Baseball, Bowling, Table Top Bowling, Ladder Golf, you will add those minutes to reach your goal.

When the first resident reaches 500 Minutes, they will be featured in the monthly newsletter. Receive a certificate and a prize.

Being active is the best way to keep yourself as healthy as you can. The more you sit around and do nothing, the weaker you become. This also tends for one to loose interest in activities as well as social interaction.

I can not wait to see you all participating and competing for top prize.

Management Staff

Executive Director
Jason Wart

Business Office Manager
Sarah Francois

Community Relations Director
Patricia Hatherly

Residents Care Director
Noelle Fluman LPN

Resident Services Coordinator
Tracey Bukor

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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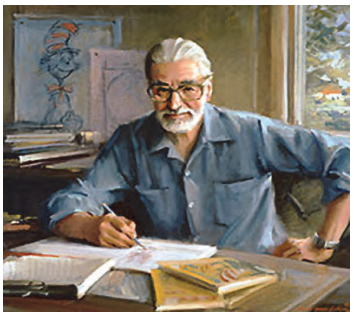
Who Am I?

Theodor Seuss Geisel
Born: March 2,1904
Died: September 24, 1991



An American children's author, political cartoonist, and animator.

He is known for his work writing and illustrating more than 60 books under the pen name Dr. Seuss. His work includes many of the most popular children's books of all time, selling over 600 million copies and being translated into more than 20 languages by the time of his death.

Famous Quotes

"You'll miss the best things if you keep your eyes shut."

"They say I'm old-fashioned, and live in the past, but sometimes I think progress progresses too fast!"

"Fantasy is a necessary ingredient in living, It's a way of looking at life through the wrong end of a telescope."

Welcome Home!