

# Springwood Landing

## Gracious Retirement Living

301 SE 136th Avenue • Vancouver, WA 98684 • Phone (360) 469-5024 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

APRIL 2019

### SPRINGWOOD LANDING STAFF

Managers..... VINNY & TINA BATES  
Assistant Managers .....JEAN & CLARK DAVIS  
Executive Chefs ..MICHAEL EDWARDS & JOE WILLIS  
Sous Chef ..... KASEY KAST  
Activity Coordinator ..... JILL TRANTEL  
Maintenance Coordinator..... SEAN WILSON  
Bus Driver .....ALLEN ANDERSON

### TRANSPORTATION

**Monday, 9:15-11 a.m.:** Fred Meyers Shopping

**Monday & Wednesday,  
10:15-11:55 a.m.:** Firstenburg

**Monday, 1:45-4:30 p.m.:**  
Various Shopping Destinations

**Tuesday & Thursday, 7:30 a.m.-3:30 p.m.:**  
Medical Appointments

**Wednesday, 1:45-4:30 p.m.:** Personal Errands

**Friday, 7:30 a.m.-3:30 p.m.:** Friday Excursions

**HAWTHORN**  
SENIOR LIVING

### Spring Is Here!

A sure sign of spring is the beautiful blossoming of many trees and flowers.

For those of you who have requested a garden box, it's time to start planting. We will

be taking a trip to a local nursery on Earth Day (April 22nd) where you can purchase gardening supplies and plants for your box and gardening supplies.

Happy Planting!



### Entertainment News

Come watch our wonderful entertainers that we have each month. If you have a favorite or a suggestion, please let Jill know.

#### **Musical Entertainment for April!**

- **April 4th:** Nehemiah Brown
- **April 10th:** Barbara Curry
- **April 11th:** Ty and Nat Music
- **April 13th:** Monty Eldon
- **April 20th:** Diome Alcomendas
- **April 23rd:** Charles and the Angels
- **April 27th:** John Van Beek







## Mardi Gras Celebration

On Fat Tuesday, the residents enjoyed a wonderful Louisiana-style meal prepared by our wonderful chefs. Masks and beads were provided for the residents and jazz music was played by the Dave Kern duo.



*Dave Kern Duo playing some jazz*



*Residents enjoying mint juleps while watching the Dave Kern Duo perform*



*Gail and Joe enjoying some Mardi Gras Music*



*Fun time with friends*



*Jean enjoying the Mardi Gras music and a mint julep*





## Brain Games

**Question 1:** Julia baked a pie for Thanksgiving dinner and Mary asked when she baked it. Julie replied, "If yesterday was tomorrow, today would be Tuesday." On what day did Julia bake the pie?

**Question 2:** What has eight fingers and two thumbs but can't pick up anything by itself?

*(Answers on page 6)*

## New Activities for April

- Card Making with Ginny
- Corn Hole Bean Bag Game
- Trivia and Fun Facts
- "Wine" down to the weekend
- Brain Games
- Oscar-winning movies
- Bunco

Please check your calendar for days and times.



*New April activities*

## Health and Wellness

### Give Yourself a Hand

Did you know the flu virus is spread most through hand contact? If you want to stay healthy this spring, wash your hands. Wash with soap and hot water for as long as it takes to sing "The ABC Song" rinse and dry. Wash your hands after using the restrooms, coughing, sneezing, shaking someone's hand or petting an animal.



## What's Happening

**April 5th:** Tour and Lunch in Camas

**April 12th:** Men's Breakfast

**April 19th:** Casino and Lunch

**April 26th:** Bob's Red Mill (lunch) and Crystal Springs Rhododendron Gardens

Sign-ups required in the Special Excursion Book in the Activity Room.



*Outings for April*

## Happy Earth Day!

April 22nd is Earth Day! Earth Day was founded in 1970 by United States Senator Gaylord Nelson as a way



to bring attention to environmental issues. Today, Earth Day is celebrated in countries throughout the world and has become a chance for people to learn more about conservation, climate change, deforestation and a myriad of other issues facing our beautiful planet.

We will be showing a beautiful documentary, "Planet Earth," for our matinee that day.



APRIL 2019

Birthdays

Dotty Hungerford, 7th  
Bob Hungerford, 11th  
Patty Cox-Hilasy, 13th  
Virginia Warren, 16th  
Jim Wagner, 22nd  
Doris Wierson, 23rd  
Janice Porter, 26th

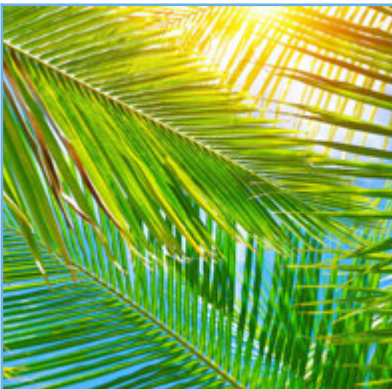







Locations

Activity Center, AC  
Atrium, AT  
Chapel 3rd FL, Ch  
Dining Room, DR  
Fire Pit Outside, FP  
Fitness Center  
3rd FL, FC  
Front Lobby, FL  
Game Room 2nd FL, GR  
Library 2nd FL, LI  
Theater, TH  
To Be Determined, TBD  
TV Room, TV

Breakfast: 8 a.m.  
Dinner: 12:30 p.m.  
Supper: 5:30 p.m.

The Firstenburg  
Center shuttle will  
also go to Pacific  
Community Library on  
Monday mornings.

“A sense of  
humor is a major  
defense against  
minor troubles.”  
—Mignon  
McLaughlin

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>9:15 Activities Meeting with Jill, AC</div> <div>9:15 Fred Meyers Shopping Center, FL</div> <div>9:15 Fitness with David, FC</div> <div>10:00 Ambassador Meeting, AC</div> <div>10:15 Firstenburg Fitness and Pool, FL</div> <div>10:30 Bean Bag Baseball, Practice, AC</div> <div>1:30 Card Making with Ginny, AC</div> <div>1:45 Matinee Movie, TH</div> <div>1:45 Walmart Shopping, FL</div> <div>4:00 Social Hour, AC</div> <div>7:00 Feature Film Presentation, TH</div>	<div>2</div> <div>9:15 Chair Exercise, AC</div> <div>10:00 Trivia and Fun Facts, AC</div> <div>10:30 Brain Games, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Bridge, GR</div> <div>3:00 Bingo, GR</div> <div>6:30 Toastmasters, AC</div> <div>7:00 Feature Film Presentation, TH</div>	<div>3</div> <div>9:15 Fitness with David, FC</div> <div>10:15 Firstenburg Fitness and Pool, FL</div> <div>11:00 Bible Study with Christine, Ch</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Cribbage, AC</div> <div>2:00 Bean Bag Baseball, Competitive, AC</div> <div>7:00 Feature Film Presentation, TH</div> <div>7:00 Bunco, AC</div>	<div>4</div> <div>9:15 Strength and Balance, AC</div> <div>10:00 Corn Hole, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 <b>Nehemiah Brown, AC</b></div> <div>3:00 Pinochle, TV</div> <div>4:30 <i>Creative Crafts with Liz, AC</i></div> <div>7:00 Bible Study, Ch</div> <div>7:00 Feature Film and Discussion Series, TH</div>	<div>5</div> <div>9:30 Blood Pressure Checks (Addus Homecare), AC</div> <div>10:00 Tour and Lunch in Camas (Bus Trip), FL</div> <div>10:30 Bean Bag Baseball, Practice, AC</div> <div>11:00 <i>Stretch Class with Nicole, AC</i></div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Book Club, AC</div> <div>3:00 Bingo, GR</div> <div>4:30 “Wine” Down to the Weekend, AC</div> <div>7:00 Hand and Foot, AC</div> <div>7:00 Foreign Film Friday, TH</div>	<div>6</div> <div>9:15 Resident-Led Exercise, AC</div> <div>10:00 Oscar Favorites, TH</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Bunco, AC</div> <div>3:00 Stitches, TV</div> <div>7:00 Feature Film Presentation, TH</div>
	<div>7</div> <div>9:15 Walking Club, AC</div> <div>10:00 Activity Sheets &amp; Puzzles, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Scrabble, LI</div> <div>3:00 Billiards, GR</div> <div>7:00 Feature Film Presentation, TH</div> <div></div>	<div>8</div> <div>9:15 Fred Meyers Shopping Center, FL</div> <div>9:15 Fitness with David, FC</div> <div>10:15 Firstenburg Fitness and Pool, FL</div> <div>10:30 Bean Bag Baseball, Practice, AC</div> <div>1:45 Matinee Movie, TH</div> <div>1:45 Target Shopping, FL</div> <div>4:00 Social Hour, AC</div> <div>7:00 Feature Film Presentation, TH</div> <div>7:00 Painting with Wendy, AC</div>	<div>9</div> <div>9:15 Chair Exercise, AC</div> <div>10:00 Trivia and Fun Facts, AC</div> <div>10:30 Brain Games, AC</div> <div>11:00 Garments on the Go, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Mountain Man Nut and Fruit, AT</div> <div>2:00 Bridge, GR</div> <div>3:00 Bingo, GR</div> <div>6:30 Toastmasters, AC</div> <div>7:00 Feature Film Presentation, TH</div>	<div>10</div> <div>9:15 Fitness with David, FC</div> <div>10:15 Firstenburg Fitness and Pool, FL</div> <div>11:00 Bible Study with Christine, Ch</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Cribbage, AC</div> <div>2:00 <b>Barbara Curry, AC</b></div> <div>2:00 Bean Bag Baseball, Competitive, AC</div> <div>7:00 Feature Film Presentation, TH</div> <div>7:00 Bunco, AC</div>	<div>11</div> <div>9:15 Strength and Balance, AC</div> <div>10:00 Corn Hole, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Cooking with Chef, AC</div> <div>3:00 Pinochle, TV</div> <div>4:00 <b>Ty and Nat Perform!, AC</b></div> <div>7:00 Bible Study, Ch</div> <div>7:00 Feature Film and Discussion Series, TH</div> <div></div>	<div>12</div> <div>8:30 Men's Breakfast, FL</div> <div>9:30 Blood Pressure Checks (Addus Homecare), AC</div> <div>10:30 Bean Bag Baseball, Practice, AC</div> <div>11:00 <i>Stretch Class with Nicole, AC</i></div> <div>1:45 Scenic Drive with Allen, FL</div> <div>1:45 Matinee Movie, TH</div> <div>3:00 Bingo, GR</div> <div>4:30 “Wine” Down to the Weekend, AC</div> <div>7:00 Hand and Foot, AC</div> <div>7:00 Foreign Film Friday, TH</div>
<div>PALM SUNDAY</div> <div>14</div> <div>9:15 Walking Club, AC</div> <div>10:00 Activity Sheets &amp; Puzzles, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Scrabble, LI</div> <div>3:00 Billiards, GR</div> <div>7:00 Feature Film Presentation, TH</div>	<div>15</div> <div>9:15 Fred Meyers Shopping Center, FL</div> <div>9:15 Fitness with David, FC</div> <div>10:15 Firstenburg Fitness and Pool, FL</div> <div>10:30 Bean Bag Baseball, Practice, AC</div> <div>1:30 Card Making with Ginny, AC</div> <div>1:45 Matinee Movie, TH</div> <div>1:45 Cascade Station Shopping, FL</div> <div>4:00 Social Hour, AC</div> <div>7:00 Feature Film Presentation, TH</div>	<div>16</div> <div>9:15 Chair Exercise, AC</div> <div>10:00 Trivia and Fun Facts, AC</div> <div>10:30 Brain Games, AC</div> <div>11:45 Managers Meeting with Residents, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Bridge, GR</div> <div>3:00 Bingo, GR</div> <div>6:30 Toastmasters, AC</div> <div>7:00 Feature Film Presentation, TH</div> <div></div>	<div>17</div> <div>9:15 Fitness with David, FC</div> <div>10:15 Firstenburg Fitness and Pool, FL</div> <div>11:00 Bible Study with Christine, Ch</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Cribbage, AC</div> <div>2:00 Bean Bag Baseball, Competitive, AC</div> <div>7:00 Feature Film Presentation, TH</div> <div>7:00 Bunco, AC</div>	<div>18</div> <div>9:15 Strength and Balance, AC</div> <div>10:00 Corn Hole, AC</div> <div>1:30 Resident Easter Egg Hunt, TBD</div> <div>1:45 Matinee Movie, TH</div> <div>3:00 Pinochle, TV</div> <div>4:30 <i>Creative Crafts with Liz, AC</i></div> <div>7:00 Bible Study, Ch</div> <div>7:00 Feature Film and Discussion Series, TH</div>	<div>GOOD FRIDAY</div> <div>PASSOVER BEGINS AT SUNSET</div> <div>19</div> <div>9:15 Casino and Lunch, FL</div> <div>9:30 Blood Pressure Checks (Addus Homecare), AC</div> <div>10:30 Bean Bag Baseball, Practice, AC</div> <div>11:00 <i>Stretch Class with Nicole, AC</i></div> <div>1:45 Various Informational Speakers, TH</div> <div>3:00 Bingo, GR</div> <div>4:30 “Wine” Down to the Weekend, AC</div> <div>7:00 Hand and Foot, AC</div> <div>7:00 Foreign Film Friday, TH</div>	<div>20</div> <div>9:15 Resident-Led Exercise, AC</div> <div>10:00 Oscar Favorites, TH</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Bunco, AC</div> <div>2:00 <b>Diome Alcomendas, AT</b></div> <div>3:00 Stitches, TV</div> <div>7:00 Feature Film Presentation, TH</div>
<div>EASTER</div> <div>21</div> <div>9:15 Walking Club, AC</div> <div>10:00 Activity Sheets &amp; Puzzles, AC</div> <div>11:00 Easter Brunch, DR</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Scrabble, LI</div> <div>3:00 Billiards, GR</div> <div>7:00 Feature Film Presentation, TH</div> <div>7:00 Trinity Bible Church Remembering the Resurrection, Ch</div>	<div>EARTH DAY</div> <div>22</div> <div>9:15 Fred Meyers Shopping Center, FL</div> <div>9:15 Fitness with David, FC</div> <div>10:15 Firstenburg Fitness and Pool, FL</div> <div>10:30 Bean Bag Baseball, Practice, AC</div> <div>1:45 Matinee Movie, TH</div> <div>1:45 Earth Day Plant Shopping, FL</div> <div>4:00 Social Hour, AC</div> <div>7:00 Feature Film Presentation, TH</div> <div>7:00 Painting with Wendy, AC</div> <div></div>	<div>23</div> <div>9:15 Chair Exercise, AC</div> <div>10:00 Trivia and Fun Facts, AC</div> <div>10:30 Brain Games, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Bridge, GR</div> <div>3:00 <b>Charles and the Angels, AC</b></div> <div>3:00 Bingo, GR</div> <div>6:30 Toastmasters, AC</div> <div>7:00 Feature Film Presentation, TH</div> <div></div>	<div>24</div> <div>9:15 Fitness with David, FC</div> <div>10:15 Firstenburg Fitness and Pool, FL</div> <div>11:00 Bible Study with Christine, Ch</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Cribbage, AC</div> <div>2:00 Bean Bag Baseball, Competitive, AC</div> <div>7:00 Feature Film Presentation, TH</div> <div>7:00 Bunco, AC</div>	<div>25</div> <div>9:15 Strength and Balance, AC</div> <div>10:00 Corn Hole, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Chef Chat, AC</div> <div>3:00 Pinochle, TV</div> <div>4:30 <i>Creative Crafts with Liz, AC</i></div> <div>7:00 Bible Study, Ch</div> <div>7:00 Feature Film and Discussion Series, TH</div>	<div>26</div> <div>9:30 Blood Pressure Checks (Addus Homecare), AC</div> <div>10:00 Special Excursion Bus Trip, FL</div> <div>10:30 Bean Bag Baseball, Practice, AC</div> <div>11:00 <i>Stretch Class with Nicole, AC</i></div> <div>1:45 Matinee Movie, TH</div> <div>3:00 Bingo, GR</div> <div>4:30 “Wine” Down to the Weekend, AC</div> <div>7:00 Hand and Foot, AC</div> <div>7:00 Foreign Film Friday, TH</div> <div></div>	<div>27</div> <div>9:15 Resident-Led Exercise, AC</div> <div>10:00 Oscar Favorites, TH</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Bunco, AC</div> <div>2:00 <b>Jon Van Beek Performs!, AC</b></div> <div>3:00 Stitches, TV</div> <div>7:00 Feature Film Presentation, TH</div>
<div>28</div> <div>9:15 Walking Club, AC</div> <div>10:00 Activity Sheets &amp; Puzzles, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Scrabble, LI</div> <div>3:00 Billiards, GR</div> <div>7:00 Feature Film Presentation, TH</div>	<div>29</div> <div>9:15 Fred Meyers Shopping Center, FL</div> <div>9:15 Fitness with David, FC</div> <div>10:15 Firstenburg Fitness and Pool, FL</div> <div>10:30 Bean Bag Baseball, Practice, AC</div> <div>1:45 Matinee Movie, TH</div> <div>1:45 Vancouver Mall Shopping, FL</div> <div>4:00 Social Hour, AC</div> <div>7:00 Feature Film Presentation, TH</div>	<div>30</div> <div>9:15 Chair Exercise, AC</div> <div>10:00 Trivia and Fun Facts, AC</div> <div>10:30 Brain Games, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Bridge, GR</div> <div>3:00 Bingo, GR</div> <div>6:30 Toastmasters, AC</div> <div>7:00 Feature Film Presentation, TH</div>				





## Brain Games – Answers

**Answer 1:** Thursday. Yesterday from Thursday is Wednesday, which is tomorrow with respect to Tuesday.

**Answer 2:** A pair of gloves.

## Understanding Cholesterol

Keeping cholesterol levels within an ideal range is essential for good health. That's why it's important to understand the terms and numbers associated with managing it.

Cholesterol is a waxy, fatty substance that the human body needs to build cells. The liver makes cholesterol, and it's also found in the foods we eat, such as meat and full-fat dairy products. Too much cholesterol in the bloodstream can build up on artery walls and block blood flow, resulting in heart disease or stroke.

There are two types of cholesterol, and the levels of both can be measured with a blood test. Low-density lipoprotein, or LDL, is the "bad" kind that leads to fatty buildup in arteries. Your LDL should be less than 100 milligrams per deciliter of blood. High-density lipoprotein, or HDL, is the "good" type that is broken down by the liver. Ideally, HDL should be above 60 mg/dL. Your total blood cholesterol level is a sum of several measurements, and should be less than 200 mg/dL.

Maintaining a healthy weight, eating a diet low in saturated fat, and getting regular exercise can help keep cholesterol at target levels. It is important to get regular checkups and consult your physician if you have any questions or concerns.



## Culinary Education Series, April 2019

**An Egg-cellent Start to Spring!**

**Different Kinds of Eggs**

### Edible Eggs!

Eggs have been a staple food in the diets of humans for centuries! Over the course of time the kinds of eggs and the methods to cook them have changed, but one thing remains the same, eggs are among the most nutrient rich foods in the world! Here is a list of a few popular edible eggs and all the benefits that go along with eating them. Enjoy!

#### 1. Chicken Eggs

Definitely the most popular variety of egg, chicken eggs are easily purchased at your local grocery store or farmers market. Chicken eggs come in a variety of sizes and two colors, white and brown. No matter which type you choose to buy, you can count on them being rich in protein, calcium, and zinc.

#### 2. Quail Eggs

Quail eggs are quite similar to chicken eggs. They have a similar flavor to chicken eggs, but their petite size (five quail eggs are usually equal to one large chicken egg) and pretty, speckled shell have made them popular in gourmet cooking. And though their size may be small, they still pack quite a wallop in terms of nutrients. Quail egg benefits include being rich in vitamin D and B12.

#### 3. Duck Eggs

Duck eggs look like chicken eggs but are larger. As with chicken eggs, they are sold in sizes ranging from small to large. Duck eggs have more protein and are richer than chicken eggs, but they also have a higher fat content. When boiled, the white turns bluish and the yolk turns red-orange.





## Let's Go: Destination of the Month! Washington, D.C.

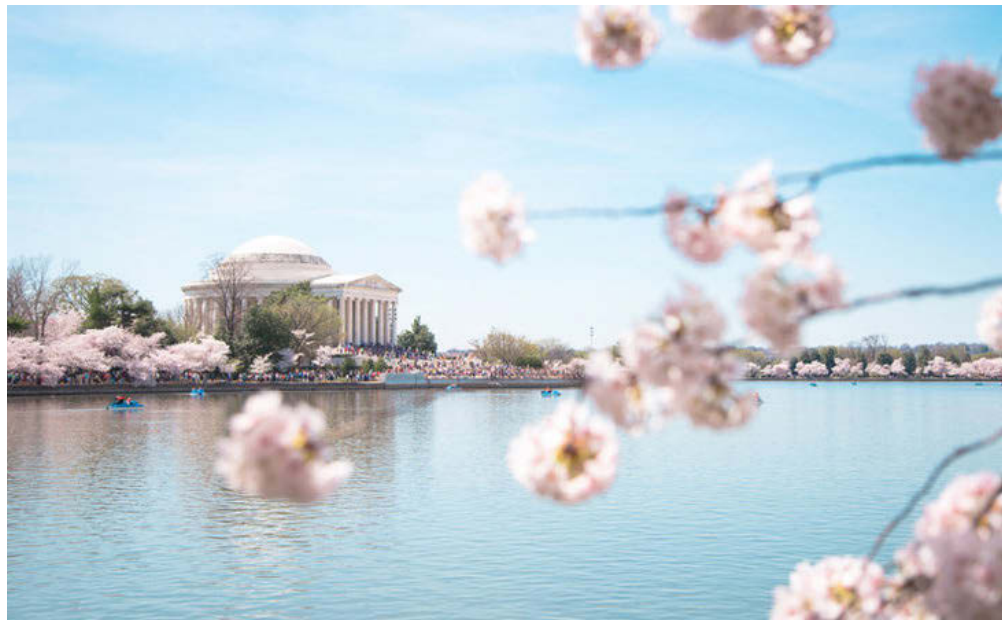
### Washington, D.C.

#### Capital of the United States of America

Washington, D.C., formally the District of Columbia and commonly referred to as Washington or D.C., is the capital of the United States. Founded after the American Revolution as the seat of government of the newly independent country, Washington was named after George Washington, first President of the United States and Founding Father. As the seat of the United States federal government and several international organizations, Washington is an important world political capital. The city is also one of the most visited cities in the world, with more than 20 million tourists annually.

#### 10 Facts About Washington, D.C.

1. D.C. residents drink more wine per capita than residents of any of the 50 states.
2. There is an empty crypt beneath the Capitol building. (George Washington was supposed to be buried there but requested being buried at Mt. Vernon.)
3. There is also a nuclear fallout shelter underneath the Capitol Building.
4. Three alligators have lived in the White House.
5. Washington, D.C. was actually built on a mosquito-infested swamp.
6. The Washington Monument moves ... technically. (The Washington Monument will sway about .125 of an inch if the wind is at least 30 miles per hour.)
7. The seventh inning stretch originated in Washington, D.C. (President William Howard Taft stood up to stretch his legs during a game. Everyone thought he was leaving and they stood up out of respect, which began the seventh inning stretch. He probably never realized there'd be a "President's Race" years later.)
8. D.C. averages 39 inches of rain every year, which is more than Seattle.
9. The Library of Congress is the biggest library in the world.
10. The city is not named who you think it is named for. (Washington, D.C. is technically named for George Washington, which is obvious. But it is also named for Christopher Columbus (The District of Columbia).)



*April is Cherry Blossom Month in D.C.*



Springwood Landing  
Gracious Retirement Living

301 SE 136th Avenue  
Vancouver, WA 98684



## **SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES**

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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**360-469-5024**