

Springwood Landing

Gracious Retirement Living

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



AUGUST 2019 SPRINGWOOD LANDING STAFF

Managers..... VINNY & TINA BATES
Assistant ManagersCLARK & JEAN DAVIS
Executive Chef..... MICHAEL EDWARDS
Sous Chef KASEY KAST
Activity Coordinator TRISHA MATTSON
Maintenance Coordinator..... SEAN WILSON
Bus DriverALLEN ANDERSON

TRANSPORTATION

Monday, 9:15 a.m.: Fred Meyers Shopping

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

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



Staycation in the Pacific Northwest

We had a busy week of many different kinds of activities. Our week started with a Lava Walk that continued throughout the week. Each person who wanted to walk and keep track of their steps got a pedometer to use. Once the Lava Walk participants had the amount of steps that equaled the height of a local mountain, they were entered into that particular drawing. For example, Mt. St. Helens is 8,366 feet tall, which equals 8,366 steps.

(Continued on Page 2.)



Georgiana Pittock



Paper airplane contest



Staycation in the Pacific Northwest (Continued)

During Springwood Landing's Staycation, there were two different opportunities to dance. The first day of the Staycation was the Denim and Diamonds Dance, where residents were taught line dancing. The last day was another dance, the Glitz and Glamour Dance, where residents could get dressed in their best outfits.

During the week, the residents had many presentations and entertainment to enjoy. A couple of the highlighted outings were to the Port of Vancouver and a fishing trip. Some of the wonderful presentations included a talk by Georgianna Pittock; an ice cream social; a traditional Japanese Tea ceremony; Arts and Treasures showcase; Dr. Roy Torley and his talk about Orchids; Ray Brown with his Son of Liberty presentation; along with Jim Pritchard and his live presentation of music history; cheese-chocolate-wine; and residents Ole and Dee Olsen telling us about bees and honey.

We enjoyed many musical entertainers and games. The music of Matthew Casey started our week off, then we had John Van Beek for a night under the stars, and Barbara Curry came for our beach day to sing us some tunes. During the week, we had trivia on the tables, charades, Corn Hole, the great plane challenge, blow-out Bingo, goofing around golf and a Casino night. Springwood Landing had a fun-filled week of many activities for residents to enjoy.



Virginia and Bea at the Tea Ceremony



*Glitz and Glam Dance
with Shirley and Arnie*



Casino Night

Upcoming Events for August

August 1st: Port of Vancouver Tour

August 2nd: Clark County Fair starts

August 3rd: Georgiana Pittock
at 11 a.m.

August 3rd: Great Voices Series
at 6:45 p.m.

August 6th: Dr. Roy Torley, Eclipse at 10 a.m.

August 13th: The Classical Club
at 11 a.m.

August 15th: Sock Hop with Bad Motor Scooter at
2 p.m.

August 21st: Beanbag Baseball at Cascade Inn at
2 p.m.

August 22nd: Singalong with Dorcy



Health Benefits of Citrus Fruits

You already know that citrus (think: oranges, lemons, tangerines, limes, and grapefruit) is an excellent source of immune-boosting Vitamin C, which is why so many people reach for these fruits during cold and flu season. But citrus offers many other impressive health benefits, as well. The juicy, colorful fruits are packed with good-for-you nutrients, not to mention flavor, making them a great addition to a healthy diet. Here are six reasons why our residents should be adding more citrus to their plate.

1. Citrus fruits are an excellent source of fiber. Two-thirds of the fiber in citrus fruit is soluble fiber, which has been linked to lower cholesterol and helps regulate glucose levels. The remaining fiber in citrus is insoluble, which adds bulk to our digestive system and helps keep us regular. Fiber-packed foods like citrus also keep us feeling full and satisfied longer than less-fibrous foods, making them a great snack for weight loss.
2. Citrus fruits are good for your heart. Vitamin C found in citrus fruits has been linked to reduced risk of heart disease.
3. Citrus fruits have a low glycemic index. Citrus fruits have relatively low glycemic index scores on the 100-point scale, meaning they won't spike your blood sugar as much as some other foods. An orange, for example, has a score of 45, and a grapefruit 25. (For comparison, raisins have a score of 64, a white bagel 72, and Gatorade 89.) This means the glucose in citrus fruit is released into your bloodstream slowly, offering you a steady feeling of energy, without a crash later on.
4. Citrus fruits may help shorten colds. It's no secret that citrus delivers a healthy dose of Vitamin C (51 mg in an orange, 38 mg in a grapefruit, and 30 mg in a lemon). And while Vitamin C can't prevent colds, research suggests it might reduce the duration and severity of them.
5. Citrus fruits are packed with potassium. When you hear "potassium," you probably think of bananas. But citrus is also a great source of this mineral, which is important for fluid regulation, mineral balance and muscle contraction. Potassium also works to counter-regulate the amount of salt in your diet by helping your body flush out sodium. While this isn't an excuse to douse your food in salt, it is another good reason to load up on citrus. By eating plenty of potassium-rich foods, you can help lower your risk of stroke by 21 percent, as well as reduce your risk of heart disease.
6. Citrus fruits are hydrating. Like cucumbers, watermelon and tomatoes, citrus fruits have a high-water content (oranges are 87 percent water and grapefruits are 88 percent). Eating plenty of water-rich foods such as citrus can help you stay hydrated, which is important for quenching your thirst, as well as helping you consume enough fluids throughout the day to prevent dehydration and help the body's systems function properly.

Information About Corn Hole

There is much debate surrounding the history and origins of the game of Corn Hole. Some people say that ancient civilizations invented Corn Hole by tossing rocks at holes in the ground. Others say that Corn Hole, the game, was invented by Native Americans. Corn Hole (also known regionally as baggo, bags, sack toss, or bean bag) is a lawn game in which players take turns throwing bags of corn (or bean bags) at a raised platform with a hole in the far end. A bag in the hole scores 3 points, while one on the board scores 1 point. Play continues until a team or player reaches or exceeds the score of 21 by means of cancellation scoring.

AUGUST
2019

Birthdays













Falen Pierce, 5th
Donna Accettola, 7th
Ramona Barnes, 11th
Gerry Jarvis, 11th
Reiko Osato, 15th
Karin Kutkey, 15th
Cozette Mills, 17th
MaryLou Grimsted, 18th
Audery Moses, 21st
Ginny Medvigy, 22nd
Stan Berry, 23rd
Jane Yarbourough, 25th
Jack Grauer, 26th
Colleen Sibelman, 27th
Arnold Kohler, 28th
Ralph Eckert, 29th
Elva Ferguson, 30th
Hazel Carpenter, 31st

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 Cascade
Community Library on
Monday mornings.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:15 Morning Exercise, AC 1 10:00 Corn Hole, AC 1:45 Matinee Movie, TH 2:00 Port of Vancouver Tour 2:30 Tai Chi or Yoga, AC 3:00 Pinochle, TV 6:45 Evening Movie, TH 7:00 Poker Social, GR	9:00 Clark County Fair Opening Day 2 9:15 Morning Exercise, AC 9:30 Blood Pressure Checks (Addus Homecare), AC 10:30 Bean Bag Baseball, AC 1:45 Matinee Movie, TH 2:00 Book Club, AC 3:00 Bingo, GR 4:30 “Wine” Down to the Weekend, AC 6:45 Evening Movie, TH 7:00 Hand and Foot, TV	9:15 Resident-Led Exercise, AC 3 10:00 Corn Hole, AC 11:00 Georgiana Pittcock Script 2, AC 1:45 Matinee Movie, TH 2:00 Diome Alcomendes, AC 3:00 Stitches Group, TV 6:45 Great Voices Series, TH
9:15 Walking Club, AC 4 10:30 Church Service (Non-Denominational), Ch 1:45 Matinee Movie, TH 3:00 Billiards, GR 6:45 Evening Movie, TH 6:45 Fireside Chat with Tina and Vinny	9:15 Fred Meyers Shopping Center, FL 5 9:15 Morning Exercise, AC 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC 1:45 Fun Decorated Cans with Ginny, AC 1:45 Matinee Movie, TH 3:00 Bunco, AC 4:00 Social Hour, AC 4:00 Memorable Music with Shelley, AC 6:45 Evening Movie, TH 7:00 Pinochle, GR 	9:15 Morning Exercise, AC 6 10:00 Writing Club, LI 10:00 Dr. Roy Torley Topic Eclipse, TH 11:00 LCR Dice Game, AC 11:00 Bible Study with Rose, Ch 11:00 Garments on the Go, AC 1:45 Matinee Movie, TH 2:00 Bridge, GR 3:00 Bingo, GR 6:30 Toastmasters, Ch 6:45 Evening Movie, TH 7:00 Poker Social, GR	9:15 Morning Exercise, AC 7 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC 11:00 Bible Study with Christine, Ch 11:00 Esther Short Park the Cabin Project 1:45 Activity Meeting, AC 1:45 Matinee Movie, TH 2:00 Cribbage, AC 6:45 Evening Movie, TH 	9:15 Morning Exercise, AC 8 10:00 Corn Hole, AC 1:45 Matinee Movie, TH 2:30 Tai Chi or Yoga, AC 3:00 Pinochle, TV 6:45 Evening Movie, TH 7:00 Poker Social, GR	9:15 Morning Exercise, AC 9 9:30 Blood Pressure Checks (Addus Homecare), AC 10:30 Bean Bag Baseball, AC 1:45 Matinee Movie, TH 3:00 Bingo, GR 4:30 “Wine” Down to the Weekend, AC 6:45 Evening Movie, TH 7:00 Hand and Foot, TV	9:15 Resident-Led Exercise, AC 10 10:00 Corn Hole, AC 1:45 Matinee Movie, TH 3:00 Stitches Group, TV 3:00 Monty Eldon, AC 6:45 Evening Movie, TH
9:15 Walking Club, AC 11 10:30 Church Service (Non-Denominational), Ch 1:45 Matinee Movie, TH 3:00 Billiards, GR 6:45 Evening Movie, TH 6:45 Fireside Chat with Tina and Vinny 	9:15 Fred Meyers Shopping Center, FL 12 9:15 Morning Exercise, AC 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC 1:45 Matinee Movie, TH 3:00 Bunco, AC 4:00 Social Hour, AC 6:45 Evening Movie, TH 7:00 Painting with Wendy, AC 7:00 Pinochle, GR	9:15 Morning Exercise, AC 13 10:00 Writing Club, LI 11:00 LCR Dice Game, AC 11:00 Bible Study with Rose, Ch 11:00 The Classical Club, TH 1:45 Matinee Movie, TH 2:00 Bridge, GR 3:00 Bingo, GR 6:30 Toastmasters, Ch 6:45 Evening Movie, TH 7:00 Poker Social, GR	9:15 Morning Exercise, AC 14 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC 10:30 Holy Redeemer Catholic Parish, LI 11:00 Bible Study with Christine, Ch 1:45 Re Tails Thrift Store 1:45 Matinee Movie, TH 2:00 Cribbage, AC 6:45 Evening Movie, TH 6:45 Fly Fishing Lessons	9:15 Morning Exercise, AC 15 10:00 Corn Hole, AC 1:45 Matinee Movie, TH 2:00 Bad Motor Scooter Music for the Sock Hop, AC 3:00 Pinochle, TV 	9:15 Morning Exercise, AC 16 9:30 Blood Pressure Checks (Addus Homecare), AC 10:30 Bean Bag Baseball, AC 11:30 Big Al's Bowling and Lunch 1:45 Matinee Movie, TH 3:00 Bingo, GR 4:30 “Wine” Down to the Weekend, AC 6:45 Evening Movie, TH 7:00 Hand and Foot, TV	9:15 Resident-Led Exercise, AC 17 10:00 Corn Hole, AC 1:45 Matinee Movie, TH 2:00 Mathew Casey, AC 3:00 Stitches Group, TV 6:45 Evening Movie, TH 7:00 John VanBeek, AC 
9:15 Walking Club, AC 18 10:30 Church Service (Non-Denominational), Ch 1:45 Matinee Movie, TH 3:00 Billiards, GR 6:45 Evening Movie, TH 6:45 Fireside Chat with Tina and Vinny 	9:15 Fred Meyers Shopping Center, FL 19 9:15 Morning Exercise, AC 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC 11:00 Schmaltz Gifts 1:45 Fun Decorated Cans with Ginny, AC 1:45 Matinee Movie, TH 3:00 Bunco, AC 4:00 Social Hour, AC 6:45 Evening Movie, TH 7:00 Pinochle, GR	9:15 Morning Exercise, AC 20 10:00 Writing Club, LI 11:00 LCR Dice Game, AC 11:00 Bible Study with Rose, Ch 11:45 Managers Meeting with Residents, AC 1:45 Matinee Movie, TH 2:00 Bridge, GR 3:00 Bingo, GR 6:30 Toastmasters, Ch 6:45 Evening Movie, TH 7:00 Poker Social, GR	9:15 Morning Exercise, AC 21 10:15 Firstenburg Fitness and Pool, FL 11:00 Bible Study with Christine, Ch 1:45 Matinee Movie, TH 2:00 Cribbage, AC 2:00 BBB at Cascade Inn 6:45 Evening Movie, TH 	9:15 Morning Exercise, AC 22 10:00 Corn Hole, AC 11:00 Finding Balance: Fall Prevention & Recovery Adria, AC 11:30 Chat with Chef, AC 1:45 Matinee Movie, TH 2:30 Tai Chi or Yoga, AC 3:00 Pinochle, TV 6:30 Singalong with Dorcy, AC 6:45 Evening Movie, TH 	9:00 Trip to Seaside 23 9:15 Morning Exercise, AC 9:30 Blood Pressure Checks (Addus Homecare), AC 10:30 Bean Bag Baseball, AC 1:45 Matinee Movie, TH 3:00 Bingo, GR 4:30 “Wine” Down to the Weekend, AC 6:45 Evening Movie, TH 	9:15 Resident-Led Exercise, AC 24 10:00 Corn Hole, AC 1:45 Matinee Movie, TH 2:00 John Van Beek, AC 3:00 Stitches Group, TV 6:45 Evening Movie, TH
9:15 Walking Club, AC 25 10:30 Church Service (Non-Denominational), Ch 1:45 Matinee Movie, TH 3:00 Billiards, GR 6:45 Evening Movie, TH 6:45 Fireside Chat with Tina and Vinny 	9:15 Fred Meyers Shopping Center, FL 26 9:15 Morning Exercise, AC 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC 11:00 Schmaltz Gifts, AT 1:45 Matinee Movie, TH 3:00 Bunco, AC 4:00 Social Hour, AC  6:45 Evening Movie, TH 7:00 Pinochle, GR	9:15 Morning Exercise, AC 27 10:00 Writing Club, LI 11:00 LCR Dice Game, AC 11:00 Bible Study with Rose, Ch 1:45 Matinee Movie, TH 2:00 Bridge, GR 3:00 Charles and the Angels, AC 6:30 Toastmasters, Ch 6:45 Evening Movie, TH  7:00 Poker Social, GR	9:15 Morning Exercise, AC 28 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC 11:00 Bible Study with Christine, Ch 1:45 Matinee Movie, TH 2:00 Cribbage, AC  6:45 Evening Movie, TH 6:45 Fly Fishing Lessons	9:15 Morning Exercise, AC 29 10:00 Corn Hole, AC 11:00 Finding Balance: Fall Prevention & Recovery Adria, AC 1:45 Matinee Movie, TH 2:30 Tai Chi or Yoga, AC 3:00 Pinochle, TV  6:45 Evening Movie, TH 7:00 Poker Social, GR	9:15 Morning Exercise, AC 30 9:30 Blood Pressure Checks (Addus Homecare), AC 9:45 Sternwheeler Trip 10:30 Bean Bag Baseball, AC 1:45 Matinee Movie, TH 3:00 Bingo, GR 4:30 “Wine” Down to the Weekend, AC  6:45 Evening Movie, TH 7:00 Hand and Foot, TV	9:15 Resident-Led Exercise, AC 31 10:00 Corn Hole, AC 1:45 Matinee Movie, TH 2:00 Miss Behavins, AC 3:00 Stitches Group, TV 6:45 Evening Movie, TH 



Why Our Bodies Need Water

It's important to stay hydrated during warm weather, as well as throughout the year. Water is essential for many of the body's organs and functions.

Heart: Staying hydrated promotes proper circulation by allowing the heart to more easily pump blood, which carries oxygen throughout the body. Drinking water is one way to maintain a healthy weight and regulate blood pressure, reducing stress on the heart.

Brain: Multiple studies show that even mild dehydration can impair memory and concentration. Drinking enough water can improve cognition, focus and mood, and help prevent fatigue and headaches.

Digestion: Water helps break down food so that the body can absorb nutrients, making it crucial to a healthy digestive system.

Kidneys: Your kidneys have the important job of cleansing toxins from your body, but they need water to work properly. Frequent dehydration also increases the risk of kidney stones.

Muscles and joints: Water lubricates the joints, so staying hydrated can reduce pain and stiffness. The same goes for your muscles, especially during and after exercise.

Juicy Facts About Citrus Fruits

1. Citrus fruits are so named because they contain large amounts of citric acid, the thing that gives them their distinct, sharp flavor that is sometimes bitter and sometimes sweet.
2. Today there are dozens of varieties of citrus fruits, and most are hybrids.
3. Lemons, limes, oranges and grapefruits are the most commonly recognized of all citrus fruits, and there are several varieties of each.
4. Citrus fruits grow naturally in tropical climates. In fact, citrus fruits only develop their bright, often orangy color when they are introduced to cold weather.
5. Lemon juice can also act as a natural hair lightener. Simply squeeze lemon juice into your strands if you are going to spend some time out in the sun for some easy, natural-looking highlights.
6. Citrus plants originated in Southeast Asia. Although the exact origins of citrus trees are unknown, it's believed that they originated in a specific plot of land bordered by northeast India, Myanmar and the Yunnan Province of China.
7. Historically, rations of oranges were given to British soldiers on long ocean voyages to prevent scurvy. Scurvy is caused by Vitamin C deficiency, so the high Vitamin C content in oranges made them perfect for preventing the disease.
8. The color orange is named after the fruit, not the other way around.
9. You can use a lemon to make a battery! Just attach some electrodes to a lemon and voila! Several lemon batteries can power a small digital watch. To power a flashlight bulb, it would take 500 lemons!
10. Lemons were once presented as gifts to kings because they were so rare.
11. A grapefruit is 92 percent water.
12. Tangerines use to be nicknamed "Christmas Oranges," because they were often left in children's Christmas stockings.
13. The average American consumes 2.7 gallons of orange juice a year.
14. Oranges along with other citrus fruits have been produced commercially in Florida since the 1800s.
15. Lemons and limes are known for their detoxifying properties. Simply squeeze their juice into a glass of water, zest over the top of roasted vegetables, or add a few drops of juice to a cup of tea.



Fourth of July Fun!

Fourth of July was full of activity. We started the day at 7 a.m. with a 1 K walk. We had five participants for the first annual walk. Each walker was given a participation medal for completing the walk. Next, at 7:45 a.m., we had the National Anthem played for us by Austin Mattson on his tenor sax. After breakfast, we had a cupcake walk at 11 a.m., followed by a Resident Parade at 11:30 a.m. in the Dining Room. The residents voted on three categories: Most Patriotic was Gerry Jarvis, Best Dressed was Virginia Warren, and Most Unique went to Sandy Morrison. On the parade route, the residents were given beads and candy for participating. At 12 p.m. was the watermelon eating contest, won by Springwood Landing's own Housekeeper/Server, Kaylee. After dinner was the water balloon tossing contest outside, won by Joe Anderson and his daughter. At 2 p.m. was beanbag baseball, and the residents were able to play a team from outside the Community. The festivities ended with a singalong with Bianca in the Activity Center. A great time was had by all.



1 K Walkers for the Fourth of July



Austin, playing the National Anthem.



Some of the resident parade participants



Watermelon eating contest



Water balloon contest winners, Joe and his daughter

Springwood Landing
Gracious Retirement Living

301 SE 136th Avenue
Vancouver, WA 98684



Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.

Springwood Landing
Gracious Retirement Living

360-469-5024

