



# Springwood Landing

## Gracious Retirement Living

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

### MARCH 2020

### SPRINGWOOD LANDING STAFF

Managers..... VINNY & TINA BATES  
Assistant Managers ..... KIM & TERRY MOSS  
Executive Chef ..... JUSTIN HOVER  
Sous Chef ..... KASEY KAST  
Activity Coordinator ..... TRISHA MATTSON  
Maintenance Coordinator..... SEAN WILSON  
Bus Driver ..... ALLEN 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

### St. Patrick's Day Foods

Two vegetables are the traditional side dishes for a plate of corned beef. After all, what would a St. Patrick's Day meal be without cabbage and potatoes?

Easy to grow and inexpensive, potatoes have a long history as a staple food around the world. The vegetable was introduced to Ireland by British explorer Sir Walter Raleigh in 1589, and it eventually became the country's main crop, which half of the population depended on to feed their families. But in the mid-1800s, much of the potato harvest was destroyed by a fungus for several years in a row, causing the Irish Potato Famine.

Cabbage was also an important crop in Ireland. The green, leafy vegetable grew well in the cool climate. Because it was nutrient-dense, many people lived on cabbage during the famine.

It was during this time that waves of Irish immigrants came to the United States, and they brought their recipes from home. That includes a dish that combines both vegetables, colcannon, which is a mixture of mashed potatoes and chopped cabbage.

What is your favorite St. Patrick's Day food?

Do you celebrate St. Patrick's Day? If so, what are some of your traditions?



## African Expedition

The African Expedition was a success! The residents had a great time learning about Morocco, Egypt, and Tanzania. We were lucky in that we had residents that have traveled to these places and shared their experiences from the countries.

We enjoyed mint tea, making mosaics, African drummers and dancers, couscous making with chef, and henna hands while in Morocco. While in Egypt, we found pharaohs, made pyramids, had a mummy wrapping competition, saw Henna the belly dancer, cooking hummus with chef, and fly swatter volleyball. The last week of the expedition took the residents to Tanzania where they made sea salt hand scrub, looked at exotic volcanoes, tasted Tanzanian peaberry coffee, listened to the African Harp (Kora), guessed different spices and painted with them.

It was a fun three weeks of exploring and learning new things about different countries. Wonder where our next expedition will be?



*Sonja making a mosaic*



*African drummers and dancers*



*Henna the belly dancer*





## All the Benefits of Leafy Greens

Eating a certain type of food won't help you cure a disease or prevent dementia, but a healthy diet packed with nutritious foods does have its benefits. A true workhorse of the vegetable world, dark leafy greens contain antioxidants, healthy fats, fiber, amino acids, anti-inflammatory phytochemicals and an array of other essential vitamins and minerals. In addition to all the nutrients, leafy greens like spinach, kale and turnip greens, as well as vegetables like broccoli, have been linked to lower levels of cognitive decline as people age.

### **All the good in those greens:**

- Fiber, which helps to support our digestive tract and produce beneficial bacteria.
- Antioxidant Vitamins A, C and E. These help to support the digestive tract lining, boost the immune system, protect us from free radical damage and reduce inflammation.
- A suite of B vitamins that boost our energy levels and help us manage stress.
- Vitamin K for bone health and proper blood clotting.
- Minerals like iron, magnesium and calcium, which support energy levels, relax our muscles and reinforce bone health.
- Omega-3 fatty acids, essential fats that are highly anti-inflammatory. These are the good fat sources!
- A small amount of protein — a macronutrient important to healing and repair.
- Certain dark leafy greens, like dandelion or mustard, have bitter compounds that stimulate digestion.
- Glucosinolates, which are compounds that have anti-cancer properties and help us to detoxify.
- Dark leafy greens also have nutrients that help us balance our hormones, reduce acid reflux, combat inflammation and sleep better at night.

## Going Green? What Does That Mean to You?

Going green can mean that you recycle and want to be earth-friendly.

You could shop with reusable bags. You could reuse items that you have and do not use any longer.

Or does it mean that you are eating more green fruits and vegetables? Green fruits and vegetables contain chlorophyll, fiber, lutein, zeaxanthin, calcium, folate, vitamin C, and beta carotene. The nutrients found in these veggies reduce the risk of cancer, lower blood pressure, lower bad cholesterol levels, help digestion, support eye health, and boost the immune system.

### **What is your favorite way to Go Green?**

Do you eat green fruits and vegetables? If so, what is your favorite? How did you get your children to eat their green foods?

## Wacky Wednesdays

- **3/4:** Mardi Gras Day
- **3/11:** Wear Green Day
- **3/18:** Wear Pastel Colors Day
- **3/25:** Crazy Hair Day

**“Great art  
picks up where  
nature ends.”  
—Marc Chagall**

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1		2		3		4		5		6		7	
9:00 Putt-Putt Golf, AC 10:30 Church Service (Non-Denominational), Ch 1:45 Matinee Movie, TH 6:45 Evening Movie, TH 6:45 Fireside Chat with Tina and Vinny		9:15 Exercise: Balance, AC 9:30 Fred Meyers Shopping Center, FL 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC 11:45 Dr. Seuss Birthday, AC 1:45 Matinee Movie, TH 2:00 Crafts with Ginny: Making Cards, AC 4:00 Social Hour, AC 4:00 Memorable Music with Shelley, AC 6:45 Evening Movie, TH 7:00 Pinochle, GR		9:15 Exercise: Irish Gig, AC 10:30 Bible Study with Rose, LI 11:00 LCR Dice Game, AC 1:45 Matinee Movie, TH 2:00 Bridge, GR 3:00 Bingo, AC 4:15 Mindfulness, TH 6:30 Toastmasters, Ch 6:45 Evening Movie, TH 7:00 Poker Social, GR		Mardi Gras Day 9:15 Exercise: Bands, AC 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC 1:45 Matinee Movie, TH 1:45 Activities Meeting, AC 2:00 Cribbage, AC 2:30 Make Mardi Gras Mask, AC 6:45 Evening Movie, TH		9:15 Exercise: Weights, AC 10:00 Wii Bowling, AC 10:00 Get Going Green Juice, AC 1:45 Matinee Movie, TH 3:00 Pinochle, TV 3:00 Everything You Want to Know About History, AC 6:45 Evening Movie, TH 7:00 Poker Social, GR 7:00 Bible Study		9:15 Exercise: Balloons, AC 9:30 Blood Pressure Checks (Addus Homecare), AC 10:00 Thrift Shopping 10:30 Bean Bag Baseball, AC 11:45 National Oreo Cookie Day, AC 1:45 Matinee Movie, TH 2:00 Mario Carboni Honky Tonk Piano, AC 2:00 Book Club, AC 3:00 Bingo, AC 4:00 C-Tran Trip Planning, AC 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 10:00 Wii Bowling, AC 1:45 Matinee Movie, TH 3:00 Stitches Group, TV 6:45 Evening Movie, TH 6:45 Great Voices Series, TH	
DAYLIGHT SAVING TIME BEGINS 8		9		10		11		12		13		14	
9:00 Putt-Putt Golf, AC 10:30 Church Service (Non-Denominational), Ch 1:45 Matinee Movie, TH 6:45 Evening Movie, TH 6:45 Fireside Chat with Tina and Vinny		9:15 Exercise: Balance, AC 9:30 Fred Meyers Shopping Center, FL 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC 11:45 Guess the Cereal, AC 1:45 Matinee Movie, TH 4:00 Social Hour, AC 6:45 Evening Movie, TH 7:00 Painting with Wendy, AC 7:00 Pinochle, GR		9:15 Exercise: Irish Gig, AC 10:30 Bible Study with Rose, LI 11:00 LCR Dice Game, AC 11:00 Classical Club with Terry Ross, TH 1:45 Matinee Movie, TH 2:00 Writing Club, LI 2:00 Bridge, GR 3:00 Bingo, AC 4:15 Mindfulness, TH 6:30 Toastmasters, Ch 6:45 Evening Movie, TH 7:00 Poker Social, GR		Wear Green Day 9:15 Exercise: Bands, AC 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC 1:45 Matinee Movie, TH 2:00 Cribbage, AC 2:00 Diome Alcomendes Piano Music, AC 6:45 Evening Movie, TH		9:15 Exercise: Weights, AC 10:00 Wii Bowling, AC 1:45 Matinee Movie, TH 2:00 Plant a Flower Day/ Garden Meeting, AC 3:00 Pinochle, TV 6:45 Evening Movie, TH 7:00 Poker Social, GR 7:00 Bible Study		9:15 Exercise: Balloons, AC 9:30 Blood Pressure Checks (Addus Homecare), AC 10:30 Bean Bag Baseball, AC 11:00 BBB Vs. Glenmoore 1:45 Matinee Movie, TH 3:00 Bingo, AC 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 10:00 Wii Bowling, AC 1:45 Matinee Movie, TH 3:00 Stitches Group, TV 6:45 Evening Movie, TH	
15		16		ST. PATRICK'S DAY 17		Wear Pastel Colors Day 18		FIRST DAY OF SPRING 19		9:00 Ilani Casino 20		9:15 Resident-Led Exercise, AC 21	
9:00 Putt-Putt Golf, AC 10:30 Church Service (Non-Denominational), Ch 1:45 Matinee Movie, TH 6:45 Evening Movie, TH 6:45 Fireside Chat with Tina and Vinny		9:15 Exercise: Balance, AC 9:30 Fred Meyers Shopping Center, FL 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC 1:45 Matinee Movie, TH 2:00 Matthew Casey Music, AC 3:30 Potato Chip Day, Try Different Potato Chips, AC 4:00 Social Hour, AC 6:45 Evening Movie, TH 7:00 Pinochle, GR		9:15 Exercise: Irish Gig, AC 10:30 Bible Study with Rose, LI 11:00 LCR Dice Game, AC 11:45 Managers Meeting with Residents, AC 1:45 Matinee Movie, TH 2:00 St. Patrick's Day Party, AC 2:00 Bridge, GR 3:00 Bingo, AC 4:15 Mindfulness, TH 6:30 Toastmasters, Ch 6:45 Evening Movie, TH 7:00 Poker Social, GR		9:15 Exercise: Bands, AC 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC 10:30 Holy Redeemer Catholic Parish, Ch 1:45 Matinee Movie, TH 2:00 Cribbage, AC 2:00 Make Mandalas, AC 6:45 Evening Movie, TH		9:15 Exercise: Weights, AC 10:00 Wii Bowling, AC 11:30 Chat with Chef, AC 1:45 Matinee Movie, TH 3:00 Pinochle, TV 3:00 Everything You Want to Know About History, AC 6:45 Evening Movie, TH 7:00 Poker Social, GR 7:00 Bible Study		9:15 Exercise: Balloons, AC 9:30 Blood Pressure Checks (Addus Homecare), AC 10:30 Bean Bag Baseball, AC 1:45 Matinee Movie, TH 3:00 Bingo, AC 4:00 C-Tran Trip Planning, AC 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 10:00 Wii Bowling, AC 1:45 Matinee Movie, TH 3:00 Stitches Group, TV 6:45 Evening Movie, TH 7:00 Line Dance Instruction, AC 7:30 Line Dancing, AC	
22		23		24		25		26		27		28	
9:00 Putt-Putt Golf, AC 10:30 Church Service (Non-Denominational), Ch 1:45 Matinee Movie, TH 6:45 Evening Movie, TH 6:45 Fireside Chat with Tina and Vinny		9:15 Exercise: Balance, AC 9:30 Fred Meyers Shopping Center, FL 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC 11:00 Schmaltz Gifts, AT 1:45 Matinee Movie, TH 2:00 Make No-Sew T-Shirt Totes, AC 4:00 Social Hour, AC 6:45 Evening Movie, TH 7:00 Painting with Wendy, AC 7:00 Pinochle, GR		9:15 Exercise: Irish Gig, AC 10:00 Estate Planning, TH 10:30 Bible Study with Rose, LI 11:00 LCR Dice Game, AC 1:45 Matinee Movie, TH 2:00 Estate Planning, TH 2:00 Writing Club, LI 2:00 Bridge, GR 3:00 Bingo, AC 4:15 Mindfulness, TH 6:30 Toastmasters, Ch 6:45 Evening Movie, TH 7:00 Poker Social, GR		Crazy Hair Day 9:15 Exercise: Bands, AC 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC 1:45 Matinee Movie, TH 2:00 Cribbage, AC 2:00 Make Green Soap, AC 6:45 Evening Movie, TH		9:15 Exercise: Weights, AC 10:00 Wii Bowling, AC 11:45 Spinach Day, Try Spinach, AC 1:45 Matinee Movie, TH 2:00 Charles and the Angels, Mardi Gras Theme, AC 3:00 Pinochle, TV 6:45 Evening Movie, TH 7:00 Poker Social, GR 7:00 Bible Study		9:15 Exercise: Balloons, AC 9:30 Blood Pressure Checks (Addus Homecare), AC 10:30 Bean Bag Baseball, AC 11:00 Hidden House Dinner & Chandelier Bakery 1:45 Matinee Movie, TH 3:00 Bingo, AC 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 10:00 Wii Bowling, AC 1:45 Matinee Movie, TH 3:00 Stitches Group, TV 6:45 Evening Movie, TH	
29		30		31									
9:00 Putt-Putt Golf, AC 10:30 Church Service (Non-Denominational), Ch 1:45 Matinee Movie, TH 6:45 Evening Movie, TH 6:45 Fireside Chat with Tina and Vinny		9:15 Exercise: Balance, AC 9:30 Fred Meyers Shopping Center, FL 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC 12:00 Coca-Cola Day, Try Different Types, AC 1:45 Matinee Movie, TH 4:00 Social Hour, AC 6:45 Evening Movie, TH 7:00 Pinochle, GR		9:15 Exercise: Irish Gig, AC 10:30 Bible Study with Rose, LI 11:00 LCR Dice Game, AC 1:45 Matinee Movie, TH 2:00 Bridge, GR 3:00 Bingo, AC 4:15 Mindfulness, TH 6:30 Toastmasters, Ch 6:45 Evening Movie, TH 7:00 Poker Social, GR									





# Celebrating Dr. Seuss

## Dr. Seuss Day

Held annually on March 2nd, Dr. Seuss Day is a holiday that celebrates the birthday of Theodor Seuss Geisel — otherwise known by the pen name by which he authored children's books: Dr. Seuss. During the 1990s, the National Education Association advocated for a day to celebrate reading all over the United States. In 1998, it started Read Across America and decided to hold it on the same day as Dr. Seuss's birthday.

### When Is Dr. Seuss Day?

This year (2020): March 2nd (Monday)

Next year (2021): March 2nd (Tuesday)

Last year (2019): March 2nd (Saturday)

### History of Dr. Seuss Day

Theodor Seuss Geisel was born on March 2, 1904 in Springfield, Massachusetts in the United States. In 1921, he graduated from high school and enrolled at Dartmouth College. While there, he joined the humor magazine the Dartmouth Jack-O-Lantern and eventually became an editor-in-chief. After he was caught drinking, which was illegal during Prohibition, he was forced to resign from the magazine. However, he decided to keep working for it and instead used the pen name "Seuss." When he graduated in 1925, he then entered Lincoln College, Oxford to work towards his Ph.D. in English literature. While at Oxford, he met Helen Palmer, a woman who would encourage him to pursue a career in art instead of becoming an English teacher.

During World War II, Geisel would draw over 400 political cartoons for the New York daily newspaper called PM. These cartoons denounced Hitler and Mussolini and one of them depicted all Japanese Americans as latent traitors. His cartoons were also supportive of the way President Roosevelt managed the war and were especially critical of Congress. Eventually, he would go on to draw posters for the War Production Board and the Treasury Department and then would write films for the United State Army Air Forces.

After the war, he began to write children's books from his home in La Jolla, California using the pen name Dr. Seuss. Some of the books during this time included "If I Ran the Zoo," "Horton Hears a Who," "If I Ran the Circus," "The Cat in the Hat," "How the Grinch Stole Christmas" and "Green Eggs and Ham." In 1954, Dr. Seuss wrote "Cat in the Hat" using 236 words that were deemed important for first-graders to learn after Life Magazine had reported that children weren't reading as much because they found most of the children's books boring.

From 1927 to 1990, he was very active, writing many beloved children's books. On September 24, 1991, he would die at the age of 87. However, his legacy would live on. In 2009, the "Cat in the Hat" sold over 450,000 copies; "Green Eggs and Ham" sold over 540,000 copies, and "One Fish, Two Fish, Red Fish, Blue Fish" sold over 400,000 copies. In 1997, the National Education Association wanted a day to celebrate reading and to encourage children to read all over the United States, so the Read Across America Day was held on March 2, 1998. It was set to coincide with the birthday of Dr. Seuss.

### Dr. Seuss Day Customs and Traditions

On Dr. Seuss Day it is customary to read a favorite book with your child. It could be one of Dr. Seuss's books or it could be another children's book author. The whole point of the day is to engage children in reading and to get them to read on a regular basis.

Join us in the activity room, March 2nd at 11:45 a.m. to celebrate Dr. Seuss and read some of his books.



## Fun Activities to Look for in March

### **Dr. Seuss Day: 3/2**

Come read some of your favorite Dr. Seuss books.

### **Make Mardi Gras Masks: 3/4**

### **National Oreo**

### **Cookie Day: 3/6**

Come try different kinds of Oreo cookies.

### **Guess the Cereal: 3/9**

What kind of cereal are you trying?

### **Plant a Flower Day/ Garden Meeting: 3/12**

Come sign up for garden boxes.

### **Potato Chip Day: 3/16**

Come try some potato chips made in Grandma's Kitchen.

### **Make Mandalas: 3/18**

### **Make No-Sew T-Shirt Totes: 3/23**

Bring an old shirt to make a bag.

### **Spinach Day: 3/26**

How do you like to eat spinach?

### **Coca-Cola Day: 3/30**

Come try different kinds of Coke. What's your favorite?

## Resident Spotlight: Jack Grauer

Jack Grauer was born August 26, 1920 on a farm near Sheridan, Oregon. Jack's father worked

as a salesman for Portland General Electric and his mother was

an elementary schoolteacher. Jack was an only child

and lived on a farm until he was nine. After living near Sheridan, Oregon, Jack also lived in McMinnville, Silverton, Salem, and Grants Pass. Jack graduated from Beaverton High School in 1938. He then spent three years in the Army Air Corps. He went to college at Oregon State and studied journalism and public speaking.

Jack was involved in Boy Scouts and loved to snow-ski. Jack first climbed Mt. Hood solo and has ascended it at least 40 times. He has also climbed the 16 major peaks in the Northwest, at least three times each.

Jack is a published author. He has written three or four books. His published book "Mount Hood: A Complete History" is still being used today by many active climbers and hikers. The book was written in 1975 and updated in 2000.

Jack was married for 17 years to Marilyn Schneider, and has two children, a boy Thomas and a girl Jean Lennon.

Jack and his father opened a home appliance and floor-covering business. After a year, he removed the flooring part and made it a specialty store. At one point, he had stores in Beaverton, Portland, and Gresham.



## Four-Leaf Clover

The four-leaf clover is a rare variation of the common three-leaf clover. According to traditional superstition, such clovers bring good luck, though it is not clear when or how this superstition began. The earliest mention of "Flower-leafed or purple grasse" is from 1640 and simply says that it was kept in gardens because it was "good for the purples in children or others." A description from 1869 says that four-leaf clovers were "gathered at nighttime during the full moon by sorceresses, who mixed it with vervain and other ingredients, while young girls in search of a token of perfect happiness made quest of the plant by day." The first reference to luck might be from an 11-year-old girl, who wrote in an 1877 letter to St. Nicholas Magazine, "Did the fairies ever whisper in your ear, that a four-leaf clover brought good luck to the finder?"



# 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.

Springwood Landing  
Gracious Retirement Living

**360-469-5024**

