

# Springwood Landing

## Gracious Retirement Living

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

APRIL 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

### Pizza Party

Springwood Landing had a pizza party for those who participated in our Gingerbread House Contest. Since Springwood Landing received an Honorable Mention for their gingerbread creation, the creators were rewarded with a pizza party. During the party, there was even talk of what was going to be created next year for Springwood Landing's Gingerbread Creation.

Come join us this year for our Gingerbread House Contest. What do you think we should create this year?



*Naida, Connie, Gerry, and Mabel in background at the pizza party*



*Sandy, Patty, Rene, and Falen at the pizza party*





## Foolish Fashion Show: April 1st, 2 p.m. in the Atrium

Please join us on April Fools' Day for our Foolish Fashion Show at Springwood Landing! Residents and staff are invited to come and participate in this fun fashion event. Get creative! Wear smartie pants, pencil skirts, or a double-breasted jacket.

## Evergreen Memorial Gardens: April 9th, 10 a.m. in the Theater

You are invited to join representatives from Evergreen Memorial Gardens to discuss the importance of pre-planning funeral and cemetery wishes before they are needed.

## Easter Bunny: April 10th at 4 p.m.

The Easter Bunny will be at Springwood Landing on April 10th to take pictures with residents. The Easter Bunny will be here courtesy of Xfinity.

## Spring Fling Dance with Bad Motor Scooter: April 13th, 2 to 4 p.m.

Let's celebrate spring and enjoy some live music with Bad Motor Scooter. Come dance and enjoy each other's company in the Activity Center.

## Springwood Landing's Talent Show

Springwood Landing's Talent Show was a huge success. Thank you to Xfinity for partnering with us and providing our winners fabulous baskets. Our contestants were Ted, Betty and her dog, Kali, Beverly and Lyman, Jim Unger, Cecelia, Gerry, Ruth Redmond, Mary and Kim. Four baskets were given: first place went to Lyman and Beverly singing the Hawaiian Wedding Song; second place went to Gerry Jarvis and her monologue; third place went to Betty Brown and her dog, Kali. The fourth basket was given to Mary, our housekeeper, for Most Creative. Thank you to all who came, participants and audience.



*Talent Show audience was great!*



*Housekeeper Mary wins Most Creative*



*Lyman and Beverly Webb take First Place*



*Gerry Jarvis takes Second Place*



*Betty Brown and her dog, Kali, take Third Place*



## Author Angelica Pilato

### Title of the Presentation:

How Being Part of History Turned into a Memoir

Engaging, Informative, Humorous  
and at Times Poignant

By: Angelica "Angel" Pilato, Lt.  
Col. USAF (Ret.), Ph.D.

Lt. Col. Pilato takes you back to the Sixties, one of the most turbulent times in modern history. An unpopular war is raging, students are protesting, black neighborhoods are on fire, and women are demanding equality. Angel tells how these events affected her and her decision to join the Air Force.

As the first woman Air Force officer assigned to manage an Officers' Club and the first to run one on a fighter base in Southeast Asia, she gives a unique perspective of the war. In her memoir, "Angel's Truck Stop, A Woman's Love, Laughter, and Loss during the Vietnam War," she recounts starting out as a starry-eyed idealist, only to realize that she's going to have to learn how to manage the conflicts, challenges and choices she faces in her trailblazing position.

Her last assignment in 1971 at Udorn Air Base, Thailand, is where she encounters testosterone-fueled fighter pilots who take off on sorties over dangerous targets in North

Vietnam. To celebrate their aerial victories, the pilots drive their squadron truck into the Officers' Club lobby and then head to the bar to drink 'til dawn. They soon christen the O-Club "Angel's Truck Stop," that becomes the backdrop for her authentic war story.

Following the presentation, there will be a question and answer period. Copies of the book will be available for purchase for \$25. Also, an eBook (\$9.99) or a PDF (\$8.99) are available on [www.angelstruckstop.com](http://www.angelstruckstop.com).

Ten percent of book sales go to removing UXO (unexploded ordnance) in Southeast Asia.

About the Author: Angelica 'Angel' Pilato, Lt. Col. USAF (Ret.), Ph.D.

Dr. Pilato served more than five-and-a-half years on active duty in the United States, Europe and Southeast Asia. After she returned to civilian life, she transitioned to the Air Force Reserve as a training specialist and retired as a Lieutenant Colonel.

Born in Rochester, New York, she earned her Bachelor of



Science in Food Management from the Rochester Institute of Technology and her doctorate on an EPDA Fellowship from Oregon State University. She has held management positions at a Fortune 500 company, a top-10 Northwest University, was a teacher at a vocational school and an adjunct professor at several universities. Her last position before retiring to complete her memoir was at the Meals-On-Wheels People as Donor Relations Director. Angel is a Rotarian, a Paul Harris Fellow, a Life Member of Veteran of Foreign Wars and Red River Fighter Pilots Assoc. (River Rats) and a private pilot. She has given this talk all over the country, in Washington, California, Texas, New Mexico, Arizona, Georgia, Maryland, Delaware and New York. She resides in Lake Oswego, Oregon.



APRIL 2020

Birthdays

Sonja Jutzy, 2nd  
Dee Kraii, 3rd  
Pat Forgey, 4th  
Mary DeGrande, 7th  
Patty Cox-Hilasy, 13th  
Virginia Warren, 16th  
Doris Weirson, 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.

“There are shortcuts to happiness, and dancing is one of them.”  
—Vicki Baum

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>Wear Yellow Day</b> 1 9:15 Exercise: Bands, AC 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC <b>12:00 Activities Meeting, AC</b> 1:45 Matinee Movie, TH 2:00 Cribbage, AC <b>2:00 Foolish Fashion Show</b> <b>2:00 Mahjong, TV</b> 6:45 Evening Movie, TH	9:15 Exercise: Weights, AC 2 <b>10:00 Wii Bowling, AC</b> 1:45 Matinee Movie, TH <b>2:00 National Peanut Butter and Jelly Day, AC</b> 3:00 Pinochle, TV <b>3:00 Everything You Want to Know About History, AC</b> 6:45 Evening Movie, TH 7:00 Poker Social, GR 7:00 Bible Study 	9:15 Exercise: Balloons, AC 3 9:30 Blood Pressure Checks (Addus Homecare), AC 10:30 Bean Bag Baseball, AC <b>11:30 Homemade Baked Carrot Fries, AC</b> 1:45 Matinee Movie, TH 2:00 Horse Race Game, 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 4 <b>10:00 Wii Bowling, AC</b> <b>10:00 Donuts and Coffee, AC</b> 1:45 Matinee Movie, TH 3:00 Stitches Group, TV 6:45 Evening Movie, TH <b>6:45 Great Voices Series, TH</b> 
<b>PALM SUNDAY</b> 5 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 6 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 <b>2:00 Stuffing and Coloring Eggs for Easter Egg Hunt, AC</b> 4:00 Social Hour, AC 6:45 Evening Movie, TH 7:00 Pinochle, GR	9:15 Exercise: Balls, AC 7 10:30 Bible Study with Rose, LI 11:00 LCR Dice Game, AC <b>11:00 Garments on the Go, AC</b> <b>12:15 Chair Bunny Hop, DR</b> 1:45 Matinee Movie, TH 3:00 Bingo, AC 4:15 Mindfulness, TH 6:45 Evening Movie, TH 7:00 Poker Social, GR 	<b>PASSOVER BEGINS AT SUNSET</b> 8 <b>Stripes Day</b> 9:15 Exercise: Bands, AC 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC <b>11:45 Easter Egg Hunt How Many Can You Find?, AC</b> 1:45 Matinee Movie, TH 2:00 Cribbage, AC <b>2:00 Mahjong, TV</b> 6:45 Evening Movie, TH	9:15 Exercise: Weights, AC 9 <b>10:00 Wii Bowling, AC</b> <b>10:00 Evergreen Memorial Gardens, TH</b> 1:45 Matinee Movie, TH 2:00 Writing Club 3:00 Pinochle, TV 6:45 Evening Movie, TH 7:00 Poker Social, GR 7:00 Bible Study	<b>GOOD FRIDAY</b> 10 9:15 Exercise: Balloons, AC 9:30 Blood Pressure Checks (Addus Homecare), AC 10:30 Bean Bag Baseball, AC 1:45 Matinee Movie, TH 2:00 Horse Race Game, AC 3:00 Bingo, AC <b>4:00 Easter Bunny Visits and Pictures</b> 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 11 <b>10:00 Wii Bowling, AC</b> <b>10:00 Donuts and Coffee, AC</b> 1:45 Matinee Movie, TH <b>2:00 Diome Alcomendes Piano Music, AC</b> 3:00 Stitches Group, TV 6:45 Evening Movie, TH
<b>EASTER</b> 12 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 13 9:30 Fred Meyers Shopping Center, FL 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC <b>1:30 Phil Hall Accordion, AT</b> 1:45 Matinee Movie, TH <b>2:00 Spring Fling Dance with Bad Motor Scooter</b> 4:00 Social Hour, AC 6:45 Evening Movie, TH 7:00 Painting with Wendy, AC 7:00 Pinochle, GR 	9:15 Exercise: Balls, AC 14 10:30 Bible Study with Rose, LI 11:00 LCR Dice Game, AC <b>11:00 Classical Club, TH</b> <b>1:45 Trevor’s Tech Training, AC</b> 1:45 Matinee Movie, TH 3:00 Bingo, AC 4:15 Mindfulness, TH 6:45 Evening Movie, TH 7:00 Poker Social, GR	<b>Wear Purple Day</b> 15 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 <b>2:00 Mahjong, TV</b> <b>4:00 John Van Beek Music, AC</b> 6:45 Evening Movie, TH	9:15 Exercise: Weights, AC 16 <b>10:00 Wii Bowling, AC</b> <b>10:00 Fall Prevention with Kindred at Home, AC</b> 11:30 Chat with Chef, AC 1:45 Matinee Movie, TH <b>3:00 Everything You Want to Know About History, AC</b> 3:00 Pinochle, TV 6:45 Evening Movie, TH 7:00 Poker Social, GR 7:00 Bible Study 	9:15 Exercise: Balloons, AC 17 9:30 Blood Pressure Checks (Addus Homecare), AC 10:30 Bean Bag Baseball, AC 1:45 Matinee Movie, TH 2:00 Horse Race Game, 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 18 <b>10:00 Wii Bowling, AC</b> <b>10:00 Donuts and Coffee, AC</b> 1:45 Matinee Movie, TH 3:00 Stitches Group, TV 6:45 Evening Movie, TH
9:00 Putt-Putt Golf, AC 19 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 20 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 <b>2:00 Author Angelica Pilato, TH</b> 4:00 Social Hour, AC 6:45 Evening Movie, TH 7:00 Pinochle, GR	9:15 Exercise: Balls, AC 21 10:30 Bible Study with Rose, LI 11:00 LCR Dice Game, AC <b>11:00 Painting with Sprigs of Plants, AC</b> 11:45 Managers’ Meeting with Residents, DR 1:45 Matinee Movie, TH 2:00 Bridge, GR 3:00 Bingo, AC 4:15 Mindfulness, TH 6:45 Evening Movie, TH 7:00 Poker Social, GR	<b>EARTH DAY</b> 22 <b>Wear One Color Day</b> 9:15 Exercise: Bands, AC 10:15 Firstenburg Fitness and Pool, FL 1:45 Matinee Movie, TH 2:00 Cribbage, AC <b>2:00 Mahjong, TV</b> <b>2:30 BBB vs. Staff, AC</b> 6:45 Evening Movie, TH	9:15 Exercise: Weights, AC 23 <b>10:00 Wii Bowling, AC</b> 1:45 Matinee Movie, TH 2:00 Writing Club 3:00 Pinochle, TV 6:45 Evening Movie, TH 7:00 Poker Social, GR 7:00 Bible Study 	9:15 Exercise: Balloons, AC 24 9:30 Blood Pressure Checks (Addus Homecare), AC 10:30 Bean Bag Baseball, AC 1:45 Matinee Movie, TH 2:00 Horse Race Game, AC 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 25 <b>10:00 Wii Bowling, AC</b> <b>10:00 Donuts and Coffee, AC</b> 1:45 Matinee Movie, TH 3:00 Stitches Group, TV <b>6:30 Charles and the Angels, AC</b> 6:45 Evening Movie, TH
9:00 Putt-Putt Golf, AC 26 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 27 9:30 Fred Meyers Shopping Center, FL <b>10:00 Colorful Cranium Crunch, AC</b> 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC 11:00 Schmaltz Gifts, AT 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: Balls, AC 28 <b>10:00 DIY Maracas, AC</b> 10:30 Bible Study with Rose, LI 11:00 LCR Dice Game, AC 1:45 Matinee Movie, TH <b>2:00 Writing Club, LI</b> 3:00 Bingo, AC 4:15 Mindfulness, TH 6:45 Evening Movie, TH 7:00 Poker Social, GR	<b>Wear Polka Dot Day</b> 29 9:15 Exercise: Bands, AC 10:15 Firstenburg Fitness and Pool, FL 10:30 Bean Bag Baseball, AC <b>11:00 Bible Discussion</b> 1:45 Matinee Movie, TH 2:00 Cribbage, AC <b>2:00 Mahjong, TV</b> <b>3:00 Great Poetry Reading Day Share Your Favorite Poem, AC</b> 6:45 Evening Movie, TH	9:15 Exercise: Weights, AC 30 <b>10:00 Wii Bowling, AC</b> 1:45 Matinee Movie, TH 3:00 Pinochle, TV 6:45 Evening Movie, TH 7:00 Poker Social, GR 7:00 Bible Study		





## Resident Spotlight: Gerry Jarvis

Every Shumway girl is very sweet, she's just a hundred per from head to feet!

That's me, a Shumway girl, aka a Vancouver girl, born in the St. Joseph's Hospital (now Peace Health) in 1928.

I grew up mostly in west Vancouver. One of my first homes was in the Liberty Court Apartments (a 3-story apartment building built for World War I shipyard workers and converted for railroad and port workers) in Fruit Valley. It was torn down for industrial expansion in the port area. My grandparents' home was just a few blocks from the train station.

For first grade and second grade, I attended Kaufman Avenue School (no longer there). Then we moved to a farm and I went to Mill Plain School for third grade. It has been replaced by a church. Fourth, fifth and sixth grade, I attended Harney School. That building has been replaced two times since I left. Seventh grade was in Franklin School, the building that had been Vancouver's first High School, which is now the county car license and election office.

Then I went to Shumway. Surprise: that building is still there. I met my husband,

Gene, in Shumway. He was a typical smart-aleck teenaged boy, who heckled and teased me and I didn't like him very much. However, by the time we became Seniors at Vancouver High School (torn down), his status had become much more attractive. He had a car and a motorcycle, so we eloped. They said it wouldn't last, so we were only married almost 60 years.

We had two sons, adopted a third son and cared for foster children for a number of years. Paul was killed in Vietnam and Bret died of renal failure nine years ago. I have four grandchildren and three great-grandchildren.

Gene was a mechanic and electrician. He served in the Air Force in the '50s, and then bought an electric motor shop business in Portland. In 1970, we moved to La Center to 35 acres to raise cattle and horses.

In 1963, when Bret was in preschool, I started Clark College to get a teaching degree. I received my B.A. and M. Ed. from the University of Portland and began teaching in 1969. I did my first grade student teaching in John Rogers School, which has been torn down. My first job was third grade at Lieser School. When they built Peter

Ogden School, I moved there. That school was replaced this year. After one year at Peter Ogden School, I transferred to Ben Franklin, but after two weeks, I was moved to Washington School, which is now occupying its fourth building. From there, I went to Salmon Creek, Truman, Lake Shore and finally Hazel Dell. All of them have been replaced with new buildings.

After retiring, I served in the Peace Corps for several months, until a parasite caused a severe illness and I had to come home.

After Gene passed and I was left alone on the ranch, I moved back to Vancouver, just about a mile from where Gene and I had lived when we were newlyweds. I substituted for several years, and then I was fortunate to be hired by City University to be a Field Supervisor for Student Teachers, one of my favorite jobs.

Then I started volunteering and being more involved in groups to which I belonged and at church. I volunteered at church, led AWANA groups, taught Vacation Bible School and tutored at Hosanna School. In 2010, I went on a



## Five Fall Safety Tips to Keep in Mind

According to the CDC, falls are the number one cause of injuries in those age 65 and older. Plus, once you've fallen, your chances of falling again will double. However, the good news is that while avoiding an accident altogether might be impossible, there are things you can do to ensure you're decreasing your own risk as much as you can.

**Here are five fall prevention tips for seniors that can improve your safety:**

1. **Wear proper shoes.** One of the first steps in preventing falls is to invest in the right footwear. Your shoes should have thick, non-skid soles, provide good support and fit your feet perfectly. Keep in mind that although you might opt for comfortable slippers or stockinged feet at home, slippery, wood or tile floor can be extremely dangerous if you aren't wearing the right shoes.
2. **Create a safe home environment.** Look around your living space and take note of things like low furniture, throw rugs, loose cords or wires and clutter in high-traffic areas such as stairways and hallways. Remove these types of items immediately so all spaces are safe to navigate, day or night. If necessary, utilize nightlights to keep all areas well-lit at all times, too.
3. **Make healthy lifestyle adjustments.** Experts recommend getting at least 30 minutes of daily exercise to keep your muscles and bones strong. Find a physical activity you enjoy and incorporate it into your routine to improve muscle strength, flexibility, balance and coordination. Plus, your diet should include nutritious choices packed with plenty of calcium and Vitamin D to further strengthen your bones.
4. **Visit your doctor regularly.** Make sure you're scheduling and keeping your regular doctor appointments, including annual vision exams and hearing screenings. The ability to see and hear clearly is key in preventing falls, so if you notice any recent changes, make an appointment with your eye doctor or hearing center right away.
5. **Learn your medication side effects.** If you aren't sure what types of side effects your current medications may have, bring a list of all prescription and over-the-counter medications you're taking to your pharmacist. The pharmacist can inform you of not only the side effects to be aware of, but also if any of your current medications could have negative interactions that put you at higher risk for a fall.

Kindred at Home will be at Springwood Landing to talk about Fall Prevention on April 16th at 10 a.m.



Gerry Jarvis

missionary trip to Haiti to build houses.

I have been a member of Delta Kappa Gamma International for 45 years. I belong to VEA Retired, Washington State Retired School Employees and AAUW, along with book clubs and lunch groups.

As you can see, most of the places I lived, went to school, or taught have been replaced. So, Springwood Landing residents, it would behoove you to take good care of me to assure you have a place to live for a long time.

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## **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**

