

Springwood Landing

Gracious Retirement Living

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

JANUARY 2021

SPRINGWOOD LANDING STAFF

Managers.....CLARK & JEAN DAVIS
Assistant Managers KEN & SUE DAVIS
Executive Chef..... JIM WOOD
Sous Chef KASEY KAST
Activity Coordinator TRISHA MATTSO
Maintenance Coordinator.....JONI WILSON
Bus Driver.....ALLEN ANDERSON

TRANSPORTATION

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

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

Wednesday, 7:30 a.m.-3:30 p.m.: Personal Errands

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

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

HAWTHORN
SENIOR LIVING

Hawthorn Adventure

Swaying palms, powder-fine beaches, and clear blue waters — get ready Springwood Landing, for a tropical getaway you won't soon forget! Beginning the week of January 18th through February 5th, Springwood Landing will be



embarking on an Island-Hopping Adventure through the Pacific Islands! You'll enjoy three weeks of sun, sand, rest and relaxation as we explore these amazing destinations:

- Hawaii
- Fiji
- New Zealand

As we make our scheduled stops, we will be experiencing the food, history and culture of each of these beautiful destinations. Be sure to attend the Island-Hopping Kickoff on January 13th to get all of your travel information. If you have any additional questions like what to pack or weather conditions, be sure to check in with your Travel Guide at Springwood Landing for all the details!

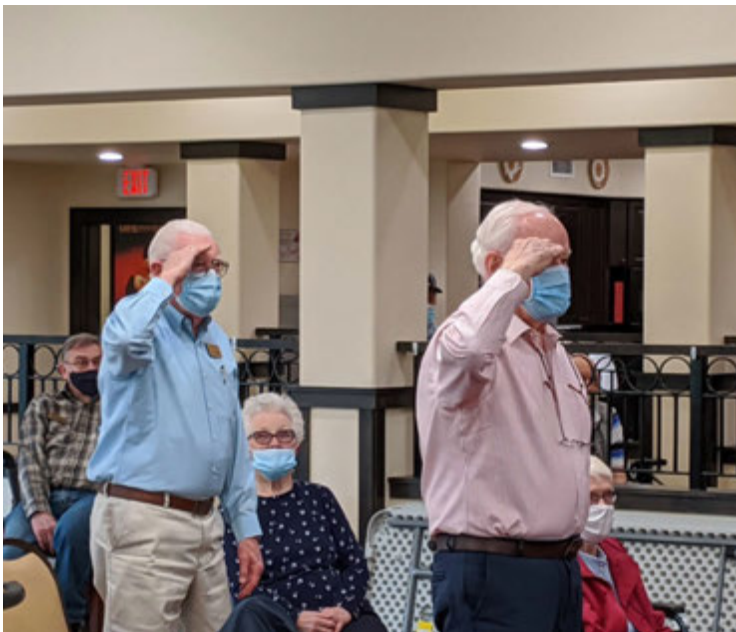


Veterans Day

Our Veterans Day celebration began with a flag ceremony performed by the Patriot Guard. Following the flag ceremony, each veteran at Springwood Landing was given a framed certificate, pin, and hand written note from students at Mountain View High School. Later in the day, we had Cupcakes and Conversation. Our Chef made yummy red, white, and blue cupcakes. The conversation centered around military life as experienced by our veteran residents. Veterans Day was a great day!



Patriot Guard performing a flag ceremony for our residents



Ralph and Don saluting the flag

January 18th, Martin Luther King, Jr. Day

Martin Luther King, Jr. was an American Christian minister and activist who became the most visible spokesperson and leader in the civil rights movement from 1955 until his assassination in 1968. King is best known for advancing civil rights through nonviolence and civil disobedience, inspired by his Christian beliefs and the nonviolent activism of Mahatma Gandhi.



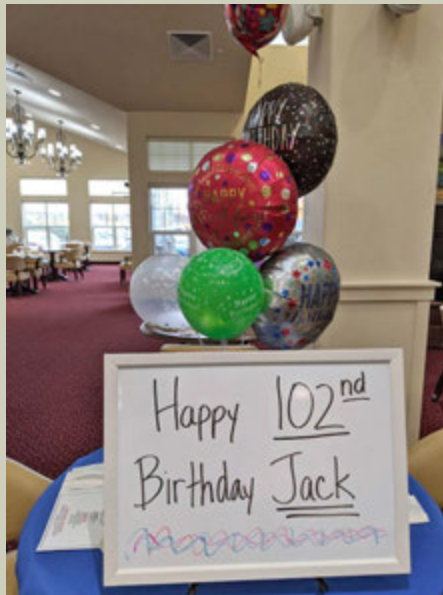
Martin Luther King, Jr. quotes:

- "In the End, we will remember not the words of our enemies, but the silence of our friends."
- "Faith is taking the first step even when you don't see the whole staircase."
- "We must learn to live together as brothers or perish together as fools."
- "Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed."
- "The time is always right to do what is right."
- "If a man has not discovered something that he will die for, he isn't fit to live."
- "We may have all come on different ships, but we're in the same boat now."
- "Life's most persistent and urgent question is, 'What are you doing for others?'"
- "Love is the only force capable of transforming an enemy into a friend."
- "I have decided to stick with love. Hate is too great a burden to bear."



Happy 102nd Birthday, Jack!

Happy happy birthday to Jack! We were honored to be able to help Jack celebrate his 102nd birthday. We set up a special table just for Jack and his wife Florene (who have been married for 75 years). The Chef made a special cake for Jack and a birthday cake that everyone could share in. We have been lucky enough here at Springwood Landing to help Jack celebrate 100, 101, and now 102. Jack says that he has many more years to live.



Getting ready for the celebration



Jack holding his birthday sign

Turkey Trot

This year, we at Springwood Landing had our second annual Turkey Trot. This year it was a virtual version. The Turkey Trot was a 1K walk (.62 miles) and could be completed between Thanksgiving and December 1st. The residents who completed the virtual 1K walk received a participation medal.

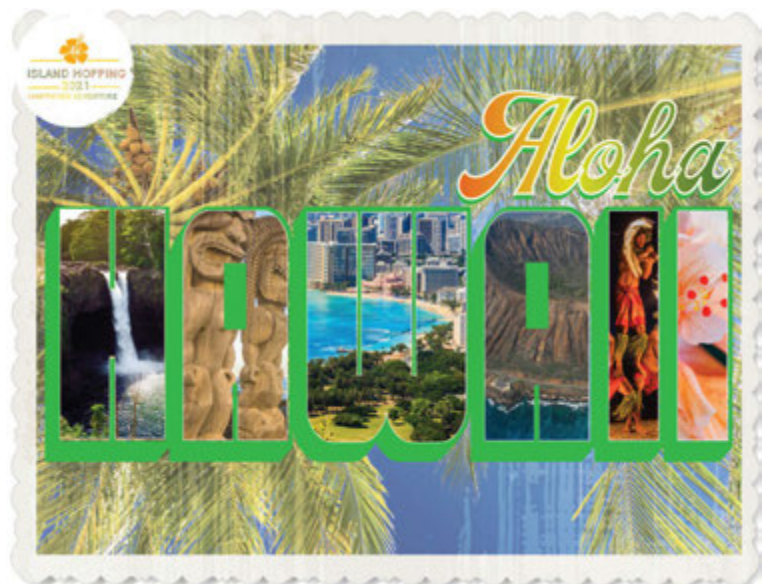


Turkey Trot Medal

Hawaii

January 18th-22nd, we will be taking a virtual trip to Hawaii.

While in Hawaii, we will be talking about your favorite memories of Hawaii. Do you have any pictures that you would like to share? For exercise, let's try some hula. Elvis may make an appearance! We will be making some Dole Whip. Do you like Pineapple? Wacky Wednesday we will be wearing Hawaii clothing. The adventure will also have us learning about the volcanoes in Hawaii. Have you ever had Kona coffee?



JAN 2021

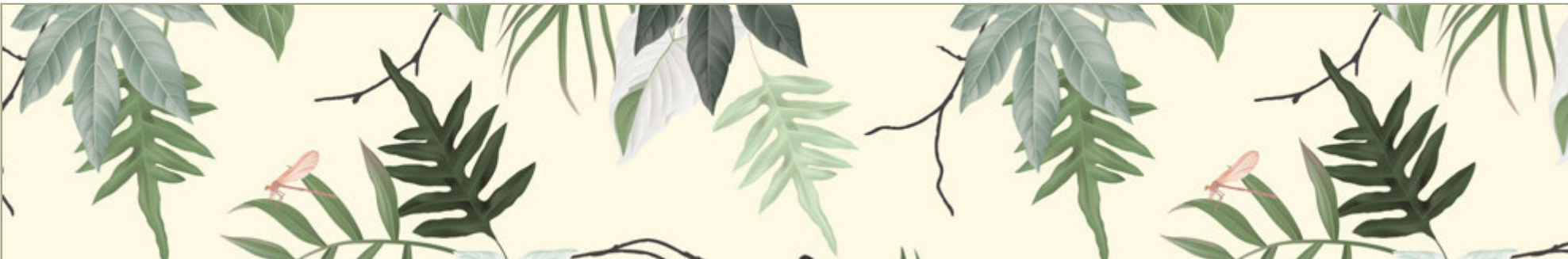











Birthdays

Mary Livingston, 1st
Gary Plieth, 4th
Vi Spielman, 8th
Tye Wyss, 10th
Charlie Kuffner, 14th
Marge Madaris, 15th
Don Yingling, 16th
Barbara Plapp, 17th
Roger Palmer, 18th
Barbara Callaham, 20th

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.

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
										<div>NEW YEAR'S DAY1</div> <div>9:15 Exercise: Balloons, AC</div> <div>9:30 Blood Pressure Checks, AC</div> <div>10:00 Bean Bag Baseball, AC</div> <div>1:45 Matinee Movie, TH</div> <div>3:00 Bingo, AC</div> <div>6:45 Evening Movie, TH</div> 		<div>2</div> <div>10:00 Wii Bowling, AC</div> <div>1:45 Matinee Movie, TH</div> <div>6:45 Evening Movie, TH</div>	
<div>9:00 Resident Led Exercise, AC</div> <div>10:00 Church Service, Ch</div> <div>1:45 Matinee Movie, TH</div> <div>6:45 Evening Movie, TH</div> <div>6:45 Chat with Jean and Clark in the Activity Room, AC</div> <div>3</div>		<div>9:15 Exercise, AC</div> <div>9:30 Fred Meyers Shopping Center, FL</div> <div>10:00 Bean Bag Baseball, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Family Feud, AC</div> <div>3:00 Yoga, AC</div> <div>4:00 Songs by Shelley Voigt, AC</div> <div>6:45 Evening Movie, TH</div> 		<div>9:15 Exercise: Balls, AC</div> <div>10:00 Wii Bowling, AC</div> <div>11:45 Residents Meeting with Managers, DR</div> <div>1:45 Matinee Movie, TH</div> <div>3:00 Bingo, AC</div> <div>4:15 Mindfulness, TH</div> <div>6:45 Evening Movie, TH</div> <div>5</div>		<div>Wear Purple Day</div> <div>9:15 Exercise: Bands, AC</div> <div>10:00 Bean Bag Baseball, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Activity Meeting, AC</div> <div>3:00 “Wheel of Fortune,” AC</div> <div>6:45 Evening Movie, TH</div> <div>6</div>		<div>9:15 Exercise: Weights, AC</div> <div>10:00 Wii Bowling, AC</div> <div>1:45 Matinee Movie, TH</div> <div>3:00 Everything You Want to Know About History, AC</div> <div>6:45 Evening Movie, TH</div> <div>7</div>		<div>9:15 Exercise: Balloons, AC</div> <div>9:30 Blood Pressure Checks, AC</div> <div>10:00 Bean Bag Baseball, AC</div> <div>1:45 Matinee Movie, TH</div> <div>3:00 Bingo, AC</div> <div>6:45 Evening Movie, TH</div> 		<div>9</div> <div>10:00 Wii Bowling, AC</div> <div>1:45 Matinee Movie, TH</div> <div>6:45 Evening Movie, TH</div>	
<div>9:00 Resident Led Exercise, AC</div> <div>10:00 Church Service, Ch</div> <div>1:45 Matinee Movie, TH</div> <div>6:45 Evening Movie, TH</div> <div>6:45 Chat with Jean and Clark in the Activity Room, AC</div> 		<div>9:15 Exercise, AC</div> <div>9:30 Fred Meyers Shopping Center, FL</div> <div>10:00 Bean Bag Baseball, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Family Feud, AC</div> <div>3:00 Yoga, AC</div> <div>6:45 Evening Movie, TH</div> <div>11</div>		<div>9:15 Exercise: Balls, AC</div> <div>10:00 Wii Bowling, AC</div> <div>1:45 Matinee Movie, TH</div> <div>3:00 Bingo, AC</div> <div>4:00 Writing Group, TV</div> <div>4:15 Mindfulness, TH</div> <div>6:45 Evening Movie, TH</div> <div>12</div>		<div>Wear Yellow Day</div> <div>9:15 Exercise: Bands, AC</div> <div>10:00 Bean Bag Baseball, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Kickoff Meeting for Hawthorn Adventure, AC</div> <div>3:00 “Wheel of Fortune,” AC</div> <div>6:45 Evening Movie, TH</div> <div>13</div>		<div>9:15 Exercise: Weights, AC</div> <div>10:00 Wii Bowling, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Making Bird Feeders, AC</div> <div>6:45 Evening Movie, TH</div> 		<div>9:15 Exercise: Balloons, AC</div> <div>9:30 Blood Pressure Checks, AC</div> <div>10:00 Bean Bag Baseball, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Book Club</div> <div>3:00 Bingo, AC</div> <div>6:45 Evening Movie, TH</div> 		<div>16</div> <div>10:00 Wii Bowling, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Piano Music with Diome, AC</div> <div>6:45 Evening Movie, TH</div> 	
<div>9:00 Resident Led Exercise, AC</div> <div>10:00 Church Service, Ch</div> <div>1:45 Matinee Movie, TH</div> <div>6:45 Evening Movie, TH</div> <div>6:45 Chat with Jean and Clark in the Activity Room, AC</div> 		<div>MARTIN LUTHER KING JR. DAY</div> <div>18</div> <div>Island Hopping in Hawaii</div> <div>9:15 Exercise, AC</div> <div>9:30 Fred Meyers Shopping Center, FL</div> <div>10:00 Bean Bag Baseball, AC</div> <div>11:30 Hula Dancers, TH</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Kona Coffee Bean Minute to Win It, AC</div> <div>3:00 Sharing Hawaii Knowledge & Memories, AC</div> <div>6:45 Evening Movie, TH</div> 		<div>Maui</div> <div>9:15 Exercise: Balls, AC</div> <div>10:00 Wii Bowling, AC</div> <div>10:00 Coffee Tasting, AC</div> <div>10:30 Whales and Maui, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Hawaiian Hot Cocoa, AC</div> <div>3:00 Bingo, AC</div> <div>4:15 Mindfulness, TH</div> <div>6:45 Evening Movie, TH</div> <div>19</div>		<div>Dress Hawaiian</div> <div>Oahu</div> <div>9:15 Exercise: Bands, AC</div> <div>10:00 Bean Bag Baseball, AC</div> <div>11:30 Hawaiian Volcanic Beauty, TH</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Dole Plantation and Pineapple Treats, AC</div> <div>6:45 Evening Movie, TH</div> 		<div>Kauai</div> <div>9:15 Exercise: Weights, AC</div> <div>10:00 Wii Bowling, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Chat with Chef, AC</div> <div>3:00 History of Luau with Maui Mai Tais, AC</div> <div>6:45 Evening Movie, TH</div> <div>21</div>		<div>9:15 Exercise: Balloons, AC</div> <div>9:30 Blood Pressure Checks, AC</div> <div>10:00 Bean Bag Baseball, AC</div> <div>11:30 Hawaiian Volcanoes, TH</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Elvis and Hawaii, AC</div> <div>6:45 Evening Movie, TH</div> <div>22</div>		<div>23</div> <div>10:00 Wii Bowling, AC</div> <div>1:45 Matinee Movie, TH</div> <div>6:45 Evening Movie, TH</div>	
<div>9:00 Resident Led Exercise, AC</div> <div>10:00 Church Service, Ch</div> <div>1:45 Matinee Movie, TH</div> <div>6:45 Evening Movie, TH</div> <div>6:45 Chat with Jean and Clark in the Activity Room, AC</div> <div>24</div>		<div>Welcome to Fiji</div> <div>25</div> <div>9:15 Exercise, AC</div> <div>9:30 Fred Meyers Shopping Center, FL</div> <div>10:00 Bean Bag Baseball, AC</div> <div>11:30 Fiji Words in Words, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Time to Unwind in Fiji: Self Care, AC</div> <div>3:00 Fiji Knowledge & Memories, AC</div> <div>6:45 Evening Movie, TH</div>		<div>9:15 Exercise: Balls, AC</div> <div>10:00 Wii Bowling, AC</div> <div>11:30 Fiji Words in Words, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Amazing Benefits of Coconuts, AC</div> <div>2:30 Bula Tea Tray Memory Game, AC</div> <div>3:00 Bingo, AC</div> <div>4:15 Mindfulness, TH</div> <div>6:45 Evening Movie, TH</div> <div>26</div>		<div>Wear Sunglasses Day</div> <div>27</div> <div>9:15 Exercise: Bands, AC</div> <div>10:00 Bean Bag Baseball, AC</div> <div>11:30 Fiji Words in Words, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Let's Hydrate: Coconut Water Taste Testing, AC</div> <div>3:00 Make Coconut Lotion Bars, AC</div> <div>6:45 Evening Movie, TH</div>		<div>9:15 Exercise: Weights, AC</div> <div>10:00 Wii Bowling, AC</div> <div>11:30 Fiji Words in Words, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 All About Coral & Fiji Fish, AC</div> <div>3:00 Tai Chi, AC</div> <div>6:45 Evening Movie, TH</div> <div>28</div>		<div>9:15 Exercise: Balloons, AC</div> <div>9:30 Blood Pressure Checks, AC</div> <div>10:00 Bean Bag Baseball, AC</div> <div>11:30 Fiji Words in Words, AC</div> <div>1:45 Matinee Movie, TH</div> <div>2:00 Castaway Trivia, AC</div> <div>3:00 Bingo, AC</div> <div>6:45 Evening Movie, TH</div> <div>29</div>		<div>30</div> <div>10:00 Wii Bowling, AC</div> <div>1:45 Matinee Movie, TH</div> <div>6:45 Evening Movie, TH</div>	
<div>9:00 Resident Led Exercise, AC</div> <div>10:00 Church Service, Ch</div> <div>1:45 Matinee Movie, TH</div> <div>6:45 Evening Movie, TH</div> <div>6:45 Chat with Jean and Clark in the Activity Room, AC</div> <div>31</div>													



Resident Spotlight: Betty Yingling

I was born May 26, 1931 in Yakima, Washington where I grew up. In sixth grade, the teacher asked our class to write about what we wanted to become or do after finishing high school. I stated that I wanted to become a doctor which was a most unusual choice for a female.

After high school, I entered the University of Washington in Seattle and eventually declared my major zoology (pre-med was not a major). After 3 years which was 9 quarters and one summer session, I had completed all the requirements for the UW Medical School. I was accepted for the class of 1956, which was the year of graduation. This was the sixth class to be graduated from the new medical school.

Our class began with 72 men and four women (classes are much larger now and often contain more women than men). One woman did not pass the first year and another had a reactivation of pulmonary tuberculosis; she had to be hospitalized for rest of the year as this was the standard treatment for TB then (drugs for treatment were just being developed). So for the second year, my class had only two women. Starting year three, two women from a two year med school joined us for the clinical experience not available to them at their smaller school in South Dakota. Our graduation picture which hangs on the wall near my computer with other important documents shows 64 men and four women.

After completing med school, I did a 12-month "rotating" internship from July 1, 1956 to June 30, 1957 at Salt Lake County General Hospital in Salt Lake City, Utah. In July, I married Mack Patterson, M.D. We relocated to Austin, Texas. There we practiced at Austin State Hospital, the largest psychiatric facility in the state. January 1958, we moved to Luke Air Force Base near Phoenix. Our daughter, Margie was born in Phoenix. After 2 years we moved to Galveston, Texas for 3 years. Then moved to Los Angeles where our son, Roy was born.

I was a stay-at-home mom and really enjoyed my time with our children. After 7 years in LA, we relocated to Fresno, California, where I lived for 27 years and resumed my practice of medicine at the Diagnostic School for Neurologically Handicapped Children. After 10 and a half years at the school, I transferred to the Department of Education in the Dept. of Social Services until retirement in 1995.

I have always liked to travel, and tried to pick interesting places to go for continuing medical education. Wherever I have lived, I have been active in the Episcopal Church and sing in the church choir whenever possible.

Prior to my retirement, I had attended my high school 49th reunion and decided that it was time to live in the northwest again. At the reunion, I was having a discussion with Don Yingling (a classmate) who suggested Vancouver. I called him when I visited my mom at Willamette View, a retirement home in Portland. My mother passed away and I got in touch with Don again. I had put my home up for sale. I found a home I liked while driving about Vancouver with Don. He offered to buy the place and rent it to me for two years, necessary for tax purposes. Don was my landlord for two years. We were both single and finally decided to get married in 2003. We bought a home together in Vancouver where we resided for 16 years prior to moving to Springwood Landing when it opened. We are pleased with our choice of a retirement community.





December Was Gingerbread Month

December was the month for gingerbread. Many residents were working on our Gingerbread Village. Some who participated this year had never made a gingerbread house before. All of the houses were unique, which is so much fun. Our residents already had an idea of what they wanted to create this year for the Gingerbread Contest. And they already have an idea of what they would like to create for next year's Gingerbread Contest.



Janice, Gerry, and Ginny working on their gingerbread creations



Connie arranging the Gingerbread Village

Christmas

The day after Thanksgiving is when Springwood Landing traditionally starts decorating for Christmas. There were many elves that were busy putting up the beautiful decorations in our community. The decorations sure helped everyone to get into the holiday spirit. When do you put up your decorations?



Assistant Managers, Ken and Sue

Fiji

January 25th-29th, Springwood Landing will be going to Fiji virtually. Have you been to Fiji?

While in Fiji, we will be doing some self care with hand massages and reflexology. We will also have a Cast Away Day.

We will learn about coral and hydrating with coconut water.

Come join us as we relax in Fiji.



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Gracious Retirement Living

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It's always Warm at

Springwood Landing
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

360-469-5024