

Springwood Landing

Gracious Retirement Living

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

FEBRUARY 2021 SPRINGWOOD LANDING STAFF

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

TRANSPORTATION

Monday - Thursday, 7:30 a.m.-3:30 p.m.:

Medical Appointments/Shopping/Errands

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

HAWTHORN
SENIOR LIVING

Hawthorn Adventure Continues in New Zealand

In the beginning of February, Springwood Landing will continue on our adventure going to New Zealand February 1st-5th. We will have a golf day, a scavenger hunt, learn about Hobbiton, and learn about Kiwi. Is Kiwi a bird or fruit or both? If you have ever gone to New Zealand, please get your memories and photos out to share with other residents.



Groundhog Day, February 2nd

Will the groundhog see his shadow? If he does, it's a sign of six more weeks of winter. If he doesn't, spring is just around the corner.





Winter Door Decorating Contest

The winners were chosen by the residents of our three categories for best door decorating. The winners were: Cecelia for Most Creative, Sandy for Best Snowflakes, and a tie for Most Holiday Spirit with Virginia and Pay Forgey. All of the decorated doors sure made the halls festive during the holidays.



Most Creative



Most Holiday Spirit



Best Snowflakes



Most Holiday Spirit

Valentine's Day Is February 14th

Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14th. It originated as a Western Christian feast day honoring one or two early Christian martyrs named Saint



Happy Valentine's Day!

Valentine and is recognized as a significant cultural, religious, and commercial celebration of romance and love in many regions of the world. This year on Valentine's Day, Charles and the Angels will be her to entertain you from 2 to 3 p.m. Come down and listen to some music to celebrate Valentine's Day.

Chili Cook-Off February 25th, from 2 to 4 p.m.

Who would like to participate in a Chili Cook-Off?

We will be having a Chili Cook-Off on February 25th, from 2 to 4 p.m. Come and share your favorite chili recipe with other residents. Who will have the best chili?

Wear Red on Fridays

February is Heart Month. To show our support this month, we will wear red on Fridays. When you wear red, you will receive a ticket that you can enter in one of our raffle drawings.



New Year's Eve: We Welcome 2021!

New Year's Eve was a busy day. Our New Year's Eve looked a little different this year. We had entertainment twice. Charles and the Angels came and entertained the residents from 2 to 3:30 p.m. Next, we had Everything You Want To Know About History with John Griffin from 3:30 to 4:30 p.m. After our wonderful supper, we had Angel Ocasio play the ukulele and entertain from 6:30 to 7:30 p.m. Happy New Year and welcome to 2021.



Super Bowl Sunday, February 7th

The Super Bowl is the annual championship game of the National Football League (NFL). Since 2004, the game has been played on the first Sunday in February. It is the culmination of a regular season that begins in the late summer of the previous year.

The game was created as part of the merger agreement between the NFL and its rival the American Football League (AFL). It was agreed that the two champion teams would begin playing in an annual AFL-NFL World Championship Game until the merger officially began in 1970. The first game was played on January 15, 1967 after both leagues had completed their respective 1966 seasons. After the merger, each league was re-designated as a "conference," and the game has since been played between the conference champions to determine the NFL's league champion. The NFL restricts the use of its "Super Bowl" trademark, and it is frequently referred to as the "big game" or other generic terms by non-sponsoring corporations.

The New England Patriots and the Pittsburgh Steelers have the most Super Bowl championship titles with six each. The Patriots have the most Super Bowl appearances with 11. The National Football Conference (NFC) and the American Football Conference (AFC) are tied with 27 Super Bowl wins each.

The Super Bowl is the second-largest day for U.S. food consumption, after Thanksgiving Day. In addition, the Super Bowl has frequently been the most-watched American television broadcast of the year; the seven most-watched broadcasts in American television history are Super Bowls. In 2015, Super Bowl XLIX became the most-watched American television program in history with an audience of 114.4 million viewers, the fifth time in six years that the game had set a record. The Super Bowl is also among the most-watched sporting events in the world, and is second to the UEFA Champions League final as the most watched annual sporting event worldwide.

Commercial airtime during the Super Bowl broadcast is the most expensive of the year because of the high viewership, leading to companies regularly developing their most expensive advertisements for this broadcast. Watching and discussing the broadcast's commercials has become a significant aspect of the event. In addition, popular singers and musicians have performed during the event's pre-game and halftime ceremonies.



FEB 2021

Birthdays

Carolyn Wilson, 1st
Betty Keyes, 2nd
Tom Gholke, 7th
Florene Grigsby, 9th
Teresa Rauchenstein, 11th
Pat Fries, 18th
Anna Broich, 21st
Janice Hines, 23rd
Carol Kuffner, 25th
Bob Castello, 28th

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><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 New Zealand Words in Words, AC</div><div>1:45 Matinee Movie, TH</div><div>2:00 Golf Day in Queenstown, AC</div><div>3:00 New Zealand Knowledge and Memories, AC</div><div>6:45 Evening Movie, TH</div></div> <div><div>1</div><div></div></div>	<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 with Shelley, AC</div><div>6:45 Evening Movie, TH</div></div> <div><div>8</div></div>	<div><div>9:15 Exercise: Balls, AC</div><div>10:00 Wii Bowling, AC</div><div>11:30 New Zealand Words in Words, AC</div><div>11:45 Residents Meeting with Managers</div><div>1:45 Matinee Movie, TH</div><div>2:00 Learn About Kiwi, AC</div><div>2:30 Scavenger Hunt Bingo, AC</div><div>3:00 Mindfulness, TH</div><div>4:15 Mindfulness, TH</div><div>6:45 Evening Movie, TH</div></div> <div><div>2</div><div></div></div>	<div><div>Wear a Hat Day</div><div>9:15 Exercise: Bands, AC</div><div>10:00 Bean Bag Baseball, AC</div><div>11:30 New Zealand Words in Words, AC</div><div>1:45 Matinee Movie, TH</div><div>2:00 Activity Meeting, AC</div><div>2:30 Kiwi Smoothies, AC</div><div>3:00 “Wheel of Fortune,” AC</div><div>6:45 Evening Movie, TH</div></div> <div><div>3</div></div>	<div><div>9:15 Exercise: Weights, AC</div><div>10:00 Wii Bowling, AC</div><div>11:30 New Zealand Words in Words, AC</div><div>1:45 Matinee Movie, TH</div><div>2:00 Make Bird Feeders, AC</div><div>6:45 Evening Movie, TH</div></div> <div><div>4</div></div>	<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 New Zealand Words in Words, AC</div><div>1:45 Matinee Movie, TH</div><div>2:00 Welcome to Hobbiton, AC</div><div>3:00 Bingo, AC</div><div>6:45 Evening Movie, TH</div></div> <div><div>5</div></div>	<div><div>10:00 Wii Bowling, AC</div><div>1:45 Matinee Movie, TH</div><div>6:45 Evening Movie, TH</div></div> <div><div>6</div></div>
<div><div>Super Bowl Sunday</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> <div><div>7</div><div></div></div>	<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 with Shelley, AC</div><div>6:45 Evening Movie, TH</div></div> <div><div>8</div></div>	<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> <div><div>9</div><div></div></div>	<div><div>Wear Red 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>3:00 “Wheel of Fortune,” AC</div><div>6:45 Evening Movie, TH</div></div> <div><div>10</div></div>	<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> <div><div>11</div><div></div></div>	<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> <div><div>12</div></div>	<div><div>10:00 Wii Bowling, AC</div><div>1:45 Matinee Movie, TH</div><div>6:45 Evening Movie, TH</div></div> <div><div>13</div></div>
<div><div>VALENTINE'S DAY</div><div>9:00 Resident Led Exercise, AC</div><div>10:00 Church Service, Ch</div><div>1:45 Matinee Movie, TH</div><div>2:00 Charles and the Angels, AC</div><div>6:45 Evening Movie, TH</div><div>6:45 Chat with Jean and Clark in the Activity Room, AC</div></div> <div><div>14</div></div>	<div><div>PRESIDENTS DAY</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> <div><div>15</div></div>	<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>4:15 Mindfulness, TH</div><div>6:45 Evening Movie, TH</div></div> <div><div>16</div></div>	<div><div>ASH WEDNESDAY</div><div>Wear Blue 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>3:00 “Wheel of Fortune,” AC</div><div>6:45 Evening Movie, TH</div></div> <div><div>17</div></div>	<div><div>9:15 Exercise: Weights, AC</div><div>10:00 Wii Bowling, AC</div><div>1:45 Matinee Movie, TH</div><div>6:45 Evening Movie, TH</div></div> <div><div>18</div><div></div></div>	<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> <div><div>19</div></div>	<div><div>10:00 Wii Bowling, AC</div><div>1:45 Matinee Movie, TH</div><div>6:45 Evening Movie, TH</div></div> <div><div>20</div></div>
<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> <div><div>21</div><div></div></div>	<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> <div><div>22</div></div>	<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> <div><div>23</div><div></div></div>	<div><div>Wear Fun Socks</div><div>9:15 Exercise: Bands, AC</div><div>10:00 Bean Bag Baseball, AC</div><div>1:45 Matinee Movie, TH</div><div>3:00 “Wheel of Fortune,” AC</div><div>6:45 Evening Movie, TH</div></div> <div><div>24</div></div>	<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> <div><div>25</div><div></div></div>	<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 Accordion Music with Phil Hall, AC</div><div>3:00 Bingo, AC</div><div>6:45 Evening Movie, TH</div></div> <div><div>26</div></div>	<div><div>10:00 Wii Bowling, AC</div><div>1:45 Matinee Movie, TH</div><div>6:45 Evening Movie, TH</div></div> <div><div>27</div></div>
<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> <div><div>28</div><div></div></div>						



Resident Spotlight: Carol Kuffner

I was born on Staten Island, New York, in 1942 to first generation Italian parents (Russell and Ann Abbruzza), in a tiny hospital that no longer exists. We lived in a one-bedroom apartment over a grocery store with my brother who was born 5 years after me. Soon after he was born, my maternal grandmother came to live with us after the death of my grandfather. Since there was very little room, I slept on the sofa for three years till we moved into a home my parents had built just a few blocks away where I lived until married in 1964.

I went to grammar school and high school at St. Joseph Hill Academy, which was a private all-girls academy. I took private dancing lessons for 12 years and my dream was to become a Radio City Music Hall Rockette. My mom took me and two friends to see the Rockettes every year on my birthday; I was always mesmerized by this spectacular show. However, about the time I became a teenager I realized I would not meet the mandatory height requirements for the Rockettes.

I had to change to Plan B and I became a nurse's aide at the local hospital and worked there each summer through high school. In my senior year, I applied to St. Vincent's Hospital School of Nursing, and took the eight-hour entrance exam followed by an interview with three psychologists, after passing the exam. I was accepted and started in September 1959. St. Vincent's was

located in the heart of Greenwich Village, NYC. This is when I realized what a sheltered life I had been living on Staten Island.

Our first six months were all classes but by January 1960, we started working on the floors under the supervision of our teachers and the floor nurses. We went to school for 11 months out of the year, had one month off in the summer and by second year, we were working in the hospital evening, nights, weekends, and all holidays. Most of those shifts we were on our own, working the floors and we were barely 18 years old. As a result, we truly bonded as classmates and now lifelong friends. Thanks to social media and email, we still keep in touch with most of our class of 1962.

The Village back then was New York City's Bohemia and boy did we as sheltered Catholic teenagers take advantage of the sights, places and character of this strange yet special place.

I met Charlie in May of senior year and our first year of dating was interesting. He was working MSTs sailing back and forth to Germany (18 days roundtrip) and I was working midnight to 8 a.m., with a 10 p.m. curfew, but we survived.

After graduation, I started working at St. Vincent's Hospital on Staten Island. I took my State Boards in November and my dad, who had been ill most of my life, died soon after.

In February 1963, I received notice I passed and was now an official RN. I thought how proud my dad would have been of me. Neither of my parents were high school graduates but they became very successful businesspeople.

Charlie and I became engaged on August 1, 1963 and married a year later August 1, 1964. We soon had two children and had to move to our first home in the neighborhood. Here we quickly had two more kiddies and again moved to a bigger house, again in the old neighborhood, just a few blocks away.

After my kids were in grammar school, I started working on Staten Island as a home care supervisor from 1983 till 1989, when I went back to my old stomping grounds of Greenwich Village and St. Vincent's. I was hired to work in the Utilization/Quality Improvement Dept. where my love of QI developed.

The Village had really changed by now, as the AIDS epidemic was in full force and our hospital was the largest caregiver for these patients in New York City.

While at SVH, I started St. Francis College to earn a BA in Healthcare Management. I graduated in 1992 and received the award for highest GPA in the Healthcare Management Program. While at SVH, I also became certified in both Utilization Management and as a Certified Professional in Quality Improvement. My love of QI continued.



I transferred to the St. Vincent's Emergency Dept. February 1, 1993, as the QI Coordinator and split my time as the Trauma Coordinator for the Department of Surgery. Additionally, I was part of the Rape Crises program and was lucky enough to co-author a paper published in 1999 on "Emergency Department Characteristics of Male Sexual Assault."

I was also on the committee for a new state mandated hospital program, The Identification, Treating and Reporting of Domestic Violence. SVH was the Level One Trauma Center for all of the lower west side of Manhattan, so we saw it all.

On February 26, at 12:15, my Trauma alarm blasted, "Trauma Team to the emergency room" and we were informed a truck bomb detonated under the North Tower of the World Trade Center Building. I was on the phone with Charlie when the call came through and I got home 12 hours later. We saw 162 patients in the ER that dreadful day. I still remember so much about that day, especially how New Yorkers always come together during difficult times. We ran out of food, oxygen and stretchers. All were supplied by a

local hospital, nursing facility, and New York University cafeteria.

After leaving SVH in September 1999, we packed up our car and drove cross-country on a 10-day trip to our new home in Portland, Oregon. We owned a condo on Hayden Island, right on the water with views of Mt. Hood, Mount St. Helens, and the Cascades. It was paradise until the Island and Portland changed around 2017, and we started looking to move to Vancouver at the "requests" of our local kids.

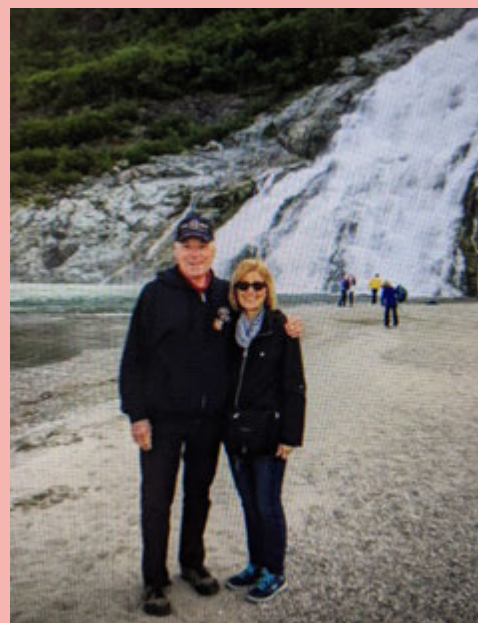
Hence our move to Springwood Landing when it opened June 1, 2018. Our oldest granddaughter, Vanessa, worked here from May 2018 till she started college in September. We have made some wonderful new friends here, as well as having an amazing and caring staff. Our two youngest kids, who attended University of Portland, and their families live only three miles away.

We have been blessed with eight grandkids, five live nearby and two in Houston, where our oldest son and his family live. Our youngest grandson lives in San Diego with our oldest daughter and her husband.

Charlie and I have enjoyed travelling, and we still walk 2-3 miles daily, but now, (thanks to COVID) our time is spent reading and watching our two favorite sports teams, The New York Yankees and Gonzaga basketball team.

This year we will be married 57 years and when folks ask what is your secret, we answer, "When Charlie tells me to stop trying to 'Quality Improve' him, I answer, 'Your gavel only works in the courtroom!'"

The photo is from a hike on our family cruise to Alaska in 2017.



Carol and Charlie in Alaska 2017

Walking From Vancouver to New York

On the first day of August 2019, we had a few brave residents join on a quest to walk to either New York or Florida. Just this month we had a resident finish her quest to New York. Carol Kuffner made it from here to there in approximately 17 months. Carol's husband, Charlie, is right behind her and will be there soon. Carol and Charlie walk every day. From Vancouver, Washington to New York, New York, it is approximately 2,899 miles or 5,798,000 steps. What an accomplishment! Congratulations to the Kuffners!

Springwood Landing
Gracious Retirement Living

301 SE 136th Avenue
Vancouver, WA 98684



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