



HIGHGATE SENIOR LIVING

9803 NE Hazel Dell Avenue • Vancouver, WA 98665 • (360) 571-7272

March 2010

Andrea Bahl

Community Manager

Leslie Blum

Administrative Assistant

Holley Donaca

Community Relations Coordinator

Catherine Sullivan, RN

Director of Resident Care

Joy Wagner

Life Enhancement Specialist

Joyce Thomas

Food Service Supervisor



The Old Church in Portland

The Old Church has been a Portland landmark since its completion in 1883. On the National Register of Historic Places since 1972, it no longer is a dedicated church, but serves Portland as a unique community facility. With its 300-seat auditorium and crystal-clear acoustics, The Old Church has become a favorite site for concerts and lectures.

We always look forward to seeing the Old Church on the activities calendar!



Popcorn Is a "Good-for-You" Snack



Highgate Happenings

Family Night

Tuesday, March 9, at 5 p.m.

Support Group

Thursday, March 11, at 7 p.m.

Daylight Saving Time

Remember that daylight saving time begins on the second Sunday in March. Therefore, move those clocks ahead one hour before you go to bed so you won't be late! If you're grumpy about losing that hour of sleep, keep in mind that it is a sign that spring arrives soon!

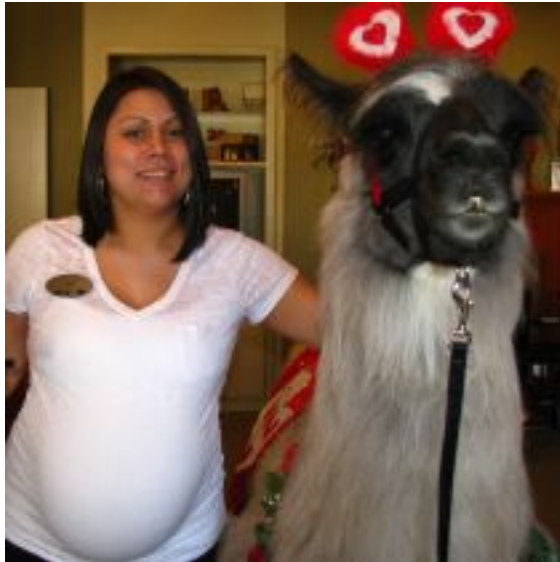




Smile!



**Everyone Smiles
in the Same
Language.**
~Author Unknown



Pet Therapy

When most people think of therapy pets, they automatically think of dogs. Other animals used in therapy programs include llamas, horses, cats, rabbits and guinea pigs.

We enjoy our visits from both “Rojo” and “Smokey,” the llamas!



Benefits of Pet Therapy

For people who enjoy animals, pet therapy offers some solid benefits: better health, more relaxed mood, enhanced connection to the world, improved communication and the chance to play and create.



The benefits of an animal-human bond have been documented for centuries. Emotionally, animals can provide seniors not only with companionship, but also with other benefits such as **reduced loneliness** from spending time with an animal as well as **increased social interaction**.



Wit & Wisdom

"Luck is what happens when preparation meets opportunity."
—*Seneca*

"I'm a great believer in luck. And I find the harder I work, the more I have of it."
—*Thomas Jefferson*

"Luck affects everything. Let your hook always be cast; in the stream where you least expect it, there will be a fish."
—*Ovid*

"Being deeply learned and skilled, being well-trained and using well-spoken words—this is good luck."
—*Buddha*

"Those who have succeeded at anything and don't mention luck are kidding themselves."
—*Larry King*

"The only thing that overcomes hard luck is hard work."
—*Harry Golden*



Cheers to Chocolate!



You Are Invited!

Family Night is held on the second Tuesday of every month and begins at 5 p.m. It's an exciting night of food, friends and entertainment! Please call to R.S.V.P.

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Vancouver, WA 98665

(360) 571-7272

Visit our website at:

www.highgateseniorliving.com

Check out our **Video Tour!**

Our newsletter is now available online on our website.



march

.....SUDOKU

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9.

Solution:

8	4	1	6	9	2	7	3	5	4	8
7	3	9	5	1	8	9	5	6	3	7
6	1	2	4	9	8	3	7	5	6	1
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