

March Highlights



March 8
Mardi Gras Party

March 9
**Prime Rib Night at
Elk Valley Casino**

March 17
**St. Patrick's Day
Celebration**

March 19
THE LODGE
Trip to Coos Bay

March 21
**Blue Water Café
for Breakfast**

March 24
**Happy Hour
Karaoke with Tony &
Stephanie La Torre**



February came and went in a flash. Punxsutawney Phil predicted an early spring this year but, given his record, I'm not getting my hopes up. We were blessed with spring weather during much of February so we have no reason to complain. Our Veterans Cadre is going strong, thanks to Stan's leadership and the enthusiasm of many of our veterans and spouses. The Cadre meets twice a month, one time for sharing information and stories and the other time for social interaction and fun.



Our residents and guests enjoyed a scrumptious and decadent dessert buffet on February 20, prepared by our chef, Rob, and his kitchen crew. Bill handed out roses to all of the ladies and Rosie was all smiles when her name was drawn to win the gift basket!



SEA VIEW Senior Living Community

Please join us at Sea View Senior Living for a grand **St. Patrick's Day Celebration**

Thursday, March 17th at 5:00 p.m.

Enjoy a tasty meal of
Corned Beef & Cabbage,
Irish Red Potatoes and
Guinness Stew
Sea Foam & Mint Chocolate Cake

"Pot of Gold" & other prizes
Lively Irish Music
and other Shenanigans

Reservations Required
Please RSVP by 03/12/2011





Jan's Corner

Good Reasons to Consider a Move to Sea View

1. Loneliness
2. Nutrition & Hydration
3. Safety Concerns
4. Transportation
5. Overwhelmed with caring for their own home
6. Needing or wanting assistance with "activities of daily living"

When consulting residents and families we also review possible financial opportunities and build a long term plan to pay for their care.

1. Private Pay funds, including Checking, Savings, CD's, Trusts, etc.
2. Long Term Care Insurance
3. Reverse Mortgages
4. Veterans Benefits
5. Medicaid and/or spend down Medicaid

If you or someone you care for has expressed any of these concerns you may want to consider scheduling an appointment with me to answer all of your questions.

Warmly, Jan Ramelli
Community Relations Director

Healthy Living Tips from Stacy

Health Services Director

Poor posture can cause you all sorts of aches and pains, but more importantly for seniors, poor posture can increase the risk of falling which can result in serious health consequences. As we age, many body systems that control a stable posture deteriorate, putting us at a greater risk for falling and compromising our ability to recover our balance or "break" a fall. If better posture helps prevent accidents, then working on getting straight is worth the effort.

Physical activity is significantly correlated with good posture and balance. How you sit and stand not exercising is important too. Things to keep in mind:

1. Keep your head up straight, not forward or back.
2. When sitting, keep your thighs parallel to the floor and your knees at a 90-degree angle.
3. Always stand as straight as you can.
4. Wear supportive shoes and use arch supports if you need them.
5. Do back strengthening exercises and muscle stretches every day.
6. Change your position about every 15 minutes, whether you're standing or sitting.
7. Sleep on a firm mattress.
8. Maintain your optimum body weight.
9. Be patient.



A note from our Director Jim Fuller



Chocolate goodies, roses, more roses and fun little eating events – we had a fun-filled month. All of the department heads enjoyed serving the omelet bar and waffle day. We are definitely going to see more of these. I've heard talk we've got a taco bar coming our

way soon.

With all of the nice weather we had, all of our plants started to "pop" only to be swept away by the rain. Just a reminder that we still have the cold weather so protect yourself against the cold and flu germs.

With the help of the Sea View Cadre and resident Council we hope to proceed with placing a flagpole out front. Stan has put us in touch with someone who can help us with all of the necessary equipment. It would be nice to have this project completed in time for our 1 year anniversary. Kathy is proceeding with the new "Wall of Honor" and is hoping to have that completed by the end of March.

In closing, the staff has asked me to remind you that they are here for you and if you need anything let us know – our doors are always open!
Jim

"Inflation is when you pay \$15 for a \$10 haircut that you use to pay \$5 for when you had hair"

- Author unknown -



"High blood pressure, high cholesterol, high blood sugar, high anxiety...getting high is no fun at my age!"

Meet the Philbricks

David & Sharon Philbrick moved into their new apartment here at Sea View the beginning of June, 2010, making them two of our first residents to move into our new building.



David & Sharon were both born in California where they spent much of their lives. David spent three years in the Army, as a nuclear missile crewman in Germany during the Cold War and then building and repairing antennae in Ethiopia.



After his years in the Army David spent nine years as a bridge

builder and then worked for the railroad. Sharon lived in New Orleans for eight years working for Mardi Gras, building floats. She then moved back to Vallejo, California and worked in advertising for the Times Herald. She is a self-taught knitter and is known for her beautiful socks. She sold sock yarn and her own patterns nationwide for seven years and has her own website, www.soxie.com. She has also been published in knitting magazines for her patterns. David met Sharon when he called the Times Herald to place an ad and a mutual friend told him that he needed to come in and meet her. These two were married in 1983. They eventually moved to Crescent City and bought a house. Last year they saw an ad for Sea View in the newspaper and came to investigate. They had gotten to a point where their house was "owning" them and they wanted to move to a place where they could live a more carefree lifestyle. We are so fortunate to have them here. They are both very active in our Sea View community, enjoying



activities like Soda Shop, wii bowling, pet visits, crafts, Bingo, card games, Ambassador's Club and all the big events we put on around here. David can often be found walking the hallways, visiting with other residents and making our new move-ins feel welcomed. Sharon has a beautiful and infectious smile and my camera loves her! David and Sharon have 13 grandchildren and 6 great grandchildren. You won't meet two nicer people so, if you have not yet met David and Sharon, be sure and get to know them.

The Lodge at Sea View

The Lodge at Sea View Senior Living is where independent residents can live a retirement lifestyle and be as active as they wish. They have the benefits of worry-free living where we can do the cooking, cleaning, yard work, maintenance and repair work. On occasion we provide special activities geared just for our Lodge residents. In February we took a day trip to Trinidad, California. We stopped at the Eatery for breakfast/lunch and then it was off to Cher-Ae Heights Casino for some of us while others went into Arcata to shop in the town square. It was a busy and fun-filled day for all of us.



On our way in the Sea View Van



Don & Helen enjoy some breakfast at the Eatery in Trinidad

In March we are planning a day trip to Coos Bay for some shopping, eating, and perhaps another trip to a casino.



Lodge residents show off their winnings from Cher-Ae Heights Casino in Trinidad, California



Sea View Van at Trinidad Beach

Some of our Lodge residents already had long established friendships prior to moving into Sea View and many new friendships have formed since moving into our community. There are always plenty of activities to take your

pick from and our monthly calendar has something for everyone!



An Evening with Tony La Torre

March



We had a packed house here at Sea View on January 27th as fans filled the dining room to feast on good old fashioned barbecued hamburgers and hot dogs, followed by a high energy, fabulously entertaining show presented by Tony and Stephanie La Torre. Tony showed off some serious Elvis moves as he worked the room and made many of the women blush like teenagers.



Tony sang and danced through three eras, representing the 50's, 60's and 70's, and in between his sets we were "wowed" by the beautiful and powerful voice of his wife, Stephanie. This duo is a definite crowd pleaser and we can't wait to have them back again. We all love to feel young again!

