

# Pacifica Tidings



November 2017



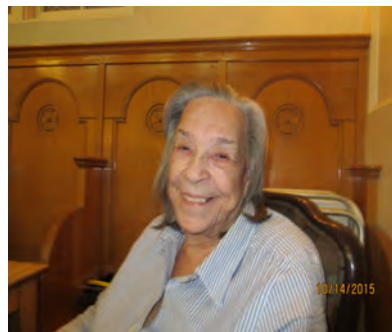
## *A Note from the Executive Director*

Greeting St. Andrews Family,

I am truly looking forward to my first holiday season at St Andrews Memory Care! It is, indeed, the most wonderful time of the year and an opportunity for all of us to reflect on the many blessing we each have. Often, families want to show their appreciation for the hard work of the staff in caring for loved ones. I find that this is a good time of year to remind each of us that staff are not allowed to accept cash or gifts of monetary value. This is both a company policy and a regulatory mandate to minimize the risk ill does that may find their way into our industry. With that said , I know that the greatest motivator for staff is the recognition that what they do every day truly matters in the lives of our residents. At St. Andrews, we ask anyone who feels that a person deserves extra recognition complete a "Thank You" slip. These are available in the Lobby. When these are turned in, they are posted for all employees to see and are drawn at the monthly All Staff meetings so the employee has a chance to win up to \$100 cash. I welcome you to talk to me if you are motivated to show your appreciation in other ways. Please know that it is a true joy to be able to serve our residents. The best gift will always be a simple, "Thank you for a job well done."

Happy Holidays,  
Aaron Williams  
Executive Director

## *Who am I?*



Answer page 7

## *Welcome to Our Community*

Sheila Mims

## *Activities & Special Events*

# **Veteran's Celebration**

Join us as we honor our Veterans  
of St Andrews

Date: Saturday November 11th

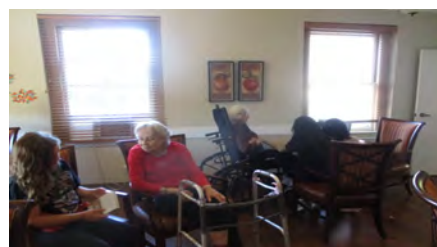
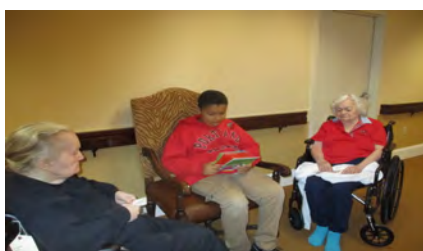
Time: 2:00pm

Place: 2nd floor

Please RSVP if you plan to come  
503-257-7946



## **Bridger School Readers**





*Memorable Moments*

## Oktoberfest Party



## Choir Practice



## *Birthdays*

### **November**

Maureen T 11/3  
Josephine G 11/8  
Lydia H 11/10  
Eugene T 11/12  
Jung Soo H 11/24



## **Thanksgiving Lunch**

Please come and enjoy a Holiday Lunch  
with your loved one.

Holiday Lunch 12:00 noon 2nd and 3rd floor  
Holiday Dinner 12:30pm 4th and 1st floor

Please RSVP if you are planning to joining  
us for lunch  
503 257-7946



### *A Note from the Activities Director*

#### **Watch the Calendar for December.**

**Dec 2**, Family Cookie Exchange  
Party 2:00pm in the Chapel

**Dec 6** Ascension Church  
Evening Concert. 7:00pm Chapel

**Dec 9th** 2:30 Several Students  
performing in the Chapel playing  
the Piano.

**Dec 25** Lunch with Family member

### **Family Support Meeting**

Date: Wed Nov 8th 2017

Meeting: 10:30 am

Place: Chapel

Please RSVP to  
Sue (503) 257-7946



## *Health & Fitness by*

### **Caring for a Loved One with Alzheimer's**

**Cont from last month**

#### **Know that you're mourning:**

A caregiver can experience classic stages of grief. There might be denial early on ("Dad can drive as long as he's got his phone") or bargaining ("Mom understands she needs a little help, she'll be okay"), but acceptance ultimately brings more satisfaction. "Mom was no longer in my word. So I joined hers," a caregiver might decide. Which is to say that the disease is a journey on which we try to accompany our loved one.

#### **Become an advocate:**

Dr. Reiman is hopeful that a cure for Alzheimer's is less than 10 years off. "What we find," he says, "will probably be a combination of treatments, not unlike what's done for HIV or cancer." To participate in the exciting research Dr. Reiman and others are doing, join the Alzheimer's Prevention Registry at [endalznow.org](http://endalznow.org).

## *Fitness Activities*

### **Tone It Up**

Move for strength and circulation. Tuesdays.

### **Move to the Music**

Dance for mood and coordination. Wednesdays.

### **Sit and be Fit**

Thursdays.

### **Exercise Ball Toss**

Fridays

### **Walks Outside**

Every morning and afternoon in the courtyard.

## *Spiritual Activities*

### **Worship Music**

Every Thursday  
at 2:30 pm

### **Spiritual Music**

Most Sundays  
9:30 am

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### **Holy Communion**

The 1st Wednesday  
at 9:30 am

### **Rosary & Communion**

The 2nd Monday  
at 10:30 am

### **Catholic Mass**

The 4th Tuesday  
at 2:00 pm

My name is Ruth Dowling I was born in Polkville, Mississippi and grew up in Louisiana. I have a Masters Degree from PSU in Education. Ruth was a English Lit and Grammar teacher for David Douglas High School. I enjoy reading, kitting, listening to music, going to plays and Operas. I have traveled to Europe, Sweden, and Greece, and the Southern states.

## Management Team

**Aaron Williams**

*Executive Director*

**Laurie Seaberg**

*Business Office Manager*

**Lisa Jones**

*Resident Care Director*

**Kyra Thompson**

*Market Director*

**Sue Fleury**

*Activity Director*

**Bryan Phillips**

*Food Services Director*



*Pacifica Senior Living is committed to  
supporting our communities,  
residents, and the families we serve.*

*We strive to create a lifestyle of  
independence, security, and peace of mind.*

*It is through our dedicated and caring  
team members that our culture is  
exemplified in service, accountability,  
teamwork and compassion.*

*The right choice. The right time.  
Welcome Home!*



**ST. ANDREWS**  
**SENIOR LIVING**

*Memory Care*

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*License # 1917461573*

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*Welcome Home!*