

# Pacifica Tidings



December 2017



## *A Note from the Executive Director*

Dear St Andrews Families,

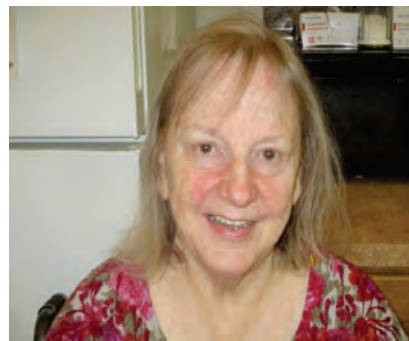
It is hard to believe that we are already bring 2017 to a close. It has been an exciting year at St. Andrews Memory Care. We are happy to celebrate the successes of our community including full regulatory compliance. We are enjoying the beautiful upgrades made throughout the community. It has not always been easy, but I am so prod of the team at St. Andrews for all of the hard work and commitment to our residents. I am also grateful for the amazing families that we have at St. Andrews! I have had the pleasure of meeting most of you in my time at the community and am consistently warmed by the care and compassion, not just for your own loved one, but all of the residents. Thank you for welcoming me to St. Andrews and allowing me to serve the amazing men and women in our community. I am excited for 2018, it promises to be a benchmark year for St.. Andrews Memory Care.

On behalf of the staff of Pacifica St. Andrews Memory Care, happy holidays.

Kind Regards,

Aaron Williams  
Executive Director

## *Who am I?*



## *Welcome to Our Community*

James Jiles

Sylvia Bolan

Elene Kovack

Fred Newton



## *Activities & Special Events*



### Family and Friends Holiday Cookie Exchange Party

Saturday December 2nd  
2:00pm to 3:00pm  
Second Floor

Family and friends of St Andrews residents are invited to bring their favorite holiday cookie and join us in celebrating the beginning of the Christmas holidays.



### Resident Christmas Party

Come and Join us  
December 22, 2017  
2:00pm to 3:00pm  
Will Spillette on the Guitar

Please RSVP if you plan to attend  
503-257-7946  
Front Desk or Sue

*Memorable Moments*

**Halloween Party**



**Pumpkin Patch**



**Pumpkin Carving**



**Making Halloween Cookies**





## *Birthdays*

### **December**

Ruth P 12/3  
Sarah J 12/11  
Patsy G 12/19  
Joanne F 12/19  
Ruby L 12/22



### **Christmas Lunch**

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

Holiday Lunch 12:00 noon 2nd and 3rd floor  
Holiday Lunch 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*

St Andrews would like to  
Honor our Veterans  
Thank you for you Service



### **Family Support Meeting**

**Support Meeting is  
Cancelled this Month**



## *Health & Fitness by*

### **3 Keys to Dental Health**

Dentist have been saying for years that brushing your teeth at yeast twice daily is the key to keeping your smile healthy and bright. But unless you're brushing properly-rather than keeping your teeth gleaming white and youthful-you actually could be aging your teeth. And if you have dentures, proper care is even more important. Here is some tips for how to care for your teeth and dentures to help keep that smile bright and healthy.

#### **1. USE AN ELECTRIC TOOTHBRUSH**

Research shows that powered toothbrushes result in less plaque and better gum health.

#### **2. TAKE YOUR TIME**

On average, people brush for 75 seconds when they should be brushing for a minimum of two minutes. Using an electric toothbrush with a timer is a great way to ensure you hit the two-minute mark

#### **3. PROPERLY CLEAN YOUR DENTURES**

Food and drink particles that slip behind or underneath dentures can cause bad breath, so make sure you see your dentist regularly to ensure a good fit. To clean them, take your dentures out and brush every surface thoroughly with a denture toothpaste and brush or soft toothbrush to remove food and plaque. Then soak them overnight in a denture cleaning solution.

## *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

---

### **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

Hi My name is Gealdean Bogle  
But everyone calls me Jerri.

I was born in Ohio and lived in Milwaukee and Portland Ore. Jerri was a Bookkeeper for many years. I meet my husband Curtis of 38 years at the Elks Lodge. I enjoy playing bingo, reading and gardening. My favorite music is Country and I enjoy comedy movies. Jerri likes to watch the Mariners baseball team play

## 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*

**John Rilatt**

*Maintenance*



*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*

*7617 SE Main Street*

*Portland, OR 97215*

*(503) 257-7946*

*License # 1917461573*

*[www.pacificaseniorliving.com](http://www.pacificaseniorliving.com)*

*Welcome Home!*