



**PACIFICA**  
SENIOR LIVING

FULL-SERVICE RETIREMENT LIVING

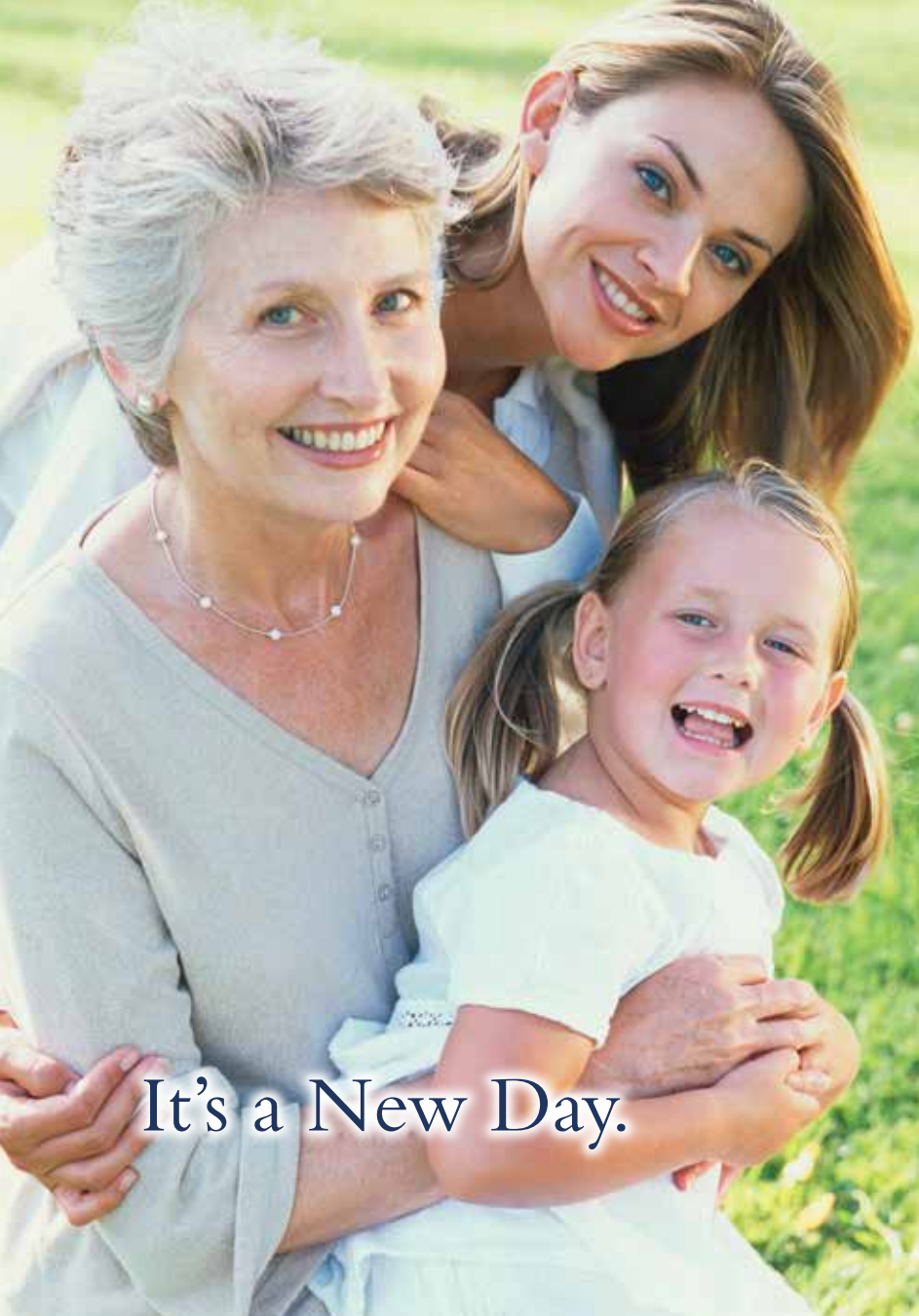
It's a New Day.

*And It's Yours!*



## *Our Mission*

Privately owned, Pacifica Senior Living strives to create a lifestyle of independence and peace of mind for each individual and their family. We do what we love and what we truly believe in – providing compassionate, personalized care services with dignity and respect. Our dedicated, professional team supports each resident and goes above and beyond to help them feel at home.



It's a New Day.

At Pacifica Senior Living, we don't expect our residents to "fit" into one of our communities. We've designed our communities to "fit" them – to meet their different needs, preferences, dreams and goals. From independent living to assisted living and memory care, our communities welcome residents to live by their own design.

Our communities provide residents with every service and amenity they need, want and *deserve* to live each day just as they choose. We respect their individuality and understand that each person is in charge of the direction his or her life takes. We're simply here to support them. Every step of the journey.

*And It's Yours!*

# Senior Living Services

Pacifica Senior Living communities offer a variety of care and lifestyle choices to support our residents in living well.

## **Independent Living**

Active seniors retire to carefree living at its best. No housework. No yardwork. *No worries.* Just time to spend as they choose. Our communities feature spacious apartment homes, amenities, services and engaging programs – all designed to provide residents with the lifestyle to which they've aspired.

## **Heartland™ Assisted Living**

Delivering the optimal balance of independence and support, Heartland™ Assisted Living helps our residents live fulfilling, dignified lives. Each resident has a customized service plan that meets his or her individual needs. With support available 24 hours a day, our residents enjoy assistance with activities such as:

- Meals
- Medication Management
- Bathing & Dressing
- Mobility
- Transportation



# Welcome

Welcome to St. Andrews Memory Care, a Pacifica Senior Living Community that elevates memory care to a new standard of excellence.

Located in Portland's Mount Tabor residential neighborhood, St. Andrews has a long and storied history. Originally founded in 1892 by Mother Catherine Aurelia as a monastery, the large building was sold in 1984, enabling the nuns to move to a more manageable location.

In 1986, after extensive interior renovations, St. Andrews opened its doors as a non-denominational Memory Care community.

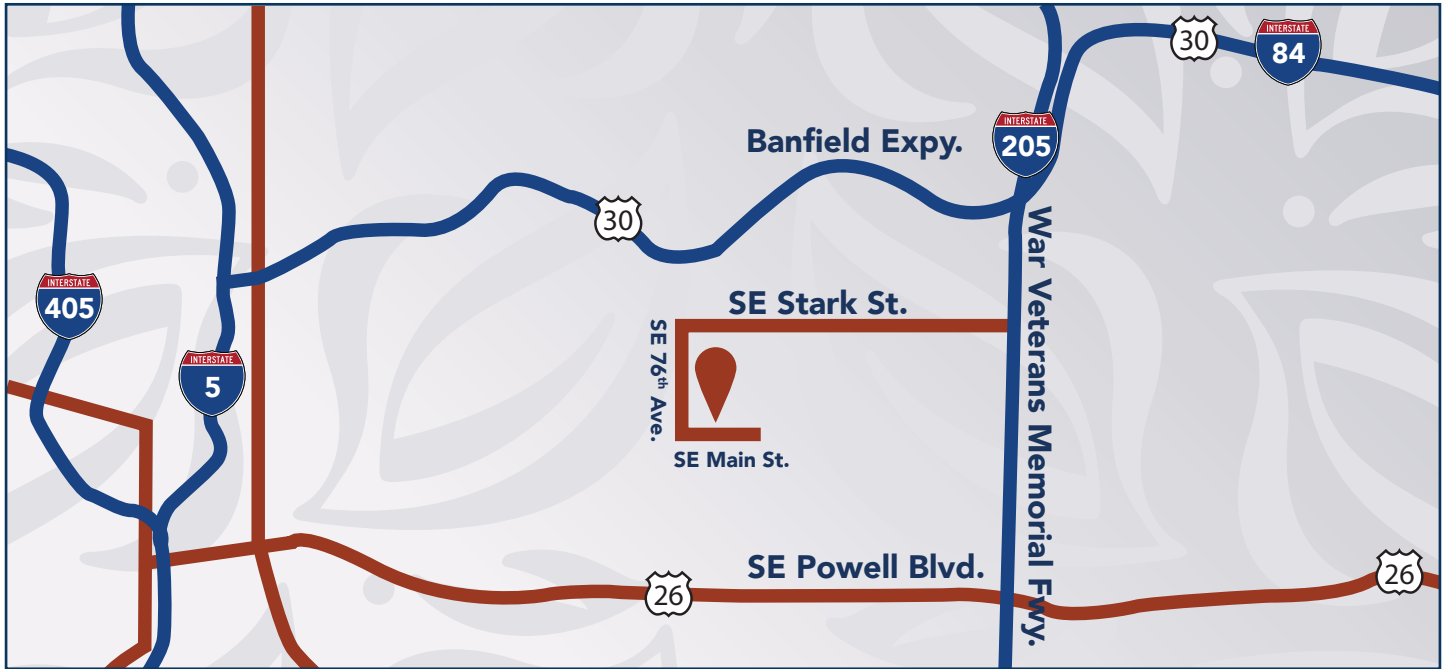
Today, as a Pacifica Senior Living Community, St. Andrews offers residents the care they deserve delivered by a team of compassionate, patient and experienced professionals, complemented by gracious amenities, exceptional services and engaging programs.

From a variety of floor plan options to inviting spaces, both indoor and out, St. Andrews offers residents the choice of private and companion apartments, as well as a host of community areas in which to gather with friends and enjoy social interaction.

Best yet, we offer families the comfort of knowing that their loved ones are in good hands with 24-hour support delivered by people who genuinely care.

At St. Andrews, it's a new day. And it's yours!  
Make the most of it. Right here.





Follow our driving directions to reach our Memory Care community in Portland, OR.

### From I-205:

- Take Exit 21A at SE Stark Street
- Travel west on SE Stark Street to SE 76th Avenue
- Turn left on SE 76th Avenue and go to SE Main Street
- Turn left on SE Main Street
- Turn in at second drive. St. Andrews Memory Care is on the left.



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ST. ANDREWS  
Memory Care

License # 1917461573

503.257.7946 | 7617 SE Main Street | Portland, OR 97215 | [www.StAndrewsMemoryCare.com](http://www.StAndrewsMemoryCare.com)



# Floor Plans

## Companion Suite



## Large Companion Suite



## Private



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# Legacies™ Memory Care



Our Legacies™ Memory Care Program provides those with Alzheimer's disease, dementia and other forms of memory loss with the support, care and respect they deserve in order to continue living a full, enriching life.

Memory loss affects different people in different ways. Our compassionate and highly trained Wellness Team creates a fully personalized care plan to meet each resident's unique needs, adapting plans as the behaviors associated with memory loss progress or change.

Our specialized approach to memory care is grounded in improving residents' quality of life. Residents engage in many interactive activities that, for example, improve coordination and strengthen social connections. One favorite program is Music and Memory<sup>SM</sup>, in which residents listen to carefully selected, individualized playlists of their favorite songs to help stimulate their minds, memories and cognitive functions.



## Life Enrichment Programs

- Individual and group activities, including gardening, cooking, watching movies and reminiscing
- Dementia-specific activities, such as memory boxes and scrapbooks
- Creative arts and music activities that include rhythm, singing and listening, including our Music & Memory<sup>SM</sup> program
- Extensive indoor/outdoor activity program with therapeutic exercises
- Exercise programs that include stretching, walking and balance activities
- Stress-free classes ranging from patterning to sensory stimulation
- Programs that encourage intergenerational relationships and community involvement
- Spiritual opportunities for people of all religions
- Scheduled outings
- Monthly support group and ongoing support for families



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# Respite Care



At St. Andrews, we admire and respect those who care for their loved one at home. But we also understand the challenges and stresses faced by a caregiver. There are times when you need a break from your responsibilities to focus on yourself.

Respite Care can provide you with the time and peace of mind you deserve, while providing your loved one with 24-hour care and access to our engaging lifestyle.

This short-term stay option is also ideal for those considering a move to St. Andrews. Respite Care allows you and your loved one to experience the support and services we provide on a trial basis.

## Respite Care includes:

- Furnished apartment (private or companion)
- Access to 24-hour personal care and assistance
- Three balanced meals and snacks daily
- A variety of life enrichment programs and activities
- Full housekeeping and laundry services



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# Legacies™ Memory Care Rates

## One inclusive monthly fee\* includes the following memory care services and amenities:

- 24-hour staffing
- Medication management
- Assistance with bathing, dressing and grooming
- Three nutritious meals per day plus snacks
- Emergency call system in apartments
- Housekeeping services
- Linen and personal laundry service (except dry cleaning)
- Daily reminders and assistance
- Utilities (except phone)
- State-of-the-art therapeutic whirlpool bath
- Two-acres of secure, beautiful gardens with courtyards, patios, paths for walking and benches for sitting
- Historic chapel for church services and events
- Security system and secure grounds
- Beauty and barber shop

*\*Monthly fee based on individual needs assessment*



License # 1917461573





## **Legacies™ Memory Care**

Our Legacies™ Memory Care program provides those with Alzheimer's disease, dementia or other forms of memory loss with the support, care and respect they deserve to continue living a full, enriching life. Each resident receives a personalized care plan that is carefully implemented by our compassionate staff.

## **Adult Day Program**

Our Adult Day Program, offered in select communities, is alive with engaging, enriching activities that invite and welcome all seniors to participate. Just as our residents enjoy personalized care, so do our program participants. This is the perfect way to meet new friends and share new experiences.

## **Respite Care**

There are times in our lives when we need a little extra help. Pacifica's Respite Care program is available to allow families an opportunity to rest from the daily tasks required for a loved one. Our program is also perfect for individuals who are recuperating from a hospital/rehabilitation stay, or to just simply experience the Pacifica lifestyle. Trained team members work together to enhance continued dignity and trust. We know the difference a smile and kind word can make.

## **Companion Living**

Companion Living enables seniors to enjoy all the care, services and amenities of a Pacifica Senior Living community with the added benefits of forging a new friendship, enhanced well-being and the cost savings of sharing a suite, just to name a few.

# Designed for *Living Well*

Our communities are designed to help our residents live well, surrounded by services, amenities and programs.

## **Dining**

Dining is a delight at Pacifica Senior Living. Meals are prepared fresh daily by our on-site chefs and are served in beautifully appointed restaurant-style settings by attentive dining room staff.

## **Life Enrichment**

Our Life Enrichment programs offer a variety of opportunities to meet new friends, discover new interests, exercise and maintain health, enjoy exciting outings and excursions . . . and so much more.

## **Transportation**

A full-time, certified chauffeur is available through the community's transportation department. Scheduled services take residents to nearby medical appointments, shopping trips, religious services, banks, postal services and more.

## **Pet Friendly**

Pets are part of the family, so Pacifica Senior Living communities are pet friendly\* and have designated pet areas for convenience.

*\*Weight limitations*





# PACIFICA SENIOR LIVING

For a list of Pacifica Senior Living  
communities, visit our website at  
[www.pacificaseniorliving.com](http://www.pacificaseniorliving.com)

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