

# Pacifica Tidings



**March-April  
2018**



## *A Note from the Executive Director*

A happy Spring to you and your family! I came across this article that I thought would be good to share.



### **The Value of Time**

Comic book writer and designer Will Eisner created the character "The Spirit", who is known for saying, "Time is the most precious thing in the world". If you should become a caregiver for someone with a terminal disease, you will truly understand the importance of these words.

A high percentage of the general public still doesn't realize that Alzheimer's and other dementia-related diseases are fatal. There are no Alzheimer's survivors, Lewy body dementia survivors, or frontotemporal degeneration survivors, at least not yet.

Sadly, I frequently receive a barrage of emails, tweets, phone calls and comments from frustrated caregivers, relating that their family members refuse to visit these priceless and fading loved ones. The main reason? They say they can't stand

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## *Who am I?*

### **Casrina Sos**



A member of the Activities team, Casrina is known for her warm smile, serene nature, and sense of fun.

Casrina was born and raised on the island of Chuuk in Micronesia. She has a husband, four beautiful children, and adores spending time with friends and extended family. She loves to dance, is quick to laugh, and finds gummy bears irresistible!

Thanks for all you do for our community  
Casrina!

## *Welcome to Our Community*

We welcome our newest friends and their families to Pacifica Senior Living Portland:



James P.  
Deborah K.  
Nancy F.  
Theodore G.  
Frances B.

Milo B.  
Lila S.  
Helen C.  
Glenn D.  
Lillian A.

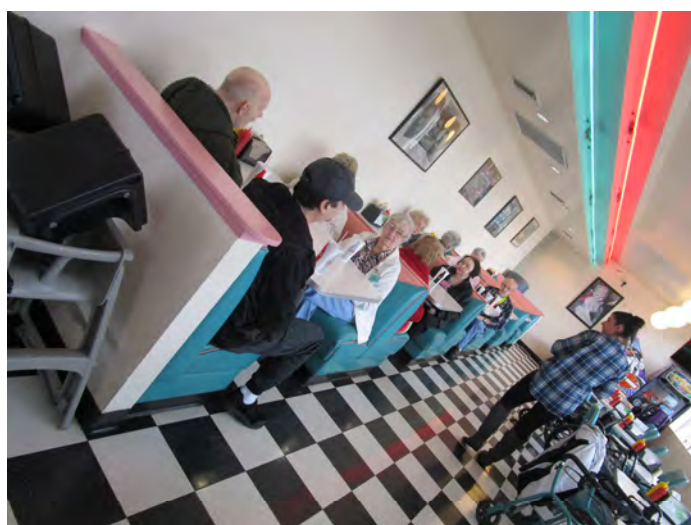
## *Activities & Special Events*



"Memories in the Making", a weekly fine arts and memory therapy program, got off to a great start in January with the theme "At the Beach".



For January's cottage outings, we headed to the local mall for a bit of walking, a little coffee, and big fun!



Our Journey to Cruiser's Drive-In provided us with yummy burgers, and a throwback to the fabulous '50's!



Sweetheart Ball 2018! We followed a delicious steak dinner with dancing, to the music of the talented Darren Arola.

### **JOURNEYS**

March 8th	March 14th	March 20th	March 29th
<b>Pie and Coffee</b>	<b>Breakfast Club</b>	<b>Whelan's Irish Pub</b>	<b>Lan Su Chinese Garden</b>

## Montessori Moments



With Valentine's Day and the Sweetheart Ball on the way, our residents really got into the spirit of the occasion by making decorations and centerpieces. Everything looked so beautiful!



**"I get by with a little help from my friends".**

The Montessori philosophy encourages independence whenever possible, and the fostering of service and community spirit when it isn't. Seeing this cooperation and caring among our residents puts a smile on our faces every day.

### JOURNEYS

April 5th	April 11th	April 19th	April 26th
<b>Bridgeside Restaurant (in Cascade Locks)</b>	<b>Breakfast Club</b>	<b>Old Spaghetti Factory</b>	<b>Crystal Springs Rhododendron Garden</b>



## *Birthdays*

### March

Mike A.  
David W.  
Deborah K.  
Milo B.  
Connie A.  
Joan B.  
Joan S.  
Helen C.

### April

Paul W.  
Betsy L.  
Betty M.  
Estella A.  
Daryl V.  
Jim P.  
Kathy H.  
Fred B.  
Susan J.  
Shereen C.  
Robert M.  
Everett H.

### Family Council

The third Tuesday of each month a Family Council is held. All family members are encouraged to participate in Family Council which provides an avenue for families to discuss issues that are important and establish new programs.

**March 20th &  
April 17th**

3:00PM to 4:00PM

### Support Group

Support Group is held the last Wednesday of the month. It is an avenue to meet other families who are on the same dementia journey.

**March 28th &  
April 25th**

12:00pm



**Every Thursday @ 1:30pm**



"The satisfaction which people find in their work gives them a grace and ease, like that which comes from music."

*-Montessori Principle*



## *A Note from the Activities Director*

### **Spring Is In The Air!**

As warmer weather returns, so do our outdoor activities! We have been making the best of the inclement Winter weather by taking outings to the mall for walking, and visiting some of our favorite restaurants. But the pull of the outdoors is strong in the beautiful Pacific Northwest, and we are thrilled to again offer outings and activities that get us there.

In late March, we will be visiting the spectacular Lan Su Chinese Garden in downtown Portland. It is contained in a single city block, surrounded by walls, and offers lots of covered space to keep us out of early Spring's breezes and rain. Perfect for our first outdoor Journey outing of 2018!

In April we will venture to the Crystal Springs Rhododendron Garden. This is a beautiful destination, and is



quite popular with our residents, and their friends and families. The azaleas and rhododendrons will be in full bloom, and the ponds filled with happy ducks and geese.

These wonderful Journey outings are just the kick-off to a Spring and Summer of barbecues, outdoor walks, visits to parks, and fishing trips. A time to plant and tend to our vegetable gardens, or relax in the gazebo with some iced tea. After a Winter spent largely indoors, these outings and activities are especially welcomed. Hello Spring! We sure missed you!

*William Flesher*



*A Note from the  
Executive Director - Continued*

seeing these people in the deteriorating condition in which they now find them. Very possibly, they are trying to preserve the memory of how these folks "used to be." While understandable at some level, what they fail to grasp is this: Every day that they refrain from visiting, the clock continues to tick-tick-tick toward the midnight hour when these loved ones are removed from this mortal coil. The time wasted by uneasiness and embarrassment is time that can never be recovered.

Here are a few steps that may turn your visits around so that they are smoother and more enjoyable for all parties involved. Most of these concern the latter stages of the disease.

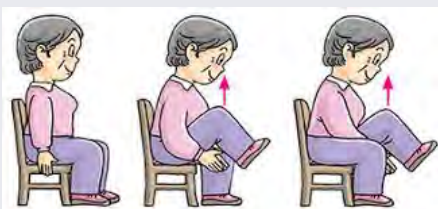
During your incredibly valuable visits, remember this: Questions are the root of all evil with dementia patients. The worst thing you can do is to start off the conversation with "Hi, do you remember me?" I don't care if you've known a person for 50 years; always start off your visit by casually introducing yourself. By hitting these folks with questions right off the bat, you most definitely will raise their anxiety level, increase their confusion and frankly, waste a lot of time. Allow them to connect with you visually before you even start a conversation.

Plan ahead. On your next visit, bring pictures that show your life together. This is a perfect way to build a conversation that both of you may enjoy. Or, if they start telling stories that are completely off-

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*Fitness Activities*

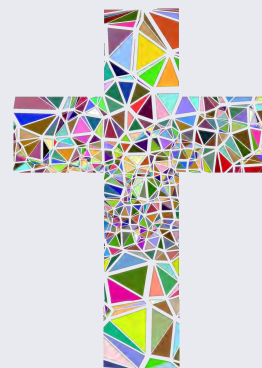
**Exercise**  
**Stretch & Flex**



Everyday  
at 10:00am in the large  
events room.

*Spiritual Activities*

Join us  
every Sunday  
at 3:00pm  
for our  
non-denominational  
Worship service in the  
large events room.



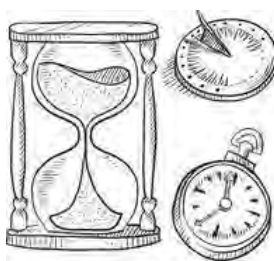
*A Note from the Executive Director - Continued*

base, just go with the flow. Do not correct them. Instead, enter their world.

Even after all the hardships I endured while caring for my dad, there's hardly a day that goes by that I don't wish that I could have had more time with him. Time is the most precious thing we have. Don't waste it.

While they're still in your life, take full advantage of every minute that you have with your loved ones. Today it may be difficult, but it's better than living with total regret tomorrow.

\*This article originally appeared at the Fisher Center for Alzheimer's Research Foundation's caregiver blog at [ALZinfo.org](http://ALZinfo.org).



*Dana Bando*

## *Management Team*

**Dana Bando**  
*Executive Director*

**Tami Staley**  
*Resident Services Director*

**Tonya Crawford**  
*Business Office Manager*

**William Flesher**  
*Activities Director*

**Wendy Littlepage**  
*Food & Beverage Director*

**Jonathan Warner**  
*Community Relations Director*

**Tim Freeman**  
*Maintenance 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!*



**PACIFICA**  
**SENIOR LIVING**  

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**PORTLAND**  
**Memory Care**

**1808 S.E. 182nd Ave.**

**Portland, OR 97233**

**(503) 492-6942**

***www.pacificaseniorliving.com***

*Welcome Home!*