

Pacifica Tidings



March 2018



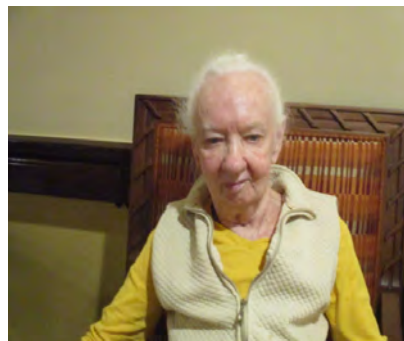
A Note from the Executive Director

Greeting St Andrews Families:

I am so pleased to have been given the opportunity to be a part of St. Andrews with its rich history. It is evident each and every day this community has a team full of compassion and love for the residents. Fun fact about me, I attended my first CPR/First Aide class at 17 years old in the chapel. Since then I have enjoyed many roles in Assisted Living and Memory Care for the past 11 years, bringing it back full circle to where it all began for me as the Executive Director. We are almost done with the construction and preservation of the community, please let me know what you think! I look forward to building relationships with the residents and their loved ones, please introduce yourself the next time you are visiting us.

Thank you
Krystal Bryan
Executive Director

Who am I?



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Welcome to Our Community

Rose Harris
Margaret Claire
Don Lewis
Kathy Anderson

Activities & Special Events



Tuesday March 6th
2:00 pm to 3:00pm
1st floor Dinning Room

Please RSVP to the
Front Desk or Sue
503-257-7946



Please join us
Saturday March 17th 2017
3:00pm to 4:00pm
1st floor Dinning Room

Please RSVP to the
Front Desk or Sue
503-257-7946



Memorable Moments

Winter Wonderland Dance



Valentine's Arts and Crafts



Cooking Class



Birthdays

March

Kris V 3/1
Pat C 3/2
Hazel p 3/17
Kim M 3/18
Demil A 3/30

Easter Lunch

Please join us for Easter Lunch

Sunday April 1st 2018

12:00 noon 2nd and 3rd floor

12:30 pm 4th and 1st floor

Please RSVP at
503-257-7946



A Note from the Activities Director

Family Support Meetings will
be changing to the second
Thursday of each month.
Starting March 8th at 10:30
Hope you can join us!

Family Support Meeting

Date: Thurs March 8th 2018

Time: 10:30am

Place: Chapel

RSVP to Sue

503-257-7946



Health & Fitness by

Hydration

What if we spent some time exploring ways to enhance self-care and show a little love to our bodies?

Let's start out by drinking enough water to keep our bodies properly hydrated. Water is vital for the whole body and is essential for health.

When fluid intake is inadequate, we can become dehydrated. Why is dehydration more common in older adults? Reduced muscle mass, decreased sensitivity to thirst and less efficient kidney function all can contribute to dehydration. Staying hydrated is extremely important as fluid fills almost every space in our bodies.

In addition to not taking in enough fluids, other factors can affect hydration status. For example, dry winter air can increase fluid loss, running a fever increases fluid needs as well as medications, especially diuretics and laxatives can also contribute to fluid loss. What are the signs and symptoms of dehydration? Although it may seem obvious, the first warning sign of dehydration is thirst. Additional symptoms include:

=Headache =Fatigue=Dark Urine

In some cases, problems such as weakness, trembling, or confusion can result from dehydration.

The amount of fluid you should be drinking everyday varies from person to person. Discuss the amount of fluids that you should drink with your doctor or healthcare professional. Although it was often recommended that healthy adults consume eight 8-oz glasses of water per day, some health conditions call for a person to limit or restrict fluids. Milk, juice, coffee, tea and water all count as sources of fluid.

If you are eating a well-balanced diet you get the equivalent of two to three 8-oz glasses of water from the fluids in the foods you eat. Many fruits and vegetables have high water content, as do soups, gelatin, and pudding.

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 10:00am

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 Friday
at 11:00pm

Hi, My name Patricia Carpenter.

I was born and grew up in Philadelphia Pennsylvania. I met my husband Ken in Eugene Ore where we were married and raised two children Dana and Kim. I trained Arabian horses, I was a 4-H Leader in Horse Club and Humane Society. My favorite movie is Gone with the Wind, I like the colors Red and Blue and enjoy books about horses. My favorite drinks are Dr. Pepper, Cola and Ice tea.

Management Team

Krystal Bryan

Executive Director

Kayla Knight

Assistant 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

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!*



ST. ANDREWS
SENIOR LIVING

Memory Care

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Portland, OR 97215

(503) 257-7946

License # 1917461573

www.pacificaseniorliving.com

Welcome Home!