

Pacifica Tidings



April 2018



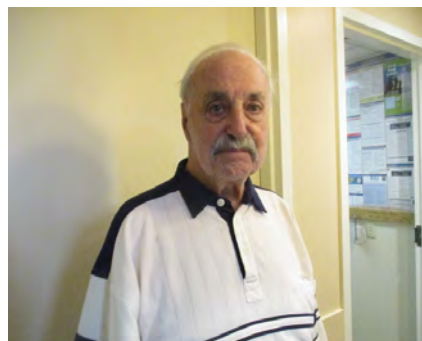
A Note from the Executive Director

Greeting St Andrews Families:

April showers bring May flowers, let's all hang in there while Spring starts! Speaking of flowers, we are selling flowers pots with seeds ready to go home with you made by residents at our front desk, please inquire with Debbie when you come in. All proceeds will be donated to support the Alzheimer's Association. We are supporting the Alzheimer's Association another way by getting our amazing staff involved. Everyone has the option to wear jeans on Fridays if they donate a dollar. Look out for a purple sticker to signify who has donated! Join our fun by wearing purple on Fridays to show your support! We all look forward to the sun coming out and seeing families and friends coming to visit. If we have not had the pleasure to meet yet, please come in and say hi!

Thank you
Krystal Bryan
Executive Director

Who am I?



Answer page 7

Welcome to Our Community

Steve Bowen
William R Hagar

Activities & Special Events

Volunteers playing Bingo



Bridger School Choir



Mardi Gras

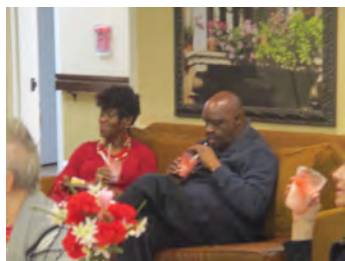


Garden Club

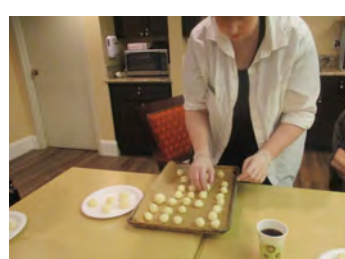


Memorable Moments

Valentine's Day Dance



Cooking Class



Birthdays

April

Karen E 4/5
Gwen S 4/10
Ruth D 4/21
Martha A 4/14



Mother's day Tea

Please join us May 11th 2018
2:00pm to 3:00pm
1st floor

**We are limited to space so
Please RSVP to Sue or Front Desk
503-257-7946**



A Note from the Activities Director

Please join us for a Concert in
the Chapel

Ava Maria Choir
April 19th 2018
2:00pm to 3:00pm

The Chapel will be open at 1:15
for seats as they may go fast.

Family Support Meeting

Date: Thurs April 12, 2018
Time: 10:30am
Place: Chapel
RSVP to Sue
503-257-7946



Health & Fitness by

Communication plays a big role in behavior management

Once you have observed the person's behavior, try to find out what might have caused it. Ask yourself questions such as "Why is my loved one upset?" or "What happened in the last few minutes that could have prompted this behavior?" Also, do a basic evaluation to cover all your bases: consider that the person could be cold, hungry, in pain, bored, threatened, sleepy, frightened, etc. Once you assess the root cause of this behavior, you can communicate accordingly.

Offer comfort. Caregivers can provide comfort or reassurance through validation— a technique that allows the person to stay in the moment without being proven wrong or brought back to reality. For instance, if an older man becomes upset because he cannot find his mother, an effective response might be: "I know you miss your mother very much, and she loves you too. You were always your mother's pride and joy." This will help the individual feel understood and safe.

Alzheimer's Association

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 10:30am

Spiritual Music

Most Sundays
9:30 am

Holy Communion

The 1st Wednesday
at 9:30 am

Rosary

The 2nd Monday
at 10:30 am

Catholic Mass

The 4th Friday
at 11:00pm

My name is Fred Newton.
I was born in Powell Butte Oregon. I have four children Kathy, Paul, Dinah, and Phyllis. Fred worked for Multnomah County Court Clerk and as a Sales man. Fred also owned a pipe shop. He enjoys gardening, walking, reading car magazines and talking to people. He likes to watch Andy Griffith Show and old movies. His family is very important to

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!