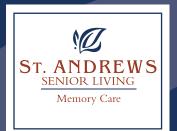
Pacifica Tidings



June 2018





A Note from the Executive Director

Greetings St Andrews Families:

Summer is upon us and our beautiful grounds are full of colorful trees and flowers. Sue Fleury has moved to her new home in Prineville. We welcome Kim Whipkey as our new Activities Director. Please welcome her and feel free to ask any questions when you are here visiting at St. Andrews. Be sure to check out our newest jewelry making project6 by the residents. These items will be for sale in the lobby which will benefit the Alzheimer's Association. Enjoy these beautiful days of summer.

Thank you Krystal Bryan Executive Director

Who am I?



Answer page 7

Welcome to Our Community

Noreen McGraw Ramon Morales John Fuller

Activities & Special Events

FATHER'S DAY FUN

Please join us!
June 15th for Father's Day Party
2:00pm-3:00pm

We are having a celebration!
Weather permitting we will have some outdoor fun!

We are limited on space so Please RSVP at the front desk if you plan to attend (503) 257-7946

July 4th!

Please Join us as we Celebrate 4th of July
Wed July 4th 2018
12:00 noon to 1:00pm
Entertainment Will Spillette
Fire Work to follow

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

Memorable Moments

Cinco De Mayo









Craft Fun on First Floor









Mother's Day Tea Party





















Birthdays

June

Anna V 6/18

Gina V 6/23

James J 6/29





Please join us!

June 17th for Father's Day Lunch

Time: 12:00pm 2nd and 3rd floor Time: 12:15pm 4th and 1st floor

Please RSVP at the front desk if you plan to attend (503) 257-7946

A Note from the Activities Director

I would like to say Thank you to everyone for making my job as Activities Director so special. As I leave St Andrews for a new adventure in Central Oregon. I will be taking all my fond memoirs of the residents with me. Erika and Kim will be here to carry on with activities for our residents.

Thank you
Sue Fleury

Family Support Meeting

Date: Thurs June13th 2018

Time: 10:30am Place: Chapel RSVP to Kim

503-257-7946



Health & Fitness by

Take a deep breath. Hold it for a moment and then exhale. Feel more relaxed? Breathing exercises are one way to feel relaxed. Being relaxed can help ease stress. It may also relieve anxiety, depression, and sleep problems.

To relax means both mind and body. Relaxing can quiet your mind and make you feel peaceful and calm. Your body also reacts when you relax. For instance your muscles may be less tense and more flexible.

Here are some tips and tricks to relax...

Baths are always fun and can do a lot of good! Take that bubble bath and a good book and enjoy!

Listening to some lovely music whether inside or outside can do anyone some good.

If you have pets, just spending some time with them can do wonders. Pets can be goofygh too, and remember that laughter is the best medicine!

A nice cup of tea always helps me, and it seems to have become quite the trend! Go grab a cup cold or hot -it might help.

There are also some physical things you can do. Yoga is a good one as well as Tai chi . Simple stretching can work too .

Your mind needs relaxing as well!
Meditation can be helpful, or you can
do some easy puzzles.. So can writing,
whether expressing yourself in a poem
or a story to writing how you're feeling.
Write a letter- Who knows maybe you'll
make their day too!

Just remember to take care of yourself! We are heading to summer and that always helps me relax, tea in hand music playing and the smell of flowers in the air on a sunny day. What could be better!

-Erika

(Some info was found and used from Www.uofmhealth.org Stress management: relaxing your mind and body/ Michigan medicine)

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

Who am I?
Hi my name is Bill Ashenburner
I was born in Gresham OR
On Nov 20th.

I have two sons, Paul and Ralph.
I enjoy cutting wood and taking things
apart.

My hobbies are anything outdoors especially walks outside.
My favorite films are westerns!

Management Team

Krystal Bryan

Executive Director

Kayla Knight

Assistant Executive Director

Laurie Seaberg

Business Office Manager

Lisa Jones

Resident Care Director

Market Director

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!







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Welcome Home!