

# Pacifica Tidings



**ST. ANDREWS**  
SENIOR LIVING

Memory Care

**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 project 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**

www.weddingandpartynetwork.com

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



## *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 June 13th 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 goofy 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](http://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

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**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!*



**ST. ANDREWS**  
**SENIOR LIVING**

*Memory Care*

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*Portland, OR 97215*

*(503) 257-7946*

*License # 1917461573*

*[www.pacificaseniorliving.com](http://www.pacificaseniorliving.com)*

*Welcome Home!*