

Pacifica Tidings



July 2018



A Note from the Executive Director

Dear family and friends,

The beautiful days of summer continue as our residents are enjoying daily walks and activities in the sun.

We are gearing up for the annual Walk to End Alzheimers on Sunday, August 26th in the beautiful Rose Quarter. Please join us in raising awareness and funding to fight for a cure.

Our residents are also creating lovely tile magnets and jewelry to sell, with 100% of the proceeds benefitting The Alzheimer's Association. They will be on display in our lobby.

Thank you!
Krystal Bryan

Who am I?



*Welcome to
Our Community*

Jackie S.

We're so happy that
you're here!

Activities & Special Events

Please join us as we celebrate Independence Day!

Wednesday July 4th 2018

*** 10:00 to 11:30 a.m. ***

We'll begin the festivities at 10:00 a.m. and celebrate until 11:30 a.m. . We'll "end with a bang" with a small fireworks show!

Entertainment includes a performance by Will Spillet on guitar and vocals. We'll sing, dance and enjoy each other's company to commemorate this festive day!

*** Note change in time from 12:00 pm to 10:00 am**

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

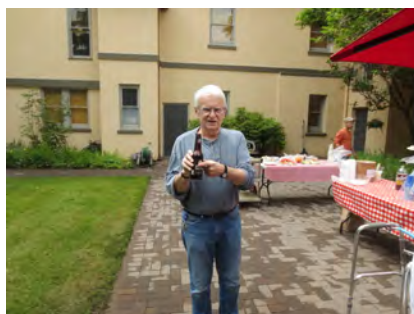
Our Father's Day Party was a big success! We joined with families to honor all the incredible fathers who reside here.

We enjoyed authentically—crafted root beer, ice cream floats, cool watermelon and lots of other favorites. The weather cooperated—we had no rain and no scorching heat, which allowed us to lengthen our time together playing games and reminiscing.

This kicked-off a summer which will be full of outside parties, outdoor games, walking, bird feeding and gardening. We hope you can join us for all of our fun events.

Memorable Moments

Rose theme at the garden club



Fathers day fun



Birthdays

Linda H. July 4

Jane C. July 17

Kathleen G. July 18

Florine W. July 28

Rose H. July 31

happy
birthday
to you!

Join us for two parties in August



A Note from the Activities Director

July 2018

Thank you for welcoming me as Activities Director. As a former Activities Assistant here I'm excited to continue the work that Sue Fluery has done with such caring passion. As we turn the corner from spring to summer, St. Andrews will be offering more activities outside. We are also planning some exciting new entertainment and activities in the upcoming months.

Family Support Meeting

Join me in this monthly opportunity for family members to offer support to each other in their journey with their loved one.

Date: Thursday July 12th

Time: 10:30 a.m.

Place: Chapel

RSVP to Kim (503) 257-7946

Health & Fitness by

Hello Everyone!

As the summer months heat up, it's imperative to maintain adequate hydration. Hydration is a term that describes the fluid and electrolyte concentration in the human body. water is essential for excretion of metabolic waste, digestion, and the absorption, transport, and metabolism of nutrients. It is suggested that seniors drink at least 8 cups of fluid a day. Be sure to drink frequently throughout the day, especially in these hot summer months.

Here is a recipe to help out with keeping that thirst down and it will taste twice as good!

Ingredients

5– 6, 1- inch chunks of ginger
(peeled and sliced)
4 fresh ripe peaches (sliced)
1 cup fresh mint
1 fresh lemon (sliced (optional))
ice cubes
water

Instructions

Fill a large glass jar or decanter with half way with water. Then add the ginger and let it rest for at least a couple of ours, or even overnight if you can. That way the ginger has time to permeate the water with its flavour. Then when you are ready to serve the flavoured water, fill the dispenser with ice, about halfway full. Stir in the sliced peaches, mint (and lemon) if you are using it. enjoy!

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

Slow stretching exercises
Thursdays

Exercise Ball Toss

Fridays

Walks Outside

Every morning and afternoon in the courtyard; weather permitting

Spiritual Activities

Worship Music

Every Thursday
at 10:30am

Spiritual Music

Most Sundays
9:30 am

Holy Communion

July 5th
at 9:30 am

Rosary

The 2nd Monday
at 10:30 am

Catholic Mass

The 4th Friday
at 11:00pm

Who Am I?

My name is Sheila, and I've been married for over 60 years. I have 6 children and many grandchildren and great grandchildren.

My family and my Catholic faith are the most important things in my life. Besides raising my wonderful family, I have also done volunteer work.

I've been told that my smile lights up a room!



Management Team

Krystal Bryan

Executive Director

Kayla Knight

Assistant Executive Director

Laurie Seaberg

Business Office Manager

Michelle Filimon

Marketing Director

Kim Whipkey

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!