

Pacifica Tidings



August 2018



A Note from the Executive Director

Dear family and friends,

This promises to be a great month! The Walk to End Alzheimer's will be on Sunday, August 26th in the Rose Quarter . The opening ceremony will begin at 10:45 am and the walk will start at 11:00. Please join St. Andrews in our fight for a cure and remember to wear purple! You may register by calling our front desk at 503-257-7946.

We are also excited to invite you to a Hawaiian Luau at St. Andrews on August 10, 2018. We will have a delicious buffet dinner, entertainment including Polynesian Dancers, a photo booth and more! Please RSVP by calling the front desk. We want to make sure we have enough food for everyone!

We look forward to seeing you !

Thank you,
Krystal Bryan
Executive Director

Who am I?



Welcome to Our Community

**Noolim
Bud
Rose**

We're so happy that
you're here!

Activities & Special Events

Aloha!

Please join us for our
Hawaiian Luau
on

August 10th at 4:30 pm

**Pulled Pork, Rice, Pineapple Upside Down Cake, and Snow Cones
and more!**

Polynesian Dancers show at 5:00 pm

**Come dressed for the occasion and capture the memories at our
photo booth!**

Please join us for
The Walk To End Alzheimer's

August 26th, 2018

**Opening ceremony at 10:45 am
Walk begins at 11:00 am**

Please RSVP 503-257-7946

Let's fight for the cure!

Memorable Moments

Fun was had by all during our
Independence Day party with fireworks
display!



Birthdays

Dorothy 8/15

Carol 8/16

Donald 8/18



Join us

Friday September 28th

2:00 to 3:00 pm

**Root beer, hot pretzels and sausage with
sauerkraut**

**We will have traditional Oompah music as well
as other festive favorites**

Please RSVP (503) 257-7946



A Note from the Activities Director

St. Andrews creates meaningful activities based on the Legacy model which incorporates each of the following important keys to wellness:

Physical wellness
Reminiscing
Social
Cognitive
Music related
Life skill
Outdoor activities

Research has shown that each of these areas are important in maintaining the best quality of life for those with dementia. These activities are fun, and keeps our brains active.

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 August 9th

Time: 10:30 a.m.

Place: Chapel

RSVP to Kim (503) 257-7946

Health & Fitness by

Did you know that our favorite summer sweet treat the ice pop was made by an 11 year old boy in 1905 by accident ?

This young boy grew up to become Frank Epperson and ice pops became a true summer sensation in 1923.

Here at St. Andrews we offer this refreshing treat often. We make sure our residents and staff keep cool and hydrated during these hot days ! Our kitchen staff makes sure they are always available, and the care staff and Activities department has afternoon socials where we enjoy them together.

Following up on last month's discussion of the importance of hydration , frozen ice pops makes increasing our fluid intake easy and delicious! Here is a recipe that's easy to make at home!. Have fun and keep cool.

Ingredients

1 20 oz can crushed pineapple

1 8 oz tub Cool Whip, thawed

Juice from 1 lime

2 tbsp sugar

Blend together crushed pineapple, Cool Whip, lime juice and sugar.

Pour mixture into popsicle molds and freeze.

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

August 1st
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 Jacqueline, and I was born in Redondo Beach, California. My husband and I eloped and were married for almost 60 wonderful years. I have six children and enjoyed being a "home room mother" during their school years.

My Catholic faith is important to me and I love singing in the chorus. Actually I love singing many songs, including music from the 1940's, especially Bing Crosby songs. I also enjoy puzzles, watching movies and learning new things. Lastly, I love cats!



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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License # 1917461573

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Welcome Home!