

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
BELLEAIR  
Memory Care

**September  
2018**



## *A Note from the Executive Director*

Person-Directed Care (Part 2):

Since my return to Pacifica Belleair, I have implemented a culture change initiative that includes new experiential training for our care partners and team leaders. Change is not easy nor does it come overnight, however, you may have already noticed some changes in our cottages: we have returned to cooking breakfast in the residents' home, serving it when they like. This may not seem like a big deal, but when you dig a bit deeper you come to realize important subtleties in the way our Elders experience care. No longer do care partners wake residents up to eat breakfast between 8:00 & 9:00 a.m., that's an institutional way of caring. Now, our residents wake up on their own, enjoying breakfast when they like. Some are early risers, some prefer to sleep in. When they are ready, they are served breakfast to their liking. Our care partners know which Elders like their eggs scrambled, over easy, sunny side up,

or not at all! Further, taking the time to prepare a fresh breakfast in our cottage kitchens means that residents wake to the smell of home cooking, most likely the way they have all their lives! We have also changed the way we assist residents with their bathing by asking or observing their preferences for a morning, mid-day, or evening shower. Similar to our sleeping and waking patterns, most of us have a time of day that we like to clean up. Person-directed care considers this and respects the individual choices and lifelong habits our residents have. No longer do we care for our residents in ways that are most convenient for us; rather we serve our residents individually, honoring and respecting each as unique Elders with much to share and contribute to their cottage homes.

Look for other signs of change in your loved one's care when you're visiting, they are taking place!

Warmly, Rebecca

## *Who am I?*

I enjoy working on and racing cars!

I really enjoy fishing with my son!

I am a kick boxer!

I am also a pool shark!

I am a native Floridian and lived in the Everglades with my pet alligator!

My son and I begin each day with our prayers of gratitude and intentions.

My intention is to make this world a better place.

## *Welcome to Our Community*

We love having visitors to our campus and showing off the love and care that our care partners deliver each and every day. I recently met with and toured a prospective resident family member and she teared up as she shared with me why she chose Pacifica as her husband's home. "Every one was so nice, not just to me, but to the residents too! I can feel love here."



## *Special Events & Memorable Moments*

### **How A Little Boy Changed an Elderly Man's Life**

*By Linda Burhans, Pacifica Belleair  
Caregiver Support Group Facilitator*

I often speak to youth groups about random acts of kindness. About a year ago I spoke to a wonderful group of energetic children. When I finished speaking, one of the teachers pulled me to the side. "Linda, see that little boy over there? Michael is a wonderful young man. Although his parents hold down three jobs, they are still very poor. He is the oldest of three children and has a lot of responsibility with his brother and sister. He cooks for them every evening and helps them with their homework. He, however, continues to struggle with his reading. We need to find a way we can help this boy."

I had facilitated a support group the day before. A woman in the group had cried the entire time. She said her husband, a retired English teacher, was confined to a bed and he felt hopeless. The light bulb went off! I met with the elderly man the next day. I told him of the young boy who was struggling in reading, and asked if Michael could come and read to him twice a week. "I guess so," he whispered. I then met with Michael. I told him there was an elderly man who was very lonely and wondered if Michael could go and read to him twice a week. "I would love to do that!" he said with enthusiasm.

About two months later I received a call from the woman. She calls her husband Mr. Orner. "I have to tell you, Linda, on the days that Michael comes to read, Mr. Orner is happy from the moment he opens his eyes until the moment he closes them in the evening."

The next week I ran into Michael at the supermarket and he asked me, "Did they have milk boxes outside your house when you were a kid?" "Yes, they did," I responded with a chuckle. At the end of the school year I learned that Michael's reading grade went from a D to an A. He also was learning history that will be lost if we don't speak to our elders. And Mr. Orner was happy at least two days a week. A few months later, Mr. Orner and his wife decided to move back to their hometown, over 3,000 miles away, to be closer to their family. Michael and Mr. Orner continue to read and chat together—via Skype. Then the wife called me, to say she was absolutely delighted and not calling her husband 'Mr. Orner' anymore. "Linda, Mr. Happy now has seven children who read to him. Two of them call him grandpa because they never had a grandfather. Although he is confined to that bed, I have not seen him this happy in many years! His love for these children has changed our lives."

Need I say I was thrilled, and that I shed a few tears of gratitude?

*(A note from Rebecca: I have known Linda for many years and she is one of the best support group facilitators around. She has been coming to Pacifica Belleair for nearly 10 years and leading a support group open to the public as well as to our family members and friends. I would like to invite you to join Linda on Thursday, September 20, 2018 at 1:00 p.m. here at Belleair. Be prepared to laugh, enjoy others and delight in Linda's stories, anecdote, and guidance as she facilitates our Connecting Caregivers Group. I promise, you won't be sorry you came!)  
Hope to see you then!*

## From Mel, Our Memory Care Director

I've just returned from the 21<sup>st</sup> annual Pioneer Network Conference in Denver. Pioneer Network is the national leader of the culture change movement, helping care providers to transition away from a medical, institutional model of elder care to one that is life affirming, satisfying, humane and meaningful. It advocates for a culture of aging in which individual voices are heard and individual choices are respected. This shift in approach is personal to me and is why I was excited to join Pacifica Belleair.

"Community" was a common theme at the conference with everyone talking about different ways to shift from facility (also known as the "F" word) to community. And while shifting how we deliver care to a more person-directed approach can certainly move us closer to being a community, it's actually the people who live and work here, along with their families and friends that actually create community.

There is genuine caring for each other in true community and I believe we have that sense of community here. Not only have I witnessed care partners watching out for residents, but I've actually observed residents assisting each other with loving compassion that transcends cognitive loss. Genuine caring comes from the heart and thankfully, that skill remains strong—in fact appears stronger—when some of our limiting thoughts are no longer in the way.

While this is great, I would also like to see us expand our community—to invite the larger community in to learn about the people who live here and challenge the stigma associated with dementia and to have the people who live here feel a part of the larger community by participating in some type of larger community endeavor. Watch for more on this in future issues.

~ Mel Coppola

## Birthdays

Dennis S.  
Sarah I.  
Paul W.  
Joseph H.  
Charlotte J.  
Jennifer S.

Please share in wishing our  
Libra and Virgo  
Residents and Staff  
Members a VERY HAPPY  
Birthday!!



### Staff

Sophia R.  
Shareena S.  
Kasandra B.  
Nilda C.

## Spiritual Activities

*The spiritual dimension of wellness involves seeking meaning and purpose by developing a deep appreciation for the depth of life and the natural forces that exist in the universe. Community resources like pet therapy and inspirational readings allow a sense of purpose and promote greater happiness.*

Please come and enjoy these events with your friends at Pacifica Belleair:

Bible Study– Monday / Thursdays  
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Restoration Ministries– Every Friday  
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Gospel Music and Resident Lead Prayer—  
Sunday Afternoons

## Who Am I?

(answer)

Tina Savoia, I'm your new Business  
Office Manager! Come in and say "Hi"

(ps. this handsome guy with me is Tyvon, my 7 year old son :)



## *Management Team*

### **Executive Director**

Rebecca Weitzel

### **Maintenance Director**

Michael Knappenberger

### **Food Services**

Daniel Montgomery

### **Director of Nursing**

Lorraine Coronato

### **Business Office Manager**

Christina Savoia

### **Memory care Director**

Mel Coppola



*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!*



**PACIFICA**  
SENIOR LIVING

BELLEAIR  
Memory Care

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(727) 467-9464  
Lic.# 9666*

*Welcome Home!*