

Pacifica Tidings



**July-August
2018**



A Note from the Executive Director



Montessori-Based "Legacies" Memory Care

Pacifica Senior Living's "Legacies" Memory Care Program provides those with Alzheimer's disease, dementia or other forms of memory loss with the support, care and respect they deserve to continue living a full, enriching life.

Pacifica Senior Living "Legacies" staff supports the Montessori-based methods for dementia care. Many of us are familiar with Montessori schools for children. Maria Montessori, an Italian physician, educator and innovator, in the early 20th century developed the educational method that is now used in thousands of schools around the world. Montessori suggested that children should be taught with their needs and capabilities in mind and where students' natural interests drive learning. What do they enjoy? What are they able to do? Montessori combines a sensory approach with a range of other tools to create a balanced and fulfilling experience. The same philosophy can be applied to individuals with dementia.

(Continued on page 9)

Who am I?



Matt Franco

Matt joined our team as a Personal Care Assistant in May.

Matt's hobbies include stand up comedy and video games.

He is from California and prior to coming to Pacifica Senior Living Portland, Matt worked at a Dog Resort. Since Matt has joined our team, he has exceeded our expectations. He goes above and beyond. We are proud to have him as part of our team.

Welcome to Our Community

We welcome our newest friends and their families to Pacifica Senior Living Portland:



Betty K.
Veneda H.
Patricia N.
Maria G.

Marilyn V.
Ralph M.
Clemens S.
Sally C.
Richard V.

Activities & Special Events



Matheus and his son enjoy Father's Day BBQ.



Connie and her sister appreciated the Mother's Day Tea.



Betsy was fond of our visit to the World of Speed.



Joannie poses in her hat at the Mother's Day Tea.

JOURNEYS

July 10th	July 17th	July 24th
Rainbow Trout Farm	Heidi's Lunch	Crown Pointe Experience

Montessori Moments



Claude refills his cottage's squirrel house.



David and Deborah plant tomatoes and strawberries in their community garden.



David and others get ready to assemble bird houses.

JOURNEYS

August 2nd	August 21st	August 28th
Memory Garden Tour	Sayler's Old Country Kitchen Lunch	Pottery Fun

Birthdays



July

William E.
Barbara P.
Hanji A.
Donald L.
Richard V.
Claude M.
Patty B.
Gail R.
Alma W.

August

Ann H.
Greta B.
Phyllis G.
Jean M.
Jean. B.
Margaret S.

Family Council

The third Tuesday of each month a Family Council is held. All family members are encouraged to participate in Family Council which provides an avenue for families to discuss issues that are important and establish new programs.

**July 17th &
August 21st**

3:00PM to 4:00PM

Support Group

Support Group is held the last Wednesday of the month. It is an avenue to meet other families who are on the same dementia journey.

**July 25th &
August 29th**

12:00pm to 1:00pm



Every Thursday @ 1:30pm



"The satisfaction which people find in their work gives them a grace and ease, like that which comes from music."

-Montessori Principle



**WALK TO
END
ALZHEIMER'S**



alzheimer's association™

Please join us for a
celebration of the Islands!



R.S.V.P by August 3rd
503-492-6942

Luau

Wednesday, August 8th, 2018

Hawaiian Lunch

In Cottages at 12:00pm

Luau Dancers

In Large Events Room Following Lunch



*A Note from the
Executive Director - Continued*

Research has provided evidence of decreases in responsive behaviors and increased levels of engagement and participation in activities when Montessori principles are implemented in long term care settings. Pacifica Senior Living is beginning to implement the Montessori principles into our Communities.

Montessori activities are planned in sequences, giving guidance and a programmatic perspective to their use. In addition, general principles of Montessori education guide the development of activities. Some of these include the following:

- Use real life materials that are aesthetically pleasing.
- Progress from the simple to the complex.
- Break down activities into component parts, and practice one component at a time.
- Match your speed of movement to the speed of participants when presenting activities.
- Use as little vocalization as possible when demonstrating activities.

(Continued)

Fitness Activities

Exercise
Stretch & Flex



Everyday
at 10:00am in the large
events room.

Spiritual Activities

Join us
every Sunday
at 3:00pm
for our
non-denominational
Worship service in the
large events room.



A Note from the Executive Director - Continued

- Have participants create something that can be used whenever possible.
 - Adapt the environment to the needs of the participants.
 - Whenever possible, let participants select the activities they will work with.
- Accommodate for vision problems associated with aging and dementia when using labels.

Dana Bando

Management Team

Dana Bando
Executive Director

Tami Staley
Resident Services Director

Tonya Crawford
Business Office Manager

William Flesher
Activities Director

Wendy Littlepage
Food & Beverage Director

Jonathan Warner
Community Relations Director

Tim Freeman
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!*



PACIFICA
SENIOR LIVING

PORTLAND
Memory Care

1808 S.E. 182nd Ave.

Portland, OR 97233

(503) 492-6942

www.pacificaseniorliving.com

Welcome Home!