



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 20<sup>th</sup> 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.

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# 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:



# Activities & Special Events



Matheius 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



Claude refills his cottage's squirrel house.



David and others get ready to assemble bird houses.

# Montessorí Moments



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

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

# **Birthdays**



#### <u>July</u>

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

#### <u>August</u>

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

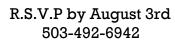


"The satisfaction which people find in their work gives them a grace and ease, like that which comes from music."

-Montessori Principle



Please join us for a celebration of the Islands!





Wednesday, August 8th, 2018

Hawaiian Lunch In Cottages at 12:00pm

# Luau Dancers

In Large Events Room Following Lunch





alzheimer's R association

#### 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.

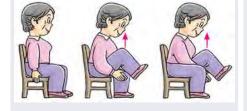
Montessori activities are planned in sequences, giving guidance and a programmatic perspective to their use. In addition, general principles of Montessori education guide the development of activities. Some of these include the following:

- 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.

## **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

(Continued)

### 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!





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Welcome Home!