

Pacifica Tidings


PACIFICA
SENIOR LIVING
PORTLAND
Memory Care

**September - October
2018**



A Note from the Executive Director

Creative Reality



Creative Reality simply means getting into a person's world, rather than trying to orientate the person to ours. An example of the use of this technique might be having a conversation with a person where they believe the time to be thirty or forty years prior to the actual date. Their recollection of the

event they may be describing can have great clarity and it is important the family, friend and/or caregiver understand the person's belief of the event being a current one. The caregiver needs to respectfully listen without interrupting or correcting the person's disorientation to time, place or person. In doing so the person is allowed to engage in what to them is meaningful conversation that usually brings pleasure in the moment. Using **Creative Reality** means the caregiver needs to understand that each episode or event the person communicates is an opportunity to make the most of that moment for the person by entering into their world, and validating their story with them.

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Who am I?

Arcelia Orozco



Arcelia has the longest tenure at Pacifica Senior Living Portland. She has been employed in the Housekeeping department since 1999.

She appreciates spending quality time with her 20 daughter and extended family. Arcelia enjoys watching T.V., walking her two dogs and cooking. We are proud to have her as part of our team.

Welcome to Our Community

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



Patricia N.
Thomas C
Raeanne L.
Alta E.
Maxine N.
Eva B.
Beryl R.

Barbara L.
Kenneth M.
Mary M.
Vandella J
Violet G.
Kimberly D
Robert S.

Activities & Special Events



Helen and her daughter are entertained by the Luau dancers.



Jo and her family celebrate Pacifica's annual Luau.



Matt and Walter all dressed up for the Luau festivities.

Barbara and family show excitement during the Luau celebration.



JOURNEYS

September 4th

Blue Lake Picnic

September 11th

Truffle Hunter Lunch

September 18th

Edgefield Adventure

Montessori Moments



Ann watering the thirsty tomato plants.



Betsy and Ted enjoy rock painting.

Walter and Jennifer experience the art finger painting.



Friends get together for some Step by Step canvas painting taught by Kat. All involved appreciate Memories in the Making.



JOURNEYS

October 9th

Big Al's Bowling

October 16th

Bob's Red Mill Luncheon

October 23rd

**Pumpkin Patch
Adventure**

Birthdays



September

Darryl L.
Mary N.
Marie G.
Mary Joan H.
Kathy S.
Ted G.
James k.
Glenn D.
Leo B.
Hyung L.
Patricia B.
Flora M.

October

Kimberly D.
Shirley H.
Donna C.
Drena M.
Veneda H.
Henry R.

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.

**September 18th &
October 16th**

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.

**September 26th &
October 24th***

12:00pm to 1:00pm

*Please note date change



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



Autumn comes with cooler weather. This is a good reminder to switch out your loved one's Summer clothes and replace with Fall/Winter clothes.



You're invited to Pacifica Senior Living Portland for

Trick-or-Treating

On Halloween Day, Wednesday

October 31st at 3:30pm to 4:30pm

Please dress up in your wonderful
Costume and bring your own candy bag.



*A Note from the
Executive Director - Continued*

This form of interaction brings to the person a sense of purpose and meaning in what normally could be a fragmented day.

Creative Reality does not impose upon caregivers the ethical dilemma of telling the memory impaired individual lies, which caregivers are often concerned with. It does allow the caregiver to creatively and with sensitivity soothe the often fears and worries the person may refer to in their daily communication with staff. An example might be the person who believes their parent is waiting for them and is showing signs of increasing anxiety of how they will reach that parent. Of course the caregiver knows the parent is long deceased. The caregiver would simply validate the person's feeling and offer the person assistance in solving the dilemma. This doesn't mean the caregiver needs to say "Your parent is home and will be here soon to get you" but the caregiver might say something like this, "Oh dear, I see this really has you worried. I know my parents would be concerned about this to. Why don't I get you something to drink and a snack, and then I will try to make a telephone call to find out some information for you".

(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

This simple case shows how the caregiver is able to enter the person's moment and offer the assistance the resident's needs to help calm her fears, without having to compromise ethical issues that might infringe on the caregivers personal beliefs.

Dana Bando



Management Team

Dana Bando
Executive Director

Tami Staley
Resident Services Director

Tonya Crawford
Business Office Manager

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!