

Pacifica Tidings


PACIFICA
SENIOR LIVING
BELLEAIR
Memory Care

**October
2018**



A Note from the Executive Director

Person-Directed Care (part 3):

In this last article, completing my series, I am hopeful that you have an understanding of our new approach to delivering person-directed care. The efforts we've discussed in previous articles may seem like small steps, yet when viewed through the lens of person-directed care, one is able to identify how these small steps enhance resident experiences and respect individual preferences. Of course, there's more to come! In her new role as Memory Care Director, Mel Coppola distinguishes and trains about the differences between activities and engagement. Activities are the events and field trips organized by Jen. Engagement is how the resi-

dents and care partners spend time together in their cottages, just like we all do in our own homes, with our family members and friends. When spending time with us, you will see engagement in action as care partners and Elders have more social exchanges. Whether it's sitting on the front porch having conversations, sharing a meal around the table with our residents, or taking the arm of an Elder and walking around our beautiful campus, look for the telltale signs of our culture change project as we strategically traverse the path to true person-directed care and enhance our residents' lives and well-being in their homes by taking the institution out of way Pacifica Belleair delivers care.

JOIN US.... ALZHEIMER'S WALK FOR A CURE

Hello everyone! It's that time of the year, when we unite as a team of fighters for the cause of curing Alzheimer's disease! At Pacifica we are a proud community of supporters that educate & advocate for those we love. Please join our team and walk with us and stand up for those who can no longer stand for themselves. To find our team and join or to donate, please go to: alz.org/walk...our team name is The Pacifica Pirates. Thanks for your support.

**Family
Referrals
mean
the
world
to
us!**

EVERYONE HAS A STORY

Making Connections



This is Paul's story of reconnecting with his wife, Juanita. When her dementia progressed to the point she did not recognize him, the only time he felt connected to her was when the guitarist came to entertain twice a month and played music for all the residents.

Many years ago, Juanita wrote a song called "Queen of the House," a spoof based on Roger Miller's 1965 hit song "King of the Road."

As a surprise to Paul, it was arranged that the guitarist would play her song, and it worked! She recognized the music, and the words, and Paul. And they connected with a dance to this old familiar song!

Everyone has a story, please share one of yours and we will share it with our residents and friends.

Here are the lyrics to "Queen of the House". You can hear them on YouTube!

(Sing to the tune to King of the Road)

*Up every day at six,
Bacon and eggs to fix.
Four kids from one to four,
Pretty soon there'll be one more.*

*I got old floors to wax and scrub
And there's a dirty old ring in the tub.
I'll get a maid some day but 'til then
I'm Queen of the House.*

*No time to fix my hair,
Need a new dress to wear.
Old clothes will have to do
'Cause the kids all need new shoes.*

*I got bridge club each Tuesday night,
He goes out with the boys and gets tight.
But when the evenin's through,
He comes home to the Queen of the House.*

*I know the milkman, the iceman,
They come every day.
They give me tips on the horses to play.
And when I got the time to spare, I sit and
wish that I'd picked a rich millionaire.*

*Oh, by Sundays I'm mighty glad
We send the kids to his mom and dad.
It's the day that makes me glad
I'm Queen of the House.*



Juanita and Paul, Valentine's Day, 2015

RE-FRAMING DEMENTIA

By Mel Coppola
Memory Care Director

Sometimes a diagnosis of dementia is accompanied with a finality, both for the individual receiving the diagnosis and for those who love them. In many cases, people are given a diagnosis and told to get their affairs in order (the underlying message is to go home and wait to die). In reality, however, people can live many years with this chronic condition. So it is up to us—all of us—to help fill those years with as much quality of life as possible.

Easy, right? Perhaps not, but it might not be as hard as we make it out to be either. Dr. G. Allen Power, author of *Dementia Beyond Drugs* and *Dementia Beyond Disease* says, “we need to change our minds about people whose minds have changed.” He offers us a new definition of dementia: **“Dementia is a shift in the way a person experiences the world around her/him.”**

What I love about this definition is that it is not focused on loss and decline and it helps us see the people who live here in a different light. There have been many experiences in my own life that have shifted the way I experience the world—it certainly happened when I fell in love; when I had each of my children; when my brother passed away, etc. I know this is true for each one of us and our individual experiences.

This is the kind of thinking that helps us break down the stigma of dementia because it connects rather than separates us. We are no longer “us” and “them”. We are all just “us” and experiencing the world differently.

This reframing of dementia and eldercare is the focus of a three-day training that our Leadership Team will be experiencing at the end of this month. We will be offering this same information in the form of workshops here at Pacifica Belleair for family members and other interested persons in the future.

OCTOBER BIRTHDAYS

Date	Resident	Cottage
20	Marion C	5
25	David D	5
31	Nora P	3



STAFF

1	Alyssa S.
3	Katie M.
3	Vanessa A
11	Christina S
16	Ralph H.
18	Voncile H.
22	Jason M

Spiritual Activities

Spiritual life in any stage of dementia can involve:

- Love, touch, music.
- Valuing the person.
- Reflecting the mood and tone of the individual.
- Being fully present.
- Being thankful for this person.
- Occasional coherent sentences such as “I’m still the same” and “Don’t go away.”
- For people of faith, having ready familiar hymns, prayers, scriptures and sacraments.
- And the things of earth will grow strangely dim...”

Taken from a presentation entitled *Spiritual Care of the Person with Dementia* by Janice Hicks at the Spirituality, Religion and Health Interest Group-Penn Medicine, January 3, 2018.



CARE PARTNER TOKENS OF LOVE! CONGRATULATIONS, ANNE!

Anne Duff has been a Care Partner with Pacifica Senior Living Belleair for close to 15 years! Watch her interact with the folks

in Cottage 2 and you’ll quickly see why she’s been here so long—she loves working with people living with dementia! Anne has a knack for building strong relationships with the folks in her care and it is evident in her deep knowledge of each person.

When Anne isn’t working, you’ll likely find her *shopping* or with one of her 3 daughters or 6 grandchildren—maybe cheering at one of her grandson’s football games. The newest addition to her family is her precious granddaughter, Evelyn Monroe, born about a month ago. If you haven’t met Anne, please stop by Cottage 2. She’s a special person and we are thrilled that she’s here with us!

**Care partners earn these tokens of appreciation or “gold coins” by actively engaging with the residents while in the cottages.*



Management Team

Executive Director

Rebecca Weitzel

Resident Care Director

Lorraine Coronato

Memory Care Director

Mel Coppola

Business Office Manager

Christina Savoia

Community Relations Director

Kathleen Nishimura

Activities Director

Jennifer Berry

Maintenance Director

Michael Knappenberger

Food Services Director

Michael Williams



*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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Welcome Home!