

Pacifica Tidings



ST. ANDREWS
SENIOR LIVING

Memory Care

October 2018



A Note from the Executive Director

Dear family and friends,

The leaves are turning brilliant colors as we slip into autumn!

St. Andrews was honored to participate in The Walk to End Alzheimer's on August 26th. It is a privilege for us to be a part of the solution to fight for a cure and to ensure that future generations can be free of this disease.

It was a lovely summer day, and it was incredible to come together with so many individuals, families and friends who have been affected by this disease. With all of our help, The Alzheimer's Association can continue research which will find a cure. I'm proud that all of the Pacifica communities came together with the Portland area to raise funds for this amazing organization.

Thank you,

Krystal Bryan
Executive Director

Who am I?



Welcome to Our Community

**Judy
Inez
Karen
Noolim
Lorie
Jean
Floyd**

We're so happy that you're
here!

Activities & Special Events

Family Appreciation Celebration

**Friday
October 19th
3:00 pm**

**St. Andrews appreciates all the families who have entrusted their loved one to our care -
We're having a celebration to honor all of our resident's and their families!**

Please join us for hors d'oeuvres, sparkling juices, wine and more!

RSVP to 503-257-7946

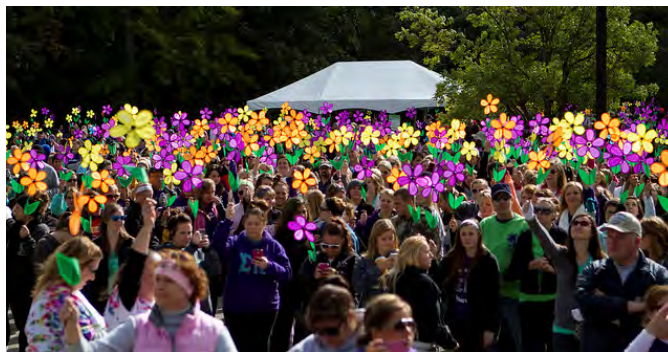
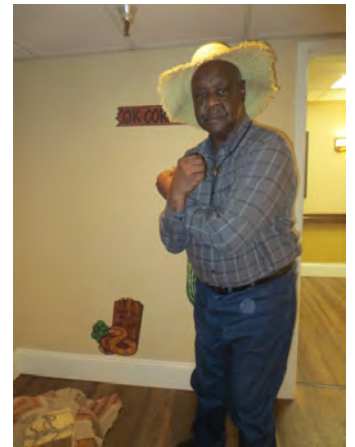
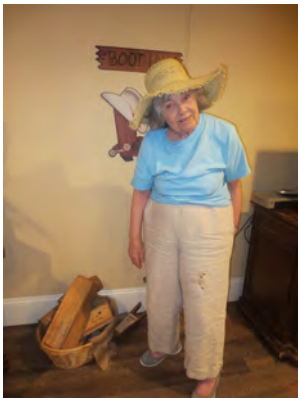
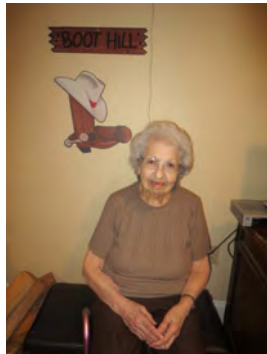
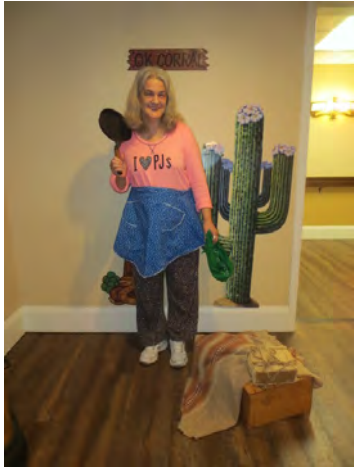
**Join us for our annual
Halloween party followed by local children trick or treating!
October 31st**

**Party at 2:00 pm
Trick or treaters from 3:00 - 5:00**

Dress up in your favorite non-scary costume and join us for Halloween treats and games, followed by children in costume trick- or-treating!

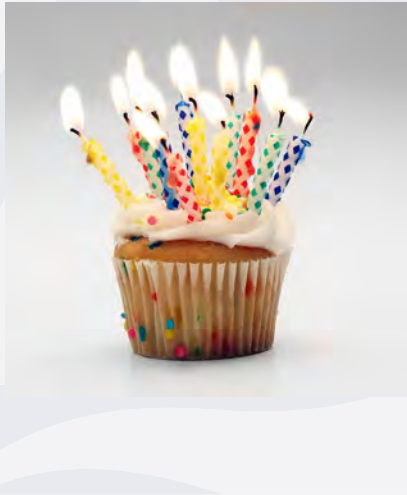
Memorable Moments

Western Hoedown
and The Walk to End Alzheimer's 2018



Birthdays

Hong 10/5
Wilma 10/14
Del 10/17
Leonard 10/20
Alodia 10/22
Gwen 10/20



Next month is November, and we're gearing up for the holidays!

Families are invited to join us for Thanksgiving dinner on November 22nd, 2018. Our family dinner will be served between 12:00 and 1:00 pm.

You may make reservations by calling our front desk.

We'll also be celebrating Veteran's Day to honor the men and women who have served our country. We'll have more information soon!

A Note from the Activities Director

St. Andrews is hosting a Family Appreciation celebration on October 19th at 3:00 pm. We are honoring all of our families and friends who have entrusted their loved one to our care. We will be serving hors d'oeuvres, sparkling cider and wine. Please join us!

RSVP 503-257-7946

We also would love to see you at our monthly Family Support Meeting. Each month our families meet with me and each other to offer support, share resources and problem-solve. I can also bring speakers in to discuss services that may be beneficial. As you see in the text box to the right, our meetings are held on the second Thursday of the month at 10:30; and continues for about an hour. We meet in our beautiful chapel on the second floor. If this time is inconvenient for many of you, let me know and I can find a better day and time. I look forward to seeing you!

*Thank you,
Kim Whipkey
Activities Director*

Family Support Meeting

Join me in this monthly opportunity for family members to offer support to each other in their journey with their loved one.

Date: Thursday October 11

Time: 10:30 a.m.

Place: Chapel

RSVP to Kim (503) 257-7946

Health & Fitness by

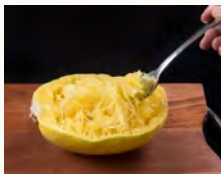
Change is in the air, the fall breeze brings the smell of pumpkin spice and apple cider. Some may love this time of year of new and old coming together, though some of us maybe sad to see summer's end. Either way a little comfort will go a long way.

What better way to feel that comfort then through food! However, being a bear in hibernation isn't always the best plan .. Here are a few ideas on how to get that comfort in a healthy way so you can enjoy the fall season.

My family and I love to make acorn squash. With a touch of butter and a dash of brown sugar, you still get sweetness but the dish is a healthy one.



Another favorite is spaghetti squash. Once cooked you can take a fork to it and scrape out the insides. The result? Squash noodles! Add some seasoning or a sauce for a delicious meal.



Homemade apple sauce is a great way to bring the family together as well as having something healthy and satisfying. Having the kids help grandma and grandpa peel and dice the apples is a good time for stories. Once placed in the pot and cooked you all can continue those life stories over a sweet treat.



There are lots of ideas that can be healthy and delicious. Each generation has their own favorites, and it's fun to share them! Enjoy!

Fitness Activities

Tone It Up

Move for strength and circulation. Tuesdays

Move to the Music

Dance for mood and coordination. Wednesdays

Sit and be Fit

Slow stretching exercises
Thursdays

Exercise Ball Toss

Fridays

Walks Outside

Every morning and afternoon in the courtyard; weather permitting

Spiritual Activities

Worship Music

Every Thursday
at 10:30am

Spiritual Music

Most Sundays
9:30 am

Holy Communion

August 1st
at 9:30 am

Rosary

The 2nd Monday
at 10:30 am

Catholic Mass

The 4th Friday
at 11:00pm

Who Am I?

My name is Gina, and I am originally from China. I can speak several dialects of Chinese and can also speak some Russian and French.

I worked at Portland State as an executive assistant and also worked part time giving civil the service exam. I have 2 children, a son and a daughter. Besides traveling in Asia, I have also traveled to England and Scotland.

I have always enjoyed knitting, crocheting and reading. I love walks outside in good weather, doing word searches, crossword puzzles and jigsaw puzzles. My favorite color is blue, and I really like listening to jazz.

Management Team

Krystal Bryan

Executive Director

Kayla Knight

Assistant Executive Director

Laurie Seaberg

Business Office Manager

Michelle Filimon

Marketing Director

Kim Whipkey

Activity Director

Bryan Phillips

Food Services Director

Keegan Mongeau

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!*



ST. ANDREWS
SENIOR LIVING

Memory Care

7617 SE Main Street

Portland, OR 97215

(503) 257-7946

License # 1917461573

www.pacificaseniorliving.com

Welcome Home!