

Pacifica Tidings


PACIFICA
SENIOR LIVING
PORTLAND
Memory Care

**November
& December 2018**



A Note from the Executive Director



The holidays are often filled with opportunities for togetherness, sharing, laughter and memories. But they can also bring stress, disappointment and sadness. A person living with Alzheimer's may feel a special sense of loss during the holidays because of the changes he or she has experienced. At the same time, families may feel overwhelmed maintaining traditions. In the early stage, a person with Alzheimer's may experience minor changes.

Some may withdraw and be less comfortable socializing, while others may relish seeing family and friend as before. The key is to check in with each other and discuss options. A simple "How are you doing?" or "How are you coping with everything?" may be appreciated. Plan the holidays together, focusing on things that bring happiness and letting go of activities that seem overwhelming or stressful. As the disease progresses into the middle and late stages, consider rethinking your holiday plans. Everyone is unique and finding a plan that works can involve trial and error. The following tips may help you make the holidays easier and happier occasions:

Happy Holidays to you!

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Who am I?



Kat Long

Kat has been an Activity Assistant here at Pacifica Senior Living Portland for one year. She has been working in the medical field for 18 years starting as a Certified Nursing Assistant. Kat has two children, a 16 year old son and a 8 year old daughter. Kat enjoys singing, dancing, dressing up in costumes, decorating cakes and loves painting.

Welcome to Our Community

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

Welcome

Patricia B.	Jean B.
Nancy F.	Fred B.
Donald J.	Linda M.
Agnes P.	Delores C.
Jean B.	Heide O.
Vera D.	Raelene D.
David J.	Joyce P.

Activities & Special Events



Penny takes pleasure bowling at Big Al's Bowling.



Debra hides her painted rock at Gresham City Park. Portland Senior Living Portland participates with Gresham "Rock".



Barbara paints Pottery Fun at Cerami Café.

JOURNEYS

November 6th	November 13th	November 27
Giuseppe's Lunch	Pottery Fun	Grotto Lights

Montessori Moments



Betty appreciates her beautiful garden.



Claude and Mary bake apple pies.

A special thank you to the Cole family for sharing your tradition with us.



Apple pie makes everybody happy.

JOURNEYS

December 4th

Breakfast Club

December 11th

Winter Wonderland

December 20th

**Mary Poppins @
Children Theater**

Birthdays



November

Mary C.
Elta H.
Beverly B.
Fred B.
Shirley L.
Florence H.
Betty S.
Barbara L.
Clemens S.
Della H.
Walter B.
Delores C

December

Hazel M.
Eve B.
Vera D.
Rod H.
Clarice Y.
Bill F.
Mary C.
Zelpha H.

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.

**November 20th &
December 18th**

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.

**November 28th &
December 19th***

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



***Pacifica Senior Living Portland
Invites you to our annual Resident
Holiday party on December 19th
2:00pm to 3:30pm***



***There will be Caroling,
Games and Snacks in each
cottage.***

***Santa will be making an
appearance with a gift for
each resident!***

Please R.S.V.P. by Dec. 14th

Dear Family Members and Friends,

IT IS A SPECIAL TIME OF YEAR! Around this time each year, family members and friends often ask how they can show appreciation to the dedicated and hard-working staff members who help care for their loved ones. Through our Resident/Family Appreciation Program, you can make a cash donation that will be shared by the entire hourly staff. This unique program allows staff members to be rewarded for a job well done and still comply with our "no tipping, no gratuity" policy. Donations for this program are entirely voluntary and are accepted throughout the year. Best of all, 100% of the donations for staff go into a special account, so the money will go directly to the people who make the biggest positive impact on your loved one. It's a wonderful gift, all made possible by you. On December 13th of this year, these gifts will be share with staff.

Family members have repeatedly told us the Resident/Family Appreciation Program is a meaningful and easy way to give a special "thank you" to the employees who work so hard for their loved one every day. If you would like to make a cash donation, please contact myself or Tonya Crawford, Business Office Manager.

For those of you who would like to be present in your loved one's cottage during our Employee Holiday Party on December 14th from 5:30pm – 8:30pm, it would be greatly appreciated. We will have limited staff in cottages during this special occasion.

Happy Holiday!!

***A Note from the
Executive Director - Continued***

Adjust Expectations.

- Give yourself permission to do only what you can reasonable manage.
- Familiarize others with your situation by writing a letter or email such as *“Please understand that ___ may not remember who you are and may confuse you with someone else. Please don’t feel offended by this. He/she appreciates your being with us and so do we. A warm smile and a gentle touch will be appreciated more than you know.”*

Involve the person living with Alzheimer’s.

- Involve the person in safe, manageable holiday preparation activities that he or she enjoys.
- Maintain the person’s normal routine as much as possible, so that holiday preparations don’t become disruptive or confusing.
- Build on traditions and memories. Your family member may find comfort in singing holiday songs, but you may also experiment with new traditions that might be less stressful or a better fit such as watching seasonal movies.

Adapt gift giving.

- Provide people with suggestions for useful and enjoyable gifts for the person such as comfortable, easy to remove clothing; CDs of favorite music; photo albums of family and friends; or favorite treats.

(Continued)

November is National Alzheimer’s Disease Awareness Month.

The following are the 2018 Facts and Figures:

- Alzheimer’s disease is the only cause of death in the top 10 in America that cannot be prevented, cured or slowed.
- 1 in 3 seniors dies with Alzheimer’s or another dementia. It kills more than breast cancer or prostate cancer combined.
- Alzheimer’s disease is the 6th leading cause of death in the United States.
- Every 65 seconds someone in the United States develops the disease.
- 5.7 million Americans are living with Alzheimer’s. By 2050, this number is projected to rise to nearly 14 million.
- In 2018, Alzheimer’s and other dementias will cost the nation \$277 BILLION/ By 2050, these costs could rise as high as \$1.1 TRILLION. Between 2000 and 2015 deaths from heart disease have decreased while deaths from Alzheimer’s disease have increased 123%.

*information provided by the Alzheimer’s Association.

Spiritual Activities

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

**Exercise
Stretch & Flex**

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

A Note from the Executive Director - Continued

- Depending on his or her abilities and preferences, involve the person in gift giving. For example, someone who enjoyed baking may enjoy helping to make cookies and pack them in tins or boxes. Or you may want to buy the gift so that the person can wrap it.
- If friends or family members ask you what you’d like for a gift, you may want to suggest a visit with your family member.

Try to be flexible.

- Celebrate over lunch or brunch, rather than an evening meal, so you can work around the evening confusion, or sundowning.
- Consider keeping rooms bright during holiday get-togethers.

*Information provided by the Alzheimer’s Association

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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PORTLAND
Memory Care

1808 S.E. 182nd Ave.

Portland, OR 97233

(503) 492-6942

www.pacificaseniorliving.com

Welcome Home!