

Pacifica Tidings



ST. ANDREWS
SENIOR LIVING

Memory Care

January 2019



A Note from the Executive Director

Happy New Year!

I hope everyone is having a wonderful holiday season. 2019 promises to be a great year at St. Andrews.

I'm excited to welcome "Puzzle Time", a program that was created in New York. They have chosen St. Andrews as their first project in Portland! This successful program offers our residents a chance to enjoy doing puzzles with children. These amazing kids are trained in working with seniors with dementia. The children enjoy the chance to have fun doing puzzles while meeting a new friend.

We're excited to have our first Puzzle Time on January 20th at 10:00 a.m. Please join us for this new activity!

Warmest Regards,

Krystal Bryan

Executive Director

Who am I?



Welcome to Our Community

Jose

Boyd

Marcel

Jill

Thomas

Pauline

**We're so glad you're
here!**

Activities & Special Events

Concerts, concerts, concerts!

In December we welcomed a number of groups, including a capella singers, a men's harmony group, carolers, and children's recitals.



Memorable Moments



Birthdays

In January
Happy birthday!

Beverly	1/05
Juanita	1/07
Gerri Lee	1/16
Sheila	1/19
Marcella	1/27
Pauline	1/27



Rainy Day Tea Party

Wednesday January 16th
@ 2:30 pm
1st Floor

Please join us for tea served in china cups

A Note from the Activities Director

Dear family and friends,

2018 was a great year for the Activities Department. We implemented several new activities including "Zita" the therapy dog as well as welcoming a new piano player named Leilti. Our favorite guitar player Will Spillette is now performing monthly, so we don't have to wait for a holiday to enjoy his show!

As Krystal mentioned, we're also welcoming a new activity called "Puzzle Time", where children come to visit and to do puzzles with our residents.

Wishing you a safe and Happy New Year!

Sincerely,

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 January 10th
Time: 10:30 a.m.
Place: Chapel

RSVP to Kim (503) 257-7946

Please let me know whether another day/time works better for you and I can change it!

Health & Fitness by

Activities Department

Helping your children or grandchildren cope:

Dementia can be confusing and frightening for families, even more so for children.

What you can do to help the children in your life:

- Talk openly about the changes your family is experiencing because of this disease.
- Identify their emotional needs.
- Find ways to support them, such as meeting with a counselor specializing in treating families dealing with a chronic illness.
- Notify school social workers and teachers about your situation. Give them information about the disease. You can direct them to alz.org or give them educational brochures from your local Alzheimer's Association chapter.
- Don't pull away. Try to find activities you can still enjoy together with your loved one, such as a walk or a simple game.
- Make it OK to laugh. Finding humor in life is a life-long coping strategy. Sometimes humor lightens the mood and makes coping easier.

Fitness Activities

Tone It Up

Move for strength and circulation.

Move to the Music

Dance for mood and coordination.

Sit and be Fit

Slow stretching exercises

Exercise Ball Toss

Walks Outside

Every morning and afternoon in the courtyard; weather permitting

Spiritual Activities

Spiritual Music

Most Sundays
9:30 am

Holy Communion

The first Thursday on each floor
at 9:30 am

Rosary

The 2nd Monday in the chapel
at 10:30 am

Catholic Mass

The 4th Friday in the chapel
at 11:00pm

**Who am I?
Continued from page one:**

**Queen Elizabeth
Born April 21, 1926**



Management Team

Krystal Bryan

Executive Director

Kayla Knight

Assistant Executive Director

Laurie Seaberg

Business Office Manager

Bailey

Marketing Director

Kim Whipkey

Activities Director

Bryan Phillips

Food Services Director

Stephen Brown

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

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Portland, OR 97215

(503) 257-7946

License # 1917461573

www.pacificaseniorliving.com

Welcome Home!