



PACIFICA SENIOR  
LIVING  
1775 Hancock Street,  
Suite 200, San Diego,  
CA 92110

**AUGUST 2022**



## HEALTH | FITNESS

### 6 Tips for Visiting Residents with Dementia or Memory Conditions

Interacting with individuals with later stage dementia or Alzheimer's Disease can have its hurdles. Here are some tips for making the most out of your visit, and ensuring the best possible experience for you both.

#### 1. Plan Ahead

Talk to caregivers and staff about the best time of day to visit - they may suggest you attend during a certain activity, or help you avoid interrupting programming. Visiting in the late morning or early afternoon is ideal.

#### 2. Short Visits

Short visits provide the opportunity to make meaningful connections without overtasking anyone.

#### 3. Be Flexible

Adjust to your loved one's needs, and not the other way around. Adjusting your communication style and conversation topics to best suit your loved one's needs will help you both feel more at ease.

#### 4. Listen

Simply listening to them, and allowing them to share with you will help you both communicate more easily.

#### 5. Try an Activity

Engage in an activity or experience together. The activity should be fun, carefree, and without stress, so that those participating can feel good and build self-esteem.

#### 6. Connect Through Eye Contact and Touch

In later stages of memory loss, verbal communication may be lost. This does not mean that you can't have meaningful visits with loved ones. Focusing on touch, and visual cues can be great aids.

With patience, kindness, and some of these tips, you can help have calmer, more meaningful visits between you and your loved one.

## ACTIVITIES | SPECIAL EVENTS

### This is what we are celebrating this month.

*Our communities are designed to help our residents live well – surrounded by continuous events and activities. Many residents and their families participate in Pacifica events. Every month there are things to do to keep seniors involved and active.*

### August is here.

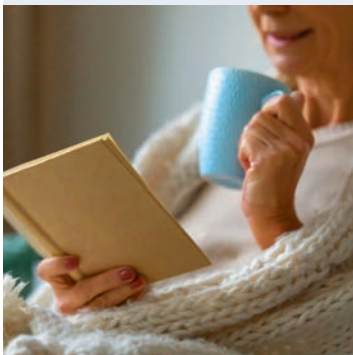
The month of August is a quiet time of year. It's a time to relax before the school year starts. But, there are plenty of days to celebrate time with your pets or summertime cuisine.

The name of the month was originally a Latin word, Sextilis. During the early Medieval period, the month was renamed to August in honor of Augustus Caesar, the first Roman emperor.



#### National Watermelon Day

National Watermelon Day on **August 3rd** is all about celebrating this tasty and delicious fruit. Watermelon is a fruit that is enjoyed all around the world. Not only does it taste delicious, but it offers a lot of nutritional benefits as well. Did you know that watermelon is 92 percent water?



#### National Book Lovers Day

In honor of National Book Lovers Day **August 9**, we put away our smartphones, pull out a good book and simply read. (Well, an audiobook will suffice too.) From clay tablets to today's eBooks, literature has played a crucial role in preserving cultures, educating the masses, and storytelling.

## ACTIVITY

## RECIPE



### Pan-Roasted Pork Medallions with Madeira Sauce

Elegant enough for a dinner party, easy enough for every night of the week. *Pork Medallions in Madeira Sauce* is actually very simple to prepare. Pan roasted pork tenderloin medallions simmer in a buttery mushroom Madeira sauce until tender.

#### Ingredients

- 2 tablespoons of extra-virgin olive oil
- 1 tablespoon of thyme leaves
- 2 teaspoons of minced garlic
- Four 1-inch-thick pork loins (4 ounces each)
- 6 small cremini mushrooms – sliced
- 3 tablespoons of unsalted butter
- 3/4 of a cup of Madeira
- 1/4 cup of brandy
- 1 cup of chicken stock or canned low-sodium broth
- Salt and freshly ground pepper

#### Directions

**Step 1.** Combine the oil, thyme, and garlic on a large plate. Add the pork medallions and turn to coat in the seasoned oil. Let stand at room temperature for 2 hours.

**Step 2.** Meanwhile, wash and slice the cremini mushrooms. Drain, rinse under running water and pat dry.

**Step 3.** With the skillet on high heat, add the Madeira and brandy and cook until reduced by half. Add the mushrooms and chicken stock and cook until the stock is reduced by half, about 7 minutes.

**Step 4.** Preheat the oven to 375°. Heat a large ovenproof skillet until almost smoking. Season the pork medallions with salt and pepper and cook over moderately high heat until deep golden and crusty, 4 to 5 minutes. Turn the pork chops, transfer the skillet to the oven and roast the pork for about 6 minutes, or until cooked through. Transfer to a platter.

**Step 5.** Set the skillet over high heat. Add the mushrooms and sauce and cook, scraping up any browned bits, until slightly reduced, about 2 minutes. Stir in the remaining 2 tablespoons of butter and season with salt and pepper. Set the pork medallions on 4 large plates, spoon the sauce and garnish with the mushrooms.



### Monthly Calendar

Pacifica publishes a current calendar of events. Activities and events are presented so residents know what to expect.

- A wealth of classes and activities are offered to learn, create, and make friends.

## **PACIFICA SENIOR LIVING**

### THE PACIFICA MISSION

Pacifica Senior Living strives to create a lifestyle of independence and peace of mind for each Individual and their family. We do what we love and what we truly believe in – providing personalized, compassionate care services with dignity and respect. Our dedicated, professional team supports each resident and goes above and beyond to help them feel at home.

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[www.pacificaseniorliving.com](http://www.pacificaseniorliving.com)

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