

Pacifica Tidings



January 2020



A Note from the Executive Director

Dear families and friends,

I understand that the last year has been a difficult one, and knowing what is happening at St. Andrews has been a concern and on your minds. I want to relieve as many of your concerns as possible. There for, I am going to be sending out a weekly email update. This update will address any Covid information for the community; as well as what we are doing here at St. Andrews with the residents.

I enjoy being here at St. Andrews with your loved ones, and keeping you connected with their care is very important to me. I have been working on obtaining all of your email addresses. If you would like to join the email list or have, any questions please feel free to email me at ed.standrews@pacificaseniorliving.com.

Here is to making 2021 the best year yet at St. Andrews!

Warmest Regards,

Kayla Knight
Executive Director

Who am I? Hint:
Blue Suede shoes



Welcome to Our Community

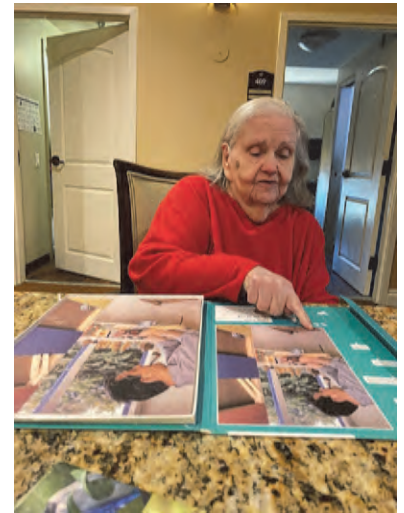
Our new front line hero's

Hannah
Amy
Gisselle
Stephanie
Cherie
Printha
Ricardo
Christina
Samantha
Michelle
Anthony

Activities & Special Events



Memorable Moments



Birthdays

Happy Birthday!

Inez 1/2
Cecilia 1/3
Beverly 1/5
Joann 1/15
Betty 1/30
Mollie 1/31
Joan 1/31



Wishing
you PEACE
LOVE and
LAUGHTER
in the NEW YEAR

A Note from the Activities Director

Dear Families and friends,

Thank you, for all of your support during the challenges of 2020 it has meant a great deal to your loved ones as well as the staff.

It is an honor and a privilege to be here with your loved ones. We are looking forward to a bright and positive 2021 at St. Andrews.

If you would like to keep up with some of our daily activities we try to post to Facebook daily. Please go to our Facebook page at ST. Andrews Memory Care and check out what we are up to

Lynn Poydras,
Activities Director

Family Support Group

Due to current health restrictions,
the Family Support Group is
canceled until further
notice.

Stay safe and healthy!

Lynn Poydras

ad.standrews@pacificaseniorliving.com

Health & Fitness by Activities Department

Benefits of reminisce for residents with Alzheimer's and Dementia:

1. Preserves Family History
Seniors who recount past experiences can pass on valuable memories for future generations.
2. Helps Improve Their Quality of Life
After remembering happy memories, seniors are often brighter and smile more.
3. Reduces Symptoms of Depression
When seniors are busy sharing their accomplishments, it distracts them from worrying about their medical conditions
4. Promotes Physical Health
seniors who reminisce show lowered blood pressure and heart rates
5. Works Through Unresolved Conflicts
Looking back on old conflicts in their lives can help seniors find closure
6. Eliminates Boredom
Talking about the past can offer relief, especially for seniors who are less mobile or live in a nursing home
7. Improves Communication Skills
As your loved one shares their past, it increases their ability to communicate.
8. Reduces Stress
When seniors share their past with someone, it can reduce their stress levels.
9. Enhances Self-Esteem
Reminiscing helps your loved one cope with growing older as they recreate their life's meaning by being connected to the past.

5 reminisce activities to do with residents:

1. Flip through old photo albums
2. Reference their favorite movies
3. Relive holiday traditions
4. Play music that is special to them
5. Use objects to reminisce

Fitness Activities

Tone It Up

Move for strength and circulation.

Exercise wheel

Dance for mood and coordination.

Sit and be Fit

Slow stretching exercises

Exercise Ball Toss

Walks Outside

Daily in the courtyard; weather permitting

Spiritual Activities

Spiritual Music

Most Sundays

Non-Denominational Spiritual Readings Weekly

Rosary

Canceled

Catholic Mass

Canceled

Spiritual services will be reinstated when the current restrictions are lifted

**Who am I?
Continued from page one:
Happy Birthday
Elvis Presley
January 8, 1935**



Management Team

Kayla Knight

Executive Director

Stephaine Barrett LPN

Dana Block RN

Kelley Gravelle

Community Relations Director

Kelly Fryer

Business Office Manager

Lynn Poydras

Activities Director

Bryan Phillips

Food Services Director

Justin Melcher

Environmental Service's 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!