A Note from the Executive Director

I can’t believe a year has pass by since I walked in as the new Executive Director. I would like to welcome back Tamara Oates to our nursing staff. And please be mindful of our inclement weather and dress our residents appropriately when taking them out of the building.

Ann Rubino

Who am I?

Welcome to Our Community

The residents and staff send a warm welcome to our new residents

Jo Anne Fowler
Demil Asic

Answer page 7
Activities & Special Events

Harvest Tea Party

Date: Wednesday, Oct 26th
Time: 2:00pm

Place: 1st floor dining room
Entertainment: Will Spillette on Guitar

Please join us for tea and cookies as we celebrate the coming of fall

Please RSVP 503-257-7946

Oktoberfest Party
Memorable Moments

Portland Nursery
Birthdays

October

Hong N
Del K
Leonard P
Mitzi D
Alodia C
Eleanor G
Margaret W
Carol P

A Note from the Activities Director

Our Activities assistant Janet will be leaving us after 3 years here at St Andrews. She is moving on to a new adventure. We will truly miss her and we wish her the very best.

Sue and Tara

Come all ghost and goblins
You are invited to
Halloween Happy Hour

Monday Oct 31st
At the bewitching hour of 2:00 pm
In the first floor dining room

Please RSVP and Wear your Costumes
503 257-7946

Family Meeting and Dinner Social

Date: Tues: Oct 18,2016
Dinner: 5:30
Meeting: 6:00

Place: Conference Room

RSVP Sue (503) 257-7946
# Health & Fitness

## Make Time for a Better Brain

We all know those people who swear that doing something like crossword puzzles, Sudoku or Seek and Finds helps their memory. Turns out, they might be on to something. Your brain, like other muscles, works better when exercised. But mental exercise alone will not improve brain power. Exercising your body is just as important as exercising your brain. When you take a brisk walk or play Balloon Toss you’re not only doing something positive for your bones, muscles and heart —

Your brain reaps the benefits too. Physical activity improves blood flow to the brain, which can increase the size of the hippocampus the part of brain involved in learning and memory. Some studies show aerobic exercise can stimulate the growth of new brain cells, while mental activities like learning new skills or games increase neural pathways in the brain. Doing both mind and body exercises helps ensure good brain function in people of all ages. Keeping your brain in tip top shape doesn’t have to take a lot of time. Get involved in our Mental aerobics and help your brain.

## Fitness Activities

- **Stretch and Reach**
  Stretch and breathe for range of motion and balance. Mondays.

- **Tone It Up**
  Move for strength and circulation. Tuesdays.

- **Move to the Music**
  Dance for mood and coordination. Wednesdays.

- **Sit and be Fit**
  Chair Exercise Thursdays.

- **Walks Outside**
  Every morning and afternoon in the courtyard.

## Spiritual Activities

- **Bible Study**
  Every Tuesday at 10:45am

- **Worship Music**
  Most Saturdays at 2:00pm

- **Holy Communion**
  The 1st Monday at 10:00am

- **Rosary & Communion**
  The 2nd Monday at 10:30am

- **Catholic Mass**
  The 4th Tuesday at 2:00pm

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## Who Am I

My name is Dorothy Chambers. I was born in Clifton Texas and grew up in Springfield Oregon. I was a Business Machine Operator and a Cleaning lady. I have traveled to New York, Mexico and Tahiti. I enjoy watching TV, talking to people taking long walks outside and sitting in the sun. I enjoy drinking a good cup of hot coffee.
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!