

Management Team

Jeff Duncan
Executive Director

Tabitha Ingermann
Community Relations
Directors

Alicia Davis
Business Office/ HR Manager

Melissa Mealer
Activities Director

Cecil White
Food Service Director

Chad Schlossman
Maintenance Director

Sandy Cella
Resident Care 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!*



A Pacifica Senior Living Community

1001 Mar Walt Drive
Fort Walton Beach, Florida 32547
Phone 850 863 5174
www.meridianatwestwood.com

Welcome Home!

Pacifica Tidings



**March
2018**



A Note from our Executive Director

Happy March Everyone!

Spring is almost here and I for one am ready! Grass is turning green again and the weather is warming up. We also get that extra sunlight starting March 11th, so mark your calendar to move your clock ahead on the 11th. In addition, we also have St. Patrick's Day to look forward to so get ready because it is a busy month.

CONSTRUCTION UPDATE! We are steadily on a path to completion. The Lobby and Memory Care have all began and hopefully should be finished by end of April. We will also be having new automatic doors delivered soon for the temporary entrance beside my office. They will remain even after the construction which will add another exit way. Of course as I have said in the past, it may get a little hectic now and then so any patience will be really appreciated by all. Always remember, if you have any questions or concerns please make them know to me or anyone else in the management staff and we will do our best to ease your concern or answer your question.

I want to finish by letting each and every one of you know that I am thankful for you having me as your Executive Director and for making each of my days here bright and joyful.

You're Executive Director,
Jeff Duncan



Activities & Special Events



Upcoming Events:

Choctaw Bleacher Bunch Club

Baseball Games for March
 03/02/18 @ 6:00pm
 03/09/18 @ 6:30pm
 03/18/18 @ 6:00pm

Irish Dancers

Will perform in the Atrium
 3/10/18, Saturday @ 1:30

Saturday, March 17th
**Shalimar Baptist Church
 Youth Group**
 10:00 - 12:00pm

Coffee Shop

New Hours:

Monday-Saturday
 9:00 a.m.—11:00 a.m.

**“New” Coffee club
 meets on
 Wednesday at 9:30am**

~If you would like to
 volunteer in the coffee
 shop, Sign-up in the
 Activity Office Or
 contact Norma Breidinger.

Fitness Activities

Days and times:

Mon. Tues. Wed. Thurs. Fri.
“Let’s Be Fit” 9:30 am in the
 Atrium.

Tuesday’s
 8:00 **“Tai Chi”** in Atrium



Spiritual Activities

Sunday
 8:45 am Christian Worship &
 Communion: MR
 10:00 am Christian
 Worship: CH

First Monday of Each Month at
 1:30 p.m. with Rev. Schuler
 First Presbyterian Church FWB
 Communion

Tuesday
 9:00 a.m. Chapel
 St. Mary’s Rosary and Communion

10:30 am Men’s Fellowship: CH

Wednesday
 11 am Month Methodist commun-
 ion in the Chapel

Thursday
 9:30 Episcopal Service: CH

Saturday
 10:30 Gospel Sing-a- Long : MR



Patricia Rhodes	03/09
Ingeborg Grooms	03/19
Benjamin Neff	03/29
Lydia Leavitt	03/17
Mike McKee	03/12
Jeanne Williams	03/24
Patricia Garrison	03/26
Ann Gricius	03/30
Sara Long	03/21



Resident Birthday Luncheon
Tuesday March 6th
11:45 in the Windjammer.



MARCH
 MOTIVATION
 MOVEMENT
 MINDFULNESS
 MAXIMIZE
 MOMENTUM
 MADNESS



Letter From Resident President....

The best thing about March—for me, anyway— is the beginning of Daylight Saving Time on the 11th. Set your clocks ahead one hour before going to bed Saturday morning. The old saying 'spring forward, fall back" helps me remember what to do.

St. Patrick's Day is on the 17th and we can all be Irish for one day!

Spring begins on March 20th and I love seeing the beautiful azaleas blooming. Weather can sometimes be good, sometimes bad but that's Florida and we can hope for the best.

The end of the month brings Palm Sunday on the 25th, Good Friday—and the beginning of Passover—on the 30thand Easter Sunday on April 1st.

Our Regular monthly resident association meeting will be on Wednesday, March 21st, 9:15am in the Magnolia Room. Please try to attend...It's the best way to find out what's going on at Westwood.

Two quotations from March Twain:

"I can live for two months on a good compliment."
"Age is an issue of mind over matter. If you don't mind, it doesn't matter."

Jane Strickland
Association President

A Note from the Activities Director

The Meridian at Westwood annual Mardi Gras party was a success with great music and delicious food that was prepared by our staff!

Spring is almost here , so that means getting outdoors for some sunshine and fresh air. So why not come out to a baseball game with The Bleacher Bunch or take time to go out to the Gazebo.

Again, thank you for participating in the monthly events planned . Keep your eyes open to the calendar for added events.

Thank you,
Melissa Mealer
Activities Director



Shirley Simmons
Karl Woodard
Sue Kother
Lamar and Alma Garrett
James and Marie Watson
Jack and Florence Arthur

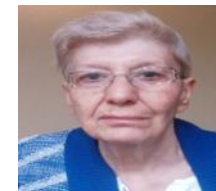
Welcome to our Community



Shirley Simmons was born in Hebron, Nebraska and grew up in Alexandria. She earned a BS from the University of Nebraska and also graduated from medical school there. She worked in Omaha and Oakland, Nebraska; later became a physician in the USAF. An assignment at Hurlburt introduced Shirley to this area, and after leaving the USAF, she established a medical practice in Navarre. She has one son who lives in Lincoln, Nebraska. Shirley has many interests: reading, computers, exercising, scrabble, mahjong, cards concerts and football games.



Karl Woodard is originally from New York, Karl has also lived in Oregon, Michigan and California. He was in Missile Maintenance with the USAF and traveled the US extensively. Karl and Genevieve met and married in Portland, Oregon. They have 3 children all living in the area, 6 grandchildren and 1 great grandchild. Karl is interested in Soduku, bead and leather craft, carpentry, playing cards, exercise computer and TV.



Sue Kother was born and raised in Ismir, Turkey. She met and married her husband when he was stationed in Turkey with the USAF. Her daughter and son-in-law live in FWB, her son and daughter-in-law live in New Mexico. Sue has 2 grandchildren and 2 great grandchildren. Sue likes reading religious book, working word puzzles, bowling, playing Pinochle , Canasta, exercising, cooking Turkish food and drinking Tea.



Lamar was born in Milligan, Alma was born in Munson and they both have lived in Florida. Both graduated from Crestview High School. Lamar served in the Merchant Marines. He was the General Manager of Borden Dairy. She graduated from cosmetology school; worked in retail and as a hair dresser. They both like to play Bridge, Canasta, Rummy Dominos and Yahtzee.



Jack and Florence were both born and raised in Jacksonville, attended the University of Florida. Jack served in the US Marines and worked as Procurement Manager in Forestry. Florence worked for State Farm Insurance. They have 3 daughters, 8 grandchildren and 1 great grandchild. Jack enjoys fishing, hunting, sailing and cruises. Florence Loves quilting.

Welcome to our Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Key</p> <p>AT = Atrium DR = Dining Room CH = 5th Floor Chapel MR = Magnolia Room</p>				<p>1</p> <p>8:00—10:00 SunCrest Home Health Healthy Steps—Suncrest Omni 9:00 Trading Days 9:30 Let's Be Fit 11:00 CC's Pizza 3:00 Scattergories 6:00 Bingo</p>	<p>2 World Day of Prayer</p> <p>9:30 Let's Be Fit 10:00 Table Top Bowling 10:30 Destin Commons 3:00 Happy Hour— Bill Hartley 6:00 Choctaw Baseball Game</p> 	<p>3</p> <p>9:30 Table Top Bowling 10:30 Gospel Sing a-Long "MR" 3:00 Shuffleboard</p>
<p>4</p> <p>8:45 Christian Worship/ Communion 9:30 Coffee Klatch 10:00 Christian Worship 1:00 Hearts Card Game</p> 	<p>5</p> <p>9:30 Let's Be Fit 10:30 Shopping @ Publix 1:30 Table Games (MR) 2:00 Bible Study (CH) 3:00 Social Hour 4:30 Olive Garden 6:00 Bingo</p> 	<p>6</p> <p>9:30 Let's Be Fit 10:30 Men's Fellowship CS 10:30 Manicures 11:45 Birthday Luncheon 2:00 Card Games 6:00 Scrabble</p> 	<p>7</p> <p>9:00 Dog Gone Cute 9:30 Let's Be Fit 10:30 Shopping Wal Mart 12:30 Party Bridge—(MR) 1:00 Sing A Long (AT) 3:00 Social Hour</p> 	<p>8</p> <p>9:00 Trading Days 9:30 Let's Be Fit 12:00 Lunch and Learn 3:00 Scattergories 6:00 Bingo</p> 	<p>9 8:00 Men's Breakfast</p> <p>9:30 Let's Be Fit 10:00 Table Top Bowling 10:00 Bible Study—CH 10:30 Vintage Barn 3:00 Happy Hour—Lionel 6:00 Choctaw BB Game</p> 	<p>10</p> <p>9:30 Table Top Bowling 10:30 Gospel Sing A Long 1:30 Irish Dancers—AT 3:00 Shuffleboard</p>
<p>11</p> <p>8:45 Christian Worship/ Communion 9:30 Coffee Klatch 10:00 Christian Worship 1:00 Hearts Card Game</p> 	<p>12 Tax Preparer's—LB</p> <p>9:30 Let's Be Fit (AT) 10:00 Vitas Speaker (MR) 10:30 Shopping @ Publix 2:00 Bible Study (CH) 3:00 Social Hour (AT) 6:00 Bingo</p> 	<p>13</p> <p>9:00 Breakfast—I-HOP</p> <p>9:30 Let's Be Fit 10:30 Manicures 10:30 Men's Fellowship 2:00 Card Games</p>	<p>14</p> <p>9:30 Let's Be Fit—AT 10:30 Shopping Wal Mart 12:30 Party Bridge—(MR) 1:00 Sing along (AT) 2:00 Putting Tourn. 3:00 Social Hour</p>	<p>15</p> <p>9:00 Trading Days 9:30 Let's Be Fit 3:00 Scattergories 6:00 Bingo 6:00 Choctaw Baseball Game</p> 	<p>16</p> <p>9:30 Let's Be Fit 10:00 Men's Bible Study CH 10:00 Table Top Bowling 10:30 Kohl's 3:00 Happy Hour— Brad Sanko</p>	<p>17</p> <p>9:30 Table Top Bowling 10:00 to 12:00 Shalimar Baptist Youth Group 10:30 Gospel Sing A-Long 3:00 Shuffleboard</p> 
<p>18</p> <p>8:45 Christian Worship/ Communion 9:30 Coffee Klatch 10:00 Christian Worship 1:00 Hearts Card Game</p> 	<p>19</p> <p>9:30 Let's Be Fit (AT) 10:30 Shopping @ Publix 2:00 Bible Study (ch) 3:00 Social Hour (AT) 6:00 Bingo</p> 	<p>20 First Day of Spring</p> <p>8:00 Tai Chi in atrium 9:30 Let's Be Fit 10:30 Manicures 10:30 Men's Fellowship 11:00 Lunch—Slick Mick's 2:00 Card Games</p> 	<p>21 9:15 Resident Meetings/MR</p> <p>10:30 Shopping Wal Mart 12:30 Party Bridge—(MR) 1:00 Sing along (AT) 2:00 Putting Tournament 3:00 Social Hour</p>	<p>22</p> <p>9:00 Trading Days 9:30 Let's Be Fit 10:00 Charades—MR 3:00 Scattergories 6:00 Bingo</p> 	<p>23</p> <p>9:30 Let's Be Fit 10:00 Table Top Bowling 10:30 Santa Rosa Mall 3:00 Happy Hour— Lionel</p>	<p>24</p> <p>9:30 Table Top Bowling 10:30 Gospel Sing A-Long 10:00 Pinewood Auto Show Air Force Museum 3:00 Shuffleboard</p>
<p>25 Palm Sunday</p> <p>8:45 Christian Worship/ Communion 9:30 Coffee Klatch 10:00 Christian Worship 1:00 Hearts Card Game</p> 	<p>26</p> <p>9:30 Let's Be Fit (AT) 10:30 Shopping @ Publix 2:00 Bible Study (CH) 2:00 Meet and Greet (MR) 3:00 Social Hour (AT) 6:00 Bingo (MR)</p>	<p>27</p> <p>8:00 Tai Chi (AT) 9:30 Let's Be Fit (AT) 10:30 Manicures (MR) 10:30 Men's Fellowship (CH) 2:00 Card Games 4:30 Dinner— High Tide 6:00 Scrabble (AT)</p>	<p>28</p> <p>9:30 Let's Be Fit 10:30 Shopping Wal Mart 12:30 Party Bridge—(MR) 1:00 Sing along (AT) 2:00 Putting Tournament 3:00 Social Hour</p>	<p>29</p> <p>9:00 Trading Days 9:30 Let's Be Fit 10:00 Charades—MR 3:00 Scattergories 6:00 Bingo</p>	<p>30 Good Friday</p> <p>9:30 Let's Be Fit 10:00 Table Top Bowling 10:30 Santa Rosa Mall 3:00 Happy Hour— Rick Esquire</p>	<p>31</p> <p>9:00 Trip to Foley, AL</p> <p>9:30 Table Top Bowling 10:30 Gospel Sing A-Long 3:00 Shuffleboard</p>