

Pacifica Tidings

 **THE MERIDIAN**
at Kessler Park
Luxury Senior Living by Pacifica

**January
2018**



*May you have a heart of courage,
a mind of will and may you get whatever you desire
always at your will.*

**HAPPY
NEW YEAR**



Who am I?

**I always have a smile on my
face.**

I can make you smile.

I have 2 kids.

**I been working here
4 years.**

Who am I?

*Welcome to
Our Community*

Eda Thompson

David Romo

Sherron Wilkerson

Unidell Gordon

Eddie Farley

**David & Rita
Johnson**



**The Meridian would like
to wish Happy Birthday
to our residents with
January Birthdays!
Constance Davis 01/01**

Robert Brown 01/01

Ossie Lewis 01/01

Robin Tucker 01/02

Paul Anderson 01/03

Tim Thaxler 01/03

Ed Hoff 01/10

Synthia Range 01/11

Lois Ballard 01/17

Joan Hammond 01/19

Dian Boyd 01/28

Betty Mc Cracken 01/31

How To Earn Funny Money!
Participate in these games and clubs to earn Funny
Money:

Bingo
Wii Bowling
Pictionary
Choir
Garden Club
Book club
Theater Club
Name 5
Dominoes
Family Feud
Wheel of fortune
Scrabble
Janga
Clue Mystery Game
The Logo Game
Cards and Board Games

More Coming Soon...

**Funny Money can be used to bid on prizes during our
Meridian's Auction.**

Mealtime at The Meridian
Continental Breakfast

Monday through Friday 8am—9:30am
Saturday and Sunday 9am—10am

Lunch

Noon through 1:30pm

Dinner

5:00pm through 6:30pm

Doctor Appointments

Transportation from the Meridian is provid-
ed Tuesday and Thursday from 8am to
3pm.

Please make reservations 24 hours in ad-
vance.

The Salon at the Meridian

Closed Sunday and Monday
Tuesday through Friday 9am through 5pm
Saturdays 9am—2pm

Trash Out at 8:00pm

Health & Fitness by

Health and Wellness

Diabetes: What is Diabetes Mellitus?

Diabetes Mellitus (diabetes) is a disease characterized by high blood sugar (glucose) that results from deficits in insulin secretion, action or both. Diabetes has a very long history. It goes back to the ancient days and was described as "sweet urine" and excessive muscle loss. Elevated levels of blood glucose are called hyperglycemia. Too much blood glucose leads to spillage of glucose into the urine, thus the term "sweet".

Normally blood glucose levels are controlled by a hormone called insulin. Insulin is produced by the pancreas. The pancreas secretes insulin in order to lower blood glucose levels. In people with diabetes, insulin production and secretion are absent or insufficient. This results in hyperglycemia (high blood sugar). Diabetes is a chronic medical condition that lasts a lifetime, but can be controlled. There is not yet a cure for diabetes.

Diabetes has 2 types: Type 1 and Type 2.

Diabetes can affect your eyes, kidneys, nerves, and blood vessels.

Signs and Symptoms of diabetes are:

Dehydration

Weight loss with increase in appetite

Fatigue, nausea, vomiting

Bladder infections

Blurred vision

Lethargy

Diabetes can be managed by controlling your blood sugar. Rehab intervention can play an important role in addressing problems associated with diabetes.

Fitness Activities

10:00 a.m. Sit & Fit Exercise
Monday – Sunday

10:00 a.m. Static/Dynamic
Exercise
Monday & Friday ONLY

Spiritual Activities

4:00 p.m. - The Meridian
Church Service
(Only on Sundays)
In Dining Room



Benefits of Physical Activity

Like most people, you've probably heard that physical activity and exercise are good for you. In fact, being physically active on a regular basis is one of the healthiest things you can do for yourself. Studies have shown that exercise provides many health benefits and that older adults can gain a lot by staying physically active. Even moderate exercise and physical activity can improve the health of people who are frail or who have diseases that accompany aging. The CDC recommends 150 Min each week.

Doing This: * Helps maintain the ability to live independently and reduces the risk of falling and fracturing bones. * Reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes. * Can help reduce blood pressure in some people with hypertension. * Helps people with chronic, disabling conditions improve their stamina and muscle strength. * Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being. * Helps maintain healthy bones, muscles, and joints. * Helps control joint swelling and pain associated with arthritis.

We know 150 minutes each week sounds like a lot of time, but it's not. That's 2 hours and 30 minutes, about the same amount of time you might spend watching a movie. The good news is that you can spread your activity out during the week, so you don't have to do it all at once. You can even break it up into smaller chunks of time during the day. It's about what works best for you, as long as you're doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time.

Management Team

Timothy Neiswender

Executive Director

Tiesha Bailey

Business Office Manager

Stacy Glover-Willie

Community Relations Director

Jessica Gomez

Community Relations Director

Kayla Crawford

Resident Service Director

Ashley Randle

Life Enrichment Director

Gary Williams

Dining Service Director

Jesus Ruiz

Maintenance Director

Our Mission

Privately owned, 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 compassionate, personalized care services with dignity and respect. Our dedicated, professional team supports each resident and goes above and beyond to help them feel at home.

*The right choice. The right time.
Welcome Home!*



THE MERIDIAN

at Kessler Park

Luxury Senior Living by Pacifica

2522 Fort Worth Avenue

Dallas, Texas 75211

Phone: 214 943 2522

www.pacificaseniorliving.com

Welcome Home!