

Pacifica Tidings



**March/April
2018**



A Note from the Executive Director



Welcome to Spring. It happens to be my favorite time of the year! Growing up in Texas as a young girl, I have fond memories of being outdoors and waiting for daylight savings time. Longer days always meant being able to stay outside longer to play and enjoy the smell of fresh wild flowers blooming. I hope you all take some time and go on one of our scenic drives and enjoy the surrounding views of the beautiful spring colors on the hillsides within our Community. By now, I believe that most of you have noticed that this year we are working on expanding our special events within the Community. For

2018, we are celebrating a new theme for every month. Some of the many themed celebrations include Mardi Gras, Ireland, Greece, Mexico, Japan, Hawaii, Italy and many more. Please stay tuned for upcoming announcements with specific times and dates. We are also happy to announce that we will be celebrating the property's 30th Anniversary in April with a fun filled party celebrating 'Old Hollywood'. There are many surprises in store for this very special celebration and we hope to see all of you there.

Happy Spring!



Who am I?



Welcome to Our Community

**Ray A.
Patti A.
Joan C.
Ruth C.
Ernie H.
Sylvia K.
Lawrence M.
Lee & Rubie R.**



Activities & Special Events



March

Linda P. 03	Helen J. 16	Marie D. 21
Sid S. 06	Phyllis D. 16	Patti H. 24
Joan M. 10	Shirley C. 19	Lawrence M 27
Ruth J. 13	Joe F. 20	Louise B. 28
Bob H. 14	Marion I. 21	Jack T. 30
Boots Y. 16	Walter J. 21	Jean M. 30



April

Doris J. 02	Richard K. 12
Carol G. 03	Bev. I. 16
Bettye J. 05	Doris R. 23
Barbara S. 06	Sandy P. 23
Beryl P. 11	Cathy L. 25



It's Lucille. Lucille was born in Brooklyn, N.Y. She recalls that there was a 5 cent subway & a ferry that took them to parks, the zoo, botanical gardens, museums and Long Island. At age 16, she met Sid who took her to her senior prom. She attended Brooklyn College and worked for E.R. Squibs Pharmaceutical for over six years. War started and Sid became a soldier. They married and in 1948 her son David was born. Her daughter, Celeste was born in 1952. They purchased a home in Seaford, Long Island. Sid worked as a Photographer. His hobby was enlarging their home. A boat came next and the family enjoyed fishing. Both children graduated from college and moved to California where they married. In 1959, Sid opened a photography studio and Lucille worked with him. The studio prospered and was sold in 1988 allowing them to retire in Florida. They built a large home and Lucille's mom came to live with them. She lost Sid and her mother in 2002. She sold her home and spent the next 13 years living with her children and three grandchildren in California. Now, it's the Meridian and it's been a good two and a half years. She is the Secretary for the Residents' Council and enjoys field trips to the Welk Resort for their Christmas plays. She attends the weekly entertainment and the many activities she has joined. One of her favorite games is playing Rummikub. We are so happy that Lucille is part of our family.

Health & Fitness



Normal Changes to the Human Body with Age.

When it comes to our health there are a lot of myths and misunderstandings about what happens to the body as we age. It is fairly common for someone to assume their medical condition is normal or not serious simply because of their age, "well, I'm 85, it must be normal". There are changes that happen to the body that are medically considered normal.

Eyesight: it is normal for there to be decreases peripheral vision, ability to reading small print, and depth and distance perception.

Hearing: gradual hearing loss includes difficulty hearing higher pitched frequencies, some people do not experience any loss of hearing and most hearing loss may have environmental causes.

Cognition: normal aging does not result in significant cognitive impairment. There are some mild declines in memory function, known as benign senescent forgetfulness. As we age there is usually a slowing of impulses to the brain, which results in reduced reaction time and reflexes.

Muscles: normal changes include decreased size, tone, flexibility, strength, elasticity, and endurance of muscles. There may be increased twitches and spasms in the muscles. These normal changes to the muscles do not usually have an impact on mobility.

Each person is unique and ages differently. Do not base your personal wellness of the condition of your peers. If you are ever unsure about changes in your functioning, check with your primary care provider.

Fitness Activities

Mondays
10:00 a.m.
Exercise with Missi

Wednesdays & Fridays
10:00 a.m.
Exercise with Lili
from Santiago College



**Songs
of Praise**

**The First and 3rd Sunday
of every month at 2:00**

Spiritual Activities

**Sundays, our bus departs
at 9:00 a.m. for Hephatha
Lutheran Church;
9:30 a.m. for San Antonio
Catholic Church and
9:45 for Canyon Hills
Presbyterian Church
and pick up after each
service.**

**SUNDAY at 8:45 a.m.
Pasto Bob Foyle from
Kindred
Community Church
holds a non-
denominational Christian
Service in the Activity**

For those who cannot attend church, San Antonio Church holds a Communion Service every Sunday in the Activity Room at 10:00 a.m.



A Whirlwind Romance!

Carl moved to the Meridian in November 2016. Angie moved in the following year in September 2017 next door to Carl. Two months later they became a couple and last month he asked Angie to marry him. On February 20th, they officially tied the knot. Please join us in congratulating them!



Management Team

Sheila Bottinelli

Executive Director

Lori Irby

Business Office Manager

Jaydell Gregory

Community Relations Director

Cindy Contreras

Community Relations Director

Nicole Hendricks

Independent Living Activity Director

Lupe Rivas

Food Service Director

Analyn Samson

Director of Health Services

Yesenia Castro

Assisted Living Activity Director

Grace Cruz

Memory Care Director

Gwen Madrigal

Memory Care Activity Director

Carlos Mascareno

Maintenance Supervisor



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!*



THE MERIDIAN
at Anaheim Hills

Luxury Senior Living by Pacifica

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Anaheim Hills, CA 92807
Phone: 714.974.2226
License No. 306003914

Welcome Home!