

Pacifica Tidings

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

**APRIL
2018**



Who am I?

**I HAVCE 2 GIRLS REBECCA,
AND SARAIH.**

**I LOVE ANYKIND OF CHRIS-
TIAN MUSIC.**

**MY HUSBAND MAKES
KOLACHES.**

I LOVE SPORTS.

Who am I?

*Welcome to
Our Community*

Anna Nuncio

Mary Kimberlin

Henry Herman

Gwen Johns

Sherry Tackaberry

Lonita Ernie Munoz



The Meridian would like to wish Happy Birthday to our residents with APRIL Birthdays!

Susan Lamar 4/2
Hattie Bishop 4/6
Della Mullan 4/10
Laura Jefferson 4/16
Dorothy Olszewski 4/18
Lee Slemmons 4/19
Jimmie Davis 4/20
Molly Dixon 4/20
James Usher 4/20
Patricia Reeves 4/22
Vela Marcelino 4/25
William Trimmer 4/28
Amy Chaney 4/28
Carol Campbell 4/30

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 provided Tuesday and Thursday from 8am to 3pm.

Please make reservations 24 hours in advance.

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

4 easy health tips for seniors to help live longer

Quit smoking

Take this critical step to improve your health and combat aging. Smoking kills by causing cancer, [strokes](#) and heart failure. Smoking leads to erectile dysfunction in men due to atherosclerosis and to excessive wrinkling by attacking skin elasticity. Many resources are available to help you quit.

Keep active

[Do something to keep fit](#) each day. Something you enjoy that maintains strength, balance and flexibility and promotes cardiovascular health. Physical activity helps you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls and look and feel better, too.

Eat well

Combined with physical activity, eating nutritious foods in the right amounts can help keep you healthy. Many illnesses, such as heart disease, obesity, high blood pressure, type 2 diabetes, and osteoporosis, can be prevented or controlled with dietary changes and exercise. Calcium and [vitamin D supplements](#) can help women prevent osteoporosis.

Prevent falls.

We become vulnerable to falls as we age. Prevent falls and injury by removing loose carpet or throw rugs. Keep paths clear of electrical cords and clutter, and use night-lights in hallways and bathrooms. Did you know that people who walk barefoot fall more frequently? Wear shoes with good support to reduce the risk of falling.

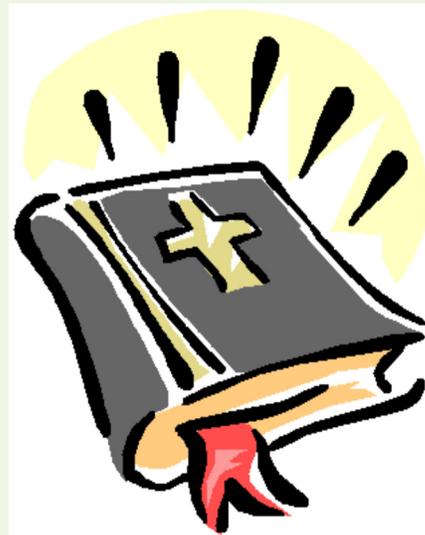
Fitness Activities

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.

WHO AM I ANSWER : Paola Escobedo

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

William Robinson

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

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Dallas, Texas 75211

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www.pacificaseniorliving.com

Welcome Home!