

## Management Team

**Jeff Duncan**  
Executive Director

**Tabitha Ingermann | Diane Mallon**  
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!*



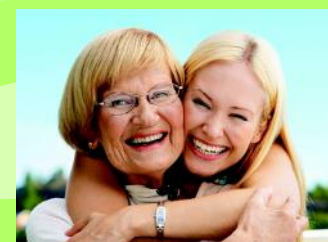
**1001 Mar Walt Drive**  
**Fort Walton Beach, Florida 32547**  
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# Pacifica Tidings



**June  
2018**



### A Note from our Executive Director

Dear Residents, Families and Friends,

Happy June everyone, I hope you are having a wonderful day and able to stay cool. As you can tell, construction is still going strong. The Memory Care should be finished in the next 4-6 weeks and at that time they will be able to start on the Lobby. I am particularly excited about the lobby being that we will have a new water feature and I for one LOVE water features. I know it has been long and tiring as far as the work goes and unfortunately it will still be going for a while longer. Just look on the bright side. It will be absolutely amazing when we are finished.

I know this goes without being said but hurricane season is getting ready to arrive. Just know, we are ready with our hurricane plan and our staff will be here to make sure you are safe and well taken care of if we are unfortunate and are affected by a storm. So keep your fingers crossed we stay storm free this season.

June 17<sup>th</sup> is **Father's Day**, a day to enjoy time with Dad and appreciate all he does for us. A Father cares and provides for us, helps to set the standards, the family values and be an example for us. The first Father's Day celebration was in Spokane, WA on May 18, 1910.

See you around,

Jeff Duncan



### Silver Salon

Welcomes our new  
Stylist

**Debbie Lambert**



Debbie has two grown children, a boy 23 and a girl 20.

She has been self employed doing hair for 35 years in various "Barbershops and Salons" in the area.

Debbie has been in several competitions, early in her career, winning first place in women's and men's haircuts and styles several times. She keeps up with continuing education courses yearly.

### Welcome to Our Community

Doris Neale

Loren Cox

Audrey Tobias

Jessie Werdung

Katrina McLaughlin

Calton and Jean Edwards

*Welcome Home!*





## Activities & Special Events



Hurricane  
Preparedness  
Are YOU Ready?

Hurricane Season begins  
June 1st - November 30th

Are you prepared?

Jeff Duncan  
Executive Director

Hurricane preparedness  
Meeting in Magnolia Room  
To Be Announced.

## Fitness Activities

### "Let's Be Fit"

Mon. Tues. Wed. Thurs. Fri.  
9:30 am in the Atrium.

### "Pool Time"

Most Tuesdays & Thursdays,  
1:30 pm at the pool  
(Weather Permitting)



### 5 Signs of Dehydration

1. Dry Chapped Lips
2. Headaches
3. Dry Skin
4. Achy Joints
5. Fatigue

## 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

## Coffee Shop

### New Hours:

Monday-Saturday  
9:00 a.m.—11:00 a.m.

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

## Happy Birthday

Elizabeth Bilbo 06/03

James Watson 06/16

Calton Edwards 06/18

Paul Kunde 06/18

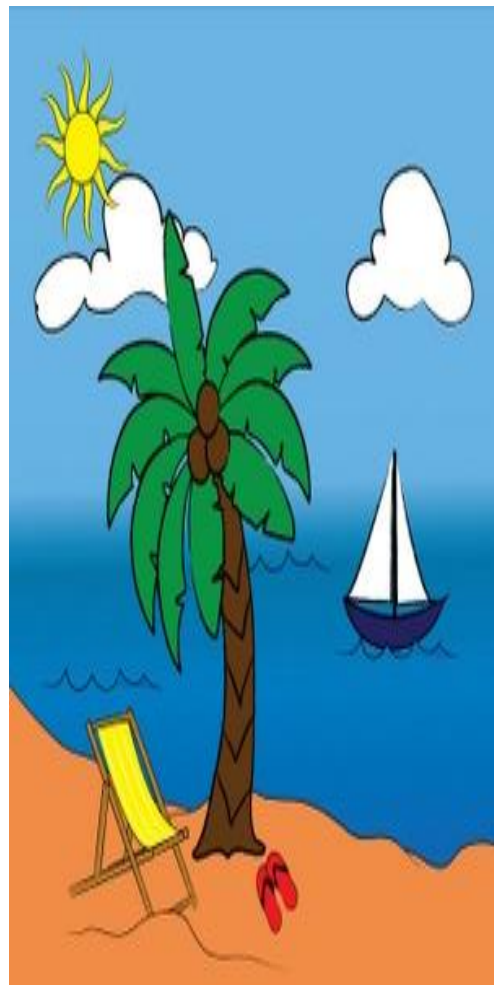
Marie Thompson 06/25

Paula Hofer 06/26



**Resident Birthday Luncheon**  
**Tuesday, June 5th**  
**11:45 in the Windjammer.**





### Letter From Resident President....

Special days this month are Flag Day on the 14th and Father's Day on the 17th. We wish all fathers happy day! June also means the start of hurricane season—not to worry, we are perfectly safe at Westwood.

We are pleased to welcome Lisa Thomas as our new Activities Director,. She and Violet make a great team. They have lots of things planned , so check the calendar and the sign-up book often so you won't miss out on anything.

Many thanks to everyone who contributed \$10 to the Resident Association last month. If you have not yet contributed, you can give check or cash to Treasurer Edna Hudgens or me, or leave it at the front desk.

Please place used plastic grocery bags in the cardboard box in the Magnolia Room. Ladies use them to make sleeping mats for the homeless.

"If I'd known I was going to live this long, I would have taken better care of myself." Anonymous

Jane Strickland  
Resident Association President

### *A Note from the Activities Director*

Dear Residents,

I would like to introduce myself for those of you that I haven't had the pleasure of meeting yet, I am Lisa Thomas. I am mother of 4. Originally from Upstate New York. Lived in the Florida area for 4 years now. I am super excited to be here! I have a lot of ideas and fun things I would like to try and make happen here for you all at The Meridian. I look forward to meeting each and everyone of you, and hearing your ideas too!

Sincerely,  
Lisa Thomas aka "Sunshine"



### Upcoming Events:



June 1st National Donut  
Day

June 8th Memory Café

June 13th Snow  
Cones



June 14th Flag Day

June 17th Father's Day

June 21st Root Beer  
Floats



# Welcome



Doris Neale—Apt. 308

Doris was born and raised in Greensboro, NC, and attended Guilford College. She worked in Admissions at FWB Medical Center for many years, and did volunteer work in the hospital after retirement. Doris enjoys sewing, country music, line dancing, exercise, bingo, and socializing.



Loren Cox—Apt. 519

Loren is originally from Joppa, AL. He served in the USAF, after retirement worked in Civil Service. He has 2 grandchildren who live in GA. Loren is a member of St. Simon's on the Sound Episcopal Church. He enjoys golf, dancing, big band and country western music, reading, internet games and playing cards—especially bridge.



Audrey Tobias—Apt. 417

A native Floridian, Audrey was born and raised in south FL. She attended Chipola Jr. College in Marianna and McPherson College in Kansas. She has 3 sons and 3 grandchildren. Audrey is interested in food and nutrition—and worked in a hospital dietary department. She moved here from Panama City, FL. Audrey is interested in everything—loves reading and the Lunch n' Learn programs.



Jessie Werdung—Apt. 405

Jessie was born in Philadelphia, but as an Air Force wife has lived in many different places. She has been in this area since 1980, and has been very active in the Retired Officers Wives Club. Jessie has 2 sons and 3 grandchildren. She loves playing bridge.



Katrina McLaughlin—Apt. 328









Katrina was born in Birmingham, AL, and also lived in Auburn. She graduated from Auburn High School and attended Auburn University, where she met her husband, Maurice. They were in business in FWB for many years. They had 3 Children and 5 grandchildren—all living in FL or TX..



Calton and Jean Edwards—Apt. 109

Cal is from Chester, MI, and graduated from Mississippi State University. He worked as an Agronomist. He also served in the US Navy as a Seaman 2nd Class. Jean is from Craggie Hope TN (that is near Memphis). She attended Mississippi University for Women in Colum bus, and worked as a paralegal. They have 4children and 9 grandchildren. They enjoy reading,

Welcome to our Community

| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
|---|--|---|--|--|--|---|
|   |  | <b>Key</b><br>AT=Atrium<br>DR=Dining Room<br>CH=5th Floor Chapel<br>MR=Magnolia Room  |   | <b>Calendar is Subject to change</b>    | <b>1</b><br><b>National Donut Day</b><br>9:30 Let's Be Fit<br>10:00 Table Top Bowling/<br>Crafts (AT)<br>10:00 Bible Study<br><b>3:00 Happy Hour – Bill H.</b>                                     | <b>2</b><br>9:30 Table Top Bowling<br>10:30 Gospel Sing a-Long<br>"MR"<br>3:00 Shuffleboard   |
| <b>3</b><br>8:45 Christian Worship/<br>Communion<br>9:30 Coffee Klatch<br>10:00 Christian Worship<br>                              | <b>4</b><br>9:30 Let's Be Fit<br>10:30 Shopping @ Publix<br><b>1:30 Bingo/Social Hour</b><br>(AT)<br>2:00 Bible Study (CH)<br><b>6:00 Bingo</b>                | <b>5</b><br><b>9:00 Breakfast Joe &amp; Eddies</b><br>9:30 Let's Be Fit –AT<br>10:30 Men's Fellowship CS<br><b>11:45 Birthday Luncheon</b><br><b>1:30 Pool Time</b><br>2:00 Card Games<br>6:00 Scrabble | <b>6</b><br>9:30 Let's Be Fit<br>10:30 Shopping Wal Mart<br>12:30 Party Bridge—(MR)<br>1:00 Sing A Long (AT)<br>2:00 Putting Tournament<br><b>3:00 Social Hour/Spin Records</b>                          | <b>7</b><br>9:30 Let's Be Fit _AT<br><b>12:00 Lunch &amp; Learn—MR</b><br><b>2:00 Sun Crest Omni</b><br>3:00 Scattergories - MR<br><b>6:00 Bingo-MR</b>                      | <b>8</b><br><b>8:00 Men's Breakfast</b><br>9:30 Let's Be Fit<br>10:00 Book Club Meeting (MR)<br>10:00 Table Top Bowling/<br>Crafts (AT)<br>10:00 Bible Study—CH<br><b>3:00 Happy Hour w/Lionel</b> | <b>9</b><br>9:30 Table Top Bowling<br>10:30 Gospel Sing A Long<br>3:00 Shuffleboard   |
| <b>10</b><br>8:45 Christian Worship/<br>Communion<br>9:30 Coffee Klatch<br>10:00 Christian Worship<br>                           | <b>11</b><br>9:30 Let's Be Fit (AT)<br>10:30 Shopping @ Publix<br><b>1:30 Bingo/Social Hour</b><br>(AT)<br>2:00 Bible Study (CH)<br><b>6:00 Bingo (MR)</b>     | <b>12</b><br>9:30 Let's Be Fit-MR<br>10:30 Men's Fellowship<br><b>11:00 Lunch - Chinese Buffet</b><br>1:30 Pet Therapy 3rd Floor<br>2:00 Card Games<br>2:30 Let's Get Cooking<br>6:00 Scrabble          | <b>13</b> 9:30 Let's Be Fit<br>10:30 Shopping Wal-Mart<br>12:30 Party Bridge—(MR)<br>1:00 Sing along (AT)<br><b>2:00 Snow Cones Sun Crest Omni</b><br>2:00 Putting Tournament<br><b>3:00 Social Hour</b> | <b>14</b><br>9:30 Let's Be Fit<br>10:00 Crafts (AT)<br><b>1:30 POOL TIME</b><br>3:00 Scattergories<br><b>6:00 Bingo</b>  | <b>15</b><br>9:30 Let's Be Fit<br>10:00 Book Club Meeting (MR)<br>10:00 Men's Bible Study CH<br>10:00 Table Top Bowling/<br>Crafts (AT)<br><b>3:00 Happy Hour—Brad Sanko</b>                       | <b>16</b><br>9:30 Table Top Bowling<br>10:30 Gospel Sing A-Long<br>3:00 Shuffleboard<br> |
| <b>17</b> <i>Happy Father's Day</i><br>8:45 Christian Worship/<br>Communion<br>9:30 Coffee Klatch<br>10:00 Christian Worship<br> | <b>18</b><br>9:30 Let's Be Fit (AT)<br>10:30 Shopping @ Publix<br><b>1:30 Bingo/Social Hour</b><br>(AT)<br>2:00 Bible Study (CH)<br><b>6:00 Bingo</b>          | <b>19</b><br>9:30 Let's Be Fit<br>10:30 Men's Fellowship<br><b>1:30 Pool Time</b><br>2:00 Card Games<br><b>4:30 Dinner: Ruby Tuesday's</b><br>6:00 Scrabble   | <b>20</b><br>9:30 Lets Be Fit<br>10:30 Shopping Wal-Mart<br>12:30 Party Bridge—(MR)<br>1:00 Sing along (AT)<br>2:00 Putting Tournament<br><b>3:00 Social Hour/ Karaoke</b>                               | <b>21</b><br>9:30 Let's Be Fit<br>10:00 Crafts (AT)<br><b>11:00 Lunch - El Paso's</b><br><b>2:00 Root Beer Floats</b><br>by Aegis<br>3:00 Scattergories<br><b>6:00 Bingo</b> | <b>22</b><br>9:30 Let's Be Fit<br>10:00 Book Club Meeting (MR)<br>10:00 Men's Bible Study CH<br>10:00 Table Top Bowling/<br>Crafts (AT)<br>10:30 TJ Max/Bealls<br><b>3:00 Happy Hour—Rick E.</b>   | <b>23</b><br>9:30 Table Top Bowling<br>10:30 Gospel Sing A-Long<br>3:00 Shuffleboard  |
| <b>24</b><br>8:45 Christian Worship/<br>Communion<br>9:30 Coffee Klatch<br>10:00 Christian Worship<br>                           | <b>25</b><br>9:30 Let's Be Fit (AT)<br>10:30 Shopping @ Publix<br>1:30 Pool Time<br>2:00 Bible Study (CH)<br><b>3:00 Social Hour (AT)</b><br><b>6:00 Bingo</b> | <b>26</b><br>9:30 Let's Be Fit<br>10:30 Men's Fellowship<br><b>1:30 Pool Time</b><br>2:00 Card Games<br><b>4:30 Dinner Longhorn Steak' house</b><br>6:00 Scrabble                                       | <b>27</b><br>9:30 Lets Be Fit<br>10:30 Shopping Wal-Mart<br>12:30 Party Bridge—(MR)<br>1:00 Sing along (AT)<br>2:00 Putting Tournament<br><b>3:00 Social Hour w/ Lionel</b>                              | <b>28</b><br>9:30 Let's Be Fit<br><b>1:30 Pool Time</b><br>3:00 Scattergories<br><b>6:00 Bingo</b>   | <b>29</b><br>9:30 Let's Be Fit<br>10:00 Book Club Meeting<br>(MR)<br>10:00 Men's Bible Study CH<br>10:00 Table Top Bowling/<br>Crafts (AT)<br><b>3:00 Social Hour/Karaoke</b>                      | <b>30</b><br>9:30 Table Top Bowling<br>10:30 Gospel Sing A-Long<br>3:00 Shuffleboard  |