

# Pacifica Tidings

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

**JULY  
2018**



*Who am I?*

**My favorite color is Mint  
Green.**

**I have 7 siblings.**

**Smiling is my favorite thing to  
do.**

**My hometown is Seguin.**

**Who am I?**

*Welcome to  
Our Community*

**Dorothy Brock**

**Mrs. Buchanan**

**Espernola Jackson**



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

**Sherri Massey  
07/08**

**Eva Mendes  
07/08**

**Dolores Hall  
07/08**

**Ray Chapmen  
07/15**

**Joan Glogowski  
07/16**

**Mary Kaye Knox  
07/22**

**Jerry Henderson  
07/26**

**Rosa Linda Martinez  
07/28**

### **How To Earn Funny Money!**

**Participate in these games and clubs to earn Funny Money:**

**Bingo  
Wii Bowling  
Pictionary  
Choir  
Garden 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**

### **HOME SENIOR SAFETY**

1. Declutter your house to make sure you have plenty of space to walk around. Less clutter also means less risk of falls.
2. Make sure all rugs have anti-slipping pads.
3. Cover furniture corners to prevent injuries if you accidentally bump into them.
4. Make sure every room has proper lighting, including walk-in closets. Use nightlight to make it easy to see at night.
5. Install grab bars in your bathroom for safety.
6. Use rubber mats in your shower or bathtub to prevent slipping.
7. Use toilet seats for easier access, and shower seats if you have trouble standing while showering
8. Have a cordless phone at home and keep it within easy reach, to prevent having to rush to answer when the phone rings.
9. Wear anti-slip slippers or socks when walking around your home, especially on slippery surfaces such as polished hardwood floors or tile

## *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 : Jessica Gomez**

## *Management Team*

**Terry Rawlinson**

Executive Director

**Tiesha Bailey**

Business Office Manager

**Stacy Glover-Willie**

Community Relations Director

**Jessica Gomez**

Community Relations Director

**Alice Mairura**

Resident Service Director

**Ashley Randle**

Life Enrichment 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

**2522 Fort Worth Avenue**

**Dallas, Texas 75211**

**Phone: 214 943 2522**

***www.pacificaseniorliving.com***

*Welcome Home!*