

Pacifica Tidings

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

**AUGUST
2018**



Who am I?

I have 2 truck .

I like boxing .

I like going to hunting .

Who am I?

*Welcome to
Our Community*

CATALINA LUEVANO

LU MITCHELL

MARIGIE BORNIS

CATHERINE DOWNS

MELVIN L. JENKINS

MAURINE KREBBS

KATHY MALLEY

MRS. PARISH



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

Aug. 1st Janice Spradling

Aug. 4th Annie Murry

Aug. 7th S. Coamacho

Aug. 7th Thomas Hedges

Aug. 9th Charles Anderson

Aug. 8th Tony Williams

Aug. 17th Judy Cooper

Aug. 19th Katie King

Aug. 18th Dorothy Olszewski

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 Well-ness

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

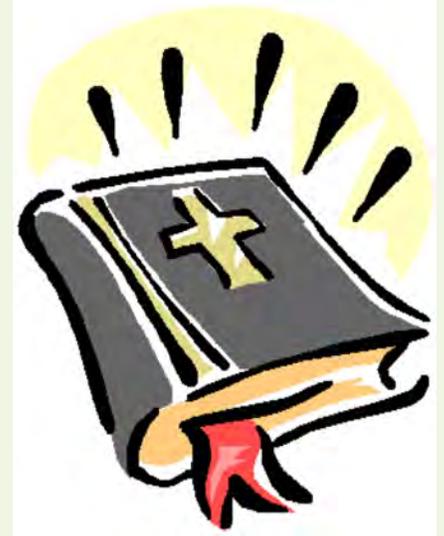
Fitness Activities

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 : Jesus Ruiz

Management Team

Terry Rawlinson

Executive Director

Stacy Glover-Willie

Community Relations Director

Jessica Gomez

Community Relations Director

Alice Mairura

Resident Service Director

Ashley Randle

Life Enrichment Director

Nicole Mitchell

Food 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

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Dallas, Texas 75211

Phone: 214 943 2522

www.pacificaseniorliving.com

Welcome Home!