

Pacifica Tidings

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

**SEPTEMBER
2018**



Who am I?

**I attend Texas Southern
University.**

I have one brother.

**I'm always willing to give a
helping hand.**

Who am I?

*Welcome to
Our Community*

David Litz

Lewis McPherson

Hortensia Molina

Steve Watkins

**Lali Raymond
Santos**



The Meridian would like to wish Happy Birthday to our Residents with September Birthdays!

Johnrice Newton 9/6

Margarette Whitaker 9/8

Renee Hallmark 9/14

Anita Gore 9/16

Joy Smallwood 9/18

Alice Bissic 9/20

Gay Revi 9/23

Roseanne Brady 9/25

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

1. Live longer

According to the World Health Organization, leading a sedentary lifestyle is one of 10 leading causes of death and disability. Even gentle, regular exercise such as walking or swimming can increase lifespan by around three to five years.

2. Prevent falls

Improving muscle strength and bone density can be helpful in reducing the risk of falls as it can also improve balance. The WHO say regular exercise can reduce the risk of having a hip fracture by 40%.

3. Reduced risk of stroke or heart attack

Regular cardiovascular exercise, such as brisk walking, cycling or light housework – anything that raises the heart rate - will increase blood flow to the heart and boost your overall health.

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 : Tramell Jeffers

Management Team

Terry Rawlinson

Executive Director

Ashley Griffin

Business Office Manager

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!