Management Team

Sheila Bottinelli
Executive Director
Lori Irby
Business Office Manager
Jaydell Gregory
Community Relations Director
Cindy Contreras
Community Relations Director
Nicole Hendricks
Independent Living Activity Director
Lupe Rivas
Food Service Director
Analyn Samson
Director of Health Services
Yesenia Castro
Assisted Living Activity Director
Grace Cruz
Memory Care Director
Gwen Madrigal
Memory Care Activity Director
Carlos Mascareno
Maintenance Supervisor

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!

THE MERIDIAN at Anaheim Hills
Luxury Senior Living by Pacifica

525 S. Anaheim Hills Road
Anaheim Hills, CA 92807
Phone: 714.974.2226
License No. 306003914

Welcome Home!

Pacifica Tidings

THE MERIDIAN at Anaheim Hills
Luxury Senior Living by Pacifica

September/October 2018

A Note from the Executive Director

Welcome to Fall! Cooler weather and shorter days are fast approaching. This time of the year always reminds me of back to school days, football games and the countdown to Christmas season. We will kick of Fall with our Annual Western Hoe Down on September 20th . We also have many fun outings planned starting in September. The weather is perfect for the beach so come join your friends for a fun outing to Dana Point for an outdoor picnic. Additionally, another Casino trip is planned so if you are feeling lucky, hop on the bus and join in a trip to Soboba Casino with a stop for lunch at The Crab Cooker. We have two big Annual Events planned for October. The first is the Octoberfest Party on Tuesday, Oct.16th and on the 31st, we will be once again be celebrating Halloween with a costume contest and many more surprising tricks and treats. We are still looking for resident volunteers l. If any of you have some hidden talents that you would like to share with the community, please stop in and let us know. On behalf of the entire staff here at the Community, we look forward to seeing many new faces and making new friends in the months ahead!

Who am I?

Can you guess the name of this resident?
Check your answer on Page 2

Welcome to Our Community

Leo C.
Evelyn H.
Helen H.
Michael H.
Pat G.
Ed & carol M.
Annita & Bebbie R.
Annette S.
Eleanor S.
Milton T.

Activities & Special Events

First lesson at the Line Dancing Class

Planting their succulent terrariums

Admiring many of Bill's oil paintings

The King & Queen at the Senior Prom

September

Juneva P.	03	Mary L.	23
Barbara F.	07	Fred F.	23
Guy A.	17	Helen M.	25
Marlys P.	20	Fran g.	26
Joe P.	21	Tomiko M.	26
Doris R.	23		

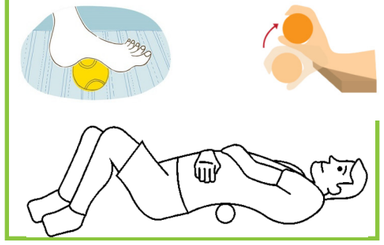
October

Mae D.	01	Joyce W.	17
Jeanne R.	02	Catherine Y.	19
Jackie B.	04	Margaret H.	22
Joan G.	04	Helen H.	22
Betty B.	15	Jim G.	31

It's Betty Pettrich. She was born in a small town in South Dakota. Her parents had a large farm with sheep and her job was to bottle feed the baby lamb. She had other chores but was able to play with her many cousins who lived nearby. After high school, Betty went to a business school in Minneapolis. She then worked in an Insurance and real estate office. She met her husband at a dance and married him in 1946. They moved to California where they started their own business as contractors. She has three girls, two of which are twins. She now has six grandchildren and 15 great-grandchildren. When her husband retired, they bought a motor home and traveled with their friends for six months and later continued to travel throughout the country. After her husband died 10 years ago, Betty moved to The Meridian where she has made many friends and continues to be quite active.

Health & Fitness

Muscle pain and soreness as a result of starting a new exercise routine or increasing your Current exercise can be off-putting. There are very few reasons to push through the pain though. The better option is alleviate your symptoms. But which is the best way to treat your pain or soreness. The most basic relief for exercises induced soreness is drinking fluids (preferably water), stretching, and light calisthenics (see Fitness Center for examples). Another option is getting a massage. A through massage with a trained professional can ease soreness, reduce tension, reduce stress, and feel really good. Muscle tension and soreness can keep us awake at night. There are many good self -massage tools on the market but the prices can range fairly wide. An inexpensive tool is a tennis ball. A tennis ball is a good size to be held in one hand, it has a texture so it won't slip from your hand and it has enough give to allow for a deeper pressure. Placing the ball on the ground and gently rolling it under foot for a few minutes can loosen up your plantar fascia, making it much less likely to become irritated. Put enough pressure on the ball to get a deep massage. You may feel some soreness, but back off if you feel any pain.



Fitness Activities

Mondays
10:00 a.m.
Exercise Class

Wednesdays & Fridays
10:00 a.m.
Exercise with Lili
from Santiago College

Songs of Praise

The First and 3rd Sunday of every month at 2:00

Spiritual Activities

Sundays, our bus departs at 9:00 a.m. for Hephatha Lutheran Church; 9:30 a.m. for San Antonio Catholic Church and 9:45 for Canyon Hills Presbyterian Church and pick up after each service.

SUNDAY at 8:45 a.m. Pasto Bob Foyle from Kindred Community Church holds a non-denominational Christian Service in the Activity

For those who cannot attend church, San Antonio Church holds a Communion Service every Sunday in the Activity Room at 10:00 a.m.

Lee, Helen, & Emily enjoying their day at the Long Beach Aquarium

Heartland

September 2018 - Assisted Living

THE MERIDIAN at Anaheim Hills

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Happy Birthday **September 04 Lorena Gray** **September 08 Marianne Zebisch** **September 12 Newell Miller** **September 16 Joan Pellerin** **September 17 Anne Kriechbaum** **September 18 Helen Kozlowski**	**Daily Activities Elements** • Physical Wellness • Reminiscent Activities • Social/Spiritual Engagement • Language Skills Music • Life Enrichment Skills • Outdoor Activities **Activities are subject to change**	**1** 9:30 Walking Club 10:30 UNO 1:15 Popcorn & Movie 3:00 Jenga 5:00 Card Games
2 9:00 Church Service MC 10:00 Communion Service MC 1:15 Rootbeer Floats with Tom 2:00 Bingo 5:00 Card Games	**3** 9:30 Stretch 'N Flex 10:30 Walking Club 2:15 Dominoes 3:00 Pictionary 5:00 Card Games	**4** 9:30 Stretch 'N Flex 10:30 Walking Club 1:00 Scenic Drive 1:15 Bingo 2:30 Current Events with Allena 3:00 UNO	**5** 9:30 Stretch 'N Flex 10:30 Walking Club 1:00 Darryl Reed Entertainment MC 3:00 Board Games 5:00 Card Games	**6** 9:45 Crafts with Maribel 1:15 Bingo 3:00 UNO 5:00 Puzzle with Friends	**7** 9:30 Stretch 'N Flex 10:30 Walking Club 1:15 Baking Session 3:00 Social Time 5:00 Puzzle with Friends	**8** 9:30 Walking Club 10:30 UNO 1:15 Popcorn & Movie 3:00 ,Jenga 5:00 Puzzle with Friends
9 9:00 Church Service MC 10:00 Communion Service MC 1:15 Rootbeer Floats with Tom 2:00 Bingo 5:00 Card Games	**10** 9:30 Stretch 'N Flex 10:30 Walking Club 1:00 Piano with Beth IL 2:15 Dominoes 3:00 Pictionary 5:00 Card Games	**11** 9:30 Stretch 'N Flex 10:30 Walking Club 1:00 Scenic Drive 1:15 Bingo 3:00 UNO 5:00 Puzzle with Friends	**12** 9:30 Stretch 'N Flex 10:30 Walking Club 1:30 Arts & Crafts 3:00 Board Games 5:00 Card Games	**13** 9:30 Stretch 'N Flex 10:30 Walking Club 1:15 Bingo 3:00 UNO 5:00 Puzzle with Friends	**14** 9:30 Stretch 'N Flex 10:30 Walking Club 1:15 Card Games 3:00 Venessa Entertainment 5:00 Puzzle with Friends	**15** 9:30 Walking Club 10:30 UNO 1:30 Betty Handbell Entertainment 3:00 Jenga 5:00 Puzzle with Friends
16 9:00 Church Service MC 10:00 Communion Service MC 1:15 Rootbeer Floats with Tom 2:00 Bingo 5:00 Card Games	**17** 9:30 Stretch 'N Flex 10:30 Walking Club 1:00 Piano with Beth IL 2:15 Dominoes 3:00 Yoga with Betsy MC 5:00 Card Games	**18** 9:30 Stretch 'N Flex 10:30 Walking Club 1:00 Scenic Drive 1:15 Bingo 2:30 Current Events with Allena 5:00 Puzzle with Friends	**19** 9:30 Stretch 'N Flex 10:30 Walking Club 1:15 Arts & Crafts 3:00 Board Games 5:00 Card Games	**20** 9:30 Stretch 'N Flex 10:30 Walking Club 1:30 Western Hoedown MC 2:00 Violinist Elias Schwartzman 5:00 Puzzle with Friends	**21** 9:30 Stretch 'N Flex 10:30 Walking Club 1:15 Baking Session 3:00 Social Time 5:00 Puzzle with Friends	**22** 9:30 Walking Club 10:30 UNO 1:15 Card Games 2:30 Guitarist Michael Edward 5:00 Puzzle with Friends
23/30 9:00 Church Service MC 10:00 Communion Service MC 1:15 Rootbeer Floats with Tom 2:00 Bingo 5:00 Card Games	**24** 9:30 Stretch 'N Flex 10:30 Walking Club 1:00 Piano with Beth IL 2:15 Dominoes 3:00 Pictionary 5:00 Card Games	**25** 9:30 Stretch 'N Flex 10:30 Walking Club 1:00 Scenic Drive 1:15 Bingo 3:00 UNO 5:00 Puzzle with Friends	**26** 10:00 Monthly Outing 1:15 Arts & Crafts 3:00 Board Games 5:00 Card Games	**27** 9:30 Stretch 'N Flex 10:30 Walking Club 1:15 Bingo 3:00 UNO 5:00 Puzzle with Friends	**28** 9:30 Stretch 'N Flex 10:30 Walking Club 1:15 Baking Session 3:00 Social Time 5:00 Puzzle with Friends	**29** 9:30 Walking Club 10:30 UNO 1:30 Pianist Alan Corcoran 3:00 Jenga 5:00 Puzzle with Friends

Meridian Lifestyle Programs

September 2018 - Independent Living

THE MERIDIAN at Anaheim Hills

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Thursday, 9/20 		Beauty Shop Days: Tuesday-Saturday 9:00 a.m. - 4:00 p.m. 	CVS Monday, Wed., Friday 3:00 p.m. VONS Tues. & Thurs. 3:00 p.m.	**1** 9:45 Phase 10 Card Game 12:30-3:00 Cookies & Coffee 1:00 Trivial Pursuit with Nicole 2:00 Ice Cream Social 3:00 Mexican Train Dominoes 6:00 Movie Classics
2 8:45 ChristianChurch Service 9:00 Hephetha Church 9:30 Catholic Church 9:45 Presbyterian Church 10:00 Holy Communion, Chapel 1:00 Pictionary 2:00 Ice Cream Social 6:00 Bingo	**3** 12:30-3:00 Cookies & Coffee 1:00 Poker 2:00 Ice Cream Social 5:30 Qualify Dice Game	**4** 8:45 Local Bank Runs 9:45 Target; Festival Mall 10:00 Art Class 1:00 The Piano Man, "Al Valdez" 2:00 Ice Cream Social 2:45 Phase 10 Cards 6:00 Bingo	**5** 10:00 Picnic at Dana Point Beach 10:00 Exercise with Lili 12:30-3:00 Cookies & Coffee 12:30 Bridge 1:00 Spite & Malice Cards 2:00 Ice Cream Social 5:30 Hand & Foot Card Game	**6** 8:30-3:00 Doctor Day 10:00 Knitting class 2:00 Root Beer Floats 2:45 Phase 10 Cards 6:00 Movie Night, "Wonder Woman"	**7** 8:45 Local Bank Runs 9:30 Orange Mall; Errands 10:00 Exercise with Lili 10:30 Jewelry Boutique 2:00 Ice Cream Sundae Social 3:15 **Social Hour & Karaoke** 6:00 Bingo	**8** 9:45 Phase 10 Card Game 12:30-3:00 Cookies & Coffee 1:00 Trivial Pursuit with Nicole 2:00 Ice Cream Social 3:00 Mexican Train Dominoes 6:00 Movie Classics
9 8:45 Christian Church Service 9:00 Hephetha Church 9:30 Catholic Church 9:45 Presbyterian Church 10:00 Holy Communion, Chapel 1:00 Pictionary 2:00 Ice Cream Social 6:00 Bingo	**10** 8:30-2:00 Doctor Day 10:15 Exercise with Misa 12:30-3:00 Cookies & Coffee 1:00 Poker 1:00 Music Appreciation with Beth 2:00 Ice Cream Social 5:30 Qualify Dice Game	**11** 8:45 Local Bank Runs 9:45 Target, Festival Mall 10:00 Art Class 2:15 Meridian's Choir Performance 2:00 Ice Cream Social 2:45 Phase 10 Cards 6:00 Bingo	**12** 9:00 Soboba Casino 10:00 Exercise with Lili 12:30-3:00 Cookies & Coffee 12:30 Bridge 1:00 Spite & Malice Cards 2:00 Ice Cream Social 5:30 Hand & Foot Card Game	**13** 8:30-3:00 Doctor Day 10:00 Knitting class 1:00 Entertainment with Robert Fields 2:00 Root Beer Floats 2:45 Phase 10 Cards 3:00-4:00 Hearing Aid Specialist 6:00 Movie Night, "Lady Bird"	**14** 8:45 Local Bank Runs 9:30 Orange Mall; Errands 10:00 Exercise with Lili 2:00 Ice Cream Sundae Social 3:15 **Social Hour** 6:00 Bingo 6:00 Hand & Foot	**15** 9:45 Phase 10 Card Game 12:30-3:00 Cookies & Coffee 1:00 Trivial Pursuit with Nicole 2:00 Ice Cream Social 3:00 Mexican Train Dominoes 6:00 Movie Classics
16 8:45 Christian Church Service 9:00 Hephetha Church 9:30 Catholic Church 9:45 Presbyterian Church 10:00 Holy Communion, Chapel 1:00 Pictionary 2:00 Songs of Praise 6:00 Bingo	**17** 8:30-2:00 Doctor Day 10:15 Exercise with Misa 11:00-3:00 Neil's Fashions 1:00 Poker 1:00 Music Appreciation with Beth 2:00 Ice Cream Social 5:30 Qualify Dice Game	**18** 8:45 Local Bank Runs 9:45 Target, Festival Mall 10:00 Art Class 12:30-3:00 Cookies & Coffee 1:00 Scenic Drive 2:00 Ice Cream Social 2:45 Phase 10 Cards 6:00 Bingo	**19** 10:00 Exercise with Lili 11:00 The Crab Cooker 12:30-3:00 Cookies & Coffee 12:30 Bridge 1:00 Spite & Malice Cards 1:30 Balance Class in Yorba Linda 2:00 Ice Cream Social	**20** 8:30-3:00 Doctor Day 10:00 Knitting Class 2:00 Root Beer Floats 4:00 Hoedown, BBQ & Entertainment 	**21** 8:45 Local Bank Runs 9:30 Orange Mall; Errands 10:00 Exercise with Lili 10:30 Fine Jewelry Boutique 1:00 Librarian Visit 2:00 Ice Cream Sundae Social 3:00 **Social Hour** 6:00 Bingo	**22** First Day of Autumn 9:45 Phase 10 Card Game 12:30-3:00 Cookies & Coffee 1:00 Trivia Pursuit with Nicole 2:00 Ice Cream Social 3:00 Mexican Train Dominoes 6:00 Movie Classics
23 9:00 Hephetha Church 9:30 Catholic Church 9:45 Presbyterian Church 10:00 Holy Communion, Chapel 1:00 Pictionary 2:00 Ice Cream Social 6:00 Bingo	**24** 8:30-2:00 Doctor Day 10:15 Exercise with Misa 12:30-3:00 Cookies & Coffee 1:00 Poker 1:00 Music Appreciation with Beth 2:00 Ice Cream Social 5:30 Qualify Dice Game	**25** 8:45 Local Bank Runs 9:45 Target, Festival Mall 10:00 Art Class 1:00 Piano with Joe Tatar 2:00 Ice Cream Social 2:45 Phase 10 Cards 6:00 Bingo	**26** 10:00 Exercise with Lili 12:30-3:00 Cookies & Coffee 12:30 Bridge 1:00 Spite & Malice Cards 1:30 Balance Class in Yorba Linda 2:00 Ice Cream Social 5:30 Hand & Foot Card Game	**27** 8:30-3:00 Doctor Day 9:30 Mass with Father Wayne 10:00 Knitting Class 2:00 Residents' Meeting 2:45 Root Beer Floats 6:00 Movie Night, "A Birder's Guide To	8:45 Local Bank Runs 9:30 Orange Mall; Errands 10:00 Exercise with Lili 2:00 Ice Cream Sundae Social 3:00 **Social Hour with Mathew** 6:00 Bingo	9:45 Phase 10 Card Game 12:30-3:00 Cookies & Coffee 1:00 Trivia Pursuit with Nicole 2:00 Ice Cream Social 3:00 Mexican Train Dominoes 6:00 Movie Classics