# Pacifica Tidings



DECEMBER 2018







# A Note from the Executive Director



# Dear Residents,

It's beginning to look a lot like Christmas, here at the Meridian! I am looking forward to celebrating with each of you. As we sing carols, wrap presents, visit with loved ones, etc., let's pause to remember whose birthday it is! Let's show love all season.

Merry Christmas, Terry

## Who am I?

I am the big 50. I have two grandchildren. I love my family and love my amazing residents. I have worked in two different areas of our community. People say I have a pretty smile. I am a good friend to many. I am a sharing person, and one of my favorite things to do is EAT. Who am I?

Who am I?

# Welcome to Our Community

Myrna Daniel
Mary GeneraBaggett
Derek Linter
Connie Martin
James Parks
Darlyne Spencer
Steve Williams

We are so glad you chose The Meridian.

# Activities & Special Events



# DECEMBER BIRTHDAYS!

Mary Clark—12/2
Mary Schoon—12/19
Ruth Powell— 12/20
Bernice Howell—12/24
Jacqualyn Cummings—
12/25
Arlene May—12/26
Armando Soto—12/28



The December
Birthday Party will be
held on
Wednesday,
December 5th, at
2:00pm.



## **Mealtime at The Meridian**

Continental Breakfast

Monday through Friday 8am—9:30am Saturday and Sunday 9am—10am Lunch

Noon through 1:30pm

<u>Dinner</u> 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

#### **Nurse Alice:**

Dear residents, the cold weather has arrived. Please stay warm, eat healthy and exercise! Get your Flu Shot if you haven't! Let's "war" against sickness!

John Jones has been our Front Desk Concierge since April 28. John lives in East Dallas, is single, loves traveling and smoothies. His favorite color is teal. His Goal is to return to college and study finance.



## Fitness Activities

10:00 a.m.—Sit & Fit Exercise

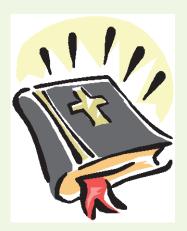
Monday – Sunday
11:00 a.m.—WALKING
WITH LEGACY—
Wednesdays.



Invite a friend!

# Spiritual Activities

4:00 p.m. - The Meridian Church Service (Only on Sundays) In Dining Room



Please let Activities know if you'd like someone from your church to have a Bible Study or communion.



Mekia Collins.....Bus Driver and Activities! Mekia is 38, & has a son & a daughter, Sadarian & Janaya. She loves her residents & her children. Her favorite food is Mexican. We love her!



# 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 Paola Escobedo

Activity Director, IDL Jane Davidson **Activity Director Heartland 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!







Luxury Senior Living by Pacifica

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Welcome Home!







