

Pacifica Tidings

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

JANUARY, 2019



A Note from the Executive Director



Dear Residents,

Happy New Year! Oh, the possibilities that await us! Did you make resolutions? Well, I did. I'll let you know in a few weeks how that's going! I hope you'll join me in a few: spread kindness, smile more, help others, speak only nice words & show love to all. I believe our community would be an amazing place to live if we would try these. I love the snow! It covers all the dirt of the world. Let it snow on our lives, so we can enjoy the new year.

Blessings to you
& your families,
Terry



Who am I?

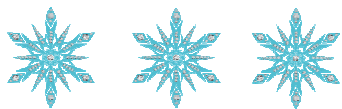
Who am I?

I am 55 years old, have been married to Johnson for 27 years. I have four children and 1 grandchild. My main hobby is going to church. I grew up in New York. I have been a caregiver since 1995.

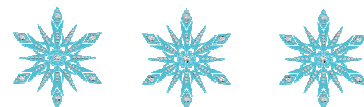
Who am I?

Welcome to Our Community

To all our new residents, the staff & community would like to say "Welcome Home"! We hope you make new friends and enjoy The Meridian! We are here to help you in any way possible. Happy New Year & Happy New home!



Activities & Special Events



★HAPPY★
BIRTHDAY!

JANUARY BIRTHDAYS!



Ossie Lewis 01/01
Constance Davis 1/01
Robin Tucker 01/02
Paul Anderson 01/03
Rebecca McKown 01/04
Lewis McPherson 01/05
Gregory Desio 01/11
Mary Kimberlin 01/12
Marzetti Starness 01/13
Gladys McElrath 01/13
Gwendolyn Johns 01/19
Joan Hammond 01/19
Ira Buchanan 01/20
Kathy Malley 01/31

The JANUARY
Birthday Party
Will be held on
Wednesday,
January 30th,
at 2:00pm, in the
Independent
Dining Room.
There will be
entertainment
and cake!



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

SPECIAL FUN TIMES



Health & Fitness by



**NURSE ALICE
MAIRURA**

Resolutions! Have you made any? Resolve with me to keep healthy in 2019. Resolve to exercise, eat right, stay warm, make friends, spray Lysol on door-knobs, keep doctor appointments and love one another!

MARIE PIERRE
January
"Who Am I"?



Fitness Activities

10:00 a.m.—Sit & Fit
Exercise
Monday – Sunday
11:00 a.m.—WALKING
WITH LEGACY—



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.**



**INTRODUCING.....Ralph Fong,
Server.**

Ralph has been at Meridian 3 months. He is from New York, and has been in Dallas for two years. He has 1 sister and 1 brother. Ralph has been married to Natalie for 7 years. They have 2 sons, Joelle and Nate. Natalie is a nurse at Children's Hospital. They attend Lakepoint Church in Rockwall, where the boys were recently dedicated. Ralph loves to read. Get to know him!

PET OF THE MONTH



Meet "Douglas"
His owner is Gay Parrish, one of our newest residents. Douglas is the only surviving puppy of three orphaned puppies. Their mom was killed shortly after their birth, when she ran into the street. Gay was the "angel" who saved Douglas. That was two years ago! Sweet Dog! He loves to be petted!

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!*



THE MERIDIAN

at Kessler Park

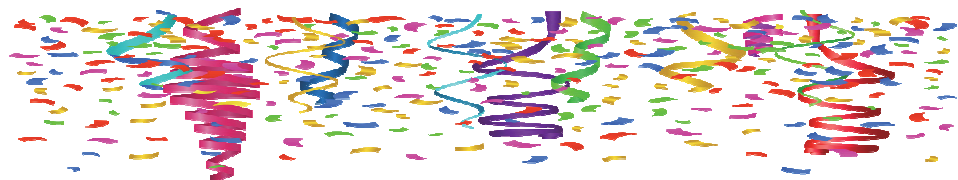
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Welcome Home!