

Pacifica Tidings



**January/February
2019**



A Note from the Executive Director

Welcome to 2019 and the start of a New Year! By now, most everyone has recovered from all of the excitement and hustle and bustle of the holidays. January always brings thoughts of New Year's resolutions. What are yours? How about considering volunteering for many of the new opportunities we have available in the Community. I would be happy to meet and share the information with you. For the month of February, we have much fun and excitement planned here in the Community. Here are a few special events and celebrations. The entire month of February, the community will be celebrating the African Culture with music and

activities. For all of you football fans, we will be celebrating Super Bowl Sunday. So gather your friends, put on your favorite jersey and come watch the game with us. Valentine's Day will also be a day of fun activities, entertainment and a very special menu for the evening. I hope to see many new faces volunteering and participating in all of our activities in the upcoming months. So please open your doors, come on out and make new friends in 2019!

Sheila Bottinelli

Who am I?



Welcome to Our Community

Kathy D.
Joyce F.
Herman H
Grace H.
Ira J.
Jerry Z.

Karla Z.
Ginny R.
Jodie R.
Ann C.



Activities & Special Events



January

Minna P.	01	Ann F.	12
Edna A.	01	Jean H.	13
Marcia T.	04	Kathy H.	13
Gloria McL.	06	Tom H.	18
Ray H.	10	Candy G.	20
Gregg L.	11	.	



February

Suzanne C.	06	Peg J.	22
Jim P.	07	Kay C.	22
Herman H.	08	Harry I.	23
Joe M.	10	Karlene K.	27
Hank W.	15	Dorothy G.	28
Joan C.	16		



Its Norma Schilling from Assisted Living!

Norma Schilling was born on March 13, 1933 in South Dakota. She is the youngest sibling of four. In 1957 Norma moved to California with her family and continued to work in Sales. Norma was married on her birthday in March 1952. She achieved her goal in life to be a mother and had three children. Norma loves being a Grandma and Great-grandmother. One of her favorites hobbies is to play cards with friends. She now lives at The Meridian with her husband Marvin and their cat, Mick.

Health & Fitness



The human body is amazingly complex. Can you guess how many muscles you need to walk properly? You need to use about 200 muscles to walk, 40 of which are used to simply move one leg forward. Any type of human movement requires a great deal of muscle coordination. Maintaining adequate muscle coordination is a defining aspect of maintaining functional independence. Without muscle coordination, actions you've never had to think about can become a chore—standing, walking, even picking up a glass of water can be frustrating. Changes to coordination can be caused by physical limitations—muscle weakness, muscle inflexibility—or by neurological changes—Ataxia, Dystonia, Essential Tremor, or Parkinson's.

Outside of medical interventions, practice makes perfect (or almost perfect). If you find muscle movements that used to be easy slowly becoming more difficult try these steps.

Step one, relax. Unnecessary muscle tension greatly inhibits smooth muscle movements.

Step two, plan. Ask yourself what you are trying to do and think about how you are going to do it.

Step three, get repetitive. Practice the movements that give you the most trouble.

Step four, get an opinion. If steps one through three are just not cutting it, visit me in the fitness center on Wednesdays 11am-12pm and we can work on it together.

If your coordination worsens or compromises your safety talk to your primary care provider.

Fitness Activities

**Mondays
10:00 a.m.
Exercise with Misa**

**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 Hephetha
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.
Pastor Bob Foyle from
Kindred Community
Church holds a
non-denominational
Christian Service in the
Activity Room**

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



Management Team

Sheila Bottinelli

Executive Director

Lori Irby

Business Office Manager

Jaydell Gregory

Community Relations Director

Cindy Contreras

Community Relations Director

Sheena Paden

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!