

Pacifica Tidings



**April
2019**



A Note from the Executive Director

Time has flown by so fast! Spring is here, and the weather is finally fantastic. Before long we will all be busy with the many events and activities that we have planned for you.

April and spring go hand in hand. Spring is the season for renewal and new beginnings. With this it brings a time of cleaning which includes maintaining the exterior of your home. We are excited to begin our exterior makeover as well as the new roof and portico.

The month of April is associated with many holidays. Easter is April 21st, Earth Day is recognized on April 22nd. April is also designated as Jazz Appreciation Month.

I hope each and every one of you are as excited I am as we look forward to what the future holds for The Meridian at Westwood. Blessings on your family as you await spring together. As always, please be in touch with any questions, concerns, or suggestions.

Jeff Duncan
Executive Director



Welcome to Our Community

Norman & Pat Cornell
Mary Jane Emmick
Anne Lodge
Larry & Ann Shingler



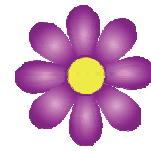
We Had to say Goodbye to
Trudy Prinzi
Dottie Nichols
John Franklin
Fred Howard
Ruth Little

Activities & Special Events



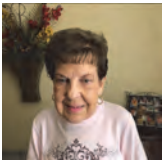


Welcome New Residents



Norman and Pat Cornell

Norm is from Cincinnati, Ohio, but has also lived in Byron GA, Burlington KY, and Colorado Springs. He attended the University of Dayton and the University of Colorado. He was with Western Union for 32 years and Antique Auto Resto for 10 years. Norm is interested in auto racing and sporting events. He enjoys easy listening music, mystery movies, Gunsmoke on TV, Cincinnati Reds, and Cyclones. He and Pat met in high school and have been married for 62 years. They have 3 sons and 5 grandchildren. Pat enjoys drawing, painting, reading, knitting, traveling, and singing. They have a precious puppy named Sugar.



Mary Jane Emmick

Mary Jane is from Mobile AL. Her husband was in the Air Force, and they were stationed in New Mexico, France, and England. He also served in Korea and retired from Eglin AFB. They both worked in Civil Service. They have 2 children – Len lives in Destin, Kathy in Texas. They have 4 grandchildren and 2 great grandchildren. Mary Jane likes card games, non-violent movies, 1950's music, and dancing.

Anne Lodge

Anne was born and raised in Camilla GA. She graduated Mitchell County High School in Camilla, and has lived in Augusta GA and Jacksonville FL. For the last 18 years she lived in Bluewater Bay. Anne attended the Barbara Brennan School of Healing and was a State Farm agent. She has 2 children, 5 grandchildren, and 2 great grandchildren. Anne enjoys reading, meditating, easy listening and instrumental music, singing, family and comedy movies, and exercise. She is interested in learning card games.



Ann & Larry Shingler

Larry is from Ohio. He has a Bachelors of Science in Computer Engineering and a Masters in Software Engineering. He retired as a Colonel in the United States Air Force, where he specialized in Industrial Hygiene Engineering. He enjoys Sci-Fi and Mystery movies, poker, and bridge.

Ann is a retired Realtor and Author of *Retirement Communities with the "Catered Lifestyle."* She enjoys walking, golf, and travel. They have 3 children and 7 grandchildren.



Birthdays

Ann Wilber	4/01
Patricia Risley	4/03
Loren Cox	4/06
Alma Garrett	4/11
Vera Ellen Thornburg	4/13
Beatrice Tindol	4/17
Mildred Justice	4/19
Virgil Aylor	4/26
Charlie Scaife	4/27
Bonnie McKinney	4/27
Paul Klivington	4/27
Avril Woody	4/29
Robert Basham	4/30
Renato Delhaye	4/30

Birthday Luncheon
Tuesday 4/02
At 11:45 am



HAPPY EASTER!

This is my last column for the newsletter. I've enjoyed my 2 years as Association President, but it's time to turn the job over to someone else -- Joyce Humber will make an excellent President! The Nominating Committee presented the following slate at the March meeting:

President: Joyce Humber

First Vice President & Assistant to the Treasurer: Edna Hudgens

Second Vice President: Arnold Medina

Recording Secretary: Betty Kibblehouse

Corresponding Secretary: Marcy Acton

Treasurer: Will McDonald

Parliamentarian: Florence Arthur

Directors: Terri Kunde, Pat Risley, Charley Brown, Hannalore Basham, and Norma Breidinger

Elections will be held at this month's meeting on the 17th, and they will take office on May 1st.

If you are interested in volunteering to be part of a new Westwood program, helping residents in Memory Care and Assisted Living, see Dorothy Newburg, Apt. 105, phone 243-3103.

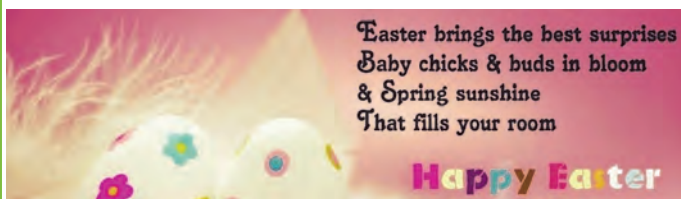
Jane Strickland



A Note from the Activities Director

Happy Spring Everyone,
Spring is here and it's wonderful that we're getting warmer weather. A great time to get involved in our activities. We have a lot planned this month our calendar is full of some new and exciting activities. Get out and enjoy your lives. Easter is April 21st and Christine has a amazing brunch for you all. I hope you all have a Happy
Happy Easter.

Violet Emery
Activities Director



Movies Schedule

Tuesdays	2:00pm
Thursday	2:00pm
Friday	6:00pm
Saturday	2:00pm
Sunday	2:00pm



Health & Fitness by Andi

Facts About Cognitive Decline

The aging brain has various signs to help you identify cognitive decline.

The most common symptoms include

- Finding it difficult to make decisions
- Difficulty following or participating in conversations
- Having trouble finding your way around familiar places
- Forgetting important events
- Becoming easily distracted
- Neglecting personal hygiene
- Difficulty with abstract thinking
- Having word finding difficulties

Coffee Shop



Hours:

Monday-Saturday
9:00 a.m.—11:00 a.m.

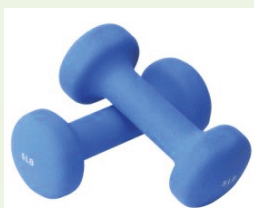
If you would like to
volunteer in the
coffee shop,
Sign-up in the
Activity Office
or contact
Norma Breidinger.

Fitness Activities

“Let’s Be Fit”

**Mon. Tues. Wed. Thurs. Fri.
9:30am
In the Atrium**

**Come and join us for
our fun group fitness
activities and
GET YOUR BODY MOVING!**



Spiritual Activities

Sundays

8:45am Christian Worship in
Magnolia Room

10:00am Christian Worship in
Chapel

1st Monday Every Month

1:30pm Rev. Schuler First
Presbyterian Church
FWB Communion

Tuesdays

9:00am St. Mary's Rosary and
Communion : CH

10:30am Men's Fellowship: CH

Wednesdays

11:00am Month Methodist
Communion: CH

Thursdays

9:30am Episcopal Service: CH

Saturdays

10:30am Gospel
Sing-a-Long MR



Management Team

Jeff Duncan
Executive Director

Lana Riddle/Aisha Hagglund
Community Relations
Directors

Alicia Davis
Business Office/ HR Director

Violet Emery
Activities Director

Christine Nunnery
Food Service Director

Chad Schlossman
Maintenance Director

Tammy Goodman
Resident Care 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 Westwood

A Pacifica Senior Living Community

1001 Mar Walt Drive
Fort Walton Beach, Florida 32547
Phone 850 863 5174
www.meridianatwestwood.com



Welcome Home!

