

Pacifica Tidings



May/June
2021



A Note from the Executive Director

I cannot believe it has already been 3 years that I have been fortunate enough to be back as the Executive Director for our Anaheim Hills location. For those newcomers, I started in the community as one of the Community Relations Directors several years back. I knew at that time that the Community and the residents would always be very special to me and that my goal would be to come back one day as the Executive Director. Upon reflection, I feel grateful and blessed to be serving all of you in the years ahead. On another note, we will soon be celebrating our Mothers and Fathers in the

upcoming months with a couple of special events. On May 11, we will be hosting our annual Mother's Day Tea Party complete with music, tea, scones and other special goodies. So please ladies, grab a special hat and join us in the celebration. On June 17th, we will be honoring all of our Fathers with a very special Barbeque. Also In June we will be hosting our Annual Senior Prom Dance and crowning a Prom King and Queen. We are all looking forward to seeing many new faces and celebrating opening back up again with all of you!

Shelia Bottinelli

Who am I?



Welcome to Our Community

Ray P.
Bruce & Mickie B.
Cheri D.
Kathleen H.
Annie B.



Activities & Special Events



May

Carl S.	15
Dorene M.	19
Don Le B.	21
Patricia W.	24



June

Modesta C.	05	Art E.	19
Lyle M.	09	Lee S.	23
Rubie R.	10	Emily P.	25
Shirley J.	13	Peggy N.	28
Jeanne F.	15	Robert R.	30



It's Helen Hopper from Assisted Living. Helen grew up on a farm in Georgia, one of nine children. After she graduated from high school, she moved to Fresno, California to live with her two sisters. Later she moved to Visalia, where she began a long career with the telephone company. That is where she met Bill and after a short Romance, they married in 1954. After Bill's discharge from the Air Force, they bought their first home in La Mirada, making a home for their four children. They traveled to most of the national parks and took many cruises. Their family grew and now consists of not only four children but six grandchildren and one great-grandson. Helen loves living at The Meridian, she is active in the exercise program, card games, bible study and so much more.

Health & Fitness



Is Coffee good or is coffee bad? How many cups of coffee do you drink in a day? Exceeding 300mg of caffeine can have negative effects on those with high blood pressure, diabetes, and osteoporosis. It may also negatively interact with some medications. Because caffeine is also a mild stimulant is can also worsen insomnia, anxiety, and heartburn. The amount of caffeine in coffee depends on the brew and the beverage size: 8oz. of instant coffee = 27-173mg, 8oz. brewed coffee = 95-200mg and 16 oz. Starbucks brewed coffee = 330mg. You do not necessarily need to swear-off your favorite brew, try being more mindful of your total consumption—coffee may even have some potential benefits when drank in moderation. The National Institutes of Health (NIH) reports that coffee beans are seeds and contain protective compounds that may help lower health risks, like stroke and dementia, and may help boost concentration and memory. These studies have shown an association between better health and coffee consumption but the cause-and-effect has yet to be determined. If you decide to cut back on your number of drinks a day, consider increasing your physical activity—it helps lower those risks too.

Fitness Activities

**Mondays
10:00 a.m.**

Exercise with Misa

**Wednesdays & Fridays
10:00 a.m.**

**Exercise with Lili
from Santiago College**



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 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.



Memory Care

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

Larry Anders

Food Service Director

Analyn Samson

Director of Health Services

Yesenia Castro

Assisted Living Activity Director

Stephanie Gallegos

Memory Care Director

Gwen Madrigal

Memory Care Activity Director

Sergio Bravo

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

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

Welcome Home!