

Pacifica Tidings



September /October
2022



A Note from the Executive Director

Hello again, All residents, families and friends of the Meridian.

It's hard to believe the Holiday season, and end of the year are just around the corner. It was nice to see you all at our summer Luau last month.

We are looking forward to a fun end of the year, we have a lot planned here at the Meridian. As you are all aware we are still working through the remodel process here in the community, I can't wait for this to be done. This time of the year al-

ways makes me think about family and friends and how grateful I am. I invite you all to take a brief moment this week and reflect back in all we have to be grateful for this year. I look forward to the time we have to share here together at the Meridian and the memories we will continue to build.

Cheers for Now,
David Alspach

Who am I?

1. I am an instrument through which sounds are made, and yet, not something that can be played.
2. I follow you all the time and copy your every move, but you can't touch me or catch me.
3. I am light as a feather, yet no person can hold me for long

Answers on Next Page

Welcome to Our Community

Kathy

Jackie

Ted

Marvin

Eleanor

Joan

Welcome Home!

Legacies Succulent Garden donated by Elizabeth Hospice

Activities & Special Events



Paint & Sip

Country Western Summer Concert



Love on a Leash—Look at those Puppy dog eyes!!

Health & Fitness by

BeWell

Senior Wellness Tips:

Keep Active: Seated exercises keep muscles toned. Swimming exercises keep your body healthy. Dancing is also a great workout.

Eat Well: Vegetables and fruits are abundant in antioxidants. Fiber is important for digestion and regularity. Calcium helps bones stay strong.

Prevent Falls: Exercise and appropriate shoes help minimize falls.

Manage Stress: Stay positive, deep breathing, joining a Yoga class, and even meditation can all help reduce stress

Stay Hydrated: Drinking eight glasses a day can help you stay hydrated.

Stimulate Your Mind: Crosswords, puzzles and other brain challenges. Learn something new on a regular basis. Engage in conversations often.

Find New Hobbies: Join in on an activity that you have not tried yet, you may find that you love it!

Go Outside: Fresh air and sunshine is healthy for all ages. A walk while enjoying nature around you.

Stay Healthy and Be Well!

Fitness Activities

SUNDAY: Daily Exercise in Activity Room **10:00AM**

MONDAY: Daily Exercise in Activity Room **10:00AM**

TUESDAY: Get Fit W/Pam in Activity Room **10:00AM**

Chair Chi W/Pat in Game Room **1:00PM**

WEDNESDAY: Yoga Class W/ Virginia in Activity Room **10:00AM**

THURSDAY: Get Fit W/Pam in Activity Room **10:00AM**

FRIDAY: Daily Exercise in Activity Room **10:00AM**

AQUA FITNESS CLASSES
Tuesdays & Thursdays at **11:00AM** in Outdoor Pool

Spiritual Activities

Sundays:

Church Transportation Provided to-

1. The Lake Church
 2. Grace Episcopal
 3. St. Marks Catholic Church
- Please see sign up book Located in Clubhouse Library

11:00 Protestant Church Service in Activity Room

Wednesdays:

8:30-9:15 Morning Prayer W/ Rev. Frank from Grace Episcopal Church in the Activity Room.

Answers to Who Am I Riddles

1. Your Voice

Prior to the Renaissance period, the voice was thought to be 'sent forth by the heart'. 'Vocal cords' are now more accurately known as 'vocal folds', to reflect the different layers of muscle, ligament and membrane that make up their structure. Many of the muscles used for swallowing are also used for talking.

2. Your Shadow

A shadow happens when an object blocks the sun's rays. Shadows are longer in the winter because of the angle of the sun. Your shadow is longest in the early morning and in the late afternoon. In the afternoon, when the sun is directly above you, your shadow leaves your side for a little while.

3. Your Breath

Deep breaths are more efficient: they allow your body to fully exchange incoming oxygen with outgoing carbon dioxide. They have also been shown to slow the heartbeat, lower or stabilize blood pressure and lower stress. To experience deep breathing, find a comfortable place to sit or lie down.

Management Team

David Alspach

Executive Director

Stephanie Martinez

Business Office Manager

Theresa Robert, LVN

Resident Services Director

Shaun McGuirk

Sales Director

Edward Martin

Sales Director

Miguel Carlos

Food Services Director

Oliver Davila

Maintenance Director

Dina Cauthon

Activity/Transportation Director

Jose Vargas

Housekeeping Supervisor

Socorro Garcia

Memory Care Coordinator



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 Lake San Marcos

Luxury Senior Living by Pacifica

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www.pacificaseniorliving.com

Welcome Home!