

# Pacifica Tidings



**September  
2022**



## *A Note from the Executive Director*

The community is moving forward.

I have been here in your home now for 10 weeks. The community is moving forward. As you have noticed, the elevator work in the front has been worked on. The air units for the atrium contract have been signed and units will be installed very soon.

Kevin your dining service director has taken the food program forward. He is working on new and exciting food choices and will be rolling out the new items soon. The next steps will be to roll out the fine dining experience. I will update you very soon as to a roll out date.

Fall is on the way, and I'm excited to be here on the panhandle. Here we do have a change if the season, and I look forward to cooler temperature. I enjoy football and can't wait to host a tailgate party soon. Look for your invite soon.

As always, I'm here for you, the residents and families.  
Leigh Mountcastle  
Executive Director

## *Who am I?*

An American actor, dancer, singer, filmmaker, and choreographer. He was known for his energetic and athletic dancing style, his good looks, and the likable characters that he played on screen.



## *Welcome to Our Community*

Carolyn T



## *Activities & Special Events*





## *Memorable Moments*

# *New Residents*

# WELCOME



Everyone welcome Carolyn Tilburg to our community! She is from Louisiana but has lived in Taiwan, Iraq, and Pakistan. Carolyn graduated from the University of Florida and had long career of school teaching. Carolyn loves to quilt! She also enjoys all types of music. You will probably see Carolyn walking her very cute dog around the community. Next time you see her invite her to one of our social hours that feature a musician!



## **Trivia**

1. True or False: Labor Day is the most popular holiday for barbecuing.
2. When was Labor Day first celebrated in the US?
3. True or False: More beef is consumed on Labor Day than any other day of the year.
4. What National food chain opened its first outpost on a Labor Day?
5. True or False: Labor Day is the official end to hot dog season

### Answers;

1. False.. Labor Day is the third most popular day for barbecuing, after July 4th and Memorial Day
2. 1882. The first Labor Day in the US was celebrated on Sept. 5, 1882 in New York City.
3. False. More beef is consumed on Memorial Day than any other day, with the Fourth of July and Labor Day usually tied for 2nd place
4. Waffle House. The first Waffle House restaurant opened on Labor Day in 1955 in Avondale Estates, GA
5. True. According to the National Hot Dog & Sausage Council, hot dog season begins on Memorial Day and ends on Labor Day

## *Birthdays*

Barbara Stevenson 9/4  
Maria Walenta 9/5  
Gloria Moulton 9/6  
Carolyn Donaldson 9/6  
Jerry Gilbert 9/10  
Charles Lush 9/12  
Brenda LaMonte 9/12  
Lynn Hagberg 9/12  
Billie Wren 9/12  
Barbara Denton 9/14  
Billy Mills 9/17  
Robert Rennie 9/19  
James Strohl 9/24  
Patricia Posey-Goodwin 9/26  
Glenn Scott 9/27  
Jane Sullivan 9/28  
Andrew Overturf 9/29

## **Prescription: More Joy** **Tuesday September 6th 2:00pm in the** **Magnolia Room**

**What would it be like if everyone in this world had the courage to follow their dreams and live a passionate existence? Can you imagine how different YOU might be if you followed your bliss? And can you imagine how different this planet would be?**

**It is never too late to pursue your passion. What is tugging at you, telling you that you need to go for it? Maybe it's learning to paint or learning a new language, or learning to play a new game. NOW is the best time to get started. When you do something that gladdens your heart, you know that is what you are supposed to be doing. Come join us on September 6th and discover more way to fill your heart with joy.**

### **PRESENTER:**

**As a certified success coach, Darlene helps others discover their life purpose so that they, too, live the life they were meant to live.**

## *A Note from the* *Activities Director*

Hello Everybody!

Did you know September 3rd is National Hummingbird Day? Hummingbirds are fun to watch but have you ever wondered what they symbolize? Hummingbirds are symbols of lightness and joy. They also serve as a good reminder to live life to the fullest and enjoy the simple pleasures in life. Next time you are in nature and spot a hummingbird take it as a sign to smile and enjoy the present moment. Try to move through this month like a hummingbird and watch how special life can be!

Thank you all for accepting me into your home for two years and trusting me with your events calendar. I will miss all of you dearly! As a last reminder... please be kind to your self and one another :)  
Love, Valerie!



## *Movies Schedule*

Monday	1:30pm 6:30pm
Tuesday	1:30pm 6:30pm
Thursday	1:30pm 6:30pm
Friday	1:30pm 6:30pm
Saturday	1:30pm 6:30pm
Sunday	1:30pm 6:30pm





## Health & Fitness by



### How Exercise & Nutrition Impacts Your Mental Well-Being

#### Stress Management

Exercise increases the release of norepinephrine which controls and alleviates stress. A healthy diet of whole foods provide Zinc which helps maintain the body's response to stress. Foods high in zinc include spinach, kidney beans, and oysters.

#### Elevates Mood

Exercise releases a slew of other chemicals that can have positive benefits on your mental state including the release of endorphins which cause feeling of euphoria and overall happiness.

#### Increases Self-Confidence

Even before you see actual physical benefits of exercise and healthy eating, you will have an improved self image as you know you are making healthy choice as well as the increase those feel-good chemicals pumping through your veins.

#### Keeps Your Mind Sharp

Exercise has shown to decrease the degradation of the brain, especially the portion responsible for learning and memory. A diet high in omega-3 fatty acids help improve memory and overall thinking ability. Some good sources of Omega-3 include fish, walnuts, soybeans, and spinach.

#### Reduces Anxiety

Not only does exercise and nutrition reduce stress but also helpful for people with a wide variety of anxiety disorders. Having a health diet rich in active cultures such as Kefir and yogurt helps maintain a healthy digestive system which helps reduce anxiety and depression.

#### Increases Cognition

Cardiovascular exercise can help form new brain cells as well as boost the level of protein (BDNF) which is responsible for learning and decision making.

#### Improves sleep and relaxation

Exercise has proven to be one of the most powerful remedies for insomnia and other sleeping disorders. A healthy diet containing lots of fruits, vegetables, whole grains, and protein can help improve the duration and quality of your sleep.

#### Bumps creativity and overall production

Exercise has been shown to increase creativity for up to 2 hours after you workout. If you are stuck in a creativity rut, take a run outdoors to get those creative juices flowing again.

#### References

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Cuddle Fairy

## Fitness Activities

### "Let's Be Fit"

Mon. Tues. Wed. Thurs.  
Fri.  
10:00 am  
In the Atrium

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



## Spiritual Activities

### Sunday

9:30 am/Theater  
Christian Services with  
Pastor Salsman

### Tuesday

9:30am/5thFloor Chapel  
Catholic Rosary Services  
With Deacon Brown

### Thursday

9:30am/5th Floor Chapel  
St. Simons Church

3:00pm/Memory Care  
Services by Pastor Archie

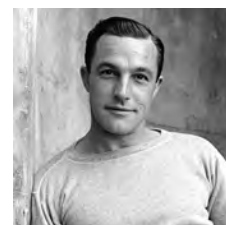
4th Friday of the month  
2:30pm/5th Floor Chapel  
Confession/Anointing



Joke of the Month:

A woman told her friend, "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising."  
She said, "So, I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was already over."

Who am I?  
Gene Kelly



## ***Management Team***

**Leigh Mountcastle**  
Executive Director

**Judy Pate**  
Business Office Manager

**Kevin Grace**  
Dietary Services Director

**Tim Scully**  
Maintenance Director

**Lana Riddle**  
Community Relations Director

**Valerie Richards**  
Activities Director

**Lee Ann Mattingly**  
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](http://www.meridianatwestwood.com)***

***Welcome Home!***