

# Pacifica Tidings

**THE MERIDIAN**  
*at Kessler Park*  
Luxury Senior Living by Pacifica

**JUNE  
2017**



## *A Note from the Executive Director*

There are two stories of the origins of Father's Day. According to several sources, the first Father's Day was created by a woman named Sonora Dodd who came up with the idea while listening to a Mother's Day sermon at church. Other sources claim that the idea of a special day to honor father's was that of Grace Clayton who suggested to her minister that they hold services to celebrate fathers after a deadly mine explosion killed 361 men leaving many children fatherless.

While Lyndon B. Johnson first recognized the third Sunday in June as the official day to celebrate Father's Day, it wasn't until 1972 that Father's Day was officially recognized as a national holiday in the United States by the Nixon administration. Father's Day is now celebrated around the world with a wide array of traditions ranging from a day of relaxation in the U.S., giving homemade gifts in Japan, indulging in fine beers in Germany, and running marathons in Mexico! Please join us for a Father's Day luncheon on June 18th to honor and celebrate the father's in your family.

## *Who am I?*

**I coordinate entertainment for the Residents, I call Bingo, I assist with constructing the monthly calendar, I assist with the care and daily activities of Residents.**

## *Welcome to Our Community*

**Dorothy Pitman**

**Synthia Range**

**Tom & Shirley  
McDowell**

**Sally Robertson**

**Clara Miller**

*Activities & Special Events*

# Fathers Day Word Search

Find the hidden words.

S S D S S R L G Z T X K R L B  
T E F L W E A L H I I A G N A  
R K U O E T X O A S P H U G S  
O O N O E H U U S B T R A E H  
P J N T T G D E V O T E D G V  
S T Y O H U S L S U M O N M G  
F V C T H A W E R O Z O O N W  
V I F E G L I E H Q R L I F H  
D U S I P R T C E T O R P L O  
L A F H O S F N S V A J G A L  
E T D M I U E A E C G U I I I  
S I E D J N Z R T R W N V C D  
A M T L Y Z G O I H A E I E A  
F A M I L Y B R A V E P N P Y  
N E R D L I H C Q B B R G S O

BBQ	FATHER	HOLIDAY	LAUGHTER	SPECIAL
BRAVE	FISHING	HOME	LOVE	SPORTS
CARING	FOOTBALL	HONOR	MEMORIES	STRONG
CHILDREN	FUNNY	HUGS	NURTURE	SWEET
DADDY	GIFTS	JOKES	PARENT	THOUGHTFUL
DEVOTED	GIVING	JUNE	PROTECT	TIE
FAMILY	HEART	KISSES	RESPECT	TOOLS



*A Night in Vegas*  
**Senior Prom**

June 30th, 2017  
5:30pm- 7:00pm

**Join us for Casino Tables  
Doc Gibbs for entertainment  
& a Vegas-Style Buffet!**

Free Valet Service  
Residents \$10.00  
Guests: \$20.00

**Please RSVP by 6/25  
(214) 736-8439**



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2522 Fort Worth Ave,  
Dallas, TX 75211



## *Birthdays*

The Meridian would like to wish a **HAPPY BIRTHDAY TO** All Residents who have a Birthday in June

**06/04 Dewitt Knox**

**06/06 Josefa Deleon**

**06/06 Eunice Randle**

**06/12 Leroy Logan**

**06/16 Janie Johnson**

**06/17 Jurgin Ringer**

**06/18 Silvia Gilbert**

**06/19 Marie Bush**



## *A Note from the Activities Director*

### **How To Earn Funny Money!**

Participate in these games and clubs to earn Funny Money:

- \* **BINGO** \***Wii Bowling**
- \* **Pictionary** \***Choir**
- \* **Garden Club** \* **Book Club** \* **Theater Club**
- \* **Name 5** \* **Dominoes**
- \* **Family Feud**
- \* **Wheel of Fortune**
- \* **Scrabble**
- \* **Janga**
- \* **Clue Mystery Game**
- \* **The Logo Game**
- \* **Cards and Board Games**

### **More Coming Soon...**

Funny Money can be used to bid on prizes during our Meridian's Auction.

### **Mealtime at The Meridian**

Continental Breakfast

Mondays - Friday

8 a.m. - 9:30 a.m.

Saturdays - Sundays

9:00 a.m. - 10:00 a.m.

Lunch

Noon - 1:30 p.m.

Dinner

5:00 p.m. - 6:30 p.m.

### **Doctors' Appointments**

Transportation from The Meridian is provided : Tuesday and Thursday

From 8 a.m. to 3 p.m.

Please make Reservation 24 hours in Advance.

### **The Salon at The Meridian**

Closed : Sunday and Monday

Tuesday through Friday 9:00a.m. - 5 p.m.

Saturdays 9:00 a.m. - 2:00 p.m.

**Trash Out At 8:00 p.m.**

## Health & Fitness by



### Health and Wellness Rheumatoid Arthritis

Rheumatoid arthritis (RA) is an autoimmune disease that causes chronic inflammation of the joints. While inflammation of the tissue around the joints and inflammatory arthritis are characteristic features of (RA), the disease can also cause inflammation and injury in other organs in the body.

Because it can affect multiple organs of the body, (RA) is often called rheumatoid disease. Signs include joint pain, such as in the joints of the feet, hands, and knees, swollen joints, fever, limping, polyarthritis, loss of range of motion, just to name a few.

Right here in this community, you have a team of skilled therapists who are available to evaluate and assess any problems you may have associated with (RA). Our goal is to help people do the things they love and need to do, so that they have a high quality of life and can stay as independent as possible. Stop by the Legacy Healthcare services office if you would like to discuss further. We can help develop a well-rounded treatment plan tailored specifically to your needs!

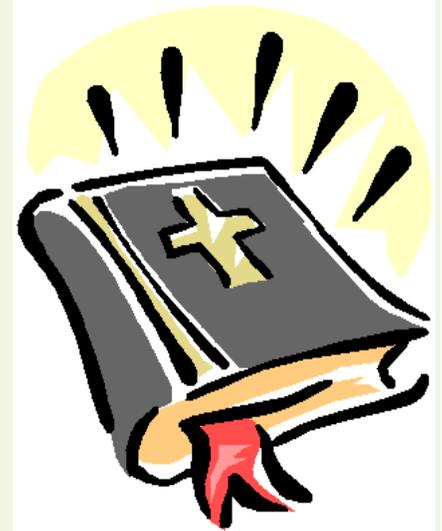
## Fitness Activities

10:00 a.m. Sit and Fit  
Exercise  
Monday – Sunday

10:00 a.m. Static / Dynamic  
Exercise  
ONLY Monday & Friday

## Spiritual Activities

4:00 p.m. - The Meridian  
Church Service  
(Only on Sundays)  
In Dining Room



## Physical activity improves quality of life

Regular physical activity can prevent chronic diseases, improves mood and lowers chances of injury. With age, the body does take a little longer to repair itself, but moderate physical activity is good for people of all ages and ability levels. Too much sitting and other sedentary activities can increase your risk of cardiovascular disease. Regular exercise can improve immune function, cardiovascular/cardio respiratory function, bone density and risk of osteoporosis, and lowers the risk of other chronic conditions.

150 minutes of moderate-intensity aerobic physical activity throughout the week is ideal, or an equivalent combination of moderate- and vigorous-intensity activity. The concept of accumulation refers to meeting the goal of 150 minutes per week by performing activities in multiple shorter bouts, of at least 10 minutes each, spread throughout the week then adding together the time spent during each of these bouts: e.g. 30 minutes of moderate-intensity activity 5 times per week.

## *Management Team*

D. Keith Ayers - Executive Director

Tiesha Bailey - BOM

Stacy Willie - CRD

Ashley Randle - LED

Shakayla Crawford - RSD

Gary Williams - Dietary Service Director

Edi Salazar - Maintenance Director



*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!*



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**Phone: 214 943 2522**

***www.pacificaseniorliving.com***

*Welcome Home!*