

Pacifica Tidings



June
2021



A Note from the Executive Director

The Great Outdoors! Here's why I'm spending more time outdoors this summer. It elevates my mood, while providing some much needed mental clarity and physical well-being. This is a boost to my outlook on life. Having a positive outlook describes an encouraging belief about the future. How can something like this apply to your own life? Well, opportunities abound here at Meridian. We offer daily Fitness Classes at 10 AM, a fun and engaging walking club, and a brand new seasonal Aqua Pool Fitness Class to get you outside, refreshed, and happy. If you desire more, we also offer a variety of

Maureen Salonga

community outings. For example, you can enjoy a lovely picnic with fellow friendly residents at Dana Point Harbor. We also have a similar delicious picnic planned for Top of the World Park in Laguna Beach. Active outdoor activities designed to bring smiles to resident's faces. As we move into summer we'll have even more outdoor events planned. Looking for a great way to spend the 4th of July? Celebrate with us at our Grill BBQ. Following in August our festive Luau with a lush Polynesian feast and Hula Dancers. Let's join the great outdoors together. This summer!

Who am I?



Welcome to Our Community



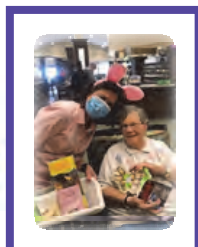
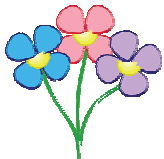
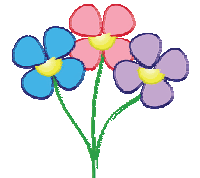
David Levin Podiatrist & Sonny With Clear Choice Hearing. We have new medical physician and hearing aid adviser who service our residents. David Levin a Podiatrist of over 30 years and Sonny who Services our residents with hearing aids and testing. Both services are reflected in our monthly calendar. Dr. Levin is the 2nd Friday of every month in B4 & Sunny is every other month 3rd Friday in A2. Both are on call and can be reached Monday –Friday for house calls in our community. Welcome Dr. Levin and Sonny!





Memorable Moments & Special Events

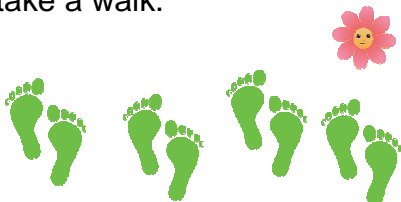
St. Patrick's Day, Card Making,
Seder Dinner, Resident Easter
Bunny Photos, Make Memorable
Moments at The Meridian!



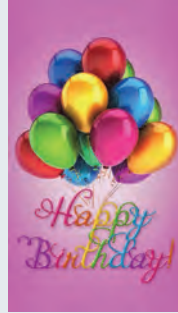
Health & Fitness by

Now that spring is here, longer warmer days, there's no better time to take a walk outside. Fitness starts from within. Staying Hydrated on your walk with a water bottle in toe is essential. Once your feeling thirsty your already dehydrated. Fluid intake with electrolytes is essential to cognitive clarity & to ensure all body functions process as normal.

The U.S. National Academies of Sciences, and Medicine determined that an adequate daily fluid intake is: About 15.5 cups of fluids a day for men About 11.5 cups of fluids a day for women These recommendations cover fluids from water, fruits, juices & vegetables. Electrolytes in fluids, play a role in keeping you healthy. For example, sodium and potassium keep your muscles and nerves functioning properly. Then there's magnesium that works to regulate you blood pressure, heart & brain function, memory & learning. Fruits, vegetables, nuts, legumes and dairy products are some of the best sources of electrolytes that lower blood pressure, among other health benefits. Another Hydration fruit juice is Coconut Water . It's one of the best types of juices to indulge in because it has half as many calories compared to other types of juices, according to the [Mayo Clinic](#). Coconut water contains potassium, sodium and manganese electrolytes. Let's all stay hydrated with water electrolytes this summer. Hydrate & take a walk.



Birthdays



June
Birthday
Celebration

Last Tuesday Of the Month

EVERYONE'S
WELCOME!

Let's Celebrate
Resident Birthdays
Together

Refreshments & Cake will
be served

Spiritual Activities

Spiritual support is important to our mental and physical well being.

Here are some examples of spiritual Activities you may want to try.

1. Music— it touches us all - calming, joy , comfort ,enhancing memory.
2. Nature —Pets, wild birds & petting zoos, nourish the spirit & comfort the soul.
3. Reading Poems-Rhyming poems may bring happy memories & assist with recall of important life events.
4. Message Therapy- Therapeutic benefits in message for seniors are well documented. Add some essential oils such as lavender to relieve tension and bring pleasure . Please sign up in our community with Misty.

Who am I?

(answer)

Delbert Francis Blaha ("Del" for

short), was born on August 10, 1921. del will be 100 years young, Happy Birthday Del! His hometown was Muskegon, Michigan. He was drafted into the service the day after his 21st birthday. He entered the U.S. Army Signal Corp as a Private and later was promoted to Staff Sergeant in the 842nd Signal Service Company. While serving in Brisbane, Australia, Del was stationed at Gen. McArthur's headquarters. As a cryptographic technician, it was his job to flood the airways with communication to confuse the Japanese as McArthur headed to the Philippines. Del and Ardis, his wife of 71 years, were married on December 7, 1942. He worked for 43 years with Owen Illinois in their Los Angeles glass division. During his retirement, he joined his wife, Ardis in real estate in Orange County for many years. They have four children, Barbara, Carol, Bill and Laurie (who lives close by), eleven grandchildren and 3 greatgrandchildren. Del enjoys playing bridge. He is friendly and has a good sense of humor. You know for sure that a lot of the residents love him! Del is truly special to us.

Management Team

Maureen Salonga
Executive Director

Mary Yard
Resident Service Director

Bela Libunao
Business Office Manager

Tammy Pich
Customer Relations Director

Renee Zuckerberg
Customer Relations Director

Edgar Manlang
Director of Environmental Service.

Pablo Soria
Food & Beverage Director

Lisa Hayden
Activity 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!*



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Welcome Home!