

Pacifica Tidings



**September/October
2021**



A Note from the Executive Director

Welcome to Fall! Cooler weather and shorter days are fast approaching. This time of the year always reminds me of back to school days, football games and the countdown to Christmas season. We will kick off Fall with our Annual Western Hoe Down on September 23rd and celebrating Grand Parents Day on September 9th with a special performance by a local children's group. In October, we will once again be playing Family Feud with residents versus residents with staff members mixed in. We will also be celebrating Halloween with our second annual Escape Room. Stay tuned for additional details and times. We are still looking for resident volunteers to meet and greet new residents.

Please, if any of you may have some hidden talents that you would like to share with the community, please stop in and let us know. On behalf of the entire staff here at the Community, we look forward to seeing many new faces and making new friends in the months ahead!

Shelia Bottinelli

Who am I?



Welcome to Our Community

**Carole H.
Richard G.
Emita L.
Hans H.
Sylvia H.
Bill B.**



Activities & Special Events



September

Lou Lynch	06	Guy A..	17
Barbara F	07	Marlys P.	20
Edward B.	08	Mickie B.	22
Robert K.	09	Fred F.	23
Edie K.	16	.	.



October

Mae D.	01	Annita R.	13
Joan G.	04	Betty B.	15
Kathleen H.	08	Virginia R.	20
Jerry Z.	13		

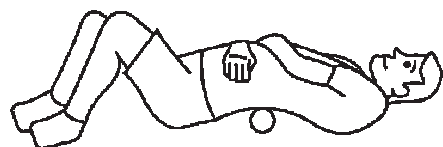


Donald Fiske was born in Minneapolis, MN on November 7, 1927. After graduating from Patrick Henry high school, he and a handful of his buddies joined the Army and was stationed on a ship during WWII. Upon completion of his duty, he returned to Minneapolis and proposed to Ivy, whom he had first met at church in the 7th grade. They got married on June 8th, Ivy. He worked at the Glendale Unified School District as a speech correction teacher before becoming a principal and later an assistant superintendent. Don has two children, five grandchildren and eight great grandchildren. Ivy lived in Memory Care until her passing in 2017. Don thoroughly enjoys living here at the Meridian with his many wonderful friends. He also is extremely fond of the entire staff.

Health & Fitness



Muscle pain and soreness as a result of starting a new exercise routine or increasing your Current exercise can be off-putting. There are very few reasons to push through the pain though. The better option is alleviate your symptoms. But which is the best way to treat your pain or soreness. The most basic relief for exercises induced soreness is drinking fluids (preferably water), stretching, and light calisthenics (see Fitness Center for examples). Another option is getting a massage. A through massage with a trained professional can ease soreness, reduce tension, reduce stress, and feel really good. Muscle tension and soreness can keep us awake at night. There are many good self-massage tools on the market but the prices can range fairly wide. An inexpensive tool is a tennis ball. A tennis ball is a good size to be held in one hand, it has a texture so it won't slip from your hand and it has enough give to allow for a deeper pressure. Placing the ball on the ground and gently rolling it under foot for a few minutes can loosen up your plantar fascia, making it much less likely to become irritated. Put enough pressure on the ball to get a deep massage. You may feel some soreness, but back off if you feel any pain.



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

For those who cannot attend church, San Antonio Church holds a Communion Service every Sunday in the Activity Room at 10:00 a.m.



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

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

Welcome Home!