

Pacifica Tidings



**January
2021**



A Note from the Executive Director

As we close the chapter on a challenging 2020 I wanted to take this time to convey how proud I am to be the Executive Director at the Meridian at Kessler Park. We have so many wonderful residents and staff and I am proud to say that I am part of this and all the incredible things to come! We had a difficult 2020 I hope we can forget about the pandemic for a bit and celebrate turning the page to 2021! There are so many things to look forward to in the new year and I for one am hopeful for an end to the pandemic so we can all return to a somewhat normal routine in our lives.

Happy 2021 to Everyone!
Michael Masci LVN
Executive Director

Who am I?

I was born in 1922 in Thurber Texas. I am 1 of 3 children. I was part of the very first graduating class of Hillcrest High School. I studied business at Texas Tech for 3 years. After college I married and had 3 children. I now have 2 grandchildren. I feel very safe here at the Meridian and have made many good friends. Bingo is my favorite pass time. All of the staff here at the Meridian have been so wonderful to me.

Welcome to Our Community

Jean Ellis
Artis King
Barbara Cox
Marjorie Stout
Helen Hopper

Activities & Special Events
This Months Fun Filled Activities Include

WEDNESDAY 4:00 PM



MONDAY TUESDAY FRIDAY AND SATURDAY 3:00 PM



THURSDAY 4:00 PM

WEDNESDAY 3:00 PM



Health & Fitness by

Overcoming obstacles to exercise

HelpGuide.org

Even when you know that exercise will help you feel better, taking that first step is still easier said than done. Obstacles to exercising are very real—particularly when you're also struggling with a mental health issue.

Here are some common barriers and how you can get past them.

Feeling exhausted. When you're tired, depressed, or stressed, it seems that working out will just make you feel worse. But the truth is that physical activity is a powerful energizer. Studies show that regular exercise can dramatically reduce fatigue and increase your energy levels. If you are really feeling tired, promise yourself a quick, 5-minute walk. Chances are, once you get moving you'll have more energy and be able to walk for longer.

Feeling overwhelmed. When you're stressed or depressed, the thought of adding another obligation to your busy daily schedule can seem overwhelming. Working out just doesn't seem practical. If you have children, finding childcare while you exercise can also be a big hurdle. However, if you begin thinking of physical activity as a priority (a necessity for your mental well-being), you'll soon find ways to fit small amounts of exercise into even the busiest schedule.

Feeling hopeless. Even if you've never exercised before, you can still find ways to comfortably get active. Start slow with easy, low-impact activities a few minutes each day, such as walking or dancing.

Feeling bad about yourself. Are you your own worst critic? It's time to try a new way of thinking about your body. No matter your weight, age or fitness level, there are plenty of others in the same boat. Ask a friend to exercise with you. Accomplishing even the smallest fitness goals will help you gain body confidence and improve how you think about yourself.

Feeling pain. If you have a disability, severe weight problem, arthritis, or any injury or illness that limits your mobility, talk to your doctor [about ways to safely exercise](#). You shouldn't ignore pain, but rather do what you can, when you can. Divide your exercise into shorter, more frequent chunks of time if that helps, or try exercising in water to reduce joint or muscle discomfort.

Fitness Activities

Here are some tips to help you improve your mental fitness?

1. **Exercise for 30 minutes every day**
2. **Read often and read widely**
3. **Boost your levels of vitamin B**
4. **Challenge your intellect and memory**
5. **Take time to relax**
6. **Take up a new hobby**
7. **Actively manage your health**
8. **Engage in stimulating conversation**
9. **Take up a manual activity or craft**
10. **Exercise your brain with others**

Spiritual Activities

As we begin a new year, may the following verses serve as a beautiful touchstone for a brand new year filled with new beginnings and renewed hope....

*"May the God of hope
fill you with all
joy and peace
as you trust in him,
so that you may
overflow with hope
by the power
of the Holy Spirit."*

Romans 15:13

Who am I? Betty Brown



Management Team

**MICHAEL MASCI LVN
EXECUTIVE DIRECTOR**

**KAREN PARKER
BUSINESS OFFICE MGR**

**AMBER PARKER
ACTIVITY DIRECTOR**

**RANDALL GROGAN
FOOD SERVICE DIRECTOR**

**ALBERT ADAMS
MAINTENANCE 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 Kessler Park

Luxury Senior Living by Pacifica

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Dallas, Texas 75211

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www.pacificaseniorliving.com

Welcome Home!