

Pacifica Tidings



**April
2021**



A Note from the Executive Director



Spring is in the air! I'm looking forward to getting outside and enjoying the sunshine. I hope that everyone is able to enjoy the Easter Holiday this year with families involved if possible! We have some fun activities planned for the month of April and hopefully some outings with Byron, I'm hoping we are through the cold weather and closer to the end of the COVID-19 pandemic with all the success we are having with vaccinations!

Sincerely,

Michael Masci LVN

Who am I?

I am turning 90 on April 15. I was born and raised in Johnstown Pennsylvania. I am one of 18 siblings. I have two beautiful children, Karen and Craig. Some of my hobby's consist of reading fictional books, sewing clothes and being with my amazing and loving family.

Welcome to Our Community

- Robert Stokes
- Delores Tatum
- Marilyn Martinson
- Marguerite Whitaker
- Tom McDowell
- Shirley McDowell
- Mickey Weatherly
- Raynard Dooley
- Sarah Bremner



Activities & Special Events

The History of Easter Sunday!



There's a reason why Easter Sunday is often celebrated with church service at the crack of dawn. As the story goes, it was at early at dawn on Easter morning that Mary opened Jesus's tomb to find it empty — which is why so many churches now hold services at an early hour to honor the momentous occasion.

In fact, the tradition of sunrise Easter service dates back to 1732, when the first service was held in Germany by the Moravian Church. A group of young men gathered at the first light of dawn at the town's graveyard to sing hymns of praise — and the next year, the entire congregation joined in. By 1773, the first sunrise service for Easter was held in Winston-Salem, North Carolina.

Events you don't want to miss this month!

- 10:30am daily: exercise in the Al activities room (11am on weekends)
- 10am Sundays: gospel sing along in the activities room
- 7th 1Pm: Men's club
- 14th at 1pm: learning to manage incontinence w/Legacy
- 15th at 2pm: Chef Chatter in Al dining room
- 15th 4Pm: Meet & Greet
- 22nd "Earth Day" at 1:30: Trip to the Dallas Arboretum.
- 28th at 3:30: Activity Committee meeting in AL Activities Room
- 29th at 2pm: Funny Money Auction

April Birthday:



Rosemary Martin 04/15
Molly Dixon 04/20
Espernola Jackson 04/28
Mary Estes 04/30

Health & Fitness by

Have you ever wondered what exercises are best for those over 65? A quick search reveals that the following are among the highest rated:

- Water exercises
- Chair Yoga
- Resistance band workouts
- Pilates
- Walking
- Bodyweight workouts
- Dumbbell Strength Training

On the flip side, there are quite a few popular workouts that are not ideal for older adults. Many are popular and best-suited for younger adults looking to bulk up or shed weight quickly, but may put an unhealthy strain on older adults.

The following exercises should probably be avoided if you're over the age of 65:

- Squats with dumbbells or weights
- Bench press
- Leg press
- Long-distance running
- Abdominal crunches
- Upright row
- Deadlift
- High-intensity interval training
- Rock climbing

Fitness Activities



Join us each day as we challenge you to move your bodies and get your blood flowing. Studies have shown that even a small amount of exercise per day is better than none at all! We offer :

- **Chair exercise**
- **Ball toss for upper body**
- **Mediation (your mind counts too!)**

We look forward to seeing you!

Spiritual Activities

We invite you to join us for Hymn sing on Sundays as we celebrate and sing some of our most beloved songs. For many people, hymns hold great significance and bring back memories of childhood and their spiritual education. The word Hymn comes for the Greek word *hymnos* which means "song of praise" most can name some of these well-beloved songs that have had an impact upon their lives, but the following list recounts the 10 hymns thought to be most popular throughout Christian Hymnody.

- Amazing Grace
- Holy, Holy, Holy
- Be Thou my Vision
- Come Thou Fount of Every Blessing
- A Mighty Fortress is our God
- How Great Thou Art
- How Firm a Foundation
- Great is Thy Faithfulness
- In Christ Alone
- When I Survey the Wondrous Cross

Any others you would add to this list?

**Who am I?
Rosamary Martin.**



Management Team

Michael Masci, LVN
Executive Director

Karen Parker
Business Office Manager

Randall Grogan
Dining Services Director

Byron Tichnell
Director of Activities

Albert Adams
Director of Maintenance

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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Welcome Home!