

Pacifica Tidings



July
2021



A Note from the Executive Director

It is hard to believe that the wonderful month of July is already upon us. Personally, I love the month of July, when the days seem to get brighter and longer. Enjoying playing in the park with my son, afternoon bike rides, and of course pool days and BBQ's are just a few of my favorite things to enjoy in the summertime month of July. Essentially, whether you enjoy long walks, or relaxing on a summer afternoon with a cup of lemonade; we highly look forward to sharing each other's stories and viewpoints together as a community. I wish everyone a safe, happy, and healthy July and enjoy some sunshine!

Executive Director Michael Masci LVN

Who am I?

I was born and raised in DFW. I have three daughters named Aleia (3), Bella (5), and Trinidi (7). I love reading, baking, and scavenger hunts with my girls. My favorite holiday is Christmas because its filled with tradition. I have a rabbit named Clover, who acts like a dog, is litter trained like a cat, and spoiled like my children.

Welcome to Our Community

- Sarah Bremner
- Jacqueline Bartlett
- James love



Activities & Special Events

The History of Memorial Day.

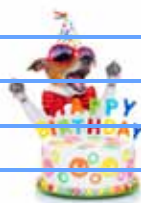
The first fireworks were used as early as 200 BC. The tradition of setting off fireworks on the 4 of July began in Philadelphia on July 4, 1777, during the first organized celebration of Independence Day. Ship's cannon fired a 13-gun salute in honor of the 13 colonies. The *Pennsylvania Evening Post* reported: "at night there was a grand exhibition of fireworks (which began and concluded with thirteen rockets) on the Commons, and the city was beautifully illuminated." That same night, the Sons of Liberty set off fireworks over Boston Common.

Events you don't want to miss this month!

- Every Sunday at 4pm is a Sunday service
- 7/02 11am fourth of July grill and chill
- 07/10 Activity meeting
- 07/1 2pm Ice cream party
- 07/20 1pm Chef Chatter
- 07/22 2pm Town Hall
- 7/23 1:30pm Cooking Corner (pigs in the blanket)
- 07/30 2pm Monthly Birthday part w/legacy

June Birthday:

- Anita Carr 07/08
- Marilyn Martinson 07/08
- Eudora Egbunwie 07/19
- Janis Nichols 07/23
- Marjorie Stout 07/24
- Mickey Weatherly 07/26



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?
Kayla**



Management Team

Michael Masci, LVN
Executive Director

Romy Castle
Business Office Manager

Kerry Kelly
Dining Services Director

Kayla Greene
Director of Activities

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

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Welcome Home!