

## Management Team

**Jeff Duncan**  
Executive Director

**Tabitha Ingermann**  
Community Relations  
Directors

**Alicia Davis**  
Business Office/ HR Manager

**Melissa Mealer**  
Activities Director

**Cecil White**  
Food Service Director

**Chad Schlossman**  
Maintenance Director

**Connie Pybus**  
Resident Care Director



*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!*



A Pacifica Senior Living Community

**1001 Mar Walt Drive**  
**Fort Walton Beach, Florida 32547**  
**Phone 850 863 5174**  
**[www.meridianatwestwood.com](http://www.meridianatwestwood.com)**

*Welcome Home!*

# Pacifica Tidings



**November  
2017**



## A Note from our Executive Director

It's November and let me start out by shouting out!

Happy Veteran's Day and Happy Thanksgiving!

I would like to thank all of our Veteran's here at Westwood as well as the spouses and family members of a Veteran. Thank you for your time and dedication. We often take for granted the very things that most deserve our GRATITUDE! I am grateful to all our Veterans. Thank you.

I know this may be a little early to say but, Happy Thanksgiving to all of my residents, their families and my wonderful staff.

I would like to remind you of the Thanksgiving Day hours of operation in the dining room and kitchen.

Thursday November 23, 2017 we will have a continental breakfast in the Magnolia Room from 7:00 am -8:00 am. Starting at 10:00 am until 2:00pm we will begin our Thanksgiving Brunch this will include many breakfast items as well as our Thanksgiving Day lunch menu of favorites. We will be preparing a dinner time TO GO BOX at this time. Please let your server know at this time if you will be needing a to go box for dinner. Anyone on the Assisted Living Floor is welcome to come down for the breakfast and Brunch but we will be serving all 3 meals on the 3<sup>rd</sup> floor as well for anyone who would prefer to eat there. The Thanksgiving Brunch is a tradition here at Westwood and the entire staff hopes you enjoy your holiday and your delicious meal.

Little pleasures add up to a whole lot of treasures.

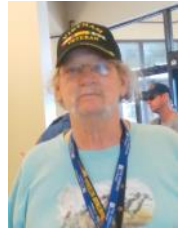
"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." –Albert Einstein

Executive Director,  
Jeff Duncan





## Welcome to Our Community



Charles Lush, is 66 year old and was born in Louisville KY. Mr. Lush is a retired Navy and has lived in many places. Charles has 7 children, 5 grandchildren and 1 great grandchild. Mr. Lush enjoys model cars, boats and 50's music. Please welcome Mr. Lush!



Patricia Rhodes is 80 years old and was born in Pensacola, FL. She has two children and two grandchildren. Ms. Rhodes has lived in the area and is a member of the First Baptist Church in Defuniak Springs, FL. Her hobbies and interests are jig saw puzzles, reading, cribbage, canasta, college football and listening to variety of instrumentals and easy listening music. Please welcome Ms. Rhodes!



### Coffee Shop

#### New Hours:

Monday-Saturday  
9:00 a.m.—11:00 a.m.

**"New" Coffee club meets at 9:30am,  
Wednesday**

~If you would like to volunteer in the coffee shop, Sign-up in the Activity Office Or contact Norma Breidinger.

#### Upcoming Events:

The Meridian Garage Sale  
Saturday, Nov. 4th at 8:00am

Veterans Ceremony in Atrium  
Friday, Nov. 10th at 2:00pm

Holiday Bazaar  
Friday, Nov. 17th at 10:00am to 2:30pm  
Saturday, Nov. 18th at 9:00am to 4:00pm

NWFL Ballet presents The Nutcracker  
Matinee at 2:30pm

Continental Breakfast in Magnolia Room  
Thursday, Nov. 23rd at 7:00am to 8:00am

Thanksgiving Brunch in Magnolia Room  
Thursday, Nov. 23rd -10:00 am to 2:00pm

### Health & Fitness by



1. Wake up and Work out!
2. Eat Breakfast!
3. Drink Water BEFORE you eat!
4. Color is KING!  
Greens, oranges and reds are better than tan.
5. Enjoy the rare stuff.  
You can eat a roll or mashed potatoes anytime.
6. STOP when you're full.
7. This isn't your only meal of the day!
8. Enjoy your family, friends and count your blessings.



### Fitness Activities

#### Days and times:

Mon. Tues. Wed. Thurs. Fri.  
"Let's Be Fit" at 9:30 am in the Atrium.

Monday  
"Walking Club" 10:30am

Tuesday's  
8:00 "Tai Chi" in Atrium

### Spiritual Activities

Sunday  
8:45 am Christian Worship & Communion: MR  
10:00 am Christian Worship: CH

Tuesday  
9:00 am St. Mary's Rosary and Communion: Chapel  
10:30 am Men's Fellowship Chapel

Wednesday  
11 am Month Methodist communion in the Chapel .

Thursday  
9:30 Episcopal Service: CH

Saturday  
10:30 Gospel Sing-a- Long in MR



Maire West	11/03
Charles Epstein	11/04
Betty Mackendree	11/07
Virginia Godbee	11/12
Gerald Reid	11/17
Jane Strickland	11/22
Mary Ferrell	11/22
Louise Meyers	11/28
Weymer "Mac" Liljedahli	11/28

Resident Birthday Luncheon  
Tuesday, November 7th  
at 11:45 in the Windjammer.





## Letter From Resident President....

Our annual Holiday Fund is underway! As we plan our Christmas giving, let's put our Westwood staff at the top of the list. This is the most important project we have all year—showing hourly employees how much we appreciate all they do for us. A letter was given to each resident explaining the Holiday Fund and asking for contributions.

Remember the saying "Spring forward, Fall back"? Sunday, November 6th is the day we go off Daylight Savings Time, so it might be a good idea to set your clocks back one hour before you go to bed Saturday night.

We look forward to an excellent Thanksgiving dinner on the 23rd, served from 10-2. As usual, family and friends are invited to join us—make reservations with the dining room staff.

A note from Terri Kunde, Library Chairperson, with some rules about donating books to our library:

We cannot accept paper-backed books, and all hard-cover books should have a copyright date of at least 2004 or sooner. We have limited amount of space. When donating books they should be placed on the desk in the library back room. Please do not put doated books on the shelves—they will first have to be cataloged, checked for publication, and entered into our computer sytem before going on the shelves. Thank you for your continued use of our wonderful library.

Jane Strickland  
Resident Association President.

## A Note from the Activities Director

Hello everyone,

November is here and Christmas is just around the corner. October was very busy and a lot of fun. I am thankful for all the positive reviews that was received by the residents and families for Oktoberfest. We couldn't have done this without all the staff helping. Just a quick note that we will recognize Veteran's Day, on November 10th this year. Please look at the calendar for NEW fun filled activities , events and changes.

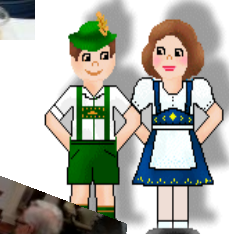
Thank you,  
Melissa Mealer  
Activities Director



## Welcome to our Community

Charles Lush #613

Patricia Rhodes #204



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>COFFEE SHOP HOURS</b> 9-11 a.m. and 2-4 p.m. Monday - Saturday Closed Sunday</p> <p><b>LIBRARY HOURS</b> 6:00 a.m.-8:30 p.m. (Daily)</p>	<p><b>Key</b></p> <p>AT = Atrium DR = Dining Room CH = 5th Floor Chapel MR = Magnolia Room</p>		<p><b>1</b></p> <p>9:30 Let's Be Fit 10:30 Shopping Wal Mart 1:30 Sing along (AT) 2:00 Putting Tourn. 3:00 Happy Hour 6:30 Dominoes</p>	<p><b>2</b></p> <p>9:00 Trading Days 9:30 Let's Be Fit 10:00 Computer Class MR 11:00 CC's Pizza 1:00 Crafts with Violet 3:00 Scattergories 6:00 Bingo</p> 	<p><b>3</b></p> <p>9:30 Let's Be Fit 10:00 Table Top Bowling 10:30 Santa Rosa Mall <b>3:00 Social Hour – Bill Hartley</b> 6:30 Scrabble</p>	<p><b>4</b></p> <p><b>8:00 Meridian Garage sale</b> 9:30 Table Top Bowling 10:30 Gospel Sing a-Long "MR" 3:00 Shuffleboard 6:30 Movie Night—MR</p>
<p><b>5</b></p> <p>8:45 Christian Worship/Communion 9:30 Coffee Klatch 10:00 Christian Worship <b>1:30 Hearts Card Game</b> Daylight Savings Time Change</p>  	<p><b>6</b></p> <p>9:30 Let's Be Fit 10:00 Crossword Puzzle 10:30 Shopping @ Publix 1:30 Table Games (MR) 2:00 Bible Study (ch) 2:00 Putting Tournament 3:00 Happy Hour(AT) <b>6:00 Bingo</b></p> 	<p><b>7</b></p> <p>8:00 Tai Chi in atrium 9:30 Let's Be Fit 10:00 Free Manicures 10:30 Men's Fellowship CS 11:45 Birthday Luncheon 1:30 Pet Therapy 2:00 Card Games</p> 	<p><b>8</b></p> <p>9:30 Let's Be Fit 10:30 Shopping Wal Mart 1:30 Sing A Long (AT) 2:00 Putting Tourn. 3:00 Happy Hour 6:30 Dominoes</p>	<p><b>9</b></p> <p>9:00 Trading Days 9:30 Let's Be Fit 10:00 Charades <b>12:00 Lunch and Learn -MR</b> 1:00 Crafts with Violet 3:00 Scattergories 6:00 Bingo</p> 	<p><b>10</b></p> <p><b>8:00 Men's Breakfast</b> 9:30 Let's Be Fit 10:00 Table Top Bowling 10:00 Bible Study—CH <b>2:00 Veteran's Ceremony</b> 3:00 Social Hour—Lionel and Shelia 6:30 Scrabble</p>	<p><b>11</b></p> <p><b>Veteran's Day National Sundaes Day</b> 9:30 Table Top Bowling 10:30 Gospel SingALong MR 1:00 Sundaes MR 3:00 Shuffleboard 6:30 Movie Night—MR</p>
<p><b>12</b></p> <p>8:45 Christian Worship/Communion 9:30 Coffee Klatch 10:00 Christian Worship <b>1:30 Hearts Card Game</b></p> 	<p><b>13</b></p> <p>9:30 Let's Be Fit 10:00 Crossword Puzzle 10:30 Shopping @ Publix 1:30 Table Games (MR) 2:00 Bible Study (ch) 2:00 Putting Tournament 3:00 Happy Hour (AT) <b>6:00 Bingo</b></p>	<p><b>14</b></p> <p>8:00 Tai Chi in atrium 9:30 Let's Be Fit 10:00 Car Fit Program MR 10:30 Men's Fellowship <b>11:00 Lunch/Wings &amp; Rings</b> 1:30 Pet Therapy 2:00 Card Games</p>	<p><b>15</b></p> <p><b>9:15 Resident Assoc. Mtg</b> 10:30 Shopping Wal Mart 1:30 Sing along (AT) 2:00 Putting Tourn. 3:00 Happy Hour - Wayne 6:30 Dominoes</p>	<p><b>16</b></p> <p>9:00 Trading Days 9:30 Let's Be Fit 10:00 UNO Cards 1:00 Crafts with Violet 3:00 Scattergories 6:00 Bingo</p> 	<p><b>17</b></p> <p><b>Holiday Bazaar</b> 9:30 Let's Be Fit 10:00 Men's Bible Study CH 10:00 Table Top Bowling 10:30 Kohl's <b>3:00 Social Hour— JOJO</b></p>	<p><b>18</b></p> <p><b>Holiday Bazaar</b> 9:30 Table Top Bowling 10:30 Gospel Sing A-Long 6:30 Movie Time - MR</p>
<p><b>19</b></p> <p>8:45 Christian Worship/Communion 9:30 Coffee Klatch 10:00 Christian Worship <b>1:30 Hearts Card Game</b> 2:00 Music Recital 2:30 The Nutcracker</p> 	<p><b>20</b></p> <p>9:30 Podiatrist Conf. RM 10:00 Crossword Puzzle 10:30 Shopping @ Publix 1:30 Table Games (MR) 2:00 Bible Study (ch) 2:00 Putting Tournament 3:00 Happy Hour (AT) 6:00 Bingo</p>	<p><b>21</b></p> <p>8:00 Tai Chi in atrium <b>9:00 Waffle House Shalimar</b> 9:30 Let's Be Fit 10:30 Men's Fellowship 10:00 Free Manicures 1:30 Pet Therapy 2:00 Card Games</p>	<p><b>22</b></p> <p>9:30 Let's Be Fit 10:30 Shopping Wal Mart 1:30 Sing along (AT) 2:00 Putting Tourn. 3:00 Happy Hour 6:30 Mexican Dominos</p>	<p><b>23</b></p> <p><b>THANKSGIVING DAY</b> Thanksgiving Breakfast 7-8a Thanksgiving Brunch 10:00am— 2:00pm 6:00 Bingo</p> 	<p><b>24</b></p> <p>9:30 Let's Be Fit 10:00 Table Top Bowling 10:30 Santa Rosa Mall <b>3:00 Social Hour— Lionel and Shelia</b> 6:30 Scrabble</p>	<p><b>25</b></p> <p>9:30 Table Top Bowling 10:30 Gospel Sing A-Long 3:00 Shuffleboard 6:30 Movie Night—MR</p>
<p><b>26</b></p> <p>8:45 Christian Worship/Communion 9:30 Coffee Klatch 10:00 Christian Worship <b>1:30 Hearts Card Game</b></p> 	<p><b>27</b></p> <p>Cyber Monday 9:30 Let's Be Fit 10:00 Crossword Puzzle 10:30 Shopping @ Publix 1:30 Table Games (MR) 2:00 Bible Study (ch) 2:00 Putting Tournament 3:00 Happy Hour (AT)</p>	<p><b>28</b></p> <p>8:00 Tai Chi (AT) 9:30 Let's Be Fit 10:30 Men's Fellowship 1:30 Pet Therapy 2:00 Card Games <b>5:00 Dinner - Red Lobster</b></p>	<p><b>29</b></p> <p>9:30 Let's Be Fit 10:30 Shopping Wal Mart 1:30 Sing along (AT) 2:00 Putting Tourn. 3:00 Happy Hour 6:30 Mexican Dominos</p>	<p><b>30</b></p> <p>9:00 Trading Days 9:30 Let's Be Fit 10:00 UNO Cards 1:00 Crafts with Violet 3:00 Scattergories 6:00 Bingo</p> 		