

Pacifica Tidings



HERITAGE HILLS

A Pacifica Senior Living Community

Independent Living • Memory Care

**November
2017**



A Note from the Executive Director

Please help me welcome Nancy Perry to our community as the Interim Executive Director. Nancy comes to the community with many years' experience in senior living. She will join the campus the week of November 6th. As a result my official last day will be Friday, November 10th. It has been a pleasure to be apart of this community and I thank you all for your support and collaboration.

Who am I?

Riddle #1:

I am in the beginning of the earth. I am at the end of the time. I appear two times in a week. I appear once in a year. What Am I ?

Riddle #2

What starts with E ends with E and has one letter in it?

Who am I?

In 1492, I sailed the Atlantic's ocean blue. I was on an exploration to discover new routes and colonies, but I found a "new world." I quoted to my mates, "Following the light of the sun, we left the Old World." Who am I?

Welcome to Our Community

*Fred Alexander
House #3220*

Birthdays

2 Cliff Brown
3 Carl Cochrane
19 Heidi Conrad



A Note from the Activities Director

Movie Highlights for November

November 4: *Lovely, Still*—When his beautiful new neighbor, Mary, asks him out on a date, elderly bachelor Robert suddenly finds himself swept up in the excitement and panic of new love. But as romance blossoms between the couple, an unexpected challenge arises that threatens to undermine the fledgling relationship. Starring Martin Landau, Ellen Burstyn, Adam Scott and Elizabeth Banks. (1Hr. 32 Min.)

November 11: *The Longest Ride*—Former bull-riding champion Luke and college student Sophia are in love, but conflicting paths and ideals threaten to tear them apart. As the couple ponder their romantic future, they find inspiration in Ira, an elderly man whose decades-long romance with his beloved wife withstood the test of time. Starring Alan Alda, Scott Eastwood, Britt Robertson, and Oona Chaplin (2Hrs. 8 Min.)

November 18: *Gambit*—London art curator Harry Deane seeks revenge on his abusive boss and plots to con the wealthy man into buying a fake Monet. But Harry needs an accomplice—and finds one in an eccentric rodeo queen. Starring Colin Firth, Cameron Diaz, and Alan Rickman (1Hr. 29 Min.)

November 25: *Still Alice*—When 50-year-old linguistics professor Alice Howland begins having trouble remembering words, her symptoms lead to a diagnosis of early-onset Alzheimer's—which forces Alice and her family to make radical changes in their lives. Starring Julianne Moore, Alec Baldwin, and Kriste Stewart. (1Hr. 41 Min.)

Memorable Moments



Fellowship and Fun made October complete. From a wonderful trip to Jonesboro for an afternoon of storytelling to a fantastic lunch overlooking the mountains, it was the perfect weather to explore!



Activities & Special Events

Trips

November 3 (11:00 departure)-Lunch at Stoney Knob Café and Tour of Historic Vance Birthplace.—Stoney Knob Café offers imaginative American fare with a Mediterranean twist. After lunch we will head to Vance Birthplace. This pioneer farmstead, tucked in the beautiful Reems Creek Valley, features a two-story log cabin “mansion”, an original 1790s slave cabin, and 5 outbuildings. The site explores life in early Buncombe County as seen through the lives of the Vance family and enslaved people.

November 6 (11:30 departure)-BMC Concert-To share music with the community throughout the year, the Brevard Music Center, in partnership with Brevard College, presents free concerts to the public on the first Monday of each month. Each First Mondays concert features a local community charity to highlight the challenges and needs facing the entire community.

November 7 (11:00 departure)—Lunch and Shopping at Day in the Country—A one of a kind gift boutique with a café as well. Enjoy a lunch outing with the opportunity to do a little shopping as well.

November 17 (11:00 departure)—Asheville Outlet Mall & Lunch at Ryan’s Steakhouse—Beat the crowds and get a start on your Christmas shopping as we explore the Asheville Outlet Mall. After we shop up an appetite, we will head to Ryan’s Steakhouse for lunch.

November 21 (1:00 departure)—Downtown Hendersonville and Coffee at Jonga Java Coffee Shop—Yet another opportunity to find that perfect gift for everyone on your list. Explore the streets of Hendersonville and warm up with an afternoon treat.

November 28 (10:00 departure)—Visit the UpCountry History museum as it hosts the *Katharine Hepburn-Dressed for Stage and Screen* exhibition. This exclusive exhibition of Hepburn’s private collection will make its Southeastern United States debut in Greenville, South Carolina. Featuring over 35 free-standing costumes worn in 21 films and 6 stage productions spanning Hepburn’s illustrious career, the 2500 square foot project will be the first major costume exhibition in the Upstate South Carolina. We will have lunch in Greenville as well.

November 30 (1:00 departure)—Flat Rock Play House Christmas Special (to Purchase Tickets please call 828-693-0731) Experience the songs and festivities with an original revue that combines singing, dancing, and humor with all the traditional scenes in A Flat Rock Playhouse Christmas. Audiences will be transported through the times of Charles Dickens, Santa’s Toy Shop and the Blue Ridge Mountain all while hearing your favorite holiday classics including *The Most Wonderful Time of the Year, Joy to the World, Sleigh Ride and White Christmas*.

Events

November 10-VETERANS ONLY—Join us in the Dogwood Dining Room for a special program and lunch to thank our Veterans for their service to our country. Sign-up is required.

November 23—Happy Thanksgiving—Please remember that today’s meal will be served at noon!

November 24—Hot Tea Social—Wash away your Thanksgiving leftovers with a cup of tea! Visit with neighbors and share your best holiday stories!

Health & Fitness by **Thanksgiving Cooking Tips**

Cooking for the holidays is a lot of work. Preparations for "THE" meal begins weeks in advance, but here are some ways to add a healthy touch to momma's Thanksgiving meal and still enjoy its rich soulful flavor.

1. Add flavor, not fat.

Many recipes suggest rubbing the bird with butter before roasting. If you roast a turkey without overcooking, it won't dry out—there's no need to rub it with butter beforehand. Skip it and avoid adding extra saturated fat. Try chopped fresh herbs and garlic mixed with a little heart-healthy olive oil instead.

2. Avoid added salt.

We've found that conventional turkeys (with added salt solution) do stay moister but if you're watching your sodium intake, avoid them.

3. Skip the skin

A 3-ounce portion of light meat without skin has only 132 calories and 3 grams of fat. With the skin, that jumps to 168 calories and 6 grams of fat. (Dark meat has more calories but also more iron: three ounces of dark meat supplies 15% of the recommended daily intake of iron; white meat has only 8%.)

4. Broth is better.

Many traditional stuffing recipes call for butter. Use a bit of low sodium chicken broth instead to keep it moist without the added fat or calories.

6. Forgo the butter.

The key to tasty gravy is using all the drippings from the roasting pan (with the fat skimmed off). This gives plenty of flavor without the added fat or calories. Forgo added butter, which really bumps up the calories and fat.

Fitness Activities

Yoga with Amy is back!

Join us on Mondays at 12:00 pm in the dining room for yoga with our very own therapist Amy. She will lead you through his exercise routine sure to calm your inner being and provide stability to your day. Be sure to check it out!

Lunch and Learn with Brookdale Therapy

Join us on Wednesday, November 1st at 12:00pm in the dining room to learn more of the benefits of therapy. This is a great opportunity to enhance your knowledge of the services offered and how therapy can improve your overall health and well-being.

Spiritual Activities

Please go to google.com and search for this video:
Dr. Rick Rigsby-Make an Impact-"Change you Life"

Volunteering provides many benefits to both **mental and physical health**. Volunteering helps counteract the effects of stress, anger, and anxiety.

The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. With the holidays around, find some ways to give back, help others, and improve your health as well in the process.

Riddle and Who am I Answers:

#1-the letter "E"

#2-Envelope

#3- Christopher Columbus



Management Team

Nancy Perry
Executive Director

Charlene King
Business Office Director

Marcus Lanning
Maintenance Director

Mark Shugar
Dining Services Director

Michelle Tracy
Community Relations Director

Mikkel Patterson
Activities 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!*



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