

Pacifica Tidings



HERITAGE HILLS

A Pacifica Senior Living Community

Independent Living • Memory Care

December 2017



A Note from the Executive Director

The holidays are right around the corner. It is a time of bright lights and beautiful decorations. Like you I have many memories of holidays past. I remember looking through the JC Penney catalogue and just dreaming of the gifts I might receive. Do you remember buying gifts for your family and nearly bursting to tell them what you got them? For the most part, the holidays are a time of joy. But sometimes they are a time of nostalgia for the past and even a bit of sadness missing loved ones.

I hope this season you will take some time to be thankful for all you have and that you will have the opportunity to give

to others (the surest antidote to loneliness). We plan to have things going on here for you to enjoy and participate in. It is going to be a wonderful holiday season. Do you think it will snow?

I want to personally thank each one of you for the warm welcome to Heritage Hills. You have all been so kind and patient with me as I learn about you and about the community. I have enjoyed my history lessons as well as my time getting to know you. There is so much to be done, but as a community we will get there.

Happy Holidays
Nancy Perry; Executive Director

Who am I?

Throughout the night, three ghost appeared to change my ways. In an 1843 novel, I was a cold-hearted miser who despises Christmas.

Dickens describes me as so, "The cold within him froze his old features, nipped his pointed nose, shriveled his cheek, stiffened his gait; made his eyes red, his thin lips blue; and spoke out shrewdly in his grating voice."

So...Bah! Humbug! Who am I this time?!

Welcome to Our Community



Birthdays

Betty Abercrombie

Cliff Brown

Carol Boyd

Ester Cook

Billie Jean Fynn

Jan West

Have a great birthday

Who am I answer:

Ebenezer Scrooge (A Christmas Carol)



A Note from the Activities Director

Happy December Everyone!

Wal-Mart/Target trips in Arden will be the 2nd Monday of the month instead of the 1st Monday due to HH Residents Association Meetings.

For **Grocery Run Wednesdays**, please call the front office by Tuesday at 4pm

For the **Thursday Doctor's Run/Med Pick-Ups**, call the front office by Wednesday at 4pm and all runs on Thursday must be in Henderson County.

Brookdale Therapy House will be open normal hours of Tuesday, December 26th.

Meal Delivery and Pick-Up Orders

Monday-Friday: Call in by 3pm

Saturday/Sunday: Call in on Friday by 4pm

If food deliveries or pick-ups are request after the schedule times, you must go the dining room to place your order.

I would like to thank everyone (residents, committees, staffing, and all), for welcoming me into the Heritage Hills community. We have some great things planned for the near future and we will are making great progress and enhancing our program.

Merry Christmas and Season's Greetings!
Mikkel Patterson; Activities Director

Memorable Moments



December Movie Showings

December 2: *The Glass Castle*

Based on actual events, this family drama follows future writer Jeannette Walls, who spends her hardscrabble childhood on the run with her negligent artist mother and storytelling alcoholic father. Starring Brie Larson, Woody Harrelson, Max Greenfield, and Naomi Watts. (2 Hrs. 7 Min.)

December 9: *Pray for Rain*

Young New York journalist, Emma Gardner, finds that the idyllic Central California farming community where she was raised has been ravaged by drought and is ruled by gangs and greed. Investigating the suspicious circumstances of her father's death puts her in grave danger. Starring Jane Seymour, Annabelle Stephenson and Nicholas Gonzalez. (1 Hr. 32 Min.)

December 16: *Five Flights Up*

Married for four decades, New Yorkers Ruth and Alex have had a wonderful life together—most of it spent in their cherished Brooklyn walk-up. Now that it's time to sell, the universe seems determined to thwart them. Starring Diane Keaton, Morgan Freeman, and Michael Cristofer. (1 Hr. 32 Min.)

December 23: *The Family Stone*

Although their relationship works in the city, things begin to fall apart for buttoned-up Manhattanites Everett and Meredith when they visit the suburbs for the holidays to stay with Everett's family. Starring Rachael McAdams, Dermot Mulroney, and Sarah Jessica Parker. (1 Hr. 46 Min.)

December 30: *People Like Us*

When Sam flies home for his estranged father's funeral, the reading of the will reveals a sister he never knew he had—and an order that Sam must bring his alcoholic sibling and her young son their inheritance. Starring Chris Pine, Elizabeth Banks, and Olivia Wilde. (1 Hr. 55 Min.)

Activities & Special Events

Saturday, December 2nd: Flat Rock Playhouse Christmas Special

Leaving at 12:45pm-Tickets must be purchased prior to signing up

Tuesday, December 5th: Lake Julian Christmas Light Show and Desert in Biltmore Park

Leaving at 6:00pm-\$2 per person that can be paid the day of the trip for admission into Lake Julian

Saturday, December 9th: Hendersonville Symphony at Blue Ridge Community College

Leaving at 1:45pm-Tickets must be purchased prior to signing up

Tuesday, December 12th: Candy Grams (candy treats) and Christmas Card Designs

Starting at 12:00pm-Come make Christmas Cards for anyone on campus and Santa Mikkel will deliver all cards and treats to the residents on the 15th. Ho, Ho, Ho!!!!

Hot cocoa and marshmallows will be provided.

Saturday, December 16th: Brevard College Men's Basketball Game and Dinner at Twin Dragons Chinese Buffet

Leaving at 2:30pm-Tickets are FREE, and you must signup by Tuesday, Dec. 12th.

Tuesday, December 19th: Gingerbread House Showing at the Omni Grove Park Inn and Lunch at Farm Burger

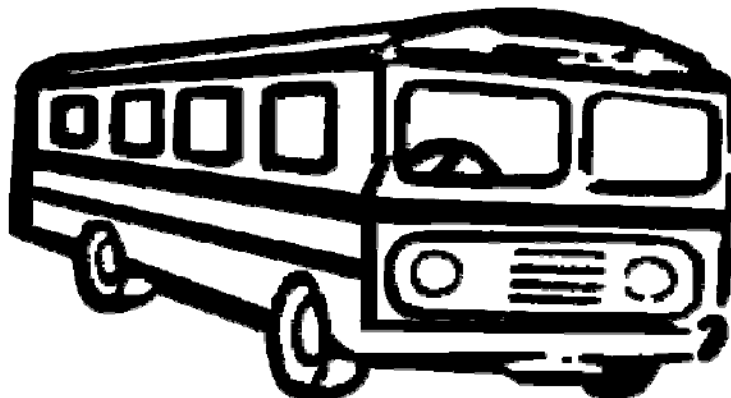
Leaving at 10:00am-FREE showing

Saturday, December 23rd: Christmas Party Potluck

Starting at 6:00pm in the dining room

Sunday, December 31st: New Year's Eve Gathering

Starting at 7:00pm and ending at 9:00pm on the dining room

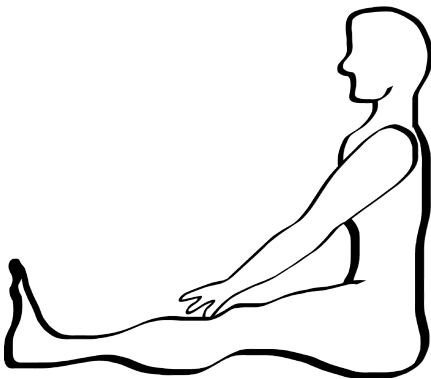


Health & Fitness by

Occupational Therapist
Shannon

Did you know that your upper body strengthen and range of motion (ROM) is just as important as the lower body ROM's?

The answer is YES...it is!



Our upper body assist with our simple daily task that we do not think about; pushing up from a sitting position, reaching for your clothes, getting into and out of the bath tub, and/or just simply getting out bed.

If you have been noticing some difficulties with these daily task and usage of your arms or legs, please contact the Brookdale Therapy House to set up an appointment. Get stronger mentally and physically.

Fitness Activities

Every Tuesday, beginning Dec. 5th (except the 2nd Tuesday of the month), Occupational Therapist Shannon will be leading a new

MEDITATION & LIGHT STRETCHING CLASSES

Come prepare to be engaged and increase your overall body's awareness. You will focus your thoughts and postural awareness, while slowly relaxing away the stressors of the day.



Spiritual Activities

For many people, Christmas can be a stressful time; extra cash needed for gifts for their children and families, and missing those who cannot be home for the holidays. December can be a roller coaster of emotions, but Christmas can be a season of countless enjoyment.

God showed us His great love for us during this time of the year. It can be a time of healing and renewed strength.

Christmas is when we rejoice in the birth of the Christ child. God sent His Son, Jesus, into the world to be born. His birth brought vast amounts of joy to the world. The shepherds, wise men, and angels all rejoiced. The prophets had told of His coming hundreds of years before the birth. The star stopped above the city of Bethlehem just to mark the way for those who were looking for the Christ child. This is a time of celebration and joy; be thankful for what you have and help those in need.



Management Team

Nancy Perry
Executive Director

Charlene King
Business Office Director

Marcus Lanning
Maintenance Director

Mark Shugar
Dining Services Director

Michelle Tracy
Sales Director

Mikkel Patterson
Activities Director

Betty Cunningham
Receptionist



*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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www.PacificaHeritageHills.com

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