

# 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,  
Interim Executive Director

## *Who am I?*



## *Welcome to Our Community*

Anne Gerstnecker—  
Room s

## *Birthdays*

### December

Anne Napoli 12/02



### November Birthday Party



### *A Note from the Activities Director*

Happy Holidays! I hope everyone has had a great start to this holiday season! Thank you to everyone who joined us for our Thanksgiving Dinner last month, we had a wonderful turn out and we were happy to serve you and your families! Don't forget we still have cook-books for sale they would make good Christmas gifts, if you would like to purchase one let DeeDee or myself know. It's that time again for our Annual Door Decorating Contest, you can begin on December 1st. Let us know if you plan on decorating your loved ones door and if not we will assign a staff member to decorate it. We will be judging the doors on December 22nd at our Resident Christmas Party, which will be at 2pm. In January we will be starting up our Family Education Group again so stay tuned for more details. We hope that everyone will have a Merry Christmas and Happy New Year!

Here are some activities that we will be having the month of December that you may want to attend with your loved ones:

12/7 Christmas Wreaths  
12/8 Monthly Birthday Party  
12/12 Gingerbread Houses  
12/19 Christmas Carols sing-a-long  
12/20 Gingerbread Houses Viewing Depart  
at  
**12/22 Resident Christmas Party @ 2pm**

And many more!!!

We hope you can join us!

Keep well,

Whitney Marvels-Activities Director

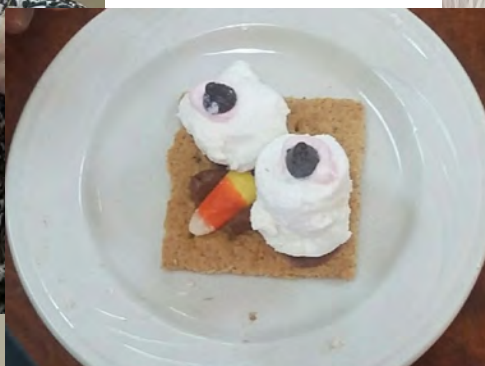


## *Memorable Moments*



## *Activities & Special Events*

Snacktivity



Music Therapy





## Health & Fitness by

### Whitney Marvels

National Handwashing Awareness week is Dec. 3-9.

How can washing your hands keep you healthy? Germs can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

When should you wash your hands? Handwashing at any time of the day can help get rid of germs, but there are key times when it's most important to wash your hands: Before, during, and after preparing food; Before eating food; Before and after caring for someone who is sick; Before and after treating a cut or wound; After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom; After blowing your nose, coughing, or sneezing; After touching an animal, animal food or treats, animal cages, or animal feces (poop); After touching garbage; If your hands are visibly dirty or greasy.

For more information on handwashing visit [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



## Fitness Activities

We offer at least two physical activity programs a day one in the morning and one in the afternoon.

### Everyday

Morning Exercise at 10am

Some other form of exercise( Ex: Beach ball toss, Noodle Ball, Balloon Toss, Balloon Volleyball, Fun Dance etc.) at 3pm

### Tuesdays

Exercise with Jana at 2pm

### Wednesdays

Walking Club at 3pm outdoors

\*\*weather permitting\*\*

## Spiritual Activities

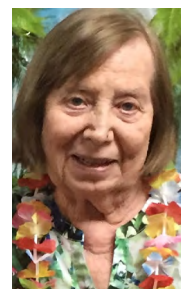


- First Sunday of each month Speak Life Comm. Church at 6:45pm
- Every other Sunday, Charles Myers holds a service at 3pm
- Gaither video/hymn singings Sunday evenings
- Monday Mornings we have hymn singing at 11am
- Salvation Army fourth Tuesday
- Tuesday Evenings Duane holds a service at 6:30pm
- Catholic Mass four times per year.

## Who Am I?

### (answer)

I am Marie Scott! I was born on October 16th in Brooklyn, NY. I was an only child. I attended Columbia Teacher's College where I completed my Bachelor's and Master's Degrees. As a young woman, I enjoyed singing, dancing, skiing, and traveling. After several years of teaching elementary school children, I met my husband, Warren Scott who was completing his Master's Degree in Mechanical Engineering. Warren worked for several companies including Honeywell, Johnston controls, Watco, and ended his career after setting up his own business. I left teaching to raise my family. I have 4 children and 10 grandchildren. I enjoyed traveling, reading, and was active in church when I lived in Florida. Since moving to North Carolina about 10 years ago I enjoyed spending time with family, reading, and playing cards. I used to love playing rummy and pinochle.



## *Management Team*

**Nancy Perry**

Executive Director

**Charlene King**

Business Office Manager

**DeeDee Saylor**

Resident Care Director

**Whitney Marvels**

Activities Director-Memory  
Care

**Marcus Lanning**

Maintenance Director

**Mark Shugar**

Food Service Director

**Michelle Tracy**

Community Relations 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!*



**HERITAGE HILLS**

*A Pacifica Senior Living Community*

Independent Living • Memory Care

*2500 Heritage Circle*

*Hendersonville, NC 28791*

*(828) 693-8292*

*[www.PacificaHeritageHills.com](http://www.PacificaHeritageHills.com)*

*Welcome Home!*