

Pacifica Tidings



HERITAGE HILLS

A Pacifica Senior Living Community

Independent Living • Memory Care

January 2018



A Note from the Executive Director

Dear Residents,

January, 2018! 2017 has flown by. It was very eventful for me, traveling to "snow country" and making a lot of new friends. Usually in January we think of resolutions. There are the usual resolutions that we typically break by February such as losing weight, exercising more, and maybe stopping a bad habit such as smoking. As I think about 2018, I am making a resolution to just focus on treating everyone I meet

with kindness. Sometimes it is easier to be kind to strangers and often with family or people we have known for a long time we forget to be kind and understanding to them. I wish everyone would join with me and spread kindness. There is so much discord and unrest in the world today, we all need some grace and understanding for one another.

Here's to a wonderful new year full of friendship and joy. Happy New Year!

-Nancy Perry

Who am I?

Born in Chicago in 1901, he developed an early interest in **drawing**. He took art classes as a boy and got a job as a commercial Illustrator at the age of 18.

In the 1950s, he expanded into the **amusement park** industry. He is known for his numerous iconic **cartoon** characters, who are still popular today.

His motto of "**Be our guest**" allows people to feel at home...

...Who am I?

Welcome to Our Community



Birthdays

Gloria Rodberg-1st
Jan Johnson-6th
Elaine Johnson-7th
Nancy Upchurch-15th
Greta Baker-16th
James Boyd-16th
Al Doig-24th
Lynnett Harris-26th
Bob Huskey-25th
Julie Leavitt-29th
Jerry McDaniel-31st



Happy Birthday Party

When: Friday, January 26th at 3:00pm

Where: Dining Room

Why: Because it's time to have some **FUN!**
Everyone, especially the
birthday people of the month, are
invited to come celebrate **YOU**. We will
have cake, ice cream, and
FUN, FUN, FUN!!!

A Note from the Activities Director

Wal-Mart/Target trips in Arden are the 2nd Monday of the month from 9:30am-12:00pm. Sign-ups in the mail-room. (Due to the HH meeting being on 1/8/17 because of New Year's Day, we will leave at 12pm instead of 9:30am in January)

For **Grocery Run Wednesdays**, please call the front office by Tuesday at 4pm (Banks by Main St., Harris Teeter, New Ingles, and Fresh Market only from 9:30am until 11:15am).

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.

Meal Delivery and Pick-Up Orders

Monday-Friday: Call in by 3pm
Saturday/Sunday: Call in on Friday by 4pm

Meals will be ready for pick-up by 5:30pm during the week, and 12:30pm on weekends.
Meals will be delivered between 5:30pm and 5:45pm during the week and 12:30pm to 12:45pm on weekends.

If a resident is too ill to come to the dining room on Saturday or Sunday, they may call in an order by 10:30 either day and specify either pick-up or delivery. This is an exception only and only if someone is ill.

Important Note:

If road conditions are bad due to winter weather, the buses will not run and all trips/outings and runs (grocery and doctors) will be either postponed or cancelled for that day. If meals are being delivered, we will contact all receiving meals through our phone tree.
Be safe, prepare in advance, and stay warm during this winter time.

Memorable Moments



January Movie Showings

January 6th: ***Silver Skies***

Chronicles a group of working-class residents whose lives turn upside down when their apartment complex threatens to be sold out from under them. With humor and compassion, Director Rosemary Rodriguez brings these old-timers to a place of fear, a little romance, and deep caring for each other's well-being. Now in their twilight years, facing the unknown, these underdogs will have you rooting for them all the way. Starring George Hamilton, Barbara Bain, and Mariette Hartley. (1 Hr. 35 Min.)

January 13: ***The Monuments Men***

In a race against time, a crew of art historians and museum curators unite to recover renowned works of art stolen by Nazis before Hitler destroys them. Starring George Clooney, Matt Damon, Bill Murray, John Goodman, and Cate Blanchett. (1 Hr. 58 Min.)

January 20: ***Strangers in Good Company***

When a bus filled with eight elderly women breaks down in the wilderness, the group of strangers is stranded at a deserted farmhouse with only their wits, their memories, and eventually some roasted frogs' legs to sustain them. For several days, the women share their life stories and intimate thoughts. Director Cynthia Scott directs these nonprofessional actors delivering largely improvised dialogue to heartwarming effect. Starring Alice Diablo, Constane Garneau, and Winifred Holden. (1 Hr. 45 Min.)

January 27: ***Battle of the Sexes***

In 1973, Billie Jean King, the world's No.2 female tennis player, took on 55-year-old ex-champ Bobby Riggs in a match hyped as the Battle of the Sexes. This sports dramedy delves into the battles being played out in their lives beyond the sports spotlight. Starring Emma Stone, Steve Carell, and Andrea Riseborough. (2 Hr. 1 Min.)

Activities & Special Events

Friday, January 5th

Leaving at 11:00am: Lunch and Tour at Sierra Nevada Brewery

Tuesday, January 9th

Leaving at 10:00am: WNC Farmer's Market, Lunch at Brix Wood Fired Pizza, and Biltmore Park Walk n' Shop

Monday, January 15th

Leaving at 10:30am: Trader Joe's Shopping and Lunch at Moe's Southwest Grill

Friday, January 19th

Leaving at 10:00am: North Carolina Arboretum (\$12.50 per person for entrance fee) and lunch at Johnny Mac's BBQ in Fletcher, NC

***Tuesday, January 23rd**

Leaving at 8:30am: NEW Heritage Hills Men's Breakfast at Cracker Barrel in Arden, NC

***Tuesday, January 30th**

Leaving at 8:30am: New Heritage Hills Women's Breakfast at Kosta's Kitchen in Fletcher, NC

****Men's and Women's Outings will be a monthly trip on the last two Tuesdays of the month***



Health & Fitness by The Brookdale Therapy House

Balance disorders can affect individuals of all ages and significantly impact function and mobility. Brookdale Therapy offers a comprehensive balance and fall prevention program that provides individualized treatment to reduce the risk of falls and improve mobility.

A balance disorder is a disturbance that causes an individual to feel unsteady when standing or walking. It may be accompanied by feelings of giddiness or wooziness, or having a sensation of movement spinning or floating. Balance is a result of several body systems working together, the eyes, the ears, and proprioception (the body's sense of where it is in space). Aging or loss of function in any of these systems can lead to balance deficits.

A range of factors can cause balance problems such as muscle weakness, joint stiffness, Inner ear problems, certain medications (such as those prescribed for depression and high blood pressure), lack of activity/ sedentary lifestyle, and simple aging

According to the CDC, more than 1/3 of adults 65 and older fall each year in the US and 20%-30% of people who fall suffer moderate to severe injuries. Physical/Occupational therapist can help in the risk reduction and prevention of falls.

Fitness Activities

Yoga Class w/ Amy DR
Mondays at 12:00pm

**Meditation & Light
Stretching w/ Shannon DR**
Tuesdays at 12pm
(not the 2nd Tuesday)

**Free Opportunity via the
Brookdale Therapy House**
Come get your year started
off on the right foot.
Schedule a free balance
screening by calling
828-458-3629

Spiritual Activities

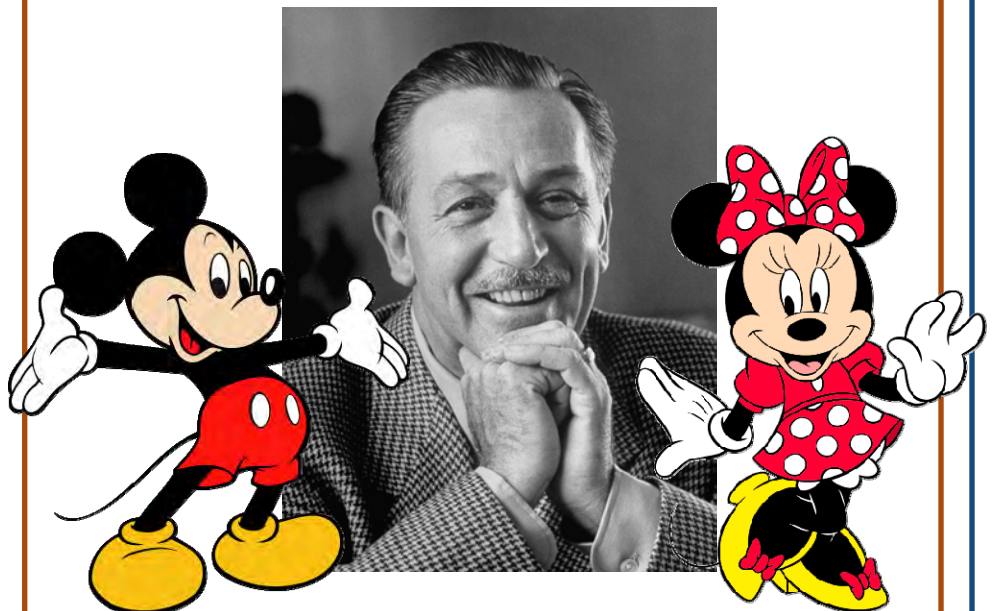
Its 2018...happy blessed new year!
For many, it is a time to start all over;
new year's resolutions are being
created and His strength is needed to
be successful. New beginnings.
Setting goals. Emotional ups and
downs with the journeys ahead. Here
are some verses that will help
motivate you to **NOT** quit this year:

Philippians 4:13-13 I can do all this
through Him who gives me strength

Isaiah 40:31-31 but those who hope in
the LORD will renew their strength. They
will soar on wings like eagles; they will
run and not grow weary, they will walk
and not be faint.

Psalm 28:7-8-7 The LORD is my
strength and my shield; my heart trusts in
him, and he helps me. My heart leaps for
joy, and with my song I praise him. 8 The
LORD is the strength of his people, a
fortress of salvation for his anointed one.

Who am I answer:



Walt Disney

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!*



HERITAGE HILLS

A Pacifica Senior Living Community

Independent Living • Memory Care

3200 Heritage Circle
Hendersonville, NC 28791
(828) 693-8292

www.PacificaHeritageHills.com

Welcome Home!