

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?



Welcome to Our Community

Carol Abarbanell– Room A

Birthdays

January

No Birthdays!



1st Place– Dana-
Employee



2nd Place– Virginia
King's Family

Door Decorating
Contest
Winners!!



3rd Place–
Marjorie
Haddock's
Daughter-
Debbie

A Note from the Activities Director

Happy New Year! Welcome 2018!! I hope everyone has had a great start to the New Year! We will have some great programs going on this new year for your loved ones and want to keep you informed! Most of you may have met Jana our Tai Chi instructor that came on Tuesday afternoon to do a class, she can no longer lead our class, but has passed the baton to a friend of hers, Denise, Jana will be greatly missed she did a wonderful job, everyone give Denise a warm welcome. Thank you to everyone who participated in our Annual Door Decorating Contest! They all looked amazing! We plan on taking the Ladies out for another lunch since last time was so successful, I will be in contact with the families of those attending. We also are going to do a Men's outing to the WNC Air Museum! We feel our men will enjoy this trip. Stay tuned for our new date and time for our Family Education Group with Rebecca Sharp from Vaya Health. Make sure to look at the welcome table when you come in the door for flyers etc.

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

1/3 Yoga & Chair Exercises class begins with Denise

1/4 Let it Snow Craft

1/10 Ladies Lunch Out (Depart @ 11am)

1/12 Monthly Birthday Party(We have no birthdays but will still hold a party)

1/18 Snowflake Garden Craft

**1/31 Men's Outing to WNC Air Museum
Depart at 1:30pm**

And many more!!!

We hope you can join us!

Keep well,

Whitney Marvels-Activities Director

Merry
Christmas

Memorable Moments



BE
merry



Activities & Special Events



Santa
Claus
is
Coming
to
Town



DECK the HALLS
with boughs of holly



Merry & Bright

Health & Fitness by

Whitney Marvels

Healthy Weight Week is January 18th-24th.

When it comes to weight loss, there's no lack of fad diets promising fast results. But such diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run. The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses. Staying in control of your weight contributes to good health now and as you age.

Here are 6 tips to help you find the best foods for your body and your budget.

1. Know what a healthy plate looks like
2. Look for important nutrients
3. Read the nutrition facts label
4. Use recommended servings
5. Stay hydrated
6. Stretch your food budget

For more information on healthy eating and other tips visit www.ncoa.org

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

Wednesdays

Yoga & Chair Exercises with Denise at 2pm

Walking Club at 3pm outdoors

****weather permitting****

Spiritual Activities

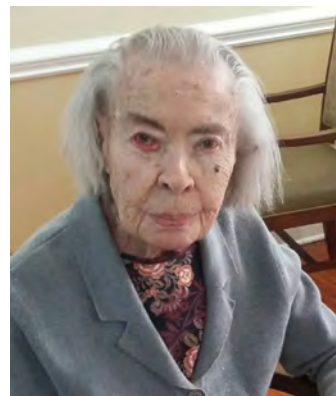


- First Sunday of each month Speak Life Comm. Church at 6:45pm
- Every other Sunday, Charles Myers holds a service at 3pm
- Gaither video/hymn singings Sunday evenings
- Monday Mornings hymn singing at 11am
- Salvation Army fourth Tuesday of the month
- Tuesday Evenings Duane holds a service at 6:30pm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

Who Am I?

(answer)

I am Anne Gerstnecker! I was born in Philadelphia, PA on July 19th. I worked as a personal secretary for the founder of Vanguard for many years until I met my husband. We married in 1966. We met at a train station in Pennsylvania. I lived in Florida and Texas before moving to North Carolina. I enjoyed playing bridge, golf, and playing the piano. I belonged to a golf club when I lived in Florida. I like pets, we owned a few dogs and a cat. Currently I enjoy relaxing, going to social programs, and listening to music.



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

Mikkel Patterson

Activities Director-Independent
Living



*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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Hendersonville, NC 28791

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www.PacificaHeritageHills.com

Welcome Home!