

Pacifica Tidings



HERITAGE HILLS

A Pacifica Senior Living Community

Independent Living • Memory Care

**February
2018**



A Note from the Executive Director

It is a pleasure to join the Pacifica family and the dedicated team that is here at Heritage Hills. I can already see the heart to serve that is present in each staff member within the Legacies program. There are many smiles, hugs, and winks exchanged throughout each day and a warmth that permeates the community.

I am very much looking forward to getting to know all of you soon. To that end, I hope that you will join us on Monday, February 19th at 5:00p.m. for a special time of entertainment, information, and a complimentary meal. I will be giving you some updates on our community including building renovations and introducing you to our new pharmacy provider-Blue Ridge Pharmacy. I also want to hear from you what other resources or support you and your loved one would benefit from and how we can better serve you. Thank you for the trust you put in us each and every day to care for your loved ones.

Debra Campbell

Who am I?



Welcome to Our Community

Our Legacies™ Memory Care Program provides those with Alzheimer's disease, dementia and other forms of memory loss with the support, care and respect they deserve in order to continue living a full, enriching life.

Birthdays

February

No Birthdays

happy new year



A Note from the Activities Director

Happy love month! I hope everyone is doing well! We will be having our **Family Night** which will be Valentine's themed on **Monday, February 19th at 5pm** Please sign up by Feb. 12th, you will not want to miss it! We will have a performer for the evening starting at 5pm and then we will go into dinner. I hope you all can make it, it's going to be a real treat! Our new Executive Director will also be joining us her name is Debra Campbell, so you will have the opportunity to meet her. Unfortunately we will no longer have Rebecca with Vaya Health here to do our Family Education Group, we are on the search to find someone else to hold these meetings and will let you know as soon as we have everything lined up. We have few resources in mind that we feel will be great. Just a friendly reminder to always pay attention to the welcome desk as you come in for any changes or upcoming events that we may have.

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

2/8 Valentines Glitter Votive Craft
2/9 Pizza Party
2/13 Mardi Gras Party
2/16 Chinese New Year Party
2/19 ****Family Night: Valentines Themed**** Please sign up by the 12th
2/23 Allegro Music Therapy
And many more!!!

We hope you can join us!

Keep well,

Whitney Marvels-Activities Director

LADIES LUNCH

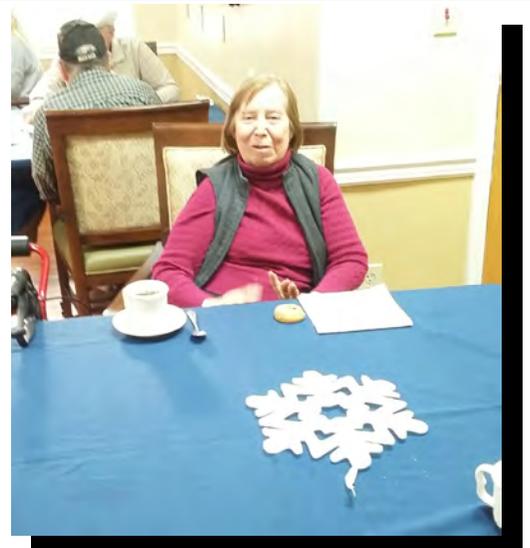
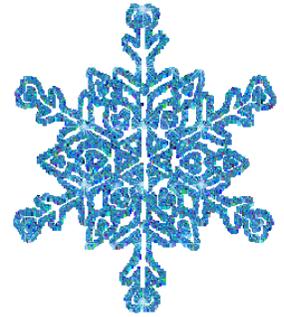


Old Country Store





Winter Wonderland Tea Party



Health & Fitness by

Whitney Marvels

February is American Heart Month. Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

How can American Heart Month make a difference? We can use this month to raise awareness about heart disease and how people can prevent it — both at home and in the community.

Here are just a few ideas:

- ♥ Encourage families to make small changes, like using spices to season their food instead of salt.
- ♥ Motivate teachers and administrators to make physical activity a part of the school day. This can help students start good habits early.
- ♥ Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease.



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 Jo Keever! I was born on November 8th in Black Mountain, NC. Growing up I enjoyed playing with dolls, cooking, being outside, and taking family trips to Florida. I went to Black Mountain School. I studied medical for two years at the University of North Carolina at Chapel Hill. I married my husband Leonard and we have three children, Leonard Jr., Joey, and Ann. I have 10 grandchildren and 4 great-grandchildren. Into my adulthood I enjoyed walking, swimming, cooking, knitting, and playing piano. We would go on family vacations to the beach. I worked as a Laboratory Tech at Salisbury Hospital for several years and from there went to work at the VA Hospital in Asheville for most of my working career. When I retired I enjoyed resting, playing solitaire, watching television, helping people that I knew, and volunteering in nursing homes. My family, friends, and church bring me lots of joy and happiness. I love walking and being around people.



Management Team

Debra Campbell

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

Mikkel Patterson

Activities Director-Independent
Living

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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Welcome Home!