

Pacifica Tidings



HERITAGE HILLS

A Pacifica Senior Living Community

Independent Living • Memory Care

March 2018



A Note from the Executive Director

We welcome spring this month. The Equinox comes on March 20th at 12:15 p.m. On this day the sunrise and sunset are 12 hours apart - an equal amount of day and night. It is a good reminder that balance will come, which is extra nice to know after experiencing the cold and darkness of winter. This season we are reminded also of the cycles of life all around us as buds sprout, trees begin to green again, and eggs hatch. Celebrating new life, new beginnings, and new chapters, whatever that may look like in your life, can be a healing and energizing process.

At Heritage Hills there are many new beginnings happening all around us. As we welcome new residents into their homes, their presence will add unique talents and

personalities to our community. As construction ends in the clubhouse and administration building, we can create together what the personality of the new spaces will be. And as construction begins in the dining room, we can anticipate a refreshed space in which to dine and socialize. I'm sure Mother Earth is going to touch our physical surroundings in a beautiful way this spring as well, which I will get to witness for the first time here. Enjoy the renewal of the season in whatever ways add meaning and joy to your life.

Debra Campbell-Executive Director

Who am I?

His real name was Marion Mitchell Morrison, nicknamed Duke, was an American actor and filmmaker. An Academy Award-winner for the movie True Grit, he was among the best box office attractions for three decades. One of his famous quotes was "Get off your horse and drink your milk." This man had the greatest six shooters in the wild, wild west.

Who am I?

Welcome to Our Community

Ms. Vicki Herrmann

Birthdays

Mike Jacobius 1st
Beverly Brown 5th
Carlton Baker 11th
Roselynn Blum 16th
Al Abercrombie 17th
Carol Haag 19th
Glenn Haag 22rd
Barry Crawshaw 26th

March Birthday and Anniversary Party

Friday,
March 30th
1:30pm-2:15pm

Come out and
celebrate with us!



A Note from the Activities Director

Day of Shopping in Arden:

2nd Monday of the month, leaving at 10:00am. Sign-ups in the mailroom. Stores included are Wal-Mart, Target, Aldi's, Big Lots, Ross, Marshall's, Hobby Lobby, and other various stores off of Airport Road.

Grocery Run Wednesdays:

Please call the front office to schedule. Shopping/Errand areas are banks by Main St., Harris Teeter, Ingles off of Spartanburg Hwy., and Fresh Market from 9:30am until 12:00pm.

Thursday Doctor's Run/Med Pick-Ups

Please call the front office to schedule those appointments. Runs will take place Thursdays from 9:00am (earliest pickup) to 4:00pm (last pickup from appointments will be 3:45pm).

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-5:45pm during the week and 12:30pm-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 10:30am either day and specify either pick-up or delivery. This is an exception only and only if someone is ill.

Memorable Moments



Fruity Valentine's Day Sangrias



Don Pedi playing the Dulcimer on Thursday Night



Painting with a Twist in Biltmore Park

March Movie Showings

March 3rd | Victoria and Abdul

The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's remarkable rule. When Abdul Karim, a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity. Starring Judi Dench, Ali Fazal, and Eddie Izzard. (1 Hr. 50 Min.)

March 10th | Mud

Two Mississippi teens, Ellis and Neckbone, meet a mysterious drifter named Mud hiding on a deserted river island and get caught up in his tangled web of tall tales about bounty hunters, crimes of passion, lost love and a perfect woman named Juniper. Starring Matthew McConaughey, Reese Witherspoon, and Tye Sheridan. (2 Hrs. 10 Min.)

March 17th | The Good Lie

In this fact-based drama, a young Sudanese War refugee wins a lottery that allows him to start life anew in the United States. But adapting to his new home presents challenges -- both for the "lost boy" and for the American woman who's helping him. (Starring Reese Witherspoon, Corey Stoll, and Thad Luckinbill. (1 Hr. 50 Min.)

March 24th | Good-Bye, Christopher Robin

The world of Winnie the Pooh creator A.A. Milne comes to life in this illuminating biopic that focuses on his relationship with his son (and inspiration), Christopher Robin, and how the books' phenomenal success affected the family. Starring Domhnal Gleeson, Margot Robbie, and Kelly Macdonald. (1 Hr. 47 Min.)

No movie on March 31st due to Community Potluck

Activities & Special Events

Monday, March 5th | 11:30am-2:30pm

Brevard Concert Series: Neal Berntsen/Trumpet, David Jackson/Trombone, and David Gilliland/Piano at the Porter Center at Brevard College.

Tuesday, March 6th | 3:00pm-4:30pm

Happy Hour with drinks, snacks, and a fun social gathering before dinner.

Wednesday, March 7th | 1:20pm-4:00pm

FREE midday movie at the Hendersonville Public Library (DUNKIRK)

Friday, March 9th | 11:00am-3:45pm

Shopping in Biltmore Village and Lunch at Ichiban Japanese Cuisine. At Ichiban, food is prepared on a hot hibachi grill in front of you. Fun, food, and entertainment all in one!

Monday, March 12th | 10:00am-12:30pm

Day of Shopping in Arden, NC. Every 2nd Monday of the month, we go shopping at any store on Airport Road, which includes Wal-Mart, Target, Aldi's, Big Lots, Ross, Marshall's, Hobby Lobby, and other various stores.

Friday, March 16th | 1:00pm-2:00pm

Shamrocks and a Pot of Gold Happy Hour Party; snacks, drinks, and fun-filled games. Come out for an early St. Patrick's Day event and have a great time.

Saturday, March 17th | 5:30pm-7:00pm

Wine & Cheese Social; specialized plating of various cheeses, fruits, and crackers by our very own Heritage Hills chefs, with drinks to compliment the plate.

Tuesday, March 20th | 11:45am-1:30pm

Men's Lunch at J&S Cafeteria in Arden, NC

Saturday, March 24th | 6:00pm-9:15pm

Hendersonville Symphony will be performing at Blue Ridge Community College. Tickets must be purchased in advance.

Tuesday, March 27th | 11:45am-1:45pm

Women's Lunch at Tupelo Honey in Skyland, NC

Friday, March 30th | 1:30pm-2:15pm

March Birthday and Anniversary Party; cake, ice cream, and fun games and activities. Come celebrate your day, your month.

Saturday, March 31st | 5:30pm-7:15pm

Community Potluck; sign-up, bring a dish, and meet and greet with your community.



Health & Fitness by Activities Director Mikkell Patterson

What is diabetes?

A disease in which the body's ability to produce or respond to the hormone insulin is impaired, resulting in abnormal metabolism of carbohydrates and elevated levels of glucose in the blood and urine.

Importance of managing diabetes

The ability to manage your health is imperative, especially when you can manage your diabetes. When your glucose levels are close to normal, you will feel more energetic.

You can also decrease the chances of having health problems caused by diabetes such as a heart attack or stroke, eye problems that can lead to trouble seeing or going blind, pain, tingling, or numbness in your hands and feet, also called nerve damage, kidney problems that can cause your kidneys to stop working, teeth and gum problems.

Ways to control diabetes

1. Eating Habits: Consult your doctors about proper foods to consume. Keep a log of what you eat and be knowledgeable about the foods you are buying and eating.

2. Control Your Stress Levels: Stress can raise your glucose levels. Find ways to maintain and lower your stress. Try meditation, gardening, taking a walk, take up a hobby, or listen to your favorite music.

3. Living an Active Lifestyle: Start slow by taking 5-10 minute walks around your neighborhood, a few times per day. 2-3 times a week, gradually increase your muscle strength. Use stretching bands, chair yoga/light stretching, gardening (digging and planting with tools), and/or participate in physical activities in or around your community.

4. Understand Your Day: Take your medications as directed by your health care team, decrease/stop smoking, track your glucose levels daily, check your feet for anything out of the ordinary, and check your blood pressure.

5. Communicate with your health care team; communicate with your family

Fitness Activities

Yoga Class w/ Aimee DR
Mondays from 12:00pm-12:45pm

Brookdale Therapy House
Updated Hours:
Monday-Friday; 9:30am-12:30pm
and 1:30pm-3:30pm

**Free Opportunity via the
Brookdale Therapy House**

Schedule a free balance screening
by calling **828-458-3629**

**NEW Chair Yoga/Light
Stretching with Denise DR**
Thursdays from 12:00pm-12:45pm,
starting March 1st

Spiritual Activities

Bible Study Group DR
Mondays at 10:00am

Gospel Hymn Singing MC
Mondays at 11:00am

Note: Neither will meet on the
1st Monday of the month

Where there is love there is life. In a gentle way, you can shake the world. You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.

- Mahatma Gandhi

If you can give one person a compliment everyday for 365 days, 365 people will feel a sense of belonging, a sense of worth, and a sense of happiness.

- Mikkell Patterson

Who am I answer: "The Duke" John Wayne



Management Team

Debra Campbell
Executive Director

Charlene King
Business Office Director

Marcus Lanning
Maintenance Director

Mark Shugar
Dining Services Director

Aimee Bergeron
Sales Director

Mikkel Patterson
Activities 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!*



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

www.PacificaHeritageHills.com

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