

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. Watching the buds pop through the ground, the leaves return to the trees, and all of the new activity of nature this time of year makes us hopeful for what is to come. We'll look forward to more time outside, planting our gardens, and drives outside to witness spring in these mountains.

Recently we had a wonderful Family Night together. We celebrated the families of our residents, as well as our larger Legacies' family. There was wonderful music, excellent food, and fellowship shared among all. I enjoyed meeting everybody who attended and hearing a little bit more about the lives of our residents. A couple of our ladies had large families, with six and seven children each. Not all of their adult children came to our event, but they had a good showing none-the-less! What makes our life meaningful is sharing the stories of our lives with one another and creating relationships in the process. Our residents inspire us every day with their stories of the past, and with who they are today. I look forward to venturing into this new season together and learning more about the people who call Heritage Hills home.

Debra

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

March

3/27 Leon Howard



A Note from the Activities Director

It's almost officially spring! Thank you for those of you that joined us the evening of our family night, I hope you enjoyed the performer and the meal. We had a wonderful crowd. It is always a pleasure serving you all and seeing all the beautiful smiles on everyone's faces. With spring approaching we will have a lot going on around here and we will have a lot of outdoor trips, picnics, etc. as the warmer days come. If you would like to attend one with your loved one let me know, we'd love to have you join us. I will also be contacting the families of the residents that decide to go on either the Ladies Lunch or the Men's outing, we will need money for their lunch, I feel that \$15-\$20 is usually enough for them to enjoy whatever they want to order to eat plus dessert!

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

**3/5 Brevard Music Center Concert depart
at**

11:15am

3/8 Popcorn Party

3/14 Ladies Lunch Out

3/16 St. Patrick's Party

3/21 Men's Outing to Hot Dog World

3/30 Picnic at Mills River

And many more!!!

We hope you can join us!

Keep well,

Whitney Marvels-Activities Director

Memorable Moments



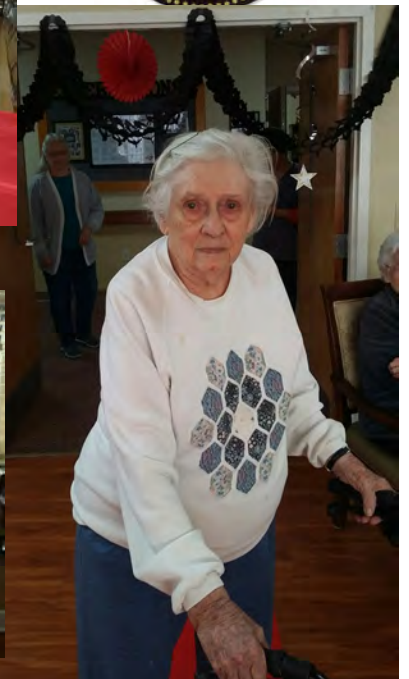
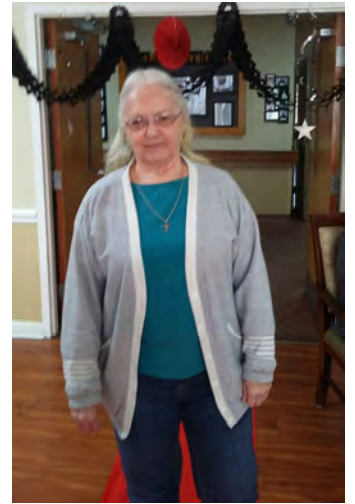
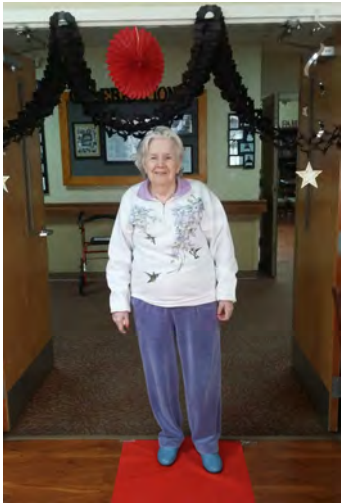
Line Dancers
on Valentine's
Day



Men's Outing to the WNC
Air Museum



HOLLYWOOD PARTY



Health & Fitness by Whitney Marvels

March is National Nutrition Month.

The best menu for boosting memory and brain function encourages good blood flow to the brain — much like what you'd eat to nourish and protect your heart. Research found the Mediterranean Diet helps keep aging brains sharp, and a growing body of evidence links foods such as those in the Mediterranean diet with better cognitive function, memory and alertness. Here are four types of food to help boost your memory:

1. **Eat your veggies**— Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory
2. **Be sweet on berries and cherries**— Berries — especially dark ones such as blackberries, blueberries and cherries — are a rich source of anthocyanins and other flavonoids that may boost memory function
3. **Get adequate omega-3 fatty acids**—Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid, or DHA, in particular, may help improve memory in healthy young adults. Seafood, algae and fatty fish — including salmon, bluefin tuna, sardines and herring — are some of the best sources of omega-3 fatty acids
4. **Work in walnuts**—Well known for a positive impact on heart health, walnuts also may improve cognitive function

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

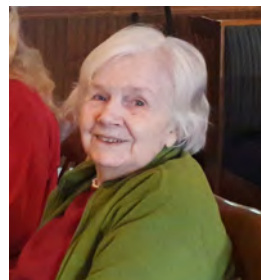


- First Sunday of each month Speak Life Comm. Church at 6:45pm
- Gaither video/hymn singings Sunday evenings
- Monday Mornings hymn singing at 11am
- Salvation Army fourth Tuesday of the month
- Tuesday Evenings Duane holds a service at 6:30pm
- Catholic Mass four times per year. Next Catholic Mass: March 19th @10am Dogwood Dining Room

Who Am I?

(answer)

I am Virginia King! I was born on June 13th in Madison County, NC. Growing up I took on responsibilities at a young age, I had to help out with my sister. I have always been a hard worker. My family describes my personality as sweet and strong-willed. I met my husband when I was working as a waitress we had seven children; Johnny, Joyce, Charles, Barbara, Becky, and Teresa. Holidays have always been important to our family, we always got together on Christmas and Thanksgiving. In the summers we would do family picnics. Into my adulthood I enjoyed gardening, reading, nurturing and helping others. I worked at Mission Hospital for many years as a Nursing Assistant, then Drexel furniture inspecting the furniture. My last job was at Aston Park as a Certified Nursing Assistant where I worked for 15+ years. I retired in 1995 and after retirement I enjoyed gardening, crocheting, quilt making, and reading. I also did a lot of volunteer work within my church. Currently I enjoy reading, word searches, and helping others.



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!