

Pacifica Tidings



HERITAGE HILLS

A Pacifica Senior Living Community

Independent Living • Memory Care

April 2018



A Note from the Executive Director

This month we will finally say good-bye to winter and surprise ice storms (one can hope!) and say hello to our gardening club, picnics, and the smell of freshly mowed grass. April is National Lawn and Garden Month and Keep America Beautiful Month. Nice reminders of the importance of taking care of Mother Earth. And the perfect time to recognize the 48th Annual Earth Day on April 22nd. We will look forward to gathering as a community to remember and celebrate Earth Day in a special way this year.

But let's not forget the month begins with April Fool's Day which also kicks off National Humor Month. Do you laugh enough? What about even just a smile? There is a statistic that says the average four-year-old laughs 300 times a day, and the average 40 year-old: Four. Researchers haven't proven these exact numbers, but the general idea is true. Most of us have heard the

positive health benefits of laughter. Laughter has been shown to increase the release of endorphins, boost the immune system, lower blood pressure, reduce tension and can improve cognition. I see it in my own life. Our 21 month-old laughs at everything, all day long. From the time he wakes up until finally resting his head on my shoulder at the end of the day, he is smiling or giggling or all-out belly-laughing. For me, I think 4 times a day might be on target. Life gets serious and harder as we get older it seems. Recently I met with a woman who was visiting our community. She smiled a lot and prided herself on her humor. She said to me, "silly means happy" with a big smile on her face. What a nice reminder to lighten up and bring a little more laughter into our lives - reaping the health benefits along the way.

Debra Campbell

Who am I?

She was an American poet, singer, memoirist, and civil rights activist. She published seven autobiographies, three books of essays, several books of poetry, and was credited with a list of plays, movies, and television shows spanning over 50 years. She received dozens of awards and more than 50 honorary degrees. She is best known for her series of seven autobiographies, which focus on her childhood and early adult experiences. The first, *I Know Why the Caged Bird Sings*, tells of her life up to the age of 17 and brought her international recognition and acclaim. **Who am I?**

Welcome to Our Community

Clark Wilson-3248

**Vonell and Sharon
Wilson-3279**

Birthdays

Kathy Herzog 1st
Bev Fredericks 4th
Rick Downdeswell 6th
Marie DiDonato 9th
Marie Cochrane 10th
Barbara Scesny 13th
Shanon Gaynor 19th
Joy Williams 24th
Al Parramore 25th
Al lonson 28th

Anniversaries

Jim and Elsie White 15th

Happy Birthday and Anniversary Party
April 27th | 1:30pm-2:30pm
Come celebrate YOU!



A Note from the Activities Director

Day of Shopping in Arden:

2nd Monday of the month, leaving at 10:00am-12:00pm. 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 and 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



**Mineral and Lapidary
Museum Trip**

**Birthday and Anniversary
Party**



**Farm Burger Men's
Lunch Trip**

April Movie Showings

April 7th-**Wonder**: Entering fifth grade will be momentous for Auggie -- because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face. Starring Julia Roberts, Owen Wilson, and Jacob Tremblay. (1 Hr. 53 Min.)

April 14th-**Darkest Hour**: Winston Churchill's stirring defiance of the Nazi threat is the focus of this historical drama that depicts his fearless refusal to surrender Britain to Adolph Hitler and his relentless army during World War II's early days. Starring Gary Oldman, Kristin Scott Thomas, and Ben Mendelsohn. (2 Hrs. 5 Min.)

April 28th-**A Street Cat Named Bob**: Long a solo act, street busker and recovering addict James Bowen finds himself part of a team when he adopts a stray cat who's as interested in taking care of James as he is in taking care of the feline. Soon, the cat becomes part of the act. Starring Luke Treadaway, Ruta Gedmintas, and Joanne Froggati. (1 Hr. 43 Min.)

Activities & Special Events

Off-Campus Trips

April 2nd | 11:30am

Brevard Concert Series (at Brevard College/1st Monday Concert Series) and lunch at Twin Dragons

April 3rd | 11:45am

Brevard Concert Series (at First United Methodist Church in Hendersonville/Chamber Music Tuesday) and lunch at Monty's Sub

April 12th | 1:20pm

Poetry Reading at Henderson County Public Library FREE featuring locals Karen Jackson and Pat Rievriere-Seel

April 17th | 11:45am

Men's Lunch at Johnny Mac's Lowcountry Grill and BBQ in Fletcher, NC

April 20th | 11:00am

Black Mountain College Museum and Arts Center and lunch at Mellow Mushroom

April 24th | 11:45am

Women's Lunch at Sol Y Luna California Fine Dining and Bar in Laurel Park, NC

April 27th | 6:30pm

Hendersonville Community Theater presents "The Gin Game" (*Tickets must be purchased in advance*)

April 28th | 6:00pm

Hendersonville Symphony at Blue Ridge Community College (*Tickets must be purchased in advance*)

On-Campus Activities

April 5th | 6:30pm

Music with Michael Sebastian

April 12th | 6:30pm

Music with King Goslin on the guitar and Sabrina Kumar on the flute

April 14th | 5:30pm

Wine and Cheese Social

April 17th | 3:00pm

Happy Hour

April 21st | 5:30pm

Community Potluck and Social

April 22nd | 3:00pm

Spring Songs and Sounds

April 26th | 6:30pm

Poetry Night at Heritage Hills

April 27th | 1:30pm

April Birthday and Anniversary Party



Health & Fitness by

Spring is here. The snow showers and ice storms are leaving us, and outdoor adventures begin. The sun shines brighter, and the weather is warmer. The beautiful North Carolina mountains offer benevolent views, the waterways are crisp and clear, and mother nature has given us numerous ways to improve our mental and physical health and well-being such as:

1. Boost immune system and increase

Vitamin D levels—Many of us do not get enough Vitamin D daily. Low levels of Vitamin D can lead to an increased risk of cardiovascular disease, cancer, Alzheimer's disease, depression, and bone fractures. The sun offers great amounts of Vitamin D, and it is important to go outside for at least 20-30 minutes a day to decrease the risk.

2. Improve your vision—You probably already know that all those hours staring at the screen are bad for your eyes. Many negative effects are irreversible. The more time we spend in front of a television screen, computer monitor, or our cell phones, the more likely we are to suffer dry eye syndrome. Letting your eyes focus on something more distant exercises different muscles and allows the eyes to relax and recover.

3. Improve sleep patterns—If you are spending too much time indoors, you are isolated from the source of your body's natural rhythms, and your sleep cycle will likely suffer. Being outdoors will help set your body's internal clock. Studies show that residents at numerous facilities who were suffering from insomnia were exposed to natural light, after which they had less difficulty falling asleep and experienced fewer episodes of nighttime wakefulness. Being active outdoors will improve your sleep patterns.

4. Exercising and being on the go—When we go outside, we naturally move more. It seems to come with the territory. People who walk, run, or bike outside exert more energy and burn more calories than those who use treadmills or stationary bikes.

5. Decrease levels of stress—Many people that feel upset and stressed at work or home have a tendency to go for a walk to cool down. There is a reason. The outdoors is a benefit for self-meditation. The rays from the sun and the natural vitamins the outdoors offers allows our brains to be in a meditative state, which helps us relax and stress levels decrease.

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

**God puts rainbows in the clouds
so that each of us-in the dreariest
and most dreaded moments-can
see a possibility of hope**

-Maya Angelou

Who am I answer

Maya Angelou (Happy National Poetry Month)



Management Team

Aimee Bergeron
Sales Director

Debra Campbell
Executive Director

CiCi Dalton
Interim Kitchen Manager

Charlene King
Business Office Director

Marcus Lanning
Maintenance Director

Sandy Messer
Dining Room Manager

Becky Salomone, RN
Memory Care Resident Care 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

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

www.PacificaHeritageHills.com

Welcome Home!