

Pacifica Tidings


HERITAGE HILLS
A Pacifica Senior Living Community
Independent Living • Memory Care

**June
2018**



A Note from the Executive Director

***“Never doubt that a small group of
thoughtful, committed, citizens can
change the world. Indeed, it is the only
thing that ever has.”
— Margaret Mead***

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

June

Diane Robidoux



Virginia King



May birthday party



Harry Papazian



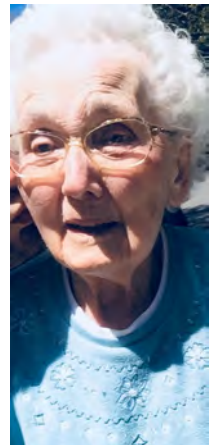
Anne Smith



"Age is an issue of mind over matter. If you don't mind, it won't matter!"

-Mark Twain

Elaine Barbuto



A Note from the Activities Director

It has been with such joy that I have been given the opportunity to stand in for the position of Activity Director. We have completed plenty of fun and memorable activities in the past month. We officially have a facility hair dresser now, visiting with us every other Thursday, to make appointments please speak to myself or Becky. Also, as you all know, it's finally warming up outside! We have begun to schedule picnics, and more outdoor outings for our residents. It's certainly a blessing to be able to make these memories with your family members. I'm super excited to continue brightening their days just as much as they brighten mine!

Wishing everyone the best,

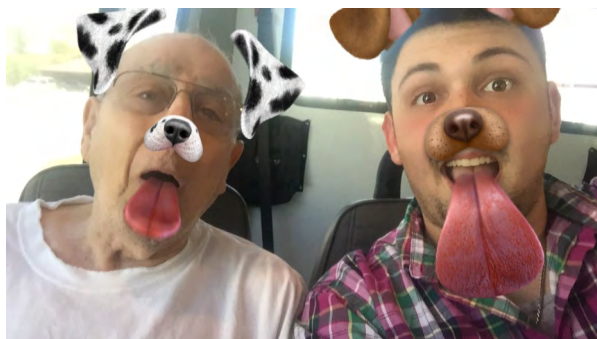
-Paris Capozziello

Up Coming Events:

- * June Birthday Party June 9th**
- * Lunch Outing June 14th**
- * Picnic to Jackson Park June 25th**

We Hope To See You There!

Memorable Moments



Sight Seeing



Pound Fit w/
King Goslin



Hair By Velma



Activities & Special Events



Health & Fitness by Paris Capozziello

As spring finally sets in and summer approaches, it is finally time for walking club to head outside!

As the cold mornings become shorter, and the sun begins to thaw us out, I believe it would be highly enjoyable for the residents to get there cardio on while breathing in the fresh air and listening to the birds chirp!

Those who can't participate in walking club shouldn't feel left out! Starting soon, a few days a week, morning exercise is going to take place on the back patio.

As Kenneth H. Cooper says:

"The reason I exercise is for the quality of life I enjoy"

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

Tuesdays

Pound Fit with King Goslin at 3:30pm

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: July 25th at 10am

Who Am I? (answer)

I'm Harry! I am fairly new to the facility, but I have a personality that sticks out, and can't be forgotten! I was in the navy, love to go on the outings to see different sights once in a while, and when we're all at home I like to stay to myself and watch TV. When I feel like being social, I light up the whole room with my stories, laughter and interesting tales of the past!



Management Team

Debra Campbell

Executive Director

Charlene King

Business Office Manager

Becky Salomone

Resident Care Director

Paris Capozziello

Activities Director-Memory
Care

Marcus Lanning

Maintenance 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!*



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2500 Heritage Circle

Hendersonville, NC 28791

(828) 693-8292

www.PacificaHeritageHills.com

Welcome Home!