

Pacifica Tidings



HERITAGE HILLS

A Pacifica Senior Living Community

Independent Living • Memory Care

October
2018

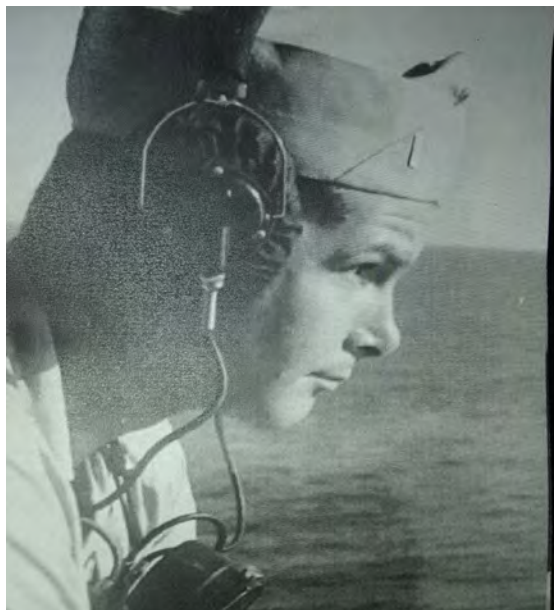


A Note from the Executive Director

Let's welcome Encompass Home Health Agency to our Facility! We look forward to working along side with them to ensure we are providing top quality care to our residents.

-Mike Ring, ED

Who am I?



Welcome to Our Community

Curtis Corn - Housekeeping
Karlee Fish - Dining Service
Charity Crosby - Dining Service

Birthdays

Residents

No Residents Birth-day this month we will celebrate



Legacies Fair Day



A Note from the Activities Director

We do not Remember days, we remember moments!!

Hello everyone!

I am super excited we are having a lot of fun here at Pacifica Heritage Hills Legacies Memory Care. The last few month we have had a lot of Activities going on outings and lunch outings with our residents.

We went on a Picnic at Fletcher and Mills River Park the picnic was great we played lots games and good conversation and listen to music in the park under the shelter. Special thanks to Elaine Barbuto's daughter Carol Poole for joining us at the park, and Glenda Paul. Glenda has been a big help and a very dedicated volunteer at the Legacies.

UPCOMING EVENTS:

Picnic at the Flat Rock Park 10/3
Family and Staff Education Workshop
10AM-2PM 10/9
Fletcher Seventh-day Adventist Church
(Lunch is Provided)
Outing (Grandads Apple Orchard) 10/12
Lunch Outing (Bay Breeze Seafood Restaurant) 10/16
Halloween Party (Entertainment with Robin Graf) 10/18
Resident Council Meeting 10/19
Monthly Birthday Party 10/19
Pumpkin Carving Contest 10/26
Trunk & Treat 10/31

Memorable Moments



Men Group

Salvation Army

Arts and Crafts

Puzzle Time

Friday Hat Day



Picnic Fletcher Park

Activities & Special Events

Mills River Park



Health & Fitness by

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 3:00pm twice a month

Wednesdays

Walking Club at 3pm outdoors **weather permitting**

A note from Pam:

Flu shots are scheduled for November 2 at 9am. I have the forms to be completed and signed by POAs in my office. Please make sure that we have a current Medicare/Health Insurance card on file for your family member.

Also, PLEASE don't come visiting if you have a runny nose, abnormal temperature, or cough. What you think may be just a cold, could be early flu symptoms. Thank you!

Birthdays

Staff

Karlee Fish 10/19



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:

Who Am I?

(answer)

Robert Thomas Strother

I was born to Elizabeth and Jack Strother June 20th in Stratford, Connecticut. I was followed by my sister Nan. I attended Yale University under a Naval ROTC Scholarship. I graduated with a bachelor's degree in physics and a naval rank of 2nd Lt. While attending Yale I met the love of my life, Joan, through male and female college dances. We were married January 2nd. We celebrated 50 plus wonderful years together.

I served in the Navy as a 2nd Lt aboard the VSS Carbero, a guided missile heavy cruiser, partaking on a round the world tour. I then moved on to IBM while still in the Naval Reserve. After this I worked my way up from First Union to Wachovia, then Wells Fargo. Once retired we moved to Virginia to be close to my sister and my school friend Chum Dick. I became active in my church and volunteered at the pantry developing a program to help keep their services organized. Currently enjoy socializing with others and listening to music and watching good movies and TV shows.

Management Team

Michael Ring

Executive Director

Katie Mantz

Business Office Manager

Sally Mc Cue

Sales Director

Pamela Fish

Resident Care Director

Sandra Pitt

Activities Director-Memory
Care

Marcus Lanning

Maintenance Director

Chad Stevens

Food Service 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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2500 Heritage Circle

Hendersonville, NC 28791

(828) 693-8292

www.PacificaHeritageHills.com

Welcome Home!