

# Pacifica Tidings



**HERITAGE HILLS**

*A Pacifica Senior Living Community*

Independent Living • Memory Care

**Oct. 2018**



## *A Note from the Executive Director*

Flu shots are scheduled for November 2 at 9am. The forms to be completed and signed by those who wish to participate will be available at the front desk in the Administration Office. Please make sure that we have a current Medicare/Health Insurance card with you at the time of services.

There will be announcements and posters informing you of where the clinic will be held.

Also, PLEASE keep in mind that if you have a runny nose, abnormal temperature, or cough, you

should not get the shot. What you think may be just a cold, could be early flu symptoms. Thank you!

**Michael H. Ring** | Executive Director  
Pacifica Senior Living at Heritage Hills

## *Who am I?*

I was a famous English explorer who was found guilty of conspiracy against King James I. I was executed October 29, 1618.

## *Welcome to Our Community*

*Goodbye  
September*

**HELLO!**  
*October*

## *Birthdays*

Bruce Williamson 1st

Suzanne Schreck 10th

Mary Louise Albrecht  
21st

Vickie Anders 21st

Danny Jacobson 25th

## *Anniversaries*

Carl & Marie Cochrane  
16th

## **Who am I answer:**



Walter Raleigh was born into a well-connected family in Devon in 1552. He attended Oxford University for a time, fought with the Huguenots in France and later studied law in London.

In 1578, Raleigh sailed to America with explorer Sir Humphrey Gilbert, his half-brother.

In 1585, he sponsored the first English colony in America on Roanoke Island (now North Carolina). The colony failed and another attempt at colonization also failed in 1587. Raleigh has been credited with bringing potatoes and tobacco back to Britain.

Raleigh first came to the attention of Elizabeth I in 1580, when he went to Ireland to help suppress an uprising in Munster. He soon became a favorite of the queen, and was knighted and appointed captain of the Queen's Guard (1587).

In 1592, the queen discovered Raleigh's secret marriage to one of her maids of honor,

Elizabeth Throckmorton. This discovery threw Elizabeth into a jealous rage and Raleigh and his wife were imprisoned in the Tower. On his release, in an attempt to find favor with the queen, he set off on an unsuccessful expedition to find El Dorado, the fabled 'Golden Land', rumored to be situated somewhere in what now is called Venezuela.

Elizabeth's successor, James I of England and VI of Scotland, disliked Raleigh, and in 1603 he was accused of plotting against the king and sentenced to death. This was reduced to life imprisonment and Raleigh spent the next 12 years in the Tower of London, where he wrote the first volume of his 'History of the World' (1614).

In 1616, Raleigh was released to lead a second expedition to search for El Dorado. The expedition was a failure, and Raleigh also defied the king's instructions by attacking the Spanish. On his return to England, the death sentence was reinstated and Raleigh's execution took place on 29 October 1618.

## *A Note from the Activities Director*

**Happy October Everyone!**

**Please contact the office to make reservations regarding the Club House.** Anyone who had previously reserved the facilities is asked to contact Sandra Landreth to make sure that your date/time will be implemented into the schedule!

A month in advance (preferably before the 15th), would be ideal.

**You may notice this month that I have implemented some new items on the calendar. There will be some new faces in entertainment as well as more outings. I am really excited about the changes and look forward to making fun memories. Have a wonderful October!**

**Sandra Landreth; Activities Director**

## **Meal Delivery and Pick-Up Orders**

**Monday-Friday: Call in by 3pm**  
**Saturday/Sunday: Call in on Friday by 4pm**

**If food deliveries or pick-ups are request after the schedule times, you must go the dining room to place your order.**

For **Grocery Run Wednesdays**, please call the front office by Tuesday at 4pm

For the **Thursday Doctor's Run/Med Pick-Ups**, call the front office by Wednesday at 4pm and all runs on Thursday must be in Henderson County.



## October Recipe

# Macaroni and Cheese

### Ingredients

- 1 (8-oz.) pkg. uncooked elbow macaroni
- 8 ounces sharp Cheddar cheese, shredded (about 2 cups)
- 2 cups cottage cheese
- 1 (8-oz.) container sour cream
- 1 cup diced cooked ham
- 2 tablespoons finely chopped onion
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 large egg, lightly beaten
- 1 cup soft fresh breadcrumbs
- 2 tablespoons unsalted butter, melted
- 1/4 teaspoon paprika
- Sliced cherry tomatoes (optional)
- Flat-leaf parsley sprigs (optional)

### How to Make It

**Step 1** Preheat oven to 350°F. Prepare macaroni according to package directions.

**Step 2** Gently stir together macaroni, Cheddar cheese, cottage cheese, sour cream, ham, onion, salt, pepper, and egg in a large bowl. Transfer to a 2-quart baking dish coated with cooking spray.

**Step 3** Stir together breadcrumbs, butter, and paprika in a small bowl. Sprinkle breadcrumb mixture diagonally across the top of the macaroni mixture, forming stripes.

**Step 4** Bake in preheated oven until golden brown, 30 to 35 minutes. Top with sliced tomatoes and parsley, if desired.

## *Activities & Special Events*

### **Monday, October 1st—HH Resident Association Meeting**

10:00—Club House

### **Thursday, October 4th—Anne Lough**

6:30—Club House—Mountain Dulcimers Performance

### **Tuesday, October 9th—Men's Luncheon**

11:45 - J & S Cafeteria, Arden, NC

### **Tuesday, October 16th—Women's Luncheon**

11:45 - A Day in the Country

### **Wednesday, October 17th—Brookdale Health Living Presentation**

3:30—Club House—Fun, Food and Giveaways

*“Medicare Open Enrollment—What You Need to Know”*

### **Thursday, October 18th—King Goslin**

6:30—Club House—Performance

### **Tuesday, October 23rd—Foliage Sightseeing & Lunch Trip**

9:30 - Pisgah Inn Restaurant

### **Thursday, October 25th—Birthday Celebration**

5:00 - Cake will be served with the evening meal in the Dining Room.

### **Saturday, October 27th—Potluck Dinner**

5:30 - Club House

### **Tuesday, October 30th—Russ Sena—Mardi Gras Blues Show Band**

6:30—Club House—Performance





## *Health & Fitness by*

### **Brookdale Therapy: Health Talk: Positivity**

For many years the field of psychology was focused on pathology or that which was wrong with a person. But, in recent years the field of positive psychology has gained momentum.

Rather than taking the illness perspective, positive psychology uses the wellness perspective to build on what is right in a person's psychological state.

Researchers in the field of positive psychology believe that our approach to life and ability to be happy have a "set point" and are to some degree determined by genetic temperament. Most agree that this accounts for about 60 percent. However, with many genetic tendencies, external factors can have a great deal of influence on how they are expressed.

While none of us can change our genetics, wellness is all about focusing on what we can control to reach the highest possible level of well-being. This health talk will provide tools and information that help to contribute to a positive state of emotional well-being.

#### **Happier With Age**

Ever wonder who the happiest people are? Research tells us that older people are happier than their younger counterparts.

They have a greater ability to solve emotional problems, tend to focus on the positive and are more likely to "prune" negative thoughts and relationships.

Laura Carstensen, psychology professor and director of the Stanford Center on Longevity, led a research study that supported the idea that older adults are happier with age.

#### **The Three "P"s**

Do you tend to be an optimist or a pessimist? Said another way-when something happens in your life either good or bad, how do you view it?

Consider the Three Ps

**Permanence:** Those with optimistic tendencies tend to believe that bad events are temporary and therefore they bounce back more quickly. Pessimists tend to see bad events as lasting and therefore have a harder time recovering from them. For the good events, the opposite is true-optimists believe they will have a lasting impact while pessimists view them as temporary.

#### **Pervasiveness:**

Optimistic people tend to have the ability to isolate difficulties or failures so they don't leak in to other areas of life. Pessimists see the negative as applying to all areas of life and thus get crippled by it.

#### **Personalization:**

Optimists tend to see bad things as coming from outside of themselves while pessimists tend to internalize them. The opposite is true for good events, optimists internalize them and pessimists externalize them. Is it permanent, pervasive and personal? How you respond comes down to your explanatory style. Take a free self inventory at [www.authentic happiness.sas.upenn.edu](http://www.authentic happiness.sas.upenn.edu). 4

## *Fitness Activities*

### **Come Enjoy YOGA at NOON**

On Mondays, we offer  
**YOGA with Aimee.**

&

On Thursdays, we offer  
**Chair YOGA  
With  
Light Stretching  
With Denise**

Come prepare to be engaged and increase your overall body's awareness. You will focus your thoughts and postural awareness, while slowly relaxing away the stressors of the day.

## *Spiritual Activities*

Keep your face to  
the sunshine and you  
cannot see a shadow.

HELEN KELLER

GH



## *Management Team*

**Michael Ring**  
Executive Director

**Katie Mantz**  
Business Office Director

**Marcus Lanning**  
Maintenance Director

**C.C. Dalton**  
Dining Services Director

**Sally McCue**  
Sales Director

**Sandra Landreth**  
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***

*Welcome Home!*