

Pacifica Tidings



HERITAGE HILLS

A Pacifica Senior Living Community

Independent Living • Memory Care

**November
2018**



A Note from the Executive Director

Welcome to November. Fall is here, the leaves are changing, and we are all looking forward to Thanksgiving when we all have a good excuse to over-indulge in good food with family and friends.

This is the perfect time of year to reflect on all of the things in life that we are thankful for. As we remember all of life's gifts that we are fortunate to have, I would encourage you to remember the staff at Heritage Hills. We are very lucky to have some of the finest people here serving you. They enjoy working hard for you every day and without them life at Heritage Hills wouldn't be as rewarding. Please join me in taking just a moment from your day to say "thank you". It's a very simple act but means so much and it gives them something to be thankful for.

Please know that we are very thankful for each of you!

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

3200 Heritage Circle | Hendersonville, NC | 28791

Office: 828-693-8292 Cell: 828-384-8550

Who am I?



Welcome to Our Community

Wayne Pressley
Sylvia Sherman
George Nicholino
Amy Paulus-PCA
Darlin Balimen-PCA
Lisa Jeronimo— MT
Tashawanna Sullivan-
MT/PCA
Kyra Clark— Dining
Service

Birthdays

Residents

Jo Keever –11/8
Charles McClure-
11/16



- Charles McClure
- Harry Jr Pappazian
- Ed Safrit
- Tom Strother
- Wayne Pressley



A Note from the Activities Director

Your mind is in your head, but your memory is in your heart.

Hello everyone Happy Fall!!! The Holidays are approaching quickly we are excited and having lots of fun around here. Welcome our new Residents! We are happy you chose our Community. Thank you to everyone that donated and participated in the Alzheimer's walk last month it was a great success. Some of the residents from our memory care and Independent living also attended the walk. I am super excited Pam and I attended a Dementia Training for Certified Dementia Practitioners Knowledge is power!

We are having our Quarterly Family Meeting Night on Tuesday November 13th at 4:30 Our Theme is "Thanks For Giving".

Hope to see everyone!

~ Sandra Pitt



UPCOMING EVENTS

B/P Clinic w/ Encompass Health Care
11/6 @ 1:00

Veterans Recognition 11/9 @ 11:00

Family Night "Theme: Thanks For Giving" 4:30-7:00 11/13

Ladies Lunch Outing 11/14 @ 11:00

Health Talk w/ Encompass Health Care
11/15 @1:00

Resident Council 11/16 @11:00

Monthly Birthday Party 11/16 @ 2:30

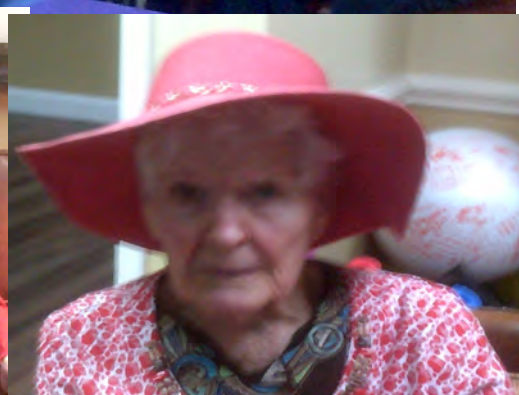
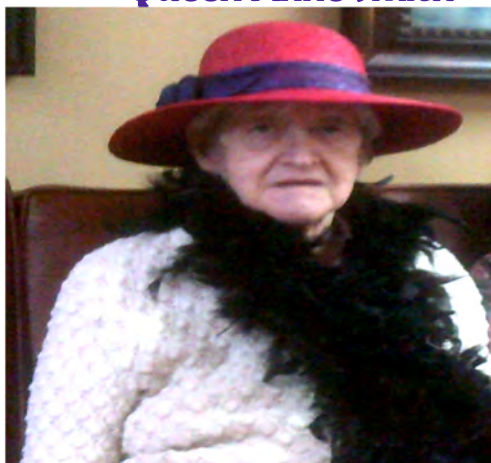
SPECIAL DATES

****We have an arrangement with Marji, the cosmetologist in the Administration Building for hair needs. She will be available on Thursday afternoons and some Fridays. We can provide transportation. Her fee for haircut is \$15****

**Our Queen of the month is
Queen Anne Smith**

Memorable Moments

LADIES RED HAT



Activities & Special Events
Grandads Apple Orchard



Halloween Party



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

Thursday

Pound Fit with King Goslin at 3:00pm twice a month

Wednesdays

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

Cold and flu season is fast approaching. Be sure to stay at home if you're feeling under the weather, have a cough, runny nose, fever or abnormally low temperature. Symptoms of the flu include: Fever, chills, sweating, loss of appetite, muscle/body aches, cough (dry or productive), sneezing, congestion, runny nose, headaches and fatigue.

Good handwashing, covering your cough, wiping your steering wheel, cell phone and door handles and other things you handle frequently with Clorox or Lysol wipes will help to keep germs contained.

Birthdays



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)

Sylvia Sherman (Jean)

I was born in Hendersonville NC on March 20th 1941, I graduated from Flat Rock High School where I met my husband of 55 years James Sherman we were married in Greenville SC. We have three children Vicki Nix of Hendersonville NC, Nick Sherman of Charlotte NC, and Stephen Sherman of Atlanta Ga. I have seven grandchildren, one sister Pasty Covey. I enjoy gardening and church where I attended the same Sunday School class for 60 years. I am a loving mother with a heart of compassion for people. Currently, I enjoy church services and spending time with my family.

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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