

# Pacifica Tidings



**HERITAGE HILLS**

*A Pacifica Senior Living Community*

Independent Living • Memory Care

**Nov. 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**

## *Who am I?*

I was born shortly  
after a sighting of Haley's comet on  
November 30, 1835 and died,  
(as I predicted) the day  
after it's return on  
April 21, 1910.

Who am I !

## *Welcome to Our Community*

**Earl and Janice Sumner  
House # 3227**

**Daniel and Nancy  
VanOosten  
House # 3314**

## *Birthdays*

**Cliff Brown 2nd**

**Carl Cochran 3rd**

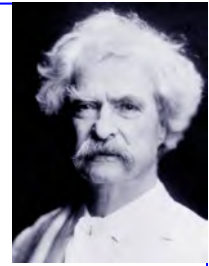
**Wanda Filka 18th**

**Nyla Yuzon 24th**

## **Who am I answer:**

### **Mark Twain**

pseudonym of  
**Samuel Langhorne Clemens**



(born November 30, 1835, Florida, Missouri, U.S.—died April 21, 1910, Redding, Connecticut), American humorist, journalist, lecturer, and novelist who acquired international fame for his travel narratives, especially [\*The Innocents Abroad\*](#) (1869), [\*Roughing It\*](#) (1872), and [\*Life on the Mississippi\*](#) (1883), and for his adventure stories of boyhood, especially [\*The Adventures of Tom Sawyer\*](#) (1876) and [\*Adventures of Huckleberry Finn\*](#) (1885).

A gifted raconteur, distinctive humorist, and irascible moralist, he transcended the apparent limitations of his origins to become a popular public figure and one of America's best and most beloved writers.

## *A Note from the Activities Director*

**Happy November 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.

**Please make plans to attend the Arts and Crafts Festival on Nov. 3rd.—2:00 PM—4:00 PM in the Club House. This event gives our talented residents an opportunity to display the products of their skills. Please no food or drink in the displays area.**

**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.



## Memorable Moments



### SALUDA HISTORIC DEPOT AND MUSEUM TRIP

Our Residents had the privilege to travel to The Historic Depot that was built in 1903. We learned about the history of the Saluda Grade which was opened in 1878. The three miles long incline is the steepest, standard gauge mainline railway grade in the United States. The first successful trip up the grade was on July 4, 1878. There was an informative tour regarding the history and development of this integral section of the Southern Railway, after which there were questions, answers and discussion.

Afterwards, our groups took the opportunity to go to The Purple Onion for a delicious lunch! It was a very pleasant, educational and relaxed time for all.



## *Activities & Special Events*

### **Friday, November 2nd—Flu Vaccine Clinic**

9:00 AM—Club House

### **Friday, November 3rd—Arts and Crafts Show**

2:00 PM—4:00 PM—Club House

### **Monday, November 5th—HH Resident Council Meeting**

10:00 AM—Club House

### **Monday, November 5th—Free Concert / Meal @ Twin Dragons Restaurant**

11:15 AM- Brevard College Trip

### **Wednesday, November 7th—Ocean's 8 (Movie)**

1:15 PM Henderson County Main Library

### **Thursday, November 8th—Personal Emergency Preparedness Presentation**

6:30 PM—Club House

David Fitzsimmons—Dept. of Health & Human Services

### **Wednesday, November 14th—Amy @ Brookdale Healthy Living Presentation**

3:30 PM—Club House

*"Safe Use of Medications"*

### **Thursday, November 15th—Birthday Celebration**

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

### **Thursday, November 15th—Tom Fisch**

6:30 PM—Club House—Performance

### **Saturday, November 17th—Pot Luck**

5:30 PM—Club House

### **Thursday, November 22nd—Thanksgiving Dinner**

11:00 AM—12:45 PM or 1:00 PM—2:25 PM (Please see Reservation Sign-Up Sheets in Mail Room)

### **Tuesday, November 27th—Captain Jack—50's & 60' Music**

6:30 PM—Club House—Performance

### **Wednesday, November 28th—Bay Breeze Seafood Restaurant**

10:45 AM—Trip





## ***Health & Fitness by Brookdale Therapy:***

### **Brain Games and Exercise Memory and Aging**

#### **Normal changes**

Brain shrinks-especially the hippocampus where new learning occurs. Word finding is slower. Retrieval of information is slower.

#### **However...**

Memory loss is not a normal part of aging.

Significant percentages of older adults who trained for five weeks improved their memory, reasoning and information processing speed.

*Einstein Aging Study*

**Conclusion:** those who participated at least twice weekly in reading, playing games, playing musical instruments were significantly less likely to develop dementia.

- ✦ *Forming new connections*
- ✦ *happens when we challenge the*
- ✦ *brain.*

*Learn something new and difficult:*

*Play an instrument  
Take up a new creative  
hobby  
Learn a new language*

#### **Brain Games**

Effective brain games should include these three elements:

**Novelty** -learning new things forms new connections.

**Variety** -challenging many areas of the brain.

**Challenge** -should be difficult but not stressful.

**Please join Virginia Weaver, SLP  
for**

**Neuro-cise every 1<sup>st</sup> and 3rd Tues-  
day**

**at 11:00 at the Clubhouse**

## ***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***

### **Bible Studies**

**Mondays**

**At**

**\*10:00 AM in the Club House**

### **Gospel Hymn Singing**

**At**

**\*11:00 AM in Memory Care**

*(\*Except The 1st Monday of each month*

*Due to HH Resident Association*

*Meetings)*



## *Management Team*

**Michael Ring**  
Executive Director

**Katie Mantz**  
Business Office Director

**Marcus Lanning**  
Maintenance Director

**Chad Stevens**  
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](http://www.PacificaHeritageHills.com)*

*Welcome Home!*