

# Pacifica Tidings



**HERITAGE HILLS**

*A Pacifica Senior Living Community*

Independent Living • Memory Care

**December 2018**



## *A Note from the Executive Director*

### 7 Tips for a Healthy Holiday Season

The holidays might make it difficult to finish off your health goals. Enjoy the holiday season with these 7 holiday health tips!

**Take 3 minutes every day.** Take 3 minutes every day just for you. Try writing in a journal, meditating, stretching, listening to calming music or reading.

**Make time for family meals.** With several activities happening during the holidays, it becomes almost too easy to dine out. Plan for healthy family meal time at home whenever possible.

**Plan your snacks.** Avoid going more than 3-4 hours without eating. Opt for a healthy carb + protein snack.

**Schedule your exercise.** As our schedules fill up this month, it is harder to find time to exercise. Schedule your exercise in your appointment book and reschedule if something comes up.

**Don't try to lose 5 pounds.** The holidays can be a hard time to lose weight, as many schedules are interrupted by parties and events. Try to maintain, not gain, during the holidays.

**Get 6-8 hours of sleep.** A lack of sleep can weaken your immunity and increase your chronic disease risk. Set a bedtime, and stick to it.

**Do less, enjoy more.** You may find yourself overdoing it during the holidays. Choose 1-3 holiday activities per week (work holiday party, shop at the mall, write cards) and say "no" to the rest.

True Health

**Michael H. Ring** | Executive Director  
**Pacifica Senior Living at Heritage Hills**  
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## *Who am I?*



## *Welcome to Our Community*

Staff  
Denise Waters MT, PCA

Resident  
Gail Waddell  
James Morrison  
Susan Morrison  
Midge Dieter

## *Birthdays*

### Residents

Anne Napoli -12/2



## October Monthly Birthday Party



### *A Note from the Activities Director*

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

Hello everyone ! How the time is moving! The Holidays are approaching quickly and we are excited and having LOTS of fun around here.! Welcome to our new Residents! We are happy you chose our Community. Please feel free to stop by my office if you have any concerns or questions. I would like to thank all the Families that came out to family night ! What a great time we had- good eating , entertainment and fellowship. Looking forward to seeing everyone for our next family night in February. Enjoy the Holidays and be safe.

Love & Prayers  
~ Sandra Pitt



### **UPCOMING EVENTS:**

B/P Clinic w/ Encompass Health Care 12/4 @ 1:00  
Scenic Drive Christmas Light Lake Julian 12/5 @ 6:30  
Christmas Shopping Outing 12/7 @ 2:00  
Lake Point Landing Line Dancing 12/11 @ 11:00  
Men's Lunch Outing 12/12 @ 11:00  
Staff Christmas Party 12/13 @ 1:30  
Health Talk w/ Encompass Health Care 11/15 @1:00  
Merry Makers Clowns 12/18 @ 11:00  
Resident Council Meeting 12/21@11:00  
Monthly Birthday Party 12/21 @ 2:30  
Entertainment w/ Richard Cormier  
We will have a door decorating contest , you can begin on December 1st. Family and staff help our residents decorate their door, we will be judging the doors at our Christmas party. Please do not use tape on the doors. (sticky tac or command hooks, please)



**Hand Massage w/Etta** **Exercise w/Glenda**  
*Memorable Moments*

**Bread Making**



**Ladies Lunch Outing**

**Veterans Appreciation**

**Family Night Craft**



**Lunch Outing Bay Breeze Seafood**





# Family Night

*Activities & Special Events*

**Theme:**  
**"Thanks For Giving"**



### *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\*\*

#### **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 (please plan to pay her with a check or ccash)\*\***

**From Pam:** We are happy to announce a new relationship with Life Source for our mental health needs! We are looking forward to working with them!

Please take time out for yourself during the holiday season. It can be stressful and sometimes overwhelming especially if you are a caregiver. The word give is in there so give yourself a break!

Love to you all!

Pam

### *Birthdays*

#### **Staff**

Michael Ring– 12/15



### *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)*

Elaine Barbuto

I was born on May 18<sup>th</sup> in New York to my parents Lillian and Charles. When I was young I enjoyed canoeing in central park, watching plays, reading, and swimming. I attended high school in New York and attended one year of college at Hunter College. I met my husband at a store and it's been history ever since. We owned a hardware store and I helped him, I also worked as a bank administration, and then for Union County in billing and payroll. I have two daughters Carol and Lynn and six grandchildren.



## *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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*Welcome Home!*