Pacifica Tidings



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.

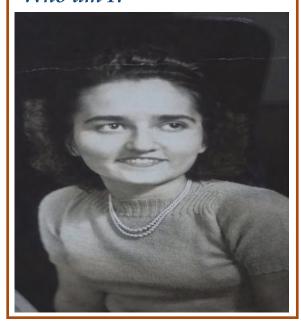
Get 6-8 hours of sleep. A lack of sleep can weaken your immunity and increase your chronic disease risk. Set a bedtime, and stick to it.

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

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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

Bread Making



Ladies Lunch Outing Veterans Appreciation Family Night Craft



Lunch Outing Bay Breeze Seafood







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



- 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 18th 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!





2500 Heritage Circle Hendersonville, NC 28791 (828) 693-8292 www.PacificaHeritageHills.com

Welcome Home!