

# Pacifica Tidings



**HERITAGE HILLS**

*A Pacifica Senior Living Community*

Independent Living • Memory Care

**Jan. 2019**



## *A Note from the Executive Director*

As we all try to recover from the busy holiday season, crazy weather, making new year's resolutions, and breaking new year's resolutions, we would like to take a moment and say goodbye to 2018. We also were fortunate enough to say goodbye to the construction pods.

The last year has been very transitional at Heritage Hills. There are many new employees and residents here to welcome in the new year. Many procedures have changed slightly but the essence of Heritage Hills has remained the same.

In 2019, we will strive to have the best year that we have ever had in our community. To accomplish this, we will need more help than ever, so we encourage all of the residents,

families and friends to be as active as possible.

Please attend the food committee meetings, calendar planning meetings, resident association meetings or come to the office with your ideas. Join a committee, the gardening club, or another activity group. Your involvement and ideas will only make us better.

Thank you,

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

## *Who am I?*

I was born on Sunday, January 17, 1706 in Boston, Massachusetts. I

was the youngest son of 17 children. I have been honored in 14 different halls of fame and received honorary degrees from Harvard, Yale, the College of William and Mary, the University of St. Andrews and Oxford despite only having only 2 years of formal Education.

I was a Revolutionary despite my illegitimate son being a British Loyalist officer.

Who am I?



## *Birthdays*

Betty Cummings 2nd  
Jan Johnson 6th  
Elaine Johnson 7th  
Nancy Upchurch 15th  
Toni Berg 16th  
Jim Boyd 16th  
Mae Manns 22nd  
Al Doig 24th  
Bob Huskey 25th  
Lynette Johnson 26th  
Julie Leavitt 29th  
Jerry McDaniel 3st

## *Anniversaries*

George & Janet Chilberg 2nd  
Jerry & Bonnie McDaniel 28th  
Al & Irene Ionsen 31st

## **Who am I answer: Benjamin Franklin**

January 17, 1706 – April 17, 1790



Benjamin Franklin was a writer and diplomat, and an inventor. He was born in Boston, Massachusetts on January 17, 1706. His father Josiah Franklin was a soap maker. Benjamin only had two years of formal education, yet founded the school that became the University of Pennsylvania. Benjamin was an apprentice to his brother James, a printer. He soon argued with James; partly due to his having secretly submitting essays as a fictitious widow, "Silence Dogood" which became hugely popular.

In 1730 he married Deborah Read. They had three children and 8 grandchildren. Even though they were very close, he and his eldest son, William, parted company after their famous kite experiment. Franklin joined in the calling for Independence of the Colonies in the American Revolution while his son remained a staunch Tory. Sadly, they never reconciled.

In 1790, an abscess in Franklin's lung burst causing him to go into a coma. He died on April 17, with his grandsons William Temple and Bennie at his side. Benjamin Franklin was 84 years old.

## *A Note from the Activities Director*

**Happy New Year 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 be sure to review the enclosed  
monthly calendar. We have some new ideas for  
January that will be exciting, informative  
and enjoyable.**

**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*



### **CHRISTMAS TREE TRIMMING & DECORATING**

Our Residents really enjoyed being together, listening to Christmas music and decorating the tree. Afterwards, they relaxed and shared some laughs over homemade cookies and hot wassail.

Some of the decorations were created by our many talented residents. A great big thank you to Carl Cochrane for the stained glass Santa that he created specially for the occasion and giving us the privilege of displaying it in the club house!

Other Residents selflessly loaned some of their own personal decorations in order to beautify the area for everyone's seasonal enjoyment. Dewey Johnson and Robert Harris of the Woodshop, repaired our Christmas tree that had been broken while in storage. (Such talent!)

**We have a wonderful and thoughtful community of people here at Heritage Hills!**



## *Activities & Special Events*

**Wednesday, January 2nd - Henderson County Main Public Library – (Movie) Mamma Mia! Here We Go Again**

2:00– 4:00 PM (Pick-up Begins @ 1:15) Trip

**Saturday, January 5th– Hendersonville Symphony at Blue Ridge Community College**

3:00 PM (Pick-up Begins 2:15PM) Trip

**Saturday, January 5th– Movie—TBA**

3:00 PM—Club House

**Monday, January 7th—HH Resident Council Meeting**

10:00 AM—Club House

**Tuesday, January 8th – Bingo with Judie Wood**

6:15 PM PM—Club House

**Thursday, January 10th—Performance by The Blessing Trio**

6:30 PM—in the Club House

**Saturday, January 12th – Wine and Cheese**

5:30 PM—Club House

**Tuesday, January 15th - Hendersonville Curb Market / Haus Heidelberg Restaurant**

11:30 AM (Pick-up Begins 11:00 AM) Trip

**Tuesday, January 15th - Happy Hour**

3:30 PM—Club House

**Wednesday, January 16th - Henderson County Main Public Library – (Documentary) —Won't You Be My Neighbor?**

2:00– 4:00 PM (Pick-up Begins @ 1:15) Trip

**Thursday, January 17th– Paul Indelicato**

6:30 PM—Club House

**Tuesday, January 22nd– Bingo with Judie Wood**

6:15 PM PM—Club House

**Wednesday, January 23rd - Presentation by Amy with ARC Healthy Living**

3:30 PM—Club House

**Thursday, January 24th – Birthday/Anniversary Party**

5:00 PM—Dining Room

**Thursday, January 24th– Performance by Ralph Congdon**

6:30 PM—Club House

**Saturday, January 26th – Pot Luck Dinner**

5:30 PM.—Club House

**Sunday, January 27th – Performance by Heritage Hill Singers**

2:30 PM.—Club House

**Wednesday, January 30th– Historic Henderson Co. Museum/Postero's**

12:00 PM— (Pick-up Begins 11:30 AM) Trip





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

### **Why Getting Fit is Ageless**

**Getting fit with a weekly activity plan benefits your entire body including:**

- Improving your posture and stamina
- Building your strength and blood circulation
- Boosts energy
- Helps in decrease sarcopenia and in maintaining Muscle Mass.
- No matter your age or your current physical condition, your health benefits will also increase with the more physical activity that you do.

### **Myths about older adults and physical activity:**

- There's no point in exercising, we all become old anyway.
- I'm disabled. I can't exercise.
- It's too late. I'm already too old to start exercising.

### **Truths about older adults and physical activity:**

We all age but exercise helps seniors maintain muscle mass which is very important in:

- reducing fall risks and in
- enhancing mobility.

To name a few various options:

- chair exercises
- yoga
- hand weights
- walking

**Physical activity can begin at any age.  
Fitness has no expiration date**

### **Benefits of Exercise**

Increased strength and muscle mass  
Increased bone density levels  
Improved proprioception  
Improved coordination  
Improved gait patterns  
Improved lung capacity  
Improved self confidence  
Improved general sense of well being  
Can reduce fall risk by 25%

We are here to help you in the New Year!  
Give us a call at the Therapy House at  
**(828) 595-9827**

## ***Fitness Activities***

### **Exercise Classes In the Club House**

Every Monday, Wednesday and  
Friday at 8:30 AM.

**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!*



## **HERITAGE HILLS**

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Independent Living • Memory Care

**3200 Heritage Circle**  
**Hendersonville, NC 28791**  
**(828) 693-8292**

***www.PacificaHeritageHills.com***



**Thank you to the  
“Sawdusters”,  
Dewey and Cliff!  
The Therapy House has  
a new sign!**

**ARC Therapy Services.**

*Welcome Home!*