

# Pacifica Tidings



**HERITAGE HILLS**

*A Pacifica Senior Living Community*

Independent Living • Memory Care

**Sept. 2018**



## *A Note from the Executive Director*

As you may have noticed, we have many new employees working here at Heritage Hills. We have been fortunate enough to hire some very talented individuals who are very caring and devoted to their jobs. Many of them are still learning how our community operates. Please reach out to them and make them feel welcome.

The best part of Heritage Hills has always been the people (both residents and staff) and the relationships we have built with each other.

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

## *Who am I?*

There has been much debate regarding who was actually responsible for the creation of Labor Day.

Who am I !

## *Welcome to Our Community*



## Birthdays

David Paddock 3rd

Nancy DeLonga 6th

Nancy Baker 9th

JoAnn Maxwell 9th

Roy Gregg 12th

Dewey Johnson 19th

Lexie Norris 20th

Glenn Leavitt 23rd

## Who am I answer:

The Real Maguire - Who Actually Invented Labor Day?



While most sources, including the U.S. Department of Labor, credit Peter McGuire with the origination of Labor Day, recent evidence suggests that the true father of Labor Day may, in fact, be another famous union leader of the 19th century, Matthew Maguire.

According to legend, Peter McGuire stood before the New York Central Labor Union on May 12, 1882, to suggest the idea of setting aside one day a year to honor labor. McGuire believed that Labor Day should "be celebrated by a street parade which would publicly show the strength and esprit de corps of the trade and labor organizations."

Peter McGuire was a young, though well-respected, union leader. A child of immigrants, he quit school at an early age to go to work. In 1881, he founded the United Brotherhood of Carpenters, which would become the largest trade union of the time. Later, McGuire would join with his friend, Samuel Gompers, to found the American Federation of Labor (AFL). Through the AFL and the Carpenters, McGuire led the great strikes of 1886 and 1890, which would eventually result in the adoption of the eight-hour workday on the nation's agenda.

Recently, however, evidence uncovered at the New Jersey Historical Society reveals that another respected union figure of the day, Matthew Maguire, may quite possibly be the man behind the creation of Labor Day.

In the 1870s, Matthew Maguire led several strikes, most of which were intended to force the plight of manufacturing workers and their long hours into the public consciousness. By 1882, Maguire had become the secretary of and a leading figure in the Central Labor Union of New York.

According to the New Jersey Historical Society, after President Cleveland signed into law the creation of a national Labor Day, The Paterson (N.J.) *Morning Call* published an opinion piece entitled, "Honor to Whom Honor is Due," which stated that "the souvenir pen should go to Alderman Matthew Maguire of this city, who is the undisputed author of Labor Day as a holiday." This editorial also referred to Maguire as the "Father of the Labor Day holiday."

So why has Matthew Maguire been overlooked as the "Father of Labor Day"?

According to *The First Labor Day Parade*, by Ted Watts, Maguire held some political beliefs that were considered fairly radical for the day and also for Samuel Gompers and his American Federation of Labor. Allegedly, Gompers did not want Labor Day to become associated with the sort of "radical" politics of Matthew Maguire, so in an 1897 interview, Gompers' close friend Peter J. McGuire was assigned the credit for the origination of Labor Day.

## A Note from the Activities Director

Happy September 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!

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.

## 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.

I would like to thank everyone (residents, committees, staffing, and all), for welcoming me into the Heritage Hills community. I appreciate your patience, guidance and understanding. We have some great things planned for the near future and we are making progress and enhancing our program.

Sandra Landreth; Activities Director

## Memorable Moments



## September Recipe

### BAKED CINNAMON APPLE CHIPS

#### Ingredients

- 2-3 of your favorite apples
- 3 tbsp. granulated sugar
- 2 tbsp. cinnamon

#### Method

Preheat oven to 200 degrees F.

Slice each of the apple into very thin slices (as seen in photos). The thinner, the crunchier. Line two baking sheets with silicone baking mats or parchment paper, then lay the apple slices out evenly making a single layer.

Sprinkle each apple slice with the sugar and cinnamon. Bake in oven for 1 hour; turn apple slices over and allow to bake for 1 more hour and 30 minutes. Shut the oven off and let chips cool for another hour to crisp.

Serve warm or store in an airtight container.

## *Activities & Special Events*

### **Tuesday, September 18th—Saluda Railway Museum**

Leaving at 11:00—Please be sure to sign up for the trip.

### **Tuesday, September 18th—The Purple Onion**

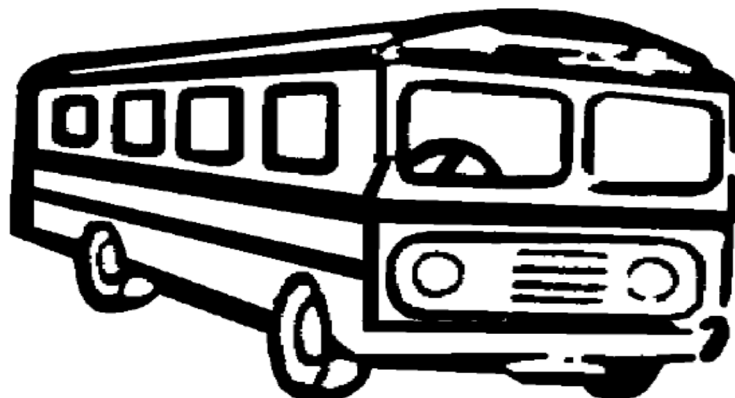
Lunch time: Will directly follow the Saluda Railway Museum Trip

### **Saturday, September 22nd—Community Pot Luck**

5:30—Club House

### **Friday, September 28th—Birthday Celebration**

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





## Health & Fitness by

### Brookdale Therapy

#### TIPS to Keep Joints Healthy

##### Stay Active

Staying Active keeps you and your joints healthy!

Staying Active helps you maintain your lifestyle. Stay as independent as possible

##### Exercise & Build Muscles

If you don't have enough muscle, your joints take a pounding; Especially your spine, hips, and knees

Joints must support your entire body weight.

**Weight training** exercises help Build muscle and Keep your muscles and surrounding ligaments strong. A physical therapist and occupational therapist can show you the best exercises for healthy joints and how to do them correctly.

##### Aerobic Exercise – Walking, Biking, Swimming.

Improves joint mobility & cardiovascular fitness, helps control weight and may help reduce inflammation in joints

##### Range of Motion Exercises - Stretching

Maintains normal joint movement, Increases flexibility and Relieves stiffness

##### Stretching Exercises – Yoga

It is low impact. You can do it alone or with a group

You can do it in chair or on floor

Regardless of age, you can do it; It is relaxing

##### Pace Yourself – Know Your Limits

Start exercising slowly

Modify exercises that cause joint pain

Ask an occupational or physical therapist, or fitness trainer to help you with modifications

Listen to your body, and learn the difference between

"threatening pain" and good muscle-building pain

Follow Consult Your Physician for Proper Diagnosis and Treatment

##### Doctor Ordered Therapy & Medicines

Therapy goal is to get you back to the point to where you can safely perform normal, everyday activities without difficulty and at your highest level of independence. Preserving good range of motion and strength is key to maintaining the ability to perform daily activities. Therapists instruct in exercises, equipment and techniques designed to preserve the strength and use of your joints, how you the best way to move from one position to another and teach you how to use mobility aides and adaptive equipment.

##### Implement Joint Protection Techniques

Bathe or shower when you have the most energy. Use a safety rail, and tub or shower chair so you don't have to bend as much

Use adaptive equipment, like long-handled reachers, sock aids, zipper aides or dressing sticks to limit stress on your joints

Have things at a good height and within easy reach so you don't have to reach and bend as much

Spread tasks out throughout the week, so you may conserve your energy and to not over fatigue your joints

##### Improve Your Posture

Stand and sit up straight to protect your joints from your neck to your knees

Good posture also helps guard your hip joints and back muscles

Posture is also important when lifting and carrying

Being lopsided puts more stress on your joints

##### Eat A Balanced Diet – Lose Weight

Every excess pound you shed takes four pounds of pressure off your knees; your hips and back benefit too

Reduces stress on weight-bearing joints

Average American is 20-40 pounds overweight

Check with your Doctor to learn of healthy weight strategies

## 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

"PEOPLE THINK I'M DISCIPLINED.  
IT IS NOT DISCIPLINE.  
IT IS DEVOTION.  
THERE IS A  
GREAT DIFFERENCE."

~ LUCIANO PAVAROTTI



PersonaExcellence.co



"THE ONLY TIME I LIVE LIFE IN THE FAST LANE  
IS WHEN I HAVE EIGHT ITEMS OR LESS."

## *Management Team*

Michael Ring  
Executive Director

Katie Mantz  
Business Office Director

Marcus Lanning  
Maintenance Director

C.C. Dalton  
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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*3200 Heritage Circle  
Hendersonville, NC 28791  
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*[www.PacificaHeritageHills.com](http://www.PacificaHeritageHills.com)*

*Welcome Home!*