

HEATHER HEIGHTS OF PITTSFORD, INC.

Affiliated with The Hamister Group, Inc.

For Immediate Release

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HEATHER HEIGHTS CELEBRATES GORGEOUS GRANDMA DAY *Assisted living facility's residents highlight positive aspects of aging*

PITTSFORD, NEW YORK – The residents at Heather Heights of Pittsford, Inc., an assisted living and memory care residence in the Town of Pittsford, recently took the time to honor some very special women and celebrate growing older.

Thursday, July 23 was Gorgeous Grandma Day at the facility, a day dedicated to mature women who embrace the positive aspects of aging. The celebration recognizes those individuals who understand the importance of maintaining a positive attitude about life and take a healthy approach to mind, body and spirit.

"Growing older doesn't necessarily mean growing old," said Laurie Clark, Administrator at Heather Heights, Inc. "We are blessed to have incredible residents at Heather Heights who add to our community atmosphere with their personalities, their knowledge and their character. They help make Heather Heights the wonderful facility that it is, and this day was in honor of them and their spirit."

As part of the Gorgeous Grandma Day festivities, staff and volunteers at Heather Heights each "adopted a Grandma," working with a resident to choose a special outfit for the day and performing a special Gorgeous Grandma makeover, consisting of hair styling, manicure and makeup application. Each participant then took part in a Gorgeous Grandma fashion show where they strutted their stuff on the runway and shared their secrets to a happy life.

"The love of my family is my secret to happiness," said Rosemary Hodge, a Heather Heights resident. "I have wonderful children, grandchildren and great-grandchildren who I love very much. Their love for me keeps me young."

"Helping people and doing nice things for others keeps me young," commented Kitty Scardino, another resident. "I worked for BOCES with disabled children. Just because I am retired doesn't mean I have to stop helping others!"

All in all, Gorgeous Grandma Day was a special day for a very special group of women.

Heather Heights provides quality, compassionate assisted living and memory care services in a comfortable environment. Located on 14 acres of beautiful suburban countryside, Heather Heights offers residents a unique and active living experience, complete with chef-prepared meals, around the clock recreation opportunities and a professional nursing staff on site 24 hours a day. Amenities include an ice cream parlor, full-service beauty and barber shop, a private dining room and scenic walking paths. Heather Heights, Inc. is licensed by the New York State Department of Health and is affiliated with The Hamister Group, Inc.

For more information, visit www.heatherheights.com.