

Celebrate April



National Poetry Month
National Pecan Month
National Child Abuse Awareness Month
National Humor Month

National Window Safety Week, April 2-8
National Library Week, April 9-15
Coin Week, April 16-22
National Princess Week, April 23-29

April Fools Day-1st
 National Tweed Day-3rd
 National Walking Day-5th
 National Coffee Cake Day-7th
 Palm Sunday-9th
 Passover-10th
 Good Friday-14th
 Easter-16th
 National Orchid Day-16th
 National Garlic Day-19th
 National Earth Day-22nd
 National Telephone Day-25th
 National Pretzel Day-26th
 National Tell a Story Day-27th
 National Raisin Day-30th

“Make today ridiculously amazing”
 Unknown

April Horoscopes and Birthdays

In astrology, those born between April 1–19 are Rams of Aries. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life, confident that they can navigate any challenges. Those born between April 20–30 are Bulls of Taurus. Bulls are stable, reliable, and committed in both work and family. Bulls also appreciate love, beauty, and creativity, making them lovers of the good life.

Buddy Ebsen – April 2, 1908
 Marlon Brando – April 3, 1924
 Bette Davis – April 5, 1908
 Billie Holiday – April 7, 1915
 Beverly Cleary – April 12, 1916
 Tom Clancy – April 12, 1947
 Pete Rose – April 14, 1941
 Wilbur Wright – April 16, 1867
 Harry Reasoner – April 17, 1923
 Charles Grodin – April 21, 1935
 Roy Orbison – April 23, 1936
 Al Pacino – April 25, 1940
 Duke Ellington – April 29, 1899

Resident Spotlight – Peggy Goldberg



Mildred “Peggy” Goldberg has been living at Heather Heights for 3 years. She is part of the “front porch” ladies who sit outside her room every day and do crossword puzzles. She has also taken on the duties of Vice President of Resident Council this year. She was one of the first female Pharmacists in New York State, having graduated from Albany

College of Pharmacy in 1944. She was one of 4 female students in a class of 22. She also attained her certification as a Medical Technologist; studying at the Bender Laboratory at the same time she attended Pharmacy College. She met her husband, Bernard, in college and they were married in 1943. They had three children, Barbara a Nurse, Gary a Veterinarian and Donald a CPA. She also has 4 grandchildren. Besides keeping her mind sharp with crossword puzzles, Peggy enjoys plays, traveling, parties and socializing with others.

Employee of the Month- Steve Ribble



Steve Ribble, Transportation Driver has been employed at Heather Heights for 7 ½ years. He has been married to his wife Margaret, a paraprofessional at Pittsford Sutherland High School, for 30 years. They have three children and one grandson. Steve enjoys sports, (basketball, hockey & football) as well as gardening. What he enjoys most about his job is that he gets to spend one to one time with them while he takes them to and from appointments. He also enjoys the flexibility his job offers, often answering the phone and helping recreation. Thanks Steve for being a great driver and for helping our residents get to their appointments.

Great Job!

Heather Heights Happenings

April 2017



160 West Jefferson Road
 Pittsford, NY 14534
 Ph. 585-264-1600

Department Managers

- Administrator
Sherry Hoose
- Director of Personal Care
Evelyn Suarez
- Case Manager
Janna King, RN
- Assistant Director of Nursing
Beth McMullen
- Business Office Manager
Tiffany Arnold
- Marketing Director
Meghan Little
- Admissions Director
Amy Colwell
- Recreation Director
Susan Thomas-Payne
- Culinary Director
Andy Armstrong
- Maintenance Director
Tony Rivera
- Memory Care Coordinator
Jaime DeGough

Greetings from Sherry

April is finally here and we are excited about all we are accomplishing at Heather Heights. Most recently our Maintenance Department has been working to renovate our Precious Moments Private Dining Room and also our treasured Ice Cream Shop! Tony Rivera, Maintenance Director and Miguel Morales, Maintenance Assistant, are making great progress in the renovation process and are providing superb workmanship! We are also planning to relocate our Resident Store from the assisted living section of the building to the end of our Ice Cream Shop. With the Resident Store being more centrally located it will provide better access for all of our residents,

families and visitors as they enter our community. We are also planning to broaden our selection of items offered in the store. Susan Thomas-Payne, our Recreation Therapist and Director will also be relocating her office to the previous location of our resident store on the Red Neighborhood. This will provide Susan some new space and increased exposure to all residents making her much more accessible. We are excited about making these esthetic and location changes, and this is just one of the many plans we have to continue updating our community! ~ Sherry Hoose

HAPPY BIRTHDAY!

Residents

Mary Aboueid April 2
 Ellen Curtis April 10
 Anna Shaughnessy April 11
 Susan Fischer April 13
 Rozalia Kovacs April 15
 Jane Geiser April 16
 Jayne Carson April 19
 Gerda Holzman April 20
 Marie Narvid April 22
 Herb Clark April 27
 Virginia Dunn April 28
 Beansie Estler April 29

Co-Workers

Azzie Robinson April 8
 Rona Huss April 14
 Shatalya Lopes April 15
 Aisha Clemonts April 17
 Rhona Serwanga April 21
 Toni Battista April 22
 Sheba Jackson April 25
 Janna King April 25
 Shontre Hendrix April 30



Greetings from the Green Neighborhood



Spring greetings from the Green Neighborhood! This has been quite a volatile month weather-wise: from a windstorm that took down power lines; to a snow storm causing many accidents; to rainy days where the sun never came out. Winter and Spring seem to be “battling” it out this year. Residents have been regularly greeting staff as they enter the Green neighborhood, “Are the roads good?” or “Glad you made it to work okay.” We are all family, and now look forward to calmer weather so our scenic rides can resume.

St. Patricks Day was a funfilled day. Lots of Irish music could be heard; a tour of Ireland was shown and the Pittsford Interact Club came and made bracelets with our residents. The first day of Spring was greeted with excitement. Everyone was a happy camper that day and glad to know that Winter was over. Songs of Spring and summer have been added to our repertoire. Easter and Passover are this month and we wish all of you a wonderful time as you spend it with family and friends.

With love & blessings, Robyn

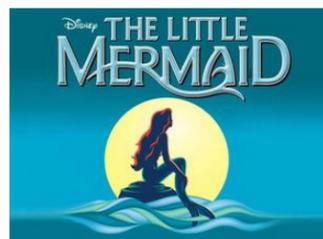
Photos from the Green Neighborhood



The Green Neighborhood enjoying a sing-a-long on a snowy day in March.



Heather Heights Employees Star in Musical



Grant Sommers and Emily Rose, part-time employees were the lead parts in Pittsford-Mendon's High School Play.

On Saturday, March 18th residents attended the play, “The Little Mermaid” at Pittsford-Mendon High School to see two of our own “stars” give a stellar performance in their high school play, “The Little Mermaid.” Emily Rose in Recreation played Flounder and Grant Sommers in Culinary played Prince Eric. What great talent they have. The residents loved seeing them perform. We are proud to have these to “stars” at Heather Heights.



Monetary Motto



“A little thought and a little kindness are often worth more than a great deal of money.”
John Ruskin

On April 22, 1864, the U.S. Congress authorized the phrase “In God We Trust” to appear on currency. Before this phrase, the country’s motto was the Latin *E pluribus unum*, meaning “Out of many, one,” a reference to the original 13 colonies that became one new nation. However, in 1864, in the midst of the American Civil War, this unifying phrase did not seem very accurate. During this fractured time, and with uncertainty over the United States’ future, many turned to a higher power for guidance and peace. Then-

Secretary of Treasury Salmon P. Chase received a letter from a Pennsylvania minister begging him to recognize “the Almighty God in some form on our coins.” Chase instructed the director of the Mint to come up with a short motto, and it was decided that “In God We Trust” would appear on the two-cent coin. Use of the phrase was not mandatory, however, and it wasn’t until 1956 that Congress made “In God We Trust” the national motto of the United States. It has appeared on all classes and denominations of U.S. currency ever since.

The 3 C's of life:
CHOICES, CHANCES, CHANGES.
You must make a choice to take a chance or your life will never change.

Every struggle in your life has shaped you into the person you are today.
BE THANKFUL for the hard times, they can only make you **STRONGER...**

Difficult roads often lead to the most beautiful destinations.
(inspiringpictures.com)

Life is 10% of what happens to you and 90% of how you respond to it.



Over 1 million people live in Assisted Living facilities and that number is expected to double by 2030. (American Senior Communities).

What are “Enhanced Services” at Heather Heights?

People often ask, what does “Enhanced Services” mean? At Heather Heights we offer a variety of care services to fit the needs of many people. It also allows residents the best opportunity to age in place and provide them the exceptional care they deserve without having to move to a nursing home facility. Some of the services offered Include:

- Ostemy/Catheter Care
- Foley/Colostomy Care
- Oxygen Management
- Assistance with Ambulation
- Assistance with Transfers
- Managed Incontinence Care

The following services are included at no additional cost:

- Diabetic Management
- Sliding Scale Insulin Administration
- Wanderguard System
- Specialized & Modified Diets
- Pureed Diet
- Thickened liquids
- Mechanical Soft/Ground Diet
- Low concentrated sweets
- No added salt

Did you know that all of our residents have an Individual Service Plan (ISP)? The ISP covers physical, social, cognitive and spiritual interventions to enhance their well-being. Our Case Manager, Janna King receives input from all departments to create it and updates it as things change. The most valuable service we offer is our care. Caring is our privilege. ❤️