

Heather Heights Happenings

160 West Jefferson Road • Pittsford, NY 14534 • Phone 585-362-1600

Photos



February Birthdays

In astrology, those born between February 1st and 18th are Water Bearers of Aquarius. Aquarians may be shy and quiet, but they are energetic, unique, and independent visionaries. They are often unemotional and intellectual, and they will pursue wisdom to the ends of the earth. Those born between February 19th and 28th are Pisces. Fish are compassionate, gentle, intuitive, and artistic. Known for their wisdom, Pisces are not judgmental and are very forgiving. They never hesitate to put others' needs before their own.

- Sherman Hemsley (actor) – February 1, 1938
- Red Buttons (comedian) – February 5, 1919
- Jules Verne (author) – February 8, 1828
- L.L. Bean (outdoorsman) – February 13, 1873
- Sonny Bono (singer) – February 16, 1935
- Michael Jordan (NBA star) – February 17, 1963
- Vanna White (hostess) – February 18, 1957
- Ansel Adams (photographer) – February 20, 1902
- Elizabeth Taylor (actress) – February 27, 1932

Tradition of Valentines Cards



Over the centuries, the holiday evolved, and by the 18th century, gift-giving and exchanging handmade cards on Valentine's Day had become common in England. Hand-made valentine cards made of lace, ribbons, and featuring cupids and hearts eventually spread to the American colonies. The tradition of Valentine's cards did not become widespread in the United States, however, until the 1850s, when Esther A. Howland, a Mount Holyoke graduate and native of Worcester, Mass., began mass-producing them. Today, of course, the holiday has become a booming commercial success. According to the Greeting Card Association, 25% of all cards sent each year are valentines. <http://www.infoplease.com>

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



By now we have all recovered from the hustle and bustle of the holidays. We are of course well into our winter months although we have been spared yet again from a harsh winter, thus far. With the Winter months, comes the expected respiratory illnesses, the stomach virus and the dreaded flu. We have been recently notified by The Department of Health that the flu is now widespread in New York State. On a local news channel, a Strong Memorial Hospital spokesperson asked that individuals refrain from visiting patients, especially if they are experiencing symptoms from a respiratory or stomach virus. At Heather Heights we, too, kindly ask visitors to refrain from coming into the building if they are experiencing any flu-like symptoms or other sicknesses. Currently we do not have any signs of the flu in our building and we are hoping to maintain that status! Our Housekeeping Department has also stepped up with disinfecting our common areas throughout the day, concentrating on those "high touch" areas such as hand rails, light switches and door handles, as we already know that many viruses are transferred through our hands. Please support us with our goal to help our residents stay as healthy as possible. Remember the best advice; wash your hands with soap and water and do it frequently, as this is your best defense! ~ Sherry Hoose

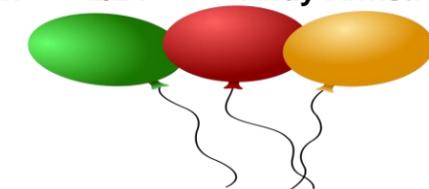


Residents

- Lyle Brown 2/13
- Don Fuehrer 2/13
- Richard Helves 2/14
- Betsy Holloran 2/18
- Marjorie Onley 2/19
- Richard Kanehl 2/20
- Gerald Meath 2/24

Co-Workers

- Robyn Voorhees 2/1
- Gerquan Scott 2/10
- Sheri Coe 2/13
- Travisha Howard 2/15
- Katherine Smith 2/21
- Brandie Piskorowski 2/24
- Andy Armstrong 2/25



Added Value Services at Heather Heights

One added value service you get at Heather Heights is having a Therapeutic Recreation Specialist on staff. Therapeutic Recreation (TR) is used as a treatment service designed to restore, remediate and rehabilitate a person's level of functioning, independence in life activities and to promote health and wellness. It considers the Social, Physical, Emotional, Cognitive and Spiritual aspects of individuals to help them obtain wellness.

A [bachelor's degree](#) in recreational therapy typically covers areas such as treatment and program planning, human anatomy, physiology, and professional ethics. Some TR programs offer the opportunity to specialize in the treatment of those that are mentally or physically challenged. Therapeutic Recreation Specialist continually update on current progress in the field, which includes Dementia care training. Which leads to another added value service at Heather Heights, Virtual Dementia training.

[Second Wind Dreams](#), a Georgia company, designed the Virtual Dementia Tour to educate caregivers on dementia. The tour provides individuals an opportunity to go through a simulation of what a person with a form of dementia experiences on a daily basis. By manipulating an individual's sensory system with items like; padded gloves, goggles, and even hearing devices, participants are asked to perform a few simple tasks. This provides them with first hand experience to the difficulties our elderly are faced with. After the tour they spend some time reflecting on their time in the simulation and drawing parallels from the simulation to on the job difficulties. It is our feeling that this experience will help our staff be more compassionate and understanding as they have a sense of what the residents are dealing with.

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Leo Buscaglia

BrainyQuote

Love is in the Air @ Heather Heights



A few years ago, in the small town of Tupper Lake, New York, the families of Linda Herman and Paul Doudreau lived. Paul and Linda, along with their siblings, attended school, community events and grew up together in the small community. After the invasion at Pearl Harbor in World War II, Paul left school and joined the Navy where he served for 20 years. Life went on for them. Paul married and had four children. Linda married and had three children. Paul and Linda's sisters had always remained close and kept in touch. After Paul's wife died in 2015, he visited his sister and who saw him as lonely, sad and depressed. She suggested a visit to Linda to cheer him up and so he did. Linda's marriage had ended and the two reacquainted at Heather Heights where Linda lived. The two were happy to reunite and began to see each other regularly. After several months of courting, Paul invited Linda to his home in Florida over the holidays. Paul professed that he always had love in his heart for Linda and on Christmas Eve he proposed to her. She said "Yes"! Now, they have packed up their belongings and are headed to Leesburg, Florida where they will marry and live happily ever after. Their children and happy for them and we also wish them much joy and happiness. It just goes to show you, you're never too old to find love.



SUPER BOWL SUNDAY

VS



Party in the Blue Community Room

3:00 pm to 4:00 pm

Beer, Pizza, Wings, Soda

Life Lived to Its Fullest

Jeanne Louise Calment was born in Arles, in the south of France, on February 21, 1875. Her life was fairly unremarkable and unnoticed, except for her birth date, which was recorded in the Arles birth register. When Calment died in 1997 at 122 years old, she had officially lived longer than any other human.



Theories abound about Calment's extraordinary longevity. Did she live so long because she ate two pounds of chocolate a week, started fencing lessons when she was 85, rode a bicycle until she was 100, drank a daily glass of port wine, or had a great sense of humor? It certainly wasn't because she gave up smoking at age 120. Calment didn't even kick the habit for health reasons—it was because she could not see well enough to light her own cigarettes! Jean-Marie Rabine, public health researcher and author of a book about Calment, credits her long life to her "immunity to stress." Calment, after all, married into money and did not have to work. She spent much of her time playing tennis, roller-skating, cycling, swimming, and joining her husband's hunting parties. But will any of us be so lucky as to live such long, full lives?

While there is much press about ever-increasing human longevity, scientists believe that humans have largely reached the upper limits of our life span, and that limit is 115 years. Calment's 122 years, researchers say, is an anomaly. While the improvements of modern life increase our chances of living longer, no matter how many health advancements and breakthroughs humankind uncovers, we cannot live forever. And scientists are quick to remind us that we do not want to. After all, a full life is better than a long life. A social network, trading white bread for whole grains, moderate exercise, being conscientious, getting enough sleep, and having a sense of a higher purpose—these are the hallmarks of long, full lives. And don't forget a sense of humor. As Calment said, "I will die laughing."

Celebrate February

Black History Month

American Heart Month

National Bird Feeding Month

Great American Pie Month

Pride in Food Service Week – February 2-6,

National Crime Prevention Week - February 5-11

International Friendship Week–February 12-17

National Engineers Week – February 19-25

Ground Hog's Day – February 2

Super Bowl – February 5

National Homemade Soup Day – February 4

National Frozen Yogurt Day – February 6

National Pizza Day – February 9

National Make a Friend Day – February 11

Abraham Lincoln Birthday – February 12

Valentine's Day – February 14

National Do a Grouch a Favor Day – February 16

National Caregivers Day – February 17

Presidents Day – February 20

National Margarita Day – February 22

National Tortilla Chip Day – February 24

National Pistachio Day – February 26

Academy Awards – February 26

Mardi Gras – February 28