

**Resident Spotlight: Margaret Beck**



Margaret Beck grew up in Newark, NY. She and her two sisters lost their Mother at an early age. Her Father was a partner in a business, which became very successful. After graduating High School, Margaret attended Syracuse University, where she majored in English and Journalism. Her first job was a reporter for the Rochester Times Union. It was there that she met her husband, Robert, also a reporter. They were married in 1952 and soon moved to Ithaca, NY so Robert could pursue a Law degree and become an attorney. After passing the bar, they moved back to Rochester and Margaret took a job as Fashion Copy Writer for Sibleys. Once they started their family (four children) Margaret worked as a free lance writer. She spent the next 20 years working as Town Clerk, Receiver of Taxes for the town of Pittsford, retiring in 1990. She has resided at Heather Heights for six years. Her advice about living at Heather Heights is "Value what you're doing now."

**Employee of the Month Katherine Belcher**



In September, Katherine Belcher will be employed at Heather Heights five years. She currently works as a Personal Care Aide in the Green Neighborhood assisting our residents in Memory Care. When she first was hired, Katherine was a float staff and worked in all our neighborhoods, but found a permanent home in Green. She works the evening shift, 3pm to 11pm. Katherine has been in a relationship for five years and has a daughter, MaKenna, 18 months old. She lives in Farmington and when not working enjoys hiking, swimming and time with her daughter. She also enjoys taking care of our residents. Thank you for all your hard work!

**June Birthdays**

In astrology, those born between June 1–20 are Twins of Gemini. Twins have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends. Those born between June 21–30 are Cancer's Crabs. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of harmony at home and in the workplace.

- Marilyn Monroe (actress) – June 1, 1926
- Allen Ginsberg (poet) – June 3, 1926
- Tom Jones (singer) – June 7, 1940
- Jacques Cousteau (explorer) – June 11, 1910
- Venus Williams (tennis pro) – June 17, 1980
- Roger Ebert (film critic) – June 18, 1942
- Chet Atkins (guitarist) – June 20, 1924
- Meryl Streep (actress) – June 22, 1949
- Pearl S. Buck (writer) – June 26, 1892
- Mel Brooks (actor) – June 28, 1926
- Mike Tyson (boxer) – June 30, 1966

**Father's Day – Steak Dinner**



On Father's Day we will be offering a steak dinner for our Dad's. If you want to join Dad for dinner the cost is \$10.00.

Please call ahead and make a reservation by June 16<sup>th</sup>, so we can make sure we have enough steaks to go around at 585-264-1600.



Carnival Time



Lilac Lunch Bunch



Barry Meath Returns



Honor Flight

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**Heather Heights Happenings**

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 DeGaugh

**Greetings from Sherry**

As many of us may know, it is important to attend to our dental care needs, although many individuals don't consider their dental care as a priority. What many of us don't realize is that our dental issues and problems that arise can also impact our conditions medically. While many assisted living communities have a geriatrician that comes directly to the building and often a podiatrist, we have yet to find a dental program that will provide in-house access to dental care. I am delighted to share with you that we have been approached and selected by Eastman Dental from the University of Rochester, to pilot an in-house dental program here at Heather Heights. We are very excited to be selected for this pilot program and have the SMILE mobile come directly to our building. This program would provide full dental services from cleanings up through fillings and dentures. To provide residents and families an opportunity to be introduced to the full program, we will be hosting a Family Picnic on June 15, 2017, at 7pm (invitations were mailed last week to all families). The actual SMILE mobile will also be here that evening for you to tour. Please join us for this special evening and meet the Eastman Dental Team! ~ Sherry Hoose



<b>Residents</b>		<b>Co-Workers</b>	
Natalie Chekow	6/2	Taneesha Ashford	6/3
Vera Klemmer	6/6	Tony Rivera	6/7
Daphne Eaton	6/12	Andrea Gordon	6/8
Julie Hodgetts	6/18	Amy Colwell	6/12
		Derek Strickland	6/13
		Rashid Johnson	6/18
		Tammy Grabowski	6/19
		Michael O'Brien	6/28



Fun with Adrienne from Hochstein School of Music



### Greetings from the Green Neighborhood

Summer begins this month on the 21<sup>st</sup>. We are already enjoying time on the patio. On the patio we sing, do word games, play ball and sometimes just enjoy the sound of the birds and Katydid's while the warm breeze blows on us. Our Azaleas are in bloom. Soon flowers will be planted in our garden and we will enjoy taking care of them all summer. We are planning on having two barbeques a month outside until the Fall comes. Our scenic rides continue. We've had fun seeing how nature comes alive on them. The trees have gone from bare to buds to leaves this month. We've seen some deer and the Buffalo have made a few appearances too.

Our Beach Boys exercise continues to be a success. The smiling faces say it all. We wish you a wonderful summer with lots of time to relax and smell the flowers. We sure will.

With Love & Blessings to you all,  
Robyn

**FAMILY COUNCIL FOR GREEN NEIGHBORHOOD IS:  
Wednesday, June 21, 2017 @ 7:00 pm**

### Social Media Matters

Social media. It is a powerful force that is redefining humanity's communication and sense of interdependence. In this sense, every day is Social Media Day, but its holiday is celebrated on June 30.



Social media begins with the Internet. Thanks to our wirelessly connected world, people are now able to access the Internet wherever they go, through their cell phones, computers, and other electronic devices. About 20% of our time online is spent visiting social media sites such as Facebook, Twitter, LinkedIn, YouTube, Pinterest, Instagram, Reddit, Snapchat, and others. Some of these sites allow us to share pictures and videos. Others allow us to share personal comments and opinions. Some are used for professional networking. Some are dedicated to shopping, cooking, or other hobbies. The point of social media is to connect people. Groups that used to be out of contact due to distance or isolation can now be connected via the Internet. People can now find each other, share, and collaborate faster than ever before in history, and the effects this new connectedness has on human culture are substantial.

Once upon a time, members of obscure subcultures stuck to their small groups. Today, any member of one of these subcultures can become part of a massive community at the click of a button. Artists separated by continents can collaborate. Unknown individuals can become overnight Internet sensations. Inventors and entrepreneurs no longer need storefronts to sell their unique products to the masses.

Experts warn that social media is a double-edged sword. It is a powerful force for connection, but it can also be damaging, especially to young people. Social media platforms are rife with adolescent pitfalls: aggression, sex, drugs, and bullying. Perhaps Social Media Day on June 30 should be a day to encourage teens (and remind adults) to wield the power of social media wisely.

### Heather Heights Ambassadors



The Ambassador program is in full swing at Heather Heights. This group of residents are so happy to welcome new people they have come up with great suggestions and ideas. A welcome card and monthly "new resident" dinner were suggested, so we will be starting this in June. Our greatest resources are our residents and when they flourish, we flourish. A validation of our slogan "caring is our privilege".

**Thank You Ambassadors of Heather Heights!**

### Recognizing our Student Volunteers



On May 10, 2017 Administrator, Sherry Hoose recognized our excellent student volunteers from

Boces and Penfield High School with a reception in the Red Community Room. Each person received a certificate of appreciation and a brunch was provided.

Joyce Columbe, Resident Council President spoke highly of the group saying, "They make us look great!". This year we hired a student who now works in the Laundry Department. Recreation and Laundry really appreciate the work they do for us. Nice job students! Congratulations!



*You're invited*  
**TO OUR ANNUAL FAMILY COOKOUT**

Join us for a night of family, friends & food  
**6.15.17 {THURSDAY} 5-7PM**  
**WE WILL HOST ON THE BACK PATIO**

We are also excited to have Eastman Dental here providing information and introducing the SMILEmobile! This mobile dental service will be offered this summer to residents at Heather Heights, so make sure to check this amazing service.

Please RSVP at 585.264.1600 by June 8th

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