

Things to Celebrate in March

Irish American Month

National Peanut Month

National Women's History Month

**Celebrate Your Name Week
March 5-11**

**Girl Scout Week
March 12-18**

**American Chocolate Week
March 19-25**

**Act Happy Week
March 20-26**

**World Civil Defense Day
March 1**

**National I Want You to be Happy Day
March 3**

**National Dentist Day
March 6**

**National Johnny Appleseed Day
March 11**

**St. Patrick's Day
March 17**

**First Day of Spring
March 20**

**National Common Courtesy Day
March 21**

**National Spinach Day
March 26**

**National Doctors Day
March 30**

March Horoscopes and Birthdays

In astrology, those born between March 1–20 are Pisces. Fish are compassionate, gentle, intuitive, and artistic. Known for their wisdom, Pisces are not judgmental and are very forgiving. Those born between March 21–31 are Rams of Aries. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump head first into life, confident that they can navigate any obstacles or challenges.

Glenn Miller – March 1, 1904
Theodore Geisel – March 2, 1904
Knut Rockne – March 4, 1888
Piet Mondrian – March 7, 1872
Sam Donaldson – March 11, 1934
Liza Minelli – March 12, 1946
Billy Crystal – March 14, 1948
Vanessa Williams – March 18, 1963
Spike Lee – March 20, 1957
Joan Crawford – March 23, 1905
Aretha Franklin – March 25, 1942
Eric Idle – March 29, 1943
Octavio Paz – March 31, 1914



Fun facts about St. Patrick's Day

IT USED TO BE A DRY HOLIDAY - For most of the 20th century, Saint Patrick's Day was considered a strictly religious holiday in Ireland, which meant that the nation's pubs were closed for business on March 17. (The one exception went to beer vendors at the big national dog show, which was always held on Saint Patrick's Day.) In 1970, the day was converted to a national holiday, and the stout resumed flowing.

SAINT PATRICK WAS BRITISH - Although he made his mark by introducing Christianity to Ireland in the year 432, Patrick wasn't Irish himself. He was born to Roman parents in Scotland or Wales in the late fourth century.

THERE'S A REASON FOR THE SHAMROCKS - How did the shamrock become associated with Saint Patrick? According to Irish legend, the saint used the three-leafed plant as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.

THE WORLD RUNS UP QUITE A BAR TAB - All of the Saint Patrick's Day revelry around the globe is great news for brewers. A 2012 estimate pegged the total amount spent on beer for Saint Patrick's Day celebrations at \$245 million. And that's before tips to pubs' bartenders.

Employee of the Month Miguel Morales



As of July, 2017 Miguel will be employed at Heather Heights for 15 years. He began his career in the kitchen as a chef in the culinary department, where he worked for 5 years. He then went to work in the maintenance department, where he fixes anything and everything. Miguel is friendly and helpful to everyone at Heather Heights. When not working, Miguel enjoys landscaping and painting (homes/rooms). He is most proud to be the Grandpa of three little ones. Congratulations Miguel! Your excellent work shows every day at Heather Heights!

Heather Heights Happenings

March 2017



1600 West Jefferson Road
Pittsford, NY 14534
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

This last month was busy for our managers and staff as our corporation rolled out an additional dementia training called "The Virtual Dementia Tour." P.K. Beville, Ph.D., an award-winning geriatric psychologist, dementia expert, and founder of Second Wind Dreams, Inc. created The Virtual Dementia Tour® This specialized tour is a scientifically proven method of building a greater understanding of dementia through the use of patented sensory tools and instruction. Our staff certainly embraced The Virtual Dementia Tour® with an open mind and they had so much to say about their experience. One staff member shared, "It has helped me better understand how dementia might impact an individual, and I am definitely changing the approach I take when helping a resident with Alzheimer's

Disease or dementia. I believe I will be more patient, understanding and helpful." Staff also shared with me that even though they had extensive training with dementia, it really did open their eyes more to what an individual may experience. Since this has made such an impact for our staff we would like to offer this tour to our families as well. Our corporate trainer, Mischelle Walters, is scheduled to first present the information to our families of our Memory Care Family Council at their meeting on March 22, 2017 at 7 p.m. If you are a family member or would like to learn more about The Virtual Dementia Tour® please contact our Recreation Director, Susan Thomas-Payne at stomas-payne@heatherheights.com
~ Sherry Hoose



Residents

Jimmie Main 3/3
Alex Kelly 3/9
Louise Fuehrer 3/18
Albert McClements 3/18
Joseph Ilan 3/19
Elinor Purdy 3/26
Sally (Sara) Strommer 3/27
Grace Gentner 3/28
Don Estler 3/28
Elizabeth Micsak 3/29

Co-Workers

Ashley Jackson 3/6
Kathrine Belcher 3/15
Destiney Fluitt 3/25
L. Gebremeskel 3/19
Julie Marelllo 3/19
Shamarla Grice 3/31
Curtis June 3/31



Greetings from the Green Neighborhood

It is so good to be back home in my Green Neighborhood with my second family. Not a day went by that I didn't think of each one of you, staff included. We truly are a family. With the warmer weather, Spring fever has set in. Temperatures have been in the 60's this February! We are doing our early countdown to Spring. Check it out on the activity board. Looking forward to some outside time on the patio. Steve has been driving our scenic rides for us. It's nice to sit back and chat with the residents. We are watching for early signs of Spring, crocus', buds on trees, and thawed ponds. There's excitement in the air! We've been playing a lot of Irish music with St. Patrick's Day coming up. We look forward to Ash Wednesday coming up the 1st day of March too. The year is flying by so fast. Happy St. Patricks Day to all of you!

Getting our nails done!



Reminder: Family Council for Green Neighborhood will be: Wednesday, 3-22-17 @7:00pm

"We do not remember days, we remember moments."

Eversound comes to Heather Heights

We are excited to announce our partnership with *Eversound Headphones*! These amazing headphones work with a wireless amplifying system that residents can wear and individually control. The headphones work in tandem with residents' hearing aids to amplify sounds; thereby allowing them to enjoy activities they wouldn't be able to participate in because of their hearing challenges. The *Eversound* headphones will be available to residents as needed at a variety of recreation programs and resident council meetings.



These headphones will allow our group events to be more effective and engaging for our residents.

Enjoying our Pet Therapy Dog, Rocky



Resident Spotlight – Herb Clark



Herb and Denise Clark

When Herb Clark, arrived at Heather Heights he said, "Call me Herbie the love bug". He has been married to his wife, Denise, for over 50 years and grew up in the 19th ward in Rochester, attended Aquinas Institute and graduated from Finger Lakes Community College with a degree in Ornamental Horticulture. Before he was married, Herb had already become a furrier, learned the sheet metal trade and did Scuba diving rescue work. Shortly after getting married the couple moved

to Alaska, as Herb took a job with the US Fish and Wildlife Service. In Alaska he did Moose research, flew planes, delivered newspapers via airplanes, raised chickens, turkeys, minks, cows, pigs and became a beekeeper and painter. These interests stayed with him after returning to Naples, NY and living there for over 40 years. They raised two daughters and have four grandchildren. As his wife stated, "He has tried everything he's ever wanted to do".



Seeing Daylight

In 2005, President George W. Bush extended daylight saving time (DST) so that it would begin on March 12. Bush's reasons for extending DST mirrored the original intents of the time change: to conserve energy. On March 31, 1918, DST was first enacted by the United States, setting fixed time zones across the country and allowing for more sunlight hours in the evening. The U.S. was following Germany's example. During World War I, Germany had enacted DST in order to conserve costly fuel that would otherwise have been used for lighting the dark. DST in the United States was unpopular and abolished by Congress as soon as the war ended. It took World War II for President Franklin Roosevelt to reinstitute DST, which he dubbed "War Time," as a year-long practice. Once again, at the close of the war, DST was abandoned, with only a few states choosing to maintain the practice. It wasn't until 1966 that the transportation industry pushed to formalize time zones and DST for the sake of consistency. DST has been in place ever since.

"Time is the most valuable thing a man can spend."
~Theophrastus

"Whether it's the best of times or the worst of times, it's the only time we've got."
~Art Buchwald

"Time is what we want most, but what we use worst."
~William Penn

"The time is always right to do what is right."
~Martin Luther King, Jr.



Second Wind Dreams®



Most of our staff have completed the mandatory Virtual Dementia Training® from Second Wind Dreams. Heather Heights is the only Assisted Living that offers this training within our county. Here's what they had to say about it:

- "Loved it"
- "Best training ever"
- "Eye opener"
- "It taught me a lot"
- "Powerful"
- "Enlightening"
- "Uncomfortable"
- "Made me more aware of what they experience"
- "Frustrating"
- "It is very important that everyone attend this training."
- "Awesome"
- "Liked it very much"
- "I learned so much"
- "Wow"
- "Enlightening"
- "Oh my Gosh, Incredible"