

**Things to Celebrate in May**

**Older Americans Month**  
**National Barbecue Month**  
**National Strawberry Month**

*Be Kind to Animals Week*

May 7-13

*Rochester Lilac Festival*

May 12-21

*National Old Friends/New Friends Week*

May 21-27

World Press Freedom Day

May 3

National Day of Prayer

May 4

Cinco de Mayo

May 5

National Nurse's Day

May 6

National Lemonade Day

May 7

National Teacher

Appreciation Day

May 8

National Fruit Cocktail Day

May 13

Mother's Day

May 14

National Chocolate Chip Day

May 15

Senior Day at Lilac Festival

May 17

National Pizza Party Day

May 19

National Armed Forces Day

May 20

National Vanilla Pudding Day

May 22

National Wine Day

May 25

National Hamburger Day

May 28

Memorial Day

May 29

## May Horoscopes and Birthdays

In astrology, those born between May 1–20 are Bulls of Taurus. Bulls are stable, reliable, and committed in both work and family. Bulls also appreciate love, beauty, and creativity. Those born between May 21–31 are Gemini's Twins. 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.

Jack Paar – May 1, 1918  
 Audrey Hepburn – May 4, 1929  
 Tammy Wynette – May 5, 1942  
 Don Rickles – May 8, 1926  
 Irving Berlin – May 11, 1888  
 L. Frank Baum – May 15, 1856  
 Pope John Paul II – May 18, 1920  
 Raymond Burr – May 21, 1917  
 Rosemary Clooney – May 23, 1928  
 Queen Victoria – May 24, 1819  
 Vincent Price – May 27, 1911  
 Bob Hope – May 29, 1903  
 Clint Eastwood – May 31, 1930

## Resident Spotlight ~ Eileen Hellem



Eileen Hellem has lived at Heather Heights for about two years. She grew up in the 19<sup>th</sup> Ward in Rochester, NY. She attended Nazareth Academy and went to work at Sibley's Department Store in the Men's Department, after graduating. She eventually went to work for Eastman Kodak where she met her husband, Oliver. They married in 1948. They had six children, five boys and

one girl. As you can image, now she has several grandchildren and great-grandchildren. Eileen was married for 39 years, before her husband passed away. They enjoyed camping, line dancing and square dancing. Now, Eileen enjoys doing the daily crossword puzzles with the other "front porch" ladies outside her room. Eileen continues to go out with her family and friends and enjoys going out to restaurants with the folks at Heather Heights too.

## Employee of the Month

Travis Brown has been employed at Heather Heights for over five years. He is a Medication Technician in the Personal Care Department. He is versatile in many ways, as he works on all the neighborhoods at Heather Heights. He basically works everywhere and helps out everyone at any time. As one of the few male staffers, he often assists our male residents with things they would prefer a male perform. The residents enjoy him and his co-workers appreciate his sense of humor. Travis graduated last June from



## Travis Brown

Empire College with his Bachelor Degree in Psychology. Weekly he plays trivia and belongs to a game group. He also enjoys reading. About seven months ago he entered into, what has become a serious relationship. Thanks Travis for your hard work and flexibility.



## May 2017



# 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 DeGough

## Greetings from Sherry

We have been very fortunate at Heather Heights to have a long-standing relationship with our area schools and Monroe 1 BOCES for their student work-study program. Our relationship with BOCES and area schools provides students an opportunity to work at Heather Heights in such areas as Housekeeping, Maintenance and Recreation. Each school transports their students to Heather Heights and they are each accompanied by a job coach that supports and advises them during their working hours. Their focus is to learn aspects of a job as they develop and enrich life skills, which will help them, prepare for their future. For example, our Housekeeping Department has students' complete vacuuming, dusting

and other light housekeeping duties. In the Maintenance Department, students have learned skills such as painting, room refurbishing and small engine repairs. For our Recreation Department, students have been assisting residents and helping to facilitate nail polishing, games and crafts in addition to providing one-on-one companionship for many residents. With all the hard work and dedication these students have provided us, we felt that it was only appropriate to recognize their great work and efforts by hosting a Volunteer Reception. Please join us for the Volunteer Reception on Wednesday, May 10<sup>th</sup> at 10:00 a.m. in the Red Community Room.  
 ~Sherry Hoose

### Addendum to last Month's Newsletter:

Peggy Goldberg, our Resident Spotlight for April, forgot to mention her Great Grandson Ian, when mentioning her family. GG loves you Ian!

## Happy Birthday

### Residents

Rose Bonsignore 5/6  
 Robert Sevensky 5/18  
 Mary Hart 5/20  
 Steven Borgyon 5/21  
 Dorothy Hudson 5/26  
 Bill Roach 5/28

### Co-Workers

Jaime Degough 5/5  
 Jasmine Mays 5/9  
 Eurydice Lewis 5/9  
 Danielle Cira 5/11  
 Deborah Lane 5/11  
 Constance Belpanno 5/17  
 Beth McMullen 5/17



## Greetings from the Green Neighborhood



Spring is in full swing. Tulips have popped up in our patio garden, trees are blossoming and flowers galore are out in our front window. We have even spent a few days on our patio!

We have begun a new form of exercise, moving and grooving to the music of the Beach Boys. No one can sit still as we perform our exercise movements to the rhythm of surfing music. We all get a good workout, even those in wheelchairs dance with us. The end of May will bring us the unofficial start of summer. It's amazing how fast time goes.

We will be checking the weather forecasts for our Scenic Rides. They may not always be on Fridays. You may want to check to see if your loved one is out on a ride before you visit.

We wish you all a very happy Mother's Day and Memorial Day as we pause to remember loved ones who have served our country. Remember to pray for those families who have given the ultimate sacrifice to our nation.

With love & blessings, Robyn



Dance exercise in the Green Neighborhood.

"The closest thing to being cared for, is to care for someone else."

Carson McCullers



Finished product



Impromptu social hour

## Yoga with Beth at Heather Heights

Beth Cross



Beth Cross is a certified yoga instructor, registered with Yoga Alliance and owner of Lotus Blossom Yoga. Beth has thoroughly enjoyed teaching a weekly yoga class here at Heather Heights for over a year now, working with our residents to maintain and improve their balance and flexibility.

"I love working with the individuals at Heather Heights – they are so inspiring" she says. "I would like to do more for the residents, their families and the staff. Yoga provides excellent physical benefits, and gives you a rest from the hectic routines we all face daily. It is said an hour of restorative yoga is equivalent to three hours of sleep. Combine that with some gentle yoga movements, and everyone can benefit."

Beth is in the process of opening a studio in the Penfield area to provide gentle and restorative yoga to individuals and groups up to six in number. But she is also interested in working with more of our residents' right here on-site at Heather Heights. Beth can provide guidance for a basic yoga practice, as well as a more advanced practice as may be desired. She can also target areas where individuals want to specifically improve, like balance and core strength – and you won't even know you are exercising.

If you are interested in discussing yoga classes with Beth, you can call her at 585-737-0579, or use the contact page at her website at [www.lotusblossomyoga.net](http://www.lotusblossomyoga.net).



## Honor Flight Recipient - Barry Meath



Heather Heights resident, Barry (Gerald) Meath is heading to Washington, D.C. on Saturday, May 13<sup>th</sup> as an Honor Flight Recipient. Barry was a Radar Mechanic/Specialist during the Korean War serving in the Air Force for four years. After completing his training at Sampson Air Force Base and then Biloxi, Mississippi, he served 28 months in Japan. His son, Brian, nominated him for the flight and Barry was approved.

We will be celebrating his departure on May 12<sup>th</sup> at 3:15 pm in the Red Community Room.

The entire trip is paid for and special Honor Flight Volunteers provide care throughout the trip.

His itinerary includes visits to the following places:

~WWII Memorial, Korean/Lincoln/Viet Nam Memorials.

~Air Force Memorial and lunch

~Arlington National Cemetery with Changing of the Guard at Tomb of the Unknown Soldier.

~Iwo Jima/Marine Corps Memorial

~Women's Memorial

There will be a Welcome Home Ceremony at the Rochester Airport at 1:00 pm on May 14<sup>th</sup>.

If you're interested in learning more about the Honor Flight visit:

[www.honorflightrochester.org](http://www.honorflightrochester.org)

## Special Events in May Volunteers Needed

Sunday, May 14<sup>th</sup>  
Mothers Day Brunch

Family is welcome for Brunch.

Brunch is from  
11 am to 1 pm.

Cost for guests is 10.00/person.

Please call ahead to make  
reservations.



Wednesday, May 17<sup>th</sup>, Seniors  
Day at the Lilac Festival

Volunteers Needed Please call  
or see Susan in Recreation,  
26401600 x 206.

Monday, May 29<sup>th</sup>, Memorial Day  
Parade in Pittsford, NY

Volunteers Needed Please call  
or see Susan in Recreation,  
26401600 x 206.

## Ambassador Programs begins

We have recruited a few residents at Heather Heights to be "Ambassadors" to new people moving into our community. Essentially, Ambassadors introduce themselves to new residents, orient them to main areas of Heather Heights, explain and inform them about meal times, and have Ice Cream with them during their first week living here. We're hoping this will help new folks adjust better and feel the support they can receive living here. We all know the feeling of "being the new kid on the block" and hopefully new admissions will feel a welcome and supportive sense of community here. Thanks Ambassadors 

