

Heather Heights Happenings

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

A Musical Afternoon



My Mom, Peggy Goldberg, always loved the music programs at Heather Heights. She looked forward to these concerts, and no matter how she was feeling she made a special effort to attend. You would find her with her friends enjoying the various groups that came to entertain the residents. Afterwards she had her favorite treat—a dish of ice cream. Thinking about my Mom, I decided to do a concert in her memory. On Saturday, July 15th we enjoyed the music of Peg and Tom Fitipaldi. Mom had a special connection with the Fitipaldis, as both women shared the name Peggy.

Mom as well as some of the residents would sing along, and they knew most of the lyrics to the songs. I am sure many of these songs brought back special memories in their lives. We all enjoyed cake, ice cream, and lemonade during the performance. It was very special for my family to return to Heather Heights, and see the residents and staff that meant so much to Mom. Heather Heights will always remain dear to us, and we look back on the many special programs we shared with Mom, the residents and their families, and the staff. ~ Barb Baron

Two Coworkers Achieve Their full HIWART awards



Connie Belpanno and Amanda Hampton with Beth McMullen, Asst. Dir. of Personal Care and Sherry Hoose, Administrator

At Heather Heights of Pittsford, coworkers are encouraged to achieve HIWART awards. Anyone, including families, can fill out the award based on what they've experienced.



At the July all staff meeting, Connie and Amanda received their final HIWART award, achieving the incredible distinction of obtaining all six pins.

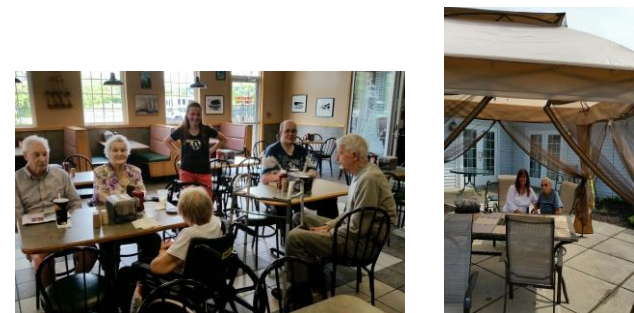
Congratulations to you both for your outstanding work!



4th of July trip to Mendon Ponds Park

Summer Fun at Heather Heights

4th of July Picnic and Fun



Lunch out at Bill Grays in Seabreeze

Enjoying the new outdoor canopy



Meet our New Ombudsman Howard Miller

Heather Heights of Pittsford is pleased to welcome our new Ombudsman, Howard Miller. An Ombudsman is a volunteer who works through Lifespan and helps advocate, educate, and empower residents living in Senior housing. This program is supported by New York State. You may contact Howard at (585) 244-8400 EXT. 114.



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

Recreation Director
Susan Thomas-Payne

Culinary Director
Andy Armstrong

Maintenance Director
Tony Rivera

Memory Care Coordinator
Jaime DeGaugh

Housekeeping Manager
Victoria Lopez

Greetings from Sherry

Happy August! Our summer is moving along. We have been working on our outside areas to provide more opportunities for residents and families to sit and visit with one another. In both the red and blue neighborhoods, we have added seasonal gazebos on the patio. While we encourage residents to sit outside and enjoy the sunshine, we felt there was a need to have some additional shade! Additionally, we have added some benches along the walkway for folks to sit if they need to take a rest, or to merely sit and enjoy nature. Thank you to Tony and Miquel from our Maintenance Department for their support with making this happen! I would also like to announce that we have had some changes in our Housekeeping Department from Health Care Services Group (HCSG). HCSG has promoted Mike Lee our former Housekeeping Director to a different location. Our new Housekeeping Director, Victoria Lopez, has arrived at Heather Heights to lead the Housekeeping Department. Victoria is very excited to be at our community and brings with her several years of housekeeping and environmental services experience. She is familiarizing herself with our building and getting to know our residents, families and staff. Please join us in welcoming Victoria to Heather Heights! ~Sherry



Residents		Co-Workers	
Barbara Manzler	8/3	Daesha Lumpkins	8/6
Pat Wemple	8/6	Dominique Nash	8/6
Leona Silverman	8/9	Steven Sprague	8/7
James Dick	8/13	Dina Chapman	8/16
Faye Schindler	8/16	Tricia Hutto	8/24
Francis Tjhung	8/18	Jazeshonda	
Eileen Hellems	8/19	Singletary	8/25
Symond Davis	8/20	Tiffany Arnold	8/30

Greetings from The Green Neighborhood

August greetings from the Green Neighborhood! It's been a joy-filled summer. We have had a lot of patio time, the fresh air is wonderful. Steve, the Chauffer, drove on our last scenic drive and I was able to sit and chat with the residents. It is always nice to be able to point out different things to the residents as we go along. He took us out to Walworth and we saw amazing scenery. We also got to see Steve's home and say "hi" to his wife. That was a nice surprise for her, and us. It is hard to believe Summer is almost gone; it goes by too quickly! Remember these nice warm days and lock it away in your memory for when the snow and cold wind hit. Wishing you a wonderful rest of your summer!

With Love & Blessings, Robyn



Resident Spotlight Albert & Marilyn McClements



Marilyn McClement was a Farmers daughter, born in Missouri, and grew up in Iowa. Albert McClement was a Preacher's son, born in Buffalo, and grew up in Oakfield, NY. In 1943, Albert was a Marine, guarding the Naval amunition depot in Hastings, Nebraska. Marilyn was also in Hastings with her sister working as a waitress. The two of them met at a dance and were married six weeks later. Five months after they were married, Albert was sent to North Carolina where he trained for the invasion at Okinawa, and stayed there from beginning to end. He then went off to Guam and toward the end of WWII, was sent to China. During the two years he was gone, Marilyn returned home to Iowa to be with her family. At the end of the war, Albert returned to Rochester, NY where his family had settled. Marilyn joined him and they purchased a house in the Southwest corridor of Rochester. Marilyn worked part time while raising their four children. Albert worked 20 years for Hathaway Bakery making home deliveries and later for Bond Breads making deliveries to stores. Marilyn took a full time position with the State after the children were older and Albert ended up working for the state too as a Painter. The McClements came to Heather Heights three years ago. Besides their four children, they have four grandchildren and three great grandchildren and are expecting two more soon. They have been married 74 years!

Balloon Volleyball Game



Meet Adrienne Meyer, Music Therapist



Music Therapy is defined by the American Music Therapy Association as the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship. I have been working with the residents of Heather Heights for all five years that I have been a board-certified music therapist. I have spent each music therapy session in the Memory Care neighborhood, but also make music therapy sessions available to any residents who want to join.

Through musical involvement in the therapeutic context, residents' abilities are strengthened and transferred to other areas of their lives. Music Therapy provides avenues for communication that can be helpful to those who find it difficult to express themselves in words. The group began many sessions by engaging in the "Welcome" song. Group members were given the opportunity to answer questions, say hello, and identify their neighbor. This experience serves as an introduction and addresses goals such as, decreasing isolation and building connections among group members. Music therapy is an evidence-based health profession with a strong research foundation. As a Music Therapist, my degree requires knowledge in psychology, medicine and music. In defining music therapy, it is important to recognize what music therapy is and what it is not. Music Therapy is: working with older adults to lessen the effects of dementia, working with hospitalized patients to reduce pain, working with individuals to improve communication capabilities, working with people who have Parkinson's disease to improve motor function. During music therapy sessions at Heather Heights, I have assessed the group, developed goals and implemented those goals with the use of musical interventions, I have done this by using song favorites, requests, and new songs from all decades. Singing sessions address the goals of maintaining or improving reminiscence, vocal strength and volume as well as decreasing isolation, providing choices, and seasonal orientation. The group engages in movement experiences, such as using the stretchy band, parachute, playing musical instruments, conducting recorded favorites, and leading/following movements.

Residents and Coworkers CALLING ALL BABY PICTURES



On August 25th, we are having a "Whose Baby Picture is That?" contest.. Residents and co-workers' baby pictures will be on a bulletin board with numbers assigned to them. Sheets will be provided for you to fill in the names of who you think each baby picture belongs to.

All entries will be listed on the sheet for your convenience.

We are hoping that you will help your loved one find their precious baby picture to enter into the contest. The person who guesses the most correctly will be the winner. Good Luck!

This experience addresses goals such as; maintaining or improving joint support and improving and maintain muscles and range in upper extremities.

There are many examples of therapeutic music that are noteworthy, but are not clinical music therapy; a person with Alzheimer's listening to an iPod with headphones of his or her favorite songs, groups besides musicians, or a piano player in a lobby.

Music Therapy sessions typically end with a "goodbye" song, signifying the end of the session. In the Memory Care neighborhood residents respond by; singing along to the songs, remaining alert through the music therapy session, clapping and smiling to the interventions and asking the Music Therapist questions. I am constantly greeted with smiles upon entering the neighborhood and asked when I am going to be back. It is a joy and privilege to be able to work with the residents on a weekly basis. For more information about music therapy, check out the American Music Therapy Association website: www.musictherapy.org

Information in this article was taken from www.musictherapy.org/about ~Adrienne Meyer

