

Heather Heights Happenings

160 West Jefferson Road Pittsford, NY 14534 Ph. (585) 264-1600



Greetings from Sherry

We all wish you a very happy December! I cannot believe it is almost the end of the year; 2017 seemed to fly by. As we celebrate this wonderful holiday season, we like to reflect on the traditions of our families, and the importance of spending time with the ones we love. One of Heather Heights' traditions is our annual holiday party which will take place this year on Wednesday, December 6th from 5-7pm. Our company's president, Jack Turesky, will be attending the party to mingle with you and your loved ones as well as answer any questions about the company or Heather Heights. Every year at the holiday party we also announce the Employee of the Year, which is awarded to an employee who demonstrates outstanding dedication, customer service, and work ethic for the entire 2017 year. What are some traditions that your family has observed over the years for your holiday celebration? Each family always has something a little different that they grew up with, or started with their children or grandchildren. In Greece, it is a Christmas tradition for children to sing carols up and down the streets on Christmas Eve, and if they sing well, their neighbors reward them with money, nuts, or treats. On Hanukkah in Italy, there is a traditional treat created by Italian Jews to honor the celebration of lighting the first candle of the Menorah. Precipizi, originated in Turin, is a lightly sweetened, olive oil infused, honey-covered treat that signifies the beginning of celebrations. Kwanzaa, celebrated the end of the year, December 26th-January 1st includes a time of reflection over the past year and planning goals for the coming year. Imani is the seventh day of Kwanzaa and entails exchanging meaningful gifts with immediate family members to reward and promote accomplishments and kept commitments from the prior year. We would love to hear the special traditions you have celebrated with your loved ones over the years! I sincerely wish everyone and their loved ones a blessed holiday season and a wonderful start to the 2018 year! ~ Sherry

Department Directors

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 & Sales 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

Holiday Party 2018

Please park at Pittsford Sutherland High School Lomb Building Lot. (West Jefferson Rd) Our bus will shuttle you to Heather Heights.



"There's nothing sadder in this world than to awake Christmas morning and not be a child." ~ Erma Bombeck



"My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?" Bob Hope

Tis the Season



We are collecting toys for tots until Dec. 8th. The collection box is located in our Library, off the main lobby. Please help us support this great cause. Bring a toy for a child as a donation and simply place it in the box.

Toys for Tots are a program run by the United States Marine Corps Reserve which distributes toys to children whose parents cannot afford to buy them gifts for Christmas. The program was founded in 1947 by reservist Major Bill Hendricks.

Thank you for your donation.

Please Join Us
Annual Holiday Party
Dinner • Entertainment • Dessert
WEDNESDAY {12.6.17}
FROM 5-7PM
Come out to celebrate the holiday season with Heather Heights! We invite you for dinner, dessert, entertainment and an opportunity to talk with the President of the Hamister Group. The Hamister Group owns Heather Heights and celebrated 40 years of caring this year. Jack Turesky, our President, will be attending the holiday party to answer any questions you may have. Please RSVP to the front desk by November 30th at 264-1600, see you there!



Residents

Jim Collinsworth 12/2
Joe Madison 12/8
Charles Barnes 12/13
Bill Redder 12/16

Co-Workers

Denisha Lampley 12/8
Chelsea Ambeau 12/11
Amber Straton 12/11
Travis Brown 12/31

December Greetings from the Green Neighborhood

'Tis the Season for; fluffy warm throws, quilts and robes, fires crackling in the fireplaces, hot mulled cider, Christmas music, cookies and Hallmark movies. This month our calendars soon become full with gatherings of family and friends. You can start to hear the sounds of the holiday season in our neighborhood! We have a delightful new resident, Sally, who loves to play the piano. She often plays her own piano in her room, and the sound floats melodically throughout the hallways. In other good news, Sarah Orgass, Dick's daughter, has started a new story activity called "Time Slips". The residents are given a picture and create a story around it. The results will be posted up in the neighborhood, so stop and take a look at the finished product. It is incredible the great stories that have been created. Thank you to Sarah for your commitment to enriching our residents' lives through recreation. We hope to see you stop by soon to enjoy our lovely holiday decorations, while you revel in this magical month. With love and blessings, Robyn



Resident Spotlight: Tom Tripp



Tom has been a resident of Heather Heights for 2 ½ years. He was born in Rochester, NY and spent most of his life living in the Brighton/Pittsford area. After graduating from Brighton High School, he attended Niagara University, where he received a BS in Business Administration. After college he joined the National Guard where he spent six months on active duty and four years in the reserves. He married his wife, Connie in October of 1962. They raised three children; Bill, Barbara and Rick. Tom worked at Xerox for 33 years and returned as a consultant for another five years because he missed working so much. Family is of the utmost importance to Tom. He loves being with his family which now includes four grandchildren; Michael, Alyssa, Natalie and Jill. Tom coached baseball and was a Boy Scout Leader. He also loves trains and model trains. Tinkering and refurbishing his train cars was always something he enjoyed.



Employee of the Month November, Lisa Eardman

Lisa has been a recreation assistant for three years at Heather Heights. She is married to Scott and has two children; Zachary and Madison. They have been married twelve years and live in Fairport, NY. Lisa loves working with residents and putting smiles on their faces. She used to work just evenings and weekends, but with her youngest in school, she now works during the weekdays and has always been the anchor for Sunday Recreation. Lisa's favorite saying, "Cherish the little things in life for one day you might look back and realize that they were the big things." Congratulations Lisa!



A Senior Christmas Poem, Author Unknown

'Twas the night before Christmas at Rock Away Rest, and all of us seniors were looking our best. Our glasses, how sparkly, our smiles, oh how merry; our punch bowl held prune juice, plus three drops of sherry.

Support hose were taped to our walkers in hope, that Santa would bring us soft candies and soap. We surely were lucky to be there with friends, secure in our residence and our Depends.

Some of our grandkids sent Christmassy crafts, like angels in snowsuits or penguins on rafts. The dental assistant here borrowed our teeth. From them she crafted our holiday wreath.

The bed pans, so shiny, all stood in a row, reflecting our candles in a magnificent glow. Our supper was festive, the joy wouldn't stop, with creamy warm oatmeal with sprinkles on top.

Fruit salad with Jello, all jiggly and great, and puree of fruitcake was spooned on each plate. The social director then let us play games, like "Where do You Live?" and "What Are Your Names?"

Old Mr. Looper was feeling his oats, proclaiming that reindeer were just fancy goats. Our resident wanderer was tied to her chair, with hopes that at bedtime she still would be there.

Security lights on the new fallen snow made night look like day to us old folks below. Then out on the porch there arose quite a clatter (But we're all so deaf that it just didn't matter).

A strange little fellow then flew through the door. He tripped on the sill and fell flat on the floor. 'Twas just the director, all togged out in red, who giggled and chuckled and patted each head.

We knew from the way that he strutted and jived that our social security checks had arrived. We sang and we hummed in our monotone croak, till finally the clock chimed its 8 p.m. stroke.

And soon we were snuggled again in our beds, while the nurses distributed our nocturnal meds. And so ends our Christmas at Rock-A-Way Rest. 'fore long you'll be with us ... we wish you the best!



Holiday Traditions from Residents and Co-Workers

Dottie Meyer-We always had a large family gathering, which included going to midnight mass each year. I made "whiskey ball" cookies, pizzelles, and minced meat pies.

Miguel Morales-Our family would start with hot cocoa and breakfast in the morning, the whole day centered on the importance of family. We would cook beans, rice and oven roast pork. After opening gifts, we sit around listening to Christmas music and enjoying each other's company.

Bob Sevensky-It would not be Christmas without a fresh cut tree! On Christmas Eve our family would attend church, and after the kids were able to open one gift each.

Nina Westra-Our whole family gathered together for Christmas Eve and celebrated by opening one gift each. After opening gifts on Christmas morning, we would spend the day playing with our new toys

Rose Bonsignore-The star of my Christmas celebration was always homemade sauce! We always made a lot of sauce for the holiday season. Our large family gathering was only matched by the amount of presents we all received.

Heather Russell- All of us kids were allowed to open one gift on Christmas Eve which was always a new pair of pajamas to wear that night. On Christmas Day we always celebrated with lots of food and family.

Steve Borgyon- Every Christmas morning began with donuts! We had to wait until Christmas morning to open all of our gifts together.

Meghan Little - I grew up on a Christmas tree farm that my grandfather ran. He would always have Christmas crafts and hot chocolate waiting for us kids in the shop so we could come play and help sell Christmas trees. As we got older we were allowed to hand out maps and saws to people coming to get trees. We always got our tree the first week in December and decorated with the whole family.

