



How to prevent the "Winter Blues"

Enjoy natural light as much as possible

Sit by the windows and soak up as much sunshine as you can. The natural light will have a positive impact on your overall mood. Keep the lights on, especially during gray, rainy, snowy days.

Watch what you eat

There's something awfully satisfying about indulging in a cupcake or piece of candy on a bad day. But those sweets will only curb your feelings temporarily, and they may even increase your depression symptoms, according to research by the Western Human Nutrition Research Center. Instead, make health-conscious snack decisions that'll impact your mental and physical health in a positive way, such as fruits, nuts or seeds.

Exercise during the daytime

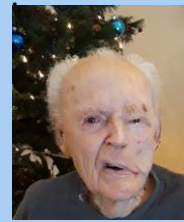
Exercising in general can lift your spirits and improve your mood. But a preliminary study by the University of Tulsa found that those who performed physical activity under bright light reported [fewer signs of seasonal depression](#) than those with limited exposure. So how can you feel the same relief? Exercise outdoors - when the temperatures aren't extreme - or work out in a room with large windows that let the natural light in throughout the day.

Turn on the tunes

In a [2013 study](#), researchers showed that listening to upbeat or cheery music significantly improved participant's mood in both the short and long term.

Stay Active

Attend at least one program a day. Heather Heights offers several opportunities to stay engaged. Pick your activity and invite a friend. You can bet your day will go by a lot faster.

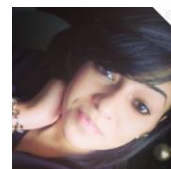


Resident Spotlight of the Month: Bill Redder

Bill Redder was born and raised in Rochester, NY. He grew up in the Northeast Neighborhood on Conkey Ave. and is a graduate of Aquinas Institute. Bill has lived at Heather Heights for approximately one and a half years. Patricia, his wife for 60 years, resided here and he became a widower shortly after he moved into Heather Heights. Together they had one son, Christian, who gave them three grandsons; Seth, Noah and Jack.

Bill worked as an Ad Manager for the Democrat and Chronicle's Sunday "Upstate" magazine.

He is the proud owner of an Island in the 1,000 Islands, where he and his family spent much of their free time. Currently, Bill enjoys Bingo, ice cream and movies. His philosophy on life is, "Take nothing for granted and thank God for his blessings".



Employee of the Month December – Ashley Miller

Ashley Miller was born in Rochester, NY and grew up in Henrietta. She has worked at Heather Heights for two years as a Resident Care Aide and Med Tech. Ashley is currently attending Buffalo University pursuing a Law Degree. She now resides in Greece and when she's not working, enjoys pampering herself with spa days, manicures and shopping. Her favorite quote is, "Life is not about waiting for the storm to pass, but learning to dance in the rain."



Heather Heights Happenings

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



Greetings from Sherry

Happy New Year! We are so excited to start off 2018 together. The past year brought many changes, updates and new residents to our community, and we look forward to more to come this year. You might notice some new updates to the community spaces, as we start to change out some furniture and update décor. Please join me in welcoming Sean Kenna, our new Admissions Director, to our community as well. He officially begins on Tuesday, January 2nd, and will be getting to know all of you and your families very soon. If you see him around the building as he trains and tours prospective residents, feel free to say, "Welcome!". Also, since this is the time of year to make New Year's Resolutions, please submit yours to Susan in Recreation, as we want to post our wishes around the community. Let's encourage each other to pursue new passions, try something different, or change old habits. On January 31st, we will be hosting a Super Bowl Party here in our community. This event will be for families, networking professionals, and the community. We are having local vendors come exhibit beer, wine, and food. Our culinary department will also be serving classic football appetizers. As we dive into another year together, our team is excited to make 2018 one of the best years here at Heather Heights! ~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

Environmental Service & Maintenance Director
Tony Rivera

Memory Care Coordinator
Jaime DeGough



Residents		Co-Workers	
Robert Deissingner	1/3	Taylor Haines	1/8
William Pierce	1/15	Matthew Rittler	1/12
Jean Franks	1/19	Ashley Miller	1/14
Vivian Smith	1/21	Nicole Appleberry	1/28
Margaret Beck	1/22	Adrianna Hendrix	1/28
Robert Carlin	1/26		
Robert Larose	1/26		
Sally Cooper	1/27		
Thomas Tripp	1/30		

Greetings from the Green Neighborhood

A New Year has begun! Where did the last year go? As we take down the Christmas decorations and put them away, thoughts of what lies ahead is the topic of many conversations.

Our scenic rides continue as long as the weather cooperates and the residents are healthy. The residents enjoy the fireplace and the toasty warmth it gives them. We wish all of you a happy and healthy New Year with many wonderful surprises.

With Love and Blessings, ~ Robyn



Auld Lang Syne

As the clock strikes midnight on New Years Eve one song will, in households up and down the country, be sung with gusto; Auld Lang Syne. But how is the history and tradition of this song?

It is an old Scottish song that was first published by the poet Robert Burns in the 1796 edition of the book, *Scots Musical Museum*. Burns transcribed it (and made some refinements to the lyrics) after he heard it sung by an old man from the Ayrshire area of Scotland.

Auld Lang Syne literally translates as 'old long since' and means 'times gone by.' The song asks whether old friends and times will be forgotten and promises to remember people of the past with fondness.

Guy Lombardo popularized the song and turned it into a New Year's tradition. Lombardo first heard Auld Lang Syne in his hometown of London, Ontario, where it was sung by Scottish immigrants. When he and his brothers formed the famous dance band, Guy Lombardo and His Royal Canadians, the song became one of their standards. Lombardo played the song at midnight at a New Year's eve party at the Roosevelt Hotel in New York City in 1929, and a tradition was born.

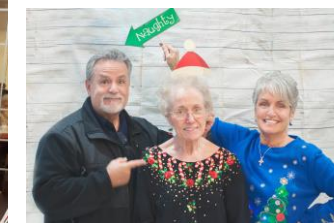
Heather Heights of Pittsford

C S V C C U E O G M E I E N E
 A U N A U C G N J X U H N O N
 S D R O I L I N E O O B T I H
 E E M F I T I R I U S L E T A
 I X F I E S C N S N S U R A N
 V O K K N I S E A Q I E T E C
 O A R V S I K I X R Y D A R E
 M A B E E E S L M R Y H I C D
 M G R E E N F T O D E K N E F
 I O P P T M W P R B A L M R N
 P R I V I L E G E A B U E X L
 G N I S R U N D I N T Y N D P
 G O Z Q U D C Y C V L I T Z A
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 D E R E P H Q B O W T G G N A

ADMINISTRATION, ADMISSIONS, BLUE, CARE,
 CULINARY, DINING, ENHANCED
 ENTERTAINMENT, EXERCISE, GREEN,
 HOUSEKEEPING, LOBBY, MARKETING, MOVIES
 NEIGHBORHOOD, NURSING, OFFICE
 PRIVILEGE, RECREATION, RED



Pics from our Holiday Party



Laughter is the Best Medicine

We are collecting (appropriate) jokes at Heather Heights for a Heather Heights Joke Book to lift our spirits during these winter months. If you have a joke, please submit a joke to rec4you2@gmail.com or leave one at the front desk to put in our Recreation mail box.

Here are some of the benefits of laughter:

- ~Boosting the [immune system](#).
- ~Increasing [endorphin levels](#) — Endorphin is our body's natural pain killer and laughing increases our levels of endorphins.
- ~Lowering [blood pressure and cholesterol](#) — Seniors are at a higher risk of high blood pressure and [high cholesterol](#). Laughter increases oxygenation of the blood and helps with circulation, which can have positive effects on seniors with heart disease and high cholesterol.
- ~Reducing [stress, anxiety and depression](#) — Laughing increases the levels of dopamine and other stress-busting chemicals in our body, which can naturally decrease stress, anxiety and depression.
- ~A [workout](#) for the diaphragm and abdominal muscles — Exercising these muscles is especially important for seniors with [asthma or bronchitis](#).

**2017 Employee of the Year
 announced at Holiday Party
 ADRIANNA HENDRIX**



Congratulations **NICE GOING!**
GREAT! Way to Go!
 Yea! **FELICITATIONS**
CHEERS Take A **BEST**
BOW! **WISHES!**