

Heather Heights Happenings

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



Greetings from Sherry

Thank you for joining us on December 15th for our holiday open house! We were so thankful that many of the residents and families could join us for a night of holiday music and great food! We hope that you enjoyed yourself and were able to relax a bit spending time with friends and family. If you happened to miss it that evening, we also announced our Heather Heights 2016 Employee of the Year. Melissa Rowley, LPN Supervisor of the Personal Care Department received the award! She was provided a \$250 gift certificate, an engraved plaque and a one-week paid vacation. She has been with our Heather Heights family 10-plus years and her dedication to her job along with her compassion for the residents she serves is unending. Congratulations to you Melissa and thank you for all you do each and every day! Also on December 19th our new Admissions Director, Amy Colwell, joined our Team of Directors. She has been a great addition to our team and brings many years of experience in the senior living industry with her. During Amy's career she has also provided many area presentations on caregiving, Alzheimer's Disease and Dementia and the overall challenges that seniors face in today's world. In fact, she provided a presentation for us at our quarterly Family Council meeting in October. It was then that we knew we needed Amy at Heather Heights as a team member and part of our Heather Heights family! If you haven't already met Amy, stop by her office which is located in the lobby area and introduce yourself. Lastly, thank you for allowing us the privilege of serving you this past year and we wish you and your family a happy and bright New Year! ~Sherry Hoose

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 DeGaugh

Celebrating January

- Hot Tea Month**
- International Brain Teaser Month**
- National Soup Month**
- New Year's Day**
January 1
- Cuddle Up Day**
January 6
- Peculiar People Day**
January 10
- Hunt for Happiness Week**
January 15-21
- Martin Luther King Jr. Day (U.S.)**
January 16
- National Cheese Lovers Day**
January 20
- Chinese New Year**
January 28
- National Croissant Day**
January 30

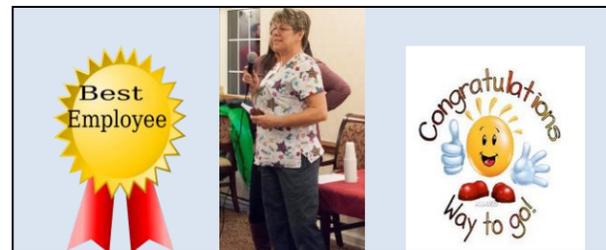
January Birthdays

In astrology, those born between January 1st and 19th are Capricorn's Goats. Capricorns are independent, detail-oriented, patient, and self-sufficient. These qualities help the sure-footed goats achieve stability and security. Those born between January 20th and 31st are Water Bearers of Aquarius. Aquarians may be shy and quiet, but they are energetic, unique, and independent visionaries. They are often unemotional, intellectual, and will pursue wisdom to the ends of the earth.

- Isaac Asimov (writer) – January 2, 1920
- Diane Keaton (actress) – January 5, 1946
- Elvis Presley (musician) – January 8, 1935
- George Foreman (boxer) – January 10, 1949
- Faye Dunaway (actress) – January 14, 1941
- Al Capone (gangster) – January 17, 1899
- Edgar Allan Poe (writer) – January 19, 1809
- Ernest Borgnine (actor) – January 24, 1917
- Lewis Carroll (writer) – January 27, 1832
- Oprah Winfrey (mogul) – January 29, 1954
- Jackie Robinson (ballplayer) – January 31, 1919

Congratulations to Melissa Rowley

Heather Heights Employee of the Year!



Melissa Rowley, LPN has worked at Heather Heights for a total of 13 years. She married Matthew Rowley at Heather Heights 7 years ago, because she wanted the residents to be part of her special day. Between them, they have six daughters. Melissa believes that trust helps develop good relationships between the families and residents. She considers work, her second home. Melissa says, "The residents and families become your extended family". Thanks Melissa for being part of our Heather Heights family and for being so caring and dedicated.

EXCELLENCE IS DOING ORDINARY THINGS EXTRAORDINARILY WELL

2016 EMPLOYEES OF THE MONTH

January	Cierra Brown
February	Leonard Jones
March	Nina Westra
April	Daisy Grice
May	Leonard Jones
June	Amanda Hampton
July	Erick Dytche
August	Melissa Rowley
September	Katherine Belcher
October	Brandie Piskorowski
November	Robyn Voorhees
December	Ashley Miller



Resident Birthdays		Coworkers Birthdays	
Robert (Red) Williams	1-9	Skylynn Johnson	1-8
Bill Pearce	1-15	Matthew Rittler	1-12
Jean Franks	1-19	Ashley Miller	1-14
Carol Sergeant	1-21	Alexandria Belpanno	1-17
Vivian Smith	1-21	Adrianna Hendrix	1-28
Margaret Beck	1-22		
Bonifacio Lopez	1-25		
Sally Cooper	1-27		
Shirley Grady	1-27		
Thomas Tripp	1-30		

Some pictures from our Holiday Party



Someone is misbehaving



Greetings from the Green Neighborhood

Robyn, our Recreation Assistant, is off to New Zealand for five weeks. We are going to miss her, but other Recreation staff will be filling in for her. You will see some new/different faces in the Green Neighborhood during this time. We have a new member on the Recreation team working in Green on the weekend, Emily Rose. Emily was a volunteer and is now working for us. She brings much talent with her. She is an excellent singer and offers great customer service too.

The Penfield Rotary InterAct Club was in to help the residents frost and decorate cookies. They all did a great job and we appreciate the Rotary's commitment to serving others.

We also took a ride to see all the beautiful lights displayed on homes and in town.

We look forward to the New Year. Happy New Year everyone!

~Susan

Green Neighborhood Photos



Welcome Janna King, RN Case Manager



Janna King became part of the Heather Heights team on December 1st as the RN Case Manager. Janna began working with the senior population 10 years ago as a home care nurse and quickly realized that she had a true affinity for the care of elders. Later in her nursing career, she became certified as a CNA Instructor in the nursing home setting. Janna and her husband of 28 years, Matt, have 3 children, Matthew, Nicholas, and Cassidy. Janna enjoys attending her daughter's numerous athletic events, and she and her family are active boaters in the warmer months.

"They may forget what you said, but they will never forget how you made them feel."

Carl W. Buehner

Get to know our Residents

Joyce Columbe, President
Resident Council



Joyce Columbe has been President of Resident Council for the past year. Joyce attended Nazareth High School and

Eastman Preparatory School where she majored in Piano. She then went on to SUNY Brockport and obtained her teaching degree. She married William Columbe in 1953 and had two children. Her husband died unexpectedly in 1957 which resulted in Joyce beginning her 33 year teaching career at the Rochester City School District. Joyce keeps up with her friends and family and stays involved in day to day life at Heather Heights. A serious and committed Council member, Joyce advocates for herself and others here. Thank you for your service!

Isn't That Peculiar?

January 10, Peculiar People Day, is the time to appreciate the weirdness that often comes with genius. Ben Franklin, American founding father and inventor, would give himself an "air bath" each morning, standing in front of an open window in his birthday suit. Less known, but no less peculiar, is Dr. Yoshiro Nakamatsu, inventor of the floppy disk in 1952. He developed most of his greatest ideas while underwater, depriving the brain of oxygen, when he believed the greatest inspiration would strike. Just before nearly drowning, he would write his idea on waterproof paper. Inventor Thomas Edison interviewed assistants by making them eat a bowl of soup in front of him. Those caught salting the soup before tasting it were dismissed, as Edison believed they started out with too many assumptions and were unfit for inventing. The next time you do something peculiar, remind yourself and everyone around you that it is a habit born of your great genius.

Welcome Amy Colwell, Admission Director



Amy Colwell joined Heather Heights on December 19th as the Admissions Director. Amy brings her passion and enthusiasm for seniors from recently working in the senior home care industry. Amy moved from Omaha, Nebraska 2 years ago, where she started her mission in helping and assisting seniors. Amy is married to her husband, Todd and they have 3 children, Abby, Katie and Ryan. She enjoys her time with her family exploring the Northeast, attending musical concerts, and sporting events that her children are actively involved in. Amy has volunteered at the Alzheimer's Association Walk to End Alzheimer's, taught many classes in dementia care and educated the public on being Alzheimer's friendly.