

National Beer Day - April 7



Beer is made up of cereal grains, which gives it nutritional values. It has a greater protein and vitamin B content than wine, while its antioxidant content is equivalent to that of wine. Hops, a major component for brewing this beverage, are rich sources of flavonoids, which are potent antioxidants. It is also a very good source of certain minerals that play essential roles in various metabolic processes. If taken in moderate quantities, it can definitely boost your health in a number of ways.

Prevents Cancer – A flavonoid compound called xanthohumol is found in the hops and seems to play a major role in the chemoprevention of cancer. According to Bio-medicine, it is also a good source of polyphenols, due to the grains used for fermentation.

Protects Heart – Beer contains vitamin B6, which protects against heart diseases by preventing the build-up of a compound called homocysteine. It has a thinning effect on the blood and prevents the formation of clots, which cause blockages in the coronary arteries.

Moderate consumption also reduces the risk the risk of inflammation, the root cause of atherosclerosis, which is cholesterol and plaque building up on the blood vessels and artery walls.

Increases Bone Density – Moderate intake is shown to increase bone density, thereby preventing the risk of fractures and osteoporosis.

Controls Diabetes – Studies have linked moderate beer consumption to a lower prevalence of type 2 diabetes.

Prevents Anemia – Beer is a good source of vitamin B12 and folic acid, a deficiency of which may lead to anemia. Vitamin B12 is also essential for maintaining normal growth, good memory, and concentration.

Lowers Blood Pressure – Regular beer drinkers are found to have lower blood pressure, compared to people that consume a similar amount of wine or other spirits.

Delays Aging – Beer increases the potency and impact of vitamin E, which is a major antioxidant in the body. It is an important part of the maintenance of healthy skin, while also slowing down the aging process.

Prevents Gallstones – Regular consumption of a moderate amount of beer affects the cholesterol levels and decrease bile concentration, leading to a reduced risk of developing gallstones.

Prevents Dementia – Beer consumption also boosts the level of “good cholesterol” by 10-20%, thus reducing the risk of dementia and cardiovascular diseases.

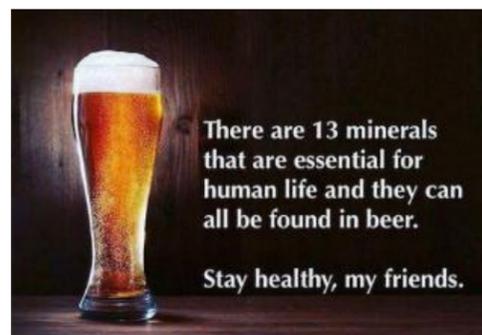
Improves Digestion - Beer is shown to possess a number of digestive properties, which include the stimulation of gastrin acid, cholecystokinin, and pancreatic enzymes.

Reduces Risk of Kidney Stones – Beer is high in potassium and magnesium, which results in a reduced risk of kidney stones. The silicon present in it is readily absorbed by the body to protect against osteoporosis.

Stress Buster – Like other alcoholic drinks, beer is shown to reduce stress and facilitate sleep.

Diuretic Quality – Beer acts as a diuretic and significantly increases urination. This facilitates the increased removal of toxins and waste materials from the body.

<https://www.organicfacts.net/>



HEATHER HEIGHTS
OF PITTSFORD, INC.
Affiliated with Hamister Group, LLC

Heather Heights Happenings

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Department Directors

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Sherry Hoose

Director of Personal Care

Evelyn Suarez

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Tony Rivera

Memory Care Coordinator

Jaime DeGough

Greetings from Sherry

Spring is finally here! This season promises us the opportunity to once again see new life develop as our plants, trees and fields begin to turn green, grow and flourish. Many of our departments are also bringing ‘new life’ to their departments with additional programming and new, vibrant ideas! Our Recreation Department has worked to develop programs for the assisted living area offering smaller more intimate groups to engage in activities that will further stimulate a resident’s body and mind, which contributes to their overall well-being. Susan has also been coordinating with our Memory Care Coordinator, Jaime, to further develop programming within the Memory Care Neighborhood. In fact, we have also invited families from our Memory Care Family Council to join our brainstorming sessions and many family members have provided wonderful ideas for recreation. Special thanks to family member, Sarah Orgass, who volunteers and provides a weekly special activity, “Time Slips” in our Memory Care Neighborhood. We appreciate the hours and time our families provide to us and welcome any additional contributions to our programming! ~ Sherry Hoose



Residents

Mary Aboueid 4/2
Ellen Curtis 4/10
Rozalia Kovacs 4/15
Jane Geiser 4/16
Gerda Holzman 4/20
Marie Narvid 4/22
Beansie Estler 4/29

CoWorkers

Trevenna Mitchell 4/3
Nicole Dunnigan 4/8
Azzie Robinson 4/8
Rona Huss 4/14
Herbert Renke 4/14
Reine Lawrence 4/16
Bridget Crumb 4/17
Naomi McMullen 4/19
Rhona Serwanga 4/21
Grant Sommers 4/22
Toni Battista 4/22
Jana King 4/25
Shontre Hendrix 4/30

The Short-Lived Pony Express

On April 3, 1860, two horseback riders left simultaneously, one from St. Joseph, Missouri, heading west, and the other from Sacramento, California, heading east. After 10 days of relay-team riding and 1,800 miles, riders arrived at both locations bearing mail packets. The mail had never been so speedy, and the legend of the Pony Express was born.



The Pony Express debuted before the advent of radio or telephone, when California was cut off from the rest of the country. Any mail sent from the east arrived by ship or stagecoach several months later. In this world, the arrival of a letter in 10 days' time was lightning fast. The Pony Express was conceived by three owners of a freight business: William H. Russell, William Bradford Waddell, and Alexander Majors. They, along with route superintendent Benjamin Ficklin, devised a route of over 150 relay stations set up across the frontier through Missouri, Kansas, Nebraska, Wyoming, Colorado, Utah, Nevada, and California. Riders, who carried up to 20 pounds of mail, were changed every 100 miles, with their horses switched out every 10 to 15 miles. Over 400 horses were purchased and multiple relay stations built and staffed for the endeavor. Speed was the key to the success of the Pony Express, with their fastest delivery being news of the election of President Abraham Lincoln in a record five days' time. However, as telegraph lines began to move westward, the need for the Pony Express began to dissipate. On October 24, 1861, a mere 18 months after its historic first run, the Pony Express was discontinued as the first transcontinental telegraph line was completed. Despite its brief existence, the Pony Express has long encapsulated the romance of the Wild West: speeding horses, attacks by American Indians, and famous cowboys who worked for the Pony Express, including "Wild Bill" Hickock and "Buffalo Bill" Cody. Perhaps this is why the Pony Express remains a vivid memory in America's history.

Resident Spotlight – Sy Davis



Sy Davis has been a resident of Heather Heights since 2014. He grew up in Mooers, NY outside of Plattsburgh. His Father was a family doctor who practiced out of their house basement; often being paid with eggs, bread or other bartered goods. Sy attended the University of Vermont and was on the UVM basketball and hockey teams. After graduating college he met his wife, Goldie, on a blind date and they were married within months. They were married for almost 50 years before her untimely death at 72 years old. They settled in Penfield and had two children, a son and daughter. Sy taught Business Law and Business Math at Eastridge High School for many years. Upon retirement from EHS, he spent a few years teaching at Monroe Community College. He also coached Eastridge High baseball and soccer. Always a sports enthusiast, Sy loves to play sports. He was active in two senior softball leagues until he was 81 years old and has finally retired his bat and mitt! Sy is still full of life as he continues to enjoy sports, participating in most of our Winter Olympic events and balloon volleyball games.

Employee of the Month – Myia McKnight



Myia McKnight has been at Heather Heights for 13 years. She began her career as a Personal Care Assistant. She currently works in the Dining Room as a Server and also fills in at the reception desk. Myia grew up in Rochester and graduated from Edison Tech High School. She met her husband 18 years ago and they have been married for 12 years. Together they have four girls ; 16 months, 16, 18 and 20 years of age. Myia is a wonderful people person. She enjoys having fun at work and loves to talk to people. Congratulations Myia! We appreciate your versatility and friendliness.

Greetings from the Green Neighborhood

April Greetings from the Green Neighborhood! I hope your Easter and Purim celebrating were a wonderful, blessed time for you and your loved ones. We have lots of decorations around our neighborhood. It's looking a lot like Spring, even if the weather doesn't cooperate. The tulips, daffodils and crocus are coming up in the front and we will be getting some new bird feeders for our windows. We are all anxiously awaiting our patio time; enjoying the fresh air, birds singing, beautiful flowers, sunshine and fluffy white clouds. We will also be starting a new activity once a week; Theater Room Education. With the smart T.V. and my tablet we will be able to learn about many things from foreign countries, how things are made, or anything they can imagine! We wish you a wonderful April!

With Love and Blessings,
Robyn



Congratulations to Julie Marello for receiving all 5 of her HIWART awards.



Julie Marello, Executive Chef, received her final pin on March 21, 2018. Our Administrator, Sherry Hoose, and Andy Armstrong, Culinary Director, presented Julie with her final pin of Honesty. Julie has the distinction of having all five of the HIWART pins, meaning she has been recognized for Honesty, Integrity, Work Ethic, Accountability, Respect and Trust. Way to go Julie! If you see her around be sure to congratulate her!

