

Heather Heights Happenings

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

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Where Music Meets Medicine



You may have heard of the healing power of music, but have you heard of sound healing? This is the belief that sound, music, and chants can heal the sick. Skeptical? Try listening to the beats for yourself on February 14, the 16th annual World Sound Healing Day.

People have relaxed to soothing sounds for a long time. Falling rain, wind blowing through trees, and singing crickets are easy to summon on bedside clocks and electronic devices. But true sound healing is an ancient form of medicine. Many different cultures have used the power of sound to restore health and relieve pain. Chanting, the deep vibrations of an Aboriginal didgeridoo, gongs, Tibetan singing bowls, tuning forks—all of these tools produce deep, resonant sounds typical of a sound healing, or sound therapy, session. But do they really work?

While music is a known de-stressor, there are no studies that demonstrate definite health benefits of sound therapy. But patients who feel a release from both physical pain and emotional stress beg to differ, as do sound healers. Some healers explain that sound vibrations are not just heard but felt in ways that lower heart rate, relax brain wave patterns, and reduce respiratory rates. Other healers claim that they can tune instruments such as gongs to the vibration of planet Earth and other celestial bodies. A good gong emits a healing energy wave that can stimulate all the cells and nerves in the body. If sickness is due to the body's frequencies being out of tune, healing vibrations restore these frequencies to balance. Still others explain that, like acupuncture, sound therapy unblocks and redirects the energy throughout the body.

When it comes to the power of sound healing, theories abound. Perhaps the best way to think about sound healing is that it is akin to the power of prayer. Jonathan Goldman, director of the Sound Healers Association, believes that vocalizing what you want a sound to accomplish can help you heal yourself and others.

Resident Spotlight Daphne Eaton



Daphne Eaton has been at Heather Heights for four years. She grew up in Franklinville, NY with one older Sister. After graduating High School, she went to Music School in Chicago, IL for two years. After graduating, Daphne joined the Coast Guard, where she served during WWII in the Transportation Department. After that, she married and had one child. The marriage ended and Daphne remarried Larry Eaton and they moved to Corning, NY. Together, their love of sports kept them glued to the TV for most sporting events. Daphne's philosophy on life is, "Life is a barrel of fun. You can make it or break it; it's up to you".

Employee of the Month-January Heather Russell

Heather Russell, LPN, is the full-time day shift Nurse in the Blue Neighborhood. Known to us as, "Heather of Heather Heights", she has been a caring and loving caregiver to residents for a little more than a year. She grew up in Penn Yan, and is one of six girls.



She was happy to gain a step brother after her Mom remarried. She graduated from Nursing School in 1994.

Heather lives in Canandaigua, NY with her son, who is 14, Griffin and her longtime partner, Christopher.

When not at work, Heather enjoys, music, movies and going to the Casino. Her philosophy on life is, "Take a little more time to find ways to be happy because being happy is less exhausting than being negative." Congratulations Heather!



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

Admissions Director
Sean Kenna

Recreation Director
Susan Thomas-Payne

Culinary Director
Andy Armstrong

Environmental Service & Maintenance Director
Tony Rivera

Memory Care Coordinator
Jaime DeGaugh

Greetings from Sherry

Happy February! We are so excited to kick off another month of 2018 together. Even though February is the shortest month of the year, we have some fun activities planned to make it a great month. Our community happily observes Black History Month, President's Day, Valentine's Day, and a fun national day; National Margarita Day! You might see some industry professionals here on the 22nd to celebrate National Margarita Day. This year also brings the Winter Olympics, starting on February 9th, to South Korea. We will be participating in a community wide Winter Olympics event to earn medals and have some friendly competition to spice up the winter. Susan and her department will be giving out more information soon on the specifics of these games. Did you know that Julius Caesar is responsible for giving February the 29 days every four years? He wanted to create a calendar similar to the Egyptian style lunar calendar and created our leap year. We will have our next leap year in the year 2020 and gain an extra day! As we move forward this month, you will also start to see some updates and changes in the community as we start our 19th year in business. I sincerely hope you all have a wonderful month and a lovely Valentine's Day.

~Sherry



<u>Residents</u>		<u>Co-Workers</u>	
Jeane Abrahamson	2/2	Robyn Voorhees	2/1
Jeane Pisano	2/8	Brianna Buntley	2/7
Pat O'Connor	2/12	Gerquan Scott	2/10
Richard Orgass	2/12	Sheri Coe	2/13
Don Fuehrer	2/13	Brandie Piskorowski	2/24
Richard Kanehl	2/20	Andy Armstrong	2/25
Ron Jabaut	2/21		
Barry Meath	2/24		
Joe Maid	2/28		



WINTER OLYMPICS AT HEATHER HEIGHTS

During the week of February 19-23 we will be having our own Winter Olympics competition. Residents from all three of our neighborhoods will compete in adaptive versions of classic Winter Olympic games. These include; Curling, Olympic Ring Toss, Bobsled and Snow Man making. The week will culminate with a Winter Olympic Closing Ceremony party where the Gold, Bronze and Silver medals will be presented. Family and friends are always welcome to come. Good luck athletes!



During February we will be celebrating Valentine's Day! Staff, family and residents will have the opportunity to fill out a Valentine for someone special. The recreation staff will distribute them on Valentine's Day with a Hershey's kiss. We

will also be having a Valentine's Day Party at 2:00pm. Show our community some love and fill out a valentine for someone you think deserves it.



National Wear Red Day takes place on **February 02, 2018**. National Wear Red Day is a day in February when many people wear red to show their support for the awareness of heart disease.

We will be making predictions on two events this month.



The first is Groundhog Day. Will the famous Punxsutawney Phil see his shadow or not?

The second event is Super Bowl. Who will win Super Bowl XLL?



Philadelphia Eagles



New England Patriots

We will have sign-up sheets in the Puzzle Room – all winners will receive a special prize. Winners are limited to residents of Heather Heights of Pittsford.

Making Hearts Whole

February is Mend-a-Broken-Heart Month, and scientists are quick to argue that hearts can really be broken as a result of extreme grief or social rejection. Brain studies show a direct connection between emotions and physical



health. But the good news is that both can be mended. Heartbreak is often the result of feelings of loss after a breakup. Psychologists explain that spending time with a romantic partner causes your identities to become intertwined. Losing or being rejected by that partner, therefore, leads to feelings of confusion due to a loss of your sense of self. The best way to mend your heart is to become yourself again: exercise, try new hobbies, socialize with other people. All of these things will challenge you to rediscover your joys and fall in love with yourself all over again in the process.

Greetings from the Green Neighborhood

With January under our belts, we are off to a great start to the New Year. Just think – only eleven months until Christmas! Our fireplace has been enjoyed during our cold weather. We want to give a nice warm welcome to our new resident, Susan Rogers. A big thank you to resident Sally Johnson, who often entertains us with her piano playing. We appreciate your talent. We have been watching the snow melt and thinking of Spring. With Groundhog Day approaching, we will soon learn whether or not we have six more weeks of winter. We wish you a healthy, warm and safe February. ~ Robyn



Dice Addition Game



A Penny for Your Thoughts

A penny may be worth only one cent, but after a lifetime of finding lost pennies, you could amass a small treasure. Consider the value of the cent on February 12, Lost Penny Day. Technically speaking, it costs 2.41 cents to mint one new penny. In 2013, the U.S. government spent \$169 million to put \$70 million worth of pennies in circulation. Some retail outlets have decided to do away with the penny altogether by rounding prices down to the nearest nickel.

In 2012, Canada decided to nip the problem in the bud and eliminate their penny, joining Britain, France, Israel, Spain, Australia, Denmark, Sweden, and New Zealand in phasing out their smallest denominations of coins. The truth is, once a small coin can no longer be used to purchase items but is only used to make change, it becomes more trouble than it's worth. So on February 12, the question remains, "Should I bother to pick up that lost penny?" It depends on whether you can buy anything with it, or whether you're the superstitious sort who is simply looking for some extra luck.



Showing off their muscles!