

Heather Heights Happenings

Name of your community · Address · Phone number · Fax number · Other information

Holiday Party 2018



Department Directors

Administrator
Jeffrey Kipp

Director of Personal Care
Evelyn Suarez

Case Manager
Beth McMullen

Marketing Director
Meghan Little

Admissions Director
Danielle Costanza

Recreation Director
Susan Thomas-Payne

Culinary Director
Andy Armstrong

Business Office Manager
Tiffany Arnold

Maintenance Director
Tony Rivera

Memory Care Coordinator
Jaime DeGough

A Message from Jeff

As the holiday season is coming to a close, we are all excited about the New Year! The recreation department is starting a "Countries around the World" theme. Every month we will focus on a specific country and celebrate with food, games and trivia. Our first country will be Canada. I want to thank all our staff, friends and family members for making our holiday party a success. I know our residents really enjoyed the party!

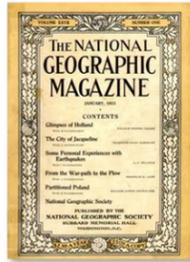
We have two changes in our management team to announce. Beth McMullen who worked here for the past 17 years as a nurse and the Assistant Director of Personal Care will be taking on the role as our new Case Manager. She is excited to be able to work more directly with our residents and their families. Nicole Sheffield-Clark is our new Assistant Director of Personal Care. Nicole has worked as a nursing supervisor for Rochester Regional Health for the past 6 years. She will be working evenings to help support the nursing staff and will be available for residents and families. We also have Wendy Moroz taking on the role as full-time receptionist at the front desk. Please join me in welcoming Beth, Nicole, and Wendy in their new roles. ~Jeff



<u>Residents</u>		<u>CoWorkers Continued</u>	
Vivian Smith	1/21	Taylor Haines	1/08
Margaret Beck	1/22	Theresa French	1/12
Sally Cooper	1/27	Matt Rittler	1/12
Barbara Morrison	1/27	Evelyn Bennett	1/13
		Kathleen Connell	1/15
		Karissa Thomas	1/20
		Gordasha Mcmath	1/22
		Amber Jackson	1/25
		Adrianna Hendrix	1/28
<u>CoWorkers</u>			
Christina Murphy	1/04		
Courtney Lagroon	1/04		
Tim George	1/07		

A History of Exploration

On January 13, 1888, an elite group of 33 explorers, scientists, academics, and wealthy financiers met at the Cosmos Club in Washington, D.C., with a common goal: “the increase and diffusion of geographical knowledge.”



Their organization was officially incorporated two weeks later, on January 27, as the National Geographic Society. The Society’s first president, Gardiner Greene Hubbard, was

not a scientist but a lawyer and philanthropist. He embodied the organization’s mission to share scientific knowledge with the lay person and to open up the world to everyone.

It took nine months for National Geographic to publish its first magazine, and it was not meant for a popular audience. It was a scholarly journal filled with short, technical articles mailed to only 165 charter members. Then in 1899, Gilbert H. Grosvenor was hired as the magazine’s full-time editor by Society president Alexander Graham Bell. Grosvenor changed the publication from a scholarly journal into a popular magazine full of general interest articles and full-color photography. Its images were so striking and beautiful that circulation grew from just 1,000 to over two million. Grosvenor became known as one of the “fathers” of photojournalism, and his legacy continues today, with the magazine’s worldwide circulation at 6.7 million.

The *National Geographic* magazine is certainly the Society’s most important and well-known outlet for spreading knowledge, and all revenue from the magazine is used to sponsor new expeditions and research. Indeed, the National Geographic Society has aided some of the world’s most fascinating explorations: Robert Peary’s journey to the North Pole, Jacques Cousteau’s dives to the deepest parts of the seas, Hiram Bingham’s uncovering of Machu Picchu, and Jane Goodall’s communes with chimpanzees. For over 130 years, it has stood by its original motto, and it continues to make important discoveries, such as an ancient megalopolis hidden in the Amazon jungle and new species of tarantula living in the Andes mountains.

Congratulations

EMPLOYEE OF THE YEAR, 2018 JASMINE NEWTON



At our annual holiday party it was announced that Jasmine Newton is the Employee of The Year for 2018! From the welcome at the front desk, to taking food orders in the dining room; washing and folding clothes, starting a movie and/or providing personal care, she does it all! Jasmine has worked in every department at Heather Heights since her hiring five years ago. She will be pursuing her nursing degree in January. Her dedication and commitment to do the right thing is seen whenever she’s at work. Great job!



80% of New Years Resolutions Fail by February.

So, what should you do instead of making New Year’s resolutions? If you change just one of your habits; that helps to create the most change. Research has discovered that making just one small change in your daily repetitive routine is a crucial step to alleviate the resistance that comes with change. Remember that real change takes time, effort and patience. According to research from University College London, it takes about [66 days](#) to completely break an old habit, and it can take much longer to master something new. While you are anchoring this unique pattern of action into your life, you are also uploading a new program to your subconscious. To stay motivated, it is important to celebrate even the smallest positive changes. Don’t be afraid to make that one small change and commit to it.

Employee of the Month Danielle Cira



Danielle has been working at Heather Heights for over 7 years. She grew up in East Irondequoit where she graduated from high school. She currently lives in Gates, NY with her boyfriend, Alexander. Danielle works as a Medication Technician and Personal Care Assistant who floats throughout our neighborhoods. She will attend Nursing School in 2019. Her favorite saying is “If there ever comes a day we can’t be together, keep me in your heart. I’ll stay there forever.”
Congratulations Danielle!

New Year, Lasting Traditions

Another new year begins, and all around the world people will be popping champagne, singing “Auld Lang Syne,” and kissing loved ones at the stroke of midnight. But just why, exactly, do we repeat these New Year’s traditions year after year?

Bubbly champagne is the drink of choice on New Year’s. Its invention is often credited to Dom Perignon, the Benedictine monk who oversaw the wine cellars of his abbey in the year 1697. While others saw bubbles as a problematic sign that wine had spoiled, Perignon perfected the production of this new fermented drink known as champagne. From its beginnings in the abbey cellar, champagne was regularly used in religious celebrations such as consecrations and coronations. It then made the natural transition to secular celebrations, most notably at the soirees of the French aristocracy.

Scotland’s national poet Robert Burns penned the words to “Auld Lang Syne” in 1788 and sent them to the Scots Musical Museum. As champagne became cheaper and more accessible, it became the classiest beverage to offer during the holidays. requesting that his lyrics be set to an old Scottish folk tune. The phrase *auld lang syne*

Resident Spotlight of the Month: Bob Sevensky



Bob was born, along with his twin brother, in Scranton, PA, where they were the youngest of four children. He grew up on a dairy farm where he learned to work hard. He graduated from Moscow High School and went to trade school before joining the service during the Korean War. He met his wife, Doris, at a dance and married her in June of 1960. Shortly afterwards, they built a house in Moscow and had four children, Rob, Dan, Ken and Ellen. Bob worked as a machinist at the Tobyhanna Army Depot and farmed most of his life. He coached his son’s basketball and baseball teams for many years, and continued coaching after they graduated. Bob and his wife traveled endlessly all over the United States after they retired. Bob always believed in hard work and loved serving his church and country. He was an avid gardener, who loves to fish and play cards. He loved coaching and teaching sports to kids. Nowadays Bob enjoys spending time with his nine grandchildren.

roughly translates to “for old times’ sake,” and, fittingly, the nostalgic song is about preserving friendships. The tune was often sung at funerals, farewells, and other group celebrations. It finally made it to America in 1929, when the Guy Lombardo Orchestra played it at a New Year’s celebration in New York’s Roosevelt Hotel.

No New Year’s party is complete without a kiss at the stroke of midnight. In ancient times, the winter darkness was the domain of evil spirits. At New Year’s masquerade balls, scary masks were torn off at midnight, and a kiss was shared as an act of purification to chase away malign spirits. For centuries, New Year’s has been a time of celebration, nostalgia, and hope.

