

## Humans Smart, Phones Smarter



On June 29, 2007, the very first iPhone was released to the world, a debut that changed both the Apple corporation and the world. For the first time, humans held a smartphone in their hands, a device that did not just make phone calls,

but browsed the Internet, sent and received email, played music, movies, and games, took pictures, had a GPS... all in a little pocket-sized box with a really cool touchscreen. It was like holding the future in the palm of your hands.

About a year after the iPhone's debut came another important innovation that made the smartphone even smarter: the so-called App Store. Applications, or apps, now allowed smartphones to become anything and everything users wanted them to be. These apps are mini-programs. Some apps are as simple as games. Others created an entirely new economy: cars can be summoned with Uber and Lyft, money transferred with Zelle, and pictures shared with Snapchat and Instagram.

Nowadays the iPhone isn't the only smartphone on the block. Following Apple's success, plenty of other tech companies quickly built their own smartphones. It seems that every man, woman, and child carries one, and in this manner smartphones have revolutionized society itself. We have access to more information now than we have had in the entirety of human history, and we can share this information in the blink of an eye. We no longer just share photos of our family vacations but of political coups and social injustice. But current research also tells a story of smartphone addiction. We have become so attached to our smartphones that we can't bear to live without them. People are sleeping with their phones within reach, checking their screens at all hours. Without downtime away from our phones, our nervous systems are in states of overload, making us both wired and tired all the time. No wonder young people today suffer anxiety when they are apart from their phones. So, have smartphones outsmarted us? Only time will tell.

## Summer Soltice June 21<sup>st</sup>



### Summer Tips

**Sun Screen** – Use it often. Helps to prevent skin cancer. The higher the SPF number, the better protection you will have.

**Avoid Ticks & Lyme Disease** – Walk in the center of trails. Wear long sleeves and long pants with socks. Use repellent.

**Wear Sunglasses** – Helps to prevent skin cancer, glaucoma, cataracts, macular degeneration, surfers eye (pterygium) and helps protect yours from the elements (sand, wind, dust).

**Hydration** – It's important to stay hydrated during the summer heat. Water and delicious watermelon help you stay hydrated.

**Wear Hats** – Wearing a wide brimmed hat outdoors helps protect your hair, eyes and skin from harmful ultraviolet (UV) rays.

## The King Is Born



On June 5, 1956, a young and charismatic musician named Elvis Presley appeared on *The Milton Berle Show*. While this was not Elvis' first television appearance, and not even his first appearance with "Uncle Miltie," his rendition of *Hound Dog* became

at once both famous and infamous. Before this performance, Elvis was often captured on camera playing his guitar from the waist up. However, for *Hound Dog*, the 21-year-old Elvis threw aside his guitar so that America could watch him gyrate his body from head to toe. For these scandalous gyrations, he was dubbed "Elvis the pelvis" and panned by critics as gross and inappropriate. The publicity for this performance put Elvis into the spotlight and launched his career into orbit to become the "King of Rock 'n' Roll."

# Heather Heights Happenings

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

## Greetings from 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 Director**  
Meghan Little

**Recreation Director**  
Susan Thomas-Payne

**Culinary Director**  
Andy Armstrong

**Housekeeping & Maintenance Director**  
Tony Rivera

**Memory Care Coordinator**  
Jaime DeGaugh

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

Heather Heights is jubilant for June! We are so excited to jump into summer and see the sun finally shining. Our residents have been enjoying the patios and our front porch. Our community recently purchased new patio furniture and gazebos for the back patio and each neighborhood patio. Make sure to mark your calendars for our upcoming Family Picnic on July 26<sup>th</sup> from 4:30-6:30pm. Look for a more formal invitation coming out soon! We will utilize our large back patio (weather permitting) and thank all of our families and friends for being such amazing supports to our residents. We would also like to recognize and give a huge thank you to all of our student volunteers here at Heather Heights. These students have been an amazing support with housekeeping, maintenance and recreation. The students will be done soon as the school year comes to an end, and we want them all to know how truly appreciated they are. Another event we would like to highlight this month is our partnership with the Seneca Zoo for the Butterfly Beltway. This presentation will happen on June 7<sup>th</sup> at 2:00pm in our Green Neighborhood. As always there are a variety of activities and events going on in our community and we always welcome the addition of families and friends to join! ~Sherry

★ HAPPY ★  
BIRTHDAY!

### Residents

Vera Klemmer	6/6
Wendell Smith	6/7
Lillian Salzman	6/9
Daphne Eaton	6/12
Julie Hodgetts	6/18
Wally Van De Bogart	6/25

### Co-Workers

Ashley Canton	6/2
Tony Rivera	6/7
Andrea Gordon	6/8
Derek Strickland	6/13
Rashid Johnson	6/18
Brionna Torres	6/19
Michael O'Brien	6/28

## Fathers Day, Sunday June 17<sup>th</sup>



Fathers are worth celebrating, and we encourage you to come celebrate with us! If you would like to have dinner with dad, we are serving a delicious steak and potato dinner. The cost is \$10/person. Please call 585-264-1600 to make your reservation.

### Photos from Calkins Road Middle School Helping Hands Club visit on May 16<sup>th</sup>



### Heather Heights of Pittsford and



Team up to become part of the **The Butterfly Beltway** Friday, June 7<sup>th</sup> at 2:00 pm In the Green Neighborhood Garden



## Resident Spotlight of the Month The Curtis'

Don and Ellen Curtis have lived at Heather Heights for almost two years. Don joined the Navy during the Korean War, where he became a medic. After completing his service, Don returned to Syracuse, NY, where he met Ellen at a party. They eventually got married and moved to Rochester so Don could complete his residency at Genesee Hospital. The couple lived in and around Rochester until settling in Walworth, NY where they built a home. They have three daughters and five grandchildren. This past April they celebrated 55 years of marriage! They enjoy reading the paper, going for bus rides and attending live entertainment.



"I live in that solitude which is painful in youth, but delicious in the years of maturity." Albert Einstein

## Congratulations to our Employee of the Month Stephanie McClary

Stephanie is one of our evening nurses that works in the blue neighborhood. Make sure to congratulate her on her dedication to Heather Heights and most importantly, our wonderful residents!



## Greetings from the Green Neighborhood

The month of May brought us beautiful flowers, enjoyable patio time and birds singing. We look forward to continuing the use of our wonderful courtyard in the month of June. We recently discovered duck eggs in our courtyard which we are monitoring closely. Our neighborhood is thankful to have lush nature surrounding us.

We now have two cupboards in the kitchen stocked with supplies for families to be able to use while they come to visit. This was a suggestion that came out of a focus group we started the beginning of the year. Enjoy!

We highly value your input on both our nursing and recreation programs. Please feel free to reach out to Susan, Jaime or any of our other managers.



"I think being in love with life is a key to eternal youth." Doug Hutchison

Photos of our elders enjoying themselves.

## Tale of the Tape

June 14–16 heralds Duct Tape Days, and it is no coincidence that this celebration aligns with Father's Day on June 17. After all, duct tape is Dad's most versatile tool. Duct tape was originally invented by Johnson & Johnson during World War II as a cloth-based waterproof tape used to seal ammunition boxes. It wasn't a man who invented it, but the mother of two Navy sailors, who believed so much in her idea she wrote a letter to President Franklin Delano Roosevelt touting her invention. The rest is history, and men have been obsessed with duct tape ever since. After all, duct tape can be used for everything from taping ducts to curing warts, removing pet hair, mending tubes of toothpaste, plugging leaky canoes, and catching insects. Of course, women use it, too. Some innovators have even gone so far as to create duct tape wallets, shoes, and dresses. Look no further for the perfect Father's Day gift.

