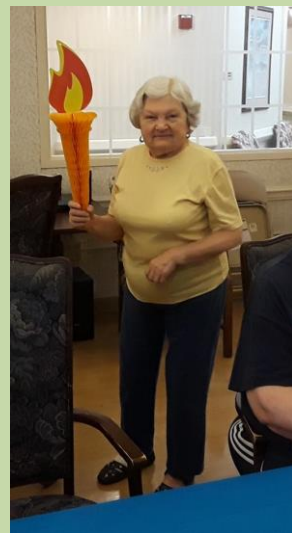


## Winter Olympics at Heather Heights Photo Highlights of the Week



**GREEN TEAM WINS!!!**



Gold – Green Team  
Silver – Blue Team  
Bronze – Red Team

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

# Heather Heights Happenings

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



## Greetings from Sherry

Happy March! We cannot believe we are already into the third month of 2018. Spring is only 20 days away, as the Spring equinox starts on March 20<sup>th</sup>. There are many National days celebrated in the month of March, and Heather Heights will have Girl Scouts here selling their cookies on the 10th in honor of Girl Scouts' day. Hopefully the luck of the Irish can bring us some warm weather this month, as the snow and rain starts to fade. Our community will celebrate with decorations and live entertainment by Michael Burrell for St. Patrick's Day! We look forward to the Spring and Summer days ahead when we get to utilize our outdoor patios and front porches. Our hope for the new season is to buy some new patio furniture for our outdoor areas! Spring also brings the buds of flowers sprouting up and lovely green foliage to enjoy. Look for another family and networking event invitation in the mail for the month of April as it is Stress Awareness Month. ~ 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

### Sales Director

Sean Kenna

### Recreation Director

Susan Thomas-Payne

### Culinary Director

Andy Armstrong

### Environmental Service & Maintenance Director

Tony Rivera

### Memory Care Coordinator

Jaime DeGaugh



### Residents

Rachel Thayer 3/2  
Jimmie Main 3/3  
Mary Berdan 3/11  
Louise Fuehrer 3/18  
Albert McClements 3/18  
Bonnie Struss 3/19  
Joan Nersinger 3/22  
Maryanna Sherry 3/23  
Nancy Lombardo 3/25  
Sara Strommer 3/27

### Co-Workers

Kathrine Belcher 3/15  
Deborah Snaith 3/16  
L. Gebremeskel 3/19  
Julie Marelo 3/19  
Brandie Piskorowski 3/24  
Emma Rivera 3/24  
Shamarla Grice 3/31



### Greetings from the Green Neighborhood

Spring is just around the corner! Time for our annual Spring countdown. As the old saying goes, "In like a lion, out like a lamb" may not hold true with snow still in the forecast, but hopefully we will see some warmer weather by the end of the month. We would like to welcome Evelyn Bennett to the Green Neighborhood. Evelyn is working in Recreation on the weekends for residents in our community. She is an Art Therapy Student pursuing her Master's Degree at Nazareth College. We've had some renovations in our neighborhood. It is much brighter in our community room and country kitchen. We are excited to see some new decorations go up as well. Thank You to our wonderful maintenance department for all of their hard work! With love & blessings, Robyn

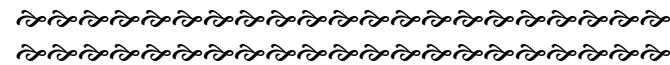


When Irish Eyes Are smiling they're up to Something.



### Resident Spotlight: Joe Maid

Joe has resided at Heather Heights for 10 years. He grew up in the 10<sup>th</sup> Ward, attended Aquinas High School and graduated from The University of Buffalo's Pharmacy Program. Joe is a third generation pharmacist, whose family owned Maid Drug Store at the corner of Emerson Street & Dewey Avenue. He was one of six children; having one brother and four sisters. He joined the Navy in 1942 and was a Pharmacist Mate. After the war he married his sweetheart, Mary Alice, and settled on Alameda Street in Rochester. Joe has enjoyed golfing, swimming and painting throughout most of his life. He was an exhibitor in Heather Heights' community art showcase and our visitors were blown away with his painting abilities.



### Employee of the Month: Rhona Serwanga

Rhona Serwanga, a night shift Personal Care Aide, has been at Heather Heights for over a year. She lives in Penfield, NY with her wonderful husband, Jon, who is a professor at St. John Fisher College. They have been married for 10 years and have two boys; Emmanuel (8 years old) and Adrian (4 years old.) Rhona grew up and went to school in Kampala Uganda, in East Africa. She has three brothers and three sisters. Rhona has a diploma in Public Relations and Marketing from the London Institute of Management Studies. Her favorite thing to do is cooking. Rhona and her family love traveling. Congratulations Rhona! Nice job!



### Don't Fear the Ides

It was William Shakespeare, via his play *Julius Caesar*, who warned that the Ides of March, on March 15, were cursed. Indeed, while Caesar was murdered by a group of political conspirators on March 15, the Ides of any month are not particularly evil or ignominious. The words *Ides*, *Kalends*, and *Nones* are terms used to describe any month's phases of the moon. *Ides* simply means the first full moon of the month, so in reality the Ides of March technically takes place this year on March 31. Likewise, the *Kalends* marks the month's first new moon, which is on March 17, and the *Nones* is the moon's first quarter, on March 24. Far from cursed, March's Ides were particularly joyful because they also heralded the new year.



### Egg-ceptional Spring Traditions

With the arrival of spring on March 20 comes all the holidays and traditions associated with the end of winter: religious traditions like Passover and Easter, and Nowruz, the Persian New Year. All of these celebrations share an important symbol: the egg. For millennia, the egg has been an exalted symbol of birth, rebirth, and hope. Ancient Egyptians told stories of the sun god hatching from an egg. Sometimes the sun was considered an egg, laid each day by Seb, a cosmic goose and god of the earth. In Hinduism, the egg represents the makeup of the universe. The shell is the heavens, the white is the air, and the yolk is the earth. In the Persian story of creation, Good and Evil are locked in an epic battle. When Evil is hurled into an abyss, Good lays an egg, which represents the universe, with Earth suspended from the heavens as a halfway point between Good above and Evil below. Eggs have always been a symbol of the beginnings of the universe and life itself. No wonder that after the long dark of winter, with the return of the sun, eggs are revered as harbingers of life.



March 12<sup>th</sup> is National Girl Scout Day



To celebrate we will be having Daisy Troop No. 60184 in our lobby on March 10<sup>th</sup> to sell their scrumptious cookies. They will be here from 3:00 pm to 5:00 pm.



When Jews sit together for the Passover seder on March 30, an egg will adorn the Seder plate as a symbol of the ritual offering to the Temple in Jerusalem. Furthermore, the egg symbolizes—you guessed it—life itself. For Christians, Easter is a holiday celebrating the resurrection of Jesus Christ, so using an egg as a symbol of rebirth was a natural choice. The traditional color to dye Easter eggs is red, symbolizing the blood Jesus shed on the cross. In Macedonia, congregants bring their red eggs to Easter church services, and when the priest proclaims, "Christ is risen," it is customary to eat the egg as a ritual breaking of the Lenten fast. Elsewhere, in Iran, Persians prepare for their new year, Nowruz, by preparing their ceremonial table, the *haftseen*, with symbolic foods and objects, including painted eggs representing fertility. All over the world, people will be looking at eggs in a different light.