

### The Patterns of Life



The third Saturday in March has been designated Worldwide Quilting Day, a global celebration of quilters and their fabulous creations. Quilts began not as the intricately patterned blankets we often use today, but as padded clothing. The first evidence we have of humans wearing quilted clothing comes from ancient Egypt. Quilted clothes were uncovered at the Temple of Osiris dating back 5,000 years. Modern quilting of clothes dates back to the Middle Ages in Europe when these soft garments were worn over and under chain mail armor. The first evidence we find of quilted blankets comes from 15th-century England, but all this evidence is merely written about; few, if any, blankets from that era have survived.

English immigrants brought their sewing and quilting skills with them to America, where quilting grew into more than a practical skill—it became an art form. Patterns grew into symbols and stories. When President Lincoln signed the Homestead Act of 1862, which opened up the West for settlement, families prepared for their westward journeys by sewing quilts. These quilts have become records of history.

One of the earliest patterns, known as the Nine Patch, was simply nine squares in a three-by-three pattern. This was the quickest quilt to sew and a great and thrifty use of leftover scraps of fabric. Often, girls as young as age three or four could be taught to sew the Nine Patch pattern. A more elaborate pattern was known as the Log Cabin. This pattern was symbolic of the home. The center square was always red, to symbolize the hearth at the heart of the home. Narrow strips of fabric, like logs used to build frontier cabins, radiated from the center square in stacks. Light fabrics representing the light of day were sewn on one side of the quilt. Dark fabrics representing night were sewn on the opposite side. This pattern was also known as the Sunshine and Shadow. Patterns depicting pinwheels, stars, flowers, animals, crops, biblical stories, and even schoolhouses followed. Women sewed as they lived, a tradition that continues to this day.

## GIRL SCOUT COOKIE SALE

Saturday,  
March 9, 2019

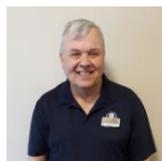
IN OUR LOBBY  
3:00pm to 4:30pm

Troop 60184 will be here to sell their delicious cookies. You can charge to your Heather Heights account, if you have one, or pay cash that day. (\$4.00/box)



### Two Employee's Receive their HIWARTS awards.

Two of our awesome male employees have the distinction of earning all five of the HIWART pins, meaning they have been recognized for **H**onesty, **I**ntegrity, **W**ork Ethic, **A**ccountability, **R**espect and **T**rust. Nice job men!



**Steve Ribble, Chauffeur**  
10 years employee



**Miguel Morales, Maintenance**  
17 years employee



**CONGRATULATIONS STEVE & MIGUEL**

# Heather Heights Happenings

160 West Jefferson Road ♦ Pittsford, New York 14534 ♦ Phone (585) 264-1600



### A Message from Jeff Kipp

With Spring coming, we have many events planned in March here at Heather Heights. Our country around the world is Ireland as we celebrate St. Patrick's Day on the 17<sup>th</sup>. We will also be celebrating Mardi Gras on March 5<sup>th</sup> and the first day of Spring on the 20<sup>th</sup>. Our monthly lunch outing will be at Longhorn Steak House. As a reminder, we do have live entertainment every Monday and Thursday at 6:45pm and every Saturday at 2pm. Friends and Families are always welcome to attend.

We have one new Manager to announce who is joining our team. Rachelle Mandigo is our new Assistant Director of Personal Care. Rachelle comes to us with 15 years of nursing experience. Most recently she was working at Rochester Presbyterian Home. She will be working primarily in the evening to help support our nursing department, as well as be available for our residents and family members. Please join me in welcoming her to Heather Heights!



### Department Managers

**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



#### Residents

Rachel Thayer 3/02  
Jimmie Main 3/03  
Patrick SanFillipo 3/17  
Louise Fuehrer 3/18  
Bonnie Struss 3/19  
Nancy Lombardo 3/25

#### Co-Workers

Carlos Salazar 3/10  
Keri McDonell 3/16  
Abigail Smith 3/16  
James Smith 3/16  
Amanda Schinsing 3/17  
Jonathan Carr 3/19  
Lete G. 3/19  
Julie Marello 3/19  
Kiarren Morrell 3/25  
Braydon Surra 3/26  
Carol Smith 3/29

Valentine's Day Activities



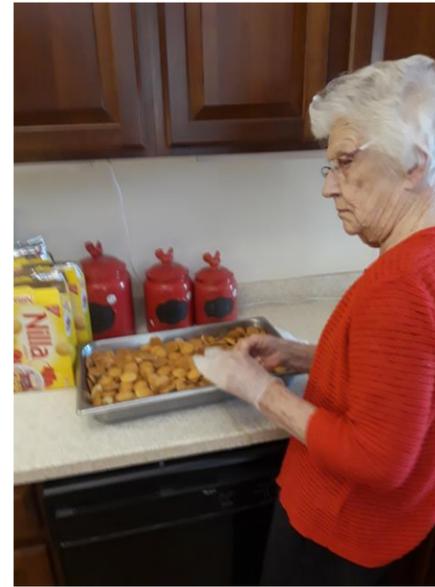
EMPLOYEE OF THE MONTH  
SHERI COE



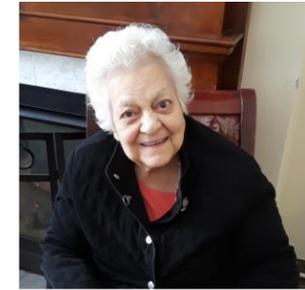
For over 14 years, Sheri Coe has cared for and loved the residents at Heather Heights. Her roles as Medication Technician and Personal Care Aide are positions she performs with great skill and pride. Born and raised in Sodus, NY, she also graduated from Finger Lakes Community College with a degree in Arts and Science. Yes- this girl can sing! She has nine brothers and sisters, which has produced 18 nieces and nephews for her and who knows how many great nieces and nephews. She loves her dog, Mitzie, country music and has been a fan of the soap opera, "General Hospital" for over 33 years. Sheri always does her best to make residents feel special and happy.



Green Neighborhood Fun



RESIDENT SPOTLIGHT OF THE  
MONTH – JOSEPHINE GRAY



Josephine Gray grew up in Mt. Morris, New York, with her three brothers and three sisters. She met her husband, Clarence, while he was working for her father. They were married at St.

Patrick's Catholic Church in Mt. Morris and lived on the Gray Farm in West Sparta until their daughter, Joanne, got married. It was then that Josephine and her husband built a home in Dansville, New York.

Josephine worked the night shift for 35 years at the Craig Developmental Center caring for people with developmental disabilities. After retiring, she and her husband became "snowbirds" living in Florida during the winter and returning home in the Spring.

Family was everything to Josephine. She lived close to her daughter her entire life and always had Sunday dinner and Christmas Eve for friends and family.

The Birth of Rock 'n' Roll



The very first rock 'n' roll concert was staged on March 21, 1952, in Cleveland, Ohio. It was called the Moondog Coronation Ball and featured guitarist Tiny Grimes and His Rocking

Highlanders, saxophonist Paul Williams and His Hucklebuckers, Billy Ward and His Dominoes, singer Varetta Dillard, and Danny Cobb. The concert was the idea of local radio DJ Alan Freed, the same man who popularized the phrase *rock 'n' roll*. On the night of the show, 20,000 people showed up with tickets, but the venue held only half the number. Tickets had been counterfeited. Afraid of a riot, the fire department stopped the concert after only one performance.