

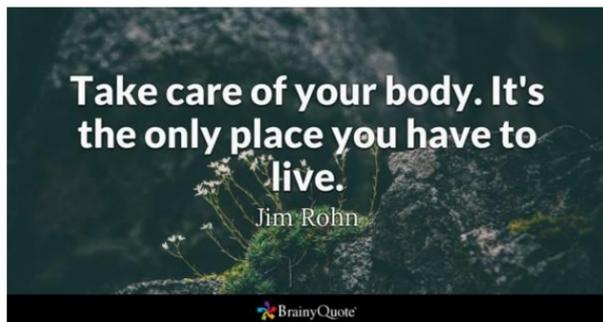


Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, **Engage at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age! <https://oam.acl.gov>



Engage yourself at Heather Heights!



### Lilac Festival Begins



MAY 11 – 20, 2018

We will be bus riding through the lilacs all week long and eating the treats the festival offers.

#### Lilac facts

- \*There are over 1,000 varieties of lilacs.
- \*Lilacs are edible. Lilacs belong to the same family as olives (Oleaceae).
- \*The lilac is the state flower of New Hampshire.
- \*Lilac Bushes can live over 100 years.
- \*Purple colored lilac varieties have the strongest scent.
- \*Lilacs were in George Washington and Thomas Jefferson's colonial gardens.



### NAME THE BEAUTY SHOP CONTEST

Everyone has been busy submitting

names for our Beauty Shop. Veronika Carlow, our former beautician has retired and Bethann Imburgia is now the stylist at Heather Heights. Our community wanted to make sure that Charles Lagaipa, the barber, who works here once a month, was included. We have to report that there were some pretty creative names and it was very hard to narrow it down to just two choices. On April 25<sup>th</sup> at Resident Council they voted to call the beauty shop:

#### Guys and Dolls Hair Salon

Congratulations to Joyce Columbe, she was the lucky winner and won a free haircut!

# Heather Heights Happenings

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

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



### Greetings from Sherry

Happy May! We are excited to see that the weather is finally starting to break and we are seeing sunnier days and flowers popping up. Be on the lookout for new patio furniture and gazebos! Our residents have spoken and we listened, so new shaded gazebos will be going up on each of the patios outside. This way residents, families, and friends can enjoy being outside without cooking in the sun. Hopefully soon we will see more of our flowers springing up, as we are putting some new varieties in this year. Our community also invites you to our Mother's Day brunch on May 13<sup>th</sup> from 11am-1pm. Andy and the culinary department are putting on a lovely spread with many choices being offered. Make sure to call our main line to make your reservation for this delicious brunch. We appreciate Mothers so much, and want to spread the love on their much deserved day of celebrating. As the warmer months continue on into summer, we will be planning a family picnic in June or July as well. We will be sending out invitations in billing as a date is solidified. Our residents will be enjoying the sunshine around Rochester as we venture out to the Lilac Festival, scenic rides and outings this month. Have a wonderful month! ~ Sherry Hoose

### 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



<u>Residents</u>		<u>Co-Workers</u>	
Robert DeWaters	5/2	Shawnta Coleman	5/5
Margaret Cayford	5/4	Tammy Galusha	5/5
Rose Bonsignore	5/6	Jaime DeGaugh	5/3
Sam Colvin	5/10	Monique Crenshaw	5/8
Bob Sevensky	5/18	Euri Lewis	5/9
Steve Borgyon	5/21	Danielle Cira	5/11
Dorothy Hudson	5/26	Joan Quinn	5/13
Josephine Dewey	5/28	Kaneisha Thomas	5/13
		Beth McMullen	5/17



Memorial Day may be the unofficial start of summer, but it's so much more than an excuse for a three-day weekend. It's a U.S. holiday with a lot of history and lasting significance. Held

annually on the last Monday of May, Memorial Day dates back to the Civil War. Who exactly created it and where are unclear, but legend has it that the tradition began in 1864. That's when three women from [Boalsburg, Pennsylvania](#), put flowers on the graves of loved ones who had died in the war, including a young man killed in the Battle of Gettysburg.

By 1865, [according to the Library of Congress](#), people in states such as South Carolina and Mississippi were participating in unofficial ceremonies that preceded Memorial Day. But Waterloo, New York, claims to be the birthplace of the holiday, given that it held what Nelson Rockefeller [would later](#) call the "first, formal, complete, well-planned, village-wide observance of a day entirely dedicated to honoring the war dead," in 1866.

The Civil War was the [bloodiest conflict in U.S.](#) history. From 1861 to 1865, the war killed roughly 620,000 soldiers. About 51,000 people died in the Battle of Gettysburg alone.

. The first national Memorial Day occurred in 1868, but it was called Decoration Day. During that year, May 30 was set aside for "the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," General John Logan wrote at the time, [according to the History Channel](#).

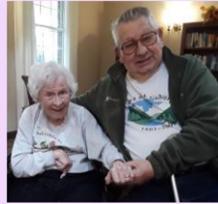
The name of the holiday was eventually changed, and its scope slowly widened to include all wars. In 1971, it was moved to the last Monday in May. These days, Memorial Day is celebrated with cookouts and parades, but Americans are encouraged to observe a moment of silence at 3 p.m. This [tradition](#) was established in 2000 by then-President Bill Clinton, so people could "remember and reflect on the sacrifices made by so many to provide freedom for all."

*Newsweek, May 28, 2017*



## Resident Spotlight of the Month

### Bob & Maryanna Sherry



Robert Sherry was born in Harrison, NY and his wife, Maryanna was born outside of Schenectady, NY. After Bob graduated from High School, he

went into the Navy where he served for 3 years. After that, he worked as an apprentice tool & dye maker at General Electric in Schenectady, NY. Maryanna was visiting friends in Edinburg as fate would have it, they both went to a square dance. The rest is history and they've been married 65 years this July.

The settled in Troy while Bob attended Renesslear Polytechnic Institute (RPI). Their first two children, Nancy and Todd were born and after Bob graduated from RPI, the couple moved to Scranton, Pa. In Scranton Bob worked for Trane Co. It was there, their third child, Robin, was born. Eastman Kodak Company was next in line for the Sherry's so Rochester, NY was their destination. After 25 years with Kodak, Bob and Maryanna retired and built a place in Edinburg, Nowadays they enjoy family visits, bird watching and going for rides.

## Employee of the Month

### Tricia Hutto



Tricia Hutto, warmly known as Tre, has been at Heather Heights for a little over a year. She began her career as a personal care aide and nurse's aide back in 1984. She

continues her career as a Home Health Aide and fills in for us as a personal care aide and laundry aide while also working full time in recreation. As you can see, she is willing to pitch in and help us wherever she is needed.

Tre grew up in Rochester, NY and graduated from East High School. She has four children, 3 boys and 1 girl. She is a grandmother of two. She loves being a Grandma!

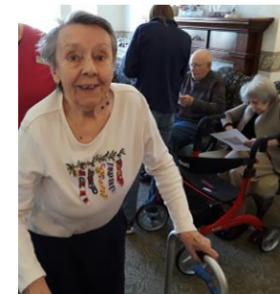
Last year she became a first time home owner, something she is very proud of. She is looking forward to putting a fence in her yard so her grandchildren can safely play. Thanks for your flexibility and many skills. Congratulations!

## Greetings from the Green Neighborhood

I think we can finally say that Spring has arrived. Our scenic rides show a few signs of Spring, as we observed some daffodils and crocus' popping up from the ground. A few of us have ventured out on the patio to enjoy the sun and warmer weather.

This month we will be celebrating Mother's Day with a wonderful buffet. The Lilac festival begins this month and we will be going to view the lilacs and other festival sites in our bus.

Feel free to use the recreational resources we set up for families and Personal Care Assistants, which are in the cupboards in the kitchen. They are clearly marked for your use. We also encourage you to utilize our patio with the warm weather coming, just check with nursing first so they can unlock the door. It's always a joy to have our families come and visit. With love and blessings, Robyn



## Celebrate Mother's Day



At our  
**MOTHER'S DAY BUFFET**

**Sunday**

**May 13, 2018**

**11:00 am to 1:00 pm**

**\$10.00/guest**

*Italian Bread Tossed Salad Germany Blend Vegetables  
Twice Baked Potato Casserole  
Lemon Raspberry Baked French Toast  
Roast Beef with gravy  
Whole Roasted Turkey with stuffing & gravy  
Assorted Desserts*

**Please RSVP to our front desk by May 7<sup>th</sup>  
if you plan on attending.**

Photos from Heather Heights

