

Photos From our Trick or Treat Party



November Birthdays

In astrology, those born between November 1–21 are Scorpios. Scorpios are passionate, deep, and intense—qualities that help them counsel others in deep and meaningful ways. Resourceful and determined, Scorpios give their all when it comes to following their hearts. Those born between November 22–30 are the Archers of Sagittarius. Sagittarians are travelers, open-minded, and constantly in search for meaning. Extroverted and optimistic, Archers seek change and take concrete steps to achieve their goals.

- Burt Lancaster (actor) – November 2, 1913
- Art Garfunkel (singer) – November 5, 1941
- Alfre Woodard (actress) – November 8, 1952
- Leonardo DiCaprio (actor) – November 11, 1974
- Neil Young (musician) – November 12, 1945
- Burgess Meredith (actor) – November 16, 1907
- Martin Scorsese (director) – November 17, 1942
- Calvin Klein (designer) – November 19, 1942
- Ken Griffey Jr. (athlete) – November 21, 1969
- Mark Twain (writer) – November 30, 1835



December 6, 2017

Holiday Party

Please Join Us
Annual Holiday Party
Dinner • Entertainment • Dessert
WEDNESDAY {12.6.17} FROM 5-7PM

Come out to celebrate the holiday season with Heather Heights! We invite you for dinner, dessert, entertainment and an opportunity to talk with the President of the Hamister Group. The Hamister Group owns Heather Heights and celebrated 40 years of caring this year. Jack Turesky, our President, will be attending the holiday party to answer any questions you may have. Please RSVP to the front desk by November 30th at 264-1600, see you there!



Heather Heights Happenings

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



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 & Sales Director
Meghan Little

Recreation Director
Susan Thomas-Payne

Culinary Director
Andy Armstrong

Maintenance Director
Tony Rivera

Memory Care Coordinator
Jaime DeGaugh

Housekeeping Manager
Victoria Lopez

Greetings from Sherry

We cannot believe it is already November! As 2017 winds down, we want to recognize National Alzheimer's Disease Awareness Month, which was designated in 1983 by President Ronald Reagan. During that time, fewer than 2 million Americans had Alzheimer's disease, while today, nearly 5.4 million Americans suffer from the disease according to the Alzheimer's Association. In order for our staff members to better understand the impact that Alzheimer's and other forms of dementia have on our residents, we have partnered with a company out of Georgia, Second Wind Dreams. This company specializes in a patented training program named The Virtual Dementia Tour TM. This program enables a person to step into the mindset of someone who has dementia. Our staff have experienced this program and they feel it has made an incredible impact in how they work with, approach, support and care for our residents who reside in our Memory Care Neighborhood. Since this program has been so well received, we are opening up the training to our family members. If you would like to participate in the Virtual Dementia Tour individually or together as a family, please contact the front desk to schedule your private session. For additional information about this program please visit the Second Wind Dreams website at: <https://www.secondwind.org/virtual-dementia-tour/>
 ~Sherry

NOVEMBER BIRTHDAYS

Residents		Co-Workers	
Antoinette Marinetti	11/06	Mary Nakitende	11/05
Nancy Deissingner	11/08	Evelyn Suarez	11/09
Helen Skibinski	11/09	Chyna Pryce	11/15
Edith Stern	11/10	Melissa Rowley	11/15
Anne Fitzpatrick	11/14	Meghan Little	11/17
Phyllis Register	11/15	Myia McKnight	11/19
Dottie Meyer	11/23	Amanda Hampton	11/20
Barbara Myers	11/26	Cynthia Bermudez	11/25
Suzanne Remley	11/29		



November Greetings From our Green Neighborhood

Happy November! We have been fortunate that the warm weather has continued and we are enjoying every minute! Utilizing our courtyard and our weekly scenic rides we have been able to see the leaves changing color as the weather brings them to their peak.

Our residents definitely know their music! While playing, "Name that Tune", our residents cannot be stumped. Each time an obscure song is played, someone has the answer. Our neighborhood is thankful to utilize music in our activities.

This month we will be reflecting on things we are thankful for. I am very blessed to have all the residents in my life. They provide me with wisdom and joy throughout each day. For this, I am incredibly thankful. Our neighborhood wishes everyone a wonderful Thanksgiving and holiday season. Blessings ~ Robyn



Resident Spotlight: Don and Louise Fuehrer



Don and Louise Fuehrer have lived at Heather Heights for over two years. They met on a blind date in 1954. Don was a partner in a Body Shop and Louise was working at City Hall in Rochester, NY. They got married in 1956. After living in the City and having their first baby, the opportunity came to them to build their own home in Henrietta. Don built the home they lived in for over 50 years. They had a total of five children, and daughter, Donna, lives in their house today. Don worked his entire life in the body shop and Louise worked at Joann's after the children were grown.

Louise is very talented with her sewing, crafting and creative nature. She makes our adult "crumb catchers" which we use in Memory Care.

Besides their 12 grandchildren and 1 Great Grandchild, Louise has been grateful for having a good husband.

October Employee of the Month Andrea Gordon



Andrea Gordon has been at Heather Heights for almost two years. She is an LPN who works in all of our neighborhoods. Always calm, cool and collected

Andrea brings a pleasant, reassuring presence to the residents she serves. Andrea is currently working towards her RN degree, which she should achieve by 2020. Her number one interest outside of work is her three year old daughter, Sarah, who brings her much joy. Another exciting event for Andrea is her wedding to Stephen Kent in May of 2018. Andrea's advice for life, "Do unto others as you would have them do unto you." Congratulations Andrea!

excellence

How to Avoid Falls Fall Prevention is Injury Prevention

How common are falls among the elderly? Nearly 1 in 3 older Americans fall every year. As people age, their risk for falls increases. In 2009, adults 85 and older were almost four times more likely to fall than adults 65 to 74.

There are internal (physical and medical) factors as well as external (environmental) factors that could cause an older adult to fall.

Internal Factors – Many older adults experience:

- changes in their muscles and bones, weakness or loss of strength
- vision changes, such as adjusting to lightness and darkness, sensitivity to glare, and/or decreasing depth perception
- balance problems, automatic reflexes weakening
- cardiovascular (heart) difficulties, which can often lead to numbness in the limbs, or loss of blood to the brain, which can cause fainting;
- medications that can affect their judgment and coordination
- chronic and acute diseases (e.g., heart disease, diabetes, arthritis), which a fall can reveal

External Factors – An older adult's environment or circumstances can also increase the likelihood of falling, including:

- clutter, unclear walkways, or lack of support systems, such as railings
- slippery floor surfaces
- lack of proper lighting

Bedrooms and bathrooms are the most common areas for falls.



If a person lives in Assisted Living, why aren't falls prevented?

Falls are not always a reflection of an isolated event or lack of supervision, but often times a sign of other health problems. Generally, assisted living residents are older, have more complex, chronic conditions, and have more difficulty walking than older adults living in their own home. They also tend to have mental health or memory problems, have difficulty with activities of daily living, and need help getting around or taking care of themselves. These health issues increase their risk for falls. Ultimately, each resident in an assisted living community is unique with their own set of characteristics and conditions. If risk signs are noted in an assisted living resident, loved ones should talk to staff about conducting an evaluation.

What can residents do to manage their risk for falls?

Muscle weakness is the leading predictor of fall risk. Residents should regularly exercise to improve lower body strength and balance. Orthotics may be used to provide support for joints (i.e., knees, ankles). Residents also should not shy away from using a walker or cane. Assistive devices are very important in helping many older adults maintain or improve their mobility. However, residents should make sure they use these devices safely. Have a physical therapist fit the walker or cane to each resident and instruct them in its safe use. Additionally, footwear can influence balance and risk of falls. Residents should wear good fitting shoes with low heels and firm slip resistant soles. Residents should speak up if they're concerned about falling, they should bring it up with their doctor, nurses and family.

Don't be afraid to ask for help! Use the call bell to get assistance you may need getting in and out of bed or chairs. Keep your room free of clutter. Slow and steady for safety sake.

NCAL@ www.ncal.org National Council for Assisted Living, 2014