

## Pictures From Our Halloween Party



### Thanksgiving Dinner at Heather Heights

A traditional Thanksgiving Dinner will be served on Thursday, November 22<sup>nd</sup> during normal seating times. Homemade and freshly prepared by our chefs.

Turkey, stuffing, green bean casserole, cranberries, mashed potatoes and gravy, assorted pies, etc.

IF YOU WOULD LIKE TO JOIN YOUR LOVED ONE FOR DINNER, PLEASE CALL AHEAD TO RESERVE A MEAL. \$10.00 per person.  
**RSVP BY NOVEMBER 8<sup>th</sup>**



# Heather Heights Happenings

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



### A Message from Jeff Kipp

With the weather changing and the holiday season fast approaching, we have a lot of exciting events coming up at Heather Heights! On November 12<sup>th</sup> we will be honoring our veterans with a ceremony from 2:00-3:00pm. Friends and families are encouraged to attend. Our Thanksgiving Day Dinner will be at our normal 11:30am and 12:30pm seating times. Those who would like to join their loved one for dinner please RSVP at the front desk by November 8<sup>th</sup>. The cost is \$10.00 per person. We will also be having our annual holiday party on December 6<sup>th</sup>. Appetizers start at 4:30pm, dinner will be from 5:00-6:00pm and desserts will be in the Library at 6:00pm. Each resident may have up to three complimentary guest tickets. Additional guests may purchase tickets from the front desk for \$15.00. Please RSVP by November 23<sup>rd</sup>. We will again have parking at Pittsford Sutherland High School with our shuttle bus bringing everyone to and from Heather Heights.

I would like to welcome Danielle Costanza to the Heather Heights team! Danielle will be part of our Community Relations Department. She has spent the last 18 years working at Monroe Community Hospital in a variety of roles. Most currently as their Clinical Admissions Coordinator and Community Liaison. Prior to that role, she was a Certified Occupational Therapy Assistant. Danielle is married to her husband, Chad, and has two children; Santino and Sofia. Danielle will be starting on November 7<sup>th</sup>. Please join me in welcoming her to our family!



### Department Directors

**Administrator**  
Jeffrey Kipp

**Director of Personal Care**  
Evelyn Suarez

**Case Manager**  
Janna King, RN

**Assistant Director of Nursing**  
Beth McMullen

**Marketing Director**  
Meghan Little

**Recreation Director**  
Susan Thomas-Payne

**Culinary Director**  
Andy Armstrong

**Business Office Manager**  
Tiffany Arnold

**Housekeeping & Maintenance Director**  
Tony Rivera

**Memory Care Coordinator**  
Jaime DeGauth

### Residents

Fran VandeBogart	11/03
Dale Waderich	11/09
Anne Fitzpatrick	11/14
Phyllis Register	11/15
Nick Koomen	11/18
Edna Michael	11/20
Dottie Meyer	11/23
Barbara Myers	11/26
Sue Remley	11/29

### Co-Workers

Connie Mack	11/02
Evelyn Suarez	11/09
Melissa Rowley	11/15
Chyna Pryce	11/15
Meghan Little	11/17
Mia McKnight	11/19



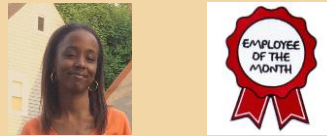
Hello everyone!



Lunch Out @ Cracker Barrel



**Eury (Eurydice) Lewis**  
Culinary Department

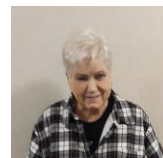


Eury is our day shift Dining Room Supervisor. She's been at Heather Heights for 1 ½ years. Eury grew up in Rochester and attended All City High School on Austin Street.

Eury has no brothers or sisters, but is Godmother to two year old Ezra; who she adores and treats like her own. When Eury isn't at work she enjoys watching TV, playing games on her phone and eating. If you see Eury, please congratulate her on being Employee of the Month!

*Congratulations!*

**Resident Spotlight of the Month: Sue Remley**



Sue Remley grew up in Pittsford, NY with her parents, brother and sister. She graduated from The Grier School in 1960. As a graduation gift, Sue was sailing

to Europe when she met Bill Remley, who was from Berwick, PA. They fell in love and were married on Christmas Day in 1960. Bill was a History teacher in Greece, NY so the couple moved there. Once they started a family, a new house was needed and the couple purchased an old historic farm house in 1968. They fixed up the house, got some horses and created Walnut Hill Farms. For forty seven years Sue and her husband presented the Walnut Hill Carriage Driving Competition, which brought in people from all around the world. Walnut Hill Farms was a vibrant community which celebrated carriages, horses, driving skills, clothes, hats, food and people.



**Walnut Hill**  
PITTSFORD, NEW YORK

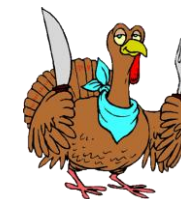
As Sue states, "It was a lot of work, but worth it." The memories of Walnut Hill Farms remain in the community.

**Unusual facts about Thanksgiving**

~TV Dinners have Thanksgiving to thank. In 1953, someone at Swanson misjudged the number of frozen turkeys it would sell that Thanksgiving by 26 tons! Some industrious soul came up with a brilliant plan: Why not slice up the meat and repackage with some trimmings on the side? Thus, the first TV dinner was born!  
~Going Shopping? Not if you're a plumber. Black Friday is the busiest day of the year for them, according to Roto-Rooter, the nation's largest plumbing service. After all, someone has to clean up after household guests who "Overwhelm the system".



~There are four places in the United States named Turkey. Louisiana's Turkey Creek is the most populous, with a whopping 435 residents. There's also Turkey, Texas; Turkey, North Carolina; and Turkey Creek, Arizona. Oh, let's not forget the two townships in Pennsylvania: the creatively named Upper Turkeyfoot and Lower Turkeyfoot!



~When Abe Lincoln declared Thanksgiving a national holiday, it was thanks to the tireless efforts of a magazine editor named Sarah Josepha Hale. Her other claim to fame? She also wrote the nursery rhyme, "Mary Had a Little Lamb".



~Gobble, gobble? Not so fast. Only male turkeys, called toms, gobble. Females, called hens cackle.

~If Ben Franklin had his way, the turkey would be our national bird. An eagle, he wrote in a letter to his daughter, had "bad moral character." A turkey, on the other hand, was a "much more respectable bird."

~Thanksgiving is not just an American holiday. Canadians celebrate it too. Except they do it the second Monday in October.

~Don't blame the bird. You stuffed yourself, and now you're feeling sleepy, very sleepy. But it ain't the tryptophan in the turkey. In fact, chickens have more tryptophan. You're groggy because you overate. Digesting all that grub takes a lot of energy.

Ref: [Saeed Ahmed](#), CNN

Updated 10:05 AM ET, Thu November 23, 2017



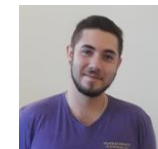
**SAVE THE DATE:  
December 6**

**GOOD FRIENDS  
AND GOOD CHEER,  
HOLIDAY PARTY  
TIME IS HERE!**

**Thursday, December 6<sup>th</sup>  
Heather Heights  
Holiday Party.**

**Food, Fun and Music  
RSVP by:  
November 31<sup>st</sup>, 2018  
585-264-1600**

**Welcome Jonathan Carr,  
Recreation Aide**



Say hello to the newest member of our Recreation team at Heather Heights; Jonathan Carr. Jonathan grew up in Henrietta, NY and attended BOCES Vocational school. He enjoys writing, music and designing tattoos. He looks forward to working with our residents.

