

The Secret to Living to 100!



What is the secret to living a long life upward of 100 years? Perhaps the residents of Acciaroli, Italy, know the secret. This small coastal hamlet south of Naples has the highest concentration of centenarians—

that's people living to 100 years of age—in the world. No doubt, the residents of Acciaroli will be rocking on September 22, Centenarians Day.

What is Acciaroli's secret? Mayor Stefano Pisani thinks the longevity is due to his town's relaxed, low-stress lifestyle. Researchers credit the diet of locally caught fish and locally grown fruits and vegetables. One cardiologist believes there may be a genetic component attributed to small, efficient blood vessels. Luigina Vigiconte, aged 101, believes that one must "always be optimistic, never bitter, and always be polite with people." Vincenzo Barrata, at 103, has a different theory: "A lot of women in my life."

Must we all move to Acciaroli to become a "super-ager," with less Alzheimer's, fewer cataracts, fewer bone fractures, and a stronger heart? Or are there real lifestyle changes we can make to live to 100? Doctors have been trying to decipher the secret to longevity for a long time. Weight control, they believe, is a big factor to living a long, healthy life. People should not only consume fewer calories but maximize the nutrition of each calorie. Also, eat a lot of fiber, which reduces heart disease and bad cholesterol and increases weight loss. Of course, activity such as walking and running is a plus, just as spending time with others keeps our brains happy and nimble. But what do the doctors really know? After all, centenarians rarely give medical advice when they talk about the secret to their long lives. Centenarian Haruo Ito advises, "Sleep well." Justina Sotomayor says, "Be loveable." Frieda Falk believes that "learning new things makes you happy and keeps your mind active." The truth is most likely to be a mix of lifestyle and luck, and any added stress you suffer worrying about how to live longer is bound to be counterproductive.

October Birthdays

In astrology, those born from October 1 to 22 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm. Those born between October 23 and 31 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.

- Julie Andrews (actress) – October 1, 1935
- Ray Kroc (entrepreneur) – October 5, 1902
- Jesse Jackson (activist) – October 8, 1941
- Luciano Pavarotti (singer) – October 12, 1935
- E. E. Cummings (poet) – October 14, 1894
- Evel Knievel (daredevil) – October 17, 1938
- Johnny Carson (TV host) – October 23, 1925
- Pablo Picasso (artist) – October 25, 1881
- Sylvia Plath (writer) – October 27, 1932
- Bill Gates (billionaire) – October 28, 1955

Travis Brown receives his final HIWART Award!



Travis Brown, Medication Technician received his final pin on September 13, 2017. Our Administrator, Sherry Hoose, and our Personal Care Director, Evelyn Suarez, presented Travis his final pin of Honesty. Travis has the

distinction of having all five of the HIWART pins, meaning he has been recognized for **Honesty, Integrity, Work Ethic, Accountability, Respect and Trust.** Way to go Travis! If you see him around be sure to congratulate him!



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



Hello! We are excited to announce The Quick Alert Belle+ Pendant™ offered by Quick Alert Safety Solutions, LLC. The Belle+ Pendant is specialized compared to the many pendants offered in the industry, providing additional features, such as a fall detection system contained within the pendant. If a resident is wearing the pendant and they fall, the pendant will automatically recognize the fall even without the resident pressing the pendant button. This pendant also provides the same benefits for a resident even if they are outside on our community grounds. These features certainly provide the peace of mind to each and every resident knowing that staff support and help are always available no matter where they are in and around the community. For additional information, pricing and registration for the pendant, please contact our front desk. ~Sherry

<http://www.quickalertsafetysolutions.com/>

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



Residents

Isabella Esson 10/2
Josephine Gray 10/3
Bob Bailey 10/7
Tom Shaughnessy 10/8
Mary Yanatsis 10/12
Marilyn McClements 10/14
Bob Sherry 10/17
Mary Wymes 10/22
Norma Spiess 10/26
Mary Prokop 10/27

Co-Workers

Leslie Vazquez 10/1
Sherry Hoose 10/1
Susan Thomas-Payne 10/3
Heather Russell 10/8
Stephanie McClary 10/11
Cara Farrell 10/13
Marisa Lindsley-Ochs 10/23
Lisa Eardman 10/27
Steve Ribble 10/28
Nina Westra 10/30

Fall Greetings to One and All from the Green Neighborhood

We have been enjoying the lovely, warm weather as we sit on the patio taking in the beauty of nature. Our geraniums have exploded with buds since we gave them coffee grinds to hold off the snails. They seem to enjoy the nitrogen found in the grinds.

The trees are starting to turn and will soon be ablaze with color. We will begin baking with the onset of cooler weather. Cookies, cakes and maybe a pie or two with a special fall drink made from apples, cranberries and spices. We have a cider and donut party planned for this month, as well as designing gourds to decorate our neighborhood. I wish you all a warm and cozy October. ~ With love and blessings Robyn



Resident Spotlight Anne Fitzpatrick



Anne and her husband Bill Fitzpatrick moved to Heather Heights seven years ago. They came from Syracuse, NY where they were born and lived until 2010. The couple met in 1947

during a benefit show where they performed a duet to "Bicycle Built for Two". Two years later they were married. After their son and daughter were born, they bought a house in Dewitt, New York. Thirteen years later, another son was born. In 2010 the pair relocated to Pittsford to be closer to family. Bill succumbed to Alzheimer's disease in 2016. Nowadays, Anne enjoys her four Grandchildren. Her philosophy on life is, "Why can't people just love one another?"

There are two signs of aging. The first, you forget things.. I can never remember the second..



Employee of the Month



Adrianna Hendrix, LPN has been at Heather Heights for 6 ½ years. She works part time evenings in the Green Neighborhood and will often fill in to work any time we need her. Adrianna is a vivacious, energetic nurse who loves our residents. She lives in Greece and is married to an Accountant. They have two children, Michael 4 and Olivia 2 ½. Adrianna loves spending time with her family and enjoys cooking. Her philosophy on life is; "Love the life you live, live the life you love." Thanks Adrianna for your dedication and excellent service.

Octoberfest was Wonderful!

On Wednesday, September 26th we enjoyed a very successful Octoberfest with our families, residents, friends and outside source members. Thank you all for coming!



Celebrate Halloween at Heather Heights Saturday, October 28th 3:00 pm



Families, friends, children and staff of Heather Heights; you are invited to celebrate

Halloween with us. Our residents just love to see the kids and adults dressed up for Halloween. We will have cider and donuts for everyone. The residents here will pass out treats. Tell your friends and invite them to trick or treat at Heather Heights.



RSVP by 10/21 to Recreation
At 264-1600 ext. 206



Please join our Heather Heights team as we walk to end Alzheimer's.

Saturday October 21, 2017

Location:
Frontier Field, 1 Morrie Silver Way Rochester, NY 14608

Contact Susan in Recreation if you want to ride with us on our bus or you can meet us there. The bus will be leaving Heather Heights around 9:15 am. If you'd like to donate our team name is "Heather Heights". Find us on their web site: <http://www.alz.org/rochesterny/>