



An Illustrated talk
By Richard Ashworth



**“BIRDS
OUTSIDE YOUR
WINDOW”**

Come and learn about the birds to be seen around our campus – how to identify them, how to attract them to feed and nest, and some fascinating details about their habits and lifestyles.

**Tuesday
October 9
2:00 pm
Theater Room**

Richard Ashworth started birding over forty years ago in his native England, where he was active in the Royal Society for the Protection of Birds.

Since moving to Pittsford in 1986 Richard has studied the birds of our region intensively. He is a Past President of the Rochester Birding Association, for which he leads field trips to birding “hotspots” in the Greater Rochester area.

Richard is a professional photographer, and he will share some of his many beautiful images of our local birds.

**Celebrate Halloween with Us
Saturday, October 27th
3:00pm in the Lobby**

Bring your kids, grandkids, neighbor’s kids or any children you want to trick and treat with us. The fun will start right after our entertainment. We look forward to treating you!



Where’s the Pumpkin?

Beginning October 22nd we will be hiding a pumpkin bag filled with candy somewhere in the building for residents to find. Once you find the pumpkin – you will be entered into a drawing for a free lunch or dinner for four from an outside restaurant. A list of who found the pumpkin will be posted daily. One finder per day.



Good Luck!

A Word about our Bird Feeders

Bird feeders are welcome outside residents windows. It is the resident or family members who are responsible for filling and maintaining the feeders.

The bird food itself has to be in a container that is either tin or plastic with a lid to keep all other critters from entering and eating it.

The recreation staff maintains and fills the common area bird feeders outside the puzzle room and memory care windows. We enjoy our birds and want to make our environment safe too.



Heather Heights Happenings

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



A Message from Jeffrey Kipp

I would first like to officially thank all the residents, families and staff for such a warm welcome in joining the Heather Heights family! I am excited to jump in and get things started as your new Administrator. I truly believe that customer service is at the root of everything we do. My door is always open. Please stop in for a visit as I am looking forward to getting to know everyone.

We have many upcoming events in the month of October. On October 3rd from 4:30 to 6:00pm we have a surf and turf fundraiser. Cost is \$15.00 per meal and all proceeds will go to the Alzheimer’s Association. On October 9th we have a guest lecturer; Richard Ashworth from the Rochester Birding Association, who will be here at 2:00pm to give a lecture about *Birds Outside Our Window*. On October 27th we have our annual trick or treat event at 3:00pm. It is open to all families and staff. Our residents really enjoy seeing all the kids dressed up in their Halloween costumes. I plan on bringing my two girls in to meet all our amazing residents. We hope you join us in October for these events. ~ Jeff Kipp

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 DeGaugh



<u>Residents</u>		<u>Co-Workers</u>	
Josephine Gray	10/3	Leslie Vazquez	10/1
Tom Shaughnessy	10/8	S. Thomas-Payne	10/3
Theresa Hannan	10/15	Adam Herbert	10/6
Bob Sherry	10/17	Heather Russell	10/8
Norma Spiess	10/26	Stephanie McClary	10/11
Mary Prokop	10/27	Curtis Beaty	10/14
		Sarah Mottsha	10/17
		Helen Danz	10/25
		Lisa Eardman	10/27
		Steve Ribble	10/28
		Nina Westra	10/30

Jack of the Lantern

Every October, once pumpkins have grown fat and orange, these gorgeous gourds are picked and used in a wide variety of ritual activities from baking pumpkin pie to carving jack-o'-lanterns for Halloween. But there's no need to wait until October 26, Pumpkin Day, to make the most of your favorite pumpkin traditions. Pumpkins have been grown in North America for 5,000 years. While these gourds are native to Central America and Mexico, the tradition of carving pumpkins began across the Atlantic Ocean in Ireland. The practice of carving "jack-o'-lanterns" began with an Irish folktale about a man named "Stingy Jack."



The legend says that Stingy Jack invited the Devil to have a drink, but then the tight fisted fellow did not want to pay. Jack tricked the Devil into transforming himself into a coin he could use to buy the drinks, but Jack put the coin into his pocket next to a silver cross. The Devil, so near a cross, could not change back into his devilish self. Jack made the Devil promise not to claim his soul should he die. The Devil had no choice but to agree. However, when Jack did die, God would not allow someone who caroused with the Devil into heaven. In the end, Jack was sent into the dark of night with nothing but a lamp fashioned from a carved-out turnip, lit with a lump of glowing coal. For this reason, the Irish have long carved images of "Jack of the Lantern" from turnips and, later, potatoes or beets. The scary, glowing faces were used to frighten away Stingy Jack and any other evil spirits.

When Irish immigrants came to North America, they discovered a new medium for their jack-o'-lanterns: pumpkins. With their hollow centers and wide, thick, orange shells, these gourds were a perfect vessel. Today, pumpkins are grown on every continent except Antarctica, and people around the world use them to carve jack-o'-lanterns.

Resident Spotlight of the Month: Dorothy "Dottie" Meyer

Dottie was born in Erie, Pennsylvania where she grew up one of three girls. She spent her entire life in Erie until she moved into Heather Heights in April of 2017. She married her husband, Joe, on Valentine's Day in 1942. They were married for 55 years. Dottie worked as a secretary after her children were in school. Thirty four years later, she retired as an Executive Secretary.



Her son lives in Minneapolis, MN and her daughter in Mendon. Dottie has five grandchildren and nine great grandchildren. Even though the grandkids all live in different states, she made it a priority to always have a close and loving relationship with them. She is known affectionately to her great grandchildren as "GG".

Dottie and Joe enjoyed traveling to Hawaii, Europe and going on cruises. She was a golfer and they spent winters in Florida after retirement.

Dottie always has something nice to say about others. Some of the sayings she lives by are; "If you can't say anything nice, don't say anything at all." And "You are not fully dressed until you put on a smile."

Dottie continues to be pleasant and encouraging to others within our community.



Tiffany Arnold, Business Manager receives final HIWART.



Tiffany has the distinction of having all five of the HIWART pins, meaning she has been recognized for **Honesty, Integrity, Work Ethic, Accountability, Respect and Trust**. Nice job Tiffany! If you see her around be sure to congratulate her!

Green Neighborhood Photos



Balloon Volleyball



Therapeutic Drawing



Music Therapy



Our friend the snake from Wildlife Education Coalition

FUNDRAISER

Surf & TURF
FUND-RAISER

Come pick up your surf and turf dinner from Heather Heights and support the Walk to End Alzheimer's!

WEDNESDAY | OCTOBER 3RD | 4:30-6:00PM

\$15/pp Includes a 3oz. steak filet, lobster tail, salt potatoes and green beans. Please join us in supporting this amazing cause.

HEATHER HEIGHTS OF PITTSFORD
160 W. JEFFERSON RD. PITTSFORD, NY 14534
RSVP AT 585.264.1600

Please call with your order by Oct. 1st.