

alz.org | alzheimer's association

## Walk to End Alzheimer's® ROCHESTER & FINGER LAKES REGION

10/21/17

If you're interested in joining our team  
Call or see Susan to sign up.  
We will be having a team of walkers and you  
can meet here and ride the bus to Frontier  
Field with us.

FUND RAISER FOR OUR WALK  
During the Month of September



We will be selling painted rocks with messages and designs made by our residents here at Heather Heights of Pittsford. The money will go towards the Alzheimers Association. Please support us or walk with us on October 21<sup>st</sup> at Frontier Field. We will be leaving here around 9:00 am. Call or see Susan in Recreation to sign up.

## National Assisted Living Week

Come and celebrate with us.  
13<sup>th</sup> – Party to Celebrate  
15<sup>th</sup> - Family Feud



Summer Fun

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

We cannot believe it is almost autumn! Even though our summer was rainy and damp at times, it has not stopped us from hosting events here at Heather Heights. We are excited to host an Oktoberfest Event night on September 26th, from 5-7pm to showcase all of the wonderful services provided to our residents. Each of these professionals provide their expertise, knowledge and talent for anyone who is interested in utilizing them. We are also elated to announce two new services beginning this fall; an emergency and fall prevention pendant and mobile dental services through Eastman Dental. The emergency pendant once activated puts a call into the nursing supervisor on duty to inform them of the resident's name and location. The Eastman Dental SMILEmobile will also be parked outside in the front parking lot and open to tours. We are gearing up to have dental services available the end of September. Please join us for a night of food, music, fun and an opportunity to meet our experts from each service provided. Remember to RSVP to the front desk by 9/19!  
~Sherry

## Department Managers

- 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
- Maintenance Director  
Tony Rivera

Memory Care Coordinator  
Jaime DeGaugh

Housekeeping Manager  
Victoria Lopez



### Residents

Richard Myers  
George Graham  
Alec Martusewicz  
Joyce Columbe  
Don Curtis  
Michael Bilous  
Don Symer

9/2  
9/7  
9/7  
9/10  
9/14  
9/24  
9/25

### CoWorkers

Miguel Morales  
Patrice Perez  
Neil Rapp  
Brandon Thompson  
Jessica George  
Alicia Rittler  
Tashia Garcia  
Samira Fuller

9/2  
9/3  
9/8  
9/10  
9/15  
9/16  
9/20  
9/28

**Celebrate Oktoberfest** WITH HEATHER HEIGHTS

Enjoy music, beer, cocktails, food, and tours!

HEATHER HEIGHTS OF PITTSFORD, INC.  
160 W. JEFFERSON RD. PITTSFORD, NY 14534  
RSVP TO 585.264.1600 BY 9/19

FEATURING THE UNIQUE SERVICES OFFERED AT OUR COMMUNITY

**Come meet:**

- Dr. Howd- U of R Geriatrics Group
- U of R Physical Therapy
- U of R Speech Therapy
- U of R Occupational Therapy
- Dr. Teibel- Podiatry
- Quick Alert Pendant & Fall Prevention
- Eastman Dental SMILEmobile
- Veronica & Charlie- Hairdresser & Barber
- Specialized Recreational Programs

**TUESDAY/ SEPT. 26TH/ 5-7PM**

## Greetings from the Green Neighborhood

It is hard to believe that summer is winding down and autumn is just around the corner. The nights are feeling cooler and the afternoons are perfect for sitting out on our patio. We are fortunate to have our lovely patio and flowers to enjoy in the summer months. Even as the weather starts to cool, we will be utilizing our outdoor space as much as possible. Every Friday we enjoy going on a scenic ride, and have started to notice the foliage changing. Soon we will be getting our autumn decorations out and around the community. We are looking forward to the season changing and new activities starting!

With Love & Blessings, Robyn



Piano Sing-A-Long



Watermelon Party

## Resident Spotlight Vera Klemmer



Vera Klemmer was born in Neustadt, Ontario, Canada, as the youngest of thirteen children. After growing up and graduating from high school, she married her husband, Allan. She

attended Harper School of Beauty and became a hairdresser while raising two children; Paul and Peggy. Allan took a job as a lineman for RG&E and the family moved to Scottsville, NY. After the children were older, Vera was one of the first employees at Cooper Vision, where she became a lens inspector. Vera enjoyed bowling and playing softball. She was 55 years of age when she got her driver's license. Her advice to all, "You get through it. You just gotta keep going." Vera has two grandchildren and four great grandsons. She is an active participant in the Green Neighborhood where she's lived for over two years.



Summer treat  
Ice Cream time.



## Blue Zones



### DAN BUETTNER: HOW TO LIVE TO BE 100+

Only 10% of what it takes to live to 100 is genetic. Dan Buettner first looks at some longevity myths:

- If you try hard, you can live to be 100. False. Humans are designed to die – evolution only allows us to be old enough to procreate.
- There are treatments that can stop or reverse aging. False. As we get older, our cells fail to replicate, damage accumulates.

So there are body-imposed limits – roughly 90 years is achievable, but the average American lives to be 78. So we could get those 12 years back with minimal loss of life quality.

Dan worked with National Geographic to look at areas where people frequently live to be 100. They are called Blue Zones.

-Sardinian highlands (off Italy) for example have 10 times the US rate of centenarians. There are a number of lifestyle and dietary differences, but also cultural. Dan focuses on the way they treat the elderly – they show great respect for their wisdom.

-Okinawa archipelago (Japan) – the oldest female population, and the oldest disability-free life expectancy in the world. Lower rates of cancer, cardiovascular disease and have an average age of 85. They eat mostly vegetables and tofu, and have a few strategies to prevent overeating. They have smaller plates, serve food before they eat it and have an adage to stop eating before they are full. The elderly also stay active – they form tight and old friendship groups (staying together in groups for 90 years or more). They always keep a reason to get up in the morning rather than just retiring to do nothing.

In the USA the oldest population was 7th Day Adventists in Loma Linda California. They were 11 years older than the average American. One key is the 7th day itself – a day off without stress, nature walks are common. They also are a tight knit community, and their gatherings reinforce their wholesome values.

Dan shares stories of 3 centenarians, all still working or staying active.

So what can we learn from these groups?

- Move Naturally – these people do not exercise in the usual sense, but keep walking and gardening, moving up and down stairs. Active movement is built into their lifestyles
- Positive outlook – the 3 groups take time out to pray or talk. They also have a sense of purpose in retirement.
- Eat wisely – they have a plant based diet, though usually not purely vegetarian. They often have a drink in the evening, and keep from overeating (stop eating when 80% full).
- Connect – these cultures are tribal and stick together. They tend to respect the elderly and have a sense of belonging. Their friends also have the same healthy values, so reinforcing a good lifestyle.

Reference: tedsummaries.com

## AUGUST EMPLOYEE OF THE MONTH



Myia McKnight has been at Heather Heights for 12 years. She began her career as a Personal Care Assistant. She currently works in the

Dining Room as a Server and also fills in at the reception desk. Myia grew up in Rochester and graduated from Edison Tech High School. She met her husband 17 years ago and they have been married for 11 years. Together they have four girls ; 9 months, 15, 17 and 19 years of age. Myia is a wonderful people person. She enjoys having fun at work and loves to talk to people. Congratulations Myia! We appreciate your versatility and friendliness.