

Heather Heights Bake Off Results
Congratulations to
Executive Chef, Julie Marelo. Her Eight
Layer Pistachio Cake was the winner!



For our Bake Off on August 9th our three chefs adopted a neighborhood and created some very delicious desserts in hopes of winning bragging rights for being the best dessert maker at Heather Heights. Julie represented our Blue Neighborhood and they are all bragging about Chef Julie's delicious Eight Layer Pistachio cake 😊



Steve



Andy



Dessert Bake Off Tasters

Wheelchair & Walker Wash



On Wednesday, September 5th

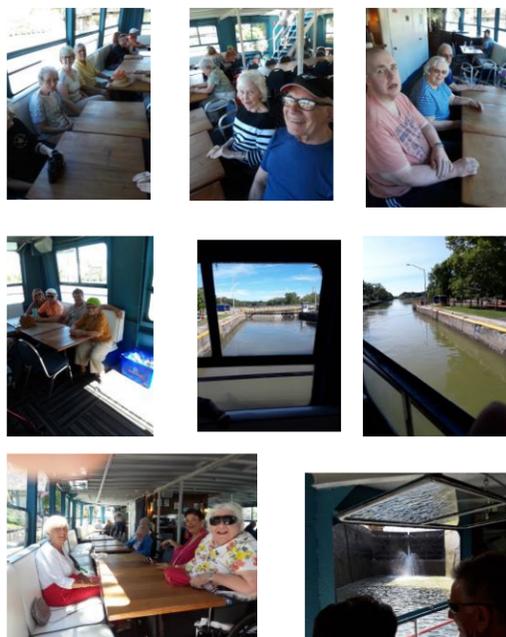
1:00pm to 3:00pm

Front Parking Lot

Thanks to our friends at FAHC for helping!



Our Colonial Belle Trip



Heather Heights Happenings

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

A Message From the Team

September is a month of new beginnings; and we are excited about some of our own! This is the month where children go back to school, the weather shifts into cooler nights and shorter days. Heather Heights will be right in the mix of hustle and bustle! You may have noticed we recently renovated the blue community room, fireside room and all of our gazebos are officially up. Our team is pleased to see renovations and updates for our residents to enjoy. The Green neighborhood is welcoming a new team member, Jessica George, as our full time recreation assistant. She is moving from the nursing department and has been a dedicated staff member for over a year here at Heather Heights. We are joyful to see her step into a new role and put smiles on our residents' faces. As the weather changes we will be focusing on scenic rides onto the fall foliage as it comes out and enjoying the season starting. Heather Heights has welcomed many new residents in the past month, so if you see new faces please greet them and make them feel comfortable in their new home. Our team is also pleased to announce we have a new administrator starting on September 17th. Jeff Kip is coming to our community with years of experience in the industry. We look forward to him joining our team and becoming a part of the Heather Heights family! From the entire team at Heather Heights we sincerely wish you and your loved ones a wonderful start to the fall season, and as always we encourage you to join in any of events and activities happening in the community.

Department Directors

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



Residents

Nancy Lapides 9/08
 Joyce Columbe 9/10
 Donald Curtis 9/14
 Jackie Steagall 9/25

Co-Workers Continued

Neil Rapp 9/08
 Jessica George 9/15
 Alicia Rittler 9/16
 Marina Ramos 9/20
 Dominique Salem 9/24

Co-Workers

Mark Davison 9/01
 Miguel Morales 9/02

Sam Kistler 9/27
 Samira Fuller 9/28



Back to School Fun Facts

With summer coming to an end, its back to school time and here are some interesting facts to help us understand what it means.

- ◆ There are approximately 33 million elementary school children in the U.S., 17 million kids attending high school, and 8.8 million in nursery schools and kindergartens.
- ◆ Including college kids, there are approximately 78 million kids heading back to school every fall.
- ◆ That's 25% of the entire U.S. population over 3 years old.
- ◆ There are about 8 million teachers in the U.S.
- ◆ Factor in parents, school staff, and retailers, and it's hard to find someone not impacted by the "back to school" exodus every year.
- ◆ The average family spends \$700 in school supplies every year, adding up to \$80 billion in sales a year!
- ◆ Didaskaleinophobia is the acute fear of going to school, which affects about 2.4% of all children.
- ◆ Across the country, there are approximately 480,000 registered school buses taking 26 million children to and from school every day.
- ◆ The average backpack weighs 20% of the student's body weight! It's recommended to keep that percentage below 10%.
- ◆ The average cost of a school lunch is \$2.70 - \$3.10, and 11.6 million children eat breakfast at school daily.
- ◆ 100% of U.S. public schools have internet access, compared to 50% in 1995.
- ◆ About 52% of high school students worked part time during the school year, with 20% working full time.
- ◆ About 1 in every 12 children ages 6-11 will have to repeat a grade, while more than 1 in 10 kids ages 12-17 will repeat at least one grade.
- ◆ Why do we give our teacher an apple? The tradition goes back to the 16th century in



Denmark. Teachers didn't earn enough for food, so parents would send their children to school with an apple for them.

Source: <https://bluewatercredit.com/35-fun-facts-back-school->

Resident Spotlight: Jane Geiser



Jane Geiser has been at Heather Heights for two years and resides in our Green Neighborhood. Jane was born in Buffalo, NY and grew up there along with a sister, Mary Ann. She attended Sacred Heart Academy in Eggertsville, NY and later went to Buffalo Teachers College, now Buffalo State. She met her husband John while still in high school. They were married in 1948, after the war and John was out of the service. Jane taught school in the Buffalo area for thirty six years. She has one son, Mark and a daughter-in-law Perri, who live in Victor, NY. Jane and her husband traveled the world and enjoyed gardening. She also adores her three grandchildren, Erin, Claire and Kevin. Nowadays, Jane enjoys scenic rides, beauty shop days and our live entertainment.

Employee of the Month: Jasmine Newton



Jasmine has worked at Heather Heights for six years. She grew up in Rochester with two brothers and one sister. She graduated from Early College International High School in 2014 and from Finger Lakes Community College in 2018; majoring in Physical Ed and Exercise

Science. She currently has ambitions to explore nursing school. Jasmine works at the front desk as our receptionist and recently joined our housekeeping department. She enjoys going to the gym, shopping and getting her nails and makeup done. Her favorite quote is, "Anything is possible if you put your mind to it." Congratulations Jasmine!



Welcome Jessica George to the Green Neighborhood



Please welcome Jessica George, who has joined the recreation team taking the full time position of Recreation Assistant, in the Green Memory Care Neighborhood. Jessica has been at Heather Heights for over a year in the PCA (Personal Care Assistant) role, working in the Blue Neighborhood. Jessica grew up in Gates, NY and has three girls ages 12, 9 and 4. We are happy to have Jessica join us and wish her well in her new position!



Pictures from the Green Neighborhood



alzheimer's
association

Alzheimer's Association Fund Raiser

Beginning September 10th we will begin selling **"Love Bulbs"** for our annual Alzheimers Association fund raiser.



Bulbs can be purchased for **\$1.00**

In honor or memory of a family member, co-worker, friend or pet.

We will plant them in the Dining Room planters and watch them bloom in Spring, in honor and/or memory of someone we love.

A Hummer of a Bird



September 7-9 brings the Hummingbird Migration and Nature Celebration as these tiny winged marvels make

their way back to warmer southern climates. Hummingbirds, sometimes called hummerbirds, get their name from the sound their wings make. These birds flap their wings so fast—about 80 times per second—that they make a humming sound. Hummingbirds exist only in the western hemisphere; they range from southern Alaska to northern Chile and stop everywhere in between. Although they weigh less than a nickel, these tiny birds can fly up to 500 miles without stopping. So why not help them on their journey by putting out specially designed hummingbird feeders? These brightly colored feeders provide the sugary, high-energy nectar hummingbirds need to maintain their metabolism.