

101st Birthday Draws Attention from the Senator’s Office

Last month we helped Jim Sherwood and his family celebrate his 101st birthday. It was quite the milestone for our residents and staff; it’s not every day someone turns 101 years old.

On October 7th our Heather Heights family celebrated Mr. Sherwood’s life and accomplishments. Jim is a World War 2 veteran as well as a retired government employee. The entire week was full of birthday celebrations, including a brunch for all our veterans.



Jim received a Proclamation Award from Senator Samra Brouk. These types of awards are not given frequently and are very special. The goal of a proclamation award is to honor or celebrate an exemplary individual who has given significantly to his or her community. This was such a special occasion, and we are honored to have Jim as part of our family here at Heather Heights.

Employee of the Month



Erica Council

Veteran’s Day Program

The Rotary Club of Pittsford will be joining us for a very special Veteran’s Day program.

November 11th, at 1:30pm, we invite all residents to the main lobby for a celebration of our veterans. Each veteran will receive an award for their service and be recognized by the Rotary Club.

What’s Happening at Heather Heights

Heather Heights of Pittsford | 160 W. Jefferson Rd. | 585.264.1600 |



Management Staff

Carrie Bardo
Administrator

Tiffany Arnold
Assistant Administrator
Business Office Manager

Evelyn Suarez
Director of Personal Care

Joyce Hoffman
Assistant Director of
Personal Care

Beth McMullen
Nurse Case Manager

Erin Schneider
Recreation Director

Andy Armstrong
Culinary Director

Tony Rivera
Maintenance Director

Miguel Morales
Director of
Housekeeping & Laundry

Alyssa DiFeo
Sales and Marketing Director

Message from the Community

Dear Friends,

Thanksgiving is one of my favorite times of the year. I love to look to back and remember all of things I am thankful for. One of my biggest joys is all our residents. I love getting to know everyone’s story and talking with you each day.

This month, I am going to start a Thankful Tree. Everyone can take 1 leaf or as many as you need. Use your leaf to share something you are thankful for. When you are done with your leaf, add it to our tree. Look for the tree it in the next few weeks.

Carrie

November Birthdays

Residents

- Donna Leenay – 11/3
- Eugenia Klem – 11/4
- Agnes Klinke – 11/8
- Jean Lapple – 11/12
- Margie McClain – 11/12
- Bob Repass – 11/18
- Jeanne Hughes – 11/29


Staff


- Evelyn Suarez – 11/9
- Mya McKnight – 11/19

impressive

THANKSGIVING

fun facts







The first Thanksgiving lasted for 3 days




The first Thanksgiving was held in 1621




The first Thanksgiving feast included venison, deer, duck, fish, and lobster but no turkey




Thanksgiving is the busiest day for plumbers




Americans eat 46 million turkeys & 50 million pumpkin pies each Thanksgiving



The American Automobile Association estimates that 51 million Americans will travel 50+ miles to their Thanksgiving destination



Sarah Josepha Hale, the writer of "Mary Had a Little Lamb", convinced President Abraham Lincoln to make Thanksgiving a national holiday




The Detroit Lions and the Dallas Cowboys always host the first two NFL games on Thanksgiving, with the third game having no predetermined matchup

2018 Thanksgiving Football Schedule:

- CHI vs DET @ 9:30 AM PST (CBS)
- WA D.C. vs DAL @ 1:30 PM PST (FOX)
- ATL vs NO @ 5:20 PM PST (NBC)

Where your food may come from:

- Minnesota raises the most turkeys
- Wisconsin grows the most cranberries
- Illinois produces the most pumpkins
- North Carolina makes the most sweet potatoes



Resident of the Month



Carol Rose

Benjamin Franklin, the Father of Daylight Savings Time?

Many sources credit Benjamin Franklin for being the first to suggest seasonal time change. However, the idea voiced by the American inventor and politician in 1784 can hardly be described as fundamental for the development of modern DST. After all, it did not even involve turning the clocks. In a letter to the editor of the Journal of Paris, entitled "An Economical Project for Diminishing the Cost of Light," Franklin simply suggested that Parisians could economize candle usage by getting people out of bed earlier in the morning. What's more: Franklin meant it as a joke!

The First Thanksgiving

In September 1620, a small ship called the Mayflower left Plymouth, England, carrying 102 passengers – an assortment of religious separatists seeking a new home where they could freely practice their faith and other individuals lured by the promise of prosperity and land ownership in the New World. After a treacherous and uncomfortable crossing that lasted 66 days, they dropped anchor near Cape Cod. One month later, the Mayflower crossed Massachusetts Bay, where the Pilgrims, as they are now commonly known, began the work of establishing a village at Plymouth.

After their first brutal winter the Pilgrims moved ashore and were visited by Abenaki Native Americans who greeted them in English. Several days later they were met by another Native American, Squanto who taught them how to cultivate corn, extract sap from trees and catch fish from the river. In November 1621, after the Pilgrim's first corn harvest, Governor William Bradford organized a celebratory feast and invited a group of the colony's Native American allies.

This feast is now remembered as America's first Thanksgiving although the Pilgrims themselves may not have used that term. While no record exists of the first Thanksgiving's menu, it is known that the feast lasted 3 days and we can assume that they had corn.

Let's Talk About Pies

It may not seem a question to
Arouse the talk of nations.
But I think old Sir Pumpkin Pie
Should head the country's rations.

His golden smile, his spicy bite,
Outdoes all lesser pies.
"Step up!" I feel like telling him
"You win the foremost prize."

I always think of gardens green
Where golden as the sun,
The big, round pumpkins on the ground
Ripen until they're done.

Apple pie? – It's pretty good.
Lemon pie? That's out!
But chocolate pie with cream piled high
Is worth a hearty shout.

A pie that's stuffed with cherries red,
Or berries thick and blue,
Can keep me busy for an hour –
I like them all, it's true.

But when the oven door comes down,
Revealing to my eye
That glorious, golden, spicy face!
That royal pumpkin pie!

When I behold this regal sight –
King of Thanksgiving rations!
I feel it's glory should be sung
Among the whole earth's nations.

By: Lenore Hetrick