

New Year Resolutions

Every year, millions of people make New Year's resolutions, hoping to spark positive change. The recurring themes each year include a more active approach to health and fitness, improved finances, and learning new things for personal and professional development.

Chances are, more than a couple of the top 10 most common resolutions will look familiar to you:

1. Exercise more
2. Lose Weight
3. Get Organized
4. Learn a new skill or hobby
5. Live life to the fullest
6. Save more money/spend less money
7. Quit smoking
8. Spend more time with family and friends
9. Travel more
10. Read more

Despite the best of intentions, once the glow of a fresh new year wears off, many people struggle to make good on their plans. According to a study published in the Journal of Clinical Psychology, only 46% of people who made New Year's resolutions were successful.



Employee of the Year



Rachelle Mandigo

January 2022

What's Happening at Heather Heights

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



Management Team

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 DeFeo
Sales & Marketing Director

Message from the Community

Dear Residents and Families,

What a year 2021 has been. While there were a lot of changes in the world, we are so excited about the new faces that joined our family and the ones who stayed with us for another year of fun. We are excited to start 2022 off on the right foot and make this the best year in a while.

The weather has finally started to turn and we are seeing some snow and ice. It is beautiful to look at but please be careful as you enter and exit our building as it may be icy.

If you do happen to see an icy spot please let someone know so we can take care of it immediately.

Thank you and Happy New Year!

Carrie

January Birthdays

1/6 -Sharon Seeholzer

1/27 – Sally Cooper

1/29 – William Donaghue

The Art of Drinking Tea

Tea production was an intensely guarded secret for hundreds of years in the hilly subtropical and tropical transitional forests of Southeast Asia, predominantly China. As trade routes were established between Asian lands and the West, tea made its way to Middle Eastern, European, African, and finally American societies.

As it migrated west, the tea ceremony changed dramatically, adapting to the cultural norms of the time and place. While the original tea ceremony of the East remains a meditative, precisely choreographed ritual, afternoon tea for Westerners has become a casual daily respite or regal social affair replete with savories and sweets.

In the colonies, tea drinking mirrored the customs of the aristocracy overseas, until the Revolutionary War broke out. To make do without purchasing tea from Great Britain's East India Company, revolutionaries experimented with herbal teas. Thankfully, once independence was won, the United States embraced British tea rituals once more.

Today, American teahouses, restaurants, hotels, and other afternoon tea venues – from historic homes to trains – serve afternoon teas as different from one another as our diverse heritage, some offering a tea service and selection in the British style, others Russian, Japanese, Indian or Chinese.

Anything goes in the U.S., such as the Southern afternoon tea: a dolled-up lavish cousin to the British afternoon tea; or the teabar: tranquil, decorated with modern, Asian-inspired lines, serving hundreds of the finest teas and freshly made quiche from a Swiss chocolatier; or the afternoon tea served by Italian-Americans in New Jersey: with endless, unconventional scone combinations and portions so generous it really feels like dinner. Mangia, Mangia!



What Are You Eating?

The adage is true: to stay healthy you need to eat right. Eating a variety of healthy foods is the best way to maintain strength, bone mass, and cognitive function. Good news is that there are a ton of tasty superfoods that can help you do just that.

The word "superfood" isn't scientifically based or regulated; however, there are many nutrient dense foods that are great to include in your regular diet. Most people think that superfoods are hard to come by, but truth be told they are not as exotic as people think. They are actually "everyday" foods.

Superfoods are important for a lot of body functions, specifically your metabolism, digestive tract, muscle mass composition and help prevent osteoporosis. The following superfoods can be found in everyday settings:

1. Blueberries
2. Dark Green Leafy Vegetables
3. Brussel Sprouts
4. Salmon
5. Eggs
6. Greek Yogurt
7. Nuts and Seeds
8. Beans
9. Whole Grains
10. Water

Resident of the Month



Margie McClain

National Book Month

January is National Book Month.

There is still time to join the Heather Heights book club.

We are currently reading the *Secret Life of Bees* and meet weekly on Wednesdays at 3pm in the Red Fireplace Lounge