

The Road to Adulthood

The transition from childhood to adulthood is never easy, and many cultures have coming-of-age rituals to mark this passage. In Japan, the second Monday of January is Coming of Age Day, a national holiday to celebrate and congratulate all who have turned 20 years old within the past year.

Turning 20 is a cultural milestone in Japan and means that young men and women can now legally drive, smoke, consume alcohol, and gamble. But adulthood means far more than these allowances. Adulthood brings with it the burden of new societal responsibilities and expectations. The weight of independence is heavy, and ceremonies and celebrations are designed to lighten the burden.



Every municipality in Japan holds a ceremony at a local city hall, gym, or community center. The new adults wear fabulous kimonos, sure to look their best for their special day. A mayor or special guest

delivers a speech declaring them legal adults. After all the photographs and congratulations, families may venture to a shrine to pray for success and good health. And then it is off to celebrate, where the new adults enjoy their first legal drink of alcohol with their families.

Coming-of-age ceremonies are part of several cultural traditions. Thirteen-year-old Jews celebrate bar and bat mitzvahs. Hispanic cultures celebrate *quinceañeras*, marking a 15-year-old girl's transition from girlhood to womanhood. American girls hold Sweet 16 parties. Sixteen-year-old Amish youth enjoy the rite of passage known as *Rumspringa*, where they formally join the Sunday night singings that are so important for courtship. Some choose to leave the Amish community to experience the world beyond.

In all of these instances, coming-of-age ceremonies serve to assist children in their journey to adulthood and to feel supported by their parents, peers, and community.

Employee of the Month



Rachelle Mandigo

Trip to Tom Wahl's

Please sign up in the recreation office for this month's outing. We are heading to Tom Wahl's in Bushnell's Basin for burgers. You will need to bring money from your resident trust account for the outing.

You must be signed up by January 10th to go on the outing.

There is a sign up sheet in the recreation office or you can speak with Erin to sign up.

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*

Andy Armstrong
Culinary Director

Beth McMullen
LPN Case Manager

Kellie McManus
Director of Personal Care

Erin Schneider
Recreation Director

Tony Rivera
Maintenance Director

Mike Lee
*Director of Housekeeping
and Laundry*

Alyssa DeFeo
Admissions Director

Message to the Community

Dear Friends,

This year has flown by so fast. It feels like just yesterday that we were celebrating the beginning of 2022 and now here we are getting ready to bring in 2023.

This year has been filled with many joyous memories. I am so thankful we were able to celebrate with our families and have our picnic over the summer. It was so nice to get together and celebrate. I look forward to having more family events in the new year.

I am happy to announce the Steve Sprague has been chosen as our Employee of the year. He has been a chef here for 6 years, and always does a great job preparing our food every day.

Have a wonderful and Blessed New Year.

Love,
Carrie

Christmas Carolers come to Heather Heights



2022 Employee of the Year



Steve Sprague

Use It or Lose It

The third Saturday in January is Use Your Gift Card Day, a reminder to use those valuable presents before they are misplaced or lost forever. Gift cards were born in 1994 when the luxury department store Neiman Marcus first manufactured and sold them. But it was Blockbuster Video that mass-marketed the gift card in 1995. Prior to the gift card, gift certificates were popular, but they were too easily counterfeited. With a new era of computer tracking, gift cards would be virtually impossible to forge.

Of course, gift cards have their own share of problems. They were touted to be "as good as cash," but stores ran into trouble when they declared old gift cards expired after just a year of unused. Today, federal laws govern the use of gift cards, including mandatory expiration dates of five years after the card is issued. The convenience of gift cards and their universal purchasing power, however, often overrule any inconveniences. They remain the ultimate last-minute gift idea.

Interact Club works on Cookies with Memory Care



Euchre Saturdays

Join us in the Blue Fireplace Lounge on Saturday's at 1pm for Euchre.

Several folks need a partner, or you can come with your own to join the game.

December Outing to Bill Grey's





Notable Quotable

“History never looks like history when you are living through it.”

~ John W. Gardner, politician



January Horoscopes and Birthdays

In astrology, those born from January 1–19 are Capricorn’s Goats. Patience, perseverance, partnership, and dedication help ambitious Goats climb to the highest of heights. Those born from January 20–31 are the Water Bearers of Aquarius. Although they bear water, Aquarius is an air sign, signaling that they are innovative, progressive, and rebellious. They nurture and support new ideas.

Isaac Asimov – January 2, 1920
 J.R.R. Tolkien – January 3, 1892
 Zora Neale Hurston – January 7, 1891
 Elvis Presley – January 8, 1935
 Max Roach – January 10, 1924
 Jeff Bezos – January 12, 1964
 Regina King – January 15, 1971
 Ethel Merman - January 16, 1909
 Dolly Parton – January 19, 1946
 Benny Hill – January 21, 1924
 Etta James – January 25, 1938
 Paul Newman – January 26, 1925
 Jackie Robinson – January 31, 1919

Looking Back *cont. from pg. 3*

hundreds of thousands of years ago. Human civilization began a mere 6,000 years in the past, while the modern era is just a few hundred years old. While there are lessons to be learned from each of these periods, perhaps far more pressing are our own personal histories. Personal reminiscence can be a powerful practice if done correctly.

For a long time, reminiscence was seen as unhealthy. It wasn’t until

the 1960s that psychologists began to value reminiscence and personal reflection. Of course, reminiscence takes many forms. Both obsessing about how awful life was and escaping into the glories of the past offer little value. However, using reminiscence to pass on valuable life lessons can be constructive to a younger generation. The true value of the past is that it gives us wisdom and strength to guide our choices in the present.

Hopping into the New Year

The Chinese New Year on January 22 rings in the Year of the Rabbit. When the Jade Emperor invited the animals to his palace to determine the order of the zodiac, Rabbit proudly, perhaps arrogantly, believed that his speed would certainly make him first. Rabbit set off and did arrive first, but thinking that he had plenty of time, he took a nap. When Rabbit awoke, he found that three other animals had beaten him: Rat, Ox, and Tiger. The arrival of Ox irked him most of all because Rabbit had always

considered himself faster and superior to the slow, plodding Ox.

At first glance, those born during the Year of the Rabbit may appear weak or soft, but this belies their natural strength and confidence. Rabbits are social with a natural charisma that attracts others. Reasonable and smart, with an attention to detail, they make excellent scholars. Rabbits may appear conservative in their actions, but they need surprises to prevent things from becoming too routine.

Celebrating January

International Brain Teaser Month

Mentoring Month

New Year’s Day *January 1*

Someday We’ll Laugh About This Week *January 2–8*

Twelfth Night *January 5*

Make Your Dream Come True Day *January 13*

Martin Luther King Day *January 16*

International Sweatpants Day *January 21*

Compliment Day *January 24*



Looking Back to See the Future

A new year often prompts us to look forward and imagine what the coming months might hold. The month of January is named for the Roman god Janus, protector of gates, doorways, and transitions. He was depicted with two faces, one looking to the future and the other looking to the past. January seems an opportune month for reflection, to contemplate where we have been as we chart where we are going.

The Spanish philosopher George Santayana famously said, “Those who cannot remember the past are condemned to repeat it.” The past offers myriad lessons for the present. Studying past societies, systems, ideologies, religions,

governments, cultures, conflicts, and technologies teaches us how we got to where we are today. Are there any more profound questions than “Who am I?” and “Why am I here?” History often provides answers to these age-old questions.

History occurs on different and dramatic scales. The geologic history of Earth stretches back billions of years. Human ancestors first appeared

cont. on pg. 6

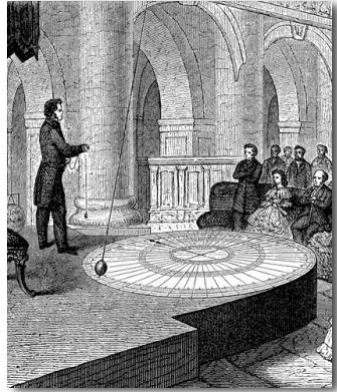


Bearable Traditions

The first Monday after Twelfth Night, marking the end of the 12 days of Christmas, is Plough Monday, a day when ploughmen traditionally blackened their faces with soot to disguise themselves and carried a decorated plough door-to-door looking for alms, shouting “Penny for the ploughboys!” Work was generally scarce in the winter, and the handouts helped the farmers

survive. The Tuesday after Plough Monday brought the Straw Bear Festival, when one of the ploughboys was dressed head to toe in straw to look like a bear. The bear was led through town on a chain and made to dance for gifts of money, beer, or food. It seems that the clever ploughmen wanted to stretch their revels, and their alms-seeking, into a two-day affair.

Circular Logic



Some pendulums based on Foucault's model have 52-foot-long cables and 240-pound bobs.

January 8 is Earth's Rotation Day, commemorating the day in 1851 when French physicist Léon Foucault first demonstrated that Earth indeed rotates on its axis, completing a rotation every 24 hours, measuring one day. To prove this, Foucault used a pendulum. Following Newton's law, which states that a body in motion will remain in motion until influenced by outside forces, Foucault swung his pendulum expecting it to swing continuously in the same arc in the same direction. Strangely, the pendulum's path appeared to change. Foucault rightly postulated that the pendulum's path had not changed, but the earth beneath the pendulum had rotated.

Of course, before 1851, humans understood that a day had 24 hours. Foucault was simply the first to prove it using instruments on Earth's surface.



The first bobbleheads were ceramic "temple nodders," religious figurines set in Buddhist temples.

Bobblehead Mania

In the 1960s, baseball teams began the practice of giving away bobblehead dolls that did not even resemble players. As ticket sales climbed on bobblehead giveaway days, the craze swept from park to park. And it wasn't children who wanted the dolls but grown men and women. Why would someone show up to a ballgame two hours early to wait in line for a wobbly-headed doll? Marketing psychologists chalk it up to escapism. People collect

It was the Egyptians who first broke the day and night into 12-hour segments. The number 12 held high significance to the Egyptians. They used a base 12, or *duodecimal* system, perhaps counting the finger knuckles of the hand, minus the thumb, the digit which may have been used to do the counting. Twelve proved a powerful number—12 hours of daylight, 12 hours of darkness, and 12 moon cycles leading to 12 months.

So, who then gave us 60 minutes and 60 seconds? This *sexagesimal*, or base 60, counting system was developed by the Sumerians and Babylonians. Perhaps the base 60 system was chosen because it had 12 factors, easily allowing users to break down one hour into 12 different fractions. We still use the sexagesimal system to measure time, angles, and geographic coordinates.

bobbleheads for the same reason they read tabloid magazines, go to the movies, and vacation in Las Vegas—adults use these outlets to escape the rigors and stresses of everyday life. And some collectors are amassing bobblehead collections worth thousands! Vintage bobbleheads from the 1960s are worth \$10,000. Bobbleheads have grown so popular they have their own holiday on January 7.



Utilize your erudite vernacular without fear of retribution or derision.

Logophiles Rejoice!

January 9 is a holiday for all the logophiles out there. A logophile is a lover of words, and January 9 is Word Nerd Day. Writers, those accomplished weavers of words, advise time and again to seek out simplicity. Mark Twain: "Don't use a five-dollar word when a fifty-cent word will do." Ernest Hemingway: "There are older and simpler and better words, and those are the ones

I use." Stephen King: "Any word you have to hunt for in the thesaurus is the wrong word." But what do these writers know? Today is the day to ignore their advice and embrace the weird and wonderful words that make language so vibrant! Anneal your vocabulary by engaging in a quotidian regimen of elocutionary gymnastics!

Flying to New Heights

Travel to the Indian state of Gujarat on January 14 and you will find the skies filled with millions of kites for the International Kite Festival. Kite flying is more than just a recreational pastime; it is a significant cultural practice for many Indians.



It is believed that kite flying came to India from China, where kites were used to measure distances.

The Kite Festival coincides with Makar Sankranti, the day of the year when the sun moves into the zodiac sign of Capricorn, marking the start of spring and signifying the commencement of the harvest season. The key word here is *movement*, an acceptance of the movement of the seasons and realization that this constant flux is what facilitates the transition from winter to spring and restarts the agricultural growth cycle. Without this movement and change, life on Earth would cease to exist.

Kites fly on the winds of the earth, their movement dictated by forces beyond our control. In this way, the movements of the

kites honor the same movements of Makar Sankranti. We are just along for the ride. Kites have more than just this cosmic significance; they have important cultural significance, too.

In India, the freedom of a kite gliding on the wind has long symbolized independence. In the 1920s, Britain sent the Simon Commission to India to propose constitutional reforms for the country. The commission was composed entirely of British men, with no Indians included. One of the most important and visible forms of protest against the commission was the flying of kites bearing the slogan "Go Home Simon." Ever since, kites have been an expression of Indian patriotism.

During the International Kite Festival, millions of kites are sold for mere pennies apiece, allowing everyone to participate in this treasured, age-old national pastime.