

Walk to End Alzheimer's



Our staff will be participating in Rochester's Walk to End Alzheimer's this year at Frontier Field. We are accepting donations at the front desk and if you'd like to join our team please see Carrie.

September Birthdays

Residents

- Gerry Consaul – 9/1
- Dwight Kitchen – 9/2
- Carol Lucas – 9/2
- Diane Hunger – 9/8
- Nancy Keith – 9/8
- Dan Onderdonk – 9/9

Staff

- Miguel Morales – 9/2
- Sophia Rivers – 9/20
- Haley Waver – 9/27
- Roseanne Farley – 9/30

A New Addition to the Heather Heights Family



Brittney and Erik are welcoming a baby boy into their family and ours.

The Buffalo Bills are back! Games will be on in the Theater to enjoy with your fellow Bills fans.

9/11 – 8:15pm: Bills Vs Jets

9/17 – 1pm: Bills Vs Raiders

9/24 – 1pm: Bills Vs Commanders

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*

Kellie McManus
Case Manager

Anissia Brown
Director of Personal Care

Melissa Haynes
*Assistant Director of
Personal Care*

Erin Schneider
Recreation Director

Andy Armstrong
Culinary Director

Mike Lee
Maintenance Director

Erik Totten
*Director of Housekeeping and
Laundry*

Patricia Apple
Sales and Marketing Director

A Message from the Administrator

Dear Friends,
As the summer days gradually turn into fall, we will have cooler days. I look forward to our weekly scenic rides and getting the chance to catch the fall foliage in action.

A few highlights in September are the Buffalo Bill's and football return this fall, and we will be hosting weekly football games and snacks in the theater. This year we will have football themed days, with dress down for the staff in their favorite team apparel.

Heather Heights is walking for the Alzheimer's Association, and we will be raising money for the walk which is on Oct 7th. Look for a basket raffle this month. We are also looking for residents to join our team and walk with us. We have already raised over \$500 and want to double this amount in September.

Lastly, mark your calendars for our annual Flu Shot clinic which will be held on Oct 11th from 1-4pm. If you would like to received a COVID booster this fall, please stop by and see me or Wendy and we can get you scheduled for an appointment with a local pharmacy.

Love,
Carrie

Making History in Venice

As if the Grand Canal of Venice isn't romantic enough, each September it hosts an event that charms both locals and tourists alike—the Regata Storica. Venice is famous for its traditional gondolas, but this regatta takes Venice's love of rowing to grand new heights.



The Regata Storica is a historical reenactment, an opportunity for Venetians to display their Serenissima heritage to the world. In 1489, Caterina Cornaro, queen of Cyprus, returned to Venice in an elaborate procession over water. Cornaro was from a powerful Venetian family and had been given in marriage to the king of Cyprus. Upon the king's premature death, Cornaro maintained control over the island for 16 years until she was forced to abdicate the throne and hand the island of Cyprus over to the powerful Venetians.

The Regatta Storica is a reenactment of the queen's return. Renaissance-era boats parade along the Grand Canal powered by rowers in period costumes. *Bissone*, the long, snake-like boats reminiscent of ancient warships, glide alongside the Bucintoro, a replica of the doge's luxurious galley. Other smaller boats swarm about these larger barges, creating joyous chaos on the water for all to enjoy. Once the historical procession has ended, the boat races begin.

There are four races, all showcasing different traditional boats. The first race involves the *pupparini*, small, swift crafts that were once used to cruise the canals and train would-be gondoliers. The *mascarete* boats come next, oared exclusively by women. The third race features the wide *caorline* boats, traditionally used for fishing and for transporting fruits and vegetables. These large, heavy boats require six oars and are often steered by men who sometimes struggle to control the boats' sheer heft. Last come the *gondolini*, gondolas modified for racing. These light, fast boats offer an exciting finale to a momentous day.

Employee of the Month



Steve Ribble

September Movie Schedule

Sunday Afternoon at 1:30pm

9/3 – *Titanic*

9/10 – *Good Will Hunting*

Tuesday Evening at 6:30pm

9/5 – *Dead Poets Society*

9/12 – *Ocean's 8*

9/19 – *Pretty in Pink*

9/26 – *Kelly's Heroes*

Friday Afternoon at 1:30pm

9/1 – *Judy*

9/8 – *Rumor Has It*

9/15 – *Chasing Liberty*

9/22 – *Olympus has Fallen*

9/29 – *Call of the Wild*

Promotions and New Faces



Live Entertainment Schedule

Monday September 11th at 3pm

Joe Miltsch

Tuesdays at 2pm

9/13 – *Jim Neary*

9/20 – *Debbie McCullough*

9/27 – *John Culligan*

Thursday September 28th at 10:30am

A Special Blend

Saturdays at 2pm

9/9 – *Keith Dudinski*

9/30 – *Top Brass Band*

All entertainment takes place in the main lobby

Project Stormfury



From 1962 to 1983, the United States government engaged in an ambitious scientific project known as Project Stormfury, the manipulation of hurricanes.

Aircraft would fly into hurricanes and drop silver iodide, turning supercooled water inside the storm to ice, a process known as "seeding." This would, theoretically, disrupt the storm structure and cause the hurricane to weaken. Over the years, Project Stormfury identified hurricanes to target and attempted to seed them, often with inconclusive results. On September 30, 1971, an attempt was made to seed Hurricane Ginger as it lashed the North Carolina coast. It was not successful. Although "seeding" was never proven effective, invaluable hurricane research was conducted.



Notable Quotable

"Fashion is the armor to survive the reality of everyday life."

~ Bill Cunningham, fashion photographer



September Horoscopes and Birthdays

In astrology, those born from September 1–22 are Virgins of Virgo. Virgos, associated with the goddess of the earth, are rooted in the material world. They are considered practical, organized, and detail-oriented. Those born from September 23–30 balance the scales of Libra. Libras strive to find equilibrium and fight for equality and justice. They use their sharp minds to de-escalate conflicts and find peace.

Keanu Reeves – Sept. 2, 1964
Beyonce – Sept. 4, 1981
Idris Elba – Sept. 6, 1972
Otis Redding – Sept. 9, 1941
Tyler Perry – Sept. 13, 1969
Agatha Christie – Sept. 15, 1890
Lauren Bacall – Sept. 16, 1924
Frankie Avalon – Sept. 18, 1940
Dorothy Vaughan – Sept. 20, 1910
Mark Hamill – Sept. 25, 1951
Serena Williams – Sept. 26, 1981
Gene Autry – Sept. 29, 1907

The Most Fashionable Month *(cont. from pg. 3)*

influence over which trends will dominate the next season.

The very first fashion shows were held in Paris. Nineteenth-century designer Charles Frederick Worth and his marketing team replaced fashion dolls with live women to parade new designs in public places like racetracks and beauty salons. During the first two decades of the 20th century, both designers and department stores began staging their own "fashion

shows," or fashion parades, to lure middle-class women into stores. It wasn't until 1943, amid World War II, that New York held its first official fashion week, which it dubbed "Press Week." With fashion industry moguls and media unable to fly to Paris, New York decided to hold its own fashion event. American designers could now give buyers alternatives to French fashion. Our global devotion to fashion trends had finally begun.

Something Borrowed

Since 1987, September has been celebrated as Library Card Sign-Up Month. While this is a time to remind children about the value of libraries, people of any age are encouraged to get a library card and explore the wonderful world of borrowing books for free. America's first lending library was founded in Franklin, Massachusetts, in 1778. When Founding Father Ben Franklin was asked to donate a bell to the town, he instead donated a set of books, which became the library's

first collection. The oldest known library in the world dates back to the seventh century BC. Located in Nineveh, in modern-day Iraq, it was a private library built for the Assyrian ruler Ashurbanipal. It did not house books but rather 30,000 cuneiform tablets, including the 4,000-year-old *Epic of Gilgamesh*. It wasn't until the 19th century that public lending libraries became popular and the first library membership "card" systems were devised for easy and manageable borrowing.

September 2023

Celebrating September

Classical Music Month

Sewing Month

World Alzheimer's Month

Victory Over Japan Day September 2

Labor Day (U.S.) September 4

International Day of Charity September 5

Grandparents Day September 10

Patriot Day (U.S.) September 11

Rosh Hashanah September 15–17

Yom Kippur September 24–25

The Most Fashionable Month

The month of September brings a string of fashion weeks from the industry's most influential designers in some of the world's most fabulous cities. New York, London, and Milan all host runway shows debuting the hottest trends for 2024. This monthlong fashion celebration culminates in Paris, where top designers, celebrities, and fashionistas gather to show off their newest fashion creations. September just might be the most fashionable month of the entire year.

New York, London, Milan, and Paris are known as the "Big Four" fashion cities of the world. Typically, each city hosts its own nation's designers. Donna Karan,

Michael Kors, and Thom Browne call New York home; Burberry, JW Anderson, and Simone Rocha rock the runways of London; Italian greats Fendi, Gucci, and Prada strut in Milan; while French fashion houses Chanel, Givenchy, and Dior display their elegance in Paris. While there are plenty of fashion labels in Spain, Japan, Turkey, and elsewhere, fashion houses large and small flock to these four cities, where journalists and celebrities exert tremendous

(cont. on pg. 6)

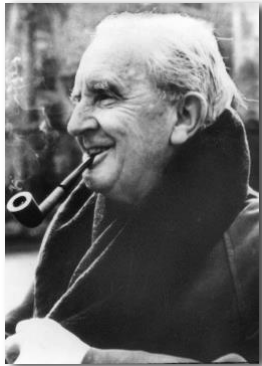
Begging the Question

Ask a Stupid Question Day on September 28 prompts us to wonder what happens if you ask a stupid question. Will you get a stupid answer? This holiday was invented by teachers in the 1980s as a way to get children to be fearless when it comes to asking questions. Questions are the cornerstone of learning. This was understood by Socrates back in ancient Greece when he

developed his own questioning methods. Over the millennia, questioning has allowed us to explore complex ideas, clarify meanings, provide evidence, explore consequences, and challenge assumptions. Without questions, there is no learning! So yes, ask questions even if they are stupid! Even if they reveal obvious truths, truths in the open are better than truths hidden.



Living a Fantasy



Tolkien was a noted linguist and by 1917 had invented Quenya, the language of the elves.

For those unfamiliar with the literary works of J.R.R. Tolkien, the word *hobbit* and the celebration of Hobbit Day on September 22 might sound like utter nonsense. But for those well-versed in Tolkien's great works of high fantasy *The Hobbit* and *The Lord of the Rings*, this day is not just a celebration of the birthdays of the fictional characters Bilbo and Frodo Baggins but a day to honor all the contributions Tolkien has made to the fantasy genre.

In many ways, Tolkien single-handedly created the genre of epic fantasy that is filled with magic, mages, wizards, elves, and orcs. Fantasy as a genre existed and even thrived before Tolkien, but this early fantasy consisted of formulaic fairy tales and fantastic medieval romance. Many of the stories predating Tolkien were meant for children and filled with

whimsy, such as L. Frank Baum's *The Wonderful Wizard of Oz*, Lewis Carroll's *Alice in Wonderland*, and J. M. Barrie's *Peter Pan*. Tolkien, while fighting as a British soldier in the trenches during World War I, began to formulate not just a novel but an entirely new world and mythology filled with its own gods, goddesses, races, and continents. Moreover, the conflicts found in these novels were not whimsical but were dark and foreboding.

Much of Tolkien's inspiration came from Norse mythology. He was profoundly influenced by the Old English epic poem *Beowulf*, within which we can find templates for Tolkien's giants, elves, orcs, and dragons. Whatever Tolkien's influences, his novels have profoundly influenced not just fantasy but pop culture all around the world.

Podcast Popularity



The main age group regularly listening to podcasts is 12- to 34-year-olds.

Podcasts, those instantly accessible online audio series, are among the most popular forms of modern entertainment. They are so popular, in fact, that they enjoy their own holiday on September 30, International Podcast Day.

The allure of podcasts lies in their variety and availability. You can listen to stories about just about anything: cooking, home renovation, celebrities, hard news stories, pop culture, and more. And thanks to

smartphones, you can listen whenever and wherever you want: on a walk, at the gym, at home, in the car. While many podcasts are deeply researched and professionally produced, even hosted by established radio and television personalities, it is still possible to record your own podcast about whatever topic you like. Neither internet nor media companies control content. If you love listening to the radio, podcasts are its modern extension. Why not try them?

Hit Parade



The Vapors, the Buggles, the Knack, Devo, and Chumbawamba are all bands with one-hit wonders.

If you had only one chance for greatness, would you make it count? September 25, One-Hit Wonder Day, honors those artists who took their one chance and made a lasting impression. In 1957, Dale Hawkins wrote the rockabilly hit "Suzy Q," a one-hit wonder that was remade into a hit by Creedence Clearwater Revival in 1968. In 1969, Norman

Greenbaum penned "Spirit in the Sky" in 15 minutes. The single went gold, selling two million copies. It wasn't the first one-hit wonder to go gold. In 1966, "96 Tears" by ? [Question Mark] and the Mysterians hit No. 1 on the pop charts and went gold. Frontman Rudy "Question Mark" Martinez never questioned the song's mysterious popularity.

The Space Race



On July 20, 1969, Neil Armstrong became the first human to walk on the moon.

On September 12, 1962, President John F. Kennedy was at Rice University in Houston, Texas, and his mission was clear: deliver a speech that would get the nation excited about sending a man to the moon. This speech stands as a seminal moment in the Space Race between the United States and the Soviet Union.

The Soviet Union struck first in the Space Race, launching the world's first satellite, Sputnik 1, in October 1957. Then, in April 1961, Russian cosmonaut Yuri Gagarin became the first person in space. By the time Kennedy became president, the United States' space efforts seemed woefully behind the Soviets. And after the Bay of Pigs disaster in April of 1961, America's reputation as a world power was severely tarnished.

Kennedy needed a win, an achievement that would demonstrate American superiority over the Soviets. Could the Americans beat the

Russians in launching a space station? Orbiting a man around the moon? Landing a man on the moon? NASA administrator James E. Webb identified landing a man on the moon as the most feasible—but also the most expensive—option.

In May of 1961, Kennedy asked Congress for billions in funding for a space program called Apollo that would land a man on the moon. Plans moved forward, and the U.S. started building a new Manned Spacecraft Center in Houston, Texas. In September 1962, Kennedy toured the new facility. He met astronaut John Glenn and reviewed models of the Apollo spacecraft. Then, before a crowd of 40,000 at Rice University, he delivered his speech, famously saying: "We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard." The speech was a success, and Kennedy finally had the support he needed for his "space race."