



Notable Quotable

“Where flowers bloom so does hope.”

~ Lady Bird Johnson
(born December 22, 1912)



December Horoscopes

If you were born from December 1–21, you are a Sagittarius, the Archer. Archers are not only confident but also lucky, so they often find success. Their enthusiasm is infectious, so people often help them achieve their ambitious goals. Those born from December 22–31 are Capricorns, the Goat. As sure-footed goats climb mountains, Capricorns pursue worthwhile, nonfrivolous goals by taking practical steps.

A Perfect NYC Christmas *(cont. from pg. 1)*

In a town known for its shows, going to see a Christmas performance should be on every list. The Rockettes' *Christmas Spectacular* is filled with the expected high kicks and beloved Christmas tunes. An outing to see Tchaikovsky's *The Nutcracker* is a holiday tradition for families all over the country, but the Lincoln Center's production is one of the most admired performances of this 1892 classic.

From Meek to Mighty

December 15 is a day to root for the little guy with the big heart, for it is Underdog Day. Here are a couple of the best underdogs, real and fictitious:

No team may have pulled off a more surprising win than the 1980 U.S. men's Olympic hockey team. A mix of amateurs and college stars defeated a Soviet team at the height of the Cold War. Sportscaster Al

December Birthdays

Resident's

John Nasse 12/2
Lawrence Noronha 12/15
Maria Isgro 12/17
Eileen Holtzauer 12/21
Margaret Mc Kinney 12/23
Donna Lee Kingsley 12/29

Employee's

Addie Dunn 12/4
Ntahombaye Nestory 12/5
Wendy Moroz 12/6
Elizabeth Auguste 12/12
Joyce Hoffman 12/20
Angel Green 12/23
Keevon Wyatt 12/25

The Christmas season is not complete without picking up presents for loved ones. Shopping options in the Big Apple are always plentiful, but the European-style Christmas markets have unique gift items. The atmosphere is festive—chilly air, twinkling lights, bustling stalls, and the scent of baked goods create the perfect holiday setting. For native New Yorkers and visitors alike, nothing beats Christmas in New York!

Michaels asked, “Do you believe in miracles?” You bet we do.

Literature is filled with underdog stories, and J.R.R. Tolkien's hero Frodo Baggins from his *Lord of the Rings* trilogy is practically the size of a dog. This tiny hobbit, best known for eating, drinking, and living in peace, crosses an entire continent full of beasts and demons to save the world from evil and destruction.

What's Happening at Heather Heights

December 2023

Heather Heights of Pittsford | 160 W. Jefferson Rd.
585-264-1600



Management Staff

Carrie Bardo
Administrator

Tiffany Arnold
*Assistant Administrator
Business Office
Manager*

Kelly Mc Manus
Case manager

Anissia Brown
*Director of Personal
Care*

Melissa Haynes
*Assistant Director
of Personal Care*

Jackie Powley
Director of Recreation

Andy Armstrong
Culinary Director

Mike Lee
Maintenance Director

Erik Totten
*Director of
Housekeeping
And laundry*

Patricia Apple
*Sales and Marketing
Director*

A Word from Administration

I want to wish the residents of Heather Heights a joyous holiday season! This year I am so thankful that we can celebrate the season together.

I hope that everyone has saved the date of **Thursday December 14th from 4:30pm to 7pm**. We will have the Randy Richmond band, delicious food and even a little shopping. We are all so excited to have family and friends joining us for our annual party and so glad to have it return and celebrate together.

That night we will also announce our co-worker of the year. If you have not voted yet, please take a few moments to do so. Below is a list of staff eligible staff for Employee of the Year.

Rachelle Mandigo – LPN
Walter Hendrix – PCA
Leslie Gonzalez – PCA
Ntahombaye Nestory (Nestor) – Housekeeping
Steve Ribble – Transportation
Lisa Walker – Med Tech
Wendy Moroz – Reception
Tracy Holcumb – PCA

I wish you all a very Merry Christmas and a blessed New Year.
Carrie

Almost Time to Time Travel



This machine won the Best Special Effect Award in 1961 for the movie The Time Machine.

The idea of a time machine has long captured the imagination of storytellers. In Charles Dickens' famous novel *A Christmas Carol*, the despicable Ebenezer Scrooge visits Christmases past, present, and future.

Time travel is not just a fascination for artists. Stephen Hawking, the noted scientist, believed that time travel is possible. It has to do with speed—not just any speed, but the speed of light, the fastest speed in the universe. When things travel at or near this speed, they travel more slowly through time. If you boarded a train traveling at the speed of light for one week, the rest of the world would have traveled 100 years. In this sense, you would step off the train having traveled 100 years into the future. Amazingly, experiments of this kind are being conducted at a giant underground.

laboratory in Switzerland known as CERN. Scientists shoot tiny atomic particles so fast that they continue living long after they should have disintegrated. They are traveling into the future.

Hawking himself admitted that he would prefer the past to the future, visiting Marilyn Monroe or Galileo. On December 8, Pretend to Be a Time Traveler Day, you too can imagine where (or when) you would like to visit. Do you want to visit the age of the dinosaurs or watch the pyramids be built? Would you rather see the future? It is interesting to think about how your ancestors may remember you. It is even more interesting to think about a time when we could visit aliens in outer space. According to Hawking, we may not have to pretend much longer. Someday, December 8 might simply be called Be a Time Traveler Day.

Fiddlin' Around

December 13 is Violin Day. Perhaps this is because on this day in 2010, rock violinist Ben Lee broke the Guinness world record for fastest violin player by playing Nikolai Rimsky-Korsakov's "Flight of the Bumble Bee" in just 58.515 seconds. After breaking the previously unbreakable magic-minute mark, Lee reportedly insured his fingers for over four million dollars.

Violins were once instruments

used only for classical music, but they have since spread in popularity to jazz, rock, and pop music. Folk musicians have long played the fiddle, and violin-like stringed instruments have been used in India and the Arab world for hundreds of years. Violin makers, called luthiers, enjoy great renown. The violins of famous Italian luthier Antonio Stradivari are so precious that one, built in 1716 and called "The Messiah," is part of a museum collection in England.

These two individuals have been voted by their peers as the Employee and Resident of the Month



Tracy



Bob

Home Sweet Home

Gingerbread House Day, December 12, brings a touch of magic to the holiday season. It's the perfect occasion to indulge in a time-honored tradition: building and decorating gingerbread houses. This charming holiday offers a sweet escape from the busyness of the season.

The history of gingerbread houses has roots in medieval Europe, where gingerbread was initially reserved for special occasions and celebrations. It was often used to create intricate works of edible art, including gingerbread houses. These delectable structures gained popularity in Germany during the 16th century when the Brothers Grimm published their fairy tales, including the famous story of Hansel and Gretel, who discover a house made of gingerbread and candy deep in the forest.

Notable gingerbread houses have become a source of fascination and wonder. The

White House has a longstanding tradition of creating a gingerbread replica of the executive mansion. These intricate confections often include detailed icing decorations and miniature furnishings.

Another impressive example is the annual National Gingerbread House Competition in Asheville, North Carolina. This event attracts pastry chefs and artists from around the world who craft astonishing gingerbread creations, from charming cottages to elaborate castles.

In modern times, gingerbread houses have evolved from simple, rustic structures to architectural marvels. They continue to be a beloved tradition, a sign of the enduring appeal of this spicy-sweet treat. This year on Gingerbread House Day, unleash your creativity, and see what kind of edible masterpiece you can create with family and friends.



Gumdrops are one of the most iconic gingerbread house candies.



A Stradivarius violin was sold in 2011 for \$15,691,760.