

April 2024

# Heather Heights Happenings

Heather Heights of Pittsford/ 160 West Jefferson Rd. Pittsford NY 14534



## Celebrating April Lawn and Garden Month

### Humor Month

*Laugh at Work Week April 1-7*

*National Volunteer Week April 21-27*

*Peanut Butter and Jelly Day April 2*

*National Gardening Day April 14*

*Take a Wild Guess Day April 15*

*Earth Day April 22*

*International Jazz Day April 30*

## Honesty and Deception

You may find that April 4 goes against your moral code, for it's a "Tell a Lie Day." Many ethical people live by the credo "Always tell the truth." But do we? Researchers have discovered that most people tell occasional lies for several reasons. Sometimes we lie to gain other people's respect or to cover up for making mistakes. The good news is that most people lie to spare someone else's feelings from being hurt. If people choose to always be honest regardless of the consequences, that honesty could lead to injury or harm. Compassion may sometimes override honesty.

Lucky, then, that April 30 is Honesty Day. Honesty can certainly hurt sometimes, but it also takes courage and maturity to be honest in difficult situations. Furthermore, staying honest attracts other honest people to you. When you are surrounded by the truth, you can be your authentic self. The freedom that comes with honesty is worth celebrating!



## Oasis Tap Dancers

There was a full house when the Oasis Tappers came to Heather Heights to tap away our winter blues. There were 13 women that came to dance, the oldest was 106 years young. They will be back on October 4<sup>th</sup> and December 3<sup>rd</sup>, so if you missed them, you still have a chance to see them the next time they come. They put on a fantastic show.

## Management Staff

Carrie Bardo

Executive Director

Tiffany Arnold

Assistant Executive Director

Rachelle Mandigo

Case Manager

Anissia Brown

Director of Nursing

Jackie Powley

Director of Recreation

Andy Armstrong

Culinary Director

Mike Lee

Director of Housekeeping,  
And Maintenance and Laundry

Erik Totten

Assistant Director of Housekeeping  
and Maintenance

Patricia Apple

Admissions Director

Hello,

We have had quite a March. With Irish food, Irish Tap dancers, and an Easter egg hunt as well.

Out with winter and in with spring. April is upon us with spring flowers and rain showers. We will also have a total eclipse on April 8<sup>th</sup>. We will have entertainment, and glasses for all so we can watch this extraordinary event.

You have worked hard on blankets for the Lollypop Farm. We will be delivering them this month to their new owners, the animals in the shelter. I am sure the animals will appreciate all your hard work.

We have a new store at Heather Heights in the Blue Hall near the nurse's station, filled with all types of beautiful items as well as daily necessities. If you have not had the opportunity to stop by and shop, please come by, you may find something you need or want.

Jackie

### Entertainment for the Month of April

- 4/6 2:00pm Keith Dudinski-L
- 4/8 2:00pm Top Brass-L
- 4/12 3:00pm The Trio-L
- 4/13 2:00pm Kodak Quartet-L
- 4/19 2:45pm The Pearlz Band-L
- 4/20 2:00pm DHL Entertainment-L
- 4/22 2:00pm Doug Sibble-L
- 4/24 2:00pm Karen La Bella-L
- 4/26 3:00pm Jim Neary-L
- 4/27 2:00pm Clarinet Collection-L
- 4/29 2:00pm Mike Sidoti-L

We have a beautiful new Store located here at Heather Heights in the Blue Hall near the nurse's station. There are many items available for men and woman.

If you have not been to it stop on by.

#### The store hours

Monday, Wednesday, and Friday from 11:00am -12:00pm



### April Horoscopes

Those born between April 1-19, You are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence give them big, outgoing personalities.

Those born between April 20-30 You are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they like to reward themselves for a job well done.

### Heather Heights April Birthdays

#### Residents

- 4/2 Mary Aboueid
- 4/5 Diana Kubick
- 4/7 Marga Fisher
- 4/12 Jane Cory
- 4/18 Cedric Lodge
- 4/25 Paul Tenny
- 4/29 Karl Hartlein

#### Employees

- 4/12 Nepo Muhanuka
- 4/15 James Profeta
- 4/25 Connie Ashley
- 4/28 Erik Totten
- 4/28 Talisha Holloway



### Heather Heights Highlights

We had quite the easter egg hunt with alot of winners

Congratulations to Val Bauer the first place winner of our Easter egg hunt.

Congratulations to all the winners Mary Isgro, Nora Marchese, Shirley Merton, Mary DePasquale.

Thank you for joining in the hunt..



The Oasis Tappers tapped into our hearts last month. They put on spectacular show. The oldest tapper was 106 years young. If you missed them they will be back October 4th, and December 3<sup>rd</sup>.

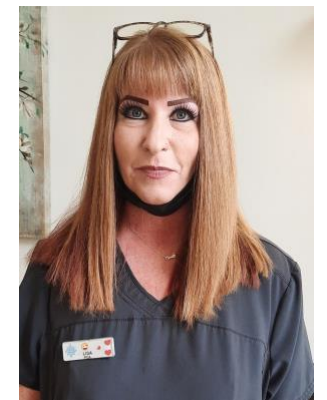


We are thrilled to welcome, Rachelle Mandigo She is our new Case Manager.

She is your point of contact for rehabilitation services, switching to UR geriatrics group, and enhanced services. Feel free to reach out to Rachelle with any questions you may have.



Rachelle Mandigo  
Congratulations to the Resident & Employee of the Month



Nora Marchese & Lisa Wanzonried