

*Celebrating June*

*Adopt-a-Cat Month*

*National Soul Food Month*

*International Men's Health Month*

*Watermelon Seed Spitting Week June 27-30*

*Live Entertainers and Speakers*

- 6/3 2:00 pm Musician Billy Joe
- 6/4 2:00 pm Musician Debbie McCullough
- 6/5 2:00 pm Travelog speaker Linda LoCastro The topic "Italy"
- 6/7 3:00pm Musician Doug Sibble
- 6/14 3:00 pm Musicians "Remember When"
- 6/15 2:00 pm Musician Keith Dudinski
- 6/16 2:00 pm Father's Day The Patriot Guard Riders check out their bikes, and mingle with some veterans.
- 6/17 2:00 pm Musician Hanna PK
- 6/19 2:00 pm Guest Speaker WHEC TV 10's Deanna Dewberry
- 6/21 3:00 pm Musician Karen LaBella
- 6/22 2:00 pm Musician Group "Clarinet Collection"
- 2/24 2:00 pm AMPS Chorus
- 6/26 2:00 pm Musician John Culligan
- 6/27 2:30 pm Employee Watermelon eating contest
- 6/28 3:00 pm Musician Mike Sidoti and his Horn

*Assisted Living Out and Abouts Planned*

6/6 We are going to the movies to see: Kingdom of the Planet of the Apes

6/20 We are going on the Canandaigua Lady for a boat ride and Lunch

*Memory Care Out and Abouts*

6/13 Let's get some Pizza

6/27 A ride to Canandaigua Lake

June 2024

*Management Staff*

Carrie Bardo Executive Director

Tiffany Arnold Assistant Executive Director

Anissia Brown Director of Nursing

Paula Biuso Assistant Director of Nursing

Rachelle Mandigo Case Manager

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

*Heather Heights Happenings*

*Hello To All,*

*Spring is almost gone, and summer approaches. We look forward to having more activities outside. Come join us as we get some well needed outside air.*

*As a reminder if walking outside please watch your step. If you are unsure of your stability, please ask for assistance before going out the sidewalks, and we would be happy to accommodate you, also do not forget to tell the receptionist you are going outside. Recreation will be beginning a walking group, together we can walk to stay strong.*

*We had great Ladies' Day with Debera Jeans pop-up Shop, and shoulder, arm, and hand massages. There was also a special event when one of veterans Ziggy Weinthal had an escort from the Patriot Guard Riders to the airport, and three different television crew here to interview him for his trip to Normandy. Thank you all for joining the bon voyage gathering for him.*

*Thank you to all our veterans for your service.*

*Save the date: July 18<sup>th</sup> from 4:30 - 6:30. We will be hosting our annual Summer Party. More details to come.*

*Jackie*

*Eyes are Important.*

On a bright June day, a pair of sunglasses might seem the perfect fashion accessory, but sunglasses are more than a fashion statement; they are important for good eye health. On June 27, Sunglasses Day, don a pair and spread the word.

Look for sunglasses that block 100 percent of both UVA and UVB radiation. This type of solar radiation is responsible for cataracts, skin cancer around the eyes, and even sunburns on the eye's surface. Not only will your eyes be healthier, but

these sunglasses will also reduce wrinkles around the eyes. Sunglasses also reduce bright glares, block wind and dust, and reduce headaches and eyestrain in bright light. Whether you choose aviators or wayfarers, teashades or wraparounds, make sure that you both look cool and protect your eyes, keeping your future bright (but not too bright).



# Heather Heights Insights

## Notable Quotable



*"It's not the load that breaks you down, it's the way you carry it."*

~ Lena Horne  
(born June 30, 1917)



Our own resident "Ziggy Weinthal" was invited by "The American Veterans Association." on a Veterans all expenses paid trip on the Ship Queen Mary across the Atlantic to a Chateau in Normandy. Ziggy's trip will be from May 21, -June 6. The program aims to pay tribute to the millions who bravely served in WWII, Korea, and Vietnam. This mission will also help us honor the millions who crossed the Atlantic to Europe to free a continent from the horrors of the NASI regime. There was a police force, and Patriot Guard Riders of NY, escort for Ziggy and another veteran Joseph Grossm from our Heather Heights facility to the Rochester Airport. The itinerary includes:  
\*A trip on the Queen Mary to Southampton, England.  
\*Lunch with UK veterans at General Eisenhower Headquarters.  
\*A ferry to Normandy, France, the veterans will take part in many commemorations throughout Normandy.  
Finally, they will depart from Normandy France for their trip home to the US.  
We want to thank all the Veterans at Heather Heights who served our country.

# June Horoscopes and Birthdays

*If you were born between June 1-21, you are a Twin of Gemini.*

Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.

*Those born between June 22-30, are Crabs of Cancer.*

Crabs love family and nurturing others. They may be emotional, kind, and gentle, but they are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness.

## Heather Heights Birthdays

### Residents & Employees

- |                        |                        |
|------------------------|------------------------|
| 6/2 Milli Russo        | 6/12 Douglas Mason     |
| 6/6 Margaret Kelly     | 6/19 Jazmine Singleton |
| 6/11 Nora Marchese     |                        |
| 6/11 Jennie DeBree     |                        |
| 6/14 Joanne Meininger  |                        |
| 6/15 June Cotter       |                        |
| 6/18 Richard Baxter    |                        |
| 6/22 Patricia Plassche |                        |
| 6/29 Wally Cordaro     |                        |

### Famous Peoples Birthday

- Lena Horne – June 30, 1917
- Boy George – June 14, 1961
- Stan Laurel – June 16, 1890
- Prince William – June 21, 1982
- Meryl Streep – June 22, 1949
- Dianne Feinstein – June 22, 1933
- Larry Blyden – June 23, 1925
- Slim Pickens – June 29, 1919

