

Heather Heights

A Magical Start to the Year



It turns out that January is a magical month. First, January 16 is Appreciate a Dragon Day. In Eastern cultures, dragons are powerful beings of wisdom, magic, and longevity, and their symbolism is often used by emperors and leaders. European cultures tend to view dragons as fearsome

fire-breathing foes. These winged beasts can fly, and perhaps this is why the word *dragon* comes from a Greek word meaning "I see clearly," as if dragons can see the entire world from above.

Then January 19 is Brew a Potion Day. Potions are believed to heal, bewitch, or poison others. In olden days, traveling salesmen and charlatans would travel across the land selling snake oil panaceas, promising to heal any and every possible ailment. Even in modern times, we see television infomercials selling products guaranteed to clear our skin, regrow our hair, or clean our upholstery. In lieu of these potions, concoct your own magical mixture or recipe and give it to someone you love on January 19.

If the magic of fantasy is too far-fetched for you this month, you could instead engage in another sort of magic: January 2 is Science Fiction Day. The mysteries of science can sometimes be even more baffling than dragons and potions. After all, who could have foretold rovers roaming Mars? A person falling to Earth in a 24-mile free dive from the edge of space? The ability to hold a computer in the palm of your hand? Of course, all of these achievements are mere science. For them to become science *fiction*, the scientific advancement must present some dreadful and unforeseen challenge.

This January, the biggest challenge may be to allow your imagination to take flight and consider dragons, potions, and scientific calamities. Then February will bring us firmly back to Earth.

January Birthdays Residents

Nella Yakym- 1/1
 Franklin "Joe" Wilson- 1/1
 Maria Cassetta- 1/6
 Mary Clark- 1/9
 Kay Leiderbach- 1/13
 Patricia LoMascolo- 1/20
 Sharon Seeholzer- 1/21
 Manuel Gonzalez- 1/25
 Mary Ann Mady- 1/29
 Debra Gunther- 1/31

Staff

Hicuburundi Athanas- 1/1	John Jakubonis- 1/18
Nkundabanyanka Lea- 1/1	Tajanique Moore- 1/22
Riziki Chantal-January 1/1	Rejane Johnson- 1/30
Isak Abdulkadir- 1/1	
Yolanda Dailey- 1/4	



Gold Rush Gab

Dagnabbit, it's time for Talk Like a Grizzled Prospector Day on January 24. You've never heard of it, you say? Perhaps you have heard of James Marshall, who, on January 24, 1848, discovered gold that started the California Gold Rush. Almost 100 years later, a farmer named

January Happenings

Thank you to everyone who made December's Holiday Party a success! Everywhere I looked people seemed to be enjoying the music, delicious food and company of others.

As we turn the page on the calendar to 2025, I look forward to input from you all to make the recreation experience better. Feel free to offer suggestions for activities during our Resident Recreation Meeting on Friday January 3rd or stop by and talk to me privately if you prefer. The Resident Council Meeting is Tuesday January 21st. Please let us know what we are doing well and what we can improve on. Managers are open to suggestions and feedback to share with the team.

In December we had two outing suggestions of Walgreens and Tom Wahls, so they have been added to January's calendar. We will continue celebrating monthly birthdays by having a party with entertainment and all are welcome to attend. Please join us for a Cookie Decorating program on January 31st which was another suggestion from last month.

Lastly, let me introduce myself if we haven't met already. My name is John Jakubonis. I have over 12 years of experience in the Recreation field with both elders and individuals with special needs. After receiving my bachelor's degree from Suny Brockport I quickly discovered a passion for recreation and helping others pursue their leisure interests and hobbies. I am a husband and a father of three who enjoys making memories with family. The five of us enjoy planning vacations and fun experiences together. All three kids participate in various activities of interest, and I am right there cheering them on, offering advice and support. I can be seen and heard rooting for the Rochester Americans, Buffalo Sabres, Buffalo Bills and San Francisco 49ers with his family and friends.

Hope all is well,

John

Carrie Bardo
 Executive Director

Tiffany Arnold
 Assistant Executive Director
 And Business Office Manager

Patricia Apple
 Admissions Director

Andy Armstrong
 Culinary Director

Mike Lee
 Director of Housekeeping,
 Laundry And Maintenance

Erik Totten
 Assistant Director of
 Housekeeping, Laundry
 And Maintenance

Paula Biuso
 Case Manager

John Jakubonis
 Director of Recreation

Galloping into Radio History



The call of “Hi-Yo, Silver! Away!” first echoed on Detroit’s WXYZ radio station on January 30, 1933. A mysterious masked cowboy known as the Lone Ranger went on to become one of the most famous and influential western heroes of the 20th century.

WXYZ station owner George Trendle and writer Fran Striker co-developed the idea of *The Lone Ranger*, yet neither of them had any experience with cowboys or the Wild West. To them, this hardly mattered. After seeing the success of the movie *The Mask of Zorro*, they wanted to develop an American version of a masked swashbuckler. Furthermore, they wanted their hero to set an example of good morals and to stand for truth, justice, and freedom. The show was an instant success and eventually drew an audience of 20 million faithful listeners three times a week.

The writers did not worry about historical accuracy. This was perhaps most evident in the character of Tonto, the Lone Ranger’s faithful Native American sidekick, who uttered simple phrases and groans. During early episodes, the Lone Ranger was often stuck talking to his horse, Silver. The writers realized they needed a second character, so they introduced Tonto on February 25, 1933. Like the Lone Ranger, Tonto was also a model of justice and truth, often providing the brains of the duo.

By the 1950s, *The Lone Ranger* had moved to film and television and starred Clayton Moore as the masked hero. The western craze hit full stride, and a string of hit shows followed: *The Roy Rogers Show*, *The Adventures of Wild Bill Hickok*, *Bonanza*, *Gunsmoke*, *Maverick*, and *Rawhide*. Some argue that the western declined with the Red Scare, the Space Race, and the Cold War. Yet others contend that westerns never went out of style. *The Lone Ranger* struck gold in 1933, and westerns have been treasured ever since.

January Outings

1/8 Shopping at Walgreens

1/22 Scenic Ride

1/28 Lunch at Tom Wahls

Sign up for outings on clipboard near daily schedule screen in lobby



Rails of Adventure

On January 17, Cable Car Day, cable cars all over the world will garner attention. Cable cars use cables to pull them up or lower them down. San Francisco’s iconic cable cars are moved by a system of cables underneath the street. The high-flying cable gondolas of Rio de Janeiro

Brain Bending Fun



Rubik’s Cubes keep our minds sharp.

Just as exercise is healthy for the body, brainteasers are healthy for the brain. Flex your gray matter by answering some of these brainteasers below:

1. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
2. In 1990, a person is 15 years old. In 1995, that same person is 10 years old. How could this be?
3. Before Mount Everest was discovered, what was the highest mountain in the world?

Is your mind too cluttered with irrelevant minutiae to solve January’s brainteasers? Never fear. Another little-known fact is that January 4 is Trivia Day, a day to demonstrate the remarkable benefits of random knowledge. Make some room in your head for these curious tidbits:

- *Dreamt* is the only English word that ends with the letters *mt*.
- Hydrox cookies debuted in 1908, four years before Oreos.
- Tigers have striped skin, not just striped fur. The pattern of stripes is unique to each tiger, similar to human fingerprints.

Answers: 1. He walked; the river is frozen. 2. The person was born in 2005 BC. 3. Mount Everest; it was the highest mountain even before it was discovered.

Dial Up the Nonsense

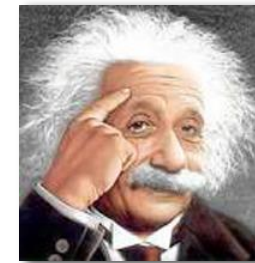
While some people believe that Inane Answering Message Day on January 30 is a day to revise any long, annoying, or otherwise inane answering messages, many believe it is the perfect day to put a smile on your caller’s face by recording a silly message for their listening pleasure. Below you’ll find some wonderfully inane treasures to record on voicemail:

“Hello! You’ve reached the future. Your call is important, but right now, it’s still the past where I am. Leave a message and I’ll get back to you when the time’s right.”

“This is you-know-who. We are you-know-where. Leave your you-know-what you-know-when.”

“You’ve reached [Name], where everything is made up and the points don’t matter. Except your message. Your message definitely matters.”

Celebrate the Unusual



January 10 is the day to hug the nonconformist in your life—it’s Peculiar People Day. The word *peculiar* is not an insult. Some of the most creative scientists and artists were known for their eccentricities. Albert

Einstein picked up cigarette butts off the street to collect tobacco for his pipe. Salvador Dalí gave lectures in a deep-sea diving suit to represent being submerged in the subconscious mind and walked an anteatr on a leash through the streets of Paris. Ben Franklin began his days with an “air bath,” standing in front of an open window to catch a breeze in his birthday suit. All of these people may have shared a trait that psychologists call “cognitive disinhibition,” a failure to ignore irrelevant information. While many filter out unhelpful information, creative types make offbeat connections all day long, leading to peculiarity, yes, but also wonderful innovations.