

## Illuminating the New Year



The Chinese Lantern Festival, also known as Yuan Xiao Jie, will be celebrated on February 12, 2025, marking the end of the Lunar New Year festivities. With a history that spans over

2,000 years, this festival has its origins in the Han Dynasty (206 BC–AD 220), when emperor Han Mingdi promoted the lighting of lanterns to honor Buddha. Over time, the tradition evolved into a broader celebration of family, community, and hope for the future.

At the heart of the festival are the colorful lantern displays, which light up streets, parks, and homes. In ancient times, these lanterns were simple paper creations illuminated by candles, but today's festivals feature intricate designs, often shaped like animals or iconic symbols. Lanterns are believed to symbolize letting go of the past and embracing good fortune for the coming year. A unique aspect of the festival is the tradition of solving riddles attached to the lanterns. Dating back to the Song Dynasty (960–1279), these riddles provide a fun, intellectual challenge for festival-goers, with puzzles that range from playful to deeply philosophical.

Tangyuan, sweet glutinous rice dumplings, are a key part of the festival's culinary traditions. Their round shape represents family unity and harmony, and they're often filled with sweet sesame paste, peanuts, or red beans. The festivities also include lively performances, such as lion and dragon dances, along with dazzling fireworks displays that heighten the joyful atmosphere. Historically, the festival was one of the few occasions when young women could venture out in public, adding a romantic element for couples strolling beneath the lantern-lit sky.

The Lantern Festival remains a cherished cultural event in China, blending ancient traditions with modern celebrations and offering a moment to reflect on the past while welcoming the future with hope and light.

## February Birthdays

### Resident Birthdays

Joyce Aab- February 2<sup>nd</sup>  
Marlys Whitcomb- February 5<sup>th</sup>  
Eleanor Greco- February 5<sup>th</sup>  
Claudia Payne-February 7<sup>th</sup>  
Richard Mills- February 8<sup>th</sup>  
Larry Gallipeau- February 14<sup>th</sup>  
Draga Antonofski- February 15<sup>th</sup>  
Sigfried "Ziggy" Weinthal- February 23<sup>rd</sup>

### Staff Birthdays

Noah McKaig- February 2<sup>nd</sup>  
Joanna Holloway- February 5<sup>th</sup>  
Maria Enloe- February 5<sup>th</sup>  
Ezra McMullen- February 10<sup>th</sup>  
Sheri Coe- February 13<sup>th</sup>  
Saadiqua Wimes- February 13<sup>th</sup>  
Andy Armstrong- February 25<sup>th</sup>

### February Outings:

February 12<sup>th</sup> 1:00pm Shopping at Walgreens

February 26<sup>th</sup> 12:00pm Lunch at Mark's Pizzeria

\*\*All outings are subject to change based on weather and staffing\*\*

### Carol's Quote of the Month:

**"You can please some of the people all of the time, you can please all of the people some of the time, but you can't please all of the people all of the time."**

**-John Lydgate**

February 2025

# Heather Heights

160 W. Jefferson Rd, Pittsford, NY 14534 | (585) 264-1600 |



## Leadership Team

**Carrie Bardo**

*Executive Director*

**Tiffany Arnold**

*Assistant Executive Director and  
Business Office Manager*

**Michelle Kennison**

*Director Of Nursing*

**Paula Biuso**

*Case Manager*

**Patricia Apple**

*Admissions Director*

**Andy Armstrong**

*Culinary Director*

**Mike Lee**

*Director of Housekeeping,  
Laundry & Maintenance*

**Erik Totten**

*Assistant Director of  
Housekeeping, Laundry &  
Maintenance*

**John Jakubonis**

*Recreation Director*

## Welcome Director of Nursing Michelle Kennison

Michelle has over 25 years of experience as a nurse in Assisted Living, Memory Care and Independent Living. She has three children, Steven, Colin, Lauren and a daughter-in-law Michelle. She also has a granddaughter Annalise who is three years old. Michelle keeps busy with her daughter's travel cheerleading and enjoys paddle boarding and Pilates.

## February Happenings

Thank you to everyone who attended January's Resident Recreation meeting to offer suggestions, ideas and feedback on activities. We truly appreciate your input as we continue to create the monthly calendars to offer a variety of programs based on your interests. Denyetta Daymon is your Employee of the month for February. She is nominated for her upbeat personality, positive outlook and excellent interactions with residents and staff. Sally DeRue is your Resident of the month for February. She is willing to have positive conversations with anyone. On Friday February 14<sup>th</sup> Andy Armstrong and our talented Chefs will be serving a delicious Mid-Day Valentines Day meal. At 2:00pm in the Lobby Elvis Presley tribute entertainer Harv Evans will be performing all your favorites during our Valentine's Day Party! Let's get out our blue suede shoes and sing along!

## New to the February Recreation Calendar

Spa Day with Maria on Tuesdays at 3:30pm in the Salon. Relax, refresh and recharge as Maria utilizes her background in esthetics so you can have some "Me" time. Join us for a pet visit with Cagney on February 3<sup>rd</sup> at 2:00pm in the Lobby as Mr. DeVon Smith talks about the importance of a four-legged companion. Please welcome Lin as she provides a space to learn, discuss and reflect on God's word during a Christian based Bible Study. She will be here on Wednesday February 5<sup>th</sup> and Wednesday February 19<sup>th</sup> from 1:30pm to 2:30 pm in the Red Recreation Room. All faiths are welcome!

We value your suggestions for activities! Please stop by the Recreation office or email: [jjakubonis@heatherheights.com](mailto:jjakubonis@heatherheights.com)

Hope all is well!

John

## Goody Goody Gumdrops!

February is a sweet month for candy lovers, with both Bubble Gum Day and Gumdrops Day celebrated within weeks of each other. Bubble Gum Day falls on the first Friday of February, while Gumdrops Day is February 15. Both holidays highlight the history and fun behind these popular treats.

Bubble gum has a surprisingly long history, dating back to ancient peoples who chewed natural substances like tree resin. Modern bubble gum, however, was invented in 1928 by Walter Diemer, a young accountant at the Fleer Corporation. Diemer accidentally created a formula for gum that wasn't too sticky and could stretch—perfect for blowing bubbles. It was famously pink because that was the only dye available at the time. Bubble gum became an instant hit, and today, Americans chew an average of 100 pieces each year.

Gumdrops, on the other hand, have been around since at least the 19th century. These chewy, colorful candies are often used to decorate cakes and gingerbread houses. While their exact origin is debated, the gumdrop's sugary coating and fruity flavors have made them a long-standing favorite. The candy was so beloved that a NASA spacecraft was even named *Gumdrop* in the 1960s.

Both gum and gumdrops have made their mark in popular culture and candy aisles for decades. Bubble gum is often linked with childhood, and gumdrops remain part of festive traditions. Furthermore, gumdrops paved the way for other popular gummy candies like gummy bears and gummy worms. Interestingly, while we celebrate these sugary delights, February is also Gum Disease Awareness Month, a reminder to enjoy sweets in moderation and prioritize dental care. These candy-themed holidays offer a chance to indulge, reminisce, and enjoy the playful nature of bubble gum and gumdrops. Whether you prefer blowing bubbles or savoring a sugary gumdrop, February is full of reasons to celebrate these nostalgic treats.

## Stick to Tradition

Eating with two little sticks may seem like a taxing and complicated food delivery method, especially with forks, spoons, and knives available. Yet more than a billion people (a quarter of the human population) use chopsticks every day. This makes February 6, Chopsticks Day, a very big deal.

The old Chinese word for chopsticks is *kuaizi*, which means “quick little bamboo fellows.” However, not all chopsticks are made of bamboo. The material, shape, and length of chopsticks varies from place to place. They may be made of wood, plastic, metal, jade, porcelain, ivory, or even bone. Chinese chopsticks are slowly tapered with blunt ends, while Japanese versions are often shorter and more pointed. Also, not all chopsticks are used for eating. In Japan, long *ryoribashi* and *saibashi* (12 to 16 inches) are used for cooking and dishing food, while shorter *hashi* are used for eating.

Chopstick users must also remember proper chopstick etiquette. It is impolite to spear food, and resting chopsticks should never point at another person at the table. But it is never impolite to ask for a spoon if necessary.

## The Many Faces of Valentine



While February 14 is widely celebrated as Valentine's Day, there is some confusion as to which Saint Valentine this day refers to. According to the Roman Catholic Church, 14 different saints are named Valentine. Some believe Valentine honors the bishop of Terni, in central Italy, who was condemned by Roman Emperor Claudius. Others believe Valentine was a Roman priest who secretly married Christian couples until he was discovered by the Roman authorities and sentenced to death. Perhaps the real identity of Saint Valentine is unnecessary since what is truly important is his enduring legacy of love.

## Curtains Up on Opera

With an explosion of media outlets available on the internet, some think the days of opera as an art form are numbered. Operas have been entertaining audiences for 400 years, so why not give one a chance on Opera Day, February 8?



In its heyday, opera was the most exciting and dramatic form of entertainment imaginable. The greatest composers, musicians, and singers performed in elaborate music halls. No expense was spared on the grand sets and fine costumes. The perfect marriage of music and

theater, opera was a thrill, even in America. During the 1920s, throngs of young fans would stop traffic in New York City just to catch a glimpse of their favorite soprano. The kids screamed, threw flowers and ribbons, waved American flags, and acted in a manner typically associated with fans of the Beatles. Yes, 100 years ago, opera was like rock 'n' roll.

So which opera should one see, or hear, to feel this exuberance of yesteryear? Many believe that the greatest opera is Mozart's *Don Giovanni*, a masterpiece that is serious, frightening, and funny all at the same time. Mozart's *The Marriage of Figaro* and Rossini's *The Barber of Seville* are two parts of the same story. Rossini's opera, a prequel to Mozart's, gives more detail to the life of the wily comedic hero Figaro. Verdi's *La Traviata*, one of the most performed operas in the world today, has come a long way from when it was first condemned as scandalous in 1853. Then there is always Bugs Bunny's *What's Opera, Doc?* Elmer Fudd is hunting wabbits again, but this time he is in full Viking gear in a parody of Wagner's *The Ring of the Nibelungen*.

If the human voice is indeed “God's most beautiful instrument,” then there may be no better way to enjoy it than listening to the opera.

## Cookie Cravings

It's the weekend you've been waiting for all year: February 24–25 is Girl Scout Cookie Weekend! The iconic flavors are all back: Thin Mints, Samoas, Trefoils, Tagalongs, Do-si-dos, and Lemon-Ups. Two other popular options this season are Adventurefuls, a brownie-inspired cookie with caramel-flavored crème, and a gluten-free option, Toffee-tastic, a buttery cookie packed with toffee bits.

This year, the price of Girl Scout Cookies has increased slightly to six dollars a box, which reflects rising costs. Every dollar goes toward supporting programs that help build our next generation of female leaders. The Girl Scout Cookie program continues to teach Girl Scouts five key life skills: goal-setting, decision-making, money management, people skills, and business ethics. Plus, scouts grow in courage, confidence, and character. There's something extra sweet about enjoying these cookies while knowing you're supporting such an impactful program.

## Crossing the Clouds



Perhaps one of the greatest sightseeing adventures in the world is a four-hour train ride on the Bernina Express from Switzerland to Italy through the Alps.

There may be no better time to travel the route than in February, when the land is glistening white with snow.

What makes the journey so special? The railway, which opened in 1904, crosses 196 bridges, passes through 55 tunnels, and climbs more than 7,000 feet (2,100 meters). This marvel of engineering was designed to open isolated mountain villages to the rest of the world. For these reasons, the rail line has been granted status as a UNESCO World Heritage Site.