

Cache Me If You Can



Geocaching is an activity that combines treasure hunting and technology. The very first geocache consisted of a five-gallon bucket filled with a map, two CD-ROMs, a cassette recorder, a VHS

movie tape, a book, four \$1 bills, a slingshot handle, and a can of black-eyed peas. While this does not sound like a very glamorous treasure, it has gone down in history—amongst geocaching enthusiasts—as the “Original Stash.” The bucket was partially buried in the ground by Dave Ulmer of Beavercreek, Oregon. He then posted its whereabouts on a website on May 3, 2000. He did not include a treasure map or a list of directions; instead, he listed the GPS coordinates of N 45° 17.460 W 122° 24.800. In this way, anyone with a handheld GPS device could find his stash. And geocaching was born.

This hobby is now practiced worldwide. Millions of caches are hidden all over the world, just waiting for someone to find them. All one needs is a cell phone and the cache’s coordinates. Typically, a geocache consists of a waterproof container—Tupperware, a plastic canister, a military ammunition box—concealed in some way and containing a logbook, pencil, and “treasures.” Once the cache is discovered, the finder logs their name in the logbook and is free to take whatever they wish from the cache. Often, the finder adds something new to the treasure. In this way, geocache hunters share and interact without ever meeting each other. Participants also record their experiences on the website where they found the GPS coordinates, such as www.geocaching.com.

Sometimes a special object will be moved from cache to cache. For example, the original can of beans from Ulmer’s first geocache (included in the case pictured above) is now the “most-found travel bug in the world.” But food is no longer allowed in caches, so the carefully restored can is housed in a see-through case and loaned out for geocaching events from Oregon to Austria.

Resident Birthdays

Betty Wilson- 5/11
Joanne Harrington- 5/23
Elaine Argento- 5/27

Staff Birthdays

Daniel Tobin- 5/1
Olivia Luce- 5/3
Andrea Testa- 5/8
Charie Wilson- 5/13
Connie Belpanno- 5/17
Beth McMullen- 5/17
Jacqueline Eatmon- 5/21
Alishia McKenzie- 5/28

May Outings:

May 7th 3:00pm Shopping at Dollar Tree
May 14th 11:00am Lilac Festival

All outings are subject to rescheduling based on weather and staffing

Mike’s joke of the month: Last night the wife and I had dinner at the new restaurant on the moon. The food was out of this world, but there was no atmosphere.

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

Andrea Testa
Assistant 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

Please welcome Sales & Marketing Assistant Heather Roberts

Heather is a married mom of four children. She has a passion for connecting with people. Using her background in mental health advocacy and community health outreach, her plan is to engage with a target audience to build relationships, generate leads and promote services. Outside of Heather Heights, she owns a fireworks business seasonally and loves outdoor adventures either in the mountains or at the beach.

Other new team members:

Kyla – PCA
Kanihja – PCA
Tayauna – PCA
Lorie – PCA
LaFrances – PCA
Na’Chelle – LPN
Talisha – LPN
Tiauna – LPN

Your employee of the month for May is Nestor Ntahombaye. He is nominated for his willingness to help wherever and whenever he is needed. Nestor is friendly with everyone that he encounters during the day. Your resident of the month is Fred Murphy. He is nominated for his cheerful and upbeat attitude. Fred can be seen offering a friendly greeting to others throughout the day. Please offer your congratulations to these gentlemen when you see them.

May 6th to the 12th is nurse’s week. We honor all our nursing staff during that week.

Save the date for the Annual Summer Party July 17th from 4:30pm to 6:30pm. Our theme is Americana. Come dressed in red, white and blue and enjoy live entertainment, delicious food and spending time with loved ones and our Heather Heights Family.

Hope all is well!
John

GRAPE Board Meeting May 13th

It's an honor to host a GRAPE Board meeting May 13th here at Heather Heights. GRAPE stands for Greater Rochester Area Partnership for the Elderly and with over 300 members in the group, all dedicated to supporting our local seniors with fundraising and advocacy. More details below:

The Greater Rochester Area Partnership for the Elderly (GRAPE) is a not-for-profit membership organization. Our membership consists of professionals, volunteers, students, and other interested persons who serve the older adult population in the Greater Rochester area and aspire to improve the quality of services for them.

GRAPE accomplishes this by sharing expertise, knowledge and skills, and by acting as advocates for older adults in ways deemed appropriate by the membership. GRAPE seeks to foster a sense of camaraderie among professionals; provides high-quality education and training; influences social and public policies and facilitates debate about emerging issues.



Hydration Tips



To prevent dehydration, you should drink water throughout the day. Water is best, but other drinks can also be helpful like milk, flavored sparkling water, and low-sugar fruit juices. Even frequent small sips are helpful if you cannot drink a full glass at a time.



The Sock That Got Away

Do you have a spot for old unmatched socks? Do you hold out hope of someday reuniting those single socks with their lost matches? Chances are you may never see those lost socks again,

since many fall over the top of washing machine tubs and are sucked into the drain. On May 9—Lost Sock Memorial Day—take the time to say goodbye to those missing socks, wherever they may be. Perhaps the best way to celebrate this strange holiday is to take those unmatched socks out of the back of the drawer and wear them! Restore them to their former glory, and go unmatched for a day.

A Mom-entous Occasion

Celebrated with great enthusiasm in the United States, Mother's Day falls on Sunday, May 11. And why shouldn't it be celebrated so enthusiastically? Where would we be without our mothers? The fact is we would not *be* at all.



Anna Jarvis is known as the mother of Mother's Day, for she so adored her mom that she campaigned for a holiday to celebrate all mothers. Jarvis herself never married nor had children, but this didn't stop her from lobbying those in power to set aside a day to honor mothers. By 1911, almost every state in America was celebrating Mother's Day, and on May 9, 1914, U.S. President Woodrow Wilson declared the second Sunday in May to be Mother's Day.

In the United Kingdom, a holiday honoring motherhood dates back much further than 1914. In the 1600s, the fourth Sunday of Lent was dedicated as Mothering Sunday. Church services were devoted to the Virgin Mary, and families were encouraged to attend services not at their local parish but to return to their larger "mother" church, or cathedral. Also, in a time when many servants worked in the homes of the rich away from their own families, these servants were allowed time to return home and visit their mothers. The tradition of Mothering Sunday largely died out in the 19th century, but when American servicemen flooded Europe during World War II—bringing their American Mother's Day holiday with them—Mothering Sunday became popular once again.

Whatever the month and whatever the country, many cultures have understood the importance of honoring motherhood. Whether you give the mothers in your life a carnation, a greeting card, or a special simnel cake loaded with fruit, what matters is thanking and honoring all mothers for the miraculous gift of birth.

More Than Margaritas

Cinco de Mayo—which is Spanish for "Fifth of May"—is often a cause for celebration among Mexicans and most anyone else interested in Mexican food, drink, and music. Some less-informed revelers will claim *Cinco de Mayo* as the day of Mexico's independence. Those in the know will tell you it celebrates the Mexican army's 1862 victory over the French at the Battle of Puebla, led by General Zaragoza.

In 1862, Mexico had just gained its independence from Spain. France seized this as an opportunity to expand its empire and launched an assault at Veracruz, a 600-mile march from Mexico City. An underwhelming Mexican militia of 4,500 led by Zaragoza met the 8,000 well-armed French troops at Puebla. Though the French army was considered the greatest fighting force in the world, the Mexicans defeated the French. Six years later, France withdrew its claim on the country. But it was this May 5 David-versus-Goliath moment that instilled a new sense of patriotism and national pride in the young country of Mexico.

Tapping Through Time

Put on your tap shoes and get ready to do the Shim Sham Shimmy on May 25, Tap Dancing Day. Centuries ago, cultures collided in the New World when two distinct dances became one: Irish and Scottish immigrants brought wooden-clogged step dances, and West African enslaved people brought stomping and slapping juba. Tap dancing emerged as a hybrid, as African styles became more formal and were tapped with hard-soled shoes, and European dancing forms became more fluid, rhythmic, and dynamic. In 1925, iron was introduced to the toe and heels of tap shoes, allowing dancers (and their audience) to more easily hear their rhythm. Now dancers could tap a *cappella*, clacking out their own beats without musical accompaniment.

