



Exercise can be fun when you are moving to the music. Pictured Dianne C dancing to the music with Lisa.



- Resident Birthdays**
- Barbara Reithmeier- 7/12
 - Angela Renna- 7/14
 - Carol Rose- 7/23
 - Shirley Merton- 7/26
 - Jennie Maenza- 7/27
 - Earl Blasi- 7/30
 - Shirley Joseph- 7/30
 - Nicholas Verzella- 7/31

- Employee Birthdays**
- Paula Biuso- 7/15
 - Joy Perry- 7/18
 - Lafrances Williams- 7/21

The Birth of a King

July 2025

Heather Heights Happenings

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



Resident of the month:

Dianne C. is your resident for the month of July. She is nominated for her calm and easy-going nature. Dianne will greet and talk with everyone and often invite them in to meet her cat, Kammie.



We had perfect weather for The Father's Day Picnic. Andy at the grill serving some delicious hot dogs, hamburgers and cheeseburgers. Ishali and Blake were preparing the plates and reminiscing with everyone about their dads and being a dad. Ky M. truly enjoyed some guy time outside and even posed for a picture with a few Father's Day props. Dan O. appreciated having lunch and chatting with his son.

On July 18, 1953, a young man named Elvis Presley walked into the Sun Records studio in Memphis, Tennessee, to make his first record. The resulting acetate disc, with just two songs—
“My Happiness” and “That’s When Your Heartaches Begin”—was supposed to be a gift from Elvis to his mother. Rumor has it, though, that the Presleys did not even own a record player. And besides, his mother’s birthday had long passed. Many speculate that the recording was an attempt by Elvis to get the attention of Sun Records owner Sam Phillips. Apparently, Elvis made an impression, because he was invited back to the studio a year later, on July 5, 1954. At first, the session was uninspiring. The band was about to give up when Elvis began fooling around, goofing off, and singing. That sound was exactly what Phillips was looking for, and the King of Rock ‘n’ Roll was born.

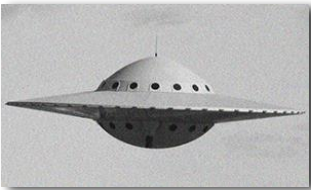
Employee of the month:



Ezra M is your employee for the month of July. He is willing to help anyone and always has a positive attitude. Ezra is known for going the extra mile to make sure the residents have everything they need.

***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! There will be live entertainment, delicious food, lawn games and a car show featuring vehicles made in the USA. Spend time with loved ones and our Heather Heights family. ***

Flying Saucer Frenzy



In early July 1947, something strange happened on a ranch near Roswell, New Mexico. It all began after a night of intense thunderstorms.

The next morning, rancher Mack Brazel rode his horse to check on the sheep. What he found has inspired curiosity, conspiracy, and hysteria ever since. Metal debris was scattered all over the ground. A shallow trench ran for hundreds of feet. When Brazel showed some of the metal to his neighbors, the Proctors, they offered one explanation: it was a UFO.

Excited citizens making UFO sightings had become something of a fad during early 1947. This incident only stoked the fever. Many insist that not only did a flying saucer crash near Roswell but aliens had been recovered by the military. Conspiracy theorists contend that the military then scrambled to cover the entire incident, chalking it up as the recovery of a fallen top-secret surveillance balloon, complete with life-sized test dummies.

Fifty years later, in 1997, the Air Force was still trying to put rumors to rest. It released a 231-page report: “Case Closed: The Final Report on the Roswell Crash.” Each July, however, believers and skeptics alike gather in Roswell to celebrate the UFO Festival. Attendees are encouraged to parade while dressed as their favorite ET and listen to evidence presented by panels of scientists and authors.

UFO sightings aren’t limited to Roswell. Records from the Roman Republic around 200 BC describe ships descending from the sky. Japanese fishermen swore to an at-sea encounter with an alien in the year 1803. And in 1946, Swedish military personnel reported strange “ghost rockets” in the sky. Since a worldwide phenomenon deserves a worldwide holiday, July 2 is now celebrated by many as World UFO Day.

Planet Over Plastic

For many, plastic bags from a grocery or convenience store are a common part of day-to-day living. But there is a movement dedicated to reducing, with the goal of altogether eliminating, the use of plastic bags. These believers will proclaim their intentions on July 3, International Plastic Bag Free Day.

The average plastic bag is used for only 25 minutes but takes approximately 20 years to decompose. Even then, they don’t completely disappear; they just break down into microplastics. Even more shocking, according to Zero Waste Europe, every minute one million plastic bags are in use worldwide. Bags in use this minute will most likely end up in landfills, trees, the ocean, or recycled into other things like bottles, carpets, and clothes.

Hear Ye! Hear Ye!



July 14 is International Town Criers Day. In olden times, when much of the populace could not read and newspapers weren’t widely available, it was the job of the town crier to stand in the middle of town, ring his bell, and shout out the important news of the day. Town criers also shouted “Oyez! Oyez!”—the Anglo-Norman form of “Hear ye! Hear ye!”

Today, the sight of someone wearing a tricorn hat, a powdered wig, and a ruffled collar while ringing a brass bell and shouting the day’s news might be strange. But some towns still carry on the tradition of town crying. The American Guild of Town Criers was founded on July 5, 1997, in Philadelphia, Pennsylvania. The North American Town Crier Championships, first held in Canada in 1983 and in the United States in 1991, have been held each year to promote “the ancient art of town crying.” Though the position is ceremonial, town crying is a source of both pride and joy for many communities.

A Day for Kings and Queens



Every year on July 20, chess enthusiasts around the world come together to celebrate International Chess Day. This special day commemorates the

founding of the International Chess Federation (FIDE) in 1924, which marked a significant milestone in the organization and standardization of chess as a competitive sport.

Chess itself has a rich history, originating in ancient India over a millennium ago. It evolved from a game called *chaturanga* and spread across the globe, influencing cultures and fostering intellectual development. Today, chess is played by millions worldwide, transcending language and cultural barriers.

International Chess Day was first celebrated in 1966, inspired by UNESCO, to highlight chess’s role in promoting cultural exchange and mutual understanding. The day is now recognized by the United Nations, which officially acknowledged it in 2019. On this day, chess clubs, schools, and communities organize tournaments, workshops, and events to celebrate the game’s enduring appeal and educational benefits.

What makes chess so special? It’s not just about moving pieces on a board; it’s about strategy, patience, and sportsmanship. Chess teaches valuable life skills and values, making it a beloved pastime and educational tool. Whether you’re a seasoned grand master or a beginner, International Chess Day is a chance to connect with fellow chess lovers and enjoy the game’s unique blend of challenge and camaraderie.

So, on July 20, grab a chessboard, gather some friends, and join the global chess party. Whether you’re playing online or in person, it’s a day to celebrate the game that unites us all. To borrow FIDE’s motto, “*Gens Una Sumus*”: “We are one people, united by our love for chess.”

Weather or Not

It may seem strange that Americans use a groundhog to help predict the weather, but those in Britain look to the sky. According to an old rhyme about July 15, St. Swithin’s Day:

*St. Swithin’s Day if thou dost rain
For 40 days it will remain.
St. Swithin’s Day if thou be fair
For 40 days ’twill rain nae mair (no more).*

Saint Swithin was the bishop of Winchester. At either his or other clergy’s request, he was buried outdoors where he could be among the people and where the rain could fall on his grave. After more than a century outdoors—on July 15, 971—the monks brought his remains to a shrine inside a newly built cathedral. And, as legend has it, torrential rains followed. Ever since, people have believed that the weather on St. Swithin’s Day will foretell the weather for the next 40 days. Those who have looked into the weather records from 971 say there’s no proof of 40 days of rain, but the legend lives on. sometimes two eyes develop differently. In fact, sometimes one eye can have two different colors, such as a blue iris with a brown ring around the pupil, or a completely brown eye with a splash of green. This is just one way that we are each a unique work of art. [Luckily for us we have 13 WHAM meteorologist Mark McLean to help guide us through whatever the weather in Western New York might throw our way. Last month Mark was kind enough to take time out of his day to talk about his career as a meteorologist, answered questions and even demonstrated how a cloud is formed.](#)



