



**Resident Birthdays**

Carole McDowell- 8/1  
Grace Simonetti- 8/6  
Donald Gottorf- 8/12  
Richard Morse- 8/16  
DeVon Smith- 8/19  
Frederick Murphy- 8/24  
Mary DiPasquale- 8/29

**Employee Birthdays**

Dylan Wanzenried- 8/2  
Jean Menz- 8/4  
Michelle Kennison- 8/6  
Etude Medlus- 8/8  
Jaclyn McClean- 8/9  
Joyce Bennett- 8/15  
Mike Lee- 8/21  
Chalesa Garris- 8/28  
Wilmarie Alicea- 8/29  
Tiffany Arnold- 8/30

4<sup>th</sup> of July was a blast! Pictured to the top left are Keith and Nepo sporting their festive cowboy hats. Jackie is providing the folks with some traditional fireworks. Donna K. and Sheri are dressed for the occasion as well. Edith L was kind enough to bring her 1985 Zimmer to the Family Picnic. Everyone was able to vote, and Edith and her Zimmer came in first place! Donna W. shared her vehicle with us and is pictured here with her family. Thank you for all the families who could attend and join us for the picnic filled with family, friends and fun!

**Mike's Joke of the month:**

What does a horse say when he falls? "Help me, I have fallen, and I can't giddy up."

# 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:**

Jennie M. is your resident of the month for August. She is a strong, extremely sweet woman with a big heart. Jennie has a great laugh and smile that is infectious.



**Employee of the month:**

Wendy M. is your employee for the month of August. She can be seen greeting everyone who enters the door with a smile and most by name. She is always willing to help anyone even if she is busy. Wendy can handle multiple tasks and talks to families before and after their visit with a loved one.



## Pawsitive Days of August



Dog Star, Sirius, was most visible in the night sky during this steamy season.

It makes perfect sense, then, that August 3–9 is Assistance Dog Week, a week honoring canines that help humans with disabilities. Guide, hearing, and medical-alert dogs are specially trained to accompany their owners anywhere and everywhere. “Detection dogs” sniff out everything from bedbugs to forest truffles to cancer.

In addition, August 5 is Work Like a Dog Day, a day for all those dogs who put in a hard day of work. Search-and-rescue, police, therapy, herding, hunting, tracking, guard, and sled dogs are not merely pets but are integral partners in working endeavors. For example, no other dog can compete with the bloodhound’s sense of smell, which is so reliable that it’s admissible as evidence in a courtroom. Bloodhounds can track a smell more than 300 hours old and trails more than 130 miles (209 km) long.

The Doberman pinscher was bred by a German tax collector named Karl Friedrich Louis Dobermann as a protective companion to assist him on his daily rounds. Not only is the Doberman a tough guard dog but also it’s one of the smartest dog breeds in the world.

German shepherds are renowned Hollywood actors as well as police and therapy dogs. The breed’s courage may be rivaled only by their charisma. When Rin Tin Tin debuted on the silver screen, he received more than 10,000 pieces of fan mail per week.

While we’ve all heard the saying “work like a dog,” these industrious canines give the phrase new meaning.

## Wrap Trap

Sometimes opening a bottle of aspirin is so difficult that you need an aspirin just to relieve the pain. Equally frustrating is having something as tiny as a keychain mailed in a box the size of a small child. If you’ve encountered such preposterous packaging, you may be a fan of Particularly Preposterous Packaging Day on August 7.

Products are artfully packaged to look larger and more desirable, sometimes regardless of how difficult the package is to open. The term *wrap rage* has been coined to describe the frustration many feel when a package is all but impossible to unwrap. Furthermore, overpackaged products lead to waste. Studies show that a third of all household waste comes from packaging, which often ends up in landfills. Some places in Great Britain and elsewhere have even begun issuing packaging laws to reduce the amount of trash. The next time you tangle with a package, keep August 7 in mind.

## Lefties Take the Lead



Left Handers Day on August 13.

Left Handers Day is about more than just advocating for left-handed products, like scissors, pens, and can openers. It’s about creating “Lefty Zones,” where right-handed people attempt tasks using their left hands. For one day, the proverbial shoe will be on the other foot, with righties struggling to use tools unfit for their right-handedness. It’s a day when all lefties will fight for their, um... rights.

Did you hear the one about the inventor who developed a left-handed hammer? It didn’t sell. He forgot to invent left-handed nails! But if he had, they likely would have been sold by the Left Handers Club, which celebrates International

## When Tomatoes Fly



The story goes that during Buñol’s traditional parade featuring Giants and Big-Heads figures (costumed characters prominent in Spanish festivals, dating back to the 16th century), a playful scuffle broke out among some young people. When a participant lost his temper and started hitting things, nearby vegetable stalls became the battleground. Tomatoes flew, and a chaotic food fight erupted, which police had to stop. The following year, the youngsters deliberately brought their own tomatoes to recreate the fun, and La Tomatina was born.

Though the festival was banned in the early 1950s by the Spanish government for lacking religious significance, the locals protested passionately. In 1957, they held a “tomato funeral,” carrying a coffin with a giant tomato through the streets accompanied by funeral music. This clever demonstration convinced the authorities to allow the festival again, and it officially became part of Buñol’s annual festivities.

Today, La Tomatina, the last Wednesday in August, attracts over 20,000 participants from around the world. The event kicks off with a slippery pole climb called *palo jabón*, followed by an hour-long tomato battle where trucks unload around 150,000 overripe tomatoes onto the streets. Participants gleefully throw the squishy fruits at each other, turning the town square into a red, messy playground.

More than just a food fight, La Tomatina celebrates community spirit, spontaneity, and fun. It has grown from a local prank into an internationally famous festival, recognized as a Fiesta of International Tourist Interest. Whether you’re young or young at heart, La Tomatina is a joyful reminder that sometimes it’s good to let loose and enjoy a little harmless mess.

## Cents and Sensibility

It’s one of those things you don’t appreciate until it’s not there—the Take a Penny/Leave a Penny Tray. What luck when the tray is there, brimming with shiny pennies so you don’t have to pocket a handful of change. Do your part and keep those penny trays filled on August 8—Take a Penny, Leave a Penny Day.

There are many who deem the lowly penny a useless denomination of currency. In the United States, it costs 3.7¢ to make one penny. In 2012, Canada decided a penny wasn’t even worth minting. Their lowest denomination of currency is now 5¢. Such a change in currency won’t help the U.S., however, where it costs a whopping 13.8¢ to mint one nickel. Why does it cost so much to make these coins? It all depends on the price of copper, a component in coins. Even when the price of copper fell in 2014—saving the U.S. Mint \$29 million in overall production costs—it still lost money minting pennies and nickels. It seems that coins are becoming more of a financial burden than a practical currency in today’s economy.

## Black Cats in a New Light



Does a shiver run down your spine when a black cat crosses your path? Do you instantly think of witches on broomsticks when you see one? Black Cat Appreciation Day on August 17 is your chance to revise your superstitious notions. For example, in Scotland, Great Britain, and Japan, black cats are considered good luck and signs of prosperity. Some even believe that a woman who owns a black cat will have many suitors. Long ago, sailors would choose a black cat as their ship’s cat to protect their ship and bring good fortune. Shelters offer another reason to appreciate (and adopt) black cats: they go well with any outfit.