

### Britain's "Bobbies"

Visitors to Britain might be surprised to learn that their police officers are nicknamed "bobbies" and that they carry no firearms. The invention of this unique police force on September 29, 1829, is credited to then-British Home Secretary Sir Robert Peel, for whom they are named.



Before 1829, there was no British police force. Order was maintained by a mishmash of officials: night watchmen, local constables, and the red-coated army soldiers we remember from the American Revolutionary War. Sir Robert Peel's vision was to create a centralized and professional law enforcement body for the service of all equally under the law, not just the well-to-do. Britain had long been at war with France, and many Britons were familiar with France's powerful, state-run police force. Peel also knew that many Britons would be opposed to forming such a force in Britain, so he launched his police force in central London and laid out nine principles for policing that he called the "General Instructions." Chief among these was the notion of *policing by consent*. Peel wanted the authority of his officers to rest on the support of the public, not the threat of power by the state.

Peel's Metropolitan Police, headquartered on a small street called Scotland Yard, did not don the red coats of the army, but black coats, tall wool hats, and shiny badges. They did not carry firearms, for they did not rule by force but by consent of the populace. Instead, they carried a short club and a whistle, which they could blow if they needed backup. Officers walked routine beats so that their faces would grow familiar, thereby gaining the trust of the citizenry. In time, the Metropolitan Police and their so-called "Peelian Principles" of policing were deemed a smashing success. In London, officers came to be called "Peelers," after Sir Robert Peel, and also, more famously, "Bobbies." Those Peelian Principles are, for the most part, still practiced today. In Britain, most Bobbies still do not carry firearms, and they proudly police by consent.

### Employee of the Month: Amelia (Amy) Beckman Culinary Dept.



Amy was born and raised in Pittsford, NY. She comes from a very large family; having seven brothers and two sisters. She is a senior at Pittsford Mendon High School who's majoring in Psychology. Amy loves all animals and supports this belief as a practicing vegetarian. When she's not at work, Amy enjoys riding ATV's and hiking outdoors. She is very pleasant and helpful to the residents she serves. Congratulations!



### "The Catch"



On September 29, 1954, Willie Mays made one of baseball's biggest plays on baseball's biggest stage. It was Game 1 of the World Series between Mays' New York Giants and the Cleveland Indians. The score was tied 2-2 in the top of the eighth inning when Cleveland batter Vic Wertz hit a line drive to deep center field. With the crack of the bat, Mays sprinted to the deepest part of center and made a spectacular over-the-shoulder catch on the warning track and still had the presence of mind to quickly throw the ball into the infield to keep the runners from advancing. New York went on to win the game and sweep the series for a World Series title, and Mays' catch, remembered forevermore as simply "The Catch," has gone down in history as one of the greatest plays ever made.

# Heather Heights Happenings

160 West Jefferson Road \* Pittsford, NY 14534 \* Ph. 585-264-1600

### A Message from our Community

Our season will be changing by the end of this month. We will welcome the Fall Time and everything that comes along with it like leaves and temperatures changes.

We began our outdoor visitation on August 4<sup>th</sup>, 2020 and welcome families and friends to visit the [signupgenius.com](http://signupgenius.com) website to schedule your next visit with your loved ones. We continue to offer zoom visits as well and these can be scheduled by reaching out to our recreation director Susan Thomas- Payne via email at [sthamas-payne@heatherheights.com](mailto:sthamas-payne@heatherheights.com)

September is also the month for our annual flu clinic for our community. This year our clinic will be held on Sept. 18<sup>th</sup> between 12pm-4pm. Our staff nurses will obtain physician orders for all resident in our facility and vaccines will be provided to those who consent on the day of the clinic.

As a reminder our staff and all essential visitors are required to complete daily COVID symptom assessments that include temperature checks in order to keep everyone's safety at the forefront of our daily operations. Staff and essential visitors are always also required to wear proper PPE while in the community. As always, we are available to answer any questions you might have about our best practices. ~ HH Team



### Department Managers

**Administrator**  
Evelyn Suarez

**Assistant Administrator**  
**Business Office Manager**  
Tiffany Arnold

**Director or Personal Care**  
Rachelle Mandigo, LPN

**Case Manager**  
Beth McMullen, LPN

**Sales/Admission Director**  
Erin Schneider

**Culinary Director**  
Andy Armstrong

**Maintenance Director**  
Tony Rivera

**Recreation Director**  
Susan Thomas-Payne

**Housekeeping/Laundry Director**  
Ernest Myers

**Memory Care Coordinator**  
Jaime DeGough, LPN



### Residents

Phyllis Szymko	9/04
Nancy Lapidis	9/08

### Employees

Miguel Morales	9/02
Lizmary Coppolo	9/08
Ashle Alexander	9/09
Tatyanna Greene	9/17
Samira Fuller	9/28

## On the Ball

Ballroom dancing was once a privilege afforded only to the upper classes and well-to-do. Today, however, ballroom dancing is a pastime that everybody can enjoy, and you don't need an extravagant ballroom in which to do it. Grab a partner and take to the dance floor for a foxtrot, waltz, tango, pasodoble, rumba, or any other style of dance during the week of September 18–27, Ballroom Dancing Week.



The term *ballroom* comes from the Latin word *ballare*, which means "to dance." The earliest ballroom dances were invitation-only events where aristocrats were invited to the royal court for formal balls.

Many historians believe that ballroom dancing originated in 16th-century France. The book *Orchésographie*, written by the French cleric Thoinot Arbeau in 1589, explains in great detail the role of dance in aristocratic circles during the French Renaissance. Soon after, in 1650, the French composer and dancer Jean-Baptiste Lully introduced the dance known as the minuet to Paris. These lively and fast-paced dances became all the rage and remained a ballroom staple for a hundred years.

Many formal ballroom dances evolved from folk dances. The minuet was originally a peasant dance from the French province of Poitou. The waltz, too, had its origins as a German peasant dance. During the 18th century, nobles grew bored with the minuet and would steal away to the dances of their servants, where they learned the waltz. The waltz was considered scandalous, with its clasped hands and bodies pressed closely together. It took years before it was accepted into the ballrooms of the aristocracy. So, too, over the years did dances like Argentina's tango and Cuba's rumba gain acceptance to the ballroom. And in the 20th century, as audiences watched Fred Astaire and Ginger Rogers dance across the silver screen, ballroom dancing suddenly seemed accessible to the masses. Today, ballrooms offer dance nights for dancers of all abilities. Whether you are a novice or an old pro, Ballroom Dancing Week is a chance to put on your dancing shoes.

## Long-Lived Locomotive

In 1831, Philadelphia and New York were the two largest cities in America. The state of New Jersey, situated between the two cities, became a prime location for a railroad company that could transport people and goods up and down the coast. Robert Stevens founded the Camden & Amboy Railroad (C&A) and enlisted Robert Stephenson and Company of Newcastle, England, to build a steam engine, which was called the *John Bull*. Starting service on September 15, 1831, *John Bull* became the oldest operable steam engine in the country.

The engine was shipped to America in pieces. Steamboat mechanic Isaac Dripps was tasked with putting it together. Despite his inexperience and the lack of assembly instructions, he succeeded. His innovative pilot wheel at the front of the locomotive became standard on almost all steam locomotives at the time. *John Bull* ran for 35 years before being retired. In 1883, it was given to the Smithsonian Institution for exhibition. Then, on September 15, 1981, 150 years after its first operation, *John Bull* ran in Washington, D.C., making it the oldest self-propelled vehicle in the world.

## Welcome New Residents



**Audrey Gay**  
**Julianne Scott**  
**Honey Bloch**



## Life goes on – even during a pandemic



Bird watching



Sing-a-long group



Ice cream every day



Outside visits



**John Chapman** (September 26, 1774 – March 18, 1845), better known as **Johnny Appleseed**, was an American pioneer nurseryman who introduced apple trees to large parts of Pennsylvania, Ontario, Ohio, Indiana and

Illinois, as well as the northern counties of the present-day West Virginia. He became an American legend while still alive, due to his kind, generous ways, his leadership in conservation, and the symbolic importance he attributed to apples. He was also a missionary for The New Church (Swedenborgian) and the inspiration for many museums and historical sites such as the Johnny Appleseed Museum in Urbana, Ohio, and the Johnny Appleseed Heritage Center in Ashland County, Ohio. The Fort Wayne Tin Caps, a minor league baseball team in Fort Wayne, Indiana, where Chapman spent his final years, is named in his honor. (<https://en.wikipedia.org/wiki/>)

## Shetland's Golden Fleece



The last Saturday in September brings Shetland Wool Week, a week that places Scotland's generations-old textile industry in the spotlight. Shetland wool is a luxuriously soft, warm, and airy wool that is sheared from

Shetland sheep, a breed that originally hailed from the Shetland Islands, found in the northernmost isles of Scotland. *Fair Isle* knitwear, sweaters that are world famous for their colorful patterns, warmth, comfort, and durability, come from the Shetland island named Fair Isle, where knitters have been turning Shetland wool into garments since the 1600s. Family-based knitters produce up to 40 garments a year by hand. With hundreds of pending requests, buyers may have to wait years before they get a genuine Fair Isle Shetland wool sweater.