

**Our Life in Pictures**



Bingo



Happy Hour



Veterans Day



**Employee of the Month:  
Curtis Beady**



Curtis Beady works in our Culinary Department and has been at Heather Heights for little over a year. Curtis grew up in Rochester and graduated from East Ridge High School. He has three brothers and one sister. Curtis enjoys music, friends, swimming, tattoos, Anime and IP Man. Curtis has a pleasant thoughtful nature and is very attentive to our residents. He often goes above and beyond the standards of our Culinary Department. Curtis' favorite sayings these days is, "Single and ready to mingle". If you see Curtis, congratulate him on being one of Heather Heights' shining stars.



**Peak Performance**



December 11 is International Mountain Day, a day to show appreciation and respect for the high places in the world. It is also a day to honor those with the courage to explore the mountains.

On December 3, 1910, Australian mountaineer Freda du Faur became the first woman to reach the summit of Mount Cook in New Zealand. As a young girl growing up in Sydney, Australia, Du Faur taught herself rock climbing at a nearby national park. Summer vacations to New Zealand inspired her to summit the island's snow-capped peaks. Du Faur's dedication to physical fitness and rock-climbing would become standards for mountaineers of any gender. Du Faur made many first ascents in New Zealand's rugged ranges, for which she would become famous in the mountaineering world.

# Heather Heights Happenings

160 West Jefferson Road ♦ Pittsford, NY 14534 ♦ Phone (585) 264-1600

**A Message From Our Community**



We hope you all had a wonderful Thanksgiving and are ready for Christmas since it is right around the corner. Each neighborhood is going to be decorating for Christmas and we will be having a contest to see which one is the best. Staff is encouraged to make their neighborhoods as festive as possible, and residents are encouraged to get involved as well.

Most of you will be excited to hear that we are in the process of opening our salon for full service!! We are looking for a hairdresser to fill the position at this time and once we have someone, we will let you all know how you can book appointments. We are looking forward to all our residents getting some "spa" time.

As always, our management staff is always available to answer any questions you have regarding holiday arrangements or changes in COVID protocols. We wish you all a Happy Holiday Season!



**Department Managers**

**Administrator**  
Carrie Bardo

**Assistant Administrator  
Business Office Manager**  
Tiffany Arnold

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

**Case Manager**  
Beth McMullen, LPN

**Assistant Director of Personal Care**  
Joyce Hoffman, LPN

**Admission Director**  
Erin Schneider

**Sales Director**  
Alyssa Stevens

**Culinary Director**  
Andy Armstrong

**Maintenance Director**  
Tony Rivera

**Recreation Director**  
Susan Thomas-Payne

**Housekeeping/Laundry Director**  
Ernest Myers

**Memory Care Coordinator**  
Jaime DeGaugh, LPN

<u>Residents</u>	<i>Happy Birthday</i>	<u>CoWorkers</u>	
Joe Madison	12/08	Wendy Moroz	12/06
Richard Benzoni	12/14	Erica Viverette	12/18
Bill Redder	12/16	Joyce Hoffman	12/20
Margaret McKinney	12/23	Sophia McMullen	12/28
Marion Lee Gerych	12/27		
Mary Parry	12/29		
Mary Repass	12/31		

## Are You Game?

Games Day was created partly out of desperation in 1975 when an annual gaming convention scheduled for August was canceled. Games Workshop, a British-based manufacturer of miniature tabletop wargames, decided to sponsor their own Games Day to fill the void. On December 20, 1975, the first Games Day was held in Seymour Hall, London, as an opportunity for game enthusiasts to meet each other and play. Furthermore, it was a chance for Games Workshop to advertise their games and promote gaming communities throughout England. Today, the UK Games Expo is an annual event held in Birmingham, but for many, Games Day remains a perfect time to play their favorite games, be they board games, card games, video games, or strategy games.



Health experts have repeatedly demonstrated that habits matter when it comes to brain health. Adding a game night to your lifestyle is a fun way to increase mental stimulation and improve mental acuity. There are many computer games or puzzle websites that promote mental acuity, but many of these are designed to be played alone. Tabletop games not only challenge your mind but they promote social bonds as well. December 20 falls so close to the holidays that perhaps visiting family members can be convinced to play. Not only is a new game a great holiday gift but games provide a wonderful and creative way to pass the time with relatives.

Game aficionados have seen a tabletop gaming renaissance during the past few years. While traditional board games like Monopoly, Clue, and Scrabble are fun, designers have been busy developing new card, tabletop, dice, and role-playing games for players of all ages. There are even game-design conferences where inventors showcase their games while attendees get to play them and offer feedback. What new games are out there? Log on to websites like boardgamegeek.com or boardgamequest.com to peruse the newest offerings.



**Welcome New Residents!**

**Helen VanNess  
Agnes Klinke**



## A Pearl of Wisdom



December 15 is Wear Your Pearls Day, a day to wear the pearl jewelry that's been hiding out in your jewelry box. It is also a day to appreciate nature's design. A pearl is created when an irritant, often a parasite (not a grain of sand as commonly thought), invades an oyster, mussel, or clam. To defend itself against the foreign invader, the oyster secretes a fluid called *nacre* that envelops the irritant. Layer upon layer of nacre coats the irritant until a pearl is formed. Nacre is more commonly known as mother-of-pearl. It is incredibly strong and beautifully iridescent. For this reason, Wear Your Pearls day is also a day to recognize the hidden beauty and strength that comes with life's small imperfections.

## Strange Christmas Traditions

Christmas brings with it many beloved traditions: trimming the tree, hanging stockings, and singing carols. Many countries around the world enjoy traditions you may be less familiar with.



In Japan, an estimated 3.6 million families eat Kentucky Fried Chicken during the Christmas season. This is largely thanks to Takeshi Okawara, who managed the first KFC franchises in Japan. In 1970, Okawara marketed the Christmas "party barrel," a complete fried chicken dinner replicating American turkey dinners. There were so few existing Christmas traditions in Japan that KFC filled the void. These days, if you do not pre-order your KFC dinner weeks in advance, you will have to stand in line for hours to get your "Kentucky Christmas."

If you happen to be in Norway for Christmas, you'll be hard-pressed to find a broom, for they are all hidden away. Norwegian folklore tells of how evil spirits and witches emerge on Christmas Eve. Norwegians hide their brooms so that witches cannot steal them for riding.

In Caracas, Venezuela, Christmas morning brings presents and roller skates. Authorities close down the city streets on Christmas morning so that thousands of residents can roller-skate to church in safety. One tradition tells of how children go to sleep with one end of a skate lace tied around their toe and the other end dangling out the window. In the morning they are awakened by skaters tugging at the lace to alert them that it is time for mass.

In Ukraine, trees are not decorated with tinsel and ornaments but with faux spider webs. A common folktale tells the story of a poor woman who could not afford tree decorations. When she awoke on Christmas morning, she found her tree glistening with spider webs, courtesy of the spiders in her house who took pity on her.

These traditions may seem strange to you, but does your family have any Christmas traditions that others may find nontraditional?



*Oh the pandemic  
outside is frightful  
And the vaccine would be so  
delightful.  
And  
since we have no place to go*



*Let it snow*



*Let it snow*

*Let it snow*



## The Tale of Beatrix Potter

On December 16, 1901, 35-year-old Beatrix Potter was so fed up with receiving rejection letters that she decided to publish her book *The Tale of Peter Rabbit* on her own. The book had begun as a letter to the sick son of Potter's former governess. Potter had written and illustrated a letter in 1893 detailing the silly adventures of a family of rabbits, Flopsy, Mopsy, Cottontail, Peter, and their mother. The rabbits of the story were modeled after Potter's own pet rabbits, Peter Piper and Benjamin Bouncer. Potter later asked for the letter back, so that she could turn it into a children's book.

Potter first printed 250 black-and-white copies of her book. In 1902, it was picked up by the publisher Frederick Warne & Co. and reprinted in color. The book was such a success that it had to be reprinted six times in its first year, selling 20,000 copies. Ever the self-starter, when Potter and Warne disagreed over her next book, *The Tailor of Gloucester*, she again published 500 copies on her own.