



# HEATHWOOD highlights

100 ElderWood Court . Penfield, NY 14526 . 585-425-9663



### The Bus Trips in April

- April 1. Goodwill Shopping
- April 6. Scenic Ride
- April 11. Lunch Outing
- April 20. Scenic Ride
- April 22 Target Shopping

### April Event Highlights

April 3. Love Music- Josh Shapiro

April 9. Resident Council Meeting

April 11. Live Music - Kim

April 14. & 28. Great Courses

April 24. live music - Daniel Henry

April 30. Lunch w/ Friends-Soup Club



### Amy Burgess Administrator

Did you know older adults become less frail after moving into senior housing? Non-medical care and services like socialization, exercise, balance, nutrition and medication management have a positive impact on a resident's health. Research has been done that supports decrease in vulnerability once older adults settle into a senior housing atmosphere and has shown that

older adults with an active lifestyle are less likely to develop certain diseases. Participating in hobbies and other social activities may lower risk for developing some health problems, including dementia, heart disease, stroke, and some types of cancer. It is our goal here at Heathwood to be sure we check all of these boxes. Our residents have a lot of life to live, and we work extremely hard to deliver the best care possible. If you find yourself or your loved one in need of additional support, please reach out to the Heathwood Team. Additional support could be as simple as offering a diabetic dessert, attending an exercise class, ordering a new medication or meeting new friends at a social hour. Heathwood is the place to be!

### Men's Club W/Tom

Every other week Tom and our gentlemen have a Men's Club, April 2 and 16, 2024. They talk about sports, cars and other topics. All gentlemen are welcome in their club.





### Happy Birthday!

Make a wish and blow out the candles! To all our neighbors celebrating birthdays this month, we offer best wishes.

### Resident Birthdays in April

April 1st Arlene G.  
April 14th Willard S.  
April 14th Jackie C.  
April 19th Peg M.  
April 19th Rosalie F.  
April 21st Diana D.  
April 22nd Janette N.  
April 28th Chris C.

### Famous Faces Born in April

April 1, 1997: Asa Butterfield  
April 5, 1976: Sterling

Brown

April 7, 1954: Jackie Chan  
April 9, 1998: Elle Fanning  
April 19, 1982: Ali Wong  
April 23, 2018: Prince Louis



### Catherine Vance

Catherine was born and raised in Madison, Wisconsin. She graduated from Madison West High School and went on to attend the University of Wisconsin where she studied Home Economics. After College, she married her high school sweetheart John and moved to Rochester in 1956 to be close to John's job. They had 3 sons together and were married for 24 years until his passing. Catherine later went back to college at Niagara Community College where she received a degree in Accounting. Later in life, Catherine met her second husband Roy while playing bridge with friends. They later got married and had 27 wonderful years together. Catherine and Roy loved traveling to places like Alaska, Hawaii, New Zealand, Scotland, Norway, and Australia. If you see Catherine around, make sure to ask her about her travels!



Paul Molisani  
Kitchen Manager

I would like to thank everyone for welcoming me to Heathwood for the next chapter in my career. I have enjoyed getting to know everyone and lending my hand on making an already great place even better. I started my career as a back of house supervisor for Perkins Family restaurants where I worked for 8 years until I moved on to Blossom View Nursing Home for 10 years as assistant culinary director and executive chef. After that I took the director of culinary for Atria Assisted Living. I am very much looking forward to making Heathwood the last chapter of working life. I also attended FLCC where I received an audio engineering degree and minor in applied music. I also performed music professionally with my band along the east coast and recorded a couple of records along the way. I currently reside in Gananda, where I live with my wife of 25 years, Jennifer, and my 3 children; Autumn age 20, and twin 6-year-old boys, Noah and Parker. In my spare time (which isn't much) I enjoy playing Bass Guitar with friends and spending time with my family.

## Choir and Chimes



### Choir and Chimes Playing

Singing in a choir can do more than just showcase your vocal skills. Studies show that singing in a group has a range of social benefits, from sparking new friendships to promoting a feeling of togetherness.

Our volunteers Clare and Chatty help our residents enjoy singing and playing chimes.

## Crafts Always Put a Smile on Your Face



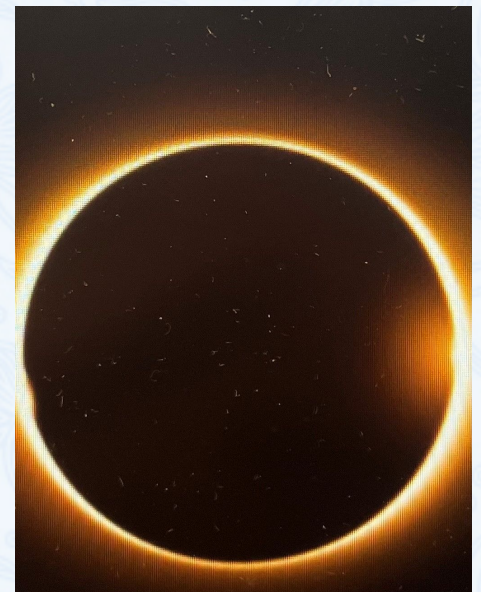
## Tie-Dye Craft




## See a Solar Eclipse

On April 8, millions of people in the U.S. will have the chance to witness the spectacle of a total solar eclipse, when the moon will pass in front of the sun and darken the sky. This astronomical event will span across the continent from Mexico to northeastern Canada to Rochester, NY 3:20pm. In the path of totality, the darkness will last up to 4 1/2 minutes, nearly twice as long as the total solar eclipse in 2017. Even those outside the main path can experience a partial eclipse, where the moon will partially block the sun.

Remember, you should never look directly at the sun during an eclipse event. Be sure to wear solar viewing glasses, use approved solar filters on cameras and binoculars, or view the eclipse indirectly with a pinhole camera.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>April Fools' Day</b> 1 10:00 Monday Movement w/ Raina 🚶🚶 10:45 Pokeno Game 🎮 2:00 Goodwill Shopping 🛒 3:00 Story Time 📖 4:00 Songbirds Choir 🎵 6:15 Word Game 🎲 7:00 Night At The Movies 🎬	2 10:00 Exercise for Arthritis 🚶🚶 10:00 Visiting w/ Ashton 10:45 Men's Club w/ Tom 🎮 2:00 Nail Painting - Manicures 🎨 3:30 Yahtzee Game 🎲 7:00 Night At The Movies 🎬	3 10:00 Pep in your Step 🚶🚶 10:45 Fun with Colors w/ Tom 🎨 1:30 Services w/ Ashton 🎤 2:00 Live Music w/ Josh Shapiro 🎵 3:00 Catholic Communion w/ Lou 🎬 3:30 Rosary Prayer w / Friends ☕ 6:15 Wii Game- Bowling 🎮	4 10:00 Morning Stretch 🚶🚶 10:45 Manicures 🎨 2:00 Chair Zumba w/ Amy 🚶🚶 3:00 Quarter Bingo 🎮 4:00 Chimes Playing ☕ 7:00 Night At The Movies 🎬	5 10:00 Let's Stretch w/ Edina 🚶🚶 10:45 Eclipse Craft 🎨 2:00 Knitting Group ☕ 3:00 Social Hour 🎵 6:15 Hangman 🎲 7:00 Night At The Movies 🎬	6 10:00 Exercise w/ Colleen 🚶🚶 10:45 Bru-Bag 🚶🚶 1:30 Euchre Game w/Friends ☕ 2:15 Scenic Ride 🗨 3:30 Games in the Cafe ☕ 7:00 Night At The Movies 🎬
7 10:30 Catholic Communion 🎬 11:00 Pop Up Golf 🎮 2:00 Throwback TV Series 🎬 2:30 Dime Bingo 🎮 4:00 Around the Clock ☕ 7:00 Night At The Movies 🎬	<b>Total Solar Eclipse</b> 8 10:00 Monday Movement 🚶🚶 10:45 Eclipse Pokeno Game 🎮 2:00 Preparation for solar eclipse 3:00 Total Solar Eclipse Watching 4:00 Songbirds Choir 🎵 6:15 Pictionary Game 🎲 7:00 Night At The Movies 🎬	9 10:00 Exercise Movement 🚶🚶 10:00 Visiting w/ Ashton 10:45 Manicures & Music 🎨 2:00 Resident - Activity Council Meeting 🎨 3:30 Cards Games in Cafe ☕ 7:00 Night At The Movies 🎬	10 10:15 Movement with Denise 🚶🚶 10:45 Painting 🎨 1:30 Services w/ Ashton 🎤 2:00 Virtual Tours and Ice Cream 🎵 3:00 Catholic Communion w/ Lou 🎬 3:30 Rosary Prayer w / Friends ☕ 6:15 Balloon Volleyball ☕	11 10:00 Movement for your Soul 🚶🚶 10:45 Hand Spa 🎨 2:00 Live Music w/ Kim 🎵 3:00 Quarter Bingo 🎮 4:00 Chimes Playing ☕ 7:00 Night At The Movies 🎬	12 10:00 Morning Stretch 🚶🚶 10:45 Travelogue w/ Christine 🎬 2:00 Catholic Mass 🎤 2:00 Knitting Group ☕ 3:00 Cocktail Hour 🎵 6:15 Sunshine Club 🎮 7:00 Night At The Movies 🎬	13 10:00 Exercise w/ Colleen 🚶🚶 10:45 Coffee Chat w/ Friends ☕ 1:30 Euchre Game w/Friends ☕ 2:15 Writing Group Therapy 🎨 3:30 Games in the Cafe ☕ 7:00 Night At The Movies 🎬
14 10:30 Catholic Communion 🎬 11:00 Word Scramble 🎲 2:00 Throwback TV Series 🎬 2:30 Dime Bingo 🎮 3:30 Great Coerces 🎬 7:00 Night At The Movies 🎬	15 10:00 Monday Movement 🚶🚶 10:45 Pokeno Game 🎮 11:00 Lunch Outing 🗨 2:00 Coloring Therapy ☕ 3:00 Book club w/ Dian 📖 4:00 Songbirds Choir 🎵 6:15 Jewelry Making 🎨 7:00 Night At The Movies 🎬	16 10:00 Exercise for Arthritis 🚶🚶 10:00 Visiting w/ Ashton 10:45 Band of Brothers w/ Tom 🎮 2:00 Live Music w/ Bob Neusatz 🎵 3:00 Nail Painting 🎨 7:00 Night At The Movies 🎬	17 10:00 Pep in your Step 🚶🚶 10:45 Painting Class 🎨 1:30 Services w/ Ashton 🎤 2:00 Virtual Tours and Ice Cream 🎵 3:00 Catholic Communion w/ Lou 🎬 3:30 Rosary Prayer w / Friends ☕ 6:15 Pictionary Game 🎲	18 10:00 Morning Stretch 🚶🚶 10:45 Manicures & Music 🎨 2:00 Better Balance 🚶🚶 3:00 Quarter Bingo 🎮 4:00 Chimes Playing ☕ 7:00 Night At The Movies 🎬	19 10:00 Yoga/ Exercise w/ Candice 🚶🚶 10:45 Creative Corner 🎨 2:00 Crocheting w/ Friends ☕ 3:00 Happy Hour 🎵 6:15 Balloon Volleyball ☕ 7:00 Night At The Movies 🎬	20 10:00 Exercise w/ Colleen 🚶🚶 10:45 Coffee Chat ☕ 1:30 Euchre Game w/Friends ☕ 2:15 Scenic Ride 🗨 3:30 Circle of Friends ☕ 7:00 Night At The Movies 🎬
21 10:30 Catholic Communion 🎬 11:00 Fuse Beads - Craft 🎨 2:00 Throwback TV Series 🎬 2:30 Dime Bingo 🎮 3:30 Dominoes w/ Friends ☕ 7:00 Night At The Movies 🎬	<b>Earth Day</b> 22 10:00 Monday Movement w/ Raina 🚶🚶 10:45 Pokeno Game 🎮 2:00 Target Shopping 🛒 3:00 Story Time 📖 4:00 Songbirds Choir 🎵 6:15 Wii Game- Bowling 🎮 7:00 Night At The Movies 🎬	23 10:00 Exercise Movement 🚶🚶 10:00 Visiting w/ Ashton 10:45 Manicures & Price is Right 🎨 2:00 Birthday Party 🎵 3:00 Yahtzee Game 🎲 7:00 Night At The Movies 🎬	24 10:00 Pep in your Step 🚶🚶 10:45 Painting 🎨 1:30 Services w/ Ashton 🎤 2:00 Virtual Tours and Ice Cream 🎵 3:00 Catholic Communion w/ Lou 🎬 3:30 Rosary Prayer w / Friends ☕ 6:00 Live Music Daniel Henry 🎵	25 10:00 Movement in the Morning 🚶🚶 10:45 Nail Painting - Manicures 🎨 2:00 Better Balance 🚶🚶 3:00 Quarter Bingo 🎮 4:00 Chimes Playing ☕ 7:00 Night At The Movies 🎬	26 10:00 Let's Stretch 🚶🚶 10:45 Baking w/ Paul 🎮 2:00 Live Music w/ Tom Dunn 🎵 3:00 Happy Hour 🎵 6:15 Trivia Challenge 🎲 7:00 Night At The Movies 🎬	27 10:00 Exercise w/ Colleen 🚶🚶 10:45 Bru-Bag 🚶🚶 1:30 Euchre Game w/Friends ☕ 2:15 Coloring Therapy 🎨 3:30 Uno Game ☕ 7:00 Night At The Movies 🎬
28 10:30 Catholic Communion 🎬 12:00 Craft Corner 🎨 2:00 Throwback TV Series 🎬 2:30 Dime Bingo 🎮 3:30 Great Coerces 🎵 7:00 Night At The Movies 🎬	29 10:00 Monday Movement w/ Raina 🚶🚶 10:45 Pokeno Game 🎮 11:00 Lunch Outing 🗨 2:00 Soup Club 🎮 3:00 Book club Dian 📖 4:00 Songbirds Choir 🎵 6:15 Grief Support 🎨 7:00 Night At The Movies 🎬	30 10:00 Exercise for Arthritis 🚶🚶 10:00 Visiting w/ Ashton 10:45 Manicures 🎨 12:00 Lunch w/ Friends 🎮 2:30 Ambassador Club 🎮 3:30 Games in the Cafe ☕ 7:00 Night At The Movies 🎬			All activities are subject to changes and will be held by Edina Hamzic (Wellness Manager) unless otherwise noted. She can be reached at (585) 425-9663.	

## It's Party Time!

Birthdays, holidays, sporting events and other milestones are often celebrated with a party! You're invited to this discussion about parties, both past and present.

- Do you recall the first party you ever went to? What was it for? How old were you?
- Did you and your family have birthday parties while you were growing up? If so, what kinds of activities did you do? Perhaps games or dancing? Did you have cake and ice cream? What about presents?
- Have you ever been to a party with a piñata? What did it look like? Were you among the guests trying to break it open? What treats were inside?
- Think back to a party you have helped to plan. Share the details—what were you celebrating? Who was invited? Where was it located? Were there any hiccups? How did you solve them?
- Do you enjoy themed parties? Name some fun themes you have seen or that you'd like to experience. Have you ever attended a costume party? What did you wear?
- Do you like surprise parties? Why or why not? Have you ever planned a surprise party for someone else? How did it go?

## Fun Time With Beth and Her Dogs



## Joyce R. 101 Birthday



## Ice Cream And Trivia



## Chef Paul Makes Pizza Dough.



## Welcome New Residents

We would like to welcome these new residents to be a part of our Heathwood Family.

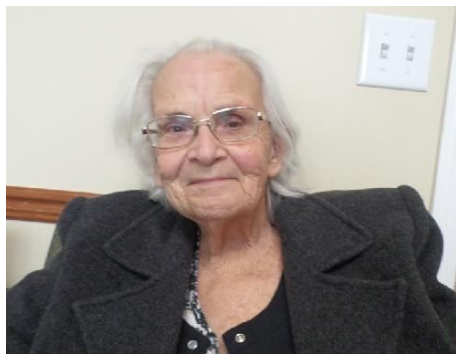
Patricia S.  
Catherine V.  
Anthony  
Marian V.



Patricia S.



Catherine V.



Marian V.

## Forming New Friendships

Connecting with others makes our lives more meaningful and provides both mental and physical health benefits, but that doesn't mean it's always easy. These pointers can help you when searching for a new pal:

*Explore your existing interests.* By participating in activities that you like, you're bound to find people similar to you. Opportunities for friendship include book clubs, fitness or hobby-based classes, sports teams.

*Have an open mind.* It's normal to feel nervous about meeting new people, but assume that others are like you and want to hang out. Say yes to invitations, even those outside your usual circle, and give new friendships a chance.



## Laugh Lines: Earth Day Delights

Q: What does a Jedi say on Earth Day?

A: "May the forest be with you."

Q: Why did the gardener plant lightbulbs?

A: He wanted to grow a power plant!

Q: What did the worm say when her son came home late from school?

A: "Where in earth have you been?"

Q: How do trees promote Earth Day?

A: They hand out leaflets.

Q: What's the difference between weather and climate?

A: You can't weather a tree, but you can climate.

Q: Why are recycling bins so optimistic?

A: Because they're full of cans, not can'ts!

Q: Where do saplings go to learn?

A: Elemen-tree school.

I wanted to throw an Earth Day party, but I forgot to planet.

My favorite way to conserve energy is to spend all day on the couch.

I recycled today. I rode my bike twice!

Don't pay for dead batteries. They're free of charge.

Nature is so resourceful. It can make dew with just water!

I'm celebrating Earth Day by sending all my work emails to the recycle bin.



**Carla Suero President**

Heathwood Emphasis

“As you grow older you will discover you have two hands—

one for helping yourself, the other for helping others,” said British actress Audrey Hepburn. Hepburn may have been known for her acting abilities and high fashion, but she undoubtedly understood one of the cruxes of living a meaningful life: serving others.

At Heathwood we see this value lived out daily. We are grateful for the numerous good people who come into our facilities to do good things for our residents.

Sometimes it’s a Girl Scout troop leading a Christmas carol sing along. Or a resident’s daughter leading classes on cooking. Or a staff member teaching a baking session during their own free time. Without our volunteers we

wouldn’t be able to have our gift shops open on a regular basis.

According to the Mayo Clinic, volunteering improves physical and mental health, provides a sense of purpose, and nurtures relationships. During this National Volunteer Month, we clap our hands in gratitude for all those who give of themselves to our residents. Thank you to all our volunteers!



# April

Word Search



- |             |          |
|-------------|----------|
| April Fools | Poetry   |
| Arbor Day   | Rainbow  |
| Butterfly   | Recycle  |
| Clouds      | Reduce   |
| Daffodil    | Reuse    |
| Earth Day   | Showers  |
| Meadow      | Tulips   |
| Mist        | Umbrella |

S L O O F L I R P A K E B L C  
M H V B U T T E R F L Y D R L  
E E O F T U P B V C T A E L O  
H K W W L O O C Y S F D W O U  
G J B I E R J C I F U H O M D  
A F P T D R E M O C P T B P S  
P S R A Z R S D E Q P R N L E  
K Y Y J O Y I S O A E A I G J  
D H J V S L U M C L D E A Q W  
V K O J V E E D L O C O R P A  
W R C E R C J A O S O X W Z E