



August Highlights

- 5, Resident Council Meeting
- 6, Ice Cream Outing
- 9, Tea Party
- 11, Lunch Outing
- 12, Food Council Meeting
- 13, Car Show
- 13, Live Music w/ Mike S.
- 14, Wegmans Shopping
- 19, Birthday Party
- 20, Live Music w/ Joe M.
- 21, Picnic at B. Forman Park
- 22, Live Music w/ Tom D.
- 23, Live Music
- 26, Theme Day- National Peach Pie Day
- 27, Men's Club- Out to Lunch
- 29, Lost and Found Laundry



Cynthia Machamer Administrator

When I think of my role as a grandparent, I wonder what will be my legacy with Oliver and Mayra. What will they remember about me? What do I want them to remember?

My own grandparents, Ed and Betty, provided a haven for me each summer when I traveled from my home in California to their farm in upstate New York. I loved the

smell of the big, musty farmhouse, the smell of my grandmother's geraniums that lined the big windows of her beauty shop, which was in the front porch of the big house. My grandma was a wonderful cook and my grandfather, a hard-working dairy farmer, did not limit the number of maple cookies I could have after dinner. (Maybe that's where my sweet tooth originated!) Nearly every night, my grandpa rocked me to sleep in his recliner/rocker and carried me up to my bedroom.

If you have grandchildren, share your legacy stories with others. Storytelling helps our experiences to live on and inspire others. I am grateful for my dear grandparents and that I get to be grandmother to Oliver and Mayra.

Classic Concept Cars

Designed to test cutting-edge technology, concept cars are exciting attractions. Rev your engines for a race through some of history's coolest rides.





Happy Birthday!

Happy birthday to all our residents celebrating birthdays this month! The world is a better place because you're in it. We think you're great for our community, too! Have a wonderful day.

Residents Born in August

Dennis R. 3rd
Tom MG. 4th
Sharon O. 5th
Elaine B. 16th
Diane S. 19th
Marylin E. 20th
Shirley C. 30th

Famous Faces Born in August

Aug. 2, 1976: Sam Worthington
Aug. 7, 1975: Charlize Theron
Aug. 9, 1959: Michael Kors
Aug. 14, 1987: Tim Tebow
Aug. 16, 1958: Madonna
Aug. 21, 1988: Kacey Musgraves
Aug. 27, 1969: Chandra Wilson
Aug. 31, 1971: Chris Tucker



Jean DiNeri

Jean grew up in a large Polish family, one of 8 children. She met the love of her life (Bob DiNeri) while attending Ben Franklin High School. Jane and Bob were married on December 23, 1950. They purchased a home on Springfield Ave. in Rochester and lived there for 50 years! They were blessed with 3 children: Robert Jr, Christine and Eugene. Jane was a full-time homemaker, and her husband was a city police officer. He had the gift of song, compared to Frank Sinatra, and on weekends he would perform at the Blue Gardenia in Irondequoit. Bob even performed on the Steve Allen Show on January 22, 1960. Jane enjoyed her husband's gift of songs, but her priority was always the care of her children. As the family grew, Jane enjoyed the addition of 5 grandchildren, her life fulfilled. At 96 years "young," Jane now loves and appreciates her Heathwood family! If you see her out and about be sure to say "Hello!"



Lateisha Nugent

My name is Lateisha but most of you know me by Tisha. I have been a cook here at Heathwood for almost 5 years. I am from New York City, but moved to the Rochester area as a child. I currently live in Greece with my family. I have one son who is the light of my life. When I'm not here at work, I love to hang out with my friends and family, have BBQs and just be outside. I also love to watch movies, cook, travel, and garden. I love working here at Heathwood and getting to share my love of cooking with you. When you see me in the dining room, make sure you say Hello!



Father's Day



Father's Day Quote

"Becoming a father is easy enough, but being one can be very rough." —Wilhelm Busch







Picnic in the Park



A Taste of Summer

Grilled burgers, garden-fresh tomatoes or a scoop of ice cream ... nearly everyone has a menu of foods they enjoy when the temperature soars. Sink your teeth into a discussion about summertime eats.

- What were your favorite summer foods when you were growing up? Are they still your top picks?
- Did you ever have a garden, or know someone who shared their garden bounty with you? What homegrown goodies do you think are the tastiest?
- For many people, grilled food is synonymous with summer. What meats or vegetables do you enjoy fresh off the grill? Have you tried something more unusual, for example, grilled fruits or pizza?
- Do you like eating salads in the summertime? Which do you prefer: veggie salads, fruit salads or pasta salads? Why?
- Talk about your favorite frozen treats, such as ice cream or ice pops. What flavors or toppings do you like? Do you have a favorite ice cream parlor?
- Refreshing drinks are a warm-weather staple. Do you enjoy iced tea, lemonade or cold sodas?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div>3</div> <div>10:30 <div>T</div> Catholic Communion <div>Theater</div> 10:30 <div>LR</div> Presbyterian Church Services on YouTube (LR) <div>Music</div> 11:00 <div>A1</div> Card Making <div>Scissors</div> 2:00 <div>T</div> Throwback TV Series <div>Theater</div> 2:30 <div>A1</div> Dime Bingo w/ Nancy <div>Scissors</div> 7:00 <div>T</div> Night at the Movies <div>Theater</div></div>	<div></div> <div>4</div> <div>10:00 <div>A2</div> Monday Movement <div>Walking</div> 10:45 <div>A1</div> Pokeno Game <div>Scissors</div> 2:00 <div>A1</div> Making Chocolate Chip Cookie <div>Scissors</div> 3:15 <div>T</div> Story Time w / Dian <div>Theater</div> 4:00 <div>C</div> National Chocolate Chip Cookie Day Trivia <div>Coffee</div></div>	<div></div> <div>5</div> <div>10:00 <div>A2</div> Fitness Exercise <div>Walking</div> 10:45 <div>A1</div> Charades <div>Scissors</div> 1:30 <div>T</div> Bible Hour w/ Ashton <div>Theater</div> 2:00 <div>A1</div> Resident Council Meeting <div>Scissors</div> 3:30 <div>A1</div> Nifty Nails- Manicures <div>Scissors</div></div>	<div>All activities are subject to change. Please see the Daily Activity sheet for changes. If you have any questions, please feel free to see Edina Hamzic (585)425-9663.</div> <div>6</div> <div>10:00 <div>A2</div> Exercise for Arthritis <div>Walking</div> 10:45 <div>A1</div> Painting w/ Tom <div>Scissors</div> 2:00 <div>E</div> Ice Cream Outing <div>Excursion</div> 2:00 <div>LR</div> Ice Cream Social and Virtual Tours <div>Music</div> 2:30 <div>C</div> Walking Club w/ Rae & Dominique <div>Coffee</div> 3:00 <div>T</div> Catholic Communion <div>Theater</div> 3:30 <div>T</div> Rosary Prayer w/ Friends <div>Coffee</div> 4:00 <div>C</div> Balloon Volleyball <div>Coffee</div></div>	<div></div> <div>7</div> <div>10:00 <div>A2</div> Fitness Exercise <div>Scissors</div> 10:45 <div>A1</div> Guess the Item <div>Scissors</div> 2:00 <div>A2</div> Stability Class <div>Walking</div> 3:00 <div>A1</div> Quarter Bingo <div>Scissors</div> 4:15 <div>C</div> Chimes Playing <div>Coffee</div></div>	<div>1</div> <div>10:00 <div>A2</div> Friday Fitness <div>Scissors</div> 10:45 <div>A1</div> Craft Corner <div>Scissors</div> 2:00 <div>C</div> Knitting Group <div>Coffee</div> 3:00 <div>C</div> Social Hour <div>Coffee</div> 4:00 <div>L</div> Book Club <div>Library</div></div>	<div>2</div> <div>10:00 <div>A2</div> Fitness Exercise <div>Walking</div> 11:00 <div>C</div> Coffee Chat <div>Coffee</div> 1:30 <div>C</div> Euchre Game w/ Friends <div>Coffee</div> 2:30 <div>A1</div> Baking Club w/ Marcia <div>Scissors</div> 4:00 <div>C</div> Card game w/ Friends <div>Coffee</div></div>
<div>10</div> <div>10:30 <div>T</div> Catholic Communion <div>Theater</div> 10:30 <div>LR</div> Presbyterian Church Services on YouTube (LR) <div>Music</div> 11:00 <div>A1</div> Fuse Beads <div>Scissors</div> 2:00 <div>T</div> Throwback TV Series <div>Theater</div> 2:30 <div>A1</div> Dime Bingo w/ Nancy <div>Scissors</div> 7:00 <div>T</div> Night at the Movies <div>Theater</div></div>	<div>11</div> <div>10:00 <div>A2</div> Monday Movement <div>Walking</div> 10:45 <div>A1</div> Pokeno Game <div>Scissors</div> 11:30 <div>E</div> Lunch Outing <div>Excursion</div> 2:00 <div>A1</div> Pictionary Game <div>Scissors</div> 3:15 <div>T</div> Story Time w / Dian <div>Theater</div> 4:00 <div>C</div> Uno Game w/ Friends <div>Coffee</div></div>	<div>12</div> <div>10:00 <div>A2</div> Fitness Exercise <div>Walking</div> 10:45 <div>A1</div> Jeopardy Game <div>Scissors</div> 1:30 <div>T</div> Bible Hour w/ Ashton <div>Theater</div> 2:00 <div>A1</div> Food Council Meeting <div>Scissors</div> 3:30 <div>A1</div> Manicures <div>Scissors</div></div>	<div>13</div> <div>10:15 <div>A2</div> Movement with Denise <div>Walking</div> 10:45 <div>A1</div> Fun with Colors w/ Tom <div>Scissors</div> 11:00 CAR SHOW 2:00 <div>A2</div> Live Music w/ Mike <div>Walking</div> 3:00 <div>T</div> Catholic Communion <div>Theater</div> 3:30 <div>T</div> Rosary Prayer w/ Friends <div>Coffee</div></div>	<div>14</div> <div>10:00 <div>A2</div> Fitness Exercise <div>Scissors</div> 10:45 <div>E</div> Wegmans Shopping <div>Excursion</div> 2:00 <div>LR</div> Live Music w/ Kim <div>Music</div> 3:00 <div>A1</div> Quarter Bingo <div>Scissors</div> 4:15 <div>C</div> Chimes Playing <div>Coffee</div></div>	<div>15</div> <div>10:00 <div>A2</div> Friday Fitness <div>Scissors</div> 10:45 <div>A1</div> Craft Corner - Jewelry Making <div>Scissors</div> 2:00 <div>C</div> Knitting Group <div>Coffee</div> 3:00 <div>C</div> Social Hour and Trivia <div>Coffee</div> 4:00 <div>L</div> Book Club <div>Library</div></div>	<div>16</div> <div>10:00 Fitness Exercise <div>Walking</div> 11:00 <div>C</div> Coffee Chat <div>Coffee</div> 1:30 <div>C</div> Euchre Game w/ Friends <div>Coffee</div> 2:30 <div>T</div> Movie Matinee w/ Marcia <div>Theater</div> 4:00 <div>C</div> Word Scrabble w/ Friends <div>Coffee</div></div>
<div>17</div> <div>10:30 <div>T</div> Catholic Communion <div>Theater</div> 10:30 <div>LR</div> Presbyterian Church Services on YouTube (LR) <div>Music</div> 11:00 <div>C</div> Puzzles with Friends <div>Coffee</div> 2:00 <div>T</div> Throwback TV Series <div>Theater</div> 2:30 <div>A1</div> Dime Bingo w/ Nancy <div>Scissors</div> 7:00 <div>T</div> Night at the Movies <div>Theater</div></div>	<div>18</div> <div>10:00 <div>A2</div> Monday Movement <div>Walking</div> 10:45 <div>A1</div> Pokeno Game <div>Scissors</div> 2:00 <div>A1</div> Ambassador Club <div>Scissors</div> 3:15 <div>T</div> Story Time w / Dian <div>Theater</div> 4:00 <div>C</div> Yahtzee Game w/ Friends <div>Coffee</div></div>	<div>19</div> <div>10:00 <div>A2</div> Fitness Exercise <div>Walking</div> 10:45 <div>A1</div> Squirt Gun Painting <div>Scissors</div> 1:30 <div>T</div> Bible Hour w/ Ashton <div>Theater</div> 2:00 <div>C</div> Birthday Party <div>Coffee</div> 3:30 <div>A1</div> Posh and Pampered - Manicures <div>Scissors</div></div>	<div>20</div> <div>10:00 <div>A2</div> Exercise for Arthritis <div>Walking</div> 10:45 <div>A1</div> Art Studio <div>Scissors</div> 2:00 <div>A2</div> Live Music w/ Joe M. <div>Walking</div> 3:00 <div>T</div> Catholic Communion <div>Theater</div> 3:30 <div>T</div> Rosary Prayer w/ Friends <div>Coffee</div> 4:00 <div>C</div> Puzzles with Friends <div>Coffee</div></div>	<div>21</div> <div>10:00 <div>A2</div> Fitness Exercise <div>Scissors</div> 11:00 <div>E</div> Picnic at B. Forman Park <div>Excursion</div> 2:00 <div>A2</div> Better Balance <div>Walking</div> 3:00 <div>A1</div> Quarter Bingo <div>Scissors</div> 4:15 <div>C</div> Chimes Playing <div>Coffee</div></div>	<div>22</div> <div>10:00 <div>A2</div> Friday Fitness <div>Scissors</div> 10:45 <div>A1</div> Art and Craft <div>Scissors</div> 2:00 <div>A2</div> Live Music w/ Tom D. <div>Walking</div> 3:00 <div>C</div> Gathering with Friends <div>Coffee</div> 4:00 <div>L</div> Book Club <div>Library</div></div>	<div>23</div> <div>10:00 <div>A2</div> Fitness Exercise <div>Walking</div> 11:00 <div>C</div> Coffee Chat w/ Friends <div>Coffee</div> 1:30 <div>C</div> Euchre Game w/ Friends <div>Coffee</div> 2:00 <div>LR</div> Live Music <div>Music</div> 4:00 <div>C</div> Puzzles with Friends <div>Coffee</div></div>
<div>24</div> <div>10:30 <div>T</div> Catholic Communion <div>Theater</div> 10:30 <div>LR</div> Presbyterian Church Services on YouTube (LR) <div>Music</div> 11:00 <div>A1</div> Grid Game <div>Scissors</div> 2:00 <div>T</div> Throwback TV Series <div>Theater</div> 2:30 <div>A1</div> Dime Bingo w/ Nancy <div>Scissors</div></div> <div>31</div> <div>10:30 <div>T</div> Catholic Communion <div>Theater</div> 10:30 <div>LR</div> Presbyterian Church Services on YouTube (LR) <div>Music</div> 11:00 <div>A1</div> Word Game <div>Scissors</div> 2:00 <div>T</div> Throwback TV Series <div>Theater</div> 2:30 <div>A1</div> Dime Bingo w/ Nancy <div>Scissors</div></div>	<div>25</div> <div>10:00 <div>A2</div> Monday Movement <div>Walking</div> 10:45 <div>A1</div> Pokeno Game <div>Scissors</div> 2:00 <div>C</div> National Banana Split Day and Trivia <div>Coffee</div> 3:15 <div>T</div> Story Time w / Dian <div>Theater</div> 4:00 <div>LR</div> YouTube Concert / TV <div>Music</div></div>	<div>26</div> <div>10:00 <div>A2</div> Fitness Exercise <div>Walking</div> 10:45 <div>A1</div> Jewelry Making <div>Scissors</div> 1:30 <div>T</div> Bible Hour w/ Ashton <div>Theater</div> 2:00 <div>C</div> Theme Day -National Peach Pie Day <div>Coffee</div> 3:30 <div>A1</div> Manicures <div>Scissors</div></div>	<div>27</div> <div>10:00 <div>A2</div> Exercise for Arthritis <div>Walking</div> 10:45 <div>A1</div> Painting w/ Tom <div>Scissors</div> 11:30 <div>E</div> Lunch Outing <div>Excursion</div> 11:30 <div>E</div> Men's Club- Out to Lunch <div>Excursion</div> 2:00 <div>LR</div> Virtual Tours and Ice Cream <div>Music</div> 2:30 <div>C</div> Walking Club w/ Rae & Dominique <div>Coffee</div> 3:00 <div>T</div> Catholic Communion <div>Theater</div> 3:30 <div>T</div> Rosary Prayer w/ Friends <div>Coffee</div> 4:00 <div>A1</div> Wii Game- Bowling <div>Scissors</div></div>	<div>28</div> <div>10:00 <div>A2</div> Fitness Exercise <div>Scissors</div> 10:45 <div>A1</div> Glow in the Dark Ring Toss Game <div>Scissors</div> 2:00 <div>A1</div> Jewelry Making <div>Scissors</div> 3:00 <div>A1</div> Quarter Bingo <div>Scissors</div> 4:15 <div>C</div> Chimes Playing <div>Coffee</div></div>	<div>29</div> <div>10:00 <div>A2</div> Friday Fitness <div>Scissors</div> 10:45 <div>A1</div> Craft Corner - Glue Gun Art <div>Scissors</div> 2:00 <div>C</div> Knitting Group <div>Coffee</div> 2:00 <div>A1</div> Lost and Found Laundry <div>Scissors</div> 3:00 <div>LR</div> Social Hour w/ Friends <div>Music</div> 4:00 <div>L</div> Book Club <div>Library</div></div>	<div>30</div> <div>10:30 <div>C</div> Coffee Chat <div>Coffee</div> 1:30 <div>C</div> Euchre Game w/ Friends <div>Coffee</div> 2:30 <div>C</div> Word Scrabble w/ Friends <div>Coffee</div> 4:00 <div>C</div> Uno Game w/ Friends <div>Coffee</div></div>

Live Healthier With Friends

July was Social Wellness Month, an opportunity to focus on this important facet of overall health. Referring to a person's capability to bond and build relationships with others, social wellness is about having positive interactions with your friends, family and community.

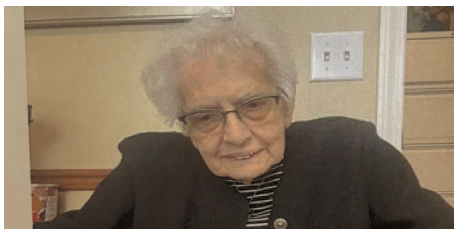
Your circle of peers should be a good support system, offering assistance and perspective when needed. Those with a solid social network are able to handle stress better, can navigate the world more easily and have higher self-esteem. In addition, they are proven to live longer lives and have lower cholesterol, healthier hearts and higher levels of immunoglobulin A—an antibody that fights respiratory sickness and cavities.

Humans are inherently social, but a study by Harvard found that more than 1 in 3 Americans consider themselves lonely. Especially after the pandemic, people are struggling with their social wellness.

This month, put a new focus on reaching out to old and new friends. Practice empathy and active listening, and offer support to those going through difficult times. Set up friend "dates" and weekly check-ins with those you love.

Welcome New Residents

We would like to welcome these new residents to our Heathwood Family.



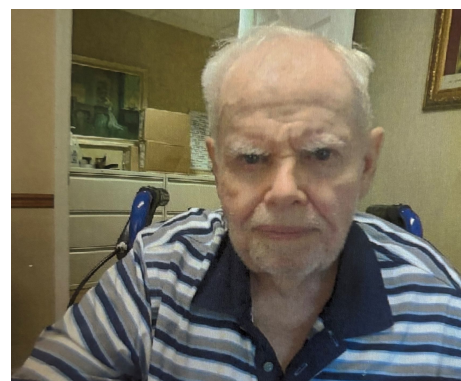
Jean L.



Peter F.



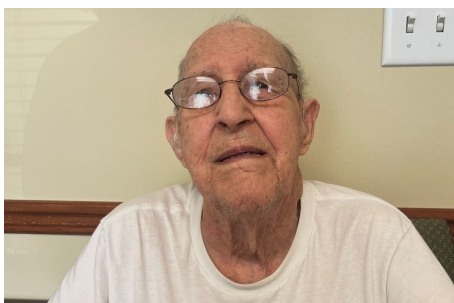
Sam C.



Edwin (Bill) B.



Nina I.



Judson I.

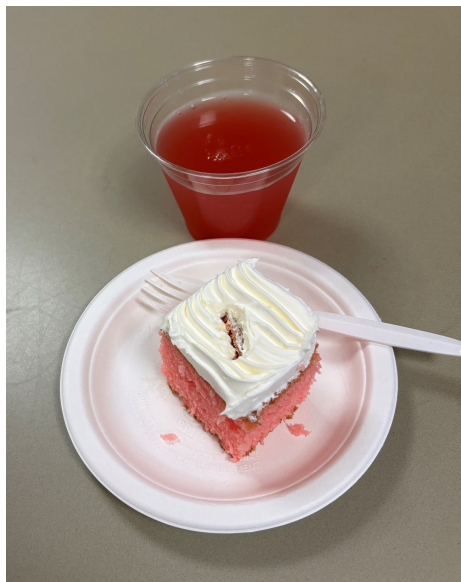


Sue C.

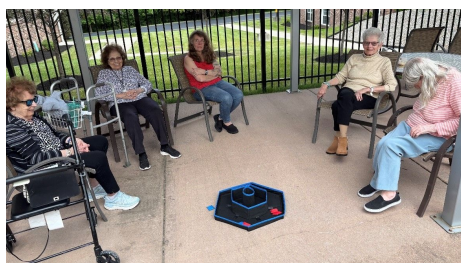


Joan T.

Theme Day- June 19.



Playing Games With Friends in the Courtyard



Music Time

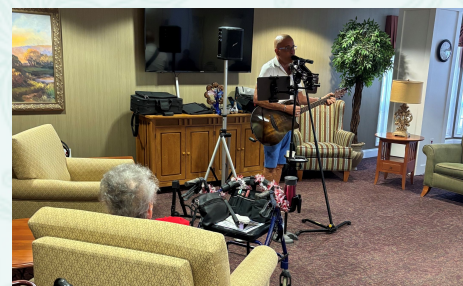
Our residents love to listen to piano music.



Decorating Cookies



We Celebrated 4th of July With Good Food and Good Music





Carla Suero, President

The “dog days of summer” connotes a negative picture because the phrase means a hot

and humid time. And our weather has surely been that! But, according to the Farmer’s Almanac, “In ancient Greece and Rome, the Dog Days were believed to be a time of drought, bad luck, and unrest, when dogs and men alike would be driven mad by the extreme heat! Today, the phrase does not conjure up such bad imagery. Instead, the Dog Days are associated purely with the time of summer’s peak temperatures and humidity.” At Heathwood we love summer. Why? Picnics, BBQs, outings, outdoor live music, and so much more. Friends and family often enjoy visiting outside and taking in the beauty of our facility.

Living in a climate where only about four months are warm and inviting for outdoor activities, we relish these days. So, we continue to be thankful and refuse to be “driven mad!”



August

Word Search

- | | |
|----------|------------|
| Beach | Popsicle |
| Bike | Sand |
| Garden | Summer |
| Hot | Sun |
| Hot dogs | Swimsuit |
| Park | Travel |
| Picnic | Vacation |
| Pool | Watermelon |

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