

September Highlights

- 1, I love America Jingo
- 2, Residents Council Meeting
- 7-13, Assisted Living Week
- 8, Live Music w/ AMPS
- 10, Art Show,
- 11, Wickham Farm
- 13, Live music w/ Those Two
- 15, Lunch Outing- Red Robin
- 17, Men's Club- Out to Lunch
- 17, Live Music w/ Mike S.
- 19, Live Music w/Tom D.
- 20, Tea Party and Snack
- 23, Birthday Party
- 24, Live Music w/ Josh K.
- 26, Travelogue w/ Christine
- 29, Fall Foliage Trip - Lunch at Naples
- 30, Live Music w/ Top Brass



Labor Day

Labor Day, observed on the first Monday in September, became a federal holiday in 1894. The day recognizes the contributions and achievements of American workers. Labor Day also symbolizes the end of summer for many Americans.



CYNTHIA MACHAMER
ADMINISTRATOR

These days, I am feeling nostalgic. Maybe it's because my mom is turning 85 this month. She is a role model for resiliency and tenacity. On hard days, I think of her and want to be like her. Not only is she celebrating a significant birthday, but she also

for her, but she is managing this major life transition with grace. Or maybe it's because my grandson is starting pre-K. Although September marks that three-quarters of the year is over, for me, September signifies new beginnings, whether it's a milestone birthstone or going to school. When I was a child, September meant I could start wearing the new school clothes my mom had purchased for me back in August. I could hardly bear to wait! As a grandparent, I have had the best time buying Oliver new school clothes. Yes, nostalgia is the right word. Sometimes I long for the bygone days of my youth, but even so, I am grateful to have a mother who continues to thrive at age 85, and I look with longing to the future as

continues to mourn the loss of her husband in late 2024, and because of his passing, she must move. She will be moving to be closer to my sister and me, but this is three hours from the area she has known since her birth. As you can imagine, this is a trying time

Oliver runs out into the world. And he will!





Happy Birthday!

We'd like to send a big "happy birthday" out to all our residents celebrating their special day this month. We hope your day is filled with joy!

Residents Born in September

Jean W. 2nd
Shirley M. 2nd
Peter F. 5th
Louise R. 8th
Ron M. 9th
Jean L. 9th
Paula B. 10th
Fred S. 13th
Margie Z. 14th
Raymonde L. 17th
John S. 25th
Paula W. 30th

Famous Faces Born in September

Sept. 4, 1960: Damon Wayans
Sept. 8, 1979: Pink
Sept. 9, 1980: Michelle Williams
Sept. 15, 1984: Prince Harry
Sept. 16, 1968: Marc Anthony
Sept. 25, 1969: Catherine Zeta-Jones



Nancy Landuyt grew up in Geneva, NY, and graduated from Geneva High School. She met her husband, Paul, at age 16 while attending a square dance. They married 2 years later. Nancy and Paul moved to Seneca Castle, NY, where they raised their two sons, Mike and Tim. They went on to buy a 130-acre farm in East Bloomfield, NY, and named it Landuyt Farms. Nancy enjoyed all the hard work that came with owning a farm. When she wasn't helping on the farm, she enjoyed going on vacation with her family and going to the casino with her friends. She now has five grandchildren and one great-grandchild whom she loves visiting with. Nancy is a very warm, friendly person who loves to chat. If you see her around, make sure to ask her about her wonderful time on the farm!



Ashley King—Hello everyone! My name is Ashley and I am your new Resident Care Manager. I graduated from Finger Lakes Health School of Nursing with my RN last year. I live in Newark, NY, with my fiancé, my two sons, and two step-sons. I have 2 dogs who are also like my children. Outside of work, I spend a lot of my time enjoying my kids' sporting events. When we aren't busy with sports, we love to go camping, fishing, and kayaking. This isn't my first time working for Heathwood. I previously worked here from 2011-2021. Over the years, I have filled many roles here from kitchen staff, housekeeping, Nursing and now I have my dream position. I want everyone to know that I really do have a passion for caring for people, and my door is always open if you need anything! I can't wait to get to know each and every one of you!

Heathwood Family BBQ Picnic July 16, 2025



LR

Living Room

C

Café

L

TB

TBD- Daily Sheet

AR2

Excursion (Meet in Lobby)

LR


Theater

Café

Library

TBD- Daily Sheet

TBD- Daily Sheet

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>Labor Day1</div> <div>10:00A2Monday Movement</div> <div>10:45A1I Love America Jingle</div> <div>2:00A1Labor Day Craft</div> <div>3:15TStory Time w / Dian</div> <div>4:15CCard game w/ Friends</div>	<div>10:30A2Fitness Exercise</div> <div>10:45A1White Board Games- Hangman</div> <div>1:30TBible Hour w/ Ashton</div> <div>2:00A1Resident Council Meeting</div> <div>3:30A1Nail Painting - Manicure</div>	<div>10:00A2Exercise for Arthritis</div> <div>10:45A1Painting w/ Tom</div> <div>2:00CVirtual Tours and Ice Cream</div> <div>2:30CWalking w/ Rae and Dominique</div> <div>3:00TCatholic Communion</div> <div>3:30TRosary Prayer w/ Friends</div>	<div>10:00A2Fitness Exercise</div> <div>10:45A1How Much It Cost - 1970</div> <div>2:00A2Stability Class</div> <div>3:00A1Quarter Bingo</div> <div>4:15CChimes Playing</div>	<div>10:00A2Friday Fitness</div> <div>10:45A1Art and Craft</div> <div>2:00CKnitting Group</div> <div>3:00CSocial Hour w/ Friends</div> <div>4:00LBook Club</div>	<div>10:00A2Fitness Exercise</div> <div>11:00CCoffee Chat</div> <div>1:30CEuchre Game w/ Friends</div> <div>2:30A1Baking Club w/ Marcia</div> <div>4:15CCard game w/ Friends</div>
<div>Grandparents Day7</div> <div>10:30TCatholic Communion</div> <div>10:30LRPresbyterian Church Services on YouTube (LR)</div> <div>11:00A1Word Game</div> <div>1:30CCelebrating Grandparents Day with Berry Short Cake w/ Wip Cream</div> <div>2:30A1Dime Bingo w/ Nancy</div> <div>7:00TNight at the Movies</div> <div>8:20LRBuffalo Bills vs Ravens _ TV (NBS)</div>	<div>10:00A2Monday Movement</div> <div>10:45A1Pokeno Game</div> <div>2:00LRLive Music w/ AMPS</div> <div>3:15TStory Time w / Dian</div> <div>4:15CGuess that Resident ? with Melissa</div>	<div>10:15A2Movement with Denise</div> <div>10:45A1Education Program with Cynthia</div> <div>1:30TBible Hour w/ Ashton</div> <div>2:00LRIce Cream Bar with Tapping</div> <div>3:30A1Posh and Pampered - Manicure</div>	<div>10:00A2Exercise for Arthritis</div> <div>10:45CArt Show and Presentation w/ Tom</div> <div>2:00CAnnouncing the Raffle Ticket Winner</div> <div>3:00TCatholic Communion</div> <div>3:30TRosary Prayer w/ Friends</div>	<div>10:00A2Fitness Exercise</div> <div>10:45A1Baking Class with Rae</div> <div>2:00EWickham Farm</div> <div>3:00A1Quarter Bingo</div> <div>4:15CChimes Playing</div>	<div>10:00A2Friday Fitness</div> <div>10:45LREducation - Around the World - Bosnia</div> <div>2:00CCrocheting Group</div> <div>3:00CGathering with Friends - Pineapple Rum Punch</div> <div>4:00LBook Club</div>	<div>10:00A2Fitness Exercise</div> <div>11:00CCoffee Chat w/ Friends</div> <div>1:30CEuchre Game w/ Friends</div> <div>2:00LRLive Music w/ Those Two</div> <div>4:15CGames in Café</div>
<div>14</div> <div>10:30TCatholic Communion</div> <div>10:30LRPresbyterian Church Services on YouTube (LR)</div> <div>11:00A1Fuse Beads</div> <div>1:00LRBUFFALO BILLS VA JETS- TV (CBS)</div> <div>1:30CCelebrating Grandparents Day with Berry Short Cake w/ Wip Cream</div> <div>2:30A1Dime Bingo w/ Nancy</div> <div>7:00TNight at the Movies</div> <div>8:15LRBUFFALO BILLS VS DOLPHINS - TD PRIME VIDEO)</div>	<div>10:00A2Monday Movement</div> <div>11:30ELunch Outing to Red Robin</div> <div>2:00LRIInternational Day of Democracy Trivia</div> <div>3:15TStory Time w / Dian</div> <div>4:15CYahtzee Game w/ Friends</div>	<div>10:00A2Fitness Exercise</div> <div>10:45A1White Board - Word Scramble</div> <div>1:30TBible Hour w/ Ashton</div> <div>2:00A1Jewelry Making</div> <div>3:30A1Manicures</div>	<div>10:00A2Exercise for Arthritis</div> <div>10:00A1Fitness Exercise</div> <div>10:45A1Fun with Colors w/ Tom</div> <div>11:30EMen's Club- Out to Lunch</div> <div>2:00LRLive Music w/ Mike</div> <div>3:00TCatholic Communion</div> <div>3:30TRosary Prayer w/ Friends</div>	<div>10:00A2Fitness Exercise</div> <div>10:45A1Boggle Game</div> <div>2:00A2Better Balance</div> <div>3:00A1Quarter Bingo</div> <div>4:15CChimes Playing</div>	<div>10:00A2Friday Fitness</div> <div>10:45A1Art and Craft</div> <div>2:00TBLive Music w/ Tom D.</div> <div>3:00CSocial Hour</div> <div>4:00LBook Club</div>	<div>10:00A2Fitness Exercise</div> <div>11:00CCoffee Chat</div> <div>1:30CEuchre Game w/ Friends</div> <div>2:30A1Tea party and Snack</div> <div>4:15CUno Game w/ Friends</div>
<div>21</div> <div>10:30TCatholic Communion</div> <div>10:30LRLPresbyterian Church Services on YouTube (LR)</div> <div>11:00A1Card Making</div> <div>1:30CCelebrating Grandparents Day with Berry Short Cake w/ Wip Cream</div> <div>2:30A1Dime Bingo w/ Nancy</div> <div>7:00A1Night at the Movies</div>	<div>Autumn Begins22</div> <div>10:00A2Monday Movement</div> <div>2:00LRLNational Ice Cream Cone Day</div> <div>3:15TStory Time w / Dian</div> <div>4:15LRYou Tube Concert / TV</div>	<div>10:00A2Fitness Exercise</div> <div>10:45A1Squirt Gun Painting</div> <div>1:30TBible Hour w/ Ashton</div> <div>2:00LRLBirthday Party and Trivia</div> <div>3:30A1Nifty Nails- Manicures</div>	<div>10:00A2Exercise for Arthritis</div> <div>10:45A1Painting w/ Tom</div> <div>12:00LRLive Music w/ Josh K.</div> <div>3:00TCatholic Communion</div> <div>3:30TRosary Prayer w/ Friends</div>	<div>10:00A2Fitness Exercise</div> <div>10:45A1Alphabet Game</div> <div>2:00A2Stability Class</div> <div>3:00A1Quarter Bingo</div> <div>4:15CChimes Playing</div>	<div>10:00A2Friday Fitness</div> <div>10:45TTravelogue w/ Cristine</div> <div>2:00CKnitting Group</div> <div>3:00CGathering with Friends</div> <div>4:00LBook Club</div>	<div>10:00A2Fitness Exercise</div> <div>11:00CCoffee Chat w/ Friends</div> <div>1:30CEuchre Game w/ Friends</div> <div>2:30TMovie Matinee w/ Marcia</div> <div>4:15CPuzzles with Friends</div>
<div>28</div> <div>10:30TCatholic Communion</div> <div>10:30LRLPresbyterian Church Services on YouTube (LR)</div> <div>11:00LRLBalloon Ball</div> <div>1:00LRBUFFALO BILLS VS SAINTS - TV (CBS)</div> <div>1:30CCelebrating Grandparents Day with Berry Short Cake w/ Wip Cream</div> <div>2:30A1Dime Bingo w/ Nancy</div>	<div>10:00A2Monday Movement</div> <div>11:00EFall Foliage Trip & Lunch Naples</div> <div>2:00A1Coloring Therapy</div> <div>3:15TStory Time w / Dian</div> <div>4:15A1Grief Support</div>	<div>10:00A2Fitness Exercise</div> <div>10:45A1Theme Day - Craft to Celebrating Fall</div> <div>1:30TBible Hour w/ Ashton</div> <div>2:00TBLive Music w/ Top Brass and Hot Mulled Cider Day</div> <div>3:30A1Nail Painting - Manicure</div>	<div>LABOR DAY</div>	<div>All activities are subject to change. Please see Daily Activity sheet for changes. If you have any questions, please feel free to see Edina Hamzic (585) 425-9663.</div>	<div>HAPPY GRANDPARENTS DAY</div>	<div></div>

We connect with our residents through coloring, painting and folding clothes.



We made fruit salad and celebrated picnic theme day



Birthday in July



John C.

Welcome New Residents

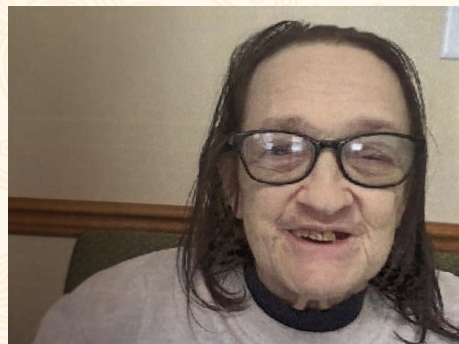
We would like to welcome these new residents to our Heathwood Family.



Theresa D.



Gayle L.



Mary Ellen Z.



Beverly M.

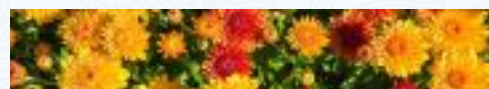


Carla Suero, President

Giving back to the communities in which we live and work has been a component of the Heathwood model for decades. We plan to participate in the Walk to End Alzheimer's in Rochester on Oct 4th and Oct 11th in Buffalo. We encourage staff, residents and family members to participate in some way to help end this terrible disease.

Each facility will have a team led by Cynthia Machamer at Penfield and Ray Geiser at Williamsville. More correspondence regarding details of our participation will be sent in early September. We think a friendly competition between

our locations could be fun to see who can get the most people to participate in the walk. Game on!



Apple	Harvest
Autumn	Labor Day
Books	Lake
Camp	Leaves
Country	Reflection
Earth	September
Fall	Tree
Football	Wind

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