



September Highlights

1st Resident Council Meeting
2nd Scenery Ride
11th Catholic Mass
13th Celebrating
Grandparents Day
14th Live Music w/ Sam
15th Live music w/ Top Bras
16th Live Music w/ Kim
17th Baking w/ Rae
17th Live Music w/ Josh
18th Pictionary Game w/
Melissa
19th Tea Party and Snack
22nd Scenery Ride
26th Live Music w/ Paul

Labor Day — Monday, Sept. 7

On Labor Day, we recognize the hard-earned rights and contributions of all American workers.



Welcome Lucas Suero to the Heathwood Team

Many of you may already recognize a familiar face around Heathwood, and we are excited to officially welcome Lucas Suero to our team.

After graduating from university with a degree in hospitality management, Lucas is returning to Heathwood as the fourth generation of the Chur family involved in senior living. His goal is to learn every aspect of the organization

while getting to know the residents, families, and staff who make Heathwood so special.

Lucas's Heathwood journey began during the COVID-19 pandemic, when he worked at Williamsville in the dining room helping serve and deliver meals to residents. He later joined the maintenance team, assisting with apartment renovations and construction of the new addition. Those experiences gave him a firsthand appreciation for the teamwork and dedication present at Heathwood. Over the coming months, you'll see Lucas working alongside many different departments. Please don't hesitate to introduce yourself, share your ideas, or simply stop and say hello. He looks forward to meeting everyone!





Happy Birthday!

Best wishes to everyone celebrating this month!

DAVID S. 3RD
JANET T. 5TH
PETER F. 5TH
LOUISE R. 8TH
ANN H. 8TH
PAULA B. 10TH
MARGIE Z. 14TH
RAYMONDE L. 17TH
JOAN T. 27TH
NANCY S. 29TH
PAULA W. 30TH

Famous Faces Born in September

Sept. 6, 1972: Idris Elba
Sept. 11, 1987: Elizabeth Henstridge
Sept. 15, 1960: Lisa Vanderpump
Sept. 17, 1995: Patrick Mahomes
Sept. 21, 1967: Faith Hill
Sept. 24, 1993: Ben Platt
Sept. 30, 1975: Ta-Nehisi Coates



Raeann Keenan - Administrator

Fall is my favorite season; it's one of the reasons why I moved back to Western New York; nothing compares. But as the leaves change and the air turns crisp, fall invites us to slow down and enjoy the simple comforts of the season. It's a beautiful time to take in the colorful scenery, whether on a walk outdoors, a scenic ride, a trip to Naples, or from a cozy spot inside with a warm drink. With cooler days ahead, this is a great opportunity to embrace cozy routines—layer up, stay active indoors, and enjoy seasonal favorites like soups, apples, and spiced treats. Fall also brings chances to connect with others through community activities, gatherings, and shared traditions. As we shift into this new season, let's take a moment to appreciate its calm beauty and the comfort it brings. Wishing you a peaceful and colorful autumn!



Hi, I'm Molly Pierce, and I am delighted to return to Heathwood as Case Manager. Having previously worked here on the nursing team, I have always appreciated the warmth, compassion, and sense of community that makes Heathwood so special. My background includes assisted living, long-term care, palliative care, and hospice. Through those experiences; I've found building genuine relationships to be a meaningful part of caring for others. Those relationships help people feel heard, valued, and supported, contributing to the overall quality of their care. Outside of work, I enjoy spending time with my husband and our three children, who keep life busy and fun. I am grateful to be back and look forward to reconnecting with familiar faces, forming new relationships, and supporting our residents and families.

Heathwood Annual Chicken BBQ



LR

Living Room

C

TB

TBD- Daily Sheet

CY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 A2 Fitness Exercise 10:45 A1 Word Game 2:00 T Movie Matinee 2:00 A1 Resident Council Meeting 3:30 A1 Nail Painting - Manicure 7:00 T Night at the Movies	2 10:00 A2 Exercise 10:45 A1 Painting Time 2:00 E Scenery Ride 2:00 LR Virtual Tours and Ice Cream 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 4:00 A1 Wii Game - Bowling 7:00 T Night at the Movies	3 10:00 A2 Fitness Exercise 10:45 A1 Jumbo Crossword Puzzle 2:00 A2 Stability Class 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	4 10:00 A2 Friday Fitness 10:45 A1 Art and Craft 2:00 C Knitting Group 2:00 T Movie Matinee 3:00 C Social Hour w/ Friend 4:15 A1 Wii Game - Bowling 7:00 T Night at the Movies	5 10:00 A2 Fitness Exercise 11:00 C Coffee Chat 1:30 C Euchre Game w/ Friends 2:30 A1 National Cheese Pizza Day - Trivia 4:15 C Walking Club 7:00 T Night at the Movies
6 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 National Blueberry Popsicle Day Word Game 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	7 Labor Day 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:30 CY Labor Day Celebrating w/ Live Music 3:30 T Story Time w/ Dian 6:30 C Games w/ Friends 7:00 T Night at the Movies	8 10:15 A2 Movement w/ Denise 10:45 A1 Balloon Painting 2:00 A1 Coloring Therapy 2:00 T Movie Matinee 3:30 A1 Nail Painting - Manicure 7:00 T Night at the Movies	9 10:00 A2 Exercise 10:45 A1 Painting Time 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 4:00 C Yahtzee Game w/ Friends 7:00 T Night at the Movies	10 10:00 A2 Fitness Exercise 10:45 A1 Craft w/ Lacey 2:00 A2 Better Balance 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	11 10:00 A2 Friday Fitness 10:45 A1 Art and Craft 2:00 A1 Catholic Mass 2:00 T Movie Matinee 3:00 C Social Hour w/ Friend 4:15 A1 Wii Game - Bowling 7:00 T Night at the Movies	12 10:00 A2 Fitness Exercise 11:00 C Coffee Chat 1:30 C Euchre Game w/ Friends 2:30 A1 Snack Bingo 4:15 C Walking Club 7:00 T Night at the Movies
13 Assisted Living Week and Grandparents Day 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 C Celebrating Grandparents Day with Berry Shortcake 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	14 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:30 CY Live Music w/ Sam 3:30 T Story Time w/ Dian 6:30 C Games w/ Friends 7:00 T Night at the Movies	15 10:00 A2 Fitness Exercise 10:45 A1 Whiteboard Game- Hangman 2:00 T Movie Matinee 2:30 TB Live Music - Top Bras 3:30 A1 Nail Painting - Manicure 7:00 T Night at the Movies	16 10:00 A2 Exercise 10:45 A1 Painting Time 2:00 LR Live Music w/ Kim 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 4:30 C Card Game w/ Friends 7:00 T Night at the Movies	17 10:00 A2 Fitness Exercise 10:45 A1 Baking w/ Rae 2:00 TB Live music w/ Josh 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	18 10:00 A2 Friday Fitness 10:45 C Baking w/ Paul 2:00 T Movie Matinee 2:00 C Pictionary Game w/ Melissa 3:00 C Social Hour w/ Friend 4:15 A1 Wii Game - Bowling 7:00 T Night at the Movies	19 10:00 A2 Fitness Exercise 11:00 C Coffee Chat 1:30 C Euchre Game w/ Friends 2:30 A1 Tea Party and Snack 4:15 C Walking Club 7:00 T Night at the Movies
20 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Craft Time 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	21 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:00 C Knitting Group 3:30 T Story Time w/ Dian 6:30 C Games w/ Friends 7:00 T Night at the Movies	22 10:00 A2 Fitness Exercise 10:45 A1 Candy Dice 2:00 T Movie Matinee 2:00 E Scenery Ride 3:30 A1 Nail Painting - Manicure 7:00 T Night at the Movies	23 10:00 A2 Exercise 10:45 A1 Painting Time 2:00 LR Virtual Tours and Ice Cream 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 4:00 A1 Wii Game- Bowling 7:00 T Night at the Movies	24 10:00 A2 Fitness Exercise 10:45 A1 Balloon Tic Tac Toe 2:00 A2 Stability Class 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	25 10:00 A2 Friday Fitness 2:00 A1 Art and Craft 2:00 C Crocheting Group 2:00 T Movie Matinee 3:00 C Social Hour w/ Friend 4:15 A1 Wii Game - Bowling 7:00 T Night at the Movies	26 10:00 A2 Fitness Exercise 11:00 C Coffee Chat 1:30 C Euchre Game w/ Friends 2:00 LR Live Music w/ Paul 4:15 C Walking Club 7:00 T Night at the Movies
27 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Cards Making 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	28 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:00 T Knitting Group 3:30 T Story Time w/ Dian 6:30 C Games w/ Friends 7:00 T Night at the Movies	29 10:00 A2 Fitness Exercise 10:45 A1 Yarn Painting 2:00 C Birthday Party 2:00 T Movie Matinee 3:30 A1 Nail Painting - Manicure 7:00 T Night at the Movies	30 10:00 A2 Exercise 10:45 A1 Painting Time 2:00 LR Virtual Tours and Ice Cream 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 4:00 C Dominoes w/ Friends 7:00 T Night at the Movies			All activities are subject to Change. Please see the Daily Activity Sheet for Changes. If you have any questions, please contact Edina Hamzic at (585)425-9663.

A Roald Dahl Reading List

Every Sept. 13 is Roald Dahl Day, marking the birthday of the celebrated children's author. Here's a guide to his most popular titles:

"Charlie and the Chocolate Factory." The author's personal love for chocolate inspired this classic, about a boy named Charlie who wins a golden ticket to tour the candy factory of the mysterious Mr. Wonka.

"Matilda." The sweet heroine at the center of this story is smarter than the average 5-year-old and has special superpowers, which help her overcome the meanies in her life.

"James and the Giant Peach." Imagine a fruit so huge that you could sail across the ocean in it! That's the journey young James goes on in this book, accompanied by friendly talking insects.

"The BFG." One evening, little Sophie discovers a Big Friendly Giant, the BFG, who whisks her off on a whirlwind of adventures, including meeting the queen of England!

"Fantastic Mr. Fox." The fox father at the heart of this tale has lots of clever ideas to get food for his family, outwitting a trio of foolish farmers as he carries out his plans.



Birthday Party With Our Residents

104, what an accomplishment! Happiest of birthdays to Marion and all our July Birthdays!



Ice Cream Time



Mary R. participated in reading a story in Memory Care. She listened attentively to the story, remained engaged throughout the session, and smiled during group discussion. The activity promoted cognitive stimulation and social interaction.





Residents participated in today's activity with enthusiasm and smiles. They enjoyed exercising, socializing with one another, and creating crafts. The group remained engaged throughout the session, encouraged each other, and expressed pride in their accomplishments. Overall, the activity promoted physical movement, creativity, and positive social interaction in a fun and supportive environment.



Welcome, New Residents

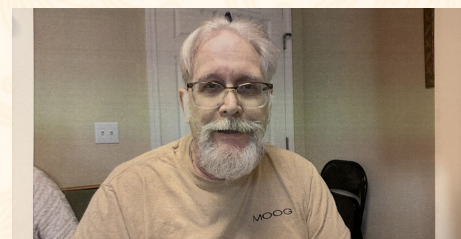
We would like to welcome these new residents to our Heathwood family.



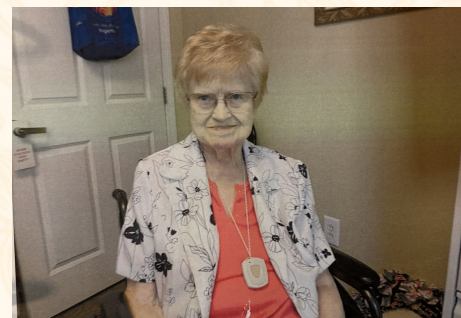
Sandy B.



Jean K.



John K.



Sylvia S.

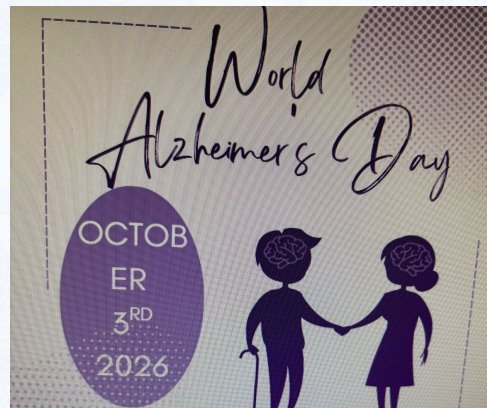


Carla Suero, President
Giving back to the communities in which we live and work has been a component

of the Heathwood model for decades. We plan to participate in the Walk to End Alzheimer's in Buffalo on September 26th and Oct. 3rd in Rochester. 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 Raeann Keenan at Penfield and Brian Reader 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