



HEATHWOOD highlights

815 Hopkins Road . Williamsville, NY 14221 . 716-688-0111

August Highlights

- 8/1 Monthly Birthday Lunch
- 8/1 Music Therapy w/ Matt
- 8/5 Resident Council/Menu
- 8/5 ASO Outing
- 8/6 Summer Lunch Cookout
- 8/6 Dollar Store Outing
- 8/8 Juggling Show
- 8/12 Sing-A-Long w/ Rex
- 8/13 Welcome New Resident
- 8/14 Chicken BBQ Event
- 8/15 Nick B
- 8/19 Drum Circle w/ Ken
- 8/20 Summer Lunch Cookout
- 8/22 Kathy Carr
- 8/27 Tea Party
- 8/27 Four Piece Band
- 8/29 Lyle Stang



Raymond Geiser, Administrator



Administrator's
Accents

August has arrived, and with it comes the heart of summer—a time to soak up the sunshine, enjoy the outdoors, and celebrate the season with friends and family. Here at Heathwood Assisted Living, we find August to be a wonderful time to reflect on the slower pace of summer and all the joy it brings. From shady afternoon strolls to cool treats and lighthearted conversation, summer offers simple moments that mean so much.

One of our favorite traditions this time of year is our Annual Chicken BBQ, and we're excited to host it again this August! This special event is always a

highlight of the season. Residents, families, and staff come together to share delicious food, laughter, and lasting memories. It's a chance to reconnect, relax, and enjoy a true taste of summer.

We know how much our residents look forward to this day, and we love seeing families join in the fun. Whether it's catching up over a plate of BBQ or tapping toes to some live music (Elvis themed this year), the day reminds us of the strength and warmth of our Heathwood community.

Thank you for being a part of what makes Heathwood so special. We're looking forward to a joyful and memorable August together!



**Friends and Family Event:
Lancaster Steel Drums**



Carla Suero, President



Heathwood
Emphasis

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!”



Welcome New Residents

Welcome to Heathwood!
New Residents, please join the activity staff Wednesday, August 13th, at 2pm in Wellness Room 1. We will be giving you a tour of the building, going over the calendar, and just getting to know you!

Sarafina Amanti
May Coppola
Helen Guskowski
Betty McAvoy
Donald Weise







Welcome Helen!

**Friends and Family Event:
Annual Chicken BBQ**

Thursday August 14th
Time: 5pm to 7pm
Location: Backyard

Live Music from Terry Buchwald the “Elvis impersonator”
This is a free event for all residents. We want to thank you for being part of our Heathwood Family. Residents’ families are invited, tickets can be purchased at the front door on the day of the event. Families look out for our Heathwood email and flyers around the building for more information!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>3</div>	 <div>4</div>	 <div>5</div>	 <div>6</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 Tabitha Kennedy, (716) 688-0111.</div> <div>7</div>	<div>1</div> <div>9:45 W2 Fitness Class w/ Lily</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>11:30 W1 Monthly Birthday Luncheon</div> <div>2:00 W2 Music Therapy w/ Matt</div> <div>3:15 W1 Board Games</div> <div>3:15 W1 Happy Hour</div>	<div>2</div> <div>9:45 W2 Fitness Class</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>2:00 W1 Quarter Bingo\$ w/ YES</div> <div>3:15 W1 Trivia</div> <div>7:00 T Movie in the Theater</div>
<div>9:45 W2 Fitness Class</div> <div>10:30 W2 Daily Chronicle</div> <div>11:00 W2 OLV Virtual Mass Channel 5</div> <div>1:30 W1 Card Games</div> <div>2:00 W1 Around the Clock</div> <div>3:15 W1 Healthy Smoothies</div> <div>10</div>	<div>9:45 W2 Better Balance w/ Julane</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>1:30 W2 Travelogue: Kansas</div> <div>3:15 W1 Quarter Bingo \$</div> <div>11</div>	<div>9:45 W2 Yoga w/ Nicole</div> <div>10:00 A2 Wii Bowling</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary w/ Elaine</div> <div>1:30 W1 Card Games</div> <div>2:00 LR Resident Council/Menu Chat</div> <div>3:30 A2 Book Club w/ Tabitha</div> <div>5:30 Amherst Symphony Orchestra Outing★</div> <div>12</div>	<div>9:45 W2 Walking Club w/ Tabitha</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>11:30 BY Summer Lunch Cookouts ★</div> <div>2:00 Dollar Store Outing★</div> <div>2:00 W1 EZ Yahtzee</div> <div>3:15 W2 Abiding in His Grace w/ Pastor Jack</div> <div>3:15 W1 Board Games</div> <div>13</div>	<div>9:45 W2 Exercise for Arthritis w/ Julane</div> <div>10:30 W2 Daily Chronicle</div> <div>1:30 W1 Last Man's Standing</div> <div>2:30 W2 Catholic Communion/ Rosary</div> <div>3:15 W1 Quarter Bingo\$</div> <div>7:00 T Movie in the Theater</div> <div>14</div>	<div>9:45 W2 Fitness Class w/ Lily</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>2:00 BY Juggling Show</div> <div>3:15 W1 Board Games</div> <div>3:15 W1 Manicures</div> <div>15</div>	<div>9:45 W2 Fitness Class</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>1:00 Bills vs. Giants Football Game</div> <div>2:00 W1 Quarter Bingo \$</div> <div>3:15 W1 CATastrophe!</div> <div>7:00 T Movie in the Theater</div> <div>16</div>
<div>9:45 W2 Fitness Class</div> <div>10:30 W2 Daily Chronicle</div> <div>11:00 W2 OLV Virtual Mass Channel 5</div> <div>1:30 W1 Card Games</div> <div>2:00 W2 Karaoke w/ Nicole</div> <div>3:15 W1 Fruit Salad Social</div> <div>17</div>	<div>9:45 W2 Better Balance w/ Julane</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>1:30 W1 Crafts w/ Jim</div> <div>3:15 W1 Quarter Bingo \$</div> <div>18</div>	<div>9:45 W2 Yoga w/ Nicole</div> <div>10:00 A2 Wii Bowling</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary w/ Elaine</div> <div>1:30 W1 Card Games</div> <div>2:00 BY Garden Club</div> <div>3:00 W2 Sing-A-Long w/ Rex</div> <div>19</div>	<div>9:45 W2 Walking Club w/ Tabitha</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>2:00 W1 Welcome New Resident</div> <div>3:15 W1 Board Games</div> <div>3:15 W2 Circle of Friends w/ Pastor Jack</div> <div>20</div>	<div>9:45 W2 Exercise for Arthritis w/ Julane</div> <div>10:30 W2 Daily Chronicle</div> <div>1:30 W1 Twister Bean Bag Toss</div> <div>2:30 W2 Catholic Communion/ Rosary</div> <div>5:00 BY Friends and Family Event: Chicken BBQ</div> <div>21</div>	<div>9:45 W2 Fitness Class w/ Lily</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>2:00 BY Friday Music w/ Nick B</div> <div>3:15 BY Baking w/ Niufa</div> <div>3:15 W1 Board Games</div> <div>22</div>	<div>9:45 W2 Fitness Class</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>2:00 W1 Quarter Bingo\$ w/ YES</div> <div>3:15 W1 What's the scoop?</div> <div>7:00 T Movie in the Theater</div> <div>23</div>
<div>9:45 W2 Fitness Class</div> <div>10:30 W2 Daily Chronicle</div> <div>11:00 W2 OLV Virtual Mass Channel 5</div> <div>1:30 W1 Card Games</div> <div>2:00 W1 Dominos</div> <div>3:15 W1 Healthy Smoothies</div> <div>8:00 Bills vs. Bears Football Game</div> <div>24</div>	<div>9:45 W2 Better Balance w/ Julane</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>1:30 W2 Coffee and Poetry w/ Michaela</div> <div>3:15 W1 Quarter Bingo \$</div> <div>25</div>	<div>9:45 W2 Yoga w/ Nicole</div> <div>10:00 A2 Wii Bowling</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary w/ Elaine</div> <div>1:30 W1 Baking Club w/ Nicole</div> <div>1:30 W1 Card Games</div> <div>3:00 BY Backyard Drum Circle w/ Ken</div> <div>26</div>	<div>9:45 W2 Walking Club w/ Tabitha</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>11:30 BY Summer Lunch Cookouts ★</div> <div>2:00 W1 Jeopardy</div> <div>3:15 W2 Abiding in His Grace w/ Pastor Jack</div> <div>3:15 W1 Board Games</div> <div>27</div>	<div>9:45 W2 Exercise for Arthritis w/ Julane</div> <div>10:30 W2 Daily Chronicle</div> <div>1:30 BY Team Beachball</div> <div>2:30 W2 Catholic Mass</div> <div>3:15 W1 Quarter Bingo \$</div> <div>7:00 T Movie in the Theater</div> <div>28</div>	<div>9:45 W2 Fitness Class w/ Lily</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>2:00 BY Friday Music w/ Kathy Carr</div> <div>3:15 W1 Board Games</div> <div>3:15 W1 Manicures</div> <div>29</div>	<div>9:45 W2 Fitness Class</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>2:00 W1 Quarter Bingo \$</div> <div>3:15 W1 Niagara Oh No!</div> <div>7:00 T Movie in the Theater</div> <div>7:30 Bills vs. Buccaneers Football Game</div> <div>30</div>
<div>9:45 W2 Fitness Class</div> <div>10:30 W2 Daily Chronicle</div> <div>11:00 W2 OLV Virtual Mass Channel 5</div> <div>1:30 W1 Card Games</div> <div>31</div>	<div>9:45 W2 Better Balance w/ Julane</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>1:30 W1 Crafts w/ Jim</div> <div>3:15 W1 Quarter Bingo \$</div> <div>25</div>	<div>9:45 W2 Yoga w/ Nicole</div> <div>10:00 A2 Wii Bowling</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary w/ Elaine</div> <div>1:30 W1 Card Games</div> <div>2:00 T Afternoon Movie w/ Popcorn</div> <div>26</div>	<div>9:45 W2 Walking Club w/ Tabitha</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>2:00 W1 Tea Party</div> <div>3:15 W1 Board Games</div> <div>3:15 W2 Circle of Friends w/ Pastor Jack</div> <div>6:30 BY Amherst Symphony Four Piece Band</div> <div>27</div>	<div>9:45 W2 Exercise for Arthritis w/ Julane</div> <div>10:30 W2 Daily Chronicle</div> <div>1:30 BY Cornhole</div> <div>2:30 W2 Catholic Communion/ Rosary</div> <div>3:15 W1 Quarter Bingo \$</div> <div>7:00 T Movie in the Theater</div> <div>28</div>	<div>9:45 W2 Fitness Class w/ Lily</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>2:00 BY Friday Music w/ Lyle Stang</div> <div>3:15 W1 Board Games</div> <div>3:15 BY Happy Hour</div> <div>29</div>	<div>9:45 W2 Fitness Class</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>2:00 W1 Quarter Bingo \$</div> <div>3:15 W1 Left, Right, Center</div> <div>7:00 T Movie in the Theater</div> <div>30</div>

Staff Birthdays and Anniversaries

Happy Birthday

2nd

Rhonda Walker

5th

Michael John Bargnesi

6th

Deidre Chesson

7th

Lawsona Beh

Sofia Suero

13th

Latoya Anderson

23rd

Marakieta Strong

26th

Jason Guest

29th

Della J Sawyer

Happy Anniversaries

39 years

Della Sawyer

11 years

Daniel Young

Precious Moore

4 years

TaTina Lewis

3 years

Shaun Wylie

2 years

Taniqua Holingsworth

1 year

Kathrin Busdiecker

Steve Parker

Marlo Carney



Michaela



Hi everyone!
Since the last time I wrote here, my projects are on a roll at Heathwood, and I have thoroughly enjoyed getting to meet and spend time with you all! In June and July, I offered my first poetry workshop, in which a handful of lovely ladies and I worked on writing group poetry and summer cinquain poems. The turn out was great, and our poetry was even better. I also began attending the Heathwood Book Club, where I read our book aloud to members. I really look forward

to book club and discussing Me Before You with all of the ladies- you are all so sweet! Finally, I began my Legacy Autobiography Project interviews, and the process has been so meaningful and gratifying already- I can't wait to continue! The beginning of my volunteering here has been a joy and I really appreciate the warm welcome you have all given me - it means a lot! Up next from me are some more poetry workshops and other season-themed literary activities. I'm looking forward to continuing to spend time with you in the month of August!

Citrus Watermelonade

Summertime is sweet when you're sipping on this fruity beverage.

Ingredients:

- 1 cup water
- 2 cups sugar
- 6 cups cubed watermelon, seeds and rind removed
- 2 cups orange juice
- 1 cup grapefruit juice
- 3/4 cup lemon juice
- 3/4 cup lime juice
- 2 to 3 medium oranges, peeled and diced
- 1/2 cup fresh mint leaves

Directions:

Combine water and sugar in a small saucepan and heat on low until sugar is dissolved. Refrigerate until chilled.

In a blender, puree 4 cups of the cubed watermelon until smooth. Pour into a larger pitcher. Add the chilled sugar syrup, orange juice, grapefruit juice, lemon juice and lime juice. Stir until well combined.

Join us for Happy Hour
Friday August 29th
Time: 3:15pm
Location: Backyard



Sue Allen



Personality
Profiles

Susan Reifer Allen was born in Buffalo on April 7, 1943. Her parents were Mary and David Riffer. She has an older sister Joanne and a younger brother

Joe who is now deceased. Sue's dad was a CPA, and her mom worked for him in the office. Sue spent her early elementary school years in Buffalo before moving to Kenmore in the fifth grade. She graduated from Kenmore High School and went on to spend four years at Syracuse University. There she obtained a certificate to teach early education, a degree she never directly used.

Sue married her first husband Wink at eighteen years old. They honeymooned briefly in NYC. They had three children. Tracy now works and lives in Williamsville. Scott is a home appraiser like his dad. He also resides in Williamsville. Gary works for Ryder trucking company and lives in Michigan. There are eight granddaughters and one grandson.

A divorce left Sue alone and bored. The children were much older, and she needed some stimulation. A sign in a bicycle shop prompted her to accept the invitation to join a cycling club. It wasn't long before she was travelling around seeing things she never saw before and

meeting the most interesting people. It was here that she met current husband George. They had a mutual love of cycling and spent many miles traversing the countryside. A second go around for the two of them, they soon married. She took on many volunteer opportunities including delivering meals on wheels and working in theater in costuming and props. Her paying position was working for a veterinarian. She wore every hat in that facility from office work to cleaning, to fostering all kinds of animals. A layoff for George prompted the couple to move out west. For a while they called Spokane, WA, Indiana and Illinois home. They settled in Quincy, IN for 25 years before ill health brought them back to the area.

Sue's love of dogs and theater allowed her to showcase their acting abilities. One of her dogs was in The Wizard of Oz. Other cats and dogs were used in various plays and movies. She continued her bicycling highlighting several trips to France and England, where her signature pink flamingo hung lovingly from her bike. She enjoyed the camaraderie of other bikers, the genuine hospitality of local country folk who would house and nourish them and the aroma of English pubs which offered good food and friendly people.

Resident Recognition

Happy Birthday

1st

Marie Wojcieszak

Carolyn Kuwik

5th

Bianca Liscavage

20th

Geraldine Cross

23rd

Carol Joerger

25th

Karen Welch

28th

Evelyn Klein

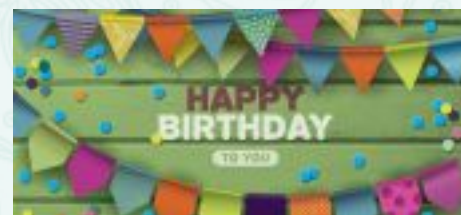
MaryAnne King

31st

Patricia Pettit



Happy Birthday Gerry!



Ride for Roswell



The Heathwood Warriors raised \$2,302 for the Ride for Roswell. On June 28th Tabitha rode 44 miles. At 6:30am she started at the Roswell building downtown and crossed over the Peace Bridge riding 20 miles in Canada, then crossing back over the Rainbow

Bridge riding 24 miles and finishing at UB in Amherst.
I just want to say thank you to everyone who supported my ride by donating and reaching out throughout my training journey.
-Tabitha



Buffalo Bills Preseason Schedule

Saturday August 9th
Bills vs. Giants
Time: 1:00pm
Sunday August 17th
Bills vs. Bears
Time: 8:00pm
Saturday August 23rd
Bills vs. Buccaneers
Time: 7:30pm



August
Word Search

- Beach
Bike
Garden
Hot
Hot dogs
Park
Picnic
Pool
- Popsicle
Sand
Summer
Sun
Swimsuit
Travel
Vacation
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
R	H	O	P	T	G	K	T	N	U	B	D	D	W	F
M	G	K	R	A	P	R	S	D	N	U	Q	T	V	H
E	M	V	R	D	A	P	N	U	O	K	B	O	H	M
L	E	D	A	V	S	A	S	O	M	G	I	W	S	T
O	E	S	E	O	R	W	S	W	I	M	S	U	I	T
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