

July Highlights

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- 7/3 Birthday Luncheon
 - 7/3 Music: Mario
 - 7/7 Alex on the Cello
 - 7/9 Feeling Rock w/ Katie
 - 7/9 Annual Chicken BBQ
 - 7/10 Music: Judd Sunshine
 - 7/14 Resident Council
 - 7/14 Floral Arrangements
 - 7/15 Welcome New Resident
 - 7/17 Music: Sentimental Journey
 - 7/21 Music: Saxman Slim
 - 7/22 Summer Lunch Cookout
 - 7/24 Dollar Store Outing
 - 7/24 Music: Tom Bender
 - 7/27 Lunch Outing
 - 7/31 Music: Bad Habit
- 



Administrator's Accents



Raymond
Geiser,
Administrator

As we celebrate Independence Day this July, our nation is also approaching a remarkable milestone. In 2026, the United States will mark its 250th anniversary, celebrating two and a half centuries of history, progress, and perseverance.

Here at Heathwood, many of our residents have witnessed some of the most significant moments in our nation's history. From technological advances and cultural changes to historic achievements and challenges, your experiences have helped shape the America we know today. The stories, memories, and wisdom you share are an important part of

our country's ongoing story.

As we celebrate this Independence Day, we encourage everyone to take a moment to reflect on cherished family traditions and memories of past Fourth of July celebrations. Sharing these experiences helps preserve our history and strengthens the connections within our community.

On behalf of the entire Heathwood family, we wish you and your loved ones a safe, joyful, and meaningful Independence Day. As we look ahead to America's 250th birthday, let us celebrate the enduring spirit of our nation and the generations who have helped make it what it is today.

Happy Fourth of July!



Friends and Family Event: America 250 Chicken BBQ

Thursday July 9th

Time: 4:30pm to 7:00pm

Location: Backyard

Our cherished backyard has been a host to family and friends with talented musicians and Chiavetta's Barbeque Chicken for the past 15 years.

All residents are invited.

Family and Friends, please make your reservations with Tabitha.

Live music by The Road Runners.

We encourage everyone to wear Red, White or Blue.

Those residents who made Tie-Dye shirts in crafts with Jim, don't forget to wear your shirts and show off your talent.



Celebrating Our Semiquincentennial

This 18-letter mouthful is the name for the 250th anniversary of the signing of the Declaration of Independence on Saturday, July 4.



Independence Day

On July 2, 1776, the Second Continental Congress, assembled in Philadelphia, voted to approve a motion from Richard Henry Lee of Virginia calling for separation from Great Britain. The words of the resolution were added to the Declaration of Independence, and on July 4, the declaration was formally adopted. On July 8, 1776, the first public reading of the declaration was held in Philadelphia's Independence Square. Band music and the ringing of bells accompanied the event.



Independence Day Q&A

1) In July 1776, how many people were estimated to live in the newly independent nation?

A) 575,000, B) 2.5 million, C) 5 million, D) 304 million

2) There is a law that says you can be arrested if you don't salute during the national anthem. *True or false?*

3) What year did George Washington make his first Fourth of July address? A) 1776, B) 1777, C) 1784, D) 1791

Answers:

1) B. About 2.5 million people populated the 13 colonies when America declared its independence. Today, the U.S. population is about 306 million.

2) *False.* But U.S. Code does dictate patriotic customs for the occasion, which state that when the song is played, all present should stand at attention facing the flag with the right hand over the heart.

3) D. That was the only time Washington ever gave an address on Independence Day. It took place in Lancaster, Pa.





Anne's Art Show

Anne and her family would like to thank all of our residents and family members that were able to attend this bash. If you were not able to come to this event, stop down to the pool table room and check out Anne's amazing artwork! Anne, you are so talented, and Heathwood was honored to host this experience for you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 5 9:45 W2 Fitness Class 10:30 W2 Daily Chronicle 11:00 W2 OLV Virtual Mass Channel 5 1:30 W1 Card Games 2:00 T Afternoon Movie w/ Popcorn 2:30 W1 EZ Yahtzee 3:15 W1 Apple Turnover Social	 6 9:45 W2 Better Balance w/ Lily 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Mary 1:30 W1 Crafts w/ Jim 3:00 W1 Quarter Bingo \$	 7 9:45 W2 Fitness Class w/ Melanie 10:00 A2 Wii Bowling 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Jean 1:30 W1 Card Games 2:00 BY Alex on the Cello 3:15 T Documentary in the Theater	1 9:45 W2 Walking Club w/ Tabitha 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Michele 2:00 W2 Protestant Service w/ Barbara 3:15 W1 Board Games 3:15 W2 Circle of Friends w/ Pastor Jack	2 9:45 W2 Yoga w/ Nicole 10:30 W2 Daily Chronicle 10:45 A2 Meditation w/ Nicole 1:30 W1 Patriot Chat 2:30 W2 Catholic Communion/ Rosary 3:15 W1 Quarter Bingo \$ 6:45 T Movie in the Theater	3 9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle w/ Tim 10:45 A2 Bible Study w/ Richard 11:30 W1 Monthly Birthday Luncheon 2:00 BY Friday Music w/ Mario 3:15 W1 Birthday Bingo	4 Independence Day 9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 2:00 W1 Quarter Bingo \$ 3:15 W1 Patriotic Color Game 6:45 T Movie in the Theater
12 9:45 W2 Fitness Class 10:30 W2 Daily Chronicle 11:00 W2 OLV Virtual Mass Channel 5 1:30 W1 Card Games 2:00 T Documentary in the Theater 2:30 W1 Board Games w/ Nicole	13 9:45 W2 Better Balance w/ Lily 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Mary 1:30 W1 Crafts w/ Jim 3:00 W1 Quarter Bingo \$	14 9:45 W2 Fitness Class w/ Melanie 10:00 A2 Wii Bowling 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Jean 1:30 W1 Card Games 2:00 W2 Resident Council 3:00 W1 Floral Arrangement w/ Sue ★	15 9:45 W2 Walking Club w/ Tabitha 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Michele 2:00 W1 Welcome New Resident Social 3:15 W1 Board Games 3:15 W2 Circle of Friends w/ Pastor Jack	16 9:45 W2 Yoga w/ Nicole 10:30 W2 Daily Chronicle 10:45 A2 Meditation w/ Nicole 1:30 W1 Beach Day Chat 2:30 W2 Catholic Mass 3:15 W1 Quarter Bingo \$ 6:45 T Movie in the Theater	17 9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle w/ Tim 10:45 A2 Bible Study w/ Richard 2:00 BY Friday Music w/ Sentimental Journey 3:15 W1 50s Records w/ Frank 3:15 W1 Manicures	18 9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 2:00 W1 Quarter Bingo \$ w/ YES 3:15 W1 Canada or US Flag Game 6:45 T Movie in the Theater
19 9:45 W2 Fitness Class 10:30 W2 Daily Chronicle 11:00 W2 OLV Virtual Mass Channel 5 1:30 W1 Card Games 2:00 T Afternoon Movie w/ Popcorn 3:00 W1 Art Therapy w/ Relaxing Music	20 9:45 W2 Better Balance w/ Lily 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Mary 1:30 W1 Crafts w/ Jim 3:00 W1 Quarter Bingo \$	21 9:45 W2 Fitness Class w/ Melanie 10:00 A2 Wii Bowling 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Jean 1:30 W1 Card Games 2:00 BY Entertainment: Saxman Slim	22 9:45 W2 Walking Club w/ Tabitha 10:30 W2 Daily Chronicle 10:30 W2 Pet Visit w/ Bandit and Bo 10:45 A2 Rosary w/ Michele 11:30 BY Summer Lunch Cookout ★ 3:15 W1 Board Games	23 9:45 W2 Yoga w/ Nicole 10:30 W2 Daily Chronicle 10:45 A2 Meditation w/ Nicole 1:30 W1 United Shapes of America Game 2:30 W2 Catholic Communion/ Rosary 3:15 W1 Quarter Bingo \$ 6:45 T Movie in the Theater	24 9:45 W2 Fitness Class w/ Melanie 10:00 Dollar Store Outing★ 10:30 W2 Daily Chronicle w/ Tim 2:00 BY Friday Music w/ Tom Bender 3:15 BY Peach Ice Cream	25 9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 2:00 W1 Quarter Bingo \$ 3:15 W1 Finish the Phrase Game 6:45 T Movie in the Theater
26 9:45 W2 Fitness Class 10:30 W2 Daily Chronicle 11:00 W2 OLV Virtual Mass Channel 5 1:30 W1 Card Games 2:00 T Documentary in the Theater 3:00 W1 Ice Cream Social	27 9:45 W2 Better Balance w/ Lily 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Mary 11:30 Lunch Outing \$★ 1:30 W1 Crafts w/ Jim 3:00 W1 Quarter Bingo \$	28 9:45 W2 Fitness Class w/ Melanie 10:00 A2 Wii Bowling 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Jean 1:30 W1 Card Games 2:00 T Afternoon Movie w/ Popcorn 2:00 W1 Baking Club w/ Melanie	29 9:45 W2 Walking Club w/ Tabitha 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Michele 1:30 W2 Travelogue: Ye Olde Williamsburg 3:15 W2 Abiding in His Grace w/ Pastor Jack 3:15 W1 Board Games	30 9:45 W2 Yoga w/ Nicole 10:30 W2 Daily Chronicle 1:30 W1 Fill in the Blank Game 2:30 W2 Catholic Communion/ Rosary 3:15 W1 Quarter Bingo \$ 6:45 T Movie in the Theater	31 9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle w/ Tim 10:45 A2 Bible Study w/ Richard 2:00 BY Friday Music w/ Bad Habit 3:15 W1 50s Records w/ Frank 3:15 W1 Manicures	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.

Staff Birthdays and Anniversaries

Happy Birthday

2nd

Figuera Terrell

5th

Robin Til

6th

Sierra Fiegl

8th

James Stablewski

9th

Marla Bolt

15th

Kamal Mathaun

Happy Anniversary

23 years

Julie Bliss

14 years

Sharon Mazur

13 years

Candice Marrow

9 years

Juliet Walters

7 years

Caryn Duffy

5 years

Adam Duffy

4 years

Jessica Ellis

Helen Mosley

2 years

Nilufa Begum

Marakieta Strong

Isabella Cooke



Mary Kay Girls' Night



Sip and Paint Class



Ellie with our Art Therapist Sue



Floral Arrangement Class w/ Sue
Tuesday, July 14th
Time: 3:00pm

Location: Wellness Room 1
Come join Sue with making your own
summer floral arrangement.
Space is limited.
Sign up with an Activity person.



Personality Profiles



Deborah Lawler

Deborah Lawler was born on September 16, 1949, in Buffalo, NY. She is the eldest daughter of Joseph and Allean Lawler. She grew up in Kenmore along with six siblings, four sisters and two brothers. Debbie attended St. Amelia's Catholic grammar school and graduated from Cardinal O'Hara High School. She went on to college at Daemen University where she majored in secondary English education. Upon graduation, she couldn't find a teaching position and wound up as a unit clerk at Sister's Hospital. Seeing firsthand the responsibilities of nurses gave Debbie the urge to go back to school and try nursing. She went through the nursing program at Sister's and earned her credits as a registered nurse. Shortly thereafter, she went to work at Strong Memorial Hospital in Rochester, NY, where she joined the medical ICU. It was back to Buffalo to earn both her baccalaureate and master's degrees in nursing at UB. She had a sister in Boston and took a position at the Northeastern Deaconess Hospital in the area. She worked as a staff nurse on the surgical floor and at the Post Anesthesia Care Unit, caring for those with major abdominal and heart issues. She was instrumental in a liver transplant

start-up unit. Buffalo kept calling her and it was once again back to Sister's where she retired from nursing after forty years of nursing service.

Debbie married briefly after graduating from Daemen and quietly divorced. There are no children. She has kept herself entertained by reading, now a member of the book club. She used to visit museums, especially enjoying history museums but also taking in the great masters of art at the art museums. She enjoys working through jigsaw puzzles and most word puzzles as well.

Family is extremely important to Debbie. While childless herself, she loves the company of her nieces and nephews, grand-nieces and extended family. Her heritage is Irish and at one point she visited Ireland with the entire family. Debbie's career was an immense pleasure to her and one she is so very proud of, touting an Alumni of the Year award from Sister's Hospital and nominated nurse of the year at Deaconess Hospital. As you can see, work and family dominated Deb's time.



Happy Birthday Residents

1st
Angeline Tritto
4th
Marge Schmidt
6th
Janet Auer
11th
Tess Sommer
Judith O'Neill
14th
Roberta Landberg
15th
Frances Lopez
18th
Barbara Collins-Zurovchak
19th
Beverly Warner
20th
Anna Nikisch
28th
Jane Grenke
Joan Miller



Welcome New Residents

Joyce Bunce
Jean Caprio
Shirley Ott
Clayton and Phyllis Snyder





Heathwood's Backyard

