



### September Highlights

- 9/2 Resident Council
- 9/5 Monthly Birthday Luncheon
- 9/5 Mark Swarts
- 9/7 Bills vs. Ravens
- 9/8 Josh Shapiro
- 9/9 Cooking Demo w/ Mark
- 9/9 Oktoberfest
- 9/10 Welcome New Resident
- 9/12 Chinese Buffet Outing
- 9/12 Michael Keller
- 9/12 Buffalo Bills Party
- 9/14 Bills vs. Jets
- 9/15 Brian B
- 9/16 Volunteer Luncheon
- 9/16 Music w/ Rex
- 9/17 Jewish New Year
- 9/18 Bills vs. Dolphins
- 9/23 Mayer Bros Outing
- 9/24 Tea Party
- 9/24 Dinner w/ Julane
- 9/26 Kathy Carr
- 9/28 Bills vs. Saints



### Raymond Geiser, Administrator



Administrator's  
Accents

As we turn the calendar to September, we begin to feel the subtle shift from summer's warmth to the crisp promise of fall. It's a beautiful time of year here at Heathwood, when our gardens begin to show hints of autumn color and the days grow a bit shorter and cooler.

September reminds us of the value of transitions—how each season brings its own gifts. Summer gave us sunny days, visits with family, and outdoor activities that brought joy and connection. Now, as fall approaches, we look forward to cozy indoor gatherings, autumn crafts, and the comforting

rhythm of routine.

It's also a time to reflect. Many of our residents recall fond memories of back-to-school days, fall harvests, and family traditions that began this time of year. We encourage those conversations—they are a wonderful way to share wisdom, laughter, and connection.

As always, our team remains committed to providing not only excellent care but also a sense of home, purpose, and belonging. Thank you to all our residents and families for your continued trust and involvement.

And of course—let's not forget, football is back! You can bet many of us here at Heathwood will be cheering on our Buffalo Bills. Go Bills!







## Heathwood's Chicken BBQ





## Assisted



Josh Shapiro  
Entertainment  
Monday September 8th  
Time: 2PM  
Location: Backyard

## Living

### Buffalo Bills Watch Party

Friday, September 12th,  
Time: 3:15PM

Location: Wellness Room 1  
Come play some games and eat  
some appetizers celebrating the  
football game Sunday,  
September 14th, at 1PM.



## Week



## Carla Suero, President



Heathwood  
Emphasis

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!



### Friends and Family Event: Oktoberfest

Tuesday, September 9th,  
Volunteers will be serving food  
from 4:45pm to 6PM.  
Polka Boyz will be performing  
from 5:15pm to 7PM.

Residents, there will be a  
sign-up for the backyard diner.  
Menu yet to be determined.  
Performance is welcome to all.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>Labor Day1</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 Let's Sing w/Julane</div> <div>3:15 W1 Quarter Bingo \$</div>	<div>2</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</div> <div>3:15 A2 Book Club w/ Tabitha</div>	<div>3</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 W2 Protestant Service w/ Barbara</div> <div>3:15 W2 Abiding in His Grace w/ Pastor Jack</div> <div>3:15 W1 Board Games</div>	<div>4</div> <div>9:45 W2 Exercise for Arthritis w/ Julane</div> <div>10:30 W2 Daily Chronicle</div> <div>1:30 W1 Words in Words</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>5</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 Friday Music w/ Mark Swarts</div> <div>3:15 W1 Board Games</div> <div>3:15 W1 Manicures</div>	<div>6</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>7</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 EZ Yahtzee</div> <div>3:15 W1 Happy Hour</div> <div>8:20 Bills vs. Ravens Football Game</div>	<div>8</div> <div>9:45 W2 Better Balance w/ Julane</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>2:00 BY Live Music w/ Josh Shapiro</div> <div>3:15 W1 Quarter Bingo \$</div>	<div>9</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 A2 Book Club w/ Tabitha</div> <div>1:30 W1 Card Games</div> <div>3:00 W1 Cooking Demo w/Mark</div> <div>5:00 BY Friends and Family Event: Oktoberfest ★</div>	<div>10</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 Social</div> <div>3:15 W1 Board Games</div> <div>3:15 W2 Circle of Friends w/ Pastor Jack</div>	<div>11</div> <div>9:45 W2 Exercise for Arthritis w/ Julane</div> <div>10:30 W2 Daily Chronicle</div> <div>1:30 W1 Twister Game</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>12</div> <div>9:45 W2 Fitness Class w/ Lily</div> <div>10:30 W2 Daily Chronicle</div> <div>10:45 A2 Rosary</div> <div>11:15 Chinese Buffet Lunch Outing \$ \$</div> <div>2:00 W2 Friday Music w/ Michael Keller</div> <div>3:15 W1 Board Games</div> <div>3:15 W1 Buffalo Bills Party</div>	<div>13</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 Word Games</div> <div>7:00 T Movie in the Theater</div>
<div>14</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>1:00 W2 Bills vs. Jets Football Game</div> <div>1:30 W1 Card Games</div> <div>2:30 W2 Half Time Refreshments</div>	<div>15</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>6:30 W2 Live Music w/ Brian B</div>	<div>16</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>11:30 W1 Volunteer Luncheon ★</div> <div>1:30 W1 Card Games</div> <div>2:00 W2 Live Music w/ Rex</div> <div>3:15 A2 Book Club w/ Tabitha</div>	<div>17</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 A2 Jewish New Year Celebration</div> <div>3:15 W2 Abiding in His Grace w/ Pastor Jack</div> <div>3:15 W1 Board Games</div>	<div>18</div> <div>9:45 W2 Exercise for Arthritis w/ Julane</div> <div>10:30 W2 Daily Chronicle</div> <div>1:30 W1 Pig-Out Game</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>8:15 Bills vs. Dolphins Football Game</div>	<div>19</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 W1 Jeopardy</div> <div>3:15 W1 Board Games</div> <div>3:15 W1 Happy Hour</div>	<div>20</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 Left, Right, Center</div> <div>7:00 T Movie in the Theater</div>
<div>21</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 Sabbath Poetry w/ Michaela</div> <div>3:15 W1 Happy Hour</div>	<div>22</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>23</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 Scenic Van Ride to Mayer Bros \$ ★</div> <div>3:30 A2 Book Club w/ Tabitha</div>	<div>24</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>4:45 W1 Dinner w/ Julane★</div>	<div>25</div> <div>9:45 W2 Exercise for Arthritis w/ Julane</div> <div>10:30 W2 Daily Chronicle</div> <div>1:30 W1 Tic-Tac-Toe</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>26</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 W2 Friday Music w/ Kathy Carr</div> <div>3:15 W1 Board Games</div> <div>3:15 W1 Manicures</div>	<div>27</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 Board Games</div> <div>7:00 T Movie in the Theater</div>
<div>28</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>1:00 W2 Bills vs. Saints Football Game</div> <div>1:30 W1 Card Games</div> <div>3:30 W1 Seasonal September w/ Michaela</div>	<div>29</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>30</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 W1 Baking Club w/ Nicole</div> <div>3:15 A2 Book Club w/ Tabitha</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>



## Staff Birthdays and Anniversaries

### Happy Birthday

3rd

Evan Quinn

11th

Navneet Kaur

Donna Vanhorn

12th

Madeline Graesser

13th

Amber Gerald

16th

Virginia Cassick

19th

Jordan Dryja-Mason

20th

Steve Huff

21st

Julane Beck

25th

Niki Hatzipetros

26th

Ataliah Thomas

27th

Ainsley Cousins

28th

Gary Henry

Paige Moen

### Happy Anniversaries

37 years

Birgitta Ekman

5 years

Ataliah Thomas

4 years

Pamela Costa

Jennifer Goehle

3 years

Doreen Zeisz

2 years

Charmaine Arulanatham

1 year

Rita Houston

Jacqueline Condon



Don't miss out on our monthly tea party! Great way to meet new people.

### Tea Party

Wednesday, September 24th,

Time: 2PM

Location: Wellness Room 1

## Welcome New Residents

Welcome to Heathwood!  
New Residents, please join the activity staff Wednesday, September 10th, 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!

Carol Dearlove

Anne Gunderman- Vaughan

Tom Vaughan

Larry Guszhowski

Alfred Harrington

Antoinette Harrington

Raquel Shay

Barbara Krull

## Amherst Symphony Orchestra Outing





## Judy Woodruff



Personality  
Profiles

Judi Graeber Woodruff was born in Buffalo on June 2, 1939. Her parents were Robert and Anne Graeber. She had two younger

brothers, Bob and Paul. Dad was a watchmaker who owned his own shop in South Buffalo. Mom was a homemaker. Judi's early educational years were spent in School 72, and she graduated from Mt. Mercy HS. There were no college aspirations for Judi, so she got a job at the phone company as an info operator.

Judi met her husband Herb right at the phone company. He was a teletype specialist who made installations all over western New York. He would come often enough to talk with her during the day and so getting her in hot water for ignoring her job duties. They soon learned of their mutual love of hockey, so every Saturday night was date night in Canada watching a hockey game. They saw each other for about two years before marrying the day after Kennedy was shot. The two honeymooned in Toronto where her husband had relatives. Judi worked at the phone company until she had children, working on and off in between for special projects.

The pair had three children together. Gregory is a power

plant engineer and lives in Clarence Center. Kristen is a human resource specialist residing in Phoenix, AZ. The baby, Kim, is a data analyst who also lives in Phoenix. There are three granddaughters and several step-grandchildren. Judi is especially proud of her family, their educational accomplishments, and military service.

Judi was very involved in craft making over the years. If she saw something she liked she would learn how to do it and then make it herself. She knitted, crocheted, did counted cross-stitch and made stained glass, all self-taught. She was an active member of the Eastern Star and was promoted to Matron of the Eastern Star. She was also very active in the Masonic youth group. Both were involved in clowning and were members of the Telephone Pioneers, performing only in public arenas like nursing homes, hospitals, and parades.

When it was time to retire, Herb and Judi went to Florida to visit her parents. They weren't impressed with the area and vowed to never live in the state. That tune changed when they visited a friend in another part of the state. They were so enamored with that area they bought a place right then and there and so became snowbirds.

## Resident Recognition

### Happy Birthday

7th

John Rehak

Julianne Brown

9th

Suzanne Miesowicz

15th

Raquel Shay

Jean Rembold

16th

James Babcock

19th

Sheila Gallagher

20th

Raymond Hargro

23rd

Mark Wudyka

Frank LoVullo

24th

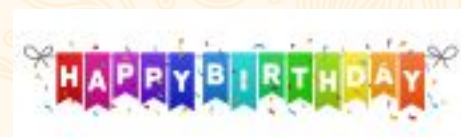
Margaret Hess

25th

Nancy Dobmeier



Happy Birthday, Frank!







## Heathwood 2nd Annual Car Show

