

September Highlights

- 9/1 Resident Council
- 9/3 Rosh Hashanah New Year
- 9/4 Birthday Luncheon
- 9/4 Michael Keller
- 9/7 Labor Day
- 9/7 Lunch Outing
- 9/8 Volunteer Luncheon
- 9/9 Welcome New Resident
- 9/13 Grandparents Day
- 9/13 Bills vs. Texans
- 9/13 Music Therapy w/ Matt
- 9/14 Wear Red Day
- 9/14 Oktoberfest Event
- 9/15 Pajama Day
- 9/15 Summer Lunch Cookout
- 9/16 Bills Clothing Vendor
- 9/16 Meet and Greet w/ Ashley
- 9/17 Wear Bills Gear
- 9/17 Bills vs. Lions
- 9/18 Wear Purple Day
- 9/18 Michael Dennehy
- 9/25 Nick Battistella
- 9/27 Bills vs. Chargers
- 9/29 Mayor Brothers Outing
- 9/30 Tea Party



Welcome Lucas Suero to the Heathwood Team



Lucas Suero

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

Many of you may already recognize a familiar face around Heathwood, and we are excited to officially welcome

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!



Sunday, September 13th



Music Therapy with Matt

Time: 3pm

Location: Wellness Room 2

Monday, September 14th

Wear Red Monday



Friends and Family Event: Oktoberfest with the Polka Boyz

Time: 4:45pm- 6:30pm

Location: Backyard

Menu: Bratwurst, sauerkraut, and potato pancakes.

Residents, you can eat your meal inside or outside. If you would like to eat outside while listening to the Polka Boyz, please reserve your spot with an activity staff member.

ASSISTED LIVING WEEK

Tuesday, September 15th

Pajama Day

Residents, let's stay comfy all day in your Pajamas!

We will be having a classic movie playing in the theater at 2:00pm while serving popcorn.



Wednesday, September 16th

Hat Day!

Wear a funny hat. Best hat wins a prize!



Buffalo Bills Clothing Vendor

Time: 11:00am to 2:00pm

Location: Living Room

Residents, if you need some new Bills gear for the season, today is your chance to shop!

You can pay with cash, credit card, and your Heathwood Account.

Meet and Greet with Ashley

Time: 2:00pm

Location: Wellness Room 1



Thursday, September 17th



DETROIT LIONS AT BUFFALO BILLS

Bills vs. Lions

Game starts at 8:15pm

Channel: TBD

Residents, wear your Bills gear today!



Friday, September 18th



Wear Purple Friday

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 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: Jennifer Goehle will lead the Williamsville team and Raeann Keenan at Penfield. 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!

Walk to End Alzheimer's

Saturday, September 26, 2026

Time: 11:00 AM

Location: Buffalo Outer Harbor
(Terminal B)



Happy Grandparents Day!

We want to wish a happy Grandparents Day to all the grandmothers and grandfathers in our community! The bond between a grandparent and grandchild is like no other. Enjoy your special day!



Rosh Hashanah Jewish Celebration



Thursday, September 3rd

Time: 1:30pm

Location: Wellness Room 2

Come join Ida's Rabbi in celebrating the Jewish holiday! All residents are welcome.

National Assisted Living Week

National Assisted Living Week provides a fabulous opportunity to bring together the residents, families, employees and volunteers within the assisted living community to celebrate our elders and the services they are provided.

The memories and heritage of senior citizens are priceless and extremely important to preserve. If we are willing to listen, we can learn much from their experiences and use them to enrich our own lives, as well as future lives and generations to come.

All in a Day's Work

In celebration of Labor Day on the first Monday in September, think back to your experiences on the job.

- What was your first job? How old were you? How much did it pay? What responsibilities did you have?
- Some people remain in one career for their entire working lives, while others explore a variety of vocations.
- If you've had more than one job, which was your favorite?
- Reminisce about some of your employers and co-workers. Who was the best boss you ever had?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:45 W2 Fitness Class w/ Melanie 10:00 A2 Wii Bowling 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Julane 1:30 W1 Card Games 2:00 W2 Resident Council 3:15 T Documentary in the Theater	2 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	3 9:45 W2 Yoga w/ Nicole 10:30 W2 Daily Chronicle 1:30 W2 Rosh Hashanah Jewish Celebration 2:30 W2 Catholic Communion/ Rosary 3:15 W1 Quarter Bingo \$ 6:45 T Movie in the Theater	4 9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle w/ Tim 11:30 W1 Monthly Birthday Luncheon 2:00 W2 Friday Music w/ Michael Keller 3:15 W1 Ice Cream Cone Social	5 9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 11:00 W1 Topic Chat w/ Ruthanne 2:00 W1 Quarter Bingo \$ w/ YES 3:15 W1 National Cheese Pizza 6:45 T Movie in the Theater
6 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 EZ Yahtzee	7 Labor Day 9:45 W2 Better Balance w/ Lily 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Ellie 11:00 Lunch Outing \$★ 2:00 W1 Labor Day Chat 3:00 W1 Quarter Bingo \$	8 9:45 W2 Fitness Class w/ Melanie 10:00 A2 Wii Bowling 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Julane 11:30 W1 Volunteer Luncheon w/ Residents ★ 1:30 W1 Card Games 2:30 W1 Cornhole Game	9 9:45 W2 Walking Club w/ Tabitha 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Michele 1:30 W2 Welcome New Resident Social 3:15 W2 Abiding in His Grace w/ Pastor Jack 3:15 W1 Board Games	10 9:45 W2 Yoga w/ Nicole 10:30 W2 Daily Chronicle 1:30 W1 Brain Games 2:30 W2 Catholic Communion/ Rosary 3:15 W1 Quarter Bingo \$ 6:45 T Movie in the Theater	11 Rosh Hashanah 9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle w/ Tim 2:00 W1 Let's Sing w/ Julane 3:15 W1 Milkshake Social	12 2:00 W1 Quarter Bingo \$ 3:15 W1 Smoothies w/ Nicole 6:45 T Movie in the Theater
13 Grandparents Day 9:45 W2 Fitness Class 10:30 W2 Daily Chronicle 11:00 W2 OLV Virtual Mass Channel 5 1:00 LR Bills vs. Texans Football Game 1:30 W1 Card Games 3:00 W2 Music Therapy w/ Matt	14 Wear Red Day 9:45 W2 Better Balance w/ Lily 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Ellie 1:30 W1 Crafts w/ Jim 3:00 W1 Quarter Bingo \$ 4:45 BY Family and Friends Event: Oktoberfest ★	15 Pajama Day 9:45 W2 Fitness Class w/ Melanie 10:00 A2 Wii Bowling 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Julane 11:30 BY Summer Lunch Cookout★ 1:30 W1 Card Games 2:00 T Classic Movie w/ Popcorn 2:30 W1 Adult Coloring	16 Bills Clothing Vendor 11:00am To 2:00pm 9:45 W2 Walking Club w/ Tabitha 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Michele 2:00 W1 Meet and Greet w/ Ashley 3:15 W1 Board Games 3:15 W2 Circle of Friends w/ Pastor Jack	17 Wear Bills Gear 9:45 W2 Yoga w/ Nicole 10:30 W2 Daily Chronicle 1:30 W1 Brain Games 2:30 W2 Catholic Mass 3:15 W1 Quarter Bingo \$ 6:45 T Movie in the Theater 8:15 Bills vs. Lions Football Game	18 Wear Purple Day 9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle w/ Tim 2:00 W2 Friday Music w/ Michael Dennehy 3:15 W1 Manicures	19 9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 2:00 W1 Quarter Bingo \$ w/ YES 3:15 W1 Trivia 6:45 T Movie in the Theater
20 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 Around the Clock	21 9:45 W2 Better Balance w/ Lily 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Ellie 1:30 W1 Crafts w/ Jim 3:00 W1 Quarter Bingo \$	22 9:45 W2 Fitness Class w/ Melanie 10:00 A2 Wii Bowling 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Julane 1:30 W1 Card Games 2:00 W1 Volleyball Game 3:15 W1 Refreshments	23 9:45 W2 Walking Club w/ Tabitha 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Michele 1:30 W2 Ring Toss Game 3:15 W2 Abiding in His Grace w/ Pastor Jack 3:15 W1 Board Games	24 9:45 W2 Yoga w/ Nicole 10:30 W2 Daily Chronicle 1:30 W1 Brain Games 2:30 W2 Catholic Communion/ Rosary 3:15 W1 Quarter Bingo \$ 6:45 T Movie in the Theater	25 9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle w/ Tim 2:00 W2 Friday Music w/ Nick Battistella 3:15 W1 Wine and Cheese Pairing	26 2:00 W1 Quarter Bingo \$ 3:15 W1 Coffee and Pastries w/ Melanie 6:45 T Movie in the Theater
27 9:45 W2 Fitness Class 10:30 W2 Daily Chronicle 11:00 W2 OLV Virtual Mass Channel 5 1:00 LR Bills vs. Chargers Football Game 1:30 W1 Card Games 2:30 W1 Baking Club w/ Nicole	28 9:45 W2 Better Balance w/ Lily 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Ellie 11:30 W1 Men's Luncheon 1:30 W2 Travelogue: Montreal 3:00 W1 Quarter Bingo \$	29 9:45 W2 Fitness Class w/ Melanie 10:00 A2 Wii Bowling 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Julane 1:30 W1 Card Games 1:30 Mayor Brothers Outing \$★ 2:00 T Afternoon Movie 2:30 W1 UNO w/ Nicole	30 9:45 W2 Walking Club w/ Tabitha 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Michele 2:00 W1 Tea Party: Fall Theme 3:15 W2 Abiding in His Grace w/ Pastor Jack 3:15 W1 Board Games			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

3rd

Evan Quinn

11th

Navneet Kaur

Donna Vanhorn

Faye Greco

13th

Amber Gerald

19th

Jordon Dryja-Mason

20th

Steve Huff

21st

Julane Beck

25th

Niki Hatzipetros

28th

Gary Henry

Happy Anniversary

38 years

Birgitta Ekman

5 years

Pamela Costa

Jennifer Goehle

4 years

Doreen Zeisz

3 years

Charmaine Arulantham

Christine Atkinson

2 years

Rita Houston

Jacki Condon

1 year

Cynthia Sumblar

Faye Greco



Car Show 2026



Volunteer Luncheon With the Residents



Tuesday, September 8th

Time: 11:30am

Location: Wellness Room 1

Attention all new and previous residents!
Our Heathwood volunteers are having a
special luncheon to get to know our new
residents and spend time with everyone!
Look out for an invitation coming soon!

Bills themed luncheon!

Welcome, New Residents

Charles Griffin

Linda Macvie

Philip Morton

Elvira Salvadore

Arlene Steinhart

Richard Merkle



Personality Profiles



Anna Nikisch

Anna Nikisch was born in a small town in Austria 106 years ago. She celebrated her birthday July 20.

Her parents were Antonia and Franz Graf. Anna had four brothers and two sisters. The family was extremely poor living communal style among twenty-five other families. Anna loved to sew and learned to use her mother's old pedal machine. Her family scrimped to save money for a better sewing machine for Anna. Once she had it, she took lessons to become a seamstress and started to sew for family and friends.

Being in such proximity to her communal group she met and married one of her neighbors, Rudolph Stockel. Hitler was recruiting young Austrian women to go to Germany to care for German women who had many children. Anna didn't want to go, so she married Rudolph. They continued to live among the many families, and she continued to sew for herself and others. Rudolph worked in a steel factory until he was drafted at age twenty-nine. He would come home on leave from the military now and then when finally, one day didn't return at all. There was no record of any capture or military accident. He just never came home. Anna did

manage to have two children with Rudolph. There is a daughter, Honey, and son, Werner. Anna is also a grandmother to one granddaughter and one grandson and a great-grandmother of four. Anna married again, this time to a German prisoner. She and Tony Nikisch had a son, Herbert, who is married with no children.

The road to America was a challenging one for this thirty-eight-year-old and her family. The sheer poverty of living under one roof with so many families, having no shoes, little food or clothing and being in the same situation as those around her could have given in to despair. Instead, Anna embraced her circumstances and joyfully continued to sew and care for others. It took seven years, but she was finally on a warship heading for America. The experience was terrifying with waves higher than the ship crashing around them. When they arrived, there was no sign of their sponsor, and each detail of their arrival was meticulously met up on their own.

Anna has been strong and resilient all these years. She learned to drive at age sixty. The deprivation of Austrian life was left far behind with the promise of the American dream lived out every day for Anna and her family.

She travelled extensively, visiting California several times and visiting the homeland eight times. She went from communal style living in Austria to owning her own homes most recently in Cheektowaga. She loved gardening and thanks God daily for all the blessings whether they be good or bad. The oppressive socialist way of life was far outshadowed by the freedoms that American life offered.

Happy Birthday Residents

7th

John Rehak

11th

Phyllis Hageman

12th

Clayton Snyder

15th

Raquel Shay

Jean Rembold

16th

Deborah Lawler

19th

Shelia Gallagher

Elaine Perry

20th

Raymond Hargo

23rd

Mark Wudyka

Frank LoVullo

24th

Peggy Hess



A Heartfelt Thank You



By the time you read this, I will have concluded my time as Administrator at Heathwood and begun a new

chapter in my career. While I am excited about the opportunity ahead, leaving Heathwood was one of the most difficult professional decisions I have ever made.

Over the past five years, it has been an incredible privilege to serve this wonderful community. I have been fortunate to build lasting relationships with so many residents and families, and I will

always treasure the memories we've shared together. Thank you for welcoming me into your lives and for placing your trust in me and our dedicated team. It has truly been an honor.

I also want to express my sincere appreciation to our outstanding employees. Their compassion, professionalism, and commitment to our residents are what make Heathwood such a special place. I have been proud to work alongside them each day.

Heathwood will be in good hands as I pass the torch to the new Administrator, Brian Reader. You'll hear more about him in the next edition of Heathwood Highlights. His first day will be

September 8, 2026.

Thank you again for allowing me to be a part of the Heathwood family. I will always look back on my time here with gratitude, pride, and many wonderful memories. I wish each of you continued health, happiness, and all the very best in the years ahead.

With sincere appreciation,
Ray Geiser,
Former Administrator



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