



Resident Birthdays

Ted Valcore-10/1
Sheila Van der Leeden-10/11
Janice Peterson-10/12
Judy Bennett-10/13
Mary Lou Meyers-10/17

Employee Birthdays

Lisa Walker-10/4
Steve Ribble-10/28

As we turn the page to October, let's look back at September's activities. Cooking class continues to be a weekly hit. Thank you to everyone who came out to support the Alzheimer's association during our Fall Fundraiser Festival! All proceeds raised will go to the Alzheimer's association. During a Craft with Carrie, we painted a fall scene. We had a Bills watch party that included Mark's pizza, cookies, drinks, and a Bills win! Celebrating Assisted Living Week we had a theme day. One day was Twin Day where everyone was encouraged to dress like someone else. Another theme day was Character Day where you were encouraged to dress like a movie character. ***On October 22nd from 9:00am-12:00pm we will be having our Flu and Covid Clinic in the Blue Community Room. ***

Mike's Joke of the Month:
How did the scarecrow get a promotion?
He was outstanding in his field.

Heather Heights Happenings

160 W. Jefferson Rd, Pittsford, NY 14534 | (585) 264-1600 |

Leadership Team

- Carrie Bardo**
Executive Director
- Tiffany Arnold**
Assistant Executive Director and Business Office Manager
- Michelle Kennison**
Director of Nursing
- Diana Christy**
Case Manager
- Claudette Mitchell**
Assistant Director of Nursing
- Tracy Moses**
Admissions Director
- Andy Armstrong**
Culinary Director
- Mike Lee**
Director of Housekeeping and Laundry
- Erik Totten**
Director of Maintenance
- John Jakubonis**
Recreation Director



Larry M. Is your Resident of the month for October. He is very kind and friendly and will greet others during the day. He is a compassionate man who loves his family. Larry can often be seen with others and in a good mood. A proud military man, he can be seen showing his picture on the veteran's wall to anyone who he interacts with. He has grown close to several residents and staff.



Steve S. is your Employee of the month for October. You can usually find him in a good mood and with a positive attitude. Steve is a hard worker, always on time, in uniform, and willing to help. He will take time to answer any questions or concerns you have with someone's dietary needs. We are happy to have you on our team!

From Flop to Fame



Behind almost every great success story is a story of failure. Even American musical icon Bob Dylan once got booted from a high school talent competition for playing too loudly. Success should never be a foregone conclusion, and for this reason, we celebrate International Day for Failure on October 13.

Bill Gates is one of the world's most successful billionaires, but that wasn't always so. Before Microsoft, Gates and Microsoft partner Paul Allen founded a company called Traf-O-Data, which attempted to analyze traffic flows. The company and the computer designed to record traffic were failures, but the venture was an important stepping stone to what would become Microsoft.

The name George Steinbrenner is synonymous with the World Champion New York Yankees teams from 1996 to 2003. Before taking the helm of the Yankees, Steinbrenner owned the Cleveland Pipers basketball team. Steinbrenner's sometimes rash decision-making—including trading a player to the opposing team during halftime—contributed to a turbulent tenure with the Pipers, who ceased operations after two years amid the collapse of the American Basketball League. Steinbrenner personally lost two million dollars.

Oprah Winfrey is one of the world's most recognizable public figures and a self-made billionaire. But early in her career, struggling in the world of Baltimore television news, one of her bosses told her she was too emotional and "unfit for television news." She went on to host *The Oprah Winfrey Show* for 25 seasons.

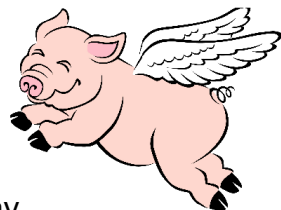
The list of successful failures goes on and on: Steve Jobs was once fired from Apple; Walt Disney was told he wasn't creative enough; J. K. Rowling was fired from her job as a researcher; Julia Child was fired as a clerical worker for "gross insubordination"; Jerry Seinfeld was fired from a sitcom. Take it from Oprah, failure is often a gift leading to "life-changing opportunity."

Mole Goals

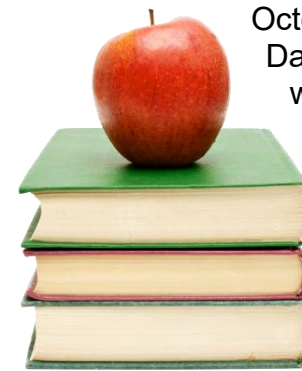
What holiday is celebrated on October 23 from 6:02 a.m. until 6:02 p.m.? Mole Day! That's not the burrowing garden pest we're talking about but rather the chemistry term. A mole measures the number of atoms or molecules in any given chemical sample. One mole is equal to 6.02×10^{23} . (Note the 6.02 and the 10/23!) This number is known as Avogadro's number, thanks to chemist Amedeo Avogadro, who discovered this measure in the 1800s. Avogadro called his number a mole as a shortened version of *molecule*. So, how big is a mole? 602,214,130,000,000,000,000,000 particles, to be exact. Just think, when you drink a glass of water, you've just taken in 13 moles of water molecules. Feel full yet? While chemists may celebrate the day measuring molecules, we can celebrate by eating avocados (in honor of Avogadro) and making a Mexican mole sauce.

Say It Silly

Sometimes we say the silliest things, but feel free on October 13 to use as many silly sayings as you want, for it's Silly Saying Day. "When pigs fly" is a saying used when you mention something that will never happen, just like a pig flying. Did you ever stop to "chew the fat" with a friend? This means to chat or gossip, but it's a nautical expression from early sailors who, when work was slow, would talk while chewing on a snack of salt-hardened fat. You've likely never used the expression "enough to cobble dogs with," which means that you have a lot of something, as though a shoe cobbler had so much leather he could make many tiny shoes for all of our four-legged friends. And there you have it, "Bob's your uncle." Don't know that one? It means everything is all right, done, and successful, sort of like saying, "And that's that." No word, though, on who Bob was or why things always worked out so well for him.



Lessons in Appreciation



October 5 is World Teachers' Day, and people all over the world will be turning their thoughts to that special teacher in their life who offered them guidance or support. But are happy memories enough to honor these unsung community heroes? Many believe that education is one of the most important gifts we can give our children and the best way to ensure they grow up to have a better life, but which countries do the best job of honoring teachers?

According to a study compiled by Professor Peter Dolton of England's University of Sussex, no place in the world respects its teachers more than China. There is a high level of respect for learning in China, and teachers are revered by parents and students alike. Teachers in China are even traditionally honored with gifts and public expressions of gratitude.

Interestingly, though, the highest performing students are not from China but from Finland. Finnish students consistently outperform other countries in international tests of reading, math, and science. Yet when it comes to respecting teachers, Finland lies in the bottom half of the worldwide ratings.

Perhaps another good measure of teacher appreciation is salary. In that case, Luxembourg leads the pack, with experienced teachers among the highest paid in the world. But when it comes to compensation, one American educator recently received a remarkable show of thanks. In 2025, educator and humanitarian Mansour Al Mansour of Saudi Arabia won the Global Teacher Prize, an annual award that recognizes exceptional educators from around the world. Often called the "Nobel Prize for teachers," the winner is awarded one million dollars. Now that's teacher appreciation!

In Praise of Pizzazz

Delve deep into your closet and find something gaudy to wear on October 17, Wear Something Gaudy Day. *Gaudy* typically refers to clothing or accessories that are flashy, ostentatious, and unfashionable. But even fashion experts wonder, "Is gaudy ever good?" Sometimes wearing a little bit of flash makes you feel fabulous. To many people, gaudy isn't a fashion mistake—it's fashion with attitude. Fashion experts assert that clothes often reflect how we feel about ourselves and can even boost our moods to make us feel better, smarter, and more empowered. So, if your style is one with a bit of flash and pizzazz, then perhaps that's just a reflection of your confidence and self-assuredness.

A Squirrel's Tale



Some think of squirrels as small pests, adept at infiltrating your home or invading your bird feeders, but they are nature's most nimble and adaptable creatures. Squirrels are extremely active in October, burying nuts and storing food for the long, cold winter. For this reason, October is Squirrel Awareness Month.

Squirrels inhabit every continent except Australia and Antarctica. There are 265 different species but three basic kinds: tree squirrels, ground squirrels, and flying squirrels. They come in all different sizes, from the mouse-sized African pygmy squirrel, which is only three inches long, to the Indian giant squirrel, which grows up to three feet in length. Squirrels are very cunning, often pretending to bury nuts in order to fool other spying squirrels. But they sometimes forget where they buried the real nuts! As a result, you may spy new trees in your yard come springtime. Perhaps we should consider ourselves lucky to live in such close quarters with these amazing little critters.