DECEMBER 2018

FERRIS HILLS
AT WEST LAKE

UR MEDICINE | THOMPSON HEALTH

JOIN US FOR SPECIAL EVENTS AT **FERRIS HILLS**

Thursday, Jan. 10 — **The Life of Amelia Earhart**

Actress Eleanor Stearns, a founding member of the Geneva Theatre Guild known for bringing history alive for local schools and organizations, will give a **3 p.m.** dramatic presentation on the life of Amelia Earhart and the incidents that led Earhart to become interested in flying. This adult presentation shares Earhart's rather unusual view of marriage and presents her strong feelings about the role of women in society.

Tuesday, Jan. 15 — **Fort Hill Performing Arts Center Presentation**

Join us at **3 p.m.** as Gordon J. Estey, president of the Fort Hill Performing Arts Center, Inc., brings us up to date on the latest news regarding the renovation of the 420-seat auditorium in the former Canandaigua Academy, located at the back of what are now Fort Hill Apartments. It is slated to open in 2020 for use by community arts organizations, orchestras, dramatic and musical theater productions, and more.

Tuesday, Jan. 15 — **Music with Daniel Henry**

Join us for a 7 **p.m.** show by singer Daniel Henry, who delivers a soft yet powerful performance in the stylings of Frank Sinatra, Dean Martin, Nat King Cole, Michael Bublé and more. Daniel has entertained thousands of Carnival Cruise ship passengers throughout the years – portraying Sinatra in the Legends show – and now you can hear him at Ferris Hills!!

Peg Rayburn Drive, Canandaigua

Wednesdays, Feb. 6 - March 27 — **Great Decisions Series**

The Foreign Policy Association's "Great Decisions" is America's largest discussion program on world affairs, and each year, Ferris Hills hosts an eight-week series covering the program's discussion topics. We welcome you to join us at **11 a.m.** each Wednesday, beginning Feb. 6, to discuss the most critical global issues facing America today. The eight topics to be covered in 2019 are "Refugees and Global Migration," "The Middle East: Regional Disorder," "Nuclear Negotiations: Back to the Future?," "The Rise of Populism in Europe," "Decoding U.S.- China Trade," "Cyber Conflict and Geopolitics," "The United State and Mexico: Partnership Tested" and "State of the State Department and Diplomacy." No experience or prior knowledge is necessary to participate in the discussions.

Thursday, Feb. 14 — **Valentine's Social**

Join us for a few rounds of trivia at **3 p.m.** This is a fun, team- effort game with no pressure but a lot of laughs. Come as an individual and we will have a team for you to join, or come as a team. You will be surprised at how much you really do know!

Please **RSVP** at **585.393.0410** or visit **FerrisHills.com**

Continue the Good Life

FERRIS HILLS
AT WEST LAKE

Independent & Enriched Senior Living

An affiliate of

UR MEDICINE | **THOMPSON** HEALTH

MEDICAL CARE, RIGHT AT HOME

Who says house calls are a thing of the past?

At Ferris Hills at West Lake, residents can now receive on-site medical care through the UR Medicine Geriatrics Group. Affiliated with the University of Rochester Medical Center, the group offers comprehensive services including routine physical exams, acute sick visits and mobile x-rays. If a resident needs to see a specialist, the group's physicians, nurse practitioners and physician assistants – all of whom are specially trained in the care of older adults – can also provide referrals.

"Because they provide care to residents right where they live, they can discuss diagnosis and treatment plans in a more relaxed and private environment," notes Jennifer Army, a licensed practical nurse who serves as program manager for Ferris Hills' enriched living community, Clark Meadows.

Not having to worry about transportation, parking or weather means convenience for residents, but Jennifer says the service is especially appreciated by residents who are new to the area and may be having trouble finding a primary care physician who is taking new patients.

All major insurances are accepted by the UR Medicine Geriatrics Group,

which first began offering services at Clark Meadows on Dec. 12 and will start at Ferris Hills in January, with routine visits from Dr. Leslie Myers and Nurse Practitioner Elisa Elliott. With an on-call service for unexpected medical needs, they and their colleagues are available 24 hours a day, 365 days a year.

As needed, patients receive expedited care at URMC urgent care facilities, and, should circumstances require, are admitted to F.F. Thompson Hospital, Strong Memorial Hospital or Highland Hospital.

For more information, visit www.urmc.rochester.edu/ highland/departments-centers/ur-medicine-geriatrics-group

Meet Trina Solea

Love is in the hair at Ferris Hills at West Lake, where a new hair stylist is settling in at the salon and getting to know her new clients.

"I love it here and I love the residents," Trina Solea says. "It's my favorite job ever."

Trina, who has been doing hair in the area for 20 years, was born and raised in Canandaigua and has a 12-year-old son.

After longtime Ferris Hills hairdresser Lilly Green retired last summer, Trina began renting the salon and taking appointments. She cuts hair for both women and men, not only from Ferris Hills but from its adjacent enriched living community, Clark Meadows.

Trina offers nail care as well, along with waxing.

Several residents have told Trina how fortunate they feel to have the salon conveniently on site, so they don't have to go out to have their hair or nails done and can simply walk down the hall.

Aimee Ward is feeling fortunate, too. She's the executive director of Ferris Hills and says that while Lilly had been cutting residents' hair for many years and is missed, it's great to find someone who is such a good fit.

"We're so glad Trina is here as part of our team," Aimee said. "She's getting rave reviews."

The salon, located near Ferris Hills' café, convenience store and breakfast nook,

Frances Farwell is one of Trina Soleas's happy customers.

will soon be getting a new look, as it is slated to be part of a larger renovation project within the next couple of months.

Recent Events at Ferris Hills