



# Welcoming Autumn at Ferris Hills

**Crackle autumn,  
Crisp November;  
Enjoy the hush,  
Before December.**

**~ Rusty Fischer**

## Loving Fall Most of All

Author L.M. Montgomery once said, "I'm so glad I live in a year where there are Octobers," and at Ferris Hills at West Lake, residents are glad too. Fall foliage rides, an apple tasting, a pumpkin patch outing and Oktoberfest celebrations were just a few of the ways they enjoyed another beautiful autumn in the Finger Lakes. And when the temperatures climbed well into the upper 70s on Oct. 23, Resident Services Manager Claire Watson scheduled an impromptu courtyard concert.

Since it was such a hit during the early days of COVID-19 restrictions, Claire also brought back "Spirit Week," giving residents an opportunity to dress up for Jersey/Sport Day, Book Character Day and more.

"This year has been challenging for people everywhere, but here at Ferris Hills, we're taking it in stride and doing absolutely everything we can to enjoy our time together to the fullest," Claire said. "The residents wouldn't have it any other way."



*Marianna Gonzalez brought Oktoberfest music to Ferris Hills.*

## FERRIS HILLS & CLARK MEADOWS

*Independent and Enriched Senior Living*

One Ferris Hills, Canandaigua, NY 14424



# Signs are to Eyes What Words are to Ears

Clark Meadows Lifestyle Coordinator Jody Wilbur had always wanted to learn American Sign Language (ASL), so when the COVID-19 lockdown began – changing and limiting so many of the activities she routinely organizes – she figured it was the perfect time.

She couldn't take an in-person class at a local college as planned, so she learned online and in May began offering an ASL class at Clark Meadows, the enriched living community adjacent to Ferris Hills.



Nancy Scher

“We started with Thursday mornings with 12 people and we are having a ball,” Jody said. “They informed me once a week was not

enough, so we added Monday mornings for a review class.”

Next, the folks at Ferris Hills invited Jody to begin offering a class there as well.

In addition to learning hand movements, socially-distanced residents learn about the emotion that goes into facial expressions. Jody plays videos of people signing along to music, and taught her students songs including “Over the Rainbow” and “You Are My Sunshine.” Now, they’re learning to sign along with holiday favorites including “White Christmas” and “Silent Night.”

Nancy Scher, a retired teacher who has lived at Ferris Hills for two years, had always had an interest in ASL but this is her first class. Through it, has become



good friends with a fellow resident she didn't know well before.

“It's just been fun – something to look forward to,” she said.

For Jody, it has been gratifying to see everyone progress together as they continue to learn more.

“Their hands become more beautiful with each class,” she said.

“We laugh and truly enjoy these classes,” Jody added. “In these trying times, we have to stay positive and active and keep our minds sharp!”

For more information visit [www.FerrisHills.com](http://www.FerrisHills.com) or call (585) 393-0410.

## Powerfully Purple

There was no large Canandaigua walk to join in this year – as they have in the past – so staff members and residents from Ferris Hills at West Lake and Clark Meadows masked up to hold their own Walk to End Alzheimers on Oct. 1. Their special guest was Thompson Bear, the mascot for UR Medicine Thompson Health (of which Ferris Hills is an affiliate). Team members collectively raised over \$2,500 for the Alzheimer's Association!

