

JULY 2017

# Ferris Hills at West Lake

Name of your community \* Address \* Phone number \* Fax number \* Other information



## Celebrating July

**Blueberries Month**

**Grilling Month**



**Be Nice to New Jersey Week**

*July 2–8*

**Independence Day (U.S.)**

*July 4*

**Scrabble Week**

*July 22–27*

**Merry-Go-Round Day**

*July 25*

**International Day  
of Friendship**

*July 30*

## Anything but Conventional

It's the ultimate event for any fan of comics and entertainment, costume parties and celebrity sightings: July 19–23 is 2017's Comic-Con International. This fan convention is the biggest of its kind in the world, and in many ways the fans provide the biggest show. People are encouraged to show up wearing elaborate costumes of their favorite comic book, television, film, or book characters. You'll likely see the Incredible Hulk mingling with Jedi Knights, Harry Potter, and characters from the sitcom *The Big Bang Theory*. This eclectic mix is Comic-Con's signature achievement, bringing fans of all ages and interests together to "geek out" over their favorite popular entertainment.

Self-described "geeks" have been flocking to San Diego for Comic-Con since 1970, when Shel Dorf, Richard Alf, Ken Krueger, Marvin Nelson, Mike Towry, Barry Alphonso, Bob Sourk, and Greg Bear founded the Golden State Comic Book Convention. The original event drew only 300 people, but it was a mecca for all things comic related. Over the years, the scope of the production grew along with the size of the convention crowds. While comic books still take center stage, the convention also features science fiction and fantasy film and television, video games, collectible card games, and cartoons. The spectacle of the convention now draws crowds as large as 167,000.

Attendees don't just come to admire each other's costumes; they attend seminars and panels featuring their favorite writers and artists. Comic book professionals offer hands-on workshops. Scholars present critical studies of the effect of comics on culture. Video game and entertainment companies show sneak previews of upcoming projects, often accompanied by big-name celebrities. Evenings feature awards ceremonies and a masquerade ball. For anyone interested in comic culture, Comic-Con is the event of the year, where attendees go "to see and be seen" in the getups of their favorite characters.

## Hot Diggity Dog



Estimates suggest that over seven billion hot dogs are eaten between Memorial Day and Labor Day, with prime hot dog eating taking place

smack dab in the middle of summer. No wonder July has been declared Hot Dog Month.

The hot dog may be more American than apple pie, but its origins are distinctly German and Austrian, hence the names *frankfurter*, after the German city of Frankfurt, and *weiner*, for the Austrian city of Vienna. Immigrant butchers from these two countries made their own sausages, and vendors hawked the meats from carts along busy city sidewalks. When exactly did the term *hot dog* replace *frankfurter* and *weiner*? No one knows for sure. According to some reports, it was common slang for college students to use the term *dog* to describe sausage meat of uncertain origin. It was less than complimentary to call a hot sausage a *hot dog*, but the name stuck.

When exactly did the hot dog become America's iconic food, synonymous with summer, baseball games, and the everyman? Historians look to Coney Island, the so-called "working man's Riviera," for the answer. At the turn of the 20th century, Coney Island had it all: a racetrack, the beach, amusement parks, music, glittering lights... and Nathan Handwerker. A Polish immigrant, Handwerker saved up enough money to open his own hot dog stand. When a newly constructed subway increased traffic to Coney Island, Handwerker was ready to cater to the thousands of visitors with his low-cost hot dogs. His stand, *Nathan's*, sold 50,000 dogs each day and grew into a massive hot dog empire. The hot dog is such an icon of American culinary history that different parts of the country lay claim to unique dogs, but the Chicago dog reigns supreme: an all-beef dog topped with minced raw onion, relish, pickled peppers, a spear of pickle, sliced tomatoes, celery salt, and yellow mustard on a poppy seed bun. This July, no matter how you eat it, take a bite of an American tradition.

## Treadmill Safety Tips!

Stay Safe while trying to Stay Fit...

- CONSULT your DOCTOR before beginning ANY exercise program
- **Austin** (Thompson Fitness Trainer) **is in our fitness every Tuesday & Thursday at 10:45am to assist with ALL equipment training/use**
- ***ALWAYS attach the safety clip to your clothing in case you lose your balance, so the treadmill will STOP automatically!***
- Start out walking slowly and gradually increase your speed using the +/- buttons
- Wear appropriate shoes (rubber soled sneakers)
- Avoid distractions. Stay focused on walking, not reading or texting
- Pace yourself & know your limits. If you feel lightheaded or out of breath, stop the exercise and rest

**PLEASE ASK for training from AUSTIN before using fitness center equipment!**

**Remember...there is an EMERGENCY pull station in the fitness center located near the bulletin board.**

# Upcoming Events...



Annual Ferris Hills & Clark  
Meadows

**CAR SHOW...**

**July 13th 11am-2pm**

**Cars, Live Music, &**

**BBQ!**

Open to the public...tell your friends &  
family!



## Our Summer Concert Series:

- July 12** Paulsen, Baker & Friends
- July 19** Double Take (Darcy & Tom)
- July 26** The Johnny Matt Band
- Aug 2** Eastside Swingtet
- Aug 9** Music Makers
- Aug 16** St. John Steel Drum Band



**PLEASE WELCOME....**

**Jean**



**Welcome Reception  
Monday July 17th  
3:00 pm Vista lounge  
Lights Refreshments Served**



**Birthday Moments...**



**HAPPY BIRTHDAY!**



In astrology, those born between July 1–22 are Cancer’s Crabs. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of harmony at home and in the workplace. Those born between July 23–31 are Leo’s Lions. Lions are the “kings” of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting both their family and friends first.

**Associate Birthdays this month:**

- July 5 .....Katrina Krane (Housekeeping)
- July 18 .....Carrie Barnard (PCA)
- July 24.....Jen Army (CM Program Manager)

**Celebrating Heroes at Ferris...**

**Flag Day Moments...**



**Stories of survival, heroism**



Seated are World War II veterans Don Barton (left) and Fred Fletcher, with author Dr. Patrick Bastow, who wrote a book containing their war survival stories along with others' stories. (JULIE SHERWOOD/MESSENGER POST MEDIA)

Two veterans whose stories are in a book written by a retired VA dentist talk about their experiences

By Julie Sherwood  
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One man grew up on a walnut farm in California; another came from a family of pipeline workers in Michigan. On July 19, 1944, their lives came together in a strange way in the skies above Europe when their planes were shot down.

Don Barton of California and Fred Fletcher of Michigan were in different bomb groups of the Army's 8th Air Force. Barton, in the lead aircraft, was shot down first.

"I saw it happen," recalled Fletcher, whose plane was shot down 15 minutes later. Both ended up in different prisoner of war camps before being

released in 1945. The men didn't know each other during the war, but decades later met for the first time not long ago as residents at Ferris Hills in Canandaigua.

Their stories of survival are among many in a recently released book by Patrick J. Bastow, a retired dentist who treated veterans for 38 years at the Canandaigua VA Medical Center. On Wednesday, Bastow addressed residents at Ferris Hills at West Lake, a Thompson Health senior living community, during a ceremony in honor of Flag Day. Bastow talked about the book and his great love and respect for veterans. He learned early on that their

SEE VETERANS, A5

News that matters to you

**THE ISSUE** Many World War II veterans shared their stories of survival with a dentist at the Canandaigua VA Medical Center **LOCAL IMPACT** Now retired, Dr. Patrick Bastow shares a number of those stories in a book that he talked about on Flag Day at Ferris Hills in Canandaigua





Dear Ferris Hills Residents,

As many of you know, I accepted a position at Thompson Hospital as a Registered Nurse after having graduated this past May from FLCC's nursing program. As such, my last day as Resident Services Manager will be Friday July 21<sup>st</sup>.

The last six years have been amazing, and I want to personally thank you all for your ongoing love and support that you have continually shown me. My time spent here has been such a wonderful experience and my leaving is bittersweet. I am excited to start a new career, but at the same time, sad that I will have to say goodbye to all of you....my Ferris Hills & Clark Meadows family.

As the new Manager of Resident Services & Transportation, Claire Watson comes with many years of experience in customer service, event planning and working with the senior population. I am confident in her ability to take over this position and I am sure she will be coming here with new and exciting ideas to share.

As I venture out into the world of nursing, please know that I treasure all the wonderful memories that we created together. As I move down a different path, please know that I plan to come back to volunteer and visit from time to time when possible.

In closing, I leave you with these words from Dr. Suess that always brings me comfort:

“Don't cry because it's over....  
Smile because it happened.”

Fondly,

Darcy Cafiero  
Resident Services Manager

## A Walk Down Memory Lane...



