

The time for new beginnings is now

MARCH 2021

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Ferris Hills
at West Lake your home



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A Drink Among Friends

Following the first dose of the vaccination in January and the second in February, Ferris Hills residents have cause to celebrate, but not without a bit of quiet reflection as well.

March 10 was the one-year anniversary of the day our independent living community had to begin enacting COVID-related safety precautions so that night at dinner, one resident made a simple but symbolic gesture. "He offered to buy a drink for each and every fellow resident, acknowledging what we have all been through together and toasting a better, brighter future," said Executive Director Aimee Ward.

While resident preferred that his name not be shared publicly, Aimee said she wanted to share what



he did because many people found it very touching.

"It's just a wonderful example of the sense of community we are fortunate

to have here at Ferris Hills and the perfect way to celebrate the fact that there is much to look forward to in the coming months," she said.

FERRIS HILLS & CLARK MEADOWS

Independent and Enriched Senior Living
One Ferris Hills, Canandaigua, NY 14424

Deepening Connections During a Winter Like No Other

Typically, Ferris Hills at West Lake welcomes a variety of speakers and presenters in to make sure the activity calendar offers to choose from.

That will soon be the case again, but with pandemic-related visitor restrictions in place over the winter, Resident Services Manager Claire Watson gained an even greater appreciation for the what the residents themselves have to offer in terms of interests, knowledge and stories to share.

Residents, meanwhile, revisited some old past-times and picked up new ones.

For example, a mahjong group drew new members. With a large table created in the woodshop by fellow residents so the players could social distance, the group has been meeting twice weekly. All residents are welcome and retired teacher Kay Kushner is happy to initiate newbies.

“If they don’t know how to play, I work with them individually until they’re comfortable,” she said.

Kay noted that a cribbage group sprung up over the winter, with some members who have played for years and others who had never before given it a try. A bridge group remained popular as well, she said.

With a number of staff-taught classes that included painting and American Sign Language on the activity calendars, Claire also arranged for residents to give presentations to small, socially-distanced groups on everything from Henry the V to the Grand Canyon.

Joanne Watson’s presentation was about the U.S.S. Sides, a guided-missile frigate she christened in 1979. Decommissioned in 2003, it was named after her father, John H. “Savvy” Sides, a four-star admiral who was the commander in chief of the Pacific fleet



A group of residents created a new mahjong table in the Ferris Hills woodshop during the pandemic.

from 1960 to 1963 and is known as the father of the Navy’s guided-missile program.

Now, Joanne – who is no relation to Claire – is preparing a second talk, about her time living in Islamabad, Pakistan. “I’m happy to have these projects to work on,” she said.

While everyone is looking forward to a return to normal, Claire said hunkering down during a time when Ferris Hills was unable to host visitors gave residents a chance to get to know one another better. “The deeper connections have definitely been a silver lining,” she said.

Love is in the Air

A February painting class had interested residents creating blossoming, heart-shaped trees, while a Valentines Day brunch marked the first post-vaccination special event in the dining room.



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