



# Legacy<sup>TM</sup> Living

Volume 3, No. 2  
February 2010



*News of interest to the residents, families and extended families of all our Retirement Communities*

## In This Issue

Habla Español?

Legacy Resident Remembers Pearl Harbor

Legacy Residents Participate in U. of R. Study on Early Detection of Alzheimer's Disease

Staff Profile: Ruth Freitas

Rewards Program Continues

## Do You Know?

*St. Valentine's Day is named after two Early Christian martyrs named Valentine. The holiday became associated with romantic love in the High Middle Ages when the tradition of courtly love flourished.*

*Publisher:* Legacy Retirement Communities

*Editor:* Don Riley

*Staff writer:* Fred Jennings

*Designer:* Sherry Hardiman

## Habla Español?

Do you speak Spanish? There's never been a better time or easier way to learn a new language than now. Classes have come to you – at no charge, taught by Erie Station Executive Director Paul Ryan.

Why the focus on Spanish? Our nation's Hispanic population continues to surge ahead of any other single segment of our society. Along with this, use of the "romance language" has become increasingly widespread and more visible in the U.S. than any other language besides English.

According to Ryan, learning a second language is "a good way to exercise the mind and forestall the onset of such afflictions as dementia and Alzheimer's disease. Aside from that," he added, "it presents an additional opportunity to meet and socialize with other residents." In conducting the class, Paul draws upon his missionary experience as a clergyman in Chile, Brazil, and in Mexico where he taught English to the natives there. He invites you to join in the fun. Just let your interest be known and he'll gladly reserve a seat for you. ■



*Sixteen residents and two family members attended the first of what will be a series of Spanish classes taught by Erie Station Legacy Executive Director Paul Ryan. The first class was held on January 13, with more to follow.*



## Seminar on Spiritual Life Slated For June

Bishop Mathew Clark will be the keynote speaker at this event to be held at our Fairways Legacy. The focus will be on spirituality and how, as we grow older, it becomes an increasingly special and unique part of our lives. Details will follow as planning continues. ■

## Legacy Resident Remembers Pearl Harbor

Do you remember when and where you first heard that Japan had attacked Pearl Harbor? Cranberry Landing resident Anthony Campanella sure does. He was there when it happened: December 7, 1941 ... a day President Roosevelt said would forever “live in infamy.”

Now 97, Tony was among those who first thought they were witnessing just another training exercise. Soon it became obvious that the massive

waves of planes they were seeing on their radar screens were not ours. They were Japanese. “They came in so low,” Campanella said, “that you could see the big orange ball markings on their wings.”

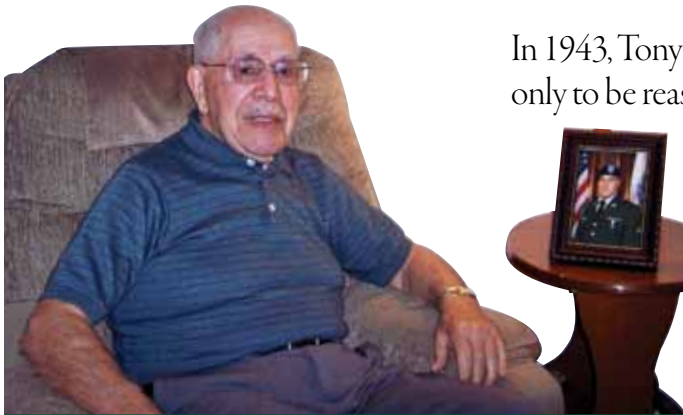
After graduating from high school in his hometown of Pittston, PA, Tony took a job in Buffalo. At age 27, he enlisted in the army and had arrived at Pearl just months before the attack on our bases there.

In 1943, Tony returned to the U.S. only to be reassigned to the European theater where he joined a field



artillery and antiaircraft unit. Following Germany’s surrender in 1945, he was honorably discharged from the army. Two years later he married. His wife, Madeline, passed away 10 years ago. ■

*Sgt. Campanella was one of several soldiers stationed at a radar outpost in Belgium. Radar-directed rounds fired from nearby artillery installations, proved highly effective in fighting the ground war against Germany. Photo on table is Tony’s grandson, Nick.*



## Legacy Residents Participate in U. of R. Study on Early Detection of Alzheimer’s Disease

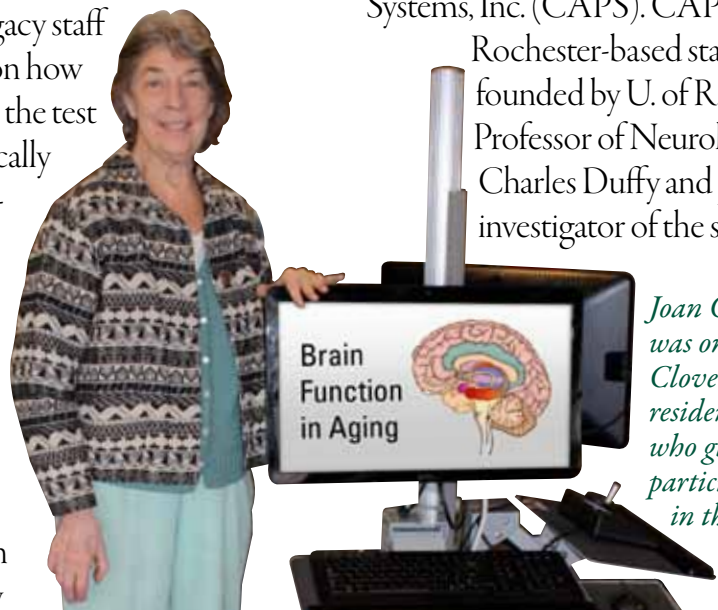
More than 50 residents at our Clover Blossom Legacy were among many others in our community who recently participated in a *Brain Function in Aging Study* being conducted by the University of Rochester.

Researchers there are using state-of-the-art computerized measurement technologies to detect warning signs of Alzheimer’s Disease at an early stage when treatment may be more effective in moderating the symptoms and slowing the progress of impairment of the disease.

paid \$20.00 apiece for taking the non-intrusive test administered by university assistants who, in turn, trained Legacy staff members on how to conduct the test which typically takes a half-hour or less. Time spent by a subject in front of a computer screen depends on their ability

to correctly identify familiar objects which become increasingly more difficult as the test progresses.

The federally-funded study is being conducted by Cerebral Assessment Systems, Inc. (CAPS). CAPS is a Rochester-based startup founded by U. of R. Professor of Neurology Dr. Charles Duffy and principal investigator of the study. ■



*Joan Green was one of many Clover Blossom residents who gladly participated in the Brain Function Study.*

# Staff PROFILE

**Ruth Freitas,**  
Office Manager, Willow Pond Legacy



*In this issue of Legacy Living we profile another one of our outstanding employees. Ruth and her husband, Mark, have been married for 28 years. They have three boys, all of whom have been home-schooled by Ruth.*

Talking with Ruth Freitas about her job is almost as stimulating as how she views the job itself. Although her position as office manager is serious business, she somehow manages to inject a chuckle or laugh into just about every remark she makes.

Among her many duties as office manager, Ruth coordinates employee work schedules, handles residents'

emergency calls, and oversees a staff of three housekeepers. She also assists Executive Director Jeri Souther in carrying out her responsibilities; even temporarily substituting for the director's position whenever a vacancy occurs.

Ruth earned her degree in Criminal Justice at Monroe Community College and has continued her

education in criminal psychology. Her goal "was to find a career in social work or some allied field," she says "and this I found at Willow Pond."

Ruth grew up as the daughter of a farmer, school teacher and preacher. She loves animals and gets great joy out of rehabilitating rescued farm animals that are sick or have been abused. She has provided safety, shelter, nutrition and love to as many as 15 horses at one time. ■

## Successful Rewards Program Extended to February 28

Rewards of up to \$1,500 are yours for referring THREE people to any Legacy provided they move into one of our seven Retirement

Communities during the same month. As good as cash, the reward is applied to your next month's rent. Rewards of lesser amounts are given for first and second referrals as well.

While such incentives might be a motivating factor in whether or not to take advantage of our referral program, there are some additional benefits as well. You get to choose your own newly found neighbors from

a pool of people that you have known for years ... relatives, friends, or a former neighbor. As an added bonus, the resident who turns in the most referrals by the end of February (minimum of 10) will receive a \$250 gift certificate to use as they please. ■



<b>First Referral</b>	<b>\$250</b>
<b>Second Referral</b>	<b>\$500</b>
<b>Third Referral</b>	<b>\$750</b>
	<b>\$1,500</b>

*Park Crescent Executive Director Rob Goodyear presents resident Mary Melino with a certificate worth \$1500. The reward recognized Mary's accomplishment in referring three people in one month to our Greece Legacy.*

## BUSINESS DIRECTORY

### **B. Roberts Travel Services**

*Senior and Disability Travel Specialists*

**Contact:** Becky Roberts 388 1010

**e-mail:** broberts@brobertstravel.com

### **Citizens Bank**

**Contact:** Peter Beradi 265-6950

**e-mail:** pete@citizensbanks.com

### **Cleaner Image**

**Contact:** Kim Cimino-Lyons 750-1884

**e-mail:** kcimino-lyons.rochester.rr.com

### **Comfort Keepers East & West**

**Contacts:** Amy Hay 249-0100 (East),

Jake Warmerdam 663-5730 (West)

*www.comfortkeepers.com*

### **Corrigan Moving Systems**

**Contact:** Marabeth Galardi 295-2245

**e-mail:** rgalardi@corriganmoving.com

### **Doyle Security**

**Contact:** Gary Fisher 461-6566

**e-mail:** garyfisher@godoyle.com

### **Durable Medical Equipment and Supplies**

**Contact:** Patrick Lippa 746-3010

**Showroom:** 383-0940

*www.power-chair.com*

### **Episcopal Church Home**

**Contact:** Courtney McGinness 278-5240

**e-mail:** mcginness@episcopalseniorlife.org

*www.episcopalseniorlife.org*

### **Faris Pharmacy**

**Contact:** George Faris 663-6950

### **Home Care of Rochester (HCR)**

**Contact:** Pam Simboli 272-1930

**e-mail:** psimboli@hcrhealth.com

### **Home Instead Senior Care**

**Contact:** Michelle Charland 663-4620 x2

**e-mail:** mcharland@homeinsteadroch.com

### **Lifetime Care Home Health & Hospice**

**Contact:** Lisa Gabel 233-1174

or fax 214-1071

**e-mail:** lisa.gabel@lifetimecare.org

### **Mr. Grab Bar LLC.**

*"Your Bathroom and Safety Specialist"*

**Contact:** Bob Weston 872-0820

*www.mrgrabbarllc.com*

### **Renaissance Art Gallery**

**Contact:** Carol DiMarzo & Reva Riley

423-8235

*www.rochesterrenaissanceartgallery.com*

### **Senior Medical Care**

**Contact:** Luis G. Postigo, MD 872-2710

*www.HouseCallMDforSeniors.com*

### **Services For Seniors**

**Contact:** Elaine Matthews 723-8760

*www.servicesforseniors.com*

### **Suter, Levitt, Zugner, D.D.S.**

**Contact:** Melissa Warren 872-2797

**e-mail:** mwarren@northavedental.com

### **Transition Services**

**Contact:** Tod Myers 414-0855

**e-mail:** tod@myrochesteragent.com

### **Visiting Nurse Service of Rochester & Monroe County Inc.**

**Contact:** Ellen Avery

**e-mail:** eavery@vnsnet.com

---

*Services available to residents, families and friends of our Legacy Retirement Communities. If you would like to list your business here, contact Don Riley at 232-1760 (x135), or e-mail him at driley@markiventerprises.com.*



301 Exchange Boulevard  
Rochester, New York 14608

**Phone:** 585-232-1760

*www.legacyrochester.com*

Published by **Legacy Retirement Communities**

### **Rewards Offered for Referrals**

*Know someone who might be interested in becoming a resident at any of our seven Retirement Communities? For details on how you, too, can benefit, call the housing specialist at any of the following Legacies.*

- **Legacy at Clover Blossom, Brighton**  
585-218-9000, Director, Richard Stewart
- **Legacy at Cranberry Landing, Irondequoit**  
585-244-3630, Director, Bill Lista
- **Legacy at Erie Station, Henrietta**  
585-334-5006, Director, Paul Ryan
- **Legacy at the Fairways, Victor**  
585-924-7043, Director, Anna Alger
- **Legacy at Parklands, Chili**  
585-889-6590, Director, Vynne-Jo Penoyer
- **Legacy at Park Crescent, Greece**  
585-865-0680, Director, Robert Goodyear
- **Legacy at Willow Pond, Penfield**  
585-388-7663, Director, Jeri Souther