



Life as you like it... ...Fun, fitness and fine dining

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BodyMind Center Partners with Ferris Hills

To increase blood flow, reduce tension and enhance the body's own restorative powers, what could be better than a soothing, therapeutic massage? Well, how about having one delivered right to your doorstep?

Residents of Ferris Hills at West Lake can do just that. Licensed massage therapists, licensed



Licensed Massage Therapist Alice Hares and Licensed Acupuncturist Ralph Wuertle are among the BodyMind Center professionals available to residents.

acupuncturists and other specialists in complementary medicine from the BodyMind Center at Thompson Health began bringing their services to the Ferris Hills campus in 2008.

All residents have to do is pick up the phone and make a reservation.

That is what Herman "Bud" Schwabl did earlier this year, after his grandson presented him with a BodyMind Center gift certificate for Christmas.

"It was very nice," he says. "She did a nice job."

A retired printer who moved from Buffalo to be closer to his son, Schwabl says he finds the

fact that Ferris Hills offers complementary medicine a plus. "I think it's great, especially when they come here and take care of you and you don't even have to leave the building," he says.

Fellow resident Tom Johnson didn't have to leave the building when he decided to contact the BodyMind Center for an acupuncture treatment. The retired Eastman Kodak employee had never had acupuncture before and wasn't sure what to expect, but "I wasn't walking like I was 20 years old any more and I thought I might like to."

"It just seemed like it was interesting and it might work, and it did," he said. "I walked down the hall (afterwards) and thought, 'My goodness.' I was quite impressed."

When it comes to trying something new like acupuncture, Johnson noted, "It's a little more comforting to do that in your own environment."

Because the BodyMind Center

— like Ferris Hills — is affiliated

with Thompson Health, residents can rest assured that whether they are receiving massage, acupuncture, chiropractic treatments or other forms of complementary medicine, the practitioners are all professionals who have met strict criteria set forth by the health system.

BodyMind Center Manager Scott Coon, who has hosted Energy Clinics at Ferris Hills, says the clientele there seem to appreciate the fact that it has a furnished room just off the fitness center, where they can receive a treatment if they prefer not to have it done in their apartment. "It's just another perk for residents," he says.

Spring Open House Set for May 2 and 3

As we revel in the wonder of nature's rebirth this spring, it is the perfect time to explore new possibilities, including the possibility of making Ferris Hills at West Lake your home.

While you are always welcome to schedule a tour and a complimentary lunch, we invite you to join us for our spring open house, **Saturday and Sunday, May 2 and 3.**

Stop by to celebrate spring with us as you tour our vibrant retirement community and find out why Ferris Hills is second to none.

Overlooking Canandaigua Lake, we offer everything seniors could possibly want, and more. And the location? Nothing compares.

During our Open House, we'll offer visitors a "taste" of Ferris Hills, with fine chocolates and a wine tasting by Swedish Hill Winery, one of the many wineries we work with in order to provide the perfect complements to our chef-prepared meals.

In addition to meeting our exceptional staff, visitors to the open house will also have plenty of opportunities to meet our residents. Their backgrounds and talents are diverse, which makes the many events, activities and discussion groups we offer all the more engaging.

I look forward to seeing you, and invite you to call me anytime with questions, at (585) 393-0410.



Anne Wolden
Senior Living Counselor

Spring Open House, May 2 and 3
10 a.m. to 3 p.m. each day
(585) 393-0410 for details



Green Thumb Finds Room to Grow

Gardening author Ruth Stout was once quoted as saying, "I love spring anywhere, but if I could choose, I would always greet it in a garden."

Indeed, a garden is the place where one is most likely to find Ferris Hills resident Marsha Tillson this spring.

Honored with the Doc and Katy Abraham Green Thumb Memorial Award at Cornell Cooperative Extension's Master Gardener

Spring Symposium, Tillson is a familiar sight among the colorful flowers gracing the grounds of Ferris Hills each year.

Representing the active nature of residents' involvement in the senior community, she helps brighten and transform her surroundings into a vivid canvas.



Marsha Tillson of Ferris Hills

Tillson says she didn't realize she could continue gardening once she and her husband moved from their Farmington home, but was thrilled to find that Ferris Hills was receptive to her suggestions.

"I think we made the best decision ever," she says. "This place is absolutely fabulous."

The Hills Are Alive ...



Gary Ross, Director

The Hills Are Alive ... I must say that as I come to work each day, I am struck by the fact that – if you'll pardon the pun – the Hills, as in Ferris Hills, are alive with the sound of music.

Last month, for example, residents of our senior community were treated to top-notch, in-house performances by Eastman School of Music graduate students and the Finger Lakes Camerata.

Recent outings included a trip to The Smith Opera House in Geneva for the University of Rochester Symphony, and residents are set to


return there this month for a Big Band/Swing concert by the famed Jazz Ambassadors.

Fittingly, our annual, on-site music appreciation series from the Hochstein School of Music and Dance begins the day after that concert, with a theme of "Sir Duke, The Count and the King of Swing: The Big Band Era in America."

Just as the eight-week series wraps up, it will be time for our residents to once again share their love of music, not to mention their home, with members of our community as we offer Sunset Serenades.

The annual summer concert series is free and open to the public. Free parking is available for the series, which kicks off on July 8 with an ice cream social followed by a 7 p.m. performance from The Dady Brothers. New to Ferris Hills,

they are known throughout the region for a repertoire that ranges from Irish folk ballads to original contemporary folk, bluegrass, and acoustic blues.

The series continues through August 12, with concerts at 7 p.m. each Wednesday featuring other regional favorites such as Nostalgic Reunion and Paulsen, Baker and Garvey. Please mark your calendar and be sure to join us for these fun-filled evenings by our gazebo. Don't forget your lawn chair! 



An ice cream social will precede the first Sunset Serenades concert, set for July 8 featuring the Dady Brothers.

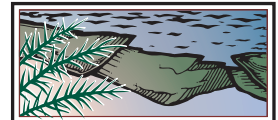
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FERRIS HILLS



Residents of Clark Meadows, the enriched living community adjacent to Ferris Hills, enjoy trying their hands at Wii™.

Interactive Games Earn New Fans

Video games are not just for teenagers anymore, and they're not just for entertainment, either. Just ask the residents at Clark Meadows, an enriched living community adjacent to Ferris Hills.

A new Nintendo Wii™ game system has proven popular, as residents gather for interactive games including bowling, tennis and golf. With a hand-held remote, they control what happens on a flat-screen TV by using physical gestures as well as buttons.

"It's something they look forward to, and even if they're not playing, they're watching and they're pretty excited," says Clark Meadows Lifestyle Coordinator Cathy Mediak.

Experts say Wii™ can help with range of motion, coordination and sensory stimulation. Plus, it's just plain fun according to resident Eleanor Hickman, who recently celebrated her 100th birthday. Although golf and tennis were her favorite pastimes years ago, she got a strike upon her first attempt at Wii™ bowling. "I couldn't believe it!" she said.

Hickman says trying her hand at Wii™ is just one of the experiences that makes Clark Meadows a wonderful home. The apartment community features restaurant-style dining and is designed for seniors who may need a little assistance with daily tasks. "I need the extra help and they are so lovely here. Everybody is so kind," Hickman said. 