



FERRIS HILLS

AT WEST LAKE

FERRIS HILLS & CLARK MEADOWS
Independent and Enriched Senior Living

■ The Living is Easy ■

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VOLUME 2 ■ FALL 2006



Together Again Meet Eva Frosig and Sonja Macintosh

Eva Frosig, 96, and Sonja Macintosh, 93, are sisters who have shared so many things over the years: a long, memorable ride across the Atlantic in a huge steamship when they were little girls and their family moved from their native Sweden to the United States; a close-knit family life growing up in New Jersey; challenging jobs in the New York City area as young women; then marriage,

family life and retirement — Eva settled in New Hampshire and Sonja lived in Alabama. Now Eva and Sonja are happy to be sharing something else: a residence.

Sonja lives in Ferris Hills and Eva, who needs a little more help with everyday tasks, lives in Clark Meadows. Ferris Hills is designed for independent seniors like Sonja. She enjoys the special services, such as

housekeeping and transportation to shopping and doctor's appointments. At Clark Meadows, Eva has peace of mind knowing that nurses will bring her medication at just the right time, and they're available 24 hours a day if she needs them.

Even though their medical and lifestyle needs are different, it's nice that they can live in the same place and have all their needs met, the sisters say. It makes it much easier to see each other regularly for walks, talks and meals in the dining room.

Both sisters have lived at Ferris Hills at West Lake for more than five years. "The people are very nice," Sonja says. She enjoys dropping in on the many special events the residence hosts, as well as the monthly social hours. Outings are open to residents of Ferris Hills and Clark Meadows, so the sisters were looking forward to a trip to Belhurst Castle in Geneva for lunch. Both sisters have tried the exercise classes

offered, and as avid readers, they like the convenience of the well-stocked, in-house library where they check out books regularly.

The beautiful views from the many patios and terraces are another plus.

"It's such a friendly place," Sonja says of the fellow residents and the staff. As for the staff, she adds, "They'll do just about anything for you."

Another nice thing, Sonja says, is that Ferris Hills allowed her to move in with her cat, Sam. Pets are allowed, and enrich the lives of residents.

"You have to mention him in the article," Sonja says — "or he'd be very insulted. He's the boss — I just live here!"

"Here" has become a special home to Sonja, Eva and Sam. It's a place where they can make the most of every day, and most importantly, enjoy their time together. ■

Fitness is Fun at Ferris Hills

One of the best things about living at Ferris Hills is the emphasis on helping seniors stay healthy and active. The effects of aging can affect seniors' mobility, coordination and strength, but Ferris Hills staff have developed a wide range of exercise programs that accommodate seniors' abilities and their needs.

With so many options available, finding the right program — whether it's walking, low-impact fitness like Tai Chi or a

new offering such as Osteopilates — is easier than ever. Osteopilates is an example of how a popular and challenging exercise regimen — Pilates — can be adapted to seniors. The new class, offered to Ferris Hills at West Lake/Clark Meadows residents, combines strengthening and posture techniques with controlled breathing. To accommodate seniors' capabilities, the class avoids floor work; some exercises can be performed in a chair.

Other classes are also geared to seniors, including Tai Chi and Yoga. Tai Chi is a slow, rhythmic set of movements that improve

muscle strength, coordination and relaxation. Yoga improves flexibility, breathing and vitality.

"We definitely have a good turnout" for exercise classes at Ferris Hills, says Anna Alger, Resident Services Manager. What do residents gain from the exercise? "Mobility is a big benefit," Anna says, along with reduction in pain and healthy weight management.

Ferris Hills offers many other opportunities for low-impact exercise for seniors. It has a beautiful walking trail, and to help seniors monitor their progress, Anna gives walkers a pedometer and a goal-track-



ing sheet. Walkers get prizes for completing milestones — but the biggest prize is the one they give themselves: better health. ■



Shirley Fingar,
Senior Living Counselor

Welcome

We hope you enjoy this issue of “The Living is Easy”. As you can see, this is a place where wonderful things happen – everything from an innovative new fitness class like osteopilates to a foreign policy discussion group. But it isn’t just the “special” occasions that make Ferris Hills truly special. It’s the warm, comfortable environment that residents enjoy every day

of the year: the scenic views, spacious apartments, attentive service and of course, delightful food. If you or someone you know is interested in independent retirement living, it’s easy to get to know us. Please call me at (585) 393-0410 for lunch and a personal tour or visit www.ferrishills.com for a virtual tour. ■



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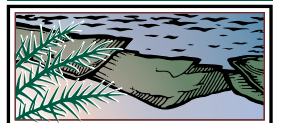
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Great Decisions: Let Your Voice Be Heard

If you’re interested in learning more about the important issues of the day, sharing your views with others in your community, and sending your input to policymakers in Washington, D.C., Ferris Hills has just the program for you. It’s called Great Decisions, and it’s the nation’s longest-running global affairs education program. Participants from across the nation meet in local groups.

Content experts are the guest speakers and facilitate group discussions on topics of global importance. Ferris Hills hosts the local chapter of Great Decisions each year, inviting members of the community as well as our residents to participate. Participants complete an opinion ballot report, and the results are shared with the White House and lawmakers in Washington in an effort to



communicate grassroots views to the nation’s leaders. The 2007 sessions will begin in February

and include six weekly meetings. For more about Great Decisions, call 585-393-0410. ■