

THE COLUMNS

VASSAR-WARNER HOME'S MONTHLY NEWSLETTER

A NOTE FROM ERICKA

I wanted to take this time to highlight one of our often misunderstood offerings here at Vassar-Warner: respite care.

PAGE 2

MENTAL HEALTH MEMO

As temperatures cool, fall is the perfect time for seniors to enjoy time outdoors...

PAGE 3

3 WAYS TO LEARN A NEW SKILL

It's that time of year again: yellow buses rumble down the streets, lunchboxes are prepped and packed...

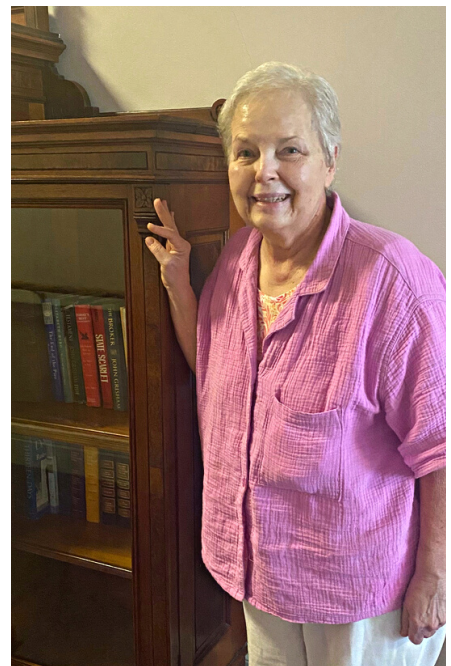
PAGE 4



PAGE 2 | LETTER FROM THE EXECUTIVE DIRECTOR



PAGE 3 | SEPTEMBER ACTIVITIES



PAGE 6 | RESIDENT SPOTLIGHT



PAGE 4 | 3 WAYS TO LEARN SOMETHING NEW



A WORD ON RESPITE CARE

A LETTER FROM ERICKA VON SALEWS, EXECUTIVE DIRECTOR

As we make the shift from summer to fall, I wanted to take this time to highlight one of our often misunderstood offerings here at Vassar-Warner: respite care.

Many are unfamiliar with what respite care truly is. By our definition, respite care provides short-term breaks for caregivers who need to travel, or who simply need a break to relieve stress, restore energy, and promote balance in their life. Respite stays may be four or more days up to a maximum of 42 days in a calendar year per person.

Here at Vassar-Warner Home, our Respite Care Program has an admissions process. The process includes evaluation by the executive director, personal care supervisor, and case manager, a respite application, and a NYS 3122 medical evaluation completed by a primary physician, which determines eligibility for entrance. The cost of respite care can be funded either privately at a rate of \$150 per day, or through grants awarded by organizations like the Dutchess County Office for the Aging and the Alzheimer's Association.

Respite care can take place at person's home or at an adult care facility, assisted living residence or nursing home. Services typically include infrequent and temporary substitute care or supervision of frail or disabled adults on behalf of and in the absence of the routine caregiver, and may vary depending on respite provider and payer. Eligibility also varies depending on respite provider and payer, but eligible individuals may include family caregivers providing care for individuals age 60 or older or for individuals with Alzheimer's disease and related disorders, regardless of age. Grandparents and other relative caregivers (not parents) 55 years of age and older providing care to children under age 18 or providing care to adults age 18-59, with disabilities, to whom they are related by blood, marriage, or adoption, are also eligible.

Reimbursement for the costs of respite care can be conducted through Medicaid (through managed care plans, waivers, and hospice only), Medicare (through hospice benefit), long-term care insurance, NYSOFA and local offices for the aging respite programs, and the VA.

For more information on respite care, visit nyconnects.ny.gov or contact your local office for the aging. And of course, we at Vassar-Warner are always open to your questions too!

Hugs and best wishes,

Ericka Von Salews

MENTAL HEALTH MEMO

As summer fades into fall, the blistering temperatures cool into a crisp autumn breeze. Fall is the perfect time for seniors to enjoy time outdoors--and there are plenty of mental health benefits to spending time in nature. According to the U.S. Department of Agriculture's Forest Services branch, studies have shown that spending time outdoors can strengthen our mental capacities through increasing focus and attention.

This fall, find a way to incorporate the great outdoors into your daily schedule and take note of the way you feel when spending time in nature.



WHAT IS RESPITE CARE?



Respite care provides short-term breaks for caregivers who need to travel, or who simply need a break to relieve stress, restore energy, and promote balance in their life.

Respite stays may be four or more days up to a maximum of 42 days in a calendar year per person.

SEPTEMBER ACTIVITY LINEUP

September 13:
Food Committee

September 21:
Resident Council

September 22:
Music Therapy

September 26:
Birthday Party

September 27:
Joe & Chief Therapy Dogs

SCHOOL IS BACK IN SESSION: 3 WAYS TO LEARN A NEW SKILL THIS FALL

It's that time of year again: yellow buses rumble down the streets, lunchboxes are prepped and packed, and kids everywhere are embarking on a new adventure. So the start of a new school year goes. It's a fresh start, one often infused with enthusiasm and anticipation. For kids, each school year can mean a new best friend, favorite class, or skill learned. But the excitement doesn't have to be limited to kids! This fall, take advantage of September's fresh-start energy and try teaching yourself something new. Here are a few ideas to get you started:



Try following a series of tutorials on Youtube.

Youtube is an incredible (and seemingly endless) source for how-to videos, tutorials, and lessons on a wide variety of activities. Many Youtubers have made it their full-time job to produce content that teaches others new hobbies or activities. There are yoga instructors, artists and painters, experts in knitting and cross-stitching, poker professionals, amateur magicians – you name it, and YouTube probably has a video about it. If you've been itching to try your hand at frosting extravagant cookies or knitting a scarf for the grandkids, dedicate a little time each day to practicing with a Youtube tutorial as your guide.

Sign up for MasterClass.

MasterClass is an online streaming platform that makes it possible for anyone to watch or listen to hundreds of video lessons taught by 150+ of the world's best. Whether it be in business and leadership, photography, cooking, writing, acting, music, sports and more, MasterClass delivers a world class online learning experience. Video lessons are available anytime, anywhere on your smartphone, personal computer, Apple TV and FireTV streaming media players. Though a membership will cost you a small monthly fee, the courses are exclusive to MasterClass members and are taught by famous professionals like Chef Gordon Ramsey, actor Steve Martin, and photographer Annie Leibovitz.

Partake in our activities right here at Vassar-Warner!

Each month, our activity calendar reflects the wide range of activities we offer throughout the day. Perfect your bocce ball or ping pong game, join in on arts and crafts, or learn a new recipe in the kitchen! And if you have an idea for an activity, please let us know – we love to learn, too!

COVID UPDATE: HOW TO STAY HEALTHY THIS FALL

PROTECT YOURSELF FROM FALL AND WINTER BUGS WITH THESE TIPS

The change of seasons brings with it many things: beautiful fall foliage, pumpkin spice lattes, jack-o-lanterns on front porches. Unfortunately, fall also means an uptick in colds, flus, and other unpleasant bugs. Before the cold sets in and makes outdoor gatherings less possible, make sure you're taking the right steps to increase your immunity and protect yourself from getting sick. Don't know where to start? Follow these tips:

Schedule your flu shot (and COVID booster, if applicable).

Sure, the side effects from a vaccination can be unpleasant--but the good news is that seniors are less likely to experience uncomfortable vaccination side effects like headaches and muscle aches. Even if you do feel a little under the weather following your flu or COVID vaccine, one day of feeling crummy is far better than a full week with a full-blown illness. COVID and the flu can also be more dangerous for seniors than younger adults, so it's important to take any and all steps to protect your health.

Start taking your vitamin D.

Usually we can get a fair amount of our vitamin D from the sunshine and a diet of healthy greens. In the fall and winter, it can be more difficult to get our dose of vitamin D in these ways. Taking a supplement (at the advice of your doctor) can help our bodies continue to absorb calcium in the cooler months. Vitamin D has a slew of benefits, including a reduced risk of infections, weakness, and bone pain.

Wear a mask when interacting with others in crowded, indoor spaces.

In combination with hand washing and social distancing, masking can help limit your exposure to viral and bacterial germs, especially in heavily-trafficked and crowded places like the grocery store or a doctor's office.

Always consult with your doctor before taking a vaccine or starting a new dietary supplement.



SEPTEMBER BIRTHDAYS

Residents

Sept. 1: Bruce Hurd

Sept. 15: Audrey Zindler

Sept.20: Frieda Bocchino

Staff

Sept. 1: Luann Zadora,
Personal Care

Sept. 5: Lori Allen,
Dietary

RESIDENT SPOTLIGHT: LYNN KUZYNIA



Lynn was born and raised in Brooklyn, NY and was a hardworking student, achieving a full scholarship to pursue higher education at Pace University. Upon graduation, Lynn enjoyed a fulfilling career in teaching, and has always been a fierce lover of nature and animals, especially her black Labrador Retriever Zoe. Lynn loves Italian food and listening to Neil Diamond, though in her free time she most enjoys reading and crocheting. Her outgoing nature is a reflection of her attitude toward life: she believes that having a good sense of humor is imperative to handling the good and the bad that comes along in life.

STAFF SPOTLIGHT: CLAYTON SPRUILL



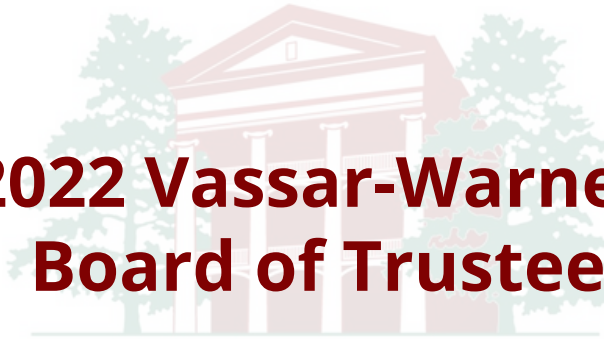
Clayton is a cook on the dietary team here at VWH. Born in Baltimore, MD and raised in Newark, NJ, Clayton cites his biggest achievement as helping others and being a source of hope. Together with his wife Brenda, Clayton loves raising his eight daughters, as well as dining out and working out when time allows. He has two Oscar fish named Bonnie and Clyde and one cat named Rory, but is a lover of all animals including dogs and birds. Clayton has traveled all along the east coast as well as to popular destinations such as Las Vegas, California, the Bahamas, Bermuda, and the Virgin Islands. When he's not taking care of his family or traveling, you may find him practicing one of the many woodwind instruments he has mastered, or the piano. When asked what he'd like readers to know about his work, Clayton emphasized his dedication to the wellbeing of VWH's residents and thanked his VWH colleagues for their desire to make a difference.

COLUMNS CORNER: WHAT'S HAPPENING AROUND TOWN

**Hudson Valley Hot Air Balloon Festival,
September 2, 3, & 4**

**Hudson Valley Food & Wine Festival,
September 10 & 11**





2021–2022 Vassar-Warner Home Board of Trustees

Officers

Ellen C. Smyth *President*
 Gary Grandstaff *Vice President*
 Kim Ryder *Treasurer*
 Alice Dickey *Secretary*
 Shari Hubner *Past President*
 Laurie Cohn
 John Beale
 Susan Sullivan Bisceglia, Esq.
 Rena Ann Hill, CM, PA
 Nancy Slauson
 Jill Karn
 Rosemary M. Butts

Vassar-Warner Home Committees of the Board

Effective October 2021

<u>Executive Committee</u>	<u>Foundation Board</u>
Ellen Smyth	Wayne Quint
Gary Grandstaff	Nancy Slauson
Alice Dickey	Bill Francis
Shari Hubner	Kim Ryder
Ericka Von Salews	Greg White
	Brian Robinson

Vassar-Warner Home Committees of the Board

Effective October 2021

<u>Board Development</u>	<u>Finance</u>	<u>Fund Development and Marketing</u>	<u>Quality of Resident Life</u>
Laurie Cohn – Chair	Kim Ryder – Chair	Rena Hill - Chair	Shari Hubner – Chair
John Beale	Nancy Slauson	Jill Karn	Susan Sullivan Bisceglia
	+Cheryl Holt	+Cheryl Holt	Ellen Smyth
<u>Property</u>	+Cora Motts		John Beale
Gary Grandstaff – Chair		<u>Strategic & Long-Range Planning</u>	Rosemary Butts
Laurie Cohn	<u>Personnel</u>	Rena Hill	+Kalin Perez
Nancy Slauson	Susan Sullivan	Ellen Smyth	+Luann Zadora
+Pete Molino	Bisceglia – Chair		+Christina DeSouza, RN
	Alice Dickey		

KEY:

* = Community Member + = Staff Member
 Ex Officio, all committees: Ericka Von Salews and Ellen Smyth