

THE COLUMNS

VASSAR-WARNER HOME'S MONTHLY NEWSLETTER

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HAPPY NEW YEAR!

A LETTER FROM ERICKA VON SALEWS, EXECUTIVE DIRECTOR

Goodbye 2022 and hello 2023! In starting a new year, I would be remiss if I did not give a huge, heartfelt thank you to everyone who participated in Vassar-Warner Home's Adopt-a-Resident program this past holiday season. We had such an incredible turnout and it meant the world to our residents and staff!

Should you or someone you know be interested in an opportunity that allows you to experience the joy of giving back all year long, Vassar-Warner Home's Board of Trustees is looking for new members to join its ranks. Candidates with knowledge and experience in finance, marketing and fundraising fields are encouraged to reach out to our Board Development Chair, Laurie Cohn at lcohn@aspireadvantage.com or 845-464-1066.

As a final note, we are in the midst of cold and flu season and want to ensure our residents, staff and their families are staying healthy and well. Remember to stay active and hydrated and take precautions to protect your loved ones. Wishing you a safe and healthy start to the year!

Hugs,

Erica Von Salews

MENTAL HEALTH MEMO: MUSIC AND MENTAL HEALTH

There’s nothing like sitting down and listening to your favorite musical artist, but did you know that doing just that is good for your mental health? Based on a report from the Global Council on Brain Health (GCBH), music has a positive effect on our mental well-being, improving overall mood, decreasing anxiety and helping us manage stress.

The impact starts in the brain where music activates different regions, like those associated with memory and emotion; this is why certain songs will trigger memories. It also affects the chemicals in your brain, like dopamine and oxytocin, to produce pleasurable feelings. Additionally, there is evidence that music can help lower the stress hormone, cortisol.

What are you waiting for? Start boosting your mental health with the help of your favorite songs today.



JANUARY ACTIVITY LINEUP



1/19: Chinese Takeout Day

1/24: Resident Council

1/26: January Birthday Party

JANUARY RESIDENT BIRTHDAYS

January 4:
Edward Atkins

January 13:
Joan McGrath

January 8:
Hannelore Seehase

January 26:
Nettie Sommerville

COLUMNS CORNER: WHAT'S HAPPENING AROUND TOWN

Sat, Jan 14, 10 a.m. – 2 p.m.:
**Kingston Winter
Farmers Market**
285 Wall St., Kingston

Wed, Jan 24, 11 a.m. - 12 p.m.:
Chair Yoga with Lina
39 Bloom St., Marlboro

SUPERFOODS TO FIGHT COLD & FLU SEASON

With winter in full swing, that means cold and flu season is too. Before it's time to get the doctor involved, you can help boost your immune system, naturally, through superfoods.

As we age, so does our immune system. We can help it stay fit and well in a variety of ways, from cutting out processed foods and adding in healthy fats from beans, nuts and seeds to incorporating the following foods in our daily diet.

Green Tea

While its effectiveness has been debated for decades, recent studies indicate that green tea, specifically the catechins within the beverage, gives your body an extra dose of antioxidants that help your immune system fend off the flu.

Sweet Potatoes

You may be tempted to turn these spuds into a pie or bake them with brown sugar, but nutritionists actually recommend roasting them with olive oil, oregano and black pepper to boost the overall benefits to your body, along with the beta carotene already found in the food that supports respiratory health.

Berries

Along with being a delicious source of vitamin C that helps your body fight off infection, these tiny superfoods also increase your body's levels of disease-fighting cells and contain flavonoids that are known to have antioxidant properties and protect your body's cells from damage – including those in your immune system.



Salmon

You've likely already heard from your doctor how wonderful adding salmon into your diet can be, but do you know how it helps your immune system? Along with being rich in omega-3 fatty acids, it also provides vitamin D which plays a major role in keeping your immune system regulated.

Garlic

Not only is it delicious, but garlic is also rich in a compound called alliin which many nutritionists believe to be the source of its immune-boosting properties. It also has been shown to stimulate the cells closely related to the overall function of the immune system.

Kefir

Lesser known to many households, kefir is a fermented dairy product with the consistency of thin yogurt. It is known to have anti-inflammatory properties that not only help your body fight off infections but also contain probiotics that help calm chronic inflammation.

Whether it's a whole diet change or just incorporating a few of the foods above, your immune system is sure to thank you this winter.

TIPS FOR SETTING GOALS IN THE NEW YEAR

We might already be in 2023, but it's never too late to set your goals for the new year! If you're finding it hard to set your resolutions and stick to them, try out some of these tips.

1. Write down your goals and check them periodically throughout the year.

You are more likely to remember your goals if you write them down, making them easier to accomplish. It's also important to make sure you're putting them somewhere that you'll see often like on your refrigerator or bathroom mirror.

2. Create goals for different areas of your life.

By dividing up your goals, you're more likely to see a ripple effect from one area in your life to another. For example, if your goal is to have a better work-life balance, you'll likely see your relationships improve as well.

3. Set goals that are realistic and attainable.

We are often ambitious with our resolutions, but it's important to make sure you can accomplish them within the next year. Rather than setting a goal that requires multiple steps, start small with something that you can build upon gradually.

4. Make your goals measurable.

Rather than setting broad goals, like spending more time with your family, determine a goal that accomplishes the board one through specific action. For example, if you want to spend more time with your family, perhaps your goal is to dedicate 30 minutes a day to a phone or video call with a loved one.

5. Create goals that can be accomplished with a partner.

Having someone to keep you accountable is always a plus when working towards a goal, but if they're actively working on the same goal - that's even better! You're much more likely to reach your aspiration when you have an accountability partner.

6. For each accomplished goal, reward yourself.

You're much more likely to keep setting yearly resolutions if you remember the thrill of completing them. For example, if your goal is to complete five physical activities during the week, reward yourself.



JANUARY STAFF BIRTHDAYS

January 1:
Ruma Wadhwa

January 6:
Ericka Von Salews

January 7:
Audrey Brewster

January 12:
Tiffany Oszip

January 13:
Christopher Deyo

January 23:
Amanda Torres

January 25:
Kalin Perez



2021–2022 Vassar-Warner Home Board of Trustees

Officers

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

Vassar-Warner Home Committees of the Board

Effective October 2022

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

Vassar-Warner Home Committees of the Board

Effective October 2022

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

KEY:

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