

THE COLUMNS

VASSAR-WARNER HOME'S MONTHLY NEWSLETTER

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MAY IS MENTAL HEALTH AWARENESS MONTH

A LETTER FROM ERICKA VON SALEWS, EXECUTIVE DIRECTOR

May marks Mental Health Awareness Month, a chance to reflect on the importance of overall well-being. After all, **mental health care is health care.**

1 in 5 Americans over the age of 55 experience some type of mental health concern from anxiety to depression to isolation. Fortunately, there are countless resources to support people as they endure these challenges.

If you are in need of therapy or a psychiatrist, use one of these databases to find someone who is right for you: [American Psychology Association's Psychologist Locator](#) or [Psychology Today's Psychiatrist Locator](#).

If you are interested in learning more, or finding out what your options may be, visit [Mental Health America of Dutchess County's website](#) or call 845-473-2500.

Lastly, remember that the Vassar-Warner family is here for you, to care for you and support you in any way possible.

Hugs,

Erica Von Salews

MENTAL HEALTH MEMO: THE CALMING BENEFITS OF TEA

Sen Sshitsu VX once said that “A cup of tea is a cup of peace.”

Did you know that tea is the most widely consumed beverage in the world aside from water?

According to The Tea Association of the USA, the popular drink can be found in almost 80% of all U.S. households.

In 2020, the United Nations designated May 21 as the first-ever “International Tea Day,” which is now recognized annually.

Hot or iced tea can be enjoyed in the morning, afternoon or night and its benefits far exceed hydration. A timeless beverage with global appeal, just one cup of tea can help soothe nerves, relax the mind and body and, some studies say, help ward off depression and dementia.

Originating from *Camellia Sinensis*, green, oolong and black tea are three of the most popular types. According to CNN Health, green tea is processed in a different way, which results in higher levels of some of the compounds that scientists believe have positive effects on mental health. Drinking tea also boasts physical health benefits such as longer lifespans, lower blood pressure and weight loss.



MAY ACTIVITY LINEUP



5/14, 3:30PM
Lovely Lilacs Craft

5/16, 2:30PM
Bracelet Making

5/23, 3PM
Ice Cream Sundae Social



5/25, 2PM
Music Therapy with Christina

5/29, 3PM
Memorial Day Social

5/30, 3:30PM
Jeopardy Trivia



5/31, 3PM
Resident Council

BATTER UP: 15 BASEBALL MOVIES WE LOVE TO LOVE

Major League Baseball season is upon us and, no matter whom you're rooting for, you've likely seen at least one movie related to the beloved sport through the years.

From tearjerkers to romantic comedies, biopics and musicals – these films span genres, and many have rightfully earned their spot on all-time favorite movie lists. They tell tales of underdogs rising up, women breaking the mold, legends in the making, neighborhood kids bonding over saving a Babe Ruth-signed baseball from the yard of a fearsome canine and many other world-renowned stories that have captivated audiences of all ages.

Here are some of the best movies about baseball, which are available to stream via services like Amazon Prime, HBO Max, Disney + and Netflix – and are likely rentable from your local library:

- The Pride of the Yankees (1942)
- Take Me Out to the Ball Game (1949)
- The Bad News Bears (1976)
- The Natural (1984)
- Bull Durham (1988)
- Field of Dreams (1989)
- A League of their Own (1992)
- Rookie of the Year (1993)
- The Sandlot (1993)
- Angels in the Outfield (1994)
- For the Love of the Game (1999)
- The Rookie (2002)
- Fever Pitch (2005)
- Moneyball (2011)
- 42 (2013)



MAY BIRTHDAYS



Staff Birthdays:

5/5 Melissa Denny

5/5 Pete Molino, Jr.

5/13 Vivian Townsend

Resident Birthdays:

5/6 Sally Frank

5/14 Beverly Podwell

STAYING SAFE IN THE SUN



Warm weather, lush greenery, budding florals and bird songs are finally here again, and those welcome signs of spring have also brought about longer sunshine-filled days. While many of us have been longing for this emergence from a gray, cold winter, there are certain risks to be aware of if you plan to spend more time outdoors this season.

According to the [American Cancer Society](#) (ACS), skin cancer is by far the most common type of cancer, with approximately 5.4 million basal and squamous cell skin cancers diagnosed each year in the United States. About 8 out of 10 of these are basal cell cancers; squamous cell cancers occur less often, but both types start in the top layer of skin (the epidermis) – usually in sun-exposed areas – and grow slowly. Melanoma, a type of skin cancer that develops when melanocytes (the cells that give the skin its tan or brown color) start to grow out of control, is less common and poses a bigger threat because it has a higher chance of growing and spreading to other parts of the body.

As people age, their risk of getting skin cancer rises due to the buildup of sun exposure over time, according to ACS. Exposure to ultraviolet (UV) rays from the sun or other sources like tanning beds is thought to be the major risk factor for most forms of skin cancer. Though UV rays only make up only a small portion of the sun's rays, they are the main cause of the damaging effects of the sun on the skin because they damage the DNA inside skin cells, which can result in skin cancer.

While some risk factors such as your age, gender, race and family history cannot be controlled, there are steps you can take to reduce the risk for you and your loved ones year-round.



First and foremost – **be sure to check your skin regularly for new growths or abnormalities and notify your doctor of any changes immediately.**

Here are some other steps you can take when you're out in the sun:

Monitor the weather and be aware of the risks. UV rays are strongest in the middle of the day, between 10 a.m. and 4 p.m., especially in the spring and summer months. They are more likely to reach the ground at higher elevations and can break through even on cloudy days. The reflection of UV rays off water, snow, sand or pavement can also increase exposure. You can check the National Weather Service for the UV index on any given day, which runs on a scale from 1 to 11+ (higher equaling greater risk of sunburn and skin damage). You can also use the shadow test: if your shadow is shorter than you are, the sun's rays are the strongest.

Seek shade. Bring an umbrella with you if you don't think you'll be able to stay under a shady structure or awning.

Apply sunscreen regularly, even on cloudy days. Look for sunscreens with broad spectrum protection (against both UVA and UVB rays) and with sun protection factor (SPF) values of 30 or higher. Reapply often, at least once every two hours, and don't forget exposed areas like your ears, neck, face, hands, scalp and lips. Be sure to check the expiration date on your sunscreen before use and store it in a room temperature or cool location when you can.

Cover up. Wear a shirt, wide-brimmed hat, sunglasses and other clothing when possible.

RESIDENT SPOTLIGHT: NETTIE SOMMERVILLE



Nettie was born and raised in Stanfordville, NY.

The mother of 3 children - 2 sons and 1 daughter - Nettie's favorite thing to do is spend time with her family. When her children were younger, Nettie loved playing with them and attending their sporting events.

A lover of romantic music, particularly Frank Sinatra, Nettie dreams of traveling to France.

An overall happy woman, Nettie adores cats (they are loveable if you get the right one!); she herself has 2 cats and 1 dog, who's named Groucho.

Nettie worked as a fashion sales representative for 20 years, though her greatest achievement is having children.

STAFF SPOTLIGHT: KARLIE SCAGLIONE



Born in Yonkers, NY, Karlie has called LaGrange home for almost all of her life. Karlie joined Vassar Warner Home in 2018 as a Dietary Aide after graduating from Arlington High School and has been a welcome addition to the team ever since. Full of pride for the work she does, Karlie can often be heard singing or seen passing along a smile to anyone she meets. Karlie is proud of her contributions to Vassar Warner Home and cherishes the friendships that she has made with both staff and residents over the years. When Karlie isn't working, she enjoys walks and bike rides, jigsaw puzzles, word games and movies. A lover of animals, but especially cats, Karlie frequents Beans Cat Cafe in Beacon.

COLUMNS CORNER: WHAT'S HAPPENING AROUND TOWN

Sundays, 9 AM - 4 PM High Falls Weekend Flea Market | 109 Main St., High Falls NY
[Click here for more information.](#)

Mondays, 9 AM Virtual Gentle Yoga | To register, contact Sue Wixon at 914-523-8400 or swixon@pinehillcommunitycenter.org

5/22, 7 PM Live Online Tarot Series - Learn to Read Tarot | [Click here for more information.](#)



2022-2023 Vassar-Warner Home Board of Trustees

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Ellen C. Smyth – *President*
 Gary Grandstaff – *Vice President*
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Effective October 2022

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KEY:

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

For 152 years, Vassar-Warner Home has provided a safe environment for more than 2,000 Hudson Valley seniors – allowing them to remain as independent as possible and treating them with dignity, respect and compassion.

The Home is unique as it offers refuge to some of the poorest residents of Dutchess County, never refusing services when their income no longer covers the cost. This would not be possible without the ongoing support of the Vassar-Warner Home Foundation, an independent private foundation, and you, our community.

Due to the high demand for our services and our dwindling constituency of long-term supporters, Vassar-Warner Home needs your support now more than ever.

Please click the button to make a contribution.

[Donate Now](#)