

THE COLUMNS

VASSAR-WARNER HOME'S MONTHLY NEWSLETTER

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ALZHEIMER'S AND BRAIN AWARENESS MONTH

A LETTER FROM ERICKA VON SALEWS, EXECUTIVE DIRECTOR

The Alzheimer's Association has proclaimed June Alzheimer's & Brain Awareness Month. While Alzheimer's Awareness Month is typically observed in November, this additional observance aims to increase awareness of diseases that impact the brain.

As of 2022, more than 6 million Americans had been diagnosed with Alzheimer's Disease - it is likely that many of you know someone who suffers from the disease or another form of dementia. Join the Vassar-Warner family and the greater Alzheimer's community on **June 21**, the Summer Solstice, to celebrate **The Longest Day**. The Alzheimer's Association hopes that "the strength of our light will outshine the darkness of Alzheimer's".

Additionally to support those around you, this month and whenever possible, you may take the following steps:

- Show support to caregivers. Recognize that their role is often challenging.
- Spend time with those fighting Alzheimer's and other brain diseases. It has been proven that spending time with loved ones improves patients' overall well-being.
- Take care of yourself and your brain. Consider exercising, eating a healthy meal or allowing yourself to rest.
- Share your story with the Alzheimer's community using the hashtag #ENDALZ.
- Wear purple during the month of June to show your support.

Hugs,

Ericka Von Salews

MENTAL HEALTH MEMO: MEN'S HEALTH MONTH BREAKING THE STIGMA



June is finally here and with it comes the start of summer, National Cancer Survivor's Day (June 4), Father's Day (June 18), LGBTQ+ Pride Month, Alzheimer's & Brain Awareness Month and many other notable observances and happenings. This month also marks Men's Health Month.

The World Health Organization defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Keeping up with regular screenings and wellness appointments, maintaining a balanced diet and regular exercise regime and getting adequate sleep are core ways to boost your health – both physically and mentally, for men and women alike.

Despite the similarities men's and women's health share, the National Institute of Mental Health reports that men with mental illnesses (e.g., depression, anxiety, etc.) are less likely to have received mental health treatment than women in the past year. Barriers include reluctance to talk, fear of stigma and downplaying symptoms.

Over the years, society – especially the media – has crafted an unrealistic depiction of masculinity, defining natural inclinations like asking for help, feeling scared and showing vulnerability as weaknesses. Unsubscribing from this narrative is vital to breaking the stigma and will open the door for more men to feel comfortable seeking the medical support they need and deserve.

We can all serve as allies to our loved ones by recognizing signs and symptoms of mental illness and initiating check-in conversations. Such interventions can make a tremendous difference for those suffering in silence.

Symptoms to watch out for include:

- Noticeable changes in mood, energy level or appetite
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless or on edge
- Increased worry or feeling stressed
- Misuse of alcohol and/or drugs
- Sadness or hopelessness
- Suicidal thoughts
- Feeling flat or having trouble feeling positive emotions
- Engaging in high-risk activities
- Aches, headaches and digestive problems without a clear cause
- Obsessive thinking or compulsive behavior



If you or a loved one is experiencing symptoms of a mental illness, please talk to your doctor and visit [NIMH's Help for Mental Illnesses](#) webpage for guidance and resources. If you or someone you know is in a crisis, get help immediately. You can call 911 or call or text the [988 Suicide & Crisis Lifeline](#) at 988.

PICKLEBALL 101

A combination of tennis, badminton, racquetball and table tennis, pickleball originated in the 1960s and is soaring in popularity today.



With increased time at home during the pandemic, many people started to embrace the easy-to-learn game, thanks largely in part to its inexpensive and portable setup.

Pickleball courts have been popping up everywhere, even replacing shuttered Bed Bath & Beyond and Old Navy stores in shopping malls across America.

According to *The New York Times*, pickleball is America’s fastest-growing sport, with more than 4.8 million pickleball players, or “picklers,” in the United States. Pickleball can be enjoyed by all ages, though the average age of players is 38. According to the USA Pickleball Association, half of all serious players (those who play eight or more times a year) in 2021 were 55 and older.

A few of the many draws of the game include its simplicity, slower pace and its ability to both physically and cognitively engage players. The social aspect of pickleball can help curb symptoms of depression and loneliness. Additionally, **research** suggests that the game may be safer for people with heart issues when compared to tennis, and more accessible too - pickleball can be played standing or in wheelchairs, indoors or out.

To play, individuals or duos volley the ball back and forth over a net on a 44 by 20-foot court separated by a net that stands 34 inches high at the center and 36 inches at the posts. Each side of the court has a left and right service area and a 7-foot “no volley zone” commonly referred to as “the kitchen” (the section of the court that is closest to the net). Players use short paddles and a wiffle-type ball, and most games are played to 11, win by 2.

To watch a short video tutorial, check out the [USA Pickleball website](#).

There are more than 38,000 indoor and outdoor pickleball courts in the U.S., and you can search for ones near you via USA Pickleball’s database called [Places2Play](#). Additionally, the app [PicklePlay](#) offers a collection of courts as well as information on clubs, leagues and pickleball events in local areas.

JUNE BIRTHDAYS



Resident Birthdays:

6/7 Donna Maffia

6/15 Marilyn Miller



U.S. POSTAL SERVICE TO HIKE PRICES IN JULY

Earlier this year, the U.S. Postal Service (USPS) **announced** a 4.8 percent price increase for first-class stamps, which will go from 63 cents to 66 cents on July 9.

A first-class stamp covers the cost of mailing a one-ounce letter and an additional ounce will remain at 24 cents.



With this change, the cost of a first-class stamp has risen nearly one-third since 2019, and it's not the only rate hike slotted to go into effect:

- Metered letters will rise to 63 cents from 60 cents
- Domestic postcards will rise to 51 cents from 48 cents
- Outbound international letters will rise to \$1.50 from \$1.45


The postage price increases must be approved by the Postal Regulatory Commission. If approved, overall postal prices will increase by approximately 5.4 percent.


As operating expenses fueled by inflation continue to rise and the effects of a previously defective pricing model are still being felt, these price adjustments are needed to provide the Postal Service with much-needed revenue to achieve the financial stability sought by its Delivering for America 10-year plan," says USPS. "The prices of the U.S. Postal Service remain among the most affordable in the world."


Forever stamps are always equivalent to the current price of a first-class stamp and, since 2011, virtually all first-class stamps sold are Forever stamps. Even after the price rises in July, a Forever stamp you paid 63 cents prior to the change will still send a one-ounce letter to any U.S. address. You won't have to add postage to make up for the price increase, and the same goes for even older Forever stamps. For example, you can use an original Forever stamp purchased for 42 cents 15 years ago to mail a first-class letter today without additional postage.


Established in 1792, the original U.S. Post Office Department was part of the federal government before it was reorganized in 1970 as the United States Postal Service, a separate agency. USPS generally receives no taxpayer money for operating expenses.

JUNE ACTIVITY LINEUP

6/20, 3 PM
Birthday Party


6/28, 2:30 PM
Walking Group


6/22, 10:30 AM
Pet Therapy with Oliver


6/29, 3 PM
Cooking Class - EZ Donuts


RESIDENT SPOTLIGHT: JANE SINCERBEAUX



Frances Jane Sincerbeaux was born and raised in Newburgh, NY. Jane's aunt and namesake, also Frances Jane, took the name Frances and Jane began going by her middle name.

After getting married, Jane moved to White Plains, NY where she owned several businesses including a cab company, garage and bar.

Jane enjoys spending time with her daughter, Beatrice Jane. She fondly remembers a trip that they took together to St. Maarten as well as spending summers in Montauk.

Jane has two dogs, Laddie and Lady, and a cat, Biz. In her free time, she enjoys watching reality TV, reading thrillers and gardening.

STAFF SPOTLIGHT: AMANDA TORRES



Born in Manhattan and raised in the Bronx until the age of six, Amanda Torres has called Dutchess County home for most of her life.

A bubbly person, Amanda, or Sunshine, currently works as an overnight HHA for Vassar Warner Home.

Her greatest achievement in life is her 3 boys, currently twelve, fifteen and seventeen. A lover of music, Amanda took acting classes and frequently dances, sings, writes music or plays piano.

Amanda's favorite way to spend her time when she's not at work is with her children and their pets, including a dog, several cats and a leopard gecko. Amanda loves to make people laugh and believes that laughter is the best medicine.

She can often be found laughing, listening to music, having a dance-off with her fifteen-year-old, playing video games, going to the shooting range or reading.


COLUMNS CORNER: WHAT'S HAPPENING AROUND TOWN



Saturday, June 17, 12 PM | Planting Seeds of Mindfulness and Poetry |
4097 Albany Post Rd.

Tuesday, June 20, 7 PM | The Poughkeepsie Jazz Project |
Mahoney's Irish Pub, 35 Main St.

Wednesday, June 21, 5 PM | Virtual Meditation |
Contact swixon@pinehillcommunitycenter.org for meeting info.



2022-2023 Vassar-Warner Home Board of Trustees

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 Michael A. Craven, Ph. D. – *Treasurer*
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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.

