

THE COLUMNS

VASSAR-WARNER HOME'S MONTHLY NEWSLETTER

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STAYING SAFE IN EXTREME HEAT

A LETTER FROM ERICKA VON SALEWS, EXECUTIVE DIRECTOR

This summer has been one for the records. According to the National Oceanic and Atmospheric Administration (NOAA), the annual mean global near-surface temperature for each year between 2023 and 2027 is predicted to be between 33.98°F and 35.24°F higher than the 1850-1900 average.

As we age, it becomes more difficult for our bodies to adjust to sudden changes in temperature. It is important to be cautious and get relief quickly when you are overheated.

Being overheated for too long or being exposed without protection from the sun can cause many health problems. Heat-related illnesses may lead to sudden dizziness, muscle cramps, swelling of the ankles or feet, skin irritation, exhaustion, and, in severe cases, fainting.

So what should we do? Consider the following tips to stay cool, stay hydrated and stay informed.

- Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area. Do not rely on a fan as your main cooling source when it's really hot outside.
- Drink more water than usual and don't wait until you're thirsty to drink. If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Check on a friend or neighbor and have someone do the same for you.
- Check the local news for health and safety updates.
- Seek medical care immediately if you, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea, or vomiting.

Hugs,

Ericka Von Salews

MENTAL HEALTH MEMO: THE BENEFITS OF BOREDOM

July is **National Anti-Boredom Month**, which aims to combat a feeling that we've all experienced at various times in our lives. Defined by Merriam-Webster as "the state of being weary and restless through lack of interest", boredom can strike at any time and affects people of all ages.



The feeling can affect a child trapped indoors on a rainy day during summer break, longing for an adventure outside, or a college student sitting through their last afternoon lecture on a Friday afternoon. Even in the most exciting environments, boredom can creep in and take hold if someone's energy is not fulfilled by the activity at hand.

At its core, **boredom signals the need for change and** – perhaps surprisingly – **can be greatly beneficial.** It can serve as a catalyst for reflection, creativity, problem-solving and growth. Moreover, it can lead people to pursue new adventures, goals or projects in order to satiate their desire for engagement.

Allowing yourself to experience boredom, and embracing it, is key.

Next time you're feeling bored or restless, take time to reflect on what may be causing you to feel that way and explore ideas, activities and plans that you'd like to try to channel your energy in a more fulfilling way. **You might stumble upon something great!**

JULY BIRTHDAYS

Staff Birthdays:

7/4 Mavis Kpenty

7/8 Aneika Henry

7/20 Monique Gibbes

7/23 Shirley Rochester-Davis

7/29 Calyton Spruill

Resident Birthdays:

7/6 Patricia Brady

7/7 Dorothy Schuster

7/10 Rose Lape



JULY ACTIVITY LINEUP

7/25, 2 PM
Birthday Party



7/26, 2:30 PM
Walking Group



7/27, 10:30 AM
Pet Therapy with Oliver



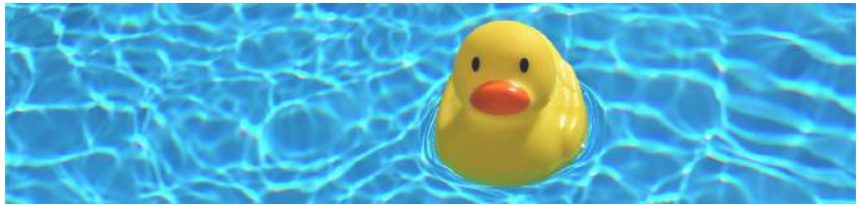
7/30, 3:30 PM
July Trivia on the Patio



7/31, 10:30 AM
Balance & Stretch



10 TIPS TO KEEP COOL THIS SUMMER



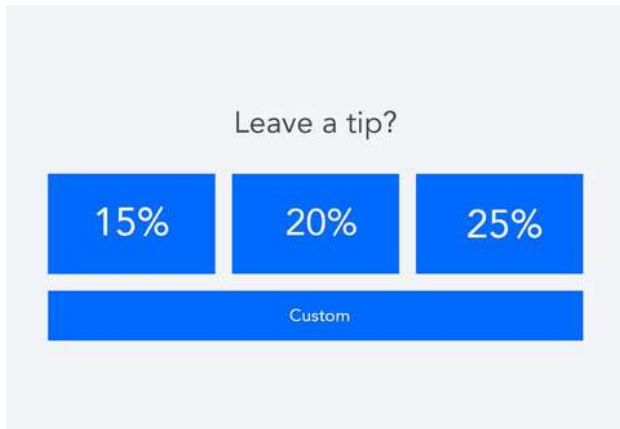
Summer has officially arrived and as we journey deeper into July, temperatures are continuing to rise. While it's common to spend more time outside this time of year, exposure to sun, sweltering heat and humidity can lead to serious side effects – sometimes in a matter of minutes.

Common heat-related health issues include sunburn, dehydration, heat exhaustion, heat cramps, heat rash and heatstroke. Symptoms of these ailments vary, but common indicators include headaches, dizziness, nausea, confusion, muscle pain, blisters, weakened pulse and fainting. According to the Centers for Disease Control and Prevention (CDC), heat is the number one weather-related killer and, on average, about 618 people in the United States are killed by extreme heat each year, with the risk being particularly high for people over the age of 65. The ability to adjust to sudden changes in temperature declines with age and can also be impacted by factors such as prescription medications, diabetes, heart disease, high blood pressure and chronic illnesses. Fortunately, there are many ways to help reduce your risk of heat-related illness.

Here are ten tips to keep in mind this summer:

1. **Stay hydrated.** Drinking more water than usual, even when you're not thirsty, is a great way to combat heat-related illness. If your doctor limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot. The National Academy of Medicine suggests men drink 15.5 cups of fluid per day and women drink about 11.5 cups daily.
2. **Limit your time in direct sunlight, especially on hot days.**
Seek shelter in air-conditioned rooms or buildings whenever possible.
3. **Dress appropriately.** Wear loose, lightweight and light-colored clothing.
4. After a day in the sun, **take a cool shower or bath.**
5. **Protect yourself from the sun.** Sunburn can impact your body's ability to cool down and lead to dehydration. Apply sunscreen of SPF 15 or higher 30 minutes prior to sun exposure, wear sunglasses and a wide-brimmed hat and seek shade whenever possible.
6. **Rest often and abstain from strenuous activities.**
7. **Avoid hot and heavy meals, sugary drinks and alcohol.**
8. **Regularly check weather reports for extreme heat alerts.**
9. **Learn the signs of heat-related illnesses and seek medical care immediately if you start displaying symptoms.**
10. **Check on your loved ones, friends and neighbors to make sure they're okay.**

TIPPING ETIQUETTE IN THE DIGITAL AGE



In recent years, there has been a surge of businesses adopting contactless checkouts. This shift in technology means that now, with the simple tap of a card, payments can take mere seconds and the prompts that follow can pressure customers into tipping for purchases they would never have tipped for in the past.

While paying a gratuity at hair salons and restaurants, or for services like valet parking or hotel housekeeping, have been mainstream etiquette for a long time, unexpected tipping prompts are now puzzling consumers nationwide.

Instead of unimposing jars welcoming cash and change on the counter, consumers today will often find a touchscreen tablet that automatically prompts them to leave 10, 15 or 20 percent on their bill at checkout – even for a to-go cup of coffee or an ice cream cone. Moreover, some businesses have adopted online payment platforms that will automatically include a tip on your bill unless you opt-out, according to The New York Times.

Once a way of expressing gratitude for good service, tipping was codified by the government years ago when it allowed workers in certain professions to make a small hourly wage and get most of their income from tips, according to [AARP](#). Taxi and delivery drivers, wait staff and nail technicians, among others, are often dependent on tips to get by.

For example, the minimum wage for food service workers in New York City is \$15.00 per hour. Their employers can satisfy the minimum wage by combining a cash wage of at least \$10.00 with a tip allowance of no more than \$5.00 per hour.

With the sudden increase in asks for gratuity, many people are wondering how to distinguish when it's necessary to augment someone's income versus when it's discretionary. While that answer can vary from state to state, general etiquette guidelines exist. The Emily Post Institute Inc. offers a wide range of etiquette books, online resources and training programs for all ages, including a [guide on tipping](#). They recommend appropriate tips for certain situations, such as:

- Sit-Down Table Service: 15-20%, pre-tax
- Takeout: no obligation; 10% for extra service (curb delivery) or a large, complicated order
- Delivery: 10-15% of the bill, \$2-5 for pizza delivery depending on the size of the order
- Barista: no obligation; tip occasionally if you are a regular customer

In Emily Post's "[Finer Points of Tipping](#)" guide, they recommend asking in advance if you are unsure if tipping is customary. For example, if you're having a sofa delivered and you're unsure about tipping the delivery crew, you may choose to call the store and inquire ahead of their arrival.

For services that have not traditionally called for tips, the decision is entirely up to you. If prompted at checkout, you can select "no" or customize a smaller amount by tapping "other" to avoid 15 or 20 percent pre-sets.

While cultural norms and expectations around tipping have shifted over the years, kindness and expression of gratitude for service will never go out of style.

RESIDENT SPOTLIGHT: DOROTHY PITTI



Dorothy Pitti, known as Dottie, was born and raised in the Bronx. Her family's name, Pitti, comes from Pitti Palace in Florence, Italy.

While Dottie had several occupations throughout her lifetime, sorting uncut diamonds in Rockefeller Center certainly stands out.

An award-winning ballroom dancer, Dottie loved dancing a two-step waltz with her husband, Richard, who passed away at the age of 79. Dottie and Richard had 4 children, 3 daughters and 1 son.

A happy-go-lucky woman, Dottie loves animals, having 2 shepherds, 1 cat, several tanks of fish, 1 rabbit, and 2 gerbils over the course of her life.

STAFF SPOTLIGHT: JORDAN CREQUE



A lifelong resident of Poughkeepsie, Jordan Creque serves as the Dietary Supervisor for Vassar-Warner Home. A lover of music, video games, and basketball, Jordan's greatest achievement in life is having a smart, beautiful daughter.

In his free time, Jordan enjoys dancing, rapping, and singing in the shower. His favorite genre of music is hip hop and his favorite musician is Michael Jackson.


While Jordan loves trying new restaurants, his all-time favorite food is Cosimo's chicken parmesan.

Known for his jokes, Jordan loves working at Vassar-Warner Home and is a proud member of the Vassar-Warner family.

COLUMNS CORNER: WHAT'S HAPPENING AROUND TOWN

July 20 - 30 | Swap Sale at Elizabeth Boutique |
Elizabeth Boutique, 35 Colledgeview Ave.

Tuesday, July 25, 2 - 5:30 PM | Poughkeepsie Waterfront Market |
The Pavilion at MHDM, 75 N. Water St.



2022-2023 Vassar-Warner Home Board of Trustees

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 Gary Grandstaff – *Vice President*
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KEY:

* = Community Member
 + = Staff Member
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 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.

