

THE COLUMNS

VASSAR-WARNER HOME'S MONTHLY NEWSLETTER

A NOTE FROM ERICKA

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MENTAL HEALTH MEMO

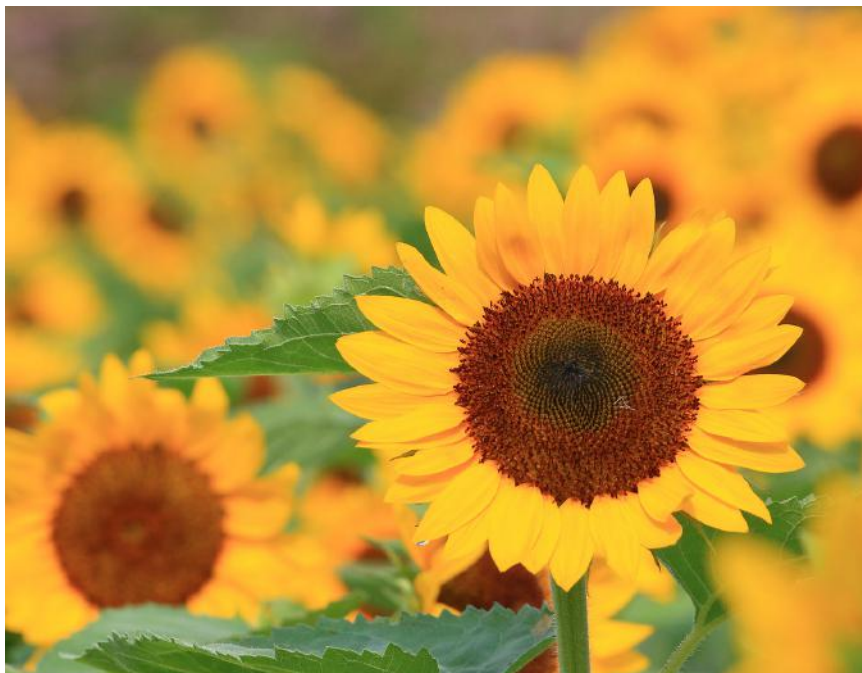
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THE IMPORTANCE OF VACCINATIONS

A LETTER FROM ERICKA VON SALEWS, EXECUTIVE DIRECTOR

August is National Immunization Awareness Month (NIAM). NIAM aims to raise awareness around the importance of vaccines for people of all ages to prevent serious, sometimes deadly, diseases.

As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain illnesses. **There are five important vaccines to consider if you are age 65 or older:**

- **COVID-19 vaccine** (a new booster is set to be released at the end of September which will protect against new variants)
- **Influenza (flu) vaccine** (adults over 65 can receive a high-dose flu shot to create a stronger immune response)
- **Pneumococcal vaccine** (this protects against infections in the lungs and bloodstream and is recommended for those under 65 if you have a chronic health condition)
- **Shingles vaccine** (this is especially important because your risk of getting shingles increases as you get older)
- **Tdap** (tetanus, diphtheria, and whooping cough) or **Td** (tetanus and diphtheria).

You may need other vaccines, too. Respiratory Syncytial virus, or RSV, is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious, particularly for older adults.

Additionally, vaccines can reduce your chances of getting or spreading vaccine-preventable diseases such as: **Chickenpox, Hepatitis B, Meningococcal, and HPV**. These vaccinations are critical for healthcare workers as they work directly with patients or handle materials that could spread infections.

No matter your age, it is best to speak with your doctor to learn which vaccines are recommended for you. You can also go to the **Center for Disease Control's Adult Vaccine Assessment Tool** to determine which vaccinations you should receive.

Hugs,

Ericka Von Salews

MENTAL HEALTH MEMO: READING IMPROVES MENTAL AND PHYSICAL HEALTH

Many of us were encouraged to read from a young age as a form of entertainment or a means of acquiring knowledge, expanding our vocabulary, or improving our communication skills. Whether you normally read or not, it may be time to pick up a book - recent studies indicate that reading regularly can boost overall mental and physical health.



Reading strengthens your brain. As Joseph Addison, a 17th-century English writer, once said, "Reading is to the mind what exercise is to the body." From enhancing memory to sharpening decision-making skills, mentally engaging activities, like reading, can delay the onset of Alzheimer's and dementia.

Reading minimizes stress and anxiety. Reading for just 30 minutes a day has been proven to lower blood pressure, heart rate, muscle tension, and other feelings of physiological distress. In fact, compared to taking a walk or having a cup of tea, reading is the best way to reduce stress.

Reading improves sleep. According to the Mayo Clinic, reading in bed is a surefire way to fall asleep. This type of bedtime ritual signals to the body that it is time to sleep, ensuring a good night's rest.

Reading extends your life. Believe it or not, a Yale study found that reading for a few hours each week can extend your life by up to 2 years. Those that read for 30 minutes a day, which totals 3.5 hours a week, are 23% more likely to outlive those that do not read often.

Whether you're a bookworm or not, this is a great time to dive into the magical world of books. Not sure how to get started? Consider joining a book club or asking friends and family for recommendations. Find a topic that interests you and search for related books. If reading isn't your thing, give audiobooks a try - Audible offers a 30-day free trial.

AUGUST BIRTHDAYS

Residents:

- 8/02 Anthony Motts
- 8/08 Richard Dabros
- 8/16 Lynne Gordon
- 8/18 Christopher Tunbridge
- 8/23 Ann Cassavant
- 8/25 Gail Myker
- 8/27 Calliope Kustas



Staff:

- 8/4 Darran Bellamy
- 8/13 Victoria Harris
- 8/15 Evann Payne

LIGHTS, CAMERA, NOSTALGIA: EXPLORING AUGUST'S CINEMATIC CLASSICS ACROSS DECADES

August has been a month of cinematic brilliance across the decades. From the nostalgic charm of the 50s to the cutting-edge creativity of the 90s, August has consistently delivered timeless stories that continue to resonate with audiences of today.



Let's take a stroll through time to explore some of the most popular movies of August in the 1950s, 1960s, 1970s, 1980s, and 1990s, remembering the mark they've left on us.

How many have you seen?

1950s

- Sunset Blvd.
- Treasure Island

1960s

- Ocean's Eleven
- Mary Poppins

1970s

- Animal House
- Woodstock

1980s

- Smokey and the Bandit II
- Dressed to Kill

1990s

- Young Guns II
- Flatliners



HAPPY 101st BIRTHDAY, BARBARA GERKEN!

AUGUST 27, 2023



BETS ARE IN: TOP CARD GAMES



When it comes to games, the versatility of a deck of cards is unparalleled. A pack of cards provides a variety of game options, eliminating the boredom of an endless match that only board games permit. Furthermore, many card games are easy to learn and most people know how to play at least one card game, allowing an exchange of knowledge of new games to shuffle between players.

While card games are a fun way to spend time with friends and family, that is not the only benefit. These games provide an opportunity for people of all ages, especially seniors, to strengthen their cognitive skills, manage stress, improve mental health, and enhance logical reasoning.

If you're interested in picking up a card game, old or new, check out the list below for a list of games that require varying numbers of players and satisfy multiple levels of ability:

1 Player:

Solitaire

Klondike

2 Players:

Gin Rummy

Cribbage

Euchre

Pinochle

4 Players:

Bridge

Canasta

2, 3, 4, 5+ Players:

Palace

Crazy 8's

Spades

Trash



AUGUST ACTIVITY LINEUP

8/28, 10:15 AM
Pet Therapy with Joe and Chief



8/31, 3 PM
Shoppin' Place



8/30, 2:30 PM
Walking Group



8/31, 6 PM
Mental Mindfulness



RESIDENT SPOTLIGHT: GRETE LICIS



Grete Licis was born in Wussow, a village in what was previously East Germany. As a teenager, Grete escaped to West Germany, where she lived in the city of Hamburg. Grete worked in meat/delicatessen stores and kitchens throughout her life due to her skills in the kitchen.

Grete has immense love for her family. She met her late husband on the dancefloor and fell in love instantly. Together, the pair had 1 daughter and 2 sons. Today, Grete has 7 grandchildren and 7 great-grandchildren. Her top achievement in life is becoming a grandmother, or Oma, and, later, a great-grandmother.

A lover of traditional German foods, Grete's favorite meal is rouladen, a thin piece of steak wrapped around onion, bacon, and pickle.

STAFF SPOTLIGHT: CHERYL HOLT



A lifelong resident of Poughkeepsie, Cheryl Holt has graciously served the Vassar-Warner community for many years. Cheryl first joined Vassar-Warner Home as a waitress in the dietary department. Since then, Cheryl has worked as a cleaner, bookkeeper, and business office manager, and, now, works as the assistant director of the Home.

Cheryl's greatest achievements include obtaining an associate's degree in marketing, despite having dropped out of her senior year of high school, and publishing a novella in 2005. An imaginative writer with a knack for fiction, Cheryl hopes to write her next book about a haunted house...which she lived in.

Always one to help others, Cheryl is an integral member of the Vassar-Warner community. We thank her for all that she does each day to keep our community strong.


COLUMNS CORNER: WHAT'S HAPPENING AROUND TOWN

Thursdays, 2 - 6 PM, through Oct. 26 | Arlington Farmers Market
123 Raymond Avenue, Poughkeepsie

Mondays and Fridays, 9 - 10 AM | VIRTUAL Gentle Yoga

To register contact, Sue Wixon at 914-523-8400
or email swixon@pinehillcommunitycenter.org.





2022-2023 Vassar-Warner Home Board of Trustees

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 Gary Grandstaff – *Vice President*
 Michael A. Craven, Ph. D. – *Treasurer*
 Alice Dickey – *Secretary*
 Shari Hubner – *Past 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 served the Hudson Valley community, providing a welcoming and caring environment for more than 2,000 seniors.

We treat everyone who walks through our doors with compassion. Thanks to the ongoing support of the Vassar-Warner Home Foundation, an independent private foundation, and you, the Vassar-Warner family, we are able to offer services to all, even when an individual's income no longer covers the cost of their care.

Recently, we have seen **an increase in demand for our services** as our constituency of **long-term supporters continues to dwindle.**

We need your support now more than ever. Please share this message with your family and friends. Together, we can ensure that Vassar-Warner Home continues to thrive.