

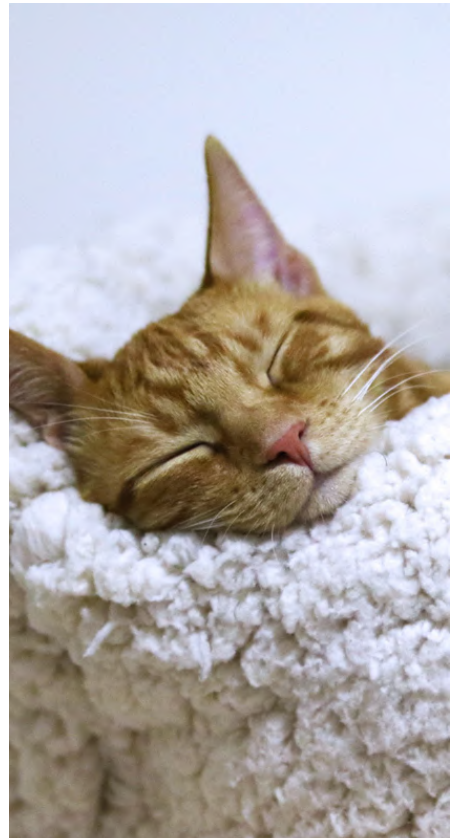
THE COLUMNS



VASSAR-WARNER HOME'S MONTHLY NEWSLETTER



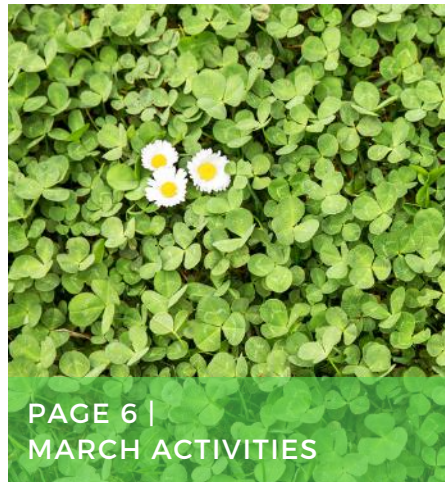
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HELLO, SPRING!

A LETTER FROM ERICKA VON SALEWS, EXECUTIVE DIRECTOR

As we welcome March, we step into a month filled with promise, celebration, and renewal. It's a time to honor the remarkable contributions of women throughout history, embrace the rejuvenating spirit of spring, celebrate St. Patrick's Day and Easter, and, most importantly, recommit ourselves to the pursuit of health and vitality.

Vassar-Warner Home is proud to celebrate Women's History Month - a time to honor the countless contributions, resilience, and achievements of women throughout history. From pioneers in healthcare to leaders in advocacy, women have left an indelible mark on society, inspiring generations with their strength and tenacity.

Moreover, as the first blossoms of spring begin to emerge, we are reminded of nature's promise of new beginnings. This is the perfect time to reaffirm our commitment to wellness - nurturing our bodies, minds, and spirits. Use the dawn of spring to embrace fresh perspectives, cultivate healthy habits, and cherish the beauty of each day.

Amidst the transition into spring, we are also mindful of the importance of staying healthy and active, especially as we look forward to spending more time outdoors. Whether it's enjoying leisurely strolls in the garden, participating in outdoor activities, or simply basking in the warmth of the sun, let's seize every opportunity to reconnect with nature and rejuvenate our spirits!

As we embark on this journey of celebration, renewal, and wellness, may March be a month filled with joy, inspiration, and boundless possibilities for each and every one of us!

Sending Love,

Ericka Von Salews

MENTAL HEALTH MEMO: THE SIGNIFICANCE OF A GOOD NIGHT’S SLEEP



As we age, a good night's rest becomes even more critical to our overall health and well-being. During sleep, the body undergoes crucial processes such as tissue repair, immune system strengthening and hormone regulation. According to the National Institute of Neurological Disorders and Stroke (NINDS), adequate sleep also contributes to better cardiovascular health, improved immune function and enhanced overall vitality. Additionally, those who prioritize sleep are better equipped to manage chronic conditions and maintain a higher quality of life.

Sleep also plays a significant role in cognitive function, with quality sleep enhancing memory and skills like problem-solving and decision-making. It fosters emotional resilience, helping people cope with stress, anxiety and depression. On the contrary, sleep disturbances can exacerbate, or lead to, mental and physical ailments.

NINDS says that most adults need seven to nine hours of slumber a night. For adults over 60, nighttime rest tends to be shorter, lighter and interrupted by multiple awakenings.

If you struggle with getting a healthy amount of sleep, here are some tips that may help:

Establish a Bedtime Routine: Create a consistent bedtime routine that includes relaxing activities such as reading, listening to soothing music or gentle stretching to signal your body that it's time to wind down. Try to go to bed and wake up at the same time each day to establish a natural rhythm.

Create a Relaxing Sleep Environment: Make your bedroom as tranquil as possible by minimizing noise, light and temperature fluctuations. Some people sleep better with white noise, whether from a sound machine or a fan.

Do a “Brain Dump”: Sometimes stress and anxiety can keep us tossing and turning all night long. Try journaling or writing a list of the things that are weighing heavily on your mind. The act of putting things on paper can help you process information, unburden your memory and ease your worries.

Limit Stimulants: Avoid consuming caffeine or large meals close to bedtime, as they can interfere with sleep quality. Opt for herbal teas or light snacks if you need a bedtime snack.

Stay Active: Engage in regular physical activity during the day and avoid vigorous exercise close to bedtime. Gentle activities like walking can promote relaxation and improve sleep quality.

Prioritizing a good night's sleep is crucial to maintaining overall health, cognitive function and emotional well-being. By incorporating these tips into your sleep routine, you can enjoy the countless benefits of quality rest and wake up feeling refreshed, rejuvenated and ready to embrace each day.

MARCH BIRTHDAYS



Residents:

3/5 Kaye Merrihew

3/15 Helen Crose

3/27 Grete Licis

Staff:

3/18 Lucy Cannella

3/13 Mark Tomizawan

3/19 Donna O’Neill

“EGG-STRADINARY” WAYS COUNTRIES AROUND THE WORLD DYE EASTER EGGS

Although everyone has unique holiday traditions, the practice of decorating eggs for Easter spans countless cultures. In the U.S., we dip hardboiled eggs into an array of colored dyes. These eggs are left plain or decorated with stickers, drawings, paint and other art supplies.

There are diverse ways to design these eggs, as seen by different countries throughout the world. Each decorated egg is unique, highlighting history, culture and more as Easter approaches. Continue reading to learn more about how culture mixes with tradition to create beautiful, distinct eggs worldwide!



Unlike the U.S., Belgium takes a natural approach to dyeing Easter eggs; Belgians use red onion skins! Depending on the amount of time they are boiled, red onions naturally produce shades of pink, red, green, orange and purple. After the eggs are boiled and vibrant with color, Belgians use leaves to decorate the eggs, leaving simplistic and unique designs behind.



Japan takes a different approach to decorating eggs - combining culture and tradition. Residents use washi paper, which is also used for origami, clothing and more. Although this paper can be a solid color, it typically consists of patterns, designs and traditional Japanese art. Rather than hard-boiling the eggs, artists hollow out the eggs and then use glue to attach the washi paper. After the eggs are covered in washi paper, a sealant is applied to maintain the design and color.



In Lithuania, Easter eggs are elevated from a child's craft to a work of art. Traditionally, Lithuanians use hot wax and the tips of needles to delicately decorate eggs. This technique creates complex, beautifully patterned eggs that take hours to complete. After the wax has been set, the egg is dipped in a colored dye. Then, once the now-colored egg is dry, the artist removes the wax to reveal the intricate pattern underneath.



Russia boasts the most decadent eggs by far. The history of these eggs begins with Russian royalty; in 1885, Czar Alexander III began gifting his wife, Maria, jewel-crusted eggs, also referred to as Imperial Eggs. For the next several years, from 1885 to 1916, the royal family collected over 50 beautifully jeweled eggs. Today, Russian Easter eggs are made to imitate the elegant and bedazzled works of art from the past; artists use paint, ribbon, loose jewels and more to replicate the royal eggs.

As Easter approaches, consider taking a new approach to egg dyeing and decorating by implementing some of these, or another country's, designs!

COLUMNS CORNER: WHAT'S HAPPENING AROUND TOWN

Tuesday, March 19, 8 - 9 PM | Astronomer Discusses Real-Time Astronomic Imaging |
FREE & VIRTUAL

Call Tim at 845-245-5483 for more information.

THE ART OF BEING MINDFUL

Let's delve into the world of mindfulness: a transformative practice that can bring peace, clarity, and a sense of well-being to your life. Whether you're looking to manage stress, increase your focus and concentration, or seek a more meaningful existence, mindfulness offers a pathway to discover the beauty of living in the present moment.



At its core, mindfulness is the art of being fully present in the here and now; it involves paying attention to your thoughts, feelings, and surroundings without judgment.

Rather than dwelling on the past or worrying about the future, mindfulness invites you to experience each moment with openness and curiosity.

For beginners, understanding the benefits of mindfulness can help serve as a source of inspiration. Mindfulness has been scientifically proven to reduce stress, improve focus, enhance emotional well-being, and foster a greater sense of inner peace. It is a valuable tool that can empower you to respond to life's challenges with resilience and clarity.

Beginning your mindfulness journey doesn't require a profound shift in your daily routine. You can start with small, manageable steps, such as:

Mindful Breathing: Set aside a few minutes daily to focus on breathing. Inhale deeply, exhale slowly and pay attention to the sensations of each breath. This simple practice can help anchor you to the present moment.

Body Scan Meditation: Lay down comfortably and bring attention to each part of your body, from head to toe, noticing any tension or sensations. This practice promotes relaxation and self-awareness.

Mindful Observation: Choose an everyday activity, like drinking tea or walking. Engage all your senses into the experience. Feel the warmth of the tea, savor the taste, and notice the aroma. This helps to ground you in the present.

Mindfulness isn't confined to formal meditation sessions. It can be woven into your daily activities as well. Give these a try the next time you have the chance:

Mindful Eating: Pay attention to the flavors, textures, and smells of your food. Chew slowly and savor each bite. This enhances your dining experience, while also promoting mindful living.

Mindful Walking: Take a leisurely stroll, and focus on the sensation of each step. Notice the rhythm of your walking and the environment around you. This practice can turn a routine activity into a mindful exercise.

If you'd like additional support or want to dive into the realm of mindfulness, many resources are available. Numerous books, apps, and online courses cater specifically to those just starting. Among these, a book I found extremely helpful at the beginning of my mindfulness journey is "The Miracle of Mindfulness" by Thich Nhat Hanh. Should you give it a try, I genuinely hope it resonates with you as profoundly as it did with me, leaving a lasting impact on your mindfulness experience. May you discover the richness and joy of living mindfully, one breath at a time.

RESIDENT SPOTLIGHT: ANN CASSAVANT



Ann, or Cass, Cassavant was born in Poughkeepsie, New York, and raised in Hyde Park, alongside her brother.

A level-headed, calm yet tough woman, Ann is, above all else, an advocate for others. Ann’s 37-year career in nursing culminated with her position as RN Supervisor. Additionally, Ann regularly lectured on domestic violence prevention, at locations such as Sharon, Connecticut’s Town Hall.

During her free time, Ann enjoys reading, writing, journaling and more. Her favorite animals are cats; she previously owned 2 female cats named Winnie and Gabby. When it comes to music, Ann enjoys opera and classical tunes.

STAFF SPOTLIGHT: KATHLEEN ARTEAGA



Kathleen, or Kathy, Arteaga was born and raised in the Bronx.

Kathy recently began her career as a housekeeper at Vassar-Warner Home. If you see her around the Home, congratulate her on her first job!

A humble, kind woman, Kathy loves to spend time with her family whenever she can. She is an incredible mother who is there for her family whenever they need her. A lover of both cats and dogs, Kathy has two pets, Seth and Chico. A few of Kathy’s other favorite things include Madonna, Jamaican food, Olive Garden and singing!

MARCH ACTIVITIES

3/17 St. Patrick’s Day - Remember to wear green!



3/19, 3 PM Seed Gardening

3/25, 3 PM Cornhole

3/23, 4 PM Creative Art



2023-2024 Vassar-Warner Home Board of Trustees

Officers

Ellen C. Smyth – *President*
 Rena Hill – *Vice President*
 Laurie Cohn - *Past President*
 Elizabeth Corcoran - *Secretary*
 Rosemary Butts - *Member*

Vassar-Warner Home Committees of the Board

Effective October 2023

Executive Committee

Ellen Smyth
 Rena Hill
 +Ericka Von Salews

Foundation Board

Wayne Quint - Chair
 Bill Francis
 Greg White
 Brian Robinson

Quality of Resident Life

Ellen Smyth
 Rosemary Butts
 +Kalin Perez
 +Luann Zadora

Board Development

Laurie Cohn – Chair

Fund Development & Marketing

Rena Hill - Chair
 +Cheryl Holt

Finance

Laurie Cohn
 +Cheryl Holt
 +Cora Motts

Property

Laurie Cohn
 +Pete Molino

Strategic & Long-Range Planning

Rena Hill
 Ellen Smyth

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. This dedication to service has led to us being recognized as the Best Assisted Living Service in the Hudson Valley.



We continue to see an increase in demand for our services as our constituency of long-term supporters dwindles. **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.

