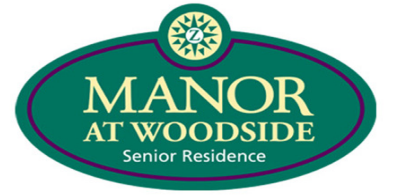


St. Patrick's Day

The Manor Monthly
APRIL 2011



The Manor at Woodside 168 Academy St. Poughkeepsie, NY 12601 (845) 473-1943



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MANOR NEWS:

March was an eventful month with our St. Patrick's Day party, which was a great success. All of our residents had a magnificent time. Chair Dancing became a quick hit in March and will continue on every other week in April. After a long cold Winter, Spring has finally sprung. Nice weather has finally arrived, so everyone should get out and get some fresh air....enjoy sitting in a rocking chair chatting with friends or just sitting in the courtyard reading a book. With the nicer weather here we will be scheduling ice cream socials, some outdoor outings, garden club and vegetable gardening with Bill. Garden club will begin the first Thursday in April and will be held each Thursday thereafter. Vegetable gardening will be held each Monday in April. Our goal is to make our 2nd floor terrace and the courtyard as blooming as possible. Again this year we will host our Great Family Easter Egg Hunt and encourage all of our residents to invite families and friends of all ages to join us for this fun filled day. It will take place on Saturday, April 23rd beginning at 1:30pm. We will hold a spring door decorating contest, with prizes awarded to the best decorated door on each floor. The contest goes through April 22nd which is when judging will take place. We would like all residents to participate and get all the doors in the Manor decorated. A bus trip is being planned for May to go to Washington Park in Albany to see the tulips. If this is something you may have an interest in please sign up at the front desk. It is sure to be a beautiful trip. As always if anyone has any activity suggestions or places they would like to go to please let Heather know and she will do her best to make it happen! We hope that everyone has thawed out from the winter and are ready to take spring on with full force! Try to participate in as many activities as possible!

STAFF

- Eddie Evans-Executive Director**
- Toni Servodio-Assistant Executive Director**
- Heather Pelton-Senior Lifestyles Director/Adult Daycare Director**
- Bill Barschow-Business Development/ Housekeeping Director**
- Ed Kelly-Dining Room Director**



- Dorothy Evans**
- Virginia Foley**
- Robert Marino**

PLEASE INVITE OUR NEW FRIENDS TO JOIN YOU AT YOUR FAVORITE ACTIVITY



Spotlight on Daniel & Vera Belmonte

For the month of March we chose a couple to be our honored residents of the month.....Danny and Vera Belmonte. Danny and Vera are a great asset to the Manor at Woodside. They are extremely friendly and always willing to lend a helping hand. Danny and Vera have been married for 64 loving years and have 4 wonderful daughters, Margaret in Richmond, VA, Ann in Suffield, CT, Donna in Poughkeepsie, NY and Mary Beth in New Hyde Park. They also have 7 grandchildren and 8 great-grandchildren. Danny is from Manhattan and formerly worked in the food service industry and was a restaurant owner in Poughkeepsie. He is a NY Yankees and Giants fan and was always an avid outdoorsman. Danny joined the army and was in WWII. He received 2 Purple Hearts and a Silver Star for bravery. Vera is a Poughkeepsie native. She worked as a teacher's assistant but for the most part was a homemaker. She is very active in her faith and enjoys the rosary and mass we hold here at the Manor. Before coming to the Manor Danny and Vera made a home together in Poughkeepsie. Danny and Vera both enjoy meeting new friends (both residents and staff) here at the Manor. They can always be found chatting and smiling with fellow residents and surely do enjoy spending their time here together. Congratulations to you both, we surely are lucky to have great residents like you living here at the Manor at Woodside.



April Showers



Al Jolson

Life is not a highway strewn with flowers,
Still it holds a goodly share of bliss,
When the sun gives way to April showers,
Here's a thought that we should never miss:
Though April showers
May come your way,
They bring the flowers
That bloom in May;
And if it's raining,
Have no regrets;
Because, it isn't raining rain, you know,
It's raining violets.
And when you see clouds
Upon the hill,
You soon will see crowds
Of daffodils;
So keep on looking for the bluebird,
And listening for his song,
Whenever April showers come along.
Though April showers
May come your way,
They bring the flowers
That bloom in May;



Arbor Day (from the Latin *arbor*, meaning tree) is a [holiday](#) in which individuals and groups are encouraged to plant and care for [trees](#). Arbor Day was founded in 1872 by [J. Sterling Morton](#) in [Nebraska City, Nebraska](#). By the 1920s, each state in the United States had passed public laws that stipulated a certain day to be Arbor Day. The national holiday is celebrated every year on the last Friday in April; in [Nebraska](#), it is a [civic holiday](#). Each state celebrates its own state holiday. The customary observance is to plant a tree. On the first Arbor Day, April 10, 1872, an estimated one million trees were planted.



April Fools' Day is celebrated in the [Western world](#) on [April 1st](#) of every year. Sometimes referred to as [All Fools' Day](#), April 1st is not a [legal holiday](#), but is widely recognized and celebrated as a day which tolerates [practical jokes](#) and general foolishness. The day is marked by the commission of good humored or funny jokes, [hoaxes](#) and other practical jokes of varying sophistication on friends, family, teachers, neighbors, work associates, etc.



Passover is a predominantly [Jewish](#) holy day and festival. It commemorates the story of the Exodus, in which the [ancient Israelites](#) were freed from [slavery](#) in [Egypt](#). Passover begins on the 15th day of the month of [Nisan](#), which is spring in the [Northern Hemisphere](#), and is celebrated for seven or eight days. It is one of the most widely observed Jewish holidays.

In the narrative of [the Exodus](#), the Bible tells that [God](#) helped the [Children of Israel](#) escape slavery in Egypt by inflicting [ten plagues](#) upon the Egyptians before [Pharaoh](#) would release his Israelite slaves; the tenth and worst of the plagues was the slaughter of the first-born. The Israelites were instructed to mark the doorposts of their homes with the blood of a spring lamb and, upon seeing this, the spirit of the Lord *passed over* these homes, hence the term "passover". When Pharaoh freed the Israelites, it is said that they left in such a hurry that they could not wait for bread to rise. In commemoration, for the duration of Passover no [leavened bread](#) is eaten, for which reason it is called "The Festival of the Unleavened Bread". [Matzo](#) (flat unleavened bread) is the primary symbol of the holiday.





5 HEALTH TIPS TO KICK START SPRING

1. For a great source of fiber, vitamins, minerals, antioxidants, and phytochemicals opt for fresh vegetables. Since during the [winter](#) a lot of us have relied mostly on the vegetables we have conserved in the fridge since last fall, now it is the best moment for going to the nearest market and buying fresh salad, spinach, dandelion greens and nettles.

2. I'm sure that winter did not quite tempt you to go out for any activity, and now your body is lusting for a relaxing walk. Take advantage of the wonderful time you find in the sunny days and go in the courtyard with your [family](#) or with a friend or two. This will definitely wake you up from your winter sleep.

3. Watch out for the seasonal cold. You might believe that winter is the best season to catch a cold, but you are quite wrong. Especially during the spring most of the people with a weak immune system catch a cold or even flu. So the best thing to do will be to avoid for a few more weeks the crowded places that can expose you more intensely to viruses.

4. Even if some might be happy that spring is finally here, not all of us can live this wonderful feeling due to spring allergies. If you know that you are allergic to pollen it is best to use air filters indoors during these few weeks, buy antihistamines and special eye drops, so that the spring does not take you by surprise with a tiny allergy.

5. Don't forget about sunblock lotions. As I'm sure you will be spending more and more time outdoors I want to remind you about using special creams that block the UVA and UVB from affecting [your skin](#). Protect your nose, lips and ears as they tend to get burned a lot more easily.



Easter is the central religious feast in the [Christian liturgical year](#). According to the [Canonical gospels](#), [Jesus](#) rose [from the dead](#) on the third day after his [crucifixion](#). Some Christians celebrate this resurrection on Easter Day or Easter Sunday (also Resurrection Day or Resurrection Sunday), two days after [Good Friday](#) and three days after [Maundy Thursday](#). The [chronology](#) of his [death and resurrection](#) is variously interpreted to be between [AD 26](#) and [36](#), traditionally [33](#). Easter also refers to the [season](#) of the church year called [Eastertide](#) or the [Easter Season](#). Traditionally the Easter Season lasted for the forty days from Easter Day until [Ascension](#) Day. The first week of the Easter Season is known as Easter Week or the [Octave of Easter](#). Easter also marks the end of [Lent](#), a season of fasting, prayer, and [penance](#).

The Great Easter Egg Hunt



Residents, Families and Friends,

Please join us for The Great Easter Egg Hunt on Saturday, April 23, 2011 at 1:30pm. We will have refreshments, games and a lot of fun for all ages!

We hope to see you all there!!!

Please RSVP to (845) 473-1943



Pineapple Upside Down Cake Day takes place on April 20th, so enjoy a piece of this delicious cake as your dessert that evening!



Daffy Duck turns 74 on April 19! Happy Birthday Daffy!



National Pretzel Day takes place on Tuesday, April 26, 2011. In honor of this day we will serve pretzels and juice in the lobby that evening at 7:30pm! Come enjoy a pretzel with us!