

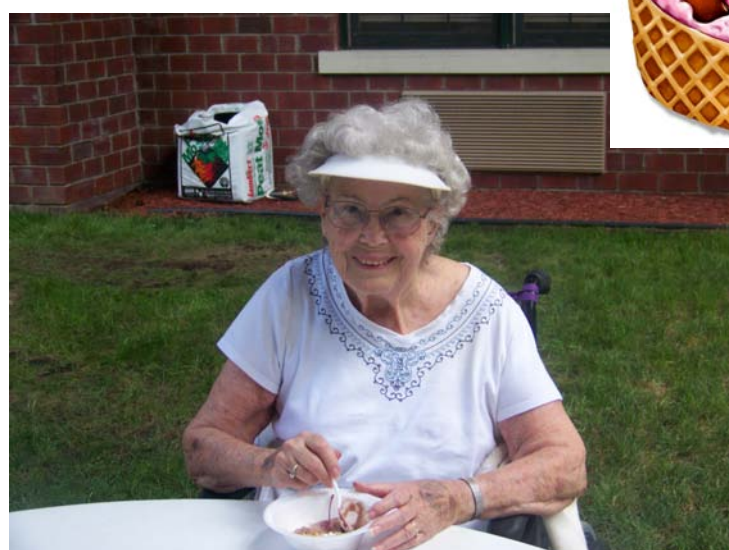
CANDIDS!

The Manor Monthly

AUGUST 2011



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



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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

July was another fun filled month here at the Manor at Woodside. Our BBQs by floor have been a great success and will continue on into August with a weekly lunch BBQ! Ice cream socials have also been enjoyed by all and will continue on as long as the weather holds out. Now we are on to August and summer will soon be ending. Our annual Luau will take place on Tuesday, August 2 from 11:30am to 1:30pm. We will be entertained by Bob and Rico throughout the Luau. Steamed clams and lobster will be served with a choice of steak if you are not a seafood eater. This is one of the resident's favorite events held here at the Manor and a great time will be had by all, that's a guarantee. We look forward to seeing you all there. There is no need for our residents to RSVP for the Luau, but if any resident would like to have a guest you need to let the front desk know and the cost will be \$25 per guest meal. Also in August we will be continuing our Monticello trip on the last Sunday, please sign up at the front desk if you have an interest in going and good luck! The Southern Dutchess Strings will be here for your entertainment at 7pm on August 10, this should be a great show and we encourage all of you to attend. A food committee has been added to our activities and will meet once a month, if you have an interest in being a part of this group please see Ed or Amber.

Welcome

Vincent Herring 306

Carmella Greco 103

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

Please feel free to go to Heather with any activity suggestions or concerns. Our Director's Round Table which is held every 2nd Tuesday of the month is also a great open forum to discuss any questions, issues or suggestions you may have with any department at the Manor. We do hope you utilize these options, as if you do not say anything we will not know of your concerns.

We hope you enjoy the last full month of summer and are getting prepared to handle the cold weather yet again.....winter always comes back around too fast!

LUAU PARTY

The Manor's annual Polynesian Luau will take place Tuesday, August 2, in the Lower Level. This is in place of your regular lunch.

Bob and Rico will kick off the event with musical entertainment, beginning at 11:30. Everyone "feasts" at 12:00 noon.

Please note: Guest Meals will cost \$25.00
(Please let the front desk know by July 29th if you will have a guest)



Please join us for a BBQ each Thursday in August. They will be by floor beginning with the 1st floor on Thursday, August 11th at 12:00pm. Hot Dogs and Hamburgers will be served!



Our resident's enjoyed a wonderful trip to Mount Saint Alphonsus! It was a beautiful day and a very scenic ride!

August Is Foot Health Month, So Help Out Your Feet



Protecting your feet is important, and there are plenty of things you can do to make sure your feet are healthy:

- Check your feet often, or have a member of your family check them for you. You are checking for dryness, breaks in the skin, calluses, etc.
- Use a moisturizing cream for dry and cracked skin. If your feet perspire, dust lightly with talcum powder. Remove excess cream or powder from between your toes to avoid skin breakdown.
- If you have a problem with your feet, your family doctor can help or you can see a podiatrist (doctor who treats feet).
- Wash your feet every day and change your socks daily. Always test the water temperature with your wrist or elbow to avoid burning your feet, particularly if your circulation is poor. Pat - don't rub — your feet dry and be sure to dry between and under the toes.
- Soaking your feet is soothing and beneficial, but never soak for more than ten minutes to avoid dry skin. If you have strong foot odor try soaking your feet in tea.
- Cut or file your nails straight across and never shorter than the end of your toe. Use nail clippers, scissors, nail file or an emery board.
- See your doctor right away if you notice any of the following: An injury that doesn't heal or becomes infected; any part of your foot or leg that turns blue or black; pain when walking that is relieved by rest; reduced sensation to pain or extreme temperatures; any unusual coldness, cramping, numbness, tingling or discomfort in your feet.
- One easy step to remember is to put your feet up when you are sitting down. This helps keep blood moving to your feet. So can stretching, walking, or having a gentle foot massage.
- A warm footbath is also helpful, but make sure your feet are dry before you put on your shoes.
- Try to avoid pressure from shoes that don't fit.
- Don't sit for a long time or keep your legs crossed for too long.
- Protect your feet by wearing shoes whenever you go outdoors. Wearing comfortable shoes that fit well can prevent many foot problems.

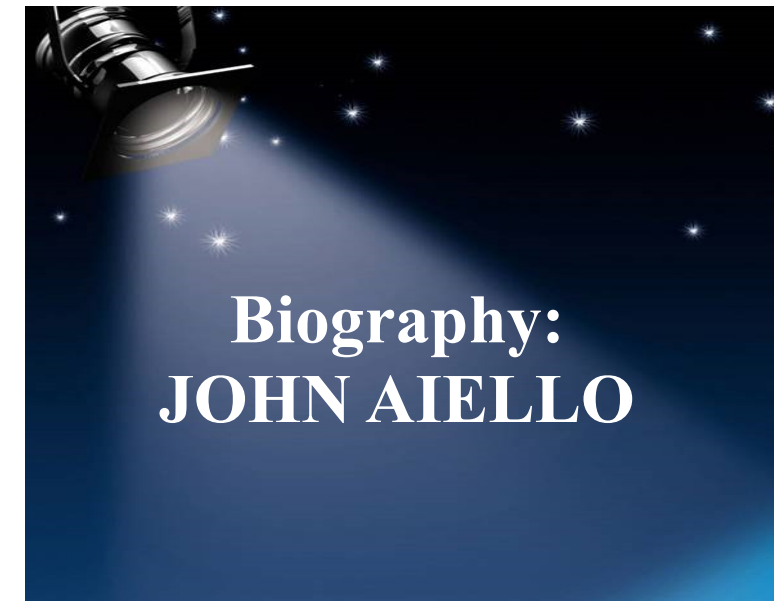


Food provides the energy and nutrients you need to be healthy. Nutrients include [proteins](#), [carbohydrates](#), [fats](#), [vitamins](#), [minerals](#) and water.

Studies show that a good diet in your later years reduces your risk of osteoporosis, high blood pressure, heart disease and certain cancers. As you age, you might need less energy. But you still need just as many of the nutrients in food. To get them

- Choose a variety of healthy foods
- Avoid empty calories, which are foods with lots of calories but few nutrients, such as chips, cookies, soda and alcohol
- Pick foods that are low in cholesterol and fat, especially saturated and trans fats
Saturated fats are usually fats that come from animals. Look for trans fat on the labels of processed foods, margarines and shortenings.

To discuss any nutritional or dietary needs please join the food committee. If you would like to be a participant in this committee please see Amber or Ed.



John Aiello was born and raised in New Rochelle, NY. He has 1 brother, Frank and one sister Claire, who has recently passed away. John was a supervisor at the post office and was in the US Marine Corps. He enlisted for 4 years and entered the reserves for an additional 6 years. He was called in to the Korean war in 1950. He eventually married a close family friend, Camilla. Camilla worked as a secretary for IBM in Armonk. They lived in East Chester, NY and were married for 52 years. Together they had 4 children, 2 sons and 2 daughters His son John lives in New Rochelle, Jeff is in Connecticut, Patty lives in Texas and Charisse lives locally in Hyde Park. John has 8 grandchildren. John has been a resident here at the Manor at Woodside since November of 2005 and really likes living here. John enjoys going to the Elks Club every Wednesday for their dance group, which consists of line and ballroom dancing. He is always looking to bring other residents along, so if anyone is interested please sign up at the front desk. John also enjoys our cocktail parties, coffee klatch, Umbertos outings and many other social events that the Manor has to offer.



David Budd our painting instructor will be out for a few weeks beginning August 23rd. We will notify all of our resident artists upon his return and resume his painting classes.

HEALTHY AGING EXPO
Thursday, September 8, 2011 10am-2pm

- *Healthy Refreshments
- *Variety of Vendors
- *Speakers on Health Topics
- *Raffles & Door prizes

Representatives from the community will be on hand throughout the day, to introduce you to their services.