

VETERAN'S DAY

The Manor Monthly
DECEMBER 2011



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



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The year is coming to close already. My how time flies! 2011 was filled with lots of exciting upgrades and changes. We hope for many great things in 2012 as well. November was an eventful month. Our Veterans Day ceremony was very successful and thoroughly enjoyed by all who attended. We would like to extend a sincere thank you to the VFW, our residents and staff as well as a big thank you to our veterans for all they have done to protect our freedom. Thanksgiving here at the Manor was delicious and we hope you all enjoyed your feasts whether you were here or at your families. There is a lot to be thankful for! December is going to be filled with lots of holiday events beginning with our tree decorating on Thursday, December 1st. This will be done by floor starting with the first floor in the morning. The times will be posted on the calendar and will also be on the daily activity sheets. On December 10th and 11th we will have a dance group come in to perform for our residents from Cherilyn's Dance Studio. Our annual Family Fun Day will take place on Saturday, December 17th beginning at 1:30pm. We will have a variety of activities so be sure to invite your children and grandchildren. All are welcome to attend but do need to RSVP at the front desk by Tuesday, December 13. The Holiday Party will be on Tuesday, December 20th and the New Years Eve Party will be on Saturday, December 31st, both will take place at 4:30pm in the lower level and will take the place of your dinner that evening. There will be various other holiday activities from entertainers to outings so please check the calendar as well as the daily activity sheets. This is going to be a busy month. We hope you all have magnificent holidays and a great new year filled with lots of happiness!

STAFF
Eddie Evans-Executive Director
Toni Servodio-Director of Business Operations
Heather Pelton-Senior Lifestyles Director/ Adult Daycare Director
Bill Barschow-Maintenance & Housekeeping Director
Karinn Nazak- Community Liaison
Amber Chermak- Dining Services Director
www.manoratwoodside.com

WELCOME

Florence Fesko 209
Tom Maniscalco 223

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

Fall Prevention Tips

from Anne Lancellotti, Physical Therapist

This month is a good time to review one of the most frequent causes of falling. Can you guess? Well, environmental hazards are responsible for over 44% of falls.

Let's look at a few common environmental hazards. See if you can identify any, which might be present in your room. Remedy the situation, if you can. If you cannot, seek the help of a family member, friend, or appropriate staff person at the Manor.

Some common hazards:

Scatter rugs, rugs with fringes or high edges.

Bedclothes that are too long and spread out around the bottom of the bed.

Wires from telephones or electrical equipment.

Bathroom shelves or dressers cluttered with bottles, which can easily fall onto the floor.

Pants or trousers, which are too long and can trip the wearer.

Can you think of other environmental hazards? If so, please come down to the physical therapy office on the lower level and give me your ideas. I'll incorporate them into another newsletter article.

Stay upright!



Beginning in December we will host Holiday Light Tours on our bus every Thursday and we will also try some Sunday evenings as well. Please be sure to sign up at the front desk as space is limited. These tours will be drive throughs where you will remain on the bus and we will ride through different local areas to view holiday lights and decorations. These rides should only last about an hour and will depart the Manor at 7pm. Dates are available on the calendar as well as our monthly outings flyer. We look forward to having you join us!



Healthy Living Tips

If you are a senior, using healthy living tips can make all the difference in the quality of your life. Even small lifestyle changes can have a huge impact not only on your overall health, but how you perceive yourself.

Eat Healthy Foods

Having a low fat diet that consists of a variety of fruits, vegetables and whole grains along with lean meats and fish can help you feel better and control your weight. In addition, cut back on the pre-prepared processed foods that you eat and leave out the salt. Avoid alcohol and minimize the number of sugary deserts that you eat.

Make Small Changes

If you have poor eating habits, it may be harder for you to change your diet completely all at once. Make your changes in small steps. For example, substitute fresh fruit for desert instead of that piece of chocolate pie and go on from there.

Time to Quit

If you smoke, quit. Smoking is not only a health hazard, smoking turns your teeth yellow and contributes to the fine wrinkling on your face.

Get Regular Medical Checkups

Preventative medicine is important regardless of your age.

Exercise

If you are starting an exercise regime, do it slowly. You don't have to do a full 30 minutes all at once to reap health benefits. Break that thirty minutes into easier pieces of three 10 minute slots until you build up your strength. Exercise will help improve your cardiovascular system. If you have concerns, discuss an appropriate starting exercise program with your physician.

Variety

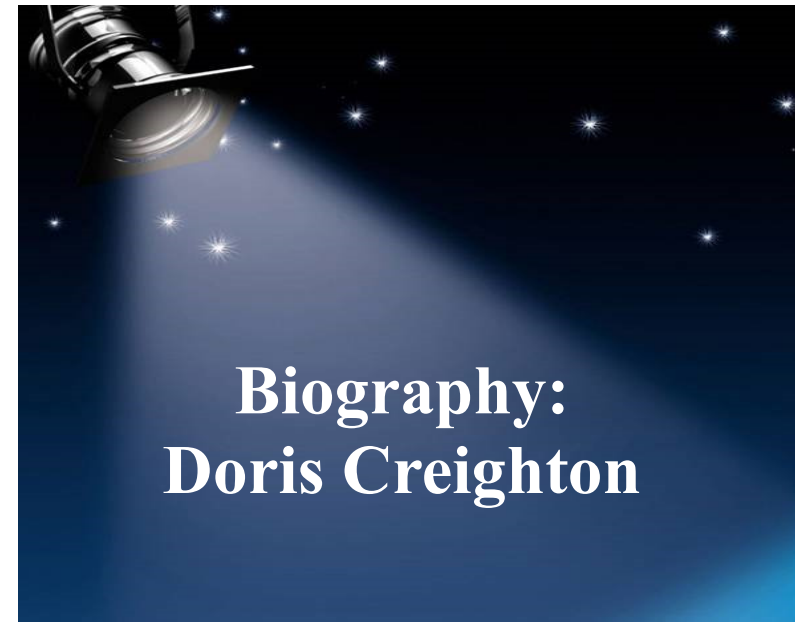
The key to successful exercising is variety. Walk with a friend. Take a tai chi chuan class. Lift weights, starting with the lightest weights first.

Work Your Mind and Body

Living isn't just about having a healthy body. You also need a healthy, challenged mind. Your life experiences and talents can be meaningful to others. Volunteer to mentor young businesspeople or tutor college students. Read to children or visit hospitals. You can make a difference.



We're thinking of you this time of year,
Wishing you happiness, joy, and cheer.
May all your days be warm and bright,
And your nights enhanced by holiday light.



Doris Creighton has been a resident here at the Manor since February of 2009. She loves residing here. Doris was born and raised in Poughkeepsie, NY. She has 2 brothers and 1 sister. Doris married her brother's friend, Albert and together they had 3 children. Her son, Kevin resides in Hyde Park, NY. Her daughter, Debbie is in Maryland and her daughter, Laurie lives in the Mediterranean. Albert worked as a mailman and also served in the Army during WWII for which he received 2 purple hearts. Doris worked in billing at Central Hudson Gas & Electric. Doris enjoys many of the activities we offer here like bingo, pokeno, crosswords, exercise and of course the social hour. She has recently started going to the Elks club on Wednesday mornings for the dancing group and really has taken a liking to it. Doris thinks the Manor is a delightful place to live and one of the best moves she ever made!

Residents, Families and Friends,

Please join us for the Manor at Woodside's annual Holiday Family Fun Day on Saturday, December 17, 2011 beginning at 1:30pm. We will have snacks & refreshments, games, cookie decorating, face painting, Santa, ornament making, crafts and a lot of fun for all ages!

We hope to see you all there!!!

**Please RSVP by Monday, December 12, 2011
By Email: Hpelton@libertybiz.rr.com
By Phone: (845) 473-1943**



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