

HOLIDAYS 2011



The Manor Monthly JANUARY 2012



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

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The staff at The Manor at Woodside wishes you a very happy, healthy and prosperous 2012!

STAFF

Heather Pelton-Acting Executive Director/
Adult Daycare Director

Toni Servodio-Director of Business Operations

Karinn Nazak-Community Life Director

Bill Barschow-Maintenance & Housekeeping
Director

Amber Chermak- Dining Services Director

www.manoratwoodside.com

2011 was an incredible year at The Manor at Woodside! The residents and staff enjoyed many special events and activities throughout the previous 12 months.

We hosted a Valentine's Day party, St Patrick's Day party, an Easter egg hunt, summer barbeques and a Luau. Next, came the annual Hoedown, Halloween parade, Thanksgiving Dinner, Christmas and Hanukkah parties and finally, our beautiful New Year's Eve party.

We've continued our popular lunches out and shopping trips, while adding bus tour visits to various area towns to the agenda. We still enjoy our monthly trips to Monticello. These are all in addition to the regular daily calendar of activities at The Manor !

This past year the residents were introduced to Wii bowling which they love! The rest of the residents enjoy cheering the regular bowling teams on. We're looking forward to some exciting tournaments, as the residents are becoming quite accomplished!

2012 promises to be another exciting year here at The Manor at Woodside, as we plan to add even more trips, activities, and events in 2012. As always, your suggestions are always welcome and we will try to incorporate the ideas for the good of the order. Contact Karinn, Community Life Director. Is anyone up for a "Zumba" lesson?

WELCOME

Marion Cafaro 147

Lucy Murray 143

Calvin Schmidt 335

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



MARTIN LUTHER KING DAY

Martin Luther King, Jr. Day is a [United States federal holiday](#), marking the [birthday](#) of [Rev. Dr. Martin Luther King, Jr.](#) It is observed on the third Monday of January each year, which is around the time of King's birthday, January 15. The floating holiday is similar to holidays set under the [Uniform Monday Holiday Act](#), though the act predated the establishment of Martin Luther King, Jr. Day by fifteen years.

King was the chief spokesman for [nonviolent](#) activism in the [civil rights movement](#), which successfully protested racial discrimination in federal and state law. The campaign for a federal holiday in King's honor began soon after his [assassination](#) in 1968. [Ronald Reagan](#) signed the holiday into law in 1983, and it was first observed on January 20, 1986. At first, some states resisted observing the holiday as such, giving it alternative names or combining it with other holidays. It was officially observed in all 50 states for the first time in 2000.

January 19 is National Popcorn Day — not be confused with National Popcorn Month which is October or Caramel Popcorn Day which is April 7.

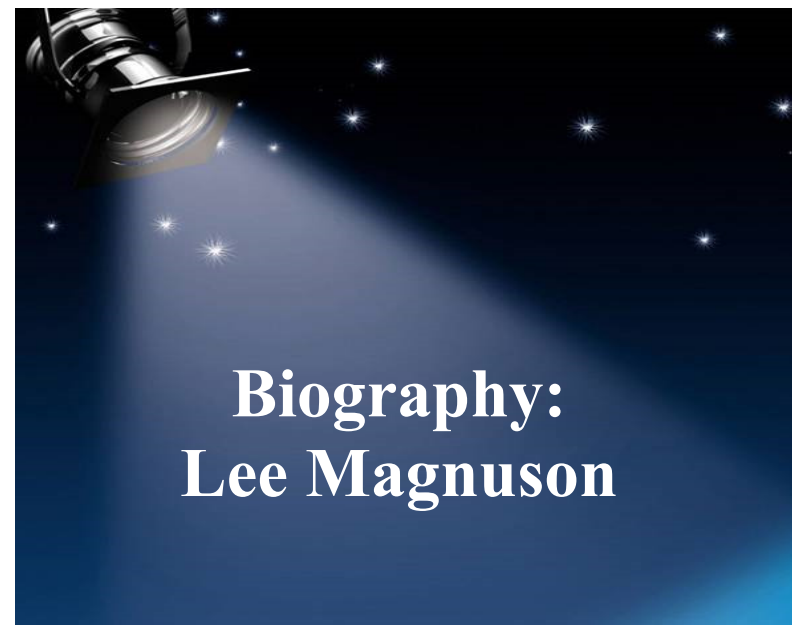
If you're not too bogged down by the debate over the origins of this awesome snacking holiday (some connect it with the Super Bowl), then kick back with a bag of the munchies and learn some little-known facts about the movie theater staple.

1. Each kernel contains a tiny drop of water. This is why, when heated, the water expands causing the kernel to explode and flip inside out.
2. Popcorn consumption declined significantly during the 1950s with the invention of the television. As Americans stopped going to the movies, they stopped eating popcorn. That is, until microwave popcorn restored the snack's popularity.



January is Stay Healthy Month

1. **Quit smoking.** Take this critical step to improve your health and combat aging. Smoking kills by causing cancer, strokes and heart failure. Smoking leads to erectile dysfunction in men due to atherosclerosis and to excessive wrinkling by attacking skin elasticity. Many resources are available to help you quit.
2. **Keep active.** Do something to keep fit each day—something you enjoy that maintains strength, balance and flexibility and promotes cardiovascular health. Physical activity helps you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls and look and feel better, too.
3. **Eat well.** Combined with physical activity, eating nutritious foods in the right amounts can help keep you healthy. Many illnesses, such as heart disease, obesity, high blood pressure, type 2 diabetes, and osteoporosis, can be prevented or controlled with dietary changes and exercise. Calcium and vitamin D supplements can help women prevent osteoporosis.
4. **Maintain a healthy weight.** Extra weight increases your risk for heart disease, diabetes and high blood pressure. Use the Kaiser Permanente BMI (body mass index) calculator to find out what you should weigh for your height. Get to your healthy weight and stay there by eating right and keeping active. Replace sugary drinks with water—water is calorie free!
5. **Prevent falls.** We become vulnerable to falls as we age. Prevent falls and injury by removing loose carpet or throw rugs. Keep paths clear of electrical cords and clutter, and use night-lights in hallways and bathrooms. Did you know that people who walk barefoot fall more frequently? Wear shoes with good support to reduce the risk of falling.
6. **Stay up-to-date on immunizations and other health screenings.** By age 50, women should begin mammography screening for breast cancer. Men can be checked for prostate cancer. Many preventive screenings are available. Those who are new to Medicare are entitled to a “Welcome to Medicare” visit and all Medicare members to an annual wellness visit. Use these visits to discuss which preventative screenings and vaccinations are due.
7. **Prevent skin cancer.** As we age, our skin grows thinner; it becomes drier and less elastic. Wrinkles appear, and cuts and bruises take longer to heal. Be sure to protect your skin from the sun. Too much sun and ultraviolet rays can cause skin cancer.
8. **Get regular dental, vision and hearing checkups.** Your teeth and gums will last a lifetime if you care for them properly—that means daily brushing and flossing and getting regular dental checkups. By age 50, most people notice changes to their vision, including a gradual decline in the ability to see small print or focus on close objects. Common eye problems that can impair vision include cataracts and glaucoma. Hearing loss occurs commonly with aging, often due to exposure to loud noise.
9. **Manage stress.** Try exercise or relaxation techniques—perhaps meditation or yoga—as a means of coping. Make time for friends and social contacts and fun. Successful coping can affect our health and how we feel. Learn the role of positive thinking.



National Eye Care Month

1. If you are 65 or older, have your eyes examined every one to two years. Periodic medical eye examinations are an important part of routine preventive health care. As one grows older, there is an increasing risk for cataracts, glaucoma, diabetic retinopathy and age-related macular degeneration. Early diagnosis and treatment are extremely important for protecting your vision and, when possible, preventing permanent vision loss.
2. Review and address your family history of eye disease. If you have a family member with an eye disease, such as glaucoma, cataracts, diabetes or age-related macular degeneration, you are at greater risk of developing these diseases. So next time you are at a family gathering remember to ask your family if anyone has an eye disease and/or tell them if you do. By doing so you are taking proactive measures to save your sight and the sight of your family.
3. Protect your eyes from the sun. Spending long hours in the sun without eye protection can damage your eyes by contributing to cataracts, macular degeneration, and growths on the eye, including cancer. Remember to wear 99% and above UV-absorbent sunglasses and a brimmed hat whenever you are in the sun for long periods of time.
4. Keep your eyes well lubricated. Tear production normally decreases as we age. When your eye stops producing enough tears for healthy eyes this is called dry eye. You can take steps to prevent your tears from evaporating by using a humidifier, wearing wrap-around glasses, and avoiding overly warm, dry rooms, hair dryers, wind, and smoke. Eyedrops called artificial tears can also help lubricate the eyes. These are available without a prescription. However, if you try these and your eyes are still scratchy or irritated, contact your ophthalmologist (Eye M.D.).
5. See if you qualify for a FREE eye exam. EyeCare America Seniors EyeCare Program offers eye exams and up to one year of medical care and/or surgical care at no out-of-pocket cost for seniors who are without an ophthalmologist (a medical eye doctor). To see if you, a loved one or a friend, 65 and older, is eligible to receive a referral for an eye exam and care, call 1-800-222-EYES (3937). The Seniors EyeCare Program help line operates 24 hours a day, every day, year-round.

Lee Magnuson became a resident here at the Manor at Woodside in September of 2008. She never thought she would move into a senior community, but is glad she did and thinks the food is excellent! Lee was born in Ishpeming, MI and remained there throughout her childhood. She remembers the huge snowstorms they used to have when her dad would climb out of the second floor window with snowshoes on to walk to work, because the snow was so high. Lee married her high school sweetheart, James. They were together for 28 years. Lee and James resided in L'Anse, MI. Originally Lee wanted to be a nurse, but after a few days of working in the hospital she decided that wasn't for her. She went into teaching instead. James worked for DNR. Together they had 3 daughters; Joan who resides in Poughkeepsie, Sara in California and Kathy in Connecticut. Lee enjoys knitting, reading, musical entertainment and collecting dolls. Lee is one of our regulars at Busy Hands, which is the Manor group that helps with knitting & crocheting for Vassar hospital as well as other organizations.

