



The Yorktown Assisted Living Newsletter

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The Yorktown Management Team: Dear Residents, Families and Friends:

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Housekeeping

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This month, thanks to the Lions Club, residents were treated to a totally awesome Casino Night that included such top games as blackjack and roulette. And other April special moments included an Ax Throwing game, the Solar Eclipse viewing, Mr. D's Lewis and Clark Expedition lecture, National Pinata Day, lunch at the diner and an April birthday party. YAL's activities just keep on getting better and better.

Our May poem:

May is pretty, May is mild,
Dances like a happy child;
Sing out, robin; spring out, flowers;
April went with all her showers,
And the world is green again;
Come out, children, to the glen,
To the meadows, to the wood,
For the earth is clean and good,
And the sky is clear and blue,
And bright May is calling you!

May is pretty, May is mild,
Dances like a happy child,
On a blessed holiday,
Come out, children, join the play!
by Annette Wynne

All the best to you and yours,

Joan Marie Whalen, Editor

The Origins of May Day



Did you know that May Day has its roots in astronomy asks *Almanac* editor Catherine Boeckmann (3/11/24)? Traditionally, it was the halfway point between the spring equinox and the summer solstice!

In the Middle Ages, the Gaelic people celebrated the festival of Beltane. Beltane means “Day of Fire.” People created large bonfires and danced at night to celebrate.

May Day and the Maypole Dance has a long history and tradition in England, some of which eventually came to America. Children would dance around the Maypole, holding onto colorful ribbons.

People would “bring in the May” by gathering wildflowers and green branches, weaving floral hoops and hair garlands and crowning a May king and queen.

Initially, the Maypole was a living tree chosen from the woods with much merrymaking. Ancient Celts danced around the tree, praying for the fertility of their crops and all living things! For younger people, there was the possibility of courtship. If a young woman and man paired by sundown, their courtship continued so that the couple could get to know each other and, possibly, marry 6 weeks later on June’s Midsummer’s Day. This is how the “June wedding” became a tradition.

Ever heard of the May baskets? People would leave a paper basket or cone containing spring flowers and sweets on each other’s doorsteps, usually anonymously. The custom was to knock on the door, yell “May basket!” and then run. If the recipient caught the giver, he or she was entitled to a kiss.

Among the many superstitions associated with May Day was the belief that washing the face with dew on the morning of May 1 would beautify the skin and bring good luck.

May 1 in Hawaii is called “Lei Day,” and people make pretty leis of native Hawaiian flowers and leaves.

Fishermen expect to catch fish on May Day.

Traditionally, farmers plant turnips on this day. Other folklore has it that to protect cucumbers from insects, they should be planted on May 1.

Other important dates in May include the Kentucky Derby, May 4, Cinco de Mayo, May 5, Mother’s Day, May 12, Armed Forces Day, May 18 and Memorial Day.



When Should You Worry About Dehydration?

Up to 78% of your body is made of water, write the medical professionals at the prestigious Cleveland Clinic (06/05/23). Your brain is made up of 73% water and so is your heart. Your bones are 31% water, your muscles and kidneys are 79% and your skin is 64%. A whopping 83% of water makes up your lungs.

Water helps:

- Aids digestion
- Lubricates your joints
- Makes saliva so you can eat
- Balances body's chemicals. Your brain needs to create hormones and neurotransmitters
- Delivers oxygen all over your body
- Cushions your bones
- Regulates your body temperature
- Acts as a shock absorber for your brain and spinal cord

Symptoms of Dehydration include:

- Headache, delirium and confusion
- Tiredness (fatigue)
- Dizziness, weakness and lightheadedness
- Dry mouth and/or dry cough
- High heart rate but low blood pressure
- Loss of appetite but maybe craving sugar
- Flushed (red) skin
- Swollen feet
- Muscle cramps
- Heat intolerance or chills
- Constipation
- Dark-colored urine.

Dehydration Continued

What causes dehydration?

- Dehydration happens when you don't drink enough water or when you lose water through sweating, vomiting or diarrhea.
- Certain medications like diuretics (water pills) can result in increased dehydration.
- Adults ages 65 and older are also at a higher risk because they don't carry as much water in their bodies and they can't tell as easily when they are thirsty.
- Dehydration can be diagnosed through urine tests and blood tests to check electrolyte levels and kidney function.

When dehydration levels are:

Mild: you just have to take in more fluids orally. Drink water but also replace fluids with a sports drink that contains electrolytes.

Moderate: Moderate dehydration requires an IV administered either at an urgent care facility or a hospital emergency room.

Severe: Call 911

To prevent dehydration:

- Keep track of how much fluid you drink The standard advice is eight glasses of water per day. Avoid soda, alcohol and caffeinated drinks.
- Active people and people playing a sport should drink at least 16 to 20 ounces of fluids one to two hours before an activity. After you are finished with the activity, you should drink more to replace what you've lost – at least another 16 to 24 ounces.
- Carry a water bottle with you and keep it filled. Choose water instead of sugary drinks, including at meals.
- Eat foods that are high in water content. Many soups, fruits and vegetables meet this description.

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Do These Things Today Be Safer Tomorrow

Here is AARP's updated to-do list to make it harder for scammers to reach you:

1. Open your phone's contact list and add your family, friends, doctors and other important numbers. Then go into your phone settings and turn on the setting for "silence unknown callers." This will end any caller who isn't in your contacts list directly to voicemail.
2. Make sure you are signed out of any financial apps on your phone – credit cards, financial institutions and peer-to-peer apps such as Venmo, CashApp or Zelle. Also make sure your account settings require security measures such as a PIN, fingerprint or facial recognition. This ensures that if your phone is stolen, the thief will not have access to your money.
3. Audit your wallet or purse. That means remove cards and information you don't need to carry (such as your Social Security or Medicare card). And make copies of anything you do need to carry (front and back) and store in a safe place at home.
4. Routinely monitor your credit report. Some banks or credit cards offer this as a free service. You can also go to [AnnualCreditReport.com](https://www.annualcreditreport.com) or call **877-322-8228** to get free reports from the big three credit bureaus. Watch for unusual activity. If you see any, report it immediately to all three bureaus and appropriate financial institutions.
5. Every few months, revise the passwords on your financial accounts. Your best bet is to use a passphrase: `!lovey17dogz!` is much stronger than `Scruffy 23`. Keep track of passwords in a highly secure password manager or by writing them down and storing them safely.
6. Be skeptical. Many criminals use friendliness, compassion and kindness as their persuasion method, rather than fear and intimidation. Likewise, scammers create a sense of urgency to get you to act out of emotion rather than logic. If you feel pressured or manipulated, walk away.
7. Add the AARP Fraud Watch Network Helpline phone number into your phone right now so you'll have it if you need to call AARP to report a scam attempt or get more advice on how to stay safer from the people out there trying to steal your money and identity: **877 908-3360**.
8. Check your social media settings to make sure you have your accounts set to private. This allows only people you choose to trust to view your pages and contact you.

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From the Desk of Director of Recreation Amanda Grieve



Our exciting activities in May include:

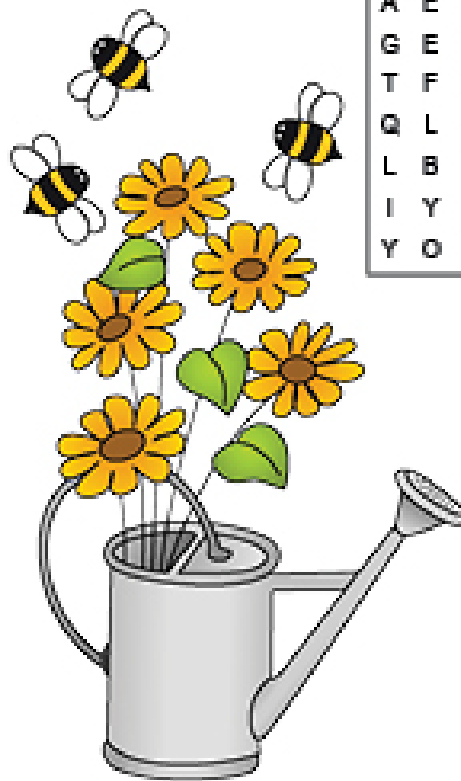
May 1, 3:00 PM	Book Club Talk about “The Giver of Stars”	2 nd Floor
May 5, 3:00 PM	Happy Cinco deMayo/Music and Churros	Great Room
May 7, 2:30 PM	Happy Nurses Week/Nurses Ice Cream Social	Great Room
May 8, 1:00 PM	Bocce Ball Game	TBD
May 10, 10:30 AM	Mother’s Day Muffins, Mimosas and Left-Center-Right Social	2 nd Floor
May 12, 3:00 PM	Mother’s Day – Live Music	Great Room
May 13, 3:00 PM	Live Music with Linda Miller	Great Room
May 15, 2:00 PM	Rockettes Out of Line Lecture by Jen Jiles	Great Room
May 17, 2:45 PM	May Birthdays Cupcakes	Great Room
May 17, 3:00 PM	Live Music with Gigi	Great Room
May 22, 10:30 AM	Mindful Yoga Class	2nd Floor
May 24, 11:30 AM	Memorial Day BBQ	Dining Hall & Back Patio
May 27, 1:00 PM	Memorial Day – A Special Tribute	1st Floor
My 28, 1:00 PM	Left-Center-Right Game	2 nd Floor
May 31, 1:30 PM	Resident Council Meeting	Dining Hall

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Name: _____ Date: _____

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

BASEBALL
BLOSSOM
BUMBLEBEE
BUTTERFLY
CINCO DE MAYO
FLOWERS



MERRY MONTH OF MAY

Word Search



GARDEN	MOTHER'S DAY
GEMINI	PIÑATA
GREEN	PLANT
LADYBUG	SEEDS
LAWN MOWER	SPRING
MAYPOLE	SUNSHINE
MEMORIAL DAY	TAURUS
MOM	TEACHER

Casino Night!



Casino Dealer Acting Supervisor
Ed Lachterman



Christine Tumminelli & Dorothy Tocco



Vivian Yaker & Meta Walter



Grace Colesanti, Lanette Finical,
Marilyn Poggenburg & Seymour Rash



Janet Larsen



Amanda Grieve, Janet Larsen, Vivian Yaker, Joan Whalen & Christine Tumminelli at the Diner



Happy Birthday Norma Stanford and Antonietta LaRosa



Eclipse Watchers



Happy Birthday Susan McDonnell



Dr. Jerry Ringland celebrates National Pinata Day with a strong whack at a piñata.



Debbie Cocco with birthday goodies