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THE COLUMNS

VASSAR-WARNER HOME'S MONTHLY NEWSLETTER

A NOTE FROM ERICKA

As we slowly shift to cool fall air, crisp breezes and fall foliage, these autumn changes also become potential dangers to seniors...

PAGE 2

HEART HEALTHY FOODS

Seasonal produce and comforting, heartier dishes warm not only our stomachs, but also our hearts as we welcome the drop in temperature and fall foliage.

PAGE 3

BACK TO SCHOOL: SENIOR EDITION

It's never too late to learn something new! With back to school season upon us, 'tis the season of learning about a new subject, picking up a hobby or developing a new skill.

PAGE 4



PAGE 3 | HEALTHY AUTUMNAL COMFORT FOODS THAT SUPPORT HEART HEALTH



PAGE 5 | FALL READING LIST



PAGE 4 | BACK IN SCHOOL: SENIOR EDITION



PAGE 6 | VOLUNTEER AT VWH





A LETTER FROM ERICKA VON SALEWS, EXECUTIVE DIRECTOR

As we slowly shift into cool fall air, crisp breezes and fall foliage, these autumnal changes can also pose potential dangers to seniors. Here are a few safety hazards to address this fall to promote senior wellness and protect you and your loved ones from slip-and-fall injuries:

1. Slippery Fall Leaves

Wet leaves on sidewalks, dewy grass and early-morning frost can create hazardous walking conditions during the autumn months. Be aware of your surroundings when walking outside and avoid wet leaves and grass. If you are able to, make sure to rake up fallen leaves throughout the season if you spend time outside or purchase slip-resistant shoes to protect yourself.

2. Check your Lights

Weather changes also come with earlier sunsets and darker evenings, leaving our homes incredibly dark by dinner time. To avoid potential injury, check all light bulbs in your home's frequently visited areas. Install hallway, bathroom, staircase and bedroom motion lights if needed to reduce the risk of falls at night and help you navigate your home with ease.

3. Keep your Path Clear

Although autumn decorations like decorative rugs and blankets are festive additions to a home, they can also create slippery surfaces that are easy to trip over. When purchasing decor or putting out annual decorations, check that any rug or floor mat has non-slip backing. Keep all blankets in a neat spot away from high-traffic walking areas, along with any floor decor that could be in the way of walking paths.

Hugs,

Ericka Von Salews

AUTUMNAL FOODS THAT SUPPORT HEART HEALTH

Seasonal produce and the comforting, heartier dishes warm not only our stomachs, but also our hearts as we welcome the drop in temperature and fall foliage. Nutritious, rich in fiber and other antioxidant-filled fall foods like apples, dark leafy greens, pumpkins and root vegetables support our heart health, ensuring we stay healthy as we enter the colder season.

Integrating these options into our meal plans could benefit in lowering cholesterol and blood pressure, as well as enhance our cardiovascular health. These seasonal delights offer an abundance of fiber that aids in digestion and controlling cholesterol while also reducing inflammation, thanks to plant compounds beta-carotene and polyphenols. These plants can also be an excellent source of potassium and magnesium, helping to regulate blood pressure, as well as various antioxidants, specifically vitamin A, vitamin C and flavonoids, naturally occurring plant compounds that reduce oxidative stress and strengthen blood vessels.



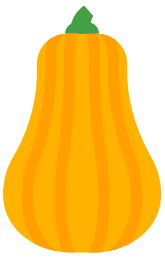
Enjoy apples straight off the tree or baked for a delicious and sweet treat. Apples consist of soluble fiber referred to as pectin, which helps to decrease LDLs, commonly referred to as bad cholesterol. This fruit is also composed of polyphenols, a plant compound that strengthens blood vessels.



Dark, leafy greens like collard greens, kale or Swiss chard are filled with vitamins A, C, and K, calcium and fiber, and also contain nitrates, which aid in improved blood circulation and blood pressure regulation.



Yes — pumpkins *aren't* just for carving and roasting their seeds. We can also eat them! Pumpkin seeds contain magnesium, zinc, and plant-based omega-3 fatty acids, while pumpkins themselves are full of beta-carotene that our bodies convert into vitamin A. This October symbol is also rich in potassium, which helps to manage blood pressure. Looking for ways to integrate pumpkin into your diet? Here are some recipes for you to try!



Butternut, acorn, and delicata squash are a great source of potassium, vitamin C and fiber, all contributing to strong cardiovascular health.

BACK IN SCHOOL: SENIOR EDITION

It's never too late to learn something new! As local schools welcomed kids back to school last month, it's that time of year to challenge yourself to learn a new subject, pick up a hobby or develop unique skills. You don't need to sit at a classroom desk to explore a new interest, pursue your passions or start up old ones — curiosity has no age limit! Here are a few ideas for how you can go back to school, even if you aren't stepping back into the classroom:

1. Learn a new language.
2. Practice a new instrument.
3. Get creative: learn how to paint, draw or explore photography.
4. Start or join a book club.
5. Write stories or practice creative writing.
6. Research a period of history or subject you are passionate about.
7. Learn to sew or crochet.
8. Learn board or card games.
9. Explore new cultures and learn about other countries.
10. Take an online course!

Interested in taking a free, online course? Visit here to learn more about webinar options featuring a variety of topics: learn more about cooking, sewing or other creative arts, technology and more!







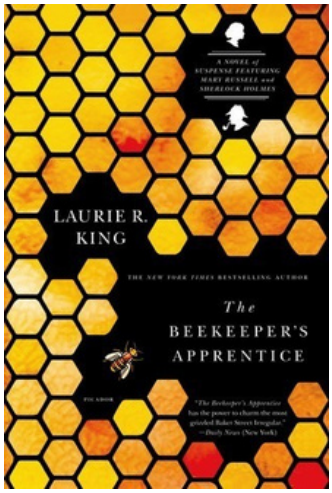
CREATIVE CORNER



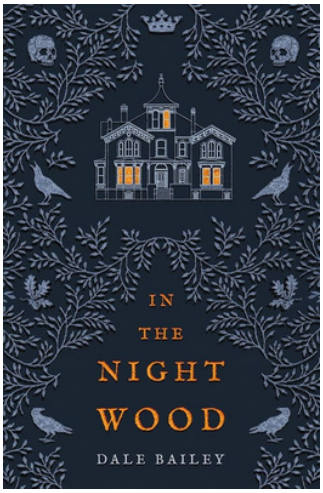
"Vassar-Warner Home....Where the good times are cherished"

Written by Alice, Vassar-Warner Home for the Day participant.

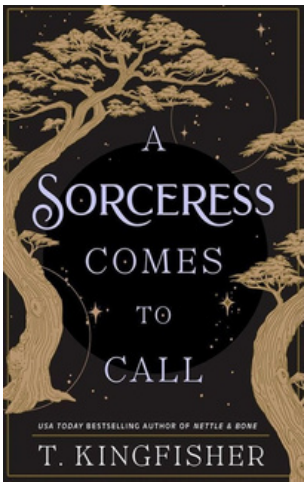
FALL READING LIST RECOMMENDATIONS



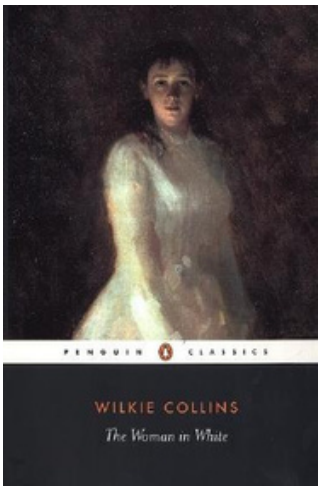
Mystery



Gothic Fantasy



Dark Fantasy



Mystery

LOCAL HUDSON VALLEY AUTUMN EVENTS



CARNIFALL 2026 IN WAPPINGER



GREAT JACK O'LANTERN BLAZE IN CROTON-ON-HUDSON



HANDCRAFTED OKTOBERFEST AT RHINEBECK



COLORS IN THE CATSKILLS

For more informtation on local autumn events, visit HERE

VOLUNTEER TODAY!

Interested in volunteering?
Contact Vassar-Warner today for a volunteer form!

VASSAR-WARNER HOME

VOLUNTEERS WANTED!

Share your time. Share your talents. Make a difference.

Help brighten the lives of older adults at Vassar-Warner Home.

RESIDENT COMPANIONSHIP
- Visit, read, play games, or enjoy coffee together
- Accompany residents on walks
- Help with phones, tablets, and family video calls

ACTIVITIES & LIFE ENRICHMENT
- Assist with bingo, crafts, music, trivia, and movies
- Help with gardening, exercise, and seasonal decorating
- Share a musical, artistic, educational, or creative talent

DINING & HOSPITALITY
- Set and reset tables; fold napkins
- Socialize with residents during meals
- Help prepare dining rooms for special events

COMMUNITY & SPECIAL EVENTS
- Help with parties, socials, outings, and open houses
- Welcome residents and families
- Support fundraising, outreach, and community visits

BUILDING & GROUNDS
- Assist with painting projects
- Help with approved handyman projects under staff supervision
- Water flowers, tidy gardens, patios, and outdoor spaces

ORGANIZATION & PROJECTS
- Prepare activity materials and welcome packets
- Organize supplies, donations, storage, and the library
- Make bulletin boards, cards, and newsletter packets

VOLUNTEER SAFETY & RESPONSIBILITIES

For safety and privacy, volunteers do not provide personal care, administer medications, lift or transfer residents, handle money, access confidential records, enter private areas without permission, operate equipment without authorization, or substitute for trained staff.

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Be a part of our continued fight. Make a donation by clicking on the button below or reach out to info@vassarwarner.org if you're interested in volunteering or providing complementary services.

Donate Now