



UNDER THE ACACIA TREE

GREETINGS FROM ACACIA VILLAGE

FEBRUARY 2018

WHAT'S BEEN HAPPENING AT ACACIA VILLAGE— BY CINDY COPPERWHEAT

What did you do last year? Check out how busy we've been.



Enjoy a relaxing campfire, singing songs and eating s'mores.



Get together with your neighbors for some fresh air and play a game of croquet in the Courtyard.

How about picnic on the patio. Have something from the grill with all the sides and dessert too! Dana and Frances Roecker really enjoy our picnics.



Acacia Village Residents Art show. Jim Gulbranson showing one of his amazing wood carvings.



Ice Cream sundaes for everyone. You pick the flavor and toppings.

Tom and Penny Smedley dressed up for the Halloween happy hour. Several residents dressed for the occasion and ate spooky appetizers.



Acacia Village residents held a rummage sale and donated part of the proceeds to MCC Childcare Center .

Resident Liz Biggart and Director Liz Reardon shown above.

Music Under the Stars. Many residents enjoyed the DVD The Band concert from their balconies.



If any of these activities are of interest to you, give us a call and schedule your tour and lunch on us! (315) 798-4775.

LETTER FROM LINDA AVOLIO

"Change is inevitable--except from a vending machine." -Robert C. Gallagher

I can't believe that it's 2018 already. It's true time flies when you're having fun. I look around and can't quite comprehend that along with my co-workers Cindy Copperwheat and Amy Falvo, we are completing our 10th year here at Acacia Village. We've seen some major changes in the past several years. When I arrived here in 2008 we had 60 apartments and a long waiting list. We still have a wait list for certain styles of apartments, but now we have 135 apartments in all. Our original building A apartment wing has recently gone through a beautiful renovation. All three floors look great with new paint, new lighting and they even put in a brand new ceiling. New lobby furniture has been ordered and is slated to arrive soon. We've been doing some apartment interior facelifts too, installing attractive new countertops and appliances. If you haven't seen building A lately, please call us and come and take a peek.

We've been busy here with lots of fun activities lately. We tried to recreate Bourbon Street in our Community Center by celebrating "Fat Tuesday" with a Mardi Gras party. We let the good times roll with delicious food, beverages and great entertainment from Greg Jenkins. Speaking of entertainment, we had a blast with Joe Trionfero's "Game show of Love" recently. Terri commented on our Facebook page that she laughed so hard during his show it hurt. I think it's great that at this time of year residents don't have to go out to enjoy great entertainment. Since the start of the year the RSVP readers theater group has been here along with The Frankfort Schuyler High School Choir, a trombone quartet, Flutist Howie Bartolo, Dave Smith and Frank Cannistra.

The Masonic Care Community is celebrating its 125th anniversary this year. A timeline of the history was unveiled on February 7th in the Health Pavilion and is just the beginning of a yearlong celebration of the campus. The MCC director of communications and marketing, Kathy Contino Turner is going to do a presentation about the history of the Masonic Care Community here at Acacia Village on Wednesday, February 21st at 2:30. We'll have coffee and cookies at 2:00. Please RSVP if you'd like to attend. Call us at 315-798-4775.

Well the groundhog saw his shadow and we all know what that means, but spring will be here before you know it. Daylight saving time starts on March 11th, and spring officially arrives on the 20th. As the weather improves we hope you'll come for a visit.

Warmly,

Linda Rae Avolio

TRYING TO AVOID THE FLU—BY CINDY COPPERWHEAT

It's more important than ever before to take care of yourself and your immune system, especially with all of the news about more people catching the flu that were vaccinated against the flu this year.

Try these tips for staying healthy this flu season recommended by the **Cleveland Clinic**.

- Consider taking a multivitamin — one half in the morning, the other half with dinner.
- Be sure you're getting enough vitamin D. (Ask your doctor to check your vitamin D levels. Most people living north of Atlanta need 1,000 IU per day.)
- Wash your hands with soap and water thoroughly — and often.
- Use an alcohol-based hand sanitizer only if soap and water are not available. Avoid touching your face, especially your eyes, nose and mouth.
- Eat a diet rich in colorful foods to ensure you're getting antioxidants.
- Use nasal irrigation products like a Neti pot, for example, which can be found in drugstores. Because they help wash pollutants out of the nasal tissues, they may be beneficial.
- Get a good night's rest. Sleep is important to maintaining a healthy immune system.

You've done everything right but still wake up with a sore throat. Then comes the coughing, sneezing, and sniffing. There's no denying it you're sick. Sadly, there's no cure for the common cold or the flu. But you can find relief faster with these smart moves recommended by **WebMD**.

Take it easy. When you're sick, your body works hard to fight off that infection. It needs more energy than usual. Make rest your top priority.

Go to bed. Curling up on the couch helps, but

don't stay up late watching TV. Skimping on sleep makes your immune system weak, making it harder to fight germs.

Drink up. Getting plenty of fluids thins your mucus and breaks up congestion. It also prevents the headaches and fatigue that dehydration causes.

Gargle with saltwater. It's a good way to soothe a throbbing throat. The saltwater eases swelling and loosens mucus. Stir one-quarter to one-half teaspoon of salt into a cup of warm water until it's dissolved, and gargle a few times a day.

Sip a hot beverage. It's comforting to curl up with a mug of tea. Plus, research shows that the heat can also ease cold symptoms such as sore throat and fatigue.

Have a spoonful of honey. This sticky stuff can coat your throat and soothe a cough. Stir it into a cup of decaf tea or lemon water.

Take a hot shower. Breathing in steam may moisten a scratchy throat and nose, as well as loosen your congestion.

Lozenges for a sore throat. They have herbs and other ingredients that can soothe the stinging.

And of course eat chicken soup. This sick-day staple really can make you feel better. Research shows that chicken soup can calm inflammation in your body.

Pain reliever for fever and aches. As always, check with your physician before taking any medications that may react badly with your current medications.

We wish everyone good health for 2018!

ACACIA DIDN'T KNOW -

ACACIA VILLAGE ART CLUB—BY LINDA RAE AVOLIO

A new Art Club has recently been established here at Acacia Village. With so many talented artists and teachers that live here, the residents in the group decided that it would be fun to instruct and learn from one another. We've held art classes here in the past but this one is different because it is a collaboration of neighbors introducing a variety of art mediums and techniques to each other. You don't have to have an art background to be a member of the group. In fact, the novices are really benefiting from the instruction, not just from one teacher but from several. Andi is one of those beginners and had this to say, "It is fun and



educational. It's a wonderful way to learn and spend time. I truly appreciate our artist's time and patience." So far they have been working on calligraphy and drawing. Coming up soon they plan to put their hands in clay and give sculpting a try.

Pictured here is Frances Roecker, a retired Art Teacher from Proctor High School talking to the group about lines, patterns and dimensions.

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