



UNDER THE ACACIA TREE

GREETINGS FROM ACACIA VILLAGE

MAY 2019

UPCOMING EVENTS



We're so excited!

Our plans to update our existing Acacia Village Community Center and build additional living spaces are moving forward. Keep an eye out for our upcoming "Dine and Discover" events to learn more about why we are so excited.

Join us for "Songs of Summer" With Monk Rowe
Thursday, May 16th

7:00 p.m.

Acacia Village Multi-Purpose Room

Please R.S.V.P (315) 798-4775



LETTER FROM LINDA AVOLIO, SENIOR LIVING COMMUNITY RELATIONS

Spring is nature's way of saying, "Let's party!" - Robin Williams

That is so true, it seems no matter where you live, the winter months can seem to drag on and on. Here at Acacia Village, always having fun, upcoming events to look forward to makes all the difference. In January, Joe Trionfero brought to us his crazy and wonderful "Show of Love." He had residents and staff members competing against each other in a musical game of "Name that Tune." The following week some residents enjoyed lunch at "Sumo", a local hibachi style Japanese restaurant where the chefs artfully prepare your meal in front of you. There was much laughter as some in the crowd allowed the chefs to squirt Japanese sake into their mouths. Also in January, we held a luau style resident breakfast with made to order omelets on a sunny weekday morning in our dining room.

February highlights included a "Go Red for Women" day on the 1st. We passed out red light bulbs so that Acacia Village could glow red, and residents wore red for Happy Hour that evening. For Valentine's Day, we had a popular local crooner, Anthony LaBarbera, who sings in the vein of Frank Sinatra and Michael Buble entertain. When we have special events like that one, we open up the doors between our Terrace Dining room and our Multi- Purpose Room, so that there is plenty of room for the entertainers and room for dancing during dinner.

March 5th was Fat Tuesday and we really let the good times roll. We enjoyed a wonderful meal of tapas. Small savory dishes such as Jambalaya Wontons and Mini Crab Cakes. The "Monk Rowe Trio," a great local jazz band, performed during dinner as residents danced and enjoyed their Hurricane cocktails. On Saint Patrick's Day, Celtic entertainers, "Grace and Merriment," entertained while many residents enjoyed a traditional Corned Beef and Cabbage dinner. We celebrated the full moon on the 20th, by getting looney with a stand-up comedy show. Our headliner, Greg Jenkins, was clean and very funny. Even the staff and residents got in the act by telling some funny jokes and stories. We also held an ice cream social for the opening of baseball season on March 28th as we watched the Yankees and Mets kick off their season.

In April, residents went to see the Army Field Band concert in Rome, The MVCC and Utica College concert bands, "The Sound of Music" at the Stanley and more. We also held a special sneak peek of "Les Miserables" in conjunction with WCNY here at Acacia Village.

As the summer approaches we'll look forward to bringing more events outside with "Parties on the Patio." If you plan to be in the neighborhood, give us a call in advance and plan to attend a special event or lunch here at Acacia Village. Call 315-798-4775. Like our Facebook page and check out our website at www.acaciavillageny.org.

**IT'S SIMPLE DRINK MORE WATER
BY CINDY COPPERWHEAT, OFFICE MANAGER**

There are many factors that determine how much water each person needs. Gender, body size and how active a person is as well as how much they sweat all contribute in determining the optimal amount of water they need. So for that reason, there is no set amount of water that must be consumed daily, but there is a general consensus on what is a healthy amount. According to the U.S. National Academies of Sciences, Engineering, and Medicine, the average recommended daily intake of water from both food and drink is:

- Men should drink around 100 ounces, or 12.5 cups of fluid
- Women should drink around 73 ounces, or just over 9 cups. Fresh fruits and vegetables and all non-alcoholic fluids count towards this recommendation.

With that being said, there are times when extra amounts of water may be needed. When you have a fever, when the weather is hot, if you have diarrhea and/or vomiting, and when you sweat a lot due to physical activity.

During everyday body functions our bodies lose water which needs to be replaced. We all know that we lose water from normal functions such as sweating and urination, but water is even lost when we breathe.

Although most of the fluid needed comes from drinking water, there are some foods that contain higher water content, like soups, tomatoes, oranges. According to an article from the Mayo Clinic, the average person consumes

about 20 percent of their daily fluid intake from food and the rest from drinks. Milk and juices are also good sources of fluid, but beverages containing alcohol and caffeine, such as soft drinks, coffee, and beer are not ideal because they often contain empty calories. I had always heard that caffeinated beverages didn't count while tracking fluid intake because of its diuretic properties. However, studies show that fluid loss because of caffeinated drinks is minimal.

HOW DO YOU KNOW IF YOU'RE GETTING ENOUGH?

Your fluid intake is probably adequate if you don't frequently feel thirsty or if your urine is colorless or light yellow. Your doctor or a registered dietitian can help you determine the amount of water that's right for you every day.

I was already a fan of drinking water before I started researching this subject, along with my wine of course. But I found all of the added benefits very fascinating. It sounds pretty simple to me. Drink more water!

If you're still not convinced, check my full article on our Acacia Village website, under the blog tab, which includes many more added benefits that James McIntosh published in an article "Fifteen Benefits of Drinking Water" for Medical New Today.

www.acaciavillageny.org.

ACACIA DIDN'T KNOW - BY LINDA RAE AVOLIO

Acacia Village residents enjoy making new connections, but recently two residents discovered that they had already made that connection...in High School. Mary (Cardillo) Utter and Don DeRosa were classmates at Proctor High School in Utica. They are both on the go a lot but had a chance to look over their old year book recently and reminisce about the good old days. They remember a bustling downtown Utica and what fun they had riding the escalator when it was first installed at Woolworth's. Buckley pool, near Acacia Village was the summer place to be. In the winter, sledding on the parkway was a favorite pastime. They say that they will never forget their alma mater. "We will love and cherish thee, dear old Proctor High. In our hearts, you'll always be. You will never die."



(800) 593-3353 or (315) 798-4775.

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ACACIA VILLAGE
2160 Blecker Street
Utica, New York, 13501