

Everyone Deserves
a Great Life

May 2017



THE COUNTRY HOUSE

IN WESTCHESTER

2000 BALDWIN RD. · YORKTOWN HEIGHTS, NY 10598 · (914) 962-3625
WWW.MERIDIANSENIOR.COM/COMMUNITY/THE-COUNTRY-HOUSE-IN-WESTCHESTER
WWW.FACEBOOK.COM/COUNTRY-HOUSE-IN-WESTCHESTER-1349815361696141/

Staff Directory



Anita Lary
Executive Director

Sylvie Farrell
Assistant Administrator

Sally Ippolito
Case Manager/Liaison

Maureen Browne
Health Services

Keshia Criss
Dining Services

Kahlil Martin
Recreation

Happy Birthday



5/11 Josephine Lachky

--

5/11 Gloria Squeo

5/14 Selma Schneider

5/28 Dorothy Campion

--

**Are you celebrating a birthday
this month?**

**Please call and be a guest for
lunch; we would love to help you
celebrate.**

Call Nancy at 914-962-3625.



Emerging Monarchs

A new generation of monarch butterflies will emerge and start fluttering about in May. Easily recognized by their brilliant black, orange and white-patterned wings, the monarchs' main task is searching for milkweed plants on which to lay eggs, which will hatch as caterpillars and transform into the next generation to take flight.

Aging Achievement

"To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent—that is to triumph over old age." —Thomas Bailey Aldrich



SPRING OFFER

Move in by May 31st and get a complimentary 4th month.

For more information, contact

Nancy Nshiewat

Director

of

Community Relations

at

(914) 962-3625.

★ ★ ★ Memorial Day ★ ★ ★

Please join us
Monday, May 28th,
for our
MEMORIAL DAY INDOOR PICNIC.
Just call
Nancy Nshiewat
at (914) 962-3625
to reserve your seat.



Activities

Trivia Whiz

Vintage-Inspired Vase

Celebrate spring—or Mother’s Day!—by displaying some fresh blooms in this pretty vase.

Materials:

- Paintbrush
- Mason jar
- Chalk paint, any color
- Sandpaper
- White chalk
- Clear acrylic spray

Directions:

Paint the outside of the Mason jar with chalk paint. Let dry for an hour, then apply another coat of paint.

When the jar is completely dry, use sandpaper to remove the paint from the raised, designed areas of the jar. Complete the distressed look by rubbing a piece of white chalk all over the jar.

Spray the jar thoroughly with clear acrylic spray and let dry for at least two hours.



Rose, along with some of our residents of The Country House, making spring centerpieces for our Dining Room tables.

This is just one of the many projects that Rose has completed with our residents.

Rose Schleupan was born and raised in New Haven, Ct. Rose attended Gordon College where she earned her teaching degree. That is where she met her husband, Kai. Rose and Kai moved to Yorktown Heights. They have been married for 20 years and have one son.

Rose, who always had a “green thumb,” received a degree in horticulture at the New York Botanical Gardens.

Rose loves the residents and the feeling is mutual. For 2 years she has helped us maintain our beautiful greenhouse and teaches weekly classes. Thank you, Rose, for your contribution to The Country House and we welcome you to our Country House Family.

Seasonal Symbol

The evergreen plant known as holly is a familiar symbol of winter.

There are over 400 species of holly, ranging in size from small shrubs to 70-foot trees. Most varieties feature spiky, dark green leaves with a glossy appearance.

Holly bushes and trees produce white flowers during spring and bright red berries in the fall. The berries can also be blue, black, white, orange or yellow, and they are an important winter food source for birds and other wildlife.

According to folklore, holly trees full of berries predict a harsh winter is ahead.

Home & Garden



Employee Spotlight



Carlos Maldonado was born in Puerto Rico. He was raised there until the age of nineteen when he relocated to White Plains, NY. Shortly after moving he met and married Anna Maria. He has one son and has been married for 37 years. Carlos came to The Country House over 27 years ago and he still loves working here. Carlos has been working in the maintenance department. Carlos loves the residents and is always eager to help all the residents and staff with any issues. We would like to thank Carlos for all your hard work and dedication.



Amazing Moms

All mothers are special, but some are more well-known than others. Here are just some of the women throughout history who have raised children while racking up other amazing accomplishments.

Marie Curie. Physicist, chemist, wife and mother of two daughters, Curie is best known for discovering the elements polonium and radium. In 1903, Curie became the first woman to win a Nobel Prize. She later served as the first female professor at the University of Paris.

Grandma Moses. Anna Mary Moses raised five children on farms in Virginia and New York. Creative since childhood, she began painting in her late 70s and became known as Grandma Moses. Her depictions of rural life are internationally recognized. One of her pieces hangs in the White House; another sold for \$1.2 million in 2006. Moses passed away at age 101 in 1961.

Margaret Thatcher. The first female prime minister of Great Britain served three terms, from 1979 to 1991. The mother of twins also wrote three books.

Sandra Day O'Connor. The first woman appointed to the U.S. Supreme Court, O'Connor and her husband, John, had three sons. After serving admirably on the high court for 24 years, O'Connor retired to spend more time with John, who had Alzheimer's disease. In 2009, she was honored with the Presidential Medal of Freedom.

Wit & Wisdom

"All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope."
—Winston Churchill

"Honor always comes at a price, else it would be worthless."
—Michelle Grieb

"Duty, Honor, Country: Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be."
—Douglas MacArthur

"There is no dishonor in losing the race. There is only dishonor in not racing because you are afraid to lose."
—Garth Stein

"No person was ever honored for what he received. Honor has been the reward for what he gave."
—Calvin Coolidge

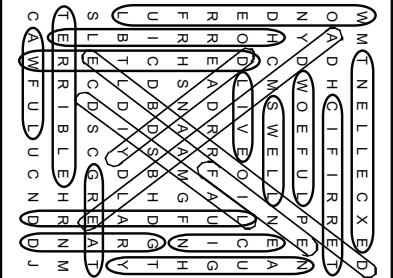
Word Search

Category: Words That Mean GOOD or BAD

W M T N E L L E C X E D
 O A D H C I F I R R E T
 N Y D W O E F U L P E N
 D H C M S W E L L N E A
 E O D L I V E O I L C U
 R R E A D R R F A U I G
 F R H S N A A M G F N H
 U I C D B D S B H D G T
 L B T L D I Y D L A R Y
 S L E C D S C **G R E A T**
 T E R R I B L E H R N M
 C A W F U L U C N D D J

1. Great _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

- Word Search Solution:
1. Admirable
 2. Dandy
 3. Excellent
 4. Fine
 5. Grand
 6. Great
 7. Nice
 8. Swell
 9. Terrific
 10. Wonderful
 11. Awful
 12. Deplorable
 13. Dismal
 14. Dreadful
 15. Evil
 16. Horrible
 17. Naughtly
 18. Terrible
 19. Woeful
 20. Wretched



"This Month In History"

MAY

1875: The first Kentucky Derby is held, and the horse Aristides is the winner. The Derby is now the longest-running sporting event in the U.S.

1910: Glacier National Park in Montana is established.

1935: Thanks to newly installed lights, Cincinnati's Crosley Field hosts the first MLB night game.

1945: Celebrations erupt after President Harry S. Truman announces the end of World War II in Europe.

1959: Starring Ethel Merman, the musical "Gypsy" opens on Broadway.

1968: The Gateway Arch in St. Louis is dedicated.

1971: Soul singer-songwriter Marvin Gaye releases the album "What's Going On."

1986: Five million people across the country join in "Hands Across America" to raise money for the nation's hungry and homeless.

1997: In a six-game chess match in New York City, IBM's Deep Blue supercomputer defeats world champion player Garry Kasparov.

2003: The Treasury Department unveils a redesigned \$20 bill that includes added colors to prevent counterfeiting.

2005: Carrie Underwood wins the televised singing competition "American Idol," launching the country star's career.

2011: After 25 years, the daytime TV talk show "The Oprah Winfrey Show" airs its final broadcast.