

It's Not Too Late for the Flu Shot

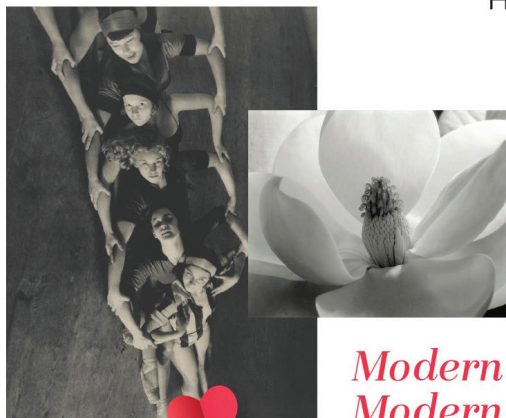
Jaishvi Eapen, MD, Associate Program Director Internal Medicine Residency Program; Westchester Medical Center has this advice about preventing the flu.

It is never too late to get vaccinated. I recommend the flu shot for everyone over 6 months of age, even mid-season. Vaccination remains the best way to lower your risk of infection and serious complications. In addition, practice good hygiene—wash your hands frequently, cover coughs and sneezes, and stay home if you're sick.

Martinelli Manor Residents Get Cooking Tips from Feeding Westchester

Residents of Martinelli Manor got a visit from Feeding Westchester this month. Alyssa Advincula, Community Nutritionist, did a live cooking demonstration showing residents how they could use food items distributed during the monthly Senior Grocery program. Advincula prepared Indian Spiced Vegetables made with Chickpeas, Spinach, Yogurt, Peas, and spices. After tasting the dish, residents participated in mindful movement and breathing activities to aid digestion.

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Modern Vision:*
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The recipe was among some of the helpful suggestions from Feeding Westchester on how to prepare healthy meals on a smaller budget. Meal planning and incorporating more meatless meals into the weekly menu are two ways.

Celebrate Galentine's Day at Hudson River Museum

Valentine's Day Weekend
February 13–15, 2026

Hudson River Museum
511 Warburton Avenue, Yonkers, NY 10701

