



AT HOME

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Total Solar Eclipse: Totally Awesome!

Thousands of people from across the United States are expected to flock to the Northeast next week for the total solar eclipse. According to NASA, the eclipse will begin at approximately 2:11 pm and our area will offer some of the best viewing - lasting only a brief three minutes and 28 seconds in each viewing area. Exciting stuff!

The next total solar eclipse is not expected until 2045 and scientists say the next viewing will be available to even fewer US states. The last total solar eclipse was reported on December 4, 2021, but it was only visible in Antarctica, South Africa and parts of the Southern Atlantic Ocean. According to [Almanac.com](https://www.almanac.com), the last total solar eclipse viewable in the US was August 21, 2017 and prior to that citing, none had been visible since 1778!

While we may have caught glimpses of an eclipse in the past, during a total solar eclipse the moon completely blocks the sun as it passes perfectly between the sun and the earth.

Total solar eclipses happen about every three years or so, but are only completely visible in specific areas. [Almanac.com](https://www.almanac.com) says the US can expect another appearance on August 12, 2045. The website offers a "Total Solar Eclipse Guide" for more information.

Grab your special eclipse glasses and get ready to watch a true phenomenon on April 8th!

UH Celebrity Performance

Gail Butler recently entertained members with songs they remembered from years gone by. Gail is a 30-year-plus United Helpers employee. She frequently donates her time singing, dancing, and entertaining.

Thank you, Gail, for sharing your talent with us!



Easter Brunch

Easter brunch is an annual favorite for our members and this year's menu did not disappoint! Thank you, Chef Matt, for preparing this wonderful holiday feast!

Roasted rack of lamb, baked ham with mustard glaze, roasted sweet potatoes, glazed carrots and carrot cake for dessert. It was a truly fabulous meal!



For more information on how to view the Solar Eclipse safely, please visit:

<https://www.health.ny.gov/environmental/outdoors/eclipse/>

Looking Forward to:

Solar Eclipse

Monday, April 8th
Begins around 2:00 pm

Trivia

Thursday, April 11th & Friday, April 26th
11:00 am
Dining Room

Movie Monday

Monday, April 15th
1:00 pm
Multi-Purpose Room

Plum Brook Cafe

Wednesday, April 17th
8:30 am
*Register by Friday, Apr 12th

VISIT US VIRTUALLY: WWW.UNITEDHELPERS.ORG OR CALL TO SCHEDULE A PRIVATE TOUR (315) 379-1428

NEIGHBORHOOD NOTES

Congratulations to Ginney Jackson, Bill Rose and Catherine Dalton, the winners of our Leprechaun Hunt! Each of our winners won a box of chocolates. Our leprechaun was hidden all over the building and participants were tasked with finding him each day.

We're excited to quell spring fever with a trip to Plum Brook Cafe in Russell, NY on Wednesday, April 17th. Interested participants are asked to register for this excursion by Friday, April 12th in the main office. The group will meet in the lobby and leave at 8:30 am. Hope to see you there.

Plan on catching Monday Movie on April 15th, where we will feature *Fried Green Tomatoes* with Kathy Bates and Jessica Tandy.

In addition to trivia on Friday, April 26th, please join us for an Ice Cream Social at 1:00 pm in the dining room.



Join us for a trip to Plum Brook Cafe on Friday, April 12th!

Painting & Sipping

Members had loads of fun at the paint and sip crafting event held in March. Pictured to the right are just a few of the member paintings.

What a fun way to ring in springtime! The bright flowers and adorable gnomes certainly encouraged a bit of spring fever!



Did you know?

Residents of a tiny village about four miles north of Nazas, Mexico will get the longest view of the eclipse. They will get a 4 minute and 28 second view.

Malware: What is it? Avoiding it.

This is the second article in a series of staying safe online.

Malware is a broad term to describe any software of code designed to harm your computer or network. Malware can completely disable your computer or simply cause your computer to behave a little glitchy. Malware can infect your computer without you even knowing it's there.

Different types of malware include:

Viruses - Malware that is designed to replicate itself, taking up space on your computer, causing it to crash

Trojans - Pretend to be legitimate files and then allow access to your system to others

Spyware - Allows others to track the sites you visit on your computer

Adware - Clutters your desktop with pop-up ads and redirects your browser search

Ransomware - Locks your computer system unless you agree to pay a "ransom" to release it

How do we avoid Malware? Here are a few tips. Don't open email attachments from people you don't know, don't download files from untrustworthy sources, and always have good antivirus software install and updated on your computer.

Removing Malware can be a difficult process and can do harm to your device. The best defense against Malware is being vigilant. Check to make sure that the sites you visit are secure and trustworthy before clicking that link or download. Looks for sites that have a padlock icon on your user's address bar to ensure that the site is secure. Stay vigilant, stay safe online!



Always Caring

Happy Birthday to:

April

Greg Lalonde - 8th

Lisa Wright - 17th

Donald Nordberg - 21st

