



FROM THE LIFESTYLE DIRECTOR: **SPRING HAS SPRUNG!**

Spring is a time of renewal and growth. The sun sparkles in the sky, and a delightful breeze fills the air. Our bellies are full of Matzo Ball soup and chocolate Easter eggs, and we find great pleasure in taking a late night outdoor stroll, now that the sun doesn't set before 7:30. Spring is a special time at the Seasons at East Meadow, as we welcome our first homeowners into their new community. Just as the flowers are beginning to bloom outside, the Club at the Seasons is buzzing with new life.

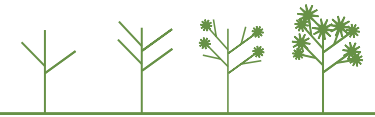
The Seasons extends a warm welcome to those homeowners who moved into their new homes in March and April, and we are eager to meet our new neighbors in May. We hope to see all of our new neighbors at our May Meet-n-Greet Cocktail Party on Saturday, May 2nd at 4pm. And for those of you that I haven't already personally met, please stop by my office located on the second floor of the club and say Hello! I am eager to meet you and spend quality time together. I can be reached by phone at 516-307-3627 ext. 101, or by emailing Beth@seasonsateastmeadow.com.



SEASONS SPOTLIGHT!

Each month the Seasons will recognize one of our outstanding homeowners in our Spotlight section. However, for our inaugural issue we're highlighting your Customer Relations Manager Patrick Brennan, who handles everything from helping homeowners personalize their new home, to managing any warranty concerns that may arise prior to closing. Patrick's job doesn't stop when he hands over your keys and welcome kit. He follows up via phone, email, or a personal visit to ensure your satisfaction. To nominate someone for the Spotlight section, please call Beth Silverman at **516-307-3627**, or email

Beth@seasonsateastmeadow.com. Photos are welcome.



THE SEASONS at East Meadow

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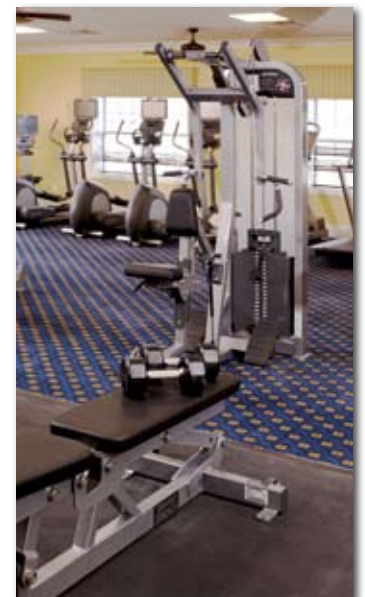
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The Club here at the Seasons has lots to offer - come and see!

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MAY IS SKIN CANCER AWARENESS MONTH AMERICAN CANCER SOCIETY ENCOURAGES SUN SAFETY WHILE IN THE SUN

With spring here and summer on the way, it means more people will venture outside to play and work. Swimming, planting flowers, barbecues and other activities take place during the spring and summer months. While the warmth and sun bring people outside, the American Cancer Society encourages everyone to take caution and to protect their skin. May is skin cancer awareness month. It's a month used to encourage and remind people to take preventive measures while they enjoy various outdoor activities. Skin cancer is the most common of all cancers. This type of cancer can almost completely be avoided if people would protect their skin and follow simple guidelines when they are outside. There are more than 1 million skin cancers diagnosed each year in the United States. That's more than cancers of the prostate, breast, lung, colon, uterus, ovaries and pancreas combined. And the number of skin cancers has been on the rise for the past few decades. The vast majority of skin cancers are due to unprotected ultraviolet radiation (UV) exposure. Most of this radiation comes from sunlight, but some may come from artificial sources, such as tanning booths. The amount of UV exposure depends on the strength of the light, the length of exposure and whether the skin is protected. The American Cancer Society encourages people to enjoy the numerous outdoor activities, but they want them to be sun smart and to follow some easy tips to reduce the risk of skin cancer.

Limit Direct Sun Exposure during Midday

UV rays are most intense during the middle of the day, usually between the hours of 10am and 4pm. If you are unsure about the sun's intensity, take the shadow test. If your shadow is shorter than you, the sun's rays

are the strongest. If you plan to be outdoors, you may want to check the UV Index in the area.

Cover Up

When in the sun, wear clothing to protect as much skin as possible. Clothes provide different levels of protection, depending on many factors. Long-sleeved shirts, long pants, or long skirts are the most protective. Dark colors generally provide more protection than light colors. A tightly woven fabric protects better than loosely woven clothing. Dry fabric is generally more protective than wet fabric. If you can see light through a fabric, UV rays can get through too. Be aware that covering up doesn't block out all UV rays. A typical light T-shirt worn in the summer usually provides less protection than a sunscreen with a Sun Protection Factor (SPF) of 15 or higher.

Use a Sunscreen with a Sun Protection Factor (SPF) of 15 or Higher

A sunscreen is a product that you apply to the skin for protection against the sun's UV rays. Sunscreens are available as lotions, creams, ointments, gels and wax sticks. The American Cancer Society recommends products with an SPF of at least 15. The SPF number represents the level of protection against UVB rays provided by the sunscreen – a higher number means more protection. Be sure to apply the sunscreen properly. Always follow the label directions. Most recommend applying sunscreen generously to dry skin 20 to 30 minutes before going outside so the chemicals have time to absorb into your skin. When applying, pay close attention to your face, ears, hands and arms. Coat the skin that is not covered by clothing. Be generous. About 1 ounce of sunscreen (a "palmful")

should be used to cover the arms, legs, neck and face of the average adult. For best results, most sunscreens must be reapplied at least every 2 hours and even more often if you are swimming or sweating.



Wear a Hat

A hat with at least a 2 to 3 inch brim all around is ideal because it protects areas often exposed to the sun, such as the neck, ears, eyes, forehead, nose and scalp. A shade cap, which looks like a baseball cap with about 7 inches of fabric draping down the sides and back, also is good. These are often sold in sports and outdoor supply stores. A baseball cap can protect the front and top of the head but not the back of the neck or the ears, where skin cancers commonly develop.

Wear Sunglasses That Block UV Rays

Research has shown that long hours in the sun without eye protection increases the chances of developing eye disease. UV-blocking sunglasses can help protect your eyes from sun damage. The ideal sunglasses do not have to be expensive, but they should block 99% to 100% of UVA and UVB radiation.

For more information about skin cancer or how to be sun safe this spring or summer, call the American Cancer Society anytime toll free at 1-800-ACS-2345.



ANNOUNCEMENTS

The Seasons has extended an invitation to access the Club for those homeowners that are currently in contract. Stop by and start enjoying what will soon be an action packed extension of your new home.

Both the indoor and outdoor pools will soon be open for use from 10am-7pm. A lifeguard will be present at the outdoor pool, and we request that you use the buddy system in the Indoor pool when the lifeguard is not present. If you would like to utilize the indoor pool as part of your individual physical therapy with a certified aquatics therapist, please call the Club and make arrangements with Beth Silverman.

Happy Mother's Day to all of our Seasons moms!!

Happy Birthday to all of our homeowners and staff that are celebrating in the month of May.

Have a special announcement to make? You can pick up a Newsletter Announcement Form at the reception desk of the Club, and announce a birthday, anniversary, retirement, a new grand baby, or any other event that you want to share with the Seasons community. All submissions must be received before the 15th of the month to be printed in the following month's newsletter.

WHO WANTS TO...

This section of the newsletter will keep you informed on new activities and clubs that will be starting in the coming months at the Seasons. Our first meeting will take place on May 18th, and we will discuss upcoming activities, forming new clubs, and planning events. All homeowners and those who are in contract are strongly encouraged to attend.

Stay tuned for BINGO announcements! We will have our weekly BINGO game schedule posted soon. All games will take place in the Card Room on the second floor of the Club. If you are interested in running the BINGO games, but cannot attend the May 18th meeting, **please call Beth at 516-307-3627 ext 101.**

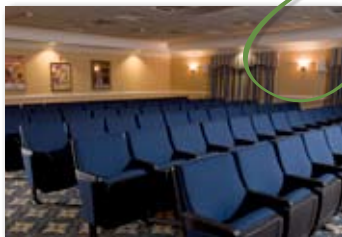


1475 Front Street | East Meadow, NY 11554

seasonsateastmeadow.com

A monthly calendar will be available at the Lifestyle Director's office and online.

May EVENTS



Homeowner's Meet-n-Greet:

Sat. | May 2nd | 4-6pm

Cocktail reception with live entertainment

Tuesday Discovery Documentary Series:

Begins May 5th | 2pm in Club Cinema

Friday Night Movies: Begins Fri. | May 8th | 7:00pm

Call Beth at 516-307-3627 ext. 101 for a movie listing

Big Screen Baseball:

Sat. May 9th | Mets 1:10 pm (SNYHD)

Wed. May 13th | Mets 1:10 pm (SNYHD)

Sat. May 16th | Yankees 1:05pm (YESHD)

Sat. May 23rd | Yankees 4:10pm (FOXHD)

Sat. May 30th | Mets 1:10 (SNYHD)



Homeowner's Activities Meeting: Mon. May 18th | 4pm in the Library

Memorial Day Pool Party and Barbecue:

Mon. May 25th | 12-4pm Club Outdoor Pool