

SATURDAY, MAY 13, 2023

SENIOR SENTINEL



Fred Van De Bogart represented CDPHP at our 29th Annual Senior Celebration. CDPHP participated as a Gold Level Sponsor. Thank you for your support!

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PRESS-REPUBLICAN

THE
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Maria's Moment

Happy Mother's Day to All



Maria Alexander
Executive Director
Senior Citizens Council

Mother's Day is exactly what it says. Celebrating mothers of all kinds. It was started back in the early 1900's by Anna Jarvis who wanted to celebrate her own mother for all the sacrifices she made for her children. And that tradition has been followed for many decades.

My own mother made her own sacrifices for our family. She is a teacher by trade but when they started a family it was just easier on her to stay at home to raise us and not try and juggle her career and take care of the three kids. Now I know my mom loved teaching, so I am sure that was the first of many sacrifices to have to take a leave from doing what she loved. She absolutely loved having a family but back then the wife did most of the care giving as well as cooking, cleaning, laundry etc. My dad went to work every day and she had to do everything else. I'm not saying that dad didn't do anything because he spent time with all of us and got to do the fun stuff.

Mom stayed home until I (I was the



baby of the family) was in kindergarten and at that point she went back to teaching. So, I have 2 stories I would like to tell about Mom. The first being that I was very anxious to go to school like my brothers. I kept asking her when could I go to school??? She finally said to me if I could tie my own shoes, I could go to school. So, I immediately started practicing the art of tying my shoes. Two bunny ears and in the hole and pull. Unfortunately for mom, I learned quickly, and she had to tell me, I still needed to wait a bit longer until that fall. But I showed her. LOL

My second favorite story is the day mom went on strike. All of us kids were in school by now and my dad had taken a different job and was travel-

ing a bit. But we were all able to help around the house now, but mom was still doing everything, cleaning, cooking, dusting, laundry, etc.

We live in a big old Victorian house with 4 bedrooms, two living rooms, a dining room, kitchen and 2 bathrooms. That's a large task for one person who was working full time as well.

We came down for breakfast one morning, and on the table was a note from mom that she was officially on strike. She wrote a list of tasks that she was giving up and we all had to divide these jobs amongst all 4 of us, dad included. I took dusting and setting the dinner table as I was the youngest ☺, the boys divided loading and unloading the dishwasher and garbage, and dad took the vacuuming

and cooking on weekends. I always thought that was a genius move on her part and in the end, it taught us the value of all she had done for us. Thank you, Mom, for all you have done and continue to do for our family!

I do want to point out that there are Mothers of all kinds. Just because you didn't give birth doesn't mean you shouldn't be celebrated as well. Whether you just have fur babies, step-children, foster children, or stepped into the role of taking care of a child, i.e., neighbor.

To quote Dr. Suess:
"To the world you may be one person; but to one person you may be the world."

Celebrate all the mothers in the world! Happy Mother's Day!



Longtime senior center members volunteer at Senior Center booth at Senior Celebration. Pictured from left to right: Margo Ormsby, Patti Killeen (former program coordinator at Senior Center), and Barbara Martin.

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For the Love of Music

Track 2: Pink Floyd and My Wife

BY RAY ALEXANDER
Music Aficionado

1986 was a year of change for me. I had separated from my first wife and would soon be divorced. Our split had been amicable enough and we shared custody of our four-year-old son Josh. I had started to date and was enjoying "playing the field". I had joined the Bay Club which back then was a vibrant athletic center. It offered tennis, racquetball, weights, hot tub and sauna. There was also a small lounge with bar that served both alcoholic and non-alcoholic beverages. It also had a childcare staff who could watch Josh while I worked out. It was perfect! Several of the guys I worked with were members there. I joined up and it became a part of my weekly regimen. The nights I had Josh we would leave after my workout was over. But on the nights when it was just me it was different. I would reward myself with a plate of nachos and a Molson Golden. So right about now you are wondering what any of this has to do with music, patience grasshopper!

One of their employees was a charming young woman named Maria. Sometimes she worked in the childcare center, other times at the bar. She made a mean plate of nachos, and we had several good conversations while I enjoyed my beer. I found her very attractive but quite frankly I didn't think she was what I was looking for at that time.

Both her style of dress and mannerisms made me feel that she was a bit too much of a goody-goody for my tastes. I'll be honest, I wanted a bad girl.

One night we were talking, and the subject of music came up [I told you we would get there]. I mentioned how much I liked the band Pink Floyd. Now Floyd had been one of the greatest counterculture bands of the era. Turns out Maria loved them too and had just seen them in concert. I was stunned and remember asking her "you like Pink Floyd?" [heavy emphasis on the YOU]. She assured me that she did. Well, this caused me to look at her in a completely different light. Maybe she was a bad girl after all! Now here's the kicker. My first wife had absolutely detested Pink Floyd. Ever get divorced? If you do, chances are that you will want something different the next time around [I know my X-wife did]. Armed with this new knowledge, I secretly started planning to ask her out and where we might go.

Since I am one of the world's great planners it only took me a few weeks to come up with the perfect date. One problem though, I still had to ask her out. Most of us hate rejection.... ok all of us but I hate it more than most, trust me. One evening as I left the club the perfect opportunity arose. She was down by the exit as I was leaving. Great! I could ask her out and if rejected, I could slink away to my car and go find a new health club. Now it would have saved me some angst if I had known that she had already pulled my membership card and checked me out [and yes, this



was before computers]. So, she knew that there was no Mrs. Alexander in the picture. Needless to say, she said yes to the date. I asked her, "do like surprises?" She assured me she did. I replied "great, then I am not telling you where we are going".

The night of the big date arrived. As usual, I am running late. But this is beyond my normal 5-10 minute "late window". So, I call and let her know. Unbeknownst to me this scored me huge brownie point #1 [apparently the bar was set pretty low]. I do however, eventually arrive. Part one of the date is dinner at Tijuana Jail [where "Busters" is in Plattsburgh now]. We have a nice dinner then leave and take the Cumberland Head ferry to Vermont. God knows what she was thinking at that point. I could have been taking her anywhere! We park in Burlington

and begin part two of the date. George Carlin in concert at the Flynn. If you don't know who George Carlin is then you make me very, very sad. He was quite possibly the world's funniest comedian/person ever. Google the "seven words you can't say on television". Footnote here. I had separated cartilage in my ribcage playing racquetball that week. I was in agony. It was hard to breath let alone laugh [guess I didn't plan that]. So, it kind of went like this, laugh, ouch, laugh ouch for two hours or so. As we left the show, I felt like the date was going well. We

missed the last ferry and had to drive around to the Rouses Point bridge. I didn't really drink so I asked her if she wanted to go out for a cup of coffee. Huge brownie point #2 [apparently most of the guys she had dated weren't coffee drinkers]. She replied that coffee sounded great. I asked if she would mind if I stopped by my apartment to let out the dog first. I suspect she wondered if there really was a dog as we arrived. As we opened the door out bounded my first Bernese Mountain Dog named Teela. Maria at that point fell in deeply in love. Not with me mind you, but with Teela!

Turns out the coffee would have to wait until the next day. Today we are still together but none of this would have happened without Pink Floyd. ☺

Community Conversation

Top 10 Objects Your Kids Don't Want

BY DR. RICH FROST

This may be information you won't want to accept graciously. But many deal with the issues of downsizing, or leaving possessions to heirs. Don't assume the next generation will welcome all that you've so carefully accumulated over the years. Tastes change, as does intrinsic value. Plus there are space considerations.

This article is reproduced from Next Avenue, a web site providing news and information for adults over 50. It is produced by Twin Cities Public Television in St. Paul, Minnesota. www.nextavenue.org

Your Top 10 Objects Your Kids Don't Want

By Elizabeth Stewart

Your house, and what it contains, is a minefield in the eyes of your grown children. They can see from your example that collections of stuff are a curse; such objects are superfluous to a life well lived. They want a clean, clear field in which to live their lives. Your grown children will not agree to be the recipients of your downsizing if it means their upsizing.

Consider the following list of the Top Ten Objects Your Kids Do Not Want, with potential remedies for dealing with each:

No. 10: Books

Unless your grown kids are professors, they don't want your books.

There are common mistakes my clients make in valuing books:

The 17th-century books are

likely to be theological or grammar-based, and are not rare. The 19th-century books are probably not in good condition, and since most came in a series or set, it's unlikely you'll have a full (valuable) set.

Remedy: If you think the book is relatively common plug the title, author, year of publication, and publisher into a search engine. A favorite book site of mine is Biblio.com. Once you have background information, call a book antiquarian.

No. 9: Paper Ephemera

Things like family snapshots, old greeting cards, and postcards are called paper ephemera. Old photos are not worth anything unless the sitter is a celebrity, linked with an important historical event, or the subject is extremely macabre, like a death memorial image. Old greeting cards are not valuable unless handmade by a famous artist or sent by Jackie O. Postcards are valued mainly for the stamps.

Remedy: Have your family snapshots made into digital files. Another option is selling old snapshots to greeting card publishers who use them on funny cards. Or give family photos to image archive businesses like Getty. If the archive is a not-for-profit, take the donation write-off.

No. 8: Steamer Trunks, Sewing Machines and Film Projectors

Trust me, every family has at least

three steamer trunks from the 19th century. They are too abundant to be valuable, unless the maker is Louis Vuitton or some other famous luggage house.

Likewise, every family has an old sewing machine. I have never found ONE rare enough to be valuable. Many families also have home movie projectors. Thrift stores are full of these. Unless your family member was a professional and the item is top-notch, yours can go there as well.

Remedy: Donate this category and don't look back.

No. 7: Porcelain Figurine Collections and Bradford Exchange "Cabinet" Plates

These collections of frogs, chickens, bells, shoes, flowers, bees, trolls, ladies in big gowns, pirates, monks, figures on steins, dogs, horses, pigs, cars, babies, Hummel's and Precious Moments are not desired by your children, grandchildren, or any other relation. Even if filled with memories for you or your mom, they have no market value.

Remedy: Donate figurines to a retirement home that does a gift

SEE COMMUNITY, PAGE 10

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Understanding Power of Attorney

A Power of Attorney (POA) is a powerful legal document that allows a person (the Principal) to grant certain legal powers to a person of their choosing (the Agent). This person can be a family member, a neighbor, or a good friend-anyone the resident chooses and trusts implicitly.

Having a POA can be a great thing if the right person is chosen. Generally, a Power of Attorney gives the person (or persons) you choose the power to manage your assets and financial affairs while you are still alive. This legal document must be signed when the Principal has the full capacity to understand the powers being given.

If the document is a durable Power of Attorney, the powers granted will continue even if the Principal becomes incapacitated. The key word here is, manage your money, not take your money.

This person can assist in paying any bills and they can make purchases on your behalf, but they must keep all receipts and properly note where all the funds are going.

There were major changes to the law on June 13, 2021, concerning

Powers of Attorney in New York State. These changes included the removal of the Statutory Gift Rider which was required if you wanted to allow your Agent(s) to make certain gifts or transfers over the \$500.00 limit per year.

Instead, you may modify your Power of Attorney form to allow additional powers. In addition, the signature of the Principal must be in the presence of a notary public and two adult witnesses.

The notary public is allowed to act as one of the witnesses. If you properly signed a Power of Attorney prior to June 13, 2021, your document remains valid and in full effect. The new laws have changed the form of the Power of Attorney, to make it more "user friendly" and, hopefully, easier to understand and to use.

It is very important to use the proper and updated form for the Power of Attorney as use of prior forms will not result in a valid Power of Attorney. Since the change in the law is so significant, we strongly suggest that you consult an attorney if you wish to execute a Power of Attorney in New York.

As you can see in the brief descrip-

tion above, the Power of Attorney law is complicated and should be carefully considered and executed with legal advice. Each situation is unique and can be best addressed with the assistance of an attorney. Clinton County office of the Aging offers assistance through The Rural Law Center for your convenience. They can be reached at

Phone: 518-565-4620

Please don't hesitate to reach out to your Ombudsman for Clinton, Essex and Franklin Counties with any questions and concerns about your rights in long-term care facilities. You may call 518-562-1732 We are here to advocate for you.

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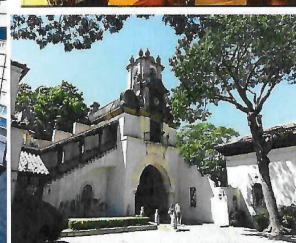
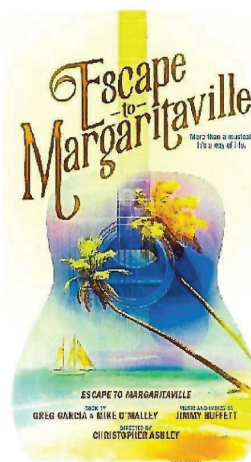
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Take a Walk with a Doc

Community Walks Encourage Healthy Movement, Discussions

North Country physicians are stepping up to get more people in the community moving toward a healthier lifestyle. The University of Vermont Health Network – Champlain Valley Physicians Hospital's (CVPH) Family Medicine Residency is now hosting Walk With a

Doc events on the fourth Saturday of every month at 10am.

The walks start at the CVPH Family Medicine Center at 159 Margaret Street. In case of inclement weather, the group will meet at the food court of the Champlain Centre Mall and walk inside.

"Walking is one of the best things you can do for your overall health," CVPH Family Medicine Residency Program Director Marianna Worczak, MD stated. "It's low impact and easier on the joints than running. Walking can help you lose weight, reduce stress and

anxiety, give you more energy during your day and help you sleep better. You can even significantly lower your risks for many serious health conditions like heart disease, cancer and diabetes."

Dr. Worczak was the featured physician for the

SEE **WALK**, PAGE 8

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WALK

CONTINUED FROM PAGE 7

inaugural walk in April and kicked the hour-long event off with a brief discussion on the importance of exercise and how to get started.

"I'm excited to see anyone who wants to come out to get some steps in, have some fun, maybe learn about health and meet new

friends along the way. And our team of physicians is looking forward to spending time with members of the community outside the exam room," Dr. Worczak added.

Each walk will take place on the fourth Saturday of every month at 10:00 a.m. and feature a different physician - the next walk will be May 27. The Walk With a Doc

program is funded by The Foundation of CVPH and its generous donors.

"We're thrilled that The Foundation is able to support our effort to bring people together and encourage more physical activity. I'm also grateful for the people who graciously give to The Foundation to help fund programs like ours, as they are truly making a dif-

ference in the health of our community," Dr. Worczak stated.

The event is free and no registration is required, though participants will need to sign a waiver before their first walk. For more information, contact CVPH Family Medicine Residency Coordinator Heather Lacey at (518) 314-3868 or hlacley@cvph.org.

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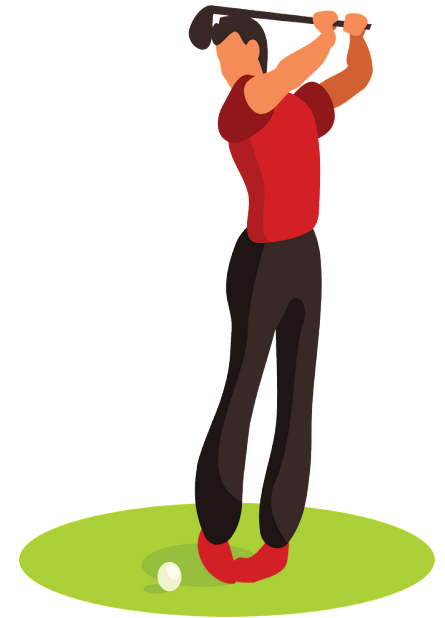
THE
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Champlain Valley Physicians Hospital

Jim Abbott & Dick Coffey Golf Tournament

Annual Fundraiser Golf Tournament Set For June 2nd

This annual golf tournament, sponsored by The Hoffman Eells Group in memory of Jim Abbott and Dick Coffey, is scheduled for June 2nd with a 12 Noon shotgun start at Adirondack Golf Course. Sponsorship includes a team of four players, hole sponsorship sign, lunch and a post golf awards ceremony. This tournament sponsors Foundation programs that improve health and wellness in our community. Contact Michelle Senecal at msenecal@cvph.org or (518) 314-3359 to learn more and participate.



Summer Event - The 70's

Get Groovy at CVPH Foundation Fundraiser to be held June 10th

The Foundation's largest yearly fundraiser will be held on Saturday, June 10 and will be a 1970's themed dinner/dance with proceeds benefiting many Foundation programs. This very chic event will have entertainment, dancing, food and drinks and fabulous live and silent auction items. Proceeds from this event stay right here in our community helping family, friends and neighbors. At this event the Larry W. Jeffords Legacy Award will be presented to Hannah & Michael Antkowiak, champions of The Foundation.

For tickets and more information, visit www.cvph.org/Foundation/The70s or contact Michelle Senecal at msenecal@cvph.org or (518) 314-3359.

COMMUNITY

CONTINUED FROM PAGE 5

exchange at Christmas. If you want to hold on to memories of your mom's collection, have a professional photographer set them up, light them well, and make a framed photo for your wall. Collector's plates will not sell anywhere to anyone. Donate these to a retirement village, too, or to anyone who will take them.

No. 6: Silver-Plated Objects

Your grown children will not polish silver-plate; this I can guarantee. If you give them covered casserole dishes, meat platters, candy dishes, serving bowls, tea services, gravy boats, butter dishes and candelabra, you will be persona-non-grata. They might polish sterling silver

items, but they won't polish the silver-plated items your mom entertained with. Exceptions may be ones from Cristofle, Tiffany, Cartier, Asprey, and other noted manufacturers.

Remedy: None. Give it away to any place or person who will take it.

No. 5: Heavy, Dark, Antique Furniture

There is still a market for this sort of furniture, and that market, in the fashionable areas of the U.S., is most often the secondhand shop. You'll receive less than a quarter of purchase price if you sell there on consignment. Unless your furniture is mid-century modern, there's a good chance you will have to pay someone to take it off your hands.

Remedy: Donate it and take a non-cash charitable contribution using fair market valuation.

No. 4: Persian Rugs

The modern tranquility aimed for in the décor of the 20- to 30-some things does not lend itself to a collection of multicolored (and sometimes threadbare) Persian rugs.

Remedy: The high-end market is still collecting in certain parts of the U.S. (think Martha's Vineyard), but unless the rug is rare, it is one of the hardest things to sell these days. Rugs valued below \$2,000 will be an especially hard sell. As with furniture, it may be best to donate.

No. 3: Linens

Go ahead, offer to send your daughter five boxes of hand-embroidered pillowcases, guest towels, napkins, and table linens. She might not even own an iron or ironing board, and she definitely doesn't set that kind of table.

Remedy: Source those needlewomen who make handmade Christening clothes, wedding dresses, and quinceañera gowns. Also, often you can donate linens to costume shops of theaters and deduct the donation. Sites like P4a.com can help establish fair market value of such objects.

No. 2: Sterling Silver Flatware and Crystal Wine Services

Unless scrap value for silver is high enough for a meltdown, matching sets of sterling flatware are hard to sell because they rarely

go for "antique" value. Formal entertaining is not a priority these days. And of course, sterling must be hand-washed and dried. Same goes for crystal.

Remedy: Sites like Replacements.com offer matching services for folks who DO enjoy silver flatware and have recognized patterns. Because they sell per piece, and therefore buy per piece, sellers get a rather good price. Sell your whole silver service; it will be "pieced out."

Unless your crystal is Lalique, Moser, Steuben, Baccarat or another great name, you will not be able to sell your "nice set." Give "unknown maker" sets away, fast.

No. 1: Fine Porcelain Dinnerware

Your grown children may not want to store four sets of fancy porcelain dinnerware. They see no glory in unpacking it once a year for a holiday or event. Your grown kids and grown grandkids DO NOT want and will NEVER want five or more fine china services. Many don't even want one. They don't want porcelain tea sets or dessert, fish, or fruit services either. Ask yourself, when was the last time you witnessed your grown son using a saucer?

Remedy: Like silverware, china is something to consider for sale to a replacement matching service like Replacements.com. Know your pattern to get a quote from one. Because such replacement companies buy per piece, the aggregate of the selling price is always more than a bulk sale at a consignment store, which might be your only other option.

Elizabeth Stewart is the author of No Thanks Mom: The Top 10 Objects Your Kids Do Not Want (and what to do with them).

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AmeriCorps Seniors of Catholic Charities of Clinton County received the Agency of the Year Award.

THANK YOU

Committee gives thanks for Senior Celebration turnout

BY JULIE STALKER

On Behalf of the Senior Celebration Committee, I would like to say a big "Thank You" to all of our wonderful sponsors and agencies who spent the day sharing information to the Senior Community. I would also like to give a "Shout Out" to the Senior Serenaders who provided the wonderful music throughout the day, Taylor LaValley who sang the National Anthem and to the seniors who spent the day enjoying the 29th Senior Celebration.

During this year event, we presented the Agency of the Year Award and the Business of the Year Award to two well deserving recipients.

The Agency of the Year Award recipients are the AmeriCorps Seniors of Catholic Charities of Clinton County. The amazing group of volunteers assist seniors who reside in Clinton County to maintain their independence

through programs such as Bill Payer Program, Friendly Visitors, Shopping Assistance, Rural Transportation to name a few.

The Business of the Year Award recipient was Plattsburgh Bailey Ford. Bailey Ford and Josh Parker were essential in assisting the Senior Citizens Council of Clinton County Nutrition Program in receiving studded snow tires for their van to ensure the delivery of meals for the congregate meal sites and homebound seniors in the northern region of Clinton County.

Lastly, I would like to thank the "Wonderful Senior Celebration Committee" for all of their hard work and dedication. We could not have put on a fantastic event. The Senior Celebration Committee has representatives from the community, Rachel-Maria Brown and Maria Alexander from the Senior Citizens Council of Clinton County. Debbie Alexander and Terry LeMieux from the Senior Citizens Council Nutrition Program, Julie Stalker and Raelyn Longtemps from the Joint Council for Economic Opportunity of Clinton and Franklin Counties (JCEO) and Darleen Collins and Jacy Sewell from Clinton County Office for the Aging.

Pictured here is the Senior Celebration Committee



Plattsburgh Bailey Ford received Business of the Year Award.



June 2023 Menu & Nutrition Site Activities

Monday

Tuesday

Wednesday

Thursday

Friday



5

Sloppy Joe
on a Bun

6

Marinated
Chicken Breast

7

Roast Beef
w/Provolone
Sandwich

1

Tuna Salad
Sandwich

2

BBQ
Pork Chop

12

Shepard's Pie

13

Sausage, Pepper &
Onion on a Bun

14

Roast Pork w/
Gravy

15

Turkey & Swiss
Sandwich

16

Breakfast
Casserole

19

CLOSED FOR
JUNETEENTH
FREEDOM DAY

20

Breaded Chicken

21

Egg Salad
Sandwich

22

Michigan on a Bun

23

Honey Mustard
Chicken

26

Chicken
and Biscuit

27

Spaghetti
w/Meat Sauce

28

Roast Turkey
w/Gravy

29

Ham & Swiss
on Rye Bread

30

Swiss Steak

Nutrition Program
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45 Veterans Lane,
Plattsburgh
(518) 561-8320

Nutrition Sites
Ellenburg hosted by
Mae & Heather
serves at 11:30,
(518) 594-7311

Rouses Point
hosted by Janice
& Deb
serves at 11:30,
(518) 297-7361

Beekman Towers
hosted by Tina
serves at 11:45,
(518) 561-5360

Dannemora hosted by
Elaine
serves at 11:45,
(518) 310-9089

Lakeview Towers
hosted by Marge &
Brenda
serves at 12:00,
(518) 561-8696

Senior Center
hosted by Marion &
Kim
serves at 12:00,
(518) 561-7393

**Please call your favorite site at least 1 day in advance
to ensure we have enough food to serve you.**

June 2023 Activities Calendar

Monday

8:15am Sr Fitness
9-Noon Scrabble
9:30am Crocheting
10am Shuffleboard
12:30pm Mah Jongg

Tuesday

9am Osteo/Arth Exer
9:30am Poker
9:30am Tai Chi
10:30am Wii Bowling
10:30am Zumba Gold
12:30pm Pinochle

Wednesday

8:15am Sr Fitness
9am Wii Bowling
10am Shuffleboard
5:30pm Zumba Gold

Thursday

9am Osteo/Arth Exer
9:30am Knitting
9:30am Poker
10:30am Zumba Gold
12:30pm Pinochle

Friday

8:15am Sr Fitness
9:00am Phase 10
12:30pm Mah Jongg

TRAID PROJECT

TECHNOLOGY RELATED ASSISTANCE FOR INDIVIDUALS WITH DISABILITIES

The Senior Citizens Council is a satellite branch for "TRAID" which is a grant-funded program through the Adirondack Regional Technology Center & supported by Plattsburgh-SUNY. The Senior Center has device loans available such as walkers, shower chairs, wheelchairs, etc. to loan to those in need for a 30-day period. The equipment is signed out free of charge and must be returned after it is cleaned. Availability of equipment varies on whatever is already loaned out. Our program has been most helpful to those after surgery and needing equipment temporarily for recovery without having to purchase it!

For more Information call us at: 518-563-6180

Lotto Cards for 2023

365 Chances to Win
from
"Pick 3" Evening Draw

On Sale at the
Senior Center Office

\$20.00 each
Now available for 2023!

All Proceeds Benefit the
Senior Citizens
Council

Senior Citizens Council, 5139 N. Catherine St.,
Plattsburgh, NY 12901 PH: 518-563-6180

Yoga returns Wednesday, May 17th!

HOLIDAY CLOSURES

The Senior Center and its' Nutrition Sites will be closed **Monday, May 29th** in observation of Memorial Day. The Senior Center and its' Nutrition Sites will also be closed on **Monday, June 19th** in observation of Juneteenth.

THE STORY OF INEZ MILHOLLAND

Please join the Senior Center on Friday, June 15th at 12:30 p.m.

The Story of Suffragist Inez Milholland with Helen Nerska at the Senior Center Friday, June 15th at 12:30 p.m. Inez Milholland, buried in Lewis, New York, was a nationally respected suffragist who eventually gave her life for the movement she so believed in. She may be best known for leading the historic 1913 Washington, DC, Suffrage parade on a white horse, but there is much more to her activism and support of the suffragist movement. Her story will be introduced with a 15-minute video, "Forward Into the Light".

In 1912, Milholland spoke in Plattsburgh. Her father and sister also worked to help persuade Clinton County voters to approve a 1917 change to the New York State Constitution that allowed women to vote. This presentation is by local suffrage historian Helen Allen Nerska, Director of the Clinton County Historical Association.

SENIOR CENTER STUDIO SALON

LISA DUPREE 518-322-2418

Haircuts \$17.00

Wash/Cut \$19.00

Wash/Cut/Style \$21.00

Color \$35.00 & up

Perms \$35.00 & up

Waxing \$9.00

Nails \$11/Facials \$9.00

By Appointment Only!

Call Lisa Dupree at 518-322-2418

5139 N. Catherine St. (parking rear/elevator down)

Everyone Welcome!



Cornell University
Cooperative Extension

JOIN US ON

WEDNESDAY, June 7th

AT 10:00 AM

AS SHANNON SORLI FROM

CORNELL COOPERATIVE EXTENSION

BRINGS US

Fruits vs Fruit Juice

DEMONSTRATING

"Watermelon Fruit Salad"

EVERYONE IS WELCOME TO ATTEND!



A DAY AT THE RACES - SENIOR CELEBRATION 2023



COMMUNITY BULLETIN BOARD

MAKE A DIFFERENCE FOR OLDER AMERICANS IN MAY: OLDER AMERICANS MONTH

BILL MANAGEMENT ASSISTANCE FOR SENIORS

Are you good with household budgets and bill paying? This might be the volunteer assignment for you! Older adults in our community are overwhelmed or confused by basic bills and checkbook balancing. Their eyesight has changed, and they can no longer read their mail or bank statements; their spouse paid all the bills before they passed away; they are getting senior-scammed by telemarketer phone calls. Join the AmeriCorps Seniors Financial Management Assistance Team and make a real difference in an older adult's financial life. "I can't believe how much they helped me!" Free training and manual provided. Email kgardner@cathcharities.org to learn more.

COMPASSIONATE COMPANIONS AND FRIENDLY VISITORS

You can put a smile on a lonely older adult's face by sharing the outside world with them in their own home. On your schedule and you decide how much time per week. There are many opportunities available: faith-based Compassionate Companions, Veterans Visiting Veterans, JCEO Telephone Reassurance and Friendly Visitors with Homebound Folks. We provide training and ongoing support to our volunteers. Give Kate a call in the AmeriCorps Seniors office at 518-566-0944 or email kgardner@cathcharities.org

AMERICORPS SENIORS GROCERY SHOPPING

AmeriCorps Seniors volunteers help older adults get to the grocery store. There are many seniors and elders with no car to do their grocery shopping. Many live alone and only need to shop once or twice a month. Many are veterans, both female and male. Some are homebound and cannot do their own shopping; they need volunteer shoppers. If you have a couple of hours, consider becoming a grocery volunteer and phone AmeriCorps Seniors at 518-566-0944.

NEW JCEO FOOD PANTRY

The newly remodeled JCEO Main Food Pantry on Margaret Street is open and busy! They need stockers, assistant shoppers, volunteers to do client intake or delivery and distribution. Lots of service assignments to choose from with many shifts available – they're open 5 days a week. Great service opportunity for couples, friends, or siblings to serve together. Email or phone AmeriCorps Seniors to find out how to get started: kgardner@cathcharities.org or 518-566-0944.

ONLINE FITNESS CLASSES

Cornell Cooperative Extension offers online exercise classes Monday through Friday. For information on any of these classes, please contact Mary P. Breyette by email, mba32@cornell.edu, or by phone at 518-561-7450. Here is a weekly class schedule:

Monday: Range of Motion - 9:00am-10am (offered by CCE)

Tuesday: Growing Stronger/Bones - 9:00am-10:00am (offered by Senior Planet)

Wednesday: Chair Chi - 9:00am-10:00am (offered by CCE)

Thursday: Growing Stronger/Balance - 9:00am-10:00am (offered by Senior Planet)

Friday: Range of Motion - 9:00am-10:00am (offered by CCE)

ARTHRITIS WATER EXERCISE

Location: YMCA Plattsburgh

Phone: 518-561-4290

Days & Time: Monday & Wednesday's from 11:00 a.m. – 12:00 p.m.

Cost: Class is FREE and is sponsored by the Clinton County Office for the Aging. It is not required to become a YMCA member to participate in this class.

DEFENSIVE DRIVER COURSE

Location: Farmers Insurance Office, 438 State Route 3, Plattsburgh, NY 12901

Phone: 518-324-7766

Date/Time: Saturday, May 20th, from 9:00-3:00 **Instructor:** Kelly Donoghue

*The Saturday class is a ONE-day class. **Rates:** Over 65 years old: \$25, Under 65: \$30

Craft & Vendor Fair and Huge Garage Sale!



**VENDOR &
CRAFT
FAIR**

Saturday, June 10th from 10-2

Lake Forest Senior Community

8 Lake Forest Drive, Plattsburgh NY 12903

518-561-6431

EVERYONE INVITED TO ATTEND !!!

Over 30 local artisans and vendors

50/50 Raffles and Giveaways

Food and Fresh-Baked goods

Garage sale items include furniture, collectibles and just about everything else.



DISABILITY VISIBILITY ART SHOW & SALE



An art sale with submissions from
artists whose lives have been
touched by disability in some way

When: Saturday, May 20th
From 10-2pm

Where: Koffee Kat Espresso Bar
Chapter One Coffee & Tea
Trinity Park

Art Drop off Time & Location:

The Strand Center for the Arts
May 3-6 & 10-14 10-7pm

In Partnership With:



FOR MORE INFORMATION ABOUT SUBMISSIONS &
OTHER DETAILS VISIT OUR FACEBOOK EVENT PAGE

518-564-0374

emma@ncci-online.com

Proceeds support NCCI

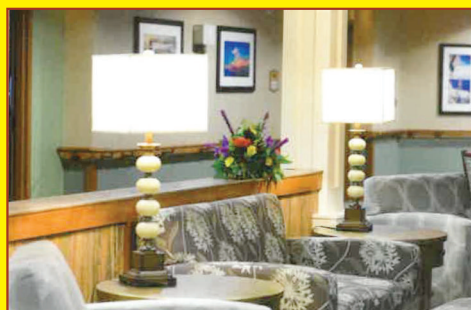


**NEXT SENTINEL PUBLICATION
DATE: SATURDAY, JUNE 17.**

SEE YOU NEXT MONTH!



We Provide the Continuum of Skilled Nursing Care...



Skilled Limited Assistance

Remain **INDEPENDENT** with all the comforts of home, plus security and peace of mind. Age in place...

Live comfortably in resort style with **FULL-SERVICE AMENITIES**, Knowing we are here if you need us.

We specialize in:

- ✦ Enrichment Activities
- ✦ Quality Care
- ✦ Nutritional Meals
- ✦ Secure Surroundings



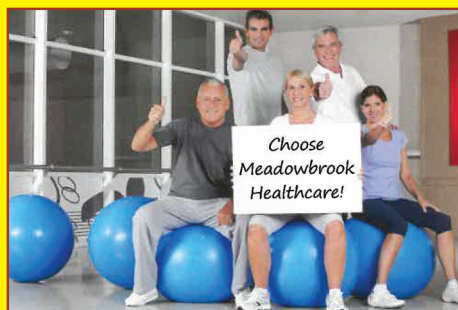
Subacute Rehabilitation

Licensed therapists provide one on one therapy sessions in our state of the art rehabilitative gymnasium.

We specialize in:

- ✦ Orthopedic Rehabilitation
 - Knee, Hip & Shoulder Replacements
 - Surgical Recovery
- ✦ Neurological Rehabilitation
 - Stroke Rehabilitation
 - Spinal Cord Injuries
- ✦ General Rehabilitation

Where you go for rehabilitation does make a difference: **INSIST ON MEADOWBROOK!**



Restorative Therapy

Our Restorative Therapy and Restorative Nursing Program provides interventions that promote the resident's ability to live as independently and safely as possible.

We specialize in:

- ✦ Physical Therapy
- ✦ Occupational Therapy
- ✦ Speech Therapy
- ✦ Exercise Classes
- ✦ Walking Programs



Skilled Nursing Services

Our philosophy encompasses caring for the whole person by providing an environment that contributes to the resident's well-being and the family's peace of mind..

We specialize in:

- ✦ Wound Care
- ✦ Pain Management
- ✦ Diabetes Care
- ✦ Oxygen Therapy
- ✦ Dementia Care
- ✦ Palliative Care