A tribute to Patrick Finnegan
June 2, 1946 – August 21, 2021
In Memory of Patrick Finnegan
From “Your Girls”

This will probably be one of the hardest articles for me to write since I started here in 2008. On August 22nd we lost a true one-of-a-kind person, Patrick Finnegan. When I started as Executive Director, I soon realized that Patrick came with the building. We had a few growing pains along the road, but soon after we found our footing and we found a mutual respect for each other and we became friends! There is so much to say about the most unassuming man you will ever meet. Patrick, as I called him, did so much for the Senior Center! He was a character for sure, but he did such wonderful things with humility and care for others! A special person remembered and a beautiful life honored!

Kathleen Hazel-Wood’s Tribute
Remembering Patrick and all the kind things he did for the Senior Center! He was a character for sure, but he did such wonderful things with humility and care for others! A special person remembered and a beautiful life honored!

Rachel Brown’s Tribute
I wanted to take a moment to say a few words about Patrick… or “Pat” as I would call him most of the time. I asked him one day which name he preferred because I noticed that while I would call him “Pat” other staff and Senior Center Members would say “Patrick”. He said to me, “I don’t know why they call me Patrick. I think it’s to be professional but I think Pat is friendly so you can call me Pat.” From that point I used Pat. Pat was… when I try to find the right words to describe Pat, I find it incredibly difficult, but I think the best way to describe Pat is selfless, caring, giving, and just overall a top-notch individual that always put the needs of others first. I was so incredibly fortunate to inherit his friendship and trust. Pat and I worked on many things together from party prep, to gardening, casino trips and countless other things. He was always ready to assist in any way and was always thinking ahead. Pat would come in early most days to be at the center with Angie every morning so she wasn’t alone in the building. During that time, if we had party scheduled, he would wash all the fruit, cut all the cheese, and pepperoni to have it ready for me by the time I arrived to work. When I would arrive, we would play music together and we would cut up all of the fruit to make a fruit salad. After everything was done and the party was ready to start, he would pour the pineapple juice remaining at the bottom of the container and just as if rewarding himself for a job well done, he would drink that pineapple juice right down and a big smile would immediately follow. Pat never asked for anything much except a simple “Thank you”. To simply acknowledge the help he offered was all he wanted and kept him going. Pat also really liked to be asked to do things or have a project to do. He wanted to be of assistance to put up tables, set up and remove chairs and the stage for different events. Almost any project Pat and I worked on together would start with an introduction of what he was doing and why. He would simply say, “One day I’m not going to be here and you’re going to have to know how to do it.” I would always listen but I would also brush those words aside as Pat was someone you could never picture not here and present. Of course he’d be here…. Forever! Now when I am walking the halls or preparing to do something, I find myself recalling Pat’s words saying just what we are going to do and how. It’s a dialogue in my head that I hope to never forget. Pat was also our biggest supporter when it came to raffles and drawings we would hold to support the Senior Center. It took me a little while to understand that asking for Patrick’s help is what he truly loved. We continued working together on the...
CONTRIBUTIONS FOR THE SENIOR SENTINEL ARE REQUESTED.

The suggested contribution for the Sentinel is $7.00 per year.

All contributions are kept confidential and voluntary. Contributions are used to support and expand the program. No one is denied service for their inability or unwillingness to contribute. Please mail your contribution to the Senior Citizens Council, 5139 N. Catherine St., Plattsburgh, NY 12901

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The Senior Sentinel is funded in part by the following organizations:

• New York State Office for the Aging
• Clinton County Office for the Aging
• Brown Funeral Home

and is printed each month by the Press-Republican.

Senior Sentinel is a product of the PRESS-REPUBLICAN & the Senior Citizens Council
518-563-6180

Program Coordinator:
Rachel-Maria Brown

Contributing Writers:
Maria Alexander
Robin LaBarge
Darleen Collins
If you love the Adirondacks, you will love this book by Mary Sanders Shartle (2014) called The Truth and Legend of Lily Martindale. I met Mary when I took her writing course during The Senior Council's Senior Scholar program this year. Mary is an excellent instructor, novelist and poet. This fictional book is one that you can immerse yourself in as I did. It tells the life story of Lily Martindale that begins in an idyllic setting of the Adirondack camp life and then turns into a great tragedy. Lily is an unforgettable woman who has to figure a way to come to terms with her own true self. Anyone who has lived in or near the Adirondack Mountains can picture themselves somewhere in this story. It took me back in time to my parents very rustic camp they built on Union Falls some 50 years ago. You will love this story.

THE BOOK OF LOST NAMES by Kristan Harmel (2020) was a page turner. I could not put this book down. Fiction based on real life events that took place during WWII in order to smuggle hundreds of Jewish children out of Germany to Switzerland, this story needs to become a movie. Our heroine, Eva Traube Abrams joins the underground and becomes a Resistance forger creating documents for the children and creates a secret coded book to keep track of the children's real identities that only she can decipher 65 years later. This book weaves love, heartbreak, betrayal and bravery for a really good read. I love history and you will love this book, a New York Times bestseller.

HOMELAND ELEGIES by Ayad Akhtar (2020) is not a book I would typically have ordered. As a gift from my daughter and on the New York Times 10 best books of 2020 I had to see what was in it. Half fiction and half memoir, the author is an American born Muslim with family relationship issues, financial struggles and living in fear after 9/11. The side stories; his father being a famous cardiologist to Trump (supposedly), visiting his family in Pakistan in Abbottabad not far from where Osama Bin Ladin was hiding (unknown to them) and his dealings with a founder of a wall street hedge fund which made him extremely rich will keep your interest. You are left wondering what parts of this book were fiction and what was the truth. It's a different kind of book but definitely worth reading.

EMPIRE OF PAIN - The Secret History of the Sackler Dynasty by Patrick Radden Keefe (2021) was a 10 out of 10 for me. You don't have to be in the medical field to dive into this well documented history of how the Sackler family (Purdue Pharma) promoted their prize moneymaker, OxyContin. Three generations of Sacklers made billions, around thirty-five billion, as hundreds of thousands would die of drug addiction and overdoses. The family lied about the addictiveness of the pain killer, hired high powered lawyers to fight court cases, influenced the FDA, and gave incentives to doctors and drug representatives to prescribe their product. To this day the Sacklers still live a lavish lifestyle. This is a must read.

TINA TURNER - MY LOVE STORY (2018)

What an amazing life story. Unbelievable. A very candid memoir of an abusive marriage with Ike Turner, a troubled relationship with her mother and finding true love later in life. In her 70's she finds herself on dialysis and has intestinal cancer which prolongs her chances of a kidney transplant. Sadly, she also has to come to terms with her son's suicide. She is a gritty woman and doesn't let anything get in her way. Truly inspiring. I now have to see the movie 'What's Love Got to Do with It' and the Tina Turner Musical coming back to Broadway in October 2021.

Robin LaBarge is a retired RN, lives with her husband Bruce in Morrisonville, has 2 married kids and 4 grandkids.
Do you know these Social Security terms?

Some of the terms and acronyms people use when they talk about Social Security can be a little confusing. We’re here to help you understand.

We strive to explain your benefits using easy-to-understand, plain language.

The Plain Writing Act of 2010 requires federal agencies to communicate information clearly in a way “the public can understand and use.”

This can be particularly challenging when talking about complicated programs like Social Security, Supplemental Security Income, and Medicare.

If there’s a technical term or acronym that you don’t know, you can find the meaning in our online glossary at tinyurl.com/pda3a2c.

Here are a few examples.

If you’re considering retirement, you may want to know your FRA (full retirement age) and your PIA (primary insurance amount). These terms determine your benefit amount based on when you start getting retirement benefits. The PIA is the amount payable for a retired worker who starts his or her benefits at full retirement age. If you start your retirement benefits at your FRA, you’ll receive the full PIA.

Most years, your benefit amount will get a COLA (Cost-of-Living Adjustment), which usually means extra money in your monthly benefit.

What about DRCs (delayed retirement credits)? DRCs are the gradual increases to your PIA that occur the longer you delay taking retirement benefits after your full retirement age. Every month you delay taking benefits, up to age 70, your monthly benefit will increase.

If one of these terms or acronyms comes up in conversation, you can be the one to help clarify the meaning, using our online glossary. Learning the terminology can deepen your understanding of how Social Security programs work for you.
CAREGIVING AND TAKING A VACATION

It can seem unrealistic or impossible for primary caregivers to plan for time off when faced with all their responsibilities. Caring for aging loved ones can feel like a 24/7 job on its own. Getting even a day or two of free time can be hard enough to manage. The prospect of taking a planned vacation can seem unrealistic, if not impossible.

Even thinking of taking a vacation can be a source of guilt or anxiety. If I'm not here to take care of them, who will? What if someone falls or forgets to take their medication? Who will cook and clean?

Those are understandable concerns, but the truth is family caregivers need vacations and breaks, too. It's important to be able to rest and recharge, avoiding the threat of burnout and stress-related health problems. With some careful preparation, it's possible for family caregivers to enjoy taking some guilt-free time off.

PLANNING AHEAD

Start making plans well in advance, even if you're just thinking of a long weekend away. Keep your loved ones in the loop about your travel plans, where you are going, and how long you'll be away. Come up with a list of the kinds of assistance your loved ones require while you're absent.

If your loved ones are reasonably independent and don't need constant care, it might be sufficient to recruit a (fully vaccinated) family member or close friend to stop by occasionally to check on them, provide any needed transportation or prepare some meals.

If your loved ones can't be left alone overnight, recruit two or three vaccinated individuals to take turns with the responsibility of caring for them at night. Another option would be to hire in-home care while you're gone. Paid caregivers from certified companies can assist with bathing, dressing, meal preparation, light housekeeping and transportation.

BE ORGANIZED

Before taking a trip, be sure to organize important healthcare and emergency information. Compile a folder of everything that the person caring for your loved ones in your absence would need. This can include:

- Emergency contacts, such as relatives and family friends
- A list of the health care providers that your loved ones would use
- Information about their preferred hospital and pharmacy
- Medical, dental and vision insurance cards
- A list of medications and prescriptions
- Legal documents including living wills, powers of attorney and other advance directives.

COVID-19 PRECAUTIONS

As the country reopens, the U.S. Centers for Disease Control is still recommending that travel be delayed until you are fully vaccinated against COVID-19. This means:

- 2 weeks after the second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

When traveling, the CDC recommends that fully vaccinated travelers should still take customary safety precautions against COVID-19:

- Wear a mask over your nose and mouth when in public.
- Avoid crowds and stay at least 6 feet from anyone who is not traveling with you.
- Wash your hands often or use hand sanitizer (with at least 60% alcohol). The CDC guidance recommends avoiding modes of travel that put you in long-term contact with people from outside of your household. This means prioritizing means of travel:

  SAFER
  - Short road trips with members of your household or fully vaccinated people with few stops along the way
  - If you must fly, try to take flights with the fewest stops or layovers

  LESS SAFE
  - Longer trips by car or RV with many stops along the way
  - Trips by car or RV with people who are not vaccinated or not from your household
  - Flights with layovers
  - Avoid
  - Long-distance train or bus trips
  - Traveling on a cruise ship or riverboat

BE HAPPY

Most importantly, the best preparation for time off is to let go of guilt and anxiety. Caregivers must be able to prioritize their own physical and emotional health. No one should begrudge your decision to take time away. Taking a break will keep you healthier in the long-run.

For more information about services in Clinton County, including respite, contact the Clinton County Office for the Aging's Caregiver Resource Center. Our Caregiver Resource Center has a lending library of books and periodicals pertaining to caregiving and aging. Call Case Manager, Sally Whitman at 518-565-4620 for more information. A monthly support group for caregivers will be held virtually on the third Thursday of the month beginning September 16th.

Senior Sentinel Friday, September 17, 2021

Caregiver's CORNER

Helping you through the challenges that come with life's biggest labor of love.
SEPSIS AWARENESS

BY DARLEEN COLLINS
Director, Clinton County Office for the Aging

As we entered into September, there were many emails, messages, and social media posts about Sepsis Awareness.

Why is it so important to talk about?

According to the Sepsis Alliance, for every hour that treatment is delayed, the risk of death increases by as much as 8%. That means that immediate medical attention is critical.

How do we increase the odds that someone will get immediate medical attention? We educate people about the signs of sepsis.

The Sepsis Alliance promotes “Take TIME to know the signs.”

T – Temperature that’s abnormal. Either higher OR lower than normal.

I – Signs of an infection.

M – Mental decline. Confused, sleepy or difficult to rouse.

E – Feeling extremely ill. Severe pain, discomfort, or shortness of breath.

Sepsis can happen to individuals of ANY age, but more than 80% of sepsis patients are 50 years of age or older.

Older adults, especially those age 65 or older, are particularly susceptible to sepsis. Sepsis is a medical emergency and its symptoms must be treated rapidly to reduce the risk of death. Early detection and treatment can prevent as many as 80% of sepsis deaths.

So hopefully you don’t view this information as negative or depressing, but rather as an opportunity to raise awareness and save lives.

If you recognize these symptoms and suspect sepsis, see a doctor urgently, call 911, or go to a hospital and say “I am concerned about sepsis.”

Be well.

Robotic Pets Available

We have all heard the saying: “A man’s best friend is his dog.” Animatronic pets are the latest trend among older adults. Studies have shown tremendous success after distributing the pets to thousands of participants. The pets’ initial design was for those with Alzheimer’s and dementia; however, the COVID pandemic’s isolation has increased interest in these unique pets. These furry robot friends were able to take on the role of a companion for those feeling lonely.

The design hopes to make them feel as “lifelike” as possible. The pets are soft with realistic fur, and can even respond to human touch. Cats will purr when being petted, and dogs make life-like sounds. These pets come with the benefit of a two-way companionship without the responsibilities of an actual pet. Some of the senior care facilities that gave out robotic pets saw residents experience better moods, appetites, decreased stress and anxiety, fewer medications and reduced behavioral problems. There were also signs that those who got to spend time with the pet had improved mental well-being, a sense of purpose and optimism, and reduced loneliness.

These robotic companions have proven to be valuable for many families especially during times that require isolation from loved ones. If you or someone you know would be interested in an animatronic cat or dog, they are available for Clinton County residents 60 years of age or older that do not have a pet. Contact Laura at the Office for the Aging at 518-565-4620 to request a pet. Quantities are limited, so don’t delay!
**Eating Challenges with Dementia**

Weight loss is common and tends to become more severe as dementia progresses. In addition to simply forgetting to eat, there are other reasons weight loss might occur:

- Appetite triggers in the brain may not be working normally or medications may impact the desire to eat.
- Food may taste bland due to changes in sense of smell and taste.
- Difficulty focusing may cause an individual to spend less time eating and therefore consume fewer calories.
- Coordination skills might decline, making use of eating utensils or feeding oneself difficult.
- Chewing and swallowing problems can make it difficult to eat. Some individuals may be prescribed diets that include softer foods to help encourage intake or thickened liquids for easier swallowing.

**Healthy Eating for Individuals with Dementia**

The media is flooded with information on how various vitamins and minerals can help or reverse dementia, at this time research is limited. However, if an individual has a vitamin or mineral deficiency, a supplement may be recommended.

The goal for most individuals with dementia is to eat a variety of foods needed for good nutrition status. For individuals who may be on a special diet for other health conditions such as diabetes or high cholesterol, health care providers may lift these restrictions.
Learning Opportunities on GetSetUp

Do you need help figuring out your cell phone? Do you want to learn how to zoom with your grandchildren? How about doing yoga in your living room? GetSetUp is an online learning platform for seniors, age 50 and over, that offers up to 50,000 online interactive classes. The platform was designed to decrease social isolation in older adults and promote independence through live classes and connecting with others.

The classes range from “how to” informational classes such as learning how to navigate zoom or set up an email account to exercising and cooking classes. There are also human interest classes that teach about various cultures, discuss gardening, and book clubs. These classes are taught by older adults for older adults. While there is normally a small fee per class, you can take classes for free as a result of a partnership between NYS Office for the Aging and The Association on Aging in NY. With over 300 live, online classes to choose from, there is something for everyone.

One local resident has had the opportunity to participate in 14 classes already. The participant, a 76 year old woman from Plattsburgh asked that her name not be disclosed but did discuss how she was introduced to GetSetUp. The participant stated that she was still working before the pandemic but had to stop due to COVID. She said, she went from being really busy to not having much to do to occupy her days. After speaking with a counselor at the Office of the Aging and lamenting how hard it's “been to slow down and do nothing,” she was introduced to the GetSetUp classes. She said, she wasn't sure at first how to access the classes because she wasn't tech savvy but asked her grandson to help set up a GetSetUp account. She said, “Once he helped me set up an account, now it's easy to access and log in.”

The classes are only one hour in duration and the participant stated that she likes taking classes that spark her interest such as cooking, health related topics like diabetes help and informational classes about other cultures. She stated that the classes “keeps her mind new” and gives information to people. The classes are taught by peers, including retired educators, professionals, technologists promoting economic empowerment, healthy life styles and a purposeful driven life. The GetSetUp platform offers more than 40 classes each weekday, and more than ten classes each weekend. The participant stated that she thinks the classes would be beneficial to other older adults so that can “learn from one another.”

How to sign up for GetSetUp:
Make sure you have a laptop, desktop computer or tablet that has a camera already installed in the device. If your electronic device doesn't have a camera already equipped with it, then you can buy a webcam from most stores and plug it in into your computer.

Set up an account with GetSetUp using this link: http://www.getsetup.io/partner/nystate

In the top right corner it will say, “Log in/Sign Up.” If you don't have an account yet, click “Sign Up.”

Enter your name, email and phone number. NYSTATE will show up in the “Coupon Code Applied” field. A text message will be sent to your mobile phone with a verification code to ensure your identity. Enter the passcode that was sent to your phone in the verification box.

You're now signed in and can start booking classes to attend! If you continue to have problems setting up an account, please call 1-888-559-1614.

With more than 650,000 learners from around the world, GetSetUp offers a wide variety of class topic. Find one – or many – that capture your interest. Happy learning!

CONTINUED FROM PAGE 8

As dementia worsens, other forms of assistance with meals may be needed. Be sure to discuss any changes in eating or drinking with a health care provider. Registered Dietitians, Speech Language Pathologists and Occupational Therapists are skilled in helping individuals with dementia and their caregivers.

Article submitted by;
Jo Dragoon Morse, RD
Consultant Registered Dietitian
Clinton County Office for the Aging

As dementia worsens, some individuals may require more calories because of increased activity. Oral nutrition supplements are often recommended to help get the calories and nutrients needed to maintain weight.

As we age our thirst sensation decreases. Add this to the other challenges of dementia and individuals may also be at risk of dehydration. Encouraging fluid intake and providing foods that are rich in water, such as fruits and vegetables, can also help.

Mealtimes are also an important part of ensuring an individual with dementia gets enough to eat. Serving meals at a dining table can help them focus on the task of eating. Individuals with dementia can become easily distracted, so avoid using patterned plates, having to many items on the table and turn off the television during meals. Eating with others in family-style setting may help to focus on eating and increase how much they eat.

As the memory loss progresses, caregivers may also need to provide verbal prompts to encourage individuals to eat. Bite-sized finger foods may encourage eating because they do not require utensils. Modified food textures are also commonly prescribed, since they can be easier to chew and swallow.

The Healthcare Team
September is Healthy Aging Month

September is Healthy Aging Month! This month has me thinking—what are the positive aspects of growing older? We’ve all heard the negative but I want to know what older adults consider the benefits of getting older? For myself, besides being more healthy; I hope I get better at making friends, be a more positive and social person. Reach my peak happiness. Spend more time with my family, kids and husband. I hope I practice gratitude in being comfortable in my skin and accepting that this body has made me who I am today. And learn whatever lessons I may have missed with my kids by learning them with my grandchildren. If you’re in a funk or having a hard time in embracing your age, don’t despair. Try to embrace the good and reflect on how getting older has made you a better person, partner, parent or friend.

1. **Do not act your age** or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but I say its positive thinking and goes a long way toward feeling better about yourself. (Tip: Don’t keep looking in the mirror, just FEEL IT!)

2. **Be positive in your conversations** and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Limit your time on social media.)

3. **Ditch the downer friends.** Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It’s contagious and wards off naysayers.)

4. **Walk like a vibrant, healthy person.** Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become unmotivated or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, wear comfortable shoes, and keep walkways clear of hazards.)

5. **Stand up straight!** You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better.

6. **How’s your smile?** Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and feel confident in your smile.)

7. **Lonely?** Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, take a class, and invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)

8. **Start walking** not only for your health but to see the neighbors. Have a dog? You’ll be amazed how the dog can be a conversation starter. (Tip: If you don’t have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)

9. **Get a physical.** Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.

10. **Find your inner artist.** Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)
CONTINUED FROM PAGE 2

Community Garden that he and Patti started together. During the plant watering time, he would share stories about his life and ask about my life and always about the kids. My youngest daughter, Nadiya, would come to work from time to time and Pat would take Nadiya to tour the center and ride the elevator. This would not be just a regular tour, Nadiya would tour the center in a wheelchair of course. They quickly became friends and often asked about each other. Pat also assumed the nickname “Grandpa-Like” from Nadiya. “Pat is just like my Grandpa. He isn’t replacing Grandpa but he does all these fun things just like a Grandpa. One raffle prize was a snowman that a Senior Center Member made and donated for this drawing. Like always, Pat shelled out all kinds of dollars and asked me to fill all of the tickets out for him. When he won the snowman, he gave it to me and said, “Put this under the tree from Santa for Nadiya for me and DON’T tell her it was me.” It’s been a couple years and that snowman is placed on her bed with all of her other specials stuffed animals. I never told Nadiya the Santa secret until after his passing and now that snowman is even more special. This was not the only occasion he thought of my kids or myself. It was constant. He was always thoughtful and caring. Pat’s presence will be missed and remembered!

Angie Hahn’s Tribute

There are no words to express our sadness with the passing of our dear friend Patrick Finnegan. Patrick was one of those rare people you MAY have been lucky enough in life to have met and called a friend! Patrick meant so much to many of us here at the Senior Center. He would do anything in his power to help us…move tables, set up tables and chairs for events, set up the stage in the dining room, shovel the entrances, spread salt on the sidewalk, clean, sweep – you name it. Patrick would be right there until the job was done. Patrick was here at the Senior Center every day faithfully – we needed Patrick and Patrick needed us – a reason and a meaning to be complete in his life. Many remember Patrick’s concession stand where he would sell food for Bingo nights. He took the time to cook his own recipe of Michigan sauce, shop for all the food at the concession stand, manage selling it during Bingo, clean up and rarely ask for a hand. Giving was the best thing Patrick practiced without ever asking for anything in return. Many do not know just how much Patrick actually bought for the Senior Center – he purchased the pool table, many tables and chairs, a table moving apparatus, small appliances, a freezer, clocks for many rooms, a shuffleboard table just to mention a few. We have such fond memories of Patrick with his most unusual epigrams and quotes – some of which we will never forget. Patrick always took care of “his girls” at the Center – and we were fortunate enough to be his girls as he never let any of his sit working alone in the building. We will miss but never forget our Patrick in our hearts…his kindness, laughs and expressions unparalleled as he certainly was “one of a kind”! Rest in peace Patrick – you were truly our “Guardian of
## October 2021 Menu & Nutrition Site Activities

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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>Chili w/Rice</td>
<td>Ranch Chicken</td>
<td>Lasagna</td>
<td>Hot Turkey Sand.</td>
<td>Broccoli Cheese Casserole</td>
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<td>Roast Pork</td>
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<td>Chicken Broccoli Divan</td>
<td>Spaghetti w/Meat Sauce</td>
<td>Roast Beef</td>
<td>Scalloped Potatoes w/Ham</td>
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<tr>
<td>Swiss Steak</td>
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<td>Meatloaf</td>
<td>Sausage w/Peppers &amp; Onions</td>
<td>Macaroni &amp; Cheese</td>
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### Nutrition Program

**Home Delivered Meals**
45 Veterans Lane, Plattsburgh  
(518) 561-8320  

**Clinton County Nutrition Sites**

- **Ellenburg** hosted by Mae & Sherry  
serves at 11:30,  
(518) 594-7311
- **Rouses Point** hosted by Carmen & Janice  
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 Angie  
serves at 12:00,  
(518) 561-8696
- **Senior Center** hosted by Marion & Kim  
serves at 12:00,  
(518) 561-7393
September 2021 Activities Calendar

**Monday**
- 8:15 Sr Fitness
- 9:00 Scrabble
- 9:30 Quilting
- 9:30 Crocheting
- 10 Shuffleboard
- 12:30 Mah Jongg

**Tuesday**
- 9am Osteo/Arth Exer
- 9:30 Tai Chi
- 10:30 Wii Bowling
- 10:30 Zumba Gold

**Wednesday**
- 8:15 Sr Fitness
- 9am Wii Bowling
- 10am Shuffleboard
- 10:30 Yoga

**Thursday**
- 9am Osteo/Arth Exer
- 9:30 Knitting
- 10:30 Zumba
- 12:30 Pinochle/Poker

**Friday**
- 8:15 Sr Fitness
- 9:00 Phase 10
- 10:30 Yoga
- 12:30 Mah Jongg

The Senior Center will be closed in observation of Columbus Day, Monday, October 11th. The office will resume regular hours the following day.

We know many of you are looking forward to our monthly parties and music presentations as much as we miss hosting them for you. At this time, we feel it’s best to not hold these kinds of events to ensure the safety of our Senior Center Members that attend regularly.

**Masks and Social Distancing**
While COVID cases are still on the rise. We are doing our best to ensure the safety of all our members who enter the building. Masks are required for all individuals who are not vaccinated or choose not to show their vaccination card. If you are visiting the center and would like to remain unmasked, we ask that you voluntarily show your vaccination card and you will not be required to wear a mask; however social distancing should still be practiced.

**Activities and Exercises Scheduled to Start**
Scrabble has returned. Every Monday Scrabble players meet at the center to play the game from 9:00 a.m. to noon. Scrabble is a word game in which two to four players score points by placing tiles, each bearing a single letter, onto a game board divided into a 15×15 grid of squares. New player are welcome!!!

Tai Chi is scheduled to begin Tuesday, September 21st. The classes will be held each Tuesday at 9:30 a.m. Tai Chi will be held on the first floor in the back room.

Yoga is scheduled to begin Wednesday, September 29th at 10:30 a.m. There are two Yoga classes offered each week on Wednesday and Friday both at 10:30 a.m. Yoga class on Wednesday is held on the 2nd floor in the gym and class on Friday will be held on the 1st floor in the back room. Please note, Wednesday offers some chair exercises and please bring your yoga mat.

**Watercolor Painting**
Bryan Briscoe is coming back to the Senior Center to teach watercolor painting. This is scheduled to begin Tuesday, October 12th and will continue for 6 consecutive weeks. The cost of this program is $40 per person. The focus is “Gardens and Landscapes”. If you are interested in participating in this class, please call the center to sign up at 518.563.6180. At that time, we will provide you with the supply list and any additional information you may need.
REMEMBERING PATRICK

Patrick wasn’t fond of being on the lens side of the camera.

After going through our computers, cameras, phones, and requesting photos of Patrick from other people, we soon learned there weren’t many photos to be had.

Here are the photos that we have found and would like to share with all of you in Patrick’s memory.
What’s Going on in Your Community?

“Meals on Wheels” Needs More Volunteer Drivers
You have a couple of mornings a week to deliver a senior their hot meal for the day and you want to help out. If this sounds like you, contact Kate at RSVP 518-566-0944 or kgardner@cathcharities.org to get started volunteering with the Clinton County Home Delivered Meal Program. You’ll get $.50 per mile for your travel with your vehicle, you’ll give a homebound elder food with a smile, and it will only take a couple of hours of your day.

Rescued Treasures Thrift Shop Wants More Volunteers
If you like people or animals or both, Rescued Treasures, which benefits Elmore SPCA, is seeking more help. Volunteer in a lively, retail thrift store in Plattsburgh where all the action is for the animals. Even being on the substitute list can help keep the thrift shop open! Contact Kate for details: RSVP 518-566-0944 or kgardner@cathcharities.org.

Vets Feeding Vets Wants You!
You can make a difference if you have time once a month to deliver food to local veterans in Clinton County who don’t have enough to eat. All you need is a vehicle, valid driver’s license, good driving record and auto insurance. Vets Feeding Vets deliver boxes of food the last Tuesday mornings of the month: 9/28, 10/26, 11/23, and 12/21. If you can help on any of these dates email kgardner@cathcharities.org or phone 518-566-0944.

Andy MacDougall 16mm movie updates
Hey film buffs, public screenings of Andy MacDougall’s old-fashioned (16mm) reel-to-reel movies want YOU! If you in turn want Andy to keep you in the loop with weekly updates about classic offerings on his movie marquee, please don’t hesitate to send him an e-mail at serious_61@yahoo.com OR call/text (518) 802-1220. Thanks and hope to see you at the movies!

Guided and Self-Guided Farm Tours at Asgaard Farm
**Date:** September 19th from 10:00 a.m. to 2:00 p.m.  
**Location:** 74 Asgaard Way, Au Sable Forks, NY 12912  
Join David and Rhonda for a guided or self-guided farm tour at Asgaard Farm! Farm store will be open to purchase of their goat milk products, cheeses, eggs, and meat.

43rd Annual Peru Applefest at St. Augustine’s
**When:** Saturday, Sep 18, 2021 10:00 AM  
**Where:** St. Augustine’s Church, 3030 North Main Street Peru, NY 12972  
The 43rd annual St. Augustine’s Applefest will be a one-day event on Sept. 18 this year with a parade, music, a craft fair, games, food and more.  
The event will start at 10am, with food booths opening at 10:30am, and the community parade departing from Peru Elementary School at 11am.  
Food highlights include apple fritters, fried dough, hot dogs, Michigans, burgers, sausages, and the K of C’s famous chicken barbecue.  
Kids fun includes train rides for small kids, a dunk booth, dime toss game, skee ball, frisbee toss, football toss, Chuck a Duck, Ready Set Go Ball Toss, and more.

North Country Veterans Association post #1 Annual Toy Run
**Ride Begins at:** Town Line Rd. Plattsburgh, Ny  
**Sun. Sept. 19, 2021**  
**Sign-Up 10am**  
**Kick stands up @ 11am sharp**  
$20 donation  
All Proceeds Go To: NCVA Underprivileged Children Helping Them Have a Better Christmas  
Please Join Us!  
For Info: Mike 315-705-1506 Ride is Open to the Public & Everyone is Welcome
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

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

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

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

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