

CELEBRATING 50 YEARS OF THE SENIOR SENTINEL

Friday, May 13, 2022

SENIOR SENTINEL



**Zumba Class
having a Luau themed
class and party!**

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PRESS-REPUBLICAN



Maria's Moment

May is Older Americans Month



Maria Alexander
Executive Director
Senior Citizens Council

May is Older Americans Month and unfortunately, we were not able to have our annual Senior Celebration again for the third year in a row. It is a very strange feeling. We are truly hoping we will be back to normal in 2023. If not, I guess we will just improvise!

Yes, it is the time to honor the millions of Older Americans but I believe that we should honor them all year. There are more than 50 million people 65 yrs. and older in our country. That's 16.9% of the total population. This is the highest percentage ever in our history. How can we possibly honor all of them in one month? Many of those individuals have contributed their lives, time,

and knowledge to help shape what our country is today. Without their skills and expertise we wouldn't have the technologies that we enjoy every day. Over 12.4 million people 65 yrs. and older are military veterans. Think of all they gave for us and their country. Once again, I say we need to honor the Older Americans every day!

At the Senior Citizens Council, we strive to meet the needs of the Older Americans so they can make healthy decisions regarding their wellbeing. We have many physical activities that can improve their health. We also offer programs to engage in social activities that can improve their mental health as well. The mental well-being of an individual can be just as important as their physical health. You can have a greater life satisfaction, lower rates of depression and lower mortality rates.

The past 2-3 years so much has changed because of Covid-19. Though all the activities have resumed at the Senior Council, things

are still not back to normal. However, I have seen more and more people/seniors out walking, biking, or just going for rides than I have in the past. That makes me happy that everyone is still trying to be as active as possible during these unsettling times.

We are currently developing new ideas to continue to increase and entice new members to join us. This is going to take some time and some creative ideas. We are going to offer a jewelry making class in June and we are very excited about it. Rachel has started a craft project monthly and it can be attended in person as well as through Zoom for those who still feel more comfortable at home.

During this current situation, we need to continue to take care of our seniors to make sure they stay safe and well. Check in on your neighbor. Maybe see if they need groceries or just a friendly voice. Things may feel like we are going back to normal because the weather is warmer, but we need to still stay vigilant and protect everyone but especially the vulnerable population.

If you have questions please feel free to call us at 518-563-6180 and we will do our best to point you in the right direction!

Stay safe and well! And please join us for some healthy exercise, socialization, good food, and plenty of laughs!

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A Round Of Applause For Henry A. Van Denburgh

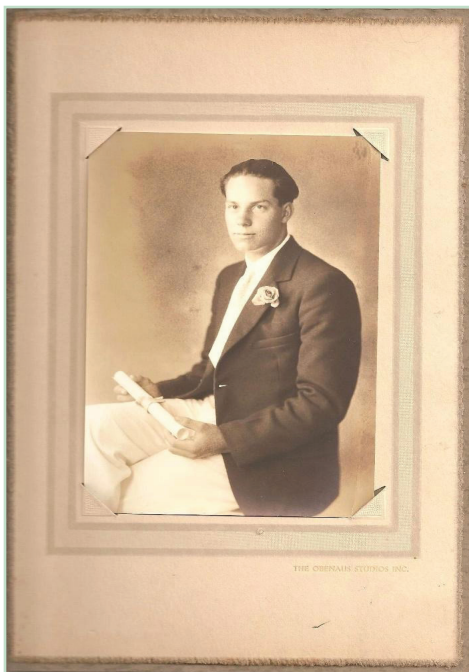
By Robin LaBarge, retired
registered nurse of Morrisonville

I had the good luck and pleasure of sitting down for a visit with Henry "Hank" Van Denburgh who lives on Clinton Street in Keeseville and just happens to be 108 years young. What an amazing story.

Born to Mary and Paul on 12/19/1913 in Climax, NY he grew up on his parents 165-acre farm and worked there for 37 years. He tells me he loved driving tractors and seeing how the farm equipment worked "I would crawl under the Harvester to see how it worked, to see how the gears worked." He also saved his money and bought his first car, a Model T Ford in 1928 when he was 14 years old. "I just loved machinery." He and his father and his Uncle Manley ran the farm. "Besides pigs and dairy cattle, we had orchards full of fruit; apples peaches, plums, pears and during the depression we sold apples for 5 cents apiece."

His wife of 65 years Albertha "Bert" died in 2006 and he remembers how they got together. "I was at Berman's Dance Hall in Greenville, NY and this really pretty girl was sitting at a table with some other girls. I went over and asked her if she had any room at the table. She thought I asked her if she any rum! Well, she made room for me. She was really pretty." Henry remembers going to buy the engagement ring with 25\$ in his pocket but the ring cost 35\$. He told the lady at Montgomery Wards in Albany he only had 25\$ in his pocket and she dropped the price. Asked Henry how he proposed "darned if I know, maybe she proposed to me! I guess I asked her if she would like a ring!" They were married on September 19, 1941 in Leeds, NY at the Dutch Reform Church. Chuckling he says "When we got married, she had a veil over her face and I was supposed to kiss her, but not thinking, I kissed her through the veil!" Maybe he was a little nervous.

Henry had all kinds of jobs along the way. He left the farm in 1945 and worked at Knaust, a mushroom farm, also did road construction job on Rte. #23 in Elmer, NY and



1932 high school graduation

cleared land in the Catskill Mountains for the Boys Scouts of America. He got into Albany Cold Storage and Refrigeration in 1947 and by 1954 was a fireman at Coxsackie prison. Always studying, taking courses and acing tests he eventually became NYS Stationary Engineer in Attica, making his way to Principal Stationary Power Plant Engineer and retiring from the Department of Corrections in 1981. Not afraid of work, he worked 7 days a week and often worked two jobs simultaneously.

Asked Henry the scariest time of his life. "When I was a kid, I was on the slate roof of the barn about 18 feet up and I'm sliding off that roof. I think to myself do I just jump and try to miss the rock below or try to jump to my father. I figured I'd take my chances with that rock and I stood up getting ready to jump. As soon as I stood up, I stopped sliding!" Problem solved. "Another time I was cleaning the stables in the barn and I hear HELP, HELP and I see my father pinned to the ground by the



Henry and Albertha in 1991
50th Wedding Anniversary

bull, the bulls head was on his chest. I ran and got the pitch fork and stabbed that bull and the bull ran off. I was so scared. I saved my father but he would die about a month after the incident so he may have had permanent damage from what that bull did to him." Henry was 30 years old at the time.

What did he like growing up? Laughing he says "My best friend growing up was Bill

Jones. We had a lot of fun, played some tricks on each other that I can't tell you about. We used to run around and look for girls. I also liked dance halls and dancing. I loved square dancing!" He said he never smoked or drank, except for some hard cider occasionally, which may explain his longevity. Henry lives with Merry, his daughter, and she asked her dad one morning how does he keep living? He told her "I just wake up! It's that easy!"

Asked Henry if he could go back in time would he ever do anything different. "I would go to college and get a college education. I'd go into something like architecture. You know learning is so very important." And he would tell the young kids today "Go to school and learn all you can." According to Dave, Henry's oldest son, they gave his father his first computer at age 90 and it was like a whole new world opened up for his dad, he just loved it.

Asked Henry what he thinks of the news these days. He says "I don't like it at all, I think we should stay out of any war." Merry and Henry prefer to watch Netflix instead. Right now, Henry says they are into the drama series "Call the Midwife". What's next for Henry? Whatever he feels like doing, there's no limits for this guy.

Robin LaBarge is a retired RN, lives in Morrisonville with her husband Bruce, has 2 married children and 4 grandkids.



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Community Conversation

BY RICH FROST
CHAPEL HILL FOUNDATION
MARIA ALEXANDER
SENIOR CITIZENS COUNCIL
KERRY HALEY
THE FOUNDATION OF CVPH

Last month this column focused on what's often called the "Virtual Village" or "Village Movement." We've received a number of responses and interesting questions.

First, for those who might not have read that column, here's a short recap. An early example came in the Beacon Hill area of Boston. Older adults living there insisted they would age in their homes, but they began to realize there were issues that had to be overcome. They worried about keeping up their apartments and homes, plus they had concerns about isolation.

These neighbors organized themselves as a group that could pool resources and arrange to

have services on call when they needed them. For instance, many worried about changing light bulbs in situations that required a ladder. And they became frustrated when they had minor plumbing problems, or they couldn't find someone to shovel snow. They figured that by sharing ideas and supporting one another, they'd have a better chance of maintaining their independence. In return for the easy access and readily available services, members of the initiative paid a modest fee (you might call this dues) annually. Often donations or grants help to keep the entity solvent.

Similar networks have been established across the country, in both urban and rural areas, and with a mix of demographics and socioeconomic situations. And often such organizations meet a broader, more varied set of needs.

Funds are usually used first to hire a coordinator, someone readily available by phone

or e-mail who can then access the specific services needed. Need a ride for an upcoming appointment? Want someone to fix a leaky faucet? Can't figure out how to get your internet hooked up? Many "virtual villages" are set up to handle such situations.

Depending on the number of people who join, the group may choose to add another employee, such as an on-call handyman. (I've read about groups that make the handyman the first person hired.) Another approach has been to arrange discounted services from plumbers, electricians, and the like, who welcome serving older clients in the community.

Some Virtual Villages are operated by paid staff, some through volunteers, others through a mix. Each decides upon its own specific array of services that are offered. Many go further, trying to deal with the risk and reality of social isolation. Thus, there could be a series of educational programs, exercise classes, or an occasional outing.

The ability to be flexible and meet needs most important to members helps drive these initiatives. Still, planning is needed, akin to development of a business plan. There are several national organizations that can help interested groups navigate the basics.

Here are some responses (mildly edited) that we received to last month's column:

I think this is a wonderful idea. I often wish I had someone to help me with things like cleaning up my flower beds, changing a light bulb, or cleaning out the top shelves of my kitchen cupboards. No sense having anything on the top shelf if I can't reach it. I stay away from ladders as much as I can. I have a son who is local and helps me when he can but he has a business and is not always available. And sometimes I just don't want to bother him.

What is the typical wait time between calling the coordinator and having someone show up to do the work? Could the person hang pictures, hang a ceiling fan, clean outdoor windows, etc? What would be the cost to join?

What a great concept! Wonder how that would work in places like Mooers, Redford, and the outskirts of Clinton County. I suspect some of this already happens when neighbors call on neighbors for help. Years ago we had an elderly couple that lived across the road from us and we volunteered to fix whatever they had broken at the time. They would sometimes repay us with a bottle of wine. Being able to age in place is wonderful when possible.

We think it's important to understand that there are no fixed rules for virtual villages. They are adapted to what members see as their needs. The same applies to protocols for fulfilling the needs.

As you see, our respondents have delineated some other potential needs. Any group that organizes itself would have to decide which of these should become part of the menu. And that menu can be expected to change over time. It might be best to begin with a narrow spectrum of offerings, and then add to these as time goes by.

Similarly, the group itself would decide on such issues as the "wait time," as expressed above. This would not be an emergency service provider. Perhaps initially the decision would be to have the request met within a week, or ten days. After, say, six months, the group could look at the record and decide whether that should be changed.

Cost will have to be determined. This will depend on the number of people joining, and also on the spectrum of services offered. Assistance might be needed to come up with the initial budget.

Yes, the situation would be different in more isolated areas like Redford, Mooers, and other hamlets than in, say, Plattsburgh or Rouses Point. Again, there aren't any answers set in stone. Maybe one strategy would be to begin such a program in a large neighborhood in Plattsburgh, and/or one of the smaller villages in Clinton County. As experience is gained and feedback examined, the concept could be expanded to more areas. Each group might do things differently. And that's fine.

There are many examples of successful "virtual villages" around the country. We don't need to re-invent the wheel. Instead we can reach out for advice based on their experiences. In addition, there are organizations both in New York State and nationally that can help communities set up such initiatives.

We'd like to hear more feedback about these concepts. If there's continued and growing interest, we're willing to set up some initial meetings, perhaps inviting some people who have organized or made use of "virtual villages" in their own regions. Successful implementation will take time, and also require a group of motivated individuals. For now, however, we're willing to help take the lead on facilitation.

Fill in and cut out this form with **your thoughts on virtual villages or other issues** and mail it to Senior Citizens Council, 5139 N. Catherine St., Plattsburgh, NY 12901. Please include your name and address so we may respond to any needs, concerns, and/or thoughts.

Caregiver Advice

How to Manage Caregiver Stress

The demands of caregiving can be extremely stressful. According to the 2021 Alzheimer's Association Facts and Figures Report, 59% of "family caregivers of people with Alzheimer's or other dementias rated the emotional stress of caregiving as high or very high."

That level of stress can have consequences to the wellbeing of both the caregiver and the care receiver. Stress on caregivers can lead to burnout, depression, isolation and physical health problems. On the other end, the Alzheimer's Association report finds stress on family caregivers "is associated with increased odds of institutionalization of the person with dementia, exacerbated behavioral and psycholog-

ical challenges in the person with dementia, and increased likelihood of someone with dementia being abused."

According to the Mayo Clinic, signs of caregiver stress include feeling constantly worried, getting too much or not enough sleep, feeling sad, overwhelmed or tired often, becoming easily irritated, experiencing frequent headaches and losing interest in activities you use to enjoy.

The Mayo Clinic offers the below advice to manage caregiver stress.

1. Accept help. Be prepared with a list of ways that others can help you. For example, a friend may be able to pick up your groceries or run an errand for you.

2. Focus on what you are able

to provide. It's normal to feel guilty sometimes, but understand that no one is a "perfect" caregiver. Believe that you are doing the best you can and making the best decisions you can at any given time.

3. Join a support group. A support group can provide validation and encouragement, as well as problem-solving strategies for difficult situations. People in support groups understand what you may be going through.

The Alzheimer's Disease Caregiver Support Initiative (ADCSI) offers a variety of in-person and virtual support groups that provide emotional support, information, resources and a platform for caregivers to share lessons learned with other caregivers of

persons with dementia.

ADCSI Project Coordinator Kristen Osterhoudt suggests that caregivers "prioritize taking care of themselves so that they can continue caring for others. Find stress-reducing activities that you enjoy. That could be going for a walk, getting your nails done, talking to a friend, reading a book or watching a funny movie. Make the time to do these activities regularly. Often caregivers will think it is selfish for them to take time for themselves and will feel guilty for doing so. In reality, this is a strategy to help reduce caregiver stress and prevent burnout."

Additionally, the Alzheimer's Foundation of America (AFA) recommends the following tips

to help cope with stress and prevent it as much as possible.

1. Mind your health. Inadequate rest, poor diet and lack of exercise can all exacerbate stress (and create other health problems as well). As best you can, prioritize getting sleep, eating right, drinking plenty of water and being active. You cannot provide quality care to a loved one if you don't take care of yourself.

2. Take things one day at a time. Resolving everything at once is both impossible and unrealistic—don't hold yourself to that unreasonable expectation. Prioritize, set practical goals, do your best to achieve them and take things one day at a time.

3. Stay in touch. There are so many ways to stay socially connected with family and friends—visits, FaceTime, phone calls, text messages and emails, just to name a few. Disconnecting from your support structure and staying bottled-up increases stress.

If you are experiencing emotional, financial or physical stress, the Alzheimer's Disease Caregiver Support Initiative is here to help. Check out the free services listed on our website or call 1-800-388-0199 for more information.

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Nurse Receives Grant Easing Needle Concerns for Thousands of Patients

Funded purchase of ultrasound machine to help nurses draw blood

Jon Verseput, an IV Therapist and Registered Nurse at CVPH, helps place IVs in thousands of patients every year. One of the significant points of frustration he encounters with them is when it takes several attempts to insert the needle in the right spot.

"I can see it in their faces. When I get called into a patient's room, and the patient has already been stuck six or seven times, and they look at you like you're going in for a root canal at a dentist," he explained.

Knowing the need was there, Jon applied for a mini-grant with The Foundation of CVPH for \$15,000 to purchase a new Ultrasound machine to assist in the placement of IVs and lab draws. He was awarded the funding, and the machine went into use last June. Jon anticipates it could be used 1,500 times through the end of 2022.

"It's every department. We almost always have to use this multiple times a day, even on slow days. And that look of relief when they see the blood going on the first hit, and being able to draw all their labs," Jon said. "These patients tend to be much more satisfied with their care and their stay in the hospital as a result. It really does make you feel like you actually did something good for somebody that day."

He also noted the impact on



nurses, pointing out that it can be frustrating for them as well knowing that the patient isn't happy with extra sticks. Ultrasound-assisted IV placements improve efficiency, getting lab work completed and

medications delivered on time.

And he remains grateful for the support of The Foundation and its donors, adding, "Without them, our patients wouldn't benefit from this. I've seen the tangible results of

these donations, going right where they can be used best. And in this case with the Ultrasound machine, our donors have contributed to something that gets used every single day, all day long."

CVPH Foundation gives scholarships

Funds support local high school seniors, hospital employees

The Foundation of Champlain Valley Physicians Hospital (CVPH) is investing in the next generation of health care in northern New York. It has awarded more than \$54,000 in scholarships to graduating high school seniors and hospital employees.

The Foundation is providing \$12,000 to 13 soon-to-be high school graduates pursuing careers in health care. More than half are seeking degrees locally, including CVPH School of Radiologic Technology, Clinton Community College and SUNY Plattsburgh. Nursing, radiology, biology for pharmacy and medical school tracks and biomedical technology are among the programs these students will be studying.

"The demand for health care workers has never been greater in the North Country," CVPH Associate Vice President of Philanthropy Kerry Haley stated. "It's important to think about what to do for a career. And for some students, that will hopefully be a life dedicated to providing the best care possible right here in our community. We are thrilled to help these amazing young people down that path. None of this would be possible without the generosity of our donors, and I can't thank them enough for supporting our future health care providers."

A total of 20 hospital workers will also receive \$42,200 combined in funding from The Foundation, including eight Registered Nurses (RN) seeking to continue their education



and two Clinical Assistants studying to become Registered Nurses. Radiology, Patient Registration, Emergency Management Services, the Child & Adolescent Psychiatry Unit, and Occupational Health and Wellness are other departments with employees applying for and receiving financial support.

"These employees are increasing their knowledge, improving clinical

skills and gaining new experience for the betterment of our patients and community," Haley explained. "We're proud to support their education goals and desire to grow professionally, knowing it's the people seeking our care who will ultimately benefit."

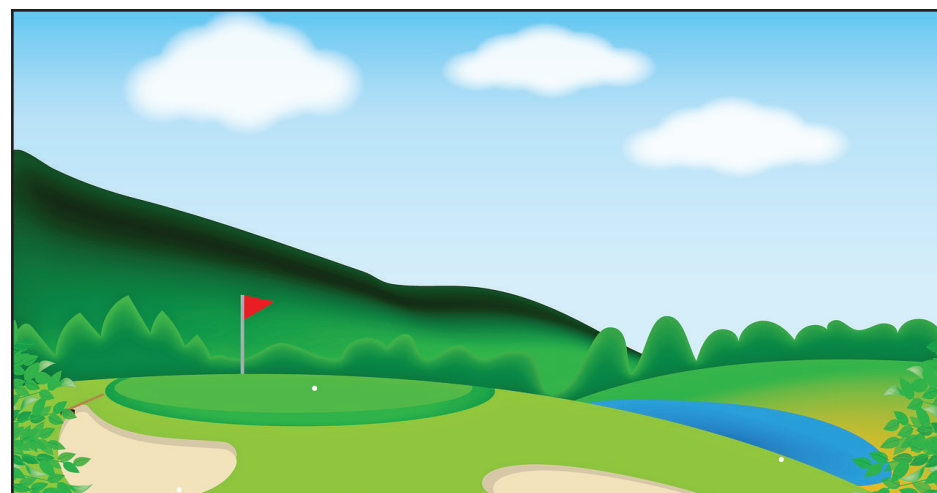
Education scholarships are available to any CVPH employee seeking financial assistance with pursuit

of an undergraduate or graduate degree, taking a course or continuing education that will improve and strengthen their role at the hospital. Scholarships are available for high school seniors in Clinton and Essex Counties. All applications are reviewed by The Foundation Scholarship Task Force and total awards are made based on available funding each year.

Save the Date FORE Golf

Jim Abbott & Dick Coffey Memorial Golf Tournament set for June 3

In partnership with The Hoffman Eels Group CPAs, we hope you will join us as we celebrate the 21st anniversary of the annual Jim Abbott & Dick Coffey Memorial Golf Tournament to take place on June 3 at Adirondack Golf & Country Club. Sponsors and teams are being sought to take part in this golfing tradition. For more information, contact Michelle Senecal at msenecal@cvph.org or (518) 314-3359.



Save the Date For Paris

CVPH Foundation annual summer fundraiser pays tribute to City of Lights

Saturday, June 11, 2022 is The Foundation's annual summer fundraiser with a Parisian twist. Get tickets for Un, Deux, Trois Paris and join us under a tent on the US Oval for live entertainment, dinner, dancing and live and silent auctions. The fun starts at 5pm and we will be presenting the second annual Larry W. Jeffords Legacy Award. For tickets or more information, visit <https://www.cvph.org/Foundation/Oh-La-La-Paris> or contact Michelle at (518) 314-3359 or msenecal@cvph.org

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Phase 10: A fun variation of rummy

BY RACHEL BROWN
Program Coordinator

Phase 10 is an activity that is played at the Senior Center every Friday morning at 9:30 a.m. This game is well attended and generates a lot of laughter. You might ask what Phase 10 is. Phase 10 is a card game that was created in 1982 by Kenneth Johnson. It's based on a variant of rummy known as contract rummy. This game requires a special deck (or two regular decks of cards) and can be played by two to six people. The game is named after the ten phases that the player must advance through to win.

Before we played Phase 10, we gathered as a group to talk about the game and hear some thoughts of our Senior Center Members. Phase 10 was in place, long before I started my position here, so I asked the group, "How did Phase 10 begin at the Center?" Gary Ward said, "Dee Lessor used to play Phase 10 while she was camping and introduced the game to us. She was 100 years old." Barb Martin added, "We wanted something to do on Friday mornings." So, Barb got the ball rolling along with an intern, Jessica Bushey, that was here at the time and Phase 10 was introduced as a scheduled activity on Friday mornings. Many folks that attended the center on a Friday morning described the morning as a "quiet morning," "a nothing morning." Now about 20 people gather to play this game and the room is filled with laughter.

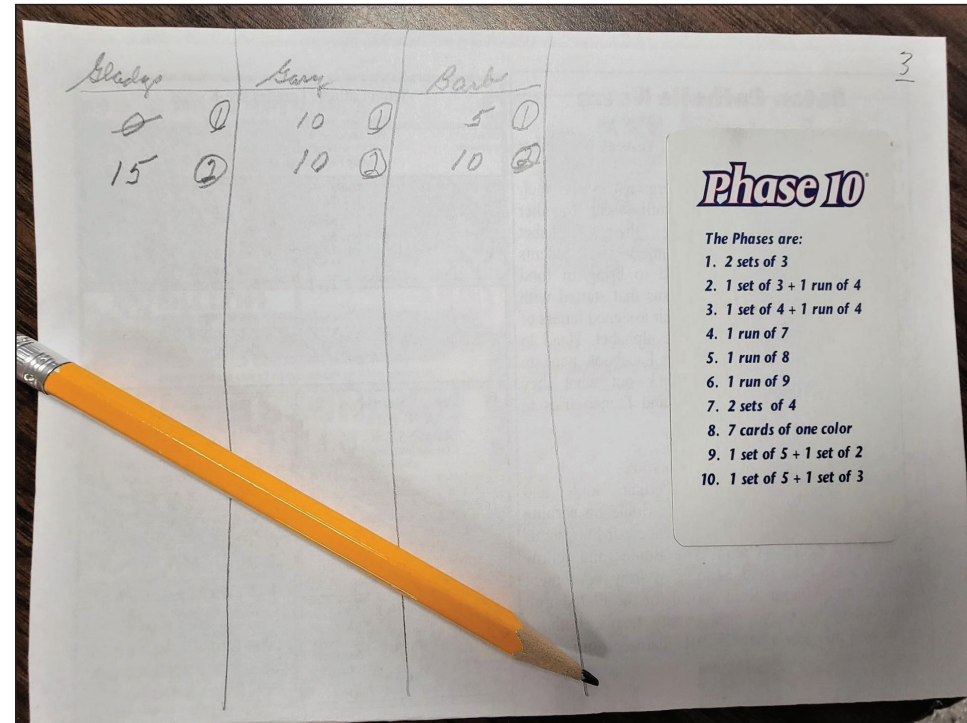
I was eager to hear from each person why they enjoyed coming so I decided to ask each participant that was present "What do you

like about Phase 10?" and "What keeps you coming back?" Here are their responses:

Ray Mitchell said, "Genny." The room chuckled at the response. Still laughing Gary Ward replied, "Barb tells me too." The room erupted with laughter, and I couldn't help but notice what great listeners Ray and Gary are; they keep coming back. Big thanks to Genny and Barb! Genny mentioned that she comes because this activity is good for her brain. Gary also added that it's good to be with a group. Marvin Brown keeps coming back because he likes playing Phase 10, meeting new faces, and enjoys the people. Bonnie Katz agreed with Marvin stating that, "I like the people. It's very enjoyable." Marvin Benton added and shared a little story with us, "We are all here to enjoy each other's time. I like that nobody plays cutthroat. The first time I played Phase 10 here, I couldn't get off the first phase. Everyone went on to complete the game and I sat on the very first phase!" With everyone laughing, Gary quickly added, "we threw the boxing gloves away a long time ago." What a fun memory to share and even though he lost, Marvin came back to give it another shot and has been attending this activity for many years. Marvin noted, "One more thing! Before we begin to play, we all pick a number from the deck. The number we pull designates a table to play at. You're always playing with different people at a different table. It's the type of game you can do that with."

Join us to play Phase 10 Friday mornings at 9:30 a.m.

If you want to come enjoy a "fun, nailbiting, enjoyable" game, come to the center Friday morning at 9:30 a.m.



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- 24/Hour A Day Supervision
- Medication Management
- Case Management Services
- A Full Activities Schedule
- Onsite Dietician
- Onsite Rehab Services
- Assistance Showering
- Assistance Toileting
- Daily Laundry
- Weekly Room Cleaning
- Daily Home Cooked Meals & Snacks

Call us today at (518) 563-4960
www.VilasHome.com

61 Beekman Street • Plattsburgh, NY
Located next door to CVPH Hospital



June 2022 Menu & Nutrition Site Activities

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|-----------------------------|---------------------------------------|---|---|
|  | | 1 Swedish Meatballs | 2 Sausage, Peppers and Onions on a Bun | 3 Sweet-n-Sour Pork Rice |
| 6 Honey Mustard Pork Chop | 7 Spaghetti w/Meat Sauce | 8 Roast Turkey w/ Gravy | 9 Ham & Provolone | 10 BBQ Chicken |
| 13 Chicken & Biscuit | 14 Michigan on a Bun | 15 Fettuccine Alfredo | 16 Hot Roast Beef Sandwich | 17 Breaded Chicken |
| 20 JUNETEENTH HOLIDAY | 21 Macaroni & Cheese | 22 Chicken Salad Sandwich on Wheat | 23 Meatloaf w/Gravy | 24 Battered Cod |
| 27 Hamburger on a Bun | 28 Salsa Chicken | 29 Roast Pork w/ Gravy | 30 Vegetable Lasagna |  |

We are open for limited capacity so please call your favorite location for a reservation and regula-

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 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 Angie &
Marge**
serves at 12:00,
(518) 561-8696

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

THE MASK MANDATE HAS BEEN LIFTED. THE SENIOR COUNCIL IS CONTINUING TO RECOMMEND MASK USAGE WHILE INSIDE; HOWEVER, IT WILL NO LONGER BE REQUIRED TO ENTER THE BUILDING.

June 2022 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
10:30am Wii Bowling
10:30am Zumba Gold
12:30pm Pinochle

Wednesday

8:15am Sr Fitness
9am Wii Bowling
10am Shuffleboard
10:30am Yoga
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
10:30am Beginning Yoga
12:30pm Mah Jongg

HOLIDAY CLOSURES

The Senior Center will be **closed Monday, May 30th** in observance of Memorial Day. Please note, that the Center will also be **closed on Monday, June 20th** to observe Juneteenth.

CRAFT DAY

Craft Day is scheduled for Wednesday, June 22nd at 10:00 a.m. We will be creating lovebirds from craft paper and paper clips. This event is free and open to the community. Please RSVP by Wednesday, June 15th to ensure there are enough materials for everyone. To sign up, please call 518-563-6180.



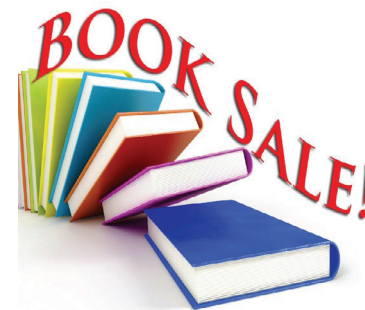
NATIONAL HEALTH & SENIOR FITNESS DAY

The Senior Center will celebrate National Senior Health & Fitness Day on Wednesday, May 25th from 9:00 to 11:00 a.m. There will be fitness demonstrations as well as other preventative health topics such as heart health and diabetes prevention and care discussed on that day. There is a door prize for one lucky attendee. YMCA has donated a one-month membership to their facility for a senior. The event will be held in the gym.

SENIOR CENTER STUDIO SALON LISA DUPREE 518-534-5229

Haircuts \$15.00
Wash/Cut \$17.00
Wash/Cut/Style \$19.00
Color \$35.00
Perms \$35.00
Waxing Brows \$7.00
Waxing Lip \$5.00
Appointments & Walk-ins
Tuesdays & Thursdays only!

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



SENIOR CENTER USED BOOK SALE

SATURDAY, MAY 21ST

9:00 AM – 1:00 PM

Enter via Court Street door!
Bring a bag to carry away your books!
All proceeds benefit the Senior Center



JEWELRY MAKING CLASS



JOIN US TO MAKE A
BEAUTIFUL BRACELET ON
MONDAY, JUNE 20TH



CLASS FROM 10:00 AM - 12 NOON

PRE-REGISTRATION AND PAYMENT
ARE REQUIRED TO SECURE SEAT!

CALL RACHEL @ SENIOR CENTER
518-563-6180

COST: \$5.00/PERSON/1 BRACELET
NOTE: LIMITED NUMBER OF PARTICIPANTS;
DEADLINE IS WHEN CLASS IS FULL!





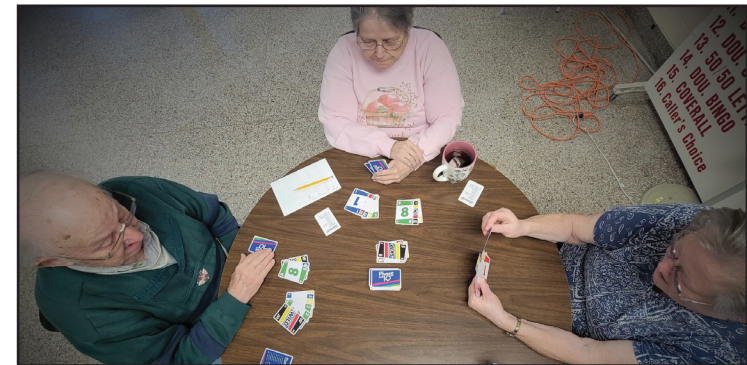
THE PICTURE PAGE



We made flowers using cupcake liners and twigs for Craft Day in April. This was a simple craft that had a nice outcome! Pictured here are Diane Cudworth (left) and Judy Judge.



More fun playing some hands of Phase 10!



COMMUNITY BULLETIN BOARD

AMERICORPS SENIORS MAY VOLUNTEER OPPORTUNITIES

Long-Term Care Ombudsman

If you've been feeling for the residents in our area nursing homes during the past two years and wonder how you can help relieve their isolation, maybe volunteering as an ombudsman is right for you. You'll be thoroughly trained to be a voice of those on the inside to make sure their rights are being honored. Training in early June for new Clinton and Essex County volunteers! Email kgardner@cathcharities.org to learn more.

American Red Cross Eastern NY

Volunteer at the Days Inn in Plattsburgh to greet donors at registration and provide them with refreshments at weekly blood drives on Thursdays or Fridays. Shifts are 4-6 hours on afternoons. Volunteer once a month or every week! There are lots of other Red Cross volunteer opportunities as well! Email Kate in AmeriCorps Seniors office, kgardner@cathcharities.org to get started.

North Star Underground Railroad Museum for the Summer

The North Star UGR Museum invites volunteers to share local history as a guide/docent. Train to be a volunteer Docent in May. Volunteers work in pairs at times of their choosing starting Memorial weekend through Columbus/Indigenous Day weekend on Fridays, Saturdays, and Sundays. If you enjoy interacting with the public and have some light computer skills, this could be your summer volunteer service! Scripts are available for exhibits. Email Kate at kgardner@cathcharities.org, or phone 518-566-0944, AmeriCorps Seniors office.

Literacy Volunteers Help Adult Learners

Literacy Volunteers seeks new volunteers to train to work with adult learners in Clinton County. Perfect opportunity for retired educators or computer technicians or those who like teaching a new skill to help others improve their lives. You'll meet with your adult learner once a week for a couple of hours. Training provided. Email or phone AmeriCorps Seniors to learn more: kgardner@cathcharities.org or 518-566-0944.

Meals on Wheels

About 2 hours of your time from 10:00 am – 12:00 pm, one day a week or more. Like to go on vacation? No problem: they've got you covered with a sub. You'll receive mileage reimbursement using your own vehicle, supplemental volunteer insurance, and a great feeling of helping. Good driving record? Carry auto insurance? Looking for a great way to make someone's day? Email or phone AmeriCorps Seniors to find out how to get started: kgardner@cathcharities.org or 518-566-0944.

UPCOMING EVENTS WITH CAREGIVER SUPPORT: ALZHEIMER'S DISEASE AND OTHER DEMENTIAS

Support Groups

June 7th at 6:00 pm - Sibley Hall Room 534 SUNY Plattsburgh
June 13th at 10:00 am - Virtual via Zoom

Memory Cafes

May 25th at 1:00 pm - Music with Mitch Willette at the Turnpike Wesleyan Church
June 16th at 2:00 pm - Virtual Craft Group: Painting Class with Kathy
Please Register One Week in Advanced to Ensure Delivery of Supplies

Coffee Chats about Senior Health

June 15th at 10 am - Virtual
Guest Speaker: Lindsay Stanislawsky from the Alzheimer's Association

All events are **FREE and open to the public**. To register or for more information please contact Kristen Osterhoudt at (518)832-4992.

Free Workshop

Living Healthy with a Chronic Condition

Learn ways to support your physical, mental and emotional health by creating action plans and achievable steps towards your wellness goals. Residents ages 18 and up are eligible to attend this **free** workshop.

Fridays 10 am - 12:30 pm
May 20th - June 24th
Champlain Meeting House
11175 Route 9
Champlain, NY 12919

Pre-registration is required. Call Sean at 518-565-4620 no later than May 10th.

Topics covered include:

Healthy Eating; Working more effectively with healthcare providers; Communicating with family, friends, and oneself; Appropriate use of medications; Better breathing techniques

Sponsored by the Administration for Community Living, New York State Office for the Aging, and Clinton County Office for the Aging



NEXT SENTINEL PUBLICATION DATE:
FRIDAY, 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



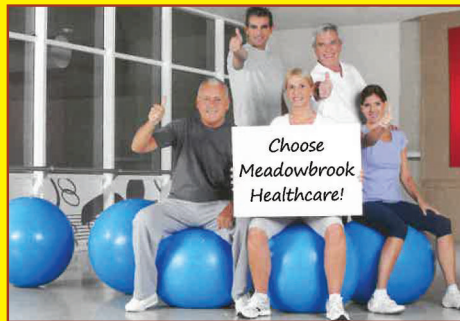
Subacute Rehabilitation

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