

CELEBRATING 50 YEARS OF THE SENIOR SENTINEL

FRIDAY, NOV. 18, 2022

# SENIOR SENTINEL



**All Hands on deck at the Senior Center!**  
Left to right is Kim Wright, Diane Cudworth,  
Barbara Martin, and Marion LaForest

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SESSIONS**  
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**Foundation**  
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# Maria's Moment

## Our first big adventure since 2017



**Maria Alexander**  
Executive Director  
Senior Citizens Council

So as promised, I am going to tell you all about our first vacation since 2017. But first let me preface this with the fact that both my husband and myself tested positive for Covid 19 about 2 weeks before we were leaving. Well, at least we got that out of the way!

Back in August, I was trying to pick a long weekend to travel down to Long Island to see my friend Laura and her husband Efren. (They are the couple that I wrote about during our shutdown, who came to visit us the summer of 2020.) I kept asking my husband to pick a weekend. So, he came to me and said Billy Joel is playing in Madison Square Garden on October 9th. What about that weekend? I then called Laura and said what do you think, and she said perfect! As I thought about the time it takes to drive there and the hassles of the traffic I said let's fly there. I booked the flight and then booked the tickets for the concert. I should back track. When we initially picked the date, we had to secure that time with my stepson Josh to have him come to take care of our invalid dog and dia-

betic cat. Not an easy task. He stepped right up and blocked the days!!! Thanks to Josh we were able to fulfill some much needed time away.

Our flight was slightly delayed the day we left but not by much so we had no issues with our travels at all. Hard to believe since you hear so much about problems with flight cancellations etc. Laura picked us up at JFK and we were on our way to her home in Great River, NY. She drove us along the Ocean Parkway for the scenic tour and it is beautiful out there. From there we went to her beautiful home. Her home sits right on the river and the views from her deck are spectacular. And I should note we had perfect weather for 5 days we were there. Sunny and 60-65 degrees.

The first day we spent visiting and catching up. It was so nice to just relax and not have to worry about anything. We ordered NY style pizza and had lots of laughs and few cocktails! Just what the doctor ordered. Saturday, we put on our walking shoes and away we went to Fire Island Lighthouse. We walked about a mile on a boardwalk to reach the lighthouse. From there, we walked about another mile and a half to a small town called Kismet. As we were walking in the town there were deer all over. They were grazing on the lawns and at one point, one walked right up to Laura and I thought it was going to kiss her. We had a nice lunch and walked back to the car. We went back to the house and did a bit more relaxing and then her daughter and about 8 friends came over and hung out with us adults! What a great group of young adults. It was the first time we had ever had the chance to meet her



**Ray, Laura, Maria, Efren, and George the Lhasa Apso.**

daughter. Unfortunately her son was out of town so we didn't get to meet him and his fiancée. We had such cool evening getting to know everyone.

Sunday was the big day. We enjoyed a leisurely morning and left around noon to NYC. We parked the car near Madison Square Garden and hailed a cab to Ground Zero. The fountains are beautiful, and the new building is amazing. Off we go again to a quaint little French restaurant for a cocktail and a bowl of French onion soup.(very yummy) Hailed another cab to an Italian restaurant where we had reservations. The food was delicious. Efren insisted that we have the Chicken Parmesan pizza for an appetizer. OMG! The crust is the Chicken Parmesan

pounded out and sauce on top with spicy honey to drizzle over and an arugula salad on top.

The final stop Madison Square Garden. When we first talked about going to the concert, Efren said it is like a two hour sing along. He was absolutely right! To say it was amazing would be an understatement. It was incredible and it met and exceeded all our expectations. It happened to be John Lennon's birthday and Billy did a rendition of Lucy in the Sky with Diamonds as a tribute. One of his band members sang a solo from the Opera Puccini that brought tears to my eyes. If you ever want to see/hear some of the videos please feel free to stop in.

The last day we decided that Ray needed to cook something special for us! LOL Laura and Ray went shopping and came back with all the fixings for Gumbo.

Laura and I cut up all the veggies, chicken, chorizo and ham while Ray worked on the roux. And then chef Ray finished the process: which actually takes about three hours because the collard greens need to cook down! We relaxed and enjoyed our last day together. We were so sorry to leave and we are already starting to figure out a way to see each other soon! I also want to say thank you to Laura and Efren for being such great hosts and making us feel very welcomed and relaxed!

There were a few bumps and bruises along the trip but what happens on Long Island stays in Long Island!





**Check out the fun Halloween festivities that were held at the Senior Center and Nutrition Sites, Page 13.**

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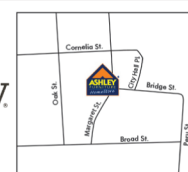


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# Immaculate Heart of Mary Church – Churubusco, NY

BY GERI FAVREAU

The Immaculate Heart of Mary Roman Catholic Church, a very beautiful iconic and historic building is located on the “square” in Churubusco, NY in the Town of Clinton.

Unfortunately, as times have changed, the church is now closed and sits idle. I had the opportunity to get inside last summer and I was pleasantly surprised to see that the interior is in pretty good condition. All the statuary and the “small” altar have been removed. The stations of the cross have all been taken down and are laying on the floor. The candle sconces that were installed for the dedication in 1892 have been ripped from the plaster walls and are also laying on the floor. It has been said that there are plans to remove the beautiful stained glass windows. But the heart of the church and community is still there!

Father Jeremiah Patrick Murphy was ordained in 1880 and was assigned to Churubusco. He served his entire priesthood in Churubusco. The congregation had been meeting in a small wooden chapel which accommodated only about 100 people. He soon recognized the need to build a larger more permanent building. He gathered all the leading men of the parish to make a plan for a new church.

Father Murphy traveled to Europe and in Ireland, according to local lore, found a design that very much appealed to him. Unlike many other churches, if you enter through main door, the altar is just a short distance. The story I remember hearing was that Father Murphy wanted all his parishioners to be close to him and the altar.

Each family was asked to pledge as much as they could afford. John Humphrey, a Methodist, gave the first \$1000 which is worth about \$30,000 in 2022 dollars.

The church was built of native stone and native trees provided the wood work. The stone was drawn by teams and sleds in the winter from what is now the Campbell Road.

Issac Johnson, a former slave, became a master stonemason and laid stone for many buildings in northern New York and Quebec including the one in Churubusco. The parishioners in Churubusco were very proud that their beloved church was built by Issac.

The stain glass windows were donated by parishioners and other local groups. The round center window, which represents the Visitation was a gift of Bishop Wadhams. There are beautiful painted murals over the main altar and on the north and south walls. The artist according to an article in the Chateaugay Record from 8 March 1929, was Italian Artist Professor Angelo Matello. The article in the



Record says that he painted a series of 15 large paintings on the walls and ceiling. Although his signature has not been found on the paintings, there seems to be a “face” painted on one of the legs of a Roman soldier. Could it be the artist?? Professor Matello also painted murals for St. Patrick’s Church in Rouses Point.

Father Frederick Shue had all the stain glass windows repaired in the mid 1970’s entirely paid for by the parishioners.

A statue of St. Isidore, the Patron Saint of Farmers was donated by Mr. & Mrs. E. G. S. Gagnier in 1959. The Gagnier family owned and operated the largest seed potato business in NYS. The Gagnier family were very generous

benefactors of the church donating the money for many stain glass windows.

The slate roof has an interesting design and is in very good shape for being 115+ years old. The cross which was removed years ago could be seen when driving into the town from miles away.

The church was initially named St. Philomena and St. Bridget. In 1961 Rome declared there was no historical accuracy for the name Philomena and it was dropped. St. Bridget was apparently forgotten and the church was renamed The Immaculate Heart of Mary.

Next week I will share my memories of the Immaculate



Heart of Mary more fondly remembered by me as St. Philomena’s.

Information for this article taken from “The Town of Clinton” written by a history committee in 2010 based on the book written for the Bicentennial and the “History of Churubusco” written by Lawrence P. Gooley and from my memories of growing up in Busco.

*Geri Favreau grew up in Busco but lived in the Town of Champlain for most of her life and is now a resident of Plattsburgh. She is a retiree of Ayerst, Wyeth, Pfizer after a 37 year career. She is currently the President of the Board at Clinton County Historical Association and Museum.*



# Seniors — Prepare Now for Emergencies

Let's face it. No matter how fortunate we are, we're all subject to emergency situations. Not that I'm expecting another ice storm on the order of that in 1998, or a hurricane, such as the one that recently hit southwestern Florida.

Still no one is fully immune, nor is any locality.

Much has been written about emergency preparedness, and all point to the same conclusion. It's worth doing some planning in advance. The following is extracted from FEMA and CDC information, and also from a variety of other publications. We're not intending to be comprehensive, but to get you thinking about your own plan.

## HAVE A SUPPORT NETWORK

Every older adult needs a support network, but **especially those who live alone**. Try not to rely on a single relative or friend. Emergencies can happen at any time, and that usual person may not be there. It is important to have a list of other people you can call on and know how to get hold of them.

Looking to create your own network?

- First, consider family and friends.
- Neighbors are always a consideration; if you don't know who lives next door, this might be a good time to meet them.
- Consider people you know from local senior centers or other adult groups.
- Consider people with whom you volunteered.
- For other suggestions, consider contacting Office for the Aging in your county.

Specifically choose a contact person who will check on you during a disaster (or even if there's a prolonged power outage), and decide how you will communicate with each other (for instance, by telephone, knocking on doors). Consider speaking with your neighbors about developing a check-in system together.

## KEEP A LIST OF IMPORTANT PHONE NUMBERS AND INFORMATION

Create a list of contact information for family members and friends. Leave a copy by your phone(s) and include one in your Emergency Supply Kit. Include at least the following:

- your doctor's and pharmacy names and contact information,
- list of all medications, with specific doses, and medical devices you use
- a list of allergies to food and medications
- copies of medical insurance cards, durable power of attorney, health care proxy, and a photo ID
- who might look after your home, your car, and even your pet if you're unavailable
- let the people on your contact list know where the list will be if needed

## KEEP AN EMERGENCY KIT PACKED IN CASE YOU MUST LEAVE HOME URGENTLY

This could be simply an old day pack that's been hanging around the house.

Consider having at least the following:

- a copy of all the documents listed above, preferably in a waterproof bag
- at least a three-day supply of all your medications (each time you refill them, you can replace this with newer pills)
- a small amount of cash, preferably a mix of small and large bills, and coins
- Remember to pack extra batteries for hearing aids, if you have them, and syringes, if needed for your medications
- If you have a medical condition, wear a medical alert bracelet or pendant. This could save your life, especially if you are a diabetic or allergic to specific medications, etc. in case you are unable to tell someone your medical history.
- selected toiletries, including tooth-

brush, eyeglass cleaner or contact lens solution, hand sanitizer

- nonperishable food, snacks, and water for at least a few days

Plan how you will leave and where you will go during should there be an evacuation. If you are living in a retirement or assisted living community, learn what procedures are in place in case of emergencies. Keep a copy of exit routes and meeting places

Know how you will access oxygen, if you use it, wheelchairs, and other medical devices

Remember that usually available support services, such as help from caregivers or in-home health care and meal delivery, may be unavailable for a period of time

If you have hearing or vision problems or cognitive impairment, which may make it difficult to access, understand, and respond to emergency instructions, be certain your contacts know this.

If you have mobility or other issues that may impact on transportation, or other access needs during an emergency, discuss this with your contacts, and perhaps your physician, in advance.

**Remember, this should serve as a beginning on preparing for an emergency, not a comprehensive summary.**

A good source for more information is Ready.gov, which has sections about disaster kits, power outages, and other topics. The American Red Cross can be another source of useful information.

In a later Community Conversation, we'll discuss more specific situations, like power outages and winter emergencies.

You can also watch the video "Preparing Makes Sense for Older Americans" online at <https://tinyurl.com/2vk9brfv>.

## WINTER SAFETY TIPS FOR SENIORS

Winter has arrived! Be sure to leave this checklist with your aging loved ones to help keep them warm and safe during the winter season.



**Check the weather.** Before leaving home, be sure to view the forecast so you are aware of any special weather statements. Change your plans and stay indoors if needed.



**Bring your walking aid if necessary.** If you have a cane or walker, be sure to bring it along when leaving the house.



**Stick to the path.** When outdoors, be sure to walk on bare surfaces and use handrails whenever possible.



**Invest in good footwear.** Warm, waterproof, anti-slip boots are key for winter.



**Plan ahead when going outdoors.** Pack a snack, water, and any medication you may need to take throughout the day in case your trip takes longer than expected.



**Bundle up.** Be sure to dress in several layers suitable for cold weather, including a hat, scarf, and mittens.



**Let others know** where you are going and when you expect to return whenever leaving the house.



**Ask for help for winter tasks.** Do not attempt to shovel the driveway, break ice, or remove snow from your roof by yourself.



**Eat a healthy diet and stay hydrated.** Winter can lead to a deficiency in vitamin D due to lack of sun exposure. Consume vitamin D rich foods (such as salmon, fatty fish, mushrooms and egg yolk) to prevent deficiency. Drink plenty of water throughout the day to stay hydrated.



# Senior Scholar Winter 2023 sessions announced

## We're excited to announce our tenth annual Senior Scholar program.

Seminars will begin Thursday, January 5, 2023, and continue for six consecutive Thursdays, ending February 9, 2023. Our program this winter will be offered via Zoom. That means no driving on snow or ice, no weather-related cancellations, and no need to miss a class if you're out of town. In fact, last year we had participants from Florida and Kentucky.

All of this year's offerings stem from suggestion made by past participants. We hope you'll agree they constitute an appealing combination.

Here are the simple steps for signing up:

**PICK ONE OF OUR MORNING SEMINARS, WHICH YOU WILL FOLLOW FOR THE FULL SIX WEEKS**

### 1. "Underwater Archaeology" 9:30 AM

Justin Lowry, Assistant Professor of Anthropology, SUNY Plattsburgh

*This course will discuss some of the coolest archaeological finds that are found underwater. We will*

*review famous shipwrecks, interesting cities, and little-known sites. So grab a SCUBA tank or a morning coffee and meet me to explore the archaeology under the sea (and lakes).*

### 2. "French Settlement and Cultural Influence in the Champlain Valley" 10:30 AM

Susan Ouellette, Professor of History Emeritus, St. Michael's College; Executive Director, Hudson Mohawk Industrial Gateway

*French settlers came to the Champlain Valley before English settlers did, and they exerted an important influence on life for years to come. Yet they are under-represented in many histories of the region. Learn about their many important contributions, and how they've never really gone away.*

### 3. "Empire in Our Own Backyard: How Latin America Made the United States a World Power" 11:00 AM

Ryan Alexander, Associate Professor and Chair of History, SUNY Plattsburgh

*In discussing the rise of the United States as a global*

*superpower, most people tend to ignore Latin America. Yet this is where U.S. influence first expanded beyond its own borders, and exerted economic, political, and military domination. This course will explore how this contentious relationship transformed the Western hemisphere and, ultimately, the world. Among other topics, we will explore how racial and religious stereotypes framed U.S. expansion into Mexican territory in the heyday of Manifest Destiny; how U.S. imperialism made Cuba a pseudo-colony and set the stage for the Cuban Revolution; and how fear and greed led to Washington-supported military dictatorships in South America and genocide in Central America.*

### 4. "Experiencing Poetry" 9:30 AM

Elaine Handley, Professor Emeritus of Writing and Literature, Empire State College

Many people love poetry, or are curious about it, but don't have the opportunity to encounter it very often—or don't know 'how' to read it. The workshop is a chance for people to gently experience different kinds of poems and their power. Participants will be invited to 'climb inside' a poem and write

their responses or try their hand at writing poems.

## ALL PARTICIPANTS ARE INVITED TO ATTEND OUR AFTERNOON SEMINAR:

**"A History of American Popular Music" 1:00 PM**

Karen Becker, Professor and Chair, Department of Music, SUNY Plattsburgh

Depending on your age, the concept of popular music may mean many different things. Some define popular music as folk and Broadway tunes, others think of ragtime and jazz, and certainly many consider rock-and-roll to be the nucleus. Learn how definitions of popular music have evolved over time, and older influences continue to be preserved.

**COST OF THE PROGRAM (CHOICE OF MORNING SEMINAR, PLUS AFTERNOON COURSE) IS \$40.00 IF RECEIVED BY DECEMBER 15. AFTER DECEMBER 15, COST WILL BE \$60.00.**

Morning seminar size will be strictly limited to 22, so we recommend signing up early.

SEND YOUR CHOICE OF MORNING SEMINAR, E-MAIL ADDRESS, PHONE NUMBER, AND PAYMENT TO:

Senior Citizen Council of Clinton County  
5139 North Catherine Street  
Plattsburgh, NY 12901

## QUESTIONS?

Contact Rachel or Maria at 518-563-6180

## WE HOPE YOU'LL JOIN US.

Some people still tell us they don't learn about Senior Scholar until after it's over. Please share this information with friends and family whom you think might be interested.

Senior Scholar is a collaborations between Senior Citizen Council of Clinton County, Clinton County Office for Aging, JCEO, and the Chapel Hill Foundation.

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# NEWS YOU CAN USE

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Champlain Valley Physicians Hospital

## 'They're Cared For, Even When They Leave Us'

### New Inpatient Mental Health Facility At Cvph Provides Calming, Spacious Place For Healing

"Just the walking space alone is such a big deal," says Karen Disogra, LPN, as she describes one of the many benefits of the new 19,000 square foot Adult Inpatient Psychiatry Unit at The University of Vermont Health Network - Champlain Valley Physicians Hospital. The new inpatient unit, which is nearly triple the size of the previous space, has wide hallways for walking - which is important because "pacing is a common coping skill for a lot of our patients," she explains. The space will enable the treatment of the same amount of patients as the previous unit, now with activity and group therapy spaces, as well as comfort and exercise rooms.

"Our patients and staff are able to utilize tools that we didn't have before to offer coping mechanisms," according to Disogra, who has been caring for adult psychiatric patients for 15 years. "You can see how much it is helping every day."

Everything on the unit - from security to bedding to the color of the furniture - was carefully considered to promote safety and patient wellbeing. But it's the new approach to care that is transformative.

"The space is certainly important," agrees Rheta Recore, LMHC, Regional Psychiatry Transitional Care Program Manager at Champlain Valley Physicians Hospital. "But there has also been this transformation of recovery and what this means for how we take care of the patients in the best way we can. You can really see it when you open the doors."

A key addition is the Medical Village, a dedicated space that opens up access to critical services provided by the hospital's community partners like the Champlain Valley Family Center (CVFC), The National Alliance on Mental Illness of Champlain Valley (NAMI) and Behav-



**Zach Kowalczyk, RN and Nina Harmon, RN, in the hallway of the new Adult Inpatient Psychiatry Unit**

ioral Health Services North (BHSN) to name a few. Recore's goal is to have as much community involvement as possible, with the Medical Village providing opportunities for groups to see patients and provide services quicker and easier than ever.

Physicians and community partners who provide services to the patients are already seeing the impact the new unit is having on patient recovery. "I met with a patient who I originally saw on the old unit," says Dennis King, a peer provider with the CVFC, which provides substance abuse treatment, prevention and education for patients and their families. "Yesterday, we met in a nice room, quiet and secluded. She's kind of shy and inward normally, but this time, she opened up a lot more. It was very enlightening to see her talk on a different level than when I saw her three months ago," King says.

The continuity of care from inpatient to community treatment is pivotal, according to

Recore. "When a patient is able to meet with Dennis a few times while they're with us, and then be able to see him as an outpatient, it makes that transition of care much more streamlined, safe and comfortable for that individual," says Recore. "And the likelihood that person will follow through with treatment afterward is high."

"We want them to know that they will be cared for, even after they leave us."

Beyond the many physical benefits of the new facility and Medical Village, Disogra notes that the unspoken message sent to patients,

staff and the community may be just as important.

"With all of the upgrades, the thought put into everything and the large amount of money spent, it shows just how committed the hospital is to mental health," she says. "It makes our patients feel valued. Their well-being matters to so many people here and in the community."

This is one of many examples highlighting how CVPH and The University of Vermont Health Network are working to expand access to care in the region.

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# NEWS YOU CAN USE

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Champlain Valley Physicians Hospital

## Study Improves Vital Access to Care for Stroke Patients

### Readmission Rates Dramatically Improved

Stroke patients in the North Country are avoiding return trips to the hospital in part due to the work of a Nurse Practitioner at The University of Vermont Health Network-Champlain Valley Physicians Hospital (CVPH).

Senior Nurse Practitioner in Stroke/Neurology Sarah Baskind, who earned her Doctorate of Nursing Practice from George Washington University in the spring of 2022, knew that readmission rates at CVPH for patients suffering a stroke or transient ischemic attack (TIA) were on the rise. At the same time, it was difficult for patients in northern New York to access outpatient neurology care, with neurology clinic appointments often not available for more than a month due to substantial demand.

"It's just so busy, and with limited resources and staff, it's hard to get patients in as quickly as we'd like," Baskind offered. "But evidence shows us that patients being seen by a neurology provider soon after a stroke or TIA improves outcomes and helps prevent additional events."

#### GRABBING AN OPPORTUNITY

Baskind saw an opportunity to begin addressing the issue by improving the coordination and quality of care for patients once they left the hospital. She began a study that implemented a Transitional Care Model (TCM) similar to one in place at The University of Vermont Medical Center in Burlington.

"We work really closely with the stroke team in Burlington, and so following their lead made a lot of sense. It also helps make things more uniform across all Network hospitals," Baskind explained.

Adapted to fit the needs of CVPH patients while working within the hospital's resources, the TCM included:

- Patient education materials.
- Scheduling an appointment with a primary care provider (PCP) within 2 weeks of discharge.
- 7-day post-discharge follow-up phone call and survey with the patient.
- 30-day post-discharge follow-up phone call and survey with the patient.



#### IMMEDIATE IMPACT

Baskind's study was conducted over three months in the fall of 2021, and the impact was immediate. Before the TCM was implemented, the mean 30-day readmission rate for stroke and TIA patients at CVPH was around

35 percent. After implementation, the readmission rate dropped to 3.7 percent over the 3-month time period. Baskind said that while the sample size was small, the results were still statistically significant.

"I think it's a very proactive type of attitude to have. This is an opportunity to bridge a gap we have with our patients and make a difference in the care they receive," CVPH Clinical Quality Manager Colleen Bell, BSN, RN said.

"It's a great starting point," Baskind added. "This shows us that this is something we can pursue even further."

#### PATIENT RESPONSE

She also noted how well her efforts were received by patients when she followed up with phone calls at the 7-day and 30-day time periods.

"They really appreciated that contact from someone from the hospital. They felt like they were getting the care they needed."

Through her contact with patients, Baskind learned some of them did not have stroke education materials the hospital provided when they went home. As a result, she went over that information on the phone with each of those patients and mailed the educational materials to their homes. She also ensured each patient she contacted had a PCP appointment scheduled shortly after discharge.

"Because of Sarah's work, we were able to further support the patient after transitioning home. And it provided more opportunities to address issues coming up, answering their questions, talking about medications and prioritizing the care the patient needed. She got ahead of the game with the patients she talked to, and that made a real difference for

them," Bell explained.

#### LOOKING TO THE FUTURE

Baskind continues to work on implementing the Transitional Care Model in a more permanent fashion, as resources and staffing allow. She is also now seeing some stroke patients at CVPH Neurology after they are discharged, helping open up quicker access she and the entire stroke team at the hospital are striving for.

"Patients are responding really well to this. And it's amazing to see that kind of impact. The evidence shows this could be a significant practice change that benefits them. And we're getting insight on ways we can improve and open up access even further. The

stroke team at CVPH is doing a lot of great work, and I'm looking forward to seeing what more we can do for stroke and TIA care in the North Country."

#### NATIONAL RECOGNITION

Baskind's study and implementation of a TCM is part of the tireless work being done at CVPH to provide stroke care that is making a difference in the lives of stroke patients and their families, and it's getting noticed at the national level. This year, the hospital earned the American Heart Association's (AHA) Get With the Guidelines – Stroke Gold with Target: Type 2 Diabetes Honor Roll. It is the second year in a row CVPH has been honored for stroke care by the AHA.

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# NEWS YOU CAN USE

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Champlain Valley Physicians Hospital

## ED Nurse Celebrated for a Half-Century of Caring

### Storm Treanor reflects on changes to nursing since 1972

Storm Treanor, RN is known to be as dependable as the next sunrise, with a passion for learning and teaching that burns just as bright. She is also as committed to the nursing profession as they come, and that is particularly evident with the incredible accomplishment Treanor has reached: 50 years of service at The University of Vermont Health Network-Champlain Valley Physicians Hospital (CVPH).

In all that time, she has learned to be prepared for anything, except when it's a surprise celebration put on by her colleagues in the hospital's Emergency Department (ED) to recognize her dedication and longevity.

"I was definitely surprised. I did not expect that," Treanor said with a laugh and a big smile afterward.

There were smiles galore and plenty of applause from fellow ED staff on hand to congratulate her, and even a few tears shed by ED Director Gail Bjelko, RN as she recalled the many reasons she is grateful to work with Storm.

"The soft side of Storm is what I know best. The side of her that's not afraid to educate a new nurse, hold the hand of someone dying, or sit and talk with a family member of a patient tragically injured," Bjelko recounted.

Treanor was hired as an Intensive Care Unit (ICU) nurse in January 1972, just months before CVPH opened at 75 Beekman Street in Plattsburgh. From there, she spent time in the ED and various leadership roles before returning to the Emergency Department in 2003, where she continues to care for her patients and co-workers.

"I've done so many things with my career that I probably never would have done normally if I hadn't come here," Treanor offered.

To this day, the veteran nurse remembers the first patients she took care of, several years before she arrived at CVPH, and how that experience sparked a career dedicated to caring for generations in her community.

"There were two young men who were involved in a motor vehicle accident in my hometown, and I was a nurse's aide. They sent me in to take care of these two young men."



"Now, here I am, a 17-year-old female, who's going to take care of two 20-year-olds," she continued. "From that point on, I never had a doubt this is what I wanted to do. The whole experience was so fascinating to me, I just loved every minute of it."

From time to time, colleagues like to joke with Treanor about the fact that when she was starting her career in health care, nurses were sterilizing their own needles.

"That's true. When I was a nurse's aide, we were still sterilizing all needles. Two years later, when I started nursing school, we started going to disposable needles," Treanor recalled. "I think there's a lot that's changed (in the nursing profession), and there's a lot that stayed the same in caring for the patient. But I think that change is all part of growth. It's all part of what we do to make things better."

She has been committed to making things better

by following her passions of learning and teaching. During Treanor's celebration, a staff member commented on the impact Treanor had teaching a critical care class for folks who were just beginning to work in the ED. And that teaching role is just as important when she is with a patient.

"I've always enjoyed the education piece of it. The more I can teach you, the more I can help you understand what's going on," she explained. "I just think it makes your life better. And that's really what brings me back every single time I come to work."

Treanor is also a big believer in the idea that she must always continue to learn as a nurse to ensure that those in her care are always getting the best from herself and the hospital.

"I look at it as the more knowledge I have, the better it is for the patient. So for me, it's learning from the physicians, learning from other nurses

and from anybody I work with. I learn from my patients and from my husband's hospital experiences. (That's how I figure out) what works, what doesn't work," she added.

Treanor admits she's planning for retirement, though that may still be a few years away. Even then, she is thinking about ways to continue teaching and helping her community, including potentially creating a class to help families navigate their way through the health care system. She also knows that whenever she decides to hang up that stethoscope and step away, it's the interactions with her patients and co-workers that she will miss the most. For now, she's just trying to enjoy every moment she can.

"Coming to work every day is like my mental therapy. I get to laugh and joke with people. I get to laugh at myself. And that's what makes this fun."



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# Getting To Know You

## Robert Krueger

BY TERESA LEMIEUX

On October 7th, Robert Krueger turned 100 years young. At first glance you would never guess that this vibrant man is even close to 100 years old.

Mr. Krueger was born in the Schenectady, New York area in 1922. His parents owned and operated Krueger's grocery store. Which was started by his grandfather. Some of Mr. Krueger's fondest memories are from when he was a teenager. He stated things were quite different and simple and events like school dances were the highlight of the time.

After high school, Mr. Krueger served three years in the Air Force. He stated he concurrently went to school and learned to be a pilot. While training, he recalls having to fly a plane where

you had to turn the propeller to start the plane. He later trained and was a gunner in a B 17 flying fortress.

Upon leaving the military, Mr. Krueger went back to work at his family store with his brother. In 1947 he married his wife. Her family owned a dealership in Troy, and he eventually went to work for them, working there until his retirement at age 50. Upon retirement he and his wife moved to Florida for a bit. While in the sunshine state he worked on his hobbies of creating stunning pieces of stained-glass as well as smithing beautiful pieces of jewelry.

After a few years of living in Florida, he and his wife decided to move back to New York to be closer to their two children. After his wife passed away about 19 years ago, he decided to move to the Plattsburgh area, where his son resides. He



Left to right: Cynthia Cordes, Nicole Locklin, Robert Krueger, Teresa Lemieux

now lives in a beautiful townhouse on the oval. Though he is legally blind now, he keeps himself quite active in his home. He counts the stairs up and down to find his way. He enjoys using his restorator bike and listening to the television during the day. He also enjoys going to his family camp in Lake George during the summer.

When asked what the key to his long life is,

Mr. Krueger responded, always staying positive and healthy. He says three meals a day, plenty of water, and a couple of sips of scotch every day is how he stays healthy. He states being positive is the biggest key. He does not let anything get him down. Mr. Krueger says that living this long is his greatest accomplishment and he hopes to enjoy as many more years as he can.

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## December 2022 Menu & Nutrition Site Activities

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Scalloped potatoes	2 Chicken Stew
5 Goulash	6 BBQ Chicken	7 Roast Pork w/Gravy  HOLIDAY PARTY AT ROUSES POINT	8 Spaghetti w/Meat Sauce  HOLIDAY PARTY AT LAKEVIEW TOWERS	9 Meatloaf w/Gravy  HOLIDAY PARTY AT BEEKMAN TOWERS
12 Shephard's Pie	13 Honey Mustard Pork Chop	14 Marinated Chicken	15 Roast Beef w/Gravy  HOLIDAY PARTY AT DANNEMORA	16 Battered Cod
19 Sweet & Sour Pork	20 Fettuccine Alfredo	21 Beef Stew  HOLIDAY PARTY AT THE SENIOR CENTER	22 Roast Turkey w/Gravy  HOLIDAY PARTY AT ELLENBURG	23 Breaded Chicken on a Bun
26 CLOSED FOR THE HOLIDAYS	27 Macaroni & Cheese	28 BBQ Pork Chop	29 Baked Ham w/Raisin Sauce	30 Spanish Rice

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(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

**We are open for limited capacity so please call your favorite location for a reservation and regulations**



# December 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  
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  
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 Gentle Yoga  
12:30pm Mah Jongg

### SCHEDULE CHANGES

**Thanksgiving:** The Senior Center and its' Nutrition Sites will be closed **Thursday, November 24th.**

**Friday, November 25th:** The Senior Center is **closed for all activities and exercises** and will **ONLY be open for lunch from the hours of 10:00 a.m. to 1:00 p.m.** The building will be accessible on the Court Street side entrance ONLY. All other entrances will be locked.

The Senior Center and its' Nutrition Sites will be closed on **Monday, December 26th** and will be closed again on Monday, **January 2nd** in observation of the holidays.

The Senior Citizens Council staff all wish you a very safe and happy holiday season!!

### PICKLEBALL HOURS

Pickleball after hours return to the center! It is \$5 per session to play.  
Pickleball day hours are Monday through Friday 12:00 p.m. to 3:30 p.m.  
Evening hours are Monday, Tuesday, and Thursday 4:00 p.m. - 8:00 p.m.  
Weekend hours are Saturday and Sunday 8:00 a.m. to 12:00 p.m.

### HOLIDAY CELEBRATION

The Senior Center invites you to celebrate the holiday season with us Wednesday, December 21st from 10:00 a.m. to 1:00 p.m.

We will have entertainment and light refreshments. We will ask that you RSVP by calling 518-563-6180. Save the date!

### CONGRATULATIONS TO OUR RAFFLE WINNERS!

- 1<sup>ST</sup> PRIZE** Judy Jeffords, Plattsburgh, NY  
(Judy donated her prize back to the Senior Center)  
**2<sup>nd</sup> PRIZE** Linda Turner, Plattsburgh, NY  
**3<sup>rd</sup> PRIZE** Catherine Green, Chazy, NY  
**4<sup>th</sup> PRIZE** Bonnie Burdo, Plattsburgh, NY  
**5<sup>th</sup> PRIZE** Deb Trombley, Morrisville, NY  
**6<sup>th</sup> PRIZE** Frank Pixley, Peru NY

## MONTHLY CRAFT



Please join us for our monthly craft to create Seashell Angel Ornaments. We will meet Wednesday, December 14th at 10:00 a.m. To be sure we have enough supplies for everyone, please sign-up for the event by Wednesday, December 7th. This event is free and open to the community. To register, call 518.563.6180 or email at [rachel@seniorcenter.net](mailto:rachel@seniorcenter.net).

### 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

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The Halloween Party held at the Senior Center



Mike & Vina tearing up the dance floor in Ellenburg



Donna Trombley is Hilary this year!



The winners for scariest, funniest and most unique Halloween costumes.



# COMMUNITY BULLETIN BOARD

## "MIRACLE ON MARGARET STREET" HOLIDAY PARADE AND TREE LIGHTING

**Location:** The City of Plattsburgh and the Strand Center for the Arts – Margaret Street

**Date:** December 3rd

The festivities include a Holiday Artisan Market, Merry Mugs Fundraiser, crafts for kids, The Nutcracker Ballet, the 7th annual Holiday Parade and the tree lighting ceremony!

## HOLIDAY NEEDLE FELTING CLASS

**Location:** Babbie Rural and Farm Learning Museum – 250 River Rd., Peru, NY

**Phone:** 518-643-8052

**Date:** November 20th from 1 to 3 p.m. Duration: 2 hours

**Cost:** \$25 and includes all materials and use of necessary craft tools.

Join Babbie Rural and Farm Learning Museum for a Holiday Needle Felting Class. You will have the option of creating either a Holiday Santa or Gnome under the direction of the talented Katina Provencal. To register call the number above or email leeledesma@babbieuseum.org.

## 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.

## AMERICORPS SENIORS RSVP NOVEMBER VOLUNTEER OPPORTUNITIES

### **IRS-Certified Volunteer Tax Preparer Training**

There's still time to join classes to become a volunteer IRS-certified tax preparer for tax season at the Senior Center! There's now a mentor program in place to help people catch up and join classes now. You can learn this exciting, rewarding skill with NO former experience for FREE! Tax preparation classes are from 3:00 PM – 5:30 PM in Sibley Hall, SUNY Plattsburgh continuing Thursdays until December. You'll have a plenty of support; previous classes were recorded so you can work at home to catch up. Email or phone AmeriCorps Seniors to find out how to get started: kgardner@cathcharities.org or 518-566-0944.

### **Long-Term Care Ombudsman**

If you've been feeling for the residents in our area nursing homes 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. Upcoming training 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.

### **JCEO Drivers for Medical Appointments**

If you'd like to help during this season of neighbor helping neighbor, then consider volunteering to give a senior a ride to their medical appointment. You'll use your own vehicle, and you'll receive \$.62.5 per mile travel reimbursement as well as Volunteer Insurance. Email kgardner@cathcharities.org or phone 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.

## DEFENSIVE DRIVER COURSE

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

**Phone:** 518-324-7766

**Date:** Saturday, December 17th from 9:00-3:00 Instructor: Kelly Donoghue

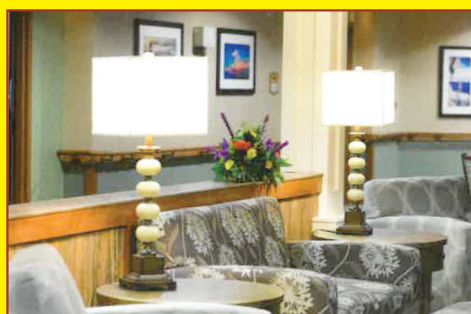
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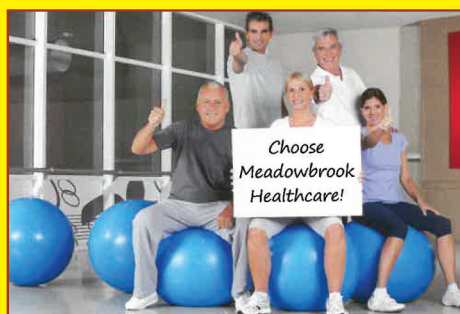
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