

CELEBRATING 50 YEARS OF THE SENIOR SENTINEL

Friday, June 17, 2022

SENIOR SENTINEL



The Senior Center held its first Book Sale benefiting the Senior Council. Pictured here (left to right) is one of our first Book Sale Customers being helped by two volunteers, Louise Tanner and Lorene Forttrell. See inside to see what we raised.

Senior Scholar
Summer Program
Page 5

JCEO Senior
Outreach
Page 6

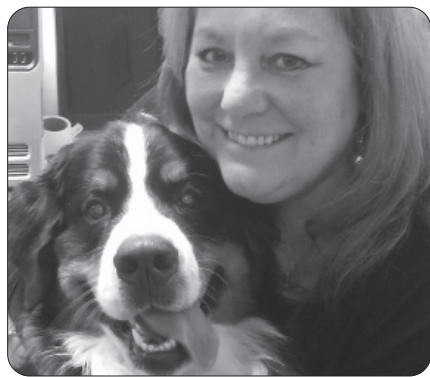


PRESS-REPUBLICAN



Maria's Moment

Appreciating Dads on Father's Day



Maria Alexander
Executive Director
Senior Citizens Council

Since we will be celebrate Father's Day on June 18th, I thought I would take this moment to honor all fathers.

The roles of fathers have changed throughout the years. Years ago it was their responsibility to go to work and provide the financial support for the family, while the mothers stayed home and took care of everything else.

Nowadays, more fathers are starting to do a role reversal. They are staying home while the wife is going to work. Children benefit from both parents but it is so important for

them to have that bond with a father.

I was very lucky to have a dad that tried to spend as much time as possible with all three of us kids. He traveled often with his job but was always there for the important events and he shared his wisdom as we grew up.

Though our Dad has been gone for almost 30 yrs., his memories live on in each of his children and we have passed them along to our own families.

When I met my husband he was sharing custody of his son. It was so nice to see a working Dad taking such an active role in his son's life as well as doing the cooking, cleaning, laundry and maintenance of their home.

He made it very clear to me that his son was his priority. I had and still have such great respect for him. It was not always easy to find the time to do all those things in a day but

he sure made it work. He also coached the local city soccer league for 10yrs!

Even though his son is grown and has a family of his own, my husband is still there for him whenever he needs something. I don't think you ever stop caring or worrying for your children even though they are all grown up!

My stepson and his wife are parents to our beautiful granddaughter, Margaret Rose, and we have been able to watch them raise their daughter. Josh is an amazingly great Dad with his little girl.

On his days off, he takes care of her all by himself and we couldn't be more proud! He has been doing this since she was born.

However, she is a little more independent now and has some of her own opinions which he has instilled in her. He is following all his parents' great example!

Thank you to all the Dads in this world for your love and wisdom!

"A father is the one friend upon whom we can always rely. In the hour of need, when all else fails, we remember him upon whose knees we sat when children, and who soothed our sorrows; and even though he may be unable to assist us, his mere presence serves to comfort and strengthen us." —Émile Gaboriau

If you ever have any questions, thought or ideas feel free to email me at maria@seniorcouncil.net

**COMPARE
AND SAVE**
Hundreds or even
thousands of dollars Visit
www.healdfuneralhomeinc.com
For Price Comparisons

**Heald
Funeral Home, Inc.**
PLATTSBURGH'S AFFORDABLE
FUNERAL AND CREMATION SERVICE
(518) 561-5111
48 Court Street
Plattsburgh, NY 12901



On May 18th we made floral wreaths from recycled egg cartons and cardboard. Turn to Page 14 to see more!

SENIOR SENTINEL SUBSCRIPTION



TO KEEP YOUR SUBSCRIPTION COMING TO YOUR MAILBOX PLEASE NOTE THE COST IS \$8.00/YEAR TO COVER POSTAGE COSTS!

TO MAIL A PAYMENT PLEASE SEND A CHECK TO:
SENIOR CITIZENS COUNCIL, 5139 N. CATHERINE ST.,
PLATTSBURGH, NY 12901

TABLE OF CONTENTS

CVPH Foundation News 7-10

MONTHLY INFO

July Menu 12

July Activities 13

July Center Update 13

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

- Chapel Hill Foundation
- The Foundation of CVPH
- Brown Funeral Home

and is printed each month by the Press-Republican.



*Senior Citizens Council
of Clinton County, Inc.*

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

Program Coordinator & Contributing Writer:

Rachel-Maria Brown

Contributing Writers:

Maria Alexander

Robin LaBarge

ULTRA COMFORT LIFT CHAIRS NOW IN STOCK



Trendelenburg



Zero Gravity



Sleep



TV Watching



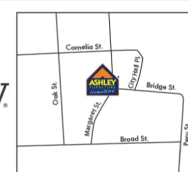
UltraComfort
AMERICA

Positioning you for life.

**STARTING
AT \$699**

Up to 500 pound weight capacity.

Ashley
HOMESTORE



Ashley Furniture HomeStore

84 Margaret Street • Plattsburgh, NY

518.324.3400 • 866.599.3232 toll free

Mon-Wed: 10AM-7PM • Thurs-Fri: 10AM-8PM

Saturday: 10AM-5PM • Sunday: 12PM-5PM



**No Consignment, Business Liquidation, or Estate
TOO LARGE or too small we do it all!**

So why not give us a call? (518) 563-0568

Weekly Consignment Auctions Sundays @ 10:30am

Please contact Steve Brodi at (518) 563-0568 or
email us for any further information you may need.

Robin LaBarge Put Utah On Your Bucket List

By Robin LaBarge, retired
registered nurse of Morrisonville

If you have never been to Utah then put it on your bucket list and if you have been there, plan to go again because I guarantee you can find a ton of things you didn't do the first time. Our plan was to visit "The Mighty Five" National Parks in southern Utah which includes Bryce Canyon, Zion, Arches, Canyonlands and Capital Reef. They are all must see destinations with stunning panoramic views, each one with a unique flavor. We decided to go in May to avoid the large summer crowds and extreme hot temperatures. Make sure to purchase your lifetime park pass ahead of time. At your 62nd birthday you can purchase a senior lifetime National Park pass for \$80 which is a bargain. Bruce and I have certainly got our money's worth out of that pass a long time ago.

There is not enough room here to describe each one of the 5 parks in detail but believe me when I say you will not be disappointed. After arriving back home I was surprised to pick up the May 2022 AARP Magazine and find our recent trip on page 54/55 for the "Bucket-List Maker" by Patricia Schultz.

Before going make sure and do some research online so you can make better use of your time in Utah and the parks. Here are some tips. Arches National Park is the only one of these five parks that you will need a timed entry. This is something new to moderate the large crowds going into the park and hopefully prevent you from waiting for hours at the gate. With our entry time information on our cell phone, we only waited 20 minutes. Go to Recreation.gov, create an account and sign up for a time you want to enter the park. This was fairly easy. At Zion National Park there are two ways of entering the park. We went in the east gate and waited about 15 minutes. This lets you drive to the visitor center on Rte.9, a scenic drive including a tunnel. If you are driving a large RV check on restrictions before you attempt the tunnel. At the south entrance you will park in town and take the free shuttle into the park. You



ROBIN LABARGE/PHOTO

A 2-hour hike to Corona Arch, Moab, Utah

can no longer drive your vehicle down into Zion Canyon, you must take the free (hop on, hop off) shuttle which was very efficient moving people in and around the canyon. At Bryce Canyon we didn't wait 5 minutes to get through the entry gate. You can drive your vehicle into the park but parking at viewing points is limited so you may want to take the free shuttle into the park, especially at high attendance times. We had the motorcycle so finding a parking space wasn't a problem. Canyonlands National Park is divided into 3 areas with 3 separate entrances, two of them are paved, one close to Moab and one 70 miles south of Moab. The third is a dirt road. Check this out ahead of time. Getting into the park was not a problem. Going into Capital Reef National Park was a cinch as there was no booth to stop at and no one requesting to see your park pass! People from all over the world come to tour our stunning National Parks. A young couple from France were camping next to us. We crossed paths with a tour group of 17 guys from Brazil touring on motorcycles stopped at a scenic overlook on Rte.12.

ways. Rte. 128 between Cisco and Moab is as beautiful as the Grand Canyon. And that's not an exaggeration. A local gal in town told us about riding the 60 mile La Sal loop through the Manti-La Sal National Forest. This wasn't on our radar at all and it was one of our most scenic rides with fabulous views. Take in scenic Rte. 95 from Blanding to Torrey and make a short stop at Natural Bridges National Monument. If you see a museum stop. The Moab Museum had a great display of Uranium that was mined in Moab in the 50's and 60's in order to make nuclear weapons for the cold war. Some of that probably ended up in Clinton County. The Moab brewery is a nice stop for a cold beer at the end of the day. We also did a 60-mile, 5-hour ATV tour in the back country which was a challenge. Hiking trails, horse riding and dirt biking are readily available but plan ahead for reservations.

What if you don't want to do the planning and driving? My friend Sandy Aman has done this same trip arranged through Trafalgar Tours and highly recommends them. AAA Plattsburgh also has similar trips. Just stop by their office at 20 Booth Drive and pick up a couple different trips and ask for prices. Let someone else do the driving. Whatever you do don't wait to plan your next trip even if it's not to Utah. Times a ticking!

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

And don't forget Utah's scenic by-

NEED HELP FINDING A MEDICARE PLAN?



Call Steve Criss Consulting LLC

For a ****NO OBLIGATION**** Consultation

Certified with ALL Regional Plans. Learn about "EPIC NY" and assistance with ****Extra help on prescriptions.**

(518) 561-4131 • (518) 566-7432 Cell

steveyc@charter.net

****LOCAL****

Licensed Certified Insurance Broker

Senior Scholar Summer Semester 2022

Senior Scholar, the Plattsburgh-based series of seminars for retirees and other adults, is happy to announce this year's program of summer talks. All sessions will be on Thursday mornings at 10:00 AM, perfectly timed for your second or third cup of coffee or tea, yet finished in time for lunch and your afternoon activities. All talks will be delivered via Zoom.

Cost for the **full series** is a modest \$10.00. Even if you only "attend" a couple of the talks, we think it'll be a good value. Of course, we'd prefer you sign in every week. And if you've enjoyed these programs in the past, we hope you'll tell your family, neighbors, and

friends about them.

Please send your checks, plus your phone number and a current e-mail address, to:

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

Questions? Call us at 518-563-6180, or e-mail Rachel@seniorcouncil.net

Senior Scholar is a collaboration of Senior Citizens Council of Clinton County, Clinton County Office for the Aging, JCEO, and Chapel Hill Foundation.

SCHEDULE (All talks at 10:00 AM via Zoom)

July 14: Brad Edmondson, author, *A Wild Idea: How Environmental Movement Tamed the Adirondacks*

How the Adirondacks Almost Became a National Park

July 21: Ryan Alexander, Associate Professor of History, SUNY Plattsburgh
Good Neighbor? The Consequences of a Century of U.S. Entanglements in Latin America

July 28: Dan Berggren, musician and composer

Adirondack Folk Music Traditions

August 4: Helen Nerska, Executive Director, Clinton County Historical Association

History of Clinton County Citizens of African Descent from 1785 to 1865.

August 11: Dave Mason, Project Director, Mapping the Future of the Adirondack Park

Adirondack Futures-- A 10 Year Update

August 18: Erin Tobin, Executive Director, Adirondack Architectural Heritage
The Greenest Building is the One Already Built

August 25: Brian Mann, News Correspondent, National Public Radio
Perspectives from Two Assignments to Ukraine

Community Conversation

BY RICH FROST

CHAPEL HILL FOUNDATION

MARIA ALEXANDER

SENIOR CITIZENS COUNCIL

KERRY HALEY

THE FOUNDATION OF CVPH

Here are three more responses to the discussion we've been having in this column during recent months about the potential value of a "virtual village" as a support mechanism for older adults wishing to remain in their homes. (Some know these as "naturally occurring retirement communities" and by other names.)

"This sounds like just the thing Plattsburgh needs. I would be interested in more info as this develops. So difficult to vet people on one's own."

"Hard to know how to find senior-friendly businesses, e.g. plumbers, electricians, painters, in this area."

"Help with little things."

"Good books to read."

Such an initiative could indeed make it easier to find services that one needs. Issues might be as simple as switching a light bulb, or fixing a leak. We previously said almost anything requiring a ladder could be a candidate.

Indeed, "help with little things" is just what such programs are designed to handle. Of course, it would be up to participants to decide exactly what services would be provided.

As noted previously, some "virtual villages" make referrals to businesses and service people who specifically want to work with older adults. Other groups choose to employ a handyman themselves, so as to speed the response. Those would be among issues that participants would have to decide.

Informally, I've had people ask if help with gardening could be included. And several have confirmed that is such a network began, it should definitely include snow shoveling.

We hope that if these concerns resonate with you, that you discuss the concept with friends and family members. If they haven't read the last two Community Conversation columns in Senior Sentinel, that would be a good place to begin.

Over the next few months, if interest continues, the next step might be to bring in speakers who have experience with such ventures themselves. A meeting (probably several meetings) could be set up to present ideas and offer a forum for asking questions. Please let us know your thoughts about this.

Meanwhile, there are ways to move forward on some other comments that have been made. For instance, the request for suggestions of good books to read. If some of you want to make recommendations, we can print them in this column. Please include a sentence or two about the book, and why you think others would enjoy reading it.

Here's one suggestion. Roger Angell just died at age 101. He long served as fiction editor at The New Yorker magazine, but

more people probably knew his name as one of America's best baseball writers. Some say his best book was *The Summer Game*, a series of essays written during the 1960's and early 1970's. These covered the end of the New York Yankee dynasty, the bumbling beginnings of the New York Mets, and the ascendance of the Baltimore Orioles and Cincinnati Reds. Angell wrote primarily from the perspective of the fan. Any baseball fan will find the book satisfying.

You can communicate with us via e-mail to Maria or Rachel, or any of the staff at the Senior Center. Feel free to drop off comments at the desk as well. And yes, if you mail us an old-fashioned letter, we'll happily read that, too. Include your name and contact information if you want a response.

maria@seniorcenter.net

rachel@seniorcenter.net

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

JCEO Senior Outreach

Program works to provide services for Clinton County seniors

BY JULIE STALKER
Director

JCEO's Senior Outreach Program dedicates itself to meeting the diverse needs of Clinton County's senior population. The Senior Outreach Program is funded through the Clinton County Office for the Aging to provide services. JCEO has outreach workers who cover Clinton County. The Outreach staff visits seniors at their home, or in-group settings, offering information & referral for services. Some of the services include assisting them to apply for SNAP/Food Stamps, Medicaid, Weatherization to name a few.

The Outreach Workers can also assist with Health Insurance Counseling. The Senior Outreach Program have seven

HIICAP Counselors who have had extensive training to offer unbiased information to individuals with Medicare, this includes seniors and disabled individuals. They can assist with enrolling individuals who are new to or currently enrolled in Medicare, Medicare Supplemental Plans, Medicare Advantage plans and the Medicare Part D prescription program. The Outreach Workers can also assess individuals to see if they are eligible for assistance with the Medicare costs. The Senior Outreach Staff also have received certification in the NYSOFA Case Management Certificate Program which is funded by the New York State Office for the Aging and the Association on Aging in New York. With this certification our staff are able to

better assist individuals for the services they may need. Anyone interested in having an Outreach Worker assist you, a loved one or know of someone who may need assistance feel free to contact the Senior Outreach Program.

An additional service the Senior Outreach Program provides is a Senior Care/Senior Repair Service. Seniors who are often faced with a situation where an in home service is needed; whether it's yard work, repair work, general house-keeping or personal assistance. The Senior Outreach Program has a listing of individuals who can help. Seniors are provided with the names of an individual willing to perform the service at a suggested rate of pay. The individuals who provide the service have gone through

a process of application, interview and reference check. We do encourage the seniors who contact the individual's information they receive to complete their own interviews to ensure they are the best fit for them. Seniors whose income falls below poverty guidelines may receive volunteer help.

The JCEO Senior Outreach Program provides various volunteer programs for those who are in need, one is the Telephone Reassurance/Friendly Visitor program. The Telephone Reassurance program whereby volunteers call seniors, especially those who are homebound and those who live alone, on a regular basis. Our "Friendly Visitors" visit frail elderly shut-ins, offering companionship and the security of knowing you are being 'looked after'. The second program is the Rural Transportation Program, which provides volunteer drivers for non-emergency medical transportation to individuals over the age of sixty. JCEO coordinates transportation to and from medical appointments for seniors who have no other means of transportation. Both of these programs are always seeking volunteers to assist us with these programs.

If anyone is in need or interested in any of our services and/or volunteering for Seniors contact the Senior Outreach Program at JCEO located at 54 Margaret St. Plattsburgh NY, by phone at 518-561-6310 or you can go online to www.jceo.org

There are no income guidelines to have the Senior Outreach Staff visit the senior to inform them of the services available. The income guidelines only pertain to certain programs they may be interested in. If you are aware of anyone who may need assistance please contact the Senior Outreach Program Director.

SENIOR HOUSING

Mooers Senior Housing,
2448 Rt. 11, Mooers, NY

1 (one) Bedroom Apartments
currently available.

Rent includes heat and
garbage pickup.

Laundry is available on site.

For more information, call 236-6188 or
write to above address for application.

SENIOR APARTMENTS FOR RENT
PLATTSBURGH HOUSING AUTHORITY
4817 South Catherine Street,
Suite 101, Plattsburgh, NY

- Affordable Independent Housing for Low-Income Persons 50 Years and Older
- Subsidized Rent Based on 30% Adjusted Income
- Three Secure Buildings to Choose From
- Various Social Activities
- On-Site Laundry Facilities
- Off-Street Parking
- Senior Coordinator On-Site for Supportive Services
- Nutrition Site @ Lakeview Towers
- Salon Services
- 24 Hour Emergency Maintenance




E.A. & B.J. BECHARD
SENIOR HOUSING
16 Manor Drive, Rouses Point, NY

Now accepting applications for Wait List
Seniors 62 & older, Income eligible
One bedroom apartments have electric heat,
carpet & vinyl flooring.
On site Laundry available
Apartments include: Electric range
and Refrigerator,
Off-street parking & Trash pick-up.

For more details call:
(518) 297-4101
TDD Relay: 711




Samuel F. Vilas Home
61 Beekman Street, Plattsburgh, NY
Located Next Door to CVPH Hospital

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

For More Details Call:
(518) 563-4960




Champlain Valley Assisted Living
10 Gilliland Land, Willsboro, NY, 12996

Services and Amenities:

- Enhanced Assisted Living
- Memory Care
- Medication Management
- 24-Hour Personal Care
- Transportation
- Water Views
- Respite Stays

JUST 30 MINUTES SOUTH OF PLATTSBURGH
For More Details call:
(518) 286-5034




260
LAKE STREET
"A SENIOR RESORT COMMUNITY"

The Safety, Comfort & Special Touches of Home

Amenities Include:

- Emergency Alert System
- Multiple Floor Plan Options
- 3 Gourmet Meals Daily
- Housekeeping & Laundry
- Lakeside Living
- Daily Activities

Call (518) 297-0260 for More Information!




Cath Lab Nurse Recognized for Heartfelt Care

Monica Buskey, BSN, RN Makes a Difference With Her Patients



had talked about being an avid hiker and regularly active, had a hard time walking from a waiting room to an exam room. He was sent to the Cath Lab to see if there were any blocked arteries or other heart-related issues. Monica assisted with the procedure, and the patient's arteries were found to be clear.

She noticed his heart beat was low, and after talking with him further, he admitted that while his heart beat tended to be a bit low due to his physical activity in the past, it was indeed significantly lower than usual. Knowing that the slow heart beat could cause the symptoms he was experiencing, including shortness of breath and exhaustion, Monica began to suspect the patient may simply be suffering from bradycardia, which is a heart rate lower than 60 beats per minute. She discussed her suspicion with Nicolas Karam, MD, an Electrophysiologist at the hospital, and Cardiologist Roger Ishac, MD, and they agreed the patient could be a candidate for a pacemaker.

"We were able to set the gentleman up with a formal appointment so that he could final-

ly get some answers that could improve his quality of life and get him moving again. It was incredible to make that kind of a difference," Monica noted.

It was so impactful that she included it in her application for the LEAD award, which recognizes CVPH nurses like Monica who demonstrate an intuition for making clinical judgments and share expert knowledge.

ADVANCING NURSING CARE

LEAD nurses also take time and initiative to advance the nursing practice and patient care at CVPH. One example of this involves Monica's work updating the protocol for same-day discharge of patients undergoing a Percutaneous Coronary Intervention (PCI). This procedure uses a thin, flexible tube to place a stent that opens up blood vessels in the heart.

Patients requiring this procedure who live relatively close to CVPH are usually able to go home that same day. However, patients living more than 60 miles away were typically required to stay overnight for observation due to concerns about distance from the hospital

should a significant issue arise. Last summer, Monica researched and confirmed the safety of discharging long-distance patients to a location close to the hospital. From there, she worked with The Foundation of CVPH to establish a process of booking hotel rooms for eligible patients which would also be paid for by the non-profit. Monica and her team also built plans to communicate with patients and ensure they have everything they need at the hotel after the procedure, from medications to clothes and discharge information. A phone call follow up the next morning was included in the process, and the patient could head home right from the hotel. The new protocols went into place in October 2021 and were considered wildly successful.

"Patient after patient told us how appreciative they were of the hotel stay. And it's been great for the hospital, because that freed up beds at a time when we were dealing with a surge of patients needing higher levels of

SEE **LEAD**, PAGE 8

A CVPH Cath Lab nurse has been honored for a second time with a Leadership Excellence and Development (LEAD) award for the difference she makes every day with her patients.

From a young age, Monica Buskey, BSN, RN, CV-BC, CSRN, TNS felt a sense of compassion for others and knew she wanted to help people. Those feelings were solidified while growing up in Churubusco, as she saw the tremendous care provided by nursing staff at the assisted living facility her grandparents stayed at.

"I realized how much care they needed and how much I depended on the nurses to provide that care for them," Monica remembered. "Seeing that made me want to be that person for other families. I love to help people."

A PATH LEADING TO CARDIOLOGY

The mother of two, now living in Saranac, initially came to CVPH as a Progressive Care nurse, and as part of her work with that team, she cared for patients coping with heart issues.

"Caring for the cardiac patients really sparked my interest (in that profession). So, I felt like that was probably the best fit for me after I realized how much I enjoyed that aspect of health care. I applied to the Cath Lab, got the position, and I haven't looked back."

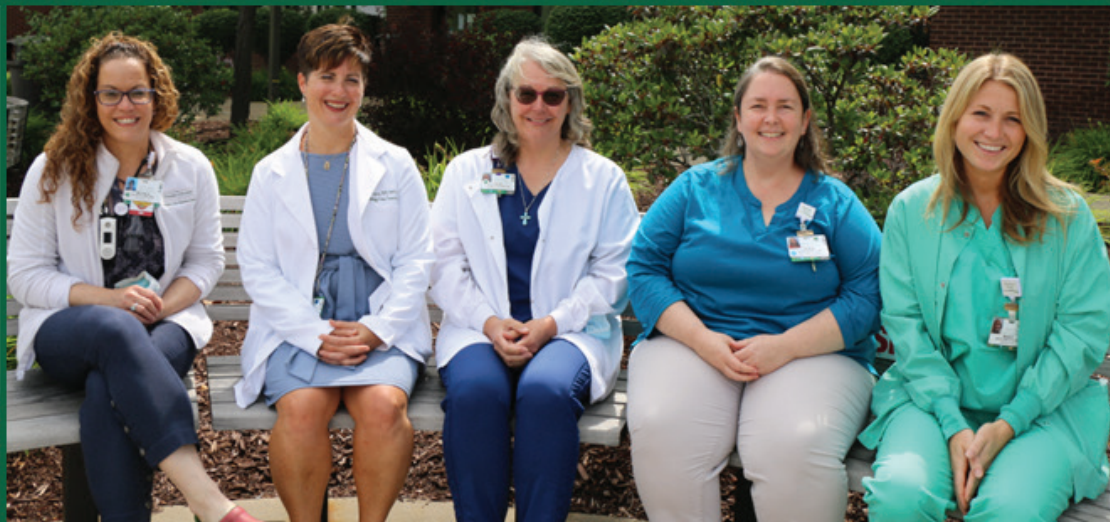
As a nurse in the hospital's Cath Lab, Monica sees a wide variety of patients, from life-threatening situations to those hoping to tackle troubling symptoms and improve their quality of life.

"When you really see that you saved someone's life or you've made a difference, it's a huge deal. It's incredible to see somebody who's received CPR come through the door, and we give them life-saving measures, and they pull through. The interventional cardiologists that we work with are just amazing, coming in all hours of the night and just saving lives," she said.

MEMORABLE PATIENT

One patient who stands out for her did not need life-saving intervention. However, his quality of life was suffering dramatically due to the heart-related symptoms he was experiencing. Monica remembered the patient, who

Nine nurses achieved LEAD designation in 2021. Pictured from left to right: Jacqueline Riley, NP-C, Michelle Aubin, RN, Jeanine Lynch, RN, Patricia Johnson, RN, Alicia Calacci, APRN, Madeline Ryan, RN. Not pictured are Stacy Goodroe, RNFA and Rian Jock, RN



LEAD, CONTINUED FROM PAGE 7

care," Monica pointed out.

She added that since these plans went into place, 90 percent of their PCI patients are discharged the same day as their procedure.

BENEFITS OF BECOMING A LEAD

While Monica appreciates the recognition she has received from her colleagues, she has found that becoming a LEAD II nurse is rewarding for many other reasons.

"I've always tried to make everywhere I work a better place, even with little things that can still make a huge impact for our pa-

tients. Compiling and documenting all of my efforts is very rewarding to see. I enjoy comparing what I did for this LEAD compared to the first one. I can see how I've grown, what I've learned and the changes I've made," she commented.

Monica encourages all of her nursing col-

leagues to consider applying for the LEAD award, pointing to a sense of pride she believes they will feel.

"It's such a reward to be considered an expert in your field through this process. And this is all stuff that you're doing on a daily basis, it's just a matter of keeping track of it all.

When Caring Goes Beyond Clinical Excellence

Christy Trim, RN, Honored with DAISY Award

There were very different reasons for Megan Trudeau's three separate trips to the Emergency Department (ED) at The University of Vermont Health Network-Champlain Valley Physicians Hospital (CVPH) between last October and this past March. For Megan, the constant through those experiences was the extraordinary, compassionate care provided by Christy Trim, RN. The impact Christy had is why she is the hospital's 15th recipient of the DAISY Award.

Megan has known Christy for several years, having worked together from time to time when Megan was a nurse in the ED and Christy was an Emergency Medical Technician (EMT) with CVPH. However, it was October when Megan said she truly began to have an opportunity to see Christy shine as a Registered Nurse.

Megan's mother was very ill when she arrived at the ED last fall. In her nomination letter, she said Christy's professionalism and

kindness toward her mother made her feel comfortable enough to leave her bedside and get some much needed rest for herself.

"There have been very few instances when either of my parents have received care where I have felt comfortable enough to leave," Megan wrote. "When I returned many hours later, I was relieved to hear my mother speak such praises of Christy and what a wonderful experience she had with her."

GRIEF AND DESPAIR

While that visit brought her relief, the next trip to the ED in February would bring unimaginable grief and despair. Her 16-year-old son was rushed to CVPH after suffering life-threatening injuries, and he ultimately succumbed to those injuries. Christy was his assigned nurse that night, and Megan's training told her there was little Christy and the ED team could do to save his life.

"It was the care she provided to ME afterwards that will stick with me for the rest

of my life," Megan added. "That was the last time I will ever see my son. That, to me, is earth-shattering on so many levels. But, the care we received as a family, how I was seen as a human, and the empathy that was given to me that night cannot and will never be topped."

Understanding the devastation Megan was experiencing, Christy allowed her to take part in her son's aftercare without questioning her reasons or ability to handle it. They spent a lot of time together that night as Christy did all she could to console the grief-stricken mother and fellow nurse, even staying with Megan when her son was brought to the morgue.

"She never hurried me or made me feel like an inconvenience. She helped me, she cried with me, she laughed with me. She supported me showing up in my two greatest forms that night for my son – a mother and a nurse. I cannot put into words how much peace that brought me in such a horrendous nightmare

of a situation," Megan recalled.

GRIEVING MOTHER BECOMES THE PATIENT

Christy invited her to reach out if she ever needed someone to speak to, and a month later, their paths would cross once again in the ED. Only this time, Megan was the patient. She had slipped on some ice, but the pain she was suffering extended far beyond the physical reasons she went to the hospital.

"I didn't have to say too much, because Christy already knew the root cause of what brought me in," the nurse who was now Christy's patient admitted. "She listened to me sob uncontrollably while I carried on about my struggles with losing my son."

Christy's extraordinary empathy kicked in, helping Megan feel comforted and emotionally cared for while also treating the physical

DAISY, CONTINUED FROM PAGE 8

injuries resulting from the icy tumble.

"Medically, she's on point, but that wasn't the care I truly needed that night. What started as me arriving there feeling devastated, embarrassed and pretty downright awful, I left feeling supported and cared for," Megan offered.

IMPACTING THOSE AROUND HER

Through all three ED visits, she noticed many other ways Christy impacted those around her, including fielding questions from her co-workers and a willingness to jump in and help at a moment's notice, all with a pleasant smile. She is also a part of some history with the hospital, as Christy was one of two nurses to complete the inaugural Emergency Department Nurse Residency Program.

"I would also like to speak to Christy's resilience in the face of adversity," CVPH Emergency Department Director Gail Bjelko added. "Completing her nursing classes at the beginning of the pandemic and seamlessly transitioning to an ED residency were no easy feats. Adding to that the current state of healthcare, and her continued ability to shine is beyond admirable."

"No matter the role that Christy plays in the department, she is committed to delivering the best care possible to all of her patients," CVPH Emergency Department Assistant Nurse Manager Michael Wells added. "Christy has grown into being an exceptional emergency room nurse, and we're beyond fortunate to have her as a part of our ED family."

When asked why she became a nurse, Christy said the difficult health challenges her daughter faced inspired her to answer the call to help others through their toughest moments. And the emotions poured out as she admitted how meaningful it was to see Megan and realize the impact she had.

"Just to know that I helped somebody is good. Sometimes, you feel like you're not doing everything you can, even though you're trying to. Even if I helped her just a little bit on that day. I can't imagine what it's like for her, but I'm so glad I helped," she said.

"As a daughter, a mother and a patient myself, I don't believe there is anyone more deserving of this award and what it truly stands for. In the three encounters where I have had Christy as a caregiver for both myself and the people I love, I left feeling cared for way beyond a medical aspect. And that speaks volumes," Megan concluded.

During a surprise ceremony with the ED team, Christy was presented with a certificate commending her as an extraordinary nurse. She,



like all honorees, also received a DAISY Award pin and a beautiful and meaningful sculpture called "A Healer's Touch," which is hand-carved by artists of the Shona Tribe in Zimbabwe.

CVPH launched the DAISY Award for Extraordinary Nurses in 2018 as a way to recognize and reward licensed nurses for making a meaningful difference in the lives of their patients. Nomination forms and boxes are located at each of the hospital's main entrances and at <https://www.cvph.org/Patients-and-Visitors/Patients/Daisy-Award>. Nurses may be nominated by patients, families and colleagues. A committee reviews nominations and awards a deserving nurse each quarter.

The award is part of the DAISY Foundation's mission to recognize the extraordinary, compassionate care licensed nurses provide to patients and families every day. The DAISY Foundation is a national not-for-profit organization, established in memory of J. Patrick Barnes by members of his family. Patrick died at the age of 33 in late 1999 from complications of idiopathic thrombocytopenic purpura (ITP), a little known but not uncommon auto-immune disease (DAISY is an acronym for Diseases Attacking the Immune System). The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families. More information is available at <https://www.daisyfoundation.org/>.



Experience a new kind of Medicare Advantage plan.

UVM Health Advantage

Created with You. Guided by Doctors.

If you're turning 65 or retiring soon, there's a lot to like about UVM Health Advantage. UVM Health Advantage was inspired by what people across Vermont and northern New York told us they want in a Medicare plan.

Featuring:

- Prescription drug, dental, vision and hearing coverage
- Virtual care services and free rides to and from medical appointments
- Your choice of an extensive regional network of doctors and hospitals, including the UVM Health Network

Plans start at \$0 a month!

Call 1-833-368-4624 (TTY 711)

Monday – Friday, 8 a.m. – 8 p.m. Eastern Time

UVMHealthAdvantage.com/ready



4.5 Stars

Out of 5 Stars

Overall by Medicare 2022



MVP Health Plan, Inc. is an HMO-POS/PPO/MSA organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract renewal. For accommodations of persons with special needs at meetings call, 1-800-324-3899 (TTY 711). MVP virtual care services through Gia are available at no cost-share for most members. In-person visits and referrals are subject to cost-share per plan. Every year, Medicare evaluates plans based on a 5-star rating system. MVP Health Care is proud to be named a Best Insurance Company for Medicare Advantage plans in 2022 by U.S. News & World Report. Other physicians/providers are available in the MVP Health Care network.



Meals on Wheels Program Information

- ✓ You must be at least 60 years old
- ✓ You must be homebound
- ✓ You must have difficulty preparing meals for yourself
- ✓ You must have limited support (i.e. live alone)

What is Meals on Wheels?

The HDM program provides nutritious meals to those 60 years and older who are homebound either temporarily or more permanently.

Our meals provide 1/3 of the RDA (Recommended Dietary Allowance). We are in compliance with the 2020 ADA dietary guidelines for Older Americans. A Registered Dietitian (R.D.) is available for nutrition counseling.

All of our meals are Low Sodium. We also offer, upon request: No Concentrated Sugar Desserts, Mechanical Soft, & Puree.

Who is Meals on Wheels?

Meals are prepared by our dedicated cooks for delivery Monday through Friday between 10:00 a.m. and 1:00 p.m.

Meals are delivered by a mixture of volunteer and paid meal transporters who use their own vehicles.

Why do we love what we do?

Our program is more than meals. The meal transporters are the eyes and ears for many seniors who may require additional

assistance. Through daily contact we are able to make referrals to other agencies via the clients request. Referrals are made to agencies such as the OFA, JCEO, Department of Social Services, Lifeline, Alzheimer's Center, Caregiver Resource, etc...We work closely with family members who are trying to keep their aging loved ones at home safely.

How do we do what we do?

There is a suggested voluntary contribution of \$3.00 per meal. This may be done by cash, personal check or we can voucher the clients SNAP benefit card. No one will be denied service due to inability or unwillingness to contribute. All contributions are confidential. Any amount is greatly appreciated! This program is funded by Clinton County Office for the Aging and NYSOFA.

For more information call us at
518-561-8320.



CHAMPLAIN VALLEY ASSISTED LIVING



A locally owned and family run community

CALL TODAY
(518)-286-5034

SERVICES & AMENITIES

- 24-Hour staffing
- Transportation to physicians
- Delicious meals and snacks
- Water views
- Full housekeeping services
- Medication management
- Personal care assistance
- Short-term respite stays
- Ice-cream parlor
- Salon and chapel
- Secure memory care area
- Enhanced assisted living care

JUST 30 MINUTES SOUTH OF PLATTSBURGH

Call us today at (518) 286-5034
www.ChamplainAssistedLiving.com
10 Gilliland Lane • Willsboro, NY 12996



Samuel F. Vilas Home



A locally owned and family run community

SERVICES & AMENITIES

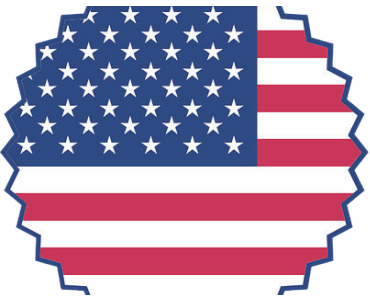
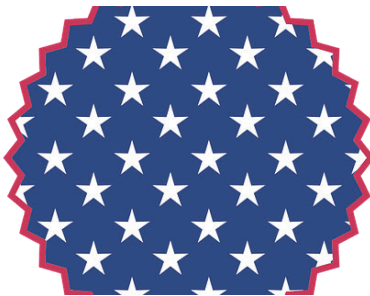
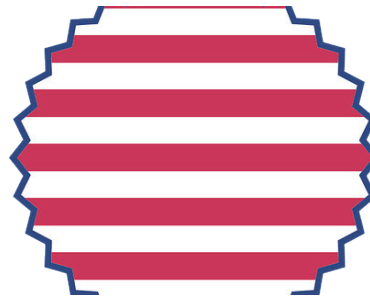
- 24/Hour A Day Supervision
- Medication Management
- Case Management Services
- A Full Activities Schedule
- Onsite Dietician
- Onsite Rehab Services
- Assistance Showering
- Assistance Toileting
- Daily Laundry
- Weekly Room Cleaning
- Daily Home Cooked Meals & Snacks

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

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



July 2022 Menu & Nutrition Site Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				
4 FOURTH OF JULY CLOSED	5 Breaded Chicken	6 Tuna Salad	7 Meatloaf w/Gravy	1 Scalloped Potatoes
11 Chicken & Biscuit	12 Egg Salad Sandwich	13 Roast Pork w/Gravy	14 Spaghetti w/Meat Sauce	8 Rotini Casserole
18 Spanish Rice	19 Marinated Chicken	20 Michigan on a Bun	21 Roast Beef & Provolone Sandwich	15 Hamburger on a Bun
25 Macaroni & Cheese	26 Ham w/Raisin Sauce	27 Roast Turkey w/Gravy	28 Beef Tips w/Gravy	22 Breaded Fish
				29 Sausage, Peppers and Onions

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

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

July 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

Wednesday

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

Thursday

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

Friday

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

Senior Center Members Come Together to Host Book Sale

BY RACHEL BROWN
Program Coordinator

The Senior Citizens Council held its first book sale over two separate days raising \$1,076.40; half of the funds were raised from book sales, and the other half was from a donation. The intent was to have a one-day book sale benefitting our organization as well as freshen up our current library with new donations. While we haven't yet decided if we will host a second book sale next year, we gained a lot of knowledge, made new friends, and had an enjoyable experience overall.

Diane Coupal had approached me one afternoon asking if I had ever held a book sale here. She has had some experience with book sales and thought it might be a good idea to get new books into our library and raise funds. After chatting a bit, we decided to go ahead with the idea... because after all, why not? So, an announcement was made

that we would accept book donations for a one-day sale. As the books started coming in, knowledgeable book Senior Center Members offered their input, expertise, and volunteered their time to ensure that this sale was a success. Before I knew it, we had boxes upon boxes of books. We began sorting and setting up for the book sale on Monday afternoons as a group and others continued to sort throughout the week. You know the saying goes, "many hands make for light work". That saying rang true for this event. Before we knew it, we were set and ready to go. Friday afternoon, the day before the book sale, as we are getting ready to leave, Terry says, "I saw a bird flying back there." Maria was quick to let us know that is in fact not a bird but rather a bat. So here we are. Maria and Angie are safely tucked in the office while Terry, Brad, and I were trying to catch a bat. There were canes and shovels being waved around in the air trying to catch the bat for a safe release. Maria had

heard if you hold a metal shovel straight in the air, the bat will be attracted to it and run into it. She was right!! No sooner did she hand me the shovel; the bat ran into it with a thud and fell to the ground. Amid yelling "I'm sorry!" to the bat, a box of books was dumped to the ground in attempt to cover the bat with the box. Which in fact worked... momentarily until the bat squeezed out of the ever so slightly curved cut out of the box and let itself free to fly again. We believe the bat flew out the dungeon door that was propped open shortly after that. Whew! What a way to end a day.

The first day of our book sale, we were more than ready to welcome people; however, it was a bit quieter than we had hoped. We raised \$740.00 the first day of the sale. We received an extremely generous donation of \$500 from an individual that visited the sale that day and the remaining \$240 raised was from book and raffle sales. Thinking we could have and should have advertised more; we

decided to hold a second sale in attempt to have the books evanescently disappear. The second sale raised \$336.40 for a grand total of \$1,076.40 for both days. Another neat thing that was created for the Book Sale was Book Basket Raffles. Cathy LaCross had created themed book baskets with knitted items that went with the theme. Sadly, I didn't get any pictures of them to share here. They were beautiful! After both of the book sale days, most of us sat and enjoyed the comradery of having lunch as a group.

A special thank you to Diane Coupal, Joan Janson, Sandy Sexton, Marcia LaPierre, Lorene Forttrel, Terry Morris, Diane Cudworth, Cathy LaCross, Demetria Fry, and Brad Modelle. Many, many thanks to everyone who participated in the book sale by donating books, setting up and sorting books, distributing flyers, creating the book basket raffles, working the book sale event, and tearing it down. THANK YOU!!!

CLASS UPDATES

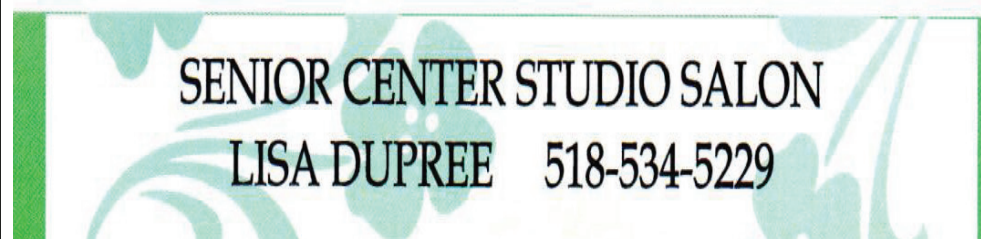
Osteoarthritis will be taking a break for the week of July 4th. There is NO EXERCISE CLASS on Tuesday, July 5th and Thursday, July 7th. Classes will resume the following week. Zumba has been canceled June 21st to June 30th. Class will resume again Tuesday, July 5th. Yoga is not in session for the remainder of the summer. Yoga will return after Labor Day weekend.

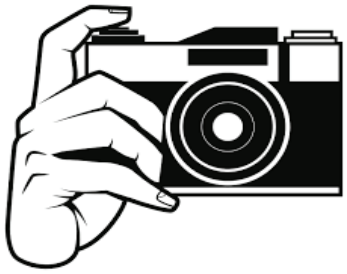
HOLIDAY HOURS

The Senior Center and its Nutrition Sites will be **CLOSED** in observance of Juneteenth on Monday, June 20th, and will reopen the following day. The Senior Center is also **CLOSED** Monday, July 4th in observance of Independence Day. We wish you all a happy and safe holiday.

FRAUD SAFETY PRESENTATION

The Senior Center invites you to attend a Senior Fraud Presentation **Tuesday, June 28th at 10:00 a.m.** Senior Fraud victims lost over \$3 Billion in 2020, twice what was lost in 2019 to Identity Theft and Fraud. SeaComm Business Development Manager Jerry Manor will define Identity Theft and discuss the many ways that Seniors are targeted by crooks. He will also share some techniques to make you less likely to be a victim. There is also a fun giveaway for everyone who participates in this event. To sign up, please call 518-563-6180 or email rachel@seniorcouncil.net.





THE PICTURE PAGE

May 18th we made floral wreaths from recycled egg cartons and cardboard. It was a lot of fun!! Thanks for coming!!



COMMUNITY BULLETIN BOARD

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

Support Groups

July 5th at 6:00 pm - Sibley Hall Room 534 SUNY Plattsburgh

July 11th at 10:00 am - Virtual via Zoom

To register or for more information please contact Melissa Fischler at 518.867.4999 ext. 9878 or mefischler@alz.org.

Memory Cafes

June 22nd at 1:00 pm - Chair Yoga with Nancy Childs at the Turnpike Wesleyan Church

July 21st at 2:00 pm - Virtual Craft Group

Please Register One Week in Advanced to Ensure Delivery of Supplies

Memory Cafes are FREE and open to the public. To register or for more

THE CITY OF PLATTSBURGH & FIDELIS CARE SUMMER EVENT SERIES: PARKS COME ALIVE!

Melissa Penfield Park: 139 Boynton Avenue

July 7th: 4:30-7:30 p.m.

Enjoy live music by local band Ursa and the Major Key. The DogFather, Mr. Ding a Ling and High Peaks Brew food trucks will be present to satisfy your taste buds.

South Acres Park: 23 Flynn Avenue

August 4th: 4:30 – 7:30 p.m.

Grab dinner from The DogFather, Buns on the Run, Mr. Ding a Ling or High Peaks Brew food trucks. Valcour Brewing will be serving your favorite drinks in our beer garden while local artist Josh West performs. These events are free to attend and family friendly and local organizations such as Clinton County Youth Advocates, Joe Ferris and The Plattsburgh Arts Coalition will provide arts and crafts activities for the kids. Drink will be available for purchase and Fidelis Care will be providing food tickets to redeem for free food at the food trucks while quantities last!

NEXT SENTINEL PUBLICATION DATE:
FRIDAY, JULY 15.

SEE YOU NEXT MONTH!

AMERICORPS SENIORS APRIL VOLUNTEER OPPORTUNITIES!

Volunteers Needed for Saturdays or Subbing at Rescued Treasures Thrift Shop

If you like animals, people or both, Rescued Treasures, which benefits Elmore SPCA, seeks new volunteers for its Clinton Street Plattsburgh location on Saturdays (even a couple a month) and substitute "floaters". Volunteer in a lively retail thrift store in the Center City where all the profits are for rescued animals. Shop hours are 11:00 AM – 4:00 PM. Phone AmeriCorps Seniors at 518-566-0944 or email kgardner@cathcharities.org to get started.

Neighbors Helping Neighbors: Grocery Store Transportation

Do you have some spare time in your week to drive an elder community member to the grocery store? If you do, you'd be reimbursed at \$.55 per mile and be covered by volunteer insurance. Folks in our community are alone and do not drive with no family to help. You'll drive based on your available schedule when you want. Find out more by phoning AmeriCorps Seniors at 518-566-0944 or emailing kgardner@cathcharities.org

North Star Underground Railroad Museum for the Summer

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

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 substitute. 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, July 16th from 9:00 a.m. to 3:00 p.m.

Instructor: Kelly Donoghue

NO CLASSES IN AUGUST

MAYOR'S CUP FESTIVAL AND REGATTA

Event Start Date: Sat, 07/09/2022 - 8:00 am

Event Location: Plattsburgh City Beach

The City of Plattsburgh is hosting the 2022 Mayor's Cup Festival and Regatta on Saturday July 9th 2022 at The Plattsburgh City Beach in partnership with Plattsburgh Sunrise Rotary Club. Join us for a day of sailing, volleyball, corn hole, a 5K Run/Walk, live music, local food, drink and more!

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



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



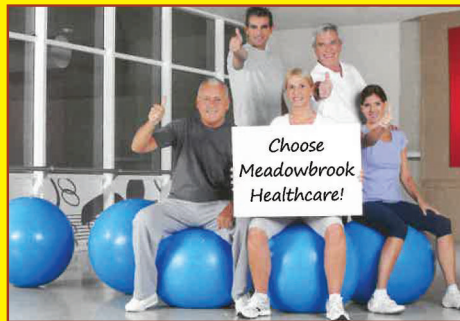
Subacute Rehabilitation

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