



FRIENDSHIP NEWSLETTER

Connecting Elder Neighbors

The Getaway Car

➤➤➤ Shirley Clark and Margie Gallagher Elder Friend and Friendship Volunteer



One fall day a few years ago, once COVID began to calm down enough to dare a trip to a store, Shirley and I masked up and ventured out. Given the pandemic, I told her that I wasn't sure she could find the exact brands she was looking for. Shirley was very fond of Cola and snack cakes and was in need of a resupply. I was skeptical that we would find exactly what she wanted, but we decided to give it a try. We wound our way up and down the aisles, somewhat uncomfortable to be out in public, but also enjoying an outing after so long. Alas there were no snack cakes nor any cola brands she wanted. However, she did find a few frozen dinners and some cranberry juice so it wasn't a wasted trip. I had better luck and found my favorite peanut butter cups.

Since this was during the height of the COVID staffing shortages, the single check out line went all the way to the back of the store. We happily chatted our way forward and eventually made it to the lone staffed cash register. The one frazzled cashier was doing her very best to keep things moving and not react to the occasional impatient or stressed-out customer. Shopping was still a bit nerve-wracking.

When it was finally our turn, I paid for my chocolate and then Shirley stepped forward. Shirley was used to paying cash for everything. No cash, no purchases! Her habit was to periodically write a check and go to the drive through at the bank to get a stash of twenties.

Once her dinners and juice were rung up, Shirley handed the cashier a twenty dollar bill. The young woman gave Shirley a quick hard glance, turned her back to us and used her shoulder intercom to call the manager. Somewhat chagrined, we looked around at the long line of people behind us and at each other and we both immediately began to get red in the face. The cashier quickly told us she would be right back and went off with Shirley's money. We stood there rocking from foot to foot waiting for what seemed like forever and feeling many eyes on the

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The Getaway Car Continued

backs of our heads. Finally after several minutes that felt like hours, the harried girl came back, carefully avoiding looking at the snaking line of irritated people. She put the frozen dinners and juice aside and asked us to go stand by the front windows overlooking the parking lot. She went back to the office leaving the line of people now staring daggers at us! We started looking out into the parking lot to see when the police were going to arrive. I was getting worried at how red Shirley was.

At long last, the girl came back and said there was possibly a problem with the bill and that we were to stay right there. She retreated to the office again! It was another uncomfortable eternity before she returned to us and said it was apparently an old twenty-dollar bill with a smaller than usual picture of the Andrew Jackson and that she was instructed to keep it. She gave Shirley a twenty from the office and we finally paid for the items. Shirley looked at me with big eyes and bright pink cheeks and said, "Quick, get that car and let's get away from here as fast as we can!" The line of customers couldn't come close to catching us. Shirley has learned how to use her debit card. I still get the peanut butter cups regularly.



2023 Educational Forum

SOCIAL IMPACT EVENTS

Mercy Care Educational Forum:
Creating More Livable Communities for People of All Ages: Climate Impact, Resilience & Restoration

June 18th, 9:30 am - 3:00 pm
Paul Smith's College

Keynote Presenters:

Danielle Arigoni, Author of *Climate Resilience for an Aging Nation*

Dr. Leo Bachinger, Program Manager, NYSDEC Office of Climate Change.

Afternoon Panel of Experts:

Moderated and Facilitated by Greg Olsen, Acting Director, NYS Office for the Aging

Register at www.adkmercy.org

Mercy Care Spirituality Retreat:
Caring for the Human Spirit in Times of Crises.

June 13th, 9:00 am - 3:00 pm
Paul Smith's Visitors Interpretive Center

This one-day retreat will explore the impact that crises have on elders and others, especially as it relates to spirituality. Strategies for minimizing the impact and caring for the spirit in times of crises will be offered. There will be opportunity for dialogue with other participants and for quiet reflection.

Register at www.adkmercy.org

Mercy Care Garden Club

Join us for multiple events with hands on gardening projects and socialization with friends. Come get your hands dirty! For more information or to join the Garden Club call Lexi at 518-523-5446.

iPad Program

If you would like to be involved in the iPad program, or want more information, please contact Lexi Bevilacqua at 518-523-5446, or abevilacqua@adkmercy.org

A Day in the Life

➤➤➤ Katherine Rhodes

Mercy Care Elder Care Manager



Hi friends! One of the best parts of my job is getting to know you all through phone calls, emails, and at our events--I love learning about your lives and hearing your stories! I'm delighted that our team has given me this space to highlight some of the awesome interactions

I have with all of you. That said, I know it can be unsettling to feel like someone who knows so much about you is a stranger, so I'd like to use this first note to share a bit about myself.

I grew up in Indiana (go Colts!) and moved to the area in 2017 to be close to my sister's family. I'm grateful for the opportunity to stay a steady presence in my nieces' lives while serving the community that welcomed us so warmly. In my free time I read like crazy, knit terribly, amble through the woods, and spend time with family and friends. I also LOVE my job.

Even on our most hectic days, you all make me smile. Every day I am reminded how valuable each member of our community is and am humbled by how well you care for each other, Volunteers and Elders alike. Thank you for letting me be a part of your lives...and keep telling me your stories!

Contact Information:

Phone: 518-523-5583

Email: krhodes@adkmercy.org

We Need A Winter in our Lives

➤➤➤ Frank Lescinsky

Elder Friend

But in our lives, as we age into winter, that winter is not followed by "spring." There is no renewal. Just more aging – more limitations on what we can do, more aches and pains. But we need a spring. We must create it, perhaps with God's help. But, WE must do it for ourselves. It is not easy. Instead of crying in pain and frustration, we must smile and do what we can. That requires an adjustment. An acceptance of reality. An adjustment of our lives. We must develop a new attitude. I can no longer ski -- what can I do? I certainly cannot be as physically active as I was. One of the things I can do is philosophize as I am now, another thing I can do is be more friendly – spreading happiness to others brings happiness to me. I must ask God to help me do what I can so I do not just sit and complain and cry.



A Beautiful Tree

➤➤➤ Eileen Bailey

Elder Friend

Outside my kitchen window
 There is a beautiful tree
 Standing tall with leaves of green
 And in the fall the leaves will turn
 To many different colors of
 Brilliant reds, orange and yellow
 Truly a wonderful site
 Well nature you have given us
 Great joy and beauty

♡ Game Day

Mercy Care Elders, Volunteers and St. Bernard's 5th & 4th Grade Students.



St. Bernard's 5th Grade with attending Elders and Friendship Volunteers.

♡ Technology Assistance Workshop

Mercy Care's Elders and Volunteers honed technology skills and cyber safety.



Scott Baerman, Friendship Volunteer, instructing participants.



Elders and 5th Grade Students.



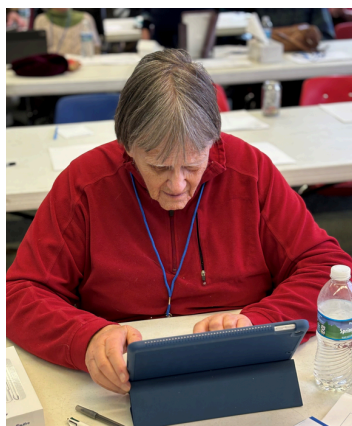
Elders and 4th Grade Students.



There were many questions asked, and answered, throughout the workshop.



St. Bernard's 4th Grade with attending Elders and Friendship Volunteers.



One-on-one instruction for iPads, tablets and cell phones.

Newsletter Submissions - We want to hear from you!

- ♡ Share with us, a long-time favorite recipe and the history behind it.
- ♡ Tell us about a historical moment you experienced first-hand.
- ♡ Share with us your favorite memory as a child.

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