



FRIENDSHIP NEWSLETTER

Connecting Elder Neighbors

Live Our Faith

➤➤➤ St. Agnes Church Alpha Experience

The Alpha experience is a great way to connect with new people, engage in conversation, enjoy a meal, and grow in relationship with God.

Alpha is a program started in 1977 in London England and is currently run in over 100 countries around the world. The format of the program and lack of pressure resonates with most people.

Many assumptions about faith in God, the Bible, and Jesus are being abandoned in our culture today. Some no longer assume that God is true or that the Bible is trustworthy. But Alpha takes people from wherever they are and creates a highly relational and intentionally safe environment where people can openly share their opinions and points of view.

The Alpha experience is offered twice a year, in the Spring and the Fall and meets once a week for eleven weeks. It is free, nondenominational, and is for everyone.

To learn more visit the St. Agnes website at www.stagneslakeplacid.com/alpha or email renewal@stagneslp.org

Welsh Cookies

➤➤➤ Shirley Clark

Mercy Care Elder Friend



3/4 lb. butter	1 c. sugar
3 eggs	1/4 c. milk
4 c. flour	1 tsp. salt
3 tsp. baking powder	1 tsp. baking soda
1/2 tsp. cream of tartar	2 tsp. nutmeg
1 box of currents	

Cream butter and sugar. Add eggs and milk and beat well. Stir dry ingredients then add in with creamed mixture. Add currents and mix.

On lightly floured surface, roll dough 1/4 inch thick. Cut dough with round cookie cutter.

Pre-heat electric pan, lightly greased, to 375 or use a lightly greased frying pan. Fry cookie until light brown on each side. Remove from pan. while still warm, sprinkle with sugar. Makes 4 dozen cookies.

Newsletter Submissions - we want to hear from you!

- What is the most wondrous thing you have seen in nature?
- Tell us about a historical event and the effect it had on you and/or your family?
- Share your favorite memory as a child.
- Share a funny story.

Mail to: Karen Rodriguez
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How to Give Your Cat a Pill

➤➤ News article reprint

Shirley Clark, Mercy Care Elder Friend, has saved this article from a newspaper in Binghamton for many years. It is her favorite. She has enjoyed sharing it many times over and it continues to make her laugh with each read. As Shirley says, “laughter is the best medicine”.



How to Give Your Cat a Pill
original by Bob Story

Pick cat up and cradle it in the crook of your left arm as though holding a baby. Position right forefinger and thumb on either side of cat’s mouth, and gently apply pressure to his cheeks. When cat opens up, pop pill into mouth. Cat will then close mouth and swallow.

Retrieve pill from floor and cat from behind sofa. Repeat the process.

Retrieve cat from bedroom and throw soggy pill away.

Kneel on floor with cat wedged firmly between knees, immobilizing front and rear paws. Ask assistant to hold cat’s head firmly with one hand while forcing wooden ruler into cat’s throat. Flick pill down ruler with forefinger and rub cat’s throat vigorously.

Retrieve cat from living room curtain valance.

Carefully sweep shattered figurines from hearth and set aside for later gluing. Remove next pill from foil wrap.

Wrap cat in beach towel and ask assistant to lie prone on cat with cat’s head visible under assistant’s armpit. Put pill in end of papertube you’ve made for this purpose. Then, force cat’s mouth open with pencil and blow.

Check label to make sure pill is not lethal to humans. Sip water to take taste away. Apply bandage to assistant’s forearm and remove blood from carpet with soap and cold water.

Call 911, ask fire department to retrieve cat from eucalyptus tree. Remove remaining pill from foil wrap. Tie cat’s front paws to rear paws with garden twine, and securely tie to leg of dining table. Put on heavy-duty pruning gloves. Force cat’s mouth open with tire iron. Drop pill, previously hidden in one ounce of raw hamburger, into cat’s mouth. Hold head vertically with nose pointed to ceiling, and pour one-half pint of water down cat’s throat, and two jiggers of whiskey down your own.

Ask assistant to drive you to emergency room. Sit quietly while doctor administers anesthetic, stitches forearm and removes pill remnants from eye. Drop off cat, along with a generous donation, at animal shelter, and adopt a goldfish.

Finding Community in the Garden

➤➤ Mercy Care Garden Club

Volunteer and Elder Friends gathered together to plant and harvest our first Mercy Care Garden this summer.

In our Summer Newsletter, we shared pictures of our Volunteer and Elder friends working hand in hand, all participating dependent upon ability- planning, directing, digging, raking, planting, or watering.

Garden surplus was donated to the Lake Placid Food Pantry.

We look forward to more joining us in sowing and reaping an abundance of vegetables next year!



A Day in the Life

➤➤➤ **Katherine Rhodes**
Mercy Care Elder Care Manager



Hi friends! If you were able to make it out to any Mercy Care events over the summer, I can't tell you how much I enjoyed getting to see you. It is always so nice to see your face, not just hear your voice on the phone. It's hard to believe fall is just

around the corner—the leaves are starting to change, the days are getting shorter, and there's a definite chill in the air already.

One of my favorite things about fall is how much we focus on gratitude. Being involved with Mercy Care creates endless opportunities for that. I am grateful every day for the conversations I have with each of you and for the kindness and compassion you show each other.

I want to share my gratitude for one person in particular today: Friendship Volunteer Nancy Duncan. Many of you know Nancy through Mercy Care or may have seen her in the paper a while back for her great work supporting the Red Cross Blood Drives around the North Country. Nancy is a wonderful volunteer, always willing to say YES to whatever she can and I'm incredibly grateful for her enthusiasm. Thank you for all you do, Nancy!

--Katherine

Contact Information:
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Remembering a Historical Event

➤➤➤ **Angela Pohlmann**
Mercy Care Elder Friend

I was born in Germany and was ten years old when WWII ended.

On May 1, 1945 the American Army entered our village. We lived 3/4 of a mile outside the village of Badhaer, in Northwestern Germany. My father grabbed his bike to go check out the situation. My father served in two wars, WWI and WWII. I wanted to go with him, but he said it was too dangerous. I begged and begged and finally he gave in and took me. I saw a lot of tanks and trucks rolling into the Village. A lot of people were standing on the streets and greeting the soldiers.

I was so happy to witness this historical event. Finally the war was over and we could start to rebuild our country.

Social Impact Events

We look forward to you joining us!

Technology Assistance Workshop

November 7th; Intermediate Level - BOCES Learn to better utilize your cell phone, iPad Tablet, or Laptop.

RSVP to Katherine at 518-523-5585 or krhodes@adkmercy.org

Holiday Event

November 20th; Raquette River Brewing, 11 Balsam St, Tupper Lake

RSVP to Katherine at 518-523-5585 or krhodes@adkmercy.org

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

♥ Technology Assistance Workshop

Friendship Volunteers, Elders and friends from the community brush up on basic technology skills.



♥ Friendship Picnic

We were blessed with beautiful weather making it a phenomenal day to recognize our many amazing Friendship Volunteers at Camp Guggenheim.



♥ Terrarium Build

Friendship Volunteers, Elders and members of the Lake Placid Garden Club came together for a fun, creative day at SL Hot House learning to build and care for a succulent terrarium.

