



FRIENDSHIP NEWSLETTER

Connecting Elder Neighbors

A New Year Tale

Frank Lescinsky

**Former Founding Board Member;
Former Friendship Volunteer
and Friendship Volunteer Trainer**

It was a small Adirondack town. Not much left to its Main St; just the butcher, baker, and Kinney's, plus a bar and a church opposite each other at the middle of the town. All was snow covered, but the full moon was blocked by a cloud. Folks were gathered to celebrate the New Year: A rowdy boisterous group in the bar; a quiet contemplative group in the church. The group in the bar were singing loudly. The small group in the church was quietly singing a hymn of praise for all God's gifts and of their dedication to Him in the New Year.

Suddenly, the dark night went bright. The cloud had drifted away from blocking the full moon. The teenagers who were up in the church bell tower finally had figured out how to ring the church bell. With effort, they set the heavy bell clanging to welcome the New Year. The singing stopped. The bar crowd tumbled into the street. The worshippers rushed out to the street.

Ringling the bell was hard work. The teenagers soon tired and rested -- happy with the sight below them. In the quiet, the townspeople marveled at the sparkling, white wonderland. It was a scene of uninhibited well-wishing of friends, both old and newly met. The church doors had been left open, and gradually the church folks started back in. The bar folks joined them. The church was actually crowded!

The pastor gave a prayer of thanks for a good year and for God's help in the New Year. He ended with "Amen" and the church folks answered with a murmured "Amen". Then the bartender stood up with arms raised above his head and shouted "Cheers!"

Everyone stood and shouted, "Cheers", even the pastor.



And as the church quieted, the pastor quietly said "Amen" and after a moment of silence, the church was filled with "Amens" and "Cheers" that gradually changed to "Happy New Year" as the folks, both church and bar, greeted each other. The "Happy New Years" faded and the pianist started Auld lang syn. Everyone was singing as they left.

Oh, if it were only that simple!

Christmas Celebration

➤➤➤ **Frank Lescinsky**
Former Founding Board Member; Former Friendship Volunteer and Friendship Volunteer Trainer;

Christmas is a celebration
Of hanging stockings
Of a chubby man in a red suit
Of flying reindeer
Of frantic shopping

Christmas is a celebration
Of colored lights
Of visiting friends
Of singing carols
Of good food

Christmas is a celebration
Of a little boy's birth
Of a bright star
Of angels singing
Of wise men coming

Christmas is a celebration
Of love for others.



Christmas Cookie Favorites

➤➤➤ **Darlene Donnelly**
Friendship Volunteer

Christmas Corn Flake Wreaths

1/2 c. butter or margarine
35 LARGE marshmallows
1 tsp. vanilla
1 1/2 tsp. green food coloring
4 c. corn flakes

Stir butter and marshmallows until melted.
Add vanilla and coloring, then flakes.

Drop by heaping teaspoons onto buttered wax paper covered cookie sheet. Wiggle your finger in the center of each to shape like a wreath and decorate with cinnamon red hot candies. Store at room temperature. Cover with wax paper.

Coconut Christmas Trees

Darlene's Mom's (Ronnie Blanton) Favorite

2 c. sifted confectioners' sugar
1/2 c. soft butter
1/4 c. light cream (I use evaporated milk)
1 tsp vanilla
3 c. flaked coconut

Blend all ingredients with a mixer until creamed.

Put in refrigerator until well chilled. Drop by rounded teaspoon onto wax paper covered cookie sheet. Refrigerate at least a half hour. Remove from fridge and shape each into a little cone that looks like a baby white Christmas tree.

Sprinkle Baker's Corner Green Sugar crystals on a piece of wax paper. Roll each cone in crystals until covered and green. Keep in an airtight container in the refrigerator. They are quick to make and always a holiday favorite!

Newsletter Submissions - we want to hear from you!

1. What is the most wondrous thing or place you have seen?
2. Share your work - a poem, a story, an experience.
3. Share your favorite memory as a child.
4. Share your talent - a photograph(s) taken, art you created, crocheted, built.
5. Share your favorite recipe.

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A Day in the Life

➤➤➤ **Katherine Rhodes**
**Director of Elder Care &
 Volunteer Services.**



Hi friends! I hope you have had a lovely fall and got to enjoy some of the gorgeous weather we were spoiled with in November. While we were feeling festive and making holiday centerpieces at Raquette River Brewing, it felt like May outside. Quite the change from last

year's event which seemed to take place inside a snow globe!

The weather may be unpredictable, but one thing is certain: the end of the year can be tricky for a lot of people. Whether you're too busy or not busy enough, reflecting on happy 2024 memories or anxiously awaiting a fresh start in 2025, or just trying to figure out if it's safe to pack away that lightweight jacket yet, I hope you are able to take a moment and breathe.

However you celebrate the holidays or welcome a new year, I hope you are able to find some joy. And if finding the joy is hard, remember that Mercy Care is rooted in friendship. Some of our volunteers are excited to make phone calls to folks who might need some extra kindness this season. Let us know if you would like to receive a call from a new friend and we will do our best to make it happen.

Thank you for spending 2024 with us here at Mercy Care. I'm excited to see what 2025 has in store for each of us!

--Katherine

Contact Information:
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Birthday Celebrations

➤➤➤ **Barbara Sheehy**
Mercy Care Elder Friend

Good Friends and good food at Sunset Bistro in Saranac Lake.



Joining me for my birthday celebration on October 22nd were Lisa Crocker, Susan Starr, (Barbara Sheehy), Mary Bartel and Claire Fletcher.

Social Impact Events

We look forward to you joining us!

Friendship Volunteer Training

Januray 15th; Emergency Services Building
 21 Santa Clara Ave, Tupper Lake
 RSVP to Lexi at 518-523-5446 or
abevilacqua@adkmercy.org

Technology Assistance Workshop

February 5th; BOCES, Saranac Lake
 RSVP to Katherine at 518-523-5585 or
krhodes@adkmercy.org

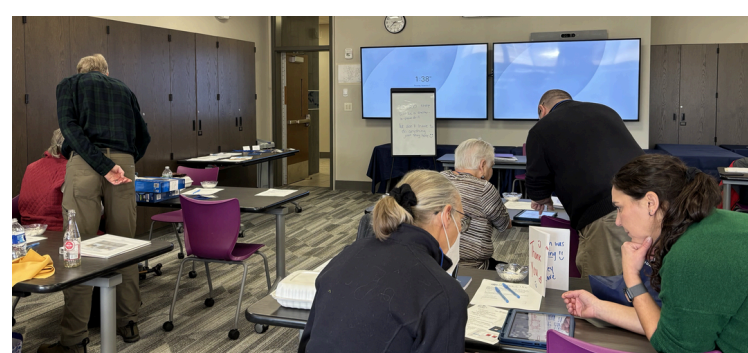
Age-friendly, Growing Up, Growing Older, and Living Well

“ Chronological age is an increasingly unreliable benchmark of pretty much anything about a person”

~Ashton Applewhite

♥ Technology Assistance Workshop

Friendship Volunteers, Elder Friends and friends from the community brush up on basic technology skills with one-on-one instruction in Saranac Lake.



♥ Holiday Event

Friendship Volunteers, Elder Friends and friends from the community came together to celebrate the holidays while crafting a centerpiece and socializing in Tupper Lake.

