



Offering Friendship and Companionship for Elders in the Tri-Lakes

Mercy Care Educational Forum at Paul Smith's College

Age-friendly Communities & Age-friendly Health Systems



(L) to (R): Randall Hoak, Associate State Director, AARP New York; Donna Beal, Executive Director, Mercy Care for the Adirondacks;

Dr. Terry Fulmer, President, John A. Hartford Foundation; Sylvia Getman, President & CEO, Adirondack Health; and Jerry Hayes, Board President, Mercy Care for the Adirondacks

With support from Adirondack Foundation, Eastern Adirondack Health Care Network, and Paul Smith's College, Mercy Care for the Adirondacks hosted nearly 100 people from several different counties at a day-long educational forum on the topics of Age-friendly Health Systems and Age-friendly Communities.

Terry Fulmer, PhD, RN, FAAN, President of The John A. Hartford Foundation, served as a national expert on Age-

friendly Health Systems. The John A. Hartford Foundation was established by family owners of the A & P grocery chain in 1929 in New York. It is dedicated to improving the care of older adults.

Dr. Fulmer explained the "4MS" of age-friendly care:

- **What Matters:** Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to end-of-life, and across settings of care.
- **Medication:** If medications are necessary, use age-friendly medications that do not interfere with What Matters to the older adult, mobility or mentation across settings of care.
- **Mentation:** Prevent, identify, treat, and manage dementia, depression, and delirium across care settings of care.
- **Mobility:** Ensure that older adults move safely every day to maintain function and do What Matters.

Randall Hoak, Associate State Director, AARP New York, presented on the AARP Network of Age-friendly States and Communities. Mr. Hoak explained the 8 domains of age-friendly communities, great places for people all ages to live. He reported that there are 18 age-friendly New York State communities to date. There are also local business designations that can be applied for, after meeting a set of criteria. There is an application available to become an age-friendly community based on each community's particular needs.

Mercy Care Initiative
Age-friendly Communities in the Adirondacks



Intergenerational Event at the Wild Center hosted by Mercy Care for the Adirondacks and the Tupper Lake Aging in Place Task Force

What are age-friendly communities?

- *Age-friendly communities are healthy communities, making healthy lifestyle choices easy and accessible for all community members.*
- *Age-friendly communities address 8 domains of livability defined by the World Health Organization and AARP*

Creating more Age-friendly Communities for people requires broad objectives to carry on the long-term, on-going process of assessment, engagement, and collaboration. Communities need to better plan and develop the services to meet the needs of people of all ages across the lifespan.

The Circle of Mercy

The Circle of Mercy includes not only the elders we assist but also our kind and generous volunteers who help their elder neighbors age in place more successfully. An individual from Tupper Lake Mercy Care assists



wrote, "I just wanted to thank you for giving me a wonderful lady to help me with my outings, errands and whatever. She is just the most wonderful helper ever. Thank you so much for her!"

And one of Mercy Care's Friendship Volunteers wrote, "I love the feeling of helping others and making a small difference in their lives. I enjoy my elders so much. Volunteering helps give me a sense of purpose in my retirement."

Adirondack Health Pursuing Development of Age-friendly Emergency Department



Adirondack Health Panel Presenters at Mercy Care Educational Forum: Sylvia Getman, President & CEO; Linda McClarigan, Chief Nursing Officer; Dr. Alissa Harse, Pharmacist; Carrie Skiff, R.N., Patient Care Director, Critical Care; Kady Schane, R.N., Kristina Clark, Director of Rehabilitation, Mercy Living Center.

"As a member of the community, it is Adirondack Health's job to coordinate services, connect the dots and guide our patients through personal healthcare decisions large and small," said Sylvia Getman, Adirondack Health president and CEO. "Age-friendly environments of care are essential components in treating the 'whole person', and we look forward to continued collaboration with New York State and Mercy Care for the Adirondacks to inform and expand age-friendly best practices across our health system."

Opportunity to Raise Awareness Executive Order Issued by Governor Cuomo

In November 2018 Governor Cuomo announced an Executive Order to support New York as the first age-friendly state in the country. The Executive Order is designed to systematically incorporate population health needs, domains of livability, and smart growth principles into the policies of all state government entities to improve health and well-being of New Yorkers across the lifespan.

Age-friendly Recreational Opportunities in the Adirondacks

Mercy Care served as catalyst to convene a new working group among APA, DEC, NYS Department of State, NYS Office for the Aging, and AARP New York to identify and develop a plan to promote age-friendly recreational opportunities in the Adirondacks. (Where are they and how do I access them?)



INTERNATIONAL PAPER JOHN DILLON PARK
MANAGED BY PAUL SMITH'S COLLEGE

Looking forward to hiking, boating and enjoying nature this summer season? International Paper-John Dillon Park invites you to visit our unique wilderness retreat.

The 200-acre Park, located 5 miles north of Long Lake in Hamilton County, is managed by Paul Smith's College and has been a destination for people with disabilities, their friends and families since 2006. Visitors will find three and a half miles of gentle trails, pontoon boat rides, wheelchair accessible lean-tos, fishing and paddling, all served by an attentive staff.

"The opportunity to make the wilderness experience available to people who wouldn't have such access otherwise make this a very special place," stated John Dillon, retired International Paper CEO and the park's namesake. "We can enhance the quality of people's lives here. Nothing is as satisfying as helping the communities where IP does business."

This year, Park staff cordially invite organized groups of seniors and people with disabilities to visit the Park by offering limited travel cost subsidies for day use and for wilderness overnight camping. Please contact Keith Osborne, Director, at 518 265-2399 or koborne@paulsmiths.edu for additional information.

The Park will be open seven days a week for the summer season starting Friday, May 31. Gates are open from 9:00 am to 4:00 pm. For additional information and overnight reservations please visit jdpjohnpark.org.

We hope to see you in the Adirondacks this summer!

INTERNATIONAL PAPER JOHN DILLON PARK
2150 Tupper Lake Road
Long Lake, NY 12947
518-524-6226
dillonpark@paulsmiths.edu
johnpark.org

May 31 - September 1 from 9:00am - 6:00pm

An Age and Ability Friendly Park

PAUL SMITH'S COLLEGE

Fostering Multigenerational Relationships



At an Intergenerational Event hosted by Mercy Care for the Adirondacks and the Tupper Lake Aging in Place Task Force at the Wild Center, under the direction of Elizabeth Cordes, the Tupper Lake High School Chorus performed "Bonse Aba," a rhythmic song based on an African folksong which loosely translates as: "Those who sing have the right to be called the children of God."

Support was provided by Tupper Lake Rotary, Tupper Lake Lion's Club, and St. Thomas Episcopal Church.

Gifts of Mercy



On September 6, Mercy Care for the Adirondacks hosted nearly 40 elders, Friendship Volunteers, Parish Nurses, and Board Members at Guggenheim Center on Lower Saranac Lake for its annual Friendship Picnic. The gathering is held each year to celebrate older adults in our community and to honor and recognize the extraordinary gifts of friendship, kindness, and assistance given to their elder neighbors by Mercy Care Volunteers.

Sr. Catherine and Jamie Whidden, a member of Mercy Care's Board of Directors, presented the recognition awards to Volunteers.

The "Mercy Care Volunteer of the Year Award" was presented to Margo Cooper, a Mercy Care Friendship Volunteer. The Volunteer of the Year receives the Catherine McAuley medallion, who founded the Sisters of Mercy in Ireland in 1831. The recipient of this award exemplifies what Catherine McAuley taught us about mercy and compassion. Margo has been a Mercy Care Friendship Volunteer for 9 years. She

and her elder friend, now 97, have enjoyed weekly visits and outings together."

Collette Lettero received the "Caring Award" acknowledging her caring attitude, passion for the needs of others, and willingness to give both her time and energy, as gifts to us all.

Janice Connors received the "Spirit of Mercy Award." The Sisters of Mercy, in their Constitutions, state, "We witness to mercy when we reverence the dignity of each person and create a spirit of hospitality and pursue integrity of word and deed in our lives." Janice demonstrates these characteristics, as she assists Mercy Care's elder friends with compassion and dedication.

All of Mercy Care's volunteers give what they can, but some volunteers have contributed over 100 hours this past year to respond to the needs of elders. They include Penny McGill, Deborah Moody, Linda Jones, David Warner, Sr. Denise Wilke, and Lou Scavo, who each received the "Caring Heart Pin."

The Mercy Care volunteer who gave the most hours over the past year has helped elders coping with illness in her community. The "Shining Star Award" was presented to Penny McGill who spent almost 200 hours in her parish nurse ministry in Tupper Lake.

Several volunteers have been part of Mercy Care for 10 years. They were thanked for their amazing gifts of continued dedication and friendship to their elder friends and were presented with a ten-year service pin. They include Patty Francisco, Cecile Jarvis, Frank Lescinsky, Pearl McCahill, Renate Schachenmayr, Anita Varga, Anita Stemp, Pat Beneshan, and Janice Connors.

Five-year service pins were earned by Susanne Praeger, Linda Perrigo, Al Pozzi, Vince Connors, and Ray McIntyre.

Inviting New Volunteers to Meet a Growing Need

The need for Mercy Care's services will grow over the next five years as the population in the Adirondacks ages.

Mercy Care Friendship Volunteers give the gifts of companionship and friendship. They often develop long-lasting friendships with those they assist. They provide the benefits of friendship, companionship, assistance, and spiritual care which are not or cannot be adequately provided by family or friends.

Mercy Care serves the whole community, any older adult in need within our capacity. There are no income or health guidelines. Mercy Care's services are provided free of charge to those we assist and are freely given by our kind and generous volunteers.

Mercy Care's next Training Program is scheduled for May 7 and May 14, 2019 in Lake Placid. **If you are interested in becoming a Mercy Care Friendship**

Volunteer or Parish Nurse in the Tri-Lakes region or surrounding communities, please call Holly Huber, Program Associate, at 518-523-5583 or contact her by e-mail at hhuber@adkmercy.org to register. We welcome people of all faiths to become Mercy Care volunteers.



Mercy Care Volunteer Training Class

Parish Nurse Volunteers



Parish Nurse Retreat at Guggenheim Center

The parish nurse offers assistance in obtaining community services, helps with understanding diagnoses, medications and diagnostic tests, provides blood pressure screening, health education programs and much more. The parish nurse does not do hands-on nursing or duplicate what is available through the public health nurse, but does bring his or her nursing experience and faith to the service of others.

Mercy Care has trained more than 50 parish nurses throughout the North County, eight of whom are serving in the Tri-Lakes area.

A Parish Nurse Training Program will be held in the fall. For more information about the Parish Nurse Program, please contact Sr. Catherine at 518-523-5582 or by email at ccummings@adkmercy.org

Volunteer Caregiver Friendship Program

Mercy Care for the Adirondacks has developed a Caregiver Friendship Program. The emphasis of the program is to benefit the Caregiver.

Jerry Hayes, Mercy Care's Board President remarked, "Mercy Care's Board of Directors saw a need to fill and responded by developing a new program to assist caregivers who are often



struggling with so many responsibilities—in essence managing all of the household chores while at the same time providing loving care to their family member."

How a Caregiver Friend Volunteer can help

- Family support.
- Social and spiritual enrichment for caregivers.
- Weekly respite care up to 4 hours during the daytime hours.
- In-home supports - meal preparation, light house work, laundry assistance.
- Grocery shopping and running small errands.
- Assistance in locating and accessing community services and resources.

If you are a caregiver who would like to request a Caregiver Friend, please contact Paul Guerrette, Mercy Care's Care Manager, at 518-523-5585 or by e-mail at pguerrette@adkmercy.org

Outreach to Clergy



The Sisters of St. Margaret Convent and Mercy Care co-hosted a luncheon and in-service program developed by Sr. Catherine Cummings on the topic of parish nursing for clergy from several different faith communities including Adirondack Community Church, Church of Latter Day Saints, New Hope Church, St. Bernard's Catholic Church, St. Thomas Episcopal Church, and Uihlein of Elderwood Chapel.

Home Care Crisis Campaign

Home Care Crisis Coalition Update

The New York Home Care Crisis Coalition is a group of advocates, community-based organizations, health and human service agency professionals, providers, and local government organizations throughout NYS collaborating together to seek adequate, and affordable home care for all who need it, regardless of payer or geographic location.

EXPLAIN THE CRISIS:

- **Growing Need:** The current population of New Yorkers age 65 and older is estimated at over 2.9 million and is expected to approach 4.4 million by the year 2040. (NYS Office for the Aging data, County Data Book).
- **Inadequate Home Health Aide Services:** Both the Medicaid and Non-Medicaid populations are underserved.
- **Consequences of Insufficient home care workforce:** Elders face delayed discharge from hospital or require costlier institutionalization rather than preferred (and less expensive services at home).
- **Decreasing numbers of available informal caregivers** will increase the demand for home care.
- **The human dignity of all persons requires that they** receive care when it is needed, regardless of payer.

AIMS OF THE CAMPAIGN:

- **Raise awareness** about the inadequate home care services in New York State and **seek solutions** to provide accessible, affordable, and available home health care for people who need it in NYS.
- Raise Public Awareness about the growing need for age-friendly communities and health systems.
- Seek more qualified home health care workers.
- Improve the quality of the home health delivery system in NYS.
- Improve the quality of life of elders who access home care.

TRANSPORTATION ISSUES:

Recently, Coalition members formed working groups to examine the issue of Transportation as it pertains to the lack of home care workers in the community. We surveyed our members and consumers around the state and found out the following information:

Geographic Characteristics:

- Difficult weather conditions throughout much of the year.
- Rural, hilly, isolated areas that create long distances between cases.

Challenges

- Limited mass transit.
- Long travel time, short visits.
- Cost of auto maintenance, lack of mileage reimbursement.
- Aides not getting paid a living wage.

Model Solutions:

- Multiple Aide agencies to collaborate & set-up zone areas of service allowing aides to work in smaller areas.
- Subsidize transportation.
- Funding for innovative programs to be piloted around the state.
- Understanding the Unmet Need: Institute a uniform reporting mechanism requiring all counties, government offices, and providers to identify how many people are on their waiting lists (whether they are not being served because of lack of home care aides or due to lack of funding).

Call StateWide at 800-333-4374 or email Mercy Care of the Adirondacks at: dbeal@adkmercy.org to share your opinions, views and solutions.



Mercy Care Board Leadership



Mercy Care for the Adirondacks Board of Directors

Mercy Care is sponsored by the Sisters of Mercy and is governed by a local Board of Directors which includes: Jeremiah Hayes, President, Sr. Camillus O'Keefe, RSM, Vice President, David Aldrich; Art Devlin, Melissa Eisinger, Judy Meagher; Frank Lescinsky, Jack McGill, D.D.S.; Paul O'Leary, Susan Y. Sweeney, Mary Welch, Jamie Whidden, Sr. Denise Wilke, RSM, and Rev. John Yonkovig. Paul Reiss, Ph.D. serves as President Emeritus.

Touching the Adirondacks with Mercy



Hosts: Wini & Stefanie Holderied, Lake Placid



Host: Patty Marsh, Upper Saranac Lake

New and old friends gather to celebrate gifts of mercy to their elder neighbors

Touching the Adirondacks with Mercy

Recent Grants Received

Mercy Care is most grateful to the following foundations, which have awarded generous grants of \$1,000 or more since July 1, 2018 to help support Mercy Care's work to enhance the fullness of life of elders in the Adirondacks.

Adirondack Foundation Aseel Legacy Fund

Adirondack Foundation Generous Acts Fund

Adirondack Foundation Frances Douglass Silleck Uihlein Mercy Center Fund

Adirondack Foundation Robert and Kathleen Trainor Family Fund

Frances L. Carpenter Foundation

Thomas and Agnes Carvel Foundation

Chur Family Foundation

Cloudsplitter Foundation

The Max and Victoria Dreyfus Foundation

Grabe Family Foundation

Infant Jesus of Prague, Inc.

The Kingsley Foundation

Rosalie J. and C. Daniel Maldari Family Charitable Foundation

The McCutchen Foundation

J.M. McDonald Foundation

Joseph C. Nugent Family Charitable Trust

John D. Picotte Family Foundation

Jacob L. Reiss Foundation

Sisters of Mercy Ministry Fund

Charles R. Wood Foundation



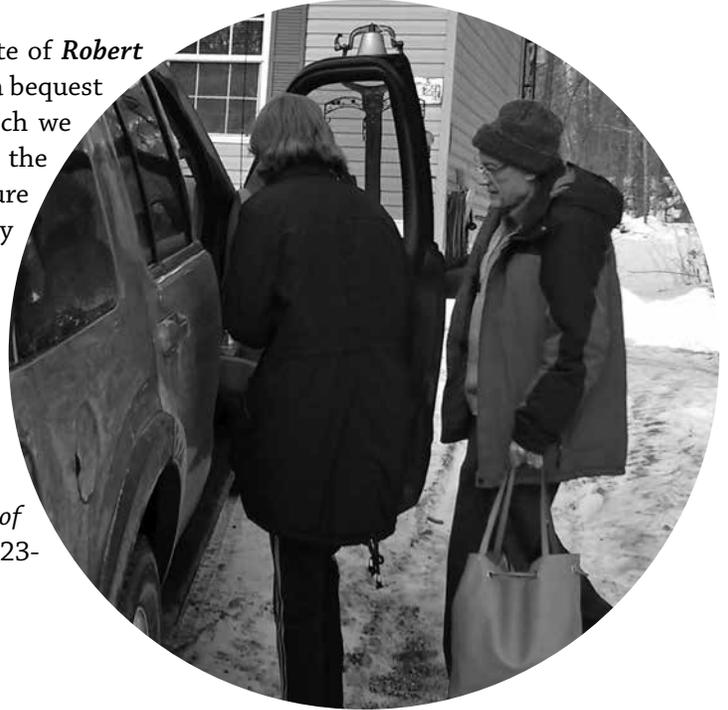
Circle of Mercy

The Circle of Mercy honors friends who have named Mercy Care for the Adirondacks in their estate plans. Gifts may include bequests, trusts, life insurance policies, annuities, real estate, and pension plans.

In 2016 Mercy Care received its first bequest from the estate of **Robert Timmons** from Tupper Lake, and in 2018, Mercy Care received a bequest from the estate of **Lorraine Bryant** from Lake Placid, for which we are most grateful. Mercy Care expresses its deep gratitude to the following individuals who have made a commitment to the future through their statement of generous intent to include Mercy Care for the Adirondacks in their wills or estate plans:

- Anonymous
- Judith Meagher
- Bengt & Polly Ohman
- Albert Pozzi
- Paul & Rosemary Reiss
- Ellen Vopicka

If you wish to receive more information about the *Circle of Mercy*, please contact Donna Beal, Executive Director at 518-523-5581 or by e-mail at dbeal@adkmercy.org



*“The Circle of Mercy is timeless—
it holds us in God’s loving care.”*



Catherine McAuley was the foundress of the Sisters of Mercy in Ireland in 1831. Catherine’s mercy to others is described in the booklet *Tender Courage*, by Sr. M. Joanna Regan, RSM, “*To connect the rich to the poor; the healthy to the sick; the educated and skilled to the uninstructed; the influential to those of no consequence; the powerful to the weak; to do the work of God on earth.*”

To make a donation on-line, visit www.adkmercy.org and click on Donate Now.



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