

# »»» FRIENDSHIP NEWSLETTER «««

Connecting Elder Neighbors

## CALENDAR OF FALL EVENTS

### »»» Saranac Lake

**Chair Yoga for Seniors: Every Monday and Wednesday**

Mondays 11:45 am - 12:30 pm; Wednesdays 10-10:45am

Join certified yoga instructor Mary Bartel on Mondays and Wednesdays for 45 minutes of peaceful, mindful chair yoga. No registration required, free to the public! Saranac Lake Free Library in the Cantwell Room

**November 29th; Winter Wreath Workshop, 6-8pm, Laboratory Museum**

**December 5th; Make & Take: Design Your Own Mug, 10am, The Connector Cafeteria at North Country Community College**

### »»» Lake Placid

**October 5-8th; World Figure and Fancy Skating Championships, Olympic Center,** includes an Art of the Olympians exhibit and other fine arts. All skating competitions and art exhibits are open to the public and Free.

**October 6-8th; Flaming Leaves Festival,**

Olympic Jumping Complex

### »»» Tupper Lake

**October 4-8th; Plein Air Festival, Tupper Arts Center**

**October 14th; OkTupper Fest, 12-6pm, Flanders Park**



### »»» MERCY CARE GAME DAY

Please join us for Mercy Care Game Day, a fun-filled day of neighbors helping neighbors. We will play reimagined versions of classic board games from Hasbro, with St. Joseph's Addiction and Recovery Center for Veterans and First Responders. November 15th

RSVP to Katherine Rhodes, Elder Care Manager, at 518-523-5585 or email at [krhodes@adkmercy.org](mailto:krhodes@adkmercy.org)

### »»» MERCY CARE FRIENDSHIP HOLIDAY EVENT

Please join us for our First Annual Holiday Event. December 6th  
Details to follow. Save the date now so you don't miss it!

RSVP to Katherine Rhodes, Elder Care Manager, at 518-523-5585 or email at [krhodes@adkmercy.org](mailto:krhodes@adkmercy.org)

## MY STORY

**>>> Renate Schneider**  
Mercy Care Elder

Born in Berlin, Germany in 1936, I immigrated to the USA in 1955 with my mother and brother. While working in various office jobs in New York City I also studied theatre arts. During my employment as a set designer in a summer stock playhouse near Albany, New York I met my future husband. We were married in 1961 and a year later moved to Connecticut. There we started one and then another community theatre while supporting ourselves with office work. After two years at home with our daughter I returned to work and to college, earning a BA in English in 1976 and a MLS in 1979. I was employed for 26 years at the Groton Public Library in Connecticut and also pursued a career as a storyteller.

Beginning in 1969 we annually spent time in the Adirondacks and in 2015 we permanently moved to this area. In 2012 my book "Hardships and Magic: Memories of Growing Up in Germany 1939-1955" was published. See an excerpt below. It is a remembered vignette of the Christmas when I

was six years, and my baby brother was two weeks old.

In the past few years, I have completed several more manuscripts including one about our first five years in America. So far none of these have been published.

### A CHILD IS BORN

Christmas 1942. There are no air raids on Christmas Eve. Maybe there won't be any on the two days of Christmas either. As always there is a live Christmas tree with candles in Röllchen's (my grandmother) room. There is not much to celebrate with. So my mother has come up with the idea that we will have a live crèche scene. She sits in the otherwise dark room near the tree with its soft candlelight. She is wearing a long red dress and a blue mantle, and she holds my baby brother on her lap. I am an angel by her side. There is no Joseph. Röllchen reads aloud the Christmas story from St. Luke and she and the aunts provide the adoration. It is lovely, and I feel special and festive. Deep within, I comprehend the wonder of "a child is born unto us." I will always remember my mother as the Madonna and my brother as the Christmas baby and gift.

## >>> iPad PROGRAM

Mercy Care has received funding to purchase a limited number of iPads to permanently loan to our Mercy Care Elders. Elders will be trained on the use of the iPad for connection to friends and family and other needs such as entertainment, telehealth care, online purchases, applying for benefits online, ordering groceries through Instacart and other delivery services. If you would like to be involved in the iPad program please contact Lexi Bevilacqua, Program Director at [abevilacqua@adkmercy.org](mailto:abevilacqua@adkmercy.org) or call 518-523-5446.

# ANIMAL CRACKERS

## >>> MELISSA EISINGER

Volunteer and President, Mercy Care Board of Directors



Lately I've been obsessed by animal crackers. A few months ago, I saw a 'family size' bag at the grocery store and bought two. After eating my way through several more bags, I thought about making my own.

Down cellar, I found one of my grandmother's tiny animal shaped cookie cutters—a little dog. It must be well over 100 years old. The internet provided a recipe I could modify, and a friend's 70th-birthday party gave me impetus to bake. It felt wonderful to roll out the dough and cut dozens and dozens of tiny doggies, all the while re-living times I shared with my grandma.

At the birthday party, those cookies disappeared quickly. We all enjoyed a brief trip back to the old days.

# MERCY CARE CONTACTS 3

We've provided contact information below to help you navigate our team. We always look forward to hearing from you.

**Katherine Rhodes**  
Elder Care Manager, 518-523- 5585  
krhodes@adkmercy.org

**Lexi Bevilacqua**  
Program Director, 518-523- 5446  
abevilacqua@adkmercy.org

**Hannah Pelletieri**  
Associate Director, 518-523- 5681  
hpelletieri@adkmercy.org

**Karen Rodriguez**  
Project Manager, 518-523- 5685  
krodriguez@adkmercy.org

**Stacey LaMountain**  
Finance Manager, 518-523- 5583  
slamountain@adkmercy.org

**Sr. Catherine Cummings**  
Mission Director, 518-523-5582  
ccummings@adkmercy.org

**Donna Beal**  
Executive Director, 518-523- 5581  
dbeal@adkmercy.org



Left - Right; Karen, Hannah, Lexi, Donna, Sr. Catherine, Stacey, Katherine

## >>> NEWSLETTER SUBMISSIONS

Submit your favorite recipe, movie with review or book with review. Share your talent with a story, poem, photography or art. Tell us about you, your life, your travels, your pets or your hobby. Send all submissions to:

Mail to: Karen Rodriguez, Mercy Care for the Adirondacks

185 Old Military Rd., Lake Placid, NY 12946

Email: krodriguez@adkmercy.org

## Friendship Volunteer Picnic at Camp Guggenheim



## Ice Cream Socials at Will Rogers and Heaven Hill Farm



## Build Your Own Terrarium at Saranac Lake Hot House

