



»»» FRIENDSHIP NEWSLETTER «««

Connecting Elder Neighbors

CALENDAR OF SUMMER EVENTS

Saranac Lake -

July 20 - Art Walk Downtown Sidewalks, 5:00 pm - 7:30 pm

July 26 - Intro to Flower Arranging - Free Library, 6:30 pm - 8:30 pm (donation suggested)

August 17 - Art Walk Downtown Sidewalks, 5:00 pm - 7:30 pm

September 21 - Art Walk Downtown Sidewalks, 5:00 pm - 7:30 pm

September 28 - Blessid Dirt - Acoustic Duo at Saranac Lake Farmers Market, 2:00 pm

Lake Placid -

August 8 - Music at Mids Park, 7:00 pm

August 19 - Music Festival LP Center for the Arts, 1:00 pm

September 3 - Olympic Car Show at the Speedskating Oval, 12:00 pm - 4:00 pm

Tupper Lake -

July 17, 18, 19 - Tupper Lake River Pigs - 7:05 pm

July 22 - Tupper Lake Field Day- Municipal Park 11:00 am - 10:00 pm

August 10 - Organ Fairchild, Flanders Park 7:00 pm



»»» MERCY CARE FRIENDSHIP ICE CREAM SOCIAL

Please join us for ice cream sundaes, and meet our growing team.

Lake Placid - August 2 Heaven Hill Farm, Lake Placid 1:00 pm-2:30 pm

Saranac Lake - August 3 Saranac Village at Will Rogers, 1:00 pm-2:30 pm

Tupper Lake - August 10 Park Pavilion, Tupper Lake 1:00pm-2:30 pm

RSVP to Katherine Rhodes, Elder Care Manager, at 518-523-5585 or email at krhodes@adkmercy.org

»»» MERCY CARE FRIENDSHIP PICNIC - SEPTEMBER 7TH

Please join us at our Annual Friendship Picnic and Awards Recognition Ceremony on September 7th, 12:00 pm at Camp Guggenheim.

RSVP to Katherine Rhodes, Elder Care Manager, at 518-523-5585 or email at krhodes@adkmercy.org



EIGHT QUARTERS

➤➤➤ **BY MARGIE GALLAGHER**
Friendship Volunteer

What do our elders wish to keep?

**Their eyesight
Their companion cats
Weekly phone calls
And a bank account in their name.**

**The scrap books
And scrap bits
The pieces that
Stay the same.**

**Self-respect and grace
Behind a hospital gown.
Warmth of a loving hug
And the tears of joy and pain.**

**Family traditions,
Beliefs that form a base.
To try and do their part
And to hear a warm spring rain.**

**To keep fear of what comes next
From their eyes so others won't see,
As memory slips
And skills begin to wane.**

But what of giving away?

**The extra sweaters in the closet.
The regrets in the back of their mind.
The wisdom of many years
And examples of being kind.**

**Any love that was seldom expressed
To those both far and near.
Forgiveness for any transgressions
From themselves or for others to hear.**

**The best smiles in the world and
Stories of family and friends.
The sting of past wrongs.
And laughter that never ends.**

**Gratitude for a helping hand-
The ride, the cookies, the company,
the friendship, honey.
This is all I've got,
Please take it, though it's only money.**

**I don't want to be paid,
Your smile is bounty for me.
But if I must,
I'll take the eight quarters
And you may keep your dignity.**





WHO'S WHO AT MERCY CARE

Mercy Care more than doubled its staff over the past three years so that we may help more elders in the North Country age in place more successfully. We've provided contact information below to help you navigate our team.

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

MY PRISON

>>> BY FRANK LESCINSKY
Volunteer and Training Presenter

**Why stay in prison
When the door is open so wide?**

**My prison is not made
Of concrete and bars.**

**I made it myself of
Worry, fear, pain, and weakness.**

**Why can I not find
That wide open door?**

**I am not looking for it.
I have become complacent.**

**But I must look for it.
I must find that door.**

>>> 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 or call 518-523-5446.

>>> Newsletter Submissions

Submit your favorite recipe, movie with review or book with review. Share your talent with a story, poem, photography or art. Send all submissions, ideas and suggestions to: Email krodriguez@adkmercy.org or Mail to: Karen Rodriguez, Mercy Care for the Adirondacks 185 Old Military Rd., Lake Placid, NY 12946

FAVORITE RECIPE

»» STRAWBERRY CUCUMBER RIBBON SALAD

- 1 cup sliced strawberries**
- 2 large cucumbers**
- 1/2 cup crumbled goat cheese**
- 3/4 cup sliced snow peas**
- 1/2 cup sliced toasted almonds**

Make ribbons from 2 large cucumbers using a peeler.

Combine all ingredients and dress with olive oil, lemon juice and salt to taste.



»» AREA FARMERS MARKETS ««

Keene Valley: Marcy Field, NY-73 Scenic - Sundays 9:30 am - 2:00 pm

Lake Placid: 2051 Saranac Ave - Wednesdays 9:00 am - 1:00 pm

Saranac Lake: River Street - Saturdays 9:00 am - 1:00 pm

Tupper Lake: 320 Park Street - Fridays and Saturdays 11:00 am - 6:00 pm

Wilmington: 5753 NY-86 - Tuesdays 10:00 am - 2:00 pm