



# FRIENDSHIP NEWSLETTER

## Connecting Elder Neighbors

### Meet me in the Garden

The Mercy Care Garden is intentionally designed by Mercy Care Elder, Ruth Vaill, and her Friendship Volunteer Cathy Johnston, as a destination garden. “The entire project was always a two-way effort, with Cathy doing most of the lifting. This so beautifully illustrates the very basic tenet of Mercy Care’s primary mission of providing a meaningful relationship between Volunteers and Elders,” says Vaill. The garden offers Mercy Care Volunteers and Elder Friends a common place to come together with purpose to socialize and stay more connected.

With support from a LEAF Grant this year, Mercy Care has been able to improve garden accessibility and create a destination atmosphere for our Volunteer and Elder friends as well as all older adults from the community. The grant has afforded us the ability to create a level pathway to the garden gate, add a table with shade umbrella, benches for resting, relaxing, and reflecting while enjoying the sunshine, socializing and viewing the abundance of flora.

The goal of the garden is to provide a multi-purpose destination where the community can come together with purpose. The Mercy Care Garden will have an accessible source of nutritious food available, and a cutting garden so that gardeners may cut and take home their personal choice of flowers to arrange and enjoy in the days following their visit.

The Mercy Care Garden will have an impact on the well-being of participants as studies show gardening contributes to better physical, social, and mental health. A bountiful harvest of vegetables encourages healthy eating and will provide donations to the food pantry.



Gardening is multigenerational and remains available to us as we age. We hope you will find valuable social interactions and the opportunity to meet new friends with similar interests, finding community in the garden.

The Mercy Care Garden is easily accessible and is identified with signage, at the Lake Placid Community Garden located at the corner of Old Military Road and John Brown Road.

Meet you in the garden!



## Mercy Care iPad Program

*“Thank you so much for my iPad. I am confined to my home and it’s like connecting to the world without leaving my home! I love it, thank you so much.”*  
 ~Mercy Care iPad Program Participant

Let us help you connect to community, family, and friends; use telemedicine; and seek information and entertainment. Entertainment could include virtual travel to unseen places and museum visits around the world.



Participating Elders receive an iPad and one-on-one face-to-face instruction from trained Friendship Volunteers.

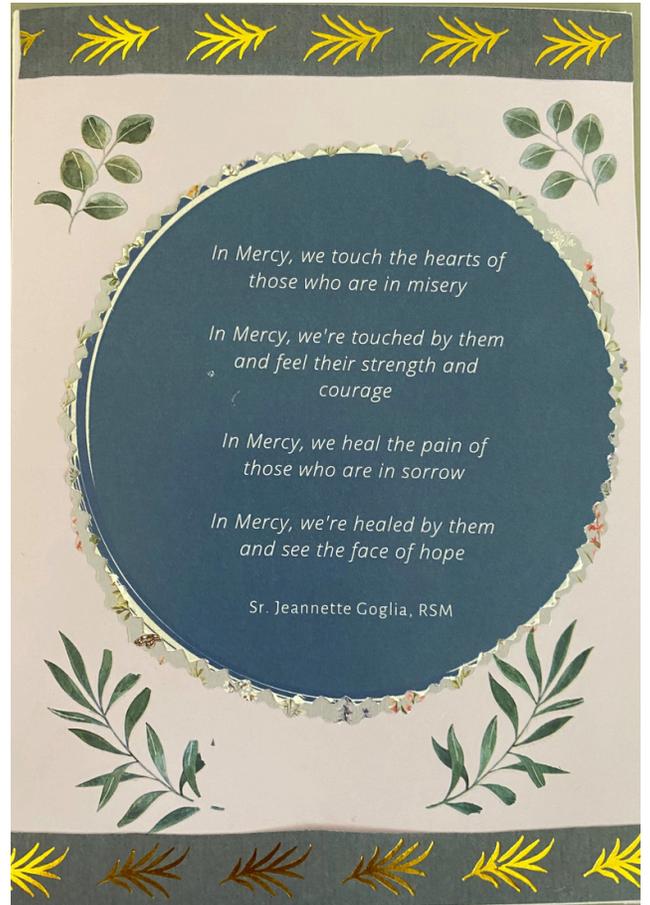
Are you interested in the Mercy Care iPad Program?

Contact Lexi Bevilacqua at 518-523-5446 or [abevilacqua@adkmercy.org](mailto:abevilacqua@adkmercy.org)

## Handmade Greeting Card

**Frances Clement**  
 Elder Friend

Frances exhibits her talent with this beautiful greeting card displaying the Circle of Mercy.



## My Mercy Care Driver

**Monica McGaughey**  
 Elder Friend

Sue, my Mercy Care driver and I, have history. We share stories, we bond.

We share stories of religion, family, politics, and marriage. We bond some more.

Sue knows everybody I know - my dentist, OT, PT, PC.

Sue knows all the brands I use - PeanutButter, milk 1%.

Sue picks up drugs, gets haircuts, from my hubby coincidentally. We laugh a lot.

A friend like Sue is a good thing!

## Newsletter Submissions - we want to hear from you!

1. Tell us about the most incredible thing or place you have seen?
2. Share your work - a poem, a story, an experience, art, photography.
3. Share your favorite memory of your lifetime.
4. Share a story about you and your Mercy Care Friend.

**Mail to: Karen Rodriguez**  
**Mercy Care for the Adirondacks**  
**185 Old Military Rd,**  
**Lake Placid, NY 12946**

**Email: [krodriguez@adkmercy.org](mailto:krodriguez@adkmercy.org)**

## A Day in the Life

### Katherine Rhodes

Director of Elder Care & Volunteer Services.



Hi friends! I hope you're well and not too waterlogged after such a wet spring. Fingers crossed that steady sunshine is coming our way!

I want to say a quick and heartfelt THANK YOU! to everyone who completed Mercy Care's annual evaluation survey. These

surveys aren't just practical--it's lovely to see how Elders describe their Volunteers and how much Volunteers value the relationships they build with their Elder friends. I think it's only fair to share the love!

When asked what they like most about volunteering with Mercy Care, some Volunteers responded connecting with Elders and listening to their stories, sharing love and laughter, and knowing that they are doing something that matters.

Elders and Care Receivers described their Volunteers as friendly, helpful, caring, generous, dependable, and gracious. Many people said their Volunteers aren't just volunteers--they're good friends, too.

I'll wrap this up with two direct quotes from the survey that really sum up the hope we have for everyone in the Mercy Care family.

An Elder said, "the best thing to happen to me in the past year is Mercy Care and my Volunteer person." And a Volunteer said, "it is great when my Elder introduces me as 'my great friend' rather than a Volunteer."

Thank you all for all the goodness you bring to each other's lives!

--Katherine

### Contact Information:

**Phone: 518-523-5583**

**Email: [krhodes@adkmercy.org](mailto:krhodes@adkmercy.org)**

## How does your Spiritual Garden Grow?

Could you benefit from a refreshing walk in nature with a friend, sitting in the Mercy Care destination garden appreciating the flowers and reflection time, or sharing your stories of blessings and joy?



The Spiritual Care Companion serves as a caring presence and compassionate listener to issues of concern to an elder by being fully present in mind, heart, and soul to the elder's experience of loneliness, pain, struggle, blessings, or joy in telling their story.

Mercy Care offers spiritual care in accordance with each elder's personal desires, values, and faith community, or no specific faith community.

To request a Spiritual Care Companion, contact Katherine Rhodes at 518-523-5583 or email her at [krhodes@adkmercy.org](mailto:krhodes@adkmercy.org)



Dr. Robert Fay, former Saranac Lake Pediatrician, visiting and reminiscing at the St. Bernard's Cemetery. Submitted by his friend George DeChant.

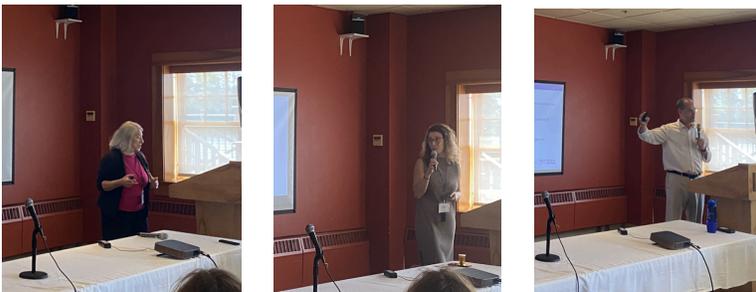
## Technology Assistance Workshop

Friendship Volunteers, Elder Friends and friends from the community came together for a refresh on the basics using their digital devices. Many received iPads with the Mercy Care iPad Program, along with one-on-one instruction.



## Educational Forum

The Mercy Care Educational Forum on the topic of Age-friendly: Growing Up, Growing Older, and Living Well was at full capacity with over 100 in attendance.



## Social Impact Events

### Technology Assistance Workshop Wednesday, August 20th

Topics:

- Applying for and Managing Benefits Online.
- Accessing your Health Care Portal.

RSVP to Lexi Bevilacqua at 518-523-5446 or [abevilacqua@adkmercy.org](mailto:abevilacqua@adkmercy.org) or register at [www.adkmercy.org/events](http://www.adkmercy.org/events)

### Mercy Care Friendship Picnic Thursday, September 4<sup>th</sup> 12:00 pm; Location to be determined.

Please join us at our Annual Friendship Picnic and Awards Recognition Ceremony.

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

### Mercy Care Spirituality Retreat Wednesday, September 17th 10:00 a.m. - 2:30 p.m. Location to be determined.

Topic: Living Well - Caring for the Human Spirit in Times of Growth and Change.

RSVP to Lexi Bevilacqua at 518-523-5446 or [abevilacqua@adkmercy.org](mailto:abevilacqua@adkmercy.org) or register at [www.adkmercy.org/events](http://www.adkmercy.org/events)

### Friendship Volunteer Training Wednesday, October 1st BOCES AEC, Saranac Lake

RSVP to Lexi Bevilacqua at 518-523-5446 or [abevilacqua@adkmercy.org](mailto:abevilacqua@adkmercy.org) or register at [www.adkmercy.org/events](http://www.adkmercy.org/events)

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

"Relationships give our lives meaning. We don't love less as we age. We never outgrow the need for companionship."

~Ashton Applewhite