



FRIENDSHIP NEWSLETTER

Connecting Elder Neighbors

The Mercy Care Garden at Uihlein Farm ~A Project of Tablelands Farm

Karen Rodriguez

Director of Community Relations & Grant Management

Mercy Care is thrilled to unveil the new breathtaking Mercy Care Garden at Uihlein Farm, A Project of Tablelands Farm. Nestled directly behind Mercy Care's new office at 281 Bear Cub Lane in Lake Placid, this vibrant outdoor space offers a serene escape framed by the stunning views of the High Peaks.

The garden invites Volunteers and Elders to connect, learn, and grow together. Whether you are looking to dig into hands-on cultivation, gather with friends, or simply unwind amidst the natural beauty, this welcoming space offers something for everyone.

Thoughtfully designed for people of all ages and abilities, this inclusive space blends beauty with easy accessibility. Welcoming pathways lead to custom, handcrafted raised beds and a stunning trellis tunnel designed for convenient harvesting. Along the edges, colorful cut flower borders frame fresh vegetables and aromatic herbs.

More than just a place to grow, the garden is a welcoming space where friendships blossom over a shared schedule of weekly gatherings. Each program intentionally creates space for neighbors to connect, learn practical new skills in hands-on workshops, and share wisdom across generations.



Don't miss a single update. Find all the latest updates on our website, social media (follow us on Facebook or Instagram), or watch your inbox, or mailbox to stay in the loop.

We hope you will join us in the garden Tuesday mornings, 10:00 - 11:30a.m., for programming activities throughout the summer!

"In the garden, we cultivate not just plants, but friendships."

My Summer of 1964

Monique Weston

Mercy Care Elder Friend

An experience, sixty-two years ago, that had a significant impact on my future academic career, occurred when I taught Civil Rights and beginning French at black Tougaloo College in Jim Crow Mississippi. It was the historic summer of 1964, called the “Freedom Summer” by civil rights activists who organized a massive inter-racial effort to increase voter registration among Mississippi’s African Americans.

With Massachusetts license plates and a French Renault Dauphine car, my husband and I were likely viewed by white people in Mississippi as “outside agitators.” Once at the College we quickly learned that to drive with black students in our car was prohibitively dangerous, especially for the black students. Mississippi law made it a crime to engage in interracial contact as well as public advocacy for racial integration.

That summer of 1964 also earned the label, and the title of a 1988 movie, Mississippi Burning, because of the murder of three civil rights workers. One of them was black and two were white. Goodman Mountain in the Adirondacks is named after Andrew Goodman, one of the victims. I remember so well watching, together with black students, news of the abductions and murders. We were all horrified, of course, but for the students, it also triggered fear and anxiety about ongoing threats to them. Klansmen had fired shots at the campus and killed one student’s father.

At least the national public reaction to the murders added momentum for the passage of the Civil Rights Act of 1964 and the Voting Rights Act of 1965.

Also, During the summer of 1964, George Wallace, the ardent racist Governor of Alabama came to talk in Jackson, Mississippi. I went to hear him at the public



Monique with her landlord’s daughter, 1964.

colosseum, together with fellow white Harvard graduate students. Blacks were barred from it. I expected Wallace to engage in his famous, fiery racist rants. To my surprise he spoke in a more moderate manner, no doubt because he was running for President of the United States. But, as naive me only realized much later, he spoke in “code” and “dog whistles,” such as the defense of states’ rights, “our freedom” and “our noble way of life.” and the “tyrrany of the federal government.” These expressions were well understood by his white audience.

At the end of Wallace’s speech, as people rose to leave the colosseum, a number of young white men separated from their dates, an ominous move, and pointed at us northerners, shouting “there’s the Tougaloo bunch.”

Once outdoors, as our “bunch” started walking toward where we had parked our cars, we heard the low roar of a car coming close behind us. I don’t recall being very scared because we were surrounded by many people and because an Alabama couple moved next to us to give us protection. Thankfully the evening ended without an ugly incident.

I would leave Mississippi at the end of that summer. The students could not. But at least the Mississippi experience, as well teaching for four years at a black college in Maryland, influenced the direction of my future research and teaching at the University of Maryland.

The Connection

Krista Berger

Director of Elder Care & Volunteer Services

You're Never Too Old to Learn Something New



One of the most rewarding aspects of working with older adults is witnessing their continued curiosity and willingness to embrace new experiences. Learning doesn't stop when we retire

in fact, many older adults find that this stage of life offers new opportunities to explore interests, develop skills, and connect with others.

Research shows that lifelong learning keeps the mind active, boosts confidence, and enhances overall well-being. Whether learning how to use a new technology, researching family history, taking up painting, joining a book club, writing, mastering a new recipe, or gardening, every new experience contributes to personal growth.

Volunteers have the unique opportunity to encourage and support this journey of discovery. Sometimes learning happens through structured activities, but often it occurs during simple conversations, shared hobbies, or trying something new.

One thing I've learned in my role is that learning is truly a two-way street. While volunteers may introduce new ideas or skills, they often gain just as much from the wisdom, resilience, and life experiences of the older adults they visit. These connections remind us that everyone has something valuable to teach and something new to learn.

I invite you to embrace the unknown this month. Learning keeps us growing at any age, if we keep our minds open. See where curiosity leads you!

~Krista

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Joy

Frank Lescinsky

Former Founding Board Member; Former Friendship Volunteer and Trainer

A life of Joy

It sounds so good.

But can it be

When problems abound?

Can we have joy

To fill our lives

When things go wrong

And stress becomes fear?

Can there be joy

when in our lives

There comes to us

Both sadness and grief?

Can we have joy

When loneliness

Fills our lives

With deep emptiness?

Can we have joy

If we look outside ourselves.

Connect with others

Direct compassion to them.

We can have joy.

By bringing joy

To those in need

We help ourselves as well.

We can have joy.

Focus on what we can do

Accomplish something

Forget the problem.

iPad Permanent Loan Program:

If you, or someone you know is interested in receiving an iPad and monthly one-on-one instruction contact Mike Magurk by calling 518-523-5582, or emailing mmagurk@adkmercy.org

Technology Assistance Workshop

Held at High Peaks Church in Saranac Lake, our Technology Assistance Workshop taught participants essential tech skills and how to access digital entertainment. The session concluded with personalized one-on-one instruction.



Annual Educational Forum

We had a full house at the Mercy Care Annual Educational Forum, at Paul Smith's College, on the topic My Plan, My Power - Growing Older, and Living Well. The three invited presenters were engaging and insightful.



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
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Social Engagement and Education Opportunities

To inquire or RSVP, contact Lexi Bevilacqua at 518-523-5446 or abevilacqua@adkmercy.org or register at www.adkmercy.org/events

Mercy Care Garden at Uihlein Farm

Every Tuesday, 10:00 - 11:30am
281 Bear Cub Lane, Lake Placid

A Day of Remembrance

Thursday, August 6th
Mercy Care Garden at Uihlein Farm

Health Care Companion Training

Wednesday, August 12th
Heaven Hill Farm, Lake Placid

Technology Assistance Workshop

Thursday, August 20th
Location: To Be Determined

Friendship Picnic

Thursday, September 3rd
The Lake Placid Club Golf House

Spirituality Retreat

Thursday, September 17th
Paul Smith's College VIC