



St. Mark's Terrace has affordable housing for seniors in two locations in Yates County

Dates to Remember

January

1/1/19 Offices closed in celebration of New Year's Day

1/21/19 Offices closed in celebration of Martin Luther King Jr. Day

February

2/14/19 Valentine's Day

March

3/10/19 Daylight Saving Time Begins

Hello Everyone,

As we start the New Year, it is a perfect time to reflect on the past year. As I reflect on the past year, I feel so blessed to have been allowed another year of friendship with all our residents. I am thankful for the wonderful and inspirational individuals that have come into my life here at St. Mark's. My hope is that we have also made a difference in your life. The staff here at St. Mark's is committed to give our residents and their family's peace of mind and a feeling of confidence that we are providing exceptional services and the care to meet their needs.

The new year is the time to reflect on new beginnings, fresh starts and the hope that the new year will be better than the last. This may be the perfect time for all of us to let go of the things that are bothering us the most. One of the hardest things to do is to forgive. Forgiveness doesn't come easy but remember forgiveness is a choice. Forgiveness is something you do for you, not for them. Studies seem to show that it also may prolong your life. It reduces stress, lowers blood pressure and heart rate, boosts the immune system, reduces depression and increases overall happiness.

No one knows what the new year will hold for us, but it is my sincere wish that your life will sparkle with many moments of Love, Laughter and Joy!!!

Fondly,
Deb Hafleigh



Service Coordinator

Holidays can be especially stressful for the elderly. They may not have family that lives close by or be able to travel. Friends may have moved away, they are no longer as busy as they once were with the holidays.

If you're going through a rough patch in life, it is easy to get overwhelmed. Feelings of loneliness and isolation can leave you unmotivated and depressed. Try to stay positive and check out these ideas for getting to a healthier state of mind.

7 ways to Deal with Feelings of Isolation by health prep editor

7. Get moving

When loneliness sets in, the feeling can weigh heavy on your entire body, whenever this feeling starts to overtake you, fight back and get productive, whether going for a walk, or even picking up around the house, moving about and engaging in other tasks will help distract you and may offer some relief. It's about taking small steps.

6. Picture Your Loneliness

Sometimes, people find that picturing their depression or feelings of isolation as something separate from them (such as a cloud or something similar) helps them feel more control over it. These feelings are then seen as something that you can walk away from or have the choice to ignore. It also allows you the knowledge that these feelings are not who you are. You are whoever you choose to be and you have control over how you want to feel.

5. Reach Out to Someone

Talking about things you are struggling with can be a huge challenge. It's not easy, but can be an extremely helpful step in getting back to your happy self. You never know who you may be able to relate to through this process. Many who end up opening up about their problems find themselves surprised as to how many others have gone through (or are currently going through) the same thing. You may end up helping someone you did not even realize was struggling and who was afraid to reach out to others.

4. Visit a Furry Friend

Animals can make great companions for those feeling more secluded in life. Dogs especially are naturally social and instinctively want to protect those that they know are struggling.

3. Set Goals

By making plans and setting goals, you give yourself something to strive for. Start off slow so you don't overwhelm yourself. Setting just one or two goals for the day is a great way to start fighting back.

2. Start A Journal

Pick out a journal that you love. Make it a goal to write in it a few times a week. Getting your thoughts down on paper can help to clarify your emotions, allowing you to know yourself better and may help guide you in overcoming your struggle. Allowing yourself time to reflect and express can make a huge difference in how you approach life.

1. Consider Therapy

If you feel that you cannot seem to tackle those feelings on your own, then consider seeking professional's outlook. Therapist educates themselves on these issues because they truly want to help others.

Best Wishes for a happy, safe, New Year

Gail Berardo

Enriched Housing

The Enriched Housing program is certified and overseen by the New York State Department of Health. The program offers aging tenants the ability to continue living independently where they are instead of relocating to a higher level of care.

Enriched Housing offers a more supportive living environment. Some individuals have family members that live close by that assist with caregiving, however that is not always the case. When an individual has no family members around, Enriched Housing acts as a substitute caregiver. Providing morning and late afternoon visits to your apartment by our trained Personal Care Aides, to assist preparing breakfast/supper, making the bed, washing dishes, and disposing of trash.

Some of the other services provided are weekly grocery shopping trips from your own list; a daily hot noon meal in the dining room (or delivered to your apartment); assistance with personal care (bathing, washing your hair etc.); verbal medication reminders; case management-i.e. Scheduling appointments, arranging transportation, insurance issues; and occasional outings to local attractions.

One of the biggest benefits of the Enriched Housing Program is the reassurance of knowing your family member is safe. Daily visits and socialization provides the opportunity for residents to communicate, making their wants/needs known. A growing concern in the elderly population is isolation. Residents are encouraged to join activities at St. Mark's Terrace. An activity calendar is distributed at the beginning of each month. We are fortunate to have the tenant's association; they continue to do a great job with planning activities/meals and entertainment.

If you have questions about the Enriched Housing Program, please call (315) 531- 8148

Maintenance

Winter has come early, please be careful walking outside, with cold temperatures comes snow and ice. We will do our best to keep the parking lot plowed, shoveled and free of ice. Make sure you stay warm, if you find any issues report them as soon as you can, especially with your heat.

Residents with pets, please remember to keep food out of the recycling totes. It is a privilege to have a pet here and along with that goes the responsibility of cleaning up after it. We appreciate your cooperation and understanding with this concern.

I hope everyone had a great holiday with family and friends. We want to thank you with all your help with the inspections we've had this year.

As another year comes to a close it's been a pleasure to work with my crew (Joe, Steve and David.) I would like to thank them for all their hard work keeping the buildings in good shape and all of you safe. St. Mark's is an enjoyable place to work, staff are friendly and it's always nice to be able to interact with the tenants. Hope all of you have a great 2019.

Norman Koek

Penn Yan Upcoming Events

Celebrating Birthdays

January

9th Mike Flood
13th Joyce Coon
14th Diane Emery
14th Jim Miller
24th Doug Lewis
25th Bruce Harvey

February

2nd Molly McCoy
3rd Mary Jean Panzik
8th Tom Wignall
10th Carolyn Northrup
11th Scarlett Emmerson
20th Dave Emery
20th Jack Southard
24th Leon Stiles

March

1st Jean Olbrich
10th Henri DeMoras
16th Bev Hall
24th Anna Decker
27th Cynthia Lehner
30th Barb Perry

Tenants Association

Coffee Hour: 1st and 3rd Thursday of the month
Tenants Assoc. Meeting: 2nd Wed. of the month
Ice Cream Social: 2nd and 4th Thursday of the month
Bingo: Every Tuesday evening 6pm
Super Bingo: 2nd Wednesday of the month
Thursday evenings Cards 6pm

January

Bite To Eat: Sunday 1/6/19 ¼ Hamburger, French Fries, Soda
\$3.00, Movie "The Greatest Show" 5:45 pm free

Bite To Eat: Wednesday 1/16/19 Chicken & Biscuit Dinner \$5.00

February

Bite to Eat: Wednesday 2/6/19 Roast Beef Dinner \$5.00
Wednesday 2/20/19 Spaghetti & Meatball
Dinner, Toss Salad, Dessert & Beverage \$5.00

Bite To Eat: Sunday 2/10/19 2 Hot Dogs, Fries, Soda **Free** to all
residents, Movie: "The Book Club" 5:45 pm
Sunday 2/24/19 Extra Value Dinner: Chicken leg
and thigh, Potato, vegetable, dessert & Beverage
only \$3.00

Thursday 2/14/19 3pm English Afternoon Tea-American Style
\$4.00

March

Bite To Eat: Wednesday 3/6/19 Haddock Fish Fry with French
Fries, Cabbage Salad, Dessert, Beverage Cost
\$6.00
Sunday 3/10/19 Hamburger, Fries, Soda \$3.00,
Movie "On The Town" 5:45 pm
Friday 3/15/19 Meatloaf Dinner with Mac & Cheese,
Vegetable, Dessert and Beverage \$5.00

Highlights

** Check your monthly activity
calendar for additions, dates and
times.

Exercise: 9am Mon, Wed, & Friday

Bible Study: 1pm Wednesdays

Bingo: 2pm Friday

Worship: 3pm second Sunday

St. Michael's communion: 12:45 the
3rd Wednesday

Lab Visits: 12:15 the 3rd Friday

PY Public Library: Tuesday Jan-8th,
29th, Feb-19th, March-12th

Birthday parties: date & time to be
announced

Dundee News

16th Pauline Jepsen

January

5th Rose Howell
12th Charles Johnson

February

12th Linda Bowden
21th Edna Kent

March

19th Theresa Laughlin
30th Wilma Schucker

Happening

BONE BUILDERS	9:30AM	EVERY MONDAY
CHAIR YOGA	9:30AM	EVERY WEDNESDAY
LAB DRAW	9:00AM	2 ND & 4 TH TUESDAY
COFFEE HOUR	9:30AM	1 ST & 3 RD THURSDAY
CHURCH SERVICE	11:00AM	1 ST & 3 RD SUNDAY
COMMUNION	1:00PM	2 ND THURSDAY
BINGO	1:30PM	EVERY THURSDAY
OFA SHOPPING TRIP	1:30PM	2 ND & 4 TH TUESDAY
BIRTHDAY PARTY	2:00PM	LAST WEDNESDAY
SINGERS	7:00PM	3 RD WEDNESDAY
MAIN ST. BAND	7:00PM	1 ST & 4 TH WED
BIBLE STUDY	7:00PM	1 ST & 3 RD THURSDAY

- **Hair Appointments** –Offered Thursdays between 8:00AM-12:30PM; Appointments can be scheduled in the office
- **OFA Shopping Trip** – Includes stops at Watkins Glen WalMart and Tops; if interested sign up on the bulletin board downstairs

A HUGE THANK YOU to all the residents that contributed items to the Thanksgiving basket for a Dundee family going through a tough time.

A HUGE THANK YOU to all the residents that contributed items to the Christmas basket for another Dundee family going through a difficult time.

A HUGE THANK YOU to the Crystal Valley Mennonite School kids, Rotary, and DCS Chorus for taking some time to sing for the residents.

Honoring the Employees

Penn Yan



L/R Gail Berardo 3 years, Amanda Howell 2 years

Dundee



Yvonne Warren 4 years

Christmas Party 2018

“Good Times with good friends “



Lloyd Deal



L/R Kay Albert, John Strong, Linda Lane

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