



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

Dates to Remember

October

10/14/19- offices closed in celebration of Columbus Day.
10/31- Halloween

November

11/11-Offices closed in celebration of Veterans Day

11/28, 11/29 Offices closed in celebration of Thanksgiving

December

12/25- Offices closed in celebration of Christmas

Hello Everyone!

With summer behind us, October welcomes the cooler weather and beautiful fall foliage. Unfortunately, this also means the start of flu season. Each year we offer flu vaccines for residents and staff. If you were unable to attend one of our clinics please make arrangements with your Health Care Provider to receive a vaccine soon. Vaccination is especially important for high-risk people, such as the elderly, health care workers, and those who have other health issues.

Our staff increases their efforts to clean and disinfect all frequently touched areas, such as doorknobs, railings, and elevator buttons. Residents and visitors can help stop the spread of flu germs by covering your coughs and sneezes, washing your hands frequently and staying home if you are sick. We have many hand sanitizers throughout the buildings for your use.

As we approach the holiday and the end of the year, thanksgiving is a great time to remember that amidst all the chaos and stresses in life, joy and happiness is still easy to find. All you need is to spend time with your family and friends, it is also a time to reflect on all the blessing that we have. I am particularly thankful to have the opportunity to be here with all of you at St. Mark's.

May you all have a happy and healthy fall and Holiday season.

Best Regards,

Deb Hafleigh
Director

Service Coordinator

Medicare "Open Enrollment Period" is quickly approaching. It runs from October 15 to December 7th. Health care and drug plans often change their cost, coverage and provider networks from year to year. Your health needs can change, such as taking different medications, getting a new diagnosis or being hospitalized. The "open enrollment period" provides the chance to review your current plan and decide if it's the best choice for your health coverage.

Ashley Tillman: Aging Service Coordinator at Yates County Office of the Aging will be doing a presentation on Federal Medicare updates and Medicare Advantage Plans. She will be at St. Mark's Terrace in Penn Yan Tuesday October 15th from 10am -11am and Dundee St. Mark's Terrace from 2-3pm. Public Hearing for the 2020 Pro Action Yates Budget and Annual Update will follow both presentations.

Thank you to the Yates County Tuberculosis and Health Association for their generous funding of \$236.40 for Shower hose extensions at Penn Yan St. Mark's Terrace and \$144.96 for utility cart and folding shopping cart for Dundee St. Mark's Terrace. This will help residents maintain their independence and provide safety.



With summer coming to a close, St. Mark's Terrace would like to thank Bab's Strunk for the beautiful flower arrangements she brings in weekly. Bab's mother June Strunk lived at St. Mark's Terrace till she passed away a few years ago. Bab's continues to stay involved with the residents. Friday afternoon Bab's brings in treats for her fellow bingo companions. She volunteered to help out at our yearly 90's party. Not only did she help out but she also bought favors, and balloons. You may recognize her. Bab's is arrested yearly to raise money for the Humane Society.

Thank you to our other gardeners that help out at St. Mark's Terrace. Carolyn Partridge oversees one of the flowerbeds. Karen Quilon and Deb Flood also have a green thumb. They too take care of a flowerbed and put a lot of work into making things look nice. Ruth Rickard is now caring for one of the beds that one of the ladies was helping with, thank you ladies, we appreciate all of your hard work.

From the Enriched Housing Program:

“Plan for what is difficult while it is easy, do what is great while it is small.” ~Sun Tzu

Did you know that October is National Long-Term Care Planning Month?

This month I encourage you to look ahead to determine what future services you may need. While there is no way of knowing what lies ahead in your future, knowing what is available can help to reduce stress and anxiety should the need for something arise.

Keep in mind that St. Mark's Terrace in Penn Yan does have available the Enriched Housing Program. This program offers housekeeping, laundry services, grocery shopping, 1 hot lunch meal a day and also assistance if needed with morning and evening meal preparation. This program runs seven days a week, 365 days a year. The Enriched Housing Program may be just what you need to keep you living safely in the comfort of your own apartment here at St. Mark's Terrace.

Starting Tuesday October 1st, I will be available in the game room from 2-3pm the 1st Tuesday of every month for anyone to come meet me and ask any questions that you may have regarding our wonderful Enriched Housing Program.

If you are not available to attend one of these meetings but have questions regarding the program there are several ways to reach me. Please feel free to stop into the Enriched Housing Program Office at any time. The phone number for the Program is (315) 531-8148 or you can e-mail me at enrichedhousing@outlook.com. Even if you do not believe you are ready for the program at this time I encourage you to come and see what it is about.

On a sad note, September 17, 2019 we closed the Enriched Housing Program in our Dundee Building. I wish to thank our personal care aides Juanita Schmidt and Susan King for their dedication all these years to the program.

From all the staff in the Enriched Housing Program we wish you all a very happy fall!

Michelle Lewis
St. Mark's Terrace
EHP Program Director

Maintenance Department

According to the calendar summer is over and fall has begun. I hope we have a nice long fall before we start seeing any of the white stuff.

October is Fire Prevention Month. The annual fire drill for the Dundee Building will be Wednesday October 2nd. After the drill you will be able to ask the chief's any questions you may have. The drill at the Penn Yan building will be Thursday October 17th. I'm trying to set up a meeting with the Penn Yan Fire Chief a few days before the drill so you can ask questions prior to the drill-taking place. Both drills will start at 7:00 pm. There are a number of new people in both buildings that need to know what to do in case of an emergency.

There is a rule about smoking within 25' of building. You can smoke in your apartment and out at the pavilion. Please think of those that do not smoke, thank you.

Remember in the Penn Yan Building on Oct.11th the power will be shut off for up to 4 hours, starting at 8:00 am. The transformer on the outside of the building is being replaced. We will do whatever we can to help everyone through this. This is important to do this on a schedule and not an emergency shut down some night or during winter weather. Please be understanding and ask if you have any questions.

The annual apartment inspections will be coming up in the near future. Dates and times will be posted on when that will happen. If you notice anything that needs to be addressed please let maintenance know. This is not just during inspections. The sooner a problem is reported the more promptly it can be fixed. All problems can be reported by having a work order completed at the office. If at all possible please let someone know during work hours, don't wait till the evening or weekend.

Thank you for your patience and help with the driveway sealing, especially in Penn Yan with all the rain.

Norm Koek

Maintenance Supervisor

Honoring the service of our Employees

Penn Yan



Deb Hafleigh- 26 years

Penn Yan



Rose Blauvelt-10 years

Dundee



Sue King-6 years

Upcoming Events- Penn Yan

October

1st Ruth Rickard
10th Ray Kjar
12th Ruby Christensen
14th Christopher Wright
17th Sherry Stracci
19th Bernetta King
24th Barb Tuttle
27th Joan Hayes

November

7th Fritz Roulo
9th Suzan Richards
10th Pamela Hagendoorn
11th Don Manning
14th Carol Allen
15th Kenny Shaner
19th Doug Kennerson
22nd Jim Drumm
24th Ann Klrch
30th Sandy Tillman

December

2nd Hiland Shaddock
3rd Ron Northrup
3rd Hilda Scofield
6th Priscilla Mack
12th Bev Harrington
12th Diana Knapp
15th Ted Stever
15th Terry Horton
20th Pauline Champlin
21st Kay Deming
26th Phillip Burrell
28th Bob Hall

Tenants Association

October Events:

Association Mtg. 2nd Wednesday of the month at 3pm.
10/9

Wednesday 10/9- Super Bingo 6pm

Bingo: Tuesday Evening 6pm- 10/1, 10/8,10/15, 10/22,
10/29

Bite To Eat:

Wed. 10/2-Roast Beef Dinner, (cost \$5.00- time 4- 5:15pm)
50/50 drawing

10/16 -Chicken & Biscuit Dinner (cost \$5.00, time 4:00-
5:15) 50/50 drawing.

Sunday 10/27- Choice of hot dogs or cheeseburger, cost
\$4.00

Highlights

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

Exercise: 9am Mon, Wed, & Friday

Bible Study: 1pm Wednesdays

St. Michael's Communion: 12:45 the 3rd Wed

Bingo: 2pm every Friday

Stamping Craft: announced monthly

Lab visits: announced monthly

PY Public Library: announced monthly

Birthday parties: date & time to e announced

Tenants Association

November Events:

Bingo: Tuesday 6pm, 11/5, 11/12, 11/19,11/26, cost \$2.00

Wednesday 11/13- Thanksgiving Dinner \$5.00

Wednesday 11/20-Super Bingo 5pm \$5.00

Thursday Coffee Hour, 3pm 11/7, 11/21

Thursday Cards 5pm-11/7, 11/14, 11/21

Tenants Association

December Events:

Bingo Tuesday 6pm, 12/3, 12/10, 12/17, cost \$2.00

Tuesday 12/31-Gala New Years Eve Party, dinner & DJ-
Bob 6-8, Balloon drop 8pm

Wed. 12/11 Assoc. Meeting 3pm

Wed. 12/11- Super Bingo 6pm

Bite To Eat:

Wed.12/4-Meatloaf Dinner, \$5.00, serving 4-5:15pm
Sunday 12/15- Choice of Hotdogs or Cheeseburger

Thurs. Coffee Hour 3pm 12/5,12/19

Thurs Ice cream Social12/12, 3pm. **Cards every Thurs.
5pm** 12/5, 12/12, 12/19, 12/26

Dundee News

October

November

December

5th Beverly Van Amburg
 17th Estina Bronchetti
 19th Elizabeth Nedwell
 26th Nancy Lasser

21st George Dyer

Happenings:

BONE BUILDERS	9:30AM	EVERY WEDNESDAY
LAB DRAW	9:00AM	2 ND & 4 TH TUESDAY
CHURCH SERVICE	11:00AM	1 st & 3 rd SUNDAY
COMMUNION	1:00PM	2 ND THURSDAY
BINGO	1:00PM	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

- **Hair Appointments** –Offered Thursdays between 8:00AM-12: 30PM; Ap-
pointments can be scheduled in the office
- **OFA Shopping Trip** – Includes stops at Watkins Glen Wal-Mart and Tops; if
interested sign up on the bulletin board downstairs
- **OFA Food Pantry Trip** – Offered the 4th Thursday of the month. The bus de-
parts at 10:45am. If interested sign up on the bulletin board downstairs

**A HUGE THANK YOU to all the residents that attended the United Health Care
ice cream social and informational meeting.**

**A HUGE THANK YOU to the kids from Dundee Central School that came and
shared some of their songs from their musical.**

**A HUGE THANK YOU to the Bruce and Bud Band for taking some time to sing
and play their instruments for the residents.**

Resident Spotlight



Meet Liesje Deal, a good-hearted lady that gets satisfaction by helping others. She was born in the Netherlands in 1933. During her childhood there was a war that caused some hardship for her family of ten. Her dad owned a farm that was taken over by Germans. They made it into an air base. This separated her from some of her siblings. Liesje and some of her family stayed at a theatre in their hometown that was owned by friends.

Liesje met her first husband at a Hotel he was staying at where her sister was working. He was an Air Force Sergeant, there to do training for the National Guard. They were married in the Netherlands in 1953, she was 19 years old. In 1954 they came to the US. They had a good life together and did a lot of traveling. (Hawaii, Memphis Tennessee, Arizona). They had two sons. One graduated from Notre Dame and one lives in Albuquerque New Mexico, working in irrigation.

Liesje's husband retired from the service, they bought a home in Waterloo and he worked at Harris Tech Company till he passed away. Liesje worked at Sylvania till the company moved to Ohio. After that she worked at a Bridal Boutique in Seneca Falls.

She met her second husband Lloyd, who was the manager at Super Duper where she was also hired to work. Liesje's family all visited her in New York except her dad that was fearful of flying. Her and Lloyd had a daughter Krisjie who is now a designer at Makensie Childs in Aurora NY. Liesje and Lloyd owned a chain of grocery stores. Lloyd became ill and they had to file for bankruptcy.

With Lloyd's health starting to fail, they moved into St. Mark's Terrace. Her stepson lives in the house they had in Bath NY. He works at Corning Inc. Lloyd passed away this year. He was always happy and friendly to everyone.

Liesje's hobbies are crocheting, knitting, making quilts and painting. She stated, " it's not about the destiny, it's about the journey in life".

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