



AT HOME

Always connected. Always caring.

Living Life, Independently. John's Story.

A former snowbird who decided he no longer wanted to travel back and forth between Florida and the North Country said he's thankful for this move to United Helpers Independent Senior Living. In fact, both he and his children credit the move for possibly preserving the quality of life he's able to continue enjoying today.

John Snell, formerly of Parishville, was speaking on the phone with his daughter, Kathleen Reagan, when something didn't seem right. Mrs. Reagan noticed too.

"We went from having a normal conversation to him not being able to put a sentence together and he said he wasn't sure what was happening," Mrs. Reagan recalled, adding she then hung up the phone with her father and called Community Housing Manager Jennifer Dean, who ran down to his room. 911 was called and it was determined that Mr. Snell was having a stroke.

The quick response from Mrs. Dean and the Canton Rescue Squad enabled Mr. Snell to begin receiving treatment almost immediately, helping to preserve his quality of life and limit the stroke's impact.

Prior to his move into United Helpers Independent Senior Living Mr. Snell was living on his own. "My wife passed seven years ago and most of my friends have passed on too," he said. "I would have been in Florida by myself and who knows how this would have turned out," he said.

It was that sense of loneliness that led Mr. Snell to the ISL. "My daughters had mentioned it two or three times and then one day on my own I came to check it out and thought, that doesn't look so bad," he recalled.

Mr. Snell was living along Higley Flow during the spring and summer, while spending the colder months in Florida.

"I just wanted to have one place. I didn't want to travel back and forth anymore and it just wasn't practical to stay here by myself in the winter," he said.

Since moving into the ISL, Mr. Snell said he has made several friends and also reconnected with some people he hadn't seen in a long time.

"It was a big move, but I'm glad I made it," he said. "Everything here is perfect. The staff, the residents, the chefs, the custodian. They're all very nice and there is a tremendous sense of community. When I got back from the hospital everyone was checking on me to see how I was doing and there were a lot of people willing to help me with anything I needed."



Kathleen Reagan works on a puzzle with her father, John Snell during a recent visit to his apartment at United Helpers Independent Senior Living in Canton.

Looking Forward to:

Soar Mahjong

Thursday, May 2nd & 9th
9:30 am
Multi-purpose Room

Cinco de Mayo Brunch

Sunday, May 5th
12 - 2:00 pm
Dining Room

Max's Travels

Friday, May 10th
11:00 am
Multi-Purpose Room

Mother's Day Brunch

Sunday, May 12th
11 - 1:00 pm
Dining Room

VISIT US VIRTUALLY: WWW.UNITEDHELPERS.ORG OR CALL TO SCHEDULE A PRIVATE TOUR (315) 379-1428

NEIGHBORHOOD NOTES

The solar eclipse was a site to behold! The event may have only taken a few moments, but the memories will last a lifetime. Thank you to everyone that joined in to celebrate the moment together.

We enjoyed our trip to Plum Brook Cafe in Russell, NY (pictured, bottom left). A wonderful breakfast with some wonderful people. We enjoyed the trip, and the warmer spring weather!

UHISL is preparing for our annual Open House. The Open House will be held on Friday, June 14th, from 1 - 3:00pm.



Pictured at Plum Brook Cafe are Laura Taylor, Gary Parker, Jane Daby, Jen Dean, Linda Buchnan, Chris Merrill, Rita O'Neil and Brian Lapage.



Picture of members & staff enjoying the eclipse



Open House

Do you know someone who would benefit from all that UHISL has to offer?

Join us on

Friday, June 14th

1 -3:00 pm

Phishing, Smishing, Oh My!

This is the third article in a series of staying safe online.

Creating fake websites, email addresses, or phone numbers that mimic legitimate sites and sources for the purpose of stealing information, money or deploying malicious programs is called phishing.

Each day, millions of phishing messages are sent via email, text and social media. This technique is called "smishing." Smishing tricks users into clicking unsafe links. These types of messages may ask you to complete a survey, or inform you that you have money waiting for you or tell you that you owe money to an institution and must pay immediately. Phishers can pose as banks, government agencies, retail companies, your coworkers or friends.

Don't assume only strangers can send you phishing messages. Real accounts can be hacked. If a message seems out of character, vague, or doesn't match the typical tone of your contact, reach out to them a call or text to confirm that they were the sender.

How do you spot and avoid a phishing or smishing scam?

- ▶ **Don't click on links.** Phishing and smishing messages quite often link to unsafe sites. Avoid clicking on pop-up ads, especially those claiming you've won a prize or claim that something is wrong with your device.
- ▶ **Check the email and sender of the message.** Scams tend to look familiar, but often the address doesn't match the sender's name
- ▶ **Look for typos.** Phishing attacks often contain a similar spelling to the site they are trying to mimic to fool users, like "amazn.com"
- ▶ **Use Google.** When in doubt, research the organization being used in the email to see if it is legit.

Stay vigilant! Stay safe online.

Happy Birthday to:

May

Janet Stitt- 11th

John Snell - 14th



Always Caring