



AT HOME

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Making New Friends & Rediscovering Creative Energy

Sitting in an apartment decorated by her own paintings, Ellen Burns said she's thinking about taking up painting once again.

Mrs. Burns recently moved into United Helpers Independent Senior Living and among the items she brought with her are her art supplies, though she explains it's been several years since she's put a brush to paper and created anything new.

Her husband, Robert Burns lives in a skilled nursing facility nearby. Mrs. Burns said that upkeep on their Potsdam home, as well as loneliness just became too much.

"It was a lot of upkeep. The yard wasn't huge, but it was big enough," she said, adding that living on a corner lot also means she has twice as much sidewalk to keep clear of snow and ice during the winter.

"My family helped out a lot, but living alone was getting kind of lonely," she said. "I talked about making the move with my kids, and we decided now was the time."

Mrs. Burns has been living at Independent Senior Living since July, and she said she has no regrets.

"This is a very good place for someone like me to be. You get to make new friends and chances are you'll even know some of the people who are already here," she said. "Plus, there are always people to eat dinner, play cribbage or play scrabble with."

Helping to make the transition even easier has been the staff. The people who are employed here are marvelous, all of them," she said. "Usually there's one bad apple in the bunch, but everyone here is great. They're always smiling and always asking how they can help."

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Ellen Burns with her "dog" Buddy.

Fall Open House: Join Us & See!

This is your opportunity to experience firsthand the welcoming atmosphere, modern amenities, and supportive community that make United Helpers a premier choice for independent senior living. Whether you're beginning to explore your options or actively searching for your next home, our open house provides the perfect setting to discover all we have to offer.

Visit us on Friday, October 10th, from 1 - 3:00 pm.
We can't wait to meet you!



Patty Wood, Roy Caldwell, Ellen Burns, and Brian Wilkinson enjoying wine & cheese.

Looking Forward to:

Scam Prevention Tips

Tuesday, October 7th
1:00 pm
Dining Room

Fall Festival

Tuesday, October 14th
1:00 - 3:00 pm
Courtyard

Charicatures - Joe Ferris

Tuesday, October 14th
1:00 - 2:00 pm
Courtyard
*Register by September 26th

Oktoberfest

Wednesday, October 22nd
3:00 pm
Lobby

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

NEIGHBORHOOD NOTES

There are so many things to look forward to in October! We can't wait to welcome the fall season with our annual Oktoberfest on Wednesday, October 22nd, celebrating all things German! Members, be sure to join us for music, German food, and yes, of course, beer! You may even see some lederhosen!

A trip to Atwood Fruit Stand is planned for Monday, October 6th at 1:00 pm, please register by October 1st if you'd like to attend.

Join representatives from Northern Credit Union on Tuesday, October 7th, to learn more about Scam Prevention and gain helpful tips that will help keep you safe. A flu clinic has been scheduled for Friday, October 3rd at 9:00 am.

Fall Festival, on Tuesday, October 14th will include bocce ball and cornhole games, as well as cider and donuts. We're excited to feature Caricature artist Joe Ferris and offer a chance to have your caricature drawn. We're sure this is going to be an event to remember! We can't wait to see him sketching in action! If you would like to see some of his previous work, you can check him out here: <https://www.facebook.com/joeferrisart>. Cost is \$10 per person.

...New Friends (Cont'd from page one)

Without even knowing it, the staff has made a difference. Mrs. Burns said she feels "right at home," and is even considering picking up a paint brush again for the first time in eight years.

As she talks about her artwork, her face lights up, recalling the details of some of her paintings: a stack of books visible through a window, an American flag hanging in front of an old farmhouse, or even treasures found in the pockets of her young grandson's pants.

"I think I'm going to start painting again this winter," she said. The only question that remains is what will she paint next? Will it be the deer in the field behind her apartment? Will it be the grand Christmas tree that graces the entrance every year, or will it be something else entirely?

At United Helpers Independent Senior Living, the possibilities are endless.

Origins of Oktoberfest

Oktoberfest can be traced back to Munich, Germany, in the early 1800s and the wedding of Crown Prince Ludwig of Bavaria and Princess Therese of Saxe-Hildburghausen. Today, Oktoberfest is the largest Volksfest (folk festival). The festival starts in mid-September and continues until the first Sunday in October.

The event attracts more than 7 million people annually with amusement rides, games, food stalls, and traditional Bavarian foods. More than 7 million liters of Oktoberfest beer are consumed. That's a lot of Marzen!

A Wonderful Performance!

Flutist Addie Ragan, pictured right, recently entertained UHISL members.

Addie is a 15-year-old student who is preparing to enter tenth grade at Canton Central School in the fall. She plays the flute in her school concert band and the saxophone in the jazz band. She participates in three seasons of track and field during the school year and is involved in student council, Model UN, and Science Olympiad at Canton Central. In her free time, Addie enjoys reading and traveling.

Wow! When does she have free time? Thanks, Addie, for squeezing us into your busy schedule!

UHISL Fall Open House
Friday, October 10th
1 - 3:00 pm



Happy Birthday to:
October
Jeanne Stone - 17th



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