



AT HOME

Always connected. Always caring.

Enjoying the Cold?

It's certainly been a winter for the books, but members have really enjoyed getting out to see our local collegiate hockey games. Recently, members headed over to St. Lawrence University's Appleton Arena to see the skating Saint's Women's Hockey team take on Princeton. SLU goalie Emma-Solfie Nordstrom made 31 saves, but the Saints ultimately fell to Princeton by a score of 2-0.

St. Lawrence and Clarkson University feature some of the best collegiate hockey players in the nation. Clarkson University is among the nation's leaders in collegiate representation in the 2026 Winter Olympics, with 11 current and former students competing in this year's events. This makes Clarkson the fifth-highest total among NCAA institutions. St. Lawrence University has one athlete competing in the games.

Learn more about our local university teams here:

<https://www.clarkson.edu/news-events> and
<https://saintsathletics.com/news/2026>



Pictured are Janice Riordan, Marilyn & Neil Johnson, Linda Buchanan, and John Scillieri getting ready for the game.

Eustis Comes Home to UHISL

William Eustis was born in Chicago, grew up in Hammond and is now residing at United Helpers Independent Senior Living in Canton.

In between Chicago and Canton, though there were plenty of other stops along the way including "downstate," where he began his teaching career, and four other states, where he and his wife, Frances, spent time during retirement.

"We spent time in Colorado, Montana, Washington and Arizona," he said, adding that his wife passed away in 2018.

A few years after she passed, Mr. Eustis returned home to Northern New York, where he's spent the past several years living along the St. Lawrence between Ogdensburg and Morristown.

Mr. Eustis then began looking for a place where he could settle down, make some new friends and enjoy the remaining years of his retirement without having to worry about maintaining a home and its surrounding property.

When asked if he knew anyone who lived in the building prior to moving to Independent Senior Living in September, he said the answer that is not as simple as it may seem. (cont'd pg 2)



William Eustis enjoys a good book in the library at UHISL

Looking Forward to:

Scattergories

Wednesday, March 11th
11:00 am
Dining Room

Shamrock Shakes

Tuesday, March 17th
1:00 pm
Lobby

Coffee & Homemade Bread

Friday, March 20th
10:00 am
Dining Room

Trip to 1898 Room

Tuesday, March 24th
9:15 am
Meet in Lobby
*Register by Tuesday, March 17th

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

NEIGHBORHOOD NOTES

Wouldn't it be nice if the wearing of the green on St. Patrick's Day also brought some green grass? Punxatawny Phil predicted six more weeks of winter, but we're hoping he's off by a few.

The cold has hampered some of our outdoor plans, but we were lucky to get out and enjoy some women's hockey at St. Lawrence University. Members have also enjoyed games of Mah Jong, Scattergories, Shuffleboard, Cribbage, and BINGO. There's always plenty to do, even if Mother Nature doesn't cooperate.

We're looking forward to celebrating St. Patrick's Day with some special shenanigans. Join us for our version of Shamrock Shakes on March 17th in the Lobby starting at 1:00 pm. Whether you're Irish or not, join us for the fun.

Interested in learning more about the vibrant history of United Helpers? Be sure to register for the trip to Ogdensburg to visit the 1898 Room on March 24th. The 1898 Room includes photos and artifacts celebrating the more than 125 years of United Helpers' legacy in Northern NY. Lunch will follow at Phillip's Diner. Register by March 17th if you'd like to come along!



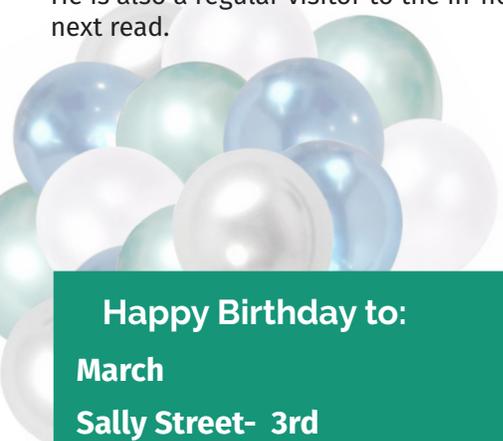
...Home (from page one)

Community Housing Manager Jennifer Dean invited him to the building's annual summer picnic and it was there that he discovered Janet Stitt also lived there. "She used to babysit our children," he said. "It's just one of those crazy things. I didn't know she lived here until I saw her at the picnic this past summer."

Mr. Eustis has lived in the building for nearly six months now, moving in shortly after the picnic, and he said he's very much enjoying everything Independent Senior Living has to offer. "The people are all very friendly, including the staff and other members and the food is fantastic," he said. "That's just what I needed."

Mr. Eustis also enjoys many of the building's scheduled activities, which earlier this year included a visit from Ogdensburg-native, turned Hollywood actor Mark Valley. "I didn't know Mark personally, but his dad and I taught together at Ogdensburg Free Academy," he said.

He is also a regular visitor to the in-house library, where he enjoys searching for his next read.



Happy Birthday to:

March

Sally Street- 3rd

Karl Caswell - 4th

Jane Daby - 7th

Roy Caldwell - 17th

Patti Woods - 20th

Jack Carroll - 23rd

Linda Buchanan - 31st

Staying Strong

Regular exercise can improve muscle mass, bone density, balance, and overall health. Exercising with friends can be even more beneficial!

UHISL offers exercise classes for members twice per week, with classes led by David Guccini. Members participate in a variety of exercise techniques designed to improve and maintain balance, flexibility, and strength.

We're lucky to have Instructor David Guccini! David is a retired SUNY Canton Criminal Justice professor and is a black belt in Karate. He's been a United Helpers volunteer for many years. We appreciate his dedication to our members!



John Scillieri is pictured, left, enjoying morning exercise class. above pictured clockwise from bottom are David Guccini, Neil Johnson, Marilyn Johnson, Peg Caswell.

