



# AT HOME

Always connected. Always caring.

## A Glimpse into the Past

Members recently visited the 1898 Room in Ogdensburg, a space dedicated to United Helpers' rich organizational history. Opened in November 2025, the room features stained glass, postcards, thank-you notes, annual reports, and admission logs dating to the early 1900s.

During the visit, members explored United Helpers' early years — including its all-women Board of Directors, who served until the 1960s — and its founding mission: "Serving the Community and Helping Those in Need." That mission remains unchanged today, even as the organization has grown and expanded its services to meet evolving community needs.

The 1898 Room is open by appointment, Monday through Friday during regular business hours. To schedule a visit, email [marketing@unitedhelpers.org](mailto:marketing@unitedhelpers.org).



Benny Fairchild, Marketing Manager for United Helpers, provides a guided tour of the 1898 Room for UHISL Members.

## St. Patrick's Day Shenanigans

Members celebrated St. Patrick's Day with a week-long schedule of shenanigans.

A scavenger hunt kicked off the week, inviting members to search high and low for special hidden shamrocks. Congratulations to the keen eyes of Jane Daby for locating the most.

On St. Patrick's Day, members donned their green and sampled shamrock mint milkshakes at an afternoon gathering.

The week ended with a festive St. Patty's Day brunch featuring beer and cheese soup, Irish soda bread biscuits, corned beef and cabbage, and Irish Cream cheesecake for dessert.

We know how to celebrate! That's for sure!



Cheers! Pictured above are members Robin & Brian Wilkinson, Linda Buchanan, Jane Daby, Ellen Burns, Janet Stitt, and Catherine Dalton. Pictured below are Karl Caswell and James Mattingly.



## Looking Forward to:

### Trout Lake Maple Outing

Thursday, April 2nd  
1:00 pm  
Meet in Lobby

### Easter Brunch

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

### Writing Club

Wednesdays  
2:00 pm  
Community Room

### Shuffleboard League

Tuesdays  
7:00 pm  
Multi-Purpose Room

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

## NEIGHBORHOOD NOTES

We are looking forward to Easter Brunch on Sunday, April 5th. Our menu includes baked ham with mustard and maple glaze, cheddar cheese omelet served with bacon, French toast with strawberries and sausage, scrambled eggs and toast served with bacon or sausage. Side dishes include sweet potato casserole, home fries, baby carrots, and asparagus. Dessert offers turtle cheesecake, fresh fruit, and ice cream. Yum!

Please join us for our trip to Trout Lake Maple in Gouverneur on Thursday, April 2nd. Members will have an opportunity to tour and learn about sap filtration, storage, and reverse-osmosis syrup testing and grading, as well as sample some of the delicious products.

Is there a book or a poem inside of you just waiting to emerge? Members host a Writing Club every Wednesday at 2:00 pm in the Community Room. Explore your imagination and expand your creativity. New members are welcome!

Our shuffleboard league kicks off in April, meeting Tuesday evenings at 7:00 pm in the multi-purpose room. Join in or just pop in to watch.

## Exercising a Passion for Fitness

When Megan Mills saw an opportunity to intern with UHISL members she jumped at the chance. Mills, a senior in the SUNY Potsdam Exercise Science program and member of the women's hockey team, says working with older adults to improve mobility, balance, and overall function is a passion.

UHISL is fortunate to provide opportunities for interns from the four, neighboring universities. From exercise classes, to tips on cybersecurity, to musical performances, the region's colleges provide unique opportunities for our members to enjoy.

Pictured top, right is Mills during a banded strength exercise class. Pictured bottom, right is Howard Green, Brian Wilkinson and Catherine Dalton.



## What Difference Would I Make?

*A poem by UHISL member, Jane Ault*

All I have is now, this moment in time.  
Yesterday is gone. Tomorrow is not mine.

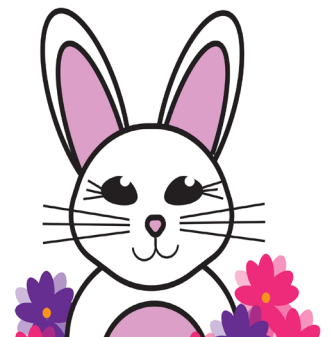
I could mourn my losses or enjoy what I have left --  
Grumble and complain or thank God for each breath.

I could wear a frown or decide to smile --  
Sit down with my neighbor and visit for a while.

I could play a game or two, enjoy the competition;  
Maybe learn a thing or two, make cooperation my ambition.

Will I, in discouragement, too soon quit this race,  
Or accept my limitations and walk a slower pace?

I could yawn and go to sleep or stretch and stay awake.  
Today, in this community, what difference would I make?



Happy Birthday to:

April

Ira Woods - 2nd

Lisa Wright - 17th

William Eustis - 21st

Donald Nordberg - 21st

Robin Wilkinson - 26th

## Competitive Spirit

An indoor corn hole tournament is the perfect way to create a little sunshine when Mother Nature wants to hold onto winter just a little longer.



Seven teams competed in the tournament, with several onlookers cheering participants on.

Pictured left are tournament champs, Chris Merrill and Deb Rycroft. Pictured right is Wanda Carpenter getting ready to make her toss.



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