



AT HOME

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Czech Olympian Visits UHISL

With the success of the PWHL and television ratings for women's hockey in the Olympics reaching never-before-seen numbers, women's hockey is currently one of the fastest-growing sports in the world with participation in the sport amongst girls and young women growing at a rapid pace.

That wasn't always the case and many of today's stars, including A grew up playing with and against boys. Ms. Trnková just completed her junior season with the Clarkson University Women's Hockey Team, while also competing in the 2026 Winter Olympics for Czechia.

Ms. Trnková said she grew up in a household that loved hockey. She began skating at just three years old and began to play at the age of four. She spent her youth playing on all-boys' teams until she joined the U-16 and U-18 National teams, continuing to play with boys at the junior level until she turned 19 and came to the U.S. to play in college.



Brian Wilkinson, UHISL Member and 1961 - 1964 Clarkson University Hockey player, pictured with Olympian/Clarkson Women's Hockey player, Andea Trnková.

Ms. Trnková shared her story, from early days, struggling to get playing time simply because she "was a girl," to setbacks during COVID.

Following the Olympics in 2022, she earned a spot on the Czech National Team for the World Championship tournament. That team became the first in its nation's history to win a medal. *(story cont'd on page two)*

Looking Forward to:

Raquette River Presentation

Monday, May 4th
12:45 pm
Dining Room

Trip to Remington Art Museum

Friday, May 8th
10:30 am
Meet in Lobby
*Register by Friday, May 1st

Casino Trip

Tuesday, May 12th
10:30 am
Meet in Lobby
*Register by Tuesday May 5th

Lunch at Taste of Vermont

Friday, May 22nd
1:00 pm
Meet in Lobby
*Register by Friday, May 15th

Join us and See!

If you've always wondered what it's like to live at UHISL, here's your chance to get a glimpse! UHISL will host an Open House on Friday, June 12th, from 1:00 - 3:00 pm.

Take a tour of the complex, take a peek at our apartment styles, meet members of our UHISL team, and learn what independent, retirement living can be. Evening dining at *The Hearth*, scheduled transportation, housekeeping, and a vibrant activities schedule are just a few of the amenities UHISL has to offer.

Discover what life is like when you don't have to shovel your driveway or worry about what to make for dinner. Join us during our open house, or schedule a private tour anytime by calling 315-379-1428 or visit online at <https://www.unitedhelpers.org/independent-senior-living/>

We can't wait to meet you!



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

NEIGHBORHOOD NOTES

There is so much to look forward to in May! We kick off the month with a presentation on Racquette River, offered by Blake and Tzintzun the Talking Rivers (learn more here: <https://talkingrivers.org/>) on Monday, May 4th at 12:45 pm in Dining Room. Join us to learn..

On Friday, May 8th at 10:30 am, we head to Ogdensburg to visit the world-famous, Frederic Remington Art Museum. The Remington features a comprehensive collection of original Remington paintings and sketches, as well as an overview of Remington's life.

A Mother's Day brunch will be held on Sunday, May 10th from 11:00 am - 1:00 pm in the Dining Room.

On Tuesday, May 12th, members can choose to visit the Akwesasne Mohawk Casino. Register by Tuesday, May 5th if you're interested and meet in the Lobby at 10:30 am.

We're also looking forward to a Memorial Day Picnic on Monday, May 25th from 12 - 2:00 pm and plan to join us for a trip to Taste of Vermont for lunch on Friday, May 22nd, at 1:00 pm.

Olympian Visit...

In June of 2022, Ms. Trnková traveled to the U.S. for the first time as a member of the U-18 national team for the 2022 U-18 World Championship tournament in Wisconsin. With the opportunity to play in front of scouts, she impressed several schools, ultimately deciding to attend and play NCAA Division I hockey at RPI starting in the 2023-2024 season. She later transferred to Clarkson University.

Ms. Trnková tallied an assist during the Olympics; the team ultimately finished in 5th place, which she notes was an improvement over the team's 7th place finish four years earlier.

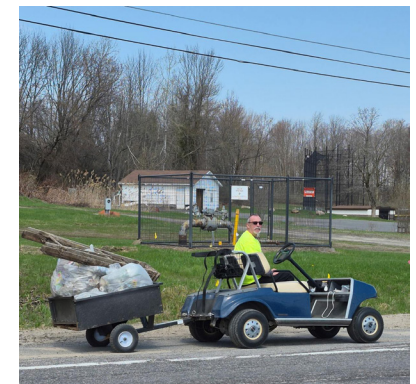
As she heads into her senior year at Clarkson, Ms. Trnková is said she now has her eye on the PWHL. To help get ready for her senior year, she'll be working alongside PWHL number one draft pick and fellow member of the Czech national team Kristýna Kaltounková at girls' hockey camps throughout the off-season.

"It's amazing how far the game has come. Girls actually have a professional league they can look forward to playing in. For a long time, girls and women in hockey didn't have that," she said.

This article has been condensed for publication. To view the complete story, visit:
<https://www.unitedhelpers.org/2026/04/27/czech-olympian-shares-her-story-with-members-at-independent-senior-living/>

Earth Day Clean-Up

UHISL staffers celebrated Earth Day by committing to a community roadside clean-up. Pictured right is Brian LaPage and below, first row are Kailey Vesel, Jenn Dean, Vanessa Skipka. Back row: Brian LaPage, Chris Merrell, Draven Lashua, and Jack Carroll.



Happy Birthday to:
May
Janet Stitt - 4th
Jim Mattingly - 7th
Kaylie Vessel - 12th
John Snell - 14th
Neil Johnson - 17th
Draven Lashua - 18th
Wanda Carpenter - 24th



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