



Left photo: Liberty ARC artists Michele Michaels, left, and Sherley Morales, right, with their award-winning piece, “Pink Magnolia Flower.” Center photo: Pictured is Liberty ARC artist Heather Purtell with her piece, “Flamingo – It’s Five O’clock Somewhere,” which won the second place award during the agency’s Creative Expressions juried art show. Right photo: Pictured are members of Liberty ARC’s Academics Class with their artwork, “Caribbean Sunrise,” which won the third place award during the agency’s Creative Expressions juried art show.

AMSTERDAM

Liberty ARC celebrates artists with disabilities with inclusive art show

Liberty ARC held its seventh annual Creative Expressions juried art show on October 8 at the Century Club in Amsterdam, celebrating and recognizing 175 artists with intellectual and developmental disabilities from across New York State.

Every year, this inclusive event gives artists the opportunity to showcase their unique artistic talents in a welcoming community setting. Participants included artists from Liberty ARC’s Liberty Through The Arts program, and other agencies from across the state that support people with disabilities, like AHRC Nassau, Arc Herkimer, The Arc Lexington in Gloversville, The Arc of Oneida-Lewis in Utica, and Saratoga Bridges.

This year’s show was made possible with grant funds awarded by Liberty Foundation through their Ground Level Grants program. Ground Level Grants is a competitive internal grant program that exclusively benefits Liberty ARC programs and projects. Ground Level Grants is sponsored and funded by Liberty Foundation to enhance Liberty ARC’s mission – “together we support people with disabilities to achieve a quality of life each person values.”

Four awards and four honorable mention certificates were given out at the show.

♦1st Place: “Pink Magnolia Flower” created by Michele Michaels and Sherley Morales of Liberty ARC

♦2nd Place: “Flamingo — It’s Five O’clock Somewhere” created by Heather Purtell of Liberty ARC

♦3rd Place: “Caribbean Sunrise” created by Liberty ARC’s Academics Class

♦People’s Choice Award: “Pink Magnolia Flower” created by Michele Michaels and Sherley Morales of Liberty ARC

♦1st Place Honorable Mention: “Flying Flag With Floral Design” created by Liberty ARC

♦2nd Place Honorable Mention: “Wine Glass” created by Thomisa Keco of Saratoga Bridges

♦3rd Place Honorable Mention: “Whispers of Fall” created by Casey Battisti of The Arc Lexington

♦4th Place Honorable Mention: “Beach Chair Sunset” created by Brian Tanner of The Arc of Oneida-Lewis



SENIOR SPOTLIGHT

Holiday Safety Tips

**Elder Law • Wills
Trusts • Estates
Medicaid Qualification
Asset Protection**

DEL B. SALMON, ESQ.
179 WALLINS CORNERS ROAD
AMSTERDAM, NY 12010
518-842-1650

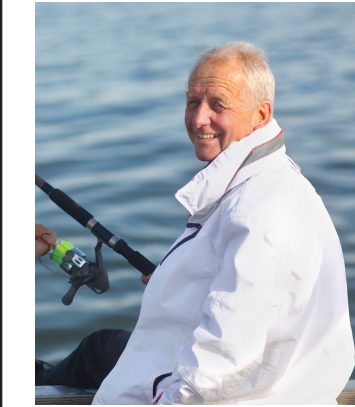
**100 SANDY DRIVE,
AMSTERDAM, NY 12010**

**518-843-3503
FAX: 518-843-3537
RIVERRIDGE.LC.COM**

REHABILITATION AND NURSING

Celebrating 50 Years

**135 GUY PARK AVENUE,
AMSTERDAM NY
OFFICEFORAGING.COM
518-843-2300**



by **Dave Jordan**
Executive Director
*Montgomery County
Office for Aging, Inc.*

With the holiday season approaching, it’s important to remember some basic safety tips to help keep the older adults in your life safe this holiday season. This time of year can bring excitement and joy for some, while others might experience anxiety and depression. Either way, it’s important to check on the older adults in your life to make sure that they can feel as safe as possible during this festive time of year.

Here are some basic holiday safety tips for the older adults in your life.

1. **Holiday Decorations and Fire Prevention:** With all of the added lights, candles and other decorations that come with this celebratory season, it’s important to regularly check smoke alarms and replace the batteries, if needed. Every year during the holiday season, it seems that we hear about a member of our community that suffers a catastrophe due to a holiday fire in their home. Taking simple steps, like keeping flammable items away from heat sources and exercising extra caution while cooking can greatly reduce the risk of a fire.

With all of the hustle and bustle of the season, sometimes basic safety measures may get overlooked. Investing in automatic stove shut-off devices or flame-resistant bedding materials can help keep seniors safe when their routine might be different than usual. It can be very easy to put something on the stove and start talking with friends or family and forget about the pot overflowing in the kitchen.

2. **Avoiding Holiday Scams and Fraud Alerts:** During this season, scammers and fraudsters are on the prowl, hoping to prey on unsuspecting seniors. Older adults need to remain vigilant and skeptical of unsolicited requests for money or their personal information (of which there may be many). Be especially aware of emails or calls claiming to be from government agencies, charities or even, as sad as this may seem, friends and family members in need of financial assistance. The holiday spirit can cause a person to put down their defenses and commit to things that they wouldn’t normally do.

3. **Safe Holiday Decorating:** Decking the halls can look very different as we get older. Tasks like climbing on a ladder or roof might not be the best idea if your balance and mobility is not what it used to be. Perhaps opting for more lightweight, easy-to-handle decorations that don’t require a ladder, climbing or stretching might be a better option for many seniors. Many decorations can now be remote-controlled to turn on or off so there isn’t a need to physically strain to turn them on/off or put them up or take them down.

Also, instead of using traditional candles and string lights (which require running many feet of extension cords), the use of LED candles and battery-operated string lights might be a

better solution to reduce the risk of fire. In addition, while you’re decorating, it’s important to make sure that walkways are clear and loose extension cords or bulky decorations are not tripping hazards.

Finally, if you’re an older adult, don’t be too proud to ask for help from family members or neighbors while decorating. Just because you’ve “always gone on the roof to decorate” doesn’t mean that it’s still a good idea. I’m sure your friends and family would rather take a few minutes to help you with decorating than visit you in the hospital during the holidays.

5. **Managing Stress:** The holiday season, due to its sometimes hectic, exciting nature, can be a very stressful time for older adults. It’s important for seniors to find effective ways to manage stress during this time of year. Perhaps it might be going into a quiet room in the house for a break while all of the family is together or it could possibly be saying, “No” to participating in ALL of the holiday happenings. Maybe only certain things are important to the senior in your life. Doing everything might be too much for them. Give the older adult the room and opportunity to help reduce the risk of feeling overwhelmed.

6. **Watch for Isolation or Depression:** Although the holidays are often a joyous time for everyone, it may bring back difficult memories for a senior who can reflect on times with others that are now gone. Also, if the holiday activities used to always be at the senior’s home, many seniors can feel lost and less-valued when these traditions are started in a new place. Try and keep any special traditions going in the new place so the older adult can be reminded of those magical times.

7. **Holiday Food Safety:** With the holiday season comes the holiday food! An older adult can find themselves surrounded by delicious and very tempting holiday treats which can be great if enjoyed in moderation. Be mindful of any dietary restrictions or specific health concerns which certain types of food could make worse and try to have healthier options or substitutes available, if possible.

Also, improper food preparation and food poisoning can become an issue if certain food items are left out too long or countertops and cutting boards aren’t cleaned properly after having foods like raw eggs and chicken on them.

I list these things not to scare you or depress you but rather so that you are aware of these common issues and can stay safe while you celebrate the holidays with your loved ones. If you have a heart for helping people and would like to find out how you can improve the lives of older adults in our community, please contact the Montgomery County Office for Aging at 518-843-2300 and ask what volunteer opportunities might be available.

I wish each and everyone one of you a happy and healthy holiday season.

David Jordan – Executive Director
Montgomery County Office for Aging, Inc.

200 church Street,
Amsterdam, New York 12010
518-843-2550

Peter J. Rose, CFSP, LFD
Martin J. Hughes, LFD
George E. Jendrzeczak, LFD, Manager

*Proudly Family Owned Since 1949
Continuing the Jendrzeczak Family Legacy*

Store and Restaurant
116 Lagrange Rd.
Johnstown, NY 12095
518-762-8936

Open for dine in or takeout
Fridays ~ 4:30 - 8 p.m.
Prime Rib & Batter Dipped Haddock
Weekend Family-Style Breakfast
Saturdays ~ 7 a.m. - 12 p.m.
Sundays ~ 7 a.m. - 1 p.m.
Reservations strongly encouraged.
Call anytime for store access.

Gloversville Location
Ph (518) 725-8885
997 State Highway 29A
Mon-Fri 8:30am-5pm Sat 8am-1pm

Amsterdam Location
Ph (518) 842-8377
4648 State Highway 30
Mon-Fri 8:30am-5pm Sat 8am-1pm

**Locally Owned and Operated
Fast and Friendly Service.
Oil Changes While You Wait
No Appointment Necessary**

