

**OLDER
AMERICANS
MONTH**



AGING UNBOUND: MAY 2023

Washington County Council of Seniors Senior Day 2023



May 11, 2023
American Legion Post 574
Hudson Falls, NY

Thank you for attending!

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.



**AGE
MY WAY**



“How old would you be if you didn’t know how old you are?”
Satchel Paige

“You are never too old to set another goal or to dream a new dream”
– C.S. Lewis

“You can’t help getting older, but you don’t have to get old.”
– George Burns

“The beauty of getting older is the surprise of what else you can do to make the world a better place with the wisdom that you’ve accrued over those years.” –
Goldie Hawn

“Some people are old at 18 and some people are young at 90. Time is a concept that humans created.” – Yoko Ono

“Age is no barrier. It’s a limitation you put on your mind.” – Jackie Joyner-Kersey

“Youth is a gift of nature, but age is a work of art.”
– Stanislaw Jerzy Lec



MAY 2023 – OLDER AMERICANS MONTH

“Aging Unbound”

Whereas, Washington County includes a growing number of older Americans who contribute their time, wisdom, and experience to our community; and

Whereas, communities benefit when people of all ages, abilities, and backgrounds have the opportunity to participate and live independently; and

Whereas, Washington County Board of Supervisors recognizes the need to create a community that offers the services and supports older adults may need to make choices about how they age; and

Whereas, Washington County can work to build an even better community for our older residents by:

- Not limiting our thinking about aging,
- Exploring and combating stereotypes,
- Emphasizing the many positive aspects of aging,
- Inspiring older adults to push past traditional boundaries, and
- Embracing our community’s diversity.

Resolved, Washington County Board of Supervisors do hereby proclaim May 2023 to be Older Americans Month. We urge every resident to celebrate our older citizens, help to create an inclusive society, and accept the challenge of flexible thinking around aging.



AWARDEE:

Frances "Fran" Carlson Cambridge Valley Seniors

Cambridge Valley Seniors named Frances "Fran" Carlson as their 2023 Senior of the Year.

Fran has lived 100 years in New York State, 95 years in Bronx, NY and 5 years in the town of Jackson. Her son John has lived in this area for 30 years in Hoosick Falls, Buskirk and Cambridge.

For her 100th Birthday her wonderful family and friends came from all over the USA and Norway to celebrate.

Fran married John Carlton, who is now deceased, and they were married for 56 years. Fran has 2 children and 7 stepchildren, 1 grandchild and 6 step grandchildren and 11 step great grandchildren. Fran fortunately has 14 nieces and nephews and numerous great and great great nieces and nephews.

Fran was the Executive Assistant to the director of the Floating Hospital of NY. She was on the first NYC School Board and was elected for 8 years.

Fran has volunteered for 75 years at YWCA of the City of New York, Girl Scouts of America, PS 47 & PS 77 – Parents Association – Presidents, Chatterson Terrace Co-Op – Chairman & Secretary, Holy Family Church Bingo, Holy Family Senior Center, Cambridge Senior Center and helped build the Round House on Chestnut Hill.

When Fran was asked, what advice she had for other New Yorkers about volunteering she stated, "the advice I would have about volunteering for other New Yorkers is to get out of the house and join groups where you can help. You will find it very rewarding".



AWARDEE:

Linda Johnson

Fort Ann

Queen Anne Seniors

Queen Anne Seniors of Fort Ann named Linda Johnson as their 2023 Senior of the Year.

Linda was born May 17th in Vermont. She grew up in Ohio and moved to New York in 1967. Linda graduated from Glens Falls High School.

Linda is married to Robert Johnson, and they have 2 children, 2 grandchildren and 1 great grandchild.

Linda and her husband were co-owners of their business Interior Plant Scape for 26 years.

Linda has been a member of the Fort Ann Queen Anne Seniors since 2019. She has been volunteering for 4 years, she is the leader and member of Osteo exercise group, a member of the Old Stone House Library Book Club and helps with their events.

When Linda was asked, what advice she had for other New Yorkers about volunteering she stated, “Volunteering allows you to connect with your community and in doing so you can meet and make new friends, bringing people together by working with others to organize fun events and fundraisers along with the opportunities to learn new things! When you are actively involved it opens the doors to a better understanding of your communities needs and gives you a connection for staying in touch with each other. Any impact can make a difference”!



AWARDEE:

Phyllis Rainville Greenwich Senior Citizens

Greenwich Seniors named Phyllis Rainville as their 2023 Senior of the Year.

Phyllis was born in McClellan Hospital in Cambridge, NY. She has lived in the Cossayuna area on Joe Beane Road. Phyllis graduated from Greenwich Central School and Adirondack Community College in Queensbury, NY. Phyllis married Frederick Rainville and together they have 4 sons, 5 grandchildren (3 niece/nephew “grandchildren”) and 3 great grandchildren.

In 2009, Phyllis retired from NYS Department of Corrections & was director of budget- Financial Management System. She has wintered near San Diego, CA for 10 years, she has traveled the country by car and saw most of this beautiful country and has visited every state.

Phyllis has many years of volunteer service including, Washington County 4-H Leader, Board of Directors, and with Fred operating 4-H Milk Shack booth at the Washington County Fair, Literacy Volunteers (volunteered w/students/Board of Directors/fund raising) “Kiss a Pig for Literacy”, Greenwich Interfaith Fellowship – board/volunteered with fund raising (golf tournament), active in Lakeville Baptist Church in Cossayuna, New York, active in Greenwich Seniors Club (2014 – present) past secretary, Planning Committee and Co-Trip Leader.

Phyllis was asked what advice she has for other New Yorkers about volunteering, she stated “give what you can – of yourself”.



AWARDEE:
Rose Morrow
Hartford Fifty Plus Senior
Citizens

Hartford Area Seniors named Rose Morrow as their 2023 Senior of the Year.

Rose was born September 4, 1954, in West Townshend, VT. When was rose 3 or 4 years old, she moved to South Hartford, NY. Her dad worked on the Howard Burch farm for a short time. She went to Granville NY School and graduated in 1973 (50 years ago).

Rose was with her first husband Bob for 27 years until his death in 2000 from cancer. They have 5 children, 2 girls and 3 boys. She has 11 grandchildren, 2 step granddaughters, 1 great granddaughter and 1 step great grandson. Rose married her second husband Brian in 2004. They will be celebrating 19 years in August.

Rose retired on May 3, 2019, from Telescope Casual Furniture after 24 ½ years of service. She sewed director chair covers.

In 2019, Rose joined the Hartford Seniors. She became their Sunshine Person in January 2022. Rose loves being a part of this group. She loves doing crafts and sewing is her favorite.

When Rose was asked, what advice she had for other New Yorkers about volunteering she stated, “get involved”.



AWARDEE:


Judith "Judy" Fish Kingsbury/Ft. Edward Seniors

Kingsbury/Fort Edward Seniors named Judith "Judy" Fish as their 2023 Senior of the Year.

Judy is a lifelong resident of Hudson Falls who raised 5 children while working full time in local catheter mills. She has 14 Grandchildren and 17 Great Grandchildren. After the passing of her mother, she decided caretaking was her passion and that's when she began her career at Fort Hudson. Judy spent 12 years working as a Certified Nurses Assistant (CNA). At the age of 58, she went back to School and earned her Licensed Practical Nursing (LPN) degree at the age of 60. Judy continued to work for Fort Hudson as an LPN until her final retirement in 2021.

Judy has volunteered for many years at different capacities including the following organizations: Head Start, Girl Scouts, Fort Hudson and the Kingsbury/Fort Edward Senior Center.

Judy was asked, what advice do you have about volunteering for other New Yorker's? She stated, "do what you can to volunteer in your communities. It doesn't have to be all day, everyday, any little bit brings a positive impact to those around you and the reward truly comes back to you Tenfold".



Aging **UNBOUND**