

# School breakfast honored more than 40 students

by Laurie Mitchell

Tupper Lake business owner and reputable community member, Rick Dattola, addressed middle and high school students at the first academic breakfast held on Wednesday, November 12 and Thursday, November 13. The Tupper Lake Middle High School honors its students during three academic breakfasts scheduled throughout the school year. Each teacher is encouraged to nominate one student to be invited to the breakfast. Families of the selected students are also invited to attend the celebration, where a guest speaker addresses the students. Principal Pamela Martin shares a brief message about each student written by the teachers and presents him/her with a certificate of achievement.

Mr. Dattola's message was genuine and inspiring. He laughed as he reminisced his high school years. His former teachers would be stunned if they saw him standing at the podium enlightening a group of scholars and their families. They would have never thought the lively and entertaining teenager he once was, could deliver such words of wisdom. But, he set his goals and furthermore, pursued them.

He reminded the students that attitude is far more important than aptitude. As a business owner, he values hard work and a willingness to learn more than talent itself.



## Off to a good start

High school students honored at the first academic breakfast for the new year included, from row from left, Camille Gibeault, Courtney Corrow, Amber Williams, Amber Oakes and Kelly Doolen; middle row, Katie Dattola, Barbora Sediva, Randy Charland, Heather Tucker, Samantha Durfey, Rick LaLonde, Nick Boushie, Jordan Flagg and Scott Paiement; back row, Kelsie St. Louis, Jacob Cote, Amanda Holland, Hunter Aldridge, Jason Hubbard, Henry Salamy, Willie Bencze and Tim Larkin. Missing from the picture was Tiffany Mecklenburg. (photo by Laurie Mitchell)

# Grant allows for family style dining at nursing homes

Mealtime will soon be a more special time at AMC-Mercy in Tupper Lake and AMC-Uihlein in Lake Placid.

To achieve the ultimate goal of improving the quality of life for the residents of long-term care, Adirondack Medical Center has been awarded a total of \$87,570 in grant funds from the New York State Department of Health to establish Family Style Dining at its two skilled nursing and rehabilitation facilities.

The recently awarded grant is part of the statewide Long Term Care Quality Improvement Initiative to support projects that demonstrate sustainable improvements for the benefit of nursing home residents.

Pursuit of the Quality Improvement Initiative grant was in direct response to the residents' strong desire for change in nutritional services at AMC-Mercy and AMC-Uihlein. The Directors of Nutritional Services at both facilities, along with the staff dietician, decided the best course of action would be to abandon tray service food delivery in favor of a family style dining atmosphere.

"I look forward to getting this program underway," said Paul Giacovelli, Director of Nutritional Services at AMC-Mercy. "It is my sincere hope that it will not only improve the current dining experience for our residents, but also bring a little more happiness to their lives. A fresher, higher quality approach is our main goal."

Both Paul and Derek Tobrocke, Director of Nutritional Services at AMC-Uihlein, are graduates of the Culinary Arts and Service Management program at Paul Smith's College and both are ServSafe Certified. ServSafe is a nationally recognized program, and is the most widely accepted food safety program among local, state and federal health departments.

Sabine Weber, Dietitian for both AMC-Mercy and AMC-Uihlein, has worked in the health care field for 18 years and has five years of experience as a dietitian in Long Term Care facilities. Sabine is working closely with Derek and Paul to establish the family style dining program. She possesses a Master of Science in Nutrition, Bachelor's of Science in Dietetics, and is a registered Dietitian.

The combined experience and dedication of Derek, Paul, and Sabine will play a vital role in achieving the goals of the new dining program, which is to maximize the residents' independence while optimizing their health and well being. Moving from tray service to family style dining with a liberalized and seasonal diet for most residents, will re-establish the choice and autonomy in dining that residents had access to prior to arriving in a long-term care setting. Not only will this improve quality of life for the residents, it will improve staff satisfaction by reducing stress and allowing more social interaction with residents.

Currently, both AMC-Mercy and AMC-Uihlein provide tray service meals for their residents. However, according to a survey conducted earlier this year at both facilities, nearly one-quarter of the residents

expressed a strong desire for change in the meal service. Meal service has been so static at both facilities, it has been one of the more frequent issues raised in Resident Council meetings. Additionally, there is the convenience factor. Under the current system, residents must adjust their daily activities around food service, rather than the food service being scheduled to accommodate the residents' schedule.

Once family style dining is established, both facilities will move from a set dining time to dining hours. This simple but significant change will give residents the freedom to dine when they choose. For example, a resident will be able to wake up in the morning knowing breakfast is served between certain hours, rather than waking up at a specific time in order to be ready for when their tray arrives.

To accomplish these goals, the grant funding (\$42,785 for AMC-Mercy and \$44,785 for AMC-Uihlein) will be applied to the purchase of steam tables, staff training, and other equipment needs. The steam tables will keep the food at the proper temperature. Smaller dining areas on the resident units will be created to offer residents the choice of dining in the larger, formal dining room or in a smaller, more intimate setting.

Not only will residents have the option of choosing their meals from a liberal menu on a daily basis, they will continue to have input on the menu's offerings and the set up for the family style dining program.

AMC-Mercy is a 60-bed Skilled Nursing and Rehabilitation Facility located in Tupper Lake, and AMC-Uihlein is a 156-bed Skilled Nursing and Rehabilitation Facility in Lake Placid.

# County leaders pass new plan with zero tax hike

Franklin County Legislators unanimously adopted their 2009 spending plan last month that shows a zero tax increase for the third consecutive year.

The total budget of \$107,341,112 was offset by \$89,943,721 in estimated revenue, \$3,780,000 in special reserves and \$2,061,747 fund balance, leaving \$11,405,637 to be raised by taxes.

The \$3,780,000 in special reserve funds used to help offset the appropriations comes from unspent money from a variety of accounts such as general reserve fund, equipment, county roads, health-insurance reserve, tobacco funds, retirement and unemployment reserves.

Franklin County taxpayers will find their tax rate per \$1,000 assessed property value drop from \$3.25

to \$3.15, depending on the equalization rate of each town.

According to Legislator Paul Maroun, "for the past two years, county taxpayers have seen their taxes cut and this year, there will be no increase, primarily because of the increased one percent

increase in sales tax that went into effect three years ago."

The \$2.6 million increase in county spending is due in large part to pay increases for county staff and department heads, retirement, higher fringe-benefit expenses and rising energy costs.

Included in the new budget, according to Legislator Maroun, is the continuation of all services in the southern end including offices at Ivy Terrace, the office of the Assistant District Attorney and the public health nurses.



## Recognized for achievements

Middle school students recognized for their achievements during the first few months of school included, front row, from left, Kiara Cote, Chris Bradley, Lisa Savard, Gretchen O'Leary, Ian Gillis, Gabby Gibeault and Austin Dukette; back row, Jeremy Sauve, Devin Larson, Morgan Stevens, Mikaya O'Connor, McKayla Hall, Erica Bell and Abby Sexton. Missing from the picture were Alexa Shumway and John Reandeau. (Laurie Mitchell photo)

# Scouts are proud to say, "We did it!"

Tina LaVassaur's Webelo Scouts are shown above displaying everything they have been working on since June to complete their requirements for the "Arrow of Light."

Last Friday, they were awarded their Ready Man, Fitness, Artist, Forester, and Showman pins. They also completed their athlete pin that evening.

According to Leader Tina LaVassaur, the boys have worked very hard on these achievements. They had to put on a play in front of the pack with the puppets they made on their own. They also made maps of the United States and showed on the map all the different kinds of trees that grow in each part of the states. The scouts also had to draw diagrams of trees and leaves and show how they get the nutrients they need to grow big and strong. In addition, they made framed art of their favorite place to be. Shown behind the scouts is a life size portrait of themselves. They had to make a collage of themselves and whatever it was they enjoyed doing.



## Look what we've been doing

Shown displaying the work they've accomplished since last June are, from left, Thomas Sexton, Elliott Fletcher, Brasen LaVassaur, Mitchell Harriman, Brandon Picerno and John Bouck. (photo provided)

The boys also learned how to help someone who was bleeding badly as well as what to do if someone was in shock.

Mrs. LaVassaur also had them running 50 yard dashes, doing sit-ups and push-ups and high jumps. "We redid them to see if they beat their

old scores and they did!" she reported. "The boys did a great job and I'm very proud of each and every one of them!"

## Mary's Corner

Wrong Again

For I know the plans I have for you...to give you hope and a future. Jeremiah 29:11(NIV)

A Gallup Poll was conducted before the 1948 presidential election, and it wrongly predicted that Thomas E. Dewey would become the next president. Shortly after Harry Truman's victory, a police officer stopped George Gallup for driving the wrong direction on a one-way street and reading the name on Gallup's driver's license, the officer smiled and said "Wrong again!"

Trying to guess the outcome of any election is part and parcel of politics, but this practice cannot be applied to the life of a Christian. So often, we try to out-plan God, falsely believing we know what is best for ourselves when all we have is a limited view of our lives. God, however, has a limitless view and sees every minute detail. Knowing exactly how to give us the very best of what He has to offer.

The Bible tells us that "A man's heart plans his way, but the Lord directs his steps. "The key is letting go of control and allowing God to direct our steps so that we may ultimately end up where He wants us- right in the middle of an amazing life (Proverbs 16:9). If we will just allow Him to lead, He will unfold a plan that is too wonderful to comprehend.



## Tri-lakes FCU does its part for cancer cure

October was National Breast Cancer Month and every year the credit union participates in a fund raising day for Breast Cancer. The funds raised are donated to the Susan G. Komen for the Cure Foundation.

On October 17th, the staff and members showed support by collecting donations and wearing "PINK" for the cause. The credit union matched all proceeds.

Shown above, from left are Cheri Lyon, Holly Dumas and Lisa Meyer.