

April/May/June 2018

"I never met a man I didn't like." -Will Rogers

Saranac Village at Will Rogers News is published quarterly for residents and their families, community members and friends of Saranac Village at Will Rogers. If you know someone who would be interested in receiving this newsletter, call 518-891-7117. Email hmarlow@saranacvillage.com if you would like to receive the newsletter via email.

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Resident Maurice Guerrette

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Saranac Village at Will Rogers News

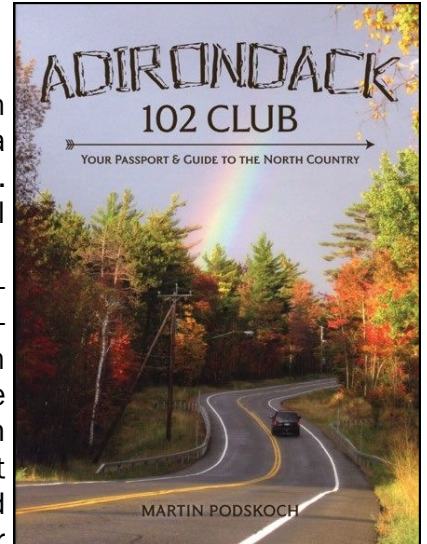
The Historic Retirement Community of the Adirondacks

Adirondack 102 Club

On Wednesday, May 2nd, at 2:00 p.m., join author and historian, Marty Podskoch, for a talk about his book, the *Adirondack 102 Club*. His book which encourages people to visit all 102 towns and villages in the Adirondacks.

The idea for the 102 Club began after Podskoch read about Dr. Authur Peach of Vermont, who in 1954 suggested the idea of an informal group, the Vermont 251 Club. The club's purpose was to veer off the beaten path "to discover the secret and lovely places that main roads do not reveal." Podskoch believed the Adirondacks would benefit from a similar club. He has traveled extensively in the Adirondacks gathering material for his five books on the Adirondack fire towers, the Civilian Conservation Corps camps and Adirondack lore, and will share the joys of fully experiencing the Adirondacks and getting to know its local people and places.

Copies of Marty's book will be available to purchase. This program is free and open to the public. And is part of the Will Rogers' Road to Retirement Series. For more information, call 518-891-7117.



Cooie DeFrancesco in Concert!

On Saturday, June 9th at 7:00 p.m., come hear the clear and vibrant stylings of traditional tunes, popular music and original songs performed by Cooie DeFrancesco. Enjoy the sound of the guitar and her voice using a bit of blues, a touch of jazz, a little folk and some old time rock and roll. Her melodic voice is filled with soul and passion.



Born in St. Albans, Vermont, Cooie's nickname was the result of her baby brother's pronunciation of her given name, Carolyn. Music has been her life-long companion and source of comfort and after a "decades-long stretch of inattention, avoidance and stage fright," Cooie is making her music known.

This program is open to the public and a \$5 donation is requested. Refreshments will be served. For more information call 518-891-7117. To listen to a sampling of her music, visit www.cooiesings.com.



A Note from Jamie Whidden

There is a feeling in the air, even as I write this with snow on the ground, that spring is coming. The days are getting longer, the sun is getting higher and the birds are chirping. Spring is a time for renewal and rejuvenation.

Is it time for you to take the next step and make a positive change in our life? We have what you need to move forward and enjoy the kind of retirement people dream about in the Adirondacks.

Call us today at 518-891-7117 to see available apartments, taste the delicious food, meet the residents and staff and talk to us about what you want and need. Let us help you make your wishes come true.

-Jamie Whidden
Executive Director

Welcome New Residents:

Jim Duncan
Rosine Lemon
John Lovell
Carole O'Hara

Photo Album



Left: Ursula Trudeau (right) and her friend Denise McCormick, have fun at a birthday party with an amazing spread of food!

Below: Resident Esther Coughlin and Director Jamie Whidden boogie on the dance floor on St. Patrick's Day!



Above: Activities Director Debbie Kanze, and resident Bill Ankudavich enjoy each others company on one of our many outings!

From the Historian: Lila Lee

In 1910, Lila Lee, born Augusta Wilhelmena Fredericka Appel, started her career in Vaudeville as a child performer. She was given the nickname "Cuddles," and this name stuck with her the rest of life. In 1918, she was offered a movie contract by a company that later would become Paramount Studios. Lila was a very popular actress and would make multiple movies within the same year. She has over one hundred film credits to her name and a star on the Hollywood Walk of Fame.

Unfortunately, her demanding career took a toll on her health and in the 1930's she was diagnosed with tuberculosis. Lila came to Saranac Lake to cure at the Will Rogers Hospital. Friends, such as George Jessel, would come and visit her at Will Rogers. She did partially recover and tried to go back to acting. In a disappointing comeback attempt, she only appeared in a few television shows and a couple of movies following her recovery. With her career over, she moved back to Saranac Lake due to her ongoing health problems. In 1973, Lila Lee died of a stroke. —By Leslie Hoffmann





Calendar of Events!*

Road to Retirement: Reflections: Advanced Care Planning on Wednesday, April 4th at 2:00 p.m. Dr. Betsy Buck from Adirondack Health will speak about what you need to know to plan for your future health care options. This presentation is part of a new program designed to engage patients and their families in discussions about their personal values and goals in regards to their health.

The Rustic Riders on Saturday, April 21st at 7:30 p.m. Lisa and Klaus Meissner will perform a concert of original and folk music as they celebrate Earth Day and spring renewal. There is a \$5 suggested donation.

Outings Club: Massena Nature Center on Tuesday, April 24th at 9:30 a.m. We'll have lunch out at Goose Landing Restaurant in Winthrop (\$6.95 and up) and then travel to Robert Moses State Park to view the locks and the new Nicandri Nature Center. Please dress for the weather. Call 518-891-7117 to RSVP.

Road to Retirement: Adirondack 102 Club on Wednesday, May 2nd at 2 p.m. Author Marty Podskoch will speak about the 102 small towns and villages that you can visit within the Adirondack Park. Come learn about places you have never heard of, many off the beaten path, that would be fun to visit. See page 1 for more information.

Travel Club Trivia Night on Saturday, May 5th at 7:30 p.m. The Saranac Lake Middle School Travel Club will host a trivia night to raise funds for an upcoming school trip. Ten exciting categories will include ten questions each. There is a \$20 entry fee per person. Teams play in tables of eight. Call for individual placement or to sign a team up. Email Beth Whalen at whaleneli@slcs.org.

The History of Adirondack Foods, Through Five Eras, Part 2 on Thursday May 10th at 7:00 p.m. Ernest & Cathy Hohmeyer, co-owners of the Lake Clear Lodge and Retreat, will present a talk on the evolution of Adirondack food. Executive Chef, Cathy, will also have a demonstration and offer a tasting. Their talk will include the history of local foods from Native American cuisine, to Pioneer, Cure Cottage Days, Grand Hotel and now, Farm to Fork.

Roy Hurd in Concert on Saturday, May 19th at 7:30 p.m. Guitar player, singer and songwriter, Roy Hurd, will perform music about life, love, family and living in the Adirondacks, along with mandolin player Skip Smithson. Roy will also tell stories from the North Country and Native American lore as well. CD's will be available to purchase.

Outings Club: Ampersand Old Growth Forest on Tuesday, May 29th at 9:30 a.m. Adirondack Guide and naturalist Ed Kanze will take us on a search for old growth trees, salamanders, warblers and wildflowers. Come walk the mostly level, one-mile entrance trail to Ampersand Mountain. Lunch will be enjoyed at the Main Street Restaurant in Tupper Lake (\$5.95 and up). Please dress for the weather. Call 518-891-7117 to RSVP.

Road to Retirement: TAPS...to a Patriot on Wednesday, June 6th at 2:00 p.m. Photographer Holly Chorba will present a program commemorating her father, a World War II veteran. She will highlight his life and the contributions he made to family and community, and his stately interment at Arlington National Cemetery. Howard Frohnapple, her father, was a purple heart recipient and a navigator who was severely injured during WWII.

Cooie DeFrancesco in Concert on Saturday, June 9th at 7:00 p.m. Come hear the clear and vibrant vocal stylings of traditional tunes, popular music and original songs as Cooie performs on the guitar and sings a bit of blues, a touch of jazz, a little folk and some old-time rock and roll. There is a \$5 suggested donation.

Outings Club: Schuler Preserve on Tuesday, June 26th at 10:00 a.m. Naturalist Peter O'Shea will take us on a tour of this private estate in the Star Lake Wilderness. We'll take a walk along the shore of Streeter Lake and then through the woods to a beautiful memorial. Bring a bag lunch or join our picnic (\$7). Please dress for the weather. Call 518-891-7117 to RSVP.

Game nights will be held on the 2nd and 4th Saturdays of each month from 6:30 p.m.—9:30 p.m.

***All programs are free unless otherwise noted.**



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Saranac Lake, NY 12983

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Saranac Village at Will Rogers offers independent retirement living with enhanced services, no buy-in fee and a great value! We treat you like family!

Resident Spotlight: Gail Wrenn

Gail Wrenn is someone you can count on. She is a doer. She is enthusiastic, energetic, hard-working and ready to tackle anything. She gets the job done and is ready for more! And as you will see below, she has been like this all her life!

Gail lived with her grandparents in Dedham, Massachusetts, while her father was fighting in WWII and her Mother, was employed as a Red Cross nurse. She then returned to Greenwich Village in NYC, for several years and attended boarding school at Sarah Lawrence College.

Gail enjoyed raising her three children, Anne, Phillip and Barry, and in true Gail fashion she was always doing many things. She was president for a community center in Palisades New York, sang in a choir, worked in a bank, was a file clerk for the Graphic Artists International Union and was a nanny for two children whose parents worked at the White House. Eventually, she worked for a conductor at the Kennedy Center, scheduling auditions, picking up artists at the airport and making arrangements for their accommodations. She continued to sing whenever the opportunity arose including for the Choral Arts Society and at Kennedy Center. Later in life she attended the former Westminster Music Camp, staying at Camp Solitude in Lake Placid, which is how she found out about Will Rogers.

Since her arrival, Gail has become involved in many activities. She is the founder and manager of "The Nook," which is the Will Rogers store, sings with the Will Rogers Singers and The Adirondack Singers, organizes the Will Rogers scrapbook, has helped plan events, prints and stores our photos and is always taking part in scheduled activities. She tells us that she enjoys being retired and having no responsibilities, which is something that you would expect from someone who is living life to the fullest! We love you, Gail!

