

Oct./Nov./Dec. 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](mailto:hmarlow@saranacvillage.com) if you would like to receive the newsletter via email.

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## Inside this issue:

Over the Rainbow	1
First Night/Miss Tess	1
A Note from Jamie	2
New Residents!	2
Monthly Programs	2
Upcoming Events	3
Resident Spotlight	4



# Saranac Village at Will Rogers News

The Historic Retirement Community of the Adirondacks

## Over the Rainbow: A Judy Garland Songbook

Take a stroll down memory lane as Gail Gallagher performs a spirited celebration of American music in *Over the Rainbow: A Judy Garland Songbook* on Saturday, October 13th at 7:00 p.m. This uplifting show is packed with timeless tunes including *That Old Black Magic*, *The Trolley Song*, *You Made Me Love You*, *My Funny Valentine* and of course, *Over the Rainbow*.

Gail is best known for her cabaret shows in which she combines song and narrative that transform beloved songs into lively theatrical pieces. Each show is a timeless journey through romance and nostalgia. She has entertained hundreds of audiences throughout New England, New York and Florida. Her original cabaret acts and her CD, *Warm as a Late Spring Day*, have won praise from music and theatre critics alike, including VARIETY, the Boston Herald and PBS radio and TV.

This program is open to the public and a \$5 donation is requested. Refreshments will be served. For more information, call 518-891-7117.



**MISS  
TESS**  
Talkbacks

Described as "Nashville meets Brooklyn...country chic." by the Village Voice, Miss Tess and the Talkbacks will perform for First Night Saranac Lake at Saranac Village at Will Rogers on Monday, December 31st at 8 & 9 p.m.

Miss Tess got her musical start at home in Maryland, her childhood nights ending in music. Her parents would sing her to sleep with the gentle, tender sounds of American folk songs, occasionally interrupted by their 30's swing band rehearsing in the basement. She studied piano as a child, and continued on as a teenager to take up the guitar and singing, and eventually began her own studies in early jazz and blues. Currently living in Nashville, Miss Tess and her band steal the show at venues with classic country and honky-tonk, southern rhythm & blues, New Orleans jazz and swing, and sounds of swamp pop and early rock n' roll.

This program is open to the public and a First Night button, available at Will Rogers, must be purchased for entry (\$15 in advance/\$20 at the door for entrance to all First Night events). Refreshments will be served. For information, call 518-891-7117 or visit [www.firstnightsaranaclake.org](http://www.firstnightsaranaclake.org).



## A Note from Jamie Whidden

Did you know that seniors have a greater risk of developing seasonal affective disorder (SAD)? Two ways of treating SAD is through exposure to sunlight and getting outside. Both of these options are available at Saranac Village at Will Rogers.

As the colder weather approaches, our bright, large windows bring sunlight in on those cold days when you don't feel like going out. And, when you do, we have many options to get out and breathe the fresh winter air. Whether it be going out for errands, or joining us for snowshoeing on an Outings Club adventure, at Will Rogers you have the chance to stay active and healthy.

Call 518-891-7117 before the cold weather blues get you down.

-Jamie Whidden  
Executive Director

## Welcome New Residents:

Dr. Robert Fay  
Nancy Keohane  
Landon Kite  
James Simpson  
Marguerite Sperling

## Photo Album



Above: Residents celebrated birthdays at our monthly party. From left to right are Pat Tuthill, Kay Leigh and Jeanne Hart. Below Left: Henrietta Trapp met Triton at the Franklin County Fair in Malone, NY. Besides horses, they saw an array of animals including cows, chickens and goats! Bottom Right: Richard Syphax joined us on the dinner out to The Pine Grove Restaurant in Tupper Lake.



## Monthly Programs



**What:** Game Night  
for All Ages

**When:** The 2nd and 4th Saturday  
of the month from 5 p.m.—10 p.m.

**Where:** Lower Lounge  
**Fee:** Free



**What:** The Saranac Lake Poetry  
Guild invites you to bring your poems to read or come to listen.

**When:** The 2nd Monday of each  
month at 3 p.m.

**Where:** Great Room  
**Fee:** Free

**Music Together.**  
High Peaks Music Together

**What:** Kristi Colarruso brings her  
multi-generational music  
program to us.

**When:** Wednesdays at 9:45 a.m.

**Where:** Lower Lounge  
**Fee:** Free for seniors



## Calendar of Events! \*

**Road to Retirement: Favorite National Parks on Wednesday, October 3rd at 2:00 p.m.** Photographer Holly Chorbba will take us on a journey to some of the most beautiful places on earth. Join her as we travel to Yellowstone, Grand Tetons, Zion and many places in between.

**Over the Rainbow: A Judy Garland Songbook on Saturday, October 13th at 7:00 p.m.** Take a stroll down memory lane with the magical songs of Judy Garland, one of our most beloved songstresses of all time, performed by Gail Gallagher. \$5 suggested donation.

**Outings Club: Historic Walking Tour of Essex on Tuesday, October 30th at 9:30 a.m.** Come see many of the 150 National Register-listed historic buildings in the hamlet of Essex, including Wright's Inn (1798), the Essex Free Library (1818), Hickory Hill (1822), Rosilyn (ca. 1830), the Old Brick Schoolhouse (1830), and Greystone (1853). Brunch will be at the Arsenal Inn (\$5.95 and up) in Elizabethtown. Please wear proper footwear and clothing for this walking tour (\$15). Call 518-891-7117 to RSVP.

**Road to Retirement: Travels in South Africa on Wednesday, November 7th at 2 p.m.** Nature photographer and world traveler Frank Lescinsky will present a program on his and his wife Lethe's recent trip to South Africa. Come view the wildlife, scenery and culture of this diverse country including photographs of Johannesburg and Durban. This talk has been rescheduled from earlier this year.

**Hope for the Holidays on Wednesday, November 7th at 7:00 p.m.** High Peaks Hospice will present a program and activity to help chase away holiday blues. There will be a short talk, a candle lighting and a craft.

**Outings Club: Point au Roche on Tuesday, November 27th at 9:30 a.m.** Join us for brunch and then a walk at a state park along the shores of Lake Champlain. We hope to see migrating snow geese and other waterfowl. Please wear sturdy walking shoes, proper attire and bring walking sticks if desired. Call 518-891-7117 to RSVP.

**Road to Retirement: Saving Your Memories for Those Who Follow on Wednesday, December 5th at 2:00 p.m.** Author Caper Tissot will speak about her writing life, which began during her retirement, and give ideas for others to get started putting pen to paper or fingers to the keyboard. Her books will be available for purchase and signing, including her new memoir: *Kicking Leaves, The Contrarian Life of a Yankee Rebel*.

**Holiday Concert on Saturday, December 8th at 7:30 p.m.** A variety of musical groups will participate in this holiday musical festival including the Backwater Community Orchestra, the Saranac Lake High School Jazz Ensemble, the Saranac Lake High School Men's and Women's Ensembles, the Lake Placid Wind Ensemble and more. A suggested donation of cash, check or canned/boxed food will be accepted for the Saranac Lake Food Pantry.

**First Night Saranac Lake on Monday, December 31st at 8:00 p.m.** Miss Tess and the Talkbacks will perform two sets of music at 8 p.m. and 9 p.m. as part of First Night Saranac Lake. Listen or dance the night away to the rockabilly and swinging sounds of this multi-talented band. First night buttons (\$15 in advance/\$20 at the door for entrance to all First Night events) can be purchased in advance or at the door. Appetizers, drinks and desserts will be provided.

Game nights will be held on the 2nd and 4th Saturdays of each month from 5 p.m.—10 p.m.  
Come learn a new game or bring an old favorite. Board games, card games, strategy games, pool & ping pong are played.

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





## *Saranac Village at Will Rogers*

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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: Steve Ketcham**



Steve Ketcham is the kind of guy who brings an immediate smile to your face as his effusive personality is one that makes you feel like you have been friends forever. Born in Geneva NY, and raised in Stanley, NY, Steve moved to Long Lake when he was eight. As the second oldest of 4 children, he loved growing up in Long Lake, a vibrant, though small community, where parents knew all the kids and where there always something to do outside. As a boy scout, led by his father, he remembers hiking Mt Marcy and making canoes which the troop paddled on the Raquette River. He graduated in a class of 17 people and since the school was so small, the students participated in as many activities as they could. He enjoyed soccer and basketball.

Steve said that parents told graduating seniors to leave Long Lake because jobs were scarce, and many went into the service as a result. Steve took this advice and joined the Air Force, where he stayed for 14 years. After spending a year in the States, Steve received orders to be stationed in Germany. He enjoyed his time there, and being a history buff, he visited many places of historical significance. He was later stationed Michigan, Korea and Holland before coming back stateside.

After leaving the military in 1987, Steve went to school and received his degree in Alcohol and Chemical Dependency Studies. He worked at Mercy Hospital in Watertown before moving to Cape Vincent, and then on to Willard Drug Treatment Campus where he did clinical work at the correctional facility. Steve moved to Will Rogers, with his two cats, right after retiring in 2016. He enjoys living closer to his relatives, hearing stories from the other residents at Will Rogers and being the second youngest resident! Thanks for joining us, Steve!

Thank you to Kayt Gochenaur for interviewing Steve for the Oral History Project at Saranac Village at Will Rogers through Historic Saranac Lake.