Climb every mountain: lifelong dreams still drive Eddy residents

Thoreau once said, “Dreams are the touchstones of our character.”

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

And recently Julia Kneissl said: “Don’t wait. Too many people wait until it’s too late to enjoy the good life ... and follow their dreams.”

Most of us know Thoreau and Lewis, but who is Julia Kneissl? Take note. She’s writing a book on the “fine art of aging well.” And you might say Julia is living that dream ... a chapter a week.

Julia is among scores of Eddy residents who’ve leveraged their easy lifestyle to vigorously pursue lifelong passions. One is touring Italy this summer – not on vacation, but as a violinist in a symphony orchestra. Another will be bird watching in the highlands of Arizona. Several are writing books.

What about you? What do you want to do when you “grow up”? One definition of a dream is making a living – and a life – doing what you love.

Meet Barbara Brothers of Glen Eddy. Barbara is a professional violinist who’s appeared at the Saratoga Performing Arts Center and still plays regularly with regional symphonies. She’s in a string quartet (Women of Note). She also teaches at an elementary school and junior high, and has a number of private pupils. Her students’ annual recitals at Glen Eddy have been standing-room only.

Since moving to Glen Eddy, with the freedom this lifestyle provides, she’s been busier than ever. Last year Barbara played with a Hungarian orchestra touring Europe. And this summer, she’ll be in Venice, Milan and Florence performing Verdi’s immortal “Requiem” with the Varna Music Festival orchestra.

“There are still a few birds I’ve never seen ...”

Or how about the Southwest? That’s where Marty Connor is headed.

When she was a girl, Marty could see a busy Cardinal’s nest from her bedroom window. “That was my first fascination,” she said, and it never let go. Her study of birds at Cornell University led to meeting her husband Paul, who was also majoring in ornithology and became a scientist with the State Museum of New York.

With breaks to raise three children, birds have taken Marty to Peru, Ecuador, Costa Rica and Belize.

Now a “delighted” resident of our Hawthorne Ridge community, Marty will be in Arizona this spring hoping to glimpse a Red-faced Warbler, maybe a Trogon. “I still get the same feeling,” she said.

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“There are some things I would do even if I weren’t being paid,” she said.

“This is one of them.”

It’s like a garden ...”

“At every stage of life, a person needs dreams,” said Herb Altshuler of The Glen at Hiland Meadows. “As these dreams mature, new ones emerge.”

A few decades ago, as a young combat Marine, Herb’s dream was to survive the landings at Iwo Jima. “I guess my dream now is longevity,” Herb said. “Watching my own kids grow... and their kids... seeing my grand-
Between trips to Spain and South America, and raising a family, Janet has devoted her professional life to tutoring and teaching Spanish. Last year she co-authored a workbook entitled “Ochos Verbos Locos” (Eight Crazy Verbs). On alternating weeks, she also writes our community newsletter at Glen Eddy ... in English.

Speaking of authors ...

At our Beechwood community in Troy, Bill McCarty is “polishing” a book about the adventures of a parachute-jumping Navy flight surgeon, Korean War spy planes and a mysterious consortium of prominent Troy physicians, the Imhotep Society, named for the legendary Egyptian architect-engineer-physician.

No, this is not a fictional thriller. It’s a rollicking memoir of Bill’s own life.

When her husband Paul was diagnosed with early-stage Alzheimer’s disease, Sunny, a former teacher, set out to learn all she could. And the first thing she learned was “how lucky we are to live at The Glen at Hiland Meadows and to have The Eddy. They offered programs for caregivers that gave me the tools I needed to cope, and helped turn our lives from despair to some of the happiest years we’ve ever had ... living in the moment, and making each one count. She’s recorded this remarkable “love story” in a series of inspiring essays. Publication is planned for this spring, with proceeds to benefit the Adirondack Alzheimer’s Association. Her theme: “Our Own Special Rainbow.”

Don’t be pushed by your problems ... be led by your dreams.

“Having a dream creates the energy for positive thinking,” said Julia Kneissl of Beverwyck, whom we met earlier. Julia made a successful career teaching gerontology at the college level, “but it was different when I began going through the aging process myself.”

What she found in self-books seemed “negative,” so Julia began writing her own. My husband Bill is contributing a few essays from the male perspective.”

“I’m now 75 and Bill is 74,” Julia said, “so we’re only writing to our current age ...”

“Eighty will be another book.”
Golden school days: There’s still much to learn from our Edy former teachers

Never mind Harry Potter. Here’s a once-upon-a-time story about schools where the magic wasn’t make-believe ... and wizards used ordinary sticks of chalk to open bright new paths in children’s lives.

Come with us to a world where almost every teacher’s first name is Miss.

Each morning she makes sure you have a clean handkerchief and fingernails. When you answer a question, you stand next to your desk. Lessons are taught on a blackboard instead of a smart Board. There’s no Google, no texting and no YouTube.

Just a teacher, her students and their imaginations.

For today’s tech-saturated, multi-tasking school kids, the above might seem a dismal vision of boredom. But for many of our Edy residents, those teachers were so nurturing and that time in their lives so rich, they were inspired to become teachers themselves. And given a choice, even with all the advantages of today’s classroom, our residents would rather have gone to school when they did ... when “you could still be just a kid.”

What can we learn from these memories? To begin with, “respect” is the word used by every Edy resident we talked to.

“Little (school)house on the prairie

“I grew up in a little town called Wagner, South Dakota ... only 1,400 people,” said Kay Enockson of Beverwyck, “and we had a lovely small school. The teachers were so caring, there were no discipline problems and I got an excellent education.”

“It was so different from now,” said Ruth Kittell of Hawthorne Ridge, who grew up in Depression-era Detroit. “I went to the smallest elementary school possible and then to the largest high school in the state of Michigan, but (at every level) there was great respect for teachers.”

By the time Ruth’s own children were starting school and she became a high school teacher, “the kids were beginning to get wilder, always testing you. You really had to demand respect ... which makes teaching so much harder.”

Television, of course, was the first competitive distraction. But these days with the “information overload” of an Internet culture, a paradox has emerged. “School curricula are richer now, there are more choices ... but it seems we’re watering down education,” said Ruth, who continued teaching GED students until she was 80. “I can’t believe some of the things children don’t know.”

Jane O’Brien, Ruth’s neighbor at Hawthorne Ridge and also a former teacher, calls it “entertainment versus education. Too many kids are going off to college and suddenly they’re disappointed by what they haven’t learned.”

School is a lot more complicated now,” said Wilma Patton, who was an elementary school secretary in South Glens Falls. “Both parents are usually working and so many kids come home to an empty house.” Wilma grew up in Colchester, Vermont, where her mother “taught in a one-room schoolhouse with a wood-burning stove ... right out of ‘Little House

“I’m so thankful I was born when I was ... and went to school when I did,” said Wilma Patton of The Glen at Hiland Meadows.”
Golden former teachers

on the Prairie.” And yes, she used to stand on the front steps ringing the bell for school.”

Even when she was stricken with polio in fifth grade, Wilma counts herself “fortunate” to have had the loving support of her classmates and teacher-mom. “I was 10-years-old and weighed 45 pounds. I remember the visiting nurse ... and I remember my mother gently putting me on the dining room table every day for exercises. Today, of course, it would be different ... but my mother was the reason why I could walk.” And by high school, Wilma was skating again.

Which brings us to Bob Cackener’s poignant memory of the difference one teacher can make.

“I couldn’t believe what I’d been missing ...”

Now a resident of The Glen at Hiland Meadows, Bob had difficulty in his early school years in Hudson Falls. He was bright and alert in class and could learn all his lines for classroom plays, but taking down lessons from the blackboard and reading his homework was a struggle. His grades suffered. No, it wasn’t dyslexia. A routine school physical revealed that he simply needed prescription eyeglasses.

But his mother refused. “It sounds incredible now,” said Bob, “but I think she was embarrassed. She kept saying, ‘If my son needed glasses, I would know.’”

Finally a 7th grade teacher intervened. “Her name was Agnes Breen,” Bob said. “She sent me home with a short note: ‘If you don’t get glasses for him ... I will.’”

His mother complied. And almost immediately Bob shot to the head of his class, finishing 7th grade as the top male student. “I couldn’t believe what I’d been missing.” Is it any surprise that he became a teacher?

He married one, too. Bob’s wife Helen earned a master’s from Harvard, raised a family, and taught in Schenectady and Hudson Falls. “Everybody wanted to learn,” she remembers. “Kids believed in the (transforming) power of education. I’m not sure they have that same sense today.”

“Being a child is tougher now,” Helen said. “I see them getting off the school bus and they are (metaphorically and literally) weighed down by their bags. When I was a girl we had sports and scouts. But kids today are so over-scheduled ... they can’t just go out to an orchard and climb trees.”

“People trusted people ...”

Some of the great lessons we learn as children come outside the classroom.

Ken Martin of Glen Eddy grew up in Schenectady at a time when small bands of traveling hobos were a fixture of the American landscape ... and his own community. “In summer they lived in a camp near a set of railroad tracks,” Ken said. “My mother always warned us kids not to wander down here ... but she knew we did.”

“They were dressed in Salvation Army clothes, but not rags,” he said. “We were never afraid. We talked with them.”

For children such as Ken, there was a particular mystery about how these hobos survived. “None of us ever figured it out. Sometimes they would come into our neighborhood. You’d see two or three walking on the sidewalk,” he said. “These were men we’d never seen before. But they always seemed to know which house to go to.”

One of those homes was Ken’s. “We had a porch in back,” he said. “The hobos would knock politely and wait there on the steps. We ourselves didn’t have much ... but my mother always had something for them to eat.”

“People trusted people,” he said. “And they shared.”

Perhaps the two best lessons of all.
See for yourself what sets Eddy Retirement Living Communities apart!

As the saying goes, “seeing is believing.” And while we could easily tell you all about our beautifully appointed Eddy Retirement Living Communities ... carefree, maintenance-free living ... gourmet dining ... engaging social activities and countless other amenities, we would rather invite you to see them for yourself.

**Beverwyck**
40 Autumn Drive, Slingerlands

Are you wondering if the dusty old vase you rediscovered while spring cleaning might be worth something? Join us for Beverwyck’s version of the popular PBS series “Antiques Road Show” Wednesday, May 4, 1 - 3 pm

Presented by Mark Lawson of Mark Lawson Antiques

Size up your “treasures” by bringing your own small item to be appraised for just $5. Proceeds will be donated to Hope House, Inc. in Albany.

Space is limited, please RSVP by April 27 by calling 451-2103.

**THE GLEN**
At Hiland Meadows
39 Longview Drive, Queensbury

**All That Jazz!**
Thursday, May 5, 6 pm

Join us as we celebrate our 10th anniversary with an evening of piano jazz featuring Charles Cornell.

Charles Cornell has been studying piano since the third grade. He currently studies with professional jazz pianist Lee Shaw, and will be pursuing a degree in Jazz Studies.

Indulge in delectable desserts following the performance.

Please RSVP by calling 832-7800.

**BEECHWOOD**
2218 Burdett Avenue, Troy

**Take a Trip Down Memory Lane with the Flipsydz**
Saturday, June 4, 2 pm

If you ever watched Dick Clark’s American Bandstand in the 50s, 60s or 70s, be prepared to step back in time while listening to the smooth voices of the a cappella group the Flipsydz.

Please RSVP by calling David at 271-5950.

**GLEN EDDY**
One Glen Eddy Drive, Niskayuna

**Get Fired Up at Our Barbecue**
Saturday, June 4, Noon - 3 pm

Help us celebrate our 10th anniversary. Relax with Glen Eddy residents and enjoy a delicious barbecue, an antique car show, carriage rides, family entertainment and more.

Please RSVP by May 31, by calling 280-8369.

**HAWTHORNE RIDGE**
30 Community Way, East Greenbush

**An Evening with Albany Pro Musica**
Thursday, June 2, 6 pm

Enjoy a relaxing evening on Hawthorne Ridge’s beautiful patio listening to Albany Pro Musica, this region’s premier choral group.

Please RSVP by calling 279-5301.
Nine nutrients to help you sing in the sunshine

Rickets, scurvy and beriberi are “deficiency diseases” we don’t worry about too much anymore. For that we can thank pioneering Scottish and Japanese physicians – and some unfortunate chickens, lab rats and sailors. It was through deprivation studies that researchers came to recognize what we take for granted today: the need for certain nutrients, easily obtained through certain foods.

Vitamins and supplements now comprise a $20 billion industry. For some, the morning regimen of vitamins is almost a ritual. For others, the confusing alphabet soup of A through K makes it difficult to keep up with “what’s good for you.”

But for seniors, this is serious business. “Probably the single biggest deficiency risk for older adults – especially in the winter months – is not getting enough sunshine,” said George Fredericks, director of pharmaceutical care services for Albany Memorial and Samaritan hospitals. “Sunlight is an abundant natural source of Vitamin D, which is essential for keeping bones healthy.”

“The quickest remedy is to stand outside on a bright sunny day. But for those of us who live north of Atlanta,” George laughed, “with the shorter, colder days in winter, that’s not easy.” Relatively few foods naturally contain this vitamin, so “if all you do is take calcium in winter, I recommend looking at Vitamin D, too. But as always, talk with your doctor first.”

If you imagine your body as a vehicle, “vitamins are like fuel in the tank,” George said. When our vehicles were younger, it seemed almost any brand of fuel would do. But as we age and need fewer calories, maintaining the right nutrients – and processing them – becomes difficult. Every calorie must count. And experts say seniors chronically fall short.

To borrow a famous advertising slogan, the following nutrients help build strong bodies nine ways.

**Vitamin B-12** is important for creating red blood cells and maintaining nerve function. Sources are many (and often delicious): fish, meats, poultry, eggs, milk.

**Folic acid** (a B vitamin) helps prevent anemia. Most breakfast cereals are now fortified with folate. Fruits and vegetables are another tasty source.

**Calcium** is a well-known bone builder. But surveys show that many older adults, especially those with little appetite for milk, fall short. Calcium is so essential that doctors say a deprived body will leach or “steal” it from your own bones. This is how bones became brittle and prone to fracture. If you are lactose intolerant or dislike dairy products and broccoli, talk to your doctor about taking a supplement.

**Vitamin D** not only strengthens bones and helps prevent osteoporosis, new research suggests it may protect against a range of diseases from cancer and diabetes to multiple sclerosis. In older adults, a Vitamin D deficiency has been linked to falls.

This vitamin is found in salmon, tuna, eggs and – free of charge – via sunlight.

**Potassium** is vital for cell function and may reduce high blood pressure.

But, again, many older adults don’t get the recommended 4,700 mg of potassium each day. Fruits and vegetables – such as bananas and potatoes – are rich sources. But a word of caution: too much potassium can be harmful. Consult with your doctor.
**Magnesium** is a versatile player in as many as 300 different processes in the body. But as with potassium, “magnesium is not a ‘do-it-yourself’ nutrient,” George said. Some prescription medications may adversely interact. Be sure to consult with your doctor.

**Fiber** is the most heavily advertised nutrient on our list, yet studies show most Americans – including seniors – get only half the recommended levels. One easy solution is to consume more whole grains, beans, fruits and vegetables.

**Omega-3** (unsaturated) fats are commonly found in fish and provide many benefits – perhaps even reducing the risk of Alzheimer’s disease. Salmon, tuna and sardines are especially high in Omega-3 fats. Experts recommend two servings every week.

**Water** seems so obvious as to hardly need mentioning but, next to getting enough daily exercise, staying properly hydrated is the most important factor in maintaining good health. “This is the one nutrient most of us don’t get enough of,” George said. Someone weighing 185 pounds needs roughly three liters of water, or three to five large glasses, every day. However, this ratio can be complicated by certain medical conditions.

If we haven’t mentioned it earlier, check with your doctor.

Oh ... and eat your vegetables!
We’ve got something to celebrate!

Glen Eddy in Niskayuna and The Glen at Hiland Meadows in Queensbury are both celebrating anniversaries — 10 years to be exact!

Located on 35 lush acres in Niskayuna, Glen Eddy is a full-service independent retirement living community offering one- and two-bedroom apartments and two-bedroom cottages, as well as an enriched housing residence.

Nestled at the foothills of the Adirondacks in Queensbury, The Glen at Hiland Meadows also offers one- and two-bedroom apartments, some with balconies and patios, as well as two-bedroom cottages.

Like all of our Eddy Retirement Living Communities, Glen Eddy and The Glen offer an array of superior services and amenities that free you from the concerns and bothers of home maintenance. We take care of the chores, so you don’t have to!

Come see for yourself ... be sure to mark your calendars to attend our Eddy Retirement Living Communities’ spring celebration events. (see page 6 for details).

BEVERWYCK, Slingerlands
“Antiques Road Show”
Wednesday, May 4, 1 - 3 pm

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All that Jazz!
Thursday, May 5, 6 pm

HAWTHORNE RIDGE, East Greenbush
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BEECHWOOD, Troy
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GLEN EDDY, Niskayuna
Get Fired Up at Our Barbecue
Saturday, June 4, Noon- 3 pm
Yes, I/We'd like to receive information on:

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name(s)

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Address

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City

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state

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Zip

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Phone

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e-mail

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Age

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Please mail to: Glen Eddy, One Glen Eddy Drive, Niskayuna, NY 12309.

Or call us at 1-877-748-3339 for information on any of our communities.

____________________________________________________________________

Name(s)

____________________________________________________________________