

NURSING HOME ADDRESSES

Marjorie Renodin

Folts Home
104 N. Washington St.
Herkimer, NY 13350

Margaret Bluff

James Dexter

Stuart Greene

Barbara Grogan

Victor Jarzombek

Hank Taylor

Nate Thomas

Presbyterian Home for CNY
4290 Middle Settlement Road
New Hartford, NY 13413

Mae Mosher

VanAllen Nursing Home
755 E. Monroe St.
Little Falls, NY 13365

Margaret Hoskyns

Valley Health Services
690 W. German St.
Herkimer, NY 13350

Betty Langdon

Eden Park Nursing Home
1800 Butterfield Ave.
Utica, NY 13501

Nancy's Nonsense



Working at an airline ticket counter,
I pulled up a passenger's reservation that
showed his name as "Cole, Pheven."

"I'd like to be certain our information
is correct," I said to him. "What is your first name?"

"It's Stephen," he replied. "I hope the
reservation agent got it right. I told him it's
spelled with a ph."

T'was The Week After Christmas

T'was the week after Christmas and all through the house
Nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste.
All the holiday parties had gone to my waist.

When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber).

I'd remember the marvelous meals I'd prepared;
The gravies and sauces and beef nicely rared,

The wine and the rum balls, the bread and the cheese
And the way I'd never said, "No thank you, please."

So--away with the last of the sour cream dip,
Get rid of the fruitcake, every cracker and chip

Every last bit of food that I like must be banished
Till all the additional ounces have vanished.

I won't have a cookie--not even a lick.
I'll want only to chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie,
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore --
But isn't that what January is for?

Unable to giggle, no longer a riot.
Happy New Year to all and to all a good diet!

Mailing list

Please notify us if you move or want
your name added or removed from our
mailing list.

PLEASE CHECK ONE:

- Add to mailing list**
- Delete from mailing list**
- Change address to:**

Name _____

Address _____

Mail to: Central NY Parkinson's
Support Group, Inc.
P.O. Box 181
New Hartford, NY 13413