



In Memoriam

Samuel L. Kitchen, a longtime resident of Clinton and Vernon, passed away on Tuesday, October 11, 2011 at St. Elizabeth Medical Center after a long struggle with Parkinson's disease. Sam was a resident of Presbyterian Home where he and his wife, Esther were active members of the Central New York Parkinson's Support Group. Sam enjoyed his family and many activities throughout his life. We send our condolences to his family and friends

Joseph M. Giannatelli. Sr. of Clinton, NY passed away December 21, 2011 at the Presbyterian Home after suffering from Parkinson's disease. He and his wife, Jean, were active members of their community. He had been the owner of Service Masters of Oneida County. We extend our sympathy to his family and friends.

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Attitudes and Actions to Synchronize Living Life Fully

By Sharon Lee Kelley

Light the light or ignite the flame
So love and understanding will remain.

Never hesitate to speak of love
Count your blessings from above.

Enlighten others on their lifelong walk
Be trustworthy and walk your talk.

See life's pleasures – laugh and smile
Share joys and sorrows over many a mile.

Light the torch of never-ending hope
When challenges appear, find ways to cope.

No matter how strong the sky or the sea
Gain various perspectives and be free to be.

Watch the lightening in the sky
and listen to the thunder
Observe the beauty of the earth –
See the good in people – Each a precious wonder.

Share that twinkle in the eye – smile rather than frown
A positive reaction to your circumstance -
can lift you up – not down.

Have a sense of humor and get a kick out of living
Appreciate each moment, be thankful and forgiving.

Let your troubles and worries leak like a sieve
Laugh often, think positive and fully live.

