



From left to right: Staff members Kolby Weaver, Alyssa Brand, Megan MacDonald, Gabrielle LaBarge, and Don LaBarge of the Community Center wear red and pose for a picture in support of National Wear Red Day.

A Red Letter Day for St. Lawrence NYSARC

The first Friday of February marks an important day on the calendar. It is called “National Wear Red Day.” Every year on this day, people wear the color red to raise awareness about heart disease being the number one killer of women. This year marked the 14th annual National Wear Red Day to bring awareness of women’s heart health.

The color red; a symbol of the heart, also stands out to our eyes and the is considered a confidence booster. Wearing the color red in the importance of raising awareness to

such a cause has made tremendous strides. Death in women has decreased by more than 30 percent over the past 10 years and today, nearly 300 fewer women die from heart disease and stroke each day. So for everyone at St. Lawrence NYSARC who wore red in support that day, we salute you and appreciate your support!

Keeping it Cool’ on the Ice

A group from Transitions attended the Wounded Warriors Sled Hockey Tournament last weekend for the second year in a row. Shown in the photo on the right, Transitions made wreaths for players on the Fort Drum Sled Hockey Team.

Spray paint and clothes pins for the project were donated from the Canton ACE Hardware store. The group also tried out the sleds. “Athletes from different teams gave us lessons.” says Noel Magee, Coordinator of the Transitions Program. “We really enjoyed our experience and there is discussion about some adults from Transitions joining a sled hockey team in the future!”



Donna Rides the Dusty Trail in Style!

Donna Redman, shown riding the horse on the right, achieved a life long dream come true. Donna's personal goal was to visit a real ranch and ride horseback. Thanks to her Residential Staff and friends, she was able to saddle up and hit the beautiful trails at the Riding High Ranch Resort in Warrensburg N.Y.

For two days, Donna enjoyed horses and being at the ranch. "Donna had a wonderful time," said Christine Lauzon, who helped organize the trip. Christine said, "She also enjoyed petting the Resort's dog, Rose Bud, and spending her time at the Ranch with her friends. It's everything she loves doing."

Special thanks to Sandy Macioce of the Stephenville IRA, Lorrie Isaman and Christine Lauzon, RSO Managers, for taking assisting Donna Redman to make her Personal Outcome of riding horses come true. Life long goals are important and getting the chance to make those dreams a reality is worth every smile they produce and more!



Wreaths made from GOAL

In the photo on the left, from left to right, Crystal Delorme, Elise LaLonde, Jenny Adams, and Robin Elliot pose with their beautiful Burlap Wreaths. They created these decorations with a crafting class they took at GOAL a few weeks ago!

Crystal really enjoyed the project and was proud of her work. She said, "Oh my gosh, this is really cute!" When Elsie's said, "I really like this, it's really pretty."

The ladies really enjoyed their time over at GOAL making these wreaths and you can, too! Did you know that you can take a class at GOAL? Call Cindy at 315-386-4027 to learn more.

Bottles and Bows: A Grand Re-Opening!

Please join us on Wednesday, March 15, 2017 at 10:30 a.m. for the Grand Re-Opening of the Bottle Redemption and Gift Shop located at 470 East Main Street in Gouverneur NY. The Open House will last until 2:00 p.m.

St. Lawrence NYSARC will be showcasing an innovative new counting and sorting table designed and constructed by Clarkson University! Refreshments, tours and door prizes will follow the brief ribbon cutting ceremony. We hope to see you there!

