

SPRINGWATER PARTY LINE

15 April 2021

by Katherine J. T. Humphrey

Katherine kjth@allwesterntrees.com

Many thanks are extended to all who participated in any way last Saturday, April 10th at the Webster Crossing United Methodist Church. The next dinner at the church is the Spaghetti Dinner by donation on Thursday, April 22, Earth Day, between 4:30 and 7 PM. We look forward to seeing you.

If you desire a few daffodils to take home, stop by the All Western Evergreen Tree Farm at 6840 Liberty Pole Road. Just bring a container and scissors and enjoy the blooms for days. There is no cost.

On Sunday April 11th eight Springwater Trail's hikers from Springwater, Rochester and surrounding area, enjoyed a beautiful misty hike in the Gosnell Big Woods Preserve in Webster, NY. This property was recognized decades ago as a rare jewel in the region and was maintained by the Gosnell family with as little interference in their natural growth as possible. Hikers enjoyed many old growth trees (photo if there is room), several crossings on bridges over water areas, and a beautiful meadow which will be enticing butterflies and other pollinators in future months. This preserve was gifted to the Genesee Land Trust and the Town of Webster by the Gosnell family. Five participants enjoyed a social at Flaherty's in Webster after the hike. The hike on Sunday, April 18th will be on a portion of the Finger Lakes Trail posted on the Springwater Trails website or ask a regular hiker. Many thanks go to Linda Hopkins for providing this information as well as the following, as she is our Springwater representative to the Livingston County Office for the Aging.

Livingston County Office for the Aging is part of a pilot for a VIRTUAL SENIOR CENTER. Those participating will have unlimited access to programs online to make new friends, learn and discuss new things. Those participating will have unlimited live, interactive discussions on art, history, current news, exercise, music, wellbeing, and more. There is no cost. All participants must have some type of smart device, access to the internet and a willingness to use the program. The program is easy to use and there is assistance, as needed. To learn more please contact the Livingston Office for the Aging, 585-243-7520 or ofta@co.livingston.ny.us.

Lifespan's Finger Lakes CAREGIVER INSTITUTE offers wellness and education series for caregivers of those living with memory loss. All classes are online over zoom. Registration is required for all classes. Contact wfambro@lifespanrochester.org or 585-287-6430.

TAI CHI FOR MEMORY: A class for people with memory concerns or those who care for them. These are on Fridays, April 2 through April 30; 11:00-11:30 AM.

The program BALANCING OUR LIVES includes simple balance exercises, both seated and standing. A great warm-up for the day! This is an ongoing program where you can attend one, some or all sessions every Monday & Wednesday; 10:00-10:30 AM.

QUIGONG ONLINE is an introductory program focusing on the cultivation of Qi-life-force energy through mindful breathing, postures and gentle movement. It is an ancient practice now widely acknowledged among U.S. health practitioners for its many benefits to mind-body/spirit. The program is on Fridays through May 2021 from 10:00 -10:30 AM for adults and caregivers.

POWERFUL TOOLS FOR CAREGIVERS is a 6-week educational program helping family caregivers develop a variety of self-care tools to reduce personal stress, communicate more effectively in challenging situations, make tough care-giving decisions, and more. To register contact Eve at 585-244-8400 x213 or register online at www.lifespanrochester.org/new-events/ Dates: Tuesdays, April 6, 13, 20, 27, May 4 & 11 from 4:00 to 5:30 PM or Wednesdays, May 5, 12, 19, 26, Jun 2 & 9; 1:30 to 3:00 PM

CAREGIVER EDUCATION AND WELLNESS WEBINARS :To Register: Contact Mara at 585-244-8400 239 or www.lifespanrochester.org/new-events/
The program IMPROVING SLEEP FOR PEOPLE WITH DEMENTIA & THEIR CAREGIVERS is on Tuesday, April 13; 10:00-11:00 AM. Differential Dementia Diagnoses with Dr. Gill.

UNLOCKING JOY IN DEMENTIA CAREGIVING: Four-Week caregiver education series: Explore your role as a caregiver, re-think ways to enhance your connection with the person you are caring for, craft strategies to expand circles of care and create a new path for dementia caregiving that unlocks moments of joy. Thursdays, April 29; May 6,13 & 20; 10:00-11:30 AM. To register:Contact Celia at 585-244-8400 x135 or cbrown@lifespanrochester.org, or www.lifespanrochester.org/new-events/

Do log into the Little Lakes Community Center activities at <https://www.facebook.com/littlelakesNY/> as there is something to do every day of the week at 4705 S. Main St. in Hemlock. Tawn Feeny has sent the upcoming events at the Little Lakes Community Center, 4705 South Main Street, in Hemlock, website www.littlelakesny.org, and phone (585) 367-1046:

Sustainable Sassy's Mother's Day Surprise is on Saturday, April 17 8:30 to 9:30 AM at Little Lakes Community Center. Join Sustainable Sassy as all participants take common household items and turn them into a lovely Mother's Day gifts. Suitable for youth in grades 3rd - 5th. Registration costs \$5 and the registration deadline is today, April 15.

Fifth Annual "Take Pride in Hemlock Day" is Saturday, April 17 between 9:30 AM to 2:00 PM at Little Lakes Community Center, 4705 S. Main St., Hemlock, NY. Join us as we participate in a "Community Clean-up" Day, with supplies and safety equipment provided. Pot-luck lunch will follow. Bring a dish to pass and your own table service. Questions: 585-367-1046.

Celebrate Earth Day (April 22, 2021) or Arbor Day (April 30, 2021) by planting trees. The Little Lakes Community Association is giving away free Trees to celebrate these days Saturday, April 24, 10:00 AM to 2:00 PM, Little Lakes Community Center, 4705 S. Main St., in Hemlock. Just

give a call or register on line. Pick up your order of free trees LLCA ordered from the Livingston County Soil and Water Conservation District! Order deciduous or evergreen trees, shrubs and ground covers by noon on April 22 at www.littlelakesny.org or call 585-367-1046. Suggested limit: 3 plant specimens. Additional orders may be requested, and will be distributed at the discretion of LLCA. Donations for the plants and workshop are welcomed! Join them for a free tree-planting workshop that day from 11:00 AM to noon on the grounds of LLCC with Robert Stryker, the director of the Soil and Water Conservation District. Sign up in advance if you would like to attend. Limit: 20 participants.

Happy Birthday to:

April 15 – Michelle Markle

April 17 – Nicole Pauline, Sandra Payne Barnum, Isabel Scheiderich

April 18 – Jacob Pifer, Olivia Yacono

April 19 – Larry Wyatt

April 20 – Lori Dugan Parsons, Sebastian Tripp

April 21 – Florence Hill, Eric Ingraham

April 22 – Craig Stevens, Aaron Motzer