

Senior Lifestyles



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Hidden Meadows To Host Third Annual Benefit Breakfast

The third annual Hidden Meadows benefit breakfast will be held Saturday, January 30 to raise funds for the Bergen Rescue Squad and Fire Department.

"The residents at Hidden Meadows are quick to join forces in responding to the needs of the community. Everyone is very supportive and eager to help out when it comes to matters such as this. They really care," said

Donna Ehrmentraut, Vice President of Hidden Meadows.

According to chairperson Jane White, last year's breakfast was a huge success, and has now become an annual event. "We served over 370 breakfasts and raised over \$1700.00 which was used to purchase new equipment for the rescue squad and fire department. This year we expect an even larger turnout," White added.

If you would like to learn more about how you can become a part of our caring community, call or write:

Hidden Meadows
7289 Lake Rd.
Bergen, NY 14416
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- Three meals and two snacks each day
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- Religious services
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- Maple Sugar Run - 3/13
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- IN TORONTO:
- Phantom of the Opera - 4/3, 4/24, 5/1, 5/8, 6/12
- "Joseph and the Amazing Technicolor Dream Coat" - 4/17 • Miss Saigon" - 10/30
- "Showboat" - 10/9 & 10/16
- Branson, Mo., 6/1 - 6/8

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THOUGHTS TO CONSIDER



EDWIN SULEWSKI
FUNERAL DIRECTOR

What is grief?

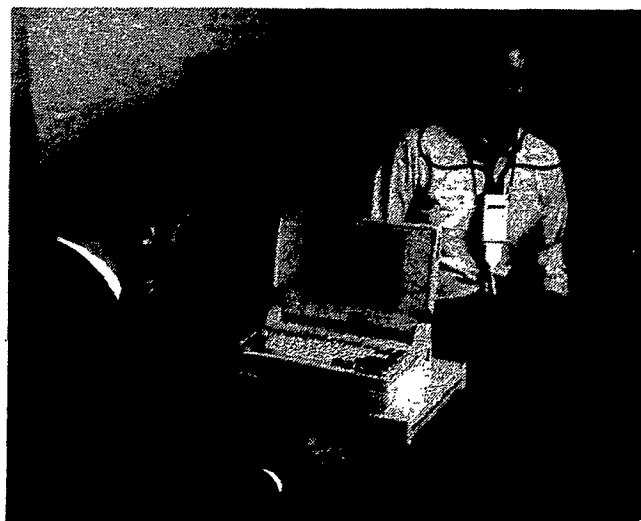
Grief is a process of feelings and behaviors which follow the loss of someone or something that we love. The entire process of grieving helps us to come to terms with the changes that have taken place in our lives and begin adjustment to them. This is not always easy and often lasts for a year or more. Some of the feelings that accompany grief are anger, guilt, anxiety, shock, jealousy and depression. It is not uncommon to be confused, restless, to have difficulty sleeping or to have a change in appetite. It takes time to accept the reality that someone we love is deceased. It takes longer to recreate a life that can make us happy.

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"IF YOU'VE MADE A WILL, THERE'S ONE MORE THING TO DO."

Considerate people who think to the future make wills preparing for the inevitable. More and more of these same people are also taking one more step. They're prearranging their funerals at **Crawford Funeral Home**. This gesture means so much to their families, for it relieves them of making countless decisions regarding final tribute.

To learn more about prearranged funerals, please call us. Our counsel is always available free of charge and at no obligation.

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