

WEEKEND
OBSERVER-DISPATCH

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The late Herman Friske, seen with one of his paint-by-number canvases in his room at Katherine Luther Residential Health Care & Rehabilitation Center in Clinton in this O-D file photo from 2018, spent the last years of his life campaigning for an increase in the personal needs allowance of nursing home residents on Medicaid by refusing to shave his beard. The state has still not passed on increase in the allowance, which was set in 1988. O-D FILE PHOTO

'WOEFULLY INADEQUATE'

Nursing home allowance still stuck at $50 despite local man's campaign

Amy Neff Roth Utica Observer Dispatch | USA TODAY NETWORK

Imagine not getting a raise for almost 40 years. • That's what has happened to a very large group of nursing home residents in New York. • Back in 1988, the New York State Legislature and the governor agreed that nursing home residents who rely on Medicaid should be allowed to keep $50 of their monthly income as a personal needs allowance to pay for things like haircuts, toiletries, clothing, books and birthday cards for the grandkids.

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SUNY Poly opens Griffiss Institute training site

Amy Neff Roth
Utica Observer Dispatch
USA TODAY NETWORK

SUNY Polytechnic Institute is spreading its wings, expanding part of its mission off its Marcy campus.

The college has established a workforce development extension site at Griffiss Institute in Rome.

The new site will allow SUNY Poly to offer more specialized training and continuing professional education for workers to meet the technical skills needed by regional employers, officials said.

College officials call the process "upskilling."

"This partnership represents an exciting step forward in our efforts to bring SUNY Poly's educational expertise directly to the industries and employers driving our region's economy," said Erica Schoff, SUNY Poly's assistant vice president of workforce development and external relations, in a statement. "By working closely with Griffiss Institute, we can develop targeted training opportunities that respond to real workforce needs while creating stronger connections between our students and regional

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Utica fire marshal promotes safety this holiday season

Casey Pritchard
Utica Observer Dispatch
USA TODAY NETWORK

It's almost Thanksgiving and for those cooking dinner, that means the oven and all four burners are running, so the chance for a kitchen fire is greater than ever — and that's before the deep fryer's ready for the turkey.

Utica Chief Fire Marshal John Karwacki offered some tips this holiday season for those preparing to cook and host family and friends to make sure their days are spent with friends and not with the Utica Fire Department. Because according to the National Fire Protection Association,

Thanksgiving is the peak day of the year for home cooking fires in the U.S., with 80% of all fires reported to U.S. fire departments on Thanksgiving involving cooking equipment.

"These are general cooking safety tips, but they especially apply during the holidays," Karwacki said. "You'll have family, friends, and distractions in your house. But unattended cooking is the biggest cause of fires in the kitchen."

More than anything, Karwacki

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MVHS
Welcoming
ADNAN HAJDER, FNP
Surgical Group
MVHEALTHSYSTEM.ORG

ADNAN HAJDER, FNP, has joined the Mohawk Valley Health System (MVHS) Surgical Group.

Hajder brings previous nursing experience with MVHS to this role. He has worked as a registered nurse since 2022 and has served as a charge nurse since 2025. In these roles, he has provided care for patients with chronic and complex conditions, collaborated with interdisciplinary teams and helped support nursing staff through leadership, orientation and patient care coordination.

Hajder is fluent in English and Bosnian.

He is accepting new patients and can be reached at 315-797-3430.



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