



THE WESLEY COMMUNITY

109-year-old Wesley Community resident celebrates her birthday

Paula Griffith rang in her 109th year with a party at the Embury Café on Friday, July 28

SARATOGA SPRINGS, N.Y., August 1, 2023 – Paula Griffith, a resident of The Wesley Community’s Embury Apartments, celebrated her 109th birthday on Friday, July 28 with a party at the Embury Café. Griffith enjoyed lunch with family, friends and neighbors, and performed “Happy Birthday” on the Embury Café’s piano as part of the festivities.

Saratoga Springs Mayor Ron Kim attended the celebration and read an official proclamation declaring her birthday as “Paula Griffith Day” in the City of Saratoga Springs.

Griffith has spent the last 11 years living independently at The Wesley Community’s Embury Apartments, a shining example of the continuum of care approach that provides Wesley residents with important support and services while maintaining their autonomy.

“Paula is a truly remarkable person and an inspiration to our residents and staff,” said The Wesley Community CEO J. Brian Nealon. “Her vibrant personality lights up the room and it’s a pleasure to ring in this milestone birthday with her and her family. We’re proud to help incredible people like Paula continue to lead active, independent lives.”

Griffith was born Paula Doris Hamilton in South Glens Falls on July 29, 1914. Valedictorian of her class and a gifted pianist and singer, Griffith performed for local dignitaries at Grant’s Cottage at a young age and was a member of the Glens Falls Theatre Company. She earned teaching and music degrees at Fredonia College in an era when few women pursued higher education.

She married Watcyn Griffith and raised two children, Vance and Nancy, in Cambridge, N.Y., while teaching piano lessons and serving as choir leader and organist at the Cambridge Baptist Church. Later in life, she worked as an assistant in the pathologist’s office at Mary McClellan Hospital.

Griffith divided her retirement years between Cambridge and Saratoga, enjoying time with her family, watching the New York Yankees, sewing, reading and baking.

“I’m happy to be here to celebrate with so many people,” said Griffith. “All I can say is to take care of yourself and the rest will follow.”

About The Wesley Community

The Wesley Community is a 37-acre, not-for-profit agency in Saratoga Springs, N.Y., which serves the needs of the elderly, as well as active seniors, adults and pediatrics. Sponsored by United Methodist Health and Housing, Inc., The Wesley Community's unique continuum of care community provides independent and assisted living for seniors, affordable independent senior housing, short-term rehabilitation and long-term care, as well as home care services and outpatient therapies available for people of all ages.

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Wesley Community resident Paula Griffith celebrates her 109th birthday with family and friends at The Wesley Community's Embury Café on Friday, July 28. From left to right: caregivers Kristin Downey and Patrice Figuereo; great-grandson Jamison Slater; daughter Nancy Harrington; great-grandson Jordan Slater; granddaughter Dawn Slater; great-grandson Jackson Slater; Paula Griffith; granddaughter Alyce Griffith; caregiver Evan Downey; daughter-in-law Noreen Griffith; and caregiver Kelly Pacheco.



Wesley Community resident Paula Griffith (left) is joined by Saratoga Springs Mayor Ron Kim (right) to celebrate her 109th birthday at The Wesley Community's Embury Café on Friday, July 28.