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SENIOR CONNECTIONS

OCTOBER 2018 | Volume 2, Edition 10

Colonie Senior Spirit Awards to be Presented at the Founders' Dinner

This year, Colonie Senior Service Centers will honor business and community leaders at the 17th Annual Founders' Dinner with the Colonie Senior Spirit Award for their contribution to the local senior community as they honor the values and community spirit of our founders. The 17th Annual Founders' Dinner will take place at 5:30 p.m., on Tuesday, October 23, 2018, at The Century House, located at 977 New Loudon Road in Latham.

2018 Colonie Senior Spirit Awardees:

Bill Lia and Lia Autogroup, Inc. will receive the Fred G. Field Transportation Colonie Senior Spirit Award for their efforts to promote independence and self-reliance for seniors by developing and expanding senior transportation options.

Therapy pigs, Bacon Bits and Albert EinSwine, along with their owners Terry Hutchinson and Bill Klingbell, will receive the Ann Marie Sheehy Bright Horizons Colonie Senior Spirit Award. This is being presented for their commitment and achievement in providing and enhancing access

to adult day services and caregiver support for seniors and their families.

The Town of Colonie Senior Resources Department will receive the Joseph R. Simon Senior Housing Colonie Spirit Award for its vision and leadership in developing housing options for seniors.

The Jan Susan Medved Senior Dining Colonie Senior Spirit Award will be presented to Honest Weight Food Co-op for its dedication and efforts to help seniors maintain their health through good nutrition.

The Honorable Jack McEneny and Professor/Cav. Philip J. DiNovo will both be presented with the Marion T. Lamar Health & Wellness Colonie Senior Spirit Award. They receive this honor for their commitment and dedication in developing opportunities for seniors to maintain and enhance their physical and intellectual talents.

The Mary E. Brizzell Building a Senior Community Colonie Senior Spirit Award will be awarded to Tom Gallagher, from Cornell Cooperative Extension, to recognize his efforts to identify and strengthen

Inside this issue:



Executive Director's Message **2**



Upcoming Events **2**



Community News **4**



Health and Wellness **7**

the existing network of services for seniors and their families.

This year, Colonie Senior Service Centers celebrates thirty-seven years of providing services throughout Colonie and the Capital Region. We would be privileged to have you share in our celebration of these very special individuals and businesses that have made a significant and positive impact on the lives of seniors and their families. Please contact Sharon Herald at 518-459-2857, extension 302, to make your reservation to attend.

CDPHP® salutes **Colonie Senior Service Centers.**

We applaud your accomplishments and dedication to our community.

www.cdphp.com

Capital District Physicians' Health Plan, Inc. • CDPHP Universal Benefits,® Inc.



A plan for life.



Message from the Executive Director

Happy October! The Month of the Chicago Marathon, Columbus Day, Native Americans' Day, and Halloween!



There is no better way to promote and support the needs of older adults in our community to the programs and services made available by Colonie Senior Service Centers than to actually educate and introduce them. There are many in need who are unaware of what is open to them. You, our newsletter readers, can

help us spread the word. Pass your monthly *Senior Connections* newsletter on to someone who does not currently receive it. If you attend an activity or program you enjoy, tell your friends and family about it. Better yet, ask them to join you. CSSC is open for business and we are here to support those in our community.

Congratulations to all our Spirit Award honorees! I am so looking forward to our 17th Annual Founders' Dinner at The Century House on October 23, 2018, when we recognize all these individuals and organizations for their efforts. You are an example to us all!

CSSC staff members never cease to amaze me with their creativity and work ethic. Betsi Lattanzio (Transportation), Sue Napierski (Bright Horizons), and Sharon Herald (Administration) formed a subcommittee and will be working with Murder Café to perform a comedy, murder mystery on Monday, October 29, entitled Halloween Scaryoke. Please join us for an incredible cool evening of theater with the proceeds benefiting CSSC's Bright Horizons.

On a personal note, my sincere appreciation to my colleagues Caroline Barrett (Senior Dining) and Sharon Herald (Administration) for volunteering with me to provide a beautiful "Italian-inspired" meal on the lawn of the American Italian Heritage Museum.

And a tremendous thanks to Scott Seymour (Finance) and Laura Miedema (Development) for representing Team CSSC at the Colonie Youth Center's 5K recently. Go Team CSSC!

It is wonderful when we get involved and support other non-profit organizations in our community.

Happy Halloween!

- Diane Conroy-LaCivita

Upcoming Events . . .

October's Sacred Space Visit – The Hindu Temple

All are welcome to join Colonie Senior Service Centers on the morning of Thursday, October 11, as we visit the Hindu Temple. Located on Albany Shaker Road in Loudonville, The Hindu Temple Society of the Capital District was founded in 1976. It is a place of worship by Hindu devotees in and around the Capital District.

The temple is unique because all segments of Hindu Community have a special place for worship of their own with Ganesha, Lakshmi Narayana, Shiva, Parvathi, Shrinathji, Radha Krishna, Swaminarayana, Navagrahas, Nageswara, Saraswati, Durga, Buddha, Iyyappa Swamy, Mahavira, Shri Rama Parivara and Subramanya. Religious sermons and cultural activities are held at the temple in addition to the celebrating of all major Hindu religious festivals.



The CSSC shuttle bus will leave from The Beltrone Living Center at 9:45 a.m. and return at approximately 11:30 a.m. This is an opportunity not to be missed. There is no fee to attend. However, we do suggest a donation for CSSC's Transportation Services.

To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.



Germanwurst: Just in Time for Oktoberfest

Join us on Friday, October 12, from 11 a.m. to 1 p.m., at the King Thiel Senior Community as we host Glen Eggelhoefer, proprietor of Rolf's Pork Store, for a cooking demonstration entitled "Germanwurst." The meat at Rolf's Pork Store, located on Lexington Avenue for three generations, draws quite the crowd as this Albany butcher shop is one of the best in town. If you are worried about your protein intake, rest assured that great, delicious meats and additional German delights will be sampled and discussed at this class. Please feel free to wear your Lederhosen. There is a \$5 fee to attend, which includes a simple "German-inspired" lunch. Prepayment for the class is required. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

Glen Eggelhoefer, cuts strip steaks at Rolf's Pork Store (Photo Source: Paul Buckowski/Times Union)



Celebrating Fall's Harvest and Local Agriculture

Please join us on Thursday, October 18, from 11 a.m. to 1 p.m., as we offer a cooking demonstration concentrating on the area's fall harvest and who in our community is making that happen.

Laughing Earth has been an active farm for over two hundred years, and as of December 2017, is protected by an easement to be Farmland Forever. This farm is truly a testament to the power of community and the importance of making connections. The name Laughing Earth is inspired by a poem by Ralph Waldo Emerson, titled "Hamatreya." The farm itself is a historic place, with roots dating back to the 18th century. It is on the New York State Register of Historic Places and includes a charming family cemetery, recently renovated thanks to the Brunswick Historical Society.

Zack and Annie Metzger are the stewards of the land and the proprietors of the business since 2015/2016. They are farmers because they care about providing healthy food for themselves and our community, and about feeding the soil on which we depend.

The class will take place at King Thiel Senior Community, 17 Elks Lane, with a \$5 fee and will include lunch. Space is limited and prepayment for the class is required. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

Halloween Scaryoke – A Murder Mystery Dinner Show

Come watch zombies, ghouls, witches, and vampires sing for their lives at our Halloween Scaryoke – A Murder Mystery Dinner Show!

This fun event will take place on Monday, October 29, at 5:30 p.m., in the Lakeview Room of The Beltrone Living Center. This is a Murder Café Production and is being hosted by Colonie Senior Service Centers. All proceeds will benefit our Bright Horizons Adult Day Social Program.

The fee to attend this event is \$35. Attendees will have a dinner choice of Stuffed Chicken or Herb Baked Haddock. Dinner will also include Garden Salad, Roasted Potatoes, Chef's Vegetable, and Pumpkin Cheesecake for dessert. Beverages will include beer, wine, coffee, and tea.

For more information or to register for this exciting and scary first-time event, please contact Sharon Herald at 518-459-2857 ext. 302. Prepayment and dinner choice are required by October 25, 2018.



Interested in Saving 30% on Your Car Insurance?

Sign up for a Driver Fitness Class!

Roger Dames, Driver Fitness Coordinator, will conduct Defensive Driving Classes on the following dates in October:

At The Beltrone Living Center

Thursday, October 4, from 9:30 a.m. to 4 p.m.

Tuesday, October 16, from 9:30 a.m. to 4 p.m.

Cost is \$25 per person, due before day of class.

To reserve your seat, call 518-459-2857 ext. 303.

Community News . . .

Meet Our Featured Community Artists for November and December – The 3Ds

For the last two months of 2018, CSSC will be hosting three sisters as our featured artists in The Beltrone Gallery with an exhibit entitled “The 3Ds.” Donna Peirce, Dianne DelPozzo, and Deborah Kean will collectively display pieces in several mediums including oil, acrylic, watercolor, and pastels. Donna’s acrylic paintings feature animals and landscapes, Dianne’s pieces are animals

in pastels, while Deborah’s pieces, which include landscapes, birds and florals, are done in oil, acrylic, and watercolor paint. The sisters’ love of art and family was instilled by their late father who had exhibited with his daughters prior to his passing. All three sisters live in the Town of Colonie and have exhibited art in various venues throughout the Capital Region.



On Thursday, November 1, from 4 p.m. to 5 p.m., an opening reception of their exhibit will take place at The Beltrone Living Center. This event is free and open to the public. All are welcome to see the exhibit and meet the artists.

For additional information on the program, please call Nicole at 518-459-2857 ext. 303.

Our September and October Artist – Jack Berkery

As previously announced, our September and October Community Artist is Jack Berkery, a retired software engineer, who has pursued painting as a hobby since 1974. In addition, he is an active member of the Colonie Art League.

Please stop by The Beltrone Gallery during the month of October to view Jack’s exhibit.



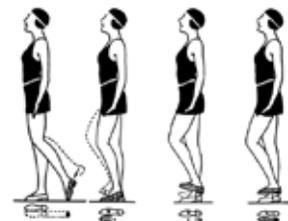
Interested in Getting in Shape? Try Tap Dancing!



Janet Murphy is a dance instructor with over twenty-five years of teaching experience.

She choreographs her own dances and teaches all levels of dance. Janet is a former Radio City Music Hall Rockette and has performed with the Rockette alumnae.

If you are interested in getting in shape while having fun and learning to tap dance, contact Nicole at 518-459-2857 ext. 303 for further information.





Medicare Open Enrollment Time Is Here Again

The open enrollment period to enroll in or change Medicare Choice plans and Medicare drug plans will take place from Monday, October 15, through Friday, December 7. The Town of Colonie case workers are recognized NYS health insurance counselors and can help seniors navigate the many health and drug options available. Appointments are available beginning Monday, October 15. We ask that you provide a current list of your medications and a copy of your Medicare card prior to your appointment. Please call 518-459-5051 for more information and to schedule an appointment.

Heating Assistance Program for Eligible Town Residents

The Home Energy Assistance Program (HEAP) provides financial assistance with heating costs to low income residents. The 2018 monthly gross income levels are not available at the time of printing this newsletter, however, you may call the Town of Colonie Senior Resources Department for updates. If you receive Food Stamps and live alone, you will receive an automatic benefit and do not need to apply. If you have received HEAP in the past, you will receive a renewal application in the mail. Assistance applying for HEAP during the HEAP season, which opens mid-November, is available through the Town's Senior Resources Department at The Beltrone Living Center. HEAP application assistance dates will begin in December. **Applications will be accepted for both senior and non-senior Town residents.** Appointments are required. For more information, please call the Senior Resources Department at 518-459-5051.

Senior Clubs

Colonie Senior Citizens Club

Our October monthly meeting will take place on October 3 at 10 a.m. Our November meeting will take place on November 7 at 10 a.m. Our speaker for this meeting is John Frazer, Superintendent of the Latham Water District. The monthly meetings are held at The Beltrone Living Center.

Our Holiday Party will be held at the Desmond Hotel on December 2, at noon. Tickets will be on sale during October and November. The entertainment will be The Linda Harrison Trio. For information on this party, call Kathy Ingalls at 518-482-5049.

Two trips are planned: November 19, Branson Country Christmas with Veterans Tribute; December 6, "Blue Christmas with Elvis" at Log Cabin. We hope to see you at all of these events.

Contacts:

Marjorie Raymond, Carolyn Chabot,
Membership 518-435-0906 President 518-785-6315

The Hart Club

Please be advised that the Murder Mystery event previously announced for October 17 has been canceled.

The next Club meeting will be held on Thursday, October 11, at 1 p.m., in the Lakeview Room of The

Beltrone Living Center. We will have a speaker and refreshments at this meeting. Please plan to attend.

New officers are needed. If anyone is interested in serving as an officer, please call Jean at 518-621-7606.

For additional information about the above events, contact Jean Tomlinson at 518-621-7606.

Thunder Road Seniors Club

Do you wish you were more comfortable with your computer, laptop, tablet or cell phone? Or more knowledgeable about what your devices can do? Thanks to the Village of Colonie for the great space and the Town of Colonie for the computers, Thunder Road Seniors Club has a computer lab available to Town seniors. We offer **totally free** computer classes, in a small classroom setting or one to one, on a variety of topics. The only requirement is that you are a Town of Colonie resident.

Sessions are held on Tuesday, Wednesday or Thursday, from 9:30 to 11:30 a.m. or 1 to 3 p.m., at the Village of Colonie HBK Senior Center on Thunder Road (off Locust Park). One to one sessions are also available by appointment.

For additional information, call Carmela at 518-786-6544. She will help you decide what class best fits your needs.

October Menu

Please call 518-459-2857 ext. 303

with reservations by noon of the previous business day.

10/1 Monday	10/2 Tuesday	10/3 Wednesday	10/4 Thursday	10/5 Friday
Philly Steak Sandwich w/Peppers & Onions, Roasted Brussels Sprouts, Apple Juice, Chocolate Chip Cookie	Chicken Cacciatore w/ Penne, Roasted Carrots, Green Salad, Rice Pudding	Italian Sausage Sandwich, w/Peppers & Onions, Coleslaw w/Carrots, Ice Cream w/Strawberries & Chocolate	Beef Tips w/Gravy & Egg Noodles, Steamed Broccoli, Oatmeal Raisin Cookie	Chicken Parmesan w/Ziti and Red Sauce, Green Salad, Apple Crisp
10/8 Monday	10/9 Tuesday	10/10 Wednesday	10/11 Thursday	10/12 Friday
CLOSED	Cider Braised Pulled Pork, Steamed Broccoli & Cauliflower, Corn Pudding	Meatloaf w/Onion Gravy, Mashed Potatoes, Mixed Veg, Apple Juice, Brownie	Stuffed Shells w/Tomato Sauce, Green Salad, Warm Peach Crisp w/ Whipped Cream	Baked Cod Loin, Sautéed Carrots, Rice Pilaf, Cranberry Juice, Tapioca Pudding
10/15 Monday	10/16 Tuesday	10/17 Wednesday	10/18 Thursday	10/19 Friday
Meatball Sub w/Tomato Sauce & Cheese, Green Salad, Mixed Berries & Cream	Salmon Cakes, On Sautéed Spinach, Rice Pilaf, Cherry Yogurt Parfait	Chicken Florentine, Roasted Sweet Potatoes, Green Salad, Tropical Fruit	Beef Stew w/Potatoes, Carrots & Peas, Brussels Sprouts, Warm Apples w/Whipped Cream	Veggie Lasagna, Spinach Salad w/Mandarin Oranges & Poppy Dressing, Pumpkin Pudding
10/22 Monday	10/23 Tuesday	10/24 Wednesday	10/25 Thursday	10/26 Friday
American Goulash, Green Salad, Pineapple Juice, Cinnamon Applesauce	Scalloped Potatoes w/ Ham, California Veggies, Rye Bread, Raspberry Sorbet w/Raspberries	Seafood Macaroni & Cheese, Stewed Tomatoes, Sliced Peaches w/Cream	Turkey Bolognese w/Spaghetti, Italian Veggies, Pineapple Upside-Down Cake	Cod w/Butter Crumb Topping, Green Salad Cole Slaw w/Carrots, Rice Pilaf, Lemon Meringue Pie
10/29 Monday	10/30 Tuesday	10/31 Wednesday	<p>Suggested Contribution: Lunch & Learn is \$4. Special Lunch and Dinner is \$6.</p>	
Herb Roasted Pork Loin, Whipped Sweet Potatoes, Green Beans, Ice Cream w/Strawberries	Beef Stroganoff, w/Egg Noodles, Peas & Carrots, Mandarin Oranges	Chicken & Bacon Macaroni & Cheese, Beets, Apple Pie		

Lunch & Dinner at The Beltrone Living Center

Special Luncheon, October 1 at noon

Gary Taylor is back with his guitar for a lively and upbeat sing-along featuring oldies, classics, and plenty of fun. See above for menu.

Special Dinner, October 15 at 5 p.m.

Our friend Don Hyman will be here singing another tribute to the Ladies of Song, with a special tribute to Aretha Franklin.

Dinner will be meatloaf with gravy, mashed potatoes, carrots, applesauce and lemon pie.

Lunch & Learn, October 5 at noon

Join Diana Wells for a special presentation on the art of Qigong. Qigong is an ancient Chinese practice of coordinated movements, meditation, and deep breathing in order to achieve a calm state of mind. Qigong is also used in self-healing and alternative medicine. Come and see what it's all about! See above for menu.

Lunch & Learn, October 24 at noon

Dr. Sergio Rapisarda, a Cardiologist from Albany Associates in Cardiology, will be here to discuss heart health, heart disease, and how to maintain a healthy heart. The luncheon will include an informative discussion, a question and answer session, and educational material. See above for menu.

Introducing Senior Happy Hour at The Beltrone Living Center. Come for lunch and stay for Happy Hour!

Every Friday from 1 p.m. to 2 p.m.

Come together with friends to mingle, relax, socialize, learn, and have fun. Our very first Happy Hour will feature a chocolate tasting. Come on October 5 to learn about all kinds of chocolate, including fair trade, organic, and good, old-fashioned milk chocolate. We will try chocolate made in our region, learn about how chocolate is made, and decide what our favorites are. This event is free and open to the public. Coffee will be served.

Lunch is served at noon, and will be chicken parmesan, ziti with tomato sauce, green salad, and apple crisp. Come for lunch or Happy Hour or both!

Each week will feature a different topic, activity or event, including tastings, fitness, games and more! Check in for schedules.

Reservations for lunch and Happy Hour are appreciated. Please call Nicole at 518-459-2857 ext. 303 to make a reservation.

The Senior Dining Program is funded in part by the Albany County Dept. for Aging, NYS Office for the Aging, U.S. Administration of Aging, Town of Colonie, and participant contributions. This program is an equal opportunity provider.

Health and Wellness . . .



Healthy Aging Classes – October/November

All of the classes and programs are held at The Beltrone Living Center, 6 Winners Circle, Albany, NY, unless otherwise noted.

Monday

- 9:30 a.m. Healthy Bones for Life held at Loudonville Presbyterian Church
- 10:00 a.m. Gentle Yoga
- 11:00 a.m. Arthritis Exercise Class
- 1:00 p.m. Computer/Tablet Help with Vince (To register, call 518-429-9141)

Tuesday

- 8:00 a.m. Men's Pool League
- 9:30 a.m. Healthy Bones for Life at Roesseville Church
- 10:00 a.m. Keeping Your Balance
- 12:30 p.m. Bridge
- 1:30 p.m. Mahjong
- 1:30 p.m. Healthy Bones for Life at King Thiel Senior Community
- 2:30 p.m. Writers' Group (1st & 3rd Tuesday)

Wednesday

- 8:45 a.m. Low Impact Aerobics
- 9:30 a.m. Healthy Bones for Life
- 10:30 a.m. QiGong
- 1:00 p.m. Bingo

Thursday

- 9:30 a.m. Painting Class
- 9:30 a.m. Healthy Bones for Life
- 10:45 a.m. Advanced Tap Class
- 11:45 a.m. Intermediate Tap Class
- 1:30 p.m. Balance Class at King Thiel Senior Community
- 2:00 p.m. Folk Dancing
- 3:00 p.m. Newcomers and Neighbors (1st & 3rd Thursday of the month)
- 5:00 p.m. Healthy Bones for Life at Roesseville Church

Friday

- 8:45 a.m. Low Impact Aerobics
- 9:45 a.m. Pinochle
- 1:30 p.m. Knitting Club
- 3:00 p.m. Beltrone Singers

Saturday

- 9:30 a.m. Healthy Bones for Life
- 2:00 p.m. Saturday Matinees

For more information on Health and Wellness classes and activities, call Michael T. Snyder, RSVP and Volunteer Director, at 518-459-2857 ext. 308 or msnyder@colonieseniors.org.

Volunteers Needed

Are you looking for a rewarding volunteer opportunity? Contact Michael T. Snyder, RSVP and Volunteer Director, at 518-459-2857 ext. 308 or email msnyder@colonieseniors.org.

Get Moving for Good Health

Regular exercise is one of the best things you can do for your body and mind. Working out helps you maintain your strength and endurance while also elevating your mood and energy. Whether you are the picture of health or facing new health challenges, physical fitness is crucial to maintaining an active lifestyle.

Exercising can also prevent injury and disease, resulting in fewer trips to the doctor, fewer medications, and fewer hospital stays. Working out can help if you have chronic conditions; staying active can be

an effective treatment for arthritis, heart disease, diabetes, and more.

In addition, physical activity keeps the mind sharp, and allows you to plan, multitask, and remember important information like birthdays and appointments. Exercise also prevents isolation and loneliness by getting you out of the house and into the gym!

CDPHP offers members no-cost access to many area fitness centers including The Rudy A. Ciccotti Family Recreation Center and The Beltrone Living Center through Senior Fit. Members can

take classes and use facilities especially dedicated to seniors and their health. For more information, visit www.cdphp.com/seniorfit.

Information provided courtesy of CDPHP.



Directory:

Bright Horizons

Susan Napierski, Director
 snapierski@colonieseniors.org
 518-459-2857, ext. 322
 Colonie 518-459-7967
 Latham 518-244-5206
 Guilderland 518-250-5718
 Clifton Park 518-371-2191

Driver Fitness Center

Roger Dames, Coordinator
 rdames@colonieseniors.org
 518-459-2857, ext. 326

Health & Wellness and RSVP

Michael T. Snyder, Director
 msnyder@colonieseniors.org
 518-459-2857, ext. 308

Senior Dining

Caroline Barrett, Coordinator
 cbarrett@colonieseniors.org
 518-459-2857, ext. 327

Tool Box

toolbox@colonieseniors.org
 518-608-4758

Transportation Department

Elizabeth Lattanzio, Director
 elattanzio@colonieseniors.org
 518-459-6064

Umbrella of Colonie

Lauren Harrington, Director
 lharrington@colonieseniors.org
 Membership Inquiries
 518-459-2857, ext. 311
 For Work Orders
 518-459-2857, ext. 301

The Beltrone Living Center

Debbie McClune, Site Manager
 dmccclune@colonieseniors.org
 518-459-2711

King Thiel Senior Community & Sheehy Manor

Aimee Richardson, Site Manager
 arichardson@colonieseniors.org
 King Thiel: 518-429-6292
 Sheehy Manor: 518-782-2350

Development

Laurie Miedema, Director
 lmiedema@colonieseniors.org
 518-459-2857, ext. 304

Finance

Christine Cullam, Director
 ccullam@colonieseniors.org
 518-459-2857, ext. 306

Media and Communications

Michael DiGiuseppe, Specialist
 mdigiuseppe@colonieseniors.org
 518-459-2857, ext. 337



Colonie Senior Service Centers, Inc.
 6 Winners Circle
 Albany, NY 12205

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**In Memory of
 John Spiro Deffigos**
 March 28, 1933 –
 August 29, 2018

John was a long-standing and dedicated Board Member of CSSC. He will be truly missed.



Colonie residents who participated in a photo shoot arranged by the New York State Office for the Aging.

**Please Call
 518-459-2857 ext. 337
 if you want to be added
 to or removed from
 our newsletter
 recipient list.**

2018 Active Aging Fair!	
Inside this issue:	
Executive Director's Message	2
Upcoming Events	2
Healthy Living	5
Community News	5