Let’s Do Lunch . . . and Much More

One of Colonie Senior Service Centers (CSSC) most popular programs is our Senior Dining Program. This program brings people together at five neighborhood meal sites throughout the area for a nutritious lunch, socialization opportunities, educational programs, and live entertainment. And once a month, a Special Dinner program is offered at one of the meal sites, with live entertainment in addition to a delicious dinner. We are proud to say that in 2018, CSSC served over 28,000 meals to seniors in our community at our five neighborhood meal sites.

A typical CSSC Senior Dining Program lunch looks something like this: chicken Parmesan, ziti with homemade tomato sauce, a fresh green salad, and fruit. Often, there is a small dessert, perhaps a brownie or a cookie. It is a meal that is nutritious, nourishing, and according to those who come for the meals, delicious.

But if you look a little closer at the people sitting for lunch, it is clear that there is much more going on than satisfying appetites at a noontime meal. At its heart, the program is about providing senior citizens nutritious, tasty meals in a social, congregate setting. Each lunch is carefully constructed by CSSC Senior Dining Coordinator, Caroline Barrett, and Albany County Department for Aging Registered Dietitian, Denise Kolankowski. According to Ms. Kolankowski, “More importantly than working to meet nutritional standards, we are creating meals that include a variety of items that the seniors enjoy. It is about an enjoyable and social experience for each person who attends the lunches.”

Another important component of the Senior Dining Program is the “Lunch and Learn” events held at The Beltrone Living Center and at King Thiel Senior Community. Speakers present on various topics of interest to seniors, from veterans with historical tales to financial experts offering advice on senior fraud. And one more fun and festive component of the program is the Special Lunch and Special Dinner held once each month. Live entertainment is scheduled and often the seniors participate by singing, dancing, clapping, and laughing.

All Senior Dining Program meals are prepared by Mazzone Catering. The congregate meals are served restaurant-style by volunteers comprised of both senior citizens and students whose goal is to provide a delicious meal and to create a warm, friendly environment.

Lunch is served at noon at the five sites (see below), and dinner is served one Monday night each month at The Beltrone Living Center. Each lunch is offered at a suggested donation of $4. An additional donation of $2 is requested for the Special Events. The Senior Dining Program is funded in part by the Albany County Department for Aging, the NYS Office for the Aging, the Administration for Community Living, the Town of Colonie, and participant contributions.

We hope you will join us for lunch and more! For more information on any part of the dining program, please contact Caroline Barrett, Senior Dining Coordinator, at 518-459-2857, ext. 327 or cbarrett@colonieseniors.org.

Meal sites are as follows:

- **The Beltrone Living Center**
  6 Winners Circle, Albany
  Lunch Monday to Friday
  and one dinner each month

- **Bishop Broderick Apartments**
  50 Prescott Street, Albany
  Lunch Tuesday to Thursday

- **Town of Guilderland Senior Center**
  Guilderland Senior Center
  141 Bavarian Way, Altamont
  Lunch every Tuesday

- **King Thiel Senior Community**
  17 Elks Lane, Latham
  2nd and 4th Wednesday each month

- **Sheehy Manor**
  8 Carondelet Drive, Watervliet
  Lunch every Thursday
**Message from the Executive Director**

Happy April!
April marks the return of spring. And with it comes an abundance of holidays and observances that focus on community service, arts and reading, and health awareness. April Fool’s Day, Autism Awareness Month, National Garden Month, National Poetry Month, National Volunteer Week, Passover, Easter, Administrative Professionals Day, Earth Day, and Arbor Day to name a few.

One of my favorite things about April is the change in seasons, with the onset of spring giving us many opportunities to enjoy the outdoors, start planning a garden, bask in the sunshine, wash away winter’s salt or witness the blooms of crocus and daffodils.

We will be offering a gardening workshop this month with Cornell Cooperative Extension of Albany County, as well as continuing our cooking demonstrations, lunch and learns and sacred spaces outings.

Finally, mark your calendar for several upcoming events including: The Beltrone Living Center’s Annual Open House on Saturday, May 18, and our inaugural Chefs in Motion: Culinary Tasting and Competition on Monday, June 10.

We hope you are able to participate in an upcoming activity and event!

- Diane Conroy-LaCivita

P.S. I want to give a shout out to Sean Geraghty, Marisa Geraghty’s husband, for recently being awarded the Outstanding Football Official Award for the Capital District Chapter of the National Football Foundation College Hall of Fame. Congratulations!

We are always happy to celebrate when staff and their family accomplish great things.

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**Cooking with Coconut**

Pacific Islanders believe that coconut is the cure for all illness, which is why the palm tree (from which coconuts are grown) is known as “The Tree of Life.” Eating coconuts is excellent for one’s immunity. They are antiviral, antifungal, antibacterial, and antiparasitic, meaning they kill harmful bacteria, viruses, fungi, and parasites. If you consume coconut in any of its various forms, it can help treat illnesses. Whether you are eating the meat, drinking the juice, or consuming it as oil, coconuts are a delicious and nutritious source of fiber, vitamins, minerals, and amino acids.

Coconut is a familiar ingredient in baked goods and other sweet treats. Join us on Friday, April 12, from 11 a.m. to 1 p.m., as we explore some new ways of using this wonderful fruit.

Let’s Make Gnocchi

Gnocchi are thick, small, and soft dough dumplings. They are generally homemade in Italian and Italian-immigrant households. Gnocchi are eaten as a first course (primo piatto) as an alternative to soups (minestre) or as pasta. Common accompaniments of gnocchi include melted butter, pesto, as well as various sauces. In local supermarkets, industrially produced, packaged gnocchi are widely available refrigerated, dried, or frozen.

On Thursday, April 18, from 11 a.m. to 1 p.m., we will be making both potato, as well as ricotta gnocchi. Bring your appetite and your pinching fingers. Additionally, Sharon will be sharing her famous tomato sauce recipe.

The above demonstrations 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.
Upcoming Events . . .

April’s Sacred Space Visit – Congregation Beth Emeth
The journey continues on Thursday, April 4, as we visit another intriguing sacred space. Join Diane Conroy-LaCivita as she travels to Congregation Beth Emeth in Albany.

Congregation Beth Emeth’s mission is to worship God in accordance with the tenets of Reform Judaism; to cultivate love and understanding of the Jewish heritage; to strengthen personal and communal bonds of loyalty with Israel and the Jewish people everywhere; and to bring near the teaching of God through the Torah by emphasis on fairness, human responsibility, and social justice. Congregation Beth Emeth is the fourth oldest Reform Congregation in the United States.

The CSSC shuttle bus will leave The Beltrone Living Center at 10 a.m. The bus will leave Beth Emeth at approximately 11:30 a.m. To make a reservation, please contact Sharon Herald at 518-459-2857 ext. 302.

Get Ready to Garden
Like any other gardener, you have spent the last few months paging through catalogs dreaming and planning the next big adventure. Whether you dream in color, spice, or flavor, the all-important pleasure is getting to place those seeds or plants in the ground. As gardeners know, we learn from each other and find joy in improving our skills. Working the soil and seeing the result of our labor is more than just satisfying.

Join us as we have Master Gardeners from Cornell Cooperative Extension on Wednesday, April 24, from 1 p.m. to 2 p.m., in the Art room of The Beltrone Living Center discuss creating a beautiful garden. There is no fee to attend. Some gardening items will be distributed to help you get started. Please call Sharon Herald at 518-459-2857 ext. 302 to make a reservation.

Defensive Driving Classes at The Beltrone Living Center
Roger Dames, CSSC’s Driver Fitness Coordinator, will conduct Defensive Driving Classes in April and May:
Thursday, April 18, 2019, from 9 a.m. to 3:45 p.m.
Saturday, April 20, 2019, from 9 a.m. to 3:45 p.m.
Wednesday, May 1, 2019, and Thursday, May 2, 2019, from 5:30 p.m. to 8:30 p.m. NOTE: This is a two-part class; must attend both nights.
Thursday, May 16, 2019, from 9 a.m. to 3:45 p.m.
Cost is $25 per person, due before day of class. To reserve your seat, call 518-459-2857, ext. 303.

SPECIAL NOTE: For the Defensive Driving classes in May (May 1 and 2 and May 16), we would like to extend FREE classes to veterans and/or active military personnel. Cost for military spouse is $15. Proof of military service will be required and approved by the instructor. Acceptable proof can be a DD214 form, a Veterans Affairs ID card, or a military ID.

Learn About Tools
On Tuesday April 16, from 10 a.m. to 12 p.m., The Tool Box will hold an ‘Understanding Tools’ class. The class will be hosted by Len St. Gelais, Tool Box Coordinator. Jeff Neet, Director of the Umbrella program, will be the guest speaker and he will go over some basic tools, the terminology associated with them, and what they are used for. We are looking to make this the first in a series of classes to be held throughout the year.

The class is free, but space is limited to 10 people. The class will be held at The Tool Box, 143 Troy Schenectady Road, Watervliet (Hilltop Plaza). If you are interested in attending, please make a reservation with Nicole at 518-459-2857 ext. 303.

3rd Annual Rusty Tool Throw Down
Once again we will collaborate with the Albany Barn for our 3rd Annual Rusty Tool Throw Down on Saturday, May 4, from 12 p.m. to 2 p.m., at the Tool Box, 143 Troy Schenectady Road, Watervliet (Hilltop Plaza).

Join us and watch local artists create incredible sculptures using tools and hardware from the Tool Box Store in this timed, exciting competition.
Strum Your Stuff With the Ukulele!

Come strum your stuff with ukulele lessons at The Beltrone Living Center, 6 Winners Circle, Albany! Introductory ukulele lessons will be offered by CSSC with assistance from instructor Sharon Bellucci. Classes will be Monday, May 6, 13 and 20 and Friday, May 24, from 3 p.m. to 4 p.m., all four days. The fee for the course is $25, which includes the instrument. Space is limited and prepayment for the course is required. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

Featured Community Artists for March and April – Marjorie Ward and Vince Forte, Jr.

As previously announced, Marjorie Ward and Vince Forte, Jr., are our Community Artists for the months of March and April. Marjorie’s work encompasses watercolor, mixed media, and the use of alcohol-based inks. Vince prefers painting in oils in a representational style.

The impressive work of both artists is on exhibit at The Beltrone Living Center. The exhibit is free and open to the public. Please stop by to view the exhibit during normal business hours. For additional information on the program, please call Nicole at 518-459-2857 ext. 303.

Featured Community Artist for May and June – Robert Gullie

Robert Gullie of Cohoes creates in the mediums of mixed media collages, hand-tinted photography and in the photopolymer gravure printing process.

His work has been included in over eighty exhibitions including over twenty-five solo exhibitions. He is the recipient of numerous awards: a NYFA Arts Residency Project Grant; the Gilliland-Weinheimer Oakroom Artist Award; 1st place in the photography category from Columbia County Council of the Arts, and was named “Best Photographer” by Metroland Magazine (1997).

His work has also been included in the permanent collections of The Kinsey Institute; University at Albany Art Museum; Mohonk Mountain House; Frances Kinnear Museum; Albany Medical College; and the historic Mission House in Stockbridge, Massachusetts, in addition to many private collections. He has been commissioned by the Saratoga Performing Arts Center (2010-2013) to create images for such celebrated arts organizations as The New York City Ballet, Philadelphia Orchestra, and MOMIX Botanica. His work has also appeared on the covers of several regional periodicals and has been used as cover art for a number of CDs.

On Thursday, May 2, from 4 p.m. to 5 p.m., an opening reception of his 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 artist.

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

Mother’s Day Fashion Show and Luncheon

CSSC’s 21st Annual Mother’s Day Fashion Show and Luncheon will be held on Friday, May 10, 2019, from 11:30 a.m. until 2 p.m., at The Beltrone Living Center. All funds raised at this event benefit CSSC’s Transportation Services. Each year, Transportation Services provides more than 20,000 rides to medical appointments, social activities, shopping trips, and much more, to seniors in Colonie and the Capital District, affordably and safely.

Additional information will be available in the May issue of Senior Connections.
Making the News . . .

Umbrella Handyman Mark Garzia
CSSC’s Umbrella program would like to shine a spotlight on handyman Mark Garzia.

Mark joined the Umbrella program in 2011 and celebrated his eighth year with the program in March of 2019. Mark owned and operated Lexington Vacuum, an Albany landmark, for thirty-one years before retiring and joining the Umbrella program. A lifelong resident of the Town of Colonie, Mark is skilled in mechanical repair and gets a lot of satisfaction in repairing broken machinery.

Mark also enjoys light carpentry work and in his spare time he enjoys photography, the great outdoors, and his nine grandchildren. You can often find Mark volunteering at The Tool Box when he is not helping seniors within the Umbrella program.

Colonie Senior Service Centers would like to thank Mark for his participation and work for the last eight years in our program. Thank you, Mark!

If you are interested in learning how to become an Umbrella handyperson, please contact Jeff Neet, Director, at 518-459-2857 ext. 311 or jneet@colonieseniors.org.

(L-R) Jeff Neet, Umbrella Director; Mark Garzia, Umbrella Handyman

Community News . . .

RSVP Station Highlight
Want to help wounded warriors, their families, and others with disabilities? This month’s RSVP station highlight is for you!

STRIDE Adaptive Sports, in West Sand Lake, does amazing work providing year-round sports and recreational opportunities for individuals with special needs in a safe, fun, and educational environment, including a STRIDE Wounded Warriors program for veterans. Their headquarters has an impressive new gym to facilitate adaptive sports, and they offer eighteen sports and recreational activities at locations around the Capital District where volunteers are needed.

If you are interested in volunteering through RSVP, fill out the online volunteer application at www.colonieseniors.org and we will contact you.

For more information, contact Marisa Geraghty, RSVP Director, at 518-459-2857 ext. 308.

Steve Pechacek of Chatham, goalie with STRIDE Wounded Warrior sled hockey team.

Kudos to Bright Horizons
The following comments were received from our Bright Horizons members or their caregivers. CSSC is grateful for our staff and volunteers who provide a caring and comfortable environment for our members.

Jim loves Bright Horizons. The staff is wonderful. The staff here were just wonderful, respectful, caring and very attentive. Kind willingness to allow us to try the services; thoughtful treatment of members. A safe place to bring my husband to.

My Mom was in a safe, clean, cheerful environment which gave her family peace of mind. She loved attending.

What did you like most about our program? – Friendliness of staff; room set up and activities. Chuck loved it; the caring staff, conversing with others, playing games. I would definitely refer someone to your program! What did you like most about our program? – The staff.

Everyone always had a positive attitude, my Mom loved it there and had a lot of fun while attending the program.
CSSC is offering coupon books for $25 for Transportation Services.

The book consists of five coupons with a value of $5 each. To purchase coupon books, contact Nicole at 518-459-2857 ext. 303.

Senior Dining Program – April Menu

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<th>April 1</th>
<th>Chicken Sausage sandwich</th>
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<tr>
<td>April 2</td>
<td>Macaroni &amp; Cheese</td>
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<td>April 4</td>
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<td>Spaghetti &amp; Meatballs (Special Lunch)</td>
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<td>Seafood Macaroni &amp; Cheese</td>
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<td>April 31</td>
<td>Spinach Frittata</td>
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All menus are subject to change. All Lunches include side dishes and dessert.

Suggested Contribution: Lunch & Learn is $4. Special Lunch and Dinner is $6.

Special Lunch has been changed to the first Friday of the month:
Friday, April 5 at noon. Cole Broderick will be here for an enjoyable afternoon of piano music from the great American songbook, including favorites by Benny Goodman, Cole Porter and Duke Ellington. See above for menu.

Special Dinner: Monday, April 15 at 5 p.m.: The Forgettable Four will be back for an evening of barbershop quartet songs and such favorites as the Everly Brothers, Beach Boys, Beatles and so much more. Dinner will be Greek style chicken with mashed potatoes, carrots, apple juice and lemon pie.

Lunch and Learn:
April 9 at noon: The Alzheimer’s Association will make a presentation on Alzheimer’s disease and the latest research. Science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. See above for menu.

April 25 at noon: Caitlyn Fronckowiak from Pioneer Bank will present about estate planning. Hear her talk about what you need to know about planning your estate. Questions and answer period will be included. See above for menu.

Please call 518-459-2857 ext. 303 with reservations by noon of the previous business day.

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

For detailed information on dining menu and special events, go to www.colonieseniors.org and click on Dining to view April Menu, Special Events.

Happy Hour! Come for Lunch and Stay for Happy Hour!

Every Thursday at 1 p.m. at Sheehy Manor, and every Friday at 1 p.m. at The Beltrone Living Center, free and open to the public. Coffee and snacks served. Happy Hour offers something different every week.

The schedule for both sites:
- Week of April 1 – Tie Dye Easter Eggs
- Week of April 8 – Be Fit, Be Fly with LaToya (Beltrone), Dance Party (Sheehy)
- Week of April 15 – Deviled Eggs! Taste and learn about the history of deviled eggs
- Week of April 22 – Fun and games! Prizes!

For information, contact Caroline Barrett, 518-459-2857, ext. 327.

Tribute Corner

Thank you for your gift to Colonie Senior Service Centers, Inc.

In Memory of Helen Appel
Diane Conroy-LaCivita
Susanne A. Kenneally
Elizabeth and Peter Lattanzio
Betty Mannering
Helen McCumber
Elizabeth Raczkowski
Mr. and Mrs. William Wolf

In Memory of Camille Hoheb
Diane Conroy-LaCivita
Michael M. Hayes

In Memory of Joe Oppedisano
Debbie, Rich and Mia Bango
Gina Brown, Paul and Mark Audino and Family
Roseann and Richard Gleason
Theresa Scialabba

April 1
Chicken Sausage sandwich

April 2
Macaroni & Cheese

April 3
Chicken Marsala

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Shrimp Scampi

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Spaghetti & Meatballs (Special Lunch)

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April 11
Chicken Pesto Bake

April 12
Eggplant Parmesan

April 13
Meatball Sub Sandwich

April 14
Seafood Macaroni & Cheese

April 15
BBQ Chicken thighs

April 16
Stuffed Pepper

April 17
Summer Veggie and Bean Chili

April 18
Chicken Waldorf Salad

April 19
Salmon Cakes

April 20
Pot Roast

April 21
Breaded Fish

April 22
Cheese Ravioli

April 23
BLT Bow Tie Pasta Salad

April 24
Veggie Pizza

April 25
Chicken Fricasse

April 26
Meat Lasagna

April 27
Spaghetti & Meatballs

April 28
Chicken Alfredo

April 29
Grilled Chicken Sandwich

April 30
Turkey Sandwich w/Cranberry Mayo

All menus are subject to change. All Lunches include side dishes and dessert.
Field Memorial Fund Awarded to Senior Resources Department

The Town of Colonie Senior Resources Department is pleased to share that we have been awarded the “Albert J. and Elisabeth Field Memorial Fund, Bank of America, N.A., Trustee” grant.

The Field Memorial Fund is a grant for income-eligible seniors for the purpose of providing individuals with a utilitarian item such as a television or similar tangible item(s) so that the individuals’ life may be somewhat brightened and/or improved. In order to be eligible, you must meet the following criteria: age 65 and/or disabled, meet the eligibility requirements for the SNAP or Medicaid program. For more information on this program, contact 518-459-5051.

Supplemental Nutrition Assistance Program (SNAP) Helps Seniors Maintain Good Health

Adults over age 60 make up a large sector of the population eligible for, but underutilizing, nutrition assistance programs. According to the New York State Office for the Aging, one in four older adults living at home is nutritionally at risk. New research shows that seniors who participate in the SNAP program are much less likely to be admitted to nursing homes and hospitals, demonstrating the power of investing in nutrition programs to reduce health care costs and improve health outcomes.

Seniors appreciate the value and importance of preparing and eating a healthy diet, however, rising food costs for fresh produce and other healthy food options often present a challenge for those living on a fixed income. SNAP benefits are provided according to need, each recipient’s benefit is unique to their specific income and deductions allowed for shelter and medical expenses. Monthly SNAP benefits are provided on a benefit debit card that is easily used at the register like any other debit card.

Good health starts with good nutrition! Please contact the Senior Resources Department at 518-459-5051 to meet confidentially with a case worker to discuss if you may be eligible for SNAP.

Christine Cary, Director
Senior Resources Department
518-459-5051
Colonie Senior Service Centers, Inc.
6 Winners Circle
Albany, NY 12205

Visit Us At
www.colonieseniors.org

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

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Colonie Senior Service Centers, Inc. was established in 1981 as a duly authorized 501(c)(3) not-for-profit corporation.