Our Twentieth Anniversary – A Time for Looking Back and Looking Forward

The twentieth year of The Beltrone Living Center is a big milestone. All that has taken place at The Beltrone over the last two decades, from thousands of residents being provided superior independent housing, to the hundreds of public programs offered, to the over half-a-million meals served from our commercial kitchen, to supporting the Town of Colonie Senior Clubs as well as our own Residents’ Association, so much has transpired within these walls.

In all likelihood, the next twenty years will bring some additional resources and program creations. We are continually developing creative solutions to yet unidentified needs through collaboration, innovation, and resource sharing.

As we celebrate this special time, we are reflecting on the commitment Colonie Senior Service Centers has made to older adults in Colonie and throughout the Capital Region.

In preparation for The Beltrone’s twentieth anniversary, an extensive cosmetic interior facelift of the building’s south end first floor is proposed to take place over the upcoming summer months, finishing up just in time for a celebratory platinum anniversary party the end of September. With the assistance of an interior designer, architect, and engineer, we are planning for a new look and feel for our public accessibility end depicting new colors, fabrics, and finishes. The layout is being modified to accommodate the increasing numbers of seniors utilizing The Beltrone as a gathering place and for services to their ever-changing needs.

All of us here at CSSC, including our Board of Directors, staff, and volunteers, are so proud of the work we do and the services we provide day-in and day-out including our housing options at The Beltrone Living Center, King Thiel Senior Community, and Sheehy Manor.

The Beltrone Living Center is owned and operated by Colonie Senior Service Centers, a nonprofit organization that administers programs in Adult Day Care, Driver Fitness, Health and Wellness, Senior Dining, Tool Box, Transportation, Umbrella of Colonie, as well as three apartment communities.

Visit our Open House on May 18

Our annual Open House will be held on Saturday, May 18, 2019, from 10 a.m. to 1 p.m. The Beltrone Living Center is a premiere senior housing community for people fifty-five and over with two hundred fifty independent apartments. Each year in May we have the opportunity to show off our beautiful community to prospective residents during our Open House. Tour guides will escort attendees through the building showing the various styles of apartments along with other amenities located in the building. Rents include heat and hot water, central air conditioning, cable, Internet, and telephone services. Residents pay their own electric bill. Also included in the rent are eight monthly dinners to be used in the Lakeview Restaurant operated by Mazzone Hospitality, our food service provider.

If you have been thinking about making a move, please attend the Open House. If you like what you see, applications will be available. Vendors will also be on site to help you plan your move to be as stress free as possible. We look forward to showing off our beautiful community on May 18!
Happy May . . .
Happy Mother’s Day!

First celebrated in 1908, Mother’s Day is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society. Today, Mother’s Day is celebrated in forty countries. As a mother of three, I often say “Mom” is the greatest title I will ever be bestowed. I, myself, was blessed with a terrific mom who was the greatest advocate and cheerleader for all five of her children.

When I think of motherhood, I think of support and collaboration; someone who can serve as both an advocate as well as a coach. This is the approach we try to take at Colonie Senior Service Centers, realizing that together, we can be change makers in the community for ourselves and for those we serve.

Realizing how important CSSC’s transportation is, driving thousands of local seniors to both vital as well as social destinations, we are currently working on two upcoming CSSC events whose proceeds will directly benefit our Transportation Services program. The first is our Annual Mother’s Day Luncheon and Fashion Show on Friday, May 10. Tickets are now on sale so if you are planning on attending, get them while you can. The second event to benefit Transportation Services is Chefs in Motion, which is occurring on Monday, June 10. We are partnering with the NYS Department of Agriculture and Markets, the NYS Wine and Grape Foundation, Cornell Cooperative Extension, the NYS Dairy Association, and dozens of local producers, growers, chefs, restaurants, and vendors.

A HUGE thank you to Jim Kavanaugh from Mazzone Hospitality, Tom Della Rocco from NYS Agriculture and Markets, and Tom Gallagher from Cornell Cooperative Extension for their guidance and leadership with planning this event.

Finally, I want to give a SHOUT OUT to my colleague Caroline Barrett who is CSSC’s Senior Dining Coordinator as well as a business owner and a columnist. You can see her stories every month in the Times Union Food Section. She is a tremendous asset to CSSC and we are thrilled to have her on our staff.

- Diane Conroy-LaCivita

Let’s Bake Bread

Nothing tastes or smells better than homemade bread, and it is much easier to make than you might think.

Basic bread is made from just simple ingredients—flour, yeast and salt. Additionally, yeast is the heart of the bread-making process; the essential ingredient that makes the dough rise and gives home-baked bread its wonderful taste and aroma. In each yeast packet there are thousands of living plant-like microorganisms. When activated by warm liquid, and fed by sugar or starch, the yeast releases tiny bubbles of carbon dioxide gas. This gas is what makes the dough rise and achieve its light texture after baking.

On Thursday, May 2, from 11 a.m. to 1 p.m., come learn the chemistry of bread baking as we walk through the process by offering a variety of recipes and samples.

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.

Summer Salads

Summer and salads are a match made in culinary heaven. Summer salads—including pasta, potato, and fruit salad recipes filled with fresh ingredients such as bright berries, leafy greens, and creamy goat cheese—will be standouts at your backyard barbecues and warm weather get-togethers. The recipes that will be presented at the class are so good, your guests will be coming back for a second serving!

Just in time for the beginning of the season, on Thursday, May 23, from 11 a.m. to 1 p.m., come learn the art of summer salad making as we walk through the process by offering a variety of recipes and samples.
May’s Sacred Space Visit – Albany Rural Cemetery

The journey continues on Wednesday, May 15, as we visit another sacred space. Join Diane Conroy-LaCivita as she travels to Albany Rural Cemetery in Menands. Albany Rural Cemetery was established October 7, 1844, and is renowned as one of the most beautiful, pastoral cemeteries in the U.S., at four hundred sixty-seven acres. It is listed on the National Register of Historic Places and the sixth oldest rural cemetery in the United States. Many historical American figures are buried there including President Chester Alan Arthur and Hon. Erastus Corning 2nd. Paula Lemire, Historian and Curator of Albany Rural Cemetery, will lead the escorted tour.

The CSSC shuttle bus will leave The Beltrone Living Center at 9:40 a.m. and return at approximately 11:45 a.m. Space is limited. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

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.

Defensive Driving Classes at The Beltrone Living Center

SPECIAL NOTE: For the Defensive Driving classes in May and June (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.

Roger Dames, CSSC’s Driver Fitness Coordinator, will conduct Defensive Driving Classes in May and June: 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 from 5:30 to 8:30 p.m.

Thursday, May 16, 2019, from 9 a.m. to 3:45 p.m.

Wednesday, June 5, 2019, and Thursday, June 6, 2019, from 9 a.m. to 12 noon. NOTE: This is a two-part class; must attend both days from 9 a.m. to 12 noon.

Thursday, June 20, 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.

Find the Perfect Fit

CarFit is a free educational program designed to help mature drivers learn how well they “fit” with their vehicles. A CarFit screening is performed by two trained technicians, which takes about 15 to 20 minutes to go over the vehicle with the driver and performed with the driver behind the wheel.

A CarFit event will be held on Thursday, May 23, 2019, from 10 a.m. to 2 p.m. at The Beltrone Living Center, 6 Winners Circle, Albany. Call Nicole at 518-459-2857 ext. 303 to register.

Featured Community Artist for May and June – Robert Gullie

As previously announced, Robert Gullie of Cohoes is our Community Artist for May and June. Robert 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. Robert is the recipient of numerous awards: a NYFA Arts Residency Project Grant; the Gilliland-Weinheimer Oakroom Artist Award; first place in the photography category from Columbia County Council of the Arts, and was named “Best Photographer” by Metroland Magazine (1997).

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.
Volunteer Opportunity Fair

CSSC will be hosting its Volunteer Opportunity Fair on Wednesday, May 22, at the Hearst Media Center from 10 a.m. to 1 p.m. This is a great opportunity for you to meet and talk with representatives from several local nonprofits and community service organizations about their volunteer opportunities. Come learn more about RSVP (Retired and Senior Volunteer Program) and how you can make a difference in your community.

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

Umbrella of Colonie Luncheon

The Umbrella of Colonie Luncheon will be held on Tuesday, May 14, 2019, from 12 noon to 1:30 p.m., in the Lakeview Room of The Beltrone Living Center. The luncheon menu will feature Chicken Marsala with sautéed spinach, brown rice, cranberry juice, and for dessert, ice cream with chocolate sauce. All Umbrella members and Umbrella handy people are encouraged to attend.

Entertainment at the luncheon will be provided by The MelMalc Duo, comprised of well-known Umbrella member Melvin Wigler and Malcolm Kogut. The talented duo will perform a variety of music, including show tunes, rock and roll, and patriotic songs.

Please call Nicole at 518-459-2857 ext. 303 to make a reservation for the luncheon before Friday, May 10, 2019. We look forward to seeing you on May 14.

(L-R) Melvin Wigler and Malcolm Kogut

Mother’s Day Gift Idea

Give Mom an Umbrella of Colonie membership for Mother’s Day.

Call Jeff Neet, Umbrella Director, at 518-459-7152

Mother’s Day Fashion Show and Luncheon

CSSC’s 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 25,000 rides to medical appointments, social activities, shopping trips, and much more, to seniors in Colonie and the Capital District, affordably and safely.

The Fashion Show will feature women’s fashions and accessories provided by Chico’s of Stuyvesant Plaza. A delicious lunch will be provided by Mazzone Hospitality.

We hope you are able to join us and participate in a fun-filled event. The cost to attend the event is $20. For additional information or to register to attend, please call Sharon Herald at 518-459-2857 ext. 302.

Chefs in Motion: Culinary Tasting and Competition

to benefit
Colonie Senior Service Centers’ Transportation Services

- Monday, June 10, 2019 - 5:30 p.m. to 8:30 p.m.
- The Beltrone Living Center, 6 Winners Circle, Albany

Chefs in Motion is a collaboration between the New York State Department of Agriculture and Markets, Cornell Cooperative Extension, the New York State Wine and Grape Foundation and the Times Union.

Participating Chefs will be provided a “shopping cart” of locally-sourced products and seasonal produce from which they will be asked to create a signature dish.

The event will highlight New York State Vintners, Wine Makers and Sommeliers in an additional competition of “Stump the Wine Expert” as part of the VIP/Honorary Reception prior to the event’s start time.

People’s Choice as well as Judges’ Choice Awards

Registration deadline is June 6, 2019.

Tickets:
- $65 General Admission
- $75 VIP (includes Stump the Wine Expert)
- $30 Seniors
- $30 Professionals under 35

To register, call Sharon Herald at 518-459-2857 ext. 302.
Making the News . . .

Daniel J. Burnetter

Daniel recently joined CSSC’s Transportation Services as a driver. Prior to joining CSSC, Danny spent thirty-eight years with the New York State Department of State, most recently as a License Investigator. He also spent almost as many years as a volunteer firefighter with the Midway Fire Department. Danny’s volunteer work also included serving as a Boy Scout leader.

Although Danny has a reputation for being very quiet, he is looking forward to meeting and serving the many seniors who utilize our Transportation Services.

CSSC’s Best Pet in the World Contest

For the past several months, CSSC held its first “Best Pet in the World Contest.” Many submissions were received and after careful consideration, our judges have chosen the winners in the following categories:

- **Cutest Pet** – Teddy, Pomeranian. Owner Annie Pulenskey
- **Most Loyal Pets** – Polar and Aspen, English Golden Retrievers. Owner Sylvia Kessler
- **“Caught in the Act” Pet** – Lily (Lillian when I am bold), six month old Snow White Persian. Owners Ryan and Shannon Murphy
- **Best Pet Smile** – Pharoah, Bluetick Beagle. Owner Jon Morse

Thank you to all the pet lovers who submitted an entry in our contest. We hope you will continue to enjoy the benefits of pet ownership and enjoy the companionship, unconditional love, security, and opportunities for socialization that pets provide.

Community News . . .

**Bright Horizons**

Bright Horizons believes in keeping our seniors active and healthy with a wide variety of exercises. Whether it is Healthy Bones for Life, balloon volleyball or Tai Chi, the list is endless.

Exercise is a big part of our Bright Horizons program. Every day after breakfast we have our seniors transition into some form of exercise. We let our seniors decide for themselves if they would like to participate in exercise activities. The majority of our members do participate in some form of exercise on a daily basis. New members are encouraged by our seasoned members to participate and then the fun begins! Staff, volunteers, and senior members can become very competitive. Everyone exercises at their own pace and they encourage each other to keep moving!
Helping CSSC and Seniors in the Future

We want to say thank you to all who have been supporting Colonie Senior Service Centers, Inc.’s (CSSC) programs and services throughout the years. Your generosity helps us to sustain our efforts to support countless seniors in our community.

Many people have inquired about how they may continue to support CSSC, and there are several options to fit each individual’s circumstance. You may make a reoccurring gift to CSSC using your credit/debit card. Deductions can be set up monthly, quarterly, or you may establish a payment schedule that is most convenient for you.

Our Path Paver Recognition Program provides an affordable and attractive remembrance for your loved one. A Path Paver is a fitting tribute to family, friends and colleagues and a lovely way to celebrate a special milestone in your loved one’s life.

You can ensure that CSSC continues to provide services to the future generations of seniors by making a planned gift. A planned gift is made from assets in your estate. You may make a bequest, establish a trust, or give property.

You can be part of the future by supporting CSSC’s Endowment Fund. This endowment fund provides a reliable and consistent source of income for CSSC and our future generations of seniors.

You can ensure that CSSC continues to provide services to the future generations of seniors by making a planned gift. A planned gift is made from assets in your estate. You may make a bequest, establish a trust, or give property.

If you would like additional information or have questions, please contact Laurie Miedema at 518-459-2857 ext. 304 or Lmiedema@colonieseniors.org.

RSVP Station Highlight

Be the helping hand for families new to our country and volunteer with R.I.S.S.E (Refugee and Immigrant Support Services of Emmaus). Located in the Pine Hills section of Albany, R.I.S.S.E. helps refugees and recent immigrants settle and thrive in their new home. Their Albany location, in the Emmaus Methodist Church, is a family-based center with programs for children, adults, and families.

If you are interested in volunteering through RSVP, please fill out the volunteer form on our website, www.colonieseniors.org, and we will contact you.

For more information about the program, please contact Marisa Geraghty, RSVP Director, at 518-459-2857 ext. 308 or email at mgeraghty@colonieseniors.org.

Senior Dining Program – May Menu

<table>
<thead>
<tr>
<th>May 1: Baked Cod w/Lemon Herb Sauce</th>
<th>May 16: Shrimp Scampi</th>
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<tbody>
<tr>
<td>May 2: Grilled Chicken Sandwich</td>
<td>May 17: Beef and Broccoli</td>
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<td>May 3: Chicken Chow Mein</td>
<td>May 20: Spinach Frittata</td>
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<td>May 6: Parmesan Crusted Chicken</td>
<td>May 21: Chicken Pesto Bake</td>
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<td>May 7: American Goulash</td>
<td>May 22: Eggplant Parmesan</td>
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<td>May 8: Seafood Salad</td>
<td>May 23: Meatball Sub Sandwich</td>
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<tr>
<td>May 9: Chicken Parmesan</td>
<td>May 24: Seafood Mac &amp; Cheese</td>
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<td>May 10: Curry Chicken Salad Wrap</td>
<td>May 28: Stuffed Pepper w/Beef &amp; Rice</td>
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<tr>
<td>May 13: Chicken Sausage Sandwich</td>
<td>May 29: Summer Vegetable Chili</td>
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<tr>
<td>May 14: Chicken Marsala</td>
<td>May 30: Salmon Cakes</td>
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<tr>
<td>May 15: Macaroni &amp; Cheese</td>
<td>May 31: Chicken Waldorf Salad</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: May 3 at noon. Paul Susar will be back to entertain us with a bevy of instruments, songs and fun vocals. See above for menu. Suggested donation of $5. Reservations required.

Special Dinner: May 20 at 5 p.m. Travel a musical memory with Tony and Alex! This duo will play jazz, rock ’n roll, blues and lots of favorite tunes. Dinner will be pot roast, mashed potatoes, stuffing, carrots, applesauce and lemon pie. Suggested donation of $6. Reservations required.

Lunch and Learn:

- May 7 at noon. Come and hear the beautiful sounds of the Albany Area Senior Orchestra. The AASO’s repertoire ranges from Broadway Show tunes, Sousa marches to classical music. See above for menu. Suggested donation of $4.

- May 21 at noon. Come for an engaging conversation with Michael DeMasi. Michael is a senior reporter at the Albany Business Review, where he covers real estate, construction, retail and hospitality. He will speak about his experiences and many years reporting in the Capital District. He will also speak about his recently released book, *What They Said – 25 Years of Telling Stories*. There will be copies available for purchase. See above for menu. Suggested donation of $4. Reservations required.

- May 30 at noon. Senior citizens lose billions of dollars each year to scammers. Learn what the latest scams are and how to protect yourself. See above for menu. Suggested donation of $4.

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.

Happy Hour Events:

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. The schedule for both sites:

- May 2 & 3: Tea tasting. Learn about tea for health and wellness.
- May 9 & 10: Be Fit Be Fly with Latoya
- May 16 & 17: National Pizza Day! Learn about the history of pizza and have some yummy samples.
- May 23 & 24: No Happy Hour
- May 30 & 31: Decorate a hat for the contest at Summerfest. Hats provided; reservations required.

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

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

Finally, spring is in the air and not a minute too soon! It has been a long winter of being cooped up indoors. I know I am anxious to get outside and tackle the yard and outdoor maintenance. I do recognize as I get older that my mind and my body are not always on the same page when it comes to yard work. The thought of enjoying the fresh spring air and tackling the gardens sounds appealing, however, the actual physical work is exhausting and overwhelming.

If you are like me and thinking it is time to retire the rake, the Umbrella of Colonie program, a program of Colonie Senior Service Centers, Inc., may be just the solution. Whether you are in need of home repairs, yard and outdoor repairs, maintenance and/or painting, the Umbrella program may be the answer. The Town of Colonie has awarded funding to Colonie Senior Service Centers, Inc. to provide partial membership scholarships and home repair grants for lower income senior homeowners through Umbrella of Colonie. Please give a call to 518-459-5051 for more information.

Christine Cary, Director
Town of Colonie Senior Resources Department
518-459-5051

Colonie Senior Citizens Club

Looking forward to May bringing sunshine and flowers! Our May meeting will be held on Wednesday, May 1, at 10 a.m., at The Beltrone Living Center. Our speaker will be Peter Berry, Director of the Town of Colonie EMS Department.

On Tuesday, May 21, the scheduled trip to see the Carpenters is a sellout; in fact, there is a waiting list. On Tuesday, June 18, we will take the Mohawk Maiden Cruise featuring a stop at the Saratoga Museum of Dance and lunch at the Hudson Crossings. Get your reservations in early. Also, be sure to mark your calendar—our annual picnic will be at the Colonie Elks on Wednesday, September 11, from 10 a.m. to 3 p.m., for the ticket price of $20.

Our June meeting will be held on Wednesday, June 5, at 10 a.m., at The Beltrone Living Center.

Contacts: Marjorie Raymond 518-435-0906 Carolyn Chabot 518-785-6315

CSSC is proud of our Transportation Services program, which is core to our mission to serve seniors. We are gratified to receive the following testimonial from one of our clients:

“I feel very secure riding with your drivers; they use extreme care in making certain I am safe.”

– Marilyn

CIA Anyone?

The Culinary Institute of America (CIA) is an American private college and culinary school specializing in culinary, baking, and pastry arts education.

As part of a recently awarded grant, CSSC will be visiting the CIA in Hyde Park on Friday, June 28, for a guided tour followed by an optional lunch at Ristorante Caterina de’Medici.

Space is limited. Through the grant, CSSC will cover the cost of transportation. To cover the cost of the tour, lunch, and tip for the driver, a fee of $55 will be charged to the attendees. The bus will be leaving The Beltrone Living Center at approximately 8 a.m. and returning by 5:30 p.m.

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

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Colonie 518-459-7967
Latham 518-244-5206
Clifton Park 518-371-2191

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**Health & Wellness and RSVP**
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518-459-2857, ext. 308

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518-608-4758

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518-459-6064

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518-459-2857, ext. 303

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518-459-2857, ext. 337

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

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**Mark Your Calendar!**

**Summerfest: A Senior Community Block Party**
Monday, June 24, 2019
Starts at 4 p.m.
The Beltrone Living Center
- Live Music and Dancing
- Duck Derby
- Hat Contest
- Pie Baking Contest
- Summertime Food
- Wine Tasting
- Antique Car Show
- Caricature Artist
  and much more!

Admission is free. Register for the pie contest by calling Caroline Barrett at 518-459-2857 ext. 327 or emailing cbarrett@colonieseniors.org.

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