Upcoming Special Events

Croquet at The Crossings of Colonie

Be part of the fun! Join Colonie Senior Service Centers, Inc. at our 2nd Annual Croquet Tournament on Friday, September 13, 2019, from 12:30 p.m. to 4:30 p.m. Rain date is September 20, 2019. Croquet can be played by two, four or six players. The object of the game is to hit your ball(s) through the course of six hoops in the right sequence in each direction and finish by hitting them against the last peg. This is a fun-filled day beginning with lunch and a “learn to play” demonstration at The Crossings Park next to the maze, with the tournament to follow. A Tournament Celebration will be held with food, refreshments, and entertainment following tournament play. Participants are encouraged to wear white attire. Prizes will be awarded for the Best Dressed Team and for the Tournament Winner.

Proceeds from this event will benefit CSSC’s Bright Horizons Adult Day Services Program. The entry fee is $50 per player. To register, call Sharon Herald at 518-459-2857 ext. 302. We hope to see you at this great event.

2019 Active Aging Fair

Colonie Senior Service Centers’ Active Aging Fair will be held on Thursday, September 19, 2019, from 10 a.m. to 2 p.m., at the Colonie Lodge of Elks #2192, 11 Elks Lane, Latham. Join us for this free and informative event for seniors who want to stay active, safe, and healthy as they age. Meet with a host of vendors who will showcase the resources available in the community to help seniors live life to the fullest. Among the vendors present at the fair will be: travel agents, public agencies, community groups, financial institutions, health services, law firms and other services.

In addition, there will be cooking demonstrations, a financial panel, and entertainment. Bring your friends and neighbors, questions and curiosity and spend an enjoyable day at the fair. This event is geared toward introducing attendees to a myriad of activities and services available locally that are able to expand and improve your life in ways you might not have imagined. Refreshments will be served.

Thank you to our sponsors Albany Guardian Society, CDPHP, Atria Senior Living, Cannon Funeral Home, Daughter for Hire, DePaul Housing, Kinderhook Bank, and the American Red Cross. For additional information, please contact Sharon Herald at 518-459-2857 ext. 302.
Happy August!

The Month of International Beer Day (August 2), Aviation Day (August 19), National Senior Citizens Day (August 21), and Women’s Equality Day (August 26) to commemorate the passage of the 19th Amendment to the Constitution on August 26, 1920.

Birthday wishes to several in my family: mother-in-law Carmella (91 on August 7), daughter Catherine (27 on August 15), and son Louis (21 on August 26).

For many years, I have been a member of the Colonie Women’s Club. Originally known as the Colonie Welcome Wagon, the Club is currently made up of approximately three dozen women of all ages and from all walks of life: college professors, real estate agents, State workers, homemakers, and retirees. In addition to camaraderie and companionship, a wide variety of club activities are offered each month including vagabond outings, bridge, mahjong, sunshine initiatives, monthly evening programs, and dinners.

Recently we held our end-of-year dinner at Schuyler Meadows Country Club (where we were unknowingly and affectionately listed as The Ladies of Latham). As I presided over the programmatic meeting, I realized how fortunate we were to be sharing each other’s company and catching up with everyone’s lives. We are there for each other in good times and bad; birthdays, anniversaries and other milestones, as well as challenges such as illness and death. We collaborate and cooperate. We support and validate. It is wonderful to be part of such a great club.

My own definition of collaboration is to be an active member of a group or initiative that works together to achieve. Being an active member means you not only participate in conversations, meetings, and interactions, but you add your piece of contribution to the group (as well as listen and learn).

In many ways, Colonie Senior Service Centers (CSSC) reminds me of the Colonie Women’s Club. CSSC is there to support and validate, to collaborate and cooperate. CSSC is fortunate to have a strong interactive Board of Directors, an incredibly hardworking staff, and dedicated volunteers. So many go above and beyond because they believe in our mission. So many are true leaders and play vital roles on our TEAM (Together Everyone Achieves More). Please enjoy August’s sunshine and gentle breezes!

A Note of Special Thanks

On Monday evening, July 8, CSSC Board President Russ Ward, four very dedicated seniors who use our Transportation Services, and I presented to the Albany County Legislature in support of a transportation grant I had previously submitted that would allow CSSC to leverage the possibility of adding three new vehicles to our fleet.

The legislative sponsors of this resolution were Hon. Paul Burgdorf (LED 23) (Lead Co-sponsor), Hon. Todd Drake (LED 19), Hon. Frank Mauriello (LED 27), Hon. Lynne Lekakis (LED 8), Hon. Dave Mayo (LED 20), Hon. Joseph O’Brien (LED 25) (Lead Co-sponsor), and Hon. Peter Tunny (LED 22).

When roll call was taken, Resolution #2021 passed with thirty-two members in favor and five opposed. All of us at Colonie Senior Service Centers are thrilled to receive such incredible support from our community and from those who represent us. We will be looking for the County Executive’s support to make this a reality. Thank you!

– Diane Conroy-LaCivita
August’s Sacred Space Visit: The Cathedral of the Immaculate Conception

The journey continues on Tuesday, August 13, as we visit another sacred space. Join Diane Conroy-LaCivita as she travels to the Cathedral of the Immaculate Conception, the mother church of the Diocese of Albany, which is located in the Mansion District of downtown Albany adjacent to the Empire State Plaza.

A young Irish architect, Patrick Charles Keely (1816-1896), who emigrated to New York in 1842 at the age of 26, was tasked with designing and building Albany’s Cathedral. Built during the period of 1848 to 1852, the Catholic Church campaigned throughout the United States and the world to raise funds to build the structure. At the time, the Cathedral cost approximately $250,000 to build ($6.5 million in today’s dollars). On November 21, 1852, Bishop McCloskey, Archbishop John Hughes of New York, and other major church leaders dedicated the Cathedral. In 1976, the structure was listed on the National Register of Historic Places.

Attendees will be provided a guided tour of the restored Cathedral. Please wear comfortable shoes. There will be walking involved.

The CSSC shuttle bus will leave The Beltrone Living Center at 10 a.m. and return at approximately 12 noon. Space is limited. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

Award Winning Chefs to Host Cooking Demonstration

On June 10, CSSC hosted our first Chefs in Motion: Culinary Tasting and Competition at The Beltrone Living Center. Ten area restaurants/chefs participated and Field Notes, a pop-up farm-to-table restaurant located at Lansing’s Farm in Colonie, came away the judges’ favorite. Chefs Kyle MacPherson and Joan Porambo will conduct a cooking demonstration instructing attendees to better understand what goes into growing the produce we use by not only cooking with it, but also by being a part of the process from beginning to end.

Please join us on Wednesday, August 21, from 11 a.m. to 1 p.m. as they cook and assemble recipes utilizing local.

This demonstration will take place at King Thiel Senior Community, 17 Elks Lane, with a non-refundable $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.

Spend the Day on a Farm

On Tuesday, August 6, Tom Gallagher from Cornell Cooperative Extension will lead an outing to Stanton’s Dairy Farm located in Coeymans Hollow.

Stanton’s Farm is a sixth generation family operated dairy farm. The Stantons milk 900 cows and raise 700 replacement heifers. Stanton’s Farm sells an average of 22 million pounds of milk a year (that’s 2,558,140 gallons of milk!) and farms about 2,600 acres total.

The dairy uses technologically advanced techniques to keep cows comfortable and to produce high quality milk products. The Stantons consistently work to improve their land, the health and happiness of their animals, and find ways to give back to their community.

The group will leave The Beltrone Living Center at 10 a.m. and return at approximately 1 p.m. We ask that all attendees make a donation to CSSC’s Transportation Services (recommended $5 each way). Space is limited. Please call Colleen Henry to make a reservation at 518-459-2857 ext. 325.
Alcohol Ink Workshop
Please join us on Tuesday, September 17, from 10 a.m. to 11:30 a.m., for a hands-on art workshop instructed by local multi-media artist Marjorie Ward who will introduce attendees to the medium of alcohol inks. Alcohol inks are an acid-free, highly-pigmented, and fast-drying medium used on non-porous surfaces. Mixing colors can create a vibrant marbled effect and the possibilities are limited only by what one is willing to try.

The workshop will be held at The Beltrone Living Center, 6 Winners Circle, Albany, with a non-refundable fee of $10. Space is limited. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

Yaddo Gardens
Join Colonie Senior Service Centers on Thursday, August 22, as we visit the Yaddo Gardens in Saratoga Springs for a guided tour of the immaculate grounds and hear the history of the family and their home. The gardens are situated on lower and upper terraces divided by a pergola. The lower part is more formal and reflects Italian and French Renaissance influences. The upper part is a woodland rock garden, a style that came into fashion in the late nineteenth century. Presently, Yaddo is a retreat—a space for artists to stay and create. This trip will include a fair amount of walking over uneven surfaces. Please keep this in mind prior to making a reservation.

The Premier Transportation bus will leave The Beltrone Living Center at 9:30 a.m. and return at approximately 1 p.m. Space is limited and prepayment of a non-refundable fee of $38, which includes a box lunch and transportation, is required. To make a reservation, please contact Colleen Henry at 518-459-2857 ext. 325.

Trip to the Catskill Region with CSSC
There are a few spots available for the Catskill trip on Thursday, August 29.
Please see the August 2019 Senior Connections for details. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

Join Us at Rivers Casino
Please join CSSC as we travel to Rivers Casino in Schenectady for a Young at Heart 55+ Monday on Monday, August 19. This trip is open to individuals 55 years of age and older and will include: $25 worth of gaming tokens, a $10 lunch voucher for the “All You Can Eat Soup and Salad at Dukes,” musical entertainment at Van Slyck’s (starting at 2 p.m.), complimentary regular coffee or fountain drink at Villa Italia, and roundtrip transportation from The Beltrone Living Center in Colonie to Rivers Casino in Schenectady.

The Premier Transportation bus will leave The Beltrone Living Center at 10:30 a.m. and will return at approximately 3:30 p.m. Space is limited and prepayment of a non-refundable fee of $20 is required. To make a reservation, please contact Colleen Henry at 518-459-2857 ext. 325. This casino trip may be repeated in the future if there is sufficient interest.

Calling All Cheese Lovers
From freshly made Chèvre to ripened Camembert-style cheeses and aged Cheddar, the annual Washington County Cheese Tour will delight palates and enthrall cheese lovers of every age. On Sunday, September 8, several creative farmstead cheese makers in Washington County will open their farms to the public. Participants will be driven through lush, rolling hills and bucolic countryside.

At each farm, (Argyle Cheese Farmer, Consider Bardwell Farm, Dancing Ewe Farm, and Moxie Ridge Farm), guests will sample specially selected cheeses while experiencing firsthand the region’s long-standing cheese making traditions reaching back to the nineteenth century. In addition, the group will be visiting Victory View Vineyard, a small farm in rural Washington County that grows the grapes for all their wines on their farm, and handcrafts and bottles all their wines at their farm winery.

Premiere Transportation will leave from The Beltrone Living Center at 9 a.m. and return at approximately 4 p.m. Please note: This outing will involve walking at the farms and will require getting on and off the bus five times. We suggest you wear comfortable shoes/clothing and be prepared for the weather. Attendees may want to bring a small cooler and ice packs to preserve cheese purchases and other farm bounty. A recently awarded NYS grant is partially assisting with the transportation cost of this outing. To cover the cost of a boxed lunch, snacks, some transportation fees and other expenses, a non-refundable fee of $30 will be charged. Space is limited. To make a reservation, please call Colleen Henry at 518-459-2857 ext. 325.
Join Us at Lansing’s Farm

On Wednesday, September 25 at 6:00 p.m., Colonie Senior Service Centers will be teaming up with Chefs Kyle MacPherson and Joan Porambo of Field Notes for a small intimate fundraiser at their pop-up restaurant located at Lansing’s Farm on Lisha Kill Road in Colonie. Attendees will be tantalized with an incredible three-course meal featuring local produce and product as well as local wine and beer accompaniment. The majority of their ingredients are grown where you will be dining, on Lansing’s Farm. Each course of the dinner will be served and explained by one of the two chefs. Proceeds from this evening will benefit Colonie Senior Service Centers’ Transportation Services. This is an evening not to be missed. The cost of this special event is $50 per person (non-refundable). Space is limited. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

Defensive Driving Classes

Roger Dames, CSSC’s Driver Fitness Coordinator, will conduct Defensive Driving Classes in August as follows:

**Thursday, August 8, 2019**

**Thursday, August 22, 2019**

Classes will be held from 9 a.m. to 3:30 p.m. at The Beltrone Living Center, 6 Winners Circle, Albany, NY. 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, September 12, 2019, from 10 a.m. to 2 p.m., at The Beltrone Living Center, 6 Winners Circle, Albany. Appointments are required. Please call 518-459-2857 ext. 303 to schedule an appointment. Event participation is free and all information is confidential.

Making the News . . .

**Rachel Hoyka**

CSSC recently welcomed Rachel to its team as Administrative Assistant – Front Desk. Rachel is very familiar to staff and residents of The Beltrone Living Center as she has been employed for over three years with Mazzone Hospitality as a supervisor working in the Lakeview Room. Rachel keeps busy with her two year-old daughter and enjoys cooking and traveling.

Welcome Rachel!

**Wilhemina Shepherd**

Wilhemina, who prefers to be called Wendy, has joined CSSC as Resident Services Coordinator for our three residential communities: The Beltrone Living Center, King Thiel Senior Community, and Sheehy Manor.

Wendy recently was employed by the Albany City School District as a substitute teacher and school social worker. In her free time, Wendy enjoys spending time with her two children and three grandchildren. She also enjoys many hobbies including arts and crafts, music, photography, and reading.

Welcome Wendy!
Do You Know Someone Who Supports Seniors?

Colonie Senior Service Centers, Inc. (CSSC) is currently accepting nominations for their 2019 Colonie Senior Spirit Awards. The Colonie Senior Spirit Awards are presented to outstanding individuals and organizations located in the Capital Region who provide seniors with support services or who have advocated on their behalf, which results in seniors remaining independent and allowing them to age in place in the community that they choose. The Colonie Spirit Awards winners will be honored at CSSC's 18th Annual Founders’ Celebration Luncheon on Tuesday, October 29, 2019, at The Beltrone Living Center in Colonie.

Nominees may be nominated for one of the following criteria:

**Transportation Award** — presented to an individual or organization for their efforts to promote independence and self-reliance for seniors by developing and expanding senior transportation options.

**Bright Horizons Award** — presented to an individual or organization for their commitment and achievement in providing and enhancing access to adult day services and caregiver support for seniors and their families.

**Senior Dining Award** — presented to an individual or organization for their dedication and efforts to help seniors maintain their health through good nutrition.

**Health and Wellness Award** — presented to an individual or organization for their commitment and dedication in developing opportunities for seniors to maintain and enhance their physical and intellectual talents.

**Senior Housing Award** — presented to an individual or organization for their vision and leadership in developing housing options for seniors.

**Building a Senior Community Award** — presented to an individual or organization for their efforts to identify and strengthen the existing network of services for seniors and their families.

To nominate a deserving individual, business or organization, submit a Colonie Spirit Awards nomination form to Colonie Senior Service Centers, Inc., Attn: Laurie Miedema, Development Director, 6 Winners Circle, Albany, NY 12205 or at lmiedema@colonieseniors.org.

Nomination forms are available at The Beltrone Living Center, King Thiel Senior Community, Sheehy Manor, William K. Sanford Town Library, Colonie Town Hall or on the Colonie Senior Service Centers, Inc.’s website www.colonieseniors.org. The deadline for nominations is August 31, 2019.

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**Senior Dining Program – August Menu**

| August 1: Chicken Parmesan | August 19: Cobb Salad |
| August 2: Honey Glazed Chicken | August 20: Stuffed Pepper w/ Beef & Rice |
| August 5: Chicken Sausage Sandwich | August 21: Summer Vegetable Chili |
| August 6: Chicken Marsala | August 22: Salmon Cakes |
| August 7: Macaroni & Cheese | August 23: Chicken Waldorf Salad |
| August 8: Shrimp Scampi | August 26: Pot Roast |
| August 9: Beef & Broccoli | August 27: BLT Bow Tie Pasta Salad |
| August 12: Spinach Frittata | August 28: Meat Lasagna |
| August 13: Chicken Pesto Bake | August 29: Chicken Fricassee |
| August 14: Eggplant Parmesan | August 30: Veggie Pizza |
| August 15: Meatball Sub Sandwich | All menus are subject to change. |
| August 16: Seafood Mac & Cheese | All Lunches include side dishes and dessert. |

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

**August 13 at noon:** Shauna Plath from U.S. Committee for Refugees and Immigrants will be at The Beltrone to talk about how USCRI Albany has been helping refugees begin new lives in the Capital Region since 2005. Refugees arrive having fled war and persecution, and must quickly adjust to a new way of life in the United States. USCRI helps refugees become self-sufficient, contributing members of our community who can again dream of a hopeful future for themselves and their children. This presentation will focus on where refugees are from, how they come to Albany, the various programs USCRI provides, and the many ways volunteers can help. See above for menu.

**August 20 at noon:** Come for a fun and engaging afternoon with the Heidelberg Marionettes! These lively puppets will stroll among our lunch tables, talk, sing and laugh – and bring everyone along for the ride. See above for menu.

**August 29 at noon:** Caring Together, an ovarian cancer educational and awareness organization, will be at The Beltrone to discuss risks, symptoms and how to protect yourself against ovarian cancer. See above for menu.

**Special Events:**

**Special Lunch August 2 at noon:** Join Carmen Lookshire for her first ever appearance at The Beltrone! Hailing from Colonie, Carmen is known for her clear and beautiful vocals. From Ella Fitzgerald and Frank Sinatra, to Linda Ronstadt and the Bee Gees, you will be sure to fall in love with her voice. See above for menu.

**Special Dinner August 19 at 5 p.m.** The ever-popular Donny Romines is back. Calling all Elvis fans—you won’t want to miss this event. Dinner will be Chicken and broccoli alfredo, sautéed spinach with garlic, pineapple juice and lemon meringue pie.

**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.

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

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**There will be no Happy Hour for the month of August.**
**It will resume, starting September 6.**
**Colonie Senior Resources Department**

**It's Time to Think about Winter Home Maintenance**

While we are still enjoying the remaining weeks of warm weather, it is time to begin planning ahead and tackling home winterization projects. The winter months bring challenges for everyone living in the Northeast, but seniors who are unable to prepare for the cold, ice, and snow may require additional help.

Cleaning gutters, furnace maintenance, snow removal arrangements, and other home weatherization projects are just a few of the many requests for help our office receives during the winter months. By planning ahead, while it is still relatively warm outside, you reduce the risk of being caught unprepared by an early storm. Our case workers can assist senior homeowners and caregivers prepare by assisting with information, referral and assistance obtaining and applying for the many housing programs and grants available.

There are a variety of home repair and maintenance programs provided through Albany County Rural Housing Alliance, Empower, and the Town of Colonie and the eligibility varies with each program. The Umbrella of Colonie program, a program of Colonie Senior Service Centers, Inc., can assist seniors with home maintenance, and income eligible seniors can obtain membership scholarships to help defray the membership fee through the Town of Colonie.

Whether you need assistance applying for the Home Energy Assistance Program (HEAP) or arranging for snow removal, please give us a call at 518-459-5051.

**SAVE THE DATE**

The Town of Colonie Senior Resources Department will be hosting our “One Stop Session and Flu Clinic” on Wednesday, October 30, from 1 p.m. to 4 p.m., at The Crossings of Colonie Park Community Room. Information on a variety of programs and services ranging from health and wellness, financial services, legal aid, and housing programs will be available. More information to follow next month.

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

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**National Senior Citizens Day**

On August 19, 1988, President Ronald Reagan issued Proclamation 5847 creating National Senior Citizens Day to be August 21. National Senior Citizens Day honors our older population. On this day, we are encouraged to recognize and show appreciation for the value and contribution of older people to home, family, and society.

In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said “For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older.”

On National Senior Citizens Day, we should:

- Spend some time with senior citizens
- Show our appreciation for senior citizens
- Do volunteer work in support of the elderly
- If you are a senior citizen, enjoy your day any way you desire. After all, this is your day!

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**Colonie Senior Citizens Club**

Here we are entering August with “Steel Magnolias” on our schedule for the 15th. It’s not too late to sign up!

There are still availabilities on the September 17-18 overnight trip to Pennsylvania with lots to do and see. Think about that!

Reminder, the next club meeting will be held on Wednesday, September 4, 2019.

Contacts: Marjorie Raymond (Membership) 518-435-0906
Carolyn Chabot (President) 518-785-6315

https://csccolonie.weebly.com/trips-coming-up-in-2019
The mission of Colonie Senior Service Centers, Inc. (CSSC) is to provide comprehensive services to those in our community who are in or approaching their mature years, and to provide support and services to their families and caregivers. Through these services, CSSC strives to ensure the physical, mental, emotional and financial wellbeing of our participants, improve the quality of life, and to enhance the structure and stability of our community as a whole.

Directory:
Bright Horizons
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snapierski@colonieseniors.org
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Colonie 518-459-7967
Latham 518-244-5206
Clifton Park 518-371-2191

Driver Fitness Center
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Health & Wellness and RSVP
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Senior Dining
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518-608-4758

Transportation Services
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518-459-2857, ext. 301
To Schedule a Ride:
518-459-6064

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

Ready to be involved in your community?
Volunteers needed for Tool Box Thrift Store

Store is located at 143 Troy-Schenectady Road
Watervliet, NY 12189 (Hilltop Plaza)

Contact Leonard G. St. Gelais,
at 518-608-4758
or email
lstgelais@colonieseniors.org
for more information