This September, we are celebrating The Beltrone Living Center’s Twentieth Anniversary. According to CSSC’s Counsel, Rick Rowlands, “When the building was opened in 1999, it was intended to be a place dedicated to house all of CSSC’s many programs and services. The organization had outgrown its original space at the Goodrich School on Fiddlers Lane in Latham, which it had occupied for many years. CSSC was so fortunate that Ralph E. and Elsie K. Douty, formerly of Wolf Road, had created a charitable trust named Colonie Senior Service Centers as a remainder beneficiary. Through their incredible generosity of approximately one million dollars, this donation provided the equity to CSSC to be able to obtain additional funding to build The Beltrone Living Center. Developer Sal Beltrone, whose name was synonymous with construction and commercial real estate development in the Capital Region, generously donated the land for the project. The two hundred-fifty apartments that were available to rent were to provide beautiful, affordable housing to seniors ages 55+, as well as a funding source for the organization to grow and prosper into the future.”

The Beltrone Living Center, along with the Douty Center, has served as the center of the community for many seniors. We are delighted with the progress the organization has made over the last twenty years. The Beltrone Living Center, with its many activities and programs, has served as the center of the community for seniors.

Thanks to many dedicated employees, volunteers, board members, residents and program participants, we have helped thousands of people stay active, healthy and independent. As part of the anniversary celebrations we have put together, a celebratory day will be held on Friday, September 27, which will include a ribbon cutting ceremony, a lunchtime panel discussion entitled “Celebrating Centenarians at CSSC” followed by a wine and cheese reception complete with live music. Celebrating the fact that The Beltrone Living Center has been in existence for twenty years is a wonderful time to get the community involved yet another time. As we look forward to the organization’s next chapter, as such, we will be implementing a wide range of new programming including a variety of classes and workshops as well as outings, which will be available to all aged 55+ in the community. Membership opportunities will be introduced giving members a reduction in program/activity costs. Additionally, a new electronic management and reporting system is being installed. Key tags along with a barcode scanner, a touchscreen computer to sign in, online registration and more will be utilized.

Stay tuned. There is much happening at The Beltrone Living Center!
**Message from the Executive Director**

**Happy September!**

How quickly 2019 is flying by! As the ninth month of the year, September marks the beginning of autumn. In Old England, September was called Haervest-monath (Harvest Month). This is the time to gather up the rest of the harvest and prepare for the winter. A month for preparedness and preparation; a month of change and expectation.

As time goes by, I look at life as a book with many chapters. Like chapters in a book, life chapters signify evolution and variation, heartache and hope, creation and destruction, beginnings and endings. Perhaps some chapters are short and wonderful while others are long and more challenging. Hopefully, all are learning opportunities for personal growth and reflection.

Longevity, in a business context, is also a relative concept. Some industries more naturally incline to long periods, particularly when customer trust is of great importance. In other industries, the pace of change tends to be much faster. Time frames and planning cycles are a constant in business even for non-profits. The causes of business demise, of a failure to endure, are predictable. They include failure to address changes in market demand or competition, human failings, the loss of operational competitiveness, and above all an inability to deal with new, often disruptive, technological improvements.

As much as CSSC appreciates the need to stay constant, we recognize the necessity to stay current. We realize that as the population ages and individuals are living longer, the demand for our programs and services will continue to increase.

It is in this regard that we are happy to announce the introduction of a new electronic programming system that will be installed this fall to assist with increased activity management. Our intent is to greatly expand programming available to everyone ages 55+ in the community. This new entity will be entitled **“The Center at CSSC”** and will include both on-site, as well as off-site activities. Memberships will be available to reduce program/activity costs.

Colonie Senior Service Centers is thrilled to introduce our new line of programming as outlined in our cover article and we hope to see you at The Center at CSSC in the future. As we say, “Choose happy and active! We want you engaged.”

—Diane Conroy-LaCivita

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**Cooking With Soul**

Please join us on Tuesday, September 10, from 11 a.m. to 1 p.m., when Chef Kizzy Williams, owner of Allie B's Cozy Kitchen on Clinton Avenue in Albany, will demonstrate some of the wonderful southern-style soul food dishes she is known for.

Established in 2014, Allie B's is named for the late Allie Bee Bethea, native of South Carolina. In the 1960s, Allie Bee brought her unique recipes and style to Manhattan and began catering and selling food on the streets of Harlem. Her daughter, Kizzy, has transplanted both her mother's recipes and her unmatched customer service and business style to the Capital Region. While this restaurant is newly established, Kizzy has been organizing and catering community events in the Capital Region since her arrival some eight years ago.

The above demonstrations 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.

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**Lovin’ Mama Farm**

Lovin’ Mama farm is a certified organic, no-till farm located in the Hudson Valley region. They grow 250 varieties of specialty vegetables, herbs, and flowers on 1.5 acres, plus a greenhouse full of microgreens. Their intensive style allows them to produce high yields on a small space. They offer floral design service in the Capital Region and beyond using their farm-grown flowers. They are committed to feeding our community nutrient-dense, delicious, and beautiful food and flowers while tending the land in an ecologically responsible way.

Please join us on Wednesday, September 18, from 11 a.m. to 1 p.m., as Proprietor Corine Hans demonstrates why microgreens are a major focus on their little farm. They grow 25+ different varieties, and have created several custom blends. They love working with chefs and restaurants and to see their produce turned into delicious works of art by talented chefs.
Meet Our Community Artist for October, November and December: Photographer Pat Connell

Originally from Troy, Pat has called King Thiel Senior Community her home for the last year. Her medium is photography, which she thoroughly enjoys because she is “making memories for other people.” Prior to being a hobby, Pat spent fifteen years as a wedding photographer. Her favorite subjects to photograph are horses and children. Some of her photos will be available for sale.

On Thursday, October 3, from 4 p.m. to 5 p.m., an opening reception of Pat’s exhibit will take place at The Beltrone Living Center. The event is free and open to the public. All are welcome to see the exhibit and meet the artist.

September’s Sacred Space: The Albany Sarang Fellowship Korean Methodist Church

The journey continues on Thursday, September 12, as we visit another sacred space. Join Diane Conroy-LaCivita as she travels to the Albany Sarang Fellowship Korean Methodist Church. Located on 23rd Street in Watervliet, the congregation purchased the building, which was the former Mount Carmel Roman Catholic Church in the city’s old Italian neighborhood, from the Catholic diocese in 2010.

The group will be meeting with English Pastor Joshua Kim and will be provided a tour of the repurposed church. Please wear comfortable shoes.

The CSSC shuttle bus will leave from 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.

Defensive Driving Classes

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

Thursday, September 5, 2019
Thursday, September 26, 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.

Free Admission

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.

For additional information, please contact Sharon Herald at 518-459-2857 ext. 302.
Celebrating Centenarians at CSSC

The dictionary defines a centenarian as a person who has lived to or beyond the age of 100 years. Here at Colonie Senior Service Centers, we are fortunate to have four centenarians and one very soon to be centenarian living in our housing communities. They enrich our lives and we want to share their stories with you.

Janet Covais

Janet Covais was born in Brooklyn, New York, on May 30, 1919. Janet was part of a large family having four sisters and one brother. Her one remaining sibling, Eadie, also a centenarian, turned 101 earlier in 2019.

Janet married Salvatore in 1942 shortly before he left to serve in World War II. She has one daughter, also named Janet, and many nieces and nephews. Janet was a homemaker, loved to entertain, loved gardening, walking, and hand crafts. She was also involved in many community activities. She was a member of the Catholic Daughters and Rosary Society of her local parish and also volunteered at a local nursing home.

Janet has been a resident of The Beltrone Living Center since February 2017. Her sense of humor, her kindness and compassion are appreciated by the many friends she has made while residing at The Beltrone Living Center.

Louis A. Dobek

Louis A. Dobek was born on August 27, 1919. Lou was born and raised in Albany, New York, and attended St. Casimir’s School.

He met his wife, Stella, and married on January 25, 1942. They enjoyed fifty-three years together. Lou and Stella loved to go to the Polish American Center and dance every Saturday night. Lou worked for over fifty years as a butcher at Weisel Meat Market and McCarrol’s Corned Beef Palace.

Lou has two children, Florence Borter and Joe Dobek. Lou sold his house in 1998 and moved to Sheehy Manor where he has been the heart and soul of the community for more than twenty years. Lou served lunches, planned parties, helped his neighbors, and even worked taking out the trash on weekends for many years.

Nowadays, Lou enjoys community gatherings at Sheehy Manor, going to church on Sundays, spending time with his family, which includes a granddaughter, Kirsten, and three great-granddaughters, Emily, Lauren, and Megan.

Marion Ferraro

Marion Ferraro was born in Albany on November 11, 1919—a very special Veterans Day. In just two months she will officially be a centenarian. Marion was part of a large family. She had one sister and four brothers, all now deceased. Marion never married, but she has several nieces and nephews who are living in all parts of the United States.

Marion worked hard to put herself through nursing college in New York City. She was a Registered Nurse helping thousands of people in that capacity. Later in her career, Marion traveled world-wide as a representative for the nurses’ union. With such devotion to her life’s calling of nursing, Marion found little time for hobbies. For relaxation, she does enjoy a glass of wine. Marion has called The Beltrone Living Center her home since 2006.

Grace Freer

Grace Edna McCarthy Freer was born September 7, 1916, in Brandon, New York. In the early days, she attended a one room school house before her family later moved to the larger town of Brushton, New York, where she attended a school that housed first through twelfth grades all together.
Grace was raised on a farm and after high school set off to attend nursing school at the Hudson River State Hospital. There she met Henry Freer and they married in 1940. They had three children, Barbara, Virginia, and Richard.

Grace has lived at Sheehy Manor for eleven years and has made many great friends. She enjoys community gatherings, going to church, and spending time with her family, which also includes four grandchildren and one great-grandchild.

**Winifred Sheehan**

Winifred Sheehan, who prefers to be called Winnie, was born in Albany, New York, on June 11, 1917. Winnie grew up and spent her life living in North Albany, and she always kept busy. When she wasn’t at work or at home with her five children, she could be found ice skating, playing volleyball, skiing in the winter, and swimming in the summer. She said her secret to a long life is “Choose what you want to do, and stay active.”

Winnie has been living at The Beltrone Living Center since 2004. She continues to be active and stays committed to her health by participating in many of the classes held at The Beltrone Living Center. She is skilled in the art of crochet and makes blankets to donate to local charities on a regular basis. Winnie is dedicated to her five children, eleven grandchildren, and eight great-grandchildren, and spends as much time as possible with them. She is hoping to travel to Italy some day and enjoy some real Italian pizza.

**Board News . . .**

**James Morrell**

James J. Morrell recently joined the Board of Directors of CSSC. James is currently the chairman of Pamal Broadcasting, which operates twenty-three radio stations and is ranked as one of the top private individual radio groups in the United States. In addition, James and his family own Destination Nissan and Destination Kia. They also own ABC Sports and Fitness, ADD Development and Management, the Holiday Inn Express & Suites in Latham, and various other businesses. A graduate of Siena College, James serves on several boards in the Capital Region.

James and his wife have four children and five grandchildren. He has truly created a family business as all of the children are involved in some aspect of the businesses.

**Bright Horizons News**

After five years in operation, Bright Horizons Clifton Park closed its doors on Tuesday, August 27, 2019. Colonie Senior Service Centers, its Board of Directors, Bright Horizons Director and staff made the decision to close this location based on the best interests of the Bright Horizons members. Members and their caregivers had the opportunity to relocate to Bright Horizons Colonie or Bright Horizons Latham. We are happy to report that most of our members relocated and started at their new site on Wednesday, August 28, 2019. Our dedicated staff and volunteers continue to provide quality care to our members as we move forward in this new chapter for Bright Horizons. We are growing rapidly at our Colonie and Latham sites and will expand our space and enhance our program activities in order to meet the needs of our program members and their caregivers.

We now have two sites available for seniors to enjoy our Bright Horizons Adult Day Services Program: Bright Horizons Colonie and Bright Horizons Latham.

Please contact our Bright Horizons locations for tours and trials:

1. Bright Horizons Colonie
   - 518-459-2857 ext. 322
   - or 518-459-7967
2. Bright Horizons Latham
   - 518-244-5206

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**Celebrate CSSC’s Centenarians!**

Join us on **Friday, September 27**, from noon to 1 p.m., at The Beltrone Living Center’s Lakeview Room, for lunch and a panel discussion with our centenarians. Hear their views on the changes they have seen during their lifetimes, the historical events they have witnessed, perhaps even their secret to a long life. This event is open to the public. For additional information, please call Sharon Herald at 518-459-2857 ext. 302.
Presenting Sponsor
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Senior Dining Program – September

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<th>Sept. 2 CLOSED</th>
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<td>Sept. 30</td>
<td>Cobb salad</td>
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Senior Dining Program – September

Learn how to Waltz, Swing, Rumba and more to those famous classy songs with U.S. National Ballroom Dance Champion and Dance Master Florin Vlad from Dance Fire Studio. The eight (8) class course will finish with an amazing social dance party.

Where: The Center at CSSC (The Beltrone Living Center – 6 Winners Circle)

When: Wednesdays 11 a.m. to 11:30 a.m.
(October 2, 9, 16, 23, 30 and November 6, 13, 20)

Cost: 
Member $80/8 classes per person
Not-yet-member $120/8 classes per person

Open to all abilities and immobilities.

Cost of lessons is non-refundable. For registration information, please call Caroline at 518-459-2857 ext. 327.

Ballroom Dance Lessons

Ten Week Fall Session of Tai Chi Being Offered

Tai Chi is a gentle form of exercise utilizing every part of the body coordinated in a natural and slow rhythm. The gentle, continuous, safe movements are relaxing and can benefit balance, strength, circulation, and memory. It is often called “Medication in Motion”. This program will use the evidence-based Tai Chi for Arthritis and Falls Prevention Program designed by Dr. Paul Lam. The classes will be held at 1 p.m. on Thursdays in the Dance Studio at The Beltrone Living Center, starting October 3 and ending December 12. Tai Chi is for everybody. The non-refundable cost for the ten-week program is $50 for members and $70 for not-yet-members. For registration information, please call Caroline at 518-459-2857 ext. 327.

Interested in Joining a Writers’ Workshop?

A Writers’ Workshop meets at The Beltrone Living Center, 6 Winners Circle, Albany, on the first and third Tuesday of the month from 2:30 p.m. to 4 p.m. This group of talented and friendly individuals is seeking additional members. To find out more about the Workshop, contact Dot Richards at 518-380-5125.
Fall RSVP Volunteer Opportunity Fair at Mohawk Harbor

CSSC will host a Fall RSVP (Retired and Senior Volunteer Program) Volunteer Opportunity Fair at Mohawk Harbor in Schenectady on Thursday, October 10, from 11 a.m. to 2 p.m. It is not necessary to be a Schenectady resident to volunteer. Join us to learn about participating in RSVP and meet face-to-face with Capital Region non-profits to discuss volunteer opportunities and how you can use your time and talents to help the community. Admission is free and food trucks will be on hand. For more information, contact Marisa Geraghty at 518-459-2857 ext. 308 or mgeraghty@colonieseniors.org.

Colonie Senior Resources Department

HEATING ASSISTANCE PROGRAM AVAILABLE TO ELIGIBLE TOWN RESIDENTS

The Home Energy Assistance Program (HEAP) provides financial assistance with heating costs to low income residents. The 2019 monthly gross income levels are not available at the time of printing this newsletter, however, you may call Senior Resources 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 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 Senior Resources Department at 459-5051.

TOWN OF COLONIE ONE STOP RESOURCE FAIR AND FLU SHOT CLINIC

The Town of Colonie Senior Resources Department will be providing a “One-Stop Senior Resource Fair and Flu Clinic” for all town residents on Friday, October 30 from 1 p.m. to 3:30 p.m. at The Crossings Park Meeting Room, 580 Albany-Shaker Road. Information on a variety of programs ranging from health and wellness, health insurance options, financial, legal and housing and in-home services and programs will be represented. NY Connects, Albany County Veterans Bureau, HEAP, SNAP and Medicaid Programs, Legal Aid Society of NENY, National Grid and Section 8 Program are just a few of the many vendors that will be available to provide information on services and programs. Flu shots will also be provided (health insurance card is necessary to receive shot.) This program is open to the public. Refreshments will be provided. For additional information, please call the Senior Resources Department at 459-5051.

MEDICARE OPEN ENROLLMENT

The open enrollment period to enroll or change Medicare Choice plans and Medicare drug plans will take place from Tuesday, October 15 through Saturday, December 7. Our case workers are certified NYS health insurance counselors and can help seniors navigate the many health and drug options available. Appointments are available beginning Tuesday, 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 459-5051 for more information and to schedule an appointment.

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

Colonie Senior Citizens Club

We hope you all had a great summer, although it did get a little hot.

It is time for our September meeting, which will be held on Wednesday, September 4, at 10 a.m.

PLEASE NOTE – LOCATION CHANGE: Due to the construction at The Beltrone Living Center, our September and October meetings will be held in The Crossings large meeting room and there will be coffee only. Times and dates remain the same—first Wednesday of the month at 10 a.m.

Tickets are ready for sale for our Holiday Party.

Our message from Dolores is that there are only three trips left this year. The overnight to PA needs more people to make it a “GO”. A lot is planned for each day of the trip with the highlight being JESUS. Polka at The Aqua Turf has room for ten more people. And finally, in the works is a trip to the Radio City Music Hall to see The Rockettes on Wednesday, December 11. Food and price to be determined. For information, call Helen at 518-785-4709 or Dolores at 518-785-1279

Contacts: Marjorie Raymond  Carolyn Chabot
Membership  President
518-435-0906  518-785-6315
CSSC Mission Statement
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 well-being of our participants, improve the quality of life, and to enhance the structure and stability of our community as a whole.

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

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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. 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.

Founders’ Celebration Luncheon
Tuesday, October 29, 2019
11:30 am – 1:30 pm
at the The Lakeview Room
at The Beltrone Living Center
6 Winners Circle
Albany, New York 12205

For additional information, contact
Laurie Miedema,
Development Director,
at 518-459-2857 ext. 304 or
lmiedema@colonieseniors.org