A Time for Giving Thanks

With Thanksgiving Day around the corner, it is the perfect time to make (or review) a list of things to be thankful for. Most people do not take the time to think about the small things; the things that should fill their lives with joy and happiness on a daily basis.

The following list is a brief summary of people, programs, relationships and successes that we at Colonie Senior Service Centers are grateful for that have occurred thus far 2019. We are grateful for our sixty-five employees, our dedicated Board of Directors and our hundreds of volunteers, who work day-in and day-out to support seniors and senior initiatives.

Looking at our bricks and mortar, our three residences that constitute three hundred ninety-six homes, much has occurred this year. CSSC celebrated the Twentieth Anniversary of The Beltrone Living Center complete with a first floor south end facelift. There are new colors and fabrics, finishes and technologies. Working with local contractor Sano Rubin, the project was completed on time and within budget.

Building management at The Beltrone also renovated the public areas on the second floor with new colors and carpeting. The overgrown trees in the front of the structure were removed (with plans of refreshing the landscaping in the spring). The parking lot was patched/paved and restriped inclusive of directional signs and arrows. The north end gazebo was rehabbed and the exterior of the building received some needed attention.

King Thiel Senior Community received first floor porch railings. All three buildings continued to receive the attention and maintenance our residents expect and deserve.

We are thankful for our Programs and Services that are core to our mission:

• **Bright Horizons**, now operating in both Latham and Colonie, is experiencing a demand in service.

• **The Tool Box** in its fairly new location on Troy-Schenectady Road had a steady increase of sales.

• **Senior Dining**, offering community lunches in five locations and monthly community dinners, has attracted many new registrants. Much of this growth can possibly be attributed to the increase in the number of Lunch and Learns and musical entertainment offered.

• **Transportation Services** has acquired two new vehicles. Now with a fleet of twelve vehicles, our dedicated transportation team is averaging over one hundred rides a day (Monday through Friday).

• **Umbrella** is up to fifty vetted handy men and women who assist senior members to remain in their homes.

• **RSVP** has grown to seventy-three stations (non-profits) in three counties thus assisting them with acquiring volunteers.

• **Defensive Driving** classes are still being offered twice a month in addition to our award winning CarFit program.

• **THE CENTER at CSSC** is our newest initiative. We are envisioning only great things with this new program and all that it can offer seniors throughout the region.

Our annual events continue to be a source of great support to CSSC and the community including: Warmth of Winter, Mother’s Day Fashion Show, Summerfest, the Beltrone Golf Classic, Croquet Tournament, Chefs in Motion, Active Aging Fair, the Veteran’s Day Luncheon and the Founders’ Luncheon.

We are grateful to our community and corporate sponsors for without you, we would not be able to grow. We are indebted to the many governmental entities that provide us support and assistance. Relationships are incredibly important to Colonie Senior Service Centers. From Senior Fit to Holiday Angels, from Albany County to the Town of Colonie, from the NYS Office for the Aging to the Saratoga Senior Center, from Panera Bread to the Regional Food Bank, to our visiting chefs to the many sacred spaces we have visited.

THANK YOU!
MESSAGE FROM THE EXECUTIVE DIRECTOR

Happy November!

“November comes and November goes, With the last red berries, and the first white snows. With night coming early, and dawn coming late, And ice in the bucket, and frost by the gate. The fires burn and the kettles sing, And earth sinks to rest, until next spring.”

– Clyde Watson

November is the month of Aviation History, National Caregivers Appreciation and National Diabetes Awareness. It is also the month we observe Veterans Day. Veterans Day (originally known as Armistice Day and distinct from Memorial Day) is observed annually on November 11, for honoring military veterans, that is, persons who have served in the United States Armed Forces.

My dad was drafted in 1950 to serve in the Korean War. My father-in-law served and fought in Italy during World War II. I cannot remember either man ever willing to talk about their time in the U.S. Army. It was unwritten but understood that this was a taboo conversation topic.

Much to her parents’ surprise, my daughter Frances (Frannie) joined the U.S. Coast Guard several years ago after completing her Bachelor’s Degree at the College of St. Rose. She subsequently graduated as the top female officer in her class at the U.S. Coast Guard Academy in New London, CT, and was quickly sent off to scuba school. She now serves in the Reserves and periodically shares tidbits and tales of her time.

I believe it is hard to understand what individuals truly give up and go through when they serve in the U.S. Armed Forces. That being said, most are truly appreciative and proud that so many are willing and able to serve and sacrifice. As we all should know, freedom is not free.

On Monday, November 4, CSSC will be hosting its Annual Veterans Day Luncheon in the Lakeview Room at The Beltrone Living Center. This event is open to the public, free for veterans and $5 for guests. It is an incredible heartfelt two hours with participation from the American Legion Zaloga Post #1520, the Capital Region NY2 Blue Star Mothers, the Albany High School JROTC Program, and the NYS Division of Military and Naval Affairs. All are welcome.

Please remember that CSSC is here for seniors in the community, and we hope you will take advantage of our many programs and upcoming activities and events.

Kindest regards,

– Diane Conroy-LaCivita

MAKE YOUR OWN GINGERBREAD HOUSE

A gingerbread house is a seasonal novelty that is made of cookie dough, cut and baked into suitable components like walls and roofing. The usual building material is gingerbread and royal icing. These houses are covered with a wide variety of candies and additional icing. Making a gingerbread house is no simple task but can be great fun. The joy is really in the making, the coming together of all the steps and materials that are required to build a gingerbread house from scratch.

Join Diane on Thursday, November 7, at 11 a.m. as she guides attendees through building a gingerbread house of their very own. Space is limited and prepayment for the class is required.

This is a hands-on class and a simple lunch will be served. The non-refundable fee is $10 for members of THE CENTER at CSSC and $14 for not-yet members. To make a reservation, please call Sharon at 518-459-2857 ext. 302.

JEWISH CUISINE

Jewish cuisine refers to the cooking traditions of the Jewish people worldwide. Jewish cooking is food with a story, rich in history and symbolism yet open to new influences and inspirations. It has evolved over many centuries, shaped by Jewish dietary laws, holidays and religious traditions.

Please join JoEllen Duckor, a practicing rabbi in New Zealand who will be in our area on holiday, on Friday, November 15, at 11 a.m., as she shares her knowledge on Jewish cuisine and traditions of Jewish people as it relates to food. Attendees will learn the basics of keeping kosher, the meaning behind traditional holiday celebrations and more. A simple lunch will be served.

Space is limited and prepayment for the class is required. The non-refundable fee is $5 for members of THE CENTER at CSSC and $7 for not-yet members. To make a reservation, please call Sharon at 518-459-2857 ext. 302.

The demonstrations will take place at King Thiel Senior Community, 17 Elks Lane, Latham, NY.
Sacred Space Visit: Good Shepherd Evangelical Lutheran Church

The journey continues on Thursday, November 21, as we visit another sacred space. Join Diane Conroy-LaCivita as she travels to the Good Shepherd Evangelical Lutheran Church in Loudonville.

Lutheranism is one of the largest branches of Protestantism that identifies with the teachings of Martin Luther, a 16th-century German reformer. Luther’s efforts to reform the theology and practice of the church launched the Protestant Reformation.

In August 1960, the Board of American Missions of the Lutheran Church in America sponsored a mission developer who undertook a door-to-door religious survey in the Loudonville area. As a result, the Good Shepherd Evangelical Lutheran Church was officially organized on April 16, 1961. The first church building was constructed in 1965 at its current site. In 1988, a new sanctuary and entry were built along with renovations to the original building.

The group will meet with the Reverend Edwina Landry and will be provided a tour of this long-standing religious institution. Please wear comfortable shoes.

The CSSC shuttle will leave The Beltrone Living Center at 9:45 a.m. and return at approximately 11:15 a.m. Space is limited. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

Veterans Recognition Luncheon

On Monday, November 4, from 10 a.m. to 1 p.m., CSSC is proud to recognize all veterans at our annual Veterans Recognition Luncheon at The Beltrone Living Center, 6 Winners Circle, Albany.

All veterans are invited to attend (at no charge) and to bring a guest, if they wish. Non-veterans are asked to make a suggested donation of $5. The luncheon will feature patriotic music by the Tri-County Banjo Band and Rafi, “The Singing Jeweler.” Additionally, members of the Joseph E. Zaloga Post 1520, representatives of the New York State Military and Naval Affairs, Capital Region NY2 Blue Star Mothers, and Albany High School’s JROTC program will take part in the brief ceremony.

The luncheon will feature a Philadelphia Steak Sandwich with Peppers and Onions, Green Salad with cucumbers, carrots and tomatoes, Fresh Fruit Cup, and Patriotic Cupcakes. A vegetarian option is available upon request.

To make a reservation, please contact Sharon Herald at 518-459-2857, ext. 302, by 12 noon on Friday, November 1. We want to thank ClearCaptions, Humana MarketPoint and SEFCU for their generous support of this special annual event.

Defensive Driving Classes

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

- Saturday, November 16, 2019
- Tuesday, November 19, 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.

Be Happy!

Join us for the first session of our Positive Living RSVP Lecture Series on Friday, November 15, from 9:30 a.m. to 11:30 a.m. at The Beltrone Living Center, conducted by Sheryl Kaplan, LCSW-R, CPP. The session will focus on the importance of positivity in maintaining a healthy brain, including volunteering. The event is free and open to the public. Registration is required. Please contact RSVP Director Marisa Geraghty at 518-459-2857 ext. 308 to reserve your spot.

Featured Community Artist for November and December: 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.

Please stop by The Beltrone Living Center to view Pat’s exhibit.
Special Holiday Events

On Thursday, December 5, from 6 p.m. to 7 p.m., our annual Holiday Tree Lighting event will be held at The Beltrone Living Center.

Joining us again this year is the Mendelssohn Club of Albany. Since its inception in 1909, this male chorus has become the longest continuously performing arts group in the Capital District of New York State. Thank you to Peregrine Senior Living for sponsoring this event.

On Monday, December 9, from 7 p.m. to 8 p.m., the Colonie Town Band will delight us with a Holiday Concert to help us get into the holiday spirit. The Colonie Town Band is a dedicated group of talented amateur musicians that love to perform for music lovers.

Both of these special events are open to the public and free of charge. We hope to see you there.

Greeting Card Workshop

On Tuesday, December 10, Marjorie Ward hosts a Handmade Greeting Card Workshop. Create your own holiday greeting cards. All supplies will be included. You can create as many cards as you want. The non-refundable fee is $10 for members of THE CENTER and $12 for not-yet members.

Classes will be held in the Art Room of The Beltrone Living Center. There will be two separate sessions: the first from 10 a.m. to 12 noon; the second from 1 p.m. to 3 p.m. Space is limited. To make a reservation call 518-459-2857 ext. 302.

Holiday Season Sing-a-long

Staff from DeCrescente Distributors are coming again this year to sing with our seniors for the holiday season. This yearly event will take place in Lakeview Dining Room A of The Beltrone Living Center on Wednesday, December 11, 2019, at 2 p.m. Come see your favorite holiday characters: Rudolph, Frosty, and Mr. and Mrs. Claus. They will be all here.

Thanks for Caregiving

A caregiver is a person who has accepted responsibility for looking after a vulnerable neighbor or relative. A caregiver assists others in need. They put the needs and wants of the one they are caring for ahead of their own. This unselfish act ensures the safety and well-being of those in their care.

Bright Horizons Adult Day Social Program will honor the caregivers of our sixty members on Tuesday, November 26, 2019, at 4 p.m. at The Beltrone Living Center. Kathy Leonard, of Eddy Health Alert, one of our sponsors, will address the group on resources available to assist caregivers in their journey. Other speakers will include a representative from our other event sponsor, Herzog Law Firm, our Bright Horizons staff, volunteers, Bright Horizons members, CSSC board members and our very special guests our dedicated caregivers. We will have an open microphone available for anyone who would like to share a story from the caregiving journey they have experienced.

Please come and join us for this very special event. Refreshments, entertainment and cookies for Thanksgiving will be provided to each caregiver to enjoy at their Thanksgiving table. Invitations to our families about this very special recognition event are forthcoming. If you should have any questions about this event, please contact Sue Napierski, Director of Bright Horizons, at 518-459-7967.

Partnership with Regional Food Bank

High cost and accessibility can be a barrier to good nutrition for many seniors. Colonie Senior Service Centers is happy to announce a new partnership with the Regional Food Bank of Northeastern New York to provide fresh produce and other goods to seniors on a monthly basis.

The Food Bank has been a staple in the Town of Colonie for decades. We are thrilled to have this opportunity to work collaboratively with them on this pilot project, which will directly benefit our senior community. There will be pop-up markets beginning in November where seniors will have access to products and learn about nutrition and recipes for preparing meals.
A Very Special Day at CSSC – Twenty Years in the Making

Several special events took place on Friday, September 27, at Colonie Senior Service Centers. If you were not able to join us on this special day, photos of the day’s highlights are shown below.

The beautiful fall day began with Andrew Joyce, Chairman of the Albany County Legislature, presenting CSSC’s Executive Director Diane Conroy-LaCivita with a check for $50,000. This Albany County grant was used to purchase two new vans, each with a wheelchair lift, which will enable CSSC’s Transportation Services to continue to provide excellent service to the seniors in the community who require assistance getting to medical appointments, the pharmacy, social activities, and other errands affordably and safely.

As the readers of Senior Connections are aware, The Beltrone Living Center reached its Twentieth Anniversary of opening its doors to provide housing for the middle income senior population in the community. To celebrate this fantastic milestone, a renovation of the first floor public space of The Beltrone was undertaken. On September 27, a ribbon-cutting ceremony took place with Jason Benitez, Vice President of the Capital Region Chamber, cutting the ribbon and officially celebrating the newly renovated space.

Following the ribbon cutting, at noon a Lunchtime Panel Discussion, “Celebrating CSSC’s Centenarians,” was held with five centenarians (pictured below) who are residents of CSSC’s housing communities. Paul Grondahl from the New York State Writers Institute hosted the discussion and attendees were pleased to hear the wisdom and insight offered by these delightful centenarians.
**Senior Dining Program – November Menu**

Location: The Beltrone Living Center, 6 Winners Circle, Albany. Call for other locations.

<table>
<thead>
<tr>
<th>Nov 1</th>
<th>Meat lasagna</th>
<th>Nov 18</th>
<th>Chicken Caesar wrap</th>
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</thead>
<tbody>
<tr>
<td>Nov 4</td>
<td>Philly steak sandwich</td>
<td>Nov 19</td>
<td>Pulled pork sandwich</td>
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<tr>
<td>Nov 5</td>
<td>Baked ziti w/ meatballs</td>
<td>Nov 20</td>
<td>Meatloaf w/ gravy</td>
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<tr>
<td>Nov 6</td>
<td>Chicken marsala</td>
<td>Nov 21</td>
<td>Stuffed shells w/ sauce</td>
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<tr>
<td>Nov 7</td>
<td>Baked Cod loin</td>
<td>Nov 22</td>
<td>Baked Cod w/ lemon</td>
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<tr>
<td>Nov 8</td>
<td>Shephard’s pie</td>
<td>Nov 25</td>
<td>Meatball sub</td>
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<tr>
<td>Nov 11 Closed</td>
<td></td>
<td>Nov 26</td>
<td>Salmon cakes</td>
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<tr>
<td>Nov 12</td>
<td>Chicken cacciatore</td>
<td>Nov 27</td>
<td>Beef stew</td>
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<tr>
<td>Nov 13</td>
<td>Sausage sandwich</td>
<td>Nov 28 Closed</td>
<td></td>
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<tr>
<td>Nov 14</td>
<td>Beef tips w/ gravy</td>
<td>Nov 29 Closed</td>
<td></td>
</tr>
<tr>
<td>Nov 15</td>
<td>Chicken Parmesan</td>
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For reservations call 518-459-2857 ext. 303

**SENIOR DINING EVENTS**

$3 suggested donation for the meal and $3 for entertainment.

**Friday, November 1 at noon.** Come for something new and different! Albany Dancesport will be here to show off their moves. Watch their dancers perform choreographed steps from Argentina, Austria, Brazil, Hong Kong and more! They’ll finish the event by inviting attendees to dance and move with them. Lunch will be meat lasagna, roasted broccoli and a frosted apple pastry.

**Monday, November 18 at 5 p.m.** The Village Singers will pay us a holiday visit to share their beautiful voices. There will be a joyous sing-a-long and good times for all. Dinner will be turkey with gravy and mashed potatoes, cranberry sauce, roasted butternut squash, stuffing and pumpkin pie with whipped cream.

**LUNCH AND LEARN**

$3 suggested donation

**Friday, November 8 at noon.** Join Robert Scardamalia from the U.S. Census Bureau to learn what the census is all about. He will speak on the history and future of the census, and why counting everyone is so important. Lunch will be Shepard’s pie, spinach salad, pineapple juice, and blueberry yogurt whip.

**Tuesday, November 12 at noon.** Learn about the importance of pre-planning your funeral, how to begin the process, the laws and protections regarding prepaid funerals in NYS, and types of prepaid funerals in NYS with Carrie-Lynne Sorvari of New Comer Cremations & Funerals. Lunch will be chicken cacciatore, sautéed spinach with garlic, cranberry juice and rice pudding.

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 November Menu, and Special Events.

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**THE CENTER at CSSC – November and December Offerings**

THE CENTER at CSSC is a place for individuals 55 years of age or older to learn, grow, exercise, and be creative. Best of all, it’s a place to have fun!

**CREATIVE PURSUITS**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Ink Stamping Art</td>
<td>$10</td>
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<tr>
<td>Creative in Clay</td>
<td>$40</td>
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<tr>
<td>Mixed Media</td>
<td>$40</td>
</tr>
<tr>
<td>Sew with the Pro</td>
<td>$49</td>
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<tr>
<td>Paint + Sip</td>
<td>$25</td>
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<tr>
<td>Christmas Collage</td>
<td>$10</td>
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<tr>
<td>Holiday Card Making Party</td>
<td>$10</td>
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**EDUCATION FOR LIFE**

<table>
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<tr>
<th>Activity</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Memoir Writing Workshop</td>
<td>$39</td>
</tr>
<tr>
<td>Genealogy – Finding Your Roots</td>
<td>$8 per class or $20 for all three</td>
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**FITNESS OPPORTUNITIES**

<table>
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<tr>
<th>Activity</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Tai Chi</td>
<td>$50</td>
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<tr>
<td>Ballroom Dancing</td>
<td>$40</td>
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<tr>
<td>Zumba Gold</td>
<td>$40</td>
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<tr>
<td>Yoga for Arthritis</td>
<td>$40</td>
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<tr>
<td>Dance for Fitness</td>
<td>$40</td>
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**TRAVEL EXPERIENCES**

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<tr>
<th>Activity</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Indian Ladder Farms Cidery and Farm Tour</td>
<td>$15 plus $5 transportation donation</td>
</tr>
<tr>
<td>The Clark and Williams College Museum of Art</td>
<td>$75</td>
</tr>
<tr>
<td>New York City Sights and Shops</td>
<td>$75</td>
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</tbody>
</table>

**HAPPY HOUR! Members only—FREE**

Make Fresh Cheese—Monday, November 25 at 10 a.m.
Button Ornaments Party—Wednesday, December 11 at 10 a.m.

For membership and class registration 518-459-2857, ext. 327
thecenteratCSSC@colonieseniors.org
Join now, $20 for now through December 2020
THE CENTER at CSSC
Travel Experiences
Travel Experiences in November with THE CENTER at CSSC. For membership and information, call 518-458-2857 ext. 327.

Indian Ladder Farms Cidery and Farm Tour
Come on along, we are heading to the farm! Indian Ladder Farms, that is. This historic farm was started in 1916 by Peter Ten Eyck, and it is still in business and still being farmed by the Ten Eyck family. Learn how the farm has changed, its current mission, and the brewery and cidery, which was created by Peter Ten Eyck's granddaughter Laura.

Please note: this tour includes walking on uneven ground.
Thursday, November 7. The bus leaves The Beltrone Living Center at 9 a.m. and returns approximately 2 p.m. This tour includes a box lunch, cider tasting, donut and transportation.

$15 for members plus $5 donation for transportation;
$25 plus $5 donation for transportation for not-yet-members.

The Clark and Williams College Museum of Art
See two premiere art venues in one trip! First, we will tour The Clark in Lenox, MA, known for its extensive collection of both historical artifacts and modern art. Next, you will ride to Williams College Museum of Art for a self-guided tour of their museum. This museum holds early American artifacts, portraiture, both classic and modern art, and so much more in their more than 15,000-piece collection.

Friday, November 15. The bus will leave The Beltrone Living Center at 8:30 a.m. and return approximately 4 p.m. This tour includes a box lunch and transportation.

$75 for members; $90 for not-yet-members.

Town of Colonie Senior Resources Department
November is National Caregivers Month. It is a time to honor family caregivers and the tireless work they do to support their loved ones. Often, caregivers do not see in themselves the invaluable difference they make in the lives of their loved one, often stating they are just living their wedding vows or doing what their parent did for them at a young age. I am always touched by these sentiments but know too well, as a family caregiver myself, the toll it can take on one’s physical, mental and emotional well-being. I often find that what caregivers need most is an opportunity to tell their caregiving story and have their concerns and feelings validated and supported.

There are a multitude of services and programs to assist caregivers in a variety of ways, but taking the time to learn about and access such programs can be overwhelming when providing care consumes your time. A phone call to Senior Resources is the first step to obtain support and assistance needed. Our case workers are here to help navigate and assist in accessing the myriad of services available. Senior Resources case workers are here to help and can be reached at 518-459-5051.

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

Colonie Senior Citizens Club
It is already November and our next meeting will be at The Beltrone Living Center in the Lakeview Room on Wednesday, November 6. Our speaker will be Elizabeth Stack, Director of the Irish American Heritage Museum.

The Holiday Party is Sunday, December 8, at 12 noon at the Desmond, and tickets will be on sale at the meeting. If you miss the meeting, call Theresa Flynn for tickets at 518-225-3711. Dinner and Entertainment included.

The club has one more trip this year on Wednesday, December 11. We will be going to Radio City Music Hall to see The Rockettes with lunch included at LaGrande Buffet in Fairview, NJ. Price is $86 for primary members and $96 for social members. Call Helen McCumber for RSVP at 518-785-4709.

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

https://cscccolonie.weebly.com/trips-coming-up-in-2019
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

RSSP Lead with Experience
CSSC is the Capital Region RSVP sponsor

We Need You!
... to Volunteer
Check out all the opportunities available through RSVP at colonieseniors.org

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, November 18.
The Premier Transportation bus will leave The Beltrone Living Center at 10:30 a.m. and will return at approximately 3:30 p.m. Prepayment of a non-refundable fee of $20 is required. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.