Welcome to THE CENTER at CSSC. THE CENTER is a place for individuals 55 years of age or older to learn, to grow, to exercise, and to be creative. Through offerings in categories such as Creative Pursuits, Education for Life, Fitness Opportunities, and Travel Experiences, members of our community will have the opportunity to be active in a trusted place.

“THE CENTER at CSSC is an excellent way for Colonie Senior Service Centers, Inc. to share our beautiful buildings with the community,” says Diane Conroy-LaCivita, Executive Director of CSSC. “There is space for dance and yoga, games, and cooking demonstrations,” she adds, “and all of it, we plan to fill with valuable programming for members of our community.”

In conjunction with the announcement of THE CENTER at CSSC is the addition of a computer kiosk that will allow members to check in, register for classes, and see what is available on the schedule. Each member will be given a unique key tag and when it is swiped at the kiosk, the screen shows the user what is available that day. The system is being used at senior centers across the nation and is a popular way to keep track of classes and events.

Heading up this new program is Caroline Barrett, former Dining Coordinator for CSSC. “I am very excited to be part of this initiative,” Ms. Barrett says of her new position, “and I absolutely love working with seniors. I believe in CSSC’s mission of keeping older adults healthy and active. It is an honor for me to be here, and every day I look forward to coming to work.”

Included in THE CENTER at CSSC’s new catalog of classes and events are such offerings as Yoga for Arthritis, Zumba Gold®, Sewing, Creative in Clay, Genealogy, and a Memoir Writing Workshop. Central to the new program is the idea that all instructors and leaders are experienced, professional, and love what they do.

There will be exciting one day trips and excursions, as well. Planned are historical haunts, museum trips, a visit to a local farm, and a very special (and super fun) trek to New York City for food, shopping, and friendship.

All classes and events will be offered for a member and not-yet-member fee. The membership fee is $20 for the calendar year, and those who join now will receive October, November, and December as part of their one-year membership fee. THE CENTER at CSSC will also be offering special events for members only.

At the core of what THE CENTER at CSSC does is in the course offerings. More events will be added each month, and in January 2020, THE CENTER at CSSC will begin in earnest. Readers should note that also central to the mission of THE CENTER at CSSC is the desire to serve the community. In order to do that best, everyone at THE CENTER at CSSC will be listening. So please call, email, or stop by for a visit. Tour the buildings, take a class, stay for a while. And then, let us know what you think. We look forward to hearing from you.

To join THE CENTER at CSSC, please contact Caroline Barrett at 518-459-2857 ext. 327, or email cbarrett@colonieseniors.org. A list of course offerings may be obtained by contacting Caroline or they may be viewed on the CSSC website at www.colonieseniors.org.
October is Pizza Month

Anyone in the business of serving pizza probably does not need to be reminded that October is National Pizza Month in the United States. While the contribution of the first pizzerias in this country cannot be ignored, it was really the returning American soldiers who fought in Italy during World War II that brought a hunger for pizza home with them and pushed its popularity over the top. America’s love of pizza continued to grow and now October is the official National Pizza Month across most of North America. People do not really need a special month for pizza in a country where there are an estimated 63,000 pizzerias and 94 percent of Americans eat pizza at least once a month.

Please join us on Thursday, October 17, at 11 a.m. as Matt DeFazio of DeFazio’s Pizzeria shows us how pizza is made.

The Other White Meat

October became known as Pork Month because it marked the time of year when hogs were traditionally marketed. Today, it serves as a celebration to thank pork producers and share their stories with consumers.

Pork is the world’s most widely eaten meat representing 42 percent of the meat consumed, according to the USDA Foreign Agricultural Service. Some 81 percent of the population consumes pork in-home at least once in an average two-week period. The top five most popular pork products include ham, sausage, bacon, lunchmeat (excluding ham) and pork chops.

Join Evan Taylor proprietor of Meadow Rise Farm on Tuesday, October 8, from 11 a.m. to 1 p.m. as we celebrate National Pork Month with sampling of everything “pork.” Meadow Rise Farm located in Knox, NY, is a small farm with pasture raised heritage pork, as well as, chickens, ducks, and geese, that is focused on holistic management, sustainable practices and regenerative agriculture.

The demonstrations will take place at King Thiel Senior Community, 17 Elks Lane, with a non-refundable fee of $5 for members and $7 for not-yet-members of The Center at CSSC 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.
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.

October’s Sacred Space: Christ Our Light Church

The journey continues on Wednesday, October 23, as we visit another sacred space in the Capital District. Join Diane Conroy-LaCivita as she travels to Christ Our Light Catholic Church in Loudonville. Located at 1 Maria Drive, Christ Our Light was formed by a 2009 merger of St. Francis de Sales and Our Lady of Mercy parishes. In February 2015, the church unveiled its completely renovated modern worship space - the result of years of planning and six months of holding Masses in the parish hall. Parish officials said the changes made the church’s sanctuary more intimate and enhanced the experience of celebrating Mass as a community. On their website their mission is listed as follows: “We are a welcoming Catholic Community of disciples encouraging all to celebrate and experience the love of Christ.”

The group will be meeting with church leadership and will be provided a tour of the church. Please wear comfortable shoes. The CSSC shuttle bus will leave from The Beltrone Living Center at 9:40 a.m. and return at approximately 11:20 a.m. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

RSVP Volunteer Fair

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. 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, RSVP Director, at 518-459-2857 ext. 308 or mgeraghty@colonieseniors.org.

Defensive Driving Classes

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

**Thursday, October 10, 2019**
**Tuesday, October 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.

Come One, Come All-Let’s Eat

On Wednesday, October 9, please join Diane Conroy-LaCivita for a special breakfast outing to Field Notes, a pop-up farm-to-table restaurant located at Lansing’s Farm in Colonie. Attendees will be able to order à la carte items from their fabulous breakfast menu. This is a meal you do not want to miss.

CSSC Transportation Services will provide transportation from Sheehy Manor, King Thiel Senior Community, and The Beltrone Living Center. To reserve a ride, please call Transportation Services at 518-459-6064.

The bus will leave The Beltrone Living Center at 9 a.m. and will return at approximately 11 a.m. Please call Sharon Herald at 518-459-2857 ext. 302 to make a reservation for the breakfast.
Colonie Senior Spirit Awards to be Presented at the Founders’ Celebration Luncheon

This year, Colonie Senior Service Centers will honor business and community leaders at the 18th Annual Founders’ Celebration with the Colonie Senior Spirit Award for their contribution to the local senior community as they honor the values and community spirit of our founders. The 18th Annual Founders’ Celebration Luncheon will take place at 11:30 am, on Tuesday, October 29, 2019, in the Lakeview Room at The Beltrone Living Center, located at 6 Winners Circle in Albany.

We are proud to announce the 2019 Colonie Senior Spirit Awardees:

**Andy Vosburgh Auto Repair** will receive the Fred G. Field Transportation Colonie Senior Spirit Award for their efforts to promote independence and self-reliance for seniors by developing and expanding senior transportation options.

**The Sisters of St. Joseph – Sisters of St. Joseph’s Provincial House** will receive the Ann Marie Sheehy Bright Horizons Colonie Senior Spirit Award. This is being presented for their commitment and achievement in providing and enhancing access to adult day services and caregiver support for seniors and their families.

**Colonie Town Supervisor Paula Mahan and the Town Board** will receive the Joseph R. Simon Senior Housing Colonie Spirit Award for their vision and leadership in developing housing options for seniors.

**The Jan Susan Medved Senior Dining Colonie Senior Spirit Award** will be presented to **Blanchard Kenney**, General Manager of Prime Life at The Beltrone, for his dedication and efforts to help seniors maintain their health through good nutrition.

**Dr. Kevin Costello**, from Albany Medical Center’s Internal Medicine Group, will be presented with the Marion T. Lamar Health & Wellness Colonie Senior Spirit Award. He receives this honor for his commitment and dedication in developing opportunities for seniors to maintain and enhance their physical and intellectual talents.

The **Mary E. Brizzell Building a Senior Community Colonie Senior Spirit Award** will be awarded to **Stefanie Goldstein and the Goldstein Auto Group** to recognize their efforts to identify and strengthen the existing network of services for seniors and their families.

Joining Colonie Senior Service Centers in honoring these outstanding organizations and individuals are our sponsors: BlueShield of Northeastern New York; The Salvatore R. and Anna E. Beltrone Foundation; CDPHP; Rudy A. Ciccotti Family Recreation Center; Newton Plaza Associates, LLC; and Haylor, Freyer & Coon.

This year, Colonie Senior Service Centers celebrates thirty-eight years of providing services throughout Colonie and the Capital Region. We would be privileged to have you share in our celebration of these very special individuals and businesses that have made a significant and positive impact on the lives of seniors and their families. Please contact Laurie Miedema at 518-459-2857, extension 304, to make your reservation to attend this special luncheon.

Exciting News from Transportation Services

CSSC’s Transportation Services has had an extremely busy year to date with an increase in vital transportation services (medical, Adult Day Program, congregate meals, pharmacy and grocery shopping) being delivered to seniors in our community. Please keep in mind that you need to call three business days in advance to schedule a ride with CSSC Transportation Services.

We have welcomed to the CSSC fleet the long-awaited arrival of two new Ford Transit Mini Buses, #103 and #112, which are handicap accessible and will be on the road within days. Albany County has also awarded CSSC’s Transportation Services a grant to purchase another minivan, and we are anxiously awaiting the funding to arrive so the process can begin.
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, October 21.

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.

Making the News . . .

Dave Byrd
Dave was recently hired as a Maintenance Technician in the Maintenance Department. He has several years of maintenance experience, most recently with Koinonia Primary Care in Albany. Coming from a large family with three brothers and three sisters, Dave enjoys football and basketball, video games, and music. Dave stated that he is always in a great mood and that he is a fast learner, two excellent traits in an employee.

Welcome Dave!

Charles Respress
The Maintenance Department also welcomed Charles to its team as a Porter. Charles previously worked as an Operating Room Technician/Housekeeper at St. Peter’s Hospital in Albany for the past eight years. Like many people, Charles loves sports, especially basketball and football. He also has an excellent sense of humor, which is a wonderful quality to possess.

Welcome Charles!

CSSC Board News . . .

Mary Beth Hofmeister
Mary Beth Hofmeister was recently elected to the CSSC Board of Directors. Mary Beth, a seasoned financial services professional, is currently Branch Manager and Financial Advisor at Sage Financial Associates providing investment, planning and insurance services to her clients. She received her Certified Financial Planner® designation in 2008.

Stop by and see the newly completed Beltrone Living Center renovation

Scenes from the Remodel

Autumn Pancake Breakfast

Now that fall has arrived, we will celebrate the season with an Autumn Pancake Breakfast fundraiser that will help support the Transportation Services fuel costs as we head into winter. The breakfast will be on Sunday, October 27, 2019, from 8 a.m. to 11 a.m., in the Lakeview Room at The Beltrone Living Center, 6 Winners Circle, Albany, NY.

The cost will be: Adults - $9 and Children under 10 - $5. The menu will include Pancakes (plain or pumpkin), Sausage, Fruit Salad, Juice, Milk, Coffee or Tea. To purchase presale tickets, which will reserve a seat or group table, please call Rachel at 518-459-2857 ext. 303. Bring your family and enjoy breakfast together. Tickets will also be sold at the door.

If you have any questions, comments or concerns regarding CSSC’s Transportation Services, please feel free to call Betsi Lattanzio, Director of Transportation Services, at 518-459-2857 ext. 301.
### Senior Dining Program – October Menu

<table>
<thead>
<tr>
<th>Oct 1</th>
<th>Oct 21</th>
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</thead>
<tbody>
<tr>
<td>Chicken cacciatore</td>
<td>American goulash</td>
</tr>
<tr>
<td>Oct 2</td>
<td>Oct 22</td>
</tr>
<tr>
<td>Sausage sandwich</td>
<td>Scalloped potatoes w/ham</td>
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<tr>
<td>Oct 3</td>
<td>Oct 23</td>
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<tr>
<td>Beef tips with gravy</td>
<td>Seafood mac &amp; cheese</td>
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<tr>
<td>Oct 4</td>
<td>Oct 24</td>
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<tr>
<td>Philly cheese steak</td>
<td>Turkey Bolognese</td>
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<tr>
<td>Oct 7</td>
<td>Oct 25</td>
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<tr>
<td>Chicken caesar wrap</td>
<td>Cod with butter topping</td>
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<tr>
<td>Oct 8</td>
<td>Oct 28</td>
</tr>
<tr>
<td>Pulled pork sandwich</td>
<td>Veggie pizza &amp; minestrone</td>
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<tr>
<td>Oct 9</td>
<td>Oct 29</td>
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<tr>
<td>Meatloaf w/mashed potatoes</td>
<td>Beef stroganoff</td>
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<tr>
<td>Oct 10</td>
<td>Oct 30</td>
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<tr>
<td>Stuffed shells</td>
<td>Chicken &amp; bacon mac &amp; cheese</td>
</tr>
<tr>
<td>Oct 11</td>
<td>Oct 31</td>
</tr>
<tr>
<td>Baked cod with rice pilaf</td>
<td>Stuffed peppers</td>
</tr>
</tbody>
</table>

Oct 7 CLOSED

Oct 14 CLOSED

Oct 15
Salmon cakes

Oct 16
Beef stew

Oct 17
Chicken spinach florentine

Oct 18
Vegetable lasagna

All menus are subject to change.
All Lunches include side dishes and dessert.

**Special Lunch:**
October 4 at noon. Join us for a rockin’ good time with Mike DeAngelis. Mike plays guitar and sings all your favorites! See above for menu. Suggested donation of $3 for lunch and $3 for entertainment.

**Special Dinner:**
October 21 at 5 p.m. Don Hyman is back! He will be singing his rendition of the women of song. Come hear the hit songs of Peggy Lee, Laverne Baker, Barbara Streisand, Dionne Warwick, Donna Summer and more! Dinner will be meatloaf, gravy and mashed potatoes, applesauce, coleslaw and lemon pie. Suggested donation of $3 for lunch and $3 for entertainment.

**Lunch and Learn:**
Special Guest at Lunch and Learn, October 7 at noon. Please join us for a special engagement on Monday, October 7, at noon with John Craig of WNYT-TV of Albany. John is an award-winning journalist for both broadcast and print. He has been a reporter for TV, radio, and print in the Capital Region since 2000. Before coming to Albany, he worked in Lansing, MI; Utica, NY; Kingston, NY; and Fredericksburg, VA and began his career with CNBC learning from Dick Cavett, Phil Donahue and Geraldo Rivera. Additionally, he is a member of the Golf Writers Association of America, was a golf and bowling columnist, ran his own golf website, was a camp counselor, disc jockey, and even a custodian. He will be discussing a day in the life of covering news stories. Lunch will be chicken Caesar wrap, pasta fagioli soup and mandarin oranges. Suggested donation of $3.

Reservations required.

October 24 at noon. Calling all history fans! The Shaker Heritage Society will be at The Beltrone with a presentation on their rich history, all told with images from the past and present. See above for menu. Suggested donation of $3.

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 September Menu, and Special Events.
Colonie Senior Resources Department

TOWN OF COLONIE ONE-STOP RESOURCE FAIR AND FLU SHOT CLINIC

The Town of Colonie Senior Resources Department will provide a “One-Stop Senior Resource Fair and Flu Clinic” for all town residents on Wednesday, 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, 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 518-459-5051.

CMS ROLLS OUT MEDICARE PLAN FINDER UPDATE

The Medicare Plan Finder allows users to shop and compare Medicare Advantage and Part D plans. The updated Plan Finder allows a more personalized experience through a mobile friendly and easy to read design that will help users learn about different options and select coverage that best meets their health needs. The Center for Medicare and Medicaid Services (CMS) online Medicare tools are designed to meet the needs of a growing number of tech savvy beneficiaries and does not replace Medicare’s traditional customer services options, including the health insurance counseling service provided through the Town’s Senior Resources Department.

Beneficiaries will be required to create a user account at www.mymedicare.gov : portal of personal information prior to comparing coverage options for both Medicare Advantage Plans and Drug Plans. Your Medicare personal information user account contains all your protected medical information and can only be accessed by the Medicare beneficiary. The user account is required in order to utilize the plan finder so we urge beneficiaries that can set up an account on their own to do so. Senior Resources counselors are available to assist beneficiaries set up their user account if unable to do so on their own.

To schedule a health insurance counseling appointment or for more information or assistance setting up your personal user account, please contact Senior Resources at 518-459-5051.

THE TOWN OF COLONIE SENIOR RESOURCES DEPARTMENT IS TURNING 40!

Supervisor Paula Mahan and the staff of the Colonie Senior Resources Department are proud to celebrate our 40th anniversary of serving the seniors of this great town!

We invite you to join us at our Open House on Friday, October 18, from 11 a.m. to 2 p.m. for our milestone celebration.

Our host for the celebration is The Christ Our Light Senior Club, at Christ Our Light Church, One Maria Drive, Loudonville. Pizza and refreshments will be served. Please RSVP to Chris Cary at 518-459-2516 or caryc@colonie.org. Seating is limited so please remember to RSVP.

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

Colonie Senior Citizens Club

Hello all! Our next meeting will be held on October 2 at 10 a.m. at The Crossings like last month. Our speaker will be Susan Pourowski from the Sunnyview of Troy who will speak about “Safe Living Skills for Seniors.”

Holiday tickets will again be for sale at the meeting. Dolores says the Polka at The Aqua Turf trip has a few more seats available and the NYC trip to see the “Rockettes” looks like it’s a go. Please sign up at the meeting.

For information on trips, call Helen at 518-785-4709 or Dolores at 518-785-1279.

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

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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518-459-2857, ext. 337

HELP WANTED
Umbrella of Colonie handy people needed. This is a great way to provide a community service and get paid.
Contact Nicole Brammer,
Umbrella of Colonie Director,
518-459-2857, ext. 311 or
nbrammer@colonieseniors.org

Tribute Corner
Thank you for your gift to Colonie Senior Service Centers, Inc.
In Memory of Robert Alexander
Rosemary Turton
In Memory of Camille Hoheb
Floyd and Isabelle Milbank
In Memory of Jack Yakel
Ray Chasin
Stephanie A. Konyk
Janet Owens

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