

2019 – What a Year!

“Auld Lang Syne” is well known in many countries, especially in the English-speaking world, with its traditional use being to bid farewell to the old year at the stroke of midnight on New Year’s Eve. The poem’s title can be translated into English as “old long since,” “long long ago,” or “days gone by.”

As Colonie Senior Service Centers welcomes in 2020, we most certainly want to reflect on all the wonderful events that occurred in 2019. From the Twentieth Anniversary of The Beltrone Living Center (complete with a beautiful first floor facelift) to the opening of THE CENTER at CSSC; from the incredible growth of our RSVP initiative to the receiving of two new shuttle buses for our transportation fleet; from the introduction of Chefs in Motion to many successful annual events and activities; from celebrating five CSSC residents who are centenarians to increasing demand for our Adult Day Services; 2019 was quite the year!

Reminiscing about favorite moments by taking the time to appreciate all the little and big things that were a part of this past year, a year in review can be a valuable exercise to take note of accomplishments, expeditions, and experiences that stand out, making the year memorable. Every experience, encounter, and choice seeks to serve us, to teach us, and help us grow. Our photo collage shown below offers a brief review of our memorable year.

Our goal at Colonie Senior Service Centers is to be a network of support and enrichment for older adults and their families throughout the community. The incredibly dedicated staff, volunteers, and Board of Directors at CSSC are collaborative, innovative, and resource sharing, while maintaining the many quality services you, the public, expect from us.

Thank you!



Message from the Executive Director



Happy January!

"It is not fair to ask others what you are unwilling to do yourself."

– Eleanor Roosevelt

Most common in the Western Hemisphere, a New Year's resolution is a ritual in which a person resolves to change an undesired behavior or trait, to achieve a personal goal or otherwise improve their life. The origins of making a New Year's resolution goes back quite a bit with the Babylonians making promises to their gods at the start of each new year that they would return borrowed items and pay off their debts. The Romans, in turn, began each year by making promises to their god Janus for whom the month January is named.

Current resolutions that are popular include: striving to be more environmentally responsible, improving one's physical well-being such as eating food that is more healthy, losing weight, exercising more and eating better, and improving one's mental well-being by thinking more positively, laughing more often and enjoying life more, and last but not least, learning something new.

Everyone at Colonie Senior Service Centers is looking forward to 2020 with great enthusiasm. We also want to reflect on this year realizing that 2020 marks the 75th anniversary of the liberation of Auschwitz, the ending of the Second World War and the ending of the Holocaust, as well as the 100th anniversary of the passing of the 19th Amendment to the Constitution of the United States, which gave men and women equal voting rights.

We have many things planned from activities to classes, from outings to events, from lunches to lectures; we will keep you as busy as you want to be. We are proud of the quality and quantity of the services we make available to older adults in our community. Opportunities are boundless to keep you engaged, make new friends, and be purposeful. We are here to serve.

Here is to meeting new people and visiting new places, unlocking your potential, and enjoying life.

*"May your pockets be heavy and your heart be light.
May good luck pursue you each morning and night."*

(Irish blessing)

Hope to see you soon!

–Diane Conroy-LaCivita

What Do Germans Eat?

On Friday, January 24, from 11 a.m. to 1 p.m., please join Chef Kurt Vincent for a cooking demonstration relating to German cuisine and culture.

With over 25 percent of the American population tracing their roots back to ancestors from German-speaking lands, most are familiar with German foods. From hot dogs to hamburgers, gingerbread houses to German chocolate cake, Kurt Vincent will share his love of German food with a little history, a few stories from the "Old Country," and lots of samples and tastes of past and current favorites. A graduate of Schenectady County Community College's Hotel Management Program, Kurt will present a lively, informative program you will enjoy!



Easy as Pie

Pie is as American as the Fourth of July. Through those first lean and hungry years in New England, daring pioneer mothers contrived "pyes" out of a few simple foods at hand often experimenting as they went. The old expression "easy as pie" is now true. Over time, pastry chefs and cooks alike have worked out simplified methods. No guessing as to the amount of water, no chilling of the pastry, no long, laborious preparations for fillings. Today, there are pies for special occasions, pies from famous eating locations, and pies for special holidays.

On Tuesday, January 28, from 11 a.m. to 1 p.m., CSSC staff will demonstrate how to make their favorite pie recipes. Attendees will be able to sample from a variety of different pies made.



Classes will take place at King Thiel Senior Community, 17 Elks Lane, with a \$5 fee for members of THE CENTER at CSSC and \$7 for not-yet-members and will include a light 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.



Sacred Space: St. Basil's Russian Orthodox Church in Watervliet

The journey continues on Friday, January 10, as we visit another sacred space. Join Diane Conroy-LaCivita as she travels to St. Basil's Russian Orthodox Church on Lansing Avenue in Watervliet.

St. Basil's parish celebrated its 100th Anniversary in 2001. The parish was formed by a group from the Sub Carpatho-Russian province of Galicia who had settled in the Maplewood area of the Town of Colonie. The church was established by nineteen men, inspired by Father (now Saint) Alexander Hotovitsky, who helped organize parishes all along the east coast. Over the years, the congregation continued to grow and a new, larger church became necessary and was blessed in September 1945. This church building remains to this day.

The CSSC shuttle bus will leave The Beltrone Living Center at 9:30 a.m. and return at approximately 11:30 a.m. Space is limited. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

Make Your New Year's Resolution to Be Fit!

Get yourself fit in 2020! Colonie Senior Service Centers, Inc. offers four Healthy Bones For Life classes: one at King Thiel Senior Community, 17 Elks Lane, Latham, and three at The Beltrone Living Center, 6 Winners Circle, Albany, for just \$40 per year. The classes are a fun way to socialize with other seniors while improving your bone health through balance, muscle strengthening, and stretching exercises. The King Thiel classes are offered every Tuesday at 1:30 p.m. The Beltrone Living Center classes are offered Wednesday, Thursday and Saturday mornings from 9:30 a.m. to 11 a.m.

CSSC also offers free training by a licensed physical therapist from Sunnyview Hospital twice a year to those who may be interested in becoming class leaders at one of our locations or off-site. If you would like more information on the classes and/or training, please contact Marisa Geraghty at 518-459-2857 ext. 308 or mgeraghty@colonieseniors.org.

PART III

Be Happy!



Join us for the third session of our Positive Living RSVP Lecture Series

**Thursday, January 16, 2020,
9:30 a.m. – 11:30 a.m.
Lakeview Dining Room
The Beltrone Living Center**

Sheryl Kaplan, LCSW-R, CPP, returns by popular demand to lead a more in-depth, interactive session on maintaining a healthy brain. The event is free and open to the public. Please contact RSVP Director Marisa Geraghty at 518-459-2857 ext. 308 to reserve your spot.

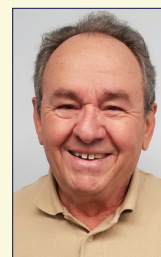


RSVP
Lead with Experience

CSSC is the Capital Region RSVP sponsor



Defensive Driving Classes



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

**Saturday, January 18, 2020
Thursday, January 30, 2020**

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.

Community Artist: Schenectady Photographic Society

For more than eighty-five years, the Schenectady Photographic Society has been the meeting place of photographers of all levels, from beginners to serious amateurs to professionals, with the goal of exploring and sharing their love of photography.

Please join members of the Schenectady Photographic Society for the opening of their exhibit at The Beltrone Living Center on Thursday, January 9, from 4 p.m. to 5 p.m. The event is free and open to the public.



OPEN HOUSE! Please join us to celebrate THE CENTER at CSSC!

Open to all, everyone is invited.

**January 10, 2020
3 p.m. to 5 p.m.**

Meet our instructors. Enjoy wine, cheese, live music, and giveaways. Enter to win membership and classes. For more information: 518-459-2857 ext. 327.



In the News

Derek Forchilli

The Maintenance Department recently welcomed Derek to its team as a Maintenance Technician. Derek previously worked for 84 Lumber as a window installer for the past three years. CSSC is familiar to Derek as he is also an Umbrella of Colonie handy person.

Welcome Derek!



John Piccolo

John has joined CSSC as Senior Dining Coordinator. John has many years of experience in the food industry, most recently serving as Deli Manager with Price Chopper. Many years ago, John worked with Salvatore Beltrone in various business ventures. As a lover of good food, John is looking forward to working with CSSC's senior community.

Welcome John!

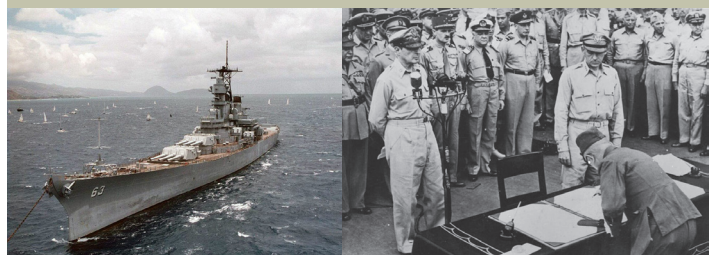


Meet Gabriel

Gabriel, a part poodle part fox terrier mix, has been a resident of The Beltrone Living Center for five years. Originally from South Carolina, Gabriel was rescued by resident Elizabeth Linzey. Gabriel enjoys living at The Beltrone because he loves walking at The Crossings and meeting other dogs. And, when he meets Elizabeth's neighbors in the hall, he rolls over so they will tickle his tummy. What a life!

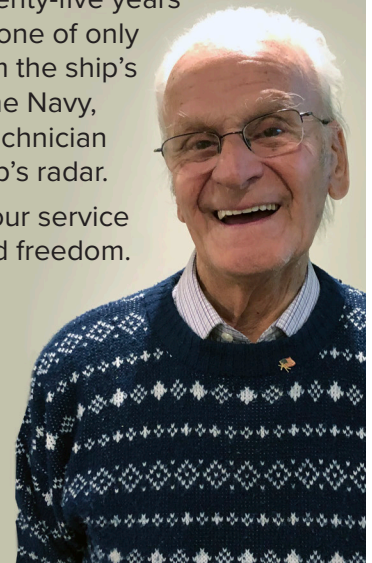
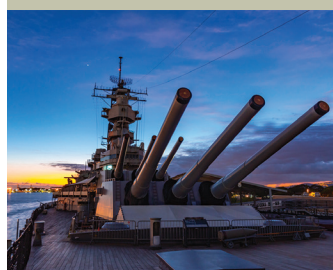


Realizing That Freedom Is Not Free



Angelo Goffredo has been a resident of The Beltrone Living Center since April 2019. It was brought to our attention during our recent Veterans Day observance in November that Angelo is a U.S. Navy veteran. Angelo served on the USS Missouri, the last battleship commissioned by the United States and best remembered as the site of the surrender of the Empire of Japan, which ended World War II, seventy-five years ago this year. Angelo is one of only twenty veterans left from the ship's original crew. While in the Navy, he was an electronics technician and took care of the ship's radar.

Angelo, thank you for your service to defend our nation and freedom.



Umbrella of Colonie

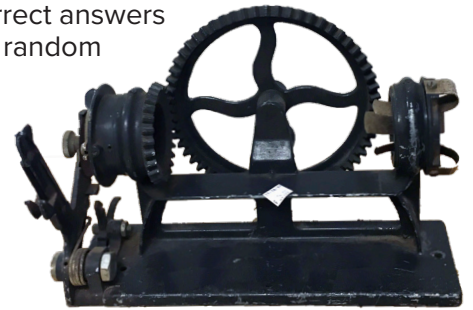
As part of your New Year's resolutions, are you thinking about getting an early start on decluttering, house cleaning, or organizing your records?

As a member of Umbrella of Colonie, a program of Colonie Senior Service Centers, our handy people can help you accomplish your "To Do" list. For information on the benefits of being a member of Umbrella, contact Nicole Brammer, Director, at 518-459-2857 ext. 311.



What Is This?

This item is currently for sale at The Tool Box located at 143 Troy Schenectady Road in Latham. Hint: it is a specialty tool that once was used to help a homeowner deflect sun. All correct answers will be placed in a random lottery and a prize winner will be drawn. Please call 518-459-2857 ext. 302 with your answer.



Learning the Game of Golf

Golf is the greatest game in the world—just ask anyone who plays!

Please join us on Tuesday, January 14, from 10 a.m. to 11 a.m. as we welcome National PGA Director, District 1, Noel Gebauer for a golf workshop at The Beltrone Living Center, 6 Winners Circle. If you have never played golf or want to understand the game so you can watch golf on TV, then this workshop is for you.

Noel, who is the General Manager of the Colonie Town Golf Course, will bring equipment along with information on the basics of the game. There is no fee to attend but registration is required. To register, please call Diane at 518-459-2857 ext. 305.



Join Us at . . .

RIVERS CASINO & RESORT
SCHENECTADY

Join CSSC as we travel to Rivers Casino in Schenectady for a Young at Heart 55+ Monday on Monday, January 13, 2020.

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.

Thank You to Our Many Supporters in 2019



THE CENTER at CSSC



January 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

Member Cost/ Not Yet Member

Clay Sculpting 1/13, 1/27, 2/3, 2/10, 2 – 4 p.m.\$40/\$56

Inspired Acrylic Painting 1/17, 1/24, 1/31, 2/7, 10 a.m. – noon ... \$40/\$56

Ink Stamping Art 1/28, 4 – 5:30 p.m.\$10/\$12

Mandala Embroidery Workshop

1/21, 1 – 3 p.m.\$15/\$19 +\$15 material fee

EDUCATION FOR LIFE

Memoir Writing Workshop, Tuesdays, 1/14-2/18, 11 – noon\$39/\$47

Genealogy, "Ask the Genealogist," 1/14, 3:30 – 5:30 p.m.....\$8/\$10

Computer Know-How, 1/13, lecture at 2 – 3:30 p.m. and 1/14 lab, 10 – 11:30 a.m. or 12:30 – 2 p.m. or 2:30 – 4 p.m.\$25/\$34

FITNESS OPPORTUNITIES

Zumba Gold, 1/27 – 3/23, 1 – 1:45 p.m.\$50/\$70

QiGong, 1/8 – 1/29, 1 – 1:45 p.m.\$25/\$34

Strength Training for Seniors, 1/10 – 3/13, 11 – 11:45 a.m.\$50/\$70

Yoga for Arthritis, 1/13 – 2/10, 10:15 – 11:00 a.m.\$25/\$34

Intro to Line Dancing, 1/15 – 2/5, 1 – 2 p.m.\$40/\$56

Tai Chi, 1/14 – 3/11, 1 – 1:45 p.m. or 2 – 2:45 p.m.\$50/\$70

Coming in February

• Photography • Ukulele • Project Stitch-Market Bags

Become a member for \$20 in 2020.
For a detailed catalog, visit
www.colonieseniors.org
or call Caroline at 518-459-2857 ext. 327

Travel Experiences

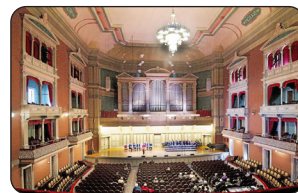
Troy Music Hall

Music at Noon, January 14, 2020

Carla Fisk, Soprano

The beautiful Troy Music Hall is the setting for a series of free noontime concerts. Join us as we gather with friends to enjoy the sounds of everything from classical, vocal and some Irish tunes. Pack your own lunch as we plan to arrive early to secure seats and enjoy our own lunches while we wait.

\$5 for members/\$7 for not yet members, \$5 suggested donation for transportation, payable on the day of the trip.



HAPPY HOUR! (Members only—FREE)

Celebrate Chinese New Year, January 23, at noon

Please join us as we welcome Chinese New Year, Year of the Rat. Professors Qinxiao Hong and Mei Lan, visiting scholars from China studying at SUNY Albany, will talk about the customs and celebrations of Chinese New Year. Come and participate in a Chinese craft and taste traditional Chinese New Year snacks.

Weekly Meet-Ups (Members Only—FREE)

Artists Gathering, 9:30 – 11:30 a.m., Tuesdays and Thursdays

Come together with like-minded creative people for two hours of quiet production, support and community amongst other artists. Bring your own project and materials and clean up when you're finished.

In Stitches, 1:30 – 3:30 p.m., Fridays

Join us for a friendly knitting circle. This is a place to work, talk and find support and guidance in your knitting projects.

Bingo, 1 – 3 p.m., Wednesdays and 5 – 7 p.m., Sundays

Everyone's favorite game! Join us for fun, friendship and prizes.

Games, Games, Games (Members Only)

These events are weekly and open to members only. Newcomers are welcome and experienced members will teach the game. Drop in for experienced players; newcomers need to register.

Pinochle: Friday at 9:45 a.m.

Bridge: Tuesday at 12:30 p.m.

Pool: Monday – Friday, 9 a.m. – 3 p.m.



MOM at Bright Horizons

Bright Horizons Colonie welcomed Sherri Bellucci and her group called "MOM" to perform for our members on November 20, 2019.

Our Bright Horizons members loved the group and their music. Everyone was singing and dancing to a repertoire of international songs, folk songs, and old classic tunes. One of our members who speaks Italian sang an Italian folk song with Sherri. It was a fun performance for one and all.



A Very Special Thank You

A very special THANK YOU to Christopher McKenna, President/CEO of CAP COM Federal Credit Union and his fabulous team for once again partnering with CSSC to provide holiday gifts to hundreds of seniors through the Holiday Angel Initiative. Beautiful gifts were delivered around the community on Saturday, December 14, by CAP COM and CSSC staff and volunteers.



Senior Dining Program – January Menu

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

Jan 1 CLOSED	Jan 20 CLOSED
Jan 2 Stuffed Shells	Jan 21 Beef Stroganoff
Jan 3 Eggplant Parmesan	Jan 22 Chicken & Bacon Mac & Cheese
Jan 6 Meatball Sub	Jan 23 Stuffed Pepper
Jan 7 Salmon Cakes	Jan 24 Shrimp Scampi
Jan 8 Beef Stew	Jan 27 Chicken Primavera
Jan 9 Chicken Spinach Florentine	Jan 28 Baked Ziti w/Meatballs
Jan 10 Vegetable Lasagna	Jan 29 Chicken Marsala
Jan 13 Goulash	Jan 30 Baked Cod w/Lemon Herb
Jan 14 Scalloped Potatoes w/Ham	Jan 31 Shepherd's Pie
Jan 15 Seafood Macaroni & Cheese	
Jan 16 Turkey Bolognese	
Jan 17 Baked Cod w/Butter Crumbs	

For reservations call
518-459-2857 ext. 303

ALL MENUS ARE SUBJECT TO CHANGE.
ALL LUNCHES INCLUDE SIDE DISHES AND DESSERT.
Lunch Served at Noon

SPECIAL LUNCH – Suggested Donation \$3
– Suggested Donation for Entertainment \$3

January 3 at noon. If you like fun music that you can sing along to, then join us on January 3 to ring in the new year! Paul Slusar will be here, playing his many instruments and making music from the 50s and 60s. Lunch will be meat lasagna, roasted broccoli and apple pastries for dessert.

SPECIAL DINNER – Suggested Donation \$3
– Suggested Donation for Entertainment \$3

January 27 at 5 p.m. Join us for a very special evening with Jesse Cohen Greenberg, Guilderland High School student and piano virtuoso. This very talented young artist will play classical music on our grand piano. Dinner will be bratwurst with onion gravy, German potato salad, carrots, cranberry juice and lemon meringue pie.

LUNCH & LEARN – Suggested Donation \$3

January 13 at noon. CBD oil, what's the craze about? It's everywhere today, and is a non-intoxicating chemical compound found in marijuana. CBD oil is being used to treat everything from anxiety disorders to pain management. Come hear what it's all about with the Phitgirl Susan Vellano. Lunch will be American goulash, sautéed green beans, green salad and raspberry sorbet.

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 January Menu, and Special Events.



Town of Colonie Senior Resources Department

Keeping Your Loved One Safe from Wandering

The cold winter months present increased risk when caring for a loved one suffering from Alzheimer's disease and the risks associated when wandering can occur. Many factors may contribute to wandering including medication, stress, time confusion, basic needs, restlessness, lack of recognition, and fear.

Other factors that may contribute to wandering include medical conditions such as stroke or others factors such as alcohol consumption, changes in weather, feeling abandoned, useless or helpless. Wandering is a real safety concern for caregivers as it puts their loved one and potentially others at risk. Wandering behavior should never be overlooked and the action steps listed below may prevent a wandering episode.

- Be prepared. Consider obtaining a mobile GPS unit. The Town's Senior Resources Department can provide information on various providers and services.
- Encourage movement and exercise within safe areas.
- Be objective—the individual is trying to make sense of a world that no longer seems predictable.
- Be aware of hazards.
- Secure your living area.
- Communicate and continually reassure your loved one who may feel lost or abandoned.
- Identification—you may want to invest in a discreet identification bracelet or locket that includes pertinent health and identification information.
- Inform neighbors of the wandering behavior; neighbors can be helpful in guiding your loved one home.
- Call 911 immediately if your loved one wanders.

For additional information on handling wandering behavior or assistance with managing the care of a loved one, contact the Senior Resources Department at 518-459-5051.

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

Colonie Senior Citizens Club

Happy New Year to all. Our January meeting is on the 8th as the first is a holiday. Location: The Beltrone Living Center. We hope that everyone had a very nice holiday and we are ready for the New Year.

Our speaker will be from the Albany County Sheriff's Department speaking on Project Lifesaver.

DON'T FORGET DUES ARE DUE THIS MONTH!

We have a trip to the Westchester Dinner Theater to see *5 Guys Named Moe*, on January 30; the price is \$62 for Primary members and \$72 for Socials.

Coming up we will be celebrating our 50th Anniversary with a party on April 22, 2020, at the Century House on Route 9 in Latham.

We would like to do a cook book of our members' favorite recipes. Please send your recipes to Theresa Flynn by February 15 so she can accomplish that undertaking. Thank you!

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

Directory

Executive Director

Diane Conroy-LaCivita
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Bright Horizons

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Umbrella of Colonie

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King Thiel Senior Community and Sheehy Manor

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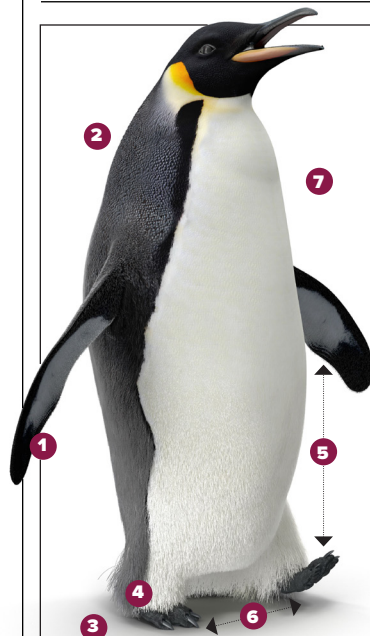
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Colonie Senior Service Centers, Inc.
6 Winners Circle
Albany, NY 12205

NON-PROFIT
ORGANIZATION
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Albany, N.Y.
Permit No. 74



Winter Safety

Tips for walking safely on icy surfaces:

- 1 Wear gloves – don't keep hands in pockets
- 2 Keep hands free – use a backpack to carry items
- 3 Stay on designated walkways
- 4 Wear footwear meant for traction
- 5 Point feet out; extend arms to side for balance
- 6 Walk like a penguin: short steps or shuffle
- 7 Use special care when entering/exiting vehicle

Information courtesy of Ascension Via Christi

Save the Date

Warmth of *Winter*
Helping Seniors Keep the Heat On

Wolferts Roost Country Club
Thursday, February 27, 2020
5:30 p.m. to 8:30 p.m.