Your path to healthy. active. independent. lifestyle . . .

SENIOR CONNECTIONS

APRIL 2020 | Volume 34, Edition 4

The Importance of Family

In the modern world, life as we once knew it has changed. With the advancement of technology, different forms of communication, changing cultural norms, and new priorities, we might wonder what is the importance of the family. Is it a dying institution that has no place in modern life? We hope not. Colonie Senior Service Centers believes family is just as relevant today as it ever has been, if not more so. No matter how much life changes in the future, the concept of “family” will probably continue to be needed in one form or another.

In all three of CSSC’s independent senior apartment communities, we are reminded of the importance of family bonds and have many family members who have come together to live under one roof.

**The Beltrone Living Center**

At The Beltrone Living Center (BLC), we have several examples of siblings who have chosen The BLC as their home.

Gloria Santilli moved to The Beltrone in April 2014 and three months later in July her sister Evelyn Prime moved in. They love the location and their fellow residents and each enjoys her own apartment.

Dot Williman and her husband Earl moved to The BLC in June 2015. Dot’s sister Nancy Beardsley relocated to BLC in September 2019. They both love being in the same building, commenting that it is very quiet and peaceful.

Originally from Albany, Virginia Sliter and Judy Eckler moved to The BLC in April 2019. Both sisters were married but decided they enjoy each other’s company so much that they should live together. They love living at The Beltrone because there is so much to do.

**Sheehy Manor**

Although much smaller in size, Sheehy Manor has many pairs of siblings and cousins living under the same roof. In all, Sheehy Manor houses three sets of sisters and two sets of cousins.

Colleen Melia moved to Sheehy Manor in 2010 and shortly after her twin sister Maureen (Moe) Melia moved in too. The twins say that living close together has so many advantages. If one sister is ill, the other can look in on her. Or, when they have out-of-town family visit, both apartments can be used for entertaining.

Nancy Gallo and Judy Hoblock are first cousins. Judy, originally from Troy, moved to Sheehy Manor in 2013. Nancy, originally from Melrose, moved to Sheehy Manor in 2016. Between the two of them, the women have seven children, fifteen grandchildren, and five great-grandchildren.

Lois Kerr moved to Sheehy Manor in 2016 and quickly encouraged her cousin Ron Gusberte to get on the waiting list. Lois and Ron have been very close their entire life. Now they enjoy having apartments at Sheehy Manor, socializing and attending events and spending time with their pups Bella (Westie) and Mercedes (poodle).

When Laurie Allen moved to Sheehy Manor in 2017, it was not long before her sister Martha Bonaparte and her sister-in-law Sharon Bonaparte followed suit. They enjoy social gatherings and have made many great friendships. They all agree that it is comforting to be so close to family.

**King Thiel Senior Community**

At King Thiel Senior Community (KTSC), we have Louise Cosmer and her brother John Merola. Louise was looking to move back to this area and John told her about KTSC. Louise commented that when they were young, she went to nursing school and then got married, and John went in the service. She said it is very nice now because it is the first time they have lived near each other since they were children.

As modern life puts pressure on all of us, the benefits of living in a family or near family are more important than ever. Colonie Senior Service Centers is pleased to provide positive and supporting environments for families in our three apartment communities.

Due to the COVID-19 outbreak, all activities scheduled for April may be rescheduled or canceled.
Message from the Executive Director

“Blessed be the gifts you never notice.”

– Irish Proverb

Everyone loves a good backstory. Lately, I have been thinking about my paternal grandmother, Catherine Veronica (Kennedy) Conroy, aka “Kate” quite a bit. Born in the great city of Troy, South Troy to be exact, on June 7, 1902, Kate was raised in a hard-working, blue-collar family. Her father, Michael, born in 1868 in Silvermines, County Tipperary, Ireland, was known for a strong work ethic and infectious laugh. Kate’s mother, Mary (Rooney), born in Troy in 1873, kept house for her large family at 62 Mann Avenue in Troy. My grandmother did not marry until she was 28 and up until her wedding nuptials, she was gainfully employed at Cluett Peabody, a manufacturer of shirts, detachable shirt cuffs and collars; best known for its Arrow brand.

All of this being said, I had not thought about Kate’s work history until Historian Kathy Sheehan recently showed me a series of artifacts from the Hart Cluett Museum collection including: wonderful old black and white photographs of groups of young female workers from Cluett Peabody back in its heyday along with the actual collars and cuffs these women produced. As I viewed the photos, I found myself desperately looking for my grandmother, all four feet eleven inches of her, in the images. Looking for her in her youth, for a glimpse of what it was like to work in a clothing factory.

My grandmother often talked about her life to me, her friends, her job, her family, her neighbors. How I could kick myself now for not paying greater attention to the details. Taking a moment to think about why we work, for whom, and what we actually produce, whether it is physically and/or conceptually, is quite fascinating. When you put it in that perspective, we all have backstories.

Here is to taking the time to listen to backstories!
Happy spring! Maidir le,

– Diane Conroy-LaCivita

Crazy Cupcakes!

Amazing over-the-top cupcakes have been popular for years. When Diane operated a bake shop in Cohoes they offered a “cupcake of the week.” The Mayor of Cohoes, at the time, would often come in to purchase and sample. In fact, creating a simple batter and then adding a variety of flavors and ingredients to the different batches can achieve many, many flavors and varieties of cupcakes.

Join us on Thursday, April 16, from 11 a.m. to 1 p.m., when Diane and NYS Assemblyman John McDonald (formerly the Mayor of Cohoes) will demonstrate some fun ways of making delicious crazy cupcakes. You will be the hit of your next gathering and your taste buds will agree! The cupcakes that will be sampled at the demo will be paired with a variety of beverages to complement flavors.

International Cuisine Anyone?

Cooking is a reflection of you, your parents, your relatives, your heritage, your neighborhood, your travel experiences, your preferences, and your energy. Often, if you have had the opportunity to travel or even to visit different types of ethnic restaurants, your palate has probably expanded. Introduced flavors and seasonings, ingredients and sauces might very well have become your “new favorite.”

Join us on Tuesday, April 28, from 11 a.m. to 1 p.m., when Diane teams up with Mark Winetraub, Executive Director of the International Center of the Capital Region, for a sampling of international cuisine. Mark has traveled extensively both internationally and throughout the U.S. in addition to living in Israel for seven years. Several international recipes will be shared and tasted.

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: Christian Brothers Academy

The journey continues on Tuesday, April 21, as we visit another sacred space. Join Diane Conroy-LaCivita as she travels to the chapel at Christian Brothers Academy (CBA) on Airport Lane in Colonie, a 126-acre campus built in 1998.

Christian Brothers Academy is a private Catholic college preparatory junior and senior high school for boys founded in 1859 by the De La Salle Christian Brothers and is independently run by a board of trustees. Christian Brothers Academy educates approximately 541 students in grades five through twelve from forty-four different school districts throughout the Capital Region. The school is known for its academic and athletic programs and has had a one hundred percent college acceptance rate since 1980.

The CSSC shuttle bus will leave The Beltrone Living Center at 9:40 a.m. and return at approximately 11:20 a.m. Space is limited. This outing may require a bit of walking. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

RSVP Positive Living Series – Part VI

COME JOIN US AND ENJOY A SESSION ON THE UNIVERSAL LANGUAGE OF MUSIC AND LEARN HOW IT CAN PROMOTE POSITIVITY AND REDUCE STRESS!

Music is a universal language and has been proven to reduce stress and promote relaxation. Lorie Parmalee, MS, MT-BC, LCAT is a Board Certified Music Therapist at Music Speaks in Albany, NY, and will provide you with a creative, engaging and musical morning you don’t want to miss! Through music therapy, clinical music activities are used to address non-musical goals such as decreasing anxiety, lowering blood pressure and increasing relaxation. Join us for some music making and learn some techniques on how to use music in your own life to promote wellness. No prior musical experience necessary.

Monday, April 20, 2020, 9:30 a.m. – 11:30 a.m.
Lakeview Dining Room, The Beltrone Living Center

Free and open to the public. Reservations are suggested. Contact Marisa Geraghty at 518-459-2857, ext. 308 or mgeraghty@colonieseniors.org.

Weekend Outing to Seneca Falls

Plans are under way to spend Saturday, June 6, and Sunday, June 7, discovering many of the sights and sounds of Seneca Falls, the municipality where the women’s rights movement in America was triggered and solidified over one hundred seventy years ago.

The group will leave early on Saturday from The Beltrone heading west and stopping at several famous New York State wineries including Montezuma Winery and Hidden Marsh Distillery for tastings. Then on to the Women’s Rights National Historical Park, which includes the Elizabeth Cady Stanton House, the Wesleyan Chapel, and the Women’s Rights National Park Visitors Center. The group will be staying overnight at the Hampton Inn Seneca Falls. On Sunday, stops at the National Women’s Hall of Fame and the Saunders (Amish) Country Store are scheduled. There will also be time to explore on your own.

The cost is $200 for members of THE CENTER and $220 for not-yet-members and includes transportation, overnight accommodations (based on double occupancy), some meals, snacks on the bus, and fees for attractions. Space is limited. Please call Sharon Herald at 518-459-2857 ext. 302 to reserve your spot.

Defensive Driving Classes

Roger Dames, CSSC’s Driver Fitness Coordinator, will conduct Defensive Driving classes in April and May as follows:

- **Saturday, April 18**, 9 a.m. to 3:30 p.m.
- **Wednesday, April 29**, and **Thursday, April 30**, 9 a.m. to noon. (This class is in two parts; must attend both parts.)
- **Thursday, May 7**, 9 a.m. to 3:30 p.m.
- **Tuesday, May 19**, and **Wednesday, May 20**, 5:30 p.m. to 8:30 p.m. (This class is in two parts; must attend both parts.)

Classes will be held 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.

**SPECIAL NOTE**: For the Defensive Driving classes in May (May 7 and May 19 and 20 two-part class), we would like to extend FREE classes to veterans and/or active military personnel. Proof of military service will be required and will need to be approved by the instructor. Acceptable proof can be a DD214 form, a Veterans Affairs ID card, or a military ID.
A Proud Story of Military Service

John Moriarty has been a resident of The Beltrone Living Center since May of 2015. Born in 1923, John grew up on Long Beach, Long Island, commenting, “I was a young kid raised on the ocean, and I ended up seeing the world.” John’s military service started on February 11, 1943. He was trained as a radio mechanic and a crew chief with a squadron of P-38 Fighter Planes, reaching the rank of Sergeant. The P-38 was developed for the United States Army Air Corps and had distinctive twin booms and a central nacelle containing the cockpit and armament, considered top technology for its day.

When asked about his proudest moment while serving in the military, John stated, “My proudest moment was doing my job.” And, he did his job well. During his military time, John received four battle stars for serving at New Guinea, Netherlands/Dutch East Indies, Philippines, Western Pacific and Okinawa, Japan. His favorite military memory is the Battle of Leyte, the amphibious invasion of the island of Leyte in the Philippines by American forces and Filipino guerrillas in October 1944 with General Douglas MacArthur. John commented, “This was the famous, ‘I have returned’ landing. I was with the group at the landing.” John was discharged on January 2, 1946, from Fort Dix, New Jersey. After serving, John worked for the Postal Transportation Service (PTS), which was subsequently taken over by the U.S. Postal Service in 1958. He retired from the Postal Service as a Postal Inspector on July 7, 1979. John and his wife Betty have two sons and are the proud grandparents of one grandson and one granddaughter. John, thank you for your service to defend our nation and our freedom.

March and April Artists: Linda Ackert Guzzo and Kathleen Nous

Linda, a native of Guilderland, is an accomplished artist who creates in oils her feelings of each character, personality, mood, expression, and likeness of the portraits she paints. She paints people, beloved pets, scenery, and still life. Linda’s daughter, Kathleen Nous, grew up in Niskayuna, is also a talented artist. Kathleen uses oils to paint boats and scenery. In addition, she also enjoys sketching. Please stop by The Beltrone Living Center to view Linda and Kathleen’s exhibit during the month of April.

Congratulations Diane Conroy-LaCivita

The International Center of the Capital Region (ICCR) will honor Diane as one of the First Recipients of the Global Citizen Award to be presented at the 7th Annual Tastes of the World International Food Tasting on June 10, 2020.

Diane is currently Executive Director of Colonie Senior Service Centers, Inc. and former Executive Director of ICCR.

Bright Horizons Loves Mambo

Bright Horizons was moving and grooving on Friday, February 28, 2020, with our entertainment guest, Carlos Osorio. Carlos is from the Cumbia Spirit School of Dance located in Bearsville, New York. Our members were treated to an energetic and exciting program. The music lifted their spirits and their bodies right out their chairs! People were dancing, shaking their maraca’s and having a wonderful time.
Caregiver Support Group/ Caregiver Resource Center

Just a monthly reminder that the Alzheimer’s Caregiver Support Group meets the third Monday of each month in the Library at The Beltrone Living Center. The meeting begins at 9 a.m. and ends at 10:30 a.m. Our next meeting will be held on Monday, April 20, 2020. **This meeting will be held via conference call instead of in-person.** To attend the meeting, please call 1-312-874-7636 and use access code 49875.

**Also please note: the 2020 Caregiver’s Conference scheduled for April 14, 2020, at the Albany Marriott has been cancelled.**

If you are in need of reference materials to assist you on your journey with your loved one, please visit our Bright Horizons Caregiver Resource Center. Our Caregiver Resource Center has materials on Alzheimer’s Disease, Parkinson’s Disease, stroke, and other chronic diseases. It also provides caregivers with resources so they can keep themselves healthy and happy. The Caregiver Resource Center was established to support the needs and self-care of caregivers throughout the Capital Region. Caregiver Resource Centers are located at both Bright Horizons locations, 6 Winners Circle and at 139 Troy Schenectady Road. We will have a resource list available soon. The Caregiver Resource Center was made possible through a grant from the Community Foundation for the Greater Capital Region Community Impact Grant.

### Do You Have a Plan B When It Comes to Transportation?

All too often, we think we will always enjoy the freedom of our independent transportation. Unfortunately, this is not always the case.

There are occasions when inclement weather or unfamiliarity with the area of an appointment cause a senior to be reluctant to drive. And as we age, it is all too common to experience health conditions that may impact our driving ability. Many people look to family members or friends to do the driving for them, but there are times when this causes an inconvenience and may even result in the appointment being canceled or rescheduled. It makes sense for seniors to have a “Plan B.”

Why not make Colonie Senior Service Centers’ Transportation Services your Plan B?

CSSC’s Transportation Services offers timely, door-to-door service for all Town of Colonie residents sixty years of age and over who are registered for transportation and need to secure transportation to vital and non-vital rides. Each year, our Transportation Services provides over 25,000 rides to medical appointments, the pharmacy, social activities, and other errands affordably and safely. Call CSSC Transportation Services at 518-459-6064 today to register and leave the driving to CSSC.

### Meet Quincy

Susan Murray has been a resident of The Beltrone Living Center for just over one month. Susan’s pet, Quincy, is a beautiful black and white rabbit. More specifically, Quincy is part Dutch and part Netherland Dwarf rabbit. While Quincy is the only rabbit living at The Beltrone, many people have rabbits because they make great pets. Most rabbits love to be cuddled and stroked and will happily sit on their owner’s lap for a snuggle. Quincy is the perfect pet for Susan as she loves animals but is allergic to dogs and cats. She has had a rabbit, or rabbits, since 1987. Quincy and Susan appreciate living at The Beltrone because they both like to walk at The Crossings, mere steps away from their home.

### Tribute Corner

**Tribute Corner**

(9/1/2019 – 1/31/2020)

We regret that errors occurred in our March Tribute Corner. Corrected information is below.

**In Memory of Dorothy Bullock**

Michael Augstell  
Peter and Margaret Bradley  
Kathleen Sheehy-Bulriss  
Catherine Bungard  
Janet Ann Gallas  
Viola Burnetter  
Lily Delphey  
Sally Jack

**In Memory of Mary Ditonno**

James and Sandra Hayes  
Evelyn Markowitz  
Debra Monte  
Jane Parisi  
Beverly Walthers  
Charles and Joy Walthers  
Elizabeth Lattanzio  
Patrick and Patricia Maloney

**In Memory of Margaret Ferguson**

Colonie Art League  
Elizabeth Pierce  
Harold and Jeanne Qualters  
Barbara Rashbaum  
Judith Schweitzer  
Carol Sheffer
Due to the COVID-19 outbreak, all activities scheduled for April may be rescheduled or canceled.

THE CENTER at CSSC – April 2020

April Offerings
View the full catalog at www.colonieseniors.org/thecenter/

CREATIVE PURSUIT
Member Cost/Not-Yet-Member
Rubber Stamping Art, 4/14, 4 – 5:30 p.m. ¥10/$14
Alcohol Ink Painting, 4/15, 10 a.m. – noon ¥10/$14
Painting Workshop “Pretty Peacock”, 4/17 & 4/24, 10 a.m. – noon Learn how to use watercolor washes. . $29/$35
Ceramics Studio, 4/22, 10 a.m. – noon Paint a flower pot that will be fired and returned with an herb plant. $14/$18

EDUCATION FOR LIFE
Kazoo Band, starts 4/1 (continuing on Wednesdays), 10 a.m. – 11 a.m., Come together to make music and have fun. $5
Tech Connects, Tuesday, April 14, 3:30 – 5 p.m. We’ve got a few trustworthy teens coming to help you with your technology woes. Bring your phone, iPad or tablet to have your questions answered. FREE

FITNESS OPPORTUNITIES
Yoga for Delightful Aging, Mondays, 4/13 – 6/22, 11 – 11:45 a.m. Gentle yoga that targets healthful aging. $50/$70
QiGong, Wednesdays, 4/15 – 6/17, 11 a.m. – 12:15 p.m. Powerful and effective self-care energy healing practice. $50/$70
Intro to Line Dancing, Wednesdays, 4/15 – 6/3, 1-2 p.m. Music, fun and dancing for beginners and experienced alike. $79/$95

Strength Training for Seniors, Fridays, 4/17 – 6/19, 11 – 11:45 a.m. Keep your bones strong by building muscle. $50/$70

TRAVEL EXPERIENCES
Empire State Youth Orchestra (Free Time)
Join us for the ESYO’s annual concert at Proctors. Wednesday, April 1 Bus leaves The Beltrone at noon returns approximately 3:00 p.m. Members only, $5.

Music at Noon, Troy Music Hall (Free Time)
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. April 14, Soloists of New England, Chamber Ensemble. Bus leaves The Beltrone at 11:00 a.m., returns approximately 1:30 p.m. $10 for members, $12 for not-yet-members

HAPPY HOUR! (MEMBERS ONLY)
Virtual Reality Demo
Tuesday, April 28, 2 p.m. Registration required.
See new and exciting things, all through the 3-D lens of virtual reality. Siena College Producer of Creative Arts Dr. Krysta Dennis will be here with Siena College students demonstrating Virtual Reality glasses.
Games and Meet-Ups (Members Only, no registration required)
Drop-in, no registration required.

GAMES AND MEET-UPS (MEMBERS ONLY)
Art Studio
Bring your own project and materials and clean up when you’re finished. Thursdays, 9:30 – 11:30 a.m.
Bridge
Come for a friendly game. Tuesdays, 12:30 p.m.
Bingo
Join us for fun, friendship and prizes. Wednesdays, 1 – 3 p.m. and Sundays 6:30 – 8:30 p.m.
Corn Hole
This fun and popular game is played in teams, tossing bean bags to boards. No experience necessary. Played outdoors when the weather is nice. Fridays, 1 – 3 p.m.

In Stitches
Join us for a friendly knitting circle. This is a place to work, talk and find support and guidance in your knitting projects. Fridays, 1:30 – 3:30 p.m.

Pool
Play pool in our beautiful billiard room. Monday to Friday, 9:30 a.m. – noon.


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

Thank You to Our Sponsors for Underwriting the Catalog for the Center at CSSC

Join Us at . . .
Join CSSC as we travel to Rivers Casino in Schenectady for a Young at Heart 55+ Monday on Monday, April 20, 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.
### Senior Dining Program – April Menu

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**Lunch Served at Noon.** For reservations call 518-459-2857 ext. 303

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**ALL MENUS ARE SUBJECT TO CHANGE. ALL LUNCHES INCLUDE SIDE DISHES AND DESSERT. LUNCH & LEARN, AND SPECIAL EVENTS RESERVATIONS REQUIRED, SUGGESTED CONTRIBUTION OF $3.**

**April 9 at noon** – Come learn about 98 Acres in Albany, the incredible true story of the Empire State Plaza and how it was built. Lunch will be a grilled chicken sandwich, potato salad, melon and rice pudding.

**April 14 at noon** - Learn how to guard yourself against identity theft and protect personal information with Citizens Bank. Lunch will be a stuffed pepper, mashed potatoes and mixed berries with vanilla pudding.

**April 22 at noon** – Join Christina Reith, New York State Archeologist, as she shares information about archaeological excavations conducted by the Cultural Resource Survey Program at the New York State Museum in the Adirondacks of New York. Lunch will be meat lasagna, Italian vegetables, fruit juice and Italian ice.

**April 28 at noon** – Come for a very important discussion and information about organizing your vital records with Jim Rulison, who spent 30 years in human resource management at New York State Parks. Lunch will be vegetable lasagna, green salad and mandarin oranges.

**Special Lunch – April 3 at noon**, Rick Bedrosian, performing classic rock from the 50s and 60s as well as Beatles songs, Irish music, and a whole lot more. Lunch will be shrimp scampi, asparagus, fruit cocktail and strawberry rhubarb pie.

**Special Dinner – April 20 at 5 p.m.**, Come for a special event with the Capital Area Flute Club. This is flute music like you’ve never heard it before! There will be classics, some modern songs and a sing-a-long. Dinner will be Bratwurst with onion gravy, German potato salad, carrots, fruit juice and carrot cake with cream cheese frosting.

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**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 April Menu, and Special Events.**

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**Town of Colonie Senior Resources Department**

**Plan for the Future**

When we are young, we plan for college, our careers, our first home, when we will have children. Planning for our future shouldn’t stop when we reach retirement age.

Take into consideration, your health, finances, and physical location. Talk to your physician, financial planner, local senior care providers, retirement, assisted living and skilled nursing homes; be an active participant in plans for your future.

Inquire about services that can be brought into the home, what is retirement living, how does it differ from assisted living or memory care, and when do you need a nursing home. Talk to an advisor, take a tour of these different types of communities, learn the admission process, who they will accept and when, discuss finances, and how long you can live in the particular place of choice. Initiate a conversation with your family or enlist the services of an elder law attorney who can help you define in writing what your wishes are for the future.

It is an emotional discussion, talking about inviting a stranger into your home to care for you or moving from the place you have called home for many years. It can be upsetting. However, managing a sudden medical or personal crisis can take away your choice to be involved in planning for the next chapter of your life. Often seniors are hospitalized for a fall or an illness with no opportunity to return home, and they are not afforded the opportunity to tour the community where they will live out the rest of their days, or worse, literally have no idea where they are going next!

The best advice I can give is to shop for your future. Your quality of life will be positively impacted by your informed choices.

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

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**Colonie Senior Citizens Club**

**Happy April to all. All April events have been canceled.**

Club meeting (Wednesday, April 1), Club ANNIVERSARY PARTY (APRIL 22), and Sherlock Holmes Returns at Hunterdon Hills Playhouse (April 23) are canceled.

The overnight trip on September 9 through September 11 at $455 pp/dbl is Island Hopping featuring Kelley Island and Put-In-Bay with a stop at Niagara Falls.

**Contacts:** Marjorie Raymond Membership 518-435-0906 Carolyn Chabot President 518-785-6315
Colonie Senior Service Centers, Inc.
6 Winners Circle
Albany, NY 12205

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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Coronavirus Disease (COVID-19) – How to Protect Yourself

Know How it Spreads
• There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
• The best way to prevent illness is to avoid being exposed to this virus.
• The virus is thought to spread mainly from person-to-person.
  – Between people who are in close contact with one another (within about 6 feet).
  – Through respiratory droplets produced when an infected person coughs or sneezes.
• These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Take steps to protect yourself
• Clean your hands often
• Avoid close contact

Take steps to protect others
• Stay home if you’re sick
• Cover coughs and sneezes
• Wear a facemask if you are sick
• Clean and disinfect

Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases