

## Progress through Partnerships

For almost forty years, Colonie Senior Service Centers has concentrated on the success of our programs and services and how they truly benefit older adults. Since mid-March, utilizing robust and creative resources, CSSC has continually ensured seniors throughout the community received the support they needed to stay safe and remembered. However, our organizational re-engineering was not done singlehandedly.

So, how did we do this? — By working together and working with others. There are so many in the community to thank and recognize for their willingness to setup and partner. We want to list those who were extraordinary in their efforts.

### Thank you to:

- **The Albany County Office for the Aging** for allowing and supporting the “Grab & Go” lunch initiative for five months (from mid-March until August 14). CSSC has delivered well over 33,000 meals in that time-frame;
- **Mazzone Hospitality** for partnering with us to plan, cook and assemble all those wonderful “Grab & Go” meals that benefited so many in the community;
- **The Regional Food Bank** for partnering with us to do monthly grocery drops to hundreds of senior households; totaling approximately 20,000 lbs. (10 tons) of fresh product and produce;
- **Price Chopper** for donating hundreds of reusable shopping bags for seniors as part of our grocery drop
- **BlueShield of Northeastern New York and the Town of Colonie Senior Resources Department** for assisting with our grocery drop in August and to **CDPHP** for their commitment to help drop in September;
- **The Community Foundation for the Greater Capital Region** and the **United Way of the Greater Capital Region** for all the monetary support through their joint Capital Region Community COVID-19 Response Fund. We have accomplished so much with your support;
- The organizers of **Freihofer’s Run for Women** who assisted us both through supporting the Community Foundation’s COVID Fund and electronically telling our story;
- **Humanities New York** for a Community Conversation Grant and to **Fardin Sanai**, Vice President for University Advancement and Executive Director of the University at Albany Foundation, for being our guest speaker;
- The incredibly talented **Chef Kyle MacPherson** and **Chef Joan Porambo** for assisting CSSC with our upcoming August 21 public pop-up, drive-through barbeque at BLC. We look forward to an incredible community event;
- High school students **Sara and John Mahoney** (children of George and Kathy Mahoney) who have volunteered weekly to help deliver both lunches and groceries;
- **Trish Mahoney, Karen Brown, Sue Moyle, Jerry Thompson, Linda Marowitz, Frank Fournier, and Yvonne Livingston** and all the beautiful individuals at The Beltrone Living Center, Sheehy Manor and King Thiel Senior Community, volunteers extraordinaire, who have never said “no” in assisting CSSC over the past several months;

CSSC is committed to partnering, especially now more than ever, during these unprecedented times. Thank you to all our fabulous partners. Honestly, we would need a book to thank everyone. Many hands really do make lighter work.



Deb Riitano,  
Commissioner of the  
Albany County  
Department for Aging



BlueShield  
of Northeastern New York



Town of Colonie Senior  
Resources Department



Fardin Sanai,  
Vice President for  
University Advancement  
and Executive Director  
of the University at  
Albany Foundation



Sara and  
John Mahoney



Trish Mahoney



## Message from the Executive Director



**For every season  
there is a reason.**

### Happy August!

As a kid, I loved August; swimming in the pool, trips to Monroe and Grafton State Parks, chasing the ice cream truck, hanging out with friends until the

street lights went on, getting ready for a new school year...

As an adult, the month represented when we, as a young family, would travel to Martha's Vineyard to grab some culture and soak up the surf and sun.

This year, it is so different. No one is going anywhere; no baseball, no large family gatherings, no Tanglewood, no summer theater, no summer concerts... there is truly a sense of loss. The other day, I heard someone say "grief postponed

is grief denied". This loss of normalcy is, in a way, grieving. Many of the seniors we interact with at CSSC tell us this. There is a true sense of loss and uncertainty.

So, although, we are not able to have "normal" typical summer, we still do have summer. Beautiful hot August with thunderstorms and muggy nights and time this year to appreciate it. For instance, living through this pandemic has me frequently calling/texting family members and friends just to check in, doing puzzles like they are going out of style, playing board games that sat unused for years, taking time to create a meal just for the enjoyment of it, swimming in the pool until I can only see the stars above and looking forward to going to the farmer's markets with a sincere renewed appreciation for local producers.

This pandemic will pass and hopefully, we will all be a little kinder, more patient and appreciative.

Please stay well. We are thinking of you.

Kindest regards,

— Diane Conroy-LaCivita

## CSSC Now Offering Beautiful Home Delivered Gift Baskets

Remember the special someone with a one-of-a-kind basket which will include local produce and products including honey, cheese and granola along with activity/coloring books, playing cards and other goodies.

CSSC is working with such local companies as Bee & Ewe Farm, R & G Cheesemakers and Our Daily Eats to design beautiful gift baskets that will impress the recipient as well as impress sender for their uniqueness and value. The wonderful thing about buying one of our baskets is you are also supporting local businesses, farmers and producers. The basket will be delivered directly to the person's home by CSSC staff.

Any occasion: birthdays, anniversaries and just to let someone know you are thinking of them. All price points.

Call for details, (518) 459-2857 ext. 305



Looking for something to do on a Friday night in August while supporting local farmers and producers? Join Chef Kyle MacPherson and Chef Joan Porambo, last year's Chefs in Motion Chef Competition Winners, on Friday, August 21 from 4 to 6 p.m. for a one-of-a-kind summer barbeque to benefit Colonie Senior Service Centers' Adult Day Program Bright Horizons.

The cost is \$13 per dinner and the menu will include: barbequed local chicken, roasted street corn salad, Allie B's famous macaroni & cheese (voted best mac and cheese in the area), and homemade berry crumble made with local fruit. (Yummy!)

Customers, all you will have to do is drive-thru the parking lot at The Beltrone Living Center, place your order and pick up! You will not have to leave the comfort of your car.

**Pre-ordering is strongly suggested.  
To place an order call (518) 459-2857 ext. 303.**



A Proud Story of Military Service

Rosemarie Conlon is an original resident to The Beltrone Living Center and has lived at BLC since March 2000. Born in Albany on May 22, 1925, Rosemarie was the oldest of four children. She explained that she had a sister who was two years younger, then a brother ten years younger and finally, a brother twenty years younger than her! Her father had served in the Army in Europe during WW I and was employed as a truck mechanic.

At the age of 20, Rosemarie joined The Women’s Army Corps (WAC) which was the women’s branch of the United States Army. She explained that “All the boys were joining the service, signing up. The guys could enlist at 17. I wasn’t allowed to join until the age of twenty and had to get my parents’ permission. My mother signed the papers.”

Although Rosemarie is very humble and commented she did not work for anyone famous, her military record is quite impressive. She was secretary to the Colonel at the Head of the Pacific Military Intelligence Research Section at Camp Ritchie, MD., the Pentagon and then in Washington, D.C. She worked with a unit of American, British and Japanese linguists translating, searching and prioritizing Japanese documents for secret military and cultural information to assist the war effort. She remembers how some of her fellow WACs really struggled wearing the flat Army shoes being so used to high heels. The women all lived in barracks. She reached the rank of Staff Sergeant.

Rosemarie served in WAC for approximately 18 months and returned to the Capital Region in 1946. That same year she married James Conlon and moved to Colonie where they subsequently raised five children (one girl and four boys).

When asked how she reflects on her military service 75 years later, she said, “For me, it was a wonderful experience. I enjoyed it. You just had to watch your P’s and Q’s.”

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



Rosemarie Conlon, as a WAC – Technician 4<sup>th</sup> Class, WWII (left).  
Rosemarie at the 2006 Beltrone Living Center Veterans Day luncheon (Above).  
Rosemarie, today with her WAC uniform (Right).



THE CENTER at CSSC RETURNS

The spring and summer were long months here at CSSC, with our art studio, activities room and dining rooms quiet and empty. The only consolation in cancelling all of our programming and keeping our buildings quiet was the reward of knowing that we were doing our very best to keep the seniors in our community safe. Now, as the threat of COVID is waning, we are beginning to very slowly and cautiously open The Center at CSSC. We’re so excited about hosting a Community Conversation (with a very special guest), a learn to knit class, a paper craft event and a few other select events. Everything we do will be done with your safety in mind. Even if you are not ready to come out of quarantine, we’d love to hear from you. So feel free to reach out and let us know what you’d like to see in our catalog next time. Just like you, we’re dreaming of a time when our building spaces are filled with activity.

Yours,  
Caroline Barrett, CSSC Lifelong Wellness Director  
518-459-2857, ext. 327



2020 Colonie Senior Spirit Award Nominations

Colonie Senior Service Centers, Inc. (CSSC) seeks nominations for the Colonie Senior Spirit Award through the end of August, for those who have made an outstanding contribution to seniors and their families in our community, based on the criteria categories of CSSC’s founders.

Nomination Criteria

- 1. Nominee(s) must be an outstanding individual or organization located in the Capital Region who provided seniors with support, services or have advocated on their behalf which results in seniors remaining independent and allowing them to age in place in the community which they choose.
- 2. Nominees must be nominated for one of the following criteria, that is based on the Founders of Colonie Senior Service Centers:

**a) Transportation Award**  
Presented to an individual or organization for their efforts to promote independence and

self-reliance for seniors by developing and expanding senior transportation options.

**b) Bright Horizons Award**  
Presented to an individual or organization for their commitment and achievement in providing and enhancing access to adult day services and caregiver support for seniors and their families.

**c) Senior Dining Award**  
Presented to an individual or organization for their dedication and efforts to help seniors maintain their health through good nutrition.

**d) Health & Wellness Award**  
Presented to an individual or organization for their commitment and dedication in developing opportunities for seniors to maintain and enhance their physical and intellectual talents.

**e) Senior Housing Award**  
Presented to an individual or organization for their vision and leadership in developing housing options for seniors.

**f) Building a Senior Community Award**  
Presented to an individual or organization for their efforts to identify and strengthen the existing network of services for seniors and their families.

3. A nominee cannot be self-nominated, they must be recommended by a nominator

4. Nominations should demonstrate the impact the nominee has had on individuals served or the efficiency of the organization in providing seniors with services and or support that meets their category criteria.

Nomination Process:

- 1. Those eligible for nomination include individuals, companies or organizations that have made an outstanding contribution to maturing seniors and their families in our community.
- 2. Nominators may submit a nomination for one applicable criteria per nominee.
- 3. CSSC reserves the right to combine and remove categories as it sees fit.
- 4. Nominations will be reviewed by representatives of the CSSC Board of Directors, staff and community partners who make up the Annual Founders Committee.
- 5. Application must be submitted by midnight on August 31, to be considered for the current year’s Colonie Senior Spirit Award.
- 6. Colonie Senior Spirit Awards will be presented this October to all winners.

Nomination forms are online at <https://colonieseniors.org/> or call Laurie Miedema at 518-459-2857, ext. 304.

Defensive Driving Class

Roger Dames, CSSC’s Driver Fitness Coordinator, will conduct a Defensive Driving class in August as follows:

**Thursday, August 20, 2020.**  
**Classes will be held from 9 a.m. to 3:30 p.m.**  
**at The Beltrone Living Center,**  
6 Winners Circle, Albany, NY.

**Temperature check before entering classroom and mask is required to attend.**  
Cost is \$25 per person, due before day of class.  
Lunch is available at an additional cost.  
To reserve your seat, call 518-459-2857, ext. 303.



Ready to be involved in your community?  
Volunteers needed for Tool Box Thrift Store

Store is located at 143 Troy-Schenectady Road  
Watervliet, NY 12189 (Hilltop Plaza)

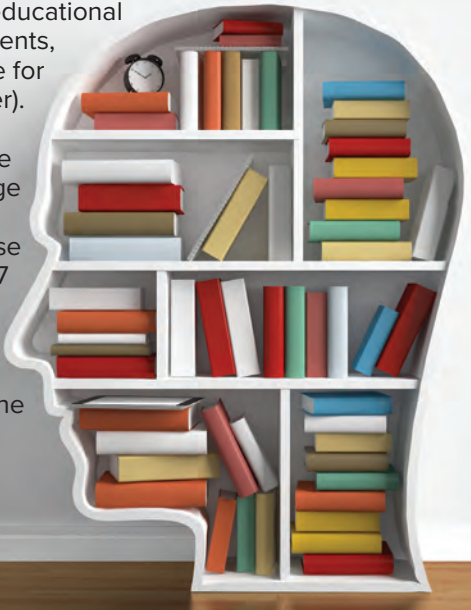
Contact Marisa Geraghty at 518-459-2857, ext. 308 or email [mgeraghty@colonieseniors.org](mailto:mgeraghty@colonieseniors.org) for more information



Bright Horizons Caregiver Lending Library

We are pleased to announce the opening of our Bright Horizons Caregiver Lending Library. Supported by the Community Impact Grant through the Community Foundation for the Greater Capital Region. The Bright Horizons Caregiver library is available to any community member who is caring for a loved one diagnosed with Alzheimer’s Disease, Dementia (various forms), Parkinson’s Disease, or post stroke symptoms. The Bright Horizons Caregiver Library contains inspirational stories, educational information, music for Alzheimer’s patients, and caregiver information (how to care for oneself while providing care to another). Books, Dvd’s, and CD’s will be mailed directly to you. Resources are available to borrow free of charge. Return postage provided with your order. If you would like to request a list of library items please contact Sue Napierski at 518-459-7967 or [snapierski@colonieseniors.org](mailto:snapierski@colonieseniors.org)

Due to COVID-19 all items will be cleaned and sanitized prior to leaving the lending library and upon return to the library. Please take advantage of this important support service.





## 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  
dconroylacivita@colonieseniors.org  
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### Administrative Operations and HR

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### Driver Fitness Center

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### Finance

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### Lifelong Wellness

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### RSVP and Volunteer Coordinator

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### Tool Box

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518-459-4758

### Transportation Services

Don Anderson, Director  
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To Schedule a Ride: 518-459-6064

### Umbrella of Colonie

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518-459-2857, ext. 311

### The Beltrone Living Center

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518-459-2711

### King Thiel Senior Community and Sheehy Manor

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King Thiel: 518-429-6292  
Sheehy Manor: 518-782-2350

### Media and Communications

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518-459-2857, ext. 337



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

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# Thank You!

Thank you to these individuals and organizations that have supported Colonie Senior Service Centers, Inc., and our work in supporting seniors and their families during these uncertain times.

- Diane Arbitrio
- Bee & Ewe Farms
- BlueShield of Northeastern New York
- Mary Brundige
- The Community Foundation for the Greater Capital Region
- Helen Duncan
- Marion Ferraro
- The Barry Alan Gold Memorial Fund
- Goldstein Auto Group
- Christina and Craig Homer
- Key Bank Foundation
- Carmel Meerman
- Marjorie Morelli
- Nexamp, Inc.
- Joseph Park
- Regional Food Bank of Northeastern New York
- United Way of the Greater Capital Region

## Save the Date!

## Golf Tournament is Rescheduled



## Monday, September 28, 2020 Schuyler Meadows Club

For more information visit  
[www.colonieseniors.org](http://www.colonieseniors.org) or contact  
Laurie Miedema, Development Director  
at Colonie Senior Service Centers for more  
information at 518-459-2857 ext. 304  
or at [Lmiedema@colonieseniors.org](mailto:Lmiedema@colonieseniors.org)