

Working Amongst Super Heroes

Most months, deciding what to put on the cover of "Senior Connections" is the subject of great discussions. The cover often features upcoming programs and annual events, as well as antidotal celebrations and anniversaries. This month the decision was much simpler.

As all of us know, we find ourselves in a surreal time, one of great angst and uncertainty, separation and seclusion. It is as if we are in a bad dream that we cannot seem to wake from.

As news broke that New York State would be shut down, all of us at Colonie Senior Service Centers (CSSC) realized that we could not walk away. Our business is to help seniors stay active, healthy and independent, enabling seniors to "age-in-place" in an age-friendly community. We deal in human commodity and we take that purpose very seriously.

Just taking our three buildings into account, The Beltrone Living Center, Sheehy Manor and King Thiel Senior Community, we own and operate 396 independent senior apartments with approximately 500 residents, not to mention all the seniors in the greater community who rely on us for transportation, adult day services, wellness activities, nutritious meals and assistance with home maintenance.

With the onset of COVID-19 in mid-March and after several subsequent government mandates, most of our normal programs are shuttered.

Per a tremendous "can-do" attitude, CSSC re-engineered itself overnight to meet the needs of seniors throughout the community. At the direction of the NYSOFA and ACOFA, we have been tasked with delivering hot meals to shut-ins; quarantined or self-quarantined seniors throughout the community under a new initiative entitled "Grab and Go." Currently, we have several teams made up of staff and volunteers who are delivering hundreds of delicious mid-day meals seven days a week, all prepared by the talented chefs of Mazzone's.

In addition, CSSC staff and volunteers are making hundreds of grocery and pharmacy runs for any senior who asks. We are making tens of thousands of reassurances phone calls to promote connectivity during quarantine. We want seniors to know we are thinking about them. CSSC Board President Russ Ward, who is a member of the Mendelssohn Club of Albany, along with his lovely wife Marjorie, are making singing birthday phone calls to seniors. The list goes on-and-on.

This is a moment of pride for Colonie Senior Service Centers. CSSC PROUD. When others played it safe, we had the courage to show up and we had the skill and professionalism to make a difference.

Until we meet again at community lunch or a class, please keep yourself well; and do not hesitate to reach out should you need our assistance.

Stay positive! We are here to support you!



Message from the Executive Director



'Tis the gift to be simple

In 1848, the Shakers wrote a beautiful 'a cappella' dancing song entitled "Simple Gifts." For the Shakers, the song was both a tutorial for dancing as well as an instruction for life; in essence, to live life simply and appreciatively.

The words to "Simple Gifts" go as follows:

'Tis the gift to be simple

'Tis the gift to be free

'Tis the gift to come down where we ought to be

And when we find ourselves in the place just right

It will be in the valley of love and delight

When true simplicity is gained

To bow and to bend, we will not be ashamed

To turn, turn, will be our delight

'Til by turning, turning, we come round right

At the time of my marriage in 1988, I was the Executive Director of the historic Watervliet Shaker site, "Wisdom's Valley", and I used "Simple Gifts" in my wedding ceremony.

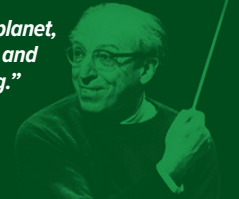
Now, in 1944, composer Aaron Copland took the melody of "Simple Gifts" and transformed it into a beautiful orchestral piece entitled "Appalachian Springs," which achieved widespread and enduring popularity as an orchestral suite.

Hearing either "Simple Gifts" or "Appalachian Springs" has always brought me enjoyment and comfort.



*"So long as the human spirit thrives on this planet,
music in some living form will accompany and
sustain it and give it expressive meaning."*

— Aaron Copland



In all the craziness of the COVID-19 pandemic, symphonies worldwide have been performing compositions via the internet on such apps as Zoom. And wouldn't you know it, the Toronto Symphony Orchestra has recently released an incredible YouTube video showing all the musicians individually but jointly performing "Appalachian Springs" from the safety of their own individual homes. Over the past several weeks, I have listened to that rendition every day in the car as I drive to work, seven days a week. During this time of uncertainty, that beautiful musical piece provides me strength and peace to carry on.

Please stay well.

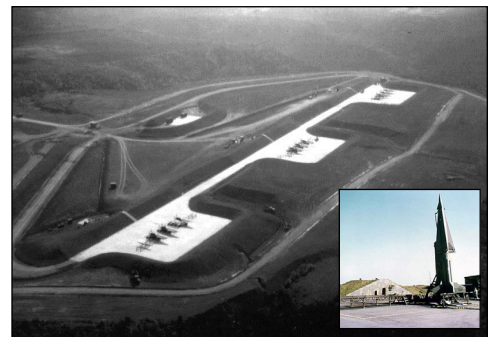
— Diane Conroy-LaCivita

A Proud Story of Military Service

William McCormick has been a resident of The Beltrone Living Center since October 2016. Born in Poughkeepsie in 1935, Bill grew up in the mid-Hudson region of New York State.

He was drafted into the U.S. Army in 1958 as a Private First Class and after basic training was stationed in Germany as a Supply Clerk. This was in the midst of the Cold War; and his work and exact location were kept confidential from his family.

Sixty years later, Bill is now able to share that the work at the time when he was stationed in Germany centered around the United States Army's Nike Ajax, the world's first operational surface-to-air missile (SAM), as well as the Nike Hercules Missile, a surface-to-air missile used by U.S. and NATO armed forces for medium- and high-altitude long-range air defense. Although all of this sounds



intriguing, Bill commented, "I just went to work each day, nothing really happened." . . .

From 1960 to 1962, Bill was in the reserves and was finally discharged in 1964.

After leaving the military, Bill married Sheila and they have been married for 56 years. He worked for GE Silicon in Waterford in construction marketing for

forty years while residing on Chateau Court in Loudonville. He commented that when he purchased his home of over fifty years back in 1956 the price tag was \$17,000, a big difference from today's housing prices.

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

Thank You, Thank You, Thank You . . . to all our Super Heroes

(the grocery shoppers, the food delivers, the mask-makers, the cleaners, the birthday singers, the organizers, the advisors, the good neighbors, the medical advisors...)

CSSC so appreciates all your efforts! We would not be able to do what we do without you!

Laurie Allen	Barb Dolan	BJ Hood	Yvonne Livingston	Colleen Severson
Paul Barrett	Ann Finnegan	Margarita Johnson	Marion Lord	Sarah Seyden
Fran Berghela	Janet Fisch	Sue Hazelton	Linda Marowitz	Theresa Soldani
Martha Bonaparte	Frank Fournier	Elizabeth Inverso	Connie Merriman	Carol Stafford
Sharon Bonaparte	Don Gauvreau	Eileen Jones-Shott	Bebe Morehead	Debbie Sterge
Jean Borys	Suzanne Gauvreau	Patty Fernandez-Smith	Stephanie Motta	Gail Terwilliger
Sandy Byron	Seamus Geraghty	Lois Kerr	Sue Moyle	Jerry Thompson
The Collar Family	Diane Gerdon	Joe LaCivita	Diane Murphy	Susan Trainor
Colleen Connelly	Nancy Gerstenberger	Louis LaCivita	Nancy O'Connor	Dr. Sri Tumuluri, MD
Jeanette Cyphers	Linda Gordiman	Pat Lane	Barb Oliver	Eleanor Tunny
Mary Ann Campbell	Ron Gusberti	Dottie LaVoie	Deb Rittano	Marjorie Ward
Faith DiMura	Ora Henkes	Kathy LeRoux	Beverly Russomano	Russ Ward

Love Letters

Dear Colonie Senior Center,

I wanted to take a moment to say, "Thank you."

The services and opportunities you offer to senior residents are always impressive, but right now- amidst the pandemic- your efforts are so much more.

My father died unexpectedly in autumn 2019, leaving my mother to cope on her own. She is in her late eighties and (now) living alone in her own house in Colonie.

I, of course, tried to prepare for the shutdown that I knew was coming as I- like everyone- watched Coronavirus sweep across the globe. There were remaining questions however: among these... how often and in what way would I manage a food supply for her?

And then... my mother called to say that Colonie Seniors would be delivering daily meals.

I really can't express the relief this brought me. To know that she has a steady flow of food lifts one of my greatest concerns.

So... Thank You. Thank you for making and delivering those meals which alleviates so many difficulties in an already difficult time. Thank you for stepping up and caring for our seniors (even more than usual.). Thank you for looking out for my mother.

Best regards and be well,

...from the
bottom of my heart

I am grateful for my lunches and also
am so thankful for you wonderful volunteers that
delivered lunch each day.
Your smile and voice is one I enjoy - thanks so much!

MANY THANKS!!
TO YOU ALL!!
GOD BLESS YOU ALL!!

You are doing a great
job!

Hello, Colonie Senior Services
Mareesa & Nancy.

Thank you so much
for taking such good
care of me and other
seniors.

Meals are tasty & the
Easter sweet treats and
Bunny picture brightens
Easter for me.

Blessings,

To ALL at CSSC:

Thank you for the lunch
deliveries. They are a
God-send when we cannot
get to the market.

It is even better when
it comes 7 days a week.
You guys (+gals) are really
going out of your way for us!

Thanks for notes & questions -
they make us go to our computers!
But in a fun way.

God bless you all.

Thank you
so much for
your thoughtful
& kindness
of delivering
meals to my
residence.
At this time
of crisis it is
very much
appreciated.

Dear David:
Thank you
so much for
the lunch
delivery.
The food is
delicious and
I am so thankful
to all those that
have made lunch
delivery possible.
God bless
all of you!

Colonie Senior Meals

Thanks for delivering those great meals.
We are fortunate to live in Colonie.



Spring Cleaning?

Contact Umbrella of Colonie.

Connecting senior homeowners
with reliable handy people who do
yard work, light carpentry, cleaning,
plumbing, and more, affordably.

Call 518-459-2857 ext. 311.



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

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

Know How it Spreads

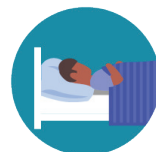
- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - 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.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.



Take steps to protect yourself and others



Clean your hands often



Stay home if you're sick



Wear a facemask



Avoid close contact
(Stay 6 feet apart)



Stay at home



Cover coughs & sneezes



Clean & disinfect