

Message from the Executive Director



Happy September!

I truly hope this issue of *Senior Connections* finds everyone well. Our beautiful fall season is just around the corner.

These days, even with the pandemic, life moves pretty quickly. I make time for work and other obligations and that is important, but I forget sometimes that life is not an obligation, it is an adventure. With all our routines, we often do not see each day as it comes with gifts and possibilities. Whatever happened to simple pleasures and spontaneous experiences? When did we lose the right to do something wonderful for ourselves or our community? We haven't.

As we enter the new season, I ask that each of us look around. Life is here and it is now. We should not let it slip away. Take time to appreciate your friends and the ability to learn something new. Be humble and appreciative. Step out of your routines and comfort zones. Allow yourself to learn, explore, and grow.

Here is a suggestion: CSSC is slowly opening up **THE CENTER** with many classes and activities offered as small group and virtual. We can teach you how to Zoom if you do not know how to (it is not that hard). Through **THE CENTER**, we have scheduled two virtual tours in September; one to the Normanskill Farm with Tom Gallagher and the second to

the Pruyn House with Tami Sherry. Additionally, I will be doing virtual cooking classes. All you have to do is tune in. All of these will be educational and fun!

Secondly, even with the pandemic, life moves pretty quickly. I make time for work and other obligations and that is important, but I forget sometimes that life is not an obligation, it is an adventure. With all our routines, we often do not see each day as it comes with gifts and possibilities. Whatever happened to simple pleasures and spontaneous experiences? When did we lose the right to do something wonderful for ourselves or our community? We haven't.

Let us try to make a mindful decision to live one day at a time. Live consciously.

"Time is a precious gift – so precious that it is only given to us moment by moment."

– Amelia Barr

Be well,
– Diane Conroy-LaCivita



Normanskill Farm



Pruyn House



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.

Directory
Executive Director
Diane Conroy-LaCivita
dconroylacivita@colonieseniors.org
518-459-2857, ext. 305

Administrative Operations and HR
Carol Ripley, Director
cripley@colonieseniors.org
518-459-2857, ext. 310

Bright Horizons
Susan Napierski, Director
snapierski@colonieseniors.org
518-459-2857, ext. 322
Colonie 518-459-7967
Latham 518-244-5206

Development
Laurie Miedema, Director
lmiedema@colonieseniors.org
518-459-2857, ext. 304

Driver Fitness Center
Roger Dames, Coordinator
rdames@colonieseniors.org
518-459-2857, ext. 326

Finance
Andrew C. Koenig, CPA, Director
akoenig@colonieseniors.org
518.459.2857, ext. 306

Lifelong Wellness
Caroline Barrett, Director
cbarrett@colonieseniors.org
518-459-2857, ext. 327

RSVP and Volunteer Coordinator
Marisa Geraghty, Director
mgeraghty@colonieseniors.org
518-459-2857, ext. 308

Tool Box
Leonard G. St. Gelais, Coordinator
lstgelais@colonieseniors.org
518-608-4758

Transportation Services
Don Anderson, Director
danderson@colonieseniors.org
518-459-2857, ext. 301
To Schedule a Ride: 518-459-6064

Umbrella of Colonie
Nicole Brammer, Coordinator
nbrammer@colonieseniors.org
518-459-2857, ext. 311

The Beltrone Living Center
Debbie McClune, Site Manager
dmclune@colonieseniors.org
518-459-2711

King Thiel Senior Community and Sheehy Manor
Aimee Richardson, Site Manager
arichardson@colonieseniors.org
King Thiel: 518-429-6292
Sheehy Manor: 518-782-2350

Media and Communications
Michael DiGiuseppe, Specialist
mdigiuseppe@colonieseniors.org
518-459-2857, ext. 337

NON-PROFIT
ORGANIZATION
U.S. Postage Paid
Albany, N.Y.
Permit No. 74



The Beltrone Golf Classic Goes On!

As we have been moving through the challenges of 2020 and strive for some sense of normalcy, many of us have been enjoying outdoor activities. That being said, Colonie Senior Service Centers is happy to be working with our partners to present the rescheduled 27th Annual Beltrone Golf Classic on Monday, September 28, at Schuyler Meadows Club in Loudonville. While other organizations have canceled their events, we are persevering due to the amazing support of our sponsors, our hardworking golf committee, local businesses who are generously making in-kind contributions to the tournament and our golfers. Everyone is looking forward to a beautiful day of golf while raising funds to support senior programming and services in our community.

This year's Beltrone Golf Classic will look a bit different. Due to social distancing, we will have a reduced number of golfers and will be teeing off at staggered times. There is no kick-off lunch gathering, no parade of golf carts driving off to their first hole for a shotgun start, nor a celebratory gathering over cocktails and dinner afterwards, but it still promises to be a great day of golf on a fabulous golf course.

A HUGE thank you to the Beltrone family for their continued support over the years, through the Salvatore R. and Anna E. Beltrone Family Foundation, as the Presenting Sponsor of the Beltrone Golf Classic. The support of our sponsors: BBL Construction; Citizens Bank; Herzog Law Firm; Twin Bridges Waste and Recycling; M&T Bank, Bouchey & Clarke Benefits, Inc.; Berkshire Bank; Haylor Freyer & Coon; Roemer Wallens Gold & Mineaux; CA Group; CAPCOM FCU; Luizzi Bros.; RF Peck; Brizzell Flowers and CDPHP is truly appreciated. They never questioned supporting this year's Beltrone Golf Classic, and recognize the vital programs and services CSSC provides to the community, especially in these times of vulnerability for seniors.

While this year's Beltrone Golf Classic promises to be unique and different, we are looking forward to discovering new ways to make future golf classics successful, when we have a full field of golfers and can celebrate together!

The Salvatore and Anna Beltrone Family Foundation



Unique Opportunity!

Are you looking for an apartment in a great location?
Do you have maintenance skills that you want to use?
Sheehy Manor, CSSC's independent living community for low to moderate income seniors, has a unique opportunity that might be just right for you.

For details, call Aimee at 518-429-6292.

Census Bureau Changes the 2020 Deadline to September 30, 2020

To complete the Census, go to
<https://my2020census.gov/>

Or call
1-844-330-2020.

Don't Forget to Vote

You can register to vote up until Wednesday, October 14, 2020.

You can make changes to your voter registration enrollment (party) or address up until Friday, October 9, 2020.

Early voting starts Saturday, October 24 and goes until Sunday, November 1, 2020.

Call Albany County Board of Elections if you have any questions, 518-487-5060.



A Proud Story of Military Service

Jerry Allen and his wife Janice are original residents of The Beltrone Living Center, moving in May of 2000. Born in Wendell, Idaho, on March 31, 1935, Jerry grew up in neighboring Jerome, Idaho. He was the oldest of seven children, four boys and three girls. He commented, “We were dirt-poor. You cannot even imagine. We were lucky to eat.”

After graduating from high school at the age of eighteen, Jerry decided to enlist in the U.S. Army stating, “I didn’t have anything to do (in Idaho) and somehow I needed to figure out how to get into school (college).” Once in the Army, he was sent to Fort Ord in California for Basic Training. Prior to his next assignment at Fort Lewis in Washington State, at the age of nineteen, Jerry married his high school sweetheart, Janice, who at the time was sixteen. At Fort Lewis, Jerry served as a mechanic for approximately two years. With eleven months left in his three-year enlistment, Jerry was transferred to Schwabach, Germany. He and his young wife traveled by boat. Upon arriving in Germany, the Army realized that Jerry was a good typist so instead of being a mechanic as per his training, he became the Battalion Clerk Typist for the Adjutant General. Jerry explained that he could not make one mistake with his typing. He commented, “If I made a mistake, even a single mistake, I had to rip the paper up and start again.” His last assignment in Germany was being in charge of the Motor Pool. He remarked, “It was great. I would travel all over Germany picking up parts for our trucks and Jeeps.” Jerry left the Army with the rank of Sergeant.

After being discharged from the Army, Jerry and his wife were sent to an Army fort in Brooklyn. While there, he wrote to General Electric inquiring about their College Apprentice Program that would require him to work forty hours per week and go to college at night. Initially, the man at GE who ran the program did not want to accept Jerry because he was lacking both geometry and trigonometry from his high school transcripts. At the age of twenty-one, Jerry decided to spend the next year at Mont Pleasant High School in Schenectady taking the two required courses. (He received A’s in both classes.) The same man who would not accept Jerry into the College Apprentice Program now told Jerry he did not want him because he was married. Jerry convinced him to give him a chance. Out of the twenty-one participants in the Program, Jerry was one of seven who finished, graduating second in his class. At this point, Jerry decided to resign from GE to obtain his undergraduate degree from Union College in Electrical Engineering. With his Bachelor’s Degree, he was hired back by GE subsequently working twenty-four years designing motors and generators. He would later work for Simmons Fastener Corp. and Southco in Colonie.

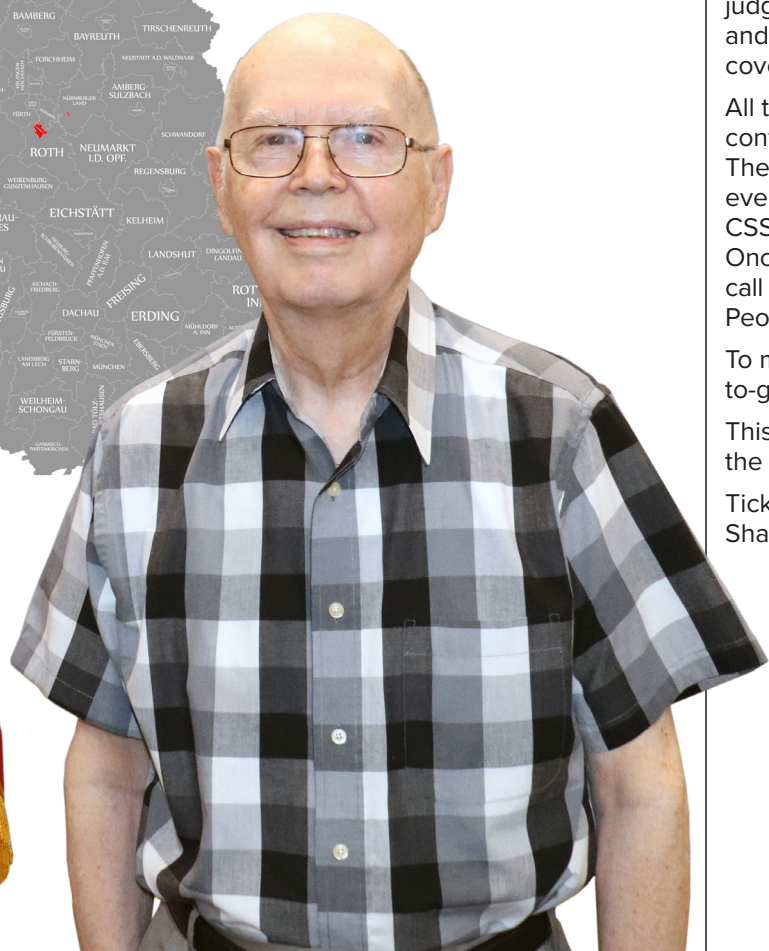
Jerry and Janice, now married for sixty-six years, are the proud parents of two boys. Jerry is in charge of the Pool Room at BLC and serves as the Treasurer of the Latham Senior Bowling League.

While reflecting on his military service, Jerry said, “I am glad I did it and I appreciated the opportunity. It served as a steppingstone to prepare my life and what was ahead of me.”

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



Jerry and Janice (Above).



Mark Your Calendar for Chefs in Motion

Monday, October 5, 2020, 4:30 p.m. – 6:00 p.m.

Please join CSSC as the area’s top culinary talent provides competitive entrées utilizing local bounty for our 2nd Annual Chefs in Motion. This year, with everyone’s safety in mind, the event is being held as a Drive-Thru Pop-Up. All participating chefs/restaurants will plate and present their creations to a panel of socially distanced distinguished judges inside The Beltrone Living Center, including Chef Yono Purnomo and Chef Harold Qualters. The judges will determine who will win the coveted Judges’ Choice Award.

All the participating chefs’ creations will also be packaged in to-go containers so that individuals from the community can drive through The Beltrone Living Center’s parking lot and receive hardy samples of every entrée entered. Attendees will never have to leave their car. CSSC staff and volunteers will bring the to-go bags to their vehicle. Once attendees have an opportunity to try all the entrees, we ask that they call or email us by 9 p.m. that evening so that we will be able to award the People’s Choice Award.

To make this incredible meal complete, dessert will be included in the to-go bag.

This is a meal that is not to be missed. In addition to fabulous local food, the event will support local culinary talent and area farmers.

Tickets are \$25. Pre-order only. To make a reservation, please call Sharon Herald at 518-459-2857, ext. 302.



SAVE THE DATES

Veteran’s Recognition Luncheon

Monday, November 9, 2020, 11:30 a.m. – 12:30 p.m.
This year our luncheon will be offered as a Drive-Thru Pop-Up
at The Beltrone Living Center.



Fall Craft Fair

Saturday, November 14, 2020, 9 a.m. – 1 p.m.
CSSC Fall Craft Fair at The Beltrone Living Center,
will take place outside under tents.

If interested in being a vendor, contact Sharon Herald
at 518-459-2857, ext. 302

Special Day for Seniors
Please join us on Thursday, September 17, 2020,
for No Senior Eats Alone Day.
Come to any of our three housing sites for a nutritious meal
and good company. Giveaways and fun included!
Call 518-459-2857, ext. 327 for reservations and information.



Don’t Forget CSSC’s Local Bounty Baskets

Looking at sending someone special something to wish them a Happy Birthday, a Happy Anniversary, or just to let them know you are thinking about them? Consider having CSSC deliver a Local Bounty Basket to that someone special. Free delivery up to ten miles.

Introduced in August, CSSC’s Local Bounty Baskets have been a great success thus far. These beautiful baskets, filled with a variety of local product and produce, benefit local producers and farmers as well as Colonie Senior Service Centers.

For additional information, please call Diane at 518-459-2857, ext. 305.

Defensive Driving Class

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

Tuesday, September 15, 2020

Tuesday, September 29, 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.



THE CENTER at CSSC

THE CENTER is open. It has been slow, and cautious, but we are open. In the month of August we hosted a few virtual events: yoga, a Community Conversation, and a cooking demonstration. We also had a few very small classes, held at The Beltrone. We continue with more small classes: we will host more virtual events, including a tour of the Normanskill Farm and the Pruyn House. We are also hosting our Happy Hour, a social event that brings people together for fun and new ideas. This month, we will gather in a small group to create beautiful fall bouquets.

THE CENTER will also host a cooking demonstration with Diane Conroy-LaCivita, a fall walking club, and we will continue to play cornhole on the lawn, as long as the weather allows. Watch the mail and your email for dates and times. We hope to see you! Call Caroline Barrett at 518-459-2857, ext. 327 for information, or email cbarrett@colonieseniors.org.

Gift Idea



Not sure what to get Mom or Dad for the holidays (or their birthday), consider a membership to Umbrella of Colonie. A membership to Umbrella will allow them to stay comfortably independent in their own home using our vetted handymen and women.

Call for details. 518-459-2857, ext.311.

