

Message from the Executive Director



Happy October!

"I'm so glad I live in a world where there are Octobers."

— L.M. Montgomery,
Anne of Green Gables

This month my husband and I will be meeting up with our three grown children and their partners to take a mini fall vacation to Martha's Vineyard in Massachusetts. For well over two decades, MV was our summer escape, our reprieve, with quaint harbor towns, historic lighthouses, sandy beaches and plenty of farmland.

In past years, we would immerse ourselves in the island-culture attending and participating in pretty much everything and anything offered: book readings, wine-tastings, cooking demonstrations, film debuts, community sings, live performances, architectural tours, nature walks, Native American Pow Wows, farming classes, fishing, swimming, kayaking and sailing. We met (or rubbed elbows with) such individuals as Walter Cronkite, Mike Wallace, Carly Simon, David McCullough, Spike Lee, Mary Steenburgen, Ted Danson and Livingston Taylor. We had sightings of Bill and Hillary Clinton, as well as O.J. Simpson. An island visit usually exposed and provided us with energy and insight to return to our normal lives with renewed enthusiasm.

This year, we felt it was best to visit off-season to avoid the crowds. As much as we seek normalcy, we realize these are challenging times and being responsible and safe is key, not only for ourselves but for others. This is also the approach we are taking at Colonie Senior Service Centers.

At our core, CSSC is a dedicated, non-profit landlord that also serves a key role in the community as a connection point for seniors, their families and broader services. We are committed to providing programs and services that meet people's needs in a responsible and professional manner, with safety as our number one priority.

Over the last two months, we are slowly and cautiously opening up programming, often modified as well as socially distanced, following government regulations and recommendations. Many events have become drive-thru and almost all programs are being offered virtually.

Bright Horizons Adult Day Services is now available via Zoom each week. Our Annual Founders' Day Luncheon at the end of October is being held virtually. Our annual Veterans Recognition Luncheon in November will be held as a drive-thru.

Check out **THE CENTER**. Many, many new courses, virtual tours and activities are being offered. CSSC Transportation is still available to take you shopping or to doctor appointments. Our congregate lunch sites are open including a special lunch once a month. There are volunteer opportunities available through RSVP. Tool Box is open Tuesday through Saturday from 10 a.m. to 2 p.m.

As we enter the final quarter of 2020, we look to the future in a positive light hoping our caution helps all of us to return to a sense of normalcy soon.

Be well,

— Diane Conroy-LaCivita

Early Voting

Saturday, October 24 - Sunday, November 1, 2020

Absentee ballot requests:

Ballot must be received at the Board of Elections by Tuesday, October 27, 2020

Election Day:

Tuesday, November 3, 2020

There are six Early Voting Sites in Albany County:

Albany County Board of Elections – 260 South Pearl St., Albany, NY 12202

Berne Volunteer Fire Company – 30 Canaday Hill Rd., Berne, NY 12023

Bethlehem Lutheran Church – 85 Elm Ave., Delmar, NY 12054

Pine Grove United Methodist Church – 1580 Central Ave., Albany, NY 12205

Boght Community Fire Department – 8 Preston Dr., Cohoes, NY 12047

Guiderland Fire Department - 2303 Western Ave., Guiderland, NY 12084

The hours are:

Saturday & Sunday: 9 a.m. – 2 p.m.

Monday & Wednesday: Noon – 8 p.m.

Tuesday, Thursday & Friday: 9 a.m. – 5 p.m.



On Monday, October 26, 2020, CSSC's Transportation Services will provide transportation to Pine Grove United Methodist Church for seniors needing a ride to an early voting site. Call 518-459-6064 to schedule a ride.



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
dmccune@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

Veterans Recognition Luncheon to Be Held as a Drive-Thru

On Monday, November 9 from 11:30 a.m. to 12:30 p.m., CSSC is proud to recognize all veterans at our annual Veterans Recognition Luncheon. With everyone's safety in mind, this year the event will be held as a drive-thru at The Beltrone Living Center, 6 Winners Circle, Albany. All veterans are invited to take part (at no charge) and to bring a guest. Members of Joseph E. Zaloga Post 1520 and Albany High School's JROTC program will be assisting with festivities and lunch distribution.

Attendees will be asked to stay in the cars and a hot to-go lunch will be brought directly to your vehicle.

To make a reservation, please contact Sarah at 518-459-2857 ext. 303 by 12:00 noon on Friday, November 6. We want to thank our sponsors, BlueShield of NENY, Humana and SEFCU.



BlueShield of Northeastern New York

Humana



Best of the Capital Region

We are proud to announce that CSSC's The Beltrone Living Center is in the top five of the Times Union's list of Best Senior Living Facilities for 2020.

Times Union Best of Senior Living Facility – 2020

- Eddy Senior Living Communities
- Kingsway Community
- The Beltrone Living Center
- Daughters of Sarah Senior Community
- Coburg Village
- Baptist Health Nursing and Rehabilitation Center

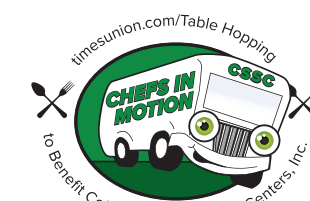


Your path to

Things that Matter: Safety is CSSC's number one



Last Call for Chefs in Motion Tickets



Chefs in Motion, an annual fundraiser with proceeds going to underwrite Colonie Senior Service Centers' Transportation program, will be held this year on Monday, October 5, with a takeout format. Patrons, who must register and pay in advance, will drive through the parking lot of The Beltrone Living Center at 6 Winners Circle in Albany between 4:30 p.m. to 6 p.m. to receive hardy samples of each entrée entered by the nine competing local chefs. Dessert(s) will be included in the to-go bags as well. By 9 p.m. that evening, patrons will be asked to vote online or by phone for their favorite entrée in order to determine the "People's Choice Award." NYS Ag. & Markets

Commissioner Richard Ball, Chef Yono Purnomo and Chef Harold Qualters will be on site to judge for the "Judges' Choice Award."

Participating Chefs/Restaurants include:

Kizzie Williams – Allie B's
Matt DeFazio – DeFazio's Pizzeria
Joan Porambo and Kyle MacPherson – Field Notes
Amy Ellis – Honest Weight Food Co-op
Jon Mattone and Christine – Mazzone Hospitality

Mike Nicolli – Navona
Howard Glassman – Nighthawks Restaurant and Bar
Brayden Bennison and Rae Gray – Prime Business Dining
Rob Carmel – Rollin' Smoke

Tickets cost \$25 per person and are available by calling 518-459-2857 ext. 302.



A Proud Story of Military Service

Don and Bette Marsh have lived at The Beltrone Living Center since May 2018, moving up from Myrtle Beach, North Carolina. Born in Albany on February 21, 1937, Don grew up on Watervliet Avenue in Albany, the younger of two boys. He attended Vincentian Institute (VI) and at the age of seventeen, he and a neighbor decided to enlist in the Marines. When asked why he chose that particular branch, Don responded, "I wanted the best."

Don was a career Marine serving twenty-eight years taking him to many places and receiving him a final ranking of Sergeant Major.

For basic training, Don was sent to Paris Island, South Carolina, for twelve weeks then on to Camp Pendleton, California, for cold weather training. Don was then sent to Pusan, Korea, and then up to the 38th parallel. By this time, the Korean Armistice Agreement had been signed and the U.S. was in the midst of trying to pull out. Don explained, "We were sent there to mop-up, put kids in body bags and stack them up. At the age of seventeen, you don't expect that. We had to drive vehicles into the ocean, Jeeps, tanks and everything else. We, more or less, were one camp (all the military branches) with different assignments. Ours was preparing to come back to the U.S. — they were still shooting at us." Don spent eight months in Korea, six months of which were at the 38th parallel.

Don received orders to come back to the states, more specifically, Washington, D.C. Not wanting to stay in Washington, he put in for a transfer, which brought him to the Naval Depot Station Earle in Red Bank, New Jersey, where he stayed for six years. He served as security, running the front gates and patrolling the ammunition depot. In reflecting on this time in his military career, Don said, "I loved it. I was

stationed close to home and the work was interesting. Trucks were being unloaded with all types of ammo and I would escort tractor-trailers off base." From New Jersey, Don went on to Fort Benning, Georgia, for jump school. Don commented, "That was great. I always wanted to jump out of airplanes." He described how he would rise at 3 a.m. in order to complete a six-mile run before going to class. They did practice jumping the first three weeks and then did the real thing. Don remembers "The first couple of times I was off course." He made thirty-seven jumps with a majority of them wonderfully executed.

Don finished his military career at Marine Corps Base Quantico in Triangle, Virginia, where he taught officers infantry tactics. The base covers nearly 55,148 acres (86,169 square miles) and is called the "Crossroads of the Marine Corps."

When asked to reflect on his military career, Don responded, "I loved it. Once a Marine, always a Marine. It is a good opportunity for a young person."

In his spare time, Don enjoys golf and is a sixty-year active member of the Marine Corps League. He is the father of five children, four daughters and one son.

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



New Opportunities to Shop at Tool Box

Anyone needing to pick up some used tools (and many other interesting items!) at the Tool Box can now do so on Tuesdays since the extra day of the week was added to the shop's days of operation a few months ago. Not only have we added a new day of the week to Tool Box's days of operation, we have added new volunteers as well.

Tool Box has a great selection of used tools, for both home repairs and yardwork, as well as many other items people in the community donate for us to sell. The inventory available for sale is constantly being added to, so if something you need is not there on one day, it very well may be there the next. It is a great place to save money if you need some tools, and the sales benefit CSSC's Umbrella program that helps seniors in the Town of Colonie with minor home repairs and maintenance.

Tool Box is open Tuesday through Saturday from 10 a.m. to 2 p.m. and is located at 143 Troy-Schenectady Road in Watervliet, in the Hill Top Plaza. Donations of items are taken on Wednesday through Saturday, and you can call them at 518-608-4758 with questions.



Bright Horizons Virtual Program

Bright Horizons Adult Day Social Program is in the process of going VIRTUAL! Our members have been out of program since March 16, 2020. A social distancing visit in May and telephone reassurance calls have allowed us to stay in touch with our members and their caregivers. We felt we needed to do more so we are coordinating with the assistance of two SUNY student volunteers and our Media and Communications Department to put together a virtual program.

This program will include music therapy, exercise, giant crossword puzzles, memory games, word games, arts and crafts, discussion groups, cooking demonstrations, and more. Activities will vary based on the interests of the participants. We will be reaching out to individuals on our waiting list to participate in the virtual program as well.

If you would like additional information about Colonie Senior Service Centers' Bright Horizons Program, or if you would like your loved one added to our waiting list for participation in our virtual program, please contact Sue Napierski at 518-459-7967 or snapierski@colonieseniors.org.



Sue Napierski, Bright Horizons Director (Left) and Sarah Perkins, Bright Horizons Site Manager (right).

Defensive Driving Classes at The Beltrone Living Center

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

Thursday, October 8, 2020

Tuesday, October 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. Cost is \$25 per person, due before day of class. To reserve your seat, call 518-459-2857, ext. 303.



THE CENTER at CSSC

THE CENTER is slowly and very cautiously reopening. We are offering limited events this fall, including virtual tours and cooking classes with Diane (and choose to have your ingredients delivered, if you like). Offerings also include an in-person walking club and art and craft classes. For any information about THE CENTER, please call Caroline Barrett, Lifelong Wellness Director at 518-459-2857 ext. 327 or email cbarrett@colonieseniors.org.

CSSC is offering in-person and take out lunches at all three of our buildings. In-person dining is limited to three people per table and masks are required when not eating. October menus include chicken cordon bleu, eggplant Parmesan, stuffed peppers and salmon cakes. Please refer to our website for menu details and events. For reservations and information, call 518-459-2857 ext. 303.

2020 Founders' Celebration Goes Virtual

Thursday, October 29, at Noon on Facebook Live!

Join us on the Colonie Senior Service Centers' Facebook page, as we go Live in announcing, honoring and celebrating the 2020 Colonie Senior Spirit Award Winners! During this challenging year, we realize the importance of recognizing our business and community leaders for their continued contribution to the local senior community, as they honor the values and community spirit of the Founders of CSSC.

We would be privileged to have you share in our celebration of these special individuals and businesses that have made a significant and positive impact on the lives of seniors and their families.

Thank you to our generous sponsors:



We are proud to announce the 2020 Colonie Senior Spirit Awardee Winners

The Fred G. Field Transportation Colonie Senior Spirit Awardee

Presented to an individual or organization for their efforts to promote independence and self-reliance for seniors by developing and expanding senior transportation options.

Carrie Ward, of the Capital District Transportation Committee

The Ann Marie Sheehy Bright Horizons Colonie Senior Spirit Awardee

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.

Al Wolf

The Joseph R. Simon Senior Housing Colonie Senior Spirit Awardee

Presented to an individual or organization for their vision and leadership in developing housing options for seniors.

Andrea Crisafulli and Crisafulli Bros.

Jan Susan Medved Senior Dining Colonie Senior Spirit Awardee

Presented to an individual or organization for their dedication and efforts to help seniors maintain their health through good nutrition.

Deb Riitano, Commissioner of Albany County Department for Aging

The Marion T. Lamar Health & Wellness Colonie Senior Spirit Awardee

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.

Regional Food Bank of Northeastern New York

The Mary E. Brizzell Building a Senior Community Colonie Senior Spirit Awardee

Presented to an individual or organization for their efforts to identify and strengthen the existing network of services for seniors and their families.

Richard E. Rowlands, Esq., of Rowland, LeBrou & Greismer PPLC