

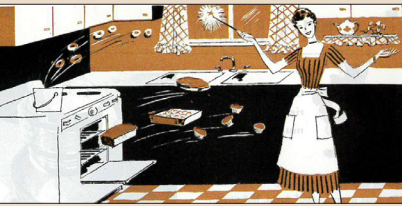
Message from the Executive Director



Happy January – Happy New Year!

The Joy of Baking. I truly enjoy baking, both savory and sweet, the wonderful smells of vanilla, citrus, rose water, garlic and yeast. Whether it is bread or cakes, the internal process of radiant heat and evaporating liquid to create wonderful homemade items brings such joy and tasty rewards. I consider baking a form of science, in essence chemistry, where ingredients and flavors can often be experimented with and tweaked.

We stayed in locations with no electricity or indoor plumbing and had an absolute blast. Beyond the adventure, Jane knows good food and how to create it. She is a wonderful cook as well as a baker.



Working side-by-side with her in our Cohoes bakeshop for ten years, my appreciation of creating and experimenting in the kitchen grew. After she decided to retire and subsequently move to Florida, I lost the joy in baking. That is, until fairly recently.

For Thanksgiving, CSSC offered a Pie/Cake Sale, and in December, we offered a cookie platter with six delicious varieties. Additionally, we began baking hundreds of New York State shaped shortbread cookies to place in our Local Bounty Baskets. Many CSSC staff have assisted with all this baking and what I realized, it was a joy to do. Although we had a ton to create, we had fun with lots of giggling and laughter. I cannot think of a better remedy to keep happy and content during these uncertain times than creating in the kitchen.

Be well,  
–Diane Conroy-LaCivita

THE CENTER at CSSC

Happy New Year! Everyone at THE CENTER is feeling hopeful and excited about 2021. In the interest of public safety, we are holding all of our in-person events socially distant. When possible, events will be held virtually, via Zoom. This is only a sample of what we are offering in our January, February and March catalog. For a full listing, please visit [www.colonieseniors.org](http://www.colonieseniors.org), email [cbarrett@colonieseniors.org](mailto:cbarrett@colonieseniors.org), or call 518-459-2857, ext. 327.

**Happy Hour – A free, monthly in-person event for members only**  
Wednesday, January 13, at 1 p.m., transform ordinary, plain clothespins into sparkly works of art!

**Zoom Cooking Demonstrations with Diane – Free for members. Ingredients bag delivery for \$10**  
Join Diane Conroy-LaCivita while she creates delicious and exciting foods. She will share her kitchen knowledge and a few great cooking tips. In these Zoom classes, you will be guided through a variety of creative dishes, both savory and sweet. Choose to have ingredients delivered and cook along with Diane, or just watch. You will learn something new either way!  
Tuesday, January 19, at 1 p.m. – Citrus Salad with Fennel  
Tuesday, February 9, at 11 a.m. – Chocolate Breakfast Cookies  
Tuesday, March 16, at 11 a.m. – Classic Irish Soda Bread

**Zoom Empire State Plaza Concourse Art Tour – Free for members**  
Art historians have called the Empire State Plaza Art Collection “the greatest collection of modern American art in any single public site that is not a museum.” The Collection was formed

under the direction of Governor Nelson A. Rockefeller during construction of the Empire State Plaza (1966–1978). Join us for a virtual event, touring the incredible works of art found on the Concourse at the Empire State Plaza.  
Friday, January 29 at 10 a.m.

**Walking Club – Free for members**  
Starts Tuesday, January 5, at 10:15 a.m.

Join us every Tuesday to walk in the warm and dry comfort of Tai Chi to quiet the mind, build muscle, improve balance and increase stamina. The class will be taught via Zoom with Sabine Seiler. Sabine is a writer and educator and has been sharing her knowledge of Tai Chi for many years.

**Zoom Tai Chi - \$30 for members/\$40 for not-yet-members**  
6 weeks starting Friday, January 22, at 1 p.m.

The world is stressful right now. Learn the ancient practice of Tai Chi to quiet the mind, build muscle, improve balance and increase stamina. The class will be taught via Zoom with Sabine Seiler. Sabine is a writer and educator and has been sharing her knowledge of Tai Chi for many years.

**Zoom Instruction – Free for members**  
By appointment

Meet with our staff for a one-on-one session on how to use Zoom. We will give you a quick overview and show you how to use this valuable tool to take classes and stay connected to friends and family.



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](mailto:dconroylacivita@colonieseniors.org)  
518-459-2857, ext. 305

**Administrative Operations and HR**  
Carol Ripley, Director  
[cripley@colonieseniors.org](mailto:cripley@colonieseniors.org)  
518-459-2857, ext. 310

**Bright Horizons**  
Susan Napierski, Director  
[snapierski@colonieseniors.org](mailto:snapierski@colonieseniors.org)  
518-459-2857, ext. 322  
Colonie 518-459-7967

**Development**  
Laurie Miedema, Director  
[lmiedema@colonieseniors.org](mailto:lmiedema@colonieseniors.org)  
518-459-2857, ext. 304

**Driver Fitness Center**  
Roger Dames, Coordinator  
[rdames@colonieseniors.org](mailto:rdames@colonieseniors.org)  
518-459-2857, ext. 326

**Finance**  
Andrew C. Koenig, CPA, Director  
[akoenig@colonieseniors.org](mailto:akoenig@colonieseniors.org)  
518.459.2857, ext. 306

**Lifelong Wellness**  
Caroline Barrett, Director  
[cbarrett@colonieseniors.org](mailto:cbarrett@colonieseniors.org)  
518-459-2857, ext. 327

**RSVP and Volunteer Coordinator**  
Marisa Geraghty, Director  
[mgeraghty@colonieseniors.org](mailto:mgeraghty@colonieseniors.org)  
518-459-2857, ext. 308

**Tool Box**  
Leonard G. St. Gelais, Coordinator  
[lstgelais@colonieseniors.org](mailto:lstgelais@colonieseniors.org)  
518-608-4758

**Transportation Services**  
Don Anderson, Director  
[danderson@colonieseniors.org](mailto:danderson@colonieseniors.org)  
518-459-2857, ext. 301  
To Schedule a Ride: 518-459-6064

**Umbrella of Colonie**  
Nicole Pickett, Coordinator  
[nbrammer@colonieseniors.org](mailto:nbrammer@colonieseniors.org)  
518-459-2857, ext. 311

**The Beltrone Living Center**  
Debbie McClune, Site Manager  
[dmclune@colonieseniors.org](mailto:dmclune@colonieseniors.org)  
518-459-2711

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

**Media and Communications**  
Michael DiGiuseppe, Specialist  
[mdigiuseppe@colonieseniors.org](mailto:mdigiuseppe@colonieseniors.org)  
518-459-2857, ext. 337

Save the Date

Warmth of Winter

Helping Seniors Keep the Heat On!

Wolferts Roost Country Club VIRTUALLY

Thursday, February 25, 2021, at 6 p.m.  
Please call 518-459-2857 ext. 304 or email [lmiedema@colonieseniors.org](mailto:lmiedema@colonieseniors.org) for more information.

Community Lunch at CSSC

Our dining room is open Monday through Friday for take-out lunch only at The Beltrone Living Center. Pick-up is from 11:30 a.m. to noon at The Beltrone Living Center. Please join us for a nutritious and delicious meal, for a suggested donation of \$3. Registration and reservations are required. Please call 518-4549-2857, ext. 327 for a menu and information.

Thank You to All Who Voted for Us!

We were one of ten not-for-profits that will share the \$100,000 giveaway prize (\$10,000 in advertising revenue).



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Happy New Year!

Our plans for New Year's 2021 were much different than what they used to be; you probably traded in a New Year's gathering for more time on the couch in front of your television. Your New Year's resolution may look different too.

New Year's resolutions are a testimony to an unrelenting desire to do better, to be happier, healthier, wiser, more content. Many of us wish for improvements for positive change for ourselves and others. Diets and workouts are on the list, but so is happiness and peace, understanding and love.

CSSC asked a variety of individuals involved with the organization what was their 2021 resolution. These were their responses:



**Blanch Kenney, BLC Manager, Mazzone Hospitality**  
“To work hard and be nice.”



**Paula Mahan, Town of Colonie Supervisor**  
“My New Year's resolution is to do my best to ensure the year 2021 will be a year of hope, health and happiness for the residents of the Town of Colonie.”



**Harold Qualters, Chef and Culinary Judge**  
“Connecting deeply with loved family and extended family (dear friends) members and deepening my faith in loving my neighbor, a continuing call of my life's journey.”



**Don Anderson, Transportation Director for CSSC**  
“Shortly after the first of the year, I will be going from full time employment to part time. My New Year's resolution is to dedicate more time to my family and home.”



**Russ Ward, CSSC's Past Board President**  
“I wish for good health, good sense and civility to take us safely to the other side.”



**Marjorie Ward, Artist and Community Volunteer**  
“Happy, safe and healthy families. Children back in school. Parties with family, friends and lots of hugs and good food.”



**Tami Sherri, Pruyn House Manager**  
“Breathe and be patient.”



**Elizabeth Stack, Executive Director, Irish American Heritage Museum**  
“In 2021, I hope we will have a loving and peaceful year and that we can get a grip on COVID-19 so families can be together safely again.”



**Chris Martin, Vendor, Northeast Network Solutions**  
“My hope for 2021 is a successfully implemented COVID vaccine and a great SPAC season in 2021!”



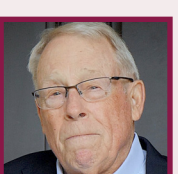
**Caroline Barrett, CSSC Lifelong Wellness Director**  
“In 2021, I am going to see as much live music as I possibly can.”



**Laurie Miedema, CSSC Development Director**  
“My resolution is to slow down and enjoy my time with family, friends and colleagues.”



**Donald Matthews, Assistant Manager, Mazzone Hospitality**  
“To get rid of my nineteen pounds of COVID.”



**Rick Rowlands, CSSC Counsel**  
“Normalcy that the vaccines get distributed quickly and we get out of this mess.”



**Santa Claus (aka Scott Seymour, CSSC Accounting Assistant)**  
“To lay off the cookies and eat healthier.”



**Joe LaCivita, City of Watervliet Manager**  
“Restoration of positive leadership at all levels to guide us through and out of these crazy times and back to normalcy and humility.”

All of us at Colonie Senior Service Centers wish you a happy and healthy 2021. May 2021 be kind to us.



Let’s Have a Conversation

For countless generations, women have been told that once they retire, their opportunity for greatness has passed. The resilience and courage demonstrated by women, especially the ever-growing population of older women, is exciting to observe.

With generous support from Humanities New York, CSSC will be sponsoring a wonderful program throughout 2021 entitled “Let’s Have a Conversation.” We will be challenging notions of what is meant to be “over-the-hill.” We will introduce local women who discovered hidden passions and talents later in life or hit the exciting and fruitful time in their careers as older women.

This initiative will be presented virtually in the beginning of the year, starting in February, and we hope to make it an in-person lecture series with possible field trips as 2021 progresses. STAY TUNED.

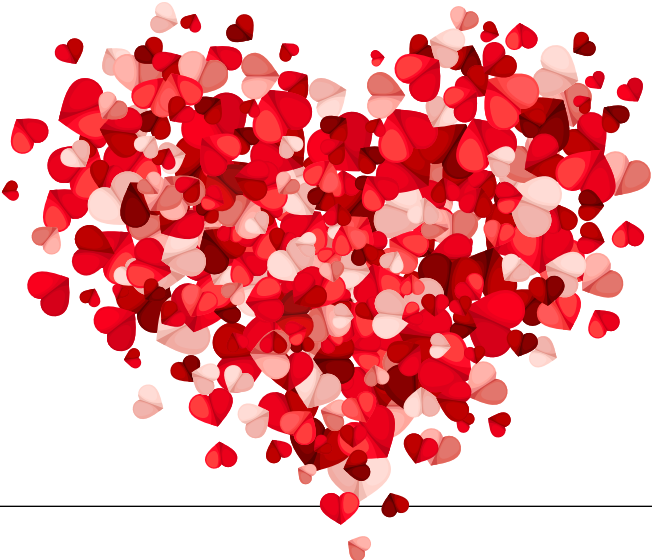
Remember that Special Someone for Valentine’s Day

Roman Emperor Claudius II (May 10, 214 – January 270) had banned marriage because he thought married men were bad soldiers. Valentine felt this was unfair, so he broke the rules and arranged marriages in secret. When Claudius found out, Valentine was thrown in jail and sentenced to death. There, he fell in love with the jailer’s daughter and when he was taken to be killed on February 14, he sent her a love letter signed “from your Valentine.”

Celebrating Valentine’s Day is a very old tradition, thought to have originated from a Roman festival. The Romans had a festival called Lupercalia in the middle of February; officially the start of their springtime. It is thought that as part of the celebrations, boys drew names of girls from a box. They would be boyfriend and girlfriend during the festival and sometimes they would get married.

Later on, the church wanted to turn this festival into a Christian celebration and decided to use it to remember St. Valentine too. Gradually, the St. Valentine’s name started to be used by people to express their feelings to those they loved.

Allow CSSC to help you remember that special someone. Our Local Bounty Valentine’s Day Basket will contain such items as local fruit, jams, honey, sweet treats and, of course, chocolate. We will deliver your basket up to ten miles free of charge. To place your order please call 518-459-2857, ext. 305.



1981 — 2021



ANNIVERSARY

2021 – A Milestone Year for CSSC

Forty years of existence,  
A Ruby Anniversary.  
What a time to celebrate  
All that in life we have shared  
Since the time we first began.  
Without a doubt,  
the years have flown;  
All the lovely memories.  
With many thoughts of gratitude  
As the future years unfold,  
Allow us to be part of your life.

Defensive Driving Classes

at The Beltrone Living Center



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

Tuesday, January 12, 2021  
Saturday, January 23, 2021

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.

We are grateful to those who supported the 2020 Year End Annual Fund. Your donations make a difference to seniors and their families. as of December 7, 2020

Anonymous	Christine Couchman	HMS Agency, Inc.	Frances Maurel	Josephine Rillo
Ethel Abdelnour	Sr. Celine Courtney	Judyth Hoblock	Margaret Mayer	Carol Ripley
Elizabeth A. Ackerman	Barbara Crosby	Dr. Richard Holub and Neurological Associates of Albany	Mary McDonnell	Laura Robertson
Adirondack Pest Control, Inc.	Elena M. D’Aprile	Humphrey Memorials, Inc.	Judith McDonough	Bruce and Linda Rosenthal
Gloria Agresta	Tessie Deffigos	Worth and Eleanor Isenhart	Rosemary McGowan	Carol G. Rosenthal
Albany Auto Group	Lily Delphey	Sally Jack	Robert McGrath	Maureen Sagure
Helga Apkarian	Pierre & Roberta Demers	Melissa Jeffers	Christina W. Meier, Esq.	Donna Salamida
André and Anne Assalian	Carole and R. Wayne Diesel	Neil Johanning	John F. Merola	Lenore Sauer
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James G. Brennan	Charles Flanagan	William C. King	Steve Muth	Janice Terry
Bill and Mary Brizzell	Wesley and Nancy Frank	Vincent F. Krantz	Edward Neary	Rose Tomaszewski
Elizabeth H. Brown	Kevin and Kerry Franklin	Bernard & Barbara LaGrave	Joann Nolan	Eleanor Tunny
William and Tina Brunell	Richard Friedman and Suzanne Perry	Henrietta M. Larson	Kathleen O’Brien	Peter and Kathleen Tunny
Donald Burkett	Mark and Janice Garzia	Eleanor Laviolette	Nancy O’Connor	Frances E. Underdue
Cindy and Bill Callahan	Marion C. Gerace	Jim and Kristin LeBrou	Barb Oliver	Ivan and Maria Vamos
MaryAnn Campbell	James Germaine	Paul and Diane Leonard	Joseph Orsini	Patricia Vautrin
Stephen D. Caruso	Mary N. Goss	Travis H. D. Lewin	Al Palladino	Russell and Marjorie Ward
Mildred Cerone	Christopher and Shirley Greagan	Sharon D. Lipton	Patricia J. Palmer	Joseph Weitzman
Robert and June Clingerman	Anna Guerro	Janice K. Livingston	Christine Paradise	Ellen Werner
Mary Colello	Suzann Halstuch	Nancy Lovett	Margaret A. Pelegrin	John Weyland
Colonie Mechanical Contractors, Inc.	Rosemary R. Hand	Myrna C. Lyons	Ruth E. Pelton	Edward Wilkes
Mary Anne Conley	Roberta Hardt	Trish and Patrick Maloney	Cindy Pettit	Joan Ziarno
Diane Conroy-LaCivita and Joe LaCivita	Dale M. Hartman	Anthony and Susan Mantello	Evelyn M. Prime	
Louise Cosmer	Hilltop Plaza and the Mahserjian Family	Rosalie and Irwin Margolis	Elizabeth A. Raczkowski	
Kevin and Ann-Marie Costello		Don and Bette Marsh	Bill and Elinda Rau	
			Nancy Rexford and Marlin Pierce	



Remembering World War II

To say that hard work and devotion to one’s family is the key to a long, healthy and happy life may sound like a cliché, but for long-time, beloved, Sheehy Manor resident Lou Dobek, these are words to live by. Lou should know for he has lived by them for more than one hundred and one years.

Born in the South End of Albany to Polish immigrant parents, Lou grew to manhood during the Great Depression. As a young man, he went to work at a local meat market. When not making deliveries to customers or performing a myriad of other tasks, Lou learned to be a meat cutter, a trade he would follow through his entire working career. Unlike many of his contemporaries, Lou shunned alcohol and tobacco. His one “vice” was the twenty-five to thirty cups of hot coffee he drank each day while working in cold meat lockers.

When World War II came to America in 1941, Lou heard about the Japanese attack on Pearl Harbor from passers-by at the corner of State and Pearl Streets in downtown Albany. Lou remembers people screaming in the streets when they learned about the horrendous attack on America. Shortly after the attack on Pearl Harbor, Lou’s three brothers joined the Army, but

Lou was rejected (twice) for medical reasons. While disappointed, Lou’s brothers convinced him that someone needed to stay at home to “take care of the girls!”

Lou remembers the impact that World War II had on the local citizens of Albany, especially the food shortages. Meat, sugar and butter were in short supply and had to be purchased using red and blue stamps, which were provided by the government. The stamps had to last the entire month so people had to ration their consumption of the foods so that they did not run out before the end of the month. Many of us have seen pictures of people standing in long lines waiting for supplies during the war, but Lou does not recall seeing long lines in this area.

As life continued after the war, Lou and his wife Stella worked hard to buy a home and raise their family. After Stella passed away, Lou moved into the brand new Sheehy Manor senior community in April of 1998. While this was a major change in venue, it did not alter Lou’s devotion to work and his new Sheehy Manor “family.” Reflecting back on his life, Lou is quick to say that he would not change a single thing.