

## Warmth of Winter Goes Virtual to Assist Seniors in Staying Warm This Winter

### Please Join Us

Colonie Senior Service Centers, Inc. (CSSC) would like to invite you to join us for this year's Warmth of Winter event taking place virtually on Thursday, February 25, 2021, from 6:00 p.m. to 7:00 p.m., via Zoom. Warmth of Winter is an annual community event that helps seniors stay warm by raising funds to help defray the cost of heating their homes and assisting them in repairing and maintaining their heating systems. Winter is an especially challenging time for older adults and even more so this year, as they are in their homes and isolated. Last year, with the generous support of the community, CSSC was able to help over one hundred fifty senior households with their heating.

We are proud to have Twin Bridges Waste & Recycling, Crisafulli Bros., KeyBank, Equinox Companies, Janitronics, Teal Becker & Chiaramonte, Bouchey & Clark Benefits, The O'Connor Hazelton Group—Merrill Lynch Wealth Management, R.F. Peck, Herzog Law Firm, Gallagher, Godfrey Financial, Capital Bank,

WCGS Architects, HF&C (Haylor, Freyer & Coon), Mazzone Hospitality, CAPCOM FCU, and CBRE-Albany join us as sponsors of this year's event. Additionally, we are thrilled to have Andrea Crisafulli as the event chair.

While this year's Warmth of Winter looks very different, by hosting it virtually everyone will stay well, have a front row seat, and be able to enjoy a tote bag filled with sumptuous food and beverage. Virtual guests will also have the opportunity to win wonderful items in the Warmth of Winter online auction and Mystery Wine Pull!

We look forward to seeing you virtually at this year's Warmth of Winter. Sponsorship opportunities, Honorary Committee memberships, and tickets are available for purchase at [www.colonieseniors.org](http://www.colonieseniors.org). If you have any questions or need additional information, please do not hesitate to contact Laurie Miedema, CSSC Development Director, at 518-459-2857, ext. 304 or via email at [Lmiedema@colonieseniors.org](mailto:Lmiedema@colonieseniors.org).

Warmth of Winter  
**HELPING  
SENIORS  
KEEP THE  
HEAT** 



Message from the Executive Director



- Happy February!
- National Make a Friend Day (Feb. 11)
  - Abraham Lincoln’s Birthday (Feb. 12)
  - Valentine’s Day (Feb. 14)
  - Presidents’ Day (Feb. 15)
  - National Love Your Pet Day (Feb. 20)

The word “*Friend*” is defined as 1) a favored companion; 2) a person attached to another by feelings of affection or personal regard; 3) a person who gives assistance; 4) someone who knows me and loves me just the same.

My earliest recollection of having a true friend was with Marlene Buff (aka Muff). She lived two houses away from me. From what I was told, our mothers were acquaintances and having baby girls two months apart during the summer in the middle of suburbia made them friends.

I really enjoyed hanging out with Marlene and her family. Her father was a North Colonie junior high science teacher and was the epitome of “cool.” He enjoyed smoking his pipe and had a great sense of dry humor. He would share tidbits about science and the practicality of applied science, which always fascinated me. For instance, eating moldy bread would not hurt you. In

fact, penicillin is a form of mold (who knew?). Her mom, with her wonderful laugh, always focused on her family and graciously often included me. I remember going to Marlene’s maternal grandparents’ home in Cohoes where “Mema” and “Pepa” lived. Mema patiently taught Marlene and me how to crochet colorful granny-squares, which were subsequently made into trivets or blankets. Great, great memories . . .

Marlene moved to Connecticut after high school, but we still stay in touch to this day primarily electronically now. Several years ago, she was a tremendous help when my oldest daughter Frances moved to Connecticut. Nevertheless, is that not what friends do?

As we wind our way out of these crazy times, all of us can be someone’s friend. We all can be patient and kind, positive and understanding. It is never too late to lend a helping hand or a good listening ear.

Please remember CSSC is here for you, and if we can be of assistance, we will.

*“The making of friends who are real friends is the best token we have of a man’s success in life.”*

– Edward Everett Hale

Be well,  
–Diane Conroy-LaCivita

Top of the Morning – An Irish Inspired Bake Sale

In the run-up to St. Patrick’s Day, CSSC will be offering a seasonal bake sale of comfort foods steeped in Irish Heritage; traditional Irish soda bread, scones and shortbread cookies.

Served for breakfast or afternoon tea and accompanied with jam and/or butter, these authentic home-baked recipes are absolutely delicious and will make you feel “a-wee-bit Irish.”

Prices are as follows:

- Six (6) Irish scones with a side of currant jam ..... \$10
- Loaf of Irish soda bread ..... \$8
- Six (6) Irish shortbread cookies ..... \$5

Quantities are limited. To place an order, please call Diane at 518-459-2857, ext. 305.

A drive-thru pickup will take place at The Beltrone Living Center on Monday, March 15, and Tuesday, March 16, from noon until 2 p.m.

Slainte!





## Bright Horizons Bridge to Respite Program

The Bright Horizons Bridge to Respite program will be an extension of the types of activities and service we provide during our adult day social program. Bright Horizons Adult Day Social program is presently closed due to the current pandemic. We have been busy with telephone reassurance and virtual programming for our clients and their caregivers. We want to do more.

We recently secured a grant through the New York State Caregiving and Respite Coalition (NYSCRC) to expand respite services with the assistance of volunteers. Respite will be provided virtually and through socially distanced home visits during the spring and summer. Respite training and PPE provided.

We have three goals for this program: Our first goal is for the clients to receive continuity of care by initially building a bond with staff and volunteers. Our second goal is to provide the mental stimulation from conversations and other activities that promote thinking, concentration and memory. Our third goal is to provide respite to both client and caregiver and provide each of them with a sense of purpose, continued independence and peace.

If you would like to volunteer or obtain more information about this program, please contact Sue Napierski at 518-459-7967 or [snapierski@colonieseniors.org](mailto:snapierski@colonieseniors.org).

## Defensive Driving Classes

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



**Tuesday, February 9, 2021**  
**Saturday, February 20, 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.

## Bright Horizons Virtual Program

Bright Horizons Adult Day Social Program is VIRTUAL! Our virtual program includes music therapy, exercise, giant crossword, memory games, word games, Tai Chi, discussion groups, science experiments, and more. Activities will vary based on the interests of the participants. If you would like additional information about Colonie Senior Service Centers' Bright Horizons Program, or if you and your loved one would like to participate in our virtual program, please contact Sue Napierski at 518-459-7967 or [snapierski@colonieseniors.org](mailto:snapierski@colonieseniors.org).



(L-R) Sarah Perkins and Sue Napierski

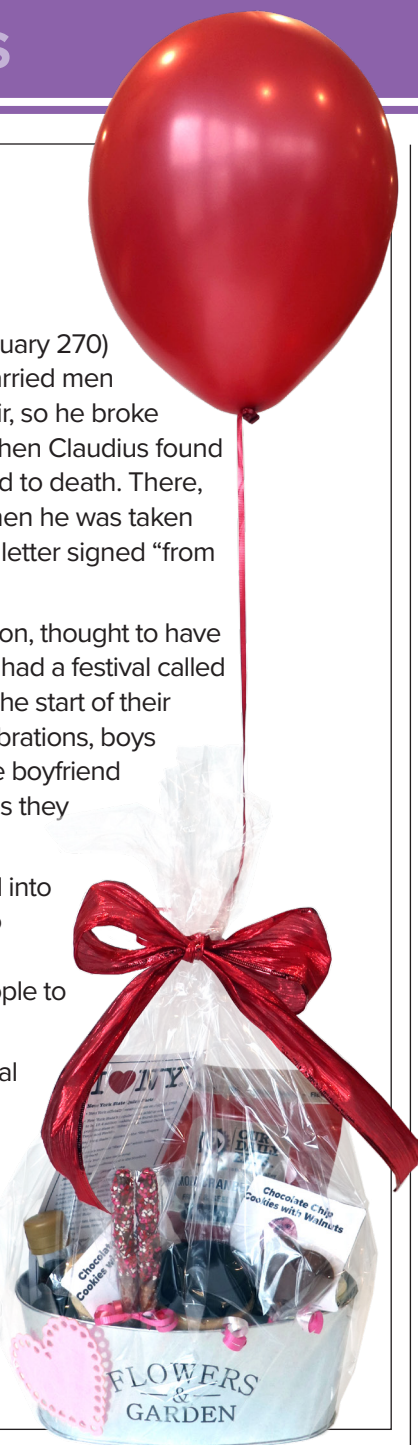
## Remember That Special Someone for Valentine's Day

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. The cost of the Valentine's Day basket is \$35. We will deliver your basket up to ten miles free of charge. To place your order please call 518-459-2857, ext. 305.



## Spring is Coming!

Not looking forward to all the outdoor springtime chores? Consider living in one of our beautiful apartment communities.

**THE BELTRONE LIVING CENTER**  
for independent seniors, 55+

6 Winners Circle, Albany  
Call 518-459-2711 to schedule a private tour.

**King Thiel**  
Senior Community

17 Elks Lane, Latham  
Call 518-429-6292  
to schedule a private tour.

**Sheehy Manor**  
SENIOR HOUSING

8 Carondelet Drive, Watervliet  
Call 518-782-2350  
to schedule a private tour.

**COLONIE SENIOR Service Centers, Inc.**

Our three apartment communities are owned and operated by:  
Colonie Senior Service Centers, Inc.  
6 Winners Circle, Albany, NY 12205

CSSC, Inc. was established in 1981 as duly authorized 501(c)3 not-for-profit corporation.



## Irish American Heritage Museum

### Special Offer! \$25 for Senior Membership

Annual membership lasts for a 12-month period and provides the following benefits:

- Unlimited admission to Museum and Library
- Discounts on special workshops/classes
- Access to the Museum's e-newsletter
- Members only e-mails
- 10% Museum Shop discount
- 20% holiday double discount week for Museum Shop
- As a special bonus to thank you for joining the Museum, we are offering a free one-on-one session with Museum genealogist, Lisa Walsh Dougherty.

Call Diane Conroy-LaCivita for additional information at 518-459-2857, ext. 305.

1981 — 2021

**4<sup>th</sup>**  
COLONIE SENIOR Service Centers, Inc.

**ANNIVERSARY**

Colonie Senior Service Centers, Inc. celebrates forty years of providing programs and services to seniors in our community.



**January 1981** – the first Board of Directors meeting was held, with Ann Marie Sheehy being selected as the first CSSC Board President. Ms. Sheehy served from 1981 to 1994.



**91 Fiddlers Lane** – (Goodrich School) Original location of Colonie Senior Service Centers, Inc.



## A Woman of Distinction – Ruth Peckenpaugh

Ruth Peckenpaugh and her daughter Janis have lived at The Beltrone Living Center since May 2017. Born on March 19, 1933, in Michigan, Ruth grew up on a farm with three siblings, two brothers and a sister. One of her chores as a child was to be a shepherd, leading sheep out to pasture. She enjoyed this chore the most because it allowed her to read a book while the sheep grazed. Ruth was valedictorian of her high school in Lapeer, Michigan. She went on to Wheaton College in Wheaton, Illinois, where she met her future husband and received a Bachelor's Degree in Nursing.

Ruth always worked. She worked in doctors' offices, several OBGYN offices, and was involved in a project in the early 1970s called Project Predict that tested preschoolers for learning disabilities and contributed to the lives of many families being changed in positive ways. Additionally, at one point Ruth also had a part-time job proofreading for a local newspaper.

From 1986 to 1999, Ruth served as the Resident Manager of the Ronald McDonald House at the University of Chicago in Hyde Park. Ruth and Janis were there from day one when the house officially opened on September 13, 1986. They lived in an apartment in the house and were there when a third and fourth floor were later added. The Ronald McDonald House provided a "home away from home" for families whose children required medical care that could not be provided in their own community. With the University of Chicago Medical Center being a research facility, families came from all over the world to stay. Ruth remembers how international these families were with some coming from such countries as Canada, Poland, Greece, Israel, Afghanistan, and Germany. In fact, she distinctly remembers a German family coming to stay in the house the day the Berlin Wall came down.

Ruth explains that most Ronald McDonald Houses have an affiliation with a sports team and their team happened to be the Chicago Bulls. Michael Jordan visited the house when it was opened in 1986. Ruth recalls that Michael's mother "was a genuine lady who visited each year near Christmas with gifts for the children."

In 1994, Ruth was chosen one of a 100 Women Making a Difference in Chicago.

In 1999, Ruth and Janis moved to Arizona where they lived for approximately thirteen years. For six of those years, the two worked at the Phoenix Ronald McDonald House helping with the house's laundry. Ruth commented, "We are real experts at folding sheets and towels."

Ruth reflected on this time by stating, "We are most grateful for the thirteen years at the Ronald McDonald House in Chicago and the later six years of helping at the Ronald McDonald House in Phoenix. Ronald McDonald House is our favorite charity."

In addition to her daughter Janis, Ruth has two other children; Jill who is the Field Director of the Albany office for the U.S. Committee for Refugees and Immigrants (USCRI), and a son Michael who lives in Chicago. In addition to creative writing, Ruth enjoys board games such as Rummikub, jigsaw puzzles, and she watches Jeopardy religiously.

We consider Ruth and Janis the unofficial "Welcome Wagon" at The Beltrone. They are always there to make new residents feel at home.



Michael Jordan and Janis – 1986



## Thinking About a Hobby? THE CENTER Offers Many

How about learning a new hobby or revisiting an old one? Hobbies can be a creative outlet to take your mind off and relieve stress especially during these challenging times. Experiencing new things may introduce you to new people (virtually) with shared interests. Learning new skills will also make you a lifelong learner.

To learn more about upcoming programs and activities, please contact Caroline Barrett, CSSC's Director of Lifelong Wellness, at [cbarrett@colonieseniors.org](mailto:cbarrett@colonieseniors.org) or by calling 518-459-2857, ext. 327.

## CSSC's Community Lunch Being Served as Grab 'n Go

Come pick up a delicious, healthy lunch! Meals are served from 11:30 a.m. to noon on Monday – Friday. Suggested contribution for lunches is \$3. Registration and reservations are required. Tuna, egg salad or yogurt plate is available upon request. Call 518-459-2857, ext. 327 for information.

### FEBRUARY 2021

2/1 Pork & Cider Stew w/ Carrots & Potatoes, Pudding
2/2 Fish Sandwich, Tater Tots, Fresh Fruit, Ice Cream
2/3 Chicken Parmesan, Spaghetti, Green Salad, Carrot Cake
2/4 Italian Wedding Soup, 1/2 Italian Sub, Oranges, Cookie
2/5 Macaroni & Cheese, Roasted Root Vegetables, Green Salad, Ice Cream
2/8 Spaghetti & Meatballs, Green Salad, Frozen Yogurt
2/9 Chicken, Bacon & Ranch Pizza, Fresh Fruit, Blondie
2/10 Salmon Cakes, Rice Pilaf, Creamed Spinach, Pudding
2/11 Chicken Pesto Bake, Roasted Cauliflower, Oranges, Peppermint Patty
2/12 Sausage & Pasta Soup, 1/2 Grilled Cheese, Pears, Valentine Cupcake
2/15 LUNCH: Cheddar Cheese & Ham Chowder, Green Salad, Cookie
2/15 DINNER: Shepherd's Pie, Green Salad, Chocolate Cake
2/16 Lasagna, Green Salad, Ice Cream
2/17 Roasted 1/4 Chicken, Twice Baked Potatoes, Broccoli, Blondie
2/18 Cheese Omelet, Home Fries, Sausage, Fresh Fruit, Apple Pastry
2/19 Meatloaf, Mashed Potatoes, Garlic Parm Green Beans, Cherry Pie
2/22 Chicken Cordon Bleu, Rice/Lentil Salad, Cucumber Salad, Apple Berry Crisp
2/23 Cheese Ravioli With Pumpkin Sage Sauce, Salad/Cupcake
2/24 Pulled Pork Sandwich, Coleslaw, Fruit, Blondie
2/25 Clam Chowder, 1/2 Grilled Ham & Cheese, Pears, Cookie
2/26 Spinach Salad w/ Chicken, Almonds & Strawberries, Breadstick, Ice Cream

This program is funded in part by the Albany County Dept. for Aging, NYS Office for the Aging, Administration for Community Living, Town of Colonie and participant contributions. This program is an equal opportunity provider.

## Welcome CSSC Employees

### Jessica Flynn

Jessica Flynn recently joined Colonie Senior Service Centers as the Director of Community Relations. She comes to us from Eddy DayBreak Adult Day Services where she served as Community Liaison for over thirteen years.

Jessica, who prefers to be called Jess, will be available to the residents of CSSC's apartment communities to answer questions about available community services and resources. Jess has an "Open Door" policy, so don't hesitate to seek her assistance. You will recognize Jess easily by the crutches she is currently using due to recent knee surgery.

In addition to working full time, Jess is a busy mother of three, has two pets, and became engaged to her fiancé, Matt, in July 2020. Her numerous hobbies include reading, kayaking, Red Sox baseball, concerts, and a love of the Adirondacks.

Jess can be reached via email at [jflynn@colonieseniors.org](mailto:jflynn@colonieseniors.org) or by phone at 518-704-4267

**Welcome Jess!**



### Danette Groat

Colonie Senior Service Centers recently welcomed Danette Groat to serve as Director of Transportation Services.

Prior to joining CSSC, Danette served as Fuel Manager for Tradebe/Norlite in Cohoes. With over twenty years of experience in Transportation Management, Danette is looking forward to providing excellent transportation services to the seniors in our community.

In her free time, Danette enjoys crafting, cooking, and spending time with her daughter. In addition to these activities, Danette owned her own flower shop for twelve years.

**Welcome Danette!**





## We are grateful to those who supported the 2020 Year End Annual Fund. Your donations make a difference to seniors and their families.

*Donations from December 7, 2020 through the end of the year.*

Anonymous	Patricia Fahlander	Sally Legendre	Joseph and Mary Park
Adirondack Beverages	Edna Filippino	Travis H. D. Lewin	Stephen Puzier
Doug and Ginny Amsden	Carol and Dennis Fitzgerald	Diana Lindsay	Willis Reed
Joanne Bleau	Mae Flynn	Pamela Love	Jerome Rovelli
Anne R. Brodbeck	Maureen Foley	Thomas J. Lyman, Sr.	Richard E. Rowlands
Elizabeth H. Brown	Richard Friedman	Thomas J. Lyman, Jr.	Anthony M. Rudmann
Peter Campito	Vicki Harkins	The Honorable Paula A. Mahan	Perry Smith and RoseAnne Fogarty
Helen M. Carey	Alberta Harriman	Jane and Peter Maloney	Joseph Sorrentino
Don and Sandy Carman	Jackie Harte	Louise McColgin	Eugenia R. Sperrazza
Patricia Christensen	Michael J. Hoblock, Jr.	David McMorris	Joel Spitzer
James Cole	Mary Beth Hofmeister, CFP® Sage Financial Associates	Christina W. Meier, Esq.	Maureen Sugrue
Marta Conley	Michael and Carol Jesep	Joyce Mendrysa	Congressman Paul D. Tonko
Katherine C. Daddio	Diane S. Kenific	Alison Michael, 55+ Living	Dona Wildove
Carol DeCandia	Lisa Kindt	James Morrell	Marianne M. Witherwax
Faith DiMura	Lois Kluz	MaryBeth Murphy	I-Hsin Wu
Gerald and Susan Duggan	Margaret Kussman	William Neelands	
Kenneth Dunbar		Donald J. Ophals	

## A Special Thank You

Colonie Senior Service Centers is grateful to the following individuals and organizations that have provided much-needed support to our organization during the past year:

CDPHP for its continued support of CSSC and its programs and activities

John J. Puig for his generous donation in memory of his late wife Barbara Atkins Puig

Frederick Miller, Esq. who generously gifted CSSC with shares of stock

Stefanie Goldstein and the Goldstein Auto Group for allowing CSSC to be part of Subaru's Share the Love Event, which ended in January

Colonie Senior Service Centers extends a special thank you for these generous donations, which enable us to continue to provide excellent service to the seniors in our community.



## Town of Colonie Appoints New Director

Angelina Searles was recently appointed Director of the Town of Colonie Senior Resources Department. She has been with the department for over fourteen years, serving over eleven of those years in the role of case worker.



Angelina has a B.A. in Political Science from Russell Sage College and a MPA in Public Administration from the Nelson A. Rockefeller College of Public Affairs and Public Policy.

Angelina is looking forward to assisting seniors in the community. She can be reached at the Town of Colonie Senior Resources Department at 518-459-5051.

## 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

### Community Relations

Jessica Flynn, Director  
jflynn@colonieseniors.org  
518-704-4267

### 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

Danette Groat, Director  
dgroat@colonieseniors.org  
518-459-2857, ext. 301  
To Schedule a Ride: 518-459-6064

### Umbrella of Colonie

Nicole Pickett, Coordinator  
nbrammer@colonieseniors.org  
518-459-2857, ext. 311

### The Beltrone Living Center

Debbie McClune, Site Manager  
dmccclune@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



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

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Permit No. 74

## Tribute Corner

(10/1/2020—12/31/2020)

**In Memory of Robert Alexander**  
Duncan Savage

**In Memory of Antoinette Flood**  
Carol DeCandia

**In Memory of**  
**Tom and Lois Haselsteiner**  
Cynthia Pettit

**In Memory of Muriel McDermott**  
Alison Farley

**In Memory of Grace Schmidt**  
Edward Neary

**In Memory of Sarah Stulberg**  
Joseph Weitzman

**In Memory of Chester A. Watson, Jr.**  
Steven and Christina Meier

**In Honor of Elizabeth Cullen**  
Duncan Savage

**In Honor of Constance Sperrazza**  
Eugenia R. Sperrazza

