

"Happy Trails to You Until We Meet Again"

Roy Rogers

As we slowly emerge from this pandemic of disappointments and lockdown, we need to remember that traveling (wandering) is literally in our genes. Before we became stationary beings tens of thousands of years ago, we were nomads, hunters-gatherers.

Over the last year, how many of us canceled trips or the planning of trips, family reunions, summer vacations, live concerts, the ballet, casino outings, trips to the mall, or get-togethers with friends when a tiny virus named COVID-19 was introduced to our mobile society?

We sheltered in place and did as we were told. Here we are one year later.

If you think about it, travel requires wishful thinking, a leap of faith, and depending on where you are going, imagination. Travel socializes as well as educates us. Movement, whether local or extended, is good for the soul. It keeps us optimistic and connected.

Since 1984, CSSC has been transporting seniors. From our humble beginnings with one donated van, we now have a fleet of twelve vehicles with another three expected this year. What these wonderful vehicles do, driven by CSSC's capable drivers, is allow seniors to travel whether it is to a doctor's office or the supermarket, a shopping mall or a social outing. It provides a sense of freedom and independence. You absolutely do not need to be stationary.

With the initiation of **THE CENTER** in 2019, CSSC began to look at the resources in our region that would enable older adults to be life-long learners, to travel and explore the region either literally or figuratively. It is never too late to learn something. Currently, **THE CENTER** is running virtually with dozens of electronic offerings. If you think about it, virtual offerings still allow the mind to travel, to escape our current restrictive realities, to hope and dream of what will be.

As we enter the wonderful month of March 2021, we recommend that you go ahead and "tentatively" begin to plan day trips and other activities that you envision yourself doing later this year. What is on your wish list? This planning and having something to look forward to may bring you a great sense of joy.

With the assistance of an intern from Cazenovia College, Sarah Shuster, CSSC is in the midst of creating and implementing a "wish list of activities" for our seniors. We want to hear where you would like to go and things you would like to do once things start opening up. If you would like to be part of this study, please contact Diane at 518-459-2857, ext. 305.



Sarah Shuster

If you are interested in registering for CSSC's Transportation Services, please call Danette Groat at 518-459-2857, ext. 301.



Message from the Executive Director



Happy, Happy, Happy March 2021!

- Peace Corps Day (March 1)
- Caregiver Appreciation Day (March 3)
- Employee Appreciation Day (March 5)
- Saint Patrick's Day (March 17)
- International Day of Happiness (March 20)
- Passover (March 27)
- Palm Sunday (March 28)

"Life is either a daring adventure or nothing at all."
– Helen Keller

It has been one very long year since this COVID interrupted our lives in March 2020; that being said, we are good and we are strong. Over the last twelve months, CSSC has reengineered and pivoted. We are determined and we got this. Challenge us and we tend not to back down (to a fault). Our work motto is to "Never Say No." We have the most determined, creative and wonderful staff anyone could ask for.

This goes without saying, I am very proud of my Irish heritage, always have been. I was brought up on Irish Pride. We are Salt-of-the-Earth, scrappers with strong backbones and tremendous pride. My dad used to say, "Do not cry and/or if you cry, I will give you something to cry about." It was a culture of always having a game face, tough and determined. You were never to appear weak or vulnerable while staying compassionate and humble.

The oxymoron of this is my father's paternal side; they, the men, tended to have short lifespans (including my

dad), passing at unexpected early ages. The more genealogy I did, the crazier and stranger the circumstances that were presented: a drowning, an unfortunate self-afflicted gun accident in a cemetery of all places, a horrible accident at a foundry, and being discovered dead with no cause or witnesses. The women in the family, on the other hand, seemed to live to nice comfortable older ages spreading their wisdom, pleasantries and pride.

My maiden name, which I still use, is **Conroy**, which translates in Irish to "Bearer of the Plain." Many years ago, I created this wonderful CONROY T-shirt for Christmas gifts complete with very cool graphics and brilliant text that I gave to my entire immediate family. I was so proud, just beaming with joy; however, I remember my dear brother, Michael, commenting upon opening his gift, "Wait a minute, 'Bearer of the Plain,' does that mean we were homeless?" (Ugh, dear Michael, just think of St. Patrick and how he traveled throughout Ireland.)

As we claw out of these crazy times, I hope all of us feel a sense of self-worth and dignity to carry on while being compassionate and kind to others and ourselves.

March 3rd is Caregiver Appreciation Day. Thank you Caregivers! We know how trying this past year has been. CSSC looks forward to opening up our Bright Horizons Adult Day Services for face-to-face programming once we receive the okay to do so in the future.

Please stay positive. We are here for you.

Be well and Happy Holidays,

–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!



Virtual Antique Shopping Anyone?

On Friday, March 12, at 10:00 a.m., please join Michael DiGiuseppe, CSSC's Media and Communications Specialist, along with Diane Conroy-LaCivita as they virtually visit with area antiques dealer Dennis Holzman.

Dennis Holzman Antiques is located in the heart of the City of Cohoes' business district. The former Woolworth storefront houses a gallery with an extensive collection of books, paintings, autographs, photographs, antiques and local history. Since 1975, Dennis has offered a unique blend of historically significant items, traditional antiques and fine art, stylish objects, rare and out-of-print books, printed ephemera, manuscripts and photographs. Most of his inventory is purchased directly out of local homes.

If you are interested in being emailed a Zoom link to participate in the virtual event, please call Sharon at 518-459-2857, ext. 302. There is no charge to participate in this program.



Dennis Holzman, proprietor of Dennis Holzman Antiques, at his Remsen Street store in Cohoes, N.Y. Holzman has been selling antiques for use in HBO's 'The Gilded Age series.' (Source: Will Waldron/Times Union)

Defensive Driving Classes at The Beltrone Living Center



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

Tuesday, March 9, 2021

Saturday, March 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.

Thank You!

Colonie Senior Service Centers would like to acknowledge Stefanie Goldstein and the Goldstein Auto Group for allowing us to participate in the Subaru "Share the Love" event.

We are grateful to be chosen for this special event and appreciate their commitment to CSSC.



A Taste of Ireland – A Meal Not to Be Missed

On St. Patrick's Day, Colonie Senior Service Centers will be working with Mazzone Catering to create an authentic to-go meal entitled "A Taste of Ireland." The dinner meal will include Irish stew, corned beef, boiled potatoes, a root salad, Irish Soda Bread and Chocolate-Guinness cake for dessert. The menu selection was designed in consultation with Dr. Elizabeth Stack from the Irish American Heritage Museum. Meals may be picked up at The Beltrone Living Center, 6 Winners Circle, Albany, between 4:00 and 5:00 p.m. on Wednesday, March 17. For those who have difficulty getting to The Beltrone, CSSC will make home deliveries within a small radius of 6 Winners Circle. The cost for the meal is \$13. To make a reservation, please call Sarah at 518-459-2857, ext. 303.



Let's Have a Conversation – Older Women Leading Extraordinary Lives

With tremendous support from Humanities New York starting in March, CSSC will tape a thirty-minute personal interview twice a month with area women representing all walks of life. Their perspectives are real. We will delve into their life story. Some may talk about a long successful career while others may speak on a new exciting hobby or interest. Our aim is to provide hope to women who are aging to show side effects for growth for such things as love, compassion, bravery, humility and creativity.

March's Conversations are as follows:

Thursday, March 4 – Elizabeth Stack, Ph.D., Executive Director of the Irish American Heritage Museum in Albany

Thursday, March 18 – Joan Dembinski, Pastry Chef at both Yono's Restaurant and Honest Weight Food Co-op

There is no fee to view. CSSC has laptops that are available to be loaned out if you are in need of a computer to view. Please call Sharon at 518-459-2857, ext. 302, to sign up for the series.

Tool Donations Needed

Are you looking to downsize or doing some spring cleaning?
Do you have a garage or basement filled with tools that are too good to be thrown away or have sentimental value?

The Tool Box would like to receive your donations.

By donating to the Tool Box, you are helping to support the members of Umbrella of Colonie, a home maintenance program that helps seniors maintain their home.

The Tool Box accepts gently-used tools to resell at our thrift store. To donate, please call Leonard St. Gelais at 518-608-4758.



Tool Box is a program of



Hilltop Plaza
143 Troy-Schenectady Road,
Watervliet, NY 12189 (Town of Colonie)
518-608-4758

Spring is Coming!

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



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



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



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



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.



1981 – 2021

4th
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. Ann Marie Sheehy was 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.

1981



1981 – 2000
Kathleen Ann Caulfield,
CSSC Executive Director

March 18, 1982 – First Senior Meal

September 1, 1983 – First Health and Recreation Program

January 15, 1984 – First ride Transportation Services



February 25, 1985 – Bright Horizons at Goodrich School Latham opens

November 1, 1986 – Bright Horizons at Carondelet Latham opens

1986

A Woman of Distinction – Sylvia Morton

Sylvia Morton and her husband Jim have lived at The Beltrone Living Center since May 2019. Born on January 14, 1947, in Buffalo, New York, Sylvia grew up with one younger brother and her parents, Eugenia and Leon Schubuck.

During World War II, Sylvia's mom, Eugenia, worked in intelligence for the U.S. Government and was stationed in Poland. In addition to English, Eugenia spoke four languages: German, Russian, Spanish and Polish. While acting as a spy, her identity was revealed and the Germans captured her while she was trying to escape to the Swiss Alps. She was sent to a concentration camp, was able to escape from the camp, was captured a second time and sent to a second concentration camp where she remained until the end of the war. Upon her return to the U.S., Sylvia's mom married her future husband, Leon, three months later.

Sylvia attended SUNY Binghamton for her undergraduate degree in English Literature. During the summer between her junior and senior years, Sylvia waitressed at a German resort in the Catskills where she met and subsequently married her future husband Jim in 1970. Sylvia went on to complete a Master's Degree at SUNY Cortland. Jim, who is a bit older, had already finished his Master's Degree at UAlbany.

After the completion of their first Master's Degrees, the young couple joined the Peace Corps and were assigned to the Fiji Islands in the South Pacific for two and a half years. They both taught English, Sylvia in a Muslim school and Jim in a Fijian school. Their first son, Max, was born in Fiji. In reflecting on that chapter of her life Sylvia commented, "Being in the Peace Corps really helped me to have a sense of other cultures – understanding there are other ways to live and think."

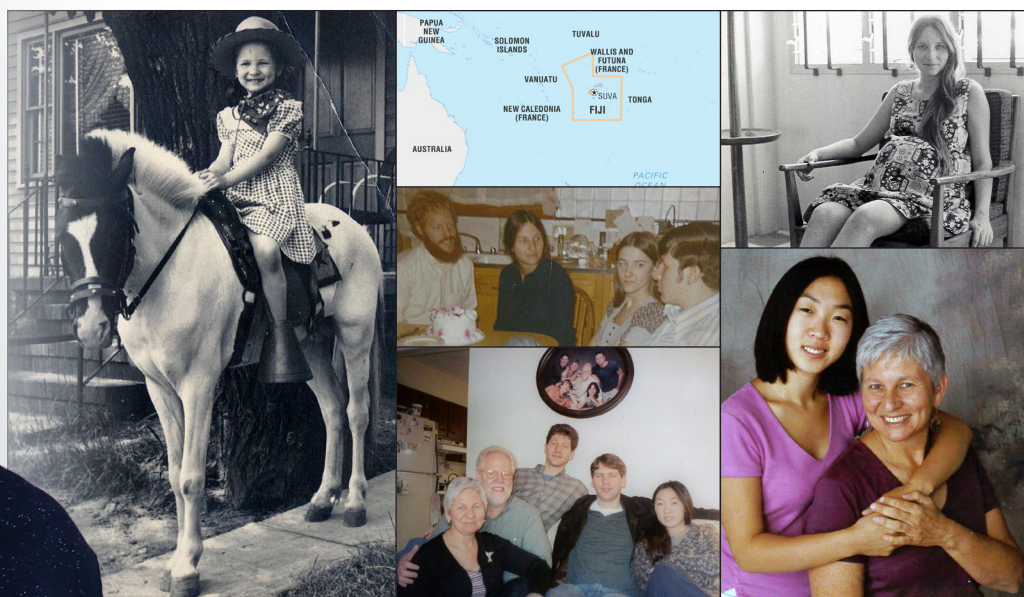
Once they were stateside again, Jim went to Cornell for a second Master's Degree. Ultimately, he became a Fishery Biologist with a concentration in pollution. They moved to Albany in 1978 when Jim got a job with the New York State Department of Environmental Conservation. Sylvia was a stay at home mom raising her three boys, Max, Zachary and Joshua, while working on a second Master's Degree in reading. She talked about how content she was raising her three boys until they decided to adopt a five and a half month-old baby girl from Korea whom they named Amanda.

With the children getting older, Sylvia began teaching at Troy High School. She taught two eleventh grade Regents English classes and three classes of remedial reading. She decided to transfer to Troy Junior High School and concentrate on children considered non-readers while pursuing her Ph.D. in the same topic. After retiring from Troy High School, Sylvia taught in the Graduate School for Education at the College of St. Rose.

When asked how it was to pursue several different advanced degrees while raising a family, Sylvia commented, "For me it was absolutely the right thing to do. I wanted to expand myself. I was heading in that direction my whole life and did not know it. It all centers around social justice and equality."

In addition to her four children, Sylvia and Jim have four grandchildren, three of whom are local. She enjoys cooking and reading. Sylvia considers herself a lifelong avid reader. She also enjoys hiking and when the family was younger, they were active tent campers. She has tried a little bit of theater as well.

We are thrilled to have the Sylvia and Jim as part of our CSSC community.



The Community Lunch Program

The Community Lunch Program at CSSC is being served as a Grab 'n Go lunch until it is safe to meet in person. Lunches are available Monday through Friday from 11:30 a.m. until noon. 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.

Meals in the month of March include Chicken Francaise, Meatloaf, Veggie Pizza, Soup and Grilled Cheese, Stuffed Pepper, Irish Beef Stew and so much more. Each lunch comes with milk, a dinner roll, a side dish and dessert.

Also, once a month, dinner is served. This month's dinner is on Monday, March 15, and is available for pickup from 4:30 to 5:00 p.m. The menu includes Corned Beef and Cabbage, Potatoes and Carrots and Cheesecake.

Suggested contribution is \$3. Reservations and registration are required. Please call 518-459-2857, ext. 327 for information or to make a reservation.

March Menu 2021

March 1	Chicken Francaise w/ Orzo Salad
March 2	Meatloaf w/ Mashed potatoes
March 3	Veggie Pizza w/ ChickPea Salad
March 4	Baked Cod w/ Green Beans & Rice
March 5	Minestrone Soup + Grilled Cheese
March 8	Fettucine Alfredo w/ Chicken & Broccoli
March 9	Meatball Sub w/ Spinach Salad
March 10	Paella w/ Chicken & Veggies
March 11	Stuffed Pepper w/ Roasted Carrots
March 12	Eggplant Parm w/ Spaghetti & Salad
March 15	Tomato Soup & Grilled Ham & Cheese
March 16	Cornflake Chicken w/ Sweet Potato
March 17	Irish Beef Stew w/ Soda Bread
March 18	Cheeseburger w/ Potato Wedges
March 19	Shrimp Scampi w/ Angel Hair & Asparagus
March 22	Meat Lasagna w/ Green Beans
March 23	Vegetarian Chili w/ Cornbread & Salad
March 24	Philly Cheesesteak w/ Spinach Salad
March 25	Meatloaf w/ Mashed Potatoes
March 26	Goulash w/ Creamed Spinach
March 29	Beef & Broccoli w/ Brown Rice
March 30	Tortellini Soup w/ ½ Chicken Caesar
March 31	Chicken Francaise w/ Asparagus & Baked Potato

All lunches served with milk, side dishes, dessert and a smile.

THE CENTER

It has been one year since our lives have been dramatically changed. One year since we did many of the things we know and love: going to concerts, eating in restaurants, gathering with friends and family. And while we may mourn the loss of these beloved things, we can look back over the year and think about what we have learned, how we have changed, and find hope for the future.

One big change we have made is the way we are transported. We are human; we must make connections, but they are not as easy as they were pre-pandemic. Instead of going out to meet with people at a lunch table or in an exercise class, we are creative in the ways we connect. We call, and call and call. We write letters (remember those?). And we use new technology, mostly Zoom. Zoom is a computer software that allows people to talk to each other, live. It is used for business meetings, exercise classes and family gatherings. At **THE CENTER**, we are using Zoom for social events such as a book club and Bingo and for lectures and live music.

Please see below for the interesting and fun events we have coming up. Here you will find ways to make connections and be transported, virtually. When it is safe to meet in person, we will do so. Until then, see you on Zoom! One more thing, if you have Internet access and a smartphone, tablet or computer, you can Zoom. Need help? Call Caroline at 518-459-2857, ext. 327.

ZOOM Concert Series

Join us for free Zoom concerts!

- March 5 at 12:30, Pdraig Timoney will play Irish tunes at a lunchtime show.
- March 15 at 5:30, Rick Bedrosian will play a St. Paddy's night party.
- March 30 at 12:30, Brian Zapel will play a lunchtime rock n' roll oldies fun event.

Email cbarrett@colonieseniors.org or call 518-459-2857, ext. 327 to be included in the Zoom concerts. Concerts are free for all.

ZOOM Instruction – by appointment only

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.

- Free for members

Zoom – Cooking Demonstrations With Diane

Join Diane Conroy-LaCivita, CSSC's Executive Director, for a virtual cooking demonstration. Diane uses a combination of local, fresh and everyday ingredients to create fun and delicious food. Follow along via Zoom and work alongside her, or just watch and learn something new. Either way, you will have fun!

- Demonstration is free for members
- Ingredients delivery, \$10

Tuesday, March 16, at 11 a.m. – Classic Irish Soda Bread: Irish food has evolved over the centuries, due to social and political change and the mixing of many different cultures. The beloved Irish Soda Bread recipe has remained a constant. Come learn how to make perfect, delicious soda bread, in time to celebrate St. Patrick's Day.

Zoom – Irish Heritage With Elizabeth Stack

We are honored to have Elizabeth Stack, Executive Director of the Irish American Museum in Albany, join us for an informal Zoom lecture. Elizabeth will entertain us with history, stories and Irish folklore, in her witty and engaging style. Elizabeth is an Irish native and an expert in Irish cultural affairs. This will be a fun event, not to be missed!

- Friday, March 12 at 1:00 p.m.
- Free for members

Zoom Happy Hour – Felt Shamrocks

Our popular social event is temporarily being held via Zoom until it is safe to meet again. This month, we will 'gather' to make felt shamrock pins. These pretty little good luck charms are easy to sew and put together. We will deliver a kit to you, and then use Zoom to assemble and sew them, just in time for St. Patrick's Day!

- Wednesday, March 10 at 1:00 p.m.
- Free for members
- Limited to 12 people

Rubber Stamping Art – Via Zoom

Celebrate spring with beautifully crafted rubber stamp projects. You will use beautiful paper, ribbon and other stamp crafting supplies to make cards, gifts and other pretty things. In this class, we will make a bright and colorful door hanger to greet visitors.

The instructor: Ann Burns is a fun and certified Stampin Up demonstrator. She has been stamping and teaching the craft for ten years.

- Thursday, March 11 at 3:00 p.m.
- \$10 per person, plus a \$10 material fee payable to the instructor
- Delivery of materials available

Zoom Crochet Coral Reef

Join us for a presentation and craft circle to crochet hyperbolic corals for the Saratoga Springs Satellite Reef, part of the worldwide Crochet Coral Reef project by Christine and Margaret Wertheim and the Institute For Figuring. Completed corals will be assembled together to form the Saratoga Springs Satellite Reef, which will be exhibited at the Museum as part of Radical Fiber: Threads Connecting Art and Science, opening in early 2022.

Hosted by Associate Curator Rebecca McNamara, this program introduces the Saratoga Springs Satellite Reef and includes a virtual craft circle where we can talk more about the project, ask questions, and learn from one another.

If you are ready to crochet, bring yarn and a crochet hook, or come to learn more about the project. Feel free to use any weight, size, color of yarn.

- Monday, March 22 at 2:00 p.m.
- Free for members

Zoom Book Club

Our March Book Club will read Fredrik Backman's *Beartown*, a novel named best book of the year by LibraryReads, BookBrowse, and Goodreads. This is a story about a town and a game, but even more about loyalty, commitment, and the responsibilities of friendship; the people we disappoint even though we love them; and the decisions we make every day that come to define us. In this story of a small forest town, Fredrik Backman has found the entire world.

- Friday, March 19 and April 2 at 1:00 p.m.
- Free for members

Zoom B-I-N-G-O!

Everyone's favorite game is back, this time via Zoom. Play along with us, on paper Bingo cards that we will send in the mail. Prizes for winners.

- Monday March 8 and March 22 at 1:00 p.m.
- Free for members

Zoom Literary Albany

Join Maeve McEneny, Education and Heritage Coordinator at Discover Albany, for an interesting talk about Albany and its literary roots.

Many literary legends have called Albany home, including William Kennedy and Gregory Maguire. But what other literary luminaries wandered the Capital city streets? Did Herman Melville find inspiration for *Moby Dick* in his own backyard? What is the connection between Vladimir Nabokov and the Albany Pine Bush? This and more will be revealed!

- March 25 at 1:30 p.m.
- Free for members

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

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ORGANIZATION
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Warmth of Winter

Thank You...

to the sponsors, supporters,
and virtual attendees of the
2021 Warmth of Winter
for another successful event!



Capital Safety Services
CBRE-Albany
FW Webb
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N&S Supply
RF Peck
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With your support at this year's event, you have helped to heat the homes of over 200 seniors who struggle to pay their high heating bills over the winter months. Proceeds from the event go toward members of Umbrella of Colonie and seniors throughout the Capital Region.