



Getting Outdoors and Enjoying Nature

To be outside with warm breezes and fresh air makes us happy. The benefits of getting outside also include being good for our bodies, our minds and for our social health. Let us count some reasons why we should spend more time outdoors through all of the four seasons.

It makes us happy

Breathing good fresh air and taking part in an activity, no matter how big or small, will put a smile on our face and will help us stay positive.

It makes us healthy

Natural light provides us with Vitamin D. This nutrient can help prevent cancer, heart attacks, obesity, diabetes and inflammation. It strengthens our immune system and bones and helps fight osteoporosis and depression.

It allows us to take a break

Getting away from the television and computer is not a bad thing. Oftentimes, using technology makes us stationary. Getting outside and away from technology forces us to stand, walk and exercise, which means healthier lives.

It is a wonderful way to spend quality time with others

Social interaction enriches our lives and doing it outside enhances that quality time especially if we are engaged with others while doing an activity.

It makes our pets happy

Most animals thoroughly enjoy being outside. Spending time with our pets outdoors is said to be good for decreasing blood pressure and cholesterol levels.

So the next time you are feeling overwhelmed or sad, remember to look no further than the great outdoors. It is easy, inexpensive and brings you a great many benefits for mind, body and soul.

CSSC is busy planning many outdoor activities in the near future. Stay informed about our activities by reading our newsletters and checking our website at www.colonieseniors.org. We hope to see you at some of our activities.

Message from the Executive Director



Happy April!

- April 1** April Fool's Day and Major League Baseball Opening Day
- April 4** Easter
- April 11** National Pet Day
- April 14** National Gardening Day
- April 15** Tax Day (Changed this year to May 17, 2021)
- April 22** Earth Day

On April 5, my husband of thirty-two years, Joe, turns sixty. I cannot believe it. Time has flown. It seems like only yesterday that we met while both working at The Century House on Route 9 in Latham. I was in graduate school waitressing on the weekends and Joe was one of the restaurant's managers, in essence my boss. I was not the Italian girl his mother hoped for, but that being said, I hit it off well with his parents from the get-go. In fact, our dads had worked together long before Joe and I had ever met. As I have mentioned previously, saying "yes" to Joe's marriage proposal was the best decision I have ever made.

Anyone who knows me knows my world begins and ends with Joe. I consider us a true partnership, a mutually affirming relationship. We are each other's cheerleaders. Good times, joyous times, bad times, terrible times, we are there for each other. Three kids, three homes, countless pets and many international houseguests, we have experienced many great chapters together.

As I reflect back, time is one gift that we are all given equally. The only variable is how much time we each have. This reasoning alone should be enough to make every second count.

"Laugh when you can, apologize when you should, and let go of what you cannot change. Life is too short to be anything but happy."

— 518 Great Spreading Positivity & Kindness

Be well and get outside!

—Diane Conroy-LaCivita

A Hero Among Us

Diane Conroy-LaCivita, CSSC's Executive Director, has been selected as an Empire Whole Health Hero!

Whole Health Heroes is a program developed by Empire BlueCross in partnership with the Albany Business Review. It identifies and celebrates those who have shown a remarkable commitment to safety and wellness, making

a difference during the COVID-19 pandemic. Diane and the entire staff of CSSC demonstrated this commitment to safety and wellness throughout the past year and enhanced the lives of thousands of people in our community.

Congratulations, Diane! We are so proud of you!

Mother's Day Local Bounty Baskets Available

Starting Monday, May 3, Colonie Senior Service Centers will be delivering beautifully decorated Mother's Day Local Bounty Baskets. Let Mom (or Grandma or your spouse) know you are thinking about her just in time for Mother's Day.

Baskets are \$35 plus tax and will include the following:

- Bee & Ewe Honey
- Adirondack Coffee
- Our Daily Eats Rosemary Maple Nut Mix
- Claudia Russell Jam
- North Fork Potato Chips
- R & G Spreadable Goat Cheese
- Prinzo French Baguette
- Local Seed Packet
- Locally Designed Tea Towel
- Chocolate Flowers
- Chocolate Dipped Pretzels

CSSC will deliver your basket free of charge up to ten miles from The Beltrone Living Center. Quantities are limited. Preorders are highly encouraged (please call right away if you are interested in ordering). To order a Bounty Basket, please call Diane at 518-459-2857, ext. 305.

Other Mother's Day Gift Suggestions

- Hurry – Limited Availability!
- Herb Garden.....\$10
 - 12 inch Hanging Coco Flower Planter.....\$22
 - 14 inch Hanging Coco Flower Planter.....\$28
- To Order Call
518-459-2857, ext. 305



For the Love of Backyard Birds

Join CSSC as we sponsor a birdhouse-decorating contest this month. With the warmer weather upon us, let us celebrate our backyard friends by creating beautiful original birdhouses for them to live in. CSSC will provide a small wooden birdhouse with the intent that they will be used as a canvas. Participants will have approximately three weeks to decorate their creation understanding that the birdhouse has to keep its original purpose of housing birds. Upon their return to CSSC, a panel of judges will choose the most unique, the most beautiful and the most welcoming of the birdhouses entered. Fabulous prizes and bragging rights will be awarded to the winners.

Birdhouses will be distributed from The Beltrone Living Center on Thursday, April 22 (Earth Day), and will need to be returned by Thursday, May 13. There is no fee to participate but the number of participants will be limited and we ask that only individuals aged fifty-five and older take part. Members of the Northeastern Woodworkers Association have graciously agreed to build the birdhouses for this competition.

For additional information and to sign up, please call Diane at 518-459-2857, ext. 305.



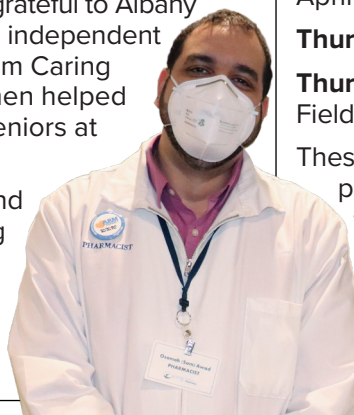
Thank You, Arigato, Grazie, Danke, Merci, Gracias

Gratitude, thankfulness or gratefulness, from the Latin word “gratus,” is a feeling of sincere appreciation.

Colonie Senior Service Centers is so grateful to Albany County Sherriff Craig Apple and local independent Pharmacist Osamah “Sam” Awad from Caring Wellness Pharmacy. Each of these men helped CSSC vaccinate hundreds of local seniors at The Beltrone Living Center.

Special thank you to Colonie EMS and Nurse Jolene Dirolf for administering the vaccine.

We are sincerely appreciative for their assistance and due diligence. Thank you, thank you, thank you!



Defensive Driving Classes at The Beltrone Living Center

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

Thursday, April 8, 2021

Saturday, April 17, 2021

Saturday, May 1, 2021

Wednesday, May 12, 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.



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

With tremendous support from Humanities New York, 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.

April's Conversations are as follows:

Thursday, April 1 – Azra Haqqie, Journalist

Thursday, April 15 – Jill Peckenpaugh, Director, Albany Field Office, U.S. Committee for Refugees and Immigrants

These conversations may be viewed on CSSC's Facebook page and YouTube channel any time after 10 a.m. on the day of the event.

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.

Albany Chef Featured on Food Network Show

The chef-owner of Allie B's Cozy Kitchen in Albany, Kizzy Williams, will be featured on Chef Boot Camp, a new six-part series debuting April 8, 2021, on the Food Network. Kizzy is a tremendous friend to CSSC participating in cooking demonstrations and Chefs in Motion. Congratulations Kizzy!



Kizzy Williams and Yono Purnomo at the 2020 Chefs in Motion

A Woman of Distinction – Edna Sparks

Edna Sparks and her husband Barry have lived at King Thiel Senior Community since April 2020. Prior to that, they were residents of Sheehy Manor for about ten years. Born April 8, 1931, in Roanoke Rapids/Gaston Lake, North Carolina, Edna was one of eleven children, four boys and seven girls. Edna was the seventh child of Martha and William Underdue. Edna's mother passed away when she was eleven years of age and Edna took on the responsibility of caring for her youngest brother Livingston, whom she refers to as Leo.

At the age of sixteen, Edna's older brother Thomas, who had moved to Albany years previously and was visiting the family in North Carolina during the summer, advocated at the time that she travel back to New York with him. Thomas' best friend, Barry, was thinking about settling down and suggested that he meet his younger sister Edna. Edna and Barry hit it off but had to wait to get married since Edna was only sixteen and Barry was seventeen. At the time, a couple had to be at least eighteen years of age to get married in New York State. The young couple married on Edna's eighteenth birthday, April 8, 1949, and they will celebrate their seventy-second anniversary this month.

Edna gave birth to seven children; actually raising eight upon the adoption of a niece. The early family years were spent in the Arbor Hill section of Albany where she and her husband owned a dry-cleaning business called Rite Cleaners. Edna explained that Barry previously had been working for a man pressing clothes and the owner, thinking about retiring, offered Barry the opportunity to purchase the business. The original Rite Cleaners was located on the corner of Second and Swan Streets in Albany. During those early years in Arbor Hill, the business, family home, children's school and all essential businesses (which were mostly family owned as well) were all in the same neighborhood. Edna commented how she literally could keep an eye on the house, the business and the children at school from the same vantage point on the block. Their family home on Second Street was famous for good food, fun times and a door that was always unlocked welcoming visitors all the time.

Edna and Barry grew their dry-cleaning business to seven stores, which were located all over the city. Edna managed various stores, doing all the tailoring and alterations. She

and Barry worked together for over thirty years, and then the business and the family home moved to the Town of Colonie, where they ran the business, now called Wolf Road Cleaners, for another twenty years while living on Ulenski Drive.

Upon retiring and closing their business in 1999, Barry drove for the Hampton Inn, also located on Ulenski Drive, for thirteen years. Edna began assisting a neighbor with a business entitled Time-Out-Kids and ultimately sewed over one thousand adorable dolls with the furthest traveling to heaven, according to Edna, with one of her creations being placed in a casket with a woman who had passed away after receiving the doll as a Christmas gift from her husband.

When asked what advice she would give, Edna commented, "Be kind and loving. God has blessed me with loving and spirit. There is something for everyone and everyone has a position. I believe in the Baptist Faith. I surprise myself sometimes. Coming from not having anything to having so much. Sometimes I don't feel ninety; it is the Grace of God."

October 30, 2015, was declared "Edna and Barry Sparks Day" by Mayor Kathy Sheehan in honor of their service to the community for fifty years. The local church community also honored Edna on the same day as the "Seasoned Saint of the Year" for her dedication to serving God and others. She is a Lifetime Member and a "Mother" of Bethany Baptist Church, which is across the street from where the family business was for its first thirty years in Arbor Hill. She has served the community through her ministry work at Bethany serving on various committees such as Youth Group, Deaconess Board, and now Mother of the Church. Additionally, the Capital District Senior Issues Forum honored Edna in 2016.

Edna loves to cook, bake and feed anyone who stops by. In addition, Edna loves baseball! Her favorite team is the New York Mets. She enjoyed a trip to Cooperstown in 2018 to watch her grandson play.

Edna and Barry have eight grandchildren, five great-grandchildren and two great-great grandchildren.

We are thrilled to have Edna and Barry as part of our CSSC community.

1981 — 2021

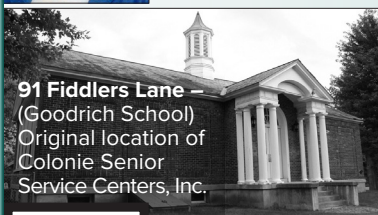
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COLONIE SENIOR
Service Centers, Inc.

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

1991



Happy 100th Birthday Ed Steffler

Edmund Steffler was born in Watervliet, New York, on April 9, 1921, to Michael Stefanowicz and Sophie Miezwa who originally emigrated from Poland to Hazelton, Pennsylvania. In 1939, Ed graduated from Watervliet High School and entered service with the 105th Infantry, 27th Division, on October 15, 1940.

Ed bravely served in the United States, Hawaii, and the Island of Tinian with the Army Air Corps B-29 Group and was honorably discharged with the rank of Captain in November 1945. Ed then entered Siena College and earned a B.B.A. in Accounting in 1949, followed by a lengthy career in business and finance.

Ed was married to Frances Markham Steffler for forty-nine years until her death on March 18, 1997, and resided in Latham, New York, until his move to The Beltrone Living Center in 2009. He is the father of Judy Berkery, who passed away in 2006, Debbie Steffler, and Larry Steffler. Ed has three grandchildren, Kyrie Berkery, Stefan Chesbro Jr., and Matt Chesbro, five great-grandchildren, many nieces, nephews, and extended family.

Ed was employed by Farm Credit Association, Equitable Life Insurance Company, and spent thirty years as Treasurer of Farm Family Insurance Company until his retirement on January 1, 1984. He has been active in the community and a member of the Knights of Columbus, American Legion, Colonie Elks, and Our Lady of Assumption Church where he served as Eucharistic Minister and Usher.

Ed's lifelong interest and enjoyment of music began as a child. Besides playing locally with different music groups, he served as a drummer in both the National Guard and the United States Army Air Corps bands. Ed belonged to the Musicians' Union Local 13 in Troy and played professionally for many years. He was an original drummer with the Rymanowski Brothers Orchestra that started in the 1940s and now tunes in to Siena Radio WVCB FM 88.3 to hear next generation musicians, Gerry and Dennis Rymanowski, who honor Ed, their dad, and those who paved the rich heritage of a lifetime love of music for all to enjoy.

In addition to a love of music, Ed is an avid golfer and member of the Colonie Golf Course. He now enjoys the game on TV from the comfort of his living room at The Beltrone Living Center.

Ed is cherished for his integrity, goodness, and boundless compassion. His uniquely positive attitude and optimism are rooted in one hundred years of goodness, love, and dedication to family, country, and community; a life well lived that brings joy and strength to all who know him.

Happy Birthday Ed!

May 17, 1994 – First Volunteer Dinner

September 26, 1994 – First Golf Classic

March 1, 1998 – Sheehy Manor Senior Housing opens

May 7, 1999 – First Fashion Show Luncheon

October 1, 1999 – The Beltrone Living Center opens

October 25, 1999 – Bright Horizons Colonie opens

Dreaming of a Good Night's Sleep?

By Kevin B. Costello, M.D.

It's often said that older people don't need as much sleep, but in fact a good night's sleep is just as important to your health no matter your age. However, using medications to aid with sleep, as almost one in three older Americans do, can bring health hazards too. Some prescription sleep aids can double the risk of falling, and over-the-counter drugs for sleep that contain diphenhydramine, an antihistamine that causes drowsiness, can cause dry mouth, blurred vision, constipation, confusion, and difficulty emptying the bladder of urine.

Sleeping medicines may increase the ease of falling asleep and the amount of time spent in sleep, but that induced sleep may not be as restorative as natural sleep.



Among the most common causes of poor sleep are:

- Medications that interfere with sleep including stimulants, diuretics ("water pills"), steroids like prednisone, and some antidepressant medications
- Beverages containing caffeine or alcohol taken too near bedtime
- Illnesses associated with high adrenaline levels and difficulty breathing such as congestive heart failure and chronic obstructive lung disease
- Pain of any cause
- Grief, depression, anxiety, dementia
- Low physical activity
- Sleep disorders such as sleep apnea, restless legs syndrome
- Uncomfortable or noisy sleep environment
- Poor sleep habits

Before seeing your doctor about difficulty sleeping, it is helpful to keep a diary of your sleep habits and experiences:

- How active are you during the day? Do any of your health conditions interfere with physical activity? Do you nap during the day?
- What time do you go to bed? Do you sleep in a bed, or somewhere else? How long after turning in do you fall asleep? Do you wake up during the night? How often? Why?
- Do any of the factors in the list of causes above apply to you?

And be sure to bring all of your medications, including over-the-counter medications and supplements to your appointment.

Many sleep problems improve by stopping medications rather than starting new ones, and when emotional issues or poor sleep habits are at play, cognitive behavioral therapy with a clinical psychologist has been shown to be highly effective. One of the few good things to come of the COVID-19 pandemic has been the increased availability of such therapy in the comfort of your own home over the phone or Internet, as such services are now covered by insurance.

References:

Winkelman, J. (2021). Overview of the treatment of insomnia in adults. In A. Eichler (Ed.), UpToDate. Retrieved March 9, 2021, from <https://www.uptodate.com/contents/overview-of-the-treatment-of-insomnia-in-adults>

ABIM Foundation (2013). Insomnia and anxiety in older people: Sleeping pills are usually not the best solution. Choosing Wisely. Retrieved March 9, 2021, from <https://www.choosingwisely.org/patient-resources/treating-insomnia-and-anxiety-in-older-people>

Kevin B. Costello, M.D., is an Internist and Geriatrician at Albany Medical Center, Albany, NY. Dr. Costello also serves on the Board of Directors of Colonie Senior Service Centers, Inc.

Senior Dining Program April meals and events at Colonie Senior Service Centers

April 2021 Lunch Menu					
April 1	Lemony Chicken	April 13	Chicken Soup and Half Chicken Caesar	April 23	Pigs in a Blanket
April 2	Baked Cod	April 14	Margherita Pizza	April 26	Chicken Parmesan
April 5	Chicken Cordon Bleu	April 15	Beef Tips	April 27	Cream of Broccoli Soup and ½ Italian Sub
April 6	Chicken Salad	April 16	Spaghetti and Meatballs	April 28	Mac and Cheese
April 7	Pierogies & Kielbasa	April 19	Chicken with Pineapple Salsa	April 29	Shrimp Scampi
April 8	Pulled Pork	April 20	Cheese Tortellini	April 30	Grilled Chicken Sandwich
April 9	Chicken Chow Mein	April 21	Pesto Chicken Lasagan	All lunches served with milk, side dishes, dessert and a smile.	
April 12	Spring Veg Quiche	April 22	Salmon Cakes		

Join us for a hot Grab 'n Go meal, available for pick up at The Beltrone Living Center, Monday – Friday from 11:30 – 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. Suggested donation of \$3, and registration and reservations are required. Call 518-459-2857, ext. 327.

Meals include chicken Pesto lasagna, Salmon Cakes and margherita pizza. Pierogies and Kielbasa will be served on International Day (4/7).

One dinner is available, on April 19, from 4:30 – 5 p.m..

A ham dinner with roast potatoes, green beans and fruit will be served. Dessert is carrot cake.

Join us for free Zoom concerts! Log on for live Zoom events, including fun rock n' roll, local musicians and a great way to connect and hear music – from your home. April 9 at 12:30 p.m.: Sophie Dvorak, Shaker High student, will perform a Zoom concert of Broadway tunes. April 19 at 5:30 p.m., Gone Grey Band will be playing a fun and eclectic mix of 40s, 50s and 60s tunes. They are a CSSC favorite!

Call 518-459-2857, ext. 327 to be included in the Zoom events. Concerts are free for all.

THE CENTER April 2021 events

Welcome to **THE CENTER**. Many people have asked about their membership dues for 2021. The pandemic forced us to cancel almost all of our programming in 2020, so we are extending all memberships through 2021. In the interest of everyone's health and safety, we have decided to hold April's events virtually. Please know that as soon as it is possible to meet in person, we will plan it. Until then, please be safe, wear your mask, and keep the faith – spring is nearly upon us!

All events will be held virtually. CSSC has a limited number of laptops to lend for anyone who does not have a computer. All Zoom events are free and for **THE CENTER** members only.

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'll have fun!

· Demonstration is free for members

· Ingredients delivery, \$10

· Tuesday, April 13, at 11 a.m.

Polish Tasting Plate: Join Diane as she prepares a Polish Tasting Plate, including pierogis, Kielbasa, and deviled eggs. This event will be a fun tour of traditional Polish springtime favorites.

Virtual Tour with Albany Institute

Be transported back in time to when the Hudson River was a major highway with vessels of all shapes and sizes plying the waters or imagine how seventeenth and eighteenth-century Albany, Kingston, and Manhattan may have looked. On this virtual tour, we will explore the Albany Institute's new exhibit *A Sense of Time: The Historical Art of L. F. Tantillo* highlighting the artist's forty-year career as one of the most noted painters of historical subjects and marine views of our time.

· Monday, April 12, at 1 p.m., Free for members

Financial Preparation and Recovery During a Disaster

In this workshop, we will discuss how disasters can affect our finances and ways to prepare and recover.

Learn how to: Plan financially for future disasters, Cope with loss of income, Utilize online and mobile banking for your advantage.

· Free for members

· Thursday, April 8, at 10 a.m.

Eat Well – Feel Great

Jump in on a Zoom presentation with Hannaford's Registered Dietician Fran Weiss. She will address how to feel good through healthy eating when times are hard.

· Friday, April 16, at 1:30 p.m., Free for members

Mindfulness

Come learn simple ways to incorporate mindfulness into every day, using activities that reduce stress and increase happiness.

Presented by BlueShield.

· Wednesday, April 28, at 12:30 p.m., Free

98 Acres in Albany

98 Acres in Albany is a collaborative digital history project of Ann Pfau, Dave Hochfelder, and Stacy Sewell. The project brings to life the area demolished for Albany's South Mall. Join in this presentation and discussion to hear about this very important part of our city's history.

· Friday, April 16, at 1:30 p.m., Free for members

Archaeological Sites of the ADK

The archaeological history of the Adirondacks spans the past 12,000 years and includes a diversity of sites which document the range of resources utilized by past groups. Sites range from small prehistoric camps, larger Colonial fortifications and military sites as well as 19th century domestic/mill sites.

With Dr. Christina Rieth, New York State Archaeologist

· Thursday, April 22, at 1 p.m., Free for members

Library Resources

Ever wonder what your library has available? Here's a hint: it is a whole lot more than just books! Join us for a virtual presentation with the wonderful Nate Heyer for a detailed overview of what new and exciting things the library has to offer.

· Thursday, April 15, at 1 p.m., Free for members

Book Club

Join us for a fun and relaxed talk about current books. We meet every other week. Call for our current pick.

· April 6 and 20, at 12:30 p.m.

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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IN MEMORIAM

Frederick G. Field Jr. 1933 — 2021

Former Town of Colonie Supervisor

Frederick G. Field Jr. passed away on March 12, 2021. Mr. Field was instrumental in the creation and growth of Colonie Senior Service Centers and remained a strong supporter of CSSC during his eighteen-year career as Town Supervisor.

Today's CSSC staff as well as older adults in the Town of Colonie are grateful for his leadership, guidance and foresight. His legacy will live on for years to come.