

## CSSC Is in the Business of Supporting Seniors Today, Tomorrow and Through the Decades

As we start to return to some level of normalcy, it feels like a good time to reflect and look to the future on how Colonie Senior Service Centers, Inc. (CSSC) will continue to provide services to our community's seniors and their families for decades to come. For the last four decades, CSSC has been there for seniors, in our community, with services that include transportation, senior dining, Bright Horizons Adult Day Services, life-long learning, social, health and wellness programs, volunteer opportunities and so much more. CSSC's business is to provide support and services to seniors and their families, and it never seemed more critical than last year as we faced the COVID-19 pandemic. CSSC never closed our doors and never stopped doing business. We pivoted our programs, worked diligently to get over 1,200 Capital Region seniors vaccinated, and we are still delivering thousands of pounds of food to seniors who face food insecurity. All of our efforts were to keep our senior community safe in uncertain times. Our success came because we worked collaboratively with local businesses, community leaders, community volunteers, and supporters who not only joined us, they invested in CSSC. Their investment allows us to be successful today, tomorrow and for upcoming decades.

The business community supports CSSC with donations, sponsorships of programs and special events in order to provide vital senior programming. Many individuals and families across the Capital Region invest in CSSC by making monetary donations, often monthly or annually. Others work with their financial planners to gift stocks to the organization, showing their support of CSSC, while managing their financial security and tax benefits. CSSC is very fortunate to have community members who chose to remember and support CSSC by making a bequest to CSSC as part of their estate.

To those who have invested in CSSC and our work to support seniors and their families, we can never say thank you enough. If you would like to become an investor in the business of providing seniors with the services they need so they may age in place in the community they choose, please contact Laurie Miedema, CSSC Development Director at 518-459-2857, ext. 304, or at [Lmiedema@colonieseniors.org](mailto:Lmiedema@colonieseniors.org).

Colonie Senior Service Centers, Inc. looks forward to being in the business of providing services where seniors thrive in their community, with dedicated supporters like you.



Message from the Executive Director



**Happy June!**  
**National Best Friend Day** – June 8  
**Flag Day** – June 14  
**Father’s Day** – June 20  
**Summer Solstice** – June 21

Small is Wonderful

For the past twenty-three years, we have lived on the same street moving there three days before giving birth to my son Louis. I honestly never imagined myself living in a suburban setting. As a young single person, I had envisioned myself living in a large urban center surrounded by public parks, history and art museums, as well as other cultural outlets. Nevertheless, here we are. Our street is small with only ten homes and interestingly enough named after a twenty-six day World War I battle in France. Most of our neighbors arrived approximately when we did back in 1998, all of us searching for the American dream; a convenient, safe neighborhood located in a good school district. Although we tend to be different from one another in regards to interests, hobbies and careers, my husband and I consider our neighbors and our neighborhood truly our community. We have been part of each other’s

lives for over two decades attending children’s birthday parties, graduations and weddings as well as parents’ wakes and funerals. We have relied on our neighbors in times of need and celebration. Even during the pandemic on nice Friday evenings last summer, I would come home from work and often find a socially distanced circle of lawn chairs on someone’s driveway or front lawn where our masked neighbors would be conversing and socializing. One of my neighbors has a tendency of always, and I mean always, looking at what is good in this world. When we have a moment to connect, he will often share an antidote of positivity about something such as how fortunate we are to have a beautiful dog that completes our family or how taking walks puts things in a better perspective. He is always waving and smiling. I often say to my husband how I wish I were more like this particular neighbor whose glass is always half full. The art of creating community where appreciation outweighs differences is a wonderful thing. Being able to connect with one another face-to-face even on a small street in the middle of suburbia is beautiful. Be well!  
–Diane Conroy-LaCivita

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. June’s Conversations are as follows:  
**Thursday, June 3** – Carol Whittaker, Public Health Professional and Educator  
**Thursday, June 17** – Christina Meier, Esq.  
These conversations may be viewed on CSSC’s Facebook page and YouTube channel any time after 2 p.m. on the day of the event.

Drug Take Back Event at The Beltrone Living Center

Too often, unused prescription drugs find their way into the wrong hands, which is dangerous and often tragic. That is why NYS Assemblyman and Pharmacist John McDonald, owner of Marra’s Pharmacy in Cohoes, and Colonie Senior Service Centers, Inc. are teaming up to offer a medication take back event at The Beltrone Living Center. Clean out your medicine cabinets and bring your expired or unwanted medications with you on Tuesday, June 15, from 11 a.m. to 1 p.m. John McDonald will be on site to take those medications from you so that they are properly disposed of and he will also be our lunchtime speaker on this very subject.



Welcome New Employees



**James Kelly**  
James has been named CSSC’s Director of the Retired Senior Volunteer Program (RSVP) and Volunteer Coordinator. Jim brings extensive experience to his position having spent nineteen years with St. Peter’s Health Partners, most recently as Manager of Activities and Volunteer Services. He is also a New York State licensed occupational therapy assistant. When not working, Jim spends time with his family, works in the yard, and coaches Colonie Little League Baseball. Jim and his wife have a six-year-old son.

Hellen Lavender

Hellen recently joined CSSC as an Administrative Assistant for King Thiel and Sheehy Manor. Hellen was employed by Occupational and Environmental Health Center as a Program Assistant for the past twenty-three years. In her spare time, Hellen enjoys gardening, crafts, genealogy, and spending time with her spouse, daughters and granddaughter.



**Fe’Lee Reyes**  
Fe’Lee also recently joined the CSSC team as an Administrative Assistant for The Beltrone Living Center. Fe’ previously worked at Living Resources for ten years where she served as Assistant Manager. Fe’ has many interests: spending time outdoors, music, meeting people, and spending time with her children and grandchildren.

Welcome James, Hellen and Fe’Lee!

New Umbrella of Colonie Coordinator

CSSC is pleased to announce that Sharon Herald has been named Coordinator of the Umbrella of Colonie Program. Sharon joined CSSC in 2017 as part of the administrative team and has been integral to the success of all CSSC programs. If you would like to learn more about the Umbrella program, Sharon may be reached at 518-459-2857, ext. 311.



Defensive Driving Classes at The Beltrone Living Center

Roger Dames, CSSC’s Driver Fitness Coordinator, will conduct Defensive Driving Classes in June and July as follows:  
**Wednesday, June 9, 2021, from 9 a.m. to 3:30 p.m.**  
**Wednesday, June 23 and Thursday June 24, 2021, from 5:30 p.m. to 8:30 p.m.**  
**NOTE:** This is a two-part class; must attend both nights.  
**Wednesday, July 14, 2021, from 9 a.m. to 3:30 p.m.**  
**Wednesday, July 28, 2021, from 9 a.m. to 3:30 p.m.**  
Classes will be held 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.



Regrowth Through Volunteering

Spring has sprung, and now it is your time. This past year we have all been impacted by the COVID-19 pandemic, and as our communities begin to reopen safely, the need for volunteer service is present. The benefits of volunteering are endless, including an increase in socialization, prevention of loneliness and a strengthening of our communities. To be part of the regrowth in your community, call Jim Kelly at 518-459-2857, ext. 308, today to learn about the volunteer opportunities through the RSVP Program with Colonie Senior Service Centers, Inc.



Very Special Donation

Thank you Debora Mitchell and students from Albany Academy for Girls for your recent donation to CSSC’s Senior Dining Program of one hundred beautifully-decorated lunch bags. Your creativity and generosity are greatly appreciated.



Debora Mitchell, MS English Teacher and Advisor for the Albany Academy for Girls with beautifully decorated lunch bags that the students created.



## A Woman of Distinction – Ellen Werner

Ellen Werner has lived at King Thiel Senior Community since May 2017 when the structure originally opened. Fortunately, she was able to secure the last available one bedroom apartment. Born April 1942 in Albany to George and Julia Werner, Ellen was the middle of three girls. Her oldest sister, Jule, became a religious Sister of Mercy and just celebrated her eightieth birthday. Ellen referred to her mom and dad as “good parents” who enjoyed taking the family on outings such as New York City excursions, local boat rides and bus trips. Originally, the family lived on West Street in Albany and subsequently moved to Washington Avenue.

Up until the eighth grade, Ellen attended Blessed Sacrament School in Albany and went on to attend St. John's Academy in Rensselaer. After graduating from high school, Ellen enrolled in a three-year program at St. Peter's School of Nursing where she obtained her RN License, graduating in 1963. She stayed on at St. Peter's Hospital for a couple of years working in pediatrics.

As Ellen mentioned several times during our interview, “I wanted to look for exactly what I wanted. I wanted to learn something different.” Her craving for learning brought her to SUNY at Buffalo where she graduated with an undergraduate degree in nursing in 1969 and then went on to attend Syracuse University obtaining a Master's Degree in Nursing Education.

A lifelong learner, Ellen ultimately worked in sixteen hospitals in eight states throughout her career saying, “I decided to do something different, to look around at different jobs. I had good references so it was not hard. I didn't like some of the apartments I lived in. I was flexible. I wanted to take advantage of the opportunity to learn.”

At the University of Delaware in Newark, she taught med-surg nursing, continuing education teaching and quality assurance. She worked in operating rooms and hospice. Additionally, she added, “I did a good share of staff nursing. I liked to be at the bedside.”

In 2004, Ellen decided to retire, commenting, “Personally, I have gotten a good career out of nursing. It is a 24/7 job.” When asked what advice she would give to someone thinking about a nursing career, she commented, “There are a lot of opportunities, more opportunities if you are part-time. Now, there are a lot more positions to go higher up.”

Ellen is pleased that hospice is now recognized as truly a need that needs to be managed, which was not always the case. Additionally, “I am very proud of what nursing did during the pandemic.”

Ellen mentioned, “I thank God every day that I am at King Thiel.” In her spare time, Ellen likes to cook, do needlework and tackle jigsaw puzzles. She talks on the phone frequently keeping in touch with her many co-workers from her incredible nursing career.

We are thrilled to have Ellen as part of our CSSC community.



## Board President's Message

I would like to take a moment to extend a big “Thank You” to our fabulous board members.

Stating the obvious, 2020 was an extremely difficult year. Our board members' commitment to improving the lives of seniors in our community enabled CSSC to not only survive the COVID-19 pandemic, but in many ways thrive. Although each member's contribution was extremely important, I am excited to announce that Nancy O'Connor is the recipient of this year's Ann Marie Sheehy Award. Nancy went above and beyond in serving seniors in the community and carrying out the mission of our organization. Thank you Nancy!

Christina W. Meier, Esq.  
CSSC Board President



Christina Meier



Nancy O'Connor

## Umbrella of Colonie

If you are a member of Umbrella of Colonie and are in need of smoke detectors, we can help. The American Red Cross has recently given us a generous donation of smoke detectors, which are available for members.

If you are not a member of Umbrella and are interested in learning about the program, please call Sharon Herald 518-459-7152.



## Seeking Nominations for the 2021 Colonie Senior Spirit Awards

Colonie Senior Service Centers, Inc. (CSSC) is looking for that special person or organization who supports our senior community. Do you know someone who has been supportive of seniors in our community, especially during this past year of uncertainty?



CSSC, an independent non-profit 501(c)(3), is currently accepting nominations for the 2021 Colonie Senior Spirit Awards. The Colonie Senior Spirit Awards are presented to outstanding individuals and organizations located in the Capital Region who provide seniors with support services or who have advocated on their behalf, which results in seniors remaining independent thus allowing them to age in place in the community that they choose.

**Nominees may be nominated for one of the following criteria:**

**Transportation Award** – presented to an individual or organization for their efforts to promote independence and self-reliance for seniors by developing and expanding senior transportation options.

**Bright Horizons Award** – presented to an individual or organization for their commitment and achievement in providing and enhancing access to adult day services and caregiver support for seniors and their families.

**Senior Dining Award** – presented to an individual or organization for their dedication and efforts to help seniors maintain their health through good nutrition.

**Health & Wellness Award** – presented to an individual or organization for their commitment and dedication in developing opportunities for seniors to maintain and enhance their physical and intellectual talents.

**Senior Housing Award** – presented to an individual or organization for their vision and leadership in developing housing options for seniors.

**Building a Senior Community Award** – presented to an individual or organization for their efforts to identify and strengthen the existing network of services for seniors and their families.

To nominate a deserving individual, business or organization, submit a Colonie Spirit Award nomination form to Colonie Senior Service Centers, Inc. Attn: Laurie Miedema, Development Director, 6 Winners Circle, Albany, NY 12205 or at [www.colonieseniors.org](http://www.colonieseniors.org).

Nomination forms are available online at [colonieseniors.org](http://colonieseniors.org), or by contacting Laurie Miedema at 518-459-2857, ext. 304, or by email at [Lmiedema@colonieseniors.org](mailto:Lmiedema@colonieseniors.org).

The deadline for nominations is midnight on August 31, 2021.

1981 – 2021

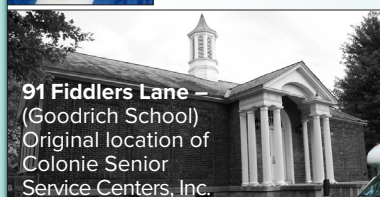
4<sup>th</sup>  
COLONIE SENIOR  
Service Centers, Inc.

ANNIVERSARY

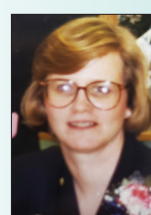
Colonie Senior Service Centers, Inc. celebrates forty years of providing programs and services to seniors in our community.



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



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



**May 17, 1994** – First Volunteer Dinner  
**September 26, 1994** – First Golf Classic

**March 1, 1998** – Sheehy Manor Senior Housing opens

1991



**May 7, 1999** – First Fashion Show Luncheon

**October 1, 1999** – The Beltrone Living Center opens

**October 25, 1999** – Bright Horizons Colonie opens



**2001 – 2017**  
Edward Neary, CSSC Executive Director

**June 21, 2001** – First Path Paver Dedication

**July 23, 2001** – First Summerfest

**October 15, 2002** – First Founders' Awards Dinner

**November 15, 2004** – Bright Horizons at Pine Grove opens

**June 18, 2008** – Umbrella of Colonie opens

**April 15, 2010** – First Home Maintenance Fair

2001

**March 30, 2014** – Bright Horizons Guiderland opens

**June 2014** – CSSC named sponsor of RSVP

**September 2, 2014** – Bright Horizons Clifton Park opens

**October 2, 2015** – Tool Box opens

2011



**2017 – Present**  
Diane Conroy-LaCivita, CSSC Executive Director

**May 1, 2017** – King Thiel Senior Community opens  
**October 1, 2017** – Bright Horizons Latham opens  
**September 2018** – First Croquet at the Crossings  
**June 2019** – First Chefs in Motion Competition  
**September 1, 2019** – THE CENTER at CSSC opens  
**March 2020** – Onset of COVID-19 Pandemic. While our programs and services were forced to adapt, we helped seniors in a variety of ways: meals and groceries were delivered; transportation was provided; virtual Bright Horizons events were held.

**August 2020** – Local Bounty Basket program introduced



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Learning to Be Well!

By Kevin B. Costello, M.D.

It seems impossible to watch an evening newscast or open a magazine without seeing ads for medications and supplements that promise to increase vitality, sharpen thinking, or ward off depression. For the low, low price of just something, you can reclaim the energy and stamina of your youth. Many of these things have one thing in common – no scientific evidence of effectiveness nor, in the fine print, any promise of same. And if they do have any effect at all, it is not through taking in their product, but through something that is already within you – belief that you will benefit. This is not to say you were fooled but underscores how much power we have within ourselves to create a sense and a reality of well-being.

The things that do have scientific evidence of benefit for aging well have a common thread: increased physical activity and interpersonal connections – in other words, the opposite of what the pandemic of the past year has brought. They benefit the mind, body, and spirit, but they don’t come in a pill, and they don’t exist without active engagement by the beneficiary.

Lifelong learning, whether pursuing graduate studies or learning a new skill, creative activity, or volunteer work, has demonstrated positive effects on physical and emotional well-being and contributes to resilience and recovery from physical and emotional health problems.

**REFERENCES:**  
DynaMed [Internet]. Ipswich (MA): EBSCO Information Services. 1995 - . Record No. T922638, *Geriatric Health Maintenance*; [updated 2018 Dec 05, cited 2021 May 11]. Available from <https://www.dynamed.com/topics/dmp~AN~T922638>. Registration and login required.  
Hammond\*, C. (2004). Impacts of lifelong learning upon emotional resilience, psychological and mental health: Fieldwork evidence. *Oxford Review of Education*, 30(4), 551–568. <https://doi.org/10.1080/0305498042000303008>  
Malone, J., & Dadswell, A. (2018). The Role of Religion, Spirituality and/or Belief in Positive Ageing for Older Adults. *Geriatrics*, 3(2), 28. <https://doi.org/10.3390/geriatrics3020028>

Save the Dates!

**3<sup>rd</sup> Annual Chefs in Motion!**  
**The Beltrone Living Center**  
**Monday, September 20, 2021**  
**5:30 - 8:30 p.m.**

Join us for our Chefs in Motion! event, as local chefs compete to be the best chef in the Capital Region. A collaboration between CSSC, the New York State Department of Agriculture and Markets, Cornell Cooperative Extension and the *Times Union* to benefit CSSC’s Transportation Services. Contact Sharon Herald for more information at 518-459-2857, ext. 302, or by email at [sherald@colonieseniors.org](mailto:sherald@colonieseniors.org).

**Salvatore R. and Anna E. Beltrone Golf Classic**  
Schuyler Meadows Club  
Monday, September 27, 2021  
8:00 a.m. – 5:00 p.m.  
Staggered Tee Times throughout the day!

Help to serve the needs of seniors and their families while playing golf at Schuyler Meadows Club. The Beltrone Golf Classic traditionally sells out and the proceeds benefit all of CSSC’s Programs and Services. Contact Laurie Miedema for more information at 518-459-2857, ext. 304, or by email at [Lmiedema@colonieseniors.org](mailto:Lmiedema@colonieseniors.org).

**CSSC Croquet Tournament**  
The Beltrone Living Center & The Crossings  
October 15, 2021  
12:30 – 4:30 p.m.

The Croquet Tournament is an excellent team building opportunity with proceeds supporting the Bright Horizons Adult Day Services program. Contact Sharon Herald for more information at 518-459-2857, ext. 302, or by email at [sherald@colonieseniors.org](mailto:sherald@colonieseniors.org).

Physical fitness includes aerobic fitness, strength, flexibility, and balance. Guidelines recommend 150 minutes per week of moderate-intensity or 75 minutes per week of high-intensity aerobic physical activity. Examples include walking, running, swimming, dancing, or cycling. Strength training using weights and other forms of resistance helps build and preserve muscle mass and strength when performed at least twice a week. Activities like tai chi, yoga, and dance improve balance and can help reduce the risk of falls. Physical activity’s benefits are not limited to physical health but extend to preserving cognitive function and emotional health.



The spiritual dimension of our lives can take many forms, whether through participation in traditional organized religious practice or through shared or personal spirituality and beliefs and can contribute to resilience and wellness in other spheres.

Wellness is not the exclusive possession of the healthy, but just as crucial for those living with chronic illness. The past year’s privations should enable us all to appreciate the health value of social engagement as we feel the pain of isolation.

*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.*

**20<sup>th</sup> Founders’ Celebration Dinner**  
The Beltrone Living Center  
Thursday, October 28, 2021  
5:30 – 8:30 p.m.

Honor individuals, businesses and community leaders who embody our Founders’ commitment, vision and leadership with the Colonie Senior Spirit Awards. Proceeds benefit CSSC’s Programs and Services. Contact Laurie Miedema for more information at 518-459-2857, ext. 304, or by email at [Lmiedema@colonieseniors.org](mailto:Lmiedema@colonieseniors.org).

**Veterans Recognition Luncheon**  
The Beltrone Living Center  
Monday, November 8, 2021  
10:00 a.m. – 1:00 p.m.

Join CSSC and members of the Joseph E. Zaloga American Legion Post #1520 to honor our veterans.

Contact Sharon Herald for more information at 518-459-2857, ext. 302, or by email at [sherald@colonieseniors.org](mailto:sherald@colonieseniors.org).

**‘Tis the Season to Be Thankful Holiday Luncheon & Fashion Show**  
The Beltrone Living Center  
November 19, 2021  
11:30 a.m. – 2:00 p.m.

Kick off your holiday season by joining us for this lovely luncheon and fashion show that highlights this year’s holiday fashions! Proceeds will benefit CSSC’s Transportation Services program. Contact Laurie Miedema for more information at 518-459-2857, ext. 304, or by email at [Lmiedema@colonieseniors.org](mailto:Lmiedema@colonieseniors.org).

Senior Dining Program

June meals and events at Colonie Seniors  
Join us for a hot meal, available for pick up or limited capacity in-person dining, at The Beltrone Living Center Monday – Friday from 11:30 a.m. – 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.

One dinner is available, on June 21 from 4:30 – 5 p.m. The menu includes Meatloaf, Mashed Potatoes, Honey Carrots and Lemon Meringue Pie.

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

June 2021 Menu All lunches come with side dishes, dessert and milk.			
June 1	Eggplant Parmesan	June 16	½ Turkey Club Sandwich & Minestrone
June 2	Hawaiian Chicken	June 17	Fettucine Alfredo w/Chicken & Broccoli
June 3	Salmon Cakes	June 18	Citrus Chicken Quinoa Salad
June 4	Sausage Stuffed Zucchini	June 21	Oven Fried Chicken
June 7	Cobb Salad & Corn Chowder	June 22	Philly Sandwich
June 8	Shrimp Scampi	June 23	Spaghetti & Meatballs
June 9	Pepperoni Pizza	June 24	Fish Sandwich
June 10	Grilled Chicken Parm Sandwich	June 25	Summer Veg Quiche
June 11	Vegetarian Chili	June 28	Chicken Bacon Mac & Cheese
June 14	Pot Roast w/ Veggies	June 29	Pulled Pork Sandwich
June 15	BLT Bow Tie Pasta	June 30	Baked Lemon Cod

music – from your home or on the lawn at The Beltrone Living Center.  
June 4 at noon: Joe Gorman  
June 21 at 5 p.m.: Rick Bedrosian

Call 518-459-2857, ext. 327, to be included in the concert events. Concerts are free for all.  
**Meals are subject to change.**

THE CENTER at CSSC

Hello! Welcome back! Well, almost back. We are slowly reopening, with hope and joy and an abundance of caution. **THE CENTER** at CSSC will continue to offer fun and interesting programming via Zoom, because we know that not everyone is ready to gather. For those who are ready, we are offering a select number of events, to be held outside and socially distanced inside, at The Beltrone Living Center. Please feel free to reach out and let us know what you are interested in, and what you would like to see offered in the future. Yours, Caroline Barrett, Director of Lifelong Wellness 518-459-2857 x 327, [cbarrett@colonieseniors.org](mailto:cbarrett@colonieseniors.org). Please note, all in-person events require proof of vaccination.

**Zoom – Cooking Demonstration with Diane**  
Demonstration is free for members, ingredients delivery, \$10  
Tuesday, June 8, at 11 a.m. – Diane will prepare a duo of favorite picnic foods, old-time potato salad and rocky road brownies.

**Live Music For All**  
Bring your own chair.  
June 4 at Noon - Joe Gorman and his guitar.  
June 21 at 5 p.m. - Rick Bedrosian will play rock n’ roll and favorites.  
Call 518-459-2857, ext. 327, or email to be included in the Zoom concerts. Concerts are free for all and made possible with a grant from Albany County Dept. for Aging.

**Beginning Ukulele – Outside**  
Bring your own ukulele, or contact us for info on where to purchase one. Taught by Sherri Bellucci, a teacher and musician for over 45 years. 7 person maximum. 4 weeks, Wednesday, June 2 – 23, 2:30 – 3:45 p.m., rain date of June 30 will be added in the event of bad weather. \$30 for members, \$36 for not-yet-members.

**Paint Chip Mosaic – Outside**  
Wednesday, June 16, at 1:30 p.m., rain date is Friday, June 18, at 1:30 p.m. Free for members.

**Social Exercise at The Beltrone**  
Weather permitting, registration required. Meet by the gazebo.  
Walking Club, Tuesdays at 10 a.m., Join us for fresh air, friendship and great exercise. Cornhole, Fridays at 10:30 a.m. Come for socially distant Cornhole. Don’t know how to play? We will teach you!

**Tree Walk at Five Rivers Environmental Center**  
Requires standing and walking for 1.5 hours.  
Tuesday, June 1, and Tuesday, June 8. Bus leaves The Beltrone at 9:40 a.m. \$10 for members, \$15 for not-yet-members, plus donation for transportation.

**Troy Garden Tour**  
Participants should expect to walk for 1.5 hours. Event will be held rain or shine. Thursday, June 10. Bus leaves at 3 p.m. and returns approximately 5:30 p.m. \$15 for members only.

**New York Botanical Garden**  
This event will be held rain or shine. Non-refundable.  
Friday, June 11. Bus leaves The Beltrone at 9:30 a.m. and returns at approximately 6:30 p.m. \$52 for members only.

**Rubber Stamping Art – Outside or Zoom In**  
Instructor and demonstrator Ann Burns. Each class is \$10 and \$10 fee, payable to the instructor.  
Create a fun and festive framed July 4<sup>th</sup> sampler collage to display and show off your patriotism. Thursday, June 17, 3 – 4:30 p.m.

**Yoga for Delightful Aging – Outdoor!**  
Gail Witte is an advanced yoga teacher who is passionate about the benefits of yoga. 10 person maximum. Thursdays, June 3 – 24, 10 – 11 a.m., rain date of July 1 will be added in the event of bad weather. \$25 for members, \$30 for not-yet-members.

**Tour of Albany Area Murals**  
Thursday, June 24, at 10 a.m. \$5 for members

**Zoom Talks, Lectures, Events (Free for Members)**  
**David Louis** – Animal Communicator  
David will explain the process of communicating with animals and tell amazing stories of his experiences of almost twenty years. Thursday, June 10 at 1 p.m.

**Father Kane** – Muslim 101  
Fr. Jim Kane, Interfaith Affairs Director of the Catholic Diocese since 1982, will offer an overview of Islam, the religion of the Muslims. Thursday, June 17, at noon.

### 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

James Kelly, Director  
jkelly@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

Sharon Herald, Coordinator  
sherald@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.  
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Albany, NY 12205

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## Open House at The Beltrone Living Center

Consider living in one of the premier independent senior (55+) living communities in the Capital Region – The Beltrone Living Center. It is our pleasure to invite you to our

**Open House on Saturday, June 5, from 10 a.m. to 1 p.m.**

The Beltrone Living Center is located in the heart of Colonie just off Wolf Road adjacent to The Crossings of Colonie and offers many amenities:

- Great restaurants and shopping nearby
- A variety of floor plans
- Pet-friendly and smoke-free community
- Twenty-four-hour security intercom system
- Emergency call buttons in each apartment
- Transportation services onsite
- The Lakeview Restaurant operated by Mazzone Hospitality
- The Salon at Beltrone
- Rehabilitation services provided by HectorPT
- **THE CENTER** at CSSC

**Come in and see why it is "Better at Beltrone!"**

