

The Benefits of Volunteering

It was on an extended holiday break from college that through volunteering I came across an opportunity that would lead to my career path. I was working on a degree in a field that I had no desire for and I needed a change. The break was not long enough for a paying job, but what I learned through volunteering in a local hospital's rehabilitation department was of much more value.

After making the degree change, I completed my education in the field of occupational therapy. I entered the workforce and here we are, twenty something years later. Through my career, I have held different roles, and the one that I believe had the most impact is of a Volunteer Coordinator. When interviewing volunteer applicants, I have always inquired, "what do you love to do?" or "what special talent do you have?" Being open about this information will help in making the right connection between volunteer and organization.

As an AmeriCorps Senior Volunteer through CSSC, you have the opportunity to serve with an organization located in Albany, Rensselaer or Schenectady County. We have partnered with over eighty non-profit organizations and we strive to connect the right person with the right organization. In addition, we provide support throughout the relationship, with educational opportunities and recognition events.

Have you considered volunteering? There are numerous benefits and I would like to share just a few here.

- 1. Volunteering provides a meaning of self-worth.** For those recent retirees, no longer going into the office, completing your tasks, you may feel lost and doubt your meaning. This is an opportunity to share your expertise and skills with a community organization.
- 2. Reduces risk of Alzheimer's disease.** Some research has shown that people who volunteer may be at a lower risk of dementia.
- 3. Boosts your self-esteem.** As teens are trying to find their way, volunteering can build confidence and develop their self-esteem.
- 4. You strengthen your community and your social network when you volunteer,** according to the Corporation for National and Community Service. You make connections with the people you are helping, and you cultivate friendships with other volunteers.
- 5. Build new relationships.** After our year of lockdown, volunteering can lead you to life-enriching interactions with others of similar interests.

James Kelly,
RSVP Director

So as our communities continue to open and as you, your family and friends seek ways to be involved, please consider becoming a CSSC volunteer or an AmeriCorps Senior Volunteer through RSVP, sponsored by Colonie Senior Service Centers, Inc.

RECENT STATION VISITS

Victoria Acres

Are you looking to make a difference in someone's life? To be by someone's side as they gain physical, psychological, cognitive, social and educational strides? At Victoria Acres Equine Facility located in Guilderland, New York, the mission is to empower children and adults with or without physical and developmental challenges through the use of Equine Assisted Activities. To learn more about Victoria Acres, visit www.victoriaacresequinefacility.org.

Habitat for Humanity ReStore

Keep it out of the landfill, as it may be perfect for someone else. That is what is going on at the Habitat for Humanity ReStore located on Fuller Road in Albany. If you have had the opportunity to stop by the ReStore, you have seen the supply of items to be repurposed. In the world of DIY, what a great opportunity and option for the DIYer.

The Red Bookshelf

Three hundred books in the hands of three hundred children; that is what a handful of volunteers and members of the Red Bookshelf accomplished during a recent event. The Red Bookshelf partnered with Catholic Charities for a CC MOVE event in Albany. Their mission is to inspire children to read, and they accomplish this by providing books to children of all ages.

To learn more about RSVP volunteer opportunities, call Jim Kelly at 518-459-2857, ext. 308, or email jkelly@colonieseniors.org.



**AmeriCorps
Seniors**

Colonie Senior Service Centers, Inc. is the grantee of
Retired Senior Volunteer Program (RSVP) for the Capital Region



Message from the Executive Director



Happy July!

July 4 – Independence Day
July 11 – Cheer Up the Lonely Day
July 14 – Bastille Day

Past, Present and Future

Optimism is considered both a personality trait and a product of one's environment. Being optimistic has benefits for your health and

productivity. Anyone can learn to be optimistic by finding meaning and purpose in life. For example, CSSC employees truly work with purpose, feeling fulfilled implementing CSSC's mission by supporting seniors and their families in a wide variety of ways. As an organization, we are looking forward to this fall when we will be holding six of our annual events (two in September, two in October and two in November). Additionally in September, I am initiating a monthly International Diners Club as a way for CSSC to support our locally owned

restaurants. We are very busy preparing and reconnecting with corporate sponsors and organizational partners. We have learned from this past year and look forward to the present and the future.

On a personal note for me and my family, we are looking forward to November when our middle child, Catherine, will be getting married to her beloved fiancé Joey. They have gone together for many years and seem to be the perfect match complementing and supporting each other through the years. They are also very organized with almost all of the wedding plans and preparations out of the way. It is truly a blessing to look forward to such a celebration.

Please remember CSSC is here for you and your loved ones. Cultivate an attitude of gratitude and optimism by taking time out every day to focus on the positive from the past, the present and the future.

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.

July's Conversations are as follows:

Thursday, July 1 – Mary Brizzell, Former Supervisor for the Town of Colonie

Thursday, July 15 – Elizabeth (Libby) Lee, Retired Art Teacher

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.

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.

Lobster Anyone? CSSC's July Drive-through Community Dinner

On Friday, July 16, let's celebrate summer with a fabulous lobster roll dinner prepared by Mazzone Hospitality that will make you feel like you are vacationing at the ocean.

July's menu will consist of the following:

- Lobster Salad Roll
- Stuffed Baked Potato
- Tomato and Cucumber Salad
- Cole Slaw
- Berry Bar with local seasonal fruit for dessert

The cost of a meal is \$20 and reservations are required. Meal pickup will be between 4 and 5 p.m. at The Beltrone Living Center, 6 Winners Circle, Albany. To make your reservation, please call 518-459-2857, ext. 303.



CSSC's International Diners Club: For the Love of Food

The best way to experience a culture is through its food. Starting in September, Diane will be setting up a different local international dining experience each month where participants will be immersed in the culture as well as the cuisine of a particular culture and/or country. The group will meet at the restaurant on a set day and time and will be able to order off a limited menu with a set price. CSSC Transportation Services will be available for those who are unable to drive themselves.

September's restaurant experience will be Yono's Restaurant located at 25 Chapel Street in Albany on Thursday, September 9, 2021, at 5 p.m. Operating for over thirty years and considered one of the top Indonesian restaurants in the country, Chef Yono and his wife Donna Purnomo's dishes are often created with a strong Asian, Indonesian in particular, accent featuring local ingredients and artisans when possible. The cost for the meal will be \$37 per person.

Space is limited and registration is required. Please call Diane at 518-459-2857, ext. 305, for additional information or to reserve your spot.

Fun facts: Indonesia, officially the Republic of Indonesia, is a country in Southeast Asia between the Indian and Pacific Oceans. It consists of over seventeen thousand islands and is the fourth most populous country in the world.



Donna and Yono Purnomo are spouses and business partners at Yono's.

Transportation News

We are excited to announce that with a wonderful grant from the Mother Cabrini Health Foundation we are able to purchase two 14-seat buses. These buses will be used for trips and outings. The expected arrival of the buses will be in approximately six to eight months. This is a great opportunity to take residents out to enjoy the day. We will update you when we have more information.

Defensive Driving Classes at The Beltrone Living Center

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

**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.**

**Thursday, August 12, 2021,
from 9 a.m. to 3:30 p.m.**

**Tuesday, August 24, 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.



Bright Horizons Welcomes Seniors Back

Bright Horizons Adult Day Social Program, a program of Colonie Senior Service Centers, Inc., welcomed back ten seniors on Wednesday, June 2, 2021. Staff and volunteers were there to welcome seniors back to program after closing its doors on March 13, 2020. A meet and greet session was shared by seniors, staff and volunteers. Seniors then participated in Tai Chi and morning activities of their choice. After a delicious lunch with a trivia board question for each member to answer, seniors chose their afternoon activities. Everyone had a wonderful day! Everyone left happy, healthy and, of course, tired. We are committed to continue our mission of providing adult day services to seniors within the Capital Region.

If you would like additional information about Bright Horizons, please contact Sue Napierski, Director of Bright Horizons, at 518-459-7967.



Join Us at Rivers Casino

Please join CSSC as we travel to Rivers Casino in Schenectady on Monday, July 19.

Shuttle will leave King Thiel Senior Community at 10:15 a.m.
and The Beltrone Living Center at 10:30 a.m.
returning at approximately 3:30 p.m. Prepayment of
a non-refundable fee of \$20 is required. To make a
reservation, please call Diane at 518-459-2857, ext. 305.

A Woman of Distinction – Candace (Candy) Deisley

Candy Deisley moved to The Beltrone Living Center on February 1, 2016. Born in Brooklyn on December 2, 1946, to Gilbert and Roberta, Candy grew up the older of two with a younger brother Gilbert, four years her junior. In 1950, the family moved to Levittown in Nassau County, New York, a planned community and considered the first truly mass-produced suburb in the United States for returning World War II veterans. Candy's father was a New York City firefighter who worked three days on and three days off. Candy explained that her dad dabbled with other jobs on his scheduled days off such as in the import/export business. Her mom was an elementary school principal's secretary. The family moved to Massapequa in 1960 where she started as a ninth grader at Massapequa High School. Candy shared, "I was in the first graduating class of my high school." She went on to Wagner College, a small private liberal arts school in Staten Island where she met her future husband John. Candy shared that she sang in the College Choir, which was a touring choir with sixty students that had the opportunity to go across the country twice. She added, "It was an

absolute riot. We sang in mostly Lutheran Churches and then we were given those church dinners, Jell-O salad and ham." Candy graduated with a BS in Elementary Education in 1968 and married John that same year, two weeks before he left for Vietnam. He returned in 1969 and finished his education under the GI Bill graduating from Hofstra University with a BS in computer science in 1971. By this time, Candy had started teaching third grade realizing, "I hated teaching." She then got a position at the Nassau County Social Services Daycare. It was a big daycare. She was the head teacher in the kindergarten and then four-year-old classroom. She added, "I had four people under me. I started taking kids to the library and became enamored with being a children's librarian."

Candy gave birth to two children in the early 1970s, and in 1972, her husband lost his job after a company closure. She explained she had a brand new baby and no income so the young couple decided that John would stay home with the children and she would get a job, which she did as the director of a daycare center.

The family moved to Nassau in Rensselaer County where she worked in the Small World Preschool. On her lunch hour, she would visit the Delaware Branch of the Albany Public Library. The children's librarians there convinced her to get a Master's Degree in Library Science. It took two years but opened her career to a variety of positions such as the Elementary Librarian at the Poestenkill Library and sixteen years spent at the Albany Public Library. She retired in 1999 and went on to teach Children's Literature at the College of St. Rose both at the graduate and undergraduate level.

Candy explained that the highlight of her career was in 2000 when she was selected as one of fifteen individuals to serve on the Caldecott Committee, which annually recognizes the preceding year's most distinguished American picture book for



1981 – 2021

4th
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 – 2000
Kathleen Ann Caulfield, CSSC Executive Director



1981

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

May 7, 1999 – First Fashion Show Luncheon

October 1, 1999 – The Beltrone Living Center opens

October 25, 1999 – Bright Horizons Colonie opens



1991



children. She commented, "During that year, I got eight hundred books to review and wound up with four large bookcases filled."

The committee met in New Orleans and Toronto and she was able to meet and go out to dinner with many of the authors and illustrators. The committee eventually chose author and illustrator Eric Rohmann's book *My Friend Rabbit*. The author subsequently presented each committee member with an original watercolor depicting the characters in the book as a token of his appreciation.

Candy's husband passed away of renal cancer in 2005. They knew for three years that he was dying so they took advantage of that time by traveling to Paris, New Orleans and Los Angeles. John died in hospice at St. Peter's Hospital a week before Christmas. Candy commented, "The greatest blessing was I was there when he passed."

In her free time, Candy likes to knit, crochet and read in addition to serving on the "Daughters of the King" and "Ladies Who Lunch" through St. Paul's Episcopal Church in Albany.

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



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



March 30, 2014 – Bright Horizons Gunderland opens

June 2014 – CSSC named sponsor of RSVP

September 2, 2014 – Bright Horizons Clifton Park opens

October 2, 2015 – Tool Box opens

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

2021

As we reflect on the past forty years, we are grateful to the Executive Directors, Board of Directors and staff who have come before us for their foresight in developing programs and services for the seniors in our community.

As Executive Director, I know our current Board of Directors and staff are committed to continuing this proud legacy of service to seniors.

–Diane Conroy-LaCivita

2001

2011

2021



Summer Concerts in the Barn Are Back

For two consecutive Wednesday evenings in July, The Friends of Pruyn House will be hosting Summer Concerts in the Barn. Both concerts will take place at the Pruyn House Complex located at 207 Old Niskayuna Road in Latham. The first is scheduled for Wednesday, July 14, 2021, and will feature local Irish/Celtic favorite Get Up Jack. The second concert will take place on Wednesday, July 21, 2021, and will feature Jade. Bring your dancing shoes and move to music of the 50s and 60s. The concerts will begin at 6:30 p.m. each week and will end at approximately 8:30 p.m. Prior to the beginning of each concert, all the historic buildings on the site will be open for tours.

Concert tickets are \$5 each. Children ages 12 and under are free of charge. In addition, there will be food and beverages available for purchase during the event.

To register, please call 518-459-2857, ext. 303.

The CSSC Transportation shuttle is available for the residents of Sheehy Manor, King Thiel Senior Community and The Beltrone Living Center. The shuttle will leave Sheehy Manor at 5 p.m., King Thiel at 5:15 p.m., and The Beltrone at 5:30 p.m. on the day of the concert.

CSSC bus shuttle is a \$10 suggested contribution. To register, please call Danette Groat at 518-459-6064 or email dgroat@colonieseniors.org.



What Color Is Your Front Door?

We often use colors to express ourselves. Color connects us to our personalities. Many people use color not only inside their homes but also on their front door.

I personally love to see a pop of color on a front door as it builds curb appeal. Before you paint your front door, take a look at the list I provided below. What kind of impression do you want to send to your neighbors?

White door – You are clean and organized

Red Door – Hospitable home

Orange Door – You are a social butterfly

Yellow Door – Positive attitude

Green door – Solid member of your community

Turquoise Door – You are a romantic dreamer

Blue Door – Well grounded

Purple Door – You are a risk taker

Gray Door – You are indecisive

Black Door – Order and control

What color is your front door? My front door is red.

If you are interested in learning more about Umbrella of Colonie, please contact Sharon Herald, Umbrella Coordinator, at 518-459-2857, ext. 311.

Fun and Educational Weekend Outing to Seneca Falls

Plans are under way to spend Wednesday and Thursday, October 6 and 7, discovering many of the sights and sounds of Seneca Falls, the municipality where the women's rights movement in America was triggered and solidified over one hundred seventy years ago and where the set of *It's a Wonderful Life* was supposedly modeled after.

The group will leave early on Wednesday from The Beltrone Living Center heading

west and stopping at a couple of famous New York State wineries. Then on to the Women's Rights National Historical Park, which includes the Elizabeth Cady Stanton House, the Wesleyan Chapel, and the Women's Rights National Park Visitors Center. The group will be staying overnight at The Gould Hotel. On Thursday, stops at the National Women's Hall of Fame and the Saunders (Amish) Country Store are scheduled. There will also be time to explore on your own.

The cost of the outing is \$225 for members of **THE CENTER** and \$245 for not-yet-members and includes transportation by Premiere Transportation, overnight accommodations (based on double occupancy), some meals, snacks on the bus, and fees for attractions. Space is limited. Please call Diane at 518-459-2857, ext. 305, to reserve your spot.

(Left) Susan B. Anthony, Elizabeth Cady Stanton, and Amelia Bloomer statue in Seneca Falls, NY

Senior Dining Program

July 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 to Friday from 11:30 a.m. to 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 July 21 from 4:30 to 5 p.m. The menu includes BBQ Chicken, Baked Beans, Potato Salad, Zucchini & Tomatoes and a Cupcake.

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 or on the lawn at The Beltrone Living Center. July 9 at noon and July 21 at 5 p.m.

July 2021 Menu

July 1	Chicken Pesto Bake	July 19	Pot Roast
July 2	Greek Salad w/ Chicken	July 20	Pulled Pork Sandwich
July 5	CLOSED	July 21	Baked Cod
July 6	Eggplant Parmesan	July 22	Four Cheese Quiche
July 7	Mediterranean Plate	July 23	Citrus Quinoa Salad
July 8	Salmon Cakes	July 26	Parmesan Crusted Chicken
July 9	Sausage Stuffed Zucchini	July 27	Stuffed Pepper
July 12	Cobb Salad	July 28	Seafood Mac & Cheese
July 13	Shrimp Scampi	July 29	BLT Bow Tie Pasta Salad
July 14	Margherita Pizza	July 30	Cheeseburger
July 15	Grilled Chicken Parm Sandwich	Meals include milk, side dishes and dessert.	
July 16	Vegetarian Chili		

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

THE CENTER at CSSC

Hello from **THE CENTER** at CSSC! We have been busy reopening and planning for the summer and fall. We all know that many people are tired of being home and are ready for fun and companionship. We are, too! Please know that we are still very committed to the safety of everyone, and so we are requiring vaccinations and masks (for indoor events).

If you are vaccinated and feeling like you are ready to emerge, we think there is something here for you. In July and August, **THE CENTER** will be offering club games and events, which are free for members, including open studio, bingo, book club, walking club and corn hole.

Our upcoming classes include painting, Tai Chi, yoga and book making.

And, if you are really ready to get out, we hope you will join us for a trip, to either a close-by destination or a place a little farther away. You could join us to learn about the incredible art at the Albany Airport, catch a show at the Curtain Call Theatre or explore the Brimfield Flea Market. By popular demand, we will also do another tour of the Albany Murals.

For those not quite so ready to be in public, we will continue our popular Zoom talks and lectures, with health, food and finances all in the mix.

Whatever place of the journey you are in, we are with you, we are here for you, and we cannot wait to see you again, whether it is in person or on Zoom. Our calendar of events will be in the mailbox of our members soon. If you are not a member and are interested in becoming one, call Caroline at 518-459-2857, ext. 327.

Recently retired? Ready to be involved in your community?

Part-time drivers needed to transport senior citizens in the Colonie area. Small bus, regular driver's license and a good driving record required. This is a great way to provide a community service and get paid. Contact Danette Groat at 518-459-6064 or email dgroat@colonieseniors.org for more information. EOE.



Tribute Corner

(1/1/2021 – 5/27/2021)

Thank you for your gift to CSSC!



In Memory of R. Richard Boehlke

The Arthur Fazzzone Family
Lawrence Burwell
Anthony Cannistraci
David Juron
Matthew Grunert
Tony Vogt
Joseph and Gail Boehlke
Cindy and Bob Wolf
Elizabeth Rutland
Mr. and Mrs. Frank Tommell
Debra A. Heider
Barclay Damon LLP

In Memory of Frederick G. Field Jr.

Edward Neary

In Honor of Diana Lindsay

New York State United Teachers

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

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SAVE THE DATES

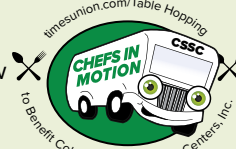
Chefs in Motion

CSSC's 3rd Annual Chefs in Motion will take place on Monday, September 20, from 5:30 to 8:00 p.m. This year's event will be hybrid where attendees can choose to take their meal to go or attend in person at The Beltrone Living Center.

Chefs in Motion is a collaboration between the New York State Department of Agriculture and Markets, Cornell Cooperative Extension, the New York State Wine and Grape Foundation and the Times Union celebrating everything local.

Participating Chefs/restaurants will be provided a "shopping cart" of locally-sourced products and

seasonal produce from which they will be asked to create a signature dish. These creations will be judged by both a panel of distinguished local judges (Judges' Choice) as well as attendees (People's Choice).



Tickets:

\$65 General Admission
\$75 VIP
\$30 Seniors
\$30 Professionals under 35

To make a reservation, call 518-459-2857, ext. 302.

Salvatore R. and Anna E. Beltrone Golf Classic



Schuyler Meadows Club
Monday, September 27, 2021
9:00 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.