

Let Us Remember with Pause and Reflection...

As we recognize and reflect on its 20th remembrance, a moment of silence is a fitting tribute for those who tragically lost their lives on 9/11. As Anki Spitzer said, "Silence contains no statements, assumptions or beliefs and requires no understanding of language to interpret." I would believe that most of us can still remember where we were when the heartbreaking events of the day were shared and unfolded via television and radio. Recently, we sat down with CSSC's Driver Fitness Coordinator, Roger Dames, as he shared his life path as well as personal involvement during this difficult time in our nation's history.

The second youngest of thirteen children (seven boys and six girls), Roger was born on July 4, 1943 to his parents Elizabeth and Albert Dames. Roger's father was a disabled WWI veteran who worked as a corrections officer at Dannemora (Clinton Correctional Facility). Roger graduated from Albany High School in 1960 and after graduation decided he would enlist in the Coast Guard. He shared that when he went to the recruitment office, he was told that the Coast Guard had a year and a half waitlist. Upon learning this, a Navy recruiter approached him to let him know if he enlisted in the Navy, he could be on his way the following day.

Roger went to the Great Lakes Naval Training Center in Illinois for boot camp.

He subsequently was trained as an aviation structural mechanic and served at the Virginia Beach Naval Air Station for two years. With the start of the Cuban Missile Crisis and Blockade in October 1962, Roger was transferred to the US Naval Base in Guantanamo, Cuba. Roger explained that because of the hostilities with Russia, he was required to stay an additional six months, extending his active service to four and a half years.

Upon his return to Albany, Roger decided to take the exam to try to become a City of Albany Police Officer. Two of his brothers were already on the force and they convinced him to "give it a try." Joining the force in April 1966, Roger went from being a patrol officer, to the

Motorcycle Traffic Safety Patrol to finally the Neighborhood Safety Unit where he was plain clothes assigned to the south end of the City. He retired in 1990 after 34 years of service.

In addition to working as a police officer, Roger decided to take advantage of the GI Bill and pursue a college degree, graduating from HVCC in 1975 with an

Associate's Degree in Criminal Justice and then onto UAlbany graduating in 1977 with a Bachelor's of Science in Criminal Justice with an emphasis in sociology.

In 1971, the Coast Guard Reserves were setting up a new division for port security and they were looking for recruits, enlisting as many police officers and firefighters as they could find. As a lark, Roger signed up. This required him to serve one weekend per month and two weeks each year.

Roger remembers September 11, 2001 quite vividly. He was at Colonie High School teaching security

classes when he was informed about the Twin Towers being hit. He commented, "I expected a call any minute." The call came in at 9:30 that morning from a Coast Guard Admiral instructing Roger to report to Staten Island at 0700 hours the following morning and expect to stay for a month. Roger recalled, "When I got on the Thruway the next morning, I was so impressed. There was wall-to-wall ambulances, police and fire vehicles, all heading to New York. It was difficult to get to Staten Island." With this new assignment, Roger received the title of Command Master Chief and was responsible for supervising 3,000 to

Continued on page 5.

*Cross at the 9/11 memorial in Breezy Point New York.
Cross is from steel from the World Trade Center.*

Message from the Executive Director



Happy September!

September 6 – Labor Day

September 12 – National Grandparent's Day and National Hug Your Hound Day

September 15 – National Thank You Day

September 21 – International Day of Peace and World Alzheimer's Day

I love having a pet. Pets remind you while there is not much in this world

you can control, there is always something beautiful and pure. Pets provide structure and routine, as well as unconditional love. They are happy to see and be near you. Pets have a way of providing a way of healing when you are broken.

After losing our beloved 13-year-old Golden Retriever, Tucker, back in 2019, I thought we might be done with pet ownership. However, low and behold, my husband, Joe, asked if we could get another dog. He wanted a dog that could be trained to be a "therapy animal" allowing him into senior centers and cancer wards. You see, Joe lost his dear older brother, Phil, to colon cancer way too young and his death devastated our entire family. "Philly", the most laid-back one amongst us, was the glue that held everything and everybody together; and his premature death left an incredible void. Joe thought having a dog who assisted others unconditionally would be healing for us as well.

Well our new Golden, Hooper, now two, has a personality all his own and the therapy training classes have not gone as well as we have hoped but with time and patience, I believe

Hooper will be everything our first Golden was, patient, kind and loving without a mean bone in his body.

Here is to being more like your pet ...

Did you know that September is the Responsible Dog Ownership Month for the American Kennel Club?

We hope to see you at our FREE Outdoor Labor Day Concert on September 6th and Chefs in Motion on September 20th!

– Diane Conroy-LaCivita

My Best Friend

Black and white
Thick and furry
Fast as the wind
Always in a hurry
Couple of spots
Rub my ears
Always comes when
his name he hears
Loves his ball;
it's his favorite thing
What's most fun for him?
Everything!
Great big tongue
that licks my face
Has a crate,
his very own space
Big brown eyes
like moon pies
He's my friend
till the very end!
– Abby Jenkins



Local Bounty Holiday Baskets will be available starting Friday, October 15

Filled with an abundance of local product and produce, CSSC's beautifully decorated Local Bounty Holiday Baskets will start at \$35 (plus tax). Give your friends, colleagues and family a unique gift featuring the best of New York!

To order call
518-459-2857 ext. 305.



September's CSSC Community Drive-Through Dinner

Celebrating the Harvest

Please join CSSC and Mazzone Hospitality on Friday, September 17, 2021, from 4:00 to 5:00 p.m. as we celebrate the wonderful harvest season with a beautiful Community Drive-Through Dinner. The menu will include: butternut squash and apple bisque, tomato-mozzarella salad with balsamic glaze, braised short ribs, roasted garlic mashed potatoes, green bean oreganata, and peach & apple cobbler for dessert. The cost is \$13 a meal. Reservations are required. Please call 518-459-2957 ext. 303.

Recognition Bestowed



CSSC's Executive Director, Diane Conroy-LaCivita, is being recognized as an Innovative Leader by the Capital Region Chamber of Commerce Women's Business Council and has been asked to be a panelist at a luncheon on Tuesday, September 28 at the Albany Marriott.

As explained by the Chamber, over the past year and a half, many professionals have experienced challenges that forced them to reevaluate, reassess, or explore something entirely new. This event will highlight leaders who faced unforeseen challenges, overcame and adapted, and are now moving forward.

The panel includes leaders from various professional backgrounds and industries who will provide personal experiences, outlooks, resources, and tools that have helped as they continue to adapt and, more importantly, look towards the future.

Diane is humbled by the recognition and acknowledges that CSSC's continued success has very little to do with her and much more to do with who she has been able to surround herself with throughout the last year and a half. Go Team CSSC!

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Defensive Driving Classes at The Beltrone Living Center

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



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

**Tuesday, September 21, 2021,
from 9 a.m. to 3:30 p.m.**

**Thursday, October 7, 2021,
from 9 a.m. to 3:30 p.m.**

**Thursday, October 21, 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.

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.

September's Conversations are as follows:

Thursday, September 2 – Rosemary Armao, Local Personality and Caregiver

Thursday, September 16 – Nancy Kupiec, Owner, Vesta Construction Services

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.



Join Us at Rivers Casino

Please join CSSC as we travel to Rivers Casino in Schenectady on Monday, September 13.

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 Sharon at 518-459-2857, ext. 302.

We want you!

Please join us on Wednesday, October 13, from 10:00 a.m. until 1:00 p.m. in the Lakeview Room at The Beltrone Living Center, 6 Winners Circle in Colonie as we host a Fall Volunteer Opportunity Fair.

For the last seven years, Colonie Senior Service Centers, Inc. has been the sponsor of RSVP (Retired Senior Volunteer Program) in Albany, Rensselaer and Schenectady Counties. CSSC currently works with approximately 85 other local nonprofit organizations helping them secure volunteers. So many entities in our area are beginning to open up and find themselves in need of volunteers. Why not give of yourself?

There are so many positive aspects to volunteering. Volunteering connects you to others while making new friends. It is good for your mind and body by increasing self-confidence and combating depression. Volunteering brings fun and fulfillment to your life.

Our Volunteer Opportunity Fair will give you the chance to speak directly with dozens of volunteer recruiters from area nonprofit organizations including museums, historic sites, educational institutions, social service agencies, hospitals, healthcare organizations and more. Lite fare will be served. So if you are age 55 and over, reserve your spot by calling me, Jim Kelly, at 518-459-2857 ext. 308 or you can email me at jkelly@colonieseniors.org.

Hope to see you there!



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

Aging Well With a Healthy Body and Brain

On Thursday, September 30 from 9:00 a.m. to 12:00 noon, Albany Guardian Society is partnering with Colonie Senior Service Centers to take their Fall learning Institute "on the road."

This program, entitled Aging Well With a Healthy Body and Brain, will offer tips, tools and practical strategies to help you age healthy and well. Wear some sneakers and comfy clothes and be ready to learn more about this important topic as we come together. The event is free of charge and will take place in the Lakeview Room at The Beltrone Living Center, 6 Winners Circle, Albany. A continental breakfast will be served from 9:00 to 9:30 a.m.

Presenters for the event include:

1. **Shannon Lawlor** – LMSW, Director of Programs and Services, Alzheimer's Association of Northeastern NY
2. **LaToya Taitt** – Certified Fitness Instructor and Wellness Coach
3. **Susan Napierski** – Director of Bright Horizons Adult Day Program for Colonie Senior Service Centers

To register, please call Albany Guardian Society at 518-434-2140.

Did You Know?

When it comes to voting in the United States, those 60 years of age and greater cast more ballots than any other age group.

Learning can save your brain.

In response to learning, senior citizens can grow new neurons over time which can help fight off dementia.

Creativity does not diminish with age.



Laura Ingalls Wilder did not publish Little House in the Big Woods until 65.

Millard Kaufman did not publish his first novel until 90.



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

Note: Change In Date For October's Dining Experience

Because of a scheduling conflict, CSSC's International Diners Club will be going to Tara Kitchen located at 172 River Street in Troy on Tuesday, October 5 at 4:30 p.m. (This was originally scheduled for Wednesday, October 6th).

November's Dining Experience – Koto Japanese Restaurant

Get ready for November's dining opportunity as we visit Koto Japanese Restaurant in Latham on Tuesday, November 9 at 5:00 p.m. Located at 260 Wolf Road, Koto is dedicated to offering the most memorable Japanese Hibachi dining experience. They use only the freshest ingredients. With traditional Japanese decor, we will not only enjoy our meal but also the authentic atmosphere. The co-owner, Dan Yu, and his staff will greet us with the warmest welcome.

The cost is \$38 per person and will include two of the following Hibachi entrees: chicken, steak, salmon or shrimp. The meal also comes with miso, vegetables, fried rice or noodles and a beverage (soda, wine or beer). CSSC Transportation Services are available for those who are unable to drive themselves. Please call Diane at 518-459-2857 ext. 305 for additional information and to reserve your spot.



Let Us Remember with Pause and Reflection... *(Continued from page 1)*

4,000 Coast Guard reservists and enlistees working on the site.

Roger was at Ground Zero every day for two years and saw many young people under his command literally falling apart commenting, "These young people were under such tremendous stress." On many occasions, he sent a person home for a weekend to be with their families and to give them a break, often purchasing their bus tickets for them. Roger periodically was able to come home for a weekend himself.

Roger spoke at length how appreciative the community and the nation at large were for their cleanup efforts. He was invited to attend a Yankees vs. Baltimore baseball game at Yankee Stadium and sat in George Steinbrenner's private box.

New York's Chinese Community held a feast in their honor and gave everyone a beautiful silk jacket that Roger still possesses and absolutely cherishes. Broadway provided free tickets to evening performances and Roger was able to go to over 40 different professional plays and musicals at no cost. Roger reminisced that while sitting in a NYC pub with a group of his fellow reservists on one occasion a woman in her eighties approached the table saying, "You guys are my heroes."

In 2003, Roger retired from the Coast Guard Reserves on Staten Island with a formal walkout ceremony complete with a bagpipe procession that was witnessed by friends and family. Roger recalled that this was a very proud moment for him. He continued, "For a lot of years, I stayed

home on 9/11. It brings back a lot of bad memories... I thought I did the best I could."

Roger has been married to his wife, Rosemary, for fifty-two years and is the father of two children, Roger and Krystal, and has two grandchildren. He is actively involved in Veterans affairs saying, "I love Vets." Roger has been part of the CSSC team since January 2010.

We thank you Roger for all your selfless efforts and contributions to Colonie Seniors as well the nation.

As we approach the 20th remembrance of 9/11, we ask that you take a moment to reflect to remember the victims, the families and the survivors dealing with loss, recognizing the lasting consequences of that horrific day on individual lives throughout our nation as well as the world.

An Opportunity to Meet Pillars of Strength – Thursday, November 4, 2021

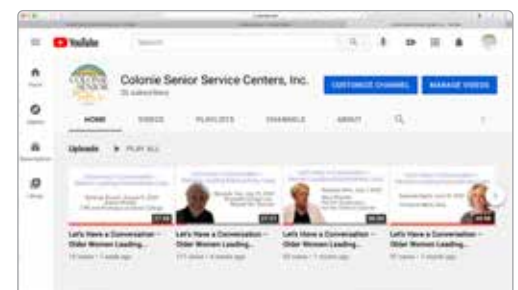
What are the Characteristics of a Pillar?

A pillar may be constructed of a single piece of stone or wood or built up of units, such as bricks. A pillar commonly has a load bearing or stabilizing function, but it may also stand-alone. When we relate this term to human beings, we can think of these individuals as supportive and emotionally strong; someone who consistently provides moral, emotional and/or financial support; a person who can be relied on to give a great deal of comfort and guidance.

With the generous support of Humanities NY through a 2021 initiative entitled "Let's Have a Conversation," CSSC has interviewed women in our community who are truly Pillars of Strength. Each month two women were asked to virtually share their life stories, career paths and/or hobbies. We talked to artists and attorneys, chefs and journalists, college professors and construction company owners. Their perspectives were real and much was gained during these conversations.

As we conclude this wonderful program, we invite you to join us on Thursday,

November 4th from 4:00 to 6:00 p.m. at The Beltrone Living Center as we hold a reception with these remarkable women to thank them for all they do and for sharing their incredible stories.



Visit our YouTube channel to view episodes of "Let's Have a Conversation"



Free Public Outdoor Labor Day Concert

Please join CSSC on Monday, September 6 at 3 p.m. for a wonderful outdoor concert out at the south end gazebo at The Beltrone Living Center with "Band of Gold" as we celebrate the end of summer. "Band of Gold" is a local five piece band who will play favorites from many different eras. In the event of rain, the performance will take place inside The Beltrone's Lakeview Room. This free concert is made possible by the generous assistance and support of the Albany Musicians Association, Local 14, the Music Performance Trust Fund and the Jim Clark Performance Fund.

Tribute Corner

Thank you for your gift to CSSC!



In Memory of Louis Dobek

Diane Conroy-LaCivita

Martha J. Bonaparte

Paul Stryjek

Aimee Richardson

Mr. and Mrs. Steven Romani

Elizabeth Pierce

Upcoming Special Events

Chefs in Motion

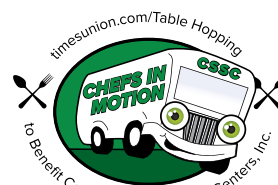
Monday, September 20, 2021 from 5:30 p.m. – 8:00 p.m.
The Lakeview Room at The Beltrone Living Center
Lakeview Room, Colonie Senior Service Centers, Inc.

This year's event will be hybrid so attendees can attend both virtually or in person. Participating Chefs/restaurants are provided a "shopping cart" of locally-sourced seasonal produce and products from which they create a signature dish.

The evening is fun, fun, fun... and allows us to appreciate local farmers, producers, chefs, cooks and restaurants. Proceeds from the event go towards CSSC's Transportation Department, which allows seniors to stay active and independent.

Tickets: \$65 General Admission, \$75 VIP, \$30 Seniors, and \$30 Professionals under 35.

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



Croquet at The Crossings of Colonie

Friday, October 15, 2021 from 12:30 p.m. – 4:30 p.m.

Meet for lunch at The Beltrone Living Center and let us transport you to The Crossings Park for a "learn to play" demonstration with tournament play to follow. A Tournament Celebration will be held with food, refreshments, and entertainment following tournament play.

Proceeds from this event will benefit CSSC's Bright Horizons Adult Day Services Program. \$100 for a team of 2 players.

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



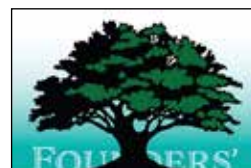
2021 Colonie Senior Spirit Award

20th Annual Founders' Celebration Dinner

Thursday, October 28, 2021 from 5:30 – 8:30 p.m.

The Lakeview Room at The Beltrone Living Center.
Colonie Senior Service Centers, Inc. and also available on Facebook Live

For More Information Contact: Laurie Miedema, Development Director,
(518) 459-2857, ext. 304 or Lmiedema@colonieseniors.org



Veterans Recognition Luncheon

Lakeview Room, Colonie Senior Service Centers, Inc.
Monday, November 8, 2021 from 10:00 a.m. – 1:00 p.m.

Join Colonie Senior Service Centers and the members of the American Legion Joseph E. Zaloga Post #1520 as we honor Veterans from all branches of the Armed Services. Nearly 300 individuals attend; with over half of the attendees being veterans.

To make a reservation, call 518-459-2857 ext. 305.



'Tis the Season to Be Thankful Holiday Fashion Show and Luncheon

Friday, November 19, 2021 from 11:30 a.m. – 1:00 p.m.
Lakeview Room, Colonie Senior Service Centers, Inc.

****Seating will be limited.**

Join in this fun-filled event and see the latest fashions for this holiday season!

To make a reservation, call 518-459-2857 ext. 305.



Senior Dining Program

September meals and events at Colonie Seniors:

Special Lunch at noon, September 10: Special 20th Anniversary of 9/11 event. Music, tributes and memorials for the lives we lost. With music by Joe Gorman. Lunch is Shrimp Scampi over angel hair pasta with peas, green salad and an ice cream sandwich. Reservations required.

Special Dinner at 5 p.m., September 13: A performance in partnership with Albany Musicians Association, "1927 Music Machine" will play historic and beautiful music from the early 20th century. Made possible by the Albany Musicians Association, Local 14, and sponsored by the Music Performance Trust Fund and Jim Clark Community Performance Fund. Reservations required.

Lunch and Learn at noon, September 23: Come be informed with ICAN – the Independent Consumer Advocate Network. During this presentation, ICAN representatives will answer your questions about accessing long-term care services for people who might have, or be eligible for, Medicare, Medicaid, Managed Long Term Care plan, or a Medicaid Managed Care plan.

September 2021 Menu Menu items are subject to change

9/1	Won ton soup, Chicken Lo Mein	9/16	Harvest Vegetable Quiche
9/2	Macaroni & Cheese	9/17	Meat Lasagna
9/3	Salmon Cakes	9/20	Parmesan Crusted Chicken
9/6	Goulash	9/21	Stuffed Pepper
9/7	Stuffed Acorn Squash	9/22	Chicken & Broccoli Alfredo
9/8	White Pizza with Broccoli	9/23	Homemade Fish Sticks
9/9	Chili Con Carne	9/24	Pasta Fagioli
9/10	Shrimp Scampi	9/27	Cheese Ravioli w/ Pesto & Chicken
9/13	Pot Roast	9/28	Soup & Sandwich
9/14	Baked Cod	9/29	Salmon Cakes
9/15	Pulled Pork	9/30	Spaghetti & Meatballs

ICAN will also help solve problems with long-term care services which includes contacting providers like home care agencies, nursing homes, doctors, hospitals, and pharmacies. Our services include filing appeals and complaints on the client's behalf.

Registration and reservations are required.
Call 518-459-2857, ext. 327.

Name one thing that brings people together for good? Answer: Singing

Forever Young Singers Update

CSSC is thrilled to announce David Van Deusen as the group's musical director.

David Van Deusen's interest in music began in the 6th grade with acoustic guitar lessons. As his middle and high school years passed, he also became proficient with banjo, string bass, and keyboards, and found opportunities to lead various musical groups and ensembles.

Throughout the past 40 years, Van Deusen has directed numerous musical groups, including community ecumenical musical programs as well as church choirs. He is also an accomplished composer, arranger, and producer and often presents musical numbers, which he has arranged.

He is excited to direct the Forever Young Singers and cannot wait to harness the potential of what he is sure will be some musically talented capital district participants.

Auditions for the Group will be scheduled to take place this fall. Stay tuned!

Forever Young Singers is sponsored by



Weekend Outing to Seneca Falls

Plans are underway 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 Hampton Inn. 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.



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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To Schedule a Ride: 518-459-6064

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Colonie Senior Service Centers, Inc.
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Albany, NY 12205

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IN MEMORIAM

Lou Dobek

August 27, 1919 – July 18, 2021

Like many of you I am sad for the loss of Lou Dobek. Lou and I started here at Sheehy together back in 1998 and I don't have a single memory of my time here that doesn't include him. He was bigger than life and always put his family, neighbors, and our community above everything else. He had the heart of a servant. For about his first 18 years residing here he was our go-to guy for everything. He did so much for the building including taking out trash, cleaning cars, serving lunch, carrying groceries, planning parties and countless other tasks that we had to put him on our payroll! Favorite sayings that made me smile were. "See you tomorrow if the creek don't rise." "Don't worry... rain, snow or sleet, Lou's on the street" or on bitter cold day he would always say "it's beautiful out... no mosquitos." He made fast friends with everyone he met. He loved to sit in the lobby or outside on the bench and chat with neighbors. For many, many years he single-handedly did all of the holiday decorating to simply bring happiness to his neighbors. He knew the importance of a tight knit community and watching out for one another. He was a gentleman and simply one the kindest people you would ever meet. The world would be a better place with more people like Sweet Lou.

– Aimee Richardson, Site Manager,
King Thiel Senior Community and Sheehy Manor

