

## A Role to Play . . . Serving and Supporting

Celebrating forty (40) years of existence as a nonprofit, Colonie Senior Service Centers, Inc. is here to serve seniors, their families and caregivers. Although things have improved in the past year and a half, we are still dealing with COVID-19. In these unprecedented times, our dedicated workforce continues to support the most vulnerable. This pandemic has affected our residents, our families, employees and the communities we serve.

At the end of each calendar year, we reach out to our partners and sponsors, those we help, work with and those we service, asking for support and assistance through our Annual Appeal. Annual giving is defined as an organized effort to obtain gifts on a yearly basis to support, at least in part, the general operations of a nonprofit organization or an annual fund.

In other words, it is the core of CSSC's fundraising efforts — the building blocks that allow us to continue doing the incredible work that we do in the Town of Colonie, Albany County and throughout the Capital Region.

As the overarching framework of CSSC's fundraising initiatives, the Annual Appeal is also one of the most important revenue streams CSSC has. While it does not have the flash of a fancy dinner and/or event or the concrete goals of a capital campaign, it is a constant reminder of the importance of our mission to support seniors.

Developing a well-thought-out approach to our Annual Appeal will mean hopefully more donors and greater flexibility in our day-to-day precise work. A successful Annual Appeal provides CSSC with operational funds, supplemental money to other fundraising campaigns, an increased donor retention rate and mission-focused fundraising initiatives.

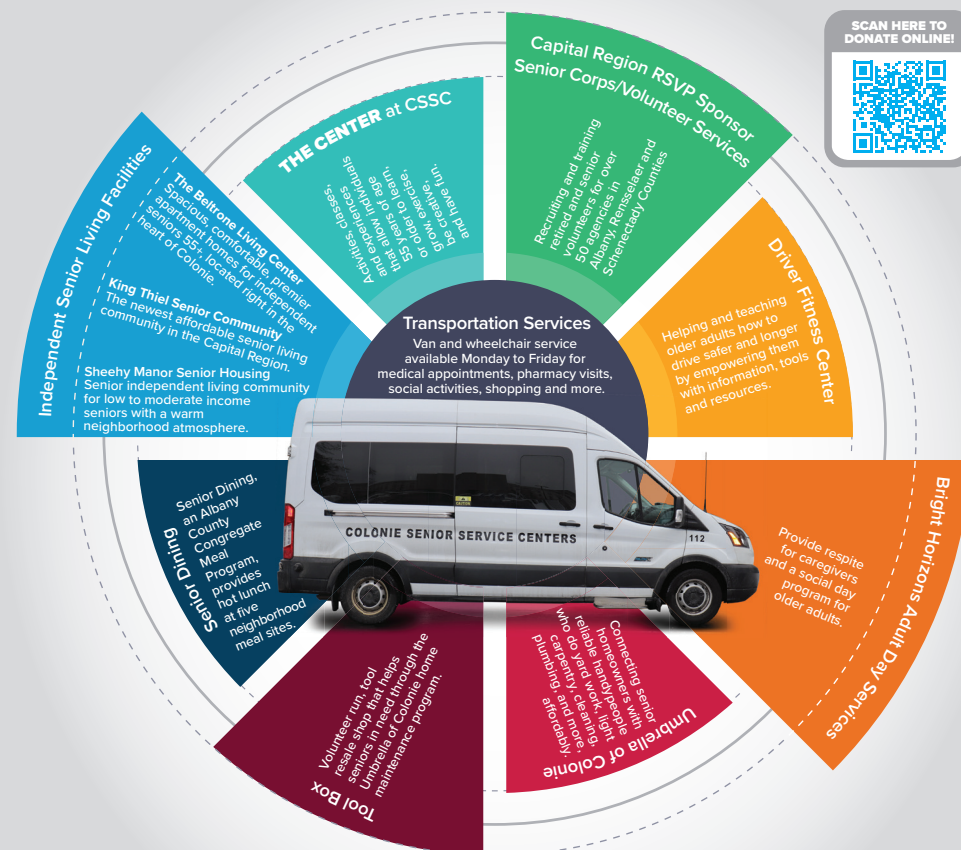
We hope you consider donating to Colonie Senior Service Centers this holiday season.

From all of us at CSSC, we wish you all the best for this holiday season.



### Colonie Senior Service Centers, Inc.

Celebrating 40 years of providing a wide range of programs and services for our seniors.



SCAN HERE TO DONATE ONLINE!



Please support Capital Region seniors by making a year end gift to Colonie Senior Service Centers, Inc.!

Online at [www.colonieseniors.org](http://www.colonieseniors.org) by clicking "Make A Gift" or call 518.459.2857 ext. 304 or by mail at Senior Service Centers, Inc., 6 Winners Circle, Albany NY 12205.

## Message from the Executive Director



### Happy December!

November 28 through  
December 6 – Hanukkah  
December 7 – Pearl Harbor  
Remembrance Day  
December 25 – Christmas  
December 26 through  
January 1 – Kwanzaa  
December 28 – Call a Friend Day  
December 31 – New Year's Eve

### For the Love of Trees

As we prepare for the holidays, December is a perfect time of year to talk about trees. How I love trees. I always have. There is something about a tree that is both calming and exciting. Deciduous or coniferous, it does not matter. Walking through a neighborhood or a public park, all you have to do is to look up and admire. If I had a chance to have “a-do-over,” I believe I would have become an arborist, concerned with the cultivation, management and study of individual trees, shrubs, vines and other perennial woody plants.

I recently read a wonderful book entitled *The Nature of Oaks* by Douglas Tallamy, a professor in the Department of Entomology and Wildlife Ecology at the University of Delaware. Reading this beautifully written work gave me a new appreciation of the natural world filled with engaging stories of the ecological connections and other surprising facts. Tallamy writes, “Oaks support more forms of life and more fascinating interactions than any other tree genus in North America.” Additionally, we have the jay bird family to thank for carrying and burying approximately 4,500 acorns

each to stock up for the winter. Supposedly, the birds only remember where they buried approximately 25% of the total so jays are given credit for helping to plant millions of new oak trees each year.

In November, I was able to Zoom into a live lecture

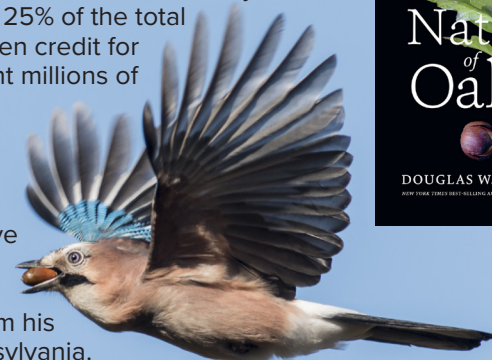
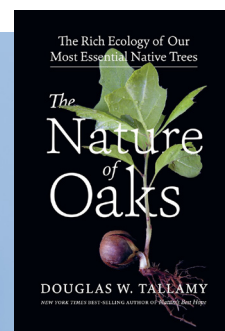
Dr. Tallamy was giving from his home in Pennsylvania.

When asked by a participant why a book on oaks, he responded, “Interest generates compassion.” How true a statement.

At Colonie Senior Service Centers, with all our offered programs and activities, we most certainly believe in compassion and commitment from interest. For this very simple reason, we support life-long-learning and socialization. With our three independent senior living communities and multitude of programs and services, we are warm and welcoming, and we want our participants engaged.

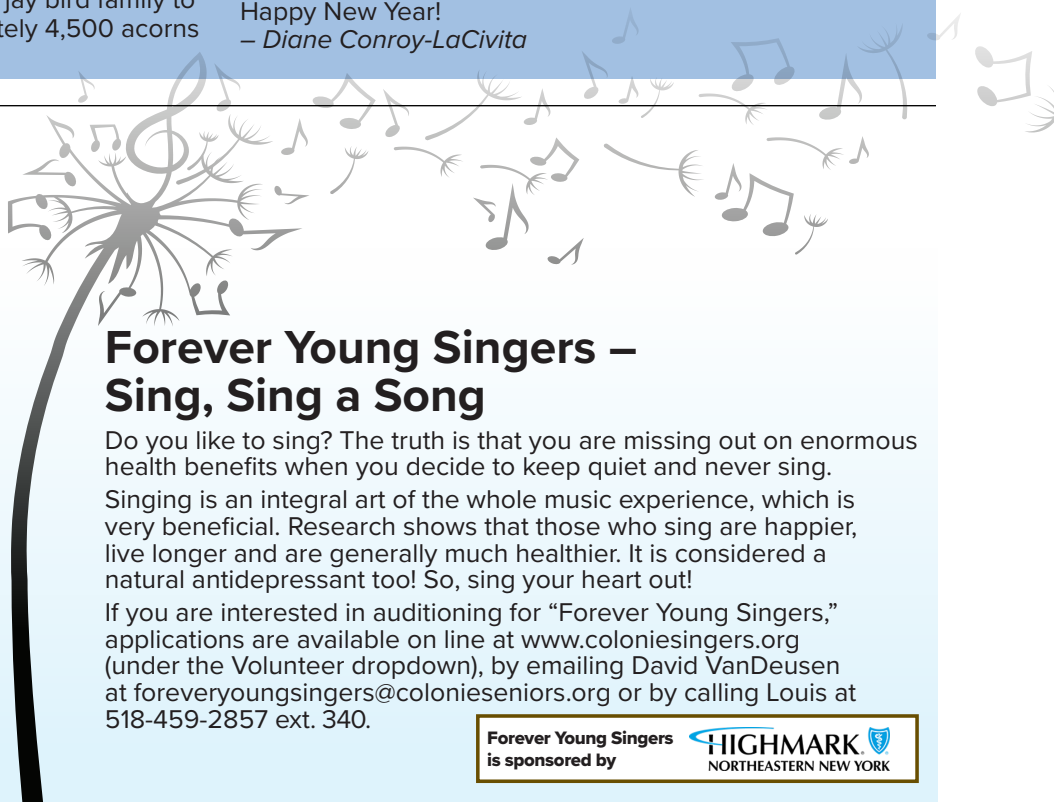
As we close out 2021, please remember Colonie Senior Service Centers in your year-end giving. You see, the end of the year is one of the most important times for nonprofit organizations to maximize donations. With your support, we can accomplish great things for our seniors.

Happy New Year!  
– Diane Conroy-LaCivita



### Holiday Angels

Thank you to our neighbors and friends at CAP COM FCU for once again providing the gifts for Holiday Angels. Gifts will be delivered to seniors throughout the community by CSSC and CAP COM Staff.



### Forever Young Singers – Sing, Sing a Song

Do you like to sing? The truth is that you are missing out on enormous health benefits when you decide to keep quiet and never sing. Singing is an integral art of the whole music experience, which is very beneficial. Research shows that those who sing are happier, live longer and are generally much healthier. It is considered a natural antidepressant too! So, sing your heart out!

If you are interested in auditioning for “Forever Young Singers,” applications are available on line at [www.coloniesingers.org](http://www.coloniesingers.org) (under the Volunteer dropdown), by emailing David VanDeusen at [foreveryoungsingers@colonieseniors.org](mailto:foreveryoungsingers@colonieseniors.org) or by calling Louis at 518-459-2857 ext. 340.

Forever Young Singers is sponsored by **HIGHMARK** NORTHEASTERN NEW YORK





Photo Credit – John Carl D'Annibale/Times Union.

## CSSC's International Diners Club For the Love of Food – January's Outing

Zaitoon Kitchen is brilliant in style and has a softly tweaked spin on Afghan food. The simple menu has familiar Mediterranean, Pakistani and Turkish elements, dishes that migrated and morphed along spice routes. Of course, silky hummus and smoky baba ganoush are there, as is pillowy, hand-stretched naan.

Get ready for January's dining opportunity as we visit Zaitoon Kitchen, 471 Troy-Schenectady Road, Latham on Tuesday, January 11, 2022 at 4:00 PM. The cost of the meal is \$30. Space is limited and registration is required. 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 a spot.

## THE CENTER Open House

Join us on December 14 from 2 p.m. – 3:30 p.m. to learn about **THE CENTER**. **THE CENTER** is CSSC's program for learning, creativity, traveling, exercising, making new friends and having fun. Come to meet a few instructors, hear about what is coming up in 2022, and have refreshments in the Lakeview Dining Room at The Beltrone Living Center. Free for all, no reservations required. You must be vaccinated to attend.

Visit [colonieseniors.org](http://colonieseniors.org)  
or call 518-459-2857,  
ext. 327 for the latest  
**THE CENTER** catalog.



## Defensive Driving Classes

Roger Dames, CSSC's Driver Fitness Coordinator, will conduct Defensive Driving Classes on the following dates:



**Saturday, December 4, 2021,  
from 9 a.m. to 3:30 p.m.**

**Tuesday, December 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.

## Free Holiday Concert and Tree Lighting at The Beltrone



On Wednesday, December 1, join CSSC, The Beltrone Living Center and the Mendelssohn Club of Albany for a free holiday concert and tree lighting on Wednesday, December 1 at 5:30 PM.

Since its inception in 1909, the Mendelssohn Club of Albany has become the longest continuously performing arts group in the Capital District of New York State.

The Mendelssohn Club of Albany is composed of men with a variety of occupations and interests who live in the greater Capital District, Hudson Valley and Berkshires. The Club is dedicated to preserving and presenting male choral music and blends musical experiences with fellowship for members through rehearsals, concerts and other musical events, afterglows and social gatherings.

In addition to the official lighting of The Beltrone holiday tree on December 1<sup>st</sup>, the Mendelssohn Club of Albany will perform a beautifully appropriate set of songs to welcome the 2021 holiday season. Refreshments will be served. We request only COVID-19 vaccinated individuals attend this performance.

To make a reservation, please contact Louis at 518-459-2857 ext. 340.

## Join Us at the Saratoga Racino

Please join CSSC as we travel to the Saratoga Racino on Monday, December 6, 2021. Shuttle service is available from King Thiel Senior Community and The Beltrone Living Center. Prepayment of a non-refundable fee of \$20 is required.

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





## Open Studio Show

Come see the work of the participants of Tuesday Open Studio with Marcia Hansen. The Open Studio welcomes artists, creative people and anyone looking to try something new, to the Art Studio at The Beltrone Living Center on Tuesday mornings from 9:30 – 11:30 a.m. This event will showcase the best of their work, created over the last few months. For information about Open Studio, which is free for all members of THE CENTER, contact Caroline Barrett, 518-459-2857 ext. 327 or cbarrett@coloneiesniors.org.



## 2021 Founders Spirit Award Winner

Seven in the Community Honored By Colonie Senior Service Centers, Inc.

On October 28, 2021, Colonie Senior Service Centers celebrated its 20<sup>th</sup> Annual Founders Celebration with an awards dinner at The Beltrone Living Center in Colonie where seven individuals from the Capital District community were honored with a Spirit Award for their commitment, vision and leadership exemplifying the organization's mission of supporting seniors to stay active, healthy and independent. All of the Honorees stepped up during the COVID-19 pandemic truly helping those seniors in the community with the

*Back row: Assemblyman John McDonald, Pharmacist Sam Awad*

*Front row: Trish Maloney, Susan Moyle, Brenda Lovelace-Durant, Jerry Thompson and Yvonne Livingston*



1981 — 2021

**4<sup>th</sup>**

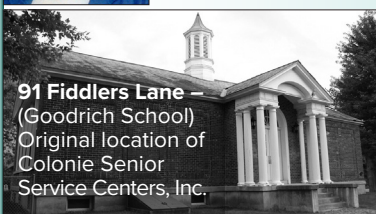


**ANNIVERSARY**

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**

## 1981 – Present Colonie Senior Service Centers, Inc. Board Presidents

**1 Ann Marie Sheehy**  
1981 – 1994

**2 Joseph R. Simon**  
1994 – 1997 & 2000 – 2001

**3 Georgia D. Calamaras**  
1997 – 2000

**4 Lee Mattison**  
2000 – 2005

**5 Barbara Hess**  
2007 – 2009

**6 Michael S. Burke**  
2009 – 2011

**7 J. Eric King**  
2012 – 2014

**8 Peter Campito**  
2014 – 2017

**9 Dr. Russell Ward**  
2017 – 2020

**10 Christina Meier**  
2020 – Present





# Recipients

greatest need. The honorees are as follows: Sam Awad of Caring Wellness Pharmacy, Yvonne Livingston, Brenda Lovelace-Durant, Trish Maloney, Assemblyman John McDonald, Susan Moyle and Jerry Thompson.

Colonie Senior Service Centers is currently celebrating its 40<sup>th</sup> Anniversary as the largest non-profit supporting seniors in the Capital Region.



# Two New 14 Passenger Buses Were Added To Our Transportation Fleet

Transportation Services provided by Colonie Senior Service Centers has enabled elderly and disabled residents of the Town of Colonie to get to medical appointments, the pharmacy, social activities, and other errands affordably and safely. With our fleet of twelve vehicles, nine dedicated drivers, and one bus aide, we help seniors remain independent and safe at home.

Each year, our Transportation Services provides over 25,000 rides.



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

**March 30, 2014 –**  
Bright Horizons  
Guilderland 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 Tournament 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

**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**

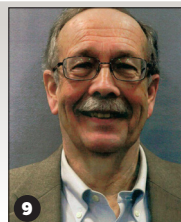
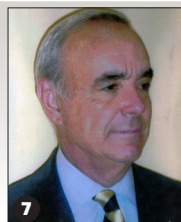
**April 15, 2010 – First Home Maintenance Fair**



**2001**

**2011**

**2021**





## Local Bounty Holiday Baskets

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 for the holidays featuring the best of New York!

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



## One of the Good Guys

A good guy is empathetic and forgiving. He challenges himself to be a better man. A good guy understands to overcome one's own self. He's committed and faithful. He says what he means and means what he says. Fortunate for us, we have such a person working for Colonie Senior Service Centers.

Scott Seymour has worked in CSSC's finance department since June 17, 2016. Scott is here for the mission of the organization and routinely goes above and beyond. For instance, he organized all our delivery routes during the COVID-19 pandemic when the organization delivered over 37,000 "Grab & Go" hot meals to thousands of isolated area seniors seven days a week. He also organized our monthly grocery drops CSSC did in collaboration with the Regional Food Bank of NENY, which in its entirety totaled over 250,000 pounds of fresh, frozen and shelf stable food brought directly to struggling seniors' homes.

To top it off, Scott has served as the organization's official Santa Claus, even at Halloween, spreading tremendous joy and hope to so many.

Thank you, Scott, for all you do for CSSC, our seniors and the community at large!



## Thank You Davies!



Davies Office Equipment recently donated furniture, through a third party customer, to The Beltrone Living Center and CSSC's administrative office.



Are you looking to downsize, but have a garage filled with tools that are too good to be thrown away or have sentimental value?

The Tool Box accepts gently-used tools to resell at our thrift store with all proceeds benefitting seniors in the community through the Umbrella of Colonie program.

The Tool Box is a program of Colonie Senior Service Centers, Inc., a non-profit organization serving the largest population of seniors in the Capital Region.



**TOOL BOX**  
Tool Thrift Store

143 Troy-Schenectady Road (Hilltop Plaza) | 518-608-4758



## Senior Dining Program

### December meals and events at Colonie Seniors

Join us for a hot meal at The Beltrone Living Center Monday – Friday at 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. 303.

### Special Events:

Reservations and registration is required.

**Special Lunch:** Friday, December 3 at noon: Come hear fun music, including holiday sing-a-longs with Rick Bedrosian. Lunch will be a Pasta Fagioli, Spinach Salad, Pears and Sherbet. Suggested contribution of \$3 for lunch and \$3 for entertainment.

**Special Dinner:** Monday, December 20 at 5 pm: Join us for the beautiful singing voice of Carmen Lookshire. She'll be singing jazz, favorites and a few holiday tunes, too. Suggested contribution of \$3 for lunch and \$3 for entertainment.

### December 2021 Menu

Menu items are subject to change

|       |                                   |       |                                |
|-------|-----------------------------------|-------|--------------------------------|
| 12/1  | Chicken Broccoli Alfredo          | 12/20 | Goulash                        |
| 12/2  | Fish Sticks                       | 12/20 | Pot Roast w/ Potatoes          |
| 12/3  | Pasta Fagioli w/ Sausage          | 12/21 | Stuffed Acorn Squash w/Sausage |
| 12/6  | Cheese Ravioli w/Pesto & Chicken  | 12/22 | Margherita Pizza               |
| 12/7  | Squash Soup w/Roast Beef Sandwich | 12/23 | Chile Con Carne                |
| 12/8  | Salmon Cakes                      | 12/24 | <b>CLOSED</b>                  |
| 12/9  | Spaghetti & Meatballs             | 12/27 | Pot Roast w/ Veggies           |
| 12/10 | Fall Salad w/ Chicken             | 12/28 | Baked Cod                      |
| 12/13 | Chicken Cacciatore                | 12/29 | Pulled Pork Sandwich           |
| 12/14 | Beef Tips w/ Gravy                | 12/30 | Ham & Cheese Quiche            |
| 12/15 | African Chicken & Peanut Stew     | 12/31 | Meat Lasagna                   |
| 12/16 | Macaroni & Cheese                 |       |                                |
| 12/17 | Salmon Cakes                      |       |                                |

**Lunch & Learn:** Tuesday, December 14 at noon: NABA, the Northeast Association of the Blind at Albany, will present an engaging presentation designed for adults to learn about the leading causes of vision loss, early warning signs, eye health, vision rehabilitation therapy and low vision adaptive aids, such as magnifiers, large print and talking items. African Peanut Stew, Rice, Fruit and Dessert will be served. Suggest contribution of \$3. Reservations and registration are required.

## Ready to be involved in your community? Recently retired?

Part-time drivers needed to transport senior citizens in the Colonie area. Regular driver's license and an excellent driving record required. This is a great way to provide a community service and get paid. Contact Carol Ripley at 518-704-4261 or email [cripley@colonieseniors.org](mailto:cripley@colonieseniors.org) for more information. EOE.



## HANDY PERSON NEEDED!

### REWARDING AND GET PAID!

Umbrella of Colonie, a program of Colonie Senior Service Centers, CSSC connects senior homeowners with retired handy men and women who help perform simple home repairs at a reasonable cost.

Call Umbrella of Colonie at 518-459-2857 ext. 302 or email [sherald@colonieseniors.org](mailto:sherald@colonieseniors.org)

## Area Holiday Shopping Events to Attend

### Saturday, December 4<sup>th</sup> – The Irish Christmas Market & Café

Sponsored by the Irish American Heritage Museum  
Taking place at the Celtic Hall, 430 New Karner Road, Albany, 12205

Traditional gifts, modern gifts, food and live music

The bus will leave The Beltrone Living Center at 11:00 am and return at approximately 1:00 p.m. Call Diane at 518-459-2857 ext. 305 to make a reservation for the bus.

### Thursday, December 9<sup>th</sup> – Shaker Holiday Market

Sponsored by Shaker Heritage Society. Taking place at the 1848 Shaker Meeting House, 25 Meeting House Road, Albany, 12205

Local and regional artisans selling handmade pottery, jewelry, woven goods, art, clothing, gourmet foods and more.

The bus will leave The Beltrone Living Center at 1:00 p.m. and return at approximately 2:30 p.m. Call Diane at 518-459-2857 ext. 305 to make a reservation for the bus.

**SUBARU**  

# share the love

  
**EVENT**

Think of us if you're purchasing a new car. \$250 dollars will be donated to Colonie Senior Services Center, Inc. when you purchase a New Subaru at Goldstein Subaru from November 18, 2021 to January 3, 2022.



## 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  
akoening@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

Lynda Atanasio, Director  
latanasio@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.  
6 Winners Circle  
Albany, NY 12205

NON-PROFIT  
ORGANIZATION  
U.S. Postage Paid  
Albany, N.Y.  
Permit No. 74

**HELP CSSC  
WIN THE ...**



**THE BIG  
\$100,000  
GIVEAWAY**  
10 nonprofits will receive  
\$10,000 in free advertising

## HOW TO VOTE

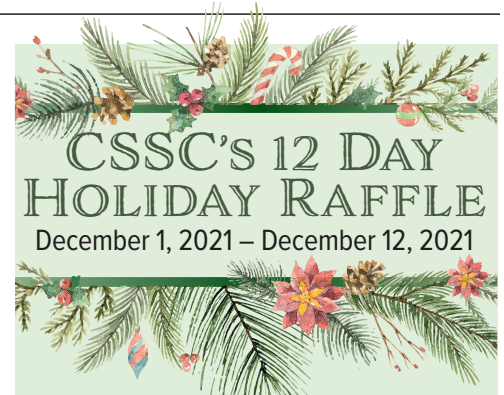
1. Easy! Go to  
timesunion.com/capitalregiongives
2. Click on the link to vote
3. Find Colonie Senior Service Centers, Inc.  
from the nonprofit listing
4. \*click\* and you're done
5. One vote per day, per device.

The top 10 nonprofits, by your votes,  
will each win \$10,000 in free advertising  
from the Times Union. Winners will be  
announced online and in the paper in December.

## Capital Holiday Lights

Please join CSSC on Wednesday, December 8,  
as we visit the Capital Holiday Lights.

Space is limited and you must be a senior to  
participate. The CSSC shuttle buses will leave  
The Beltrone Living Center at 5 p.m. and return  
at approximately 8 p.m. This outing is open to  
the public. To make a reservation,  
please call Sharon Herald at  
518-459-2857 ext. 302.



## TICKETS ARE STILL AVAILABLE!

Fabulous prizes are to be had including:  
overnight stays (with breakfast),  
gift cards to many area businesses,  
beautifully themed gift baskets and more.

Raffle tickets are \$10 each. To purchase  
your raffle ticket, call Sharon Herald  
at 518-459-2857 ext. 302.

