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.
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 online at www.coloniesingers.org (under the Volunteer dropdown), by emailing David VanDeusen at foreveryoungsingers@colonieseniors.org or by calling Louis at 518-459-2857 ext. 340.
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 1st, 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.

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 or call 518-459-2857, ext. 327 for the latest THE CENTER catalog.

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 20th 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
40th 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

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

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

1 Ann Marie Sheehy 1981 – 1994
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
Recipient

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.

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

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
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 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

<table>
<thead>
<tr>
<th>12/1</th>
<th>Chicken Broccoli Alfredo</th>
<th>12/20</th>
<th>Goulash</th>
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<tbody>
<tr>
<td>12/2</td>
<td>Fish Sticks</td>
<td>12/20</td>
<td>Pot Roast w/ Potatoes</td>
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<tr>
<td>12/3</td>
<td>Pasta Fagioli w/ Sausage</td>
<td>12/21</td>
<td>Stuffed Acorn Squash w/Sausage</td>
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<tr>
<td>12/6</td>
<td>Cheese Ravioli w/Pesto &amp; Chicken</td>
<td>12/23</td>
<td>Margherita Pizza</td>
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<tr>
<td>12/7</td>
<td>Squash Soup w/Roast Beef Sandwich</td>
<td>12/23</td>
<td>Chile Con Carne</td>
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<tr>
<td>12/8</td>
<td>Salmon Cakes</td>
<td>12/24</td>
<td>CLOSED</td>
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<tr>
<td>12/9</td>
<td>Spaghetti &amp; Meatballs</td>
<td>12/27</td>
<td>Pot Roast w/ Veggies</td>
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<tr>
<td>12/10</td>
<td>Fall Salad w/ Chicken</td>
<td>12/28</td>
<td>Baked Cod</td>
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<tr>
<td>12/11</td>
<td>Chicken Cacciatore</td>
<td>12/29</td>
<td>Pulled Pork Sandwich</td>
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<tr>
<td>12/12</td>
<td>Beef Tips w/ Gravy</td>
<td>12/30</td>
<td>Ham &amp; Cheese Quiche</td>
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<tr>
<td>12/13</td>
<td>African Chicken &amp; Peanut Stew</td>
<td>12/31</td>
<td>Meat Lasagna</td>
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<tr>
<td>12/16</td>
<td>Macaroni &amp; Cheese</td>
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<tr>
<td>12/17</td>
<td>Salmon Cakes</td>
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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. Suggested 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 a 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 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

Area Holiday Shopping Events to Attend

Saturday, December 4th – 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 9th – 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.

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
akoenig@colonieseniors.org
518-459-2857, ext. 306

Lifelong Wellness
Caroline Barrett, Director
cbarrett@colonieseniors.org
518-459-2857, ext. 308

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. 302

The Beltrone Living Center
Debbie McClune, Site Manager
dmcclune@colonieseniors.org
518-459-2771

King Thiel Senior Community and Sheehy Manor
Aimee Richardson, Site Manager
archardson@colonieseniors.org
King Thiel: 518-429-6292
Sheehy Manor: 518-782-2350

Media and Communications
Michael DiGiuseppe, Specialist
mdi giuseppe@colonieseniors.org
518-459-2857, ext. 337

Colonie Senior Service Centers, Inc.
6 Winners Circle
Albany, NY 12205

HELP CSSC WIN THE

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.

CSSC's 12 Day Holiday Raffle

December 1, 2021 – December 12, 2021

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.