

November – A Time for Reflection and Celebration

November is best known for Veterans Day (November 11) and Thanksgiving (November 25); and as we draw close to the end of the year, it is a perfect time to look back and reflect, as well as look ahead and celebrate. Colonie Senior Service Centers will be sponsoring two of our annual events this month in the The Beltrone Living Center. They are our Veterans Recognition Luncheon on Monday, November 8 and our Annual Fashion Show and Luncheon on Friday, November 19. As many of you realize, our Fashion Show is normally held in May just prior to Mother's Day. Instead of cancelling this celebrated annual event, we have decided to hold it in November with a Holiday theme, new title "Tis the Season to Be Thankful" and will feature the latest fashions for the holiday season. Seating is limited for both of these events and we ask that only individuals who are fully vaccinated for Covid attend.

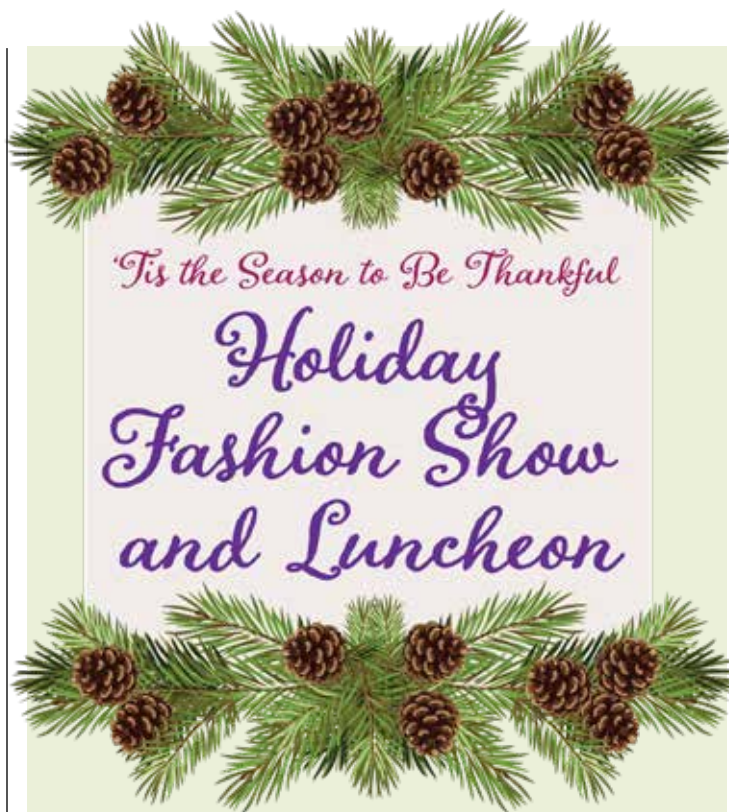


VETERANS RECOGNITION LUNCHEON

**Lakeview Room, Colonie Senior
Service Centers, Inc.
Monday, November 8, 2021
from 10 a.m. to 1 p.m.**

Join Colonie Senior Service Centers and the members of the American Legion Joseph E. Zaloga Post #1520, Albany High School JRTC Cadets and Blue Star Mothers 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. 340.



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

**Friday, November 19, 2021
from 11:30 a.m. to 1 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. 304.

Message from the Executive Director



Happy November!

November 2 – Election Day

**November 5 – Happy 33rd
Anniversary Joe**

November 11 – Veterans' Day

November 25 – Thanksgiving

To Be Thankful with Enduring Hope

Most people we interact with may not be saints but we would consider them good people; individuals who live lives with struggles, trials, tribulations and loss, not unlike our own. The struggle to succeed, to be happy, to matter, to contribute, to belong, to live well, to appreciate as well as be appreciated is what most strive for.

Over the last decade around Thanksgiving, I find myself getting sad, not because of the pending holiday but because of those who are no longer with us to help celebrate.

Coming from a large family, we went from setting up two to three tables end-to-end to accommodate all our guests to fitting everyone comfortably around our dining room table that accommodates eight. It is funny, I even miss the family members who were considered high maintenance, the ones you had to try extra hard to please.

It is precisely under these conditions that I have the most to gain by a grateful perspective on life. From my melancholy

comes appreciation for what was and what will be. I am thankful for my husband, my kids and their partners, my 93-year-old mother-in-law, our dog, our four grand-dogs, our ten grand-chickens, our good health, great neighbors, good friends and meaningful careers. I realize that gratitude and hope have the power to energize.

To all the seniors we assist and support, please remember you are never too old to learn, to grow, to love, to be loved and to be grateful. CSSC is here for you.

We look forward to seeing you at one of our upcoming events and activities.

Happy Holiday!
– Diane Conroy-LaCivita



Sacred Spaces – First Church in Albany

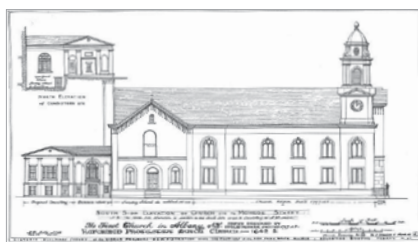
Please join Diane as she visits another area sacred space, First Church in Albany on Tuesday, November 16th. Located at 110 North Pearl. First Church is the oldest church in upstate New York.

The First Church in Albany is part of the Reformed Church in America, a mainline Protestant denomination and one of the oldest active denominations in North America with a continuous ministry since 1642.

The word Reformed comes from the Protestant Reformation, which swept across Europe in the 1500's under the leadership of such people as Martin Luther and John Calvin. These Reformers insisted that the church was and is continually in need of being "reformed according to the Word of God."

The Reformed Church began its ministry in North America when the first congregation was established in New Amsterdam (New York City) in 1628. Although Dutch in origin, the Reformed Church in America has for decades included peoples of many different nationalities and races in its congregations. Today the denomination has more than 900 congregations in the United States and Canada.

To make a reservation, please call Louis at 518-459-2857 ext. 340. For those who would like transportation to and from, we will be leaving The Beltrone Living Center, 6 Winners Circle, at 10:00 am and returning at approximately 12:00 Noon.



There are So Many Reasons to Thank a Veteran



November 11th is Veterans Day and Colonie Senior Service Centers wants to thank the women and men who have served and are currently serving our country with such courage and bravery.

Your strength is inspiring, your dedication unwavering and sacrifice unending. Thank you for protecting our freedom and country. Thank you for defending our rights and sacrificing so much. Thank you for your valor.

If you are a reader of "Senior Connections," you know we have conducted many oral interviews over the last two years with Veterans who have shared their stories. It is amazing how in these interviews history and memory waltz into step and at times strain to part, to present not only a lesson in history, of which there are many, but an incredible lesson in humanity and humility. The selflessness required and the sacrifices made by a Veteran do not go unnoticed and are incredibly appreciated. Thank you.

GET READY TO VOTE, VOTE, VOTE!

CSSC Needs You!

Vote every day starting Sunday, November 21

CSSC is once again participating in the *Times Union's* Capital Region Gives Giveaway where we are eligible to win one of ten, \$10,000 advertising grants for 2022. We are hoping you will vote for Colonie Senior Service Centers. You can vote on any electronic device once a day throughout the entire contest period. It is easy to do, just visit www.timesunion.com and click on the Capital Region Gives icon.

CSSC has been fortunate to have won the last several years.

Thank you in advance for your support.

Thank you to
Goldstein
Auto Group for
sponsoring CSSC



Visit colonieseniors.org
or call 518-459-2857,
ext. 327 for the latest
THE CENTER catalogue.



Join Us at the Saratoga Racino

Please join CSSC as we travel to the Saratoga Racino on Monday, November 15, 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.



Defensive Driving Classes

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



Thursday, November 4, 2021,
from 9 a.m. to 3:30 p.m.

Tuesday, November 9, 2021,
from 9 a.m. to 3:30 p.m.

Thursday, 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.

The Beltrone Golf Classic Finally Teed Off!

On Monday, September 27, a full field of golfers teed off throughout the morning for a beautiful autumn day of golf at the 28th Annual Salvatore R. and Anna E. Beltrone Golf Classic, that was held at Schuyler Meadows Club, in Loudonville. A good time was had by all and we raised over \$40,000 after expenses are paid! These proceeds will allow CSSC to provide programming and services that benefit seniors and their families across the Capital Region.

Congratulations to this year's winners:

1st Low Net Foursome:

Jennifer Bautochka, Jamie Bautochka, Michele Rooney and Nancy Sano

Longest Drive:

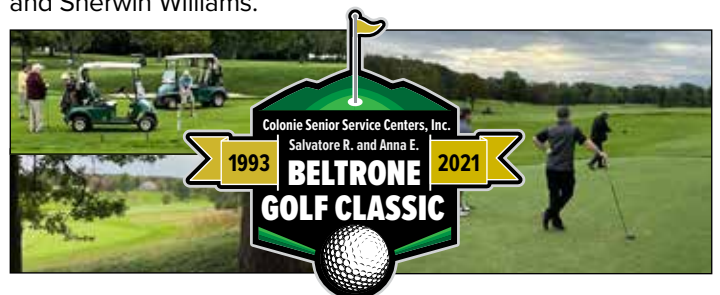
Kevin O'Leary (Men) and Susan Cole (Women)

Closest to Pin:

Mike Kinum (Men) and Jennifer Bautochka (Women)

Straightest Drive: Jennifer Bautochka

Thank you to our sponsors for their support and recognizing the vital services and programs CSSC provides to our senior community: The Salvatore R. & Anna E. Beltrone Family Foundation; BBL Construction Services, LLC; Berkshire Bank; Carey Electric; Citizens Bank; Herzog Law Firm P.C.; Janitronics; Rowlands, LeBrou & Griesmer, PLLC; Twin Bridges Waste and Recycling; Bouchey & Clarke Benefits; CAP COM FCU; Roemer Wallens Gold & Mineaux, LLP; Humana MarketPoint; Haylor Freyer & Coon, Inc.; R.F. Peck Company, Inc.; KAMCO Supply; Luizzi Companies; WCGS Architects; Architectural Glass; Bellevue Builders Supply; Brizzell's Flowers; BST & Co. CPA's; CA Group; CDPHP; and Sherwin Williams.



THE BELTRONE LIVING CENTER for independent adults, 55+

FALL OPEN HOUSE!

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

Wednesday, November 10, 2021 from 11 a.m. – 2 p.m.

Come see our beautiful community

1 and 2 bedroom apartments and suites
with The Crossings and the Ciccotti Center in our backyard

Join us for our Open House or call
518-459-2711 to schedule a private tour



The Beltrone Living Center is owned and operated by:
Colonie Senior Service Centers, Inc.
6 Winners Circle, Albany, NY 12205

CSSC, Inc. was established in
1981 as duly authorized 501(c)3
not-for-profit corporation.



Two Area Chefs Honored at This

On September 20th, Chefs in Motion brought together many restaurants and chefs from around the Capital Region to compete for awards including Judge's Choice and People's Choice. Chef Kizzy Williams from Allie B's Cozy Kitchen on Clinton Avenue in Albany won the popular vote for her Meatloaf while Chef Jose Kishimoto Arteche III from Shogun Sushi of Delmar won the judges' vote with his Miso Butternut Squash soup and

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,



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

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.

1981 – 2021

4th
COLONIE SENIOR
Service Centers, Inc.

ANNIVERSARY

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



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



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



Year's CSSC's Chefs in Motion

Beet Chevre Dumplings. The well-attended night was an overwhelming success, able to bring together great people and food under one roof. This event allowed all 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.

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

Forever Young Singers
is sponsored by



Colonie Senior Spirit Awards Presented at the 20th Founders' Celebration

This year as Colonie Senior Service Centers, Inc. (CSSC) celebrated our 40th anniversary we were proud to honor local business and community leaders with the Colonie Senior Spirit Awards at the 20th Annual Founders' Celebration, on October 28, 2021.

Colonie Senior Spirit awardees reflect the commitment, vision and leadership exemplified by the CSSC's Founders who created our organization to help seniors remain active, healthy, and independent. During this past year the 2021 awardees were committed to making seniors in the Capital Region safe, fed and physically and mentally healthy during the pandemic. CSSC was proud to present the 2021

Colonie Senior Spirit awards to:

Osamah "Sam" Awad, from Caring Wellness Pharmacy, for providing over 1,000 community seniors with COVID-19 vaccinations at CSSC clinics.

Assemblyman John T. McDonald III, for his continued dedication and support of seniors in the Capital Region and Colonie Senior Service Centers.

To the CSSC volunteers Yvonne Livingston, Jerry Thompson, Brenda Lovelace -Durant and Sue Moyle for their unending commitment to helping CSSC provide food and meals to seniors in the Capital Region throughout the pandemic;

Trish Maloney, for being there for seniors in their time of need in dealing with the

pressures and struggles of living through the COVID-19 pandemic.

CSSC is also thankful for the support from our generous sponsors of the 20th Annual Founders' Celebration: BBL Construction, Salvatore R. and Anna E Beltrone Family Foundation, CDPHP, WCGS Architects, Merrill – The Wagner Sheffer Group, Rosetti Properties, Capital Bank, Newton Plaza Associates, LLC and Northeast IS LLC.

It is because of these outstanding community leaders and local businesses that support Colonie Senior Service Centers, Inc. programs and services that seniors in the Capital Region are able to reside where they choose safely and thrive.



2001 – 2017
Edward Neary,
CSSC Executive
Director

March 30, 2014 –
Bright Horizons
Guilford 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

THREE GREAT INDEPENDENT SENIOR LIVING COMMUNITIES



The Beltrone Living Center, 6 Winners Circle, Albany
Call 518-459-2711 to schedule a private tour.



King Thiel Senior Community
17 Elks Lane, Latham

Call 518-429-6292
to schedule a private tour.



Sheehy Manor
8 Carondelet Drive, Watervliet
Call 518-782-2350
to schedule a private tour.

COME SEE OUR BEAUTIFUL COMMUNITIES!



The Beltrone Living Center,
King Thiel Senior Community and
Sheehy Manor are owned and operated by:
Colonie Senior Service Centers, Inc.
6 Winners Circle, Albany, NY 12205

CSSC, Inc. was established in 1981 as duly
authorized 501(c)3 not-for-profit corporation.



Local Bounty Holiday Baskets will be available



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.

*Thanking you in advance for your
consideration when you receive
our annual appeal letter*

Support the Programs and Services of Colonie Senior Service Centers, Inc. with a year-end gift!

Online at www.colonieseniors.org
by clicking "Make A Gift"
or by mail at Colonie Senior Service Centers, Inc.
6 Winners Circle, Albany, NY 12205

Reminder!

#Giving Tuesday is November 30, 2021.
Please go to our website and donate to CSSC.



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

November 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. 327.

Special Events:

Reservations and registration is required.

Special Lunch: Friday, November 5 at noon: Come hear Irish tunes and sing-a-longs with Don Kelly. Lunch will be a Fall Harvest Salad, Butternut Squash Soup, and Pumpkin Cake. Suggested contribution of \$3 for lunch and \$3 for entertainment.

Special Dinner: Monday, November 15 at 5 pm: Join us for the sounds of big brass! The Hands of Time band will be playing favorites, big-band style. Suggested contribution of \$3 for lunch and \$3 for entertainment.

November 2021 Menu Menu items are subject to change

11/1	Cheese Ravioli w/Pesto & Chicken	11/15	Goulash
11/2	Chicken Noodle Soup & Turkey Sandwich	11/15	Special Dinner: Turkey
11/3	Salmon Cakes	11/16	Sausage Stuffed Acorn Squash
11/4	Spaghetti & Meatballs	11/17	Margherita Pizza
11/5	Special Lunch: Fall Harvest Salad	11/18	Chile Con Carne
11/8	Veteran's Day Luncheon	11/19	Shrimp Scampi
11/9	Beef Tips w/ Gravy	11/22	Pot Roast
11/10	Shrimp Stir Fry	11/23	Baked Cod
11/11	CLOSED	11/24	Pulled Pork Sandwich
11/12	Salmon Cakes	11/25	CLOSED
		11/26	CLOSED
		11/29	Parmesan Crusted Chicken
		11/30	Stuffed Pepper

Lunch & Learn: Tuesday, November 9 at noon: Food Waste and You (rescheduled from October). Come hear strategies to save food, save money and save the planet. Presented by Albany Sustainability Advisory Committee and Zero Waste Capital District. Lunch will be Beef Tips with Gravy over Egg Noodles, Vegetables and Sherbet. Suggested contribution of \$3.

Holiday Raffle – Get a Head Start on Your Holiday Shopping

Beginning Monday, November 1st, raffle tickets will be available for CSSC's annual holiday raffle. 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.



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

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Umbrella of Colonie

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The Beltrone Living Center

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518-459-2711

King Thiel Senior Community and Sheehy Manor

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Sheehy Manor: 518-782-2350

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

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

Transportation Initiative

Thank you to all who recently contributed to CSSC's Transportation Initiative including Fenimore Asset Management, Meier Law Firm, PLLC and Berkshire Bank. Your generosity allowed us to come up with the 20% match needed for a soon-to-arrive new shuttle bus that was secured through a NYS DOT grant funding.



MEIER LAW FIRM, PLLC

