

Here is to another great year in 2022, filled with more community and happiness! CSSC wishes you a happy and healthy New Year.



Message from the Executive Director



**Happy January!
Happy New Year!!**

January 1 – New Year's Day

January 4 – Trivia Day

January 17 – Martin Luther King, Jr. Day

January is a great time to reflect on what has transpired during the past year as well as look forward to the current year.

2021 brought both sorrow and celebration to my immediate family. This past year, I lost my last two aunts on my mother's side. Aunt Mary Ann and Aunt Joan were beautiful people and coming from a family with eight children whose parents had emigrated from Poland and worked hard to achieve the American dream, I believe made them humble, appreciative, and incredibly caring women. Now with everyone gone, it feels as though that chapter (generation) in my family is forever lost but not forgotten. How blessed I was to have such a large loving family.



At the end of November, my daughter Catherine got married to the love of her life Joey. They had a beautiful wedding at the Franklin Plaza in Troy with vows they wrote themselves. The celebration brought many family members and friends together who we had not seen since the pandemic began in March 2020. It was truly a celebration that will be remembered for years.



As we look ahead and plan for 2022, we'd like you to know that Colonie Senior Service Centers continues to work hard on your behalf. We understand, now more than ever, seniors like you count on CSSC to keep you up-to-date on the opportunities and activities that matter most. Keeping you one step ahead is why we provide information like our monthly newsletter, Senior Connections. It's also why we continue to invest in valuable resources like our website, www.colonieseniors.org and our Facebook page, @ColonieSeniors. If you haven't yet had a chance to explore everything you have available to you through Colonie Senior Service Centers, I invite you to stop in or give us a call.

For those of you who were able to contribute to our end-of-the-year appeal, thank you for helping us continue our vital work.

Thank you, for your involvement, continued trust and support of CSSC!

Be well,
– Diane Conroy-LaCivita

Get Ready to Celebrate at The Beltrone

Beginning in March 2022, CSSC with funding from the New York State Council for the Arts, will be offering the **World Music Concert Series – Music for the Ages**. Once a month from March through June, CSSC will host a free musical concert featuring different styles of music from around the world, including ethnic and traditional music. Weather permitting, concerts will be held in the south-end gazebo/lawn at The Beltrone Living Center. If prohibited by weather, concerts will be moved to The Beltrone's Lakeview Room.

In March 2022, an Irish/Celtic concert will be offered. April's concert will feature a Polish/Slavic theme. May's event will have an Italian theme and June's will offer German style music.

Each event will be open to the public free of charge and will have ethnic food available for purchase as well. CSSC will also make available free tabling opportunities for groups/clubs associated with that group.

Our goal is to create a safe, festive, welcoming venue that individuals can appreciate live local musical talent.



CSSC's International Diners Club For the Love of Food – February's Outing – Irish Anyone?



Walk into O'Slattery's and you will feel as if you have been transported 3,000 miles to a pub in Kilkenny, Ireland. The décor, the music and all the wonderful smells are reminiscent of a cozy small-town Irish pub. Owners Liam and Jackie Slattery intended such a venue when they opened their restaurant six years ago in Delmar. The restaurant serves up Guinness beef stew, bangers and mash and the Kilkenny Bookmaker.

Get ready for February's dining opportunity as we visit O'Slattery's, 318 Delaware Ave in Delmar, on Tuesday, February 8 at 4:30 p.m. The cost of the meal is \$33. Space is limited and registration is required. CSSC Transportation Services is 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.



A view of O'Slattery's on Wednesday, Nov. 24, 2021, in Delmar, N.Y. Jackie and Liam Slattery own and operate O'Slattery's and Bliss Delmar. (Photo by Paul Buckowski/Times Union)



Liam Slattery, background left, and his wife, Jackie Slattery, background right, with their four children, foreground left to right, Otto, 4, Charlie, 7, Trace, 5, and Travis, 9. (Photo by Paul Buckowski/Times Union)

Defensive Driving Classes

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



Saturday, January 8, 2022,
from 9 a.m. to 3:30 p.m.

Thursday, January 20, 2022,
from 9 a.m. to 3:30 p.m.

Thursday, February 10, 2022,
from 9 a.m. to 3:30 p.m.

Saturday, February 26, 2022,
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.

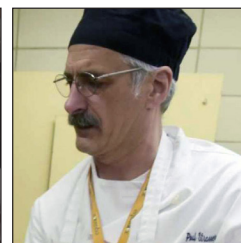
Announcing Healthy and Local Cooking Classes

Starting in January 2022, CSSC, with the generous support of CDPHP, will be offering monthly cooking demonstrations in the community room of King Thiel Senior Center which will introduce attendees to wonderful ways of starting the new year eating delicious, healthy local food. January's class will take place on Thursday, January 27 at 11:00 a.m.

As we all may know, eating local means enjoying more locally grown produce and other foods from farmers and producers in your community, as well as providing environmental, economic, social and health benefits.

In January, join Chef Joan Debinski and Chef Paul Strasser for "Something Savory, Something Sweet." Chef Joan is the pastry chef for both Yono's and the Capital Region Food Coop. Chef Paul is the owner of SeasonInn based in Halfmoon.

There is no charge to attend this class, but space is limited, and registration is required. Please call Diane for questions or to register at 518-459-2857 ext. 305.



Healthy and Local
Cooking Classes
are sponsored by



BINGO at the Celtic Hall

430 New Karner Road
Sunday, January 23, 2022

Bus leaves The Beltrone
Living Center at 4:30 p.m.

To make a reservation,
call 518-459-2857 ext. 340.



Sacred Spaces – St. Mary's Roman Catholic Church

Please join Diane as she visits another area sacred space, St. Mary's Roman Catholic Church in Albany on Friday, January 21, 2022, located at 10 Lodge Street, Albany.

St. Mary's Church is a brick structure with an Italian Romanesque Revival exterior. Built in the 1860s, it is the third church to house the oldest Catholic congregation not only in the city, but in all of upstate New York. In 1977, St. Mary's Church was listed on the National Register of Historic Places; it is also a contributing property to the Downtown Albany Historic District, listed several years later.

The church's interior incorporates a combination of the Mannerist and French Gothic styles, in contrast to its exterior. Upon completion of the tower in 1894, the church was wired, making it the first church in Albany to have electric lighting. In 1912, the original stained windows were replaced. Beyond these developments, there have been no significant changes to the building since its construction.

Our tour guide for our visit will be the Church's vocalist, John Rodier, who has been an employee of the church for almost 50 years!

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 from The Beltrone Living Center, at 10:00 a.m. and returning at approximately 12:00 Noon.



Recap of 'Tis the Season Fashion Show and Luncheon

Held just prior to Thanksgiving with a Holiday seasonal theme, this year's Fashion Show was a resounding success complete with beautiful fashions from Chico's in Stuyvesant Plaza, delicious food from Mazzone Hospitality, DJ Music from Joe Glickman and an afternoon full of incredible enjoyment with the assistance of NewsChannel 13 anchor Chris Onorato, who served as the event's emcee.

Thank you to this year's models Iris Menaker (BLC), Camila Supzanic-Zagorski (SM), Brenda Slingerlands (KTSC) and Kaila Troia. Additionally, we were so fortunate to have officers from the Town of Colonie Police Department serve as escorts for our models.

Fun was had by all! Proceeds from the event benefitted CSSC's Transportation Services.

A tremendous thank you to all our sponsors and to all those who donated raffle prizes.

Beating the Winter Blues through Volunteering

With the holidays in our rear view mirror, we may need to battle those winter blues. The days are shorter, we spend more time inside and may disconnect from our friends and families. Here are a few approaches to fight off those winter blues.

- Surround yourself with friends/family
- Connect in service
- Try something new

CSSC is the Capital Regions Retired, Senior Volunteer Program sponsor. We provide diverse opportunities for volunteers age 55 and older. RSVP volunteers impact people's lives with their spirit and sense of responsibility, making things happen for the greater good of the community.

AmeriCorps Seniors – RSVP has numerous volunteer opportunities throughout the Capital Region, which may be just what you need to fight off the winter blues. To learn about what opportunities are available, email Jim Kelly, Director of RSVP at jkelly@colonieseniors.org or call 518.459.2857 ext. 308

Bright Horizons Virtual Program

Bright Horizons Adult Day Social Program is still offering a virtual program on Mondays and Tuesdays every week from 10 – 11 a.m. The virtual program is in addition to our in-person session. We conduct a hybrid program whereby the seniors in program get to interact with the seniors on virtual. Joining virtually is a great way to have your loved one transition to in-person programming. We include music therapy, exercise, giant crossword, memory games, word games, arts and crafts, discussion groups, cooking demonstrations, and more. Activities will vary based on the interests of the participants. If you have a loved one who would like to participate virtually or if you would like additional information about Colonie Senior Service Centers, Bright Horizons Program please contact Sue Napierski at (518) 459-7967 or snapierski@colonieseniors.org

Do You Need Some “REST”?

The Bright Horizons Bridge to Respite program is an extension of activities and services we provide during our adult day social program. A grant through the New York State Caregiving and Respite Coalition (NYSCRC) will allow Colonie Senior Service Centers, Inc. to expand respite services within the counties of Albany, Rensselaer and Schenectady. Volunteers trained through “REST” (Respite, Education & Support Tools) will provide respite virtually, telephonically, through socially distanced home visits, or a combination of all three. Respite training and PPE provided. Clients receive continuity of care by initially building a bond with staff and volunteers. The respite volunteers will provide the mental stimulation from conversations and other activities that promote thinking, concentration and memory. The respite volunteers will provide respite to both client and caregiver, and provide each of them with a sense of purpose, continued independence and peace.

If you would like to share some of your time, memories, stories and talents with a senior in the community in need of social engagement this program is for you! Please contact Sue Napierski at (518) 459-7967 or snapierski@colonieseniors.org



Bright Horizons Bridge to Respite Program

Last month we were able to connect two people, both named Nancy who had an immediate connection. The first Nancy, a teacher, and trained adult day social respite volunteer ready to provide activities and social engagement for the second Nancy. The second Nancy, a retired nurse is looking forward to taking walks, engage in book discussions, play cards and board games with her wonderful volunteer Nancy.

You too can assist a senior in the community by providing adult day social programming in the home or virtually. Find a new purpose in your life by becoming a Bright Horizons Bridge to Respite volunteer. If you would like more information about this life enriching volunteer program, please contact Sue Napierski at (518) 459-7967 or snapierski@colonieseniors.org

Save the Date

Warmth of *Winter*

**HELPING
SENIORS
KEEP THE
HEAT** 

Wolferts Roost Country Club

Thursday, March 3, 2022, at 6 p.m. Please call 518-459-2857 ext. 304 or email Lmiedema@colonieseniors.org for more information.

Together, Let's Fill the Pantries!

Food and Personal Care Items Drive to support The Food Pantries for the Capital District and The People's Pantry of CSSC.

January 10, 2022 – January 18, 2022

Drop Off Locations at The Beltrone Living Center, King Thiel Senior Community and Sheehy Manor.

For additional information or questions, please call Sharon at (518) 459-2857 ext. 302





Mark Your Calendar

FREE Valentine Community Concert
4 – 6 p.m. on Friday, February 11, 2022 at
The Beltrone Living Center Lakeview Room

This FREE concert is made possible
 by the generous assistance and
 support of

MediGold

We are grateful to those who have supported the 2021 Year End Annual Fund

You donations make a difference to seniors and their families. As of 12/03/2021

Anonymous	Herbert and Shirley Gordon	Marge Jubert	Rosalie and Irwin Margolis	Patricia Palmer
Doug and Ginny Amsden	Charles Graham	The Reverend James J. Kane	Donald and Bette Marsh	Rita Pantuosco
Helga Apkarian	Anna Guerro	Rosemary Hand and Raymond Keefner, Jr.	Mary T. Marx	Christine Paradise
Andre and Anne Assalian	Audrey Guyette	Maureen Kelly	Margaret Mayer	Joseph and Mary Pastore
Theresa Atkins	Eric Guzman	Charles and Mary Anne Kilcullen	Louise McColgin	Cynthia Pettit
Rosa Auyeung	Eugene Hanchett	Abraham and Yoko Killman	Paul and Maureen McGowan	Joan Pflieger
Marcia Bahan	Carol Hedges	Helene K. Kruse	David McMorris	Michael Regan
Terresa Bakner	Michael and Karen Hoblock	Steve and Roseanne Kwart	Joyce Mendrysa	Mary Anne Richmond
Rose Barba	Judyth Hoblock	Eleanor Laviolette	John Merola	Commissioner Deborah Riitano
BBL Construction Foundation, Inc.	Patricia Hohwiesner	Kathleen LeRoux	Metroland Business Machines, Inc.	Lucille Rinaldi
Linda Becker	Dr. Richard Holub, Neurological Assoc. of Albany	Ilse Leuchten	Nancy Meyer	Frederic and Barbara Roosevelt
Jim Beninati, Jr.	Dr. Christina Homer	Queen Lewis	Patricia Miller	Frances Russo
Agnes Borden	Maria Homolova	Audrey Lobdell	Peter Millock	Gloria G. Russo
Florence Borter	Joan Howell	Brenda Lovelace-Durant and Alexander Durant	Jackie Mills	Jeanne Sacca
Arthur E. Bowen	Marian Hoyle	Nancy Lovett	Shyam Mohanka	Lenore Sauer
Bonnie Lu Brehm	Barbara Hrachian	Robert and Patricia Luther	Neal Moore	Nancy Scarchilli
Elizabeth A. Burke	Sally Jack	Myrna Lyons	Jane and Donald Murphy	George P. Scaringe
Jo Ann Bussman	Marion Jaffarian	Jimmy Mackey	Sarina T. Nagi	Bert Schirmer
MaryAnn Campbell	Theresa Jefferson	Lawrence Mallery	Edward Neary	Beverly Scott
Anthony Caropreso	Neil and Maryann Johanning	Patrick and Patricia Maloney	Kathleen A. O'Brien	Bernard Shafarzek
Stephen D. Caruso	Priscilla and Eric Johnson		Nancy and Jim O'Connor	Denise and Jim Sheriff
Liane Castiglione			Barbara Oliver	Brenda Slingerland
Patricia Christensen			Paulette Olmstead	Alice Smith
Diane Conroy-LaCivita and Joseph LaCivita			Al Palladino	Joseph Sorrentino, Jr.
Louise Cosmer				Stewart's Shops
Amy Courter				Maureen Sugrue
Edward and Mary Cross				George Tanner and Resa Siegel Tanner
Salvatore D'Amore				Elsa Thompson
Elena M. D'Aprile				Edith Tull
Herbert Dahlem				Frances Underdue
Carol L. DeCandia				Maria Vamos
Lily Delphey				Carol VanCamp
Anna P. DeSorbo				Ann Walsh
Kenneth L. Dunbar				Russell and Marjorie Ward
Helen Duncan				Dorothy Williman
Michael Duarte				Richard Winne
Anthony Eldering				Marianne Witherwax
Cecila English				Womens Association of Roessleville United Presbyterian Church
James Feidmaier				Richard Zaccardo
Carol Flanagan				Edward and Dorothy Zimmerman
Kevin and Kerry Franklin				
Mark and Janice Garzia				
James J. Germaine				
Doris Gleason				
David Goldman				



Senior Dining Program

January 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.

Friday, January 7 at noon: Join us for an afternoon with the “One Man Band” Paul Slusar as he plays the keyboard, trumpet and a variety of other instruments. Lunch will be Salmon cakes with roasted potatoes, sautéed squash, and a cookie.

Monday, January 10 at 5 p.m.: The Forgettable Four are coming back to The Beltrone with their fun harmonizing, songs and energy. Dinner will be a Cabin Fever celebration, with baked beans, fruit salad, corn and ice cream sundaes.

January 2021 Menu

Menu items are subject to change

1/3	CLOSED	1/17	Spinach Frittata
1/4	Swedish Meatballs	1/18	Shrimp Pasta Primavera
1/5	Greek Chicken	1/19	Pulled Pork Sandwich
1/6	Eggplant Parmesan	1/20	Chicken Marsala
1/7	Salmon Cakes	1/21	Meat Lasagna
1/10	Meatloaf w/ Mashed Potatoes	1/24	Macaroni & Cheese
1/11	Garlic Pizza w/ Ricotta & Broccoli	1/25	Shepherd's Pie
1/12	Pineapple Shrimp Stir Fry	1/26	Stuffed Pepper
1/13	Italian Sausage Sandwich	1/27	Scalloped Potatoes w/ Ham
1/14	Chicken & Waffles	1/28	Pasta Fagioli w/ Sausage
		1/31	Apricot Chicken

Lunch and Learn on Thursday, January 20 at noon: Psychic Medium and Ghost Rescuer Michele Lyons Polito will be here to talk all things paranormal. Michele is a Colonie native who works locally connecting with spirit, working with ghost investigation groups, and is also a bagpiper.

Lunch will be chicken Marsala, rice pilaf, green beans and sherbet.



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 for more information. EOE.



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

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



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 benefiting 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

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

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