

Please Join Us on Thursday, March 3, 2022, from 6:00 to 7:00 p.m. for ...

... **VIRTUAL**
Warmth of *Winter*
**HELPING
SENIORS
KEEP THE
HEAT N!**



Andrea Crisafulli, President, Crisafulli Bros.
Plumbing & Heating Contractors, Inc.

Warmth of Winter Stays Virtual for a Second Year with Andrea Crisafulli Serving as Event Chair

On Thursday, March 3, 2022, from 6:00 to 7:00 p.m., via Zoom, Colonie Senior Service Centers, Inc. (CSSC) would like to invite you to join us virtually for this year's Warmth of Winter. Warmth of Winter is an annual community event that helps seniors stay warm by raising funds to help defray the cost of heating their homes and assisting them in repairing and maintaining their heating systems. Winter, especially this year, is a challenging time for older adults as they are in their homes and often isolated. Last year, with the generous support of the community, CSSC was able to help over one hundred and fifty senior households with their heating costs.

We are proud to have numerous sponsors on board to support this initiative including: Twin Bridges Waste & Recycling, Crisafulli Brothers, Equinox Companies, Bouchey & Clark Benefits, Meier Law Firm, PLLC, R. F. Peck Company, Inc., WCGS Architects, HF&C (Haylor, Freyer & Coon), Mazzone Hospitality, All Star Wine & Spirits, Capital District Digital and Sage Financial Associates. Additionally, we are thrilled to have Andrea Crisafulli chairing this worthwhile event for the third year in a row. We so appreciate her leadership.

While this year's Warmth of Winter will once again be held virtually, everyone will be able to view from the comfort and safety of their homes while having a front row for all the festivities of the evening. Attendees will be provided an event tote filled with scrumptious food prepared by Mazzone Hospitality, along with signature wines from New York State. This year, we are providing an additional bag of NYS products. Furthermore, attendees will have the opportunity to win wonderful items in the Warmth of Winter online auction and Mystery Wine Pull.

We look forward to seeing you virtually at this year's Warmth of Winter. Sponsorship opportunities, Honorary Committee memberships and tickets are available for purchase at www.colonieseniors.org. If you have any questions or need additional information, please do not hesitate to contact Diane at 518-459-2857 ext. 305 or via email dconroylacivita@colonieseniors.org.

Message from the Executive Director



Happy February!

February 12 – Lincoln's Birthday

February 14 – Valentine's Day

February 21 – Presidents' Day and Washington's Birthday

"If you want to live a long, healthy, happy life, then garden"

– Thaddeus Thompson

My oldest daughter Frances, aka Frannie, is a gentlewoman farmer at heart. From an early age she was our "free spirit" (which is actually the meaning of the name "Frances"). She has always given her time and energy to causes including the declining shark and bee populations to the warming global environment, as well as individuals not having access to proper nutrition or struggling with preventable diseases. Her moral compass is strong and combined with a tremendous heart of empathy, she can truly light up a room with her positive energy.

Over the last several years, she has become more interested in agriculture. She is the loving co-parent to ten Asian Black chickens, all of which have individual names, along with two dogs, while continually expanding her growing repertoire to include an enviable amount of selective crops.

I write this column from my kitchen counter, wrapped in a warm blanket on a cold winter morning before sunrise. I can see three boxes of yet unopened indoor growing paperwhites. Frances, on the other hand, has already planned her garden for the upcoming growing season, carefully choosing this year's expected produce. She has ordered her soon-to-arrive seeds and seedlings, and has subsequently texted or emailed me that she will surely have

leftover seeds or seedlings and I should be prepared to take some off her hands. Last year, it was gourmet pumpkin varieties and eggplant (both of which grew incredibly well in our very moist clay soil).

What I take away from Frannie's enthusiasm to grow is her continual need to create and nurture. She is an optimist looking forward to the possibilities of what will be.

Although I am the parent, I have much to learn from her. We all should be looking forward to the what-might-be. It is a lovely frame of mind.

Before closing, I want to mention a deserved "shout-out" to a Colonie Senior Service Centers Board Member who always ends his phone conversations with "I appreciate you." Although I know his intent is not to receive accolades, he probably has no idea how impactful those three (3) words are to CSSC staff. For your incredible kindness and empathy; thank you! Your kind and unselfish words continually make our day.

Be well. Thank you for your continued support and we hope to see you at our Free Valentine Community Concert on Friday, February 11 (proof of vaccination required).

– Diane Conroy-LaCivita



March's Healthy and Local Cooking Class – Cooking Peruvian

Peruvian cuisine reflects local practices and ingredients, including influences mainly from the indigenous population, including the Inca, and cuisines brought by immigrants from Europe (Spanish cuisine, Italian cuisine, German cuisine); Asia (Japanese and Chinese cuisine); and Africa. Without the familiar ingredients from their home countries, immigrants modified their traditional cuisines by using ingredients available in Peru.

The four traditional staples of Peruvian cuisine are corn, potatoes, other tubers (i.e., quinoa) and legumes (beans and lupins). Staples brought by the Spanish include rice, wheat, and meats (beef, pork and chicken). The most important ingredient in all Peruvian cuisine is the potato, as Peru has the widest variety of potatoes in the world.

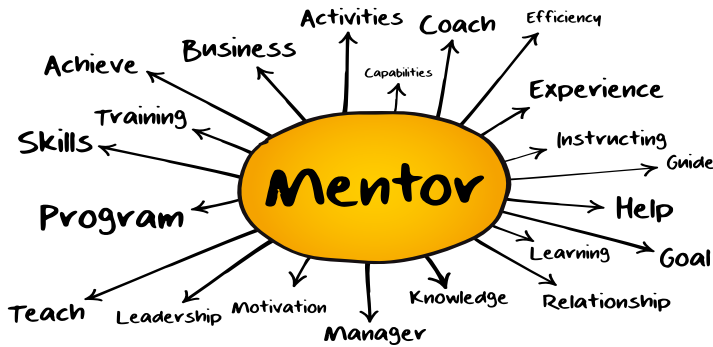
With generous support from CDPHP, please join Hector Jasen, proprietor of Hector PT, who was born in Peru and is a fantastic cook, for a class entitled "Cooking Peruvian" on Thursday, March 31 from 11:00 a.m. to 12:00 Noon at King Thiel Senior Community, 17 Elks Lane, Latham.

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.

Mask and proof of vaccination are required.



Oca, tuber used in Peruvian cuisine



AmeriCorps Seniors – RSVP Featured Station

Change the Life of a Child – Become a Mentor

The New York State Mentoring Program is a statewide provider of mentoring program services. Children who succeed despite overwhelming personal, economic and social obstacles do so often because of a caring adult in their lives. Mentoring outcomes include greater participation in school, improved attendance, higher graduation and college admission rates, and better overall performance.

To learn more about mentoring opportunities and AmeriCorps Seniors - RSVP, please contact Jim Kelly, Director of RSVP at 518-459-2857 ext. 308 or jkelly@colonieseniors.org

Joe DeBonza, Eastern New York Coordinator
New York State Mentoring Program
Mobile: 518-764-8774 or email: joseph.debonza@ocfs.ny.gov

Positive Note from Jess

It is easy to get caught up in all the unknowns happening around us on a daily basis. Things are ever-changing making even normal day-to-day interactions more tense than usual. Take this short note as a suggestion to re-ground yourself in all that is good around you and our communities. Each day there is opportunity to do small acts of kindness, share a hello with a neighbor or jot down a few things you are thankful for. Our communities are stronger because of the positivity, patience and gratitude we show each other.

Jessica Flynn, Community Relations Director



Defensive Driving Classes

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

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.

Saturday, March 19, 2022,
from 9 a.m. to 3:30 p.m.

Thursday, March 31, 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.

Masks are required to be worn throughout the class.



A Taste of Ireland – Community Drive Thru

Back by Popular Demand

On Thursday, March 17, 2022, Colonie Senior Service Centers will be working with Mazzone Catering to create an authentic to-go meal entitled “A Taste of Ireland.” The dinner meal will include Irish stew, corned beef, boiled potatoes, a root salad, Irish Soda Bread and Chocolate-Guinness cake for dessert. The menu selection was designed in consultation with Dr. Elizabeth Stack from the Irish American Heritage Museum. Meals may be picked up at The Beltrone Living Center, 6 Winners Circle, Albany, between 4:00 and 5:00 p.m.

For those who have difficulty getting to The Beltrone, CSSC will make home deliveries within a small radius of 6 Winners Circle. The cost for the meal is \$15.

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



World Music Concert Series – Music for the Ages March is Irish/Celtic with Triskele

With funding from the New York State Council for the Arts, please join us on Tuesday, March 8 from 6:00 – 7:00 P.M. in the Lakeview Room at The Beltrone Living Center for our first in a monthly free concert series of world music with Triskele.

Triskele, [pronounced Tris-Kay-lee] is an all-female Celtic band out of Albany. They are known for their stunning harmonies, singing the Gaelic language and for their Irish wit. These women perform traditional, original and some modern Celtic/Irish music.

The event is open to the public free of charge and there will be ethnic food available for purchase.

Our goal is to create a safe, festive, welcoming venue that individuals can appreciate live local musical talent. In this regard, masks and proof of vaccination and booster are required.



CSSC Wins Award for Their Dedication to the Community

Colonie Senior Services recently received the 2021 Empire Whole Health Heroes award from Empire and the Times Union. This award was given to 25 local companies and individuals focused on revitalizing the Capital Region, especially as we make our way out of the pandemic. CSSC was chosen for their many programs that help Colonie area seniors get meals, stay connected to their community and otherwise succeed in these difficult times.

CSSC's International Diners Club March's Outing – India

Get ready for March's dining opportunity as we visit Karavalli: The Regional Cuisine of India, located at 9B Johnson Road in Latham on Wednesday, March 16 at 5:00 p.m.

Karavalli is unique as an Indian restaurant anywhere in the world. It is a gourmet trail of the many diverse regions of India. It serves food from as many as six (6) different regions of India and has a team of specialist chefs from India, each producing their own regional specialties.

The cost of the meal, which will be served family style, 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.



Fun facts from the Umbrella Coordinator, Sharon...

Does each year have a color?

The Pantone Color Institute is a consulting service that forecasts global color trends and advises companies on color in brand identity and product development, for the application and integration of color as a strategic asset. Twice a year, Pantone hosts, in a European capital, a secret meeting of representatives from various nations' color standards groups. After two days of presentations and debate, they choose a color for the following year.

Then towards the end of each year, the defining color for the forthcoming year – better known as the Color of the Year – is announced. The new 'It' color is typically announced early December.


What is the official color for 2022?

Very Peri

Even if you didn't know about the color of the year, odds are you've been influenced by it. 2022's official color is called Very Peri (officially, Pantone No. 17-3938). As its name suggests, Veri Peri is a rich shade of periwinkle.



George R. Hearst III, Times Union publisher and CEO, and Diane Conroy-LaCivita at the 2021 Capital Region Gives Celebration Reception on December 16, 2021 at the Hearst Media Center.

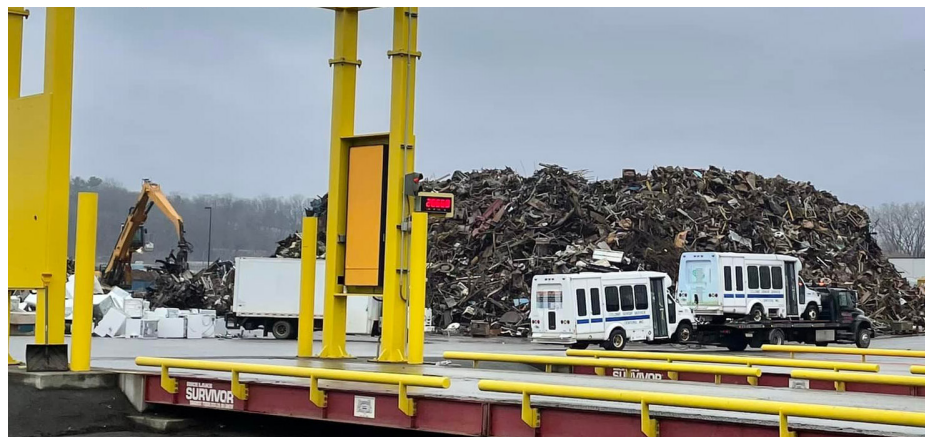


SUBARU share the love® EVENT

Thank You!

Thank you to the Goldstein Auto Group for including Colonie Senior Service Centers in the Subaru "Share the Love" event which ended January 3rd.

We so appreciate your support!



Bright Horizons Virtual Program

Bright Horizons Adult Day Social Program is still offering a virtual program on **Mondays and Wednesdays** 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.



Community is Where Community Happens

It seems like the cost of everything is increasing from gasoline to groceries, insurance to utilities. Consumers are expected to pay more or do with less.

True to our mission, Colonie Senior Service Centers recognizes that Affordable Housing has both a human impact as well as a community impact. Through our bricks and mortar initiatives (The Beltrone Living Center, Sheehy Manor and King Thiel Senior Community), we are aware of the overwhelming need for affordable independent senior housing so individuals, as they enter their mature years, are able to stay in their community and can afford to do so.

Stay tuned. We are diligently striving for additional affordable units in the future so those 55+ in our community can stay in our community. Please consider joining us in one of our friendly senior communities.

- 1** To learn more about **The Beltrone Living Center**, please call Debbie McClune at (518) 459-2711.
- 2** To learn more about **Sheehy Manor**, please call Aimee Richardson at (518) 782-2350.
- 3** To learn more about **King Thiel Senior Community**, please call Aimee Richardson at (518) 429-6292.



We're One of Ten



Thank you to everyone who voted for us.

We won and are one of the ten recipients receiving \$10,000 in free Times Union advertising!

Out with the Old, In with the New

CSSC recently retired two of its vehicles. After an incredible useful life and well over 250,000 miles each, two of CSSC's buses went to the Port of Albany scrapyard. Following them down to the Port for their final ride was sad but also incredibly humbling. We reflected on all the seniors who must of have ridden on Bus 105 and Bus 106 over the last eleven years.

In December, CSSC added another van to its fleet, number 102. This addition is incredibly useful and provides us with different options, depending on the destination and duration of a given ride.



Weathering Winter Safely

Those of us who tough out life in Upstate New York every winter have a lifetime wealth of war stories about that annual conquest. But it seems no depth of experience is enough to arm us against every potential hazard. That is at least in part because many of the hazards of winter are invisible, very subtle, or very sudden in their impact. Some of the dangers arise from winter conditions directly, but some result from our very efforts to overcome them.

Hypothermia, a dangerously low core body temperature, is one of the trickiest to anticipate and recognize, and can even occur indoors. Whether turning down the thermostat to save on heating costs or losing heat due to a power outage, age-related changes in our physiology and certain medications leave us less able to retain body heat. The classical signs of early hypothermia, such as shivering, may also be lacking, leaving only later warning signs such as lethargy or confusion. Indoor temperatures of 68 to 70 degrees Fahrenheit are optimal for safety. If lower temperatures are maintained, be sure to compensate by dressing warmly in layers.

Fire and carbon monoxide poisoning are hazards of trying to stay warm. Whether using a space heater to warm a cold room or to deal with a power outage, be sure to know and follow all of the safety instructions for the device you are using and keep it well clear of curtains, papers, and other flammable items. For electric heaters, be sure the outlet you are using is rated for the load and properly grounded. For fuel-burning heaters, make certain there is adequate ventilation and never refuel before shutting down and cooling off. Don't use gas stoves or charcoal grills for heating or cooking indoors, as these also generate carbon monoxide and pose a fire risk. Fuel-powered generators should not be operated indoors, even in carports or garages with some ventilation, as carbon monoxide can accumulate inside the house.

When venturing outdoors, be sure to dress warmly in layers, and wear proper footwear with good traction. Yak Trax™ or other pull-on cleats can provide added traction in icy conditions, but can be slippery on metal or tile surfaces. The same is true for spiked metal cane tips. Remember that even when the temperature outside is above freezing, ice can still form when wind chill or surfaces are colder. Be sure to wear warm, dry socks and gloves and limit time outdoors to avoid frostbite and other cold injuries.

If you live alone, it helps to make sure you have a family member or friend to check in on you when there is a winter weather emergency. If you live in Albany County and have special needs for evacuation in an emergency, you may be eligible for the Sheriff's Office's Evacuation Functional Needs 911 Registry. An application can be completed on-line, or obtained by calling (518) 720-8030. This program can help emergency responders to better help you by providing key information ahead of time about your health needs, emergency contacts, and even pets.



Kevin B. Costello, M.D., is an Internist and Geriatrician at Albany Medical Center, Albany, NY.

Dr. Costello also serves on the Board of Directors of Colonie Senior Service Centers, Inc.

REFERENCES:

Cold Weather Safety for Older Adults. (n.d.). National Institute on Aging. Retrieved January 9, 2022, from <http://www.nia.nih.gov/health/cold-weather-safety-older-adults>

Evacuation Functional Needs 911 Registry | Albany County, NY. (n.d.). Retrieved January 9, 2022, from <https://www.albanycounty.com/government/county-sheriff/evacuation-functional-needs-special-needs-911-registry>

HIA-TipSheet_WinterJuly19.pdf. (n.d.). Retrieved January 9, 2022, from https://www.healthinaging.org/sites/default/files/media/pdf/HIA-TipSheet_WinterJuly19.pdf

NYSOFA Offers Cold Weather Safety Tips for Older New Yorkers. (n.d.). Office for the Aging. Retrieved January 9, 2022, from <https://aging.ny.gov/news/nysofa-offers-cold-weather-safety-tips-older-new-yorkers>

FREE Valentines Community Concert

Friday, February 11, 2022 from 4:00 p.m. to 6:00 p.m. in The Beltrone Living Center Lakeview Room

Graciously underwritten by MediGold, local band Hands of Time will entertain attendees to music symbolic of love and Valentines Day. Bring your dancing shoes and sweet tooth, as there will be free refreshments. Fabulous prizes will be awarded to those in attendance who are the most appropriately dressed for the holiday (hint: pull out your reds and pinks as well as those clothing items that contain hearts). All in attendance must provide proof of vaccination (including booster shot) to enter. Masks will also be required throughout the event.



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

MediGold
Medicare made easy®

Senior Dining Program

February meals and events at Colonie Seniors

Please check in, as schedules and plans are ever-evolving due to the pandemic. As this newsletter goes to print, we are hoping to reopen our dining rooms in February.

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 are required.

Special Lunch on Friday, February 4 at noon: Join us for great music and good food with Paul Slusar, the one-man band, as he plays favorites and oldies. Lunch will be a baked Chicken Parmesan Sandwich, Green Salad and a cookie.

Lunch and Learn on Thursday, February 24 at noon: Psychic Medium and Ghost Rescuer Michele Lyons Polito will be here to talk all things paranormal. Michele is a

February 2022 Menu

Menu items are subject to change

2/1	Philly Cheesesteak	2/16	Pineapple Shrimp Stir Fry
2/2	Beef Stew	2/17	Sausage and Pepper Sandwich
2/3	Baked Cod	2/18	Chicken and Waffles
2/4	Baked Parm Chicken Sandwich	2/21	Spinach Frittata
2/7	Chicken Cacciatore	2/21	Special Dinner: Spaghetti & Meatballs
2/8	Swedish Meatballs	2/22	Shrimp Pasta Primavera
2/9	Greek Chicken	2/23	Pulled Pork
2/10	Eggplant Parmesan	2/24	Chicken Marsala
2/11	Salmon Cakes	2/25	Meat Lasagna
2/14	Meatloaf & Mashed Potatoes	2/28	Macaroni & Cheese
2/15	Veggie pizza		

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 sherbert.

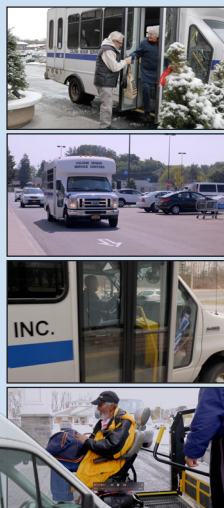
Special Dinner on Monday, February 21: Come hear the big sound of Gone Grey as they play swinging tunes and fun rock standards. Dinner will be spaghetti & meatballs, green beans and carrot cake.

Suggested contribution of \$3 for lunch and \$3 for entertainment.



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

Store Hours

Monday	Closed
Tuesday	Closed
Wednesday	10 A.M. – 2 P.M.
Thursday	10 A.M. – 2 P.M.
Friday	10 A.M. – 2 P.M.
Saturday	10 A.M. – 2 P.M.
Sunday	Closed

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. 327

RSVP and Volunteer Coordinator

jkelly@colonieseniors.org
518-459-2857, ext. 308

Tool Box

Leonard G. St. Gelais, Coordinator
lstgelais@colonieseniors.org
518-608-4758

Transportation Services

Don Anderson, Director
danderson@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
dmclune@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

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We are grateful to those who supported the 2021 Year End Annual Fund. Your donations make a difference to seniors and their families.

Annual Appeal list 12/04/21 — 12/31/21

Adirondack Beverages Inc.	Christopher Greagan	Albina Murphy
Anonymous	Clara L. Harris	Mary Beth Murphy
Rose Barba	Betty Hart	June O'Toole
<i>In memory of Lena Bianchino</i>	Marian Hoyle	Carole Pezze
<i>In honor of Joanne Bleau</i>	Abbie Jackson	Price Chopper Golub Foundation
Rev. John J. Bradley	Patricia Jenner	Bill and Elinda Rau
Mary and Bill Brizzell	William Jones	Jacquelyn Roberts
Tammy L. Brooks	Kathleen Joyce	Josefina Roque
Elisabeth Brown	Alicia and Geoff Kelley	Jerome Rovelli
Tina P. Brunell	<i>In memory of Bernard Kennedy</i>	Anne Rowley
Bill and Cindy Callahan	Lisa Kindt	Mary Rzeszuto
Peter and Marybeth Campito	Judith C. LaHart	Clients of Sage Financial Associates
Donald Carman	Henrietta M. Larson	<i>In memory of George A. Scott</i>
Robert Castle	Sally Legendre	Maura Seymour
Patricia Coates	Travis H. Lewin	Toros Shamlian, Jr.
<i>In memory of Georgenia C. Connors</i>	Thomas Link	Theresa Sibilia
Paul and Phyllis Cooney	Pamela Love	Harlan and Maryann Siegel
Carole Diesel	<i>In memory of Morayn Marske-Walker</i>	Theodore J. Skumurski
Gerald Duggan	Margaret Maurer	<i>In memory of Constance Sperrazza</i>
Richard Friedman	Donna Maxwell	Maria G. Vamos
Shirley Geraldson	Judith McDonough	Peter and Donna Wayner
Mary Goss	Frederick Miller	
	Holly C. Montgomery	
	Jean A. Mosher	

CELEBRATING

Fifty Years

ANNIVERSARY

50 Years

In honor of
Russell and Marjorie Ward's
50th Wedding Anniversary
a donation was made to
CSSC on their behalf by
Eric Guzman and Cindy Pettit

CONGRATULATIONS