

Umbrella of Colonie, No Job too Small

For many seniors, maintaining their home is a fulfilling yet challenging component of their daily lives. By joining Umbrella of Colonie, a senior will no longer have to worry about finding someone to complete repairs and home maintenance. Umbrella of Colonie connects senior homeowners with reliable and affordable handy people who do yardwork, light carpentry, cleaning, plumbing and more. The senior homeowner will have the reassurance of knowing their repairs will be completed in a timely manner by a trusted qualified handy person. Whether it is a leaky faucet or house cleaning, Umbrella of Colonie will take care of their basic home repairs.

Umbrella of Colonie is a vital program of CSSC. The annual membership fee is based upon a senior's gross income. For low income seniors, Elder Program Initiatives (EPI) scholarships are available. All handy people services, regardless of task, are paid \$15.00 an hour.

Keeping our members safe is our priority. In this regard, there are benefits to joining. For instance, Umbrella of Colonie collaborates with the American Red Cross to make sure all our members have working smoke and carbon monoxide detectors in their homes. Another benefit of becoming an Umbrella member is free Defensive Driving Classes which are held at The Beltrone Living Center twice a month.

Our handy people take pride and exceed the scope of their work. Many handy people view involvement as a way of giving back to the community. We are continuously recruiting new handy people to be a part of our wonderful team. If you are interested in learning more about becoming a handy person or becoming a member of Umbrella of Colonie, please contact Sharon Herald at 518-459-7152 or email sherald@colonieseniors.org.

One last thought:

Don't know what to get someone for that special occasion? An Umbrella membership is a unique gift for that special older adult in your life who may not need anything but can always benefit from peace of mind knowing that minor home repairs and maintenance will be taken care of economically and efficiently.



Message from the Executive Director



Happy June!

June 8 – Best Friends Day
June 9 – German Night at BLC
June 12 – Global Wellness Day
June 14 – Flag Day
June 19 – Father's Day
June 20 – Summerfest at BLC
June 26 – Forgiveness Day

A Time to be Grateful

The pandemic gave CSSC an opportunity to rethink, reimagine and transform our practices. In essence, we used the pandemic as a catalyst for change and a chance to reset. One such shift was that we realized that many of the self-imposed restrictions and rules we followed were in some instances arbitrary. This has led the CSSC staff to increased flexibility, creativity, and promoting thinking outside the box.

We are taking the time to be grateful for our fellow staff, dedicated volunteers, Board of Directors, corporate supporters, and non-profit partners. Today, we wish to express our gratitude to our wonderful seniors for all their compassion and understanding as we move ahead as an organization whose mission is to support older adults.

I also want to give a shoutout to my husband Joe. For without him and his support, I would not be one-tenth of the person I have been able to become. I also want to wish every father, grandfather, great grandfather, surrogate father, stepfather, and all men who support others in our community the happiest of Father's Day.

We hope to see you at German Night on June 9th and Summerfest on June 20th!

– Diane Conroy-LaCivita



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

July's Outing – Pakistani Anyone?

Join Diane on her next scheduled international excursion to Curry Patta, 187 Main Street in Altamont on Wednesday, July 27 at 4:30 p.m. (CSSC Bus will be leaving by 4:00 p.m.)

As their website states, Curry Patta strives to serve the best authentic Pakistani food. Their special curries are prepared from recipes handed down by their ancestors and they are always conscious of freshness in all their ingredients.

The cost of the meal is \$33. Attendees will be ordering off a specially chosen event menu which will include a choice of beverage, appetizer, entrée and dessert. Space is limited and registration is required. CSSC Transportation Services are available to those who are unable to drive themselves. Please call Diane at 518-459-2857 ext. 305 for additional information or to reserve your spot.



Photos by Erica Miller

Curry Patta owner Nadia Raza and the interior of her restaurant on Main Street in Altamont



Sacred Spaces – Peace Pagoda

The journey continues on Tuesday, June 7, as we visit another area sacred space. Join Diane as we visit the Grafton Peace Pagoda located at 87 Crandall Rd in Petersburg.

If you are looking to truly get away from it all and seek out an attraction that will leave you feeling nothing short of zen, then it's time to discover our very own peace pagoda. The Grafton Peace Pagoda took 8-years to complete and came to be after Buddhist nun and activist, Jun Yasuda was gifted the land by another long-time activist.

The CSSC shuttle bus will leave The Beltrone Living Center at 10:00 a.m. and return at approximately 12:00 noon. This outing will require extensive walking on uneven ground. To make a reservation, please call Diane at 518-459-2857 ext. 305.



We



Our Volunteers!

Become an RSVP volunteer.
Contact Kristin Vivian at
518.459.2857 ext. 308 or
kvivian@colonieseniors.org



Soaring to New Heights

Active RSVP Volunteers Save the Date!

RSVP Volunteer
Appreciation Luncheon
Wednesday, June 29, 2022
11:00 a.m. to 1:30 p.m.
The Hangar at 743
743 Albany Shaker Rd, Latham



Colonie Senior Service Centers, Inc. is the grantee of Retired Senior Volunteer Program (RSVP) for the Capital Region

Mark Your Calendar Music Mondays at The Beltrone

Free concerts on three consecutive Mondays in July

This three-week concert series will take place at the south-end gazebo at The Beltrone Living Center. Bring your lawn chair.

Doors open at 5:00 p.m.

Music at 6:00 p.m.

Food will be available for purchase

Monday, July 11 – Standard Time Trio

Standard Time Trio is a trio of keyboard, drums and female vocalist, playing entertaining standards from different eras, including swing, Latin, and 60s pop!

Monday, July 18 – Roben and Kosek Jazz and Blues

Roben and Kosek Jazz and Blues plays songs from the American song book, jazz standards, blues, Latin, popular and French cafe selections.

Monday, July 25 – Band of Gold

Band of Gold has a wide repertoire spanning many generations of popular music. Something for everybody!

Concert
Series
Sponsors:

Albany
Musicians'
Association



In May, CSSC was awarded a grant from The Michele L. Vennard Hospitality Grant Program of the Albany County Convention and Visitor's Bureau Fund, a fund of the Community Foundation for the Greater Capital Region, that was established to support Albany County's hospitality industry by funding programs that will help build and sustain Albany County tourism destinations, attractions and events and bring more visitors to the County.



Bright Horizons Interns

We are very fortunate at Bright Horizons to have the opportunity to work with student interns from Hudson Valley Community College, Siena College, St. Rose College and the State University of NY at Albany, the School of Social Welfare. Students who are studying Social Work, or Health Services Administration as their main concentration are the students who intern with us at Bright Horizons. We have learning contracts with these institutions and work closely with the academic departments in the placement of students for our program. Students are assigned by Academic Advisors and interviewed by Bright Horizons staff. The students provide us with a current health assessment and TB test, show proof of COVID vaccination and complete an orientation and training. The students receive a combination of socialization with clients and caregivers, immersion in program activities and knowledge of administrative tasks. They learn about other services which are provided by Colonie Senior Service Centers for seniors living in the community. We have trained interns as in-home adult day social respite volunteers for our Bright Horizons Bridge to Respite Program. These volunteers provide adult day social programming to seniors in need while at the same time providing respite for the caregiver. Come join our team for a semester or a full year. You will certainly gain quite an experience, and a wealth of knowledge from our senior population.



(Left to Right) Emily T., Siena College; Susan Napierski, Bright Horizons Director; Sarah Perkins, Bright Horizons Site Manager; Liliana B., HVCC; Chloe N., HVCC

NYS WINE 101 – Learn about the Best NYS has to offer

Join Abby from SABBA Vineyards in the community room at King Thiel Senior Community on Thursday, June 9 at 11:00 a.m. for a class entitled NYS WINE 101. Established in 2012, SABBA Vineyard is a small family-run vineyard in New York State's Hudson Valley. They are both sculptors and winemakers. Their dedication to the art of sculpting, growing the best grapes and making the most delicious wine is born out of their love for the beauty it brings to our cherished land and the joy of sharing fine award-winning wine with friends and family.

Attendees will be presented with a flight of wines for tasting that demonstrate the variety of varietals produced at SABBA Vineyards. Abby's wines will be paired with cheeses produced by Sean O'Connor of R&G Cheesemakers in Troy.

There is a \$5 fee to attend and registration is required. For further information or to register, please call Diane at 518-459-2857 ext. 305.



SAVE THE DATE for Summerfest and Active Aging Fair

Fun for the Whole Family! Bring Lawn Chairs!

Monday, June 20th from 2 p.m. – 6 p.m.

Featuring live music from CSSC's Forever Young Singers, Don Kelly, Donny Elvis and Colonie Dance Band

Admission is FREE. For Information or to register for the duck derby call Louis at 518-459-2857 ext. 340 or email llacivita@colonieseniors.org.

SUMMERFEST SPONSORS

- Centers Health Care
- Aetna Medicare Solutions
- Marquis Certified Home Care
- Adirondack Radiology Open MRI
- CaptionCall phone service

Thank you for Your Leadership and Dedication – CSSC Board of Directors Update

At CSSC's Annual Meeting held in May, the following slate of officers was put forth and subsequently approved for the coming year:

Two individuals were nominated and approved to serve as Trustees:

- Camille Hoheb
- Richard Friedman

The following individuals went from Emeritus back on the Board as Trustees:

- Mary Brizzell
- J. Eric King
- Steven Muth

We also want to thank the following individuals who left the Board:

- Christina Meier
- Willis Reed
- I-Hsin Wu



- Peter Campito, President
- Cindy Pettit, Vice President
- Jim Cole, Treasurer
- Dr. Kevin Costello, Secretary

We Want You!

Want to work for a dynamic not-for-profit? Your favorite senior organization is hiring administrative and maintenance positions. Full-time and part-time positions are available. If you are interested in more information, please contact Carol Ripley by phone at 518-704-4261 or email at criley@colonieseniors.org. Here's your chance to provide a community service and get paid! Come join our team!



CSSC in the News – News10's Reports on CSSC Staffing Needs

Anya Tucker from News10 visited Colonie Senior Service Centers, Inc., in mid-May, to report on our Transportation Services Program and how we currently have staff positions available. Anya spoke with one of our bus drivers Ronald Goodman who said "for me driving is mainly a social activity. It's a way to get out and talk to people and not be sitting in my apartment looking out the window or talking to the cat."

CSSC Transportation Services expands the social lives for thousands of seniors in the Capital Region and averages 25,000

rides each year. With programs and services re-opening and seniors again being more involved in their community, CSSC is looking for more staff members.

Executive Director Diane Conroy-LaCivita stated "drivers can be as part-time as you want to be, some of our drivers work one day a week, two days a week. There are plenty of positions available from administrative assistants to custodians and drivers." For information on applying call 518-459-2857 ext. 310.

Thank you, Thank you ...

We want to thank Albany County Legislator Paul Burgdorf and Minority Leader Frank Mauriello for their generosity in donating their 2022 \$300 transportation allocation to Colonie Senior Service Centers Transportation Services. You are the best!

Defensive Driving Classes

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

**Don't Have the Time for a Weekday Class?
Can't Find the Time for an All Day Saturday?
We Have the Answer for You!**

- Wednesday and Thursday, June 8 and June 9, 2022 two part night class from 5:30 p.m. to 8:30 p.m. Must attend both sessions.

- Wednesday, June 22, 2022, from 9 a.m. to 3:30 p.m.
- Thursday, July 14, 2022, from 9 a.m. to 3:30 p.m.
- Thursday, July 28, 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.

Proof of vaccination required to attend.

THE CENTER at CSSC Teaming Up with Pruyn House for Global Wellness Day

Please join THE CENTER at CSSC on Sunday, June 12 from 12:00 Noon to 3:00 p.m. as we participate in the Pruyn House's Global Wellness Day on the grounds of the beautiful historic site located at 207 Old Niskayuna Road in Latham. The event is free and open to the public with many demonstrations and vendors.

The main aims of the day are:

- To recognize the value of our lives
- To pause and think, even if for just one day of the year
- To be free from the stress of everyday city life and bad habits
- To make peace with ourselves
- To raise awareness about living well and increase motivation, not just for today, but for the remaining 364 days of the year

First celebrated in 2012, Global Wellness Day was established in Turkey as the "first" day dedicated to living well, and has now been accepted worldwide.

Hope to see you there! For questions and additional information, please call the Pruyn House at 518-783-1435.

**GLOBAL
WELLNESS
DAY®**

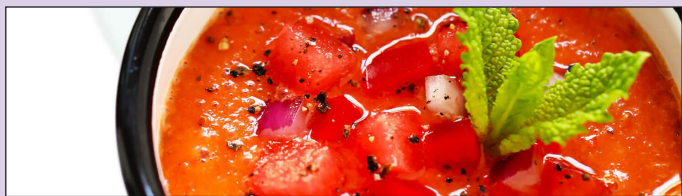
THE CENTER is underwritten by:

Transportation Sponsor



Programmatic Sponsor





June's Community Drive Thru Dinner

Tuesday, June 14, 4:00 p.m. to 5:00 p.m.

Menu

- Watermelon Gazpacho
- Grilled Asparagus Salad w/Arugula and Honey Apricot Dressing
- BBQ chicken dinner w/corn bread, baked beans and potato salad
- Chocolate Strawberry Trifle

These wonderful drive thru meals are available to anyone in the community. Reservations are required and the **cost is \$15 per meal**. To make a reservation or for additional information, please call Louis at 518-459-2857 ext. 340.



July's Community Drive Thru Dinner

On Thursday, July 7, let's celebrate summer with a fabulous lobster roll dinner prepared by Mazzone Hospitality that will make you feel like you are vacationing at the ocean.

July's menu will consist of the following:

- Lobster Salad Roll
- New England potato salad
- Tomato and Cucumber Salad
- Cole Slaw
- Berry Bar

The cost of a meal is \$22 and reservations are required. Meal pickup will be between 4 and 5 p.m. at The Beltrone Living Center, 6 Winners Circle, Albany. To make your reservation, please call 518-459-2857, ext. 340.

Mother's Day Fashion Show and Luncheon Returns with a Tremendous Success!

The Mother's Day Fashion Show and Luncheon returned this year and was a great success! It was wonderful to have the community gather to celebrate our grandmothers, mothers and daughters. Once again, Chris Onorato, NewsChannel 13 anchor did a fantastic job as the emcee of the Fashion Show. Thank you to this year's models Betty Skumurski (BLC), Joan Howell (SM), Margurita Johnson (KTSC) and CSSC staff member Rachel Hoyka, who modeled beautiful fashions from Chico's in Stuyvesant Plaza. Everyone enjoyed the delicious food from Mazzone Hospitality, DJ Music from Joe Glickman and an afternoon full of cheer and laughter. We were so fortunate to have Lieutenant Todd Weiss and Officers Pat Germain, Matthew Stott and Anthony Sidoti from the Town of Colonie Police Department join us 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, those who donated raffle prizes and those who attended.



Thank You NYS Assemblyman Phil Steck

CSSC wants to acknowledge and thank Assemblyman Phil Steck for his hard work and dedication to our seniors in securing \$150,000 in state funding to allow CSSC to purchase two new vehicles for our fleet.

We so appreciate everything you do for us!



The Beltrone Golf Classic is Teeing Off in September!

You are invited to join CSSC for the 29th Annual Salvatore R. and Anna E Beltrone Golf Classic on Monday, September 12th, at Schuyler Meadows Club in Loudonville, New York. This year's tournament will return with a shotgun start at 12:15 p.m. and a full flight of golfers! Various sponsorship opportunities are available to fit everyone's needs.

If you would like to join us for The Beltrone Golf Classic or like more information, please contact Laurie Miedema, CSSC's Development Director, at 518-459-2857 ext. 304 or at Lmiedema@colonieseniors.org. You may also visit our website at www.colonieseniors.org/event.

This is a great day and way to put your donation into action. We look forward to seeing you on September 12th as we are teeing off for a fabulous day of golf and fun at Schuyler Meadows Club.



Senior Dining Program

June Senior Dining

Please check in, as schedules and plans are ever-evolving due to the pandemic. As this newsletter goes to print, we are open for in-person dining. Please note, you must have all three vaccinations to sit in our dining room. Thank you for doing your part to keep everyone safe by getting your vaccination and wearing a mask!

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.**

For special events, suggested contribution of \$3 for the meal and \$3 for entertainment. Reservations required.

June 3 at Noon, Special Lunch:

Pianist Michael Clement will accompany Eileen Mack with a musical nod to the seasons as spring slips into summer. The duo will perform a fun program of Broadway and jazz standards. Lunch will be a meatball sub, green salad, watermelon and basil salad and a cookie.

June 13, at 5 p.m., Special Dinner:

Laura Collins will entertain with her sunny voice, acoustic guitar and sing-a-long favorites. Dinner will be pot roast with carrots and baked potato, spinach and mandarin salad and chocolate cake.

June 2022 Menu

Menu items are subject to change

6/1	Stuffed Peppers	6/16	Shrimp Scampi
6/2	Mediterranean Baked Cod	6/17	Minestrone & ½ Sandwich
6/3	Special Lunch: Meatball Sub	6/20	Beef Tips w/ Gravy
6/6	Parmesan Crusted Chicken	6/21	Penne Ala Vodka w/ Shrimp
6/7	Pulled Pork Sandwich	6/22	Macaroni & Cheese
6/8	Chicken Tortellini Salad	6/23	Philly Cheesesteak
6/9	Vegetable Quiche	6/24	Honey Mustard Chicken
6/10	Salmon Cakes	6/27	Chicken Cordon Bleu
6/13	Chicken Pesto Bake	6/28	Pot Roast
6/13	Special Dinner: Pot Roast	6/29	Seafood Mac & Cheese
6/14	Margherita Pizza	6/30	Cheddar Broccoli Soup & ½ Sandwich
6/15	Chicken Caesar Salad		

June 16 at noon, Lunch and Learn:

Ginger McGehee from the Alzheimer's Association of Northeastern New York will be at The Beltrone to present an educational program about Alzheimer's Disease, including warning signs, understanding Alzheimer's and the latest research. Lunch will be Shrimp Scampi over Angel Hair, Caesar Salad, juice and ice cream.

June 23 at noon, Cooking Demo:

Join Chef Brayden Bennison for a tasting and demonstration on preparing Shrimp Pineapple Skewers.

Donations in Action

What do we mean by seniors don't sit on the sidelines

- 1** Being Creative in **THE CENTER's** Clay Hand Building Workshop
- 2** Forever Young Singers Gathering on Thursdays
- 3** Using CSSC Transportation Services for a Tour of the Backstage at Proctor's Theater
- 4** The always popular Rubber Stamping class with Ann Burns
- 5** **Health and Wellness Programs** Improving balance and staying healthy through the Wellness Workshops with HectorPT
- 6** **Bright Horizons** Socializing through games at Bright Horizon Adult Day Service
- 7** **Senior Community Dining** Enjoying lunch and singing from the Young Performers from Redemption Church during Senior Community Lunch



Forever Young Singers is Up and Running

Crystal and Jeff Moore of Peak Music hold practice for the Forever Young Singers each and every Thursday at 1:00 P.M. in the Lakeview Room at The Beltrone Living Center. If you want to have fun and are ready to work on improving your voice, this is the group for you. No previous singing experience required and all are welcome regardless of residency.

Forever Young Singers
is sponsored by:

HIGHMARK
NORTHEASTERN NEW YORK



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
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518-459-2857, ext. 305

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

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ORGANIZATION
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SALON AT THE BELTRONE LIVING CENTER

HAIR STYLIST CINDY STARK IS WELCOMING NEW CLIENTS!

Please call 518-630-9314 to schedule
an appointment with Cindy.

Salon at The Beltrone
Living Center
6 Winners Circle
Colonie, NY 12205

