



Why Ride a CSSC Bus?

The importance of Senior Transportation Services to our community

Many of us may not realize or think about how reliable transportation is essential to our lives. It allows us to go shopping, participate in family events, get to medical appointments, attend religious services, engage in volunteer opportunities, enjoy social, cultural, educational and entertainment events and the list goes on and on. We take it for granted as we grab our keys, jump in the car and off we go. But for many seniors transportation is not always easily available because they:

- gave up their driver's license
- rely on family and friends to be available to provide them with a ride
- still drive, but are uncomfortable driving to unfamiliar places such as highways, roundabouts and downtowns
- have difficulty driving at night
- have medical appointments that require them to have a driver to return them home

Whatever the reason, CSSC's Transportation Services Program is here for our community seniors and their families, providing over 25,000 rides annually using our 12 vehicle fleet and our dedicated drivers. The Transportation Services Program is vital for seniors. However, it is an expensive program to run. Expenses include the purchase and maintenance of buses and vans, vehicle insurance, fuel and paying our drivers. Core to the delivery of services, CSSC is committed to continuing this service, and is continually seeking additional funding through special events, community and corporate support, foundation grants and governmental subsidies to ensure its stability.

Often you will see a company's sponsorship thru advertising wraps and bus signage. These mobile billboards are an effective way to promote their business and services, knowing that they will be seen by thousands of people driving throughout the Capital Region.

We also hold several events each year whose proceeds support Transportation Services. A unique way for someone to support senior transportation is by sponsoring or attending a CSSC special event.

1. Food enthusiasts can support CSSC's Annual *Chefs in Motion*, to be held on Monday, September 19th, at The Beltrone Living Center. This local chefs competition is a collaboration between New York State Department of Agriculture and Markets, Cornell Cooperative Extension, the New York State Wine and Grape Foundation, and the Times Union, highlighting the fantastic items grown and produced in New York State while promoting local chefs, restaurants and culinary talent.
2. Area golfers may wish to tee off at The Beltrone Golf Classic, held for the 29th year on Monday, September 12th at Schuyler Meadows Club in Loudonville. This is a unique opportunity to golf on an exclusive golf course and network with other community and business leaders. Most importantly, it is an opportunity to support senior transportation.
3. The Mother's Day Luncheon and Fashion Show just held at The Beltrone Living Center, showcased fashions from Chico's and was emceed by NewsChannel 13's Chris Onorato. Over 200 people joined us for a wonderful time, all while supporting seniors who need transportation in the Capital Region.

These events plus foundation grants and the support of local governments help CSSC continue to be there for seniors in our community.

So, when a senior needs a ride, instead of grabbing their car keys, they simply grab their phone and schedule a ride with CSSC's Transportation Services Program. Our service is designed to be curb-to-curb. One of our buses will pick up a rider at home and drive them to their destination returning to take them home when they are ready.

Next time you see one of the Colonie Senior Service Center's buses driving somewhere in the Capital Region, know that you are seeing donations in action.

To register or to learn more about CSSC's Transportation Services Program, please call 518-459-6064.

To learn more about supporting CSSC's Transportation Services Program or attending one of our fundraising events contact Laurie Miedema, CSSC Development Director at 518-459-2857 ext. 304 or Lmiedema@colonieseniors.org.

Message from the Executive Director



Happy July!

July 4 – Independence Day
July 7 – Global Forgiveness Day
July 11 – Cheer Up the Lonely Day
July 30 – International Day of Friendship

"The secret of life is enjoying the passage of time"

– James Taylor

For the Love of Numbers

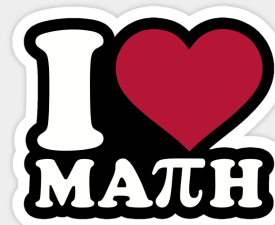
I love numbers and mathematics, always have. You see, there are very few things I am innately good at, so I appreciate when something comes easier to me. When I was little, I would spend hours upon hours doing math in my head; multiplication tables, division problems, figuring out percentages, square footages and slopes. I was proud that I could often solve something without pencil or paper. I appreciated that math was created to make life easier so that we all had a standard form of measurement to use equally; and I would cringe when one of my peers would comment, "I hate math."

Back in the late 1970s, how shocked I was to receive the end-of-the-year math award for Clay Hall at Shaker Junior High School. Some of my most cherished memories of my formal public education were of the dedicated teachers who taught math. They made math exciting and liberating. In essence, numbers and math kept me grounded. As a young adult, I thought I would grow up to be a mathematician.

Hence, all these decades later, I realize that we can discover both commonalities and distinctions across the universal language of numbers. However, we need to be mindful. Numbers can define, score, and rank us. For instance, age, weight, height, zip code, years of education, IQ, income, home value, number of children, 401K portfolio, investments, debt, points on your driver's license, timed deadlines and restraints, likes on Instagram, Facebook friends... The bottom line is we are who we think we are, and numbers should not characterize us. You should define you.

Anyone for a quick game of Sudoku?

Take care and enjoy the summer!
 – Diane Conroy-LaCivita



Mark Your Calendar for this Year's Chefs In Motion

Monday, September 19, 2022
at The Beltrone Living Center



Led by Colonie Senior Service Centers and Mazzone Hospitality, *Chefs in Motion* is a collaboration between New York State Department of Agriculture and Markets, Cornell Cooperative Extension, the New York State Wine and Grape Foundation, and the Times Union to highlight the fantastic items grown and produced in New York State. To support this initiative, participating chefs will be provided a "shopping cart" of locally sourced products and seasonal produce prior to the event and will be asked to create a signature dish, either a soup, salad or entrée whose ingredients are at least 75% locally sourced. The official judges will be scoring in four categories: Creativity, Taste, Appearance and Use of Locally Sourced Ingredients. Additionally, attendees to the event will choose the People's Choice Award. Fun will be had by all. Let us celebrate local produce, products and local culinary talent /restaurants while supporting transportation for local seniors. It is a win-win-win initiative. Call Diane to purchase tickets and for additional information at 518-459-2857 ext. 305.

Sacred Spaces – St. Michael's Episcopal Church in Latham

The journey continues on Thursday, July 14 as we visit another area sacred space. Join Diane as we visit St. Matthew's Episcopal Church located at 129 Old Loudon Road in Latham.

In 1943, during the dark days of World War II, gas rationing was beginning to tell on any number of Americans. Amongst this group were a number of Episcopalians who lived in the North Colonie area, and who were members of St. John's Church in Troy. Finding that it was getting more difficult to drive to Church on Sundays because of the lack of gas, they contacted the Rector of St. John's, and asked him to supply a priest for Sunday Services. Agreeing to this, the Rector or Curate began holding Church at the S.W. Pitt Fire House on Route 155 in Latham. Having spent several years in the fire house, gathering between fire trucks, the small mission began to hold their weekly worship at the Latham Grange Hall on Old Niskayuna Road. Finally, the decision was made to build a Church, and when land was given by the Paige family on Old Loudon Road (next to their chicken farm), a "chapel" was built in 1954, with the first service being held in December of that year. They are still in their original location.

The CSSC shuttle bus will leave The Beltrone Living Center, 6 Winners Circle, at 1:30 p.m. and return at approximately 3:30 p.m.. Please call Diane at (518) 459-2857 ext. 305 for additional information or to make your reservation.



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 cripley@colonieseniors.org. Here's your chance to provide a community service and get paid! Come join our team!

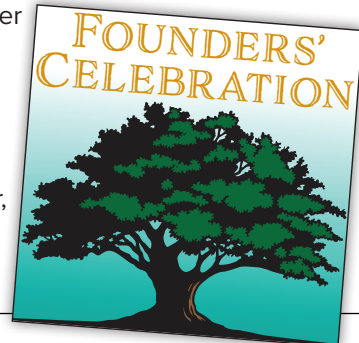
Seeking Those Who Make a Positive Impact on the Lives of Seniors

Colonie Senior Service Centers, Inc. is Seeking Colonie Senior Spirit Award Nominations

Colonie Senior Service Centers, Inc. (CSSC) is currently accepting nominations for their 2022 Colonie Senior Spirit Awards. The Colonie Senior Spirit Award honors individuals and businesses that have made a significant and positive impact on the lives of seniors in our community and who reflect the commitment, vision and leadership exemplified by CSSC's Founders. Awardees are outstanding individuals and organizations located in the Capital Region who provide seniors with support services or who have advocated on their behalf which results in seniors remaining independent and allowing them to age in place in the community which they choose. The Colonie Spirit Award winners will be honored at CSSC's 21st Annual Founders Celebration Luncheon, on Thursday, October 27, 2022 at The Beltrone Living Center Lakeview Room, in Colonie.

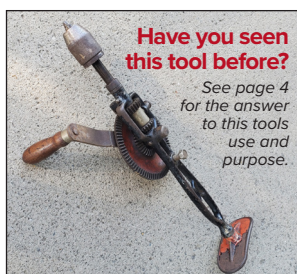
To nominate a deserving individual, business or organization submit a Colonie Spirit Award nomination form to: Colonie Senior Service Centers, Inc. Attn: Laurie Miedema, Development Director, 6 Winners Circle, Albany, NY 12205, by email at Lmiedema@colonieseniors.org or at www.colonieseniors.org.

Nomination forms are available at The Beltrone Living Center, King Thiel Living Senior Center, Sheehy Manor, William K. Sanford Town Library, Colonie Town Hall or on the Colonie Senior Service Centers, Inc. website www.colonieseniors.org. The deadline for nominations is midnight on Wednesday, August 31, 2022.



July Tool Box Interesting Tool

Tool Box is a volunteer run, tool resale shop that helps seniors in need through the Umbrella of Colonie home maintenance program. All funds raised from the Tool Box support members of the Umbrella program who need help, but may not be able to afford it. The Tool Box is located at 143 Troy Schenectady Rd, Watervliet (in the Town of Colonie). Visit The Tool Box to check out tools, donate tools or "shoot the breeze". Volunteers to staff the shop are always welcome!



Olympic Adventure

The 1980 Olympics in Lake Placid was a special time especially for one of our Bright Horizons participants, Susan. Susan and her husband Ed were timing and scoring officials with the NY Capital District Ski Council. The ski council had internationally certified timers and scorers like Sue and her husband Ed, which the Olympics required. Sue indicated that Lake Placid had some scoring and timing officials for skiing in Lake Placid. However, they did not have enough staff who were internationally certified for the Olympics. That was when the NY Capital District Ski Council was contacted. Susan and her husband, Ed skied all over through the NY Capital District Ski Council. Their favorite location to ski was in Innsbruck Austria where they skied all the Olympic trails.

The whole family had a wonderful experience at the 1980 Winter Olympics. Susan and Ed's daughters, Lisa and Tracylynn were able to live in a condominium with them in Lake Placid during the Olympics. All Olympic officials including Sue and Ed's daughters were given matching snowsuits to wear with the 1980's Olympic patch sewn right on the jackets. All the Olympic Officials were dressed in their snowsuits which were referred to as "clone suits" during the Olympic games. Sue and Ed were also given a commemorative medal for participation as timing and scoring officials for the 1980 Winter Olympics.

After the Olympics, Sue assisted with coordinating the Winter Ski Show that was originally held at Phillip Livingston High School in Albany. Sue coordinated the vendors who sold ski equipment, did ski demonstrations and even the local ski clubs had booths to recruit new members. This event has become so large in part due to Sue and her ski club friends getting together and having fun promoting something they had a passion for and loved doing.

You never know who you will meet in this life. Listen to the stories. They are amazing!



alzheimer's association®

Caregivers support group in Albany County

The Alzheimer's Association's Caregiver support Groups are designed to provide emotional, educational, and social support for caregivers through regularly scheduled meetings. They help participants develop methods and skills to solve problems. The groups encourage caregivers to maintain their own personal, physical and emotional health, as well as optimally care for the person with dementia.

Third Monday of each month at 9 a.m.
The Beltrone Living Center, 6 Winners Circle, Colonie
Facilitator: Susan Napierski
518-459-2857 ext. 332 or 518-459-7967
*****Resuming in person on July 18, 2022**
For more information call: Ginger at 518-675-7216
or gimcgehee@alz.org

This program is supported in part by a grant from the New York State Department of Health



Don't Miss! FREE and Open to the Public Reservations Required

"Deeper Than Skin" Reggie Harris and Greg Greenway Monday, August 15, 2022

Greg Greenway and Reggie Harris present a shared exploration of place, race, and heritage through collaborative song and storytelling. Born just three days apart, Greg Greenway and Reggie Harris have built a bridge through 30 years of friendship and music. They also share a connection to place, specifically to Richmond, Virginia – where Greg grew up, and where Reggie's ancestor lived as a slave. In this moving performance, Harris and Greenway explore the commonalities and diversities of their lives and legacies - as musicians, as autobiographical historians, and as committed folk singers with an eye towards social justice. This is not just another evening of talk. This is not just a concert of songs that just entertain. "Deeper Than the Skin" is a experience of singing and listening... of experiencing a connection so deep that it makes you laugh, smile, cry and reconsider what you know about our history.

This event is possible with the generous support from **Albany County Department for Aging**. The concert will take place in The Beltrone's Lakeview Room and will include a complimentary dinner. Space is limited.

There is no charge to attend and registration is required. For further information or to register, please call Diane at 518-459-2857 ext. 305.



July's Healthy and Local Cooking Class

Join Nadia Raza, owner of Curry Patta, in the community room at King Thiel Senior Community on Thursday, July 21 from 11:00 a.m. to 12:00 Noon as she demonstrates a couple wonderful Pakistani dishes.

After 18 years of Dentistry, Nadia finally followed her dreams of owning a restaurant. Curry Patta, located in Altamont at 187 Main St, offers authentic Pakistani cuisine, has been open for two years and is currently under an expansion.

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



Feed Your Need

Ever wonder why people give so much time to volunteering? Older adults retire and dream of having more "free" time but often find themselves busier than ever. As humans, it is our nature to have the desire to help and be in community with others. Volunteering feeds these needs. The benefits of giving of your time and talent to you, the volunteer, include:

- Doing something you care about
- Stay physically and mentally active
- Make a difference
- Generate the "feel good" factor — have fun!
- Build new relationships
- Gain new or use existing skills

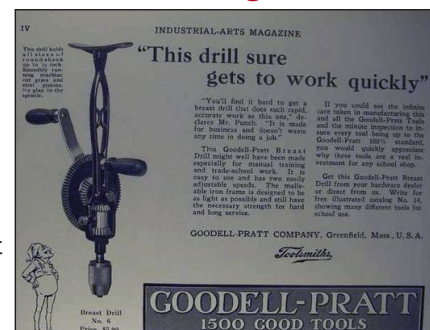
Why do you volunteer? I'd love to hear your answer to this question. If you'd like to share the reasons why you volunteer, please email me. I'm interested in knowing why you "feed your need" to give back to others!

Kristin Vivian, Director of RSVP & Volunteer Services
kvivian@colonieseniors.org



Answer to July's Tool Box Interesting Tool

July's Interesting Tool is called an Egg Beater Breast Plate Hand Drill. It is a hand tool used with a bit to drill holes, usually in wood. Pressure is applied to the top and the tool is cranked to create the drill action. Some might relate this tool to a kitchen hand beater with a similar design.



A Note from Sharon . . .

Boost your Curb Appeal Using Vibrant Colors.

Welcome summer. We are so fortunate that in our immediate area, there are many family-owned nurseries to shop. I look forward each year to selecting a variety of flowers for my entrance way using a diverse selection of different colored planters. For instance, when my children were young, they often painted terracotta pots for our family. They would paint flowers on them using their hands. How I cherish the flowerpots they made.

In these pots, I often plant a variety of flowers, and have my planters explode with color and texture. For an extra boost of color, I accent the pots with beautiful hanging baskets.

When it comes to summer plantings, your options are endless. Get creative and make it your own style.

Happy planting,
Sharon Herald, Umbrella of Colonie Coordinator



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 a la carte for all three Monday concerts
- Senior Dining meal is available for July 18 concert only. Registration and reservation required for Senior Dining meal, call 518-459-2857 ext. 303

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

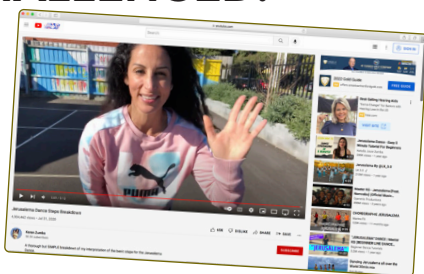


We have been CHALLENGED!

Jeruselema Dance

Albany County Office for Aging has challenged residents of the Capital District to learn the Jeruselema Dance! This fun and inspirational dance has a beat that will get your toes tapping, arms waving and hips moving. Join me to learn this dance, which can be done standing or sitting. I'll be visiting some Senior Dining Lunches and in person on Friday, July 1st and 15th from 10-11am in The Center Dance Studio at the Beltrone Living Center, 6 Winners Circle, Albany 12205. All are welcome to join in the fun. Our goal will be to film a group dance to submit to the County challenge. For a sneak peak at the dance broken down visit, <https://www.youtube.com/watch?v=6efHtpJK-Ns> Hope to see you there!

- Kristin Vivian, Director RSVP & Volunteer Services



Defensive Driving Classes

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

- 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.
- Tuesday, August 9, 2022, from 9 a.m. to 3:30 p.m.
- Tuesday, August 16, 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.



Forever Young Singers

Forever Young Singers is more than a chorus! The group has been hard at work learning music from the likes of Pink Floyd and Metallica; improving voice strength and tone; all while having a really good time! Singing with others is good for your health and can be attributed to a range of benefits, including:

- Releases brain chemicals that make you happy
- Improves mental health
- Forms new relationships quickly
- Develops a sense of community
- Learn languages more easily
- Burn calories
- Improves lung health

If you're interested in booking the group, please contact Michael DiGiuseppe, Media Communications Specialist at CSSC, 518-459-2857 ext. 337.

Forever Young Singers is sponsored by:



ap-pre-ci-a-tion: Gratitude. Recognition and enjoyment of the good qualities of someone or something



The Beltrone Living Center has a "Changing of the Guard", as we welcome Jessica Flynn, formerly Community Relations Director, to her new role as Site Director. Our appreciation goes out to Debbie McClune who cared for our building and residents for the past 18 years. We wish Deb well in her retirement!



July's Community Drive Thru

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

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.



August's Community Drive Thru

Thursday, August 11, 4:00 p.m. to 5:00 p.m.

Menu

- Melon Prosciutto
- Roasted Fingerling Potatoes, Broccoli Rabe
- Marinated Tomato Salad, Basil Vinaigrette
- Focaccia Bread
- Tuscan Grilled Chicken with Lemon & Rosemary
- Tiramisu

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.

Schuyler Meadows Club is Once Again Hosting The Beltrone Golf Classic

It is not every day that you get to golf at the beautiful and historic Schuyler Meadows Golf Club. So, join CSSC for the 29th Annual Salvatore R. and Anna E Beltrone Golf Classic, on Monday, September 12th, and play a round of golf on one of the Capital Region's most exclusive courses.

Schuyler Meadows Club's history goes back to 1926 when a group of eleven Loudonville residents decided to form a private club convenient to their homes which would include a golf course and tennis courts. They purchased the old Hartman Farm consisting of approximately 200 acres and began construction of the Clubhouse using the central portion of George Washington's home at Mount Vernon as a model for it's design. The 18 hole golf course was completed in 1927 and was designed by Devereux Emmet, a famous pioneer in American golf course architecture.

This year The Beltrone Golf Classic will return on September 12th with

a shotgun start at 12:15 p.m. and a full flight of golfers! This is a fun day that lets you play a great round of golf, network with other business and community leaders and market your company. Various sponsorship opportunities are available to fit everyone's needs. To reserve your sponsorship and foursome 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.

All proceeds from this event will benefit Colonie Senior Service Centers, Inc.'s Transportation Services Program, that provides over 25,000 rides annually to seniors in the Capital Region. This is a great day and way to put your donation into action. We look forward to seeing you on Monday, September 12th as we are all teeing off at Schuyler Meadows Club.



Senior Dining Program

July 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.

July 1 at Noon, Special Lunch: Come hear the fun sounds of Tony and Alex. They are a guitar and bass vocal duo who perform popular and familiar music spanning the genres. Equally adept at jazz, rock and roll, blues, and country music, they take their audience on a pleasant journey of musical memories. Lunch will be Chinese Chicken Salad, juice and sherbet.

July 2022 Menu Menu items are subject to change

7/1	Chinese Chicken Salad	7/18	Chicken Pesto Bake
7/4	CLOSED	7/19	Pepperoni Pizza
7/5	Grilled Chicken w/ Pineapple Salsa	7/20	Chicken Caesar Salad
7/6	Stuffed Pepper	7/21	Shrimp Scampi
7/7	Mediterranean Baked Cod	7/22	Minestrone & ½ Turkey Sandwich
7/8	Meatball Sub Sandwich	7/25	Beef Tips w/ Gravy
7/11	Parmesan Crusted Chicken	7/26	Penne Ala Vodka
7/12	Pulled Pork Sandwich	7/27	Macaroni & Cheese
7/13	Chicken Tortellini Salad	7/28	Philly Cheesesteak
7/14	Vegetable Quiche	7/29	Honey Mustard Chicken
7/15	Salmon Cakes		

July 18 at 5 p.m., Special Dinner: Join us for a fun night of jazz and blues! Dinner will be a barbecue dinner, with chicken, baked beans, potato salad, fruit, cornbread and strawberry shortcake.

July 25 at noon, Lunch and Learn: Gretchen Coyner, Director of Healing a Woman's Soul, will come talk about the non-profit group that assists domestic violence victims both in and out of shelters. One in 4 people in our society has been effected by domestic violence, and this organization educates the public and supports victims. Come find out how you can be part of the cause. Lunch will be beef tips with gravy, egg noodles, sauteed spinach, fruit and vanilla cake.



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

Transportation
Sponsor

THE CENTER is underwritten by:



Programmatic
Sponsor



Donations in Action

- 1** Dancing the night away at the World Concert Series Italian Night, made possible by the New York State Council on the Arts and Arts Center for the Capital Region.
- 2** RSVP Volunteers placing flags to honor Veterans for Memorial Day at Memory Gardens Cemetery.
- 3** Members of THE CENTER at CSSC visiting the Longfield Farm
- 4** A bus trip for seniors to tour West Point Military Academy through THE CENTER at CSSC
- 5** Creating unique jewelry at the Spiral Bracelet art class
- 6** It's Breakfast time at Bright Horizons Adult Day Program
- 7** The International Diner's Club out for an evening of Korean food at Sunhee's Farm & Kitchen, located in Troy, NY.
- 8** Transportation Services Program supporting members of the Bright Horizons Adult Day Service Program by driving them to and from their homes.



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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518-459-2857, ext. 337



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

NON-PROFIT
ORGANIZATION
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Permit No. 74

IN MEMORY

Michael F. Smith
1942 – 2022



Michael will be deeply missed by CSSC Staff and Capital Region Seniors. He truly cared about others.

For several years prior to the pandemic, Mike was a volunteer of CSSC's Umbrella program. Mike would also help make reassurance calls to our seniors.

Rev. Alfred O. Siegel
1933 – 2022



Rev. Alfred (Al) Siegel was a long-time volunteer with the Americorps Seniors Program sponsored by Colonie Senior Service Centers. He was an ambassador for the Albany International Airport for 25 years, serving in the Military Courtesy Room.