COLONIE SENIOR Service Centers, Inc.

Your path to **healthy. active. independent. lifestyle . . .**

SENIORCONNECTIONS

AUGUST 2022 | Volume 36, Edition 8

Mark Your Calendar for this Year's Chefs In Motion: Culinary Tasting and Competition

We invite you to join us on Monday, September 19, 2022 at The Beltrone Living Center, 6 Winners Circle, Albany.

Led by Colonie Senior Service Centers, Chefs in Motion: Culinary Tasting and 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 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.

At a designated time during the event, participating chefs will present their signature dish to a selected panel of judges. In addition, the anticipated one hundred and fifity guests at the event will have the opportunity to sample all the dishes and vote for their personal favorite. Trophies will be awarded in two categories: People's Choice and Judges' Choice. The winner in each category will win $500 and bragging rights.

Several NYS wineries and microbreweries will be present providing a vast sampling of different locally produced beverages. The evening will also feature live music and a silent auction.

Let us celebrate local produce, products and local culinary talent /restaurants while supporting CSSC's Transportation Services for local seniors. It is a win-win-win initiative.

timesunion.com/Table Hopping
CHEFS IN MOTION
CSSC
to Benefit Colonie Senior Service Centers, Inc.

Tickets:
$65 General Admission
$30 Seniors
$30 Professionals under 35

To make a reservation, call 518-459-2857 ext. 305

Chefs In Motion is sponsored by

BBL Construction Services
LIVINGSTON ENERGY GROUP
CDPHP
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ROSENBLUM

Message from the Executive Director

Happy August!

August 4 – National White Wine Day
August 5 – International Beer Day
August 7 – Grandma Carm turns "94"
August 15 – Catherine turns "30"
August 20 – World Honey Bee Day
August 26 – Louis turns "24"
August 28 – National Red Wine Day

"Change is inevitable. Growth is optional."
– John C. Maxwell

Twenty-four years ago, my husband Joe and I had a house built on a cul-de-sac on some old farmland off Swatling where it meets Haswell Road. Lucky for us, we were so fortunate to have been blessed with great neighbors/ friends similar in hope and aspirations, many with children similar in age. We became an extended family to one another celebrating each other's happy times and coming together during difficult ones. Joe and my annual holiday open house would not be complete without all our neighbors in attendance. On many Friday evenings during the pandemic, we would gather on someone's front lawn in a big circle socially distancing ourselves six feet apart in lawn chairs while enjoying a beverage and hearing about each other's week. Often, pizza would be ordered, and we would head home once it became too dark to converse.

Now for the next chapter, to sell the homestead. Recently we have had two neighbors move; one couple relocated to Florida to be closer to their grown children and the other moved to Saratoga County having had a house built with everything on one floor close to a golf course.

All this change is bittersweet. We miss them a lot. We have been lucky - we have had good neighbors. With apprehension, we are hopeful our new neighbors will want to be neighborly and get to know us so that wonderful community feeling does not go away.

The truth is, unless you let go, unless you realize that the chapter is over, you cannot move forward.

Here's to our next neighborhood chapter!

Enjoy your summer!

– Diane Conroy-LaCivita

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

August's Outing – Caribbean Anyone?

Join Diane on her next scheduled international excursion to Bespoke's Taste & See Caribbean Restaurant, 430 New Karner Road, Albany, on Tuesday, August 9 at 4:30 pm (CCSC Bus will be leaving by 4:00 p.m.).

Savor Caribbean food that will combine many elements of culinary traditions. It's time to try perfectly cooked chicken curry, prawns, beans, rice and plantains. See with your own eyes why Bespoke's Taste & See Caribbean Restaurant has received a 4.9 out of 5 according to the guests' opinions on Yelp.

The owners have decided to offer a buffet full of their house specialties for our visit. The cost for the meal is $33 and will include beverages 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.

Rescheduled from June

Sacred Spaces – Peace Pagoda

The journey continues on Thursday, August 11th, 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.

August's Healthy and Local Cooking Class

Did you know that what you eat and how we live can help keep us from getting Alzheimer's and other dementias?

Join Albany County Cornell Cooperative Extension and MVP in the community room at King Thiel Senior Community on Thursday, August 18 from 11:00 – 12:00 Noon as they demonstrate healthy dishes using local product and produce which are considered good for brain health.

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.

Join CSSC at the Pruyn House for "Get Up Jack"

On Wednesday, August 3, join staff and volunteers of Colonie Senior Service Centers as we provide delicious desserts for the Friends of Pruyn House's last summer concert featuring local favorite "Get Up Jack." Music goes from 6:30 – 8:30 pm. Come early to have dinner (and dessert) and enjoy the beautiful grounds. There is plenty of seating both inside the barn as well as on the lawn (bring a lawn chair). The Pruyn House is located at 207 Old Niskayuna Road in Latham.

The Friends of Pruyn House is a nonprofit corporation which was chartered by the New York State Board of Regents in 1983. The mission of the Friends of Pruyn House, in partnership with the Town of Colonie, is to restore and conserve the Pruyn House Complex as an educational, cultural and social center. The Friends of Pruyn House, through the Board of Trustees and staff, manage the Complex.

21st Annual Founders' Celebration Luncheon

Thursday, October 27, 2022
11:30 a.m. – 1:00 p.m.
The Lakeview Room in The Beltrone Living Center

You are invited to join Colonie Senior Service Centers, Inc. (CSSC) at our 21st Annual Founders' Celebration Luncheon taking place on Thursday, October 27 from 11:30 a.m. – 1:00 p.m., in the Lakeview Room at The Beltrone Living Center in Colonie. This year's Founders' Celebration will mark CSSC's 41st year of being the Capital Region's largest provider of supportive senior programs and services.

During the luncheon we will once again honor local businesses and community leaders with the Colonie Senior Spirit Award. This award recognizes individuals and businesses who 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 and our organizational mission.

To nominate a deserving person or business visit www.colonieseniors.org to complete a Colonie Senior Spirit Award nomination form.

If you would like more information on how to sponsor or join us for this year's Founders' Celebration Luncheon please contact Laurie Miedema at 518-459-2857 ext. 304 or at Lmiedema@colonieseniors.org.

A special thank you to our generous sponsors
(as of July 5, 2022)

BBL Construction Services
HERZOG LAW FIRM
CDPHP
The Salvatore and Anna Beltrone Family Foundation

Thank You!

Thank you to Honest Weight Food CO-OP and their patrons for including us in their May 2022 charity fundraiser.

August Tool Box Interesting Tool

One might look quickly at August's featured tool and think it was some sort of hammer, or something used to squash grapes when making wine. I would even go so far as to say it's head reminds me of the helmet logo of the Pro-Football Denver Broncos. But this tool is far more practical than any of those assertions. Turn the page or stop by the Tool Box to check out this and other interesting tools. Proceeds from the sales of donated tools support Umbrella of Colonie patrons in need of repairs they are unable to afford. Like tools? Volunteers welcome!

Don't Miss!

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 an 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 sponsorship 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.

A Note from Sharon ...

The summer heat is upon us. I have gathered a variety of cooling tips to help you stay cool and conserve energy during the dog days of summer.

- Use a programable thermostat, this will allow you to set schedules to reduce cooling when you are not at home.
- Did you know the ideal temperature to set your air conditioner thermostat is 78 degrees?
- Perform air conditioner maintenance. Change your air filters frequently to reduce energy use.
- Place your ceiling fans in the counterclockwise direction during the summer months.
- Finally, keep your blinds and curtains closed while running your air conditioner.

I hope you find these tips helpful. Get outside and enjoy the beautiful New York State summer.

– Sharon Herald, Umbrella of Colonie Coordinator

RSVP Volunteer Appreciation Luncheon

Over 100 Volunteers and Station Representatives attended the RSVP Volunteer Appreciation Luncheon on June 29th at The Hangar at 743. We all "Soared to New Heights" enjoying good company, interesting surroundings, and a beautiful day! We are grateful to ALL our RSVP volunteers for the time and talent you share with our surrounding communities. You are awesome!!

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!

Answer to August Interesting Tool

A Conduit Hand Bender is used by electricians and others who run wires that require protection or insulation. This tool forms the conduit at different angles, enabling it to go around corners and other objects. Today, there are automated versions of this tool to increase efficiencies and strength.

Thank you, Thank you...

We want to thank Albany County Legislators Bob Beston (District 15) and Gil Ethier (District 18) for their generosity in donating their 2022 $300 transportation allocation to Colonie Senior Service Centers.

You are the best!

Bob Beston

Gil Ethier

We Thank you!

CSSC would like to extend our thanks to all of you who have truly supported us through the years. We want you to know that as we move forward CSSC is committed to always being there to provide the services and programs that support seniors in the Capital Region, allowing them to thrive and age in place where they choose.

During these difficult times many of us have stopped to reflect on what is important, what we hope to accomplish in the future and where we can make a difference. You have the ability to make a large community impact by leaving a legacy gift to CSSC in a will, trust or by beneficiary designation. A legacy gift is a planned future gift that designates part of your estate as a donation. By supporting CSSC with a legacy gift you create a power philanthropic legacy and make a powerful impact on how CSSC moves forward and supports seniors in the future.

We are here to help you make your philanthropic legacy through CSSC. All legacy gifts are truly appreciated. We realize many of you have wished for your gift to remain anonymous and respectfully ask that you let us know of your gift.

Please contact Laurie Miedema, CSSC Development at 518-459-2857 ext. 304 or by email at Lmiedema@colonieseniors.org for more information or to notify CSSC of your legacy gift.

Bright Horizons Picnic

The Bright Horizons Adult Day Social Program recently had their annual picnic at The Beltrone Living Center in the Lakeview Dining Room. We had about 50 people in attendance which included Bright Horizons members, their families, staff and volunteers. We were also joined by Colonie Senior Service Centers Executive Director, Diane Conroy-LaCivita and many CSSC staff. Thanks to Humana Health Services for their support of our annual Bright Horizons picnic. We enjoyed having Krista Starner, Sales Representative for Humana at an information table filled with all kinds of Humana educational materials and goodies the day of the picnic. Everyone also enjoyed having Paul Slusar as our entertainer again this year. Attendees were up on their feet dancing and singing to the great tunes being played and sung by Paul. All of our caregivers received a complimentary picnic blanket upon leaving the event. The food was fantastic! Thanks to Mazzone's for the great salads, hotdogs, hamburgers and watermelon. Thanks also to Diane for the delicious garbage bread, tomato and mozzarella spears, fruit spears and of course the "make your own sundaes". Our staff and volunteers really made the day special for our seniors and we greatly appreciated all of your assistance.

Forever Young Singers

The Forever Young Singers made their performance debut at the CSSC Summerfest celebration on Monday, June 20th. The group engaged guests with their rendition of popular rock music. If you're interested in booking the Forever Young Singers, please contact Michael DiGiuseppe, Media Communications Specialist at CSSC, 518-459-2857 ext. 337.

Forever Young Singers is sponsored by: HIGHMARK. NORTHEASTERN NEW YORK

Defensive Driving Classes

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

- **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.**
- **Thursday, September 15, 2022, from 9 a.m. to 3:30 p.m.**
- **Thursday, September 29, 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. 340.

Proof of vaccination required to attend.

Building Update

CSSC hopes to break ground on 99-unit independent living facility by end of the year.

CSSC closed on the purchase of the former Elks parcel at the end of last year with hopes to build 99 new senior living units at the site and create a contiguous senior campus along with its current King Thiel Senior Community. The demolition of the former Elks Lodge, which took place during the month of July, came after the dwindling membership prompted Colonie Elk members to sell the building to CSSC and merge with the Watervliet Elks.

"The Elks Lodge was such an important part of this community, especially in that area. As bittersweet as this is, we feel like refocusing on the redevelopment of this land to create 99 homes for people to stay in the community is a smart investment," commented Conroy-LaCivita.

Croquet at The Crossings of Colonie

Be part of the fun! Join Colonie Senior Service Centers, Inc. at our Annual Croquet Tournament on Friday, September 30, 2022, from 12:30 p.m. to 4:30 p.m.

This is a fun-filled day beginning with lunch and a "learn to play" demonstration at The Crossings Park next to the maze, with the tournament to follow. A Tournament Celebration will be held with entertainment following tournament play. Participants are encouraged to wear white attire. Prizes will be awarded for the Best Dressed Team and for the Tournament Winner.

Proceeds from this event will benefit CSSC's Bright Horizons Adult Day Services Program. The entry fee is $50 per player. To register, call 518-459-2857 ext. 340. We hope to see you at this great event.

Great Day, Great Crowd

CSSC's 2022 Summerfest and Active Aging Fair at The Beltrone Living Center on June 20th was enjoyed by all.

August's Community Drive Thru

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

Menu

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

Senior Connections August: Jerusalema Dance update

Guests joined Albany County Office for Aging (OFA) staff in instruction of the Jerusalema Dance at the CSSC Summerfest celebration on Monday, June 20th. Albany County OFA has challenged area agencies to teach and perform the dance to engage and enhance quality of life for sometimes isolated older adults. All those involved enjoyed learning and performing the dance, which is upbeat and fun. CSSC offered opportunities throughout the month of July for Senior Dining and community members to learn and enjoy the dance.

A Moment in Time

This project is made possible with funds from the Decentralization Program, a recent program of New York State Council on the Arts with support of The Governor and the New York State Legislature and administered by The Arts Center of the Capital Region. Over the next few months the team (photographer, makeup artist, and oral historian) will capture and highlight the insight and hope from our seniors for the future.

On Friday, July 22 from 3:00 – 5:00 pm, join us at Robert Gullie Studio located at 137 Remsen Street in Cohoes if you would like to take part. Call Diane at 518-459-2857 ext. 305 for further details.

Senior Dining Program

August Senior Dining

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. 339.**

August 5 at Noon, Special Lunch: Everyone's favorite one-man band is back! Join Paul Slusar for fun vocals, piano, guitar and a host of other instruments. A good time is guaranteed! Lunch will be Chinese Chicken Salad and Sherbet.

August 22 at Noon, Lunch & Learn: Join us as the Honorable Phillip Steck and the Town of Colonie EMS discuss home safety and fall prevention.

August 22 at 5 p.m., Special Dinner: Join us for an evening of beautiful vocals and jazz and blues favorites with Carmen Lookshire! Dinner will be a pulled pork sandwich, coleslaw, fruit salad, and berry pie.

THE CENTER at CSSC

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

August 2022 Menu Menu items are subject to change

8/1	Chicken Cordon Bleu	8/15	Parmesan Crusted Chicken
8/2	Pot Roast w/ Veggies	8/16	Pulled Pork Sandwich
8/3	Seafood Mac & Cheese w/ Broccoli	8/17	Chicken Tortellini Salad over Greens
8/4	Cheddar Broccoli Soup ½ Roast Beef Sandwich	8/18	Tomato, Zucchini, Cheese and Herb Quiche
8/5	Chinese Chicken Salad	8/19	Salmon Cakes w/ Oven Roasted Potatoes
8/8	Chicken & Broccoli Alfredo	8/22	Chicken Pesto Bake
8/9	Grilled Chicken w/ Pineapple Salsa	8/22	**Special Dinner:** Pulled Pork Sandwich
8/10	Stuffed Pepper	8/23	Garlic Pizza w/ Ricotta and Broccoli
8/11	Mediterranean Baked Cod w/ Tomatoes, Onion	8/24	Chicken Caesar Salad
8/12	Meatball Sub Sandwich	8/25	Shrimp Scampi over Angel Hair
	For special events, suggested contribution of $3 for the meal and $3 for entertainment. Reservations required.	8/26	Summer Minestrone ½ Turkey Sandwich
		8/29	Beef Tips w/ Gravy Egg Noodles
		8/30	Penne Ala Vodka w/ Shrimp
		8/31	Macaroni & Cheese w/ White Bean Salad

August 25 at noon: Join us for a Demonstration with Chef Brayden as he cooks up seasonal, flavorful food and talks about it! Samples are provided for all!

THE CENTER is underwritten by:

Transportation Sponsor MVP HEALTH CARE | Programmatic Sponsor CDPHP

Donations in Action

1. Thank you to Berkshire Bank for helping plant flowers at the King Thiel Senior Community, it made our residents very happy!
2. It's Bingo with KeyBank at Bright Horizons Adult Day Services.
3. A dance party at Summerfest! Thank you to all of our sponsors for making this a fun day for all.
4. RSVP Volunteers traveled to Pruyn House to represent CSSC at Global Wellness Day!
5. Ompah Happiness at the German night concert! Thank you to the New York State Council for the Arts for underwriting this event.
6. Many hands make light work! Thank you to our CSSC volunteers who help pack our monthly drive thru meals!
7. Members of THE CENTER at CSSC traveled to Schoharie Valley Kayak Rentals and spent the afternoon kayaking on Schoharie Creek!
8. A relaxing Friday afternoon was had by all, as members of THE CENTER at CSSC traveled to the beautiful Sabba Vineyard in Old Chatham.
9. So happy to have the Town of Colonie Band back at The Beltrone Living Center!

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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

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
Kristin Vivian, Director
kvivian@colonieseniors.org
518-459-2857, ext. 308

Senior Dining
Ron Dikas, Culinary and
Special Events Coordinator
rdikas@colonieseniors.org
518-459-2857, ext.339

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

Transportation Services
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
Jessica Flynn, Site Manager
jflynn@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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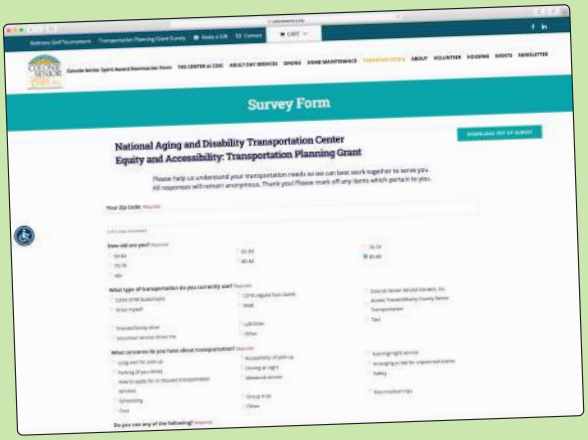
Survey Says

National Aging and Disability Transportation Center Equity and Accessibility: Transportation Planning Grant

Please help us understand your transportation needs so we can best work together to serve you.

All responses will remain anonymous. Please visit **https://colonieseniors.org/survey-form/** to take our transportation survey! Thank you!



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