Sweet Autumn
November – A Time for Reflection and Celebration

November is best known for Veterans Day (November 11) and Thanksgiving (November 25); and as we draw close to the end of the year, it is a perfect time to look back and reflect, as well as look ahead and celebrate. Colonie Senior Service Centers will be sponsoring two of our annual public events this month at The Beltrone Living Center’s Lakeview Dining Room. They are our Veterans Recognition Luncheon on Monday, November 8 and our Annual Holiday Tree Lighting inclusive of a performance by the Mendelssohn Club of Albany on Wednesday, November 30.

Veterans Recognition Luncheon
On Monday, November 7, 2022, 11:00 a.m. – 1:00 p.m., Colonie Senior Service Centers will be holding its Annual Veterans Recognition Luncheon at The Beltrone Living Center, 6 Winners Circle, Albany.

It is more important than ever that our Veterans receive our support and gratitude for protecting us both at home and abroad. We can never repay the debt we owe them, yet they entered service knowing this. The selflessness required and the sacrifices made by a Veteran do not go unnoticed and are incredibly appreciated.

Join CSSC, the members of the American Legion Joseph E. Zaloga Post #1520, Albany High School JROTC Cadets and Blue Star Mothers as we honor Veterans from all branches of the Armed Services.

There is no charge for Veterans to attend and a delicious lunch will be served. Other non-veteran guests will be charged $5. To make a reservation, call Sharon at 518-459-2857 ext. 302.

Free Holiday Concert and Tree Lighting
On Wednesday, November 30 at 5:30 p.m., Colonie Senior Service Centers will be holding its Annual Free Holiday Concert with the Mendelssohn Club of Albany and Tree Lighting at The Beltrone Living Center, 6 Winners Circle, Albany.

Since its inception in 1909, the Mendelssohn Club of Albany has become the longest continuously performing arts group in the Capital District of New York State. The group is composed of men with a variety of occupations and interests who live in the greater Capital District, Hudson Valley and Berkshires. The Club is dedicated to preserving and presenting male choral music and blends musical experiences with fellowship for members through rehearsals, concerts and other musical events, afterglows and social gatherings.

In addition to the official lighting of The Beltrone holiday tree, the Mendelssohn Club of Albany will perform a beautifully appropriate set of songs to welcome the 2022 holiday season. Refreshments will be served.

This event is free and open to the public. For additional information, please contact Louis at 518-459-2857 ext. 340.
Message from the Executive Director

Happy November!

November 5
Diane and Joe’s 34th Anniversary

November 11
Veterans Day

November 13
World Kindness Day

November 22
Thanksgiving

Time of Reflection

November is a good month to reflect, to be reminded of our values, to multiply the good we all have to share, to feel that we matter. Taking time to reflect means deaccelerating enough to stop and think, to enjoy the adventure and figure out what is really important to you, to learn what you like and dislike, to do something enjoyable. All of this reflection may actually help you plan for the future.

November is the month that I said “I do” to my best friend and life partner 34 years ago, as well as buried my dear mother over a decade ago. The month symbolizes both the best and worst of life for me. It also teaches me to be appreciative and humble, to feel blessed, to have good friends, to value living. How fortunate we are to have beautiful, trustworthy, supportive individuals in our lives. Whether life be long or short, we are still so lucky.

Appreciation becomes just that, more incredibly apparent when you encounter untrustworthy, self-centered, people who are only interested in themselves and what they can gain from the situation. You see, narcissism is associated with the need to dominate others and the need to achieve superior resources. Reflecting on past wars and conflicts, we all know that good outweighs evil every time.

We are blessed to have Colonie Senior Service Centers, all its dedicated staff and volunteers, who stay true to our mission, to fight for and support older adults throughout the community. I have never been prouder to be on a TEAM (Together Everyone Achieves More) with such beautiful colleagues. With lots of laughs, hard work and the willingness to pitch in, we are able to accomplish so much.

As we enter the holiday season, we wish you only good health and happiness. Please try to join us for our many offered programs and events including our Veterans Recognition Luncheon (November 7) and Annual Tree Lighting with the Mendelssohn Club of Albany (November 30).

Happy Thanksgiving!
– Diane Conroy-LaCivita

November’s Healthy and Local Cooking Class

7 Ways to Slice an Apple

November is a good time for cinnamon, spice and everything nice. It is a time to celebrate local harvests and good eating. Sure, you can just munch on a locally grown apple, but there are many more ways to enjoy this favorite fall fruit.

Join CSSC staff for “7 Ways to Slice an Apple” on Tuesday, November 15th from 10:30 a.m. to 11:30 a.m. From easy fritters to grilled cheese, from smoothies to salads, there are many ways to consume an apple. The class will take place at King Thiel Senior Community, 17 Elks Lane in Latham and will feature local apple varieties.

There is a $5 charge to attend, and prior registration is required. For further information or to register, please call Sharon at 518-459-2857 ext. 302.

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

November’s Outing – Italian Anyone?

Join Diane on her next scheduled international excursion to the John Riccitello Restaurant located at 1687 Foster Avenue, Schenectady on Tuesday, November 15, at 4:30 p.m. (CSSC buses will be leaving BLC/KTSC at 4:00 p.m.)

A decades old mainstay and located off the beaten path, the John Riccitello Restaurant is the ground floor of a modest house in a Schenectady neighborhood. You either hear about it from the locals or you find it by pure chance. Once you’ve been there, it will sit near the top of the dining-out list.

The cost of the meal is $26, which will include entrée (one of three choices), dessert and coffee/tea. (Everyone registered will be asked to choose their entrée choice ahead of time.) 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.
FOREVER YOUNG SINGERS
The Forever Young Singers, sponsored by Highmark Blue Shield of NENY, continue to grow in numbers, polish their craft, and enjoy their choral experience. You can find them out in the community performing for the holiday season.

• Sunday, November 27 at Colonie Center 12:00 p.m. – 2:00 p.m.
• Sunday, December 4 at Cohoes Music Hall Visitor Center 1:00 p.m. – 2:00 p.m.
• Monday, December 12 at The Beltrone Living Center Lakeview Room 7:00 p.m.

New members are always welcome to join this active group of singers. The emphasis is on having fun and sharing that joy with others through music. Rehearsals take place every Thursday at 1:00 p.m. at The Beltrone Living Center.

DEFENSIVE DRIVING CLASSES
Roger Dames, CSSC’s Driver Fitness Coordinator, will conduct Defensive Driving Classes on the following dates:

• Thursday, November 10, 2022, from 9 a.m. to 3:30 p.m.
• Saturday, November 19, 2022, from 9 a.m. to 3:30 p.m.
• Tuesday, December 6, 2022, from 9 a.m. to 3:30 p.m.
• Thursday, December 15, 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.

BRIGHT HORIZONS NEWS
Thanks for Caregiving Event
In honor of National Family Caregivers Month, the Bright Horizons Adult Day Social Program will hold their Annual Thanks for Caregiving event on Tuesday, November 15, 2022 from 4:00 p.m. – 5:30 p.m. in the Lakeview Dining Room at The Beltrone Living Center.

Our guest speaker for this event will be Ginger McGehee, Albany County Program Manager for The Alzheimer’s Association of Northeastern NY. We will honor and thank our caregivers who provide the unending love and support to those family members in need.

A Prayer for the Caregiver – By Bruce McIntyre
Unknown and often unnoticed, you are a hero nonetheless.
For your love, sacrificial, is God at his best.
You walk by faith in the darkness of the great unknown,
And your courage, even in weakness, gives life to your beloved.
You hold shaking hands and provide the ultimate care:
Your presence, the knowing, that you are simply there.
You rise to face the giant of disease and despair,
It is your finest hour, though you may be unaware.
You are resilient, amazing and beauty unexcelled,
You are the caregiver and you have done well!
Meals that Care: November
In response to recent community requests, CSSC announced back in October the start of a program called Meals that Care. This initiative, supported by generous donations from the community, Highmark, Goldstein Auto Group, and the Estate of Larry Siegel, intends to support those most in need; homebound, vulnerable, or ill community members living within a 5-mile radius of The Beltrone Living Center. Meals that Care is different from most home delivered meal programs as it aims to support those who are truly ill, in treatment, or in recovery and are unable to cook for themselves. The goal is to support a short-term need until an individual gets back on their feet and are able to care for their own needs again. If you or your loved one is incapacitated and unable to cook, please consider this initiative. The first meals began October 17 and have already begun to benefit those in need. CSSC will accept requests for hot meals ordered and prepared at a fixed cost of $10 per meal. Pre-payment is required. A set of qualifying questions will be asked. Those who feel they or a loved one fit the criteria should contact Carol Ripley at 518-459-2857 ext. 310.

Make a lasting difference by making a gift!
As we turned the corner into 2022, there was so much expectation that all would return to normal. What Colonie Senior Service Centers found was a resounding and overwhelming popularity of programs and services. Re-emerging older adults who had been isolated for two years were longing to engage in their community.

All of CSSC’s existing Programs and Services are operating and seeing increasing requests. THE CENTER, RSVP, Bright Horizons, Transportation and Senior Dining all continue to grow. New programs like English as a Second Language (ESL), Meals that Care and Food Pantry food distributions were born to serve new needs in our community. Where there are challenges and demands, CSSC steps up to assist.

You can help by making a year-end gift to CSSC through the Annual Appeal. Your support allows CSSC to continue to feed, transport and engage seniors in a safe, healthy, and independent community. Thank you in advance for your generosity!

A Moment In Time Exhibit will go Mobile
A Moment in Time: 99 Portraits and Perspectives Exhibit opened and remains up for viewing in the Gallery Hallway at The Beltrone Living Center throughout the month of December. Then, the Exhibit hits the road and can be found in the following locations:

January: Stedman Room and Gallery, William K. Sanford Town Library 629 Albany Shaker Road Loudonville, NY 12211
February: 2nd Floor Exhibit Room, Arts Center of The Capital Region, 265 River St, Troy, NY 12180

Stop in to see this interesting pictorial/oral history exhibit at one of these locations.

In the News
CSSC welcomes new Transportation Director, Jim Kyme.
Jim comes to CSSC with over thirty years of experience in the transportation industry. He credits the workings of the Transportation Department to the great staff and drivers. Jim loves sports and collects sports cards in his spare time. When you ride with CSSC, know that Jim’s goal is to keep you safe and get you there in a timely manner. If you are not yet registered as a rider with CSSC Transportation, please call 518-459-6064 to receive a packet. Even if you drive, there may be a time when you need a ride, and riders must be registered to schedule. As winter weather approaches, call today to register.

CSSC welcomes new Senior Dining Coordinator, Liz Hatlee
Liz Hatlee recently joined CSSC as Senior Dining Coordinator. She has a degree in Hospitality Management, along with nine years of various food service experience – in senior communities and in traditional restaurants. Liz is a huge animal lover. Just this year she, along with her husband Matthew, rescued a German Shepard named Theo, and tabby cat named Pepper from Oklahoma. Her personal goal is to one day open an animal sanctuary. In her free time, Liz enjoys taking hikes, watching movies on Netflix and going out to eat!

“Trash” to Treasure
The ToolBox accepts used tools and sells them at low cost to raise funds in support of Umbrella of Colonie to assist older adults with affordable home maintenance projects. One happy shopper picked up various items and envisioned a lamp—common items now a “treasure”! What a creative and beautiful way to repurpose items found at the ToolBox. Stop by to check out items during business hours Tuesday thru Saturday, 10:00 a.m. to 2:00 p.m. at 143 Troy-Schenectady Rd, Watervliet. You never know what may spark your imagination.

“Trash to Treasure” submissions wanted —
Calling all those with creative minds … Stop by the ToolBox and pick up items that trigger your artistic or mechanical vision. Create a repurposed piece of art or practicality and submit a picture of your item to Kristin Vivian, Director RSVP and Volunteer Services before December 1 at kvivian@colonieseniors.org. Please be sure to include your contact information (name, address, phone and email) for follow-up. We can’t wait to see what you come up with!
Are you looking for a Holiday Gift idea for Mom or Dad?

Look no further, Umbrella of Colonie is a membership program that provides low-cost home maintenance to seniors that live in the Town of Colonie.

Our handy people are vetted and insured. They can provide an array of tasks including housecleaning, light plumbing and electrical. Our goal is to fix small problems before they become major repairs.

Umbrella of Colonie will give family members peace of mind that their senior family members are being taken care of.

If you would like more information, please contact Sharon Herald at 518-459-7152.
SENIOR CONNECTIONS

SUBARU share the love EVENT

Tribute Corner (through September 29, 2022)

In Memory of Ilse Elise Leuchten
William and Irene Murray
Manfred and Marianne Simon

Tribute Corner

In Memory of Ilse Elise Leuchten
William and Irene Murray
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Award Humbly Bestowed

On November 17th, Diane will be receiving the “Volunteer of the Year” Award from the International Center of the Capital Region for her continual assistance and support to the organization over the last fifteen years.

The International Center of the Capital Region (ICCR), a 501(c)(3) not-for-profit organization, has an almost 70-year history of welcoming and assisting international newcomers throughout New York’s Capital Region. Begun in the 1950s as an informal dinner club providing hospitality and friendship to international visitors in the Capital Region, the Center’s objective gradually transitioned during the 1960s into becoming a direct service provider for immigrants and refugees. Today, the vision and mission of ICCR has shifted and focuses on increasing global-local citizen diplomacy, intensifying regional multicultural outreach, and deepening foreign affairs education and dialogue.

ICCR is a member station of Colonie Senior Service Center’s RSVP initiative.

An Incredible Success

On Monday, September 19th, CSSC held its 4th Annual Chefs in Motion Culinary Competition at The Beltrone Living Center. With a full room of attendees, great food using local produce and product, local wines, beers and chocolate milk as well as many tempting desserts, it was an evening not to be missed.

Congratulations to the event winners, Chef Jose Arteche III of Shogun Sushi in Delmar (Judge’s Choice) and Kizzie Williams of Allie B’s in Albany (People’s Choice)!

Many thanks to our incredible judges, the event sponsors, the many local businesses and farms that donated and all those who purchased tickets. Proceeds from the event are going to support CSSC’s Transportation Services.

Holiday Raffle – Get a Head Start on Your Holiday Shopping

Beginning Tuesday, November 1st, raffle tickets will be available for CSSC’s annual holiday raffle. Fabulous prizes are to be had including: overnight stays (with breakfast), gift cards to many area businesses, beautifully themed gift baskets and more.

Raffle tickets are $10 each. To purchase your raffle ticket, please call Sharon Herald at 518-459-2857 ext. 302.
Senior Dining Program

**November 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.

**Special Lunch – Friday, November 4th at Noon:** Join us for an Open Mic hosted by Bob Redmond! Since his early teens Bob has been playing music to eager ears, singing and playing guitar at several local venues and private events. Lunch served will be Chicken Parmesan, Ziti, Caesar Salad, Green Beans & an Ice Cream Sundae!

**Lunch & Learn – Tuesday, November 8th at Noon:** Join us to learn about “Gambling in the Golden Years” which talks about what gambling is, what problem gambling is, warning signs to look out for and resources for help. Lunch served will be a Stuffed Pepper, Sauteed Green Beans, Carrot Raisin Salad and Ice Cream!

**Special Dinner – Monday, November 21st at 5:00 p.m.:** Join us for a Turkey Dinner and exciting performance from a fan favorite, Hands of Time 6-Piece Brass Band! Dinner will be accompanied by stuffing, mashed potatoes, green beans, butternut squash and a pumpkin pie!

Donations in Action – Through CSSC seniors are active!

1. The Vintage Pride Boat Cruise with Pride Center of the Capital Region! We are friends, allies, part of the LGBTQ community and loved this event.
2. CSSC Seniors had whirlwind trip to New York City. Visited the Tenement Museum, Chelsea Market and Highline Meatpacking District.
3. Through THE CENTER at CSSC seniors filled their afternoon with making colorful and artful glass bowls!
4. Two CSSC buses full of seniors had an incredible day traveling the Washington County Cheese Trail!
5. Our latest watercolor class with local artist Kevin Kuhne
6. Stopping by the Fenimore Museum while visiting Cooperstown, NY
7. Learning about our local water source at the Latham Water Treatment Plant
8. Let’s Polka at the German American Club while on the International Dining trip
9. Seniors helping seniors combat food insecurity the September monthly food give-away at CSSC. Thank you to the Regional Food Bank of NENY for partnering with CSSC.
10. Serious cornhole action happening at King Thiel Senior Community!

**November 2022 Menu**
Menu items are subject to change

- 11/1 Seafood Mac & Cheese w/ Broccoli
- 11/2 Baked Ham, Peas + Scalloped Potatoes
- 11/3 Minestrone Soup & ½ Roast Beef Sandwich
- 11/4 Special Lunch Chicken Parmesan
- 11/7 Veteran Recognition Luncheon Menu TBD
- 11/8 Lunch & Learn stuffed Pepper
- 11/9 Chicken Marsala
- 11/10 Mediterranean Baked Cod
- 11/11 CLOSED Veterans Day
- 11/14 Pasta Fagioli Sausage Bowl
- 11/15 Cornflake Chicken
- 11/16 Oven Baked Fish Sandwich
- 11/17 Oregano Lemon Chicken
- 11/18 Beef & Broccoli
- 11/19 Parmesan Encrusted Chicken
- 11/20 Special Dinner Hands of Time 6-Piece Brass Band Turkey Dinner
- 11/21 11/21 Special Dinner Hands of Time 6-Piece Brass Band Turkey Dinner
- 11/22 11/22 Special Dinner Hands of Time 6-Piece Brass Band Turkey Dinner
- 11/23 11/23 Pulled Pork Sandwich
- 11/24 CLOSED Thanksgiving Day
- 11/25 CLOSED Day After Thanksgiving
- 11/28 crimp Scampi
- 11/29 Chicken Pesto Sandwich
- 11/30 Butternut Squash Soup & ½ Turkey Sandwich

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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.

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6 Winners Circle
Albany, NY 12205

NON-PROFIT ORGANIZATION
U.S. Postage Paid
Albany, N.Y.
Permit No. 74

Mark Your Calendar
On Tuesday, November 8 from 11:30 a.m. to 12:30 p.m., CSSC and the Regional Food Bank will be providing fresh produce and product for older adults at no cost. Pick up takes place around our Congregate meal (approximately 11:30 a.m. to 12:30 p.m.) in the Lakeview Room of The Beltrone Living Center. Please bring a reusable grocery bag. CSSC, your community non-profit, recognizes that older adults can face food insecurity due to rising costs. We are here to help! Join us for lunch or stop by to pick up donated product. For additional information, please call Diane at 518-459-2857 ext. 305.

On Monday, December 12 at 7:00 p.m. the Colonie Town Band and Forever Young Singers will be performing in The Beltrone Living Center Lakeview Room.

Local Bounty Holiday Baskets will be available
Filled with an abundance of local product and produce, CSSC’s beautifully decorated Local Bounty Holiday Baskets will start at $35 (plus tax). Give your friends, colleagues and family a unique gift for the holidays featuring the best of New York!

To order call 518-459-2857 ext. 302.

518.459.2857 | www.colonieseniors.org | info@colonieseniors.org | Connect with us: