

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

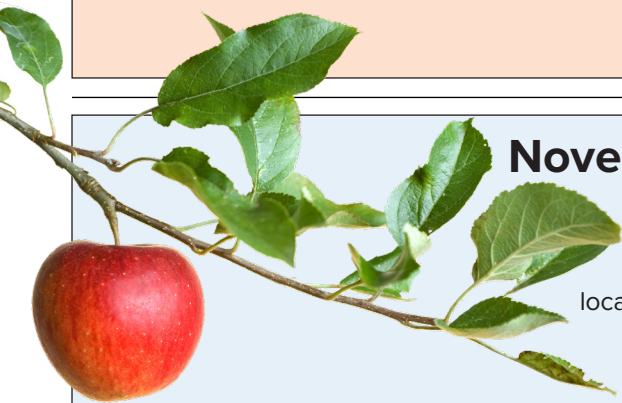
7 Ways to Slice an Apple

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

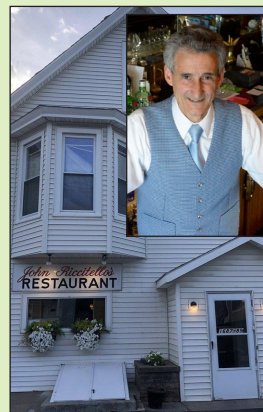
November's Outing – Italian Anyone?

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.



GET READY TO VOTE, VOTE, VOTE!

Thank you to
Goldstein
Auto Group for
sponsoring CSSC

TIMES UNION
**THE BIG
\$100,000
GIVEAWAY**

CAPITAL
REGION
GIVES

CSSC Needs You!

Vote every day starting Sunday, November 20

CSSC is once again participating in the *Times Union's* Capital Region Gives Giveaway where we are eligible to win one of ten, \$10,000 advertising grants for 2022. We are hoping you will vote for Colonie Senior Service Centers. You can vote on any electronic device once a day throughout the entire contest period. It is easy to do, just visit www.timesunion.com and click on the Capital Region Gives icon.

CSSC has been fortunate to have won the last several years. Thank you in advance for your support.



ESL Update and Call for Volunteers

In partnership with U.S. Committee for Refugees and Immigrants (USCRI), RSVP Volunteers have been for the past three weeks teaching ESL classes to four adult students at The Beltrone Living Center. Both volunteers and students have enjoyed the opportunity to get acquainted. The time spent in class has been both enjoyable and rewarding for all involved. The students have done extremely well with their lessons and the RSVP Volunteers have expressed a sense of accomplishment helping our refugee friends become self-sufficient and more successful in their quest to become U.S. citizens. If you have an interest in volunteering, please contact Kristin Vivian, Director of RSVP and Volunteers, at kvivian@colonieseniors.org or 518-459-2857 ext. 308.

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.**



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.

Forever Young Singers
is sponsored by:

HIGHMARK
NORTHEASTERN NEW YORK

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 prequalifying 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.

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.

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.

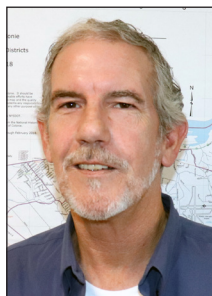
You can help by making a year-end gift to CSSC through the Annual Appeal. Your support allows CSSC to continue to feed, transport and engage seniors in a safe, healthy, and independent community. Thank you in advance for your generosity!



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!

THE CENTER at CSSC

Hello from **THE CENTER** at CSSC! As we look toward 2023, there is much excitement, new ideas, great classes and fun trips ahead, but the beginning of the year is also the time we renew memberships. Membership at **THE CENTER** at CSSC is \$20 per calendar year. We use this money to fund events, create new programs and pay for staff and transportation. You'll notice that in our catalog, most events have a member or not-yet-member price. If you plan on taking more than one trip or class in a calendar year, the \$20 is well worth it. There are many people who give membership as a gift to a friend or family member, and as the holiday season approaches, we humbly suggest you consider this reasonably-priced gift. Through **THE CENTER** at CSSC, seniors can take part in wellness and exercise events, creative and art classes and trips to see and learn new things. We like to say that the best part of being a member is not only learning, but making friends. What better gift can you give?

Please reach out for information about membership and any upcoming events. I look forward to hearing from you. Yours,
Caroline Barrett, Director of Lifelong Wellness. 518-459-2857 ext. 327 or cbarrett@colonieseniors.org.



Sacred Spaces

The North Reformed Dutch Church

The journey continues on Thursday, November 10, at 1:00 p.m., as we take trip to the North Reformed Church in Watervliet located at 1501 1st Street. Join Diane as we visit a historic church that has been repurposed but still holds much of its historic integrity.

The North Reformed Dutch Church, referred to as the "Old Church", was built in 1839 north of the Watervliet Arsenal. Another Dutch Reformed Church had been in existence south of the Arsenal since 1814, called Reformed Protestant Dutch Church of Washington and Gibbonsville.

The steeple of the North Church was blown off in 1854, along with the Meneely bell, which had to be replaced. This bell was last rung during the Vietnam War. There were also two disastrous fires – in 1900 and 1924.

Many prominent families were members of the North Church, including Meneely, Schuyler, Oothout, Lansing, Witbeck, Gibbons, and VanDenburgh.

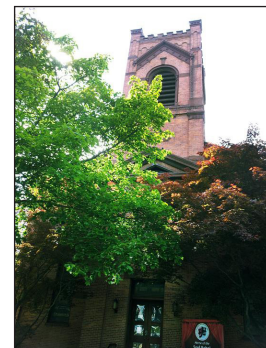
The congregation of North Church split in the 1860's and many members in 1872 moved into a new church building at 601 Fifth Avenue which became the Jermain Memorial Presbyterian Church built as a memorial to Silvanus P. Jermain by his son James B. Jermain.

In 1968, North Reformed and the First Baptist Church in Watervliet united to form Christ Church. Christ Church closed in 2001.

The annex or church hall, which was built in 1865, today houses the Watervliet Historical Society and Museum.

The CSSC shuttle bus will leave The Beltrone Living Center at 12:45 p.m. and will return at approximately 2:15 p.m. This outing will require some walking and a few stairs.

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



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.



Umbrella of Colonie
is a program of



Together, Let's Fill the Pantries!

Food and Personal Care Items Drive to support The Food Pantries for the Capital District and The People's Pantry of CSSC.

Monday, November 7, 2022 – Thursday, November 17, 2022

Drop Off Locations at The Beltrone Living Center, King Thiel Senior Community and Sheehy Manor.

For additional information or questions, please call Sharon at 518) 459-2857 ext. 302





SUBARU
share the love
EVENT

Think of us if you're purchasing a new car. \$250 dollars will be donated to Colonie Senior Services Center, Inc. when you purchase a New Subaru at Goldstein Subaru from November 17, 2022 to January 2, 2023.

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, intensify 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.



Tribute Corner

(through September 29, 2022)

In Memory of Ilse Elise Leuchten

William and Irene Murray

Manfred and Marianne Simon



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!

November 2022 Menu Menu items are subject to change

11/1	Seafood Mac & Cheese w/ Broccoli	11/14	Pasta Fagioli Sausage Bowl
11/2	Baked Ham, Peas + Scalloped Potatoes	11/15	Cornflake Chicken
11/3	Minestrone Soup & ½ Roast Beef Sandwich	11/16	Oven Baked Fish Sandwich
11/4	Special Lunch Chicken Parmesan	11/17	Oregano Lemon Chicken
11/7	Veteran Recognition Luncheon Menu TBD	11/18	Beef & Broccoli
11/8	Lunch & Learn stuffed Pepper	11/21	11/21 Parmesan Encrusted Chicken
11/9	Chicken Marsala	11/21	11/21 Special Dinner Hands of Time 6-Piece Brass Band Turkey Dinner
11/10	Mediterranean Baked Cod	11/22	11/22 Salmon Cakes
11/11	CLOSED Veterans Day	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

Donations in Action – Through CSSC seniors are active!



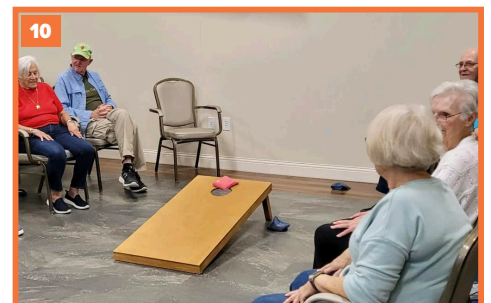
- 1 The Vintage Pride Boat Cruise with Pride Center of the Capital Region! We are friends, allies, part of the LGBTQ community and loved this event.
- 2 CSSC Seniors had whirlwind trip to New York City. Visited the Tenement Museum, Chelsea Market and Highline Meatpacking District.
- 3 Through **THE CENTER** 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!



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

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6 Winners Circle
Albany, NY 12205

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ORGANIZATION
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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.

