It’s Award Season at CSSC!

Colonie Senior Spirit Awards are to be presented at the 21st Annual Founders’ Celebration Luncheon

Here at Colonie Senior Service Centers, Inc. (CSSC) we know when the leaves turn color and the air becomes crisp that it’s award season, and time to announce this year’s Colonie Senior Spirit Award winners. Colonie Senior Spirit Awardees reflect the commitment, vision and leadership exemplified by the CSSC’s Founders who created our organization to help seniors remain active, healthy, and independent.

This year’s awardees are dynamic and represent the very best of what is going on in the Capital Region’s seniors community. Each and every one of them inspires and encourages seniors across the spectrum to be engaged, inspired and age in the community in which they choose.

CSSC was proud to announce the 2022 Colonie Senior Spirit Awardees are: Highmark BlueShield of Northeastern New York as they have supported senior programming at CSSC, and in particular CSSC’s Forever Young Singers. The Forever Young Singers are a wonderful choral group of seniors who have come together and enjoy singing newer modern music. They can be seen performing in the community and enjoy joining other groups for intergenerational performances. The Forever Young Singers are made possible because of the support of Highmark BlueShield of Northeastern New York.

The Pride Center of the Capital Region, for their work through their Vintage Pride Group that connects LGBTQ seniors to each other and the broader community. The Vintage Pride Group also works with Capital Region senior service providers, including CSSC, to assist them in making programs and services welcoming for all.

The Albany Field Office of the U.S. Committee for Refugees and Immigrants (USCRI) welcomes and settles refugees from around the world in the Capital Region. Many of these refugees are seniors coming from Afghanistan, Burma, Iraq, Syria and the Democratic Republic of Congo. USCRI collaborates with CSSC to help integrate senior refugees by offering English as a Second Language classes, exposing them to cultural events and programming through CSSC’s senior community dining programs, community concerts, and THE CENTER at CSSC.

To the incredible team of Chefs in Motion judges, Chef Yono Purnomo, Chef Joan Dembinski and Chef Harold Qualters that assist CSSC in raising funds for the Transportation Services Program. These inspirational seniors have never wavered in their support of CSSC, whether it is performing the duty of judging the Chefs in Motion competition, hosting seniors at their restaurants through CSSC’s International Dining special events, or performing cooking demonstrations at various CSSC events.

CSSC is also thankful for the support from our generous sponsors of the 21st Annual Founders’ Celebration Luncheon: BBL Construction, Salvatore R. and Anna E Beltrone Family Foundation, CDPHP, WCGS Architects, CBRE-Albany, Equinox Companies, Hershberg & Hershberg, Herzog Law Firm, and Newton Plaza Associates, LLC. It is because of these outstanding community leaders and local businesses that support Colonie Senior Service Centers, Inc. programs and services that seniors in the Capital Region are able to reside where they choose safely and thrive.

Please join Colonie Senior Service Centers, Inc. as we honor and celebrate these Colonie Senior Spirit Awardees at the 21st Annual Founders’ Celebration Luncheon, Thursday, October 27, 2022, from 11:30 a.m. – 1:00 p.m., in The Lakeview Room in The Beltrone Living Center, 6 Winners Circle, Albany, New York.

For more information or to purchase your tickets please contact Laurie Miedema, CSSC Development Director at 518-459-2857, ext. 304 or visit the CSSC website at www.colonieseniors.org.
Message from the Executive Director

Happy October!

October 1
International Day of Older Persons

October 10
World Mental Health Day, Columbus Day and Native Americans’ Day

October 28
National Immigrants Day

October 31
Happy Halloween

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To be surrounded by wisdom and insight is humbling. Since early spring, CSSC staff and volunteers have been busily working on an extensive oral history pictorial project entitled “A Moment in Time.” Traveling throughout the Capital District, the objective of the grant-funded program was to interview and photograph older adults from all walks of life gaining their perspective on what they each individually were looking forward to as we get out of the pandemic and its aftermath; in essence, capturing a moment in time.

It was an honor to be able to implement this grant surrounded by some wonderful individuals like professional photographers Tom Fox and Kevin Curran, makeup artists Kate Ira, Alison Wadsworth and Emily Koenig and oral historian Camille Hoheb. We setup interviews and photo shoots in fire houses and in an artist studio, a historic church museum and a synagogue, a historic barn, and our very own Beltrone Living Center. Some interviewees were very philosophical in answering while others approached the question “What are you looking forward to?” more simply. In total, 99 seniors were interviewed.

You see, oral history provides a fuller, more accurate picture of the past (and future) by capturing personal perspectives. To be able to take a photograph of the person being interviewed truly added a more complete perspective to the project’s overall purpose. Once complete, I envision this exhibit being used as a primary source by historians in the future, 10, 20, 40 years from now, who want to learn how resilient seniors were through the pandemic and its aftermath.

I have been fortunate to participate in oral history projects previously in my life with such subject matters as The Brothers Movement in Albany, Proctors Theater in Schenectady and the agrarian history of the Town of Colonie. I realize the art of listening well is more than a matter of talking less, it takes skills in asking and responding, as well as interest in the conversation taking place.

Please join us on Thursday, October 20 from 4:00 to 6:00 pm at The Beltrone Living Center for the exhibit opening of “A Moment in Time.” In addition to the individuals who put the project/exhibit together, we have invited everyone who was interviewed. The event is free and open to the public.

Happy Halloween!
– Diane Conroy-LaCivita

BLC Community Halloween Party

Want to lift your Spirits? ... CSSC is hosting a Community Halloween Party on Monday, October 31st from 1 – 2 pm following Congregate Lunch in the Lakeview Room of The Beltrone Living Center. Dress up and get ready to eat, drink and be scary at this fun event! Eerie-sistible refreshments will be served, and prizes awarded for best costume in a variety of categories. Make a lunch reservation to enjoy the Congregate meal and stay or join us at 1 pm ready to celebrate. In either case, the CSSC Community Howl-oween Party is sure to be pumkin to talk about!

"A Moment in Time" Exhibit Opening and Reception

Please join us on Thursday, October 20th from 4 to 6 pm at The Beltrone Living Center for the unveiling of A Moment in Time. Meet the artists and those who participated. Free and open to the public.

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

October’s Outing – Mexican Anyone?

Join Diane on her next scheduled international excursion to La Mexicana Restaurant & Grocery, located at 1759 State Street, Schenectady, on Tuesday, October 18, at 4:00 pm. (CSSC buses will be leaving BLC at 3:30 pm)

La Mexicana, a specialty grocer that, since adding food service and a few cafe tables in 2011, has a true cult favorite for its authentic Mexican cuisine. Reviews of this restaurant have been incredible. (Bring some extra money if you are interested in grocery shopping as well)

The cost of the meal is $25, which will include entrée, dessert and beverage. (Everyone registered will be asked to choose their entrée choice ahead of time.) 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.
**Veterans Recognition Luncheon**

Monday, November 7, 2022
11:00 a.m. to 1:00 p.m.

Lakeview Room at
The Beltrone Living Center
6 Winners Circle, Albany, NY

Join Colonie Senior Service Centers, Inc. and the members of the American Legion Joseph E. Zaloga Post #1520 as we honor Veterans from all branches of the Armed Services. Traditionally, nearly 300 individuals attend this special event; with over half attending being veterans.

To make a reservation, call 518-459-2857 extension 303. This event is generously sponsored by

Presenting Sponsor  
Community Sponsor  
Patron Sponsor  

**Food pick ups**

In September, CSSC once again began partnering with the Regional Food Bank to provide fresh produce and product once a month to older adults at no cost. Pick up takes place around our Congregate meal (approximately 11:30 am to 12:30 pm) 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! The next pick up date is Tuesday, October 11th. Join us for lunch or stop by to pick up donated product. For additional information, please call Diane at 518-459-2857 ext. 305.

**Forever Young Singers**

The Forever Young Singers, sponsored by Highmark Blue Shield of NENY, sang at Colonie Center last month. The crowd enjoyed the music and the positive energy. The group is open to community members and rehearses each Thursday at 1 pm at The Beltrone Living Center. Keep an eye out for the Forever Young Singers as additional community performances are in the works. Singing with a group promotes production of endorphins which fosters positive feelings and can even change the perception of pain. Other benefits are reduced stress, immune response, improved lung function, and improved mental health. Join the group! New members are always welcome.

**October’s Healthy and Local Cooking Class**

October is time for Oktoberfest! Oktoberfest is an annual festival which originated in 1810 in Munich, Germany to celebrate the marriage of the crown prince of Bavaria, who later became King Louis I, to Princess Therese von Sachsen-Hildburghausen.

Join the German-American Club of Albany’s Chef, Kurt Vincent, for a “Tasting of Oktoberfest Foods” on Tuesday, October 18 from 11:00 am to 12:00 noon at King Thiel Senior Community, 17 Elks Lane, Latham.

There is a $5 charge to attend, and prior registration is required. For further information or to register, please call Diane at 518-459-2857 ext. 305.
The Beltrone Golf Classic Teed Off!

On Monday, September 12th, a full field of golfers teed off for a beautiful day of golf at the 29th Annual Salvatore R. and Anna E. Beltrone Golf Classic, that was held at Schuyler Meadows Club, in Loudonville. This year, there were many new challenges introduced from teeing off using the State Farm Insurance Air Canon, to rolling the die to see where you teed off, many hole in one chances, and putting your way to a new Yeti Cooler filled with everything you need for the perfect tailgate. All this was followed up with a Street Hockey competition at the 19th Hole Reception. Golfers also enjoyed tasting opportunities on the course hospitality stations provided by BBL Hospitality and New Scotland Spirits.

The evening awards program was emceed by Ryan Peterson, from News10 ABC in the Morning. Ryan presented our winning golfers with the following awards:

- **1st Low Gross Foursome**: Gary March, Chris Van Buren, Kris Kowalczyk and Matt McCaffrey
- **1st Low Net Foursome**: George Mahoney, Paul Leo, Matt Conners and Dave Masaroni
- **Closest to the Hole**: Wayne Beckingham (Men) and Michelle Rooney (Women)
- **Longest Drive**: Kevin O’Leary (Men) and Jen Bautochka (Women)
- **Closest to Line**: Diane Conroy-LaCivita

_Congratulations to all!_

Thank you to our sponsors for their support and recognizing the vital services and programs CSSC provides to our senior community: The Salvatore R. & Anna E. Beltrone Family Foundation; BBL Construction Services, LLC; Berkshire Bank; Carey Electric; Citizens Bank; Herzog Law Firm P.C.; Humana; Rowlands, LeBrou & Griesmer, PLLC; CAP COM FCU – a Division of Broadview; Roemer Wallens Gold & Mineaux, LLP; RBC Capital Markets; Haylor Freyer & Coon, Inc.; R.F. Peck Company, Inc.; CDPHP; Luzzi Companies; WCGS Architects; Bellevue Builders Supply; Brizzell’s Flowers; BST & Co. CPA’s; Maloney Family; MorelliART LLC; SEFCU Insurance Agency – A Division of Broadview; Sherwin Williams and WEB Engineering, P.C.

Thank you to our golf committee and its co-chairs, BBL's Steve Oberm and Broadview's Willis Reed.

A good time was had by all and the proceeds from The Beltrone Golf Classic benefit CSSC’s Transportation Services Program, enabling seniors to get to medical appointments, attend and socialize at senior dining sites, participate in social adult day service programs, volunteer in the community, get to their pharmacy and grocery store, attend religious, cultural, social and life-long learning activities, and other errands and events affordably and safely.

Sacred Spaces – Galway Methodist Church and West Charlton United Presbyterian (Scotch Church)

The journey continues Thursday, October 13th, as we visit two area sacred spaces. Join Diane as we visit the Galway Methodist Church and West Charlton United Presbyterian (Scotch Church).

The history of the East Galway Methodist-Episcopal Church can be directly traced back to the original founder of the Methodist Church, Reverend John Wesley. The West Charlton United Presbyterian (Scotch Church) was built about 1880 and is a rectangular, wood-frame building in the Late Victorian style. The church was founded by immigrants from Scotland and was listed on the National Register of Historic Places in 1998.

The group will be traveling up to Saratoga County (exit 12) and making a morning of visiting the two historic churches followed by lunch at the Charlton Tavern.

The CSSC shuttle bus will leave The Beltrone Living Center at 8:45 am and return at approximately 1:30 pm. This outing will require walking. The cost for this wonderful fall outing is $15 dollars plus cost of lunch.

To make a reservation, please call Diane at 518-459-2857 ext. 305.
Toolbox Donator
Have you ever gone thru airport security and left something in your pocket or luggage that is prohibited? Often travelers forget to remove multi-tools and other small items considered “weapons” that are then confiscated by TSA. These passenger losses are a gain for the Toolbox! The Toolbox is now a donation center for those small tools collected by security at the Albany Airport. Stop by the Toolbox to pick up one of these handy items but remember ... leave it home when you travel! CSSC thanks the TSA and Albany Airport Corporation for its donations to the Toolbox. The proceeds of resale tools benefit Umbrella of Colonie, helping older adults remain in their homes in the community with small repair and home improvement projects at low cost.

Visit the Toolbox, Tuesday through Saturday, 10 am – 2 pm, at 143 Troy Schenectady Road.

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.

Defensive Driving Classes
Roger Dames, CSSC’s Driver Fitness Coordinator, will conduct Defensive Driving Classes on the following dates:
• Tuesday, October 25, 2022, from 9 a.m. to 3:30 p.m.
• 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.

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.

Thank you, Thank you, Thank you...
We want to thank Albany County Legislator Peter Tunney for his generosity in donating his 2022 $300 transportation allocation to Colonie Senior Service Centers Transportation Services.

You are the best!
ESL Classes Being Offered at The Beltrone by CSSC and USCRI

Starting in September and in collaboration with USCRI Albany (U.S. Committee for Refugees and Immigrants), CSSC is thrilled to announce that we will be offering English as a Second Language (ESL) classes at The Beltrone Living Center.

The term 'English as Second Language' (ESL) has traditionally referred to individuals who speak languages other than English at home. We envision this initiative as a wonderful partnership since CSSC’s mission is to support seniors stay active, healthy, and independent and USCRI’s is to help refugees become self-sufficient, contributing members of our community.

With more and more non-English speaking seniors coming to CSSC events and programs, the timing was just right to provide such programming. Classes started September 13th, and will be held twice a month. For further information, please call Diane at 518-459-2857 ext. 305.

Volunteers Need: English instructors to teach ESL classes. No certification needed. Just knowledge of the English language.

Meals that Care Initiative

In response to recent community requests, CSSC announces the start of a 10-week pilot program called Meals that Care. This initiative, supported by generous donations from the community, Goldstein Auto Group, the Estate of Larry Siegel, and Highmark Blue Shield of NENY, 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 struggling, are in recovery and/or are unable to cook for themselves. The goal is to support a short-term need until an individual gets back on their feet and is able to care for their own needs again. If you or your loved one is incapacitated and unable to cook, please consider this initiative. Beginning October 15th, CSSC will accept requests for hot meals ordered and prepared at a fixed cost of $10 per meal. Pre-payment and the purchase of a minimum of 2 meals per week is required. Once again, CSSC is stepping up, not stepping aside, to assist those most in need in our community. Those who feel they fit the criteria should contact Carol Ripley at 518-459-2857 ext. 310.

Space for this pilot program is limited and will be done on first come serve basis.

Timeless Tappers

The Timeless Tappers are a group of older adults who enjoy tap dancing and performing at various events in the Capital Region. New tappers are always welcome! The group is under the direction of Janet Murphy who teaches tap for beginner and experienced older adults on Thursdays thru The Center at CSSC. If you’ve always wanted to learn to tap or was a tapper in your younger years, come join The Timeless Tappers and/or tap classes at The Center. Tapping is fun, great exercise and good for you!

RSVP Volunteer Station Fair

Studies show that volunteering is good for one’s mental and physical health. Do you have a desire to volunteer? Are you already an RSVP volunteer but are looking for something new? Interested in volunteer opportunities in our communities? Then plan to attend the RSVP Volunteers Station Fair on Tuesday, October 25 from 2 – 4pm in the Lakeview Room at The Beltrone Living Center. You’ll have an opportunity to register as an RSVP volunteer, meet with Station representatives to discuss various volunteer opportunities offered within Albany, Rensselaer and Schenectady counties, gather information, enjoy refreshments and meet other area volunteers. Let’s form community! I’d like to say hello to you. For additional questions, please contact Kristin Vivian, Director of RSVP and Volunteer Services 518-459-2857 ext. 308 or by email kvivian@colonieseniors.org

Visit at ... Boomers and Seniors Expo – Health and Wellness Fair

Colonie Center, Wolf Road, Albany NY

October 22, 2022, 10 a.m. – 5 p.m.

Thank you MVP for your continued support!
Senior Dining Program

October 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.

Special Lunch: October 7 at Noon: J&J Duo will be here for a lunch filled with familiar tunes! Prepare to hear showtunes, your favorites from the 40’s through the early 80’s, and a little jazz! Lunch served will be Beef & Broccoli, Brown Rice and Sauteed Cali Vegetables. Suggested contribution of $3 for lunch and $3 for entertainment.

Special Dinner: October 17 at 5 p.m.: Join us for a Pot Roast Dinner, with Don Hyman preforming songs from the 60’s & 70’s along with Motown hits! Dinner will be accompanied by a Baked Potato, Mandarin Salad, Carrots, Spinach and Chocolate Cake! Suggested contribution of $3 for dinner and $3 for entertainment.

Lunch and Learn (reservations required): October 18 at Noon: Come to learn about Reiki Energy Healing and Meditation! Hear from Tammy Mueller and Darcy Scarlata, Master Reiki and Meditation teachers from Saratoga Essentials. They will be discussing the many benefits of Reiki energy healing and Meditation, and how it is being used as a holistic alternative, both personally and in medical settings across the globe. We will also be discussing the additional benefits of using Essential Oils and Crystals in our practice. Suggested contribution of $3 for lunch.

Donations in Action

1. Discovering the world of art at MASS MoCA
2. Venturing to the Peace Pagoda in Grafton, NY
3. Being silly together at the Berkshire Botanical Garden
4. An afternoon of books and ice cream at the Owl Pen Books
5. Discovering WWII Naval History at the USS Slater
6. Forever Young Singers perform for the public at Colonie Center!
7. Creating Starburst art through THE CENTER at CSSC!
8. Stepping into the magic of the Van Gogh Exhibition: The Immersive Experience

October 2022 Menu

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<th>Date</th>
<th>Lunch</th>
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<td>10/3</td>
<td>Pasta Fagioli w/ Sausage Bowl</td>
<td>Shrimp Scampi</td>
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<td>10/4</td>
<td>Cornflake Chicken</td>
<td>Shrimp Scampi</td>
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<td>10/5</td>
<td>Oven Baked Fish Sandwich</td>
<td>Special Dinner: Pot Roast</td>
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<td>10/6</td>
<td>Oregano Lemon Chicken</td>
<td>Chicken Pesto Sandwich w/Garlic Aoli</td>
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<td>10/7</td>
<td>Beef &amp; Broccoli</td>
<td>Butternut Squash Soup + ½ Sandwich</td>
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<td>Goulash</td>
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<td>Salmon Cakes</td>
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<td>Pulled Pork Sandwich</td>
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<td>Chicken Cacciatore</td>
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<td>10/13</td>
<td>Macaroni &amp; Cheese w/ Butternut Squash</td>
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Menu items are subject to change.
Colonie Senior Service Centers, Inc.  
6 Winners Circle  
Albany, NY 12205

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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518-459-2857

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archardson@colonieseniors.org  
King Thiel: 518-429-6292  
Sheehy Manor: 518-782-2350

**Media and Communications**  
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m DIGiuseppe@colonieseniors.org  
518-459-2857, ext. 337

Tribute Corner (through August 26, 2022)  

**In Memory of Andre Assalian**  
Sally Jack

**In Memory of Thelma Ciaccia**  
Kenneth and Susan Nutting  
Elizabeth Pierce

**In Memory of Robert Grice**  
Elizabeth Wager

**In Memory of Ilse Elise Leuchten**  
Kathleen Comtois  
Jonathan P. Harvey Law Firm, PLLC  
Judy Kaiser  
Francine McDonald  
Denise and Mickey Nuccio  
Barbara Oliver  
Rita Pantuosco  
Sarah Robinson  
Bruce Rowlands  
Mary Scicchitano  
Susan Tamer  
Teal Becker & Chiarmante CPAs, P.C.

**In Memory of Jim McGuinness**  
Robert and Barbara Donnaruma  
Father James Kane  
Susan McGuinness  
Joseph Padula

**In Memory of Larry Segel**  
The Estate of Lawrence J. Segel

**In Memory of Genevieve Shoemaker**  
Patricia Shoemaker