

## SO MUCH TO CELEBRATE

In the challenge of creating independent but supportive housing for seniors, there are some tough truths. First, there is not enough independent senior housing that is affordable. Secondly, just because housing is affordable, it does not mean it is supportive to keep seniors active and engaged. And thirdly, we need to do a better job meeting housing needs as more baby-boomers transition/downsize from homes to apartments and other housing options while wanting to remain in their community.

These factors drive Colonie Senior Service Centers, an independent nonprofit with a strong mission, to do what it does day in and day out. We invite you to consider becoming one of our residents at our newest proposed facility, King Thiel II Senior Community (KTSC II) in Latham, an independent 99 unit affordable senior facility, with an expected opening date of June 1, 2024 for seniors 55+ of age.

### Rent Structure:

For a One Bedroom/One Bath, 2024 rent will be \$1,450 per month plus electricity.

For a Two Bedroom/One Bath, 2024 rent will be \$1,825 per month plus electricity.

This affordable housing project is income based with the expectation that our future renters will **not** have an income exceeding the following:

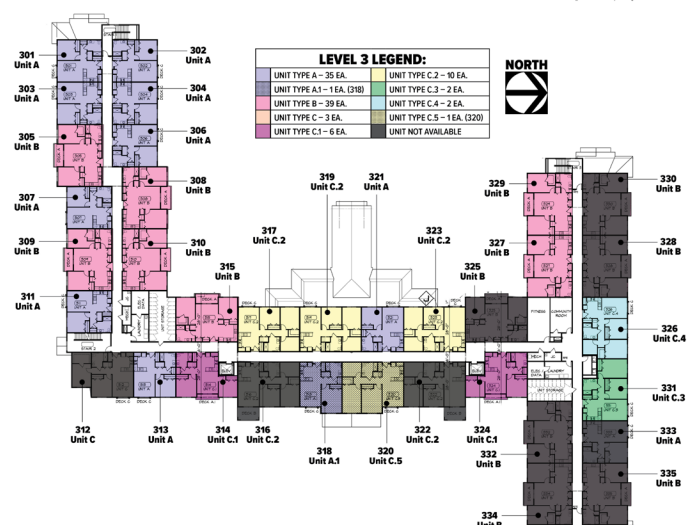
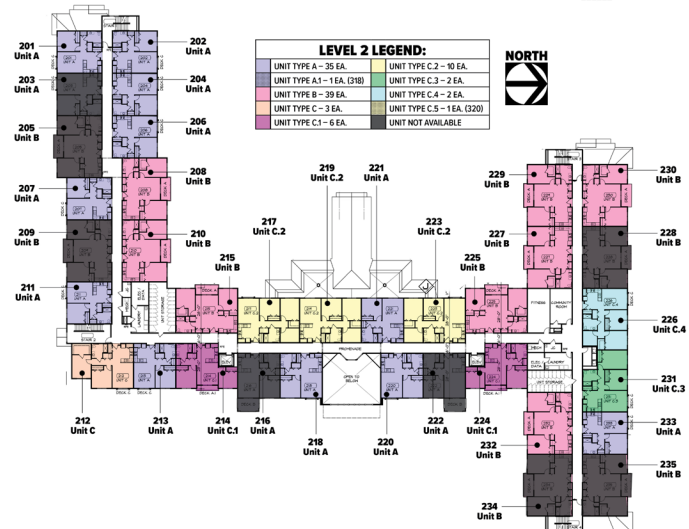
- For One Bedroom/One Bath renters .....\$87,000 annually
- For Two Bedroom/One Bath renters ..... \$109,500 annually

Additionally, rents are regulated so the rent cannot go up dramatically over time.

For questions or additional information, please contact Diane at 518-459-2857 ext. 305.



KTSC II is owned and operated by  
Colonie Senior Service Centers, Inc.  
6 Winners Circle, Albany, NY 12205  
[www.colonieseniors.org](http://www.colonieseniors.org)



## Message from the Executive Director



### Happy July!

**July 4 Independence Day**

**July 7 Global Forgiveness Day**

**July 14 Bastille Day**

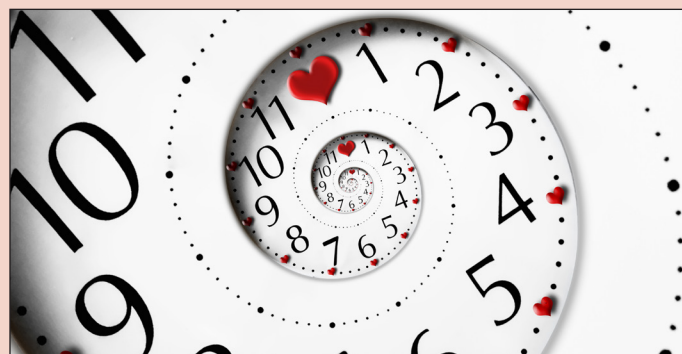
**July 17 World Day for  
International Justice**

**July 24 National Amelia Earhart Day**

**The Passage of Time –  
It is All in Perspective**

In the next couple of months, I will be turning 58. Being brought up in a big family, I am not one to worry about my age or letting anyone know how old I am, if asked. In this regard, I do not like being the center of attention; and after a lifetime of “stuff,” I truly do not need any more gifts. If we could break everyone in the world into two piles, those who prefer to “throw the party” or those who prefer to “attend the party,” I am most certainly in the “throw the party” camp. I personally get more satisfaction from giving than getting.

In respect to turning the BIG ‘58’, not a day goes by that I am not grateful for having a loving family, an incredible spouse, happy kids, good health, a comfortable home, reliable transportation, true friends, and steady employment that I enjoy and feel that I am contributing to the greater good of our community. Each morning, I consciously recognize my blessings as I drive to work. Please realize that not every day is sunshine and rainbows, but I accept the good with the bad. All in all, I am incredibly fortunate.



The only time that my actual age hits me is when someone asks how old my children are. My verbal response normally sets me back; how the heck can I have kids that old? Where did the time go?

When everyone gets older, not everyone feels their age. Honestly, I feel younger than my actual age. Depending on the day, I normally feel ten to twenty years younger than I am. As I get closer to six (6) decades on this planet, I realize my most valuable resource is TIME. The passing of time affects everyone differently. May we all embrace time and make the most out of it. It is a very valuable resource.

Get out, experience life, make new friends, create a bucket list, continue to learn, love life, and most importantly, enjoy the passage of time.

As the Capital Region’s largest provider of senior programs and services, Colonie Senior Service Centers, Inc. is here for you.

Happy summer,

– Diane Conroy-LaCivita



### Happy 4<sup>th</sup>!

On July 4, 1776, the Second Continental Congress unanimously adopted the Declaration of Independence announcing the colonies’ separation from Great Britain. The Constitution provides the legal and governmental framework for the United States, however, the Declaration, with its eloquent assertion “all Men are created equal,” is equally beloved by the American people.

All of us at Colonie Senior Service Centers, Inc. want to wish you a safe, healthy and happy Fourth of July holiday!



**SPECIAL THANK YOU TO THIS YEAR'S  
ACTIVE AGING FAIR AND SUMMERFEST SPONSORS**

Rowlands, LeBrou  
& Griesmer





## Sacred Space for July St. John's Episcopal Church

The journey continues on Wednesday, July 12 from 10:30 a.m. to 12:30 p.m. (Bus to leave at 10:00 a.m.) as we visit St. John's Episcopal Church located at 146 1<sup>st</sup> Street in Troy.

St. John's has survived over 180 years despite natural disasters, floods, economic hard times and a great citywide fire. Yet its parish has flourished. Located at the corner of Liberty and First Streets in downtown Troy, St. John's is full of history. It's remarkable brownstone steeple, one of only a few left standing in the country, houses a splendid Meneely 11-bell chime; its Tiffany and other stained glass windows are treasures; and its large parish facilities and lovely gated garden are truly gifts.

After an introduction, musical performance and tour by the Rev. Judith Malioneck, the group will have lunch in the garden with yet another musical performance by Mother Judith.

Reservations are required and there will be a \$15. fee that includes lunch. The CSSC shuttle bus will leave The Beltrone Living Center at 10:00 a.m. and will return at approximately 1:00 p.m. Please wear appropriate footwear.

To make a reservation, please call Madelyn at 518-459-2857 ext. 340.



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

### July's Outing – Lebanese Anyone?

Join Diane and Scott on Tuesday, July 25, 2023 for the next scheduled international excursion to Teta Marie's, which recently relocated to its new location at 1297 Broadway in Watervliet.

With 20 years of experience cooking in the finest restaurants, owner Brenda Vanier Hage is excited to present her vision to you. Their caring and committed staff will ensure you have a fantastic experience. Known to be fresh and healthy, well-known Lebanese dishes include baba ghanouj, tabbouleh, sfeeha, falafel and shawarma.

The cost of the meal is \$28, which will include an entrée choice, dessert and coffee/tea. CSSC Transportation Services are available for those who are unable to drive themselves.

To make a reservation, please call Madelyn at 518-459-2857 ext. 340.



*For CSSC, access to transportation is the hub of the wheel and all spokes radiate from that.*

## CSSC to help at the Pruyn House's Concert in the Barn on August 2

As part of the Friends of Pruyn House's Annual Concerts in the Barn series, CSSC will be providing desserts at the Wednesday, August 2 concert featuring local Irish favorite "Get Up Jack."

Admission is \$5. Music starts at 6:00 p.m. and ends at 8:00 p.m. Come early to enjoy the grounds and tour the historic buildings. Food is available for purchase including CSSC's delicious desserts. The Pruyn House is located at 207 Old Niskayuna Road in Latham. Come support CSSC!



## CSSC Staff Heading Up Hudson Shores Hooley: A Night of Irish Celebration on August 3

Diane and Jess have agreed to co-chair the City of Watervliet Concert Committee's inaugural "Hudson Shores Hooley: A Night of Irish Celebration" on Thursday, August 3. Ongoing musical entertainment, including Irish Don Kelly and Kilashandra, will run from 5:00 pm to 8:00 pm. Food and beverages will be available for purchase. Admission is free and open to all.

Hudson Shores Park is located at 2 Selke Drive in Watervliet. There will be plenty of free parking.





## Making the News ...

### Christine Tremblay

Christine joined the CSSC team on May 1<sup>st</sup>, as the new Director of RSVP and Volunteer Services. Christine graduated from Le Moyne College in 2019, and obtained her Masters from Utica University in 2021. Christine rowed crew in college and still rows for fun when she has the energy for an early morning workout. She is thrilled to be joining the CSSC and RSVP team as she has always been a volunteer herself. Christine is happy to be here and appreciates everyone's smiles and kindness!



### Christopher Lynch

Christopher Lynch joined CSSC as an Administrative Assistant in May 2023. He has over 15 years of professional customer experience across many different industries, from retail management to consumer banking and more recently, healthcare. Prior to coming to CSSC, Christopher worked for St. Peter's Health Partners as a senior registration associate. He has a passion for helping those around him and practicing Zen Buddhism.



## Neighbor Helping Neighbor

As an agency, CSSC continues to support local residents as a good neighbor. Our monthly food distribution day helps those in need. Join us on **Tuesday, July 11<sup>th</sup> from 11:30 a.m. – 12:30 p.m. at The Beltrone Living Center. Please bring your own reusable grocery bag.** The number of participants attending continues to grow. We ask for your patience and kindness extended to all involved. We do our best to ensure that everyone in attendance receives assistance. Thank you.



## Chefs in Motion: Culinary Tasting & Competition

**Monday, September 18, 2023 from 5:30 pm to 8:00 pm at The Beltrone Living Center, 6 Winners Circle, Albany, NY**

Led by Colonie Senior Service Centers, Chefs in Motion is a collaboration between New York State Department of Agriculture and Markets, and Cornell Cooperative Extension, to highlight the fantastic items grown and produced in New York State. To support this initiative, participating chefs will be provided a "shopping cart" of locally sourced products and seasonal produce prior to the event and will be asked to create a signature dish, either a soup, salad or entrée whose ingredients are

at least 75% locally sourced. The official judges will be scoring in four categories: Creativity, Taste, Appearance and Use of Locally Sourced Ingredients. Additionally, attendees to the event will choose the People's Choice Award. Fun will be had by all. A \$500.00 cash prize will be given in both categories. Let us celebrate local produce, products and local culinary talent/restaurants while supporting transportation for local seniors. It is a win-win-win initiative.



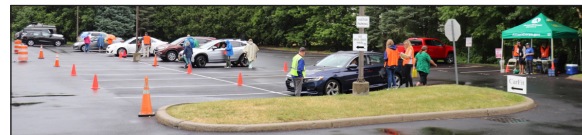
### Picture Pick-up

If you participated in "A MOMENT IN TIME: 99 PORTRAITS AND PERSPECTIVES". You will be able to receive your framed portrait that was exhibited throughout the Capital Region. Please call Sharon Herald at 518-459-2857 ext. 302 to pick up your portrait.

## Car Fit

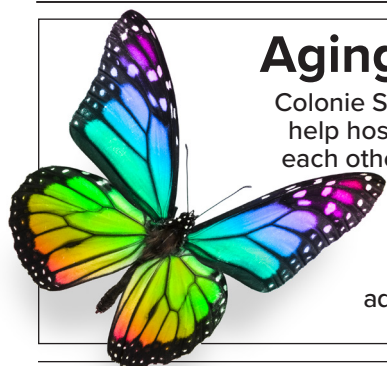
On Wednesday, June 14, 2023 at The Beltrone Living Center North Parking Lot, twenty senior drivers were helped by the Car Fit team. Car Fit is a FREE 20 minute evaluation to ensure the proper fit for a senior driver in their vehicle based on a 12-point checklist including safety belt fit, side mirrors, steering wheel tilt, etc.

Car Fit was presented by CSSC's Driver Fitness Center, your road map to driving safer and longer.



## Aging with Pride

Colonie Senior Service Centers, Inc. is excited to partner with the Pride Center of the Capital Region to help host Aging with Pride, a monthly group for LGBTQ+ folks 55+ to allow participants to connect with each other and build community in an safe and accepting space. Join us Friday, July 28<sup>th</sup> from 10:00 to 12:00 noon at The Beltrone Living Center, 6 Winners Circle, Albany, and every 4<sup>th</sup> Friday of the month after that. Expect music, fun, camaraderie, and a lot of love and support! Attendees are able to make a reservation and stay for lunch afterwards. For questions and additional information, please call Diane at 518-459-2857 ext. 305.





## RSVP Volunteer Highlight – Tool Box

Run as a program of Colonie Senior Service Centers, Inc., the Tool Box officially opened its door on October 2, 2015 as a secondhand, tool thrift shop. Over the years, our customer base has grown as we strive to provide quality, gently used tools to the local community at a fair price. Currently, the store, which is located at 143 Troy Schenectady Road in Watervliet, is open Tuesday through Saturday from 10:00 a.m. to 2:00 p.m. For the past several years, the Tool Box has operated under the leadership of Len St. Gelais. Donations of tools are accepted during store hours which can be dropped off or in certain cases, can be arranged to be picked up. To get in touch with the Tool Box, please call 518-608-4758.

The Tool Box is a valued RSVP station with fourteen volunteers who help appraise tools, stock shelves, organize the store, assist customers and perform many other day-to-day tasks. If you are interested in learning about volunteering at the Tool Box please reach out to Christine Tremblay, Director of RSVP and Volunteer Services, at 518-459-2857 ext. 308.



## Recap of RSVP Volunteer Appreciation Luncheon

In May, CSSC held its Annual RSVP Volunteer Appreciation Luncheon in The Hanger at 743 located at the Albany International Airport. With almost 150 in attendance, beautiful weather and access to the airport's tarmac, the event could not have been more spectacular. Thank you to event sponsor CDPHP, keynote speaker Diane Cameron, 2Shea Catering and all our incredible RSVP volunteers who attended. CSSC would not do one tenth of what it accomplishes without the incredible support of so many wonderful volunteers!

If you are interested in learning more about volunteer opportunities, please contact Christine Tremblay at 518-459-2857 ext. 308 or ctremblay@colonieseniors.org



Volunteer Luncheon  
Sponsor



Colonie Senior Service Centers, Inc. is the grantee of Retired Senior Volunteer Program (RSVP) for the Capital Region



Get ready to get busy  
this summer and  
put social in your life.

**THE CENTER's July,  
August, September  
Catalog has been  
released.**



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

**THE CENTER** is underwritten by:

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## The Beltrone Golf Classic is Teeing Off in September!

You are invited to join CSSC for the 30<sup>th</sup> Annual Salvatore R. and Anna E. Beltrone Golf Classic on Monday, September 11<sup>th</sup>, at Schuyler Meadows Golf Club in Loudonville. This year's tournament will have a shotgun start at 12:15 p.m. and a full flight of golfers. Various sponsorship opportunities are available to fit everyone's needs.

If you would like to join us for The Beltrone Golf Classic or like more information, please contact Suzanne Maloney, CSSC's Development Director, at 518-459-2857 ext. 304 or at smaloney@colonieseniors.org. You may also visit our website at [www.colonieseniors.org](http://www.colonieseniors.org).

This is a great day and way to put your donation into action. We look forward to seeing you on September 11<sup>th</sup> as we are teeing off for a fabulous day of golf and fun at Schuyler Meadows Golf Club.





## Mark Your Calendar Music Mondays at The Beltrone

Free concerts on three consecutive Mondays in July. Doors open at 5:00 p.m. Music at 6:00 p.m. Food available for purchase. Sponsored by: Albany Musicians' Association.

**JULY 17** OnKor (Trio)

**JULY 24** Bronte Roman Band (Quartet)

**JULY 31** THE EVIDENCE (DUO)



## Mark Your Calendar

On Friday, October 20, 2023, from 5:00 to 8:00 p.m., please join CSSC for "Bootin', Scootin' Fallallapalooza" a celebratory fall festival taking place on the Pruyn House grounds in Latham. This CSSC inaugural event is being held as a community wide, intergenerational fall season celebration featuring live bands, dancing, food and activities/contests for all ages. Contests will include: Pumpkin Totem Pole Carving, Costume, Tombstone Creativity and Floral Design. Tickets will be \$25 for adults. Children 12 and under are free. Stay tuned for additional details in upcoming newsletters and emails.

### Event Sponsors

**BBL Construction Services**



## Defensive Driving Classes

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

- **Thursday, July 13, 2023, from 9:00 a.m. to 3:30 p.m.**
- **Tuesday, July 25, 2023, from 9:00 a.m. to 3:30 p.m.**
- **Thursday, August 10, 2023, from 9:00 a.m. to 3:30 p.m.**
- **Thursday, August 24, 2023, from 9:00 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.

## HANDY PERSON NEEDED! REWARDING AND GET PAID!

Umbrella of Colonie, a program of Colonie Senior Service Centers, Inc. 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](mailto:sherald@colonieseniors.org)



## July's Community Drive Thru Dinner

On Thursday, July 13, let's celebrate summer with a fabulous lobster roll dinner prepared by Mazzone Hospitality that will make you feel like you are vacationing at the ocean.

July's menu will consist of the following:

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

**The cost of a meal is \$25** and reservations are required.

Meal pickup will be between 4 and 5 p.m. at The Beltrone Living Center, 6 Winners Circle, Albany. To make your reservation, please call 518-459-2857, ext. 340.

## Interns at Bright Horizons

Do you know when National Ocean Day was? It was June 8, 2023. Thanks to our Maria College Occupational Therapy Assistant intern, SiNae M., our members discovered the joy of constructing jellyfish mobiles and creating creatures from the sea with clay. Our colorful jellyfish creations are hanging from the ceiling in Bright Horizons for everyone to enjoy. SiNae will be a part of our team until August 2023. Student interns in many disciplines volunteer throughout the year at Bright Horizons. Interns are an integral part of our person-centered programming. They develop and implement the activities they create for our monthly calendar each month. Our program is enhanced by the incredible compassionate students who engage our seniors each day, and live in the moment with them.



## August's Community Drive Thru Dinner Thursday, August 17, 4:00 p.m. to 5:00 p.m.

### Menu

- **Slider Trio**  
Pulled Pork, Grilled Chicken, and Cheeseburger
- Pasta Salad
- Chilled Saratoga Melon Bisque
- Marinated Tomato Salad, Basil Vinaigrette
- Pecan Pie

These wonderful drive thru meals are available to anyone in the community. Reservations are required and the **cost is \$16 per meal**. To make a reservation or for additional information, please call 518-459-2857 ext. 340.



## Senior Dining Program

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. Suggested participant contribution is \$3.00 **Registration and Reservations are Required for this program.** Call Liz at 518-459-2857 Ext. 303 for Reservations by 12pm the business day before.

**Friday, July 7th at 12:00pm:** Come enjoy lunch with the community and a musical performance by Holly Beltran. Holly has been entertaining audiences of all ages with her unique combination of songs, dance and props for over 15 years! She will be playing some patriotic songs along with her main genres of Jazz, Broadway and Country. Lunch served will be Chicken Broccoli Alfredo, Caesar Salad, Juice & Pudding.

**Monday, July 10th at 5:00pm:** Come enjoy a BBQ Chicken dinner with the community and the sounds of "Just Friends" Jazz trio! "Just

## July 2023 Menu Menu items are subject to change

7/3	Meatloaf & Mashed Potatoes	7/17	Shrimp Scampi over Angel Hair
7/4	<b>CLOSED Independence Day</b>	7/18	Pulled Pork Sandwich
7/5	Oven Fried Fish Sandwich	7/19	Chicken Pesto Lasagna
7/6	Eggplant Parmesan	7/20	Mushroom, Spinach & Cheese Quiche
7/7	Chicken Broccoli Alfredo	7/21	Chicken Cacciatore
7/10	Lunch: Stuffed Pepper	7/24	Baked Ham + Scalloped Potatoes
7/10	Dinner: BBQ Chicken	7/25	Salmon Cakes
7/11	Seafood Mac & Cheese w/Broccoli	7/26	Garlic Ricotta Pizza with Broccoli
7/12	Chicken & Dumplings	7/27	Chicken Piccata
7/13	Grilled Cheese + Tomato Soup	7/28	Vegetarian Antipasto Salad + Italian Wedding Soup
7/14	Meatball Sub	7/31	Chicken Parm w/Ziti

Friends" is jazz trio of woodwinds, acoustic bass, electric guitar and vocals! Dinner will be accompanied by Baked Beans, Potato Salad, Carrots, Fruit Cup & Strawberry Shortcake.

**Tuesday, July 18th at 12:00pm:** A returning favorite, Rhiannon R. Clauss, D.C. is going to dive deeper into another one of the "5 essentials of health" – Optimal Nerve Supply.

Your spine is the lifeline that connects all cells, organs, and systems in the body, making it responsible for all function and healing. By optimizing the nerve supply, you allow the body's systems to interact and integrate without interference, unlocking the body's own natural potential for health, healing, and peak performance.

## Donations in Action – Through CSSC seniors are active!



**1** CSSC staff happily helping volunteers to setup for monthly Regional Food Bank Community Food Drop at BLC

**2** Happy International Club Diners at Civitello's in Schenectady

**3** Former Rockette Janet Murphy and one of her Timeless Tappers perform at a special lunch

**4** Boy, did we have fun at Troy's Hidden Garden Tour

**5** We took a commercial coach bus to NYC to visit the United Nations and do a walking tour

**6** Two of Sheehy Manor's wonderful volunteers serving delicious desserts

**7** CSSC proudly participated in Albany's Pride Parade

**8** Thank you to CSSC's incredible volunteers!

**9** Staff and volunteers feed almost 50 participants at our Dumpling Cooking Demonstration at KTSC

**10** An incredible Sacred Spaces outing to Al-Hidaya Center in Latham. So educational!

## 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  
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518-459-2857, ext. 305

### Administrative Operations and HR

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### AmeriCorps/RSVP and Volunteers

Christine Tremblay, Director  
518-459-2857, ext. 308

### Senior Dining

Liz Hatlee, Director  
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518-459-2857, ext. 303

### Tool Box

Leonard G. St. Gelais, Coordinator  
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518-608-4758

### Transportation Services

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To Schedule a Ride: 518-459-6064

### Umbrella of Colonie

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518-459-2857, ext. 311

### The Beltrone Living Center

Jessica Flynn, Site Manager  
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518-459-2711

### King Thiel Senior Community and Sheehy Manor

Aimee Richardson, Site Manager  
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King Thiel: 518-429-6292  
Sheehy Manor: 518-782-2350

### Media and Communications

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518-459-2857, ext. 337



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

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ORGANIZATION  
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Albany, N.Y.  
Permit No. 74



## 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.

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:



## In Memorandum and Gratitude

Mary Finley, who worked for Colonie Senior Service Centers, Inc. from 1998 to 2008, passed away on December 15, 2022 in Florida where she lived in The Villages for the last decade of her life. While with CSSC, she served as the organization's Program and Services Director, as well as taking the lead in filling both Sheehy Manor when it opened in 1998 and The Beltrone Living Center which opened the following year. She was an extraordinary woman who contributed much and was adored by all she came into contact with.

We want to thank Mary posthumously for remembering CSSC in her will. Her thoughtfulness and generosity are much appreciated by the everyone at Colonie Senior Service Centers, Inc.