



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

# SENIOR CONNECTIONS

OCTOBER 2023 | Volume 37, Edition 10



## Mark Your Calendar for CSSC's "Bootin', Scootin' Fallallapalooza"

On the grounds of the Historic Pruyn House Friday, October 20, 2023, 4:30 – 8:00 p.m.



Carrie Hillenbrandt

The Bootin', Scootin' Fallallapalooza is designed to be an intergenerational, celebratory fall festival open to all. It is chaired by Carrie Hillenbrandt, Senior Vice President at BBL Hospitality, with DJ Kevin Richards from 100.9 The Cat serving as emcee. This event will take place in the Buhrmaster Barn as well as on the grounds of the historic Pruyn House complex in Latham on Friday, October 20 from 4:30 to 8:00 p.m. "Bootin', Scootin' Fallallapalooza" will feature live bands including the Hammerhead Sharks and the New Whiskey River Band. In addition to dancing, activities, food and beer concessions, a Hot Coco Bar, and a children's art station will be featured.

Get yourself moving and grooving. Join us at 4:30 p.m. for a beginner line dancing lesson in the Buhrmaster Barn with Kevin Richards before the live music begins at 5:00 p.m.



Kevin Richards

Be part of the fun, win fabulous prizes as well as bragging rights. There will be three contests for all ages offered including Jack-o'-Lantern Totem Pole, Tombstone Epitaph, and Best-Looking Boots. We ask that those interested sign up for two (2) of the contests ahead of time. Those being:

**Tombstone Epitaph** – Using construction foam supplied by CSSC and your own art supplies, create a unique piece of art that will be displayed literally on the ground at the event.

This year's distinguished judges include NYS Writers Institute Director Paul Grondahl and Local Artist Robert Gullie. They will be awarding prizes in the following categories: Best of Humor, Most Profound/Touching/Moving, Most Creative/Artistic and Overall Entry. The more creative and humorous, the better.



**Jack-O-Lantern Totem Pole** - Taking three pumpkins supplied by CSSC, create a themed, stackable creation that will be displayed on a pole with fairy lights. A panel of local artists will judge the entries on creativity and overall theme. This is a great family or work-team project.

There is no fee to participate in these two (2) contests. However, the number of entries will be limited. Entries must be submitted prior to the event.

**NOTE:** The Best-looking Boots Contest will take place during the event.

Tickets for "Bootin', Scootin' Fallallapalooza" are \$25 for adults, \$15 for Seniors, and Children 12 and under are free. To purchase ticket(s) or additional information, please call Madelyn at (518) 459-2857 ext. 340 or [mleisenfelder@colonieseniors.org](mailto:mleisenfelder@colonieseniors.org).

Thank you to our generous sponsors: BBL Construction Services, Mazzone Hospitality, CDPHP, the Salvatore and Anna Beltrone Family Foundation, and Camille Hoheb.



## Message from the Executive Director



Diane and Sharron at the Great NYS Fair

### Happy October!

*"Dogs have given us their absolute all. We are the center of their universe. We are the focus of their love and faith and trust. They serve us in return for scraps. It is without a doubt the best deal man has ever made."*

– Roger Caras

**October 10 Columbus Day  
Indigenous  
Peoples' Day**

**October 31 Halloween**

Who doesn't want to be appreciated? Those of you who have or have had a cherished pet can understand my sincere love of being a pet owner. An animal's love is unconditional. Our Golden Retriever Hooper is always happy to see us (actually any human being) regardless of when or where. Studies show having a pet can help you feel happier, calmer, more connected, less lonely and healthier. I know my husband and I get more steps in our day with the dog's expected morning "long block" walks. So many positives with owning a pet... Pets make appreciation an everyday occurrence and honestly, humans need to know that they are valued every day and they matter. Appreciation serves as motivation and often encourages someone to go the extra mile.

CSSC has a wonderful Board Member who ends almost every interaction with "I appreciate you." What a

beautiful thing to say from one human to another. As you are probably already aware, CSSC has such tremendous staff and volunteers who go above and beyond their daily job duties to fulfill our mission of supporting seniors. So often I am in awe for their dedication, kindness, generosity, creativity and compassion. With everyone's shared sense of purpose, our workplace is busy, engaging and welcoming.

During the month of October, please try to join us for an activity, event and/or lunch. May I suggest getting in the autumn mood at our inaugural "Bootin', Scootin', Fallallaplooza" taking place on Friday, October 20<sup>th</sup>, from 4:30 to 8:00 p.m. on the Pruyn House grounds.

As the Capital Region's largest provider of senior programs and services, Colonie Senior Service Centers is here to support you.

Happy Halloween!

– Diane



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

### October's Outing – Italian and Greek Anyone?



Join Diane and Scott on their next scheduled international excursion to Grecian Gardens, 1612 US-9, Clifton Park, NY 12065 on Tuesday, October 24<sup>th</sup>. (CSSC buses will leave BLC and KTSC at 3:30 p.m.). Opening in 1994, Grecian Gardens is a family owned and operated business offering a wide selection of Italian Entrees, Homemade Soups, Greek Specialties and Specialty Pizzas.

The cost of the meal is \$34, which will include the following: salad, one of three entrée choices (Chicken Ambrosia, Greek Style Pork Chops, or Broiled Haddock), dessert (rice pudding or ice cream) 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.







## Two of Our Residents Showing Off Their Gardening Expertise

### The Beltrone Living Center

This year at The Beltrone Living Center, we began exploring more perennials to beautify the grounds. From initial walk-arounds and planning to collecting donations and planting, resident Judy Hartley has been there every step of the way. If you've ever driven by the building in the early morning hours, you've probably seen her either carefully watering these "baby" perennials, diligently weeding around them or even sprinkling cayenne pepper to ward off the chipmunks! Judy is just one of many residents that volunteer their time and talents to enhance the beauty of our community. We thank you and look forward to watching the magic of these gardens grow over the years to come!

### King Thiel Senior Community

The first home Margurita remembers living in with her family after leaving a German refugee camp was a small apartment on the Rhine River. That is where she learned to garden with her mom. Margurita says that the fruits and vegetables they grew were out of necessity to feed the family but they always made space for beautiful flowers. Margurita's love of flowers and gardening has only expanded over the years and we are grateful today that she shares her talent with her King Thiel neighbors.



## Pumpkin Anyone?

Discover the possibilities of the humble pumpkin in this cooking demonstration. The presenters will highlight the range and diversity of this favorite fall ingredient with different preparations while showcasing the versatile autumn squash.

Pumpkin is also great nutritionally, low in calories and a good source of fiber, containing 50 calories and three grams fiber per one-cup serving. It's an excellent source of potassium, which helps your muscles contract, regulate fluids, maintain normal blood pressure, and balance minerals in and out of body cells.

The class will take place on Thursday, October 26 from 11:00 a.m. to 12:00 noon at King Thiel Senior Community, 17 Elks Lane in Latham.

There is a \$5 fee and will include a light lunch. Space is limited and prepayment for the class is required. To make a reservation, please call Madelyn at 518-459-2857 ext. 340.

## Mark Your Calendar



### Tuesday, October 31

Halloween Party at The Beltrone Living Center Lakeview Room. Costume Contest, Crafts, Trick or Treating and Refreshments. Open to all from 2:00 pm – 3:30 pm.

### Monday, November 6

Jewish Appreciation Night with "Kal Sincha", a Traditional Jewish Quintet

### Monday, November 13

Celebrate Greece with "The Aegean Sounds"



### Healthy Neighborhood: Let's Celebrate

Join CSSC, CDPHP and CCP on Thursday, October 5, 2023 from 1:00 to 3:30 pm in the Lakeview Room at The Beltrone Living Center for an afternoon of activities and information to help improve the health of our community by providing access to health and wellness services and resources. The event will include musical performances, hands-on cooking demonstration with Chef Katelyn Bliss, health screenings, wellness and safety seminars and more. Free and open to all.

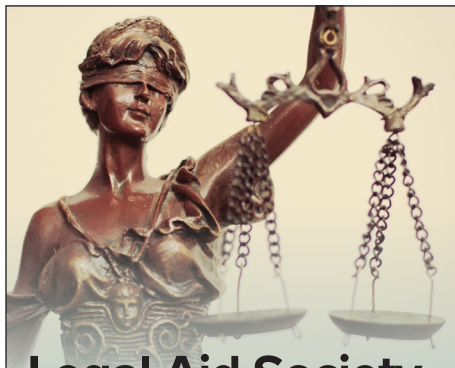


## Introducing Kelli Scott-Kudlack



Kelli Scott-Kudlack joined CSSC in September 2023, as our Director of Development. She most recently worked with the Community Hospice. She has

worked in both for profit and nonprofit organizations and has served in marketing and communications leadership roles for more than 20 years. She has extensive fundraising, public relations and event management experience in healthcare and finance. She attended Russell Sage College. Kelli grew up in Albany and lives there with her beloved dog Gigi. She's an avid baker and won first place in the Irish Heritage Museum's Irish Soda Bread Contest and her cookie recipe was featured in the Beekman 1802 Almanac. Stop by and introduce yourself sometime; she would love to meet you!



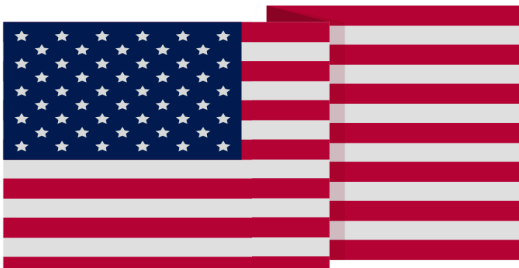
## Legal Aid Society Presentation

The best way to weather a storm is to be prepared ahead of time. The same is also true for planning ahead for the future. Being prepared for what lies ahead when it comes to health, caregiving, wealth, and estate planning is one of the most important things we can do to protect ourselves and our wishes. It also alleviates the burden of tough decisions your family would have to make for you. Not sure where to start? Join us on Wednesday, October 18, 2023, for a Basic Estate & Tax Planning seminar presented by Kristopher Kasnicki of the Legal Aid society from 9:30 – 11:30 am at The Beltrone Living Center. This is a free program open to the public.



## 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, October 10<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.



## Veterans Recognition Luncheon

On Monday, November 6, 2023, 11:00 to 1:00 p.m., Colonie Senior Service Centers, Inc. (CSSC) 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 appreciative.

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.

## Discover THE CENTER at CSSC

From state parks to adventure parks, breweries to bakeries, performing arts to fine art, history to mysteries, **THE CENTER at CSSC** has so much to offer.

Our fall catalog has just been released. The October, November and December catalog is here! Please see all our offerings online. The printed catalog will be in the mail, soon.

### A few October highlights:

Edvard Munch at The Clark, October 6<sup>th</sup>



Adirondack Labyrinth, October 10<sup>th</sup>



Company at Proctor's, October 12<sup>th</sup>



Diane's Secret Tour, October 24<sup>th</sup>



For more information or to join, call Caroline at 518-459-2957 ext. 327.

**THE CENTER** is underwritten by:  
Transportation Sponsor  
Programmatic Sponsor



## Mark Your Calendar

**Wednesday, November 29, 2023**

Mendelssohn Club Concert at The Beltrone Living Center Lakeview room. FREE and open to the public at 5:30 p.m.





## Watch Us Grow

The construction of King Thiel II Senior Community is moving right along. Framing is finishing up, windows are being installed and roof shingles are going on. With over half of the apartments already leased, now is the time to consider moving into CSSC's newest affordable independent senior living project. Expected completion date is on or about June 1, 2024. You can find additional information on the community at [www.colonieseniors.org](http://www.colonieseniors.org) or by calling Diane at 518-459-2857 ext. 305.



## SAVE THE DATE

Please Join Us for CSSC's  
Schenectady County  
RSVP Volunteer  
Opportunity Fair!

Hon. Karen B Johnson Central Library  
99 Clinton Street, Schenectady, NY

Friday, November 17, 2023  
10 am – 1 pm

Come meet the RSVP non-profit  
stations of Schenectady County.

Get volunteer information and learn  
what each station offers the community!

We will have fun door prizes  
and refreshments!

Call Christine Tremblay, Director  
of RSVP for questions  
518-459-2857 ext. 308



**AmeriCorps  
Seniors**



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

## Board News



Aimee Robichaud joined CSSC's Board of Directors in September. In her current position at BBL, she is responsible for branding, development and oversight of the Corporate Styleguide, as well as

all graphic design and entity compliance with corporate standards. She maintains the company's website and social media channels, and administrates the customer relationship management (CRM) platform. Ms. Robichaud also produces and publishes all proposals and RFP responses for new work pursuits of major projects.

Ms. Robichaud has also worked closely with the company's executive leadership and Business Development teams to develop and maintain specific business development strategies. She plans and organizes industry outreach, involvement in events and tradeshows, as well as associated promotions and presentations by subject matter experts.

Originally a Southern California native, Ms. Robichaud now lives in Greenville, New York with her husband and two children, one in college and one high school senior. She greatly enjoys volunteering for charities and non-profit organizations in the community.

**Welcome Aimee!**

## Celebrating a Milestone

In September, a beautiful 25<sup>th</sup> Anniversary Celebration was held for Sheehy Manor. The weather was hot but the live music, delicious food and great company were wonderful.





## 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)



## 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 a safe and accepting place. Join us on Friday, October 27 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.



## Defensive Driving Classes

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

- **Tuesday, October 24, 2023,** from 9:00 a.m. to 3:30 p.m.
- **Monday, October 30, 2023,** from 9:00 a.m. to 3:30 p.m.
- **Saturday, November 4, 2023,** from 9:00 a.m. to 3:30 p.m.
- **Tuesday, November 28, 2023,** from 9:00 a.m. to 3:30 p.m.
- **Saturday, December 9, 2023,** from 9:00 a.m. to 3:30 p.m.
- **Tuesday, December 19, 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.



## October's Community Drive Thru Dinner

**Thursday, October 12, 4:00 p.m. to 5:00 p.m.**

### Menu

**Appetizer:** Harvest Vegetable Soup

**Salad:** Apple-Cranberry Salad with Almonds

**Entrée:** Mac N Cheese Trio – Autumn Vegetable/Seafood/ Pulled Pork

**Dessert:** Pumpkin Latte Pudding

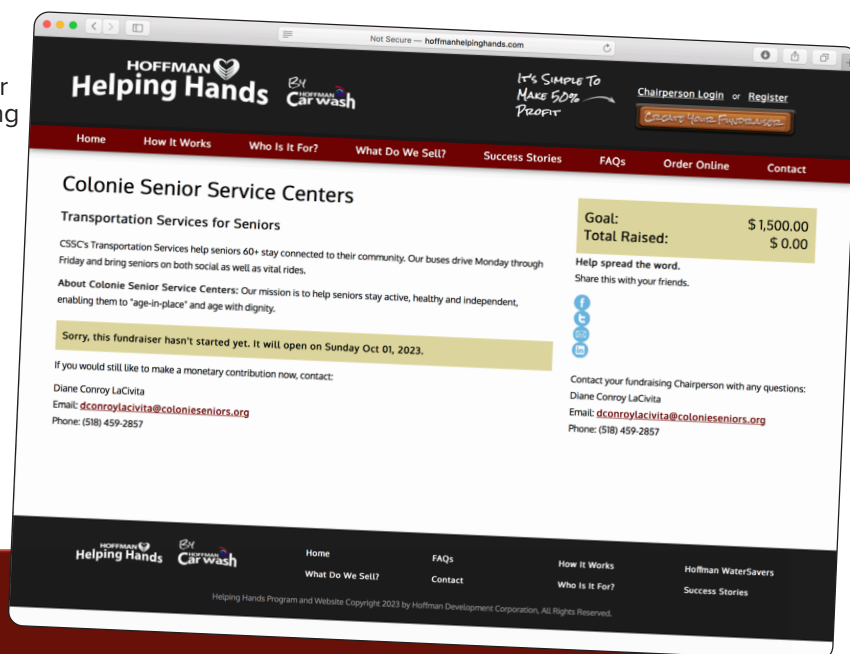
These wonderful drive thru meals are available to anyone in the community. Reservations are required and the **cost is \$16 per meal**. To make a reservation or for additional information, please call 518-459-2857 ext. 340.

## Hoffman Helping Hands

Thank you Hoffman Car Wash for placing Colonie Senior Service Centers, Inc. into your "Helping Hands" fundraising program for the months of October, November, and December.

Visit the link and scan the QR code to visit the online fundraising page.

On October 1, 2023, please donate by going to [www.hoffmanhelpinghands.com/fundraiser.cfm?id=28949](http://www.hoffmanhelpinghands.com/fundraiser.cfm?id=28949) or scan



**Visit the CSSC "Helping Hands" page from October 1, 2023 to December 31, 2023!**



## 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 12:00 pm the business day before.

**Special Lunch Friday, October 6<sup>th</sup> at 12:00PM:** Come hear Gone Grey play oldies and songs you'll want to sing along to. Lunch served will be Grilled Cheese & Tomato Soup, Chickpea Salad, Applesauce and a Cookie.

**Special Dinner Monday, October 16<sup>th</sup> at 5:00PM:** Join seniors in your community for a Pot Roast dinner and a captivating performance by the Electric City Chorus. Their show will include songs from Broadway musicals, pop music, big band standards, love songs, toe-tappers, doo-wop, Motown and hits from across the decades, all sung in our unique four-part a cappella close harmony style. Pot Roast will be accompanied by a Baked Potato, Carrots, Apple Slaw and Carrot Cake.

### October 2023 Menu Menu items are subject to change

10/2	Pumpkin Alfredo & Turkey Sausage Fettucine	10/16	Lunch – Baked Ham
10/3	Chicken & Dumplings	10/16	<b>Special Dinner</b> – Pot Roast
10/4	Cornflake Chicken	10/17	Garlic Ricotta Broccoli Pizza
10/5	Meatball Sub	10/18	Chicken Piccata
10/6	<b>Special Lunch</b> – Grilled Cheese & Tomato Soup	10/19	Salmon Cakes
10/9	<b>CLOSED</b>	10/20	Butternut Squash Soup + ½ Turkey Sandwich
10/10	Chicken Marsala	10/23	<b>Lunch &amp; Learn</b> – Chicken Parm with Ziti
10/11	Chicken Pesto Bake	10/24	Sausage Stuffed Acorn Squash
10/12	Pasta Fagioli w/Sausage	10/25	Beef & Broccoli
10/13	Stuffed Pepper	10/26	Chicken Barley Stew
		10/27	Mediterranean Baked Cod
		10/30	Beef Tips w/Gravy over Egg Noodles
		10/31	Goulash

### Lunch & Learn Monday, October 23<sup>rd</sup> at 12:00PM:

Come hear from a returning favorite presenter, Dr. Rhiannon Clauss, D.C. Dr. Rhiannon has been listening to feedback and will be speaking on a crowd requested topic, degeneration and posture. Lunch served will be Chicken Parm, Ziti, Green Beans, Fruit Cup and a Brownie.

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





















**1** Outing to The Great NYS Fair

**2** Are we having fun yet?

**3** Celebrate Armenia Night

**4** Happy Times at KTSC

**5** Lets Dance







## CSSC Mission Statement

*The mission of Colonie Senior Service Centers, Inc. (CSSC) is to provide comprehensive services to those in our community who are in or approaching their mature years, and to provide support and services to their families and caregivers.*

*Through these services, CSSC strives to ensure the physical, mental, emotional and financial well-being of our participants, improve the quality of life, and to enhance the structure and stability of our community as a whole.*

## Directory

### Executive Director

Diane Conroy-LaCivita  
dconroylacivita@colonieseniors.org  
518-459-2857, ext. 305

### Administrative Operations and HR

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### Driver Fitness Center

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### Finance

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### AmeriCorps/RSVP and Volunteers

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### Senior Dining

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### Tool Box

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### 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

Michael DiGiuseppe, Specialist  
mdigiuseppe@colonieseniors.org  
518-459-2857, ext. 337



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

NON-PROFIT  
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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:



## Join Us for Music Around the World



### Celebrate Italy

Mark your calendar for Italian Night on Monday, October 23, 2023. The event will take place in the Lakeview Room at The Beltrone Living Center.

Doors open at 5:00 p.m. with music starting at 6:00 p.m. Entertainment will be provided by the Good Times Band. Formed forty years ago, The Good Times Band with members John Rizzo on guitar, Nick Rizzo on base and Todd Sardella on keyboard and vocals know all the pop and classic Italian tunes. All originally from Schenectady and related to one another, John explained that their music is as important to them as their family.

This event is possible with funds from the Statewide Community Arts Program, a regrant program of the New York State Council on the Arts with support of The Governor and the New York State Legislature and administered by The Arts Center of the Capital Region. For questions or additional information, please contact Diane at 518-459-2857 ext. 305.

