

Building Teams While Building Community

At Colonie Senior Service Centers, we pride ourselves on creating community that is affordable. We recognize that for most seniors, their primary source of income is Social Security with other sources from investments, pensions, retirement plans and earnings from work.

Since Sheehy Manor's opening in 1998, CSSC has dedicated part of its mission and purpose towards providing affordable and well-maintained independent housing for older adults. Each of our three housing locations, with a fourth currently under construction, are dedicated to allowing our residents to age-in-place in a community that is supportive to their mental and physical wellbeing. Truly the success of our housing initiatives is due to the devoted staff that run the day-to-day operations of these communities.

Sheehy Manor is named in honor of Ann Marie Sheehy, who spent her entire career caring for those who needed support. Managed by Aimee Richardson, CSSC's longest tenured employee and "Ambassador," the community offers 50 one bedroom/one bath apartments for seniors aged 62+ on limited income. In addition to the apartments, Aimee, and her assistant Sue Trainor take every opportunity to help residents save money by applying for additional outside services such as HEAP and Food Bank offerings. According to Aimee, "the residents help each other out and look out for each other."

Aimee, with the assistance of Dell Langlois, also oversees King Thiel Senior Community, which opened its doors on May 1, 2017. With 96 one- and two-bedroom units, the waitlist for these apartments is quite lengthy. Lunch is available three days a week along with a special dinner each month that includes musical entertainment. This community prides itself on its affordability as well as numerous activities and classes that are offered, including line dancing, balance and healthy bones all of which focus on health.

Last but absolutely not least is The Beltrone Living Center, which opened in 1999 offering 250 one- and two-bedroom apartments for individuals 55+. The Beltrone is fortunate to have a commercial kitchen run by Mazzone Hospitality. In addition to lunch being available Monday through Friday, dinner is available Tuesday through Saturday. The number of classes and activities that take place at The Beltrone is plentiful and includes dance, art, music, games and outings. Resident day-to-day operations of The Beltrone are managed by Site Director Jessica Flynn with the assistance of Rachel Hoyka who pride themselves on numerous monthly activities exclusively for Beltrone residents.

With King Thiel II Senior Community scheduled to open on or about June 1, 2024 adding an additional 99 affordable units, Colonie Senior Service Centers expands its apartment portfolio to 500. It is our dedicated staff that make these communities our pride and joy.



(Left) Jessica Flynn, Site Director, Beltrone Living Center
(Right) Rachel Hoyka, Administrative Assistant, Beltrone Living Center



(Left) Dell Langlois, Administrative Assistant, KTSC & Sheehy Manor
(Center) Aimee Richardson, Site Director, KTSC & Sheehy Manor
(Right) Susan Trainor, Administrative Assistant, Sheehy Manor



Message from the Executive Director



Happy December!

"We are all in the gutter, but some of us are looking at the stars. We all have clouds above us but some see their silver linings. We all face difficulties but some of us are grateful that they aren't worse."

—Oscar Wilde

December 5

International Volunteer Day

December 8

Chanukah/Hanukkah
(through December 15)

December 10

Human Rights Day, Nobel Prize Day

December 21

First Day of Winter/Winter Solstice

December 25

Christmas Day

December 26

Kwanzaa (through January 1)

In Search of Happy People...

In November, my husband Joe and I traveled approximately 8,000 miles visiting Dublin, London, and Paris over the course of ten days. It was a trip of a lifetime allowing us to immerse ourselves in history, religion, art, culture, customs, and cuisine. We were sponges absorbing as much as possible; everything from Harry Potter, James Joyce, and Winston Churchill to outstanding meals and musical

performances. We were in London on Armistice Day and witnessed the pageantry of the 'Rekindling the Flame' under the Arc de Triomphe while in Paris.

A huge take-away was meeting people from all around the world including the incredible character performer (docent) Emma at The little Museum of Dublin (who honestly should be on Broadway), the energetic entrepreneur Kevin who fed us at five different eateries throughout the City of Dublin, "Big" Ben who showed us where Harry Potter hung out and was filmed in London and Adzay from Algeria who enthusiastically introduced us to the magic and history of the Eiffel Tower. There was so much positivity amongst these individuals who shared their knowledge as well as those who were learning alongside us.

The trip re-energized us and gave us poise to realize the world is a magical place full of beautiful people. There is so much to learn and appreciate. So often, it is the negativity of a few that forces all the positivity out of the room. I am sure you know who I speak of - the whiner, the complainer, the drama queen/king, the haters...the ones who feel for some reason that they are owed. Honestly, we need to not devote our time and energy to these individuals by surrounding ourselves with happy and optimistic people, the lifelong learners and teachers, the ones who live life to the fullest.

As we close out 2023, I want to thank all the beautiful people that I have the pleasure of knowing. I appreciate you! From Chef Joan, Yono and Harold to Tom G. and Tom D., my coworkers, board members and volunteers, as well as the seniors and their families we serve. Thank you for making this job enjoyable and impactful. Together, we can do incredible things in 2024.

Here's to looking at the stars!

Happy holidays,
Diane

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

December's Outing – Italian Buffet Anyone?



Join Diane and Scott on Wednesday, December 13, 2023 at 4:30 p.m. (buses leaving BLC and KTSC at 4:00 p.m.) for the next scheduled international excursion to Red Front Pizza, 71 Division St., Troy, NY.

The Red Front Restaurant is passionate about the traditional Italian food they cook. Truly a taste of Italy in Upstate New York.

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

Please call Madelyn at 518-459-2857 ext. 340 for additional information or to reserve your spot.



CSSC Needs You!

VOTE, VOTE, VOTE!

Thank you to
Goldstein
Auto Group for
sponsoring CSSC

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

CAPITAL
REGION
GIVES

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 2024. 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.

Voting starts on Sunday, November 19 and runs through Friday, December 8.

To vote for us, please visit: timesunion.com/capitalregiongives

1. Click on "Vote Now"
2. Scroll to your favorite nonprofit you wish to support and vote
3. Each person can vote once per day, per device (laptop, iPad, phone, desktop)

We thank you for your support!



Thank you Goldstein Subaru!

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 2023 to January 2024.



Please choose us as your Charity selection when you purchase a New Subaru only at Goldstein Subaru! will be donated to the Colonie Senior Services Center, Inc.

ENDS JAN 4TH 2024

GOLDSTEIN SUBARU

Make a Lasting Difference by Making a Gift!



Between rising food and gasoline prices, increasing rents, and hikes in the cost of home heating, we have all been impacted by economic challenges this year. In response to this year's unpredictability, Colonie Senior Service Centers, Inc. (CSSC) maintained its ability to assess the changing needs of seniors and offered a safety net of support. Providing a feeling of safety and security is no easy task, nor can it be accomplished alone. It is with the unwavering kindness and collective generosity of supporters like you that we can provide certainty and stability for seniors in need. Because of you, we have been able to successfully navigate new ways of meeting the needs of our community.

All of CSSC's existing Programs and Services are operating and seeing ever-increasing demand. **THE CENTER at CSSC**, RSVP, Bright Horizons, Transportation Services, and Senior Dining all continue to grow. English as a Second Language (ESL), Aging with Pride, Meals that Care and Monthly Food Bank food distributions that grew out of the COVID pandemic and its aftermath to serve newly recognized 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. You can donate online by using our website at <https://colonieseniors.org/product/make-a-gift/> or you may write a check to Colonie Senior Service Centers, Inc., and mail to 6 Winners Circle, Albany, NY 12205.

Thank you in advance for your consideration and generosity!



Chef Joan Dembinski



Chef Paul and Patty Strasser

December's Healthy and Local Cooking Class – "Healthy Appetizers"

Join us on Thursday, December 7, from 11:00 a.m. to 12:00 noon, when well-known Chef Paul Strasser and his wife Patty, along with Chef Joan Debinski, will join up to demonstrate Healthy Appetizers using Paul's fabulous spices that can be put together easily and in no time at all. Class will take place at King Thiel Senior Community, 17 Elks Lane, Latham, with 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 Diane at 518-459-2857 ext. 305.

Respite Volunteers Needed

Would you like to share some of your time, memories, hobbies, and interests with a senior in the community who would benefit from social engagement? Then this program is for you!

The Bright Horizons Bridge to Respite Program is an extension of activities and services we provide through our adult day social program. The New York State Caregiving and Respite Coalition (NYSCRC) grant allows Colonie Senior Service Centers, Inc. to expand respite services within Albany and Schenectady counties. The program is enhanced this year with the inclusion of our "Meals That Care" initiative. This initiative provides a nutritious meal to the senior and in some cases to the caregiver who may be experiencing a health crisis of their own. Guidelines are in place for utilization of the "Meals That Care" initiative.

Volunteers use a free online respite training program through the New York State Respite Coalition and complete an online background check. Trained volunteers provide respite services virtually, telephonically, through home visits, or a combination of all three. Clients receive continuity of care by building a bond with staff and volunteers. One client recently asked one of our volunteers, "Would you like to be my friend and come visit me once a week?" Our volunteers provide mental stimulation from conversations and other activities that promote thinking, concentration, and memory. This enables caregivers time to care for themselves each week.

"One person caring about another represents life's greatest value" –Jim Rohn

If you are a caregiver, healthcare professional, prospective volunteer, community member, neighbor, friend, or family member who would like to learn more about becoming a respite volunteer please contact:

Sue Napierski, Director of Bright Horizons
(518) 459-7967
snapierski@colonieseniors.org



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, December 12th 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.



Maria College "Random Acts of Kindness Day"

Maria College staff and administrators visited our Bright Horizons program again this year in honor of the college's "Random Acts of Kindness Day." The "Be Kind" team arranged by Maria College's Erica Warner, Director of Donor Relations and Stewardship for Maria College and Laurie Collado, Development and Communications Specialist for Maria College, visited with our seniors on Monday, November 13, 2023 as part of the Maria College initiative. The "Be Kind" team was formed for the greater good of the community and they provided goodies to all our members! Our Bright Horizons members, staff and volunteers found that spreading kindness is contagious and kept spreading happiness to others all day. We are very appreciative of the time spent by the Maria College staff sharing laughter and showing kindness to our Bright Horizons members.



Watch Us Grow at 11 Elks Lane, Latham

With over 80% of the apartments spoken for, King Thiel II Senior Community is quickly taking shape and filling up. Sidewalks are in and interior painting has begun. Now is the time to consider moving into CSSC's newest affordable independent senior living community. Expected completion date is on or about June 1, 2024. You can find additional information on the community at www.colonieseniors.org or by calling Diane at 518-459-2857 ext. 305.





Forever Young Singers
is sponsored by:



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.

Hoffman Helping Hands

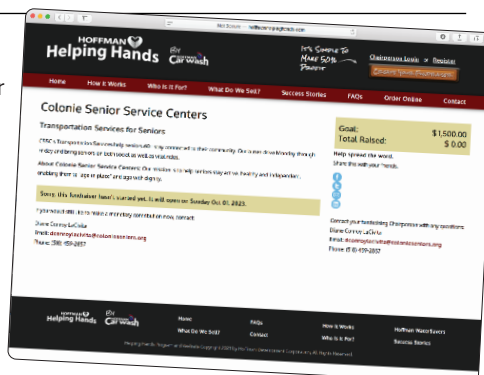
Thank you Hoffman Car Wash for placing Colonie Senior Service Centers, Inc. into your "Helping Hands" fundraising program for the month of December.

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

Please donate by going to

www.hoffmanhelpinghands.com/fundraiser.cfm?id=28949

or scan



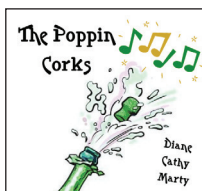
Visit the CSSC "Helping Hands" page from October 1, 2023 to December 31, 2023!

Join Us for Music Around the World

Mark your calendar for two (2) Irish concerts during the month of December. The events 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. A food concession and beverages will be available for sale.

Celebrate Ireland

On Monday, December 4, entertainment will be provided by The Poppin Corks, a new trio playing traditional and contemporary Irish music.



Irish Night

On Monday, December 11, entertainment will be provided by Triskele, a premiere all female celtic band.



Open and free to all, these events are 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.



CSSC's Artists of the Month – Marjorie and Russ Ward

"Portraits in Art", a joint exhibit by husband and wife local artists Russ and Marjorie Ward is being exhibited in the Gallery Hallway at The Beltrone Living Center. Each with their own mediums, she using alcohol ink, he using photography, their creations can help you appreciate art in new ways with their realistic, expressive and whimsical approach.

Marjorie has instructed numerous classes as well as served on many committees for CSSC. Russ has served as CSSC's Board President twice over the last three decades, currently serving in the position of Vice President. Their commitment to Colonie Senior Service Centers and its mission is remarkable.

The exhibit is open and free to all. Their pieces are available for sale and the exhibit will remain up until the end of the year.

Save the Date

Warmth of *Winter*
HELPING SENIORS KEEP THE HEAT ON



Wolferts Roost Country Club
Thursday, February 22, 2024,
from 5:30 – 8:30 p.m.

Please call 518-459-2857, ext. 302 or email info@colonieseniors.org for more information.

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 and their allies 55+ to allow participants to connect with each other and build community in a safe and accepting place.

Next gathering will be Friday, December 1, 2023 from 10:00 to 12:00 noon at The Beltrone Living Center, 6 Winners Circle, Albany. 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.



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. Please see all our offerings online at colonieseniors.org.

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

THE CENTER is underwritten by:

Transportation Sponsor



Programmatic Sponsor





Holiday Angels

We are fortunate to have Broadview Federal Credit Union sponsor this year's CSSC Holiday Angels on December 9th from 9 – 12 a.m.



Defensive Driving Classes

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

- **Saturday, December 9, 2023,** from 9:00 a.m. to 3:30 p.m.
- **Saturday, January 6, 2024,** from 9:00 a.m. to 3:30 p.m.
- **Tuesday, December 19, 2023,** from 9:00 a.m. to 3:30 p.m.
- **Tuesday, January 23, 2024,** 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.**

Roger Dames will be conducting a Defensive Driving Class at King Thiel Senior Community, 17 Elks Ln, Latham, NY on two nights **Thursday, January 4, 2024 from 5:30 p.m. to 8:30 p.m. and Thursday, January 11, 2024 from 5:30 p.m. to 8:30 p.m.** Special two night class at King Thiel is open to all. Attendees are required to attend both nights for certification. **Cost is \$25 per person, due before day of class.**

To reserve your seat, call Madelyn at 518-459-2857, ext. 340.

Holiday Gift Ideas

Are you looking for a great holiday gift that won't break the bank, keeps on giving all year long, or helps to improve someone's quality of life? Then consider these holiday gift items for your mom, dad, friend, or neighbor!

Local Bounty Baskets ... Starting at \$40. Chock-full of local NYS made food and gift items including jam, honey, maple syrup, spices, granola, potato chips and goatmilk soap.

Umbrella Memberships ... Cost based on home-owners annual income. Extending independence at home in the community ... priceless!

CENTER at CSSC Memberships ... \$20 annually. Holder gains discounted access to **The CENTER** trips and classes. Gift of socialization, learning and fun ... invaluable!



Consider Volunteering with The NYS Office of General Services (OGS)

The NYS Capitol Volunteer Program is a great way to help visitors, constituents, and politicians navigate one of the most beautiful capitol buildings in the United States. The Capitol has volunteer positions at the Capitol desk, which is the central information desk in the building. Volunteers provide directions and give general information to visitors, politicians, and others throughout the building and enjoy seeing and hearing democracy at work. Capitol tour guide positions are also an option.

Interested volunteers will be trained to guide patrons throughout the Capitol to be able to tell the amazing story of the architects who designed the building, and governors and legislators who crafted laws that shaped the state today. Tour guides may also learn and conduct seasonal tours such as the Capitol Hauntings Tour, too.

Be a part of a friendly and diverse team within the New York State Office of General Services' Curatorial and Visitor Services Department.

If you are interested in this great program, please reach out to Christine Tremblay Director of RSVP and Volunteer services at ctremblay@colonieseniors.org or 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



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 for food, and \$3 for entertainment. **Registration and Reservations are Required for this program.** Call Liz at 518-459-2857 Ext. 303 for Reservations by 12 p.m. the business day before.

Lunch & Learn Monday, December 4th at Noon: Come listen to Lynn Keys from the American Foundation for Suicide Prevention. The presentation titled “Talk Saves Lives” will provide participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what they can do in their communities to save lives. Lunch served will be Chicken Parmesan.

Special Lunch Friday, December 8th at Noon: Come enjoy lunch with the community and “The Holiday Show” by Don Hyman! Lunch served will be a Mediterranean Baked Cod.

December 2023 Menu

Menu items are subject to change

12/1	Butternut Squash Soup + ½ Turkey Sand	12/18	Cider Braised Pork
12/4	Lunch & Learn – Chicken Parmesan	12/18	Special Dinner – Meat Lasagna
12/5	Sausage Stuffed Acorn Squash	12/19	Meatloaf
12/6	Beef & Broccoli	12/20	Stuffed Shells
12/7	Chicken Barley Stew	12/21	Fall Veggie+ Cheese Quiche
12/8	Special Lunch – Mediterranean Baked Cod	12/22	Chicken Broccoli Alfredo
12/11	Beef Tips w/Gravy over Egg Noodles	12/25	CLOSED
12/12	Goulash	12/26	Chicken & Dumplings
12/13	Bacon, Shrimp + Corn Chowder & ½ Turkey Sand	12/27	Cornflake Chicken
12/14	Butternut Squash Mac & Cheese	12/28	Meatball Sub
12/15	Oregano Lemon Chicken	12/29	Grilled Cheese + Tomato Soup

Special Dinner Monday, December 18th at 5:00pm: Come enjoy a wonderful performance by the “Musicats Duo” while dining with your community! The duo will be playing a tasteful blend from the Great American Songbook and some Latin and jazz tunes.

Donations in Action – Through CSSC seniors are active!



- 1 SCCC Culinary Institute tour.
- 2 Visit to the Patient Safety and Clinical Competency Center at Albany Medical College.
- 3 Touring the Paleontology Collection at the New York State Museum.
- 4 Music Around the World Concert series.
- 5 Visiting Experimental Media and Performing Arts Center (EMPAC).
- 6 Veterans Recognition Luncheon.
- 7 Touring Wilderstein Historic Site and The Beekman Arms and Delamater Inn.
- 8 CSSC's International Diners Club visited Shogun of Delmar.
- 9 “Secret Tour” to Albany City Hall, NYS Capitol, and Irish American Heritage Museum.

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

Carol Ripley, Director
cripley@colonieseniors.org
518-459-2857, ext. 310

Bright Horizons

Susan Napierski, Director
snapierski@colonieseniors.org
518-459-2857, ext. 322
Colonie 518-459-7967

Development

518-459-2857, ext. 304

Driver Fitness Center

Roger Dames, Coordinator
rdames@colonieseniors.org
518-459-2857, ext. 340

Finance

Andrew C. Koenig, CPA, Director
akoenig@colonieseniors.org
518-459-2857, ext. 306

Lifelong Wellness

Caroline Barrett, Director
cbarrett@colonieseniors.org
518-459-2857, ext. 327

AmeriCorps/RSVP and Volunteers

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

Senior Dining

Liz Hatlee, Director
lhatlee@colonieseniors.org
518-459-2857, ext. 303

Tool Box

Leonard G. St. Gelais, Coordinator
lstgelais@colonieseniors.org
518-608-4758

Transportation Services

James Kyme, Director
jkyme@colonieseniors.org
518-459-2857, ext. 301
To Schedule a Ride: 518-459-6064

Umbrella of Colonie

Sharon Herald, Coordinator
sherald@colonieseniors.org
518-459-2857, ext. 311

The Beltrone Living Center

Jessica Flynn, Site Manager
jflynn@colonieseniors.org
518-459-2711

King Thiel Senior Community and Sheehy Manor

Aimee Richardson, Site Manager
arichardson@colonieseniors.org
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

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We are grateful to those who have supported the 2023 Year End Annual Fund

Your donations make a lasting difference to seniors and their families.

Anonymous	Mary Craven in honor of Sister Grace Bacon-Bright Horizons & Transportation	Neil Johanning	Margaret Mayer	Lucille Rinaldi
Ethel Abdelnour	Peter & Kathleen Crouse	Priscilla & Eric Johnson	Francia McCashion	Bruce & Linda Rosenthal in memory of John Wilcox
Virginia Amsden	Jeanine Daigle	David Jones	Geraldine McDonald	Susan Russo
Helga Apkarian	James & Cora Dandles	Kathleen Joyce in honor of Transportation	Maureen McGowan	Beverly Russomano
Andrew Assalian in memory of Andre Assalian	Anna De Sorbo	Margaret Jubert	Joyce Mendrysa in honor of Transportation	Mary Rzeszuto
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Martha Bonaparte	Tom Fisch	Helene Kruse in memory of John & Irene Kruse in honor of Bright Horizons	Jane Murphy in memory of Donald Murphy in honor of Transportation	Maura Seymour
Flo & Jerry Borter in memory of Lou Dobeck & Jean Borter - Bright Horizons	Joanne Fitzgibbon	Kevin & Laura Kuhne	Nancy Rexford & Marlin Pierce	Joseph Simon
Mary A. & Anthony C. Brankman	Mary Fitzsimmons	Jean Kaercher in memory of J. David Kaercher in honor of Transportation	Edward & Mary Jean Neary in honor of Bright Horizons	Skyview Landscapes, Inc
Susan Brennan	Richard Friedman & Suzanne Perry	Roseanne & Steve Kwarta	Connie Neville	Sandra Smith
Mary Brin	Jan Gallas	Henrietta Larson in honor of Bright Horizons	Darlene Newman	Jim Smith in honor of Transportation
Broadway Auto Clinic	Shirley Geraldson	Kathy LeRoux in honor of Transportation	Jim & Nancy O'Connor	Kathleen Smith
Elisabeth Brown	James Germaine	Rosemarie Leuchten	Barbara Oliver in honor of Transportation	Joe Sorrentino
William & Tina Brunell in honor of Transportation	Doris Gleason	Travis Lewin	Paulette Olmsted	Lewis Sperber
Elizabeth Burke	Herbert Gordon	Tom Link	Mary Orr	George & Resa Tanner
Sandra Cade	Charles Graham	Philip Lucia in honor of Transportation	Patricia Palmer	Janice Terry
Gail Carr	Geneva Guerrette in honor of Transportation	Robert Luther	Ruth Pelton	Georgia Thomaidis
Richard Carty	Anna Guerro	Paula Mahan	Jim (James) E. Phelps in memory of Kenneth R. Neri	P.B. Tunny
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Liane Castiglione	Claire Hanley	Rosalie Margolis	Elizabeth Pierce	Joan Walker
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Marilyn Cevera	Dale Hartman in memory of Mary Harris Van Wie	Mary Marx in honor of Transportation	William Rau	John Weyand
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	Marion Jaffarian			Mr. & Mrs. Richard D. Winne
	JH Consulting Group, Inc.			Marianne Witherwax
				Richard Zaccardo

Donations received as of November 17, 2023