



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

# SENIOR CONNECTIONS

MARCH 2024 | Volume 38, Edition 3



## Help us celebrate International Women's Day

**"Inspire Inclusion"**

**Friday, March 8, 2024, 2:00 p.m. to 4:00 p.m.  
The Beltrone Living Center, 6 Winners Circle, Albany, NY**

International Women's Day (IWD) is a global holiday celebrated annually on March 8<sup>th</sup>. IWD gives focus to issues that face women such as gender equality. Spurred on by the universal female suffrage movement, IWD originated from labor movements. The earliest IWD version recorded was a "Women's Day" organized in New York City on February 28, 1909. From these humble beginnings, it was proposed that "a special Women's Day" be organized annually. The following year saw the first demonstrations and commemorations of International Women's Day across Europe. IWD became a mainstream global holiday following its adoption by the United Nations in 1977.

This year's international theme is "Inspire-Inclusion". Please join us on Friday, March 8<sup>th</sup> from 2:00 pm to 4:00 pm in the Lakeview Room at The Beltrone Living Center for breakout sessions, informational tables, demonstrations and live musical entertainment. As of this printing, confirmed attendees include Chefs Joan Dembinski and Kizzy Williams, Capital Cooks co-proprietor Caroline Barrett, the Albany Women's Club, Shaker Heritage Society, the Friends of Pruyn House, Attorney Christina Meier, the Pride Center of the Capital Region, In Your Own Voices, the Timeless Tappers, the Girl Scouts, The International Center of the Capital Region, Teta Marie's, The Albany Women's Club, The Half Moon Button Club, Myan Hands, My Favorite Things, Stampin' Ups, Annabella Designs as well as a musical performance by "Carmen and Life's Guilty Pleasures"... There will be raffles, giveaways and complimentary refreshments.

Thank you to Local 14 Musicians Union and the Meier Law Firm for their support for this event.

This celebration is **FREE** and open to all. For questions and additional information, please contact Diane at 518-459-2857 ext. 305.





## Message from the Executive Director

### Happy March!

March is such a refreshing month. Spring is on its way and there are many observances and holidays to celebrate during the month including Employee Appreciation Day (March 1), International Women's Day (March 8), International Bagpipe Day (March 10), St. Patrick's Day (March 17), International Day of Happiness (March 20) as well as Good Friday (March 29) and Easter (March 31) this year.



My husband and I recently climbed the 215 steps to the pedestal of the Statue of Liberty in New York Harbor. We have been to the Statue several times before but never had the chance of going inside. It was so impressive and educational. We really enjoyed learning about its history including how it was constructed and its subsequent opening in October 1886. (Parisians, watching the statue's construction in their city in the 1880s, proclaimed it the "eighth wonder of the world.") It gave both of us goosebumps as well as humbled us. Lady Liberty should inspire all of us to embrace unity, diversity and the pursuit of a brighter tomorrow. I would very much like to organize an outing to the Statue of Liberty so others can hopefully have a similar experience. We should all make bucket lists of short excursions.

In closing, I want to talk about Mushy Peas, a wonderful Irish inspired side dish. For me, Mushy Peas are like the comfort food equivalent of a warm hug – hearty, simple and surprising pleasurable. My husband, not liking them, says Mushy Peas are an acquired taste. In my time at Colonie Senior Service Centers, I have gotten to know two other individuals who also appreciate Mushy Peas. Recently, one of these individuals passed away.

I realize working with and supporting older adults, we will experience continual change. Individuals enter our lives as others depart. Sometimes a kinship (a special common bond) is formed and it is at these times that true appreciation for having the opportunity to have gotten to know these incredible, beautiful human beings is realized. I am so grateful we bonded over our love of Mushy Peas.

As you celebrate St. Patrick's Day, may the joy of laughter dance in your eyes and the warmth of friendship embrace your heart. I hope to see you at one of our upcoming March events and activities.

– Diane Conroy-LaCivita



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

### March's Outing – Irish Anyone?

Just in time for the St. Patrick's Day, join Diane and Scott on their next scheduled international excursion to Swift's, 95 Everett Road, Albany on Monday, March 4<sup>th</sup> at 4:00 p.m. (CSSC buses will leave BLC and KTSC at 3:30 p.m.).

Opening their doors in June of 2009, the proprietors have not looked back. They have created an atmosphere that is enjoyable and comfortable for both families and sports fans alike. Their three locations are known for their tasty meals and dinner specials.

The cost for this excursion is \$25, which will include an Irish buffet. CSSC Transportation Services are available for those who are unable to drive themselves for a fee of \$10.

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



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

### April's Outing – Allie B's Anyone?



Join Diane and Scott on April's scheduled international excursion to Allie B's Cozy Kitchen located at 353 Clinton Avenue in Albany on Wednesday, April 17 at 4:00 p.m. (CSSC buses will be leaving BLC and KTSC at 3:30 p.m.).

Allie B's is named for the late Allie Bee Bethea, native of South Carolina. In the 1960s, Allie Bee brought her unique recipes and style to Manhattan and began catering and selling food on the streets of Harlem. The tradition continues through her daughter, Kizzy who nine years ago transplanted both her mother's recipes as well as her unmatched customer service and business style to the Capital Region with the opening of Allie B's.

Worth noting, Kizzy is the reigning champ of CSSC's People's Choice Award that is bestowed annually at Chefs in Motion each September.

Allie B's Cozy Kitchen offers award-winning delicious comfort food. Recognized for its outstanding southern inspired cuisine, excellent service and friendly staff, Allie B's Cozy Kitchen is a cornerstone in the Albany community. The restaurant is known for its modern interpretation of classic dishes and its insistence on only using high-quality fresh ingredients.

The cost of the meal is \$28, which will include an entrée (choices will be provided ahead of time) and dessert. CSSC Transportation Services are available to those who are unable to drive themselves for a voluntary donation of \$10 dollars. Space is limited.

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



## Save the Date – Appreciating Italian Cuisine

Theresa Viva, manager at A Second Chance Thrift Shop for the Italian-American Heritage Society, and the self-described "Italian Mama" will share her love and appreciation of the Italian culture and cuisine on Thursday, April 11<sup>th</sup> from 11:00 to 12:00 noon. This demonstration will take place in the community room at King Thiel Senior Community, 17 Elks Lane, Latham.

When Viva was five, her family immigrated from Italy to Philadelphia. They moved to Schenectady three years later. During her career, Theresa worked as a pastry chef in Italian restaurants, as well as owning her own bakery.

The fee is \$5. A light lunch will be served. Space is limited and prepayment for the class is required. To make a reservation, please contact Madelyn at 518-459-2857 ext. 340.



## Two New RSVP Stations

RSVP is thrilled to announce that two local non-profits have joined as RSVP Volunteer Stations!

### The USS SLATER

Volunteers help to preserve the WWII ship docked in Albany and educate visitors on the history of what Navy life was like during WWII.

### Caring Together

Volunteers work together to create a positive and supportive environment for women and caregivers of those diagnosed with gynecological cancers.

Reach out to Christine Tremblay, Director of Americorps/RSVP and Volunteers for further information or questions.

518-459-2857 ext. 308.

ctremblay@colonieseniors.org

## Thank You Rivers Casino

CSSC so appreciated you selecting us as your December nonprofit of the month.



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### Come to Les Mis with THE CENTER at CSSC!

Reach out to Caroline for tickets and info, 518-704-4253

**Les Misérables at Proctors**

Based on the 1862 Victor Hugo novel, Les Misérables is set in 19<sup>th</sup>-century France and tells the story of Jean Valjean, a French peasant who is sent to jail for stealing bread. He breaks parole and is pursued by Javert, a cruel police inspector. The events all take place during the revolutionary period in France, and there's an iconic scene of an attempted government overthrow in the streets of Paris. Les Mis has been in production for 40 years; its characters, sets and music are not to be forgotten!

Thursday, March 21, bus leaves The Beltrone at 11:30 a.m. and returns at approximately 5:30 p.m.

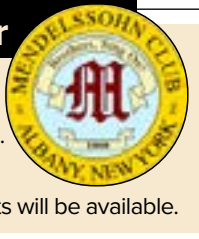
\$89 for members and \$99 for not-yet-members.

### Mark Your Calendar

**Wednesday, March 6, 2024**

Join CSSC for a Spring Mendelssohn Club Concert at The Beltrone Living Center in the Lakeview Room. Doors open at 4:30 p.m. music begins at 5:30 p.m.

Concert is **FREE** and open to the public. Refreshments will be available.



### Watch Us Grow at 11 Elks Lane, Latham

Things are moving right along at King Thiel II Senior Community. The fireplace room is taking shape complete with hanging light fixtures and ceiling fans along with the community rooms and offices. The flooring in the apartments is going down and the hallways are being painted a variety of beautiful colors. With only a couple apartments left, now is the time to consider moving into CSSC's newest affordable independent senior living project. 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.



### Thank you

Special thank you to the Leadership Team at Hannaford (96 Wolf Road, Windsor Plaza, Colonie NY) for selecting us again as their Fight Hunger Bag recipient for the month of March 2024.

CSSC will receive \$1.00 for every \$2.50 Hannaford reusable Community bag sold during the month of March at their 96 Wolf Road store location.





### A Taste of Ireland – Community Drive Thru

On Thursday, March 14, 2024, Colonie Senior Service Centers will be working with Mazzone Hospitality to create an authentic to-go meal entitled “A Taste of Ireland.” The dinner meal will include Potato Leek Soup, Irish Soda Bread, Corned Beef, Potatoes, Cabbage, Carrots, and Chocolate Guinness cake with Irish Cream Icing. Meals may be picked up at The Beltrone Living Center, 6 Winners Circle, Albany, between 4:00 p.m. and 5:00 p.m.

For those who cannot drive to The Beltrone, CSSC will make home deliveries within a small radius of 6 Winners Circle. The cost for the meal is \$17. To make a reservation, please call Madelyn at 518-459-2857, ext. 340.



### April’s Community Drive Thru

**Thursday, April 11<sup>th</sup>, from 4:00 p.m. to 5:00 p.m.**

**Menu**

- Vegetable Barley Soup
- Chicken & Shrimp in Champagne Sauce
- Rainbow Tortellini

- Asparagus
- Roll & Butter
- Strawberry Chocolate Éclair

These wonderful drive thru meals are available to anyone in the community. Reservations are required and the cost is \$17 per meal. For those who have difficulty getting to The Beltrone, CSSC will make home deliveries within a small radius of 6 Winners Circle. To make a reservation, please call 518-459-2857, ext. 340.

### Warmth of Winter

### Thank You...

to the sponsors, supporters, and attendees of the 2024 Warmth of Winter for another successful event!



With your support at this year's event, you have helped to heat the homes of over 200 seniors who struggle to pay their high heating bills over the winter months. Proceeds from the event go toward members of Umbrella of Colonie and seniors throughout the Capital Region.

### FREE Community Concert at The Beltrone

Monday, March 11<sup>th</sup>, Doors open at 5:00 p.m., music begins at 6:00 p.m.


**FEATURING**  
**Kilashandra, A Celtic-Inspired Jam Band**

With the generous support of CDPHP, please join CSSC for an Irish inspired community concert on Monday, March 11 in the Lakeview Room at The Beltrone Living Center. Kilashandra is known for their Celtic, toe-tapping music that is a true social experience. Get into the St. Patrick's frame of mind.

Mazzone Hospitality will have Irish-inspired food for sale. CSSC will have a bar available for beverage purchases. For additional information, please contact Diane at 518-459-2857 ext. 305.



SPONSORED BY CDPHP



### Defensive Driving Classes

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

- Thursday, March 14, 2024, from 9:00 a.m. to 3:30 p.m.
- Saturday, March 23, 2024, from 9:00 a.m. to 3:30 p.m.
- Thursday, April 11, 2024, from 9:00 a.m. to 3:30 p.m.
- Tuesday, April 23, 2024, from 9:00 a.m. to 3:30 p.m.

- Thursday, May 9, 2024, from 9:00 a.m. to 3:30 p.m.
- Tuesday, May 21, 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. To reserve your seat, call 518-459-2857, ext. 340.**



### 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, March 12<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.**

### 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, March 22<sup>th</sup>, from 10:00 a.m. 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.





Bright Horizons Adult Day Services

The Bright Horizons Adult Day Social Program provides a safe place for loved ones who need a supportive environment during the day and respite for their caregivers. We partner with families to offer a program that includes companionship, hot meals, exercise, recreation, and socialization. Our programming is so diverse that we can offer a two-day a week virtual option and trained social respite volunteers who can provide in-home programming. Last year, Bright Horizons provided more than 20,000 hours of respite to caregivers throughout the Capital Region.

Activities vary based on the interests of our members which include music therapy, pet therapy, Tai Chi, giant crossword puzzles, memory/trivia games, word games, arts and crafts, discussion groups, flower arranging, field trips, virtual travel, storytelling, baking group and a walking group. We are committed to continuing our mission of providing quality social adult day services to seniors within the Capital Region.

Do you have time to volunteer? Would you like to share some of your time, memories, stories, and talents with seniors in Bright Horizons? If you answered yes, then this program is for you! Make a difference in a senior's life come and have fun in our program today! Please contact Sue Napierski at (518) 459-7967 or [snapierski@colonieseniors.org](mailto:snapierski@colonieseniors.org)

"There is no greater predictor of human well-being than the amount of social time we spend with one another."

— Tom Roth, Life's Great Question: Discover How You Contribute To The World



(AP Photo/Mary Altaffer)

St. Patrick's Day Parade

Saturday, March 16, 2024 at 2:00 p.m. Buses Will Leave The Beltrone Living Center at 11:30 a.m.

Interested in being in this year's St. Patrick's Day Parade on Saturday, March 16, 2024. CSSC will have two CSSC buses riding in the parade and we are looking for fun, friendly and green-wearing seniors to ride in our buses along the parade route, smiling and waving to the parade goers. If you are interested call Diane at 518-459-2857 ext. 305.

Join Us for April Fools!

On Monday, April 1, from 2:00 pm-3:00 pm, we invite you to join CSSC staff and volunteers for an afternoon of a quick-witted celebration full of riddles and games to celebrate April Fool's Day. In addition to a participatory episode of "Wait, Wait, Don't Tell Me" modeled after NPR's weekly news quiz hosted by Peter Sagal, we will also offer a Scavenger Hunt. The Hunt will begin in Lakeview and take you on a fun and mysterious round-about the south end of the first floor of The Beltrone Living Center. A prize for the first three clue-busters that can bring all the riddles back to Lakeview. Bring your good humor and be ready for practical jokes and hoaxes. Refreshments will be served. This event is free and open to all.

For additional information, please call Madelyn at 518-459-2857 ext. 340.



Traditional Irish Soda Bread Anyone?



Chef Harold Qualters

The demonstration will take place at King Thiel Senior Community, 17 Elks Lane, 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 Madelyn at 518-459-2857 ext. 340.

Is there a better bread in the world than a loaf of Irish soda bread, particularly as we get close to St. Patrick's Day? Irish soda bread, made with white flour, is the cousin to Irish Brown, which was as common as a pint of Guinness or Smithwick's Ale. Although today both are equally popular, brown bread was initially more common because white flour was more expensive.

Join us on Thursday, March 14<sup>th</sup>, from 11:00 a.m. to 12:00 noon, when well-known local Chef Harold Qualters will demonstrate the proper way of making delicious Traditional Irish Soda Bread; just in time for St. Patrick's Day.



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 Tuesday, March 5<sup>th</sup> at Noon:** Come hear a presentation entitled "Irish in the Capital Region" by local author, Albany County Historian and former Assembly Member Jack McEneny. Lunch served will be a Garlic Herb Baked Cod.

**Special Lunch Friday, March 8<sup>th</sup> at Noon:** Come hear Irish tunes from a Beltrone favorite performer, Don Kelly. Lunch served will be Baked Ziti.

**Lunch & Learn Tuesday, March 11<sup>th</sup> at Noon:** Come hear a presentation by Siena College students about AARP Fraud Prevention.

March 2024 Menu Menu items are subject to change			
3/1	Oven Fried Fish Sandwich	3/18	Lunch: Apricot Beef Brisket
3/4	Swedish Meatballs over Egg Noodles	3/18	Special Dinner: Corned Beef & Cabbage
3/5	Lunch & Learn: Garlic Herb Baked Cod	3/19	Chicken ala King
3/6	Chicken Noodle Soup & ½ Turkey Sand.	3/20	Bacon, Shrimp + Corn Chowder & ½ Turkey Sand.
3/7	Cornflake Chicken	3/21	Chicken Cacciatore
3/8	Special Lunch: Baked Ziti	3/22	Grilled Cheese + Tomato Soup
3/11	Lunch & Learn: Chili Con Carne	3/25	Meatball Sub
3/12	Chicken Piccata	3/26	Lunch & Learn: Chicken Pesto Lasagna
3/13	Stuffed Pepper	3/27	Irish Beef Stew
3/14	Chicken Caesar Salad	3/28	Oregano Lemon Chicken
3/15	Seafood Mac & Cheese	3/29	Eggplant Parmesan w/Ziti

**Special Dinner Monday, March 18<sup>th</sup> at 5 p.m.:** Come hear the vocals of Laura Collins "Singing with Seniors" and enjoy a Corned Beef & Cabbage dinner with your community!

**Lunch & Learn Tuesday, March 26<sup>th</sup> at Noon:** Come enjoy Chicken Pesto Lasagna and listen to the Albany Area Senior Orchestra!

CSSC Employee News



Bright Horizons is expanding to King Thiel II Senior Community (KTSC II), and our very own Sarah Perkins will be moving too. Sarah will become the new Site Manager for Bright Horizons Latham. Sarah first started at Bright Horizons Colonie as an intern, while earning her degree in Social Work at Siena College. Sarah returned to Colonie Senior Service

Centers (CSSC) as a Program Assistant in 2016. Since then, Sarah has worked at various locations with Bright Horizons, finally ending up at Beltrone after COVID. Sarah was instrumental in starting up our virtual programs in Bright Horizons and has helped to foster in many new interns. Sarah's leadership and sunny disposition will be great for the members at KTSC II and their new program. The CSSC staff and Bright Horizons members are going to miss her. **Congratulations Sarah!**



The new building, KTSC II, will need a new Site Manager and Rachel Hoyka has accepted the challenge! Many of our Beltrone residents and staff remember when Rachel worked for Mazzone Hospitality. In 2019, Rachel joined Colonie Senior Service Centers (CSSC) as the Front Desk Administrative Assistant. While initially furloughed during COVID, Rachel

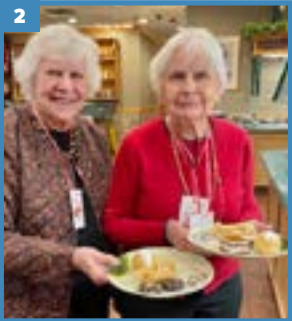
came back quickly to help manage all the databases when CSSC started the Grab n Go program. Rachel also packed/delivered meals, went grocery shopping, and anything else that needed to be done at the time. When the Residential Administrative Assistant position became available in July 2020, Rachel was a natural choice for the role, and she has excelled. Now in June 2024, Rachel is ready to lead a team of her own. While The Beltrone Living Center staff and residents are very sad to see Rachel go, KTSC II is very lucky to be getting her as their new Site Manager. **Bravo Rachel!**

Donations in Action – Through CSSC seniors are active!

1 Getting ready for the Super Bowl at a Community Lunch



2 International Diner's Club participants partaking



3 Year of the Dragon Chinese cooking demonstration



4 Sacred Spaces outing to Seek Temple



5 Kizzy Williams cooking demo at King Thiel





## 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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### Senior Dining

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To Schedule a Ride: 518-459-6064

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### The Beltrone Living Center

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### King Thiel Senior Community and Sheehy Manor

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Colonie Senior Service Centers, Inc.

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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	Connie Neville
Brenda Lovelace-Durant	Women's Association
Kaphi Lee Freihofer	Roessleville
Robert McGrath	Presbyterian Church

Donations received from 1/16/2024 to 2/13/2024



## HANDY PERSON NEEDED!

### REWARDING AND GET PAID!

Umbrella of Colonie, a program of Colonie Senior Service Centers, 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

## In Memoriam

CSSC sadly acknowledges the passing of Chef Kyle MacPherson who recently died of cancer at age 40. MacPherson was low-profile but a beautiful human being, cherished by many. His fiancée Joan Porambo commented recently "I know that doing things for the Senior Center always made him so happy." He will be sorely missed.

