

Thanking Those Who Give

Thursday, August 1st is the official opening day of King Thiel II Senior Community. After years of planning and a year-and-a-half of construction, this beautiful, affordable, independent senior community with 99 units has been realized.

Many have asked, "Who is King Thiel?" as if they missed a day in Social Studies. It is actually not one person, but two: Eric King and Kathlene Thiel, a husband and wife power couple who have been tremendous supporters of Colonie Senior Service Centers for many years. Kathy is the Principal of The Thiel Group which specializes in business mergers and acquisitions. Eric is the President of Equinox Companies which builds and develops real estate all around the Capital Region. He has been at it for over fifty years. They have two children and six grandchildren.

Kathy is passionate about skiing and spending time with their grandchildren. Eric likes to travel, spend time with their grandchildren, as well as collect and drive sports cars. Both are firm believers in giving back to the community and were happy to be part of Colonie Senior Service Centers' goal of providing more affordable senior housing in our area.

Their connection came years ago when Eric was asked to serve on CSSC's Board of Directors. He agreed to join, since he was developing property in Colonie and they both realized that there was an overwhelming need for affordable housing for seniors in the community. Thus, they have been instrumental in building the King Thiel Senior Community located at 17 Elks Lane, Latham which opened on May 1, 2017 as well as our recently opened contiguous property, King Thiel II Senior Community, located at 11 Elks Lane, Latham.

When asked what they have gotten from the involvement with CSSC, Eric responded that he has made many new friends from all walks of life and they are always so happy to meet residents or future residents of the buildings they helped develop. They realize that they have made a difference, a true difference, for so many through their philanthropy and caring. Their involvement and their name(s) associated with CSSC reflects the values, mission and identity that Colonie Senior Service Centers is known for.



Message from the Executive Director



Happy August and Welcome Home!

- August 7**
Happy 96th Birthday
Grandma Carm
- August 10**
Celebrate Your Lakes Day
- August 15**
Happy 34th Birthday Catherine
- August 26**
Happy 26th Birthday Louis
- August 27**
Just Because Day

The eighth month of the year is often seen as the last hurrah of warm weather. August is widely considered the end of summer as individuals squeeze in last-minute vacations to the beach or Adirondack Mountains before getting themselves organized for the start of the fall season.

This year, we are celebrating August as our “Welcome Home” month with the opening of CSSC’s fourth independent, affordable, living community, King Thiel II Senior Community, located at 11 Elks in Latham. We are officially opening our doors to this beautiful community on Thursday, August 1, 2024, after over 15 months of construction and two years of planning.

Saying “welcome home” is a warm and inviting gesture that conveys a sense of belonging and comfort. It suggests that the person being greeted is in a place where they are

accepted, appreciated, and safe. Although this phrase often implies a return to a familiar and cherished environment, we use this phrase as the beginning of a new chapter in the residents’ lives where they will find an environment that is supportive and encouraging.

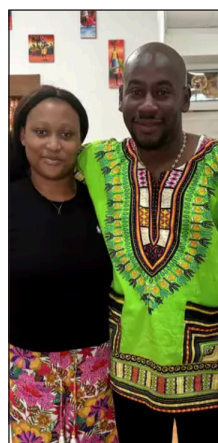
At Colonie Senior Service Centers, we take immense pride in our role as a steadfast support system for older adults. Our mission is to enhance the quality of life, independence, and well-being of seniors through comprehensive programs and services, and community engagement. Hurrah for new chapters!

On a personal note, my husband Joe and I are overjoyed to announce the future arrival of precious twins due in late November to our daughter Catherine and son-in-law Joe. They will be our first grandchildren, bringing twice the love and happiness into our lives. Our hearts are overflowing with love and gratitude. (Grandma Carm is over the moon knowing soon she will be a great-grandmother.) We very much look forward to joining the “Grandparents Club.”

Happy summer,
– Diane Conroy-LaCivita

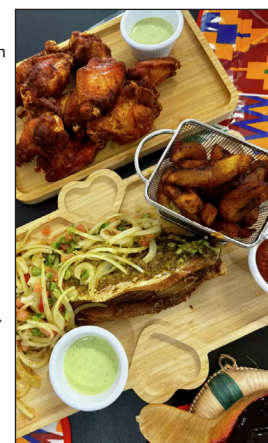


CSSC’s International Diners Club – For the Love of Food August’s Outing – African Inspired Cuisine Anyone?



Join Diane and Scott on their next scheduled international excursion to have authentic African inspired cuisine at The Seasoning House on Tuesday, August 13th at 4:00 p.m. (CSSC buses will leave BLC and KTSC at 3:30 p.m.). The Seasoning House, located at 49 Third Street in Troy, is considered one of the best African restaurants in the area. Husband and wife owners, Mathieu Niamke and Raissa Doumbia, moved from their hometown of Abidjan in Cote d’Ivoire to Queens in 2013 and then to Pittsfield in 2017 where they opened their original restaurant to rave reviews. Moving to Troy in 2024 has been our gain with recipes from Ghana, Senegal and Nigeria being featured. The cost is \$28, which will include an entrée and sides, beverage, and dessert. This is an evening not to be missed. 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.

Photos Courtesy of Albany Times Union



Experiences are Better than Souvenirs

Ditch the tchotchkes and believe in collecting moments, not things. Whether its participating in wine tasting or yoga, every moment partaking in **THE CENTER** at CSSC’s activities is a memory waiting to happen. Let your curiosity run wild.

THE CENTER is underwritten by:



MARK YOUR CALENDAR

6th Annual Chefs in Motion: Culinary Tasting and Competition Monday, September 16, 2024 from 5:30 p.m. to 8:00 p.m. at The Beltrone Living Center



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. There will be a

\$500.00 cash prize for Judges Choice and People’s Choice. Let us celebrate local produce, products and local culinary talent/restaurants while supporting transportation for local seniors. It is a win-win-win initiative.

General Admission is **\$50** and **\$30** for Seniors.

To make a reservation, call Sharon at 518-459-2857 ext. 302.

Chefs in Motion Sponsors



The Salvatore and Anna Beltrone Family Foundation



Recap of RSVP Volunteer Appreciation Luncheon

On June 27, 2024, CSSC held its Annual RSVP Volunteer Appreciation Luncheon in the Italian American Community Center, 257 Washington Ave Ext, Albany, NY. With almost 150 in attendance, the event was spectacular. Thank you to event sponsor CDPHP, keynote speaker Kizzy Williams, 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.



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

The Art of Writing an Obituary Workshop



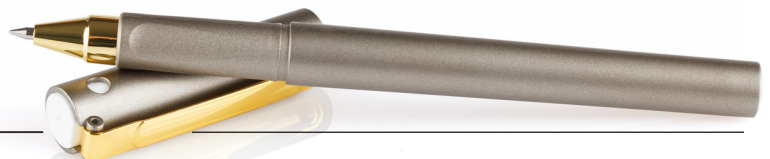
Photo Courtesy of Albany Times Union

The obituary pages are a well-read part of any newspaper, and many people are drawn to the section. Often times, we scan the obituary pages searching for individuals we knew or recognize. Sometimes we read someone’s obit because of the photo or graphic used or their age or the length of the obit. There is truly an art to writing an unforgettable and proper obituary.

On Thursday, August 15, from 10:30 a.m. to 12:00 Noon at The Beltrone Living Center, local celebrity Paul Grondahl will host an obituary writing workshop. Paul Grondahl is the Opalka Endowed Director of the New York State Writers Institute at the University at Albany, one of the nation’s pre-eminent literary presenting organizations. He is an award-winning journalist who

worked as a reporter for 33 years at the Albany Times Union, where he still contributes a weekly column. He was named director of the Writers Institute in 2017 and is also a distinguished alumnus in arts and letters at UAlbany, where he earned a master’s degree in English. He is the author of several books, including political biographies of Albany Mayor Erastus Corning 2nd and Theodore Roosevelt. He recently collaborated with H. Carl McCall on his memoir, Truly Blessed and Highly Favored, published by SUNY Press. He is at work on a biography of Andy Rooney.

Space is limited, registration is required and there will be a little required prep work beforehand. The fee is \$15 for members of **THE CENTER** and \$25 for not-yet-members. For additional information or to register, please call Madelyn at 518-459-2857 ext. 340.





Recap of Bright Horizons 2024 Picnic

The Bright Horizons Social Adult Day Program picnic was held on Friday, June 28, 2024, in the Lakeview Dining Rooms A & C from 12:00 p.m. – 2:00 p.m. for all Bright Horizons members, their families, and caregivers. Approximately 85 people attended. Bright Horizons staff and volunteers, along with Mazzone’s staff, served hotdogs, hamburgers, an assortment of salads and ice cream treats to our attendees. We were very fortunate to have Mr. Paul Slusar, a “one man” multi-talented musician, as our entertainment for the event. Paul got everyone to move their feet and a good time was had by all! Thanks to everyone who supported this event for our seniors and their caregivers.

Aging with Pride

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, August 16th from 10:00 a.m. to 12:00 noon at The Beltrone Living Center, 6 Winners Circle, Albany, and every 3rd 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.



FREE Community Concert at The Donald Led Duke Senior Center Pavilion on the King Thiel Campus

11 Elks Lane, Latham

Thursday, August 1, 2024
Doors open at 4:00 p.m.,
music begins at 4:30 p.m.

FEATURING “5 Left”



With the generous support of CDPHP and the Jim Clark Community Performance Fund, Local 14, please join CSSC for an “Oldies Show” concert on Thursday, August 1st at The Donald Led Duke Senior Center Pavilion on the King Thiel Campus, 11 Elks Lane in Latham. 5 Left will play familiar, toe-tapping music from the '60s and beyond.

Food and beverage will be available for purchase. For additional information, please contact Diane at 518-459-2857 ext. 305.

Concert
Sponsored by



Defensive Driving Classes

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

- **Thursday, August 8, 2024, from 9:00 a.m. to 3:30 p.m.**
- **Tuesday, August 27, 2024, from 9:00 a.m. to 3:30 p.m.**
- **Tuesday, September 17, 2024, from 9:00 a.m. to 3:30 p.m. held at King Thiel II, 11 Elks Lane, Latham.**
- **Tuesday, September 24, 2024, from 9:00 a.m. to 3:30 p.m.**

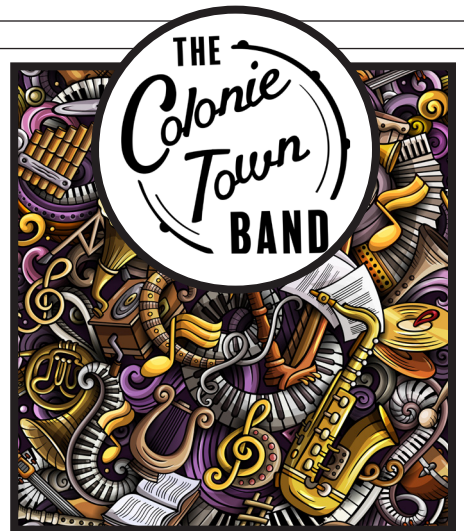
All Classes except September 17, 2024 will be held at The Beltrone Living Center,



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.



Save The Date

Please join CSSC as we welcome the Colonie Town Band on:

Monday, August 5, 2024 at 7:00 p.m. in The Donald Led Duke Senior Center Pavilion, King Thiel Senior Community Campus, 11 Elks Lane, Latham

This event is free and open to the public. Call 518-459-2857 ext. 340 for questions.

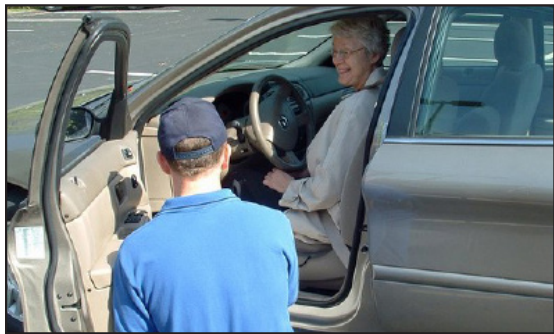
Car Fit

Presented by CSSC's Driver Fitness Center your road map to driving safer and longer.

Thursday, Sept 19, 2024
from 1:00 p.m. to 3:00 p.m.
The Beltrone Living Center's North Parking Lot
Car Fit is FREE but registration is required!

Call to register for your 20-minute evaluation to ensure your proper fit in your vehicle based on a 12-point checklist including safety belt fit, steering wheel tilt, etc.

To register for Car Fit call Madelyn at 518-459-2857, ext. 340.



Welcome New Employees

Kelsie Torello

Kelsie Torello recently joined CSSC as an Administrative Assistant at The Beltrone Living Center. Kelsie was born in Albany but grew up in Central New York, near the Finger Lakes. She has a Master's in art history from John Cabot University in Rome, Italy. Kelsie loves reading, sewing, board games and art history, particularly ancient and medieval history.



Janice Whitney

Janice "Jan" Whitney recently joined CSSC as an Administrative Assistant at our newest facility, King Thiel II. Previously, Jan worked at St. Peter's Health Partners many years as well as at a fast-paced hedge fund firm, insurance and in sales. Janice is very involved in volunteering for a pit bull awareness group, Out of the Pits, and has rescued many throughout the years. When not at work, Janice enjoys spending time with family and friends, especially her husband and high school sweetheart Jerry and their fur-babies, as well as going to the beach, kayaking, gardening and cooking.



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

Happy 70th Anniversary to Jerry and Janice

This year is a special one when it comes to anniversaries around The Beltrone Living Center. Not only is it the building's 25th anniversary but two original residents of the building are celebrating their 70th wedding anniversary. "It's the best place we ever lived" exclaimed Jerry Allen, an almost 25-year resident of The Beltrone Living Center along with wife, Janice. The couple met during high school in Idaho, married in August of 1954 and went on to travel the world before settling in the Capital Region, eventually becoming one of the first residents to ever live at The Beltrone. Over the years, Jerry and Janice have witnessed many welcome changes to the building and staff alike. They hope it "continues this way, because it's fantastic."

Just like the building, their relationship has evolved over the years. Janice relies on Jerry for more help these days, but the love between them remains as strong as those early days in Idaho. When asked about their plans for their anniversary, Janice answered "as long as I'm with him, that's all that matters – he's the best." From all of us at Colonie Senior Service Centers, happy anniversary Jerry & Janice!



CSSC's Frozen Meals and Soups To-Go a HUGE Success

Initiated in May and designed for takeout, CSSC's frozen entrees can be heated both in a microwave or a conventional oven. Menu selections vary and feature favorites our current diners enjoy. Each delicious meal contains a protein, a starch and a vegetable, and cost \$6. each. There are also a wide variety of homemade soups available at a cost of two (2) for \$6.

Both the frozen meals and soups are available to all and can be purchased Monday through Friday when the café/stores at both The Beltrone Living Center, 6 Winners Circle, Albany, and King Thiel Senior Community, 17 Elks Lane, Latham, are open, approximately 9:00 a.m. to 3:00 p.m.

For additional information please call Diane at 518-459-2857 ext. 305.



Neighbor Helping Neighbor

As an agency, CSSC continues to support local residents as a good neighbor in partnership with the Regional Food Bank. Our monthly food distribution day helps those in need. Join us on **Tuesday, August 13th approximately 11:00 a.m. to 12:00 noon at The Beltrone Living Center. Please bring your own reusable grocery bag.**

With many people attending, we ask for you to extend patience and kindness to all involved. We do our best to ensure that everyone in attendance receives assistance. **Thank you.**



Let's Celebrate the End of Summer with a Special Outing

Join Diane and Carol for a fabulous one day trip to The Big E in West Springfield, MA, the largest event on the East Coast and the seventh largest fair in North America, on Friday, September 20th. Attendees will enjoy hours of free entertainment and attractions, terrific food, plus the best that New England has to offer. The Big E is considered America's Premier Exposition and world's only multi-state fair, representing all six New England States. Friday, September 20th will highlight the great state of New Hampshire.

We will be leaving from The Beltrone Living Center at approximately 7:00 a.m. returning that evening at approximately 7:45 p.m. The cost is \$55 for members of **THE CENTER** and \$65 for not-yet-members. Transportation on Yankee Trails to and from, snacks and beverages on the bus, and admission into The Big E is included in the cost. If you haven't been before, The Big E grounds are quite expansive so a lot of walking should be expected as well as experiencing different ground surfaces. To make a reservation, please contact Madelyn at 518-459-2857 ext. 340.



Beltrone Golf Classic

You are invited to join CSSC for the 31st Annual Salvatore R. and Anna E. Beltrone Golf Classic on Monday, September 9th, 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 Sharon Herald at 518-459-2857 ext. 302 or sherald@colonieseniors.org.

This is a great day and way to put your donation into action. We look forward to seeing you on September 9th as we are teeing off for a fabulous day of golf and fun at Schuyler Meadows Golf Club. Sponsored by The Salvatore & Anna Beltrone Family Foundation, BBL, Carey Electric, Citizens Bank, Cohoes Savings Foundation, Colonie Mechanical Contractors, R.F. Peck, Rowlands, LeBrou & Griesmer, Tech Valley Drywall Inc, Haylor Freyer & Coon, Mabeys Moving & Storage, Inc., Equinox Companies, Roemer Wallens Gold & Mineaux LLP, RF Peck, Twin Bridges Waste and Recycling, Towne TV, Equinox Companies, Coughlin Landscaping LLC, CDPHP, WCGS Architects, Teal, Becker & Chiaromonte, Saratoga National Bank and Trust Company, and Mazzone Hospitality.



August's Community Drive Thru Dinner

Thursday, August 15th, 4:00 p.m. to 5:00 p.m.

Menu

- **Slider Trio**
- Chilled Vichyssoise
- Pulled Pork,
- Marinated Tomato Salad
- Grilled Chicken,
- Blueberry Pie
- and Cheeseburger

August Drive Thru Dinner cost is \$17 per meal.



September's Community Drive Thru Dinner

Thursday, September 19th, 4:00 p.m. to 5:00 p.m.

Menu

- Butternut Squash-Apple Bisque
- Roasted Garlic Mashed Potatoes
- Tomato-Mozzarella Salad,
- Balsamic Glaze
- Roll and Butter
- Braised Short Ribs of Beef
- Flourless Chocolate Cake
- Green Beans Oreganata

September Drive Thru Dinner cost is \$17 per meal.

These wonderful drive thru meals are available to anyone in the community. Reservations are required. 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.

Senior Dining Program

CSSC Congregate Meal Program August 2024

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.

Special Lunch Friday, August 9th at 12:00 p.m.: Come hear returning favorite singer and songwriter, Carmen Lookshire! She performs various styles of music including jazz standards, showtunes, soul, opera, country, rock, and pop. Carmen is known for her pure

August 2024 Menu <small>Menu items are subject to change</small>			
8/1	Oregano Lemon Chicken	8/19	Lunch – Pulled Pork Sandwich
8/2	Apricot Beef Brisket	8/19	Special Dinner – Meatloaf
8/5	Veggie Pizza	8/20	Chicken Pesto Lasagna
8/6	Shrimp Scampi	8/21	Eggplant Parm w/Ziti
8/7	Meatball Sub	8/22	Seafood Mac & Cheese
8/8	Cornflake Chicken	8/23	Chicken Piccata
8/9	Special Lunch – Baked Ham	8/26	Chicken Broccoli Alfredo
8/12	Chicken Caesar Salad	8/27	Swedish Meatballs over Egg Noodles
8/13	Meatloaf	8/28	Chicken Cacciatore
8/14	Salmon Cakes	8/29	Cream of Potato Soup + ½ Turkey Sand.
8/15	Stuffed Pepper	8/30	Honey Mustard Chicken
8/16	Grilled Chicken w/Pineapple Salsa		

vocals and unforgettable stage presence. Lunch served is Baked Ham. RSVPS due Thursday the 8th by 12 p.m.

Special Dinner Monday, August 19th at 5:00 p.m.: Come enjoy a show by Donny Elvis and a Meatloaf dinner with your community. There will be **NO WALKINS PERMITTED** at this event. RSVPS are due Friday, August 16th by 12:00 p.m.

Donations in Action – Through CSSC seniors are active!



- 1 Notice the CSSC water bottle?
- 2 Thank you to the Colonie Police Department for hosting a summer barbeque at KTSC.
- 3 CSSC seniors enjoy volunteering and attending a Pruy House summer concert.
- 4 Appreciating the Colonie Town Band concert at The BLC
- 5 Let's hear it for our incredible volunteers!

King Thiel II Ribbon Cutting

On July 15, 2024, King Thiel II had its official ribbon cutting ceremony. King Thiel will open on August 1, 2024. It will be our newest senior housing project and has 99 affordable independent apartments.



Photos courtesy of Paul Knapick

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

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

King Thiel II Senior Community

Rachel Hoyka, Site Manager
rhouka@colonieseniors.org
518-459-2857, ext. 339

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
ORGANIZATION
U.S. Postage Paid
Albany, N.Y.
Permit No. 74



Summerfest Recap

CSSC's annual Summerfest and Active Aging Fair, held on June 24, was an absolutely wonderful and heartwarming event that truly embodied the spirit of community. It was a celebration of friendship and welcoming in the summer season.

