



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

# SENIOR CONNECTIONS

February 2025 | Volume 39, Edition 2

## Please join us for Warmth of Winter



Colonie Senior Service Centers, Inc. (CSSC) invites you to join us for the 20<sup>th</sup> Annual Warmth of Winter (WOW) on Thursday, February 20, 2025, from 5:30 p.m. – 8:30 p.m. at Wolferts Roost in Albany. Chaired by Andrea Crisafulli and co-sponsored by Crisafulli Bros., we are happy to once again gather for a delightful evening of wine and craft beer tastings, hors d'oeuvres, delicious cuisine, enticing auction items, games and activities including Dueling Pianos with Rob Aronstein and Mike Purcell.

The event will benefit local seniors with proceeds from Warmth of Winter going directly back to help defray the cost of their heating bills. WOW is

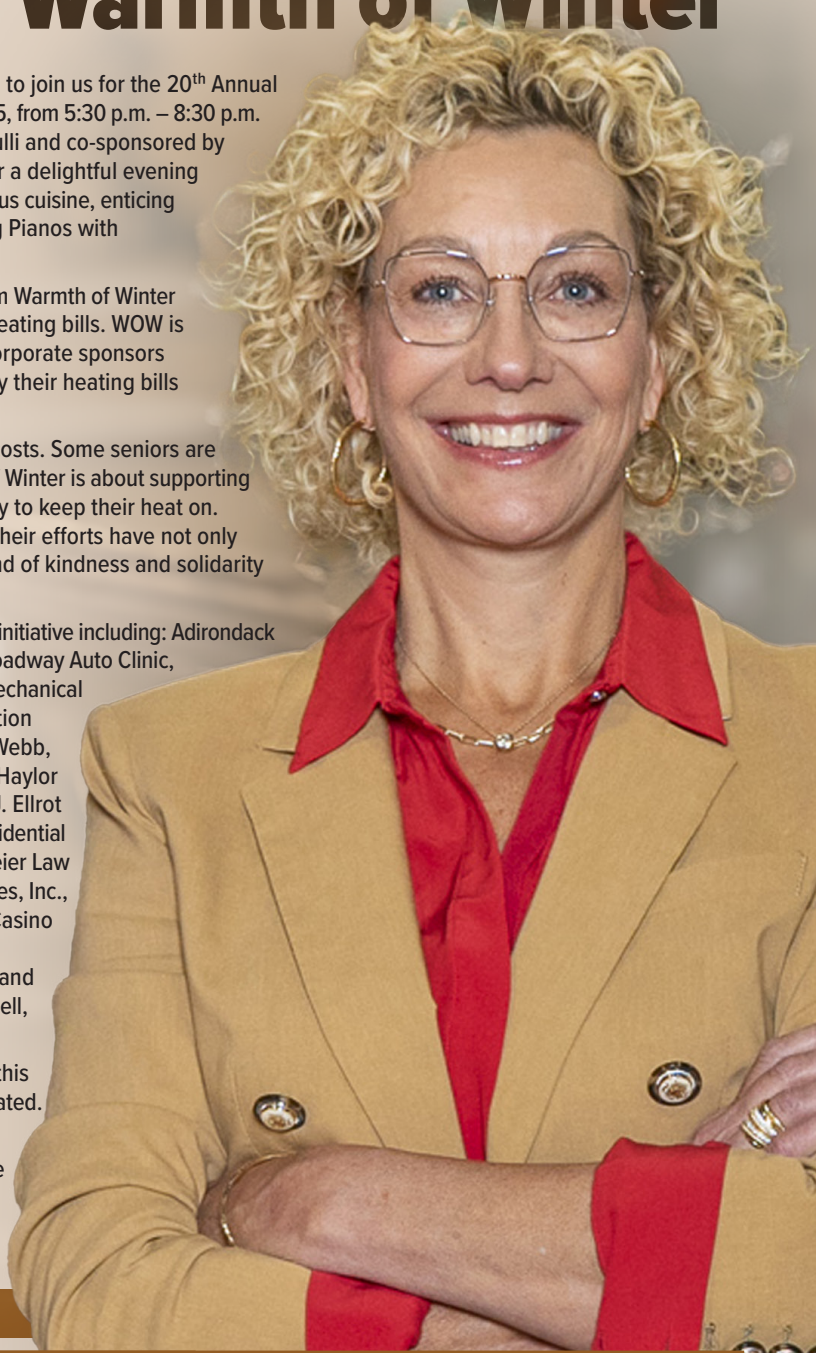
truly about a compassionate group of individuals along with dedicated corporate sponsors organizing a heartwarming fundraiser to support seniors struggling to pay their heating bills during the winter months.

Currently, there are many seniors worrying about the increased heating costs. Some seniors are forced to choose between medications, groceries, and fuel bills. Warmth of Winter is about supporting members of our community; more specifically, our seniors and their ability to keep their heat on. For two decades, the community has rallied together through WOW and their efforts have not only warmed the homes of seniors but their own hearts, creating a lasting bond of kindness and solidarity among neighbors.

CSSC is proud to have wonderful sponsors on board this year to support this initiative including: Adirondack Tire & Service, Airosmith Development, All Signs, Arthur E. Bowen, BBL, Broadway Auto Clinic, CBRE, CDPHP, CM Fox Real Estate, Cohoes Savings Foundation, Colonie Mechanical Contractors, Inc., Crisafulli Bros, DeNooyer Chevrolet, Inc., Empire Insulation Specialties, Equinox Companies, Felthousen's Florist & Greenhouse, FW Webb, Gallagher, Godfrey Financial, GP Fund Solutions, Haase Family Advisors, Haylor Freyer & Coon, Hoffman Car Wash, Integra ENERGY, Jahnel Group, Inc., J. Ellrot Excavating Contractor, Key Bank, Lamarche Safranko Law PLLC, Lennox Residential HVAC, Marra's Pharmacy, Mazzone Hospitality, Mechanical Testing, Inc., Meier Law Firm, PLLC, Merrill Lynch Wealth Management, Metroland Business Machines, Inc., Mohawk Honda, O'Connor Hazelton Group, RBC Capital Markets, Rivers Casino & Resort, RK Charitable Foundation, Rowlands, LeBrou & Griesmer, PLLC, Salvatore & Anna Beltrone Family Foundation, Shepard Communications and Security, Skyview Landscaping, Teal, Becker & Chiamonte, CPAs, Tom Amell, WCGS Architects, and Whiteman Osterman & Hanna LLP.

Additionally, we are absolutely thrilled to have Andrea Crisafulli chairing this meaningful event for the sixth year in a row. Her leadership is truly appreciated.

We look forward to seeing you at this year's Warmth of Winter event. Sponsorship, Honorary Committee memberships and tickets are available for purchase at [www.colonieseniors.org](http://www.colonieseniors.org). If you have any questions or need additional information please call Sharon at 518-459-2857, ext. 302 or email [info@colonieseniors.org](mailto:info@colonieseniors.org) for more information.



Andrea Crisafulli, Warmth of Winter Chair

**Warmth of Winter Sponsors**

518.459.2857 | [www.colonieseniors.org](http://www.colonieseniors.org) | [info@colonieseniors.org](mailto:info@colonieseniors.org) | Connect with us:

Colonie Senior Service Centers, Inc. was established in 1981 as a duly authorized 501(c)(3) not-for-profit corporation.



# Message from the Executive Director



## Happy February

### Black History Month

- |                                    |                                       |   |
|------------------------------------|---------------------------------------|---|
| <b>February 2</b><br>Groundhog Day | <b>February 14</b><br>Valentine's Day | <b>February 20</b><br>CSSC's 20 <sup>th</sup><br>Annual Warmth<br>of Winter |
| <b>February 9</b><br>Super Bowl    | <b>February 17</b><br>Presidents' Day |   |

### *The month of love and compassion, as well as a time of reflection.*

Being fortunate to lead Colonie Senior Service Centers is not something I take lightly. As I often comment, we are so truly fortunate to have such an incredible collective group of dedicated staff and volunteers who truly believe in the organization and its mission.

During the end of December with things slowing down prior to the new year, I took time to go through thousands of old emails and texts. While overwhelming, the majority were full

of praise, gratitude and appreciation. A few were just poisonous, angry and hateful. This gave me time to poise. While CSSC is not perfect, I felt pity for these few individuals who sounded confident, hiding behind their keyboards, lashing out often without merit, full of anger and abomination. Honestly, isn't life too short?

Letting go of the need to always win, be the center of attention, control every situation, demand respect, or wish harm upon others, frees us from negativity and resentment. By consciously pushing those thoughts away, we create space for positivity, compassion, and growth.

We all have the ability to make a difference in this world, no matter how big or small our actions or deeds seem. Supporting each other, giving of our time and talents, and lifting and acknowledging those in need creates opportunities for positive change that can extend far beyond our initial intent. Collaboratively, we can build a stronger, more passionate community. Whether it's volunteering, sharing a kind word or proactive suggestion, or just being present, every effort counts.

True fulfillment comes not from dominating, but from uplifting others and living with an open heart.

I want to sincerely thank everyone who generously gave to CSSC's Annual Appeal. We so appreciate your support!

Lastly, we hope to see you at our 20<sup>th</sup> Annual Warmth of Winter on Thursday, February 20<sup>th</sup>, such a good time for a such good cause.

– Diane Conroy-LaCivita



## CSSC's International Diners Club – For the Love of Food February's Outing – Chinese Anyone?

Join Diane and Scott as they celebrate the traditions of the Chinese New Year! Our excursion will begin on Friday, February 7<sup>th</sup> at 4:00 p.m. at King Thiel, 17 Elks Lane, Latham. We will keep the party going with a Chinese dinner buffet catered by Koto Restaurant. Let's welcome the new year with joy, delicious food, and good company!

Chinese New Year, or the Spring Festival, is an annual festival that celebrates the beginning of a new year on the traditional lunisolar Chinese calendar. Marking the end of winter and the beginning of spring. In 2025, the Chinese New Year begins on January 29<sup>th</sup>, ushering in the Year of the Wood Snake. The Year of the Wood Snake runs from January 29, 2025, to February 16, 2026. The Snake, the sixth animal in the Chinese zodiac, symbolizes traits like intuition and strategy.

The meal cost is \$28, which will include a buffet, dessert and coffee/tea. Transportation Services are available for those who are unable to drive themselves for a fee of \$10.

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





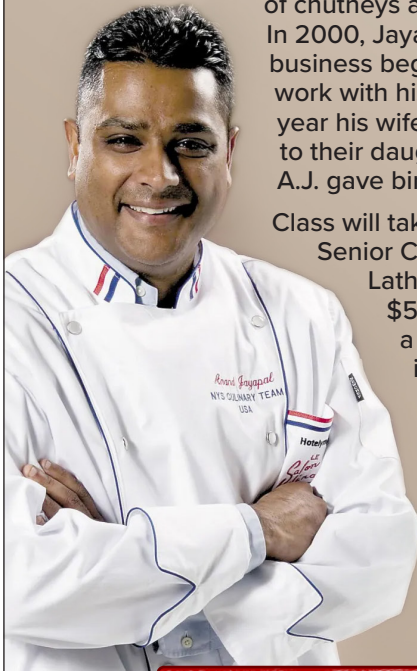
## February's Healthy and Local Cooking Class – Indian Anyone?

Join us on Thursday, February 27<sup>th</sup> from 11:00 a.m. to 12:00 noon, when well-known Chef A.J. Jayapal will demonstrate one of his precious recipes, Kathi Roll, Kabobs-N-Chutney, which is a famous Indian peasant food.

Jayapal, who came to upstate New York with his family from India at age 11, actually earned a degree in electrical construction and maintenance from Hudson Valley Community College. But when he found himself out of work after a temporary electrical job ended, he changed careers. "For some reason I wanted to cook," he said. "I loved to cook at home. My mother was always cooking great Indian food." So, he enrolled in Schenectady County Community College's culinary program. Almost three decades later he is still creating fabulous food in addition to producing his fabulous line of chutneys and marinades.

In 2000, Jayapal's homegrown business began with a desire to work with his native cuisine. That year his wife, Shannon, gave birth to their daughter, Sydney. And A.J. gave birth to Miss Sydney's.

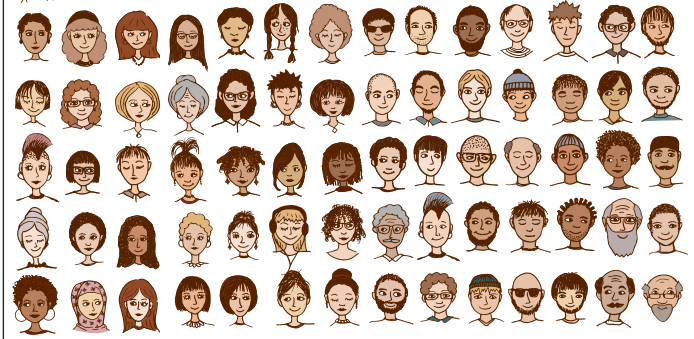
Class will take place at King Thiel II Senior Community, 11 Elks Lane, Latham. The fee is \$5 and will include a light lunch. Space is limited and prepayment for the class is required. To make a reservation, please call Madelyn at 518-459-2857 ext. 340.



**SPACE AVAILABLE**

## Host Your Next Private Event in One of Our Buildings

Looking for the perfect venue to host your next private party, gathering, or special celebration? The Beltrone Living Center, King Thiel Senior Community and King Thiel II Senior Community offers rooms for rent to our residents and the public that may be perfect for your next event—whether it's a birthday, anniversary, corporate event, nonprofit gathering or family reunion. Each building offers something different. For booking inquiries, availability, and pricing please contact Carol at 518-704-4261 or [cripley@colonieseniors.org](mailto:cripley@colonieseniors.org)



## Our Senior Community is a Vibrant Tapestry of Diverse Cultures

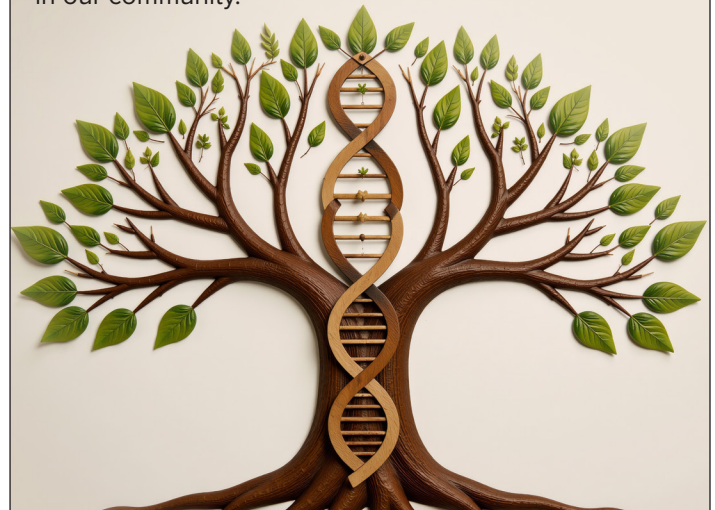
The world would be a boring place without diversity, as it adds vibrancy to life. Fortunately, the King Thiel II Senior Community is full of new residents representing many different cultural backgrounds including Korea, Poland, and India. On several occasions we have been treated to homemade delicious delicacies from these cultures. From these exchanges, we have been able to learn each other's cultures, recognizing the similarities and differences that makeup our tightknit community.

– Rachel Hoyka, KTSC II Site Manager

## Create Beautiful Memories for Future Generations

By creating an estate plan, your wishes benefit the people and institutions you love. As you contemplate your legacy, we ask you to consider Colonie Senior Service Centers (CSSC). When you include CSSC in your estate plans, you help support and sustain CSSC's future for generations of seniors to come by them receiving the support, dignity, and community they deserve.

To learn more about how to include CSSC in your estate plans, please contact Diane at 518-459-2857 ext. 305. Together, we can build a brighter future for the seniors in our community.





## New Partnership Formed to Benefit Seniors

CSSC has partnered with AARP to assist area seniors prepare their taxes.

**On Tuesdays**, tax preparation will be available at our King Thiel II Campus, 11 Elks Lane, Latham. **On Thursdays**, tax preparation will be available at The Beltrone Living Center, 6 Winners Circle, Albany.

**Note:** You must make an appointment (**there will be no walk-ins**) and an informational packet must be obtained and filled out **prior** to your scheduled appointment.

**Space is Limited.** Please call Carol at 518-704-4261 to reserve your spot with a tax preparer.

### Help Older Adults in Our Community with Their Taxes

We will have numerous volunteer positions available to assist with this new initiative. Training and support will be provided for all volunteer roles including greeters and tax preparers. To learn more about volunteering, please contact CSSC's Volunteer Director, Christine Tremblay at 518-459-2957 ext. 308.

## Tool Box

CSSC's Tool Box is a secondhand resale tool store that opened its doors in 2015. Since its opening, Tool Box has kept hundreds of thousands pounds of metal and plastic out of landfills. The store is manned day to day by hard working volunteers, who work together to assist store customers, provide tips and answer questions for any local DIYer or contractor looking for extra help. The Tool Box provides an affordable space for handypeople to purchase necessary items for home improvements at a fraction of the cost. Everything on the shelves at the Tool Box are donations. Our Tool Box volunteers and Store manager work tirelessly to ensure Tool Box customers are getting the best deal on the block, while providing a great community atmosphere.

The Tool Box is looking for volunteers to join their team. The store is open Tuesday through Saturday, 10:00 a.m. to 2:00 pm. Volunteers assist customers, run the register, and take on the occasional "fix-it" project. It is the perfect place for any retired handy people, DIY crafter, or anyone looking for a great volunteer opportunity.

The Tool Box is located at 143 Troy-Schenectady Road, Latham. Right next to the Hill Top Café.



## Winter Warmth: How Active Beltrone Residents Beat the Winter Blues

Despite the cold winds blowing outside as winter settles in, every day our residents continue to make The Beltrone Living Center a lively and warm place to be. Every new year brings new changes, and The Beltrone is no exception, with new and old friends gracing our halls and enlivening our community. Beltrone residents know how to fight the winter blues by being enthusiastic and friendly neighbors around our building. Whether it's organizing food drives for a local food pantry, sharing knowledge and laughs at our monthly trivia games, or just stopping to say hello in the halls, Beltrone residents stay active no matter what the winter weather brings.

– Kelsie Torello, Admin, The Beltrone Living Center

## RSVP Volunteering Continues to Grow

We are excited to share that in 2024 our volunteers donated 21,827 hours to our community. Our program has grown to include 408 volunteers while currently partnering with 63 local organizations for volunteer opportunities.

RSVP has hit the ground running for 2025. Join RSVP today to be a part of a growing team of dedicated volunteers.

We are currently looking for volunteers to help our Senior Dining Program at The Beltrone, our Tool Box Store in Latham, and many of our local Community Stations across the Capital Region are in need of volunteers.

Reach out to **Christine Tremblay, Director of RSVP and Volunteer Services** for more information at **518-459-2857 ext. 308**





## Art Exhibit Reception

**Thursday, February 6, 2025, 4:00 p.m. – 5:00 p.m.**  
**The Beltrone Living Center Gallery Hallway**

The award-winning nature photography of Scott Stoner and Denise Hackert-Stoner of Naturelogues has been widely exhibited, and have appeared in publications such as Birdwatching, National Wildlife, New York State Conservationist, and many others.

Denise and Scott donated many of the photos for the new visitor center at the Five Rivers Environmental Education Center, and are long-time judges for the Albany Pine Bush's annual photo contest.

Scott is retired after a 31-year career with the NYS Department of Environmental Conservation. Denise is an ordained priest in the Association of Roman Catholic Women Priests.

Through their small local business, Naturelogues, Denise and Scott offer natural history slide programs and nature photography workshops for adults and children, as well as sales of their nature photography and note cards. To see more of their work, please visit them at naturelogues.com.



**RECEPTION IS OPEN TO THE PUBLIC**

## CSSC's Frozen Soups and Meals Good for Everyone

CSSC's homemade frozen soups and meals offer a simple, nourishing solution for individuals unable to cook.

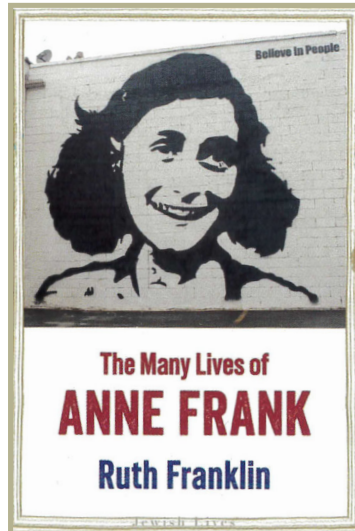
Meals are \$6. Soups are \$3. Available Monday through Friday 9:00 a.m. – 3:00 p.m. at The Beltrone Living Center, King Thiel Senior Community, and King Thiel II Senior Community.



## THE EXTRAORDINARY LIFE AND "AFTERLIFE" OF ANNE FRANK IN FICTION

Join Diane as she brings a group to UAlbany to hear award-winning biographer Ruth Franklin on Tuesday, February 4, 2025, 4:30 p.m. as part of the NYS Writers Institute.

**Ruth Franklin**, acclaimed biographer, is the author of *The Many Lives of Anne Frank* (Jan. 2025). The book explores the transformation of Anne Frank (1929-1945) from ordinary teenager to cultural icon, shedding new light on the young woman whose diary—translated into more than 70 languages—is the most widely read work of literature to arise from the Holocaust. Franklin received the National Book Critics Circle Award for *Shirley Jackson: A Rather Haunted Life* (2016), "a feminist reappraisal of a tortured genius of American gothic" (The Guardian).



The event is free. CSSC Transportation Services are available for those who are unable to drive themselves for a fee of \$10. The CSSC bus will leave The Beltrone Living Center at 3:30 p.m. Please call Madelyn at 518-459-2857 ext. 340 for additional information or to reserve your spot.



**MARK YOUR CALENDAR**

## Mendelssohn Club Spring Concert

On Wednesday, March 12<sup>th</sup> at 5:30 p.m., Colonie Senior Service Centers will be holding a spring concert with the Mendelssohn Club of Albany at The Beltrone Living Center.

This event is free and open to the public. No reservations required. For additional information, please contact Madelyn at 518-459-2857 ext. 340.



## Exploring the Flavors of China with a Local Cooking Class Experience

February's event, will take place on Tuesday, February 18<sup>th</sup> from 11:30 a.m. to 12:30 noon at the King Thiel Senior Community, 17 Elks Lane, Latham. This event is hosted by Kirk Huang from the US – China Peoples Friendship Association along with visiting Chinese scholar Lily Zhang. The US-China Peoples Friendship Association is an educational organization whose goal is to develop friendship between the peoples of the USA and China. They will be demonstrating how to make General Tso chicken.

There will be a \$5 fee and will include a lunch. Space is limited and prepayment is required. Please call Madelyn at 518-459-2857 ext. 340.



## Defensive Driving Classes

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

- **Tuesday, February 4, 2025, from 9:00 a.m. to 3:30 p.m.**
- **Saturday, February 15, 2025, from 9:00 a.m. to 3:30 p.m.**
- **Thursday, March 6, 2025, from 9:00 a.m. to 3:30 p.m.**
- **Saturday, March 22, 2025, 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

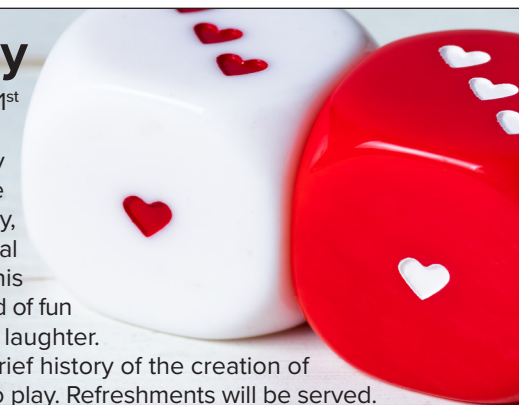


As an agency, CSSC continues to support local residents as a good neighbor. In partnership with the Regional Food Bank, our monthly food distribution day helps those in need. Join us on **Thursday, February 13<sup>th</sup> from approximately 10:30 a.m. – 11:30 a.m. at The Beltrone Living Center.** Please bring your own reusable grocery bag.

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.**

## CSSC Game Day

Please join us on Friday, February 21<sup>st</sup> from 3:00 p.m. to 4:00 p.m. at The Beltrone Living Center to play a new board game, The Gift of the Heart(♥)s, created by Todd Kennedy, a U.S. Coast Guard Veteran and local entrepreneur. Since its creation, this game has had a proven track record of fun producing many smiles and much laughter. Prior to playing, Todd will give a brief history of the creation of the game as well as explain how to play. Refreshments will be served. There is no charge to participate but space is limited to fourteen players. To register, please call Madelyn at 518-459-2857 ext. 340.



## Thank you

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



## 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. This is a monthly group for LGBTQ+ folks 55+ designed to allow participants to connect with each other and build community in a safe and accepting space. Join us Friday, February 21<sup>st</sup> from 10:00 a.m. to 12:00 noon at The Beltrone Living Center, 6 Winners Circle, Albany, and every 3<sup>rd</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.



## Winter Wildlife – Many Upcoming Activities

It might be cold, but not everyone is hibernating this time of year. If you brave the cold temperatures, you will be rewarded with the sights and sounds of chickadees, tufted titmice, cardinals, woodpeckers, and red-tailed hawks. Look even closer and you might see tiny footprints in the snow, most likely left by mice and voles, or the larger tracks of rabbits, raccoons, and deer. All these animals have developed ways to stay warm in the winter with specially designed feathers or extra layers of fur; take a leaf out of their book and layer up!

If you want to learn more about winter wildlife, join **THE CENTER** on Thursday, February 13<sup>th</sup> for an outdoor bird excursion, or stay in with our live birds of prey demonstration on Wednesday, February 5<sup>th</sup>, an owl lecture on Tuesday, March 4<sup>th</sup>, and a frog lecture on Tuesday, March 18<sup>th</sup>. **Registration required.** For questions and additional information, please call Isabella Browne Lörcher, CSSC's Lifelong Wellness Director at 518-459-2857 ext. 327.





# 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 by 12:00 p.m. the business day before.

## Lunch & Learn Monday, February 10<sup>th</sup>

**at 12:00 P.M.:** Come hear from Ann-Marie Barker Schwartz, Artistic Director of Musicians of Ma'alwyck and a former member of the Albany Symphony will share the history of Viennese culture and specifically their New Years' celebration and the Viennese Waltz.

## Special Lunch Friday, February 7<sup>th</sup>

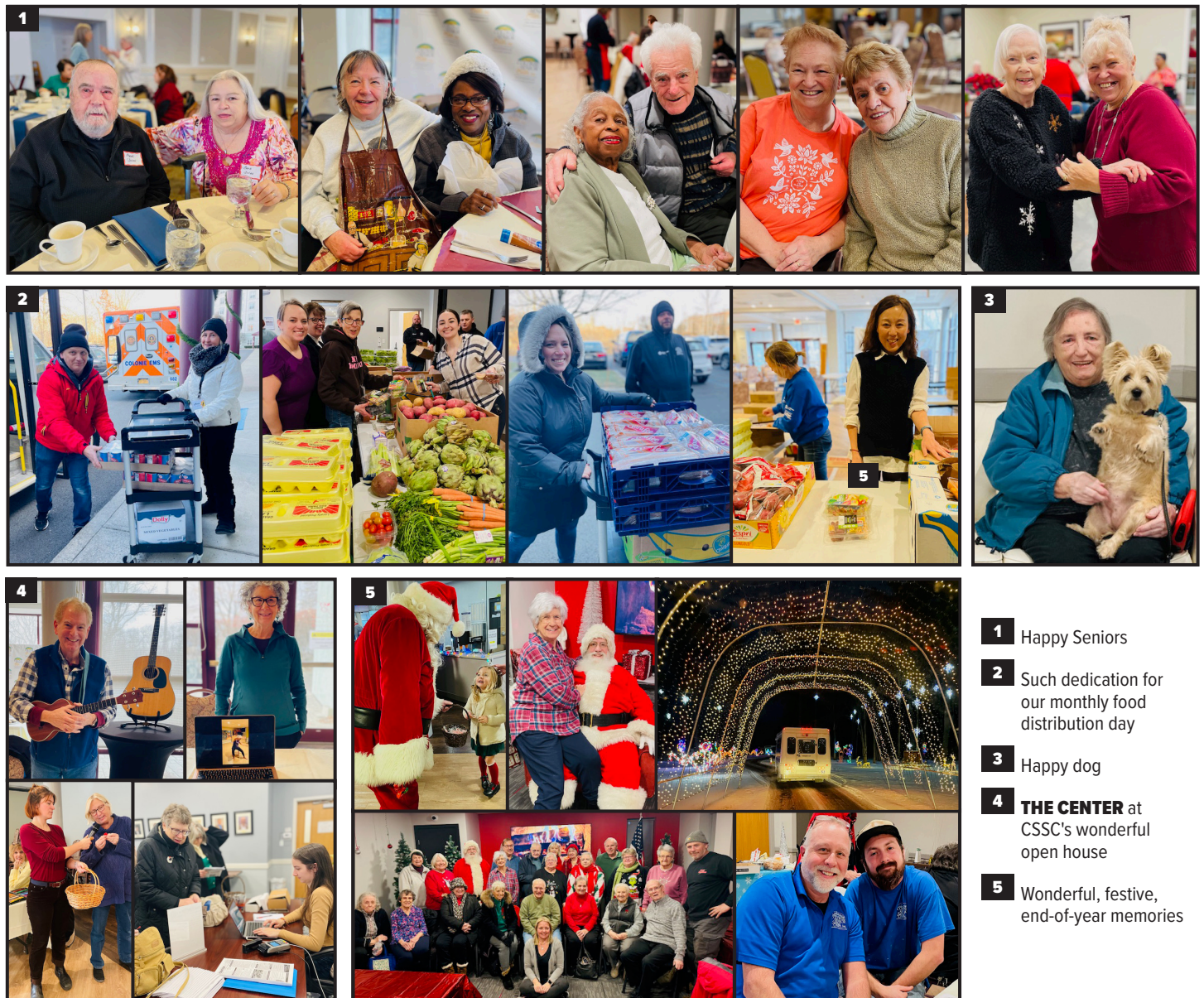
**at 12:00 P.M.:** Come enjoy a show by Holly Beltran. She has been entertaining audiences of all ages with her unique combination of songs, dance and props since 1999. Her main genres are Broadway, Jazz, Country and Children's music.

## Special Dinner Monday, February 17<sup>th</sup>

**at 5:00 P.M.:** Come enjoy a "Cabin Fever Cookout" and guitar, keyboard and vocal tunes by "Musicats" Duo. Meal served is cheeseburger, oven roasted Potatoes, Coleslaw, fruit cup, and ice cream.

February 2025 Menu		Menu items are subject to change	
2/3	Meat Lasagna	2/17	Special Lunch – Mushroom, Spinach, & Cheese Quiche
2/4	Seafood Mac & Cheese	2/17	Special Dinner – "Cabin Fever Cookout" Cheeseburger
2/5	Chicken Marsala	2/18	Cornflake Chicken
2/6	Chicken Parmesan	2/19	Pulled Pork Sandwich
2/7	Special Lunch – Pasta Fagioli w/Sausage	2/20	Chicken Caesar Salad
2/10	Lunch & Learn – Creamy Potato Soup + ½ Turkey Sand.	2/21	Spaghetti & Meatballs
2/11	Chicken Broccoli Alfredo	2/24	Stuffed Pepper
2/12	Oregano Lemon Chicken	2/25	Apricot Beef Brisket
2/13	Oven Fried Fish Sandwich	2/26	Salmon Cakes
2/14	Swedish Meatballs	2/27	BBQ Chicken Breast
		2/28	Eggplant Parmesan

# Donations in Action – Through CSSC seniors are active!



- 1** Happy Seniors
- 2** Such dedication for our monthly food distribution day
- 3** Happy dog
- 4** **THE CENTER** at CSSC's wonderful open house
- 5** Wonderful, festive, end-of-year memories

## 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

### Director of Housing

Brian Tompkins  
btompkins@colonieseniors.org  
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

Isabella Browne Lörcher, Director  
ibrownelorcher@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

Christina Harris, Site Manager  
charris@colonieseniors.org  
King Thiel: 518-429-6292  
Sheehy Manor: 518-782-2350

### King Thiel II Senior Community

Rachel Hoyka, Site Manager  
rhoyka@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

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## We are grateful to those who have supported the 2024 Year End Annual Fund

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

Anonymous  
Thomas Amyot  
Anne Assalian for Transportation  
Joanne Bleau  
Peter Campito  
Don and Sandy Carman  
Nikki Caruso  
Pam Cerrone for Transportation  
Jacquelyn Connolly for Bright Horizons  
in honor of Deborah Langdon  
Christopher & Shirley Greagan  
Michael Hayes  
Robert Hilton  
Karl & Nancy Johnson for Bright Horizons  
Eric King  
Robert Luther  
Louise McColgin for Transportation  
Robert Mcgrath  
Bebe Morehead  
Mary Beth Murphy for Bright Horizons  
Steve Obermayer  
Gregory Rickes  
Aimee Robichaud  
Kent Sellner  
Eugenia Sperrazza in Memory of Constance Sperrazza  
Phyllis Stark  
Ivan and Rita Vamos

Donations received from 12/13/2024 to 1/13/2025



Please Join Us!

## INTERNATIONAL WOMEN'S DAY

Friday, March 7, 2025,  
2:00 p.m. to 4:00 p.m.  
The Beltrone Living Center,  
6 Winners Circle, Albany, NY

Initiated in the United States in 1909 and then globally in 1911, International Women's Day (IWD) is a day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality.

The event is **FREE** and is taking place in the Lakeview Room at The Beltrone Living Center, 6 Winners Circle, Albany.

The event will include art exhibits, live musical performances, lectures and vendor booths for area female entrepreneurs and nonprofit organizations. The committee is actively inviting those in the community who truly believe in supporting women and who inspire inclusion.

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

