COLONIE SENIOR Service Centers, Inc.

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

SENIOR CONNECTIONS

2026 HAPPY NEW YEAR

January 2026 | Volume 40, Edition 1

Coming Together to Keep Our Community Warm: Join Us for the 21st Annual Warmth of Winter Event

Americans across the country are facing higher and higher utility bills, with households paying 9.6 percent more on average in 2025 than in 2024, outpacing both wage growth and overall inflation.

As colder weather settles into the Capital Region, many of our friends, neighbors, and fellow seniors are preparing for a winter that may be harder than ever. Rising heating costs continue to stretch budgets, and the uncertainty surrounding federal HEAP energy assistance means our neighbors could face delays — or even gaps — in the support they count on to stay warm and safe.

At Colonie Senior Service Centers, Inc. (CSSC), we believe no one in our community should have to choose between heating their home, buying medication, or putting food on the table. And thanks to the support of a caring community, we're able to lend a helping hand through our 21st Annual Warmth of Winter celebration — and we're excited to invite you to be part of this wonderful community tradition.

You're Invited:

- **Warmth of Winter 2026**
- **Thursday, February 26, 2026**
- **5:30 p.m. – 8:30 p.m.**
- **Wolferts Roost Country Club, Albany**

Warmth of Winter is an evening filled with friendship, fun, and purpose. Guests will enjoy:

- **Wine and craft beer tastings**
- **Delicious hors d'oeuvres and cuisine**
- **Games and raffles**
- **A silent auction**
- **Great company — all while supporting local seniors**

WHY THIS EVENT MATTERS

Warmth of Winter began over two decades ago as a way for neighbors to support neighbors — and that spirit of community remains at its heart today. Every dollar raised goes back into programs that help seniors stay warm, independent, and safe.

HOW YOU CAN HELP

- **Attend the event and enjoy a wonderful evening for a meaningful cause**
- **Spread the word to friends, family, and neighbors**
- **Bid on silent auction items or participate in event activities**
- **Encourage local businesses to support the event as sponsors**
- **Give a donation, if you're unable to attend, to help keep seniors warm**
- **No action is too small — every effort helps someone in need.**
- **Let's Keep Our Community Warm This Winter**

For more details, please contact Noelle Schmidt, Executive Director at (518) 459-2857 ext. 302 or nschmidt@colonieseniors.org.

Go to colonieseniors.org or scan the QR code to find event details, registration, and ways to support local seniors.

Thank you for your kindness, your participation, and your commitment to caring for one another. We hope to see you on February 26th!

NEED HELP PAYING YOUR HEATING BILL THIS WINTER?

Colonie Senior Service Centers (CSSC) is now accepting applications for our 2026 Warmth of Winter Heating Assistance Program. Thanks to community support, this program helps eligible seniors with home heating costs—but funding is limited.

Application Deadline: Monday, January 19, 2026

Required: Completed application, 2024 tax return, and a current utility bill

Drop off or Mail to: CSSC, Inc., 6 Winners Circle, Colonie, NY 12205 (Attn: Madelyn Leisenfelder)

Awards are based on financial need and paid directly to National Grid.

If you or a senior you know could use help staying warm this winter, please apply early and share this post to help spread the word!



Warmth of Winter Sponsors

BBL · EQUINOX COMPANIES · TBC Teal, Becker & Chiaramonte CERTIFIED PUBLIC ACCOUNTANTS & ADVISORS · CMC · CDPHP A plan for life. · RLGC LAW GROUP · RIVERS CASINO & RESORT SCHENECTADY · Cb CrisafulliBros. · METROLAND BUSINESS MACHINES, INC. · TEAM McCABE FOX · MEIER LAW FIRM, PLLC · Marra's PHARMACY · Cohoes Savings FOUNDATION

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

A New Year, New Beginnings, and a New Chapter Together

HAPPY NEW YEAR!



As we welcome January and all the promise it brings, I am honored and delighted to introduce myself as the new Executive Director of Colonie Senior Service Centers. There's a quote I've always loved for moments like this: "Every new beginning comes from some other beginning's end." It reminds me that each transition opens the door to something meaningful—and I'm grateful to be stepping into this new beginning with all of you.

This season feels especially significant for me. In November, I celebrated a wonderful personal milestone—I got married! And now, I am officially beginning this exciting new role. It truly feels like 2026 is ushering in a year of good luck, growth, and new connections.

I am deeply grateful for the opportunity to serve this community. CSSC has such a rich history of care, engagement, and friendship, and I look forward to learning from each of you as we move into this next chapter together. My greatest hope is that we build a year filled with shared joy, meaningful programs, and plenty of reasons to celebrate each other.

To start things off on a fun note, I'd love to learn more about the traditions you cherish—especially the ones that bring good luck for the New Year. In my family, we always make a big pot of bean and kale soup to welcome good fortune and abundance. But I know that so many cultures celebrate with their own lucky dishes: noodles for long life, greens for prosperity, fish for progress, grapes for wishes, and countless other favorites that carry stories passed down through generations.

So let's begin our year together by sharing:

What foods bring good luck in your home?

Whether it's a recipe from your childhood, a dish you've always loved, or something new you've adopted over the years, I'd be thrilled to hear about it—and maybe even try a few myself!

I'm looking forward to meeting each of you, learning your stories, and working together to make 2026 a year full of connection, opportunity, and good fortune for all.



Warmest wishes for a happy, healthy, and lucky New Year.

Noelle Schmidt
Executive Director

Explore the World Through Virtual Reality!

We're thrilled to announce that **THE CENTER** has officially scheduled a series of Virtual Reality (VR) sessions for the months ahead—and members are now invited to sign up! These immersive experiences are inspired by the work of Mynd Immersive, a leader in VR designed specifically for seniors.

Using lightweight, easy-to-wear VR glasses, participants can enjoy live-style musical performances, peaceful nature escapes, museum visits, and virtual travel adventures—all without leaving the classroom. Studies in senior communities have shown that VR can boost mood, reduce feelings of isolation, and spark meaningful conversations. We're excited to bring those benefits to our members.

How to Participate

We'll be offering a variety of themed VR sessions, including:

- Virtual Travel Journeys to beautiful destinations
- Classic Music Experiences inspired by beloved performers
- Nature & Wellness Escapes for relaxation
- Group VR Adventures you can enjoy together
- Sign-Up Information
- Sessions are now scheduled, and member sign-ups are officially open.
- Spots are limited for each session.
- Registration is first come, first served.

Please stop by **THE CENTER** to reserve your spot.

We look forward to sharing these inspiring experiences with you—come explore, relax, and enjoy something new!

Members Only, Free Event.

The Beltrone:
Wednesdays, January 7th, February 4th, March 4th, 2:00 p.m.—3:00 p.m.

King Thiel II:
Wednesdays, January 21st, February 18th, March 18th, 2:00 p.m.—3:00 p.m.



Capital Region Gives Back 2025: A Night of Community, Compassion, and Celebration



Each year, Saratoga Living and Capital Region Living magazines join forces to recognize ten standout honorees—five from the Saratoga area and five from the wider Capital Region—whose nonprofit efforts strengthen the fabric of our community. Their stories, featured in the Holiday Issue, set the stage for a celebration marked by gratitude, connection, and heartfelt appreciation.

The 2025 Capital Region Gives Back celebration was most memorable, drawing an enthusiastic crowd of CSSC staff and residents, supporters, and community members who gathered to honor the individuals working tirelessly to uplift our region. Hosted at the vibrant Putnam Place in Saratoga Springs on December 9, the well-attended event brought together neighbors, nonprofit leaders, and advocates for an evening that truly embodied the spirit of giving.

CSSC was proud to cheer on our own Executive Director, Diane Conroy-LaCivita, selected as one of the 2025 honorees for her unwavering dedication to supporting older adults and their families. CSSC staff, board members, volunteers, and friends showed up in full force to celebrate Diane's accomplishments and rally support for the organization's mission – Thank you Diane!

The evening featured lively conversation, music, and a warm sense of unity as attendees mingled with honorees and learned more about the causes they champion. As always, the event doubled as a fundraiser for the ten nonprofit organizations represented. Guests selected which nonprofit would receive 50 percent of their ticket purchase, creating a fun and friendly spirit of competition. The honoree who raised the greatest amount for their organization was crowned this year's Capital Region Gives Back winner—a title that comes with both pride and meaningful impact.

Thanks to a strong CSSC showing and generous community support, the organization benefited from increased visibility and vital contributions that will directly support our programs and services.

As the evening came to a close, the mood was one of hope and inspiration. Capital Region Gives Back once again reminded us that when people come together—whether to volunteer, donate, or simply cheer one another on—the entire community grows stronger.

CSSC extends heartfelt thanks to everyone who attended, donated, and helped make the night such a success. Together, we continue to build a more connected, compassionate, and resilient community.



Defensive Driving Classes



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

- **Monday, January 5, 2026 from 9:00 a.m. to 3:30 p.m.**
- **Tuesday, January 13, 2026 from 9:00 a.m. to 3:30 p.m.**
- **Tuesday, February 3, 2026 from 9:00 a.m. to 3:30 p.m.**
- **Monday, February 9, 2026 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 credit $25.75; cash $25, 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, January 8th 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.**

Thank you for voting! . . .

to help us be one of the top 12 nonprofits to win $10,000 in free advertising from the Times Union.

(Left) Diane Conroy-LaCivita, Executive Director Colonie Senior Service Centers, Inc. and George Randolph Hearst III, Times Union CEO & Director of the Hearst Corporation.

(Right) On Friday, December 12, 2025 a ceramony was held at the Times Union for all the Capital Region Gives Winners.




Photo Source, Will Waldron/Times Union

Tribute Corner

In memory of Barbara Collett
- Catherine Griffin
- Alice Swertinski
- Peter A. Bieganski
- William Fahr

In memory of Allen Wolf
- Helen Donoghue
- Nancy Pierce

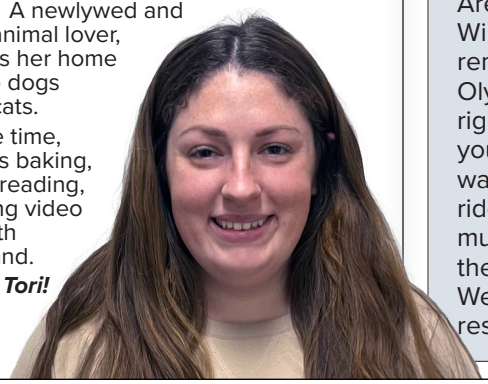


New Team Member!

CSSC welcomes Victoria Ludwig (Tori) to our Bright Horizons team. Tori is excited to begin her new role as a Program Assistant after spending nine years as a Veterinary Assistant. A newlywed and devoted animal lover, she shares her home with three dogs and four cats.

In her free time, she enjoys baking, traveling, reading, and playing video games with her husband.

Welcome Tori!



Let's Celebrate Winter, and the Olympic Spirit, with a trip to Lake Placid!

Are you looking forward to the 2026 Winter Olympics in Italy? Do you remember watching the 1980 Winter Olympics on TV? Well they took place right in Lake Placid. On this all day event, you will get to see the real ski jump that was built for the '80 Olympics, and even ride the skyride. We will tour the Olympic museum, and time permitting, we will ride the Whiteface Mountain gondola. We'll also enjoy lunch at one of the local restaurants in town.

A Heartfelt Thank You — and an Invitation to Continue Making an Impact in the New Year

As we welcome a new year, all of us at Colonie Senior Service Centers, Inc. would like to extend our sincere appreciation to everyone who has responded to our Annual Appeal so far. Your generosity—whether through a donation, a kind note, or spreading the word — has been deeply felt. You are helping us continue a tradition of care, connection, and support for older adults throughout the Capital Region.

Over the past several months, the increased demand for our programs has only reaffirmed how essential our services are to the community. From transportation and caregiving support to senior dining and wellness programs, every day we see the difference these resources make in the lives of local seniors. At the same time, the ongoing reduction in government funding continues to pose significant challenges. Yet, with your help, we remain committed to meeting these needs with compassion, creativity, and resilience.

If you have not yet had the opportunity to contribute to this year's Appeal, there is still time. Your gift — of any amount — helps ensure that older adults in our community have access to the vital supports they rely on. Together, we can start the year with strength and stability, ready to serve even more seniors in 2026.

Thank you again for believing in our mission and for standing with us. We are truly grateful for your partnership and look forward to all that we will accomplish together in the months ahead.

To make a gift, please visit our website at www.colonieseniors.org and click Make A Gift, call 518-459-2857 ext. 340, or mail your donation to:

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

We are grateful to those who have supported the 2025 Year End Annual Appeal thus far.

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

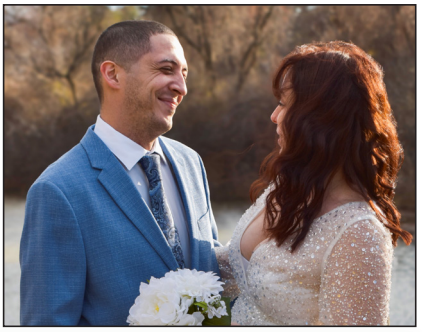
Anonymous
Marcia Bahan for Transportation
Joyce and Doris Bindl
Martha Bonaparte for Transportation
Mary and Tony Brankman
Don and Sandy Carman
Charles Chorbajian
Patricia Conley
Kevin Costello in honor of Diane Conroy- LaCivita
Jeanine Daigle
Richard and Sandra Dietlein
Alan and Karen Druckman
Cecila English
Ralph and Betty Enokian
Fred Erlich
Steven and Amy Feinberg for Transportation
Tom Fisch for Transportation
Kevin and Kerry Franklin
Helen Franklin for Transportation
Ronald Frinks
Nancy Goody in honor of Diane Conroy- LaCivita
Roberta Hardt for Transportation
Barbara Hrachian
Lessa Iler for Transportation
Abbie Jackson
Kathleen Joyce
Mary Keane
Maureen Kelly
Diane Kenific
Thelma Kennedy for Transportation
J. Eric King
Andy Koenig
Roseanne Kwarta
Madelyn Leisenfelder
Tom Link
Alexader Durant and Brenda Lovelace Durant in honor of Tasha Lovelace for serving in the Army
Nancy Lovett in memory of Patricia Margoitta
M.M. Hayes Co., Inc.
Gloria Martino
Mary Marx
Ellice Matza
Margaret Maurer in memory of June Maurer
Robert McGrath
Beatrice Meehan
Shyam Mohanka
Jim Morrell
Albina Murphy For Bright Horizons
Mary Beth Murphy For Bright Horizons
Maureen O'Brien Thornton
Andrew Oritis in memory of Christine Becker
Christine Paradise
Patrick Piccirilli
Daniel Quinn for Transportation in memory of Joyce Quinn
Joanne Razzano
Rensselaer Appliance
Aimee Robichaud
Josefina Roque for Transportation
Ellen and Paul Rosano
Mary Ann Rosenzweig
Joyce Russell
Edward Sawczak
Jane Scott for Senior Dining
Joseph Simon
Alice Smith for Bright Horizons
Anne Snyder
Lewis Sperber in honor of Diane Conroy- LaCivita
St. Pius X Church and School Community
Resa Tanner for Bright Horizons
Ivan Vamos
Ann Walsh for Transportation
Russell and Marjorie Ward

Donations received as of 11/11/2025 to 12/22/2025

Twice the Joy

In a delightful coincidence, two members of the CSSC family celebrated their weddings on the very same day. Rachel, Building Manager for King Thiel Senior Community and Sheehy Manor, and Noelle, CSSC's new Executive Director, both exchanged vows on Saturday, November 22nd. We extend our heartfelt congratulations to Rachel and Noelle as they begin this exciting new chapter. May their marriages be filled with love, laughter, and many joyful years ahead!





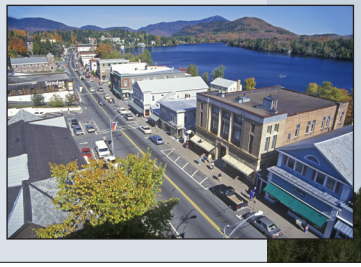
Lake Placid, New York, hosted the Winter Olympics in 1932 and 1980, becoming the first city and one of the few globally to do so twice, famous for "Miracle on Ice" where the US hockey team beat the Soviets, with modern winter sports facilities still used today.

We will be leaving the Beltrone Living Center at approximately 8:00 a.m., returning at about 4:00 p.m. The cost is $75 for members of **THE CENTER** and $85 for not-yet members.

To make a reservation, please contact Caitlyn at 518-459-2857 ext. 327.









The Holiday Season in Review

With the 2025 Holiday Season officially, over, it is the perfect time to reflect on the warmth, joy, and connection it brought.







THE CENTER at CSSC

OPEN HOUSE!
Come to our annual party!

It's time for our Annual Open House, which is a chance to meet people, including our wonderful instructors, learn about what we do, try something new, and join in.

Thursday, January 8th, 1:30 p.m. – 3:30 p.m.
Lakeview Dining Room at The Beltrone Living Center


THE CENTER at CSSC
January, February, March 2026
Classes and Experiences for Lifelong Wellness FOR ALL PEOPLE 50 55+
COLONIE SENIOR Centers, Inc.
Important Info - PLEASE READ
REGISTRATION INFO
Where To Find Us
REGISTRATION POLICY
Look For The Stars
THE CENTER
LIFE • LEARN
Learn Citizens Preparedness
All That Matters Discussion
Murder at Cherry Hill
All About Eleanor Roosevelt
Events designed with learning in mind.

The January, February and March catalog is here!

A new year, a new catalogue with over 100 activities, classes, trips, and presentations.

The best way to experience each season and all that **THE CENTER** at CSSC has to offer is by being a member. If you are interested in joining for 2025, have questions about what programs are right for you, or just want to hear more about **THE CENTER**, feel free to reach out to Caitlyn Kelly, CSSC's Lifelong Wellness Director at 518-459-2857 ext. 327.

Lastly, Membership dues for 2026 can be paid now: $20 for the calendar year.

Martin Luther King, Jr. Day

On Jan 19, 2026 let us honor Martin Luther King, Jr. Day as a time to reflect on his unwavering commitment to justice, equality, and peace. May his dream inspire us to foster unity, confront injustice, and build a world where love and hope triumph over division and despair.





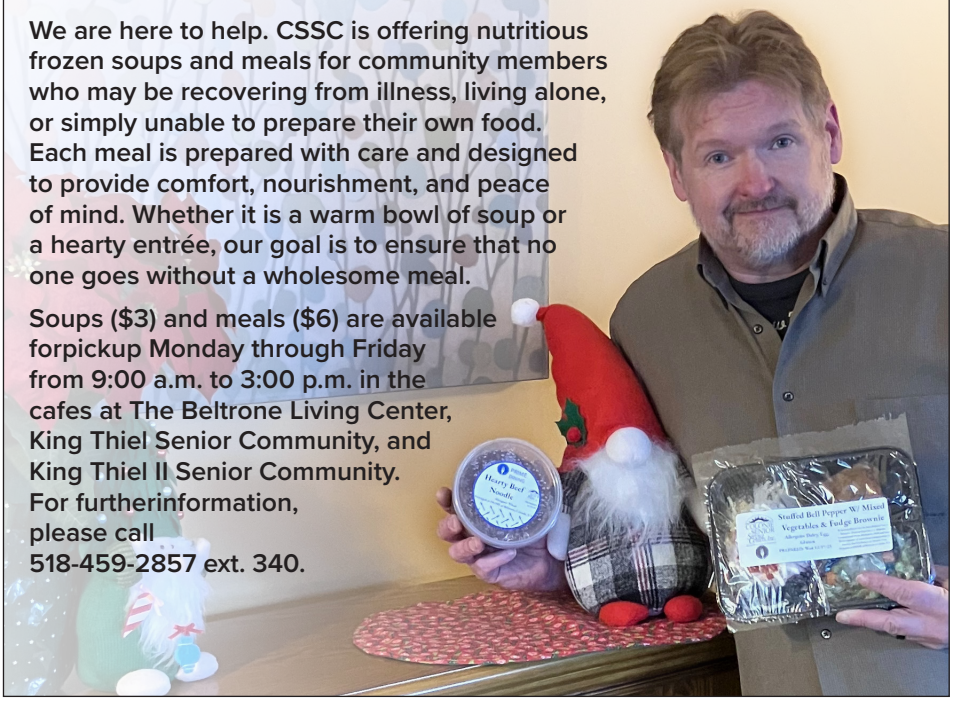
Aging with Pride

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, January 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.

Do you or someone you know have difficulty cooking at home?

We are here to help. CSSC is offering nutritious frozen soups and meals for community members who may be recovering from illness, living alone, or simply unable to prepare their own food. Each meal is prepared with care and designed to provide comfort, nourishment, and peace of mind. Whether it is a warm bowl of soup or a hearty entrée, our goal is to ensure that no one goes without a wholesome meal.

Soups ($3) and meals ($6) are available forpickup Monday through Friday from 9:00 a.m. to 3:00 p.m. in the cafes at The Beltrone Living Center, King Thiel Senior Community, and King Thiel II Senior Community. For furtherinformation, please call 518-459-2857 ext. 340.



Bright Horizons Social Adult Day Program:

A Place Where Every Person Is Seen, Heard, and Valued

From the moment members enter our doors, they're welcomed into a warm, respectful, and supportive community. Our staff takes time to learn each participant's story, preferences, and abilities so that every day feels meaningful. It's more than a program—it's a place where individuals feel they truly belong.

Daily Experiences That Inspire Connection and Spark Joy
Each day at Bright Horizons is thoughtfully designed to encourage social engagement, creativity, and personal growth.

Participants enjoy:

- Art and crafts that spark imagination
- Music and singing that awaken memories and lift spirits
- Gentle exercise and movement to support strength and mobility
- Games, discussions, and brain-stimulating activities
- Special events and community outings that add excitement and variety

Our compassionate team tailors activities to each person's interests and comfort level, ensuring that everyone can participate and experience success. Families often share how they notice a renewed spark—a brighter smile, more laughter, and moments of independence returning to their loved ones.

Support for Families, Enrichment for Participants
Choosing an adult day program is an important step in the caregiving journey. Bright Horizons offers caregivers the freedom to work, rest, or simply breathe—knowing their loved one is in a safe, enriching environment surrounded by people who genuinely care.

To help families feel confident and comfortable, we offer complimentary trial days prior to enrollment. Come experience the warmth, connection, and high-quality care that set Bright Horizons apart.

Discover How Bright Horizons Can Support Your Family
If you're looking for compassionate support, meaningful engagement for your loved one, and a partner in caregiving you can trust, we invite you to learn more.

Contact:
Sue Napierski
Phone: 518-459-7967
Email: snapierski@colonieseniors.org

Bright Horizons Social Adult Day—where compassion meets community, and every day brings new opportunities for comfort, connection, and joy.



Senior Dining Program

CSSC Congregate Meal Program January 2026

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 $3.00 for entertainment. Guests and those under 60 have a required $11.00 Fee. Registration and reservations are required for this program. Call Liz at 518-459-2857 ext. 303 for reservations by 12:00 p.m. the business day before.

Special Lunch Friday, January 9th at 12:00 p.m.:
Come enjoy an energetic performance by duo Lucia & Levi!

Special Dinner Monday, January 26th at 5:00 p.m.:
Come enjoy a beautiful vocal performance by Carmen Lookshire!

January 2026 Menu Menu items are subject to change

1/1	CLOSED	1/19	CLOSED
1/2	Cider Braised Pork Sandwich	1/20	Seafood Mac & Cheese
1/5	Chicken Broccoli Alfredo	1/21	Bacon, Shrimp + Corn Chowder & ½ Turkey Sand.
1/6	Baked Ham	1/22	Shepherds Pie
1/7	Chicken Marsala	1/23	Mushroom, Spinach + Cheese Quiche
1/8	Eggplant Parmesan	1/26	Lunch – Chicken Caesar Salad
1/9	**Special Lunch –** Oven Fried Fish Sandwich	1/26	**Special Dinner –** Spaghetti & Meatballs
1/12	Chicken Pesto Lasagna	1/27	Grilled Chicken w/Pineapple Salsa
1/13	Swedish Meatballs	1/28	Italian Sausage, Peppers & Onion Sandwich
1/14	Pot Roast	1/29	Meatloaf
1/15	Oregano Lemon Chicken	1/30	Cheese Manicotti
1/16	Veggie Pizza		

Donations in Action – Through CSSC seniors are active!



















1. Participants of **THE CENTER** visited the Lineman's Institute of the Northeast. Touring the classroom, Dorm, and outdoor training ground
2. Mendelssohn Club concert and tree lightining
3. Cooking demonstration at KTSC with Chef Joan and Chef Paul
4. Bright Horizons 'Thanks for Caregiving Event". Guest speaker Renee Birnbaum
5. Visiting the American Italian Heritage Museum in Albany
6. Diane drove for her last Sacred Spaces outing to the beautiful Cathedral of All Saints on South Swan Street in Albany
7. Visiting the Ten Broeck Mansion in Albany
8. Thank you CDPHP and the Albany Symphony for providing CSSC with 37 tickets to "Magic of the Season"
9. Toured the ETEC building on the UAlbany campus. ETEC is a state-of-the-art building that "houses" researchers, educators and entrepreneurs under the same roof as some of UAlbany's fastest-growing programs. The facility is also the home of the National Weather Service and Mesonet

SENIORCONNECTIONS

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

January 2026 | Volume 40, Edition 1

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
Noelle Schmidt
nschmidt@colonieseniors.org
518-459-2857, ext. 302

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

Facilities Manager
Brian Tompkins
btompkins @colonieseniors.org
518.459.2857, ext. 304

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

Lifelong Wellness
Caitlyn Kelly, Director
ckelly@colonieseniors.org
518-459-2857, ext. 327

AmeriCorps/RSVP and Volunteers
Christine Tremblay, Director
ctremblay@colonieseniors.org
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
Madelyn Leisenfelder, Coordinator
mleisenfelder@colonieseniors.org
518-459-7152

The Beltrone Living Center
Jessica Flynn, Site Manager
jflynn@colonieseniors.org
518-459-2711

King Thiel Senior Community and Sheehy Manor
Rachel Hoyka, Site Manager
rhoyka@colonieseniors.org
King Thiel: 518-429-6292
Sheehy Manor: 518-782-2350

King Thiel II Senior Community
Janice Whitney, Site Manager
jwhitney@colonieseniors.org
518-704 4267

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

In memory of Fred A. Van De Bogart

August 13, 1974 – November 26, 2025

Fred worked for CDPHP for over 18 years in various roles, most recently as the Director of Medicare Sales and worked very closely with CSSC.

We will remember a life that left a lasting mark through his compassion, empathy, and genuine care for others. Through his time with us which was far too short, he had the rare ability to make people feel seen, heard, and valued.

His kindness lived in quiet moments and sincere gestures and those who knew him were changed. The warmth of his spirit will be deeply missed and always remembered.



