

SeniorConnections



Building a Senior Community!

Volume 9, Issue 2
April 2010

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A life inspiring others By Kelly Mateja



In 1995, a local sports enthusiast and community organizer answered an ad in the paper to help plan activities for seniors celebrating the Town of Colonie's centennial. She did such a great job, they never let her leave. In the subsequent 15 years, Marion Lamar was responsible for the organizing close to 1,800 Health and Recreation classes for more than 200,000 senior participants with Colonie Senior Service Centers.

As a young woman, Marion was a gifted athlete, an All-American in field hockey and lacrosse, and achieved a Masters in Health Education from Smith College. Inspired by her teachers and classmates, Marion See page 7

Fundraiser brings in \$36K to help seniors heat their homes

What a great, fun evening! This year's Warmth of Wine was a fabulous success! Thank you to everyone who participated in The 5th Annual Warmth of Wine at the Century House on Thursday, February 25, 2010. Whether you were an attendee, a sponsor, donated an auction item, donated wine, volunteered to pour wine or sell raffle tickets, or even if you bid on a live auction item and didn't win . . . each and every one of you helped make this the most successful Warmth of Wine EVER!

See page 3

"Call Jim, he always takes care of me!"

By Heather Foley



"It's rewarding to know at the end of the day that you're helping people."

See page 4

"The best way to cheer yourself up is to try to cheer somebody else up."

- Mark Twain (1835-1910)

Our favorite time of year . . . honoring our volunteers!

By Victoria E. Jones

This is a wonderful time of year for us here at Colonie Senior Service Centers. Not only is Spring showing it's beautiful sunny smile, we have the privilege of honoring our more than 300 hard-working volunteers at the 17th Annual Volunteer Recognition Dinner on April 19, 2010.

That we are blessed with so many dedicated and caring volunteers is a testament to the community spirit that we strive to foster at Colonie Senior Service Centers in all of our programs, services, activities and classes. And again, this year's honorees are shining examples of that community spirit because their volunteerism goes well beyond CSSC, for these honorees it is a way of life.



Volunteer of the Year
Roberta "Bert" Trzcinski

Bert Trzcinski has been volunteering for more than 50 years. Even before she had girls of her own, Bert volunteered as a Girl Scout leader. Once she and husband Paul had twin girls she was active during their school as their Girl Scout leader, room-mother, and PTA chairperson. While working full-time and raising the girls, Bert also volunteered at St. Ambrose Church on the Alter Rosary Decoration Program, Hospitality Committee, Liturgical Committee, Extra Helpings Program and in the Food Pantry. When she retired, her volunteerism increased. In past years she has organized the joint Colonie senior club picnic and Christmas Party, is a Past Vice President of Colonie Senior Citizens Club (CSC), a Past President of the Latham Women's Club where she now co-chairs monthly Bingo for residents at the Albany County Nursing Home.

She is current secretary-treasurer of the Beltrone Red Hat Society, organizes and coordinates monthly CSC trips, and is membership chair of the Young at Heart club. She now organizes the monthly Senior Dining Program at Young at Heart sponsored by CSSC, volunteers for CSSC's Good Turn Senior Escort Wagon where she drives fellow senior to doctor's appointments, grocery shopping, etc. That is quite a list, just reading it makes you tired! Thank you Bert for all you do!



Rookie Volunteer of the Year
Jan Zoller

Jan Zoller is a caring, generous soul who not only volunteers outside her home, but has brought her volunteerism into her home. Over the years she and husband Al fostered more than 50 children, adopting 8 of them, Bill, Lynn, Dawn, Stephen, Robin, Scott, Michael and Kristin. There are now 14 grandchildren and 5 great-grandchildren.

And when their children were young they also brought Fresh Air kids from New York City up stay with them each summer. Jan was also active in Girl Scouts, Cub Scouts and Boy Scouts. Little League, Babe Ruth, competitive swimming and other sports the children were involved in.

See page 11

Executive Director's Message

As you will see in this issue, we are excited about our latest accomplishments and enthusiastic about new endeavors. Though we are saddened by the passing two great members of our family, Marion Lamar and long time Board member, Jean Myers, added to the retirement of Jim Hummel, we continue to look forward with anticipation! And these three friends would have it no other way.

Over the last few months Marion put great effort to ensure Heath & Recreation programs would endure. Jean always made sure the residents of the Beltrone Living Center were able to enjoy a home with unparalleled service and comfort. And, despite the challenge of limited resources, Jim has always taken care of our seniors.

Because they built something that will last, Jim, Marion and Jean now take their place with the great founders of our organization. Their legacy is now passed on to left behind to steer us into the future, meeting our mission for generations of seniors to come.



Ed Neary
Executive Director

Warmth from page 1

“Since the first Warmth of Wine in 2006, Colonie Senior Service Centers has raised nearly \$110,000,” said Chair Bill Hoblock, “and with this year’s event we are helping many more seniors in need.” As of this printing we have sent out over 100 checks to seniors struggling to pay their heating bills or repair outdated heating systems.

The wines provided by wonderful wine tasting donors Exit 9 Wine & Liquor Warehouse, Empire Wine, and Joseph Carr Wine were fantastic, providing tastings from Mionetto Prosecco to Osborne LBV Porto to Joseph Carr Cabernet Sauvignon! The Century House not only provided extraordinary service, the food was inspired! The Live Auction had more action than ever before, thanks not only to the great prizes donated, but to John Gray, Fox23 News Anchor, our exceptional auctioneer. And finally, without our generous sponsors SEFCU, Capital Communications FCU, The Century House, the Times Union, 99.5 The River, Fox23 News, and the Spotlight we could not have surpassed our goal!

This extraordinary community effort has made it possible for Colonie Senior Service Centers and Umbrella of Colonie to provide seniors the comfort of a warm, safe home and peace of mind, making a positive difference in the lives of seniors in our community. If you know of a senior in need, please make them aware of this Heating Assistance Fund. They can contact us at 459-7132.



Mark Prian, M & T Bank, Carm Basile, CDTA, Ed Neary, CSSC, Bill Hoblock, Event Co-Chair.



Bright Horizons' Carolyn Salisbury (L) serves up Pinot Noir to Sharlene Cornacchia from CDPHP & Anne Baumann of MVP.

Jim from page 1

This is a feeling that all employees at Colonie Senior Service Centers experience daily. For one employee it is this feeling that will be missed as Jim Hummel, our transportation director, will retire this month.

Over 9 years ago Jim Hummel joined the CSSC family as our Transportation Director. “You can say it has been a bit of a challenge at times.” And a challenge is right, when Jim began he faced one problem after another from mechanical breakdowns, to scheduling mix ups, to not enough vans or drivers on a daily basis. But, Jim persevered. His more than 40 years of experience, 23 years Land & Air Vehicle Maintenance with the Air National Guard at Stratton Air Force Base and 29 years as Transportation Supervisor for North Colonie Schools, Jim was up to the task. “Going from transporting school children and listening to their parents concerns, to senior citizens was quite a transition.”

Jim did a great job every day getting seniors where they needed to go. He has come to understand how he touched the lives of the seniors who ride our vans every day. You take for granted getting in your own car and driving wherever you want to go. But Jim knows the transportation service makes a big difference in the lives of seniors who no longer enjoy that freedom.

Jim reminisced about a regular rider that “we hadn’t heard from him in a while so we tried calling his home because we were concerned.” Soon after a staff member from St. Peter’s Hospital called because the gentleman had asked them to give Jim a call. He was going to be discharged from the hospital after a stroke and would need help getting to his therapy appointments. “We were very glad to know he was okay,” says Jim, “and that he would once again be riding with us. It really goes to show just how much people enjoy and rely on our services.”

Another regular rider needed her daughter to step in to help make appointments and plan transportation. The rider was having difficulty remembering Jim’s last name and just kept saying, “Call Jim, Jim will give me a ride, he always takes care of me, call Jim!” Eventually her daughter, a social worker at St. Peter’s Hospital, found the right name and number and as soon as she spoke to Jim realized she had referred her clients to him in the past. She was delighted that it was that “Jim” who would be handling her mother’s transportation, since she already knew how reliable and caring the service was from her own experience.

Under Jim’s watchful eye the transportation service has grown substantially, both in number of trips to expanded service like the Escort Wagon and companion transportation. His creativity and willingness to work with doctor’s offices, and other locations seniors need to go, has given our transportation service a nearly perfect 99% accommodation on trip requests! Over the years he has managed dozens of drivers and dozens of vehicles that have logged almost a million miles getting thousands of seniors to where they need to go in nearly 150,000 trips! We are happy for Jim who will retire for the *third* time on April 9, 2010 . You will surely be missed by all! *Thank you, Jim.*

Everyone’s a winner in MVP Wii competition *By Donna Cardish*

As part of its commitment to help area seniors get more healthy activity, MVP Health Care created the Capital Region's first Wii bowling leagues at area senior centers. When MVP came to us with this great idea we were delighted to participate. MVP has been a steadfast financial supporter of seniors and this is another wonderful way for MVP to support seniors. It also matches perfectly with their mission to keep people healthy.

Set up just like traditional bowling leagues, these "virtual" versions use the Nintendo’s Wii to recreate the experience of league bowling. The Wii leagues have all the features of traditional bowling leagues including statistics and team standings, with a championship tournament in Proctors GE Theater.

Bright Horizons Social Centers (BH) at Beltrone, Carondelet and Pine Grove are all participating in this innovative league. Each site boasts a group of savvy bowlers who enjoy the camaraderie, especially love their bowling shirts from MVP!

The great advantage to Wii games is that it makes it easy for all members to participate, regardless of their physical limitations. Standing in your living room, or in our case, in our Bright Horizons living rooms, the remote device allows people with limited mobility take part in bowling and boxing, or play virtual games of tennis and golf, using motor skills they thought had long been forgotten. We have seniors who use walkers who are able to play, and one gentleman who often scores over 200 from his wheelchair.

Our BH teams are very competitive, really pulling together, helping one another master the technology, cheering each other on and giving one another pointers on their technique. In April, we will host a Bowling Banquet for everyone in Bright Horizons, because even if none of our bowlers make it to Proctor’s Theatre we still have a lot of winners and many trophies to award!



The Bright Horizons Bowling League

The Beltrone Bowlers
(Team Average 128)

- Bill "The Striker" Feeney
- Gerald "Crackshot" O'Connor
- Geraldine "Rainmaker" Renak
- Gayla "Winner" Williams

The Carondelet Wizzards
(Team Average 133)

- Lillian "Alleycat" Broderick
- Joey "The Rocket" Fisher
- Ralph "The Mouth" Green
- Kathy "The Sniper" Gottfredsen

The Pine Grove Kingpins
(Team Average 102)

- Ralph "Rack'em Up" Eppelman
- Robert "Hurricane" Harrison
- Matt "the Cleaner" Hulbert
- Richard "the Real Deal" White

A lifetime of caring continues

By Aimee Richardson

When Colleen and Maureen Melia first applied to live at Sheehy back in November of 2007, their dream was to spend their retirement years working, volunteering, and living together in the same community. That dream has finally been realized now that they are settled into their new home at Sheehy.

Throughout their professional lives they both worked in caring professions. Colleen's in early childhood education, in East Harlem with pre-school children, in Kingston and Rhinebeck teaching nursery school and 1st grade and in Connecticut with infants in a corporate day care. Notably, she was the first teacher in a high school pilot program caring for children of teenage parents.

As a teacher at Hudson Valley Community College, Maureen worked with students with disabilities, counseling and assisting them to help them earn their degrees. She then worked with a similar population at Northeast Career Planning.

Now, Col and Mo (*as they like to be called*) are having a great time. Mo was one of the first to join our MVP Wii Bowling Team *The Sheehy Spare Time Strikers* and Col loves to come and cheer her on. And they love volunteering. Col volunteers in the toddler room at St. Coleman's in RSVP's Foster Grandparent Program. She also sits on the Advisory Council for the Commission of Economic Opportunity. Northeast Career Planning hasn't quite let Mo retire yet, but she will soon!

They enjoy the Wii, crosswords, Sudoku, and the computer lab. They get together to watch movies, have meals, and travel to see family. When asked what they like most about living in the same building . . . Col says, "The snow will never keep us from spending time together!"



Col & Mo Melia



Sláinte

The Wearin' O the Green!

And a kilt too! That's Hugh Campbell (left) in the kilt. A delicious St. Patrick's Day Dinner of Corned Beef and Cabbage with Irish Soda Bread was enjoyed by over 165 seniors at the Beltrone Living Center. There was great entertainment by Kevin's Irish Band and a LOT of green worn by all!



(L) Connie Gram with Ed & Jean Janisewski;
(R) Claire Bilodeau & Mary Pratt

Inspiration from page 1

went on to teach physical education in regional schools, and ultimately to become the Health and Recreation Coordinator at CSSC.

The hallmark of Marion's programming philosophy was the integration of the physical, the intellectual and the social. Each of her classes had an identity – one that was fostered and nurtured through Marion's personal attention. One of the earliest and most successful was and still is the Osteoporosis Exercise and Wellness program, where participants complete weight bearing exercises to improve their bone density, learn about the impacts of nutrition and exercise, and grow strong friendships with their classmates.

Marion inspired hundreds of people to take charge of their health, to try something new, whether it was line dancing, or a new move in Osteo Class. She mentored scores of volunteer leaders, inspiring them to give their time and

talent to lead their own classes. She was an amazing force of positivity and cheerful determination. And when her cancer came back last fall, she was a model of strength, continuing to keep tabs on her classes and even incorporated envelope stuffing into her physical rehab!

Sadly, when Marion passed away on February 12, we lost a friend, a loved one, a leader and a touchstone for an active life well-lived for us all to aspire to. However, with her typical practicality, Marion ensured that her classes would be in great shape to continue under the capable oversight of leaders such as Barbara Mohan in Osteo, Doris Cea with Bocce, and Marion Schmidt with the exercise and walking club. And though we miss her, her spirit guides us to continue to keep our bodies strong and healthy, to stay connected with our friends, and to live in the moment with an eye on the future – *just the way she taught us to.*

Elder Law Attorneys, a needed service

By Richard E. Rowlands, Esq.

Many elderly persons rely entirely on their children, family members or other trusted individuals to help them. But this dependence upon caregivers or family members sometimes backfires, making them more vulnerable to abuse and financial exploitation. Making legal decisions about property, finances, power of attorney, and final wishes are important tasks to completed sooner rather than later. Having legal documentation for a will, for medical treatment and for the person designated to be responsible for parents' welfare can avoid family disputes and financial abuse, and help to conserve assets.

Elder law attorneys focus on assisting elderly with all aspects of estate planning and implementing necessary legal documents. An elder law attorney can also help with disputes with Medicaid, preservation or transfer of assets, long term care planning for nursing homes and assisted living, use of durable powers of attorney, living trusts and living wills and more.

Richard E. Rowlands, Esq., is the Partner of the Trusts and Estates practice at Tully Rinckey PLLC, a full service law firm located in Albany, New York. For more information about his estate planning and elder law practice, please visit www.albanyestatelawyer.com or contact him at 518-218-7100 or via e-mail at rrowlands@tullylegal.com.

Sharing a Mission

By Bob Bascom, Capital Communications Cares Foundation Coordinator

As community partners, Capital Communications Federal Credit Union and Colonie Senior Services Center collaborate on many projects. One of our most successful programs is Umbrella of Colonie, which provides elderly homeowners with an opportunity to connect with resources that provide affordable home repair and maintenance options. The program, now in its third year, seeks to fix small problems before they become major repairs.



Bob Bascom tallied Silent Auction winners at the Warmth of Wine

The Credit Union provided a \$25,000 grant to help fund this very important program through their Capital Communications Cares Foundation. Established in 2003, the Foundation's mission is to nurture community health and wellness; financial literacy and education; children and underprivileged families. The Foundation's work in the Capital Region ranges from support of local shelter residents to annual scholarship programs.

Partnering with Colonie Senior Service Centers has been a very rewarding experience and has provided us with a wonderful opportunity to continue to give back to our community.

A co-sponsor with SEFCU, the Capital Communications proudly participated in the Warmth of Wine event held in February. The Silent Auction during that event supported the efforts of the Umbrella of Colonie as well.

The Foundation and the Colonie Senior Service Centers share the mission of improving the quality of life to those in our community. We value our ability to work together on so many critical programs.

We invite organizations and individuals to learn how to help us make a difference by visiting capcomfcu.org and clicking on the "Foundation" tab. *Imagine what we can do together!*

Marriage Vows Renewed

Members of Bright Horizons and their spouses renewed their vows in celebration of Valentines Day on February 12, 2010. The exchange of vows took place at the Beltrone Living Center, collectively five couples, James and Lisa Lewis; John and Lois Kluz,; Vicky and Angelo Lobo; Olga and Richard Kirkpatrick; Mary Ellen and Jimmy Walsh renewed their marriage vows, together they have more than 150 years to celebrate!



The ceremony was officiated by Deacon Andrew Cohen from St. Pius X Roman Catholic Church (pictured above right).

Pictured at right are Kirk & Olga Kirkpatrick; the couple at far right is Jim & Lisa Lewis.



Umbrella members love the service and the friendship



By Tony Scardillo, Umbrella of Colonie Director

Now that Umbrella of Colonie is in its second year of operations and approaching 200 members, we asked some of them to give us feedback on the home maintenance program. They were happy to oblige.

Liz Schoonmaker, among others, was happy to share. Liz likes that the handymen are reliable and on time. “When they come, they come to work. They don’t dilly-dally.” Of handyman Bill Teator she says, “He never stops, he just keeps working!” Liz says that the handymen are always very conscientious, “they even wipe their feet.”

Roberta Krug says that Umbrella handymen are “great people to do business with.” She has Ed Morgan (“He’s wonderful!”) come for yard work and Laura Junco for grocery shopping and running errands. Mrs. Krug really looks forward to their visits because she and the handymen “really click, and they take the time to work with you.”

A member for almost a year, Mrs. Cadwallader gets right to the point, “It’s saved me from moving out of my home!” She also is glad to know that Umbrella of Colonie does a complete background check on each handymen prior to doing any work. “They’ve have been checked out thoroughly,” she says. Adding, “That’s good insurance.”

Mrs. Dukes likes the fact that the handymen that come to work in her home are reliable and trustworthy. “I am comfortable with them in my home,” she says. When handyman Russ Stout came to fix her garage door opener it was beyond repair. In the end he had to replace the device but he went the extra mile and took the time to research different models and made a couple of recommendations.

Ed King’s mother Mary joined Umbrella of Colonie last December and has been very appreciative of the work done for her. “It’s a win-win program,” he says. “My mom is at peace because she’s getting a good value, and as a caregiver, I know that my mother’s needs are addressed quickly by people of integrity.” King says that the handymen who have done work for his mother are not only reliable, but “they do that little extra.” Because he knows the job is being done correctly, at an affordable cost, “It reduces anxiety for caregivers.”

“There are so many reasons why I love Umbrella,” says Sue Dundon. She and husband Don have been members for over a year. “We can go to Umbrella regardless of the problem.” Getting recommendations on contractors and professionals for large jobs is also helpful. “Before we joined, I was out there on my own.” Now she has the reassurance that she’s going to get a fair price from trustworthy, reliable handymen and vendors.

*For information on Umbrella of Colonie, call Tony Scardillo, Director at (518) 459-7152
or by email at umbrella@colonieseniors.org*

From generation to generation

By Leslie Ellis, Development Director



The 10th Anniversary Garden at Beltrone Living Center (BLC) is off to a fabulous start! The garden design, created by Jack Faddegon of Faddegon's Nursery, is on display at the Beltrone Living Center. The BLC Residents Association generously kicked off their anniversary celebration with a big-hearted \$3,000 garden donation! Thank you!

Several folks have approached us about contributing to the garden as a way to remember and honor loved ones. Thank you to the board, staff and friends of Marion Lamar as gifts in her memory are being donated to the 10th Anniversary Garden. Marion Lamar, who was our enthusiastic Health and Recreation Coordinator for many years, wished to be remembered by her friends with a contribution to Colonie Senior Service Centers. Contributions to the garden, like Marion's, will live on and be passed from generation to generation.

With your gifts, Colonie Senior Service Centers programs and services will be here for future generations of seniors and the garden will be here for their families and loved ones.

If you wish to provide a lasting memory, or honor a loved one, at Colonie Senior Service Centers contact Leslie Ellis at 518-459-2857x304 or laellis@colonieseniors.org.

Colonie Senior Service Centers, Inc.

SC 4/10

Yes, I want to support programs and services for seniors and their families in my community!

- PRESIDENT'S FORUM \$5,000 - \$10,000 • AMBASSADOR'S FORUM \$1,000 - \$4,999 • BENEFACTOR'S FORUM \$500 - \$999 •
- CIRCLE SOCIETY \$250 - \$499 • ASSOCIATE'S SOCIETY \$100 - \$249 • FRIEND \$1 - \$99 •



Name _____

Address _____

Telephone: _____ Email: _____

Please allocate my gift for the program where it is most needed _____ or to one of the following:

- | | | |
|---|---|--|
| <input type="checkbox"/> Bright Horizons Senior Centers | <input type="checkbox"/> Senior Dining Program | <input type="checkbox"/> Umbrella of Colonie |
| <input type="checkbox"/> Health & Wellness Programs | <input type="checkbox"/> Transportation Service | <input type="checkbox"/> Senior Housing Services |

I am donating \$ _____

- Enclosed is my check made payable to CSSC, Inc.
- I work/ed for a company that will match my gift. Please enclose the matching gift form available from your company's personnel office.
- I would like to pledge my gift in quarterly installments.
- Please charge my Visa MasterCard Card # _____ Exp. Date _____

Signature (for credit cards only)

I would like to make this gift (Check One) In Memory of * In Honor of* _____

*Please send a gift acknowledgement card to: Name: _____

Address _____ City _____ St _____ Zip _____

_____ Please recognize my gift of \$100 or more with a Path Paver, an inscribed brick on the terrace of the Senior Center.

Path Paver inscription of three lines (14 to 16 letters/spaces maximum per line):

Thank You!

Please mail donations to: Colonie Senior Service Centers, Inc., Six Winners Circle, Colonie, New York 12205

All donations are tax deductible to the extent of the law. CSSC, Inc. is a 501(c)3 not-for-profit corporation established in 1981.

Volunteer from page 2

After her husband Al passed away, Jan looked for something to keep her busy. Her daughter Robin, who work in the Senior Resources Dept., pointed her toward Bright Horizons at Carondelet (BHC), Jan visited and started volunteering 10 hours a week. From the moment Jan started volunteering with us, she has become more than just a volunteer ... she is part of our family. Her empathy and compassion for our participants with Alzheimer's disease or other dementias comes naturally. Her dedication to their well-being leads her to do anything that is asked of her and she often goes the extra mile to ensure their comfort and happiness. Her sense of humor and easy-going personality are exactly what is needed for a program like BHC and her energy and spirit inspire all who know her. It's an honor to have her as a volunteer. Jan just says, "I love it there and I love the people."

The Louis A. Dobek Sheehy Manor Volunteer of the Year ~ Rita Youmans



Rita Youmans is this year's recipient, as voted for by her neighbors at Sheehy Manor primarily because of her

Rita Youmans with Lou Dobek outstanding efforts to make the annual Holiday Party such a success. She pounded the pavement and visited 12 local businesses and solicited donations of gift certificates to give away as door prizes. Rita also is a very willing helper at all of the parties at Sheehy Manor. She has been a Sheehy resident since 1998.

Here we grow again!



By Heather Foley

At any given time in Colonie you can find one of the many Senior Social Clubs having a meeting, trip or an activity. Often, in addition to their everyday activities, many clubs ask CSSC to provide our Senior Dining Program to their group.

When Bert Trzcinski and several other long time CSSC and senior club volunteers approached us about their monthly meeting to our regular schedule, we were delighted. We set a date and presented the upcoming menus to their group, the Young at Heart Club. They have so many dedicated volunteers and a very accommodating space at St. Ambrose Church we got the program up and running very quickly.

The new site kicked off officially on Thursday, March 11, 2010 at the Young at Heart Senior Club, St. Ambrose Roman Catholic Church on Old Loudon Road in Latham. With an amazing 55 participants, and 6 wonderful volunteers, the group has welcomed the lunch program with open arms!

With the new site, CSSC now serves lunch at 12 locations, you can have a hot, well balanced meal at a different site everyday of the week. We would love to have you come and visit us (see page 14) or call 459-2857 ext. 303 for reservations by noon the previous business day. For all of our senior dining locations see page 14.



Resource Connection

Your Town of Colonie Department of Senior Resources

Phone: 459-5051

Department of Senior Resources Staff:

Carrie Blanchard—Specialist

Christine Cary – Director

Debbie Heider – Case Worker

Susan Kaiser, R.N. – Town Nurse

Florence Muzio – Typist (p/t)

Angelina Searles – Case Worker

Robin Zoller – Administrative Aide

Senior Resources Department We're here to help

The Town of Colonie Senior Resources Department continues to be the place to start when looking for senior services in the Town. Our mission is to assist seniors and their caregivers to live independently in the community. This is done in a variety of ways. So often we hear from seniors and their families that obtaining accurate information on services or programs is what they are most in need of.

The Senior Resources Department maintains a very complete information, assistance and referral department. Our case workers maintain accurate information and lists on just about any service a senior may need, ranging from in-home care services to the latest changes and developments in Medicare and prescription drug programs.

For many, just receiving the information is not enough; application assistance is needed to obtain benefits.

Our case workers are there to work one on one with seniors to help them obtain assistance. Many seniors, due to lack of transportation or physical immobility, find it difficult to get to

our office, our case workers will provide assistance in your own home.

Benefits Assistance

Assistance is available to low income seniors in applying for the Medicare savings programs (Part B premiums), Medicaid, food stamps and the “Extra Help” portion of the Medicare drug plan. Low-income seniors may be eligible for benefits under all the above mentioned programs.

Representatives from food stamps and Medicaid will be available by appointment on the second Friday of each month from 1:30 to 3:30 p.m. at the Beltrone Living Center, Six Winners Circle, Colonie to assist seniors in applying for these benefits.

A representative is also available, by appointment only, for information regarding veterans’ benefits.

The upcoming dates will be Friday, April 9th and Friday, May 14th and Friday, June 11th.

Case workers from the Department of Senior Resources are also available to advise seniors on various benefits and programs seniors may be eligible for, but are unaware of.

Pick up the phone and give us a call at 459-5051, you will always get one of our knowledgeable staff members ready to assist you.

Dear Friends,

Finally spring is in the air and not a minute too soon!! It has been a long winter and for many seniors in the Town with the high heating costs causing a terrific financial challenge and hardship. Many of you are not aware of the various benefit programs available to assist seniors with the high cost of heating and maintaining your home. A grant program that the Town has partnered with Albany County for many years is the Weatherization Referral and Assistance Program commonly referred to as WRAP. The Senior Resources Department has worked with this program since the early 90's helping hundreds of senior homeowners receive free various energy savings services ultimately saving energy dollars. The warmer months are the perfect time to prepare for the next heating season. For more information on eligibility of this and other housing programs please call our office.



Christine Cary

We are grateful to Colonie Senior Service Centers, Inc. for once again sponsoring the Warmth of Wine event which benefits seniors most in need with their heating costs. Additionally, the Town has awarded funding to Colonie Senior Service Centers, Inc. to provide partial membership scholarships and home repair grants for lower income senior homeowners through Umbrella of Colonie. The Umbrella program works closely with WRAP and various other housing programs to address many of the unmet housing needs seniors may have.

Spring is a great time to get out and participate in the many activities provided through the senior clubs. Some events being planned in the near future is the seven club bus trip to the Log Cabin in Holyoke, Massachusetts. For more information on this and other club activities, please give our office a call.

Sincerely,

Chris

Christine M. Cary, Director

Heating Assistance Program Available To Eligible Town Residents

The Home Energy Assistance Program (HEAP) provides financial assistance with heating costs to low income residents. The monthly gross income cannot exceed \$2,030 for individuals and \$2,657 for couples. If you receive Food Stamps you will receive an automatic benefit and do not need to apply.

Assistance applying for HEAP will also available through the Senior Resources Department at the Beltrone Living Center. Applications will be accepted for both senior and non-senior town residents. Appointments are requested.

The Calendar Connection . . .

Your link to events & activities for Seniors in our community.

Albany Area Senior Orchestra

Tuesday, April 13 - 1:00 pm at the Beltrone Living Center. Free. Call 459-2857, ext. 303 for information.

Umbrella of Colonie Home Maintenance Fair

Thursday, April 15 - 11:00 am - 2:00 pm at the Beltrone Living Center. Free. Call 459-2857, ext. 303 for information.

Annual Fashion Show & Luncheon

Friday, May 7 - 11:30 am - 2:00 pm at the Beltrone Living Center. Tickets are \$15 per person. Call 459-2857, ext. 303 for information.

Path Paver Reception

Friday, June 18 - 3:30 pm at the Beltrone Living Center. Call 459-2857, ext. 304 for information.

Summerfest

Monday, June 28 - 5:30 pm - 8:00 pm at the Beltrone Living Center. Colonie Town Band, refreshment available. Rain or shine, bring your lawn chairs. Call 459-2857, ext. 303 for information.

Carondelet Block Party

Monday, July 12 - 5:30 - 8:00 pm at Carondelet Commons. Colonie Town Band, refreshments. Rain or shine, bring your lawn chairs. Call 782-2350 for information.

17th Annual Salvatore R. Beltrone Golf Classic

Monday, August 9 11:30 am - 7:30 pm at Schuyler Meadows Club. Golfers \$175, includes greens fees, cart, lunch, dinner & cocktail hour. Call 459-2857, ext. 308 for information.

DINING ROOM ON WHEELS

Senior Dining Programs

Sponsored by Colonie Senior Service Centers

Lunch served at Noon at these locations:

- Bethany Presbyterian Church: 2nd Thu.
- Bishop Broderick Apts.: Tue., Wed., & Thu.
- Carondelet Commons: 3rd Thu.
- Colonie Community Center: Wednesdays
- Colonie Memorial Town Hall: 2nd Fri.
- Guilderland Town Hall: Tues.
- St. Ambrose Church: 2nd Thu.
- St. Basil's Russian Orthodox Church: 3rd Fri.
- Sheehy Manor: Thu.
- The Beltrone Living Center: Mon. - Fri.

Senior Luncheons

Monday, Apr. 5: Roast Beef Dinner

MVP

Monday, May 3: Chicken Parm

Tony Toscano

Monday, June 7: TBD

Entertainment TBD

Senior Dinners

Monday, May 17: Meatloaf w. Gravy

Echoes Men's Choir

Monday, June 21: Menu TBD

Jeff Gonzales

Special Luncheons are served at Noon & Dinners at 5 pm at the Beltrone Living Center. Participant contribution is \$5pp (includes \$3 for the meal & \$2 for entertainment). Reservations for all dining programs must be made in advance.

Reservations: 459-2857 ext. 303

By NOON of the previous business day.

7 Senior Clubs in Colonie

Colonie Senior Citizens Club, Inc. Marian Tribley, President (453-6230) The club meets at the Beltrone Living Center, 6 Winners Circle, Albany, Monday through Friday. The club will also begin meeting at Sheehy Manor (moved from the Latham Fire House) on an additional day each month to be announced soon.

Hart Social Center, Inc. Richard Williams, President (869-0720) The club meets at the Beltrone Living Center, 6 Winners Circle, Albany Thursdays.

Lisha Kill Senior Citizens Club, Inc. Betty Cook, President (372-9282) The club meets at the Colonie Community Center, 1653 Central Avenue, Albany Wednesdays at 9 a.m.

Menands Senior Citizens Club Diane Leonard, President (465-3771) The club meets at Bethany Church, 21½ North Lyon Avenue, Menands Thursdays from 10 a.m. to 4 p.m.

Christ our Light Senior Club Joan Kurtzner, President (458-1013) The club meets at 1 Maria Drive, Loudonville Mondays from 10 a.m. to 3 p.m.

Towers of Colonie Silver Streakers, Inc. Terry Miller, President (869-6872) The club meets at 420 Sand Creek Road, Albany on the 1st Monday at 1 p.m. (Coffee hour Noon - 1 p.m.)

Village of Colonie - H. B. Kuhn Senior Citizen Center Jill Stulmaker, President (456-4427) The club meets at 2 Thunder Road, Albany, Monday through Friday.

Circle of Light Senior Club News

St. Frances de Sales Senior Club is now known as Christ our Light Senior Club. This change occurred with the merger of two churches. The senior club remains independent of the church. They merely rent their wonderful meeting space for all of their social activities.

You do not need to be a parishioner with Christ our Light to participate or become a member of the Christ our Light Senior Club, all denominations are welcome. New members are always welcome. Call Joan Kurtzner, club president, at 458-1013.

Colonie Senior Citizens Club News

The Colonie Senior Citizens Club meets the 1st Wednesday of the month at 10:00am in the Lakeview Room of the Beltrone Living Center. While we have many activities, this month we are featuring our oil painting class. The class meets every Wednesday and Friday morning at 9:00am in the Arts Room. Beginners are welcome. Who knows

what artistic talent you may be hiding? For information contact Ruth Coughlin at 783-0807 or just stop in.

On April 20th we are going to The Delany House in Holyoke, MA to see the "Perry Como and Friends Show." A real collection of music that is unmatched today. If interested call Bert Trzcinski at 273-1751. Coming in May "The Charles Prose Show" at Mohegan Sun with full buffet, take home sandwich and a \$15 casino bonus.

Do you love playing music?

Then you might consider joining the 45 dedicated amateur musicians in the Colonie Town Band and rekindle your instrumental talent! They rehearse Monday evenings at Colonie Town Hall and perform free concerts in Colonie. Founded over 40 years ago, the band is sponsored by the Colonie Parks and Recreation Dept. and welcomes musicians of all ages and abilities. For more information, check them out at www.colonietownband.org or call 783-2760.

