

SeniorConnections



Building a Senior Community!

Volume 7, Issue 4

October 2008

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Hard to Choose, Easy to Honor

On Monday, October 20th at Colonie Senior Service Centers' annual Founders' Awards Dinner, the senior community celebrates six individuals and businesses that have made a positive impact on the lives of seniors. CSSC is fortunate to draw on a deep pool of community businesses and individuals who are committed to helping us serve seniors and their families. Each year it becomes more difficult to select honorees who reflect the commitment, vision and leadership exemplified by the founders of CSSC. It's not that there are fewer contenders, the challenge is to choose just six! CSSC is fortunate to have a growing community of businesses, large and small, and individuals, who are committed to helping us serve seniors and their families. These friends understand how important our services are to seniors and their families.

Bank of America, which receives the Fred G. Field Transportation Award, is one of the world's largest financial institutions, serving individual consumers, small and middle market businesses, and large corporations with a full range of banking, investing, asset management, and other financial and risk-management products and services. Bank of America firmly supports CSSC's transportation services for seniors so they can get to medical appointments, community activities, and in particular, our neighborhood Senior Dining Programs. See page 2

Veterans Take Patriotic Flight!

By Morris Bonnell, Beltrone Living Center Resident & WWII Veteran



On September 20, I had the privilege of being part of Patriot Flight Inc.,

See page 6

Help for Seniors With Diabetes

Nearly one in four Americans over the age of 60 have diabetes (12.2 million) and 41 million adults age 40-74 are pre-diabetic. Diabetes is a chronic disease that, left uncontrolled, can lead to heart disease, stroke, blindness, kidney disease, and nerve damage. Even with medication, much of the responsibility for managing diabetes falls on the individual. Recognizing the need for a self-management program for seniors in

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"The future belongs to those who believe in the beauty of their dreams."

- Eleanor Roosevelt

Support of this newsletter provided by:



A plan for life.

From page 1

Verizon is a leader in delivering broadband and wireless communication innovations to mass market, business, and government customers. Verizon's philanthropic focus on education, safety and health in the 21st century, supports their vision of advancing technology that touches people's lives. Earlier this year, with Verizon's help, Colonie Senior Service Centers unveiled the area's first virtual caregiving platform for seniors that gives family members the opportunity to view live streaming video of loved ones participating in the CSSC's adult day services program, Bright Horizons. "Web cam technology has become one of the easiest, most non-invasive ways of keeping families in touch," said David J. Lamendola, Verizon's New York Director of Government Affairs. "These technologies offer a new-age method for family to check in on their loved ones."

For over 20 years **Theresa Mattson** has been making 'being active' fun and brings energy and enthusiasm to her line dance classes. She loves working with senior adults. Theresa will receive the Marion T. Lamar Health & Recreation Award because she has helped hundreds of seniors become fit because her motto is "if you're moving and breathing . . . you're perfect!" Colonie Senior Service Centers is proud to recognize Theresa's commitment to helping seniors stay fit, remain active, and maintain a healthy lifestyle.

M&T Bank is recognized for its financial strength and sound management. M&T Bank actively supports the communities it serves and sees this investment as a key to success, believing their responsibility as a corporate citizen is to do all they can to strengthen the communities in which they operate. By supporting us in our efforts to serve more seniors, M & T Bank will help us strengthen the communities of Colonie. Colonie Senior Service Centers is pleased to present the Jan Susan Medved Senior Dining Award to M & T Bank, who understands and recognizes the importance of our neighborhood Senior Dining Program in providing socialization and healthy meals to seniors, and has supported the program with volunteers and financially for several years.

Umbrella of the Capital District, an organization that strongly supports aging in place and is committed to the idea of seniors helping seniors gain confidence to live comfortably and independently in their own home for as long as desirable and practical, receives the Joseph R. Simon Senior Housing Award. Through a program of high quality home maintenance, with special emphasis on prevention, Umbrella helps senior homeowners regain confidence and independence. Ron Byrne and Elaine Santore of Umbrella of the Capital District shared their expertise and worked with Colonie Senior Service Centers to produce the first replication of their model, Umbrella of Colonie, that will now help senior homeowners in Colonie.

Since 2000 **Richard Iannello** has been executive director of **Albany Guardian Society**, a foundation that undertakes projects to improve the quality of life for seniors. As such, he has convened numerous public forums to help encourage and promote community dialogue on matters important to the aging services community. In 2003, Rick wrote and co-produced, with WMHT, the first 13-part television series "IT'S AN AGE THING!" which aired on public television stations across the country, producing a sequel in 2007, and recently Rick co-produced a third episode of "IT'S AN AGE THING!: Our Communities: Caring For Your Parents." Rick's work through the Albany Guardian Society has strengthened the network of aging services in the Capital Region, helping organizations like CSSC build a vibrant senior community. Rick and Albany Guardian Society receive The Mary E. Brizzell "Building a Senior Community" Award.

With the faithful support of friends and supporters such as these outstanding community businesses and individuals, seniors continue to live active, healthy and independent lives in our community.

Executive Director's Message

We publish the Senior Connections newsletter four times a year. Each edition is chocked full of lots of things about our seniors. What I try to do with this column is provide a better understanding of an issue or two in the newsletter, so you will know why it is important to us.

This October edition is again full of information about services and programs that we hope our readers find useful. But the October edition is also about the Founders' Awards Dinner and this event is special! Over the last seven years we have gone to great lengths each year to thank the Founders of Colonie Senior Service Centers. Without people like Jan and Fred, Joe, Ann Marie, Marion and Mary to get us started, we would not be here today to serve our senior community.

Equally important are this year's award recipients, Verizon, M & T Bank, Bank of America, Umbrella of the Capital District, Theresa and Rick, who have worked with us to serve today's seniors, as well as to help ensure there is a plan to serve tomorrows seniors.

I will enjoy the dinner on October 20th because it is a "great feeling" event. We are surrounded by friends of the senior community, our board and staff, and most importantly, our friends who are the seniors citizens we serve. We also hope that in the audience this night are individuals and companies anxious to partner with us on a great new project and possibly take home one of these coveted awards next year. We hope you can join us!



Ed Neary
Executive Director

Wall Street Concerns? Bankers Agree, Talk to Your Bank!

"It is most important that our senior citizens, in particular, take the time to sit down with their bankers or financial planners and discuss their individual challenges and preferences. It is the professionals' job to understand what is important to their customers and help them make sense of the current financial environment." (Ron Zuba, Administrative Vice President of M&T Bank)

"Right now we are experiencing a Bear Market as a result of a slow economy. Bear Markets are normally short and intense. We recommend to all of our investors that they meet with their Advisor and evaluate their needs both short and long term. Don't hesitate, pick up the phone and talk to your banker, Credit Union President or Advisor. These people are professionals looking over this situation on a daily basis and can help you to attain some peace of mind in a very challenging financial market." (Paula Stopera, President/CEO of Capital Communications Federal Credit Union)

"As a SEFCU member, you can rest assured that your credit union is strong, well-capitalized and prepared to weather the current financial instability that is in full swing on Wall Street. SEFCU has prudently managed its balance sheet and investment strategy planning for the long-term success of our credit union. We value the trust you have placed in us as your financial services partner and we will continue to provide you with the products and services to meet your financial needs ... all backed with a service level that has ranked us the "Best of" in the Capital Region for the past two years." (Michael J. Castellana, President and CEO of SEFCU)

From page 1 the Capital Region, Colonie Senior Service Centers (CSSC) is introducing “**Healthy Changes: A Diabetes Wellness Program,**” in collaboration with Albany Medical College Division of Endocrinology. The new program is similar to CSSC’s award-winning Osteoporosis Exercise & Wellness Program. Both programs feature education, nutrition, exercise, group discussion, and most importantly, socialization to reinforce healthy lifestyle changes.

Healthy Changes is an evidence-based model program developed by Providence Center on Aging in Portland, Oregon. The educational and support program is designed to assist older adults in the day-to-day self-management of diabetes. The weekly group meetings focus on the roles that nutrition and physical activity play in setting and achieving personal goals. Group discussions provide problem-solving, help and support from other attendees, as well as connecting with community assets with CSSC and in the larger community. A key component of **Healthy Changes** is the Peer Leader Team approach. Peer Team Leaders are trained by knowledgeable experts at Albany Medical College.

Kathryn Godley, MS, RN, CDE, Diabetes Nurse Clinician, and Teri Hutson-Mulligan, Registered Dietician & Educator, from the Division of Endocrinology at Albany Medical College are indispensable partners to the success of the program. “We have been looking for a way to get this approach in place,” said Kathryn, “and are pleased to be working with Colonie Senior Service Centers, on this joint venture.” Their expertise and depth of understanding of how difficult it is for an individual to manage diabetes alone is important to convey to peer team leaders. “This program is an essential tool for us as clinicians and educators,” says Teri Hutson-Mulligan, RD, CDE, “we often see these individuals only 1-2 hours a year. Having this program to promote healthy lifestyle changes is wonderful.” The element of helping individuals set realistic, achievable goals and then working over time to adjust and modify in the group is essential according to Hutson-Mulligan. She adds, “Repetition once a year is ineffective in establishing lifestyle changes, repetition every week and devoting a block of time each week to focus on managing their diabetes is the key to success.”

Development, training, evaluation, and oversight of “Healthy Changes: A Diabetes Wellness Program” will be shared by Colonie Senior Service Centers and Albany Medical College. A two day Train-the-Trainer Workshop will be offered on October 21-22 at the Beltrone Living Center. If you are interested in participating in the program, or think you might like to be part of a peer leader team, call Victoria Jones at (518) 459-2857 ext. 305.



Ed Neary and Teri Hutson-Mulligan review the Healthy Changes Diabetes Wellness Program manuals.

Caregivers to Learn Simple Massage Techniques

A free two-hour workshop offered by St. Peter’s Hospital Complementary Therapy Program through hands on training from two licensed massage therapists. Learn simple massage techniques to promote comfort and quality of life for elderly persons. The workshop also includes information on non-pharmacological methods of managing pain, anxiety, and other physical conditions experienced by this population.

Thursday, December 4, 2008 at 10:00 am at Bright Horizons at Beltrone. Call 459-2857 ext. 322 for information or to register.

Bridging the Generation Gap

By Mary Daikos, Bright Horizons at Carondelet Site Director

When I received an e-mail early this summer in response to our online volunteer opportunity posting, I arranged for the would-be volunteer to come in to see how we fit together. When Sarah Djebli entered Bright Horizons that Friday, I was pleasantly surprised to find that she was just 14 years old!

Sarah's dazzling smile instantly captured the hearts of the members and staff of Bright Horizons at Carondelet. She seemed to have that certain indescribable "knack" when it came to relating to people who have been diagnosed with Alzheimer's and other forms of dementia. Sarah instinctively understood that giving of herself was the greatest gift she could give to our members, and so the new friendships grew.



Born in Troy, Sarah's parents emigrated from Algeria, Sarah is the oldest of three girls. The family currently lives in Niskayuna and Sarah started her junior year at Niskayuna High School this fall. Appropriately, her favorite subject is history. She often shares her hobbies with us – her love of reading and of being outdoors. Most of all, she shares. Sarah likes to be around people and she loves to make people smile. This is immediately obvious to everyone she meets. With few exceptions,

Sarah says that she likes almost any kind of music . . . her favorite singer? Frank Sinatra, of course! Perhaps her taste in music and the ease with which she befriends our members is due in large part to the close relationship she shares with her own grandparents. She sees them regularly and has an active role in their daily care.

Sarah came to Bright Horizons because she likes to volunteer and she especially likes to work with the elderly. She likes seeing them happy, she says. While volunteering at Bright Horizons she gathered the histories of our members as they shared their own stories with her and she with them. Proving that she is wise beyond her years, Sarah understands that her positive attitude affects all those around her. She has a keen awareness of members who are feeling sad and need a hug and a smile. She's there to offer calm reassurance if a member becomes anxious or worried. Her instincts are flawless and it shows. Our members truly love her but, more than that, they trust her.

In just two months of volunteering this summer at Bright Horizons at Carondelet, Sarah logged more than 160 volunteer hours! But, more than the hours, Sarah truly understood what it meant to give of herself and, how in doing so, she would get so much more in return. Sarah's time at Bright Horizons proved that the art of caring truly bridges the generations!

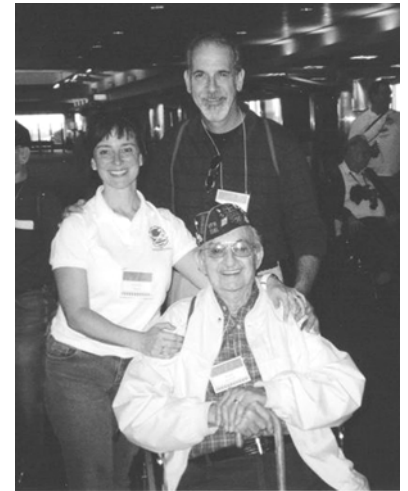
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along with a group of other veterans from the Beltrone Living Center. Everywhere we went we were treated like kings & queens. It was the best trip I've ever taken.

When we landed there were at least 50 people waiting at the airport to greet and cheer for us. We went to a restaurant for dinner and there were *more* people there to greet and cheer for us.

My son was a chaperon and he enjoyed the trip just as much as I did. We also had a chance to tour the Korean and Vietnam Conflict Memorials. Luckily enough, we also had the chance to go on a narrated tour through the city.

It is amazing just how well-run and efficient the trip was. It was "like a well oiled machine," everything had an exact time and place. Some of us got to meet up with other veterans who were in our same battalion which was fantastic. All the veterans who attended said that everything they saw was fabulous and they were all elated about how a great a trip it was for them.



Morris with his son and Patriot Flight Coordinator, Danielle Havel.



What is Patriot Flight Inc.?

Patriot Flight Inc. is an organization that gives WWII Veterans in the Capital Region an opportunity to fly to Washington D.C. to view their WWII National Memorial. Patriot Flight Inc. is part of the Honor Flight Network.

Patriot Flights take Veterans and their health guardians on a one-day excursion from Albany International Airport, leaving early morning and returning by 6 PM at NO COST to the Veteran. Upon arrival in Washington D.C. the veterans and their health guardians are met by motor coaches, taken to lunch and then transported to view the World War II Memorial. The goal is to provide a safe and memorable trip and raise sufficient funds so that every WWII veteran will fly free.

Later this fall, Patriot Flight Inc. will call the Beltrone Living Center home. Faced with the need to expand and a shortage of space, Colonie Senior Service Centers extended its hand to help Patriot Flight find a new home.

For veteran, guardian, and volunteer applications, contact Danielle Havel at: (518) 783-1754 or Bill Peak: (518) 279-4908 or visit www.patriotflightinc.com

Healthy Aging Fall Schedule Available

CSSC's health and wellness programs are enthusiastically attended by hundreds of seniors. The goal of all our classes is to promote independence and a healthy lifestyle through social, fitness, and recreational programs. Our professional activity leaders, dedicated volunteers, and class participants help everyone reach their goals. The health benefits that come with participating in regular physical activity help us all live longer and more independently, so why not give us a try? Our catalog of Healthy Aging Classes, Programs & Activities is available at the Beltrone Living Center, online at www.colonieseniors.org, or by calling 459-2857 ext. 303. New programs and classes are added regularly, here is a current list:

Arthritis Exercise Program
Beltrone Singers
Bocce League
Exercise Class
Eastern European Folk Dancing
Getting Comfortable with Computers

Jazz Dance
Keeping Your Balance
Line Dancing
Low Impact Aerobics
Oil Painting Class & Studio
Osteoporosis Exercise & Wellness

Supported Yoga
T'ai Chi & Qi Gong
Tap Dancing
Walking Club
Welcome to Ebay
Writer's Group

150-Plus Seniors Celebrate Active Aging

At the Active Aging Celebration at the Beltrone Living Center on September 23 the atmosphere was positive and upbeat. As host of the event, Colonie Senior Service Centers hoped to motivate attendees to be pro-active about their health. CSSC's classes are designed to keep older adults active both physically and intellectually. By taking part in one of our many great classes seniors take the first step toward healthy aging.

There were over a dozen workshops, demonstrations and seminars on topics ranging from "Holistic Health" to "Strong Muscles, Live Stronger" and "Improving Your Z's." Presenters and participants included Albany Medical College, American Heart Association, Colonie Senior Resources Dept., Colonie Town Nurse, Cornell Cooperative Extension, CSSC Healthy Aging Programs, Dean's Natural Foods, Foundation of NYS Nurses, HectorPT, Marra's Pharmacy, MVP Healthcare/MVP Gold, Northeastern Association of the Blind at Albany (NABA), Reiki Master & Wellness Practitioner Etta C. Fink, Senior & Special Needs Driving LLC, and St. Peter's Healthcare. There was a complimentary continental breakfast for everyone and a healthy lunch. Funding support was provided by **BlueShield of Northeastern NY**.



Board Profile ~ J. Eric King

Elected to the Board of Directors in May of 2006, Eric King is currently Vice President of the Board. A lifelong resident of the Capital District, Eric is president of Equinox Companies. Since starting his business in the late 1960's, the real estate company has developed and built residential communities, apartment complexes, office parks, hotels, and most recently, shopping centers. He is one of the founders of the Guilderland Chamber of Commerce, past president of both the Albany Area Builders Association and New York State Builders Association. He previously served on the Board of Evergreen Bank, The Days Inn of America Advisory Board, and the New York State Futuring Committee on Education.



Eric King
Board Vice President

Eric became involved with Colonie Senior Service Centers when a good friend and attorney suggested that he could help the organization with his background in building construction. Not only did CSSC's focus on affordable housing options for seniors appeal to him, he says that "he was impressed by the wide range of programs and services, social activities and wellness options offered by Colonie Senior Service Centers." Noting that participants are able to keep their minds and bodies from growing old too quickly if they take advantage of them.

If he had to choose just one, the Senior Dining Program would be his favorite program because the concept of bringing seniors out to sites in their neighborhood to enjoy a meal with friends has such "a great sense of community and sharing about it."

Although the 7:30 am meetings are not his favorite, Eric finds working through issues with other members of the Board to be both a challenge and an opportunity, an opportunity to come up with innovative solutions to sometimes complex matters. He also enjoys helping out with fundraising activities, especially The Warmth of Wine and the 25th Anniversary Program Development Campaign. He sees the greatest challenge CSSC faces to be finding financial resources to ensure that future generations of seniors will have access to the effective, essential programs and services provided by Colonie Senior Service Centers.

Eric and wife, Kathlene Thiel, live in Latham. They have four children. Eric enjoys golfing, skiing and automobiles (exotic cars).

The Current Financial Crisis

By Leslie A. Ellis Development Director

Recently I was discussing the current financial crisis with a CSSC friend and she said "How do I donate in times like these?" We talked about pausing and getting back to the basics by asking "What is really important to me? What are my core beliefs and values?"

As individuals, we each possess something very important that Wall Street does not: longer time horizons. While Wall Street focuses on minutes, hours, and days, we each have the opportunity to focus on years and decades. Asking ourselves the bigger questions, "What difference do I want to make in the community I live in, the church I attend, and school my children attend? How do I want to be remembered in my lifetime?"

I take the current economic situation very seriously. And if you are like me (or our donors) you won't stop giving – I am becoming more deliberate about my charitable decisions. One of my core beliefs is to live by the

Golden Rule ‘Do unto others as you would have them do unto you.’ I believe giving is a matter of heart - what makes that heart beat faster is where I focus my giving. While the financial headlines we’ve seen lately have indeed been frightening, we have the luxury of choosing either to follow the panic or focus on our long-term investment objectives and work with an advisor to make any necessary adjustments. After all, it is our long-term investment objectives driven by core values that should dictate how our finances and investments are allocated, not the day-to-day movements of the market.



Leslie Ellis
Development Director

Since CSSC opened its doors over 27 years ago, we have seen market panics, booms, bubbles, and crises. Each event, positive or negative, has created its own opportunities. I encourage each of you to take this opportunity to once again look inside yourself for what’s important to you. At CSSC we believe every senior deserves *to remain healthy, active and independent*. Our mission is *to preserve and improve the quality of life as they grow older*. If you see eye to eye with these values we invite you to join us in this good work. Together we are helping to build and enlighten caring communities committed to facing and addressing one of life’s greatest opportunities - the celebration of aging. Thank you for investing in the seniors we serve and helping to keep the spirit of Colonie Senior Service Centers burning and the current of our programs and services flowing.

Colonie Senior Service Centers, Inc.

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

Name _____

Address _____

SC 10/08

Telephone: _____ Email: _____

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

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

I am donating \$ _____

- Enclosed is my check made payable to CSSC, Inc.
- I work/worked for a company that will match my gift.
- I would like to pledge my gift in quarterly installments.
- Please charge my Visa MasterCard

- 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

Card # _____ Exp. Date _____

Signature (for credit cards only)

I would like to make this gift* in Memory of _____

I would like to make this gift* 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 Center.

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

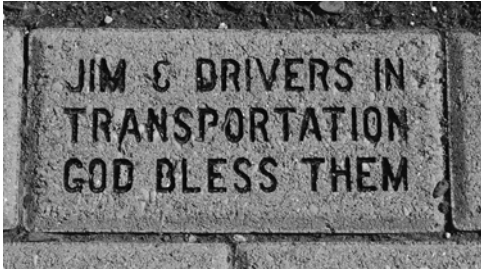
Thank You!

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.



Caregivers Stories Keep Us Focused

A Brick of Thanks



Last winter, I took my uncle Tom Fitzgerald, to see his brother, Robert who lives in the Albany County Nursing Home. When we arrived I had a hard time getting Uncle Tom out of the car. With a little help from the therapists at the nursing home we were able to get him inside to visit with his brother. They had a wonderful time, but in the back of my mind I kept wondering how I was going to get my uncle home. He suggested that I call Jim

Hummel, director of CSSC's transportation service (he knew the number off the top of his head) to see if there was a van available to pick him up. After a little while, Jim called me back to say there had been a cancellation and he would send a driver to pick up Tom and bring him back to his home in Latham.

So we had a very nice visit and then the van came and brought my Uncle Tom safely home. I was relieved, as was my uncle, and we were both thankful that Colonie Senior Service Centers was able to help us out on such short notice.



Janet Fitzgerald with her Uncle Tom (left) and Uncle Robert (right).

In June I received an invitation to a dedication ceremony with a note explaining that my uncle had purchased a brick for the Path Paver Program in December in honor of the drivers at Colonie Senior Service Centers. Sadly, my Uncle had passed away in April and was not able to be at the dedication ceremony in June. I felt I wanted to come and thank the drivers myself because I knew that this trip to see his brother had meant a lot to him even though he didn't know it would be the last time he would see him. I was fortunate to have the opportunity to share this story about my uncle with everyone at the dedication ceremony. He was very fond of all the drivers that took him to doctor appointments and to other things he had to do. He was so thankful for this service. And on a personal note, I want to thank you all for all you did for my uncle. You are very special people and what you do is a very special and appreciated. - Janet Fitzgerald

My Dad - Francis Pezze

I just had to take a moment to thank you and the entire staff at Bright Horizons for the wonderful care and attention you are giving my Dad (Francis). I thank you for your ability to see past this horrible disease - you see my Dad for who he was and still is on the inside - a wonderful, caring man who would stop at nothing for his family. I know that my Dad is content and happy when he is at Bright Horizons because he feels safe and secure with the care that he is given. I truly believe that he feels

that he has a purpose there, that he is needed and important - all thanks to you for making him feel welcome. I am so glad that my Mom has Bright Horizons as well. She really needs the break and I am glad that she has companionship with some of the spouses; giving each other support. This is such a difficult time for our family, yet I feel a sense of relief knowing that my Dad is in such good hands under your care. I can not thank you enough.

- Lisa Nichols

Sheehy Manor 10th Anniversary

On Friday, September 12, Sheehy Manor celebrated their 10th anniversary. In 1995, a unique collaboration of individuals and businesses came together with Colonie Senior Service Centers, Inc. on a subsidized senior housing project which became Sheehy Manor, an exceptional senior housing community.

Instrumental in its development were Duncan Barrett, then of Taconic Capital Corp., Jack Foley of L.A. Swyer Co. and Citizens Bank, and what was then Albank, now Citizens Bank. Community and government leaders were supportive of the project throughout its development. Construction was started in August of 1997 and the first resident moved in March 1998.



At left, Board member Cynthia Pettit, representing Citizens Bank (formerly Albank) at Sheehy Manor's anniversary celebration. Below residents enjoy the festivities.



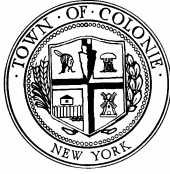
WBC Summer Social Raises \$5,000 for CSSC!



As this year's Women's Business Council of the A-C Regional Chamber of Commerce Adopted Non-Profit, Colonie Senior Service Centers is grateful to be embraced by such a talented, dynamic and successful group of women.

WBC hosted the annual Summer Social here at the Beltrone Living Center. Many members mentioned that they enjoyed the firsthand experience of seeing how we celebrate aging here at CSSC. Well over a hundred attended the event in the Lakeview Room and on the terrace. And many WBC members contributed or bid on the silent auctions, live auctions, and raffles helping to raise over \$5,000 that will go directly to making sure we can offer a helping hand to seniors and their caregiving families!





Resource Connection

Phone: 459-5051

Your Town of Colonie Senior Resources Department

Senior Resources Department Staff:

Carrie Blanchard—Specialist

Christine Cary – Director

Debbie Heider – Case Worker

Susan Kaiser, R.N. – Town Nurse

Florence Muzio – Typist (p/t)

Angelina Searles – Specialist

Robin Zoller – Administrative Aide

Savvy Caregiver Program In recognition of National Caregivers Month this November the Senior Resources Department is sponsoring the Savvy Caregiver Program conducted by the Eddy Alzheimer's Services. This is a free, six-week program for family caregivers designed to give the key skills and knowledge needed when caring for a loved one with dementia. The program trains family members for the role of work of caregiving in four main areas: managing daily life, managing behaviors, managing own well-being and managing resources. The program will be held on Wednesdays, October 29th through December 3rd from 10 a.m. to 12 noon at the Beltrone Living Center, 6 Winners Circle, Colonie. Class size is limited, RSVP to Eddy Alzheimer's Services at 238-4164.

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 \$1,963 for individuals and \$2,567 for couples. If you receive Food Stamps you will receive an automatic benefit and do not need to apply. A HEAP representative will be at the One Stop Session at The Crossings on November 14th from 1 to 4 p.m. Assistance applying for

HEAP will also available through the Senior Resources Department at the Beltrone Living Center on the second Friday of each month beginning in December from 1:30 to 3:30 p.m. Applications will be accepted for both senior and non-senior town residents.

Medicare D and Health Insurance

Assistance Available Assistance in choosing the right Medicare Part D prescription drug plan is available through the Senior Resources Department. The new enrollment period begins November 15th for coverage effective January 1, 2009. This is the only time of year switching plans can occur. There have been some changes in Medicare Part D and new plans are available. It is a good time to revisit your plan and determine if it is still right for you.

One Stop Session For Town Residents

The Senior Resources Department will be providing a "One-Stop Informational and Benefits Session" for all town residents on Friday, November 14th from 1 to 4 p.m. at The Crossings, 580 Albany-Shaker Road. Representatives from various health insurance plans, EPIC, Social Security, Food Stamps, Medicaid, Section 8 Housing Assistance Program, and the Home Energy Assistance Program will be available to provide information and assistance in applying for their programs.

Dear Friends,

The summer months passed much too quickly and we now find ourselves settling into what I believe is the most beautiful season, fall. The days are becoming shorter, the air crisper and cooler and the colors of nature are indescribably beautiful.

It is also the time of year to begin thinking about the long and cold winter months just around the corner. The fall brings the start of the very busy season for the Senior Resources Department. In my last article I urged folks to begin preparing for the winter months, accessing weatherization programs and other various benefit programs. I am pleased that so many seniors have contacted our office in preparation of the high heating costs anticipated for this winter. Another important program this fall is the health insurance and Medicare Part D open enrollment period to commence November 15th. Our staff is working diligently getting up to speed on the changes and updates for 2009.

We are pleased to be providing our very popular “One-Stop Session” on November 14th from 1 to 4 p.m. at The Crossings (see article). I hope you will mark your calendar. This event provides a wealth of information on various service and financial benefit programs.

In closing I hope you all take advantage of the remaining mild weather to get out and enjoy yourselves before winter sets in. There are many enjoyable activities to participate in both the senior clubs and the senior center. I hope that you will take advantage of these wonderful activities and opportunities.

Sincerely, Christine M. Cary, Director



Christine Cary

Fighting the Flu – What Should You Do? Each year millions of people suffer the unpleasant effects of a highly contagious disease known as the ‘flu’. Influenza, or the flu, is a viral infection of the nose, throat and lungs and is spread quickly from person to person. General symptoms, including fever, aches and pains, sore throat, headache, runny nose and chills, are not too severe. A few days in bed, aspirin, plenty of fluids and rest are all the treatment that is needed. In older people, however, more dangerous complications such as pneumonia, dehydration (loss of water), weight loss and other problems can develop. For this reason, many doctors recommend that older adults receive a flu shot.

Because different strains or varieties of the flu virus appear annually, a new vaccine is prepared and must be received each year. It is best to get your flu shot in October or November to give your body time to build antibodies before flu season begins. Side effects from the shot are generally mild and may include a low fever, redness at the injection site or minor aches and pains. Individuals with allergies to eggs are advised not to get a flu shot since egg products are used in its preparation.

While the flu is rarely a fatal illness, it is quite unpleasant and can lower your resistance to other more serious infections. For this reason, all who are at risk should consult their physician and make arrangements to be immunized. Most doctor’s offices and many pharmacies and clinics offer flu injections annually. For a schedule of local clinics, contact the Albany County Health Department at 447-4602. *Remember – your health is your responsibility – take it seriously!!!!*

The Calendar Connection . . .

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

Train-the-Trainer Workshop will be offered on **October 21-22** at the Beltrone Living Center for "Healthy Changes: A **Diabetes Wellness Program**" by CSSC and Albany Medical College. If you are interested in participating in the program, or think you might like to be part of a peer leader team, call Victoria Jones at (518) 459-2857 ext. 305.

Volunteer Meetings: Join us and find out what all the fun is about! Help others and have fun doing it! **Tuesday, October 28** at noon (Topic TBD) and **Friday, November 21** at 10:00am. (Topic: "Fun at YOUR Age? . . . You Bet!") Please call Vicky Jones at 459-2857 (ext. 305) for information and to RSVP.

Monday, November 10 at 11:30 am Colonie Senior Service Centers and MVPGold host the **Annual Veterans Luncheon** at the Beltrone Living Center. Members of Joseph E. Zaloga American Legion Post 1520 will recognize each Veteran present, if you wish to be recognized please provide military service information when RSVP'ing. Entertainment: Tri-County Banjo Band. Lunch is Chicken Parmesan with Ziti and Marinara Sauce. **Free for Veterans (RSVP required)**. For non-veteran seniors aged 60+, the suggested contribution is \$5. Reservations must be made in advance by calling 459-2857, ext. 303 before 12:00 p.m. on Thursday, November 6.

Enjoy a free performance by the **Albany Area Senior Orchestra** at the Beltrone Living Center on **November 18 at 1:00 PM**.

DINING ROOM ON WHEELS

Senior Dining Programs

Sponsored by Colonie Senior Service Centers

Lunch served at Noon at these locations:

- Bishop Broderick Apts.: Tue., Wed., & Thu.
- Carondelet Commons: 3rd Thu.
- Colonie Community Center: Wed.
- Colonie Memorial Town Hall: 2nd Fri.
- Guilderland Town Hall: Tue.
- St. Basil's Russian Orthodox Church: 3rd Fri.
- Sheehy Manor: 1st, 2nd, & 3rd. Thu.
- The Beltrone Living Center: Mon.—Fri.

Senior Luncheons

Monday, November 10: Chicken Parm

Veterans Luncheon

Tri-County Banjo Band

Monday, December 8: Roast Beef

TBA

Monday: January 5: Baked Chicken

TBA

Senior Dinners

Monday, October 27: Chicken Paprika

Program sponsored by CDPHP

Monday, November 24: Thanksgiving Dinner

Colonie Town Band (they will play at 7:00 pm)

Monday, December 15: Roast Turkey

Bill Pezzula

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). Reservation for all dining programs must be made in advance.

459-2857 ext. 303

By NOON of the previous business day.

Senior Club Meetings & Activities (for trips visit www.colonie.org/CSN)

Colonie Senior Citizens Club, Inc. Jean Tomlinson-Tyborowski, President (458-2633) The club meets at the Beltrone Living Center, 6 Winners Circle, Albany, Monday through Friday. The business meeting is the 1st Wednesday at 10 a.m. Activities include billiards, bridge, computer classes, crafts, exercise classes, golf, music appreciation, painting, pinochle, trips (day and overnight).

Hart Social Center, Inc. Richard Williams, President (869-0720) The club meets at the Beltrone Living Center, 6 Winners Circle, Albany on Thursdays. The business meeting is the 2nd Thursday at 1 p.m. Activities include bingo, bowling, bridge, swimming, trips.

Lisha Kill Senior Citizens Club, Inc. Betty Cook, President (372-9282) The club meets at the Colonie Community Center, 1653 Central Avenue, Albany on Wednesdays at 9 a.m. The business meeting is the 2nd Wednesday at 10 a.m. Activities include bingo, cards, crafts, entertainment, woodworking, and trips.

Menands Senior Citizens Club Gert Kutz, President (462-1860) The club meets at Bethany Church, 21½ North Lyon Avenue, Menands on Thursdays from 10 a.m. to 4 p.m. The business meeting is the 4th Thursday at 11 a.m. Activities include bingo, cards, exercise, trips.

St. Francis de Sales Senior Citizens Group, Inc. Beatrice Bopp, President (458-1349)) The club meets at 1 Maria Drive, Loudonville on Mondays from 10 a.m. to 3 p.m. The business meeting is the 1st Monday at 1:30 p.m. Activities include bingo, cards, luncheons (special occasions), trips.

Towers of Colonie Silver Streakers, Inc. Vito Paziienza, President (459-3579) The club meets at 420 Sand Creek Road, Albany on the 1st Monday at 1 p.m. (winter months); 1st Monday at 7 p.m. (summer months). The business meeting is the 1st Monday at 10:30 a.m. Activities include bocce, book discussion, bowling, cards, exercise classes, socials, and trips.

Village of Colonie - H. B. Kuhn Senior Citizen Center Joan Leak, Director (869-7172); Jill Stulmaker, President (456-4427) The club meets at 2 Thunder Road, Albany, Monday through Friday. The business meeting is the 1st Tuesday at 10 a.m. Activities include bingo, cards, exercise classes, German class, line dancing, quilting, sewing, singing, square dancing, Tai Chi, trips, and yoga.

Pinochle Tournament

The Annual Colonie Senior Club Pinochle Tournament will be held at the Village of Colonie H. B. Kuhn Senior Center on Tuesday, November 11, 2008. There is no charge to play and there will be great prizes. The event will start with coffee and doughnuts at 9:15 am. A lunch of Roast Pork with salad and dessert is available for \$5. For information call Margaret Charron at 783-6242.

Election Day Craft & Bake Sale

Lisha Kill Senior Club Craft & Bake Sale November 4, 2008 from 6 am to 6 pm at the Community Center, 1653 Central Ave., Colonie

*Colonie Senior
Service Centers, Inc.*

Six Winners Circle
Albany, NY 12205

*Administrative offices are located in the
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Building a Senior Community

SENIORConnections is published quarterly by **CSSC, Inc.** to keep seniors in Colonie and neighboring communities informed of the many resources available to them through the Colonie Senior Network.

Editor: *Victoria E. Jones*. Contributors: *The Town of Colonie Senior Resources Department & Colonie's Senior Clubs.*

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2. Pick up a copy at a senior club meeting, at the Colonie Town Library, at Memorial Town Hall, or your place of worship.
3. Check it out online at www.colonieseniors.org
4. Have the newsletter mailed to your home, please fill in this form and mail to the address below to continue receiving a paper copy.

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