

SeniorConnections



Building a Senior Community!

Volume 8, Issue 4

October 2009

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Compassionate community benefits seniors

Each year, we come together to celebrate six individuals and businesses at the annual **Founders' Awards Dinner** this year on **Monday, October 19th**. CSSC is privileged to have in our community businesses and individuals who are wholehearted in their eagerness to help us serve seniors. We are challenged each year to select just six honorees who reflect the commitment, vision and leadership exemplified by the founders of CSSC.

The **Fred G. Field Transportation Award** will recognize three individuals. As a group they were instrumental in the development of CSSC's innovative Driver Fitness Center. **Rory Fluman** of Senior & Special Needs Driving, LLC and the Capital Region Older Driver Assistance Network, provided expertise and training for officers of the Colonie Police Department. **Steven Heider**, Colonie Police Chief, helped implement New York State's first training program with the Colonie Police Department to help officers assess the needs and *See page 6*

Expanding to meet the challenge

By Mary Daikos, Bright Horizons Site Director

According to recent estimates, as many as 4.5 million Americans have Alzheimer's Disease. By 2010, there will be nearly 500,000 new cases each year, growing to 1 million by 2050. While Alzheimer's is the seventh leading cause of death in the U.S., there is no cure, but there is help.

See page 7

Umbrella connects to more than handymen

By Tony Scardillo, Umbrella of Colonie Director

Over the past year, Umbrella of Colonie has expanded their mission and now offers our members a wide selection of important and valuable services. Early on we recognized that members wanted extended services. All of the programs added compliment our home maintenance services and offer the member additional benefit.

See page 4

"Stand up to your obstacles and do something about them. You will find that they haven't half the strength you think they have."

- Norman Vincent Peale

Support of this newsletter provided by:



A plan for life.

Fall into fitness with our new fall schedule of classes

By Kelly Mateja, Program & Services Director

It's autumn in New York, and a great time to fall into fitness, enrolling in one of the new classes coming up on our Fall Schedule! We are especially proud to present a new and innovative program: PETALS - Personal Exploration, Transformation and Life Strategies. This 8-week program, starting in October, will be facilitated by Michelle Elliot, Ph.D., and will focus on creating balance in the participants complicated and complex lives. Through the course of the program, class members will share with and learn from Michelle, the facilitators, guest speakers, and from each other. The group will try various strategies for stress management, such as meditation, movement therapy and yoga.

Through a partnership with the Ciccotti Center, this fall will feature a second location for the Healthy Changes Diabetes program at their beautiful facility on Aviation Road, in addition to Tuesday mornings in the Beltrone Living Center. Healthy Changes is a peer lead program that educates and supports people with diabetes to better manage their self care through goal setting for diet and exercise.

If you have osteoporosis, osteopenia or want to be pro-active about preventing these diseases, OsteoBusters is the program for you. This fun, active class will improve your balance, and increase your flexibility and strength with gentle stretching and weight bearing exercise to maintain bone density. There is the choice of 6 different days, times and locations for classes, which often include lively discussions about topics that affect bone health like nutrition, safety, medications, or other health related issues.

Keeping Your Balance falls prevention class is returning to the class roster this fall. This class will keep you on your toes, while helping you build strength, coordination and flexibility to maintain your balance. If you're worried about the consequences a fall might have on your life, this class, offered in collaboration with HectorPT, a certified physical therapist, is for you.

In addition to these exciting and new offerings, Colonie Senior Service Centers will be bringing back their entire catalog of popular classes, including Bocce, Folk Dancing, Intro to Computers, Arts, and our many other fantastic offerings.

To see a complete listing of classes and their schedules, please visit our website at: www.colonieseniors.org/health-recreation.asp or please call Heather at 459-2857 x303.

CSSC's Active Aging Celebration - Thursday, September 24, 2009



Executive Director's Message

This edition of Senior Connections is full of example after example of how a community works together to provide an array of services that help seniors live independently in their homes and engaged in their community. And included in this community are the very seniors served. The senior community can be seen supporting the Town's first responders at "Remembering Those who Keep us Safe" (see below). The Umbrella of Colonie home maintenance program is about seniors helping seniors (see page 1). When you check out the Mini-Memory walk in Bright Horizons (see page 7) and the Guys' Club helping Sand Creek Middle schoolers try to break the Guinness Book record for simultaneously dribbling a basketball (see page 15), you see our community in action.

Personally, I serve on several committees looking at how to deal with long term care and our ever-growing senior population. It always seems to me that the search is for something new, but I believe that our organization understands that taking care of our citizens, young or old, is a community effort. By working together, we have a community that cares, a community that gets it done day in and day out.



Ed Neary
Executive Director

Remembering Those Who Keep Us Safe September 9, 2009



On September 10, 2009, the Senior Community came together to recognize and honor the dedicated and hard working men and women who regularly endanger themselves to ensure our safety and protect the liberties and freedoms we cherish. Representatives from Colonie Police, Fire and EMS, the Albany County Sheriff's Dept, and Veterans were on hand. Pictured top left with veteran Morris Bonvell is Robert A. LaDuke, chair of the Colonie Veterans Memorial Project, was keynote speaker. Pictured above (l-r) Peter Berry, Deputy Chief Colonie EMS, Chief of Police, Steven Heider, Village of Colonie Mayor Frank Leak, Bob LaDuke, Asst. Chief Bill Schmitt, Colonie Fire Services, and CSSC Executive Director Ed Neary. At left, are Carl Fleshman, Ed Neary, Mayor Leak, Patricia Hurley, and Roxanne Norwood.

Umbrella from page 1

In addition, Colonie Senior Service Centers has been providing educational workshops for the handymen, featuring topics such as fire safety, falls prevention, and energy-saving information. Umbrella handymen are more than just repairmen, they have become outreach workers by educating isolated seniors on the wealth of services available to help seniors remain independent in their own homes.



The following are some of the additional services now offered through Umbrella of Colonie (some have eligibility requirements):

1. The American Red Cross **Emergency/Disaster Preparedness Pack**, a packet of materials, samples and information especially designed for seniors with a plan of action in the event of an emergency such as the ice storm last December.
2. The **Home Weatherization Assistance Program** is a four-step process that includes a free home energy audit through Cornell Cooperative Extension of Albany County. It includes such things as insulation and energy efficient appliances.
3. **Community Development Funds** help preserve the existing homes in the Town of Colonie by providing assistance for individuals and families with moderate income or special needs; and extend supportive services aimed at improving the quality of life and self-sufficiency of those that could benefit from such services, available through the Community Development Department.
4. **Nutritional Counseling** is available through the Albany County Department for Aging's nutritionist who can provide nutrition education, individualized nutrition assessments and counseling to seniors and their caregivers.
5. Coldwell Bankers Prime Properties **Concierge Service** is another partner of Umbrella of Colonie. They can provide members with reliable contractors who are senior-friendly to help with major repairs and renovations including remodeling, landscaping and many other home-related services that are outside the scope of Umbrella of Colonie.

Umbrella of Colonie is a unique program that pairs able-bodied retired handymen with senior homeowners in the town. We offer low cost, reliable minor home care, home maintenance and so much more! Since it began in June 2008, the program has grown to over 125 members and 30 handymen.

**For information about Umbrella of Colonie contact Tony Scardillo
(518) 459-7152 umbrella@colonieseniors.org.**

IN CASE OF AN EMERGENCY By Richard E. Rowlands, Girvin & Ferlazzo Law Firm

Are you ready for an emergency? Here are a few simple steps you can take to be ready.

If you have a cell phone, use the acronym “ICE” (for “In Case of Emergency”) before the name and phone number of your primary emergency contact. In addition, everyone should have an up-to-date listing of the emergency contact numbers in their wallet or purse.

Just as importantly, every adult should have an Advance Medical Directive (“AMD”) which is your healthcare power of attorney and living will. The AMD only becomes effective when you are unable to make decisions regarding your own medical care, and designates another person to make these decisions for you. Your AMD should be easily accessible, but unless you carry it with you it may not be accessible, such as when you are in the emergency room. One option is to register your AMD with a company, like DocuBank, that ensures that your AMD is available worldwide, 24 hours a day, 365 days a year. They send you an emergency access wallet card and contact you once a year to update your information, giving healthcare providers immediate access to your AMD. Also on the card is other information such as physician contact information (up to 3) and primary emergency contact information for quick assess. *If you would like more information about executing a health care proxy and living will or about DocuBank, then please contact Richard E. Rowlands or William D. Pfeiffer at the Girvin & Ferlazzo Law Firm.*



Sheehy Manor Energy Project Near Completion

The weatherization and energy-efficiency project at Sheehy Manor is near completion. Recently, all residents received new refrigerators and new energy-efficient washers are being installed as we go to press.

Above Irene Morris watches as her new refrigerator is installed. At left workers install Hi-R insulation and caulk all the windows to improve energy efficiency that will help reduce heating bills for all residents.



Founders from page 1

challenges of senior drivers. **Michael P. Paris**, NYS Office of Aging worked tirelessly with us to make the Driver Fitness Center a reality, providing expertise, funding and materials for presentations to senior groups in the community.

The **Ann Marie Sheehy Bright Horizons Award** will be presented to **Robert H. Gottfredsen**. Bob is a caregiver for his wife Kathleen. Being a caregiver is challenging and difficult, meeting that challenge with grace and compassion is easier said than done. But Bob is extraordinary, when Kathleen joined Bright Horizons so that he could have some respite, he decided to use his time to give back to the organization that helped him so much as a driver for our transportation service. He now can transport Kathleen to and from the program as part of his job and gets to enjoy the company of his co-workers and the seniors he transports. He has transformed a challenge into an opportunity .

As indispensable partners in the success of CSSC's Healthy Changes Diabetes Wellness Program, **Kathryn Godley** and **Teri Hutson-Mulligan**, health care professionals from the Division of Endocrinology at Albany Medical College, will receive the **Marion T. Lamar Health & Recreation Award**. For several years CSSC sought to develop a diabetes wellness program. Last year we connected with Kathryn and Teri who helped us with their expertise and depth of understanding of how difficult it is to manage diabetes alone to promote healthy lifestyle changes.

The **Jan Susan Medved Senior Dining Award** will be awarded to the **Menands Senior Citizens Club**. CSSC always seeks to offer our Senior Dining Program in places where seniors meet. The benefit of the Senior Dining Program lies not only in the nutritious, hot meal, but in the opportunities it provides for socialization, volunteering to help others and connecting to other vital programs and services. When Club President Marge Riedy contacted us about adding a Senior Dining meal site we were delighted and ready to deliver. They have always been an active club, they play cards, games, socialize and go on a variety of trips, and now they have added a monthly lunch to their activities, helping CSSC expand services into that corner of Colonie.

This year **SEFCU** enthusiastically supported CSSC's Warmth of Wine as a major sponsor, enabling us to help thirty percent more seniors than ever before. It is a community event that helps seniors with high heating bills each winter so they can avoid making difficult choices about what to cut from their budget to keep their homes warm during the cold winter months. As the major sponsor, SEFCU helped us expand the visibility of the event and brought new supporters as well, helping more seniors live independently in their own homes. SEFCU is this year's **Joseph R. Simon Senior Housing Award** winner.

The **Mary E. Brizzell "Building a Senior Community" Award** will be presented **Richard Williams**, a dedicated senior advocate and volunteer. As President of the Hart Social Center, Inc., and as a charter member of the Colonie Senior Network Advisory Board, he was instrumental in its development. Dick has advocated for seniors and encouraged community dialogue on senior issues in our community. He has strengthened the network of aging services Colonie, helping organizations like CSSC build a vibrant senior community.

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.

Challenge from page 1

Bright Horizons at Carondelet Alzheimer’s and Dementia Center has been meeting the physical and emotional needs of people with Alzheimer’s and their caregivers since 2004. Today, we provide daily respite for 25 individuals with Alzheimer’s or a related dementia. As the need has increased, we have maintained a waiting list and are partnering with the Alzheimer’s Association and the Sister of St. Joseph of Carondelet to expand our program – ensuring that we will remain the most well respected resource of Alzheimer’s and dementia care in the region.

The staff and volunteers of Bright Horizons at Carondelet have always believed in each individual’s ability to live each moment feeling productive, happy, secure, and loved. As we plan our expansion, we look forward to finding even more ways to create a serene, nurturing environment. Secure entrances and exits will give our members a feeling of independence as they move throughout the rooms, exploring their surroundings at their own pace. A new, family style kitchen for many of our members to share in the joy of cooking (and everyone will benefit from the aroma of fresh baked breads and cookies!) A sensory stimulation room will be for members who may feel suddenly overwhelmed by the larger group and need time for themselves. Here they can relax in a comfortable, quiet space with loving staff and volunteers who are able to meet their special needs. Finally, Dakim – a cognitive vitality computer system recommended by Alzheimer’s experts, is already in use, providing members with yet another way to maintain their current engagement with the world with an innovative brain exercising program.

As we look with excitement towards our expansion, we are also able to reflect on the hundreds of individuals and their caregivers who have already benefited from the specialized Alzheimer’s and dementia care that Bright Horizons at Carondelet has provided. It will be our pleasure to continue to help even more families in the future.



On Friday, September 11, 2009 members of Bright Horizons and their families walked to support the Alzheimer’s Association Memory Walk, raising over \$1,500! And celebrated after with a dance party!



Flu — it happens every fall!

By Dr. Kirk Panneton, Medical Director, CDPHP



Many people think the flu is nothing more than a bad cold — until they come down with it. When your entire body aches, your energy vanishes, and a fever, dry cough, sore throat, and headaches set in, it's impossible to mistake the flu for a mild illness.

The flu can hit anybody hard, but it's especially dangerous for people over 65 and others with weak immune systems. If you're older, it's particularly dangerous because the viral infection can exhaust your body, making it easy for life-threatening complications such as bacterial pneumonia to take hold. It can also worsen the symptoms of conditions like heart disease, asthma, and chronic obstructive pulmonary disease.

Getting a flu shot is the single best way to prevent the flu and help limit your health risks. The Centers for Disease Control and Prevention (CDC) recommend an annual flu shot for people with certain health conditions. For people age 65 and older, a pneumonia shot may also be a good idea. Don't forget to talk to your doctor about the flu and pneumonia vaccine and things you can do to lower your chance of getting sick this year.

Protect yourself from spreading germs. Don't forget these simple, effective precautions you can take to keep you, your friends, and your family healthy:

- **Wash your hands frequently.** If you don't have soap and water, try alcohol-based antibacterial hand gels instead.
- **Cover your coughs and sneezes.** Use a disposable tissue or sneeze into your elbow, not your hand.
- **Stay home if you're sick.** Rest is the best medicine and you don't want to put others at risk of coming in contact with the virus.

Please note that if you are allergic to eggs, have a high fever, or have had a severe reaction to the shot in the past, it's important to talk to your doctor before receiving a flu shot. Health plans like CDPHP offer members numerous opportunities to receive a flu vaccine from many participating practitioners, so be sure to check for services.

For up-to-date information on protecting yourself from the various strains of flu including the H1N1 (swine flu) virus, visit the CDC's Web site at www.cdc.gov/H1N1 or learn more at www.cdphp.com.

FLU SHOT CLINIC

Thursday, October 22, 2009

at the

Beltrone Living Center

9:30am - 3:00 pm

Appointments required

459-2857 ext. 303

The most important thing you can do . . .

People often ask me what they can do to help Colonie Senior Service Centers. I tell them “The most important thing you can do for CSSC is give to the Annual Fund each year.”

Every year, board, staff, volunteers, and friends play a vital role in the life of Colonie Senior Service Centers by donating through the Annual Fund. By sustaining our programs and services with these annual contributions they are supporting seniors and their families. Donors help us make sure the gasoline gets into the vans to keep the transportation services running and provide the money to help with the heat and lights in the osteo class . . . these unrestricted gifts are supplementing all of the needs, for everything we do, wherever there is a funding gap.

The Annual Fund is an indispensable source of funding to support those participants who are unable to make a suggested contribution for a meal or a ride . . . because we never turn anyone away they can always count on that meal or that ride. And it’s your support through the Annual Fund that enables us to serve them. The important thing is to participate in the Annual Fund if you can; it doesn’t matter how much you give. And we are grateful to all of our donors.

IRA Gifts Extended Through 2009!

Times are challenging but people are still making gifts in support of their charitable interests, and doing so generously. What is changing is, however, are the types of assets people are giving. Less discretionary income and reduced asset values combined with proposed tax increases require that donors more carefully integrate their philanthropy with their financial estate planning.

One choice donors are using to optimize their giving are IRAs. Congress has temporarily extended through 2009 the legislation that allows donors to make tax-free gifts from their IRA Accounts. If you are age 70½ or older and do not need all or a part of the distributions from your IRA, you can make tax-free gifts totaling up to \$100,000 in 2009 from your traditional or Roth IRA to qualified charities until December 31, 2009. If your spouse has a separate IRA account, you can each make up to \$100,000 in gifts. While you cannot claim a charitable deduction for IRA gifts, you will not be required to pay income tax on any amounts you distribute to qualified charities.

A very special thanks: Many of you who participate in our health and wellness programs may be aware that Health & Recreation Coordinator Marion Lamar has been sidelined for some months. In her absence, volunteer Marion Schmidt has stepped forward to fill in for Marion in many ways. We are grateful to her for her countless hours of time and effort to keep things rolling smoothly. Marion L. is well on her way to recovery and should be back in action soon. And thank you to the many others who have helped out too!



Leslie Ellis
Development Director

The Beltrone Living Center Residents Association, Lakeview Restaurant & Catering, and CSSC, Inc. were proud to be part of the Colonie Veterans Memorial Dedication on Tuesday, August 25, 2009



Colonie Senior Service Centers, Inc.

SC 10/09

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.

Have you discovered Discovery Lunches?

By Heather Foley, Senior Dining Coordinator

This fall, Colonie Senior Service Centers began bringing added value to our Senior Dining Program by adding a variety of interesting and informative presentations and talks before or after our regular lunches at all nine of our meal sites. So now you can come and have lunch with your friends, catch up on their latest news, and be entertained or learn something new. Discovery Lunches run the gamut from the healthy eating to how to talk to your health care professional to culture. Here's what's *on the menu* and *in the line up* for our upcoming Discovery Lunches.

Discovery Lunches

Remember, all of our Senior Dining Sites are open to all seniors, so get out and have your lunch some place new, meet new people, learn something new . . . Our goal is for you to have a great time and a great meal!

Thursday, October 01, 2009

Sheehy Manor @ 11:00 AM

Family, Friends and Neighbors with Symptoms

Chicken a la King & biscuit

Friday, October 16, 2009

St. Basil's Russian Orthodox Church @ 12 PM

Grab 'N Go

Tuna Salad Plate

Wednesday, October 28, 2009

Beltrone Living Center @ 12 PM

ABC's of Healthy Change

Roast Pork Loin & gravy

Thursday, November 12, 2009

Beltrone Living Center @ 12 PM

Family, Friends and Neighbors with Symptoms

Chicken a la King & biscuit

Thursday, November 19, 2009

Carondelet Common @ 12 PM

Healthy Eating for the Holidays

Beef Stroganoff

Friday, November 20, 2009

Memorial Town Hall @ 12:00 PM

Grab 'N Go

Baked Fish Filet

Monday, November 23, 2009

Beltrone Living Center @ 12 PM

Strike Up the Band

Ravioli & Meatballs

Thursday, December 10, 2009

Bethany Presbyterian Church @ 12 PM

Long Term Care Options

Chicken Lo Mein

Thursday, December 10, 2009

Beltrone Living Center @ 12 PM

Eleanor Roosevelt; First Lady of the World

Chicken Lo Mein



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

Benefit Assistance Available for Seniors

Assistance is available to low income seniors to apply for Medicare Savings programs (Part B Premiums), Medicaid, Food Stamps and the “Extra Help” portion of the new Medicare drug plan. Low income seniors may be eligible for benefits under all of the above mentioned programs. Representatives will be available on the second Friday of each month at the Beltrone Living Center, Six Winners Circle from 1:30 to 3:30 p.m. to assist seniors in applying for benefits. Upcoming dates are November 9 and December 11. Case workers from the Senior Resources Department are also available to advise seniors on benefits and programs seniors may be eligible for but are unaware of.

HEAP 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 be 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 3:30p.m. Applications will be accepted for both senior and non-senior town residents. Appointments are requested.

Transitions Support Group

The Transitions support group is currently accepting new members. The group is appropriate for seniors coping with grief related issues to death, loss and change. The group meets the fourth Wednesday of the month at 1:30 p.m. at the William K. Sanford Library, 629 Albany-Shaker Road, Loudonville. For additional information, please call Chris at 459-5051. (Funded in part by the Albany County Department for Aging)

Housing Fair for Town Residents

The Town of Colonie Senior Resources Department will be providing a Housing Fair and panel discussion for all town residents on Thursday, October 22nd from 1 to 4 p.m. at The Crossings, 580 Albany-Shaker Road, Loudonville.

The focus of the program will be to educate seniors and caregivers regarding the realistic expectations of financially maintaining a home, as well as to provide housing and in-home options and alternatives. The fair will also include a panel discussion that will discuss strategies, recommendations and options for seniors in need of assistance to financially and safely stay in their home. The panel presentation will be at 2 p.m. followed by a 30th anniversary celebration of the Senior Resources Department that will include cake and coffee. This program is open to the public.

Dear Friends,

It seems I just wrote to you anticipating the wonderful summer months ahead and already they have passed. Though the summer with its less than ideal weather was short, there were many fun events, trips and picnics throughout the seven senior clubs which were enjoyed by all.



Christine Cary

The Senior Resources Department is pleased to be celebrating our 30th anniversary of providing unparalleled services to the senior residents of the Town. We continue to be very proud of our core mission of providing unbiased information and assistance on a variety of programs and services to seniors and caregivers.

In recognition of our 30th year, we will be hosting a housing fair and panel discussion on October 22nd from 1 to 4 p.m. at The Crossings of Colonie, 580 Albany-Shaker Road, Loudonville. The focus of the event will be to educate seniors and caregivers regarding the realistic expectations of financially maintaining a home as well as to provide housing and in-home options and alternatives. In addition to the housing information fair, a diverse panel will discuss strategies, recommendations and options for seniors in need of assistance to financially and safely sustain in their homes. The event will close with cake and refreshments with Town Supervisor Paula Mahan and the entire Senior Resources staff. Please mark your calendar. This event will provide a wealth of information and help us celebrate this milestone.

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,
Chris
Christine M. Cary
Director

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 Monday, November 16th for coverage effective January 1, 2010. This is the only time of year switching plans can occur. There have been many changes in Medicare Part D and new plans available. It is a good time to revisit the plan you are in and determine if it is still the right plan for you. For Medicare D or any other health insurance assistance please call the Senior Resources Dept. at 459-5051 and set up an appointment with a HIICAP counselor.

The Calendar Connection . . .

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

FLU SHOT CLINIC Thursday, October 22, 2009
from 9:30 am to 3:00 pm. Appointments
required. Call 459-2857 ext . 303.

Monday, November 9, 2009 11:30 am CSSC
and MVP Health Care host the **Annual Veterans
Luncheon** at the Beltrone Living Center.
Members of the Joseph E. Zaloga American
Legion Post 1520 will recognize attending
Veterans. Menu: Chicken Parmesan.
Entertainment: Tri-County Banjo Band. **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 5, 2009.

Volunteer Meetings

Please RSVP to 459-2857 ext.305

Friday, October 30 - *Healthy Heart Living &
Blood Pressure Screening*. This is a lunch
meeting (Seafood Newburg) at 12 noon.

Thursday, November 19 - *Healthy Eating
for the Holidays* at 3:00 pm.

Tuesday, December 15 - Holiday Lunch
Meeting (Ham & Cabbage with Duchess
Potatoes) at 12 noon.

Eleanor Roosevelt: First Lady of the World

This is a CSSC Discovery Lunch program
presented by the Scotia-Glenville Traveling
Museum at 12 noon on **Thursday, December
10** at the Beltrone Living Center (menu: Chicken
Lo Mein).

DINING ROOM ON WHEELS

Senior Dining Programs

Sponsored by Colonie Senior Service Centers

Lunch served at Noon at these locations:

- Bethany Presbyterian Church: 4th Thu.
- Bishop Broderick Apts.: Tue., Wed., & Thu.
- Carondelet Commons: 3rd Thu.
- Colonie Community Center: Wednesdays
- Colonie Memorial Town Hall: 2nd Fri.
- Guilderland Town Hall: Tue.
- St. Basil's Russian Orthodox Church: 3rd Fri.
- Sheehy Manor: Thursdays
- The Beltrone Living Center: Mon. - Fri.

Senior Luncheons

Monday, November 9: Chicken Parmesan
Tri-County Banjo Band

Monday: December 7: Roast beef w. gravy
Millview – A Day in the Life

Monday, January 4: Baked Chicken
Program TBD

Senior Dinners

Monday, October 26: Chicken Paprika
Donny Elvis!!! – Reserve Early

Monday, November 23: Roast Turkey & gravy
Women of Harmony

Monday, December 21: Roast Turkey & gravy
Colonie Timeless Tappers & Brian Zapel

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.

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 Marge Riedy, President (434-2759) The club meets at Bethany Church, 21½ North Lyon Avenue, Menands Thursdays from 10 a.m. to 4 p.m.

St. Francis de Sales Senior Citizens Group, Inc. Don McCullough, President (608-4931) The club meets at 1 Maria Drive, Loudonville Mondays from 10 a.m. to 3 p.m.

Towers of Colonie Silver Streakers, Inc. Vito Pazienza, President (459-3579) 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 Joan Leak, Director (869-7172); Jill Stulmaker, President (456-4427) The club meets at 2 Thunder Road, Albany, Monday through Friday.



On Friday, September 25, 2009, CSSC staff, The Pine Grove Guys' Club, and healthy aging program participants joined with Sand Creek Middle School students at Creekfest to try to break the Guinness Book record for the largest number of people simultaneously dribbling basketballs. They didn't break the record, but they had a great time!

Pine Grove Guys' Club at Creekfest



*Colonie Senior
Service Centers, Inc.*

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Albany, NY 12205

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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.

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