

# SeniorConnections



*Building a Senior Community!*

**Volume 8, Issue 1**

**January 2009**

## A Roadmap to Help Seniors Drive Safer, Longer

Colonie Senior Service Centers, on Tuesday December 9, unveiled an innovative Driver Fitness Center for older adults and announced a first-of-its-kind training program with the Colonie Police Department to help officers assess the needs and challenges of senior drivers. Both the information center and the training program are designed to ensure the safety and independence of older drivers and to help seniors and their families find workable solutions to their driving challenges.



“All too often there is a knee jerk reaction to remove an older driver from the road once he or she shows signs of deteriorating motor skills,” said CSSC Executive Director Ed Neary. “The fact is many challenges faced by seniors can be addressed and corrected. The primary goal of the Driver Fitness Center is to empower and educate older adults with information, tools and resources to drive safer, longer and to maintain their independence and self-sufficiency.”

See page 2

### Inside this issue:

Caregivers Month	3
Music & Alzheimer's	5
Baby, It's Cold Outside	7
Gifts in Tribute	9

## Wine-Tasting Returns to help with Heat Bills

Even though the price of heating oil, gas and electric are coming down, many of our seniors locked in prices this past summer and will still be paying high heating bills again this winter. In addition to raising funds for heating bills, funds will also be raised to support Umbrella of

See page 6

## Grant Warms Sheehy Manor Residents

Sheehy Manor, a housing facility of Colonie Senior Service Centers, was successful in securing one of 26 grants totaling \$3.5 million awarded by the Division of Housing and Community Renewal (DHCR) to weatherization agencies across the New York State.

See page 4

*"Every day do something that will inch you closer to a better tomorrow."*

*- Doug Firebaugh*

Support of this newsletter provided by:



**A plan for life.**

From page 1

Developed in cooperation with the Capital Region Older Driver Assistance Network, the Driver Fitness Center is located within the Beltrone Living Center and is available to all area seniors and caregivers. The center will hold a comprehensive selection of information including educational opportunities such as defensive driving and CarFit® classes sponsored by AAA Hudson Valley and AARP; literature from the Colonie Police Department, the Department of Motor Vehicles, the New York State Office for the Aging and the Governor's Traffic Safety

Committee; driver assessment and rehabilitation services offered by Senior & Special Needs Driving, Sunnyview Rehabilitation Hospital and Stratton VA Medical Center; plus information on health and wellness programs that address Alzheimer's, diabetes and arthritis concerns; as well as potential healthcare solutions; and peer counseling options.

The Driver Fitness Center, for example, will also offer information about medical professionals, such as occupational therapists and ophthalmologists, who can help assess and treat medical conditions that may be the root cause of an older driver's reduced ability. "Often times, a medical procedure, such as cataract surgery, may correct what has traditionally and erroneously been perceived as a deteriorating skill set for seniors," said Neary.

For more than two weeks, training offered by Colonie Senior Service Centers and its strategic partners in the Capital Region Older Driver Assistance Network, in collaboration with the Colonie Police Department, provided officers with insight, education and options available to them when they witness "at risk" behavior by senior drivers. This innovative training helped officers understand that it is a senior driver's health and functionality, not their age that is the cause of unsafe driving.

In addition to issuing a citation, officers, for example, were informed of the option to refer older drivers to an occupational therapist or medical professional. The partnership, highlighted by a first-of-its-kind training program for police officers, may serve as a new paradigm for advocates of the senior community. "We are proud to be in the vanguard of police departments seeking creative and effective solutions to help seniors maintain their independence to ensure their safety as well as the safety of others on the road," said Colonie Chief of Police Steven Heider. "We value this partnership with Colonie Senior Service Centers which gives our officers the opportunity to gain a greater understanding and appreciation of the challenges faced by older drivers."

For Colonie residents, and for our Colonie Police, the Driver Fitness Center will become a central point for drivers and their families to get the help necessary to properly assess driving issues. The Driver Fitness Center will be able to bring access to all the resources together at one location. Colonie Senior Service Centers' goal is to make Colonie roads a safe place for all of our drivers, young or old.



Officer Rich Barber tells seniors how CSSC's Driver Fitness Center can help them drive safer, longer.

## Executive Director's Message

*Happy New Year 2009!*

As we approach 2009, Colonie Senior Service Centers has plans to expand services that help seniors remain independent, to raise some financial support for heating bills, to work with our friends in the business community to become more senior friendly, and to offer many opportunities to socialize with friends and families.



Ed Neary  
Executive Director

We will continue to reach out in the community to connect with seniors who may be isolated. We would like to see everyone take advantage of great programs like Umbrella of Colonie, Bright Horizons, Transportation and the new Driver Fitness Center.

Starting with this issue of Senior Connections and throughout the year, we will be asking for your feedback and comments on the services needed to help you remain in your community, and about where we can improve our services. Please send your comments to Ed Neary, Colonie Senior Service Centers, Inc., 6 Winners Circle, Colonie, NY 12205 or email me at [eneary@colonieseniors.org](mailto:eneary@colonieseniors.org).

*Let's do our part to make 2009 a <sup>great</sup> good year!*

---

## An Appreciation for Caregivers . . .

During National Family Caregivers Month we recognize caregivers of our Bright Horizons' members. They work tirelessly each day to ensure a better quality of life for their family members. Everyday, day in and day out, they selflessly provide their loved ones with love, comfort, and security as they age. On November 25th we celebrated our family caregivers in Bright Horizons with a "Thanks for Giving" party . . . music, dancing, prizes and refreshments! Caregivers were able relax and enjoy a special time just for them. And, thanks to our sponsor, *Nurse Connections*, we were able to put on a great party!



From page 1



Residents of Sheehy Manor get together for coffee in one of their apartments.

The grants will enable the agencies to address unmet energy efficiency needs in their buildings. Albany Community Action Partnership, Inc. has been contracted to install energy conservation measures in Sheehy Manor's 50 units of publicly assisted senior housing in Colonie. Sheehy Manor was financed through the New York State Department of Housing and Community Renewal.

Deborah VanAmerongen, DHCR Commissioner, said, "Every year, DHCR's Weatherization Assistance Program helps thousands of New York households

lower their heating bills by making their homes more weather-tight and energy efficient. Governor Paterson's new initiative will help DHCR and other State agencies reach out to and help tens of thousands of additional low-income New Yorkers who desperately need our help."

The investment of \$131,082 in Weatherization Assistance Program funds at Sheehy Manor will reduce the energy cost burden on residents while increasing long term housing affordability. Additional funding will be provided by New York State Energy Research and Development Authority (NYSERDA) and Colonie Senior Service Centers.

Work will begin at Sheehy Manor by February 15, 2009 with the installation of 50 Energy Star refrigerators. A major energy efficient modification will be re-insulating the attic with 20" Blow Insulation. In Addition, there are a number of minor modifications including fitting electrical outlets on outside walls with insulating pads and retro-fitting range hoods with additional insulation that will have a huge impact on reducing energy bills for Sheehy Manor's residents.

The end result of increasing the energy efficiency of the building with these 'green' improvements will be to make residents more comfortable and help them out financially all year long and for years to come. Eileen Luce, who has lived at Sheehy Manor for 10 years, said "I was so excited to hear about our home, Sheehy Manor, getting these improvements. Anything that will bring down my electric bill makes my life a little easier." Anticipated completion date for the comprehensive project is September, 2009.



**The Towers of Colonie Silver Streakers** held their annual Turkey Raffle fundraiser on Saturday, November 22. Not only did everyone have a great time (especially the 10 winners!), as a fundraiser the raffle was very successful. Pictured at the raffle (L-R) June Coughlin, Helen Thayer and Ann Davey.

## Opening the Door to Memory . . . Music and Alzheimer's

By Mary Daikos, Bright Horizons at Carondelet Site Director

The Alzheimer's Association of Northeastern NY held their 12<sup>th</sup> Annual Conference for Caregivers this past November at which I presented on the topic of *Music Therapy and Alzheimer's Disease*. As a board certified music therapist and certified dementia practitioner, I know how effective music can be in connecting with those who have memory impairments.

According to the American Music Therapy Association, music is an established healthcare modality that uses music to address physical, emotional, cognitive, and social needs of individuals. When used with those who have Alzheimer's, music can increase attention, reduce anxiety and stress, contribute to pain reduction, and help foster an awareness of self and environment. In addition, when caregivers use music to connect with their loved ones, emotional intimacies can be reenergized.

I first discovered how powerful music can be when I was spending time with a wonderful woman named Bette who had Alzheimer's. I knew that she loved to sing and dance and that her favorite entertainer was Dean Martin. Bette and I would spend hours singing and dancing to Dean. This beautiful woman, who often had trouble finding the words when speaking, knew every word to his classic songs.

In another instance, I knew "David" who was a professional musician and songwriter. His favorite music was rock-n-roll and, although he could no longer write lyrics, we were able to improvise new melodies on the piano using the same familiar chords he had always used.

Finally, Beanie was someone who came to the program completely non-verbal, with no known musical background. During her very first day in program, I sat with her and sang old familiar songs of her childhood. In relating this information to her husband, he was amazed since he hadn't heard her voice in years. Beanie passed away a short time later, but the gift of music enabled her to reconnect with her husband in a way that he had once thought lost.

At Bright Horizons, we weave music into each day. By doing this we can enhance their ability to reminisce, create positive changes in mood and, perhaps most importantly, give members a sense of control by fostering successful experiences. Our caregiver parties always incorporate music and give everyone a chance to connect on a deeper level, proving that music is truly the universal language!



Bette dancing with her family to the smooth sounds of her favorite crooner, Dean Martin.

From page 1

Colonie, the home maintenance program of Colonie Senior Service Centers.

“Since initiating the Warmth of Wine in 2006, Colonie Senior Service Centers has raised nearly \$45,000,” said Chair Bill Hoblock, “and with this year’s event we hope to add much more to help seniors in need.”



CSSC Board member Mike Hoblock (left) chats with the Tetraults & Heckmans at last year’s Warmth of Wine.

Colonie Senior Service Centers is pleased to announce that the 4<sup>th</sup> Annual Warmth of Wine will be at Glen Sanders Mansion on Thursday, March 19, 2009 as part of Angelo Mazzone’s grand re-opening. For information contact Colonie Senior Service Centers at (518) 459-2857, ext. 303 or [info@colonieseniors.org](mailto:info@colonieseniors.org).

**Colonie Senior Service Centers, Inc.**

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

Name \_\_\_\_\_

Address \_\_\_\_\_

SC 01/09

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"/> Bright Horizons 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.



## New Year to Kick-off Diabetes Wellness Program!

Colonie Senior Service Centers & Albany Medical Center present **Healthy Changes: A Diabetes Wellness Program** designed for adults aged 50 or 55+ with Prediabetes, Type 1, or Type 2 diabetes. The supportive group dynamic helps participants gradually build healthy lifestyle changes into their daily lives.

*This innovative weekly program features:*



- *Nutritional guidance*
- *Physical activity guidance*
- *Setting and achieving personal goals*
- *Interactive group discussion & problem-solving*

Healthy Changes is a model health program endorsed by the National Council on Aging's Center for Healthy Aging. If you would like more information, to be placed on the mailing list to participate in the program or to attend the introductory sessions (January 6 & 13, 2009; 9am to 3 pm) presented by the AMC Division of Endocrinology's Kathryn Godley, MS, RN, CDE, Diabetes Nurse Clinician and Teri Hutson-Mulligan, RD, CDE, Registered Dietitian & Educator, please call Victoria Jones at (518) 459-2857 ext. 305 or via email at [vejones@colonieseniors.org](mailto:vejones@colonieseniors.org).

## Baby, It's Cold Outside

*This Winter Health Tip brought to you by*



Winter's upon us, so we should take extra precautions to avoid exposure and hypothermia, a serious condition that occurs when our internal body temperature drops below 95 degrees.

Left untreated, hypothermia can lead to cardiac arrest, loss of consciousness, and even death. Older adults, infants, and young children are more at risk for hypothermia, because their bodies are less able to generate heat. Recent alcohol consumption or alcohol intoxication also may increase the risk.

Thankfully, there are easy ways you can protect yourself from hypothermia. Always dress for the weather, including a hat, gloves, coat, and boots. Try not to remain outdoors for prolonged periods of time. If you need to go out, wear several layers to keep warm, and carry a blanket in your car at all times. During the winter months, be sure to keep your home's thermostat at 65 degrees or above. And, watch the weather report. If nasty weather is in the forecast, try to stay indoors.

### What should you do if you suspect someone has hypothermia?

- Remove wet clothing and bring the person indoors.
- Dial 911.
- Cover the person with a blanket.
- Do not massage or rub the person.
- If they are awake, offer sips of a warm, nonalcoholic drink such as tea.

### Signs & symptoms of hypothermia:

- Slurred speech
- Cold, pale skin
- Uncontrollable shivering
- Weak or irregular pulse
- Abnormal slow breathing

## Board Profile ~ Cynthia A. Pettit



Cynthia A. Pettit  
Board Member

Elected to the Board in May 2008, Cynthia (Cindy) A. Pettit is Colonie Senior Service Centers newest Board Member. Currently, she is the Sales Director for Cash Management in New York and Massachusetts at Citizens Bank. Ed Neary, who knew Cindy from his days in banking, asked her to consider applying for a Board position. Which she considered, was nominated and accepted the volunteer position.

Cindy believes Colonie Senior Service Centers is a valuable resource for Colonie's seniors and their families, providing important services and programs. Cindy said, "From the new Umbrella program and Bright Horizons Senior Centers to transportation and yoga, CSSC has it all!" Cindy believes seniors should stay informed and involved! Read the CSSC newsletter and check out the website because there are so many activities, events, clubs, classes and programs being offered.

Balancing work and family with her Board commitment is challenging. But, she said, "The work is very gratifying and I wish I could devote even more time." She does find being a Board member to be "a wonderful experience to be on a Board where my fellow Board members are so devoted and passionate about our seniors. Providing needed services and programs is paramount so it is our responsibility to manage the financial requirements around those needs."

Cindy added that continuing the mission of keeping seniors active, healthy and independent in a financially difficult environment is challenging. Maintaining that CSSC needs "the financial support of the community – businesses, seniors, government and families – to ensure we are ready to meet the ever changing needs of our senior community.

Cindy has two children, daughter Taylor is a freshman at Sacred Heart University majoring in Athletic Training and son Brandon graduated from The Catholic University of America with a degree in political science and is currently Associate Director of Operations for The Catholic University of America.

In addition to volunteering with CSSC, Cindy is active in Girl Scouting. A leader for nine years, Cindy became a certified trainer for new leaders a few years ago. She is also the Service Unit Manager for the St. Pius X Service Unit of 15 troops, working with leaders to plan program activities, support their work with their troops and manage the cookie sale.

Last summer, she and her daughter were fortunate to make a pilgrimage to Rome with fellow parishioners from St. Pius X, visiting the Village of Stressa in northern Italy as well as Milan, Assisi and Florence. They spent 3 days in Rome touring the Vatican Museum and catacombs, St. Peter's Basilica, and many of the palazzos and churches throughout Rome. One of the highlights was a Papal audience and hearing Pope Benedict address the crowds in the St. Peter's square.



## Gifts in Tribute

Giving tribute gifts is a special way to remember or honor someone special while helping others in our community.

*We are honored to acknowledge the following Gifts in Tribute made to Colonie Senior Service Centers between June 1, 2008 & December 1, 2008*

### ***Honor Roll of Tribute Gifts***

*In Memory of Ida M. Barton*

Mr. & Mrs. Thomas Valenti	Mr. & Mrs. Lloyd T. Lasher
Mr. & Mrs. Joseph Bellomo	Mr. & Mrs. Anthony J. Valenti
Barbara Clark	Friends & Co-workers at IUE-CWA Local 301
Mr. & Mrs. Fred Turner	Timothy Wigley
Mr. & Mrs. Peter S. Lamora	

*In Memory of Marianne Gies*

Mr. & Mrs. John Ferlazzo  
Kerry Franklin  
Joseph R. Huba

*In Memory of Sylvia Herman*

Thomas B. McElwain

*In Memory of Joseph C. Cary*

Dorothy G. Stekeur

*In Memory of Cliff McCumber*

Katherine Brady

### ***Path Pavers June 1, 2008 - December 1, 2008***

*Beltrone Singers – Beltrone Singers*

*Georgia Calamaras Board President 1998-2000 – Georgia Calamaras*

*Herbert & Mary Goss – Herbert & Mary Goss*

*In Our Hearts Forever Kathryn Lawney – Dr. & Mrs. Milton Lawney*

*Eunice A. Doring Sister – Anita M. Myers*

*Sail – Jody Scardillo*

*Congratulations! Robert & Terry Radler – Lois Segel & Friends*

*Rosemary Sweet In Our Hearts Forever – Marie Sweet*

*Mary F. Sylvestri Forever in our hearts – Henry J. Sylvestri*

*In Memory of Joan Taylor 1928-2008 – Harold W. Taylor*

*If you would like more information about tributes, please call Leslie Ellis, our development director, at 459-2857, ext. 304. This list includes 2007 Gifts in Tribute between June 1, 2007 & November 30, 2007. We have made very effort to produce an accurate and complete list. Please let us know of any omissions or errors by calling 459-2857, ext. 304. Thank you.*

## Getting the Jobs Done . . . Umbrella of Colonie

Umbrella of Colonie's handymen have been busy getting lots of different jobs done for seniors in Colonie. Below is a list of some of the jobs they've completed.

As of December 1st, handymen have completed over 200 jobs for members since June 2008. Umbrella of Colonie pairs able-bodied retired handymen with senior homeowners who need a little extra help around the house. The program is an affordable way for seniors to live safely and independently in their own home.

- Assembled shelves in shed
- Cleaned basement
- Hung Christmas lights
- Installed bath-tub grab-bar
- Installed electrical outlets
- Installed lattice around deck
- Installed/trimmed windows
- Moved outdoor electric outlet
- Mowed lawn
- Painted exterior windows
- Painted living room ceiling
- Painted Pantry
- Prepared snow-blower for winter
- Raked leaves
- Removed window air conditioning units
- Repaired front step railing
- Repaired outside faucet
- Repaired shed door
- Repaired/replaced bathroom sink trap
- Repaired/replaced garage door trim
- Replaced shower head
- Re-pointed concrete foundation
- Re-pointed masonry in garage
- Stained/painted deck
- Trimmed hedges
- Washed first-floor windows



Handyman Henry Henderson repairs a window for an Umbrella member..

## Is your New Year's Resolution to Volunteer to Help Others?

YOU can BE the difference in a senior's life, serving a meal, driving them to the doctor, reading or creating art together. Not only will you enrich someone else's life, you'll enrich your own! Make it a social event, try gathering a group of friends or neighbors together to help serve seniors in our Dining Program at one of the special luncheons or dinners (see dates on page 14). *Why not look at it as a unique way for friends to get together for dinner!* CSSC is grateful to donors and friends who share their time, talent and treasure with CSSC every day of the year. Your generosity and commitment is sincerely appreciated. *Remember, if you don't who will?* It just isn't going to get done without you! So call us at 459-2857 to see what volunteering has to offer you.

## Beltrone Residents say, "I Love it Here!"

Residents at the Beltrone Living have a great time no matter what they're doing. At the Halloween Party (see photos right) in October there were some strange characters, but all in good fun.

Recently a new resident, pleased with her new home, said "Beltrone has it all," and her husband and neighbors wholeheartedly agreed.

Beltrone is a unique apartment home complex in that the community Senior Center is part of the building, so there are activities going on all the time. Some really enjoy two other amenities, membership to the Ciccotti Center just down the road and The Crossings Park is their backyard! If you're looking for independent living with a friendly, active atmosphere, check out the Beltrone Living Center, it may be just what you are looking for! To visit and tour of the facility, call Gina at 459-2857, ext. 319 today!



## Senior Dining - Pick Your Party!

Sometimes CSSC's senior dining program is one party after another. Over the past few months seniors in Colonie had the opportunity to attend many fun celebratory meals such as the Veterans Luncheon (2), the Thanksgiving Dinner (3) and the Holiday Dinner (4) . Lots of entertainment and frivolity ensued! Coming in the new year Valentines, St. Patrick's Day & more! We often have some very special helpers at the dinners. Brad Wagner's family helped at the Holiday Dinner and his beautiful girls (1) were a delight for the seniors attending.





## Resource Connection

**Your Town of Colonie Senior Resources Department**

**Phone: 459-5051**

### *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

### **BENEFIT ASSISTANCE EXPANDED**

The Senior Resources Department has expanded their monthly benefit assistance day to include representatives from both the NYS EPIC Prescription Program and Veterans Assistance.

In addition to these new benefits, assistance continues to be provided to low income seniors to help apply for the Medicare savings programs (Part B premiums paid for you by NYS), Medicaid, food stamps and the “Extra Help” portion of the new Medicare drug plan. Representatives from Social Security, Medicaid and Food Stamps will be available on the second Friday of each month at the Beltrone Living Center, Six Winners Circle in Colonie from 1:30 to 3:30 p.m. to assist seniors in applying for benefits. Upcoming dates will be Friday, January 9th, Friday, February 13th and Friday, March 13th.

Case workers from the Senior Resources Department are also available to advise seniors on Medicare Part D prescription drug benefit and various other programs.

### **HEATING ASSISTANCE AVAILABLE**

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

### **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 the William K. Sanford Library, 629 Albany-Shaker Road, Loudonville at 1:30 p.m. Funded in part by the Albany County Department for Aging.

### **TAX ASSISTANCE AVAILABLE**

Federal and state income tax assistance is available to Town of Colonie residents at Memorial Town Hall, Route 9, Newtonville, and the Colonie Community Center, 1653 Central Avenue, Colonie.

TCE (Tax Counseling for the Elderly) provides free tax assistance to older individuals in the community. Trained volunteers will help people

As I write this article it seems hard to believe that a year has passed since Jan Medved's retirement and my tenure as director of the Senior Resources Department began. It has been a year filled with many changes and new challenges, which I have embraced and enjoyed. I must thank my wonderful colleagues in the Senior Resources Department and the Town for the continued support provided to me. But more importantly, I thank the Senior Club members and senior Town residents for the friendship and support I have received.



Christine Cary

In 2008 the Senior Resources Department provided many new outreach programs including our health fair, benefit assistance days, One-Stop Session, and most recently, the Savvy Caregiver Program in conjunction with the Eddy Alzheimer's Services. Supporting family caregivers continues to be at the forefront of the services we provide. We recognize that without the support of families many seniors would not be able to live independently in their homes, where we all want to be. I recently read in a 2007 AARP study that the annual financial value of informal caregiving (free family care) nationally is \$375 billion. This number is greater than the \$311 billion spent by Medicaid providing long term care annually. Recent data also tells us that the average age of a caregiver is 62 years old (up from age 46,) caring for a loved one over the age of 80 needing assistance with at least three activities of daily living. Through the Senior Resources Department and Colonie Senior Service Centers, Inc. there are a variety of programs and services available to assist families navigate the myriad of care options and programs available ranging from individual care planning and counseling to respite and Bright Horizons Adult Day Program. I often hear from families that they just don't know where to begin. Information and education is the first start and the Senior Resources Department is the first call (459-5051). Don't wait until a crisis occurs or the stress of caregiving and burn out sets in! As we begin another new year, I and my colleagues in the Town and Colonie Senior Service Centers will continue to work to develop creative solutions to the many challenges and needs that face seniors and family caregivers. My warm wishes for a Happy and Healthy New Year.

Sincerely,  
*Christine Cary*  
Director

---

From page 12

age 60 and over in preparing their basic income tax returns. There is no charge for this service. The program is co-sponsored by the American Association of Retired Persons (AARP), the Internal Revenue Service (IRS) and the Town of Colonie Senior Resources Dept. Taxpayers should bring identification, Social Security cards, all income statements, copies of last year's returns and all other materials necessary to complete their income tax returns.

Appointments are necessary and may be made by calling the Senior Resources Department at 459-5051.

## *The Calendar Connection . . .*

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

**Make a Difference!!** Join us and find out what all the fun is about! Help others and have fun doing it! Speakers to be announced. Meetings are at the Beltrone Living Center.

- Wednesday, **January 28** at 3:00 pm
- Tuesday, **February 24** at 10:00 am
- Thursday, **March 26** at 12:00 pm

Please call Vicky Jones at 459-2857 (ext. 305) or email at [vejones@colonieseniors.org](mailto:vejones@colonieseniors.org) for information or to RSVP.

### **Healthy Changes: A Diabetes Wellness**

**Program** January 6 & 13 from 9am to 3pm at the Beltrone Living Center. *See story page 7.*

**Driver Fitness Center** now open at the Beltrone Living Center 7 days a week from 9am to 5pm. *See story page 1.*

**Parkinson's Care Partner Support Group** at St. Joseph's Provincial House on Thursdays January 15, February 19 and March 19 from 10am to 11:30pm. Call 783-3532 for information.

**Spring Raffle** tickets are now on sale (see insert). Drawings every day in April and you can win over and over! Tickets are only \$10 with **\$1,000 in cash prizes!** Call 459-2857, ext. 303 for information or to buy tickets (*credit cards accepted*).

**St. Patrick's Day Special Dinner** on Monday, March 16. Make your reservations now for this popular dinner. Call 459-2857, ext. 303.

## **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, January 5: Baked Chicken**

Holly Hubner ~ Show Tunes

**Monday, February 2: BBQ Ribs**

TBA

**Monday: March 2: Roast Turkey**

TBA

### **Senior Dinners**

**Monday, January 26: Stuffed Shells**

Pre-Planning Seminar

Presented by Memories Garden

**Monday, February 16: Meat Loaf with Gravy**

Valentine's Dinner

TBA

**Monday, March 16: Corned Beef & Cabbage**

St. Patrick's Party

With Irish Entertainment

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.

### Colonie Senior Citizens Club:

I can't believe we are approaching a new year. This has been a great year for the club, we have really pulled together and worked hard for the CSC Club, we should be proud of all that we have accomplished. Our December 7th Christmas party at the Desmond was a great success, as usual. That is all because of the hard work of Doug Williams, we are deeply saddened by the fact that Doug is resigning as first vice president, he will be greatly missed.

Our first meeting of the New Year will be on Wednesday, January 7, 2009. Music appreciation will restart in January. Remember this program is free and open to everyone. Bingo will resume in February on the 9th and 23rd. This is open to everyone, so please come.

During this holiday season I would like to take the time to thank all our volunteers and fellow officers who have been so giving of their time and talents. Without all of your help and devotion, we would not be able to do as much as we do for our membership. I wish you all a very healthy, happy new year. Hope to see you all at the January meeting.

*Happy New Year! ~ Jean A. Tomlinson, President*



**Lisha Kill Seniors** had their annual Election Day Craft & Bake Sale on November 4<sup>th</sup>. Volunteers manned the tables from 6 am to 4 pm! In addition to baked goods and craft items there were White Elephant items and books for sale. Two beautiful, handcrafted items, a jewelry box with a raised flower pattern and a dog's head made of many natural wood pieces. Club seniors did a fine job of all their craft items and the sale was well attended. Thanks to all who made this a great success! ~ *Betty Cook, Lisha Kill Club President*

## The 7 Senior Clubs in Colonie

**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.

**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.** Bea Bopp, President (458-1349) The club meets at 1 Maria Drive, Loudonville Mondays from 10 a.m. to 3 p.m.

**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).

**Village of Colonie - H. B. Kuhn Senior Citizen Center** Joan Hellijas, Director (869-7172); Jill Stulmaker, President (456-4427) The club meets at 2 Thunder Road, Albany, Monday through Friday.

