

THE SENIOR STARTER

APRIL 2024



THE PLACE TO START FOR SERVICES
BY THE
TOWN OF COLONIE
SENIOR RESOURCES DEPARTMENT

Greetings!

In recognition of **National Volunteer Month**, I would like to take this opportunity to thank all volunteers. Your selfless efforts, dedication, and commitment to the causes you serve, help make a difference in the lives of others.

As Director of the Town of Colonie Senior Resources Department, one of my functions is to oversee the six town-funded Independent Senior Clubs. These clubs meet at various locations throughout the town, serve a total of 1,234 registered members, elect officers and appoint committee members to serve in various positions. Each club offers an opportunity for their members to socialize and engage in learning enrichment. Many offer their members an opportunity to play games and activities, as well as plan and organize bus trips to destinations of their choice. What's really unique about our town clubs is they are staffed by volunteers. That's right, volunteers! These dynamic individuals are the glue that keep our clubs intact.

In addition to our senior club volunteers, and in conjunction with the RSVP program, our department also oversees a small humble number of volunteers who assist eligible clients with Grocery Shopping Assistance and Telephone Reassurance. Keep in mind, these volunteers are seniors themselves.

If you've been considering volunteering but have been reluctant to commit, consider how it may benefit your overall well-being. Volunteering has been shown to contribute to positive mental health, lessens loneliness, offers up an opportunity to meet new people, and provides a sense of purpose. By volunteering, you may also learn a new skill and find a new passion.

Sincerely,

Angelina

Angelina J. Searles, Director



APRIL IS
PARKINSON'S DISEASE
- AWARENESS MONTH -



12 Metro Park Road, Suite 103
Albany, NY 12205
(518) 459-5051

Inside This Issue

- ⇒ Greeting - Angelina Searles, Director
- ⇒ Staff Contact Info. Pg. 2
- ⇒ Colonie Library Classes, Pg. 2
- ⇒ HEAP Assistance, Pg. 2
- ⇒ StateWide Medicare Corner Pg. 2
- ⇒ Grief and Loss, Pg. 3
- ⇒ Volunteer Opportunities, Pg.3
- ⇒ Tools for Caregivers, Pg. 3
- ⇒ Healthy Aging, Pg. 3
- ⇒ CDPHP Fitness Connect, Pg 3
- ⇒ Solar Eclipse Tips, Pg. 4
- ⇒ Club Photos, Pg. 4
- ⇒ Senior Discounts, Pg. 4
- ⇒ Senior Clubs Pg. 5
- ⇒ Town Supervisor's Message, Pg. 5
- ⇒ "Celebrate a Senior" Spotlight, Pg. 6

Newsletter Editor
Carrie Blanchard

Colonie Library - Classes & Events

Saturday, April 6 • 1:00-3:30 pm

Documentary on Lyme Disease with Q&A

Sunday, April 7 • 1:00-4:00 pm

Archaeology and History of African American Farms

Tuesday, April 9 • 6:30-7:45 pm

Creating a Backyard Vegetable Garden

Sunday, April 14 • 2:00-4:00 pm

Live Jazz Music: "Standard Time"

Monday, April 22 • 2:00-4:30 pm

Laugh Out Loud Book Club: "Marley and Me"

Wednesday, April 24 • 3:00-4:00 pm

Leadership Communications (Part 1) Webinar

Saturday, April 27 • 2:00-4:00 pm

History of the New York Yankees

Registration is required! Classes do fill up quickly!

Visit here to register:

<https://www.colonielibrary.org/events/>



**JOIN OUR EMAIL LIST BY
EMAILING CARRIE AT
BLANCHARDC@COLONIE.ORG**



STAFF CONTACT INFORMATION

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HEAP - Home Energy Assistance Program

2023-2024 Income Guidelines

Household Size	Gross Monthly Income
1	\$3,035
2	\$3,970
3	\$4,904
4	\$5,838

One more date set before next fall! April 10th!

10am -12pm

Town of Colonie Senior Resources Dept.

12 Metro Park Rd. Ste. #103

Colonie, NY 12205

APPOINTMENTS ARE NECESSARY

PLEASE CALL TO SCHEDULE

518-459-5051, ext. 2

StateWide's Medicare Corner

Scam Alert: Unwanted Catheters Billed to Medicare

Medicare beneficiaries across the country are seeing claims on their Medicare statements related to urinary catheters that were not needed or received. "Scammers are targeting Medicare beneficiaries and billing for supplies that aren't medically necessary which hurts the Medicare program and compromises the beneficiary's medical identity," said Tiffany Erhard, Director of the NY Senior Medicare Patrol (SMP).

Medical identity (ID) theft occurs when someone steals personal information, such as a beneficiary's name and Medicare number and uses the information to get medical treatment, medical equipment, prescription drugs, surgery, or other services and then bills Medicare for it. Medical identity theft can also affect beneficiaries' medical and health insurance records. Every time a scammer uses a beneficiary's identity to receive or bill for care/supplies, a record is created with incorrect medical information about them.

Protect yourself and your medical identity by doing the following:

- If you receive medical supplies in the mail, don't accept it unless it was ordered by your physician.
- Be suspicious of those who offer you "free" medical supplies, then ask for your health insurance information.
- Medicare Beneficiaries should always be cautious of any unsolicited requests for their Medicare number.
- Review Medicare Summary Notices (MSN) and EOB's for claims out of state or by a doctor you've never seen before.

If you are billed for services or supplies that you didn't receive or weren't ordered by your doctor, report it to the NYS Senior Medicare Patrol (SMP). Their certified counselors provide educational presentations and can help with questions, concerns, or complaints about potential fraud or abuse. Call the NYS SMP Helpline at 800-333-4374.



STATE 50th WIDE
ANNIVERSARY
1973-2023

New York StateWide Senior Action Council, Inc
275 State Street, Albany, NY 12210 • 800-333-4374 • Fax 518-436-7642
www.nysenior.org

Grief and Loss

Many clients tell me that they don't know what to say to someone who's experienced a loss, so they may avoid the person who has experienced the loss.

Things to say to someone who's grieving:

- ◆ I can't imagine what you're going through.
- ◆ I'm so sorry for your loss.
- ◆ I don't know what to say. I wish I had all the right words to comfort you.
- ◆ You, your family and your loved one are in my thoughts and prayers.
- ◆ She/He was so nice to me. One of my favorite memories of her/him was.. (share a happy memory).
- ◆ Whenever you want to talk, just know I'm a phone call away.
- ◆ She/He was so wonderful. She/He will be so missed.
- ◆ I'm your friend. I'm here for you.
- ◆ If you can't think of anything to say, a hug may be appropriate.
- ◆ Sometimes just be with the person. You don't have to say anything.

<https://www.boltonhospice.org.uk/>

Some reminders:

- ◆ Grief is personal and individual.
- ◆ Many things determine how loss will affect you. i.e., your support system, personality, etc.
- ◆ There are no rules or timetables.
- ◆ In the midst of healing, there may be setbacks.
- ◆ It's important to treat yourself with patience and compassion to allow the process to unfold.

Submitted by: **Carole B. Okun, LCSW-R,**
caroleokun@gmail.com



Volunteer to Make a Difference

The TOC Senior Resource Department is continuously recruiting volunteers to provide telephone reassurance and food shopping assistance to seniors in need.

Our **Telephone Reassurance Program** provides a simple, yet effective, way to promote social connection and address senior loneliness. This opportunity allows you to volunteer right from your home.

Our **Food Shopping Assistance Program** consist of grocery shopping for seniors who are unable to do so on their own. Although it may sound like a small task it can make a world of difference to a senior in need.

There are amazing benefits to volunteering such as giving back to your community, making a difference, and bringing joy into your life.

If you are interested in learning more, please contact:
Sue Conlon • 518-867-3931 • conlons@colonie.org



Volunteer Month



15th Annual Tools for Caregivers

When: Saturday, May 4, 2024, 8 AM - 1PM

Where: HVCC, Bulmer Communications Center
80 Vandenburg Avenue, Troy, 12180

◆ Workshops ◆ Continental Breakfast ◆ Vendors

Resources you can use when a senior relies on you!

Free for all attendees thanks to generous sponsors.

Register by email or phone:

518-478-6090 or crcaregivercoalition@gmail.com

Website: <http://www.capitalregioncaregiver.com/>



4th ANNUAL JUST FOR THE HEALTH OF IT



When: Thursday, April 18, 2024, 4-6 pm
Where: CDPHP Fitness Connect at the Ciccotti Center
30 Aviation Road, Albany, 12205

Free for All

CDPHP's Fitness Connect and Healthy Neighborhood programs will be offering a healthy kick-off to spring at the Ciccotti Center. This yearly event is held to connect our community to healthy resources, products and programs. There will be free refreshments, live fitness demos, and activities for all ages. No RSVP

Healthy Aging in the Community

The Senior Resources Department will be hosting a Health Fair on **Friday, May 31st, 1-3:30 pm**
The Crossings Park - 580 Albany-Shaker Road
Loudonville 12211

There will be a variety of vendors participating to provide you with valuable information about their services. This event is **free** and open to the public. No RSVP needed.
Held rain or shine! Refreshments will be provided!

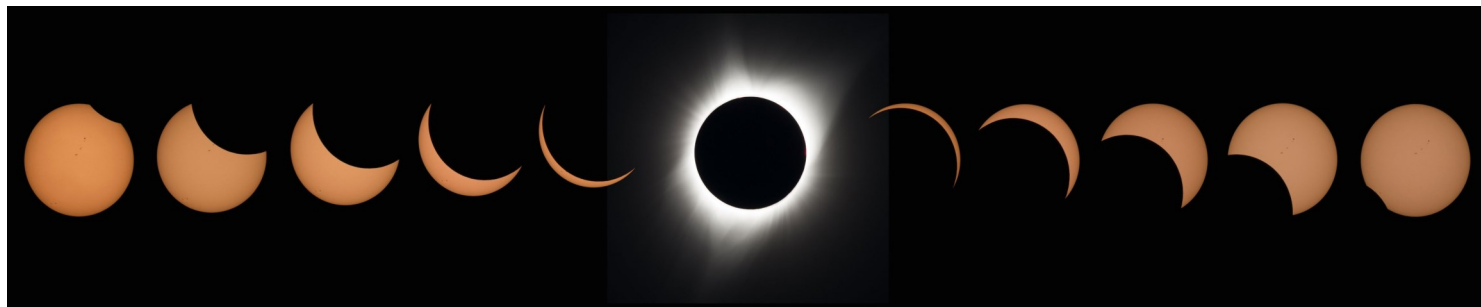
We look forward to seeing you there!

No RSVP required

Safety Tips for the Total Solar Eclipse on April 8th 2024

- View the Sun through eclipse glasses or a handheld solar viewer during the partial eclipse phases before and after totality.
- You can view the eclipse directly without proper eye protection only when the Moon completely obscures the Sun's bright face – during the brief and spectacular period known as totality. (You'll know it's safe when you can no longer see any part of the Sun through eclipse glasses or a solar viewer.)
- As soon as you see even a little bit of the bright Sun reappear after totality, immediately put your eclipse glasses back on or use a handheld solar viewer to look at the Sun.

<https://science.nasa.gov/eclipses/future-eclipses/eclipse-2024/safety/>



Towers of Colonie Silver Streakers Club St. Patrick's Day Social



Time Is on Your Side. Show Your Age to Save!

- ♦ **Goodwill:** 60y+, one day a week, either Tuesday or Wednesday, 15-25 % off purchases. Not valid at every location.
- ♦ **Kohl's:** 60y+, 15% off on in-store purchases.
- ♦ **Michaels:** 55y+, Michaels Rewards members get 10% off purchase, including sale items. If you don't have a Michaels Rewards account, you can still receive the discount but need to show a valid ID for proof of age.
- ♦ **Pep Boys:** 55y+, 10% discount with a valid id on in-store purchase.
- ♦ **Walgreens:** 55y+, 1st Tuesday of the month, customers who are members of the myWalgreens rewards program get 20% off in store on regular-price items. Online, use code SENIOR20.

You do not need to be a member of AARP to receive these discounts.



Senior Clubs of Colonie

Christ Our Light Seniors

Pres. Karen Coyne, 518-366-6536

Business Meeting: First Monday @ 12pm

Colonie Senior Citizens Club

Pres. Kathy Ingalls, 518-482-5049

Business Meeting: First Wednesday @ 10am

Lisha Kill Seniors Citizens Club

Pres. Linda Koenigsreuter, 518-456-3027

Business Meeting: Second Tuesday @ 9:30am

Menands Senior Citizens Club

Pres. Diane Leonard, 518-465-3771

Business Meeting: Fourth Thursday @ 10:30am

Towers of Colonie Silver Streakers

Pres. Ralph Della Rocca, 518-542-1807

Business Meeting: First Monday @ 1pm

Thunder Road Seniors

Pres. Esther Cioffi, 518-314-9385

Business Meeting: Second Wednesday @ 10am



Peter G. Crummey
Town Supervisor

TOWN OF COLONIE

Office of the Supervisor

Memorial Town Hall
534 New Loudon Road
Latham, New York 12110

Phone (518) 783-2728 Fax (518) 782-2360

www.colonie.org/supervisor

Equal Opportunity Employer



Supervisor Crummey's Colonie Connection

Entering April, I hope that everyone was able to enjoy a fantastic Easter holiday with friends and loved ones! This month, we will observe Arbor Day on April 19th, kicking off our celebration of Sustainability Week in the Town. Additionally, the Pruyn House will be hosting multiple events this month including art exhibits, a jazz concert, and much more! You can find out more at <https://www.pruynhouse.org/site/upcoming-events/>.

By the way, have you signed up for Stay Connected to receive other notices of activities in our Town?

Please visit <https://www.colonie.org/stayconnected/>

I would like to congratulate our *Celebrate a Senior* Honoree Carolyn Chabot for her service to our Town and senior community as a volunteer driver. Today Carolyn continues to stay involved with the Colonie Senior Citizens Club and her family's activities. Carolyn is a perfect example of a community leader who puts her friends and family first.

Don't forget to submit nominations, including a photograph, to blanchardc@colonie.org for our next Town of Colonie *Celebrate a Senior* segment.

As always, I am here if you have any questions, please don't hesitate to call my office.



*The Friends of
Pruyn House*



Celebrate a Senior Spotlight

Carolyn Chabot's kind heartedness, charm, generosity, and natural charisma has benefitted our community for decades and continues today. Carolyn grew up in Mechanicville and Troy. After getting married, they moved to the TOC where they raised their five children: Walter (Rhonda), Michael (Eve), Michele (Sherry), Blaise (Jackie) and Marline (Gretchen).

Carolyn managed the many roles of mother and wife (caregiver, nurse, homemaker, cook, etc.) while her children were growing up. In addition to providing love and support to her family, she worked part-time outside of the home while her children were little, and was both a member and a volunteer of her family's parish, St. Ambrose Church. Carolyn was the President of the parish's Young at Heart Club for some years. She also served as Secretary to their Altar Rosary Society. Carolyn offered her time and energy to decorating and cleaning the altar, working in the food pantry, and continues to contribute to St. Ambrose's programs today.

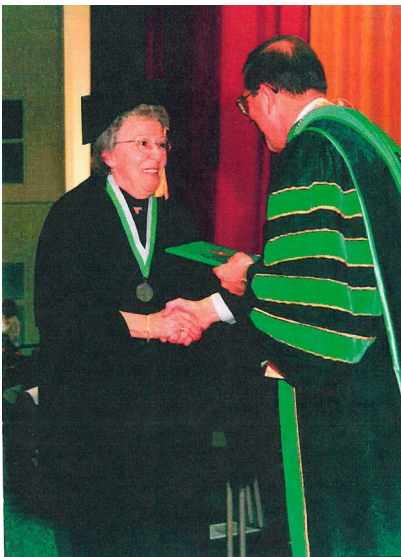
Carolyn entered the work force full-time when her children all became school aged. She enjoyed working for Dr. Nunan for 13 years before moving to a position with Civil Service Employees Association (CSEA). Carolyn advanced in positions with CSEA and earned her Degree in Labor at Hudson Valley Community College. She worked for CSEA for 15 years before retiring.

Carolyn is the proud grandmother of four, great-grandmother of six, and the great-great-grandmother to one. She has been active in their lives, supporting their sporting events and achievements. Carolyn accompanied one of her grand-daughters to Reno, NV where she cheered her volleyball team on in a world competition!

Carolyn served as a volunteer driver for CSSC, Inc. under their Director, Ed Neary. Her rides sometimes added a special touch of youth with one of her great-grandchildren in tow. She was presented with the Fred G. Field Transportation Award in 2012 for her tireless work in helping seniors remain independent.

The Colonie Senior Citizens Club (CSCC) has been privileged to have Carolyn as a member for decades, and having served as their President for eight years. She continues as a member and a mentor, and the CSCC serves Carolyn's active schedule with weekly Mahjong and Pinochle games.

Carolyn's advice to us is "Keep going. If you stop, you may not start again." Carolyn encourages us to be active, noting that it is both good for our bodies and for our minds to be outside each day. She recalled how difficult it had been to remain home during the COVID-19 State Disaster Emergency and how she made it a point to get outside and walk around her backyard. During this time, Carolyn also became an avid fan of jigsaw puzzles made for her by family members from photos of their time with one another. They continue to get together regularly, sharing stories, playing games, creating more memories, and possible jig saw puzzles.



HUDSON VALLEY COMMUNITY COLLEGE
Commencement
May 19, 2011

