

THE SENIOR STARTER

JUNE 2024



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

Greetings!

Thank you to everyone who attended our recent Healthy Aging in the Community event at The Crossings. We had an excellent turnout and the attendees were delighted to learn about services available in the community, that not only assist with healthy aging but support their desire to continue to live independently.

A special thank you to the following sponsors who donated refreshments and prizes:
Albany Guardian Society, Capital Counseling, Hannaford Supermarkets, Krause's Candy, Price Chopper/Market 32, Stewarts' Shops and The Friends of Pruyn House.

With summer soon approaching, there are so many different opportunities available for us to engage in activities. There's lots to choose from right in our backyard. From free concerts at The Crossings Park, Cook Park, and Ganser-Smith Memorial Park in Menands, to exploring The Pine Bush Preserve. If you prefer indoor activities, the William K. Sanford Library has a host of activities geared to our older adults. Finding ways to incorporate activity in our daily lives is essential to our overall well-being

Summer is my favorite time of the year, as I enjoy the warmer temperatures and being outside. I like to engage in some activity daily. For me, those activities include gardening, camping, car rides to what I refer to as the "places in between", attending local Farmers Markets and free concerts, as well as spending time near lakes and oceans with family and friends. I hope you enjoy the warmer temperatures and take advantage of exploring local events and doing it with people that bring you joy!

Sincerely,
Angelina
Angelina J. Searles
Director



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(518) 459-5051

Newsletter Editor
Carrie Blanchard

Colonie Library Classes & Events

Saturday, June 8 • 11am-12pm

Sahaja Meditation

Saturday, June 8 • 2-4:30pm

Colonie Village Singers & Music Melodies

Tuesday, June 11 • 11am-12pm

Town of Colonie—Parks Portal

Thursday, June 13 • 2-4pm

iPhone Basics

Monday, June 17 • 1-2:30pm

Android Clinic (Phones and Tablets)

Monday, June 17 • 2-4:30pm

Adult Movie Monday - Priscilla

Tuesday, June 18 • 12:30-4:30pm

Blood Drive

Monday, June 24 • 1:30-2:30pm

A Little Pocket of Freedom: A Unique Cold War Story

Tuesday, June 25 • 9:30-10:15am

Tuesday Walking Club @ The Crossings

Wednesday, June 26 • 6-8:00pm

Library Board Meeting

Registration is required!

Visit here to register:

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



FREE CAREGIVER CONFERENCE

The Alzheimer's Association of Northeastern New York will be presenting a free, day long Caregiver Conference. Family members and friends serving as Alzheimer's caregivers will hear from local experts and have the chance to connect with one another and receive support.

WHEN: Tuesday, June 11, 2024 10 am-3 pm

WHERE: The Century House, 997 Loudon Road, Latham

To register for this free event, call 1-800-272-3900

or click on the link below:

<https://action.alz.org/PersonifyEbusiness/Default.aspx?TabID=1357&productId=658704640>

“Valuable services like these are made possible by your generous donations.”

ALZHEIMER'S ASSOCIATION®

StateWide's Medicare Corner

Medicare Fraud Prevention Week

Fraud costs Medicare an estimated \$60 billion per year. It costs Medicare beneficiaries in time, stress, their medical identities, and potentially their health. It costs families, friends, and caregivers in worry and lost work when helping their loved ones recover from falling victim to Medicare fraud. Everyone plays a part in the fight against fraud.

During Medicare Fraud Prevention Week:

- **Medicare beneficiaries** can monitor their insurance statements to make sure products & services received match what is on the statements. They can request free My Health Care Trackers from their local SMP
- **Caregivers** can help by being on the lookout for durable medical equipment lying around the house that may have been shipped to the beneficiary without their or their doctor's approval.
- **Families** can help by talking to their loved ones about protecting their Medicare number just as they would a credit card number. Remind their loved ones to review their Medicare statements when they them.
- **Partners/Professionals** can help by sharing SMP info on social media, referring clients and consumers to the SMP, and inviting the SMP to speak during a shared event.
- **Health care providers** can help by talking to patients about health care-related scams such as those related to durable medical equipment and genetic testing schemes. They can remind them that products and services should only be ordered by physicians they regularly see.

The NYS SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also provides information and educational presentations.

For more information, call the NYS Senior Medicare Patrol Fraud Helpline at 1-800-333-4374.

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



STAFF CONTACT INFORMATION

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STATE 50th WIDE
ANNIVERSARY
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New York StateWide Senior Action Council, Inc

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www.nysenior.org

Do you have Medicaid? Are you having trouble finding help at home?

Many people are unaware of the Consumer Directed Personal Assistance Program (CDPAP). CDPAP is a Medicaid program that provides services to chronically ill or physically disabled individuals who need help with their day-to-day activities and/or medical care. CDPAP is designed for individuals that wish to continue receiving care at home rather than in a live-in facility.

Services can include any service provided by a personal care aide, home health aide or nurse. Individuals are able to choose who their personal assistants are to help them with the care they need. You can employ a friend or family member as your personal assistant. The only ineligible candidates are a spouse or custodial parent.

You are responsible for hiring, training, supervising and terminating your personal assistant. If this may be too overwhelming, a designated representative can be selected to help you with these steps on your behalf. Agencies like Consumer Direct Choices (518) 464-0810 are also able to assist you managing your care so you can enjoy more of your time instead of spending hours trying to manage these steps all on your own.

There are a few requirements to be eligible for the CDPAP program, including being eligible for Medicaid. Our staff at Senior Resources can help you review your eligibility and help you get connected to the Consumer Directed Personal Assistance Program!



Town Offices Closed

On Wednesday, June 19th, our office will be closed in honor of Juneteenth.



World Elder Abuse Awareness Day

On June 15th join us by wearing purple in support of World Elder Abuse Awareness Day!

Elder abuse may be emotional, financial, physical, emotional or sexual and includes mistreatment and neglect.

According to the National Center for Elder Abuse (NCEA), every year an estimated 5 million, or 1 in 10 Americans over 65 years old experience elder abuse, neglect, or exploitation. Factors that make a senior more vulnerable to abuse include dementia, social isolation, as well as financial and emotional stress. Elder abuse affects older people across all socioeconomic groups, cultures, and races and can occur anywhere when they are disconnected from social supports such as a person's own home, nursing homes, assisted living facilities and other institutional settings and in hospitals. Caring about elder abuse is caring about justice for all.

The NCEA is offering a **free, online training** for seniors, caregivers and professionals titled:

WEAAD Webinar - Decision-making in Later Life: Navigating Risk and Optimizing Safety

Tuesday, June 11, 2024, 1 pm

Click here to register: https://us02web.zoom.us/webinar/register/WN_cmIrO03rRbaeQ5u5-Ot9Lw#/registration

**To report an incidence of neglect, abuse or exploitation in Albany County,
please call NY Connects at 518-447-7177.**



CONCERTS AT THE CROSSINGS 2024

Free Admission!

All shows 6pm to 8pm in the Crossings Park gazebo, rain or shine. Bring your lawn chairs, blankets, families, dancing partners and picnics to the Crossings of Colonie. Awarded the 2018 Capital Region's #1 Best Park!
The Crossings, 580 Albany Shaker Road, Loudonville.

- Jun 27 New York Players
- Jul 4 (Holiday/No Band)
- Jul 11 Bad Penny Band
- Jul 18 Johnny Cash Express
- Jul 25 The Accents
- Aug 1 Soul Session
- Aug 8 Lustre Kings
- Aug 15 Georgie Wonders Band
- Aug 22 Hammerhead Horns
- Aug 29 Diamond Cut Horns Band

For more info email concerts@anjoconst.com or contact the Town of Colonie at 518-783-2780

★ The Concerts at the Crossings Event voted as one of the Top 5 Times Union Best of the Capital Region "Free Concert Series" in 2019!



For more info visit: <https://www.colonie.org/departments/parksandrec/thecrossings/>



FREE* LIVE LOCAL MUSIC!



Need any more reasons to go?

Click here to learn some of the benefits of music:

<https://www.lifehack.org/317747/scientists-find-15-amazing-benefits-listening-music>

Celebrating 20 years of music!
TUESDAY NIGHTS in the PARK
2004 ~~2024~~

Tuesday Evenings
JUNE 11th to AUG 27th
@ 6:30pm
Frank A. Leak Amphitheater
Cook Park
Village of Colonie
Refreshments sold by Mike's Hot Dogs

June 11 th	The Lustre Kings Rockabilly
June 18 th	Joe's Boys 60's, 70's, 80's & Beyond
June 25 th	Electric City Horns Rock/Pop/Swing
July 2 nd	Lucid Street Pop, Rock & Beyond
July 9 th	TS Ensemble Sinfonia to Today
July 16 th	Skeeter Creek Country
July 23 rd	Triskele Celtic
July 30 th	The Accents Greatest Hits
August 6 th	Capt. Squeeze & the Zydeco Moshers New Orleans Cajun Blues
August 13 th	Soul Session feat. Garland Nelson Multi-Genre Soul Session
August 20 th	Hair of the Dog Celtic/Americana
August 27 th	New York Players Jazz/Funk/Disco/Motown

Brought to you by the Village of Colonie
Mayor James Rubino,
Deputy Mayor Patty Schwarz Lockart,
Trustees Frank Previtali, Jason DePaulo & Mark Stevens

Rain dates will be on the following Wednesday at the Amphitheater, weather permitting. If there is inclement weather on the rain date, the concert will be cancelled.

Any questions, please contact the Family Recreation Center
3 Thunder Road, Colonie, NY 12205
(518) 218-7782

For more info visit: <https://colonievillage.org/>

Menands Summer Concert Series

- July 9th *Code Blue*
- July 16th *Road House 60s*
- July 23rd *New York Players*
- July 30th *Get Up Jack*
- Aug 6th *Soul Sky*
- Aug 13th *Lustre Kings*

Tuesdays 6-8:30 pm
Ganser-Smith Memorial Park
Rain or shine.
Lawn chairs recommended.



Concerts in the Buhrmaster Barn at the Pruyn House

*Children 12 and under free; Adults: \$5 Donation

Wednesdays, Music 6-8pm, Arrive early and enjoy the grounds!

- July 10th *Big Fez & the Surfmatrics*
- July 17th *Jade*
- July 24th *The McKrells*
- July 31st *Bronte Roman*
- Aug 7th *Get Up Jack - Irish Night*

Lawn chairs and dancing shoes are recommended!



The Friends of Pruyn House

City of Cohoes - Rock the Block Concert Series

Canal Square, 72 Remsen Street, Cohoes; Thursdays, 6:30-8:30pm

- June 13 *Damn the Torpedoes*
- June 20 *Against the Grayne*
- June 27 *The Refrigerators*
- July 11 *Cryin' Out Loud*

- July 18 *Beatin' The Odds*
- July 25 *Skeeter Creek*
- Aug 1 *The Platters*
- Aug 8 *Hammer of the Gods*

For more information, visit: <https://www.ci.cohoes.ny.us/443/ROCK-THE-BLOCK-CONCERTS>



Heave the Pool
Explore the Present
Inspire the Future

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

Heading into June, I am excited for the countless opportunities and events the Summer will bring. Already, our Town has started its third year of aggressive road restoration. We anticipate restoring 102 Town roads, representing over 20 miles of roadway. Additionally, our new pickleball and tennis courts are open and ready for use at the Mohawk River Park next to our pool complex! To conclude the month, this season's Concerts at the Crossings will take place Thursday evenings from June 27th-August 29th. Visit <https://www.colonie.org/departments/parksandrec/> for more information. 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 Diane Leonard. A lifelong resident of Menands, Diane has distinguished herself in the field of public service and marketing. Today, Diane serves as President of Menands Senior Citizens Club and is an active member of the Town of Colonie Senior Citizens Club, highlighting how she continues to serve our community every day.

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.



Celebrate a Senior Spotlight

We are pleased to present June's Senior Spotlight, Diane Leonard! Diane was nominated by many people who have been pleased with the work she has done for Menands Senior Citizens Club serving as both President and the head of their Tour Committee. Diane has been described as a "go-getter" and a person who "gets things done". These qualities came through as Diane composed and submitted her own story to share with everyone!

Folks, please welcome Diane Leonard in her own words! Take it away, Diane...

Diane Leonard, President of Menands Senior Citizens Club. Born and raised in Menands, 13 Villa Road, has been her only home for 77 years. Diane graduated from Vincentian Institute in 1964, Hudson Valley Community College (HVCC) in 1980 and Siena College in 1983.

After high school she worked 14 years at Key Bank, formerly National Commercial Bank and Trust. Her career was interrupted, when she left Key Bank for HVCC. Her new passion, academia. Diane continued her education at Siena College, graduating Cum Laude with a BS degree in Marketing.

As fate would have it, a month after graduation, she met the love of her life, Paul Leonard, at the bar where she was employed part-time. She married Paul Leonard, a North Albanian, 40 years ago. They raised two children; Carrie Beth Leonard and Paul Maguire Leonard, Jr. They have one granddaughter, Lola Faith Leonard.

After raising their children, she worked for NYS Tax & Finance Department and NYS Labor Department. She is a communicant of Saint Joan of Arc Church/Black Catholic Apostolate Church, Menands. A member and former Chaplain of the Menands Fire Company Auxiliary.

A member of the Menands St. Patrick's Club, marching in the Menands contingent of the Albany Saint Patrick's Day Parade since 1966. Diane was honored to be elected Miss Colleen of 1967, elected Marshal of 1994, and she has been elected to be one of the two Honorary Grand Marshals in 2025.

Diane was institutional in establishing one of the first trolleys for the St. Patrick's Day Parade. She saw this need to incorporate the seniors who desired to be a part of the celebration, but could not endure the course due to physical limitations. In 2010, the Menands Senior Trolley premiered and others followed suit!

Diane's father and mother, George and Cecilia Weaver, had enjoyed spending Thursdays at the neighborhood Menands Senior Club. Therefore, when Diane reached the age of 55, actively joining Menands Seniors was inherent.

Diane enjoys hosting the regular day trips and she has expanded to overnight trips to give other seniors the opportunity to see sights further away in a group setting. She just returned from South Carolina, she's bound for Alaska in September, and she has numerous day events planned in between! If you are interested in some new sights and laughs with others, contact Diane and she will share the Colonie Trip & Events List that Carrie Blanchard puts together for all of the TOC Senior Club trips.

Being among her senior friends is a joy; they always have fun! Diane shared,
"Even when commiserating over life's set-backs (the golden years) we find laughter and just being together is the best medicine. Always."

