



Care Connections

HIGHLIGHTS

Did You Know?

**December is Learn a Foreign Language Month!
&**

January is Self-LOVE and Mental Wellness Month!

NEXT GATHERING

December 14, 2022

2nd Annual Care Links Holiday Potluck!



Presenting the “So Laughable: The Holiday Show”
-A hilarious comedy performed by The Improv
Duo, Judi & Steve

*Don't forget to register with what yummy dish you
will share and who is coming with you!*

Time: 2:00pm – 4:30pm

Location: Shenendehowa United Methodist
Church - 971 Route 146, Clifton Park, NY 12065

RSVP is Required: Register by calling
518-399-3262 or emailing Terra@captaincares.org

“Together We Make a Difference”

Care Links, a program of CAPTAIN Community Human Services, is proud to be celebrating our 26th year of service to seniors in Southern Saratoga County! At Care Links, we strive to make it possible for seniors in the community to live active lives in their own homes by connecting seniors with dedicated volunteers who provide services such as, friendly visits, shopping, transportation, errands and more.

If you would like to be added to our mailing list please call 518-399-3262 or email Terra@captaincares.org

Volunteer Spotlight:

MARY ANN BUTLER



Mary Ann Butler retired after 35 years with the New York State Department of Education Office of the Professions. She has two children that are the highlight of her life. She also has three grandchildren, (Addison and Cole, who live in New Jersey, and Joseph, who lives right down the road from her). MaryAnn shares that one thing that she enjoys with her grandchildren is sharing her “senior stories” with them. She wants them to know and understand how much volunteering and/or helping in any way is one of the most important things they will do in life.

Care Links is a Program of:
CAPTAIN Community Human Services
543 Saratoga Rd. Glenville, NY 12302
(518) 399-3262

Care Links Volunteer in the Spotlight: Mary Ann Butler

We asked Mary Ann to share in her own words about her experience in making a difference in the lives of those she encounters through the Care Links program.

What made you decide to volunteer with Care Links?

“I have always known that volunteering is a large part of what makes the “world go round.” All through my life, I have served whether it be at church, school, or the local food pantry. I feel I have been called to serve. Since retirement, I have found myself drawn to our elderly population, and I am loving it and them.”

What have you personally gained through your experience with Care Links, what have you enjoyed the most?

“Once I retired, I was having as most people do, a little trouble with how I would fill my days. I knew I would volunteer, I know many places had helped me through difficult times in my life, so I began my search. I learned of CAPTAIN CHS after they assisted me after my fire. I knew they would be my first stop. I began by just helping at events then with the Christmas store, homework help, and the food pantry. I have been everywhere, however, the most fulfilling for me is Care Links. I’m not sure I knew that I needed these loving, vibrant, caring seniors in my life, but now that I have them I can’t see my life without them in it.”

How do you make the most out of your experience with the seniors you come into contact with?

“We have fun. I promise myself that I will make someone smile each day. My seniors make it easy for me to do that. I show up, they smile, and that makes my day. “

What advice would you give to someone interested in volunteering with the Care Links program?

“Please give it a try; you don’t know how much you have to give until you start.... Plus, the feeling of being needed is amazing!”

If you or someone you know would like to volunteer and build rewarding connections with seniors in the community, where what you do makes a difference, contact us today at 518-399-3262 or visit our website captaincares.org/care-links.

Dec-Jan Team Birthdays



Gretchen Ruhl
Terra Maddalone-Ristau
Carol O'Connell
Francine Rodger
Carol Bradley
MiaBella Maddalone

Lucy Caranfa
Barb Coleman
Elaine McCann
Joe Girard
Tina Nyland

Care Links In Action

Maria Spagnola from Home Instead visits the Care Links family to share about "recognizing the signs and differences between depression and anxiety in the senior population."



Mark Kearney from the Community Hospice visited the Care Links family to provide an overview of all the many services of Hospice as well as a discussion on grief.



Care receivers and volunteer caregivers alike had a great time socializing and eating great food at the Care Links Lunch Club!



Our most sincere thanks and appreciation to the Anonymous Family who so diligently prepared, packaged, and delivered amazing **Thanksgiving Day meals** to 31 of our care receivers this year. This profound gesture of generosity is truly heartwarming!

Miss Marilou also came out to help deliver the Hannaford turkeys!



The 2nd Care Links Senior Resource Fair was a total success.

A BIG thanks to all who helped with the set-up and clean-up!



Our wonderful team of volunteers "answered the call" when one of our lovely care receivers, Connie had to move on short notice. It was great to see everyone pull together to help where needed. You know what they say, "many hands make light work."

Program News



The “Adopt a Grandparent” Program

4-year-old Mia Bella, our junior volunteer, was recently recognized as a “Star Student” of Mother Theresa Academy for her volunteer work with the “Adopt a Grandparent” program. Her matched “Grandparent,” Miss Marilou, was also chosen as a “mystery reader” for story time in Mia Bella’s school! Pictures on page 6.

If you have a youngster (or teen who is looking to do community service) or maybe you are part of the Adult Orphan Club and would like to have someone you can share your heart with by providing Friendly Visits to seniors in Southern Saratoga County, please contact Terra at Terra@captaincares.org or 518-399-3262.



Giving Tree

Our heartfelt thanks and appreciation go out to All Saints Round Lake Church for coordinating this year’s Giving Tree project to provide generous gifts to several of our care receivers.



Senior Holiday Project

Here are some examples of holiday/season-specific things you could do with our Care Receivers:

Winter Holiday Needs: Care Links volunteer “Elves”

- * Donations of small items for gifting (Chocolates, Candy Canes, etc.)
- * Volunteers for 2-day commitment to set up and put away holiday decorations at seniors’ homes
- * Volunteer Carolers to visit Care Receivers during the holidays with music and merriment



Care Links Passion/Talent Highlight

New for 2023!

We are building in a new 10-15 minute segment at the beginning of Monthly Care Links Gatherings to showcase the passions and talents of Care Links team members and our wonderful care receivers.

If you have a passion or talent you would like to showcase at a Monthly Care Links Gathering, please contact Terra@captaincares.org or 518-399-3262.

From The Program Manager's Desk

Dear Team,

As we come to the close of another year, I ponder on all of the joy and sadness we have experienced over the last twelve months. Having made new friends and saying “goodbye for now” to our dear ones.

We have seen tremendous growth in the Care Links program through our volunteer involvement and have had many memorable moments. Expanding our knowledge on the many resources available to seniors, developing relationships with local churches, organizations and businesses in our community with speaking opportunities (which you all know, I can talk!)

We are building the bond between the team and care receivers with monthly gatherings and the Care Links Lunch Club. We were entertained and uplifted with “Our Trip Down Memory Lane Concert” and “An Evening with Benita Zahn.” We have introduced the Adopt a Grandparent Program and welcomed Miss Marilou as our Care Links Care Receiver Ambassador. We have grown our “Senior Holiday Project” with the support of our team and community in bringing joy and smiles to the faces of our seniors.

The list is endless, and I am forever grateful for the hearts of my wonderful team. I am honored to be welcomed into the homes of our beautiful seniors to learn about their lives and hear the stories they have to share. I am saddened by the loss of those who have left us, feel blessed to have known them and will remember the stories and lessons learned from them.

As we look to the start of a new year, I wonder how do we wish to be remembered? What is the legacy, we will leave? What story will those who have encountered us, remember?

Recently, I received an email from a dear friend of one of our senior ladies who passed away. She wrote, “I SO appreciate the love, patience, care and humor you brought to Joanie, and how I've come to know you and more about Care Links because of her.” These words spoke volumes to me. I loved Joanie and my visits with her. They often began with a little sadness but after a few minutes, we shared much laughter, as she liked me to tease her as I would my own nana.

It is often said, “People won't always remember what you say but they will remember the way you made them feel.” Let us look to the future (as we learn from the past) and make each moment spent in another's company, something to enjoy and remember.

Sincerely,

Terra Maddalone-Ristau
Senior Services Program Manager



Care Links serves the towns of Ballston (including Burnt Hills), Charlton, Clifton Park, Halfmoon, Malta, and the city of Mechanicsville. The Care Links program receives funding from the Saratoga County Department of Aging & Youth, the Towns of Ballston, Clifton Park, Halfmoon, and Malta, the New York State Office for the Aging, and participant and community contributions. Various fundraising events are held to support the core operational needs of Care Links.

Miss Marilou's Care Links' Corner

Hi Everyone!

As some of you may be aware, in addition to being the Care Links Ambassador, I am involved in the Adopt a Grandparent Program and enjoying every moment of my time.

I have been "matched" to my little, tiny, angel MiaBella, she is four years old and we have so much fun together! Little children make you giggle as they see the world for the very first time in learning about life.

Recently, I was invited to be the "mystery reader" at MiaBella's school, Mother Teresa Academy in Clifton Park where MiaBella was to be presented with the Star Student Award that same day for her helping others in her class as well as being a volunteer in the community with Care Links.

As she is my volunteer, it was wonderful for me to be able to share in her special day and to share with the children and teachers about how much fun it is to be the "adopted Grandy" for MiaBella.

I was asked to read a beautiful storybook titled, "Doug the Pug," a story about kindness and helping others. After I read to the children, we spoke about the many ways to help other people. The students were very enthusiastic; I hope they will remember these life lessons, as they grow older.

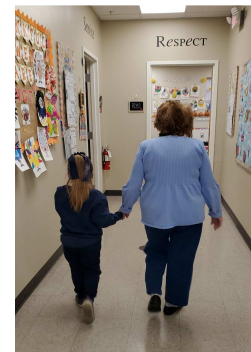
I was so honored to be invited to read, and would be happy to do so again, anytime. Oh yes, and I was able to join the children for a delicious treat afterward, cannoli from Hannaford in Glenville that they contributed to reward MiaBella.

I would like to thank Care Links and Terra for making it possible for myself and many others to enjoy our lives; it is so fulfilling to be a part of the Care Links family.

If you know someone who would also like to take part and have fun as I do, connect with Care Links today!

Happy Holidays,

*Miss Marilou Pries,
Official Care Links Care Receiver Ambassador!*



Care Receiver in the SPOTLIGHT

Terri Knowles



Pictured: Terri (right), Gigi (left), & Sophie (center)

Terri is a 77-year-old, retired waitress and home health aide for the elderly in Speculator, Hope and Wells. She is a widow, mother and grandmother who currently resides in Halfmoon, N.Y. with her beloved dog, Sophie.

She shares many fond memories about her life in the mountains with the deer and the lake of Wells, New York. Terri enjoys listening to her vast music collection of the Bee Gees and Michael Bolton and watching her favorite television show, Chicago Fire.

Terri has been a part of the Care Links Program since 2021, when her daughter contacted Care Links, concerned about her mother's loneliness during the day. They were looking for a volunteer who would provide companionship and help her to get out of the house occasionally for something fun to do.

Soon after, Terri was connected to volunteers, Gigi and Marilyn. They have both helped Terri to combat the loneliness and have become dear friends to her. Terri has shared that she "loves everyone she has met through Care Links, they are all so friendly and cheerful. They make me feel comfortable and supported."

Gigi provides the physical companionship and adventures outside the home while Marilyn provides ongoing support with reassurance phone calls. "Marilyn is such a joy to talk to; she brightens my day when I hear her voice."

When asked, how she makes the most of her time when she is with Gigi, they both smile as they say in unison, "we like to go out to lunch together, especially to Olive Garden for their tiramisu!"

When asked what she would say to someone thinking about being a part of the Care Links family... "Go For It! If I were younger, it would be a great thing for me to do as a volunteer. There are so many people who need volunteer programs like Care Links."

If you or someone you know would like to volunteer and build rewarding connections with seniors in the community, where what you do makes a Difference, Contact Us Today (518) 399-3262

Care Links Memorials



Our thoughts and prayers are with the friends, families, and volunteers of our loved ones who have recently passed away.

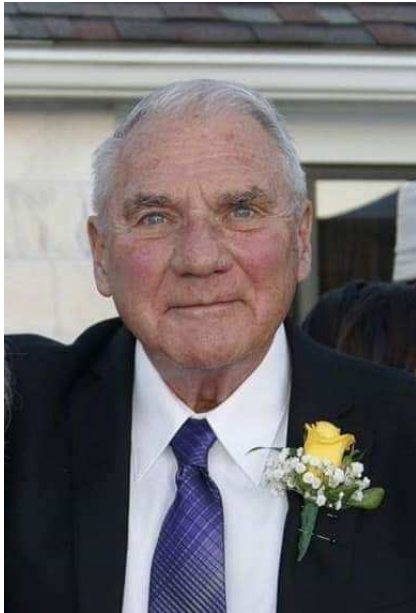


Ronald (Ron) Day
Joan Taglione

In Memoriam

Ronald (Ron) Day

with Love by Terra Maddalone-Ristau



A compassionate, gentleman (with bright blue eyes) who had the extraordinary ability to relate to the care receivers, families and volunteers alike has passed away, leaving a hole in the fabric of Care Links.

Ron spent his life giving back to his community and creating a legacy with his family as they followed his lead and now carry the torch along with his dear wife, Ann.

For over a dozen years, Ron provided many hours and miles transporting seniors to their appointments and assisting with errands. He was one of the most popular drivers by his "special ladies" he would transport.

From the first moment I met Ron, I admired his wit, grace and willingness to pitch in where needed, especially when asked to be a guest speaker at the 25th Anniversary of Care Links where he inspired many volunteers and guests in the room.

I will miss my hugs from Ron and his gentle smile. I thank his family for the love and support they provided him over the many years as a Care Links Volunteer and am grateful that Ron was part of the legacy of Care Links.

To view Ron's obituary, see the impact he had in the community, and express condolences please visit:

<https://www.townleywheelerfh.com/memorials/ronald-day/4731681/obituary>



Sponsors & Supporters

Shenendehowa Neighbors Connecting

99 Locks: Boating through NY and Canada

“Ride along” with Ed Rodger as he describes a 4-week trip he and his wife (along with two friends) took from Clifton Park, the Erie Canal, Lake Ontario, the Rideau Canal, Ottawa, Montreal and Lake Champlain and then back home on a 41-foot Trawler.

When: January, 19th @ 1:30pm

Where: Online Presentation (Zoom)

Registration is required on the Shenendehowa Neighbors Connecting website, snc.clubexpresss.com

Shenendehowa Neighbors Connecting (SNC) is a local senior village, part of the national Village movement. SNC supports senior citizens in our community, age 55 and older by offering activities, outings and stimulating presentations while encouraging friendships. For more information visit <https://snc.clubexpress.com>.

My Shop Angel

Care Links would like to thank My Shop Angel for their generous contribution of holiday gifts for volunteer caregivers.

MyShopAngel™
Promotional Products

Hannaford of Glenville

Care Links would like to thank Hannaford of Glenville for their generous and ongoing support for and participation in many of our events and activities including contributing several 25lb turkeys for Thanksgiving Meals and a wonderful tray of cannoli with razberries for MiaBella's volunteer recognition.



Judi Clements Comedy

Judi Clements
Stand-up Comedy
Improv Comedy
Musical Comedy
518-366-8217
www.judiclements.com
speaker@nycap.rr.com

Facebook icon, YouTube icon, and a signature "A. Benson 1/2/23" are also present.

Out in the Community

Community Meals, Food Pantries, and Events

Burnt Hills United Methodist - 816 NY-50, Burnt Hills, NY 12027

Offers a Men's Breakfast on the first Saturday of each month.

Call 518-399-5144 for more info.

Christ Community Reformed Church - 1010 NY-146, Clifton Park, NY 12065

Offers a little free pantry in the front of the church.

Call 518-371-7654 for more info.

Faith Baptist Church - 11 Glenridge Rd, Rexford, NY 12148

Offers a food pantry.

Call 518-399-2220 for more info.

Grace Chapel Church - 996 Main St, Clifton Park, NY 12065

Offers a potluck dinner for seniors after church on Sunday once per month.

December's is the 18th @ 11:45 in the fellowship hall.

Calling ahead is helpful but not required.

Call 518-877-3314 for more info.

Harvest Church - 303 Grooms Rd, Clifton Park, NY 12065

Offers a food pantry.

Call 518-371-2997 for more info.

Jonesville United Methodist Church - 963 Main St, Clifton Park, NY 12065

Offers the Shenendehowa Helping Hands food pantry on Friday's 9a-Noon.

Call 518-877-7332 for more info.

Luthern Church of the Good Shepard - 547 Saratoga Rd, Schenectady, NY 12302

Offers a blessings box where community members can take non-perishable foods and personal hygiene items donated by others in the community.

Call 518-399-4540 for more info.

Shenendehowa United Methodist Church - 971 Route 146, Clifton Park, NY 12065

Offers a monthly communal meal.

Call 518-371-7964 for more info.

St. Mary's Crescent - 86 Church Hill Rd, Waterford, NY 12188

Offers a "Senior Tuesday" event on the last Tuesday of each month.

December's event is a Christmas sing-along on Tuesday the 27th @ 1pm!

All seniors are invited to join us for a fun afternoon. Feel free to bring a dessert to share.

Call 518-371-9632 for more info.

Upcoming “Events and Gatherings” Details

Please remember to RSVP Yes or No by e-mail or phone for All meetings/events!

December 6, 2022 (Closed Meeting)

Care Links Required Annual Training (Make Up)

This training is for all Care Links volunteers who were unable to make it to either of the previous 2022 trainings.

We will be covering program policies & procedures, question and answer time, program updates, etc.

RSVP is Required.

Time: 12:30pm-4:00pm (Estimated ending time, may get out early based on the number of attendees)

Location: Christ Community Reformed Church - 1010 Route 146, Clifton Park, NY 12065

December 14, 2022

2nd Annual Holiday Potluck!

Presenting the “So Laughable: The Holiday Show”

-A hilarious comedy performed by *The Improv Duo*, Judi & Steve

Register with what yummy dish you will share and who is coming with you!

Limited Seating- Reserve Your Spot Early!

Time: 2:00pm-4:30pm

2:00 - 3:00 - Welcome, Lunch

3:00 - 4:00 - Surprise Entertainment along with The Improv Duo (Flyer Attached)

4:00 - 4:30 - Dessert, Raffle Prizes **and** Birthday Cake for our Youngest Volunteer, Miabella’s 5th Birthday!

Location: Shenendehowa United Methodist Church - 971 Route 146, Clifton Park, NY 12065

(We Need volunteers to help make this event a success)

January 18, 2023

Monthly Care Links Get Together

Topic: **Downsizing Tips for Seniors and the Process**

Presented by Debbie Bango

Learn about the different options of downsizing. How to go about keeping items, giving to family members and how to donate. We will also discuss the different options for making money from the contents such as Estate Sales, Auctions Etc. We will also have a discussion about the grieving process that goes along with downsizing.

NEW Time for 2023: 1:00pm-2:30pm

Location: Christ Community Reformed Church – 1010 Route 146, Clifton Park, NY 12065

February 15, 2023

Monthly Care Links Get Together

Topic: **Fun & Wellness** with Thyme to Thrive

Adapt your lifestyle to incorporate healthier eating habits and exercise, one small step at a time.

Time: 1:00pm-2:30pm

Location: St. Mary's Crescent - 86 Church Hill Rd. Waterford, NY

Administrative Reminders:



Care Links Gatherings- Benefits

Did you know that our monthly gatherings are as much for our volunteers as they are for our care receivers?

Look at the many benefits of attendance:

- ✓ Socialization with other volunteers, care receivers, staff, and community service experts.
- ✓ Education & Training on topics that affect our Elder population
- ✓ Team building
- ✓ Information about community resources



Care Links Gatherings- Transportation

Do you attend Care Links gatherings and have room in your car for one more? We are looking for Team members who will **provide transportation** to a Care Receiver who would like to attend.

Care Links Gatherings are for **all** to attend!

Volunteers are asked to share with their Care Receivers the information and RSVP for them. They are welcome to attend with their volunteer, friend, or family member.

Transportation Corner

Before accepting a ride in Ride Scheduler:

- Check all notes on the Care Receiver for important information under the Comment/Note Section for the Care Receiver on the Ride Request
- If you are not comfortable with any of the information provided in the notes, please do not accept the ride.

Once you have accepted a ride:

1. Call the senior **as soon as** you sign up for the ride.
2. **Call Again the Day Before to Confirm.**
(We have noticed that there has been some confusion on the part of the Care Receivers forgetting that you are picking them up.)
3. Be prepared to assist the Care Receiver to and from your vehicle (and their appointment) as they may have balance issues and a steady arm will be helpful.
4. Complete your Time & Mileage on Ride Scheduler System after the ride.



Ride Scheduler: Helpful Tips

1. Ask your care receiver if they have a handicapped vehicle tag (many do). If so, ask them to please bring it.
(Submitted by Steven Topper)
2. When you call your care receiver to confirm their ride, ask if they'd like a courtesy call when you're on your way to pick them up.
3. Should a care receiver not answer the phone/door when you arrive to pick them up, please call their emergency contact (listed in Ride Scheduler) or the office at **518-399-3262!**
4. Engage with your care receiver! Sometimes your friendly conversation is the only one that the care receiver may have that day. (Submitted by Steven Topper)

Tasty & Delicious Recipes

Easy Berry Oat Bars

Submitted by Carol Katz

From The Jaroudi Family

Ingredients

- 2 cups old fashioned oats
- 3 ripe bananas (they should be speckled..ripe bananas are sweeter)
- 4 cups frozen thawed or fresh fruit (I use a frozen blueberry/blackberry/raspberry combo)
- 1/3 cup unsweetened plant milk (try Chobani Oatmilk “original” flavor...we like it more than dairy milk)
- 2 Tbsp maple syrup

Instructions

1. Mash the bananas and oats together and spread in a 9” silicone pan.
2. Blend the thawed fruit, plant milk and maple syrup in a food processor until smooth.
3. Pour blended fruit mixture over crust.
4. Bake at 350 degrees for 45-50 minutes.
5. Let cool and refrigerate.
6. Cut into bars.



Cauliflower-Potato Curry

Submitted by Carol Katz

From The New McDougall Cookbook

Ingredients

- 1 large onion, chopped
- 2 cloves minced garlic
- ¼ cup water
- 1 Tbsp chili powder
- 1 Tbsp cumin
- 2 tsp curry powder
- 4 cups vegetable broth
- 1 cup green lentils
- 1 15 oz can stewed or diced tomatoes
- 4 medium potatoes, peeled and chopped
- 4 cups cauliflower florets
- 4 carrots, sliced
- 1 cup frozen green peas, thawed
- Chopped fresh baby spinach (optional)

Instructions

1. Place the onion and garlic in a large pot with water.
2. Cook, stirring, for a few minutes.
3. Add spices and stir to coat.
4. Add vegetable broth and lentils.
5. Mix well, bring to a boil, reduce the heat and cover and cook for 30 minutes.
6. Add tomatoes, potatoes, cauliflower and carrots, and cook for another 35 minutes.
7. Stir in the peas. I also add chopped fresh spinach to add more nutrition. Cook 5 minutes and serve.



Other Opportunities to Help

Current Volunteer Needs:



Care Links is looking for volunteers to help with the **2nd Annual Holiday Potluck** on December 14th at Shenendehowa United Methodist Church. Please let us know if you can help!

Shout Outs!

-Our most sincere thanks and appreciation to the Anonymous Family who so diligently prepared, packaged, and delivered amazing **Thanksgiving Day meals** to **31** of our care receivers this year as well as the volunteers who graciously contributed turkeys and/or funds to make these meals happen. These profound gestures of giving are truly heartwarming!

-A **warm welcome** to our new Care Links volunteer caregivers: Janis Pitkin, Jolene Lomnes, Trish MacEnroe and Scott Connelly

Other Needs:

-Can you help out in the office? We are looking for volunteers to help with making phone calls, filing papers, printing and assembling materials, envelope stuffing, data entry, and other miscellaneous office tasks. Please let Terra know if you can help!

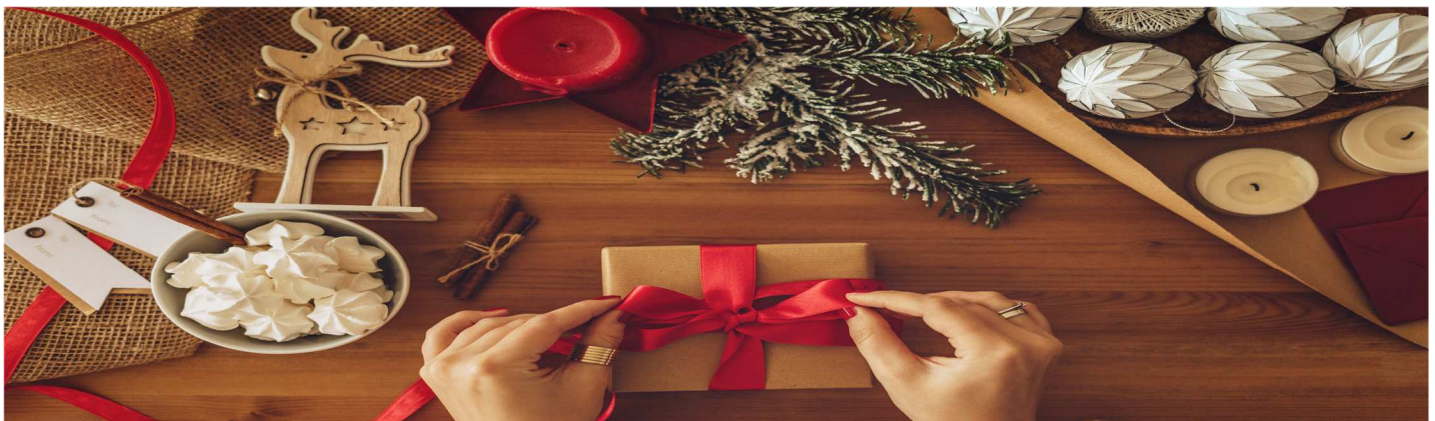
SPECIAL REQUESTS: Volunteers who can commit to 3hrs/day for 1 day/week, Volunteers to print, assemble, stuff, and mail the bi-monthly CL Newsletter

-Have you taken photos at any Care Links gatherings/events? We'd love to see them! **We encourage attendees to take photos** at any or all of our various gatherings and events. Please e-mail any photos to Terra @ Terra@captaincares.org. **Your photos help bring Care Links to life in our newsletter and other media.**

-Are you a party planner? We are looking for a few volunteers who would like to **plan/coordinate activities** for our volunteers, Care Receivers, or both. Some examples might include organizing a group picnic, a game night, a movie night, or a book club.

-Do you attend Care Links gatherings and have room in your car for one more? We are looking for Team members who will **provide transportation** to a Care Receiver who would like to attend.

Please contact Terra at 518-399-3262 or Terra@captaincares.org if you have any interest!



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CAPTAIN Community Human Services
543 Saratoga Rd. Glenville, NY 12302
(518) 399-3262



CARE LINKS
A program of CAPTAIN Community Human Services

presents



Go Laughable



Hilarious **IMPROV COMEDY**

**Making up stuff on the spot
with audience suggestions:
That's what improv is all about.**

*(No one does it better & funnier than
The Improv Duo, Judi & Steve)*

CARE LINKS ANNUAL HOLIDAY POT LUCK

Wednesday, December 14, 2022

2:00pm – 4:30pm

Shenendehowa United Methodist Church

Fellowship Hall (Door F)

971 Route 146, Clifton Park, NY 12065

Registration is required as space is limited. Reserve your spot today and share what yummy dish you are bringing by contacting Senior Services Program Manager, Terra Maddalone-Ristau at 518-399-3262 or Terra@captaincares.org