



Care Connections

FOCUS WORD

Did You Know?

The FOCUS word for this newsletter is ...

PURPOSE

The reason for which something is done or created or for which something exists.

NEXT GATHERING

February 15, 2023

Monthly Care Links Get Together

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

Time: 1:00pm-2:30pm

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

Learn about the Thyme to Thrive Program hosted by To Love a Child, Inc. The Thyme to Thrive Program focuses on the benefits of adapting your lifestyle to incorporate healthier eating habits and exercise, one small step at a time. Sample some special Valentine's Day Mocktails and let's have some fun!



“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.

Help us spread the word about Care Links, when you're done reading this pass it on to a friend!

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

Volunteer Spotlight:

KIM SWIRE



I obtained my Master's in Social Welfare from UAlbany in '78 and enjoyed a 37-year career as a social worker in medical settings with a special interest in aging services. I retired 7 years ago to be a caregiver to my father and my husband. I'm a founding member and officer of our local Village, Shenendehowa Neighbors Connecting, as well as the President of the Saratoga Chapter of the New York Statewide Senior Action Council. Now widowed, I continue to reside in my home in Clifton Park.

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: Kim Swire

We asked Kim 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.

How long have you been with Care Links?

“Just one year as a volunteer, but I have known about and worked with Care Links for clients for many years!!!”

What made you decide to volunteer with Care Links?

“Largely because I no longer have caregiving responsibilities for family members and because of the partnership between Care Links and my Village --- we encourage our members to volunteer for Care Links and refer members to Care Links who may have needs.”

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

“For me, it has been fun to interact with care receivers as a friend! I also enjoy the opportunity to help the program, which I have appreciated for so many years.”

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

“Because I lost a loved one to COVID, I have been reluctant to make home visits, but I have been enjoying the phone calls with the seniors I speak with on a regular basis. It is a pleasure to get to know them...”

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

“If you have any interest in ensuring that there are quality services available to older adults in our community, please explore the many ways that you can contribute your time with 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 at 518-399-3262 or visit our website captaincares.org/care-links.

Feb-Mar Team Birthdays



Gabby Ashley
Heather Brunell
Marc Cohen
Scott Connelly
Aline Flaherty
Fred Katz
Jolene Lomnes

Andrea Morehouse
Joan Pedersen-Lane
Susan Pierino
Erin Prendergast
Elsa Radliff
Molly Schwartz
Heidi Skinner

Care Links In Action

Holiday Gift Deliveries



Volunteer, Lucy meeting her Care Receiver, Georgette and Pipsqueak and Star.



Terra & Archie dancing to Sinatra



Below:
2nd Annual Holiday Potluck with the Improv Duo!



Program News



The “Adopt a Grandparent” Program *Expanded in 2023!*

This program is ideal for individuals who want to connect with seniors in our community. Adopting a grandparent can involve being a pen pal, visiting for a holiday(s), occasional chats on the phone, sharing life stories, and more. Groups such as a family, a social group, or a child’s classroom can also adopt a grandparent together. It’s also great for anyone, especially students, looking to meet a school or club’s volunteerism or badge requirement. Cross-generational contact is an important way to strengthen and enrich our communities.

If you or anyone you know would like more information about adopting a grandparent in Southern Saratoga County, please contact Terra at Terra@captaincares.org or 518-399-3262.



Senior Holiday Committee *New for 2023!*

Care Links is looking for volunteers to join our Senior Holiday Committee. The committee would meet occasionally throughout the year. Join us as we come together to bring joy to our seniors during the holidays all year long. This is a great way to get to know other team members also! If interested, please e-mail Terra at Terra@captaincares.org.



Event TEAMS *New for 2023!*

Care Links is looking for volunteers to join 3 event teams. We will have one team for **Pasta & Sinatra Dinner Show** (May), one for the **Senior Annual Resource Fair** (Nov), and one for the **Annual Holiday Potluck** (Dec). Duties will include taking photographs, decorating, kitchen help (if applicable), collecting community contributions (if applicable), and selling tickets (if applicable). Join as many or as few as you’d like. If interested, please e-mail Terra at Terra@captaincares.org.

Volunteers Mary Alive & Lucy at a meeting of the new Care Links Admin Team.



January Gathering with Debbie Bango of Oakwood Antiques & Estate Liquidation as she presented the topic on Downsizing and Decluttering.



From The Program Manager's Desk

"What's on Your Mind, Dear?"

These are words I heard many times throughout my life from my Nana Cook. No matter what time of the day or night, when I called her, this was how she answered. Once I assured her that everything was all right we would enjoy many long talks.

I believe that our first friends in life can be our grandparents and Nana was mine. When I learned how to dial a phone, she was the one I called. She was the one I would spend weekends and summer vacations with and have many fun adventures.

As I grew up and went off to college, she was the one I lived with, sleeping on her couch. How many college kids can say that? It was quite interesting, to say the least, as I would stay out with friends and then sneak into her apartment only to find her waiting up for me. Then, over a cup of tea, we would talk as she enjoyed hearing my stories about school, friends, jobs, and how I spent my time. She always wanted to visit where I worked so she could meet my work friends.

I know there were (many) times I worried her with my antics, but through it all, she loved me unconditionally. There was something so special about my relationship with her.

When I married and had children, my sons and I would often head out on road trips (a couple of hours away) to visit her. She doted on and loved them so much and spending time with the boys made her "feel young again."

In 2006, Nana passed away at 97 years old. I miss our nightly calls and spending time together going to lunch or on her favorite outing to the dollar store. After all, she was my very first "special friend."

Years later, here I am, surrounded by literally hundreds of "grandparents," my new friends, the seniors in the Care Links program. One day, it all came full circle for me as one of my special ladies answered the phone and said, "What's on your mind, Dear?"

My eyes filled with tears of joy as I realized that people really do come into our lives to help to fill the void left when our loved ones are no longer here. I have been blessed by the new friendships I have found with our seniors and my "Adopted Grandmother" of Care Links.

If you would like to have someone special you can **call your own** with Care Links, contact me. I promise you won't be sorry.

Sincerely,
Terra Maddalone-Ristau
Senior Services Program Manager



Pictured: Nana Cook

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

MY FIRST LOVE

Hi Everyone!

As we celebrate Valentine's Day this year, I think about the very first love of my life, Donald Patrick. I was five years old and we were in kindergarten. In our classroom, there was a circle of little chairs that we all sat on (my feet did not even touch the floor and still don't!).

Boys had to wear neckties (as we were in the Catholic school) and Donald Patrick always wore a bowtie and a sweater vest.

I recall that his siblings were much older than us (they even drove!). One day, he asked me if I wanted to be his girlfriend. I said, "Okay." I am not even sure I knew what that was but we would sit next to each other and he would "open my snack" for me. He was so worldly!

One day our mothers arranged for us to have a play date. That Saturday a very big car pulled up in front of our home and Donald Patrick got out of the car with a huge bouquet of fresh flowers, which he handed to me.

When I became old enough to really date, I thought I would always receive flowers with each date (unfortunately, that was not so).

Anyhow, we got into that huge car and all of us went to his house, it was great fun!

Patrick's sister made us lunch and then she asked if we would like some ice cream. Donald Patrick and I pulled our chairs over to the big freezer and when his sister opened the freezer, I could not believe my eyes! At my house, we had a half gallon of vanilla- the store brand; but there had to be at least SIX half gallons of different flavored ice cream in there and then it happened...

I fell head over heels with Donald Patrick, how could I not?

We had much fun back then playing cowboys in our matching cowboy (and girl) hats, cap guns and holsters and many play dates.

I do not know what happened to Donald Patrick over the years, but he will always have a special place in my heart.

Who was your first love and what memories warm your heart?

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



Care Receiver in the SPOTLIGHT



(Mary is pictured here with her "Dammit Doll")

MARY HATCH

Mary is an 88-year-old widow, mother, grandmother and great-grandmother, who spent many years working at the phone company as a clerk and when she retired went to work for the NYS Tax Department.

She spent many years traveling the world with her husband, visiting family in Saranac Lake and Florida every spring. Mary enjoys sharing her experiences of the active life she has led, which includes winter sports such as ice skating and skiing in Austria and Switzerland.

Mary is a self-described social butterfly who loves her family, meeting new people and adventure. She shares that her secret to life is to, "Don't just sit there, go out and do something, be active. Take senior trips, help in the library, do not be a "passive joiner."

Mary has been a part of the Care Links Program since 2016, when a friend of hers who knew she was looking for assistance with transportation, told her about the Care Links program so she could get to her medical appointments.

Mary shares that the most rewarding thing for her has been meeting the many different volunteers she meets. She enjoys learning about their lives, finding common interests and is grateful for the friendship she has found with them, "The care and concern that is shown toward me, is beautiful. I even receive Christmas cards from them."

When asked, how she makes the most of her time when she is with her volunteers, she states, that, "I enjoy being out with them, it is my social time, I enjoy having someone to talk to and we take an interest in each other. The drivers are wonderful, they are on time, help me in and out of the car, open the door for me and help me inside. You don't find that with many services."

When asked what she would say to someone thinking about being a part of the Care Links family... "Definitely, it is a wonderful service, great people and that is important."

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.

FUN Activities

Rediscover your **PURPOSE**, no matter what stage of life!



List 3 things you want to achieve, learn, experience, etc. in 2023:

(Ex: write cards/letters to friends/family, take more walks, learn how to crochet, try a new cuisine, etc.)

1. _____

2. _____

3. _____

Inspiring messages from volunteers who have found purpose in Care Links:

“Working with the elderly and those in need, gives me satisfaction while providing an important service.”

“I like feeling needed and doing something useful. I meet interesting people and enjoy making someone feel happy.”

“I enjoy meeting new people and making a difference in someone’s life.”

“I enjoy Care Links because I am giving back to my community in a direct and meaningful way.”

5 tips to help find meaning and purpose in later life by Ed Merck

1. Identify the activities that provide you with a sense of purpose.

Define what you find personally meaningful...

Examples: Helping others, teaching, spreading positivity, writing, painting, giving back to community

2. Create a brief statement that ties together those activities.

Examples:

“Exercise no judgment, just unconditional love.”

“Love and appreciate what I already am.”

3. Strengthen your inner landscape through contemplation, meditation, and self-reflection.

Examples: Mindfulness, Tai-Chi, Yoga, journaling

4. Learn to be still.

Be open to letting purpose find YOU.

5. Explore what it means to create.

The act of creating unfolds who you are in the

Sponsors & Supporters

Shenendehowa Neighbors Connecting

A Valentine's Day Event

The Storytellers are back and will entertain us!

When: February 14, 2023 @ 1:00 pm-2:00pm

Where: Christ Community Reformed Church,
101 NY-146, Clifton Park.

Don't miss this sure-to-be well-attended event.
It is open to members and non- members alike.
Register via the website:

<https://snc.clubexpress.com/>

*If you need a ride to the event, please contact us

There is no cost for members to register; there is
a cost of \$5.00 for non-members.

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>.



Special thanks to **the Capital District YMCA, Southern Saratoga Branch** for their Care Links Senior Holiday Project gift contribution box.



Special thanks to Maggie and the members of All Saints Round Lake Church who contributed over 20 beautiful gifts from the Giving Tree for Care Links Care Receivers.

Care Links would like to thank the following supporters for their generosity in contributing to the Annual Holiday Potluck Raffle:

Aetna

Patty Stanley

518-390-2582

518-369-8172

StanleyP@aetna.com

Face 2 Face Skincare LLC

Melissa Ponce

361-219-0243

Hannaford of Glenville

Manager, Kari Macintosh

518-384-0156

kamacintosh@hannaford.com

Herzog Law

Kym Hance

518-641-0043

khance@herzoglaw.com

Maddalone Entertainment

Nick Maddalone

518-290-3995

nick@maddaloneentertainment.com

My Shop Angel

Vicki Chamberlin Baldes

518-371-5774

customerservice@myshopangel.com

YMCA

Katie Massie

518-371-2139 ext 5500

kmassie@cdymca.org

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.

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.

Call 518-371-9632 for more info.

Saratoga County Department of Aging & Youth

Offers congregate meals to qualifying seniors (over 60 yrs old)

Time: Hot meal served at Noon on Mondays-Fridays

Location: Gather & Dine sites are located in Milton, Clifton Park, Corinth, Galway, Halfmoon, Mechanicville, South Glens Falls, and Saratoga Springs.

Call 518-363-4020 for more information. Reservations are Required

Upcoming “Events and Gatherings” Details

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

February 15, 2023 (More details found on Page 1)

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

March 15, 2023

Monthly Care Links Get Together

Topic: **Compassion for our Care Receivers** and not projecting our own feelings, anxiety, etc. on them with Jennifer Harvey of Touching Hearts at Home

This presentation will be on Professional Empathy and Emotional Boundaries. We'll be discussing how to use empathy with others while also maintaining boundaries that protect our hearts, our energy and our time. We will learn how to identify when something triggers an emotional response for us and how to move forward in a way that helps everyone involved.

Time: 1:00pm-2:30pm

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

March 23, 2023 (Closed Meeting)

Volunteer Orientation (Required for those who have not already taken the training or would like a refresher)

Time: 12:30pm-3:00pm

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

April 19, 2023

Monthly Care Links Get Together

Topic: **Understanding Alzheimer's and Dementia:** Know the 10 Signs with the Alzheimer's Association

Time: 1:00pm-2:30pm

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

May 21, 2023

Pasta and Sinatra Dinner Show with Terra and Zack Maddalone

Join us for a night of music, food, and fun! More details regarding event and ticket information to follow. Feel free to contact Terra with questions. *Be sure to e-mail Terra at Terra@captaincares.org with your favorite Frank Sinatra songs. Reservations are Required and Seating is Limited*

Time: 4:00pm

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.



Become a Driver with Care Links to assist seniors to their medical appointments, shopping, errands, and more.

The benefits include:

1. Flexibility based on Your Availability.
2. Get to know Wonderful people.
3. Be part of an Amazing Team with ongoing training and support
4. Giving back to your community
5. A feeling of good will

Requirements:

1. Motor Vehicle and Background Check
2. Volunteers use their own vehicles
3. MINIMUM Required personal automobile insurance coverage (100/300 liability or comparable)
4. Access to the internet

Tasty & Delicious Recipes

Hawaiian Man & Swiss Sliders

Submitted by Debra Mulry

Authored by Christy Denny

Ingredients:

24 slices honey ham
6 slices swiss cheese, cut into fourths
1/3 c. mayonnaise
1 tbsp. poppy seeds
1 ½ tbsp. dijon mustard
½ c. melted butter
1 tbsp. onion powder
½ tsp. worchestershire sauce
2 packages (12 ct) Kings Hawaiian original sweet dinner Rolls

Directions:

1. Cut Kings Hawaiian rolls in half and spread mayo onto 1 side of the rolls
2. Place a slice or 2 of ham and a slice of cheese in the roll
3. Replace the tops of the rolls and bunch the sandwiches tightly into a baking dish.
4. In medium bowl, whisk together the poppy seeds, mustard, butter, onion powder, and worchestershire sauce.
5. Pour the mixture over the rolls, just covering the tops, cover dish with foil, and let sit for 10 minutes
6. Bake, covered, at 350 degrees for 10 minutes or until the cheese is melted then remove foil and bake uncovered for additional 2 minutes or until the tops are browned and crisp. Serve warm.



Corn Casserole

Submitted by Elsa Rafiff

Author Unknown

Ingredients:

1 can whole kernel corn, drained
1 can creamed corn
2 eggs, beaten
1 stick butter, melted
4 heaping T. all purpose flour
2 T. sugar
¼ C. diced green pepper (you can also use red)
1 C. whole milk
½ C. shredded cheddar cheese
¼ tsp. each salt and pepper

Directions:

Combine all ingredients and pour into greased casserole dish. Bake at 350 degrees for 1 hour & 20 minutes.

Cranberry Salsa

Submitted by Maureen Kucharski

Author Unknown

Ingredients:

1 bag cranberries (12oz)
1 granny smith apple, peeled, cored, & cut into eighths
½ large red pepper, cut into chunks
½ medium red onion, cut into chunks
¾ C. sugar (you can use less if desired)
1/3 C. apple juice
3 Tbl fresh cilantro, chopped
2 Tbl jalapeno pepper, chopped
1 Tsp lime zest, grated

Directions:

Put cranberries, apple, red pepper, and onion into food processor. Pulse until chopped. Transfer to large glass bowl and stir in remaining ingredients until blended. Makes about 4 cups and can be made up to 2 weeks ahead of time.

Other Opportunities to Help

Current Volunteer Needs:



Care Links is looking for volunteers to help with **Pasta & Sinatra Dinner Show** on May 21st at St. Mary's Crescent Church. Please let us know if you can help!



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.

Shout Outs!

-**Thank you** to St. Edward the Confessor and St. Mary Crescent Knitting Groups for their gifts to the Senior Holiday Project.

-A **warm welcome** to our new Care Links volunteer caregivers: Nancy Deyette, Chris Efner, Adele Grasso, Joan Pedersen-Lane, Molly Schwartz, & Sam Viscio

Other Needs:

-Have you taken photos at any Care Links gatherings/events? We'd love to see them! **We encourage attendees to take photos** of participants "in action" 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.**

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

Pictured below:

The **NEW Care Links ADMIN Team** with members Joan, Laurel, Kim, Adele, Mary Alice, and Lucy.



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(518) 399-3262