



March-April 2023

# CONNECTIONS NEWSLETTER

of

## SHENENDEHOWA NEIGHBORS CONNECTING

**Shenendehowa Neighbors Connecting gives older adults the opportunity to form friendships, enjoy a rich and independent lifestyle, and build supportive community connections that help them age successfully at home.**

**The SNC 2023 Kickoff was a huge success! An enthusiastic group of 35 participants listened attentively as Ed Rodger** kicked off the 2023 New Year with his very entertaining, *Boating through New York and Canada* presentation January 19th via Zoom. Ed had beautiful slides of charming Montreal scenes, towns in Canada showcasing churches with double spires, breathtaking scenery and pictures of wooden locks that are still manually operated with a crank. Overall, more than 99 locks were a part of Ed and Francine Rodger's trip. Participants listened raptly and asked pertinent questions at the end which demonstrated Ed's knowledge and competency as a sailor while boating this complex system of locks over 2 countries.

**The Storytellers, Joe Doolittle, Margaret French, Jeanine Lafferty, and folk singer/troubadour Dan Bergeron shared memories of love stories and other related tales on February 14<sup>th</sup>** with a crowd at Christ Community Reformed Church. Their humor and warm, heartfelt tales brightened any mid-winter doldrums. The event was followed by some Valentine treats.



Need a ride or interested in carpooling? If you would like to attend one of our activities but find transportation a concern, please contact Loretta at 518-801-4517 for information.

## **We asked, You Told Us! Results of SNC's questionnaire on Communication and Transportation are in!**

Thanks to all members who took time to answer our questionnaire on Communications and Transportation! We had a very robust response. Of the approximately 110 members we reached out to by email or phone, 34% gave us answers. That's a very good response rate by most measures.

What we learned is that nearly all of you (approximately 90%) use email and prefer that means of communication with Shen Neighbors.

The concept of carpooling is attractive to over 45% of the respondents. That is truly in keeping with our mission of neighbors helping neighbors. We will continue efforts to our out-of-the-house events.

We do appreciate the comments that several people sent. We will take them all to heart.

SNC has been using the US Postal Service to send newsletters to some members who do not use email and will continue to do so. We are planning to set up a committee to telephone updates to those people. If you know of someone who would like to get involved with SNC but lacks email, please let them know we welcome them. Our phone is 518 801-4517.

**Coming up in Spring 2023: Tuesday, March 14, 2023 at 10:30 a.m.** join us for a visit to **Sugar Oak Farms, 50 Atkins Road, Malta, 12020**. This small, family-owned and operated maple sugarhouse specializes in everything maple. We will meet for a tour that includes a walk in the woods (with appropriate weather-dependent footwear) to see how the trees are tapped followed by a visit to the sugar house to see what happens next. The tour takes approximately 45 minutes - 1 hour. There will be time for Q & A and a visit to the Farm Store and Gift Shop. Should inclement weather be a factor, registrants will be notified via their email address. The store offers quality maple products to the surrounding area, as well as across the globe. You will also find honey, maple candles, maple cream, maple sugar and maple syrup.



This event is free and open to members. Please register on the SNC website

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

**Call if you can offer a ride or need a ride to the farm: 518 801-4517.**



Please join us on **April 12th at 1 pm-3 pm** for **SNC's Annual Meeting**, open to all members.

The meeting will be held at St. Mary's Church, 86 Church Hill Road, Waterford, 12188

Light refreshments (water, coffee, cookies) will be served.





**April 27, 2023 Lynda Shrager OTR Registered Occupational Therapist**, will present a topic of importance for all seniors who want to successfully age in their own home, “**Stay Safe at Home**” . Ms Shrager has an extensive background in geriatrics that is sure to help seniors approach aging at home with confidence. A free handout, AARP’s Home Fit Guide will be available. This program is free, open to the public and will be held at **St Mary’s Church, Crescent, 86 Church Hill Road, Waterford 12188**. Register on the SNC website <https://snc.clubexpress.com>

Discount tickets to the Bela Fleck Concert at Troy Music Hall May 5 th at 7:30 pm are available through our SNC member, Manoj Ajmera. Contact Manoj at (518) 371-3737 for discounted and better seats or at [manorita12@gmail.com](mailto:manorita12@gmail.com). See flier at right.



**Here Come the Boomers: A Community Forum on Aging.** Join us, community, faith, and business leaders and stakeholders as we tackle the challenges and opportunities facing our community with the last of the Baby Boomer Generation entering their senior years. Included topics: Navigating the System, Transportation, Caregiver Resources and Help at Home.

**Date: May 18, 2023**

**Time: 8:15 am-4:00 pm**

**Keynote Speaker: Greg Olsen, Director, New York State Office for the Aging**

Pre-register now at: <https://captaincares.org/news-events/events/agingforum.html>

**Care Links event, *Pasta and Sinatra and Friends Dinner Show***-a night of music, food and fun!

When: May 21<sup>st</sup>

When: 4 pm

Where: St. Mary’s Church Crescent, 86 Church Hill Road, Waterford, 12118

Cost: \$20.00 per person

**Reservations required**, contact Terra at 518 399-3262 or email at [Terra@captaincares.org](mailto:Terra@captaincares.org)

Registration Deadline May 4, 2023





**SAVE THE DATE!**

**MAY 31st**

**SNC Members' Breakfast at the Hilton Garden Inn**

30 Clifton Country Rd., Clifton Park, N.Y.

You will be able to practice on your own laptop, tablet or other device during this presentation learning how to:

- Access the website using your password
- Register for SNC events
- Navigate to the many resources on the SNC website including the Albany Guardian Society and Care Links
- Sign up for one or more of SNC's Special Interest Groups or start a group for your special interest!

