



Care Connections

FOCUS WORD

The Care Links FOCUS word for 2023 is ...

Purpose

What is the deep meaning of purpose?

Purpose is an abiding intention to achieve a long-term goal that is both personally meaningful and makes a positive mark on the world.

NEXT GATHERING

April 19, 2023

Monthly Care Links Get Together

Topic: Understanding Alzheimer's & Dementia:

10 Warning Signs of Alzheimer's:

Alzheimer's and other dementias cause memory, thinking, and behavior problems that interfere with daily living. The Alzheimer's Association® developed the new 10 Warning Signs of Alzheimer's education program to help people recognize common signs of the disease and know what to watch for in themselves and others.

Time: 1:00pm-2:30pm

Location: St. Mary's Crescent

86 Church Hill Rd., Waterford, NY

***Feel free to stay after the meeting to mingle with other volunteer caregivers, care receivers, and guests!**

“Together We Make a Difference”

Care Links, a program of CAPTAIN Community Human Services, is proud to be celebrating our 27th 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 us at 518-399-3262.

Volunteer Spotlight: Cindy Farrell



“I’m a retired school counselor who has lived in Clifton Park for over thirty years. I commuted a long way to and from work to a job that kept me very busy, so I never felt able to get involved with my community at home. I have a son and daughter who both went to Shenendehowa (my daughter was involved in Teen Talk!). They now live in California and Colorado, respectively. I have a wonderful partner, Don, with whom I enjoy biking, hiking, concerts, and the outdoors, among many things. I enjoy reading, making jewelry, learning to play the guitar, stimulating conversation, and volunteering with Care Links.”

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: Cindy Farrell

We asked Cindy 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?

"I began volunteering with Care Links in June of 2022."

What made you decide to volunteer with Care Links?

"After retiring and enjoying having no responsibilities for a bit, I finally realized that to be happy I needed to be of use, so I started looking for opportunities where I could volunteer. After working with teenagers most of my life, I thought that the older generation deserved some respect and attention, an observation from getting old myself! After looking at all the options available to me through CAPTAIN, I opted for Care Links."

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

"With Care Links, I have really enjoyed meeting new people, my Care Receivers. I love to listen to their stories and experiences, be social and laugh, and just enjoy the back and forth that comes from being in their presence."

I get as much pleasure from hanging out with them as they do. Even the transportation program is fun because I've met so many different people and been inspired by how they continue to live independently through some serious setbacks."

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

"I think being a naturally good listener is my greatest asset which I utilize in my experiences with my seniors. Everyone wants to be heard and appreciated in a genuine and sincere way. That's how I roll with this adventure."

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

"Give it a try. You will be surprised by how much you get out of it yourself. There are so many ways to help out and work around your schedule so that you can get involved in a way that meshes with your own life. I've also learned a bit going to the monthly programs Care Links offers. Plus, the staff is very helpful and supportive so that's a real plus, too."

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.

Apr-May Team Birthdays



Linda Collet
Carol Katz
Deb Mulry
Colleen Lussier
Jeanne Bush

Bob Parsons
Jim Flaherty
Liz Prybylowski
Laura Brown

Care Links In Action



Volunteer Marilyn, at 89 yrs young says, "You are Never too old to win First Place!" as she won the Frying Pan Toss at Saranac Lake.



Volunteers Katie & Molly



Some of our volunteers gather in March



Speaker, Cindy Schmehl (To Love a Child)



Volunteer Carol



Volunteer Joan working and having fun in the office



Miss Betty and Winston, Nancy's dog whom Betty loved to visit



Betty and Maria enjoy the winter sun



Diane receives a Valentine from MTA student



Terra and Volunteer Sam take a selfie



Jennifer Harvey (Touching Hearts at Home) presented on Professional Empathy and Emotional Boundaries



Connie enjoys a Clifton Park Winter Fest outing with volunteer Katherine



Team Gathering (Left)



Time to get to know each other after the meeting!



Deb Czech discusses nutrition and plant-based meals (Planted Platter)

Program News



The “Adopt a Grandparent” Program

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.

Shout-out to Mother Theresa Academy for partnering with Care Links to match every teacher & class to a “Grandparent!” Care Receiver Miss Marilou has been adopted by Miss Karen's Pre-K Class and Care Receiver Miss Ann was adopted by Ms. Marissa's Pre-K class.



On March 21, Miss Ann was introduced to the students and faculty at Mother Teresa Academy where they began their day with chapel time, song and prayer. Afterward, Ann visited with the students of Ms. Marissa's class where they enjoyed stories, snack time and many hugs.

In following up with Ann afterward, she exclaimed, "I am so happy and cannot wait for my next visit! The best part was the many hugs from the children!" (Pictured to the left)

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.



Event TEAMS *New for 2023!*

Are you looking to be involved but do not have time to commit on a weekly basis to being matched to a senior?

Consider joining an Event Team to assist in the preparations for upcoming social events with Care Links (select one event or all three). If interested, please reach out!

- **Pasta, Sinatra, & Friends Dinner Show** (May 21st)
- **Senior Annual Resource Fair** (Nov 1st)
- **Annual Holiday Potluck with Santa** (Dec 6th)

From The Program Manager's Desk

What is YOUR Passion and Purpose?

When you think about your “purpose in life,” what comes to mind?

Who is to say what someone's purpose is? Yet, when you think back on the people whom you most admired (or do admire); what are they doing (or did) with their lives that makes them stand out to you?

For myself, they are my parents (pictured below), Dad had two passions (other than his faith and family), they were food and music. He loved to cook, (he especially loved his pasta and could eat it every day) and if there were a microphone around and music playing; Dad would be crooning for those he loved simply to bring a smile to their face and joy to his heart.

Mom was a Prayer Warrior with a faith that to me was incredible with all of the hardship she faced throughout her life. She was always praying for someone else or looking for a way to help them (and often did succeed in this).

My parents were (and still are) the most influential people in my life. I like to believe that I inherited their passions, as I am definitely someone who loves food, being behind the microphone, and if I can make someone happy along the way, I feel blessed.

Dad used to say I took after my mother. I never quite saw it that way as I thought I was more like him. Yet, a few years ago, I realized that my passion and (I believe) my purpose was in finding ways to reach out and help others as my Mom did.

This has brought me inner peace, not to mention some beautiful new relationships with those I have met at Care Links.

We never know what our true purpose is, some believe that we are put on this earth to serve others; some believe that we are here to use our challenges and how we face them as a way to inspire and encourage them.

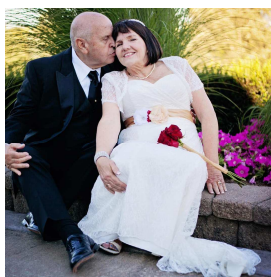
No matter what your purpose is, find a way to make others feel special and cared for.

Sadly, some may never come to realize their true purpose. Is there a way that you can help someone in rediscovering their passion, which will lead to their purpose? It is never too late to achieve this.

Our theme this year is “Purpose” and I encourage you to find quiet moments of your day to reach down to your soul to listen to your heart and ask yourself, “What is my purpose in life?” Then simply take one step toward your Passion for it is there that you will find your Joy.

I look forward to you joining us May 21, 2023 as we gather for the Pasta, Sinatra, and Friends Dinner Show as my nephew, Zack and I honor the Care Receivers and Volunteers in the Care Links program through music and good food.

Fondly,
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 Mechanicville. 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

Dear Friends,

I guess I have always had a goal – a purpose – I was a weakly, charming child yet I was anything but!

I would only pose for a photo if I wore the dress I liked and sat on my new tricycle. The photographer and my mom were not very happy with me! I was also the only girl on the hockey team (and I was good, I really was, you know).

Throughout life, like you, I climbed my mountains, ran the races, and fought the good fight. I did not always win but I gave it my best shot. I also learned that life is not fair, and sometimes no matter how hard you try, things do not turn out the way you hope.

I gathered a great deal of wisdom and learned to not take life so seriously. Most of all life is not over until it is over. Overall, I have loved my life, my children and grandchildren (they are wonderful people). I hope that I have made a difference in this world, even if only in little ways.

In the autumn of my years, I was very content. I did a lot of Hospice private duty, and I loved my people. I always thought I would grow old gracefully (and very slowly) ...that was the plan.

A few years ago, I was involved in a very serious accident, and in the snap of a finger, my life, as I knew it was over. To say I was depressed and livid would be putting it mildly. I sat on the couch watching television day after day, feeling that my life was over. My independence was gone, along with my self-worth and the sun was definitely not shining in my house. I read an article in the newspaper about Care Links and decided to give them a call to see what they were all about. I spoke to a very upbeat woman, named Terra and was so surprised at what Care Links had to offer!

They provide you with a volunteer (sometimes more than one), who brings you to doctor appointments, the market, shopping, and sometimes out to lunch or for coffee. The volunteer will also bring you to the Care Links monthly gatherings and a variety of functions. They check in on you just to see how you are doing. **The best part is that they treat you like an equal and not an invalid.** Once I became involved in Care Links, my entire outlook on life became very positive!

Terra has me doing public speaking, writing a column, and taking part in the Adopt a Grandparent Program with 5-year-old MiaBella. When Terra calls and says, "I have a job for you," I roll my eyes; I know it could be anything!

I am meeting new and wonderful people and recently reunited with a very dear friend, named Annie. We were friends in high school and here we are together again. Care Links has made the aging process positive instead of sitting on the couch waiting to pass on.

I have come to realize that we are strong; we were strong before we were born, as we are World War 2 babies.

So here is what I think, if we all hold hands tightly and genuinely care about each other, we will be fine. We have our Care Links volunteers to help us in every way imaginable.

I recall a Beatles song from the 1960's when it says, "I get by with a little help from my friends" and that is what they are: our friends and "Friends are Kisses blown to us by the Angels."

Enjoy your life,

-Miss Marilou



P.S. We really need more volunteers on the Care Links team as the Boomer population comes "marching through" and I know they will like us and our stories that we share.

Care Receiver in the SPOTLIGHT



Paula Donovan

Paula (shown here in the photo with her cat, “Little Girl”) is a 72-year-old, cancer surviving, Herkimer native who moved to Clifton Park from Florida in 1985 where she joined the Shenendehowa School District as a monitor in the lunchroom, study hall and on the school buses.

“I loved being around children as they keep you young.”

Paula who has a kind and caring heart shares her home with her two felines, Little Girl and Widget. She tells us her mother was her mentor in how to treat others with empathy and she has found this to be a rewarding way to live life.

Three years ago, after breaking her foot, she called Care Links to see if someone would mow the lawn for her, leading to a new friendship with Care Links volunteer, Linda.

“Meeting Linda has changed my life, having her comes over breaks up the monotony! No matter what, Linda is there for me and helps me when I need her. We garden together, she teaches me, as she really “knows her stuff!” Plus, she can bake like crazy and always brings me something delicious to taste. Linda shares her recipes with me and spoils me. I love knowing that she cares. We even go out occasionally to lunch and have such a good time!”

Paula also shares that she has attended some of the Care Links gatherings and finds them informative and educational. She loves being able to mingle with others, talk to them and get out of the house.

“Since coming to Care Links, I do not feel so lonely anymore; I did not feel connected to the outside world. This is so different and better. I like the one on one relationship Linda and I share.

I have found in Care Links, there are no cliques; everyone I meet is caring, friendly and outgoing. The volunteers and staff make me feel welcome and cared about with “feel good vibes!”

When asked what she would say to someone thinking about being a part of the Care Links family, she says, “Make the call, you have nothing to lose and more to gain.”

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.

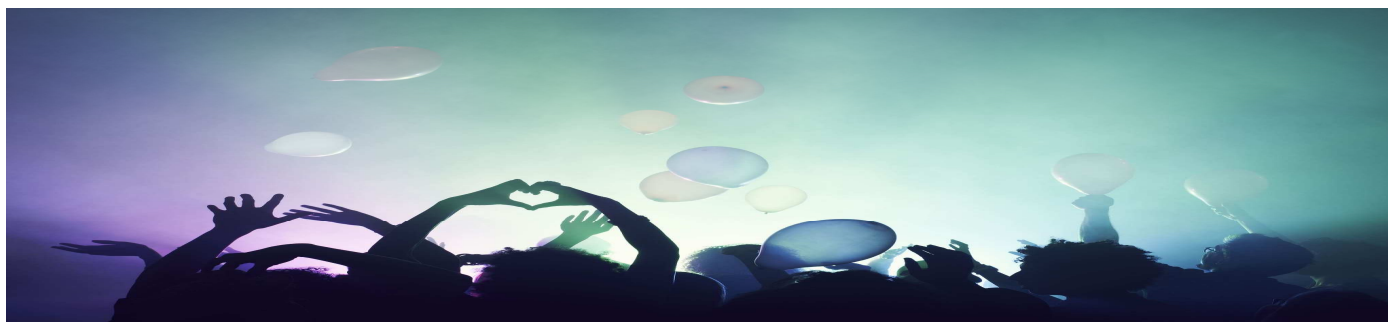
Patsy Sarrutto

Betty Snyder

**Annual Memorial Service for our Volunteers and Care Receivers who have passed away will be held on May 10, 2023 (Please see page 11 for details).*

FUN Activities

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



Inspiring messages from volunteers:

"Helen and I went to see the dress rehearsal for the Adams family at the high school, we both really enjoyed the day out with each other." - Molly

"Edie and I do much together, mostly shopping together, visiting and she loves to sit outdoors in the summer. Her hidden talent is playing her keyboard or the piano. It brings us both joy!" - MaryAlice

"My mother had a volunteer from Care Links about fifteen years ago as I was working, and my mother did not know anyone in the area as she had recently moved in with me from the Ithaca area. Her volunteer brought her a stack of Birds and Blooms magazines. I used them for craft purposes, and I continue to subscribe to the magazine to this day because of her." - Molly



7 ways to help seniors find a sense of purpose by Laura Ray of Seasons.com

1. Engage in a daily practice such as meditation, walking, journaling, etc.
2. Ask yourself: What activities/hobbies make you feel so fully engaged that you feel relaxed yet challenged? What struggle or sacrifice are you willing to tolerate?
3. Find ways to feel needed by and connected to others such as volunteering, tutoring a child, mentoring, or care for a pet.
4. Engage in the act of creating be it art, music, writing, cooking, gardening, etc.
5. Cultivate curiosity: What interests would you like to know more about? What skills would you like to develop?
6. Participate in fun activities with peers such as playing games/cards, baking together, dancing, etc.
7. Travel and/or learn about other cultures be it trying new cuisines, learning a new language, listening to new music, etc.

Sponsors & Supporters

Shenendehowa Neighbors Connecting

“Stay Safe at Home” Workshop

By Lynda Shrager, OTR, MSW, CAPS

When: April 27, 2023 @ 1:00 pm

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

Lynda will discuss aging in place, environmental assessment, and equipment that can improve accessibility and activities of daily living.

Please register via the website:

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

Planted Platter

Healthy Basics: A Free Plant-Based Cooking & Nutrition Series

When: April 18th, 25th, May 2nd, & 9th
@ 6:15-7:30 p.m. ET

Where: Malta Community Center
1 Bayberry Drive, Malta, NY 12020

Each class will feature a short discussion of plant-based nutrition, a cooking demonstration, and the opportunity to taste healthful, plant-based dishes.

Participation is limited to 20 and advance registration is required:

Deb Czech, Culinary Instructor, Planted Platter
518.350.4080 <https://plantedplatter.com/>

Hosted by Cindy Schmehl, To Love A Child, Inc.

CAPTAIN CHS

Here Come the Boomers: A Community Forum on the Future of Aging in Southern Saratoga County

When: May 18th @ 8:15 a.m.-4:00 p.m.

Where: St. Edwards Church
569 Clifton Park Center Rd.
Clifton Park, NY 12065

Registration is required!

For questions or to register please call 518-371-1185.

Care Links would like to thank the following supporters:

Empire Taxes

Mitra Gouneh, Tax Prep Specialist
518-357-3749

mitragouneh@yahoo.com

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Melissa Ponce
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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!

April 19, 2023

Monthly Care Links Get Together

Topic: Understanding Alzheimer's and Dementia

10 Warning Signs of Alzheimer's: Alzheimer's and other dementias cause memory, thinking, and behavior problems that interfere with daily living. The Alzheimer's Association® developed the new 10 Warning Signs of Alzheimer's education program to help people recognize common signs of the disease and know what to watch for in themselves and others.

Time: 1:00pm-2:30pm

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

April 25, 2022

Care Links Lunch Club

Time: 12:30pm – 2:00pm

Location: The Ugly Rooster Café - 2476 Route 9, Malta, NY 12020

Dutch Treat: You will be ordering off the menu. There is both breakfast and lunch available. All are welcome!

May 10, 2023

Annual Memorial Service, Luncheon, & Monthly Care Links Get Together

Care Links will be holding our Annual Memorial Service and Luncheon (sponsored by Hannaford in Glenville) in honor of our Care Receivers and Volunteers who have passed. There will be a presentation on impermanence & purpose afterward with Immanuel von Tonder. All are welcome to attend.

Topic: Impermanence & Purpose

We reflect on the ephemeral nature of life and the enduring aspects that persist even amid impermanence. In the face of life's fleeting moments, we can find solace and strength. As the tide of life washes over us, we are left with cherished seashells – the memories and legacies of those who have touched our lives in profound ways. These remnants, polished by the sands of time, serve as gentle reminders of the interconnectedness of all beings and the significance of each individual's purpose in this grand tapestry of life.

Time: 12:00pm

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

May 21, 2023

Pasta, Sinatra, & Friends Dinner Show with Terra and Zack Maddalone

Sponsored by Maddalone Entertainment & Hannaford of Glenville

Join us for an evening of Fun, Good Food and Entertainment! *Cocktail Party Attire Suggested*

Tickets: \$20 per person. Reservations are Required as seating is Limited. Registration Deadline May 4, 2023

Pre-Register by April 15, 2023 and be entered to win a Special Gift Basket from Hannaford of Glenville.

Time: 4:00pm

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

(See Flyer Attached)

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!

Wellness Express Update



Residents of The Village of Ballston Spa, Towns of Ballston, Burnt Hills, Charlton, Galway, Malta, and Milton:

Are you 60 years and older and in Need of Medical Transportation?

Then hop on in the Wellness Express Van and be escorted by:
Rick, Kerry, and Bob

Call Heidi on the Wellness Express Team at **518-399-3262** for information and eligibility.

The Wellness Express Program is funded by the Saratoga County Department of Aging and Youth, New York State Office for the Aging, Towns of Ballston, Milton, the Village of Ballston Spa and Participant & Community Contributions.



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

We offer FLEXIBLE scheduling based on your availability!

Tasty & Delicious Recipes

Chickpea Salad with Orange Miso Dressing

Submitted by Deb Czech of PlanterPlatter.com
 Authored by Jason Wyrick and adapted by Celine Steen
Physicians Committee (pcrm.org)

Ingredients:

12 cherry tomatoes, halved
 4 green onions, sliced
 ½ C dry quinoa
 1 ½ C low-sodium garbanzo beans (chickpeas), cooked or canned and rinsed
 3 Tbsp fresh cilantro
 ¼ C fresh orange juice (juice of 2 oranges)
 ¼ C seasoned rice vinegar
 2 tsp white or yellow miso (often found in a store's refrigerator case near tofu)
 1 Tbsp maple syrup or agave nectar
 1 clove garlic, grated or minced
 1/3 Tbsp ginger, grated or minced
 2 tsp black sesame seeds

Directions:

1. Combine the tomatoes, onions, cooked quinoa, garbanzo beans, and fresh cilantro in a large bowl.
2. In a small bowl, thoroughly whisk the orange juice, rice vinegar, miso, maple syrup or agave nectar, garlic, ginger, and sesame seeds to make the dressing.
3. Pour the dressing into the larger bowl and toss all of the salad ingredients together.

Note: To make quinoa, place ½ C quinoa and 1 C water in a 1 ½-quart saucepan and bring to a boil. Reduce to a simmer, cover, and cook until all the water is absorbed (about 15 minutes). The quinoa is done when all the grains have turned from white to translucent, and the spiral-like germ has separated. Wait for it to cool to add to the recipe. You could also substitute 1 C of frozen, thawed quinoa for a precooked option.



Sparkling Strawberry-Lime Basil Refresher

Submitted by Cindy Schmehl of "Thyme to Thrive"

Ingredients (1 drink):

3 big juicy ripe strawberries
 3 large basil leaves
 1/2 lime
 Sparkling soda – Use a sparkling soda that has a hint of strawberry or lime!
 1/4 cup sugar free strawberry lemonade

Directions:

1. Wash and de-stem strawberries. Cut in half and place in bowl.
2. Wash and rough chop basil.
3. Muddle the strawberries and basil. Let sit in the refrigerator for several hours so flavors meld together.
4. Cut 1 slice of lime to use as garnish and set aside. 5. Squeeze remainder of the lime into your glass—leave lime in the bottom on the glass.
6. Place the muddled strawberries and basil into glass on top of the lime and its juice. Add 1/4 cup strawberry lemonade then ice.
7. Fill glass to top with sparkling soda. Add lime garnish and pretty paper straw.

Sip and enjoy!



Other Opportunities to Help

Current Volunteer Needs:



Volunteer Team Members are Needed to provide occasional friendly visits with lonely seniors.

Care Links is looking for Road Warriors to help with Newsletter distribution to a variety of everyday locations in Southern Saratoga County. Please let us know if you can help!

Shout Outs!

-A **warm welcome** to our new Care Links volunteer caregivers: Katie Anderson, Victoria Farone, Kari MacIntosh, Jacquie Giaccone, Carol B. Smith, Karen O'Rourke

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.**

Care Links has Volunteer Opportunities for folks from TWO to NINETY-TWO for families and individuals! Please contact Terra at 518-399-3262 or Terra@captaincares.org if you have any interest!

Pictured below: Care Links Monthly Monday Morning Zoom Chat



If you would like to receive this newsletter when it first comes out, please contact us to be added to the mailing list!

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

Care Links & St. Mary's Crescent present

PASTA, SINATRA & FRIENDS

Dinner Show with
TERRA AND ZACK MADDALONE

Sponsored by



JOIN US FOR AN EVENING OF FUN &
ENTERTAINMENT - ALL ARE WELCOME!

SUNDAY, MAY 21, 2023 | 4:00PM

ST. MARY'S CRESCENT

86 CHURCH HILL ROAD, WATERFORD

CATERED BY THE UGLY ROOSTER CAFE

TICKETS \$20 PER PERSON

Cocktail party attire suggested

Pre-Register by April 15th and be entered to win a
Special Gift Basket from Hannaford

Registration Deadline May 4th, 2023

Register online at captaincares.org/care-links, or for more information,
call 518-399-3262 or email Terra@CaptainCares.org



CAPTAIN
Community Human Services



CARE LINKS
A program of CAPTAIN Community Human Services

Care Links is a program of CAPTAIN Community Human Services serving seniors in Southern Saratoga County. For more information, visit captaincares.org

