



May-June 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.

It wouldn't be Spring in Upstate New York without maple syrup! With a tag line of, "Two Saps making Syrup" you can imagine the fun our host, Erich brought to **The Sugar Oak Farms** visit, a hidden gem in Saratoga County



on **March 31st**. Erich kept us laughing as he shared the family story that is now a thriving business. About 20 SNC members enjoyed his lively presentation which included a tour of the maple trees, an explanation of the route of



collection tubing surrounding the property and the sugaring house. Our tour ended with a visit to the Sugar Oak Farm store for everything from jalepeno maple jelly

to candies as well as various grades of syrup.

SNC's Annual meeting was held on April 12th. Election of officers for 2023 took place and they are:

- Nancy Varley, President
- Judy Moore, Vice-President
- Loretta Parsons, Secretary
- Bob Parsons, Treasurer

The Board Members-at-Large who agreed to stand for re-election were voted in. They are: Al Arlitz, Kim Anderson Swire, Susan Streett and Terra Maddalone-Ristau.



April 27, 2023 Lynda Shrager OTR Registered Occupational

Therapist, presented the topic, "**Stay Safe at Home**". Ms Shrager, who has an extensive background in geriatrics spoke to more than 65 attentive participants who asked several practical questions at the end. A raffle was held to win two copies of her book, "Age in Place: A Guide to Modifying, Organizing and Decluttering Mom and Dad's Home". This program was generously funded by a grant from Prince of Peace Lutheran Church.



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.

Upcoming Events



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

Where: St. Edward's Church, 569 Clifton park Center

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

Registrations are required by May 10th at: <https://captaincares.org/news-events/events/agingforum.html>

There is a \$10.00 fee at the time of registration to cover the cost of a box lunch catered by Lakeside Farms.

Scholarships are available to cover the \$10.00 fee.

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

When: May 21 st

When: 4 pm-7 pm

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

Cost: \$20.00 per person, meal catered by The Ugly Rooster Cafe

Reservations required, contact Terra at 518 399-3262 or email at Terra@captaincares.org

Registration Deadline May 4, 2023



MAY 31st SNC Members' Breakfast

**9 am-11 am at the Hilton Garden Inn, 30 Clifton Country Rd.,
Clifton Park**

The SNC Website is a means of communication and connectedness, and we want to be sure every member feels comfortable making use of it. Enjoy a delicious breakfast while you enhance your knowledge of SNC's website, its resources and special interest groups.

Registration required by May 27th snc.clubexpress.com/content.aspx

Or call 518-801-4517. Seating is limited. You will be able to practice on your own laptop, tablet or other device during this presentation. Come with your ideas for a Special Interest Group



- Not a member? Join now for \$10.00 and enjoy this event and meet other seniors in our community.

Looking Ahead into June and July, the following events are planned:

Once again, SNC will do a “meet up” at the Clifton Commons for the play, **“Evita”** performed by the Not-So-Common Players. The play will be performed on the evenings of June 9, 10, 11, 16, 17, 18 and an email will be sent regarding the chosen date based on the weather.



**SNC Picnic
June 28th
11:30 am – 3:00 pm
Lighthouse Park
597 Hudson River Road
Waterford**

Enjoy the beauty of Lighthouse Park next to the Hudson River. A covered pavilion has been reserved for SNC. Bring your own picnic lunch and either a snack or dessert to share while having a good time getting to know other SNC members. The park has a conveniently located restroom on the site. There is no need to register, just show up and make new friends.

After last year’s success, Don and Susan Cromer have generously decided to hold another **“Big Splash” pool party** at their home in Waterford in **August**. Date to be announced.

