



September-October 2023

# CONNECTIONS NEWSLETTER

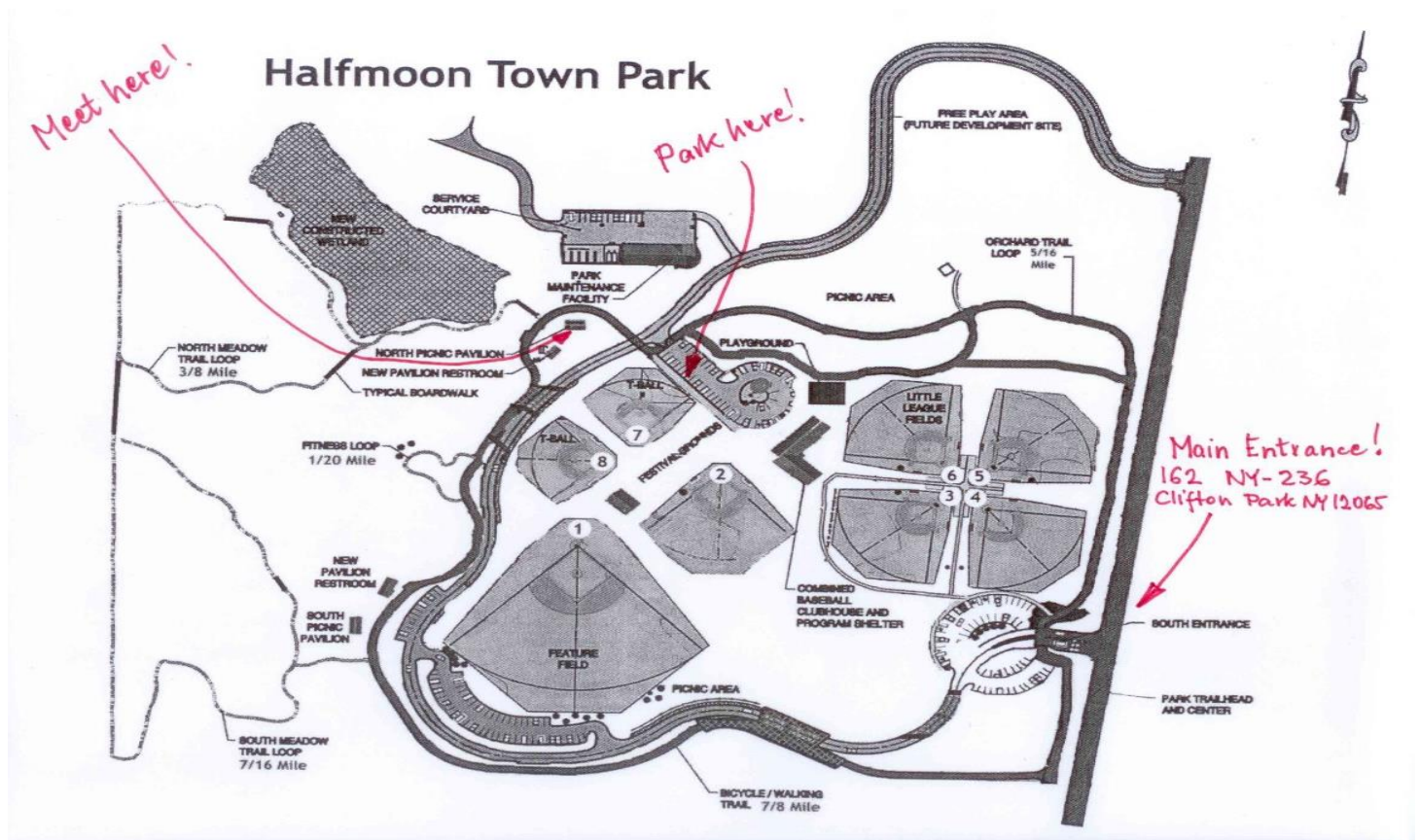
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## SHENENDEHOWA NEIGHBORS CONNECTING

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.

**Spotlight on enjoying nature and the end of Summer. Register Today!**

**September 6<sup>th</sup>: Trail Walk and Picnic** at the Town of Halfmoon Town Park, 162 NY-236, Clifton Park, 11 am-1 pm. Enjoy the wide trails, wildflowers, and shrubs at the Halfmoon Town Park followed by a **Bring Your Own Lunch**. Meet at the North Picnic Pavilion at 11:00 am and take an enjoyable 35-minute walk on a wide trail composed of 2 short, connected trail loops. **The rain date is September 8<sup>th</sup>.** Registration is recommended on our website: <https://snc.clubexpress.com/content.aspx>. Below is a map of the Halfmoon Town Park.



**September 27<sup>th</sup>-Good for You!** The food we eat has a significant impact on our health, our fellow creatures, and our planet. Research has proven that a low-fat, plant-based diet can be very effective in lowering blood sugar levels and cholesterol, promoting weight loss, managing blood pressure, and reducing inflammation.

Want to find out more about plant-based nutrition? Plan to register for “Good for You!” on Wednesday, September 27, at St. Mary’s Crescent from 12:00-1:00 pm. Learn how to introduce delicious vegetables into your diet, improve your health, and most importantly-make food that tastes great! Deb Czech, the founder of *Planted Platter*, will explain which foods are optimal for good health and teach participants the practical cooking skills they need to make it easy, delicious snacks and meals. Participants can sample the recipes prepared and take home a booklet with more great recipes.

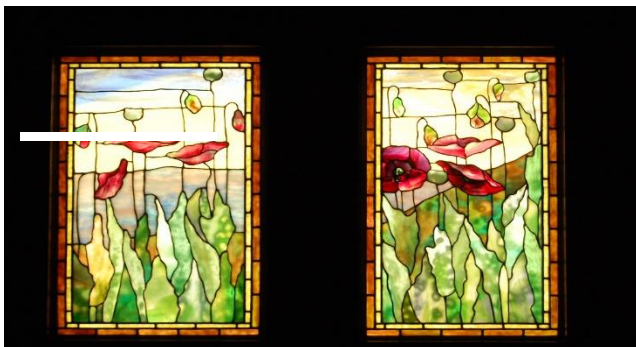
Deb is a nutrition coach who regularly teaches classes online. She is a licensed Food for Life instructor with the Physicians Committee for Responsible Medicine. Before pursuing her career in nutrition, Deb received a bachelor’s degree from Yale University and an MBA from Simmons College in Boston. She had earlier careers in marketing, recreation, and hospitality.



This program is free and open to SNC members only. Attendance is limited to 20 participants, so register early! <https://snc.clubexpress.com/>

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.

**September 20th Monthly Care Links Get Together** at St. Luke’s on the Hill, 40 McBride Rd., Mechanicville, 1:00pm-2:30pm. Rev. Lynne Curtis LCSW will present “Comforting those Who Mourn- understanding grief and how to support ourselves and others through the grieving process.”



**October 3rd at 6:30 pm at the Peebles Island Visitors Center**, 1 Delaware Ave., Cohoes. **Troy’s Tiffany Treasures** will be presented by Michael Barrett of the Hudson-Mohawk Industrial Gateway. Troy has more Tiffany glass per square mile than any other city in the world, including a few of the most famous ever produced. In the mid-1800s Troy was the 16<sup>th</sup> largest city in the U.S. but the 4th wealthiest on a per capita basis. Mr. Barrett will cover the life of Louis Comfort Tiffany and several of his

illustrious employees in their production of astonishing works of art in glass. This program is co-sponsored by The Friends of Peebles Island. The talk is free and open to the public. No registration is required.



**October 18th Boscov’s Friends Helping Friends shopping day.** SNC is registered to sell \$5.00 certificates which will entitle the owner of the certificate to an in-store discount on that one shopping day. For each \$5.00 certificate sold, SNC will keep the \$5.00 as a fundraiser. See an SNC Board member to get your savings certificate!

**October 18th Monthly Care Links Get Together**, Topic: “Caregiver Burnout”, 1:00pm-2:30pm, Christ Community Reformed Church, 1010 NY-146, Clifton Park.



**October 24th Care Links Lunch Club** 12:30pm-2:00pm, The Ugly Rooster Café, 2476 Route 9, Malta

**November 8th 1:00 pm-2:30pm GOOD MOVE! Maintaining Flexibility, Balance, and Strength at any age.** Staying active is vital to physical and mental well-being, as well as allowing us to enjoy our day-to-day lives to the fullest. And, as we age, we can face new challenges to mobility.

In this program we'll explore simple ways to stay strong and steady so we can move through our days with comfort and safety. No need for fancy equipment or gym memberships!

All movements will be done seated or with a chair for support-and accessible to all regardless of limitations. Please wear clothing comfortable for movement. Presented by Judi England, RN, LMT, Independent Health Educator, professionally certified Kripalu Yoga Instructor. Over the years Judi's work has focused on providing tools for mindful self-care. She is a Registered Nurse, and has offered programs on yoga, meditation, mindfulness, wellness, and stress management for over 30 years to individuals and groups throughout the Capital Region. **This program will be presented at St. Mary's Crescent, 86 Church Hill Road, Waterford.** This program is free, open to the public and generously supported by a grant from Prince of Peace Lutheran Church. Registration is appreciated on the SNC website: <https://snc.clubexpress.com/content.aspx>

**December 17th Albany Pro Musica's The Many Moods of Christmas and Dinner at McGreivey's Restaurant** has become a favorite holiday tradition across the Capital Region. This concert is designed to inspire, celebrate, and unite us in the spirit of the season. More details to come.

### **A look back in the mirror at July and August:**

What could be better than enjoying a summer evening of outdoor theatre? That's exactly what a group of SNC members did on July 23rd at the Clifton Commons. The play, "Bells Are Ringing" was presented in that relaxed outdoor setting.



August 17th was SNC's End-of Summer Pool Party at the home of Susan and Don Cromer. The group had pool time fun and sun while socializing for the afternoon.



Membership in Shenendehowa Neighbors Connecting can be done online or by mail and is still \$10.00/per year. SNC's memberships renew in January of every year, however **if you are thinking of becoming a new member, and want to sign up between September 1, 2023-December 31, 2023, your \$10.00 membership will be valid from your sign up date throughout the 12 months of 2024. That's 16 months for the price of 12 months!**

