



November-December 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.**

### Upcoming SNC programs:

Join us for the second Care Links Senior Resource Fair on  
**Wednesday, November 1st**  
**12:00pm to 3:00pm**

Shenendehowa United Methodist Church  
(Fellowship Hall, Door F, 971 Route 146, Clifton Park, NY 12065).

Free and Open to the Public

The annual Senior Resource Fair offers local businesses and organizations the opportunity to connect with our community's seniors and share their programs and services.

**Wednesday, 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>



**Wednesday, November 15, 2023, 1:00-2:30pm.** Monthly Care Links Get Together presented by Jennifer Harvey, MSW, CDP.” **Beyond the client: How Families Play a Role in the Care We Provide**”, We all know that when we’re supporting an older adult, we often become a part of the fabric of their lives. As we walk this path with them, we also get to know their families. How do we navigate our personal feelings and biases toward/about our clients and their families? How do we resist “taking sides” and getting involved in ways that are not helpful or healthy for us or the older person we serve? This program will take place at Starpoint Church, 14 Jarose Place, Clifton Park. **To attend please RSVP to Terra at [Terra@captaincares.org](mailto:Terra@captaincares.org)**

**Sunday, December 17th at 3:00pm: Albany Pro Musica’s “The Many Moods of Christmas” and Dinner at Emma Jayne’s Restaurant, 1475 US-9, Clifton Park** Albany Pro Musica’s beloved holiday concert brings the light of the Christmas season to the Troy Savings Bank Music Hall. From the hushed opening notes of Lauridsen’s “O Magnum Mysterium” to the joyful mix of traditional carols in Bennett and Shaw’s “The Many Moods of Christmas” suite, this concert inspires and delights audiences each year. This program will feature celebrated operatic tenor Rafael Davilla, who returns to share the stage with Albany Pro Musica. **The concert is held at Troy Savings Bank Music Hall, 30 Second St. Troy.** To obtain your tickets go to: <https://www.troymusichall.org/events/2784/the-many-moods-of-christmas/> or call the Box Office at: (518) 273-0038

At 5:45 pm, following the concert, there is an opportunity for a member only dinner at Emma Jayne’s Restaurant, 1475 US-9, Clifton Park. Participants will order from Emma Jayne’s dinner menu and will be responsible for their own dinner and bar tab plus 20% gratuity. Cash or check is to be given to Bob Parsons, SNC Treasurer, that evening. **Seating is limited, please register by December 8th for the dinner at <https://snc.clubexpress.com/>**



**Tuesday, January 10<sup>th</sup>: 11:30am-1:00pm, “Sound Bites-Tips and Hacks for Eating Well”.** Eating well can be challenging, and the reasons why are different for each person. Ellie Wilson is a Registered Dietitian-Nutritionist, Manager of Lifestyles and Wellness for Price Chopper/Market 32. She will offer insights, tips, and hacks to help attendees reduce stress around food information and food choices, and tweak shopping, cooking, and eating out to get the most enjoyment and benefit out of every bite! Certified in culinary nutrition coaching, Ellie knows no food is good for you if don’t want to eat it and ensures taste and truth can help you make a great plate! **This program will be presented at Prince of Peace Lutheran Church, 4 Northcrest Drive, Clifton Park.** The 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> Ellie is passionate about the power of food to enhance wellness and works to connect shoppers to nutrition information and inspiration at every opportunity. Ellie develops and manages nutrition data systems, supports private label Quality Assurance and regulatory efforts, marketing content and science communications, and food/health resources for shoppers and employee health across the chain of 130 stores. Ellie is an appointee to the New York State Governor’s council on Hunger and Food Policy, Medicaid/Prevention Agenda Task Force Chair for the New York State Academy of Nutrition and Dietetics, and a preceptor for the Sage Colleges Internship Program.

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.

## A look back at September and October:



In September, one of our SNC members, **Manoj Ajmera Ji** received the key to the Town of Clifton Park one of the highest and prestigious awards. A proud moment for us all. Thanks to the Town of Clifton Park for recognizing Manoj's valuable contributions. In the photo to the left Town Supervisor Phil Barrett is pinning The Key to Manoj. Kudos to Manoj. We are proud of his accomplishments.

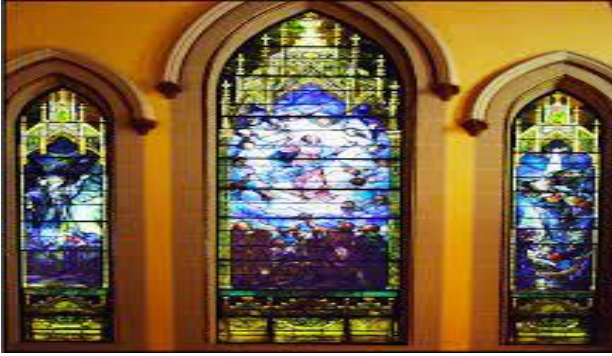
At the right, participants enjoying the Trail Walk September 6th at the Halfmoon Town Park. The weather was ideal and there was plenty of time to connect and socialize over lunch.



On September 27th, Deb Czech of "Planted Platter" did a superb presentation and cooking demo on the benefits of a plant based diet for our health in lowering blood sugar levels and cholesterol, promoting weight loss, managing blood pressure, and reducing inflammation. We all enjoyed yummy portions of chili and quesadillas cooked in front of the 20 attendees.



Michael Barrett of the Hudson-Mohawk Industrial Gateway spoke to 75 participants in the Peebles Island Visitors Center on October 3rd about Troy's Tiffany Treasures.



We are pleased to announce that our October 18th, **Boscov's Friends Helping Friends shopping day fundraiser contributed \$130.00 to SNC.** Thanks to all who participated.

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 14 months for the price of 12 months!**