



## SENIOR SERVICES PROGRAM

# Care Connection

### FOCUS WORD

*The Care Links FOCUS word for 2024 is ...*

### CONNECTION

**What is the deep meaning of connection?**

*Connection is an authentic human need to feel safe, seen and valued, to exchange positive energy, and to build trust!*

### EVENT HIGHLIGHT

**April 13th, 2024**

**Annual Senior Services Fundraiser!**

**Annual Dinner Show; "A Care Links Wedding"**

Join us in honoring and celebrating the relationship between the Care Links Volunteers and Care Receivers at the most exciting Senior Services social event of the year filled with laughter, fun, and a great deal of love!

**Special presentation:** "Care Links Volunteer of the Year" and "Golden Inspiration" Awards

Dine and dance to the music of Maddalona Entertainment with Nick, Zack and Terra while mingling with your friends and our special guests, the Care Receivers and Volunteers of Care Links.

**Tickets: \$55 per person**

Reservations are Required as seating is Limited.

**Registration begins February 13, 2024** (with the first 50 registrants entered to win a Special Gift Basket).

**Time:** 3:00pm-7:00pm

**Location:** Mohawk River Country Club, Rexford, NY

### "Together We Make a Difference"

Care Links, a program of CAPTAIN Community Human Services, is proud to be celebrating our 27<sup>th</sup> 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!**

To be added to our distribution list email  
[careconnection23@gmail.com](mailto:careconnection23@gmail.com).

### Volunteer Spotlight: Ginny Andrews



Ginny, a Schuylerville native, mother of two sons, married for 52 years to the love her life, Richard, who recently passed away, spent 19 years as an Administrative Assistant with Coldwell Banker Prime Properties.

Upon her "retirement" in addition to becoming a Care Links Volunteer, she also assumed the part time role of Senior Services Program Associate with CAPTAIN CHS.

CAPTAIN Community Human Services  
Senior Services Program, CareLinks & Wellness Express  
543 Saratoga Rd. Glenville, NY 12302  
(518) 399-3262

## Care Links Volunteer in the Spotlight: Ginny Andrews

We asked Ginny 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?

*"Two years ago, I began volunteering with Care Links when my friend, told me I "had to." She said, "Guess what I have for you to do!" and I have been happy being a volunteer ever since."*

### What made you decide to volunteer with Care Links, and what services do you provide?

*"What made me decide to volunteer? If you knew my friend, you would know why I share that I "didn't really have a choice." (wink) I started with helping in the office "once in a while" which then led to me being matched to my care receiver (who happened to live in my neighborhood) and participating in the fun events that they have and the rest as they say is "history."*

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

*"I enjoy meeting new people and have come to know people that I would not have normally run into. I also love my time with the children at MTA where I am an adopted grandparent but more importantly, I now have a purpose to get up in the morning."*

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

*"I engage in hearing their life stories, joke with them and go on outings with them. I find in listening to them, we have much in common through life experiences. Through a Care Links meeting, I met someone who hosts a bereavement group that my care receiver and I have been attending together."*

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

*"Just Do It, if you are compassionate and enjoy meeting new people and learning about them, you will be rewarded."*

**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](http://captaincares.org/care-links).**

**Welcome New Volunteers:** Khooshbu Bassi, Marlene Countermine, Kathy Canary, Dee Taylor, Monica Welshans, & Tina VanDerwerker

#### **Current Volunteer Opportunities:**

- Care Links is looking for Road Warriors to help with Newsletter distribution to a variety of everyday locations in Southern Saratoga County.
- Volunteer Team Members are needed to provide occasional friendly visits with lonely seniors.

#### **Volunteer Drivers Needed!**

*"Become a Driver with Care Links to assist seniors like me to our medical appointments, shopping, errands, and more. It offers FLEXIBLE scheduling based on your availability!"*



**Once a week or once a month...every moment you share is appreciated!**



Halloween fun on the road  
with the team



Volunteers MaryAnn and  
Kathy at the Senior Resource  
Fair



Linda, Mitra and  
MaryAlice at the Volunteer  
Recognition Dinner

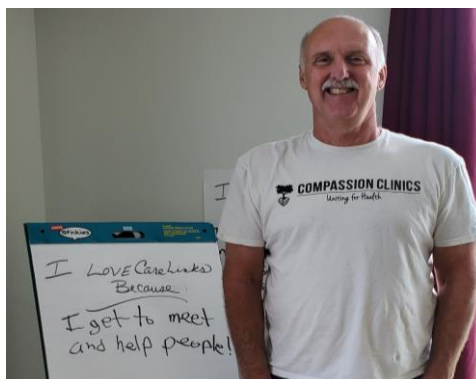


Marlene with her care  
receivers, Mae and Iggy



## Care Links in Action

Joe shares  
what he loves  
most about  
Care Links



Volunteer Nancy and her  
new care receiver, Al



Paula and Jeri spend time  
getting to know each other



Linda at the YMCA  
promoting volunteering with  
Care Links



Reading time with Grandma Anne



Care Links Lunch Club



Volunteer Recognition Dinner





## Adopt a Grandparent Program

MTA Grandparent, Ginny, engages with two students



MTA Grandparent, Paula, with her class



MTA Grandparent, Annie, engages with a student



CAPTAIN CHS, Senior Services encourages cross-generational connections to strengthen and enrich our community in our partnership with **Mother Teresa Academy (MTA)** and its' students in the Adopt a Grandparent program. Care Receivers are individually matched to classroom students for the school year as "adopted grandparents" and visit their classes once a month participating in classroom activities that provide a rewarding experience for all involved.

*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](mailto:Terra@captaincares.org) or 518-399-3262.*

## Wellness Express Medical Transportation

### Wellness Express



**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**

For Eligibility and Information, call the Wellness Express Team at 518-399-3262

### Hear from our Riders & Drivers!

**Judy Beauvis, a Wellness Express Rider**, shares, "The Wellness Express Community has the best drivers around who are focused and the team handles integrating the scheduling challenges very well."

**Wellness Express Driver, Kerry** (pictured below) shares, "I enjoy being a part of this team, meeting the care receivers, hearing their stories, and the one-on-one time I get to spend with them."



## From The Program Manager's Desk

As I reflect on the changes and growth we have had over the past year, I am amazed at the opportunities presented to the Senior Services program.

We have had record-breaking, community support from businesses and organizations who are investing in our program with the heart to serve others through the Senior Holiday Project, connected with hundreds of new faces at our gatherings, addressed the need for socialization and receiving joy from being in the company of children with the Adopt a Grandparent program in addition to receiving attention from the media in sharing what we do for our care receivers.

Our team has grown and become stronger in their ability to work together in bringing fun and informative social gatherings and presentations for public awareness of resources available to everyone in our senior community.

Many volunteers and care receivers have joined the Senior Services family and are addressing the need for companionship and community. We enjoyed our time together with the Annual Dinner Show, Summer Picnic, Senior Resource Fair and this year's Holiday Potluck with Santa.

We connected over our memories of those who have left this world with the Annual Memorial Service and wrapped our arms around those in comfort when the time came for them to move away from us.

We have made connections between many volunteers and seniors who are lonely and provided thousands of miles of transportation to those who need groceries or a ride to medical appointments.

This year, we have selected our focus word to be "connection" as that is what it comes down to, connecting with those who like us, have a need and a desire to be there for others.

As we look to the future of the program in the coming year, what gifts and talents of yours, will you invest into the lives around you creating a real and positive connection with someone special?

A Positive Thought: The road to a meaningful life is paved with service to others.

Sincerely,  
Terra Maddalone-Ristau  
Senior Services Program Manager



**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**



### **Shenendehowa Neighbors Connecting** (Care Links Partner)

#### **Sound Bites: Tips and Hacks for Eating Well!**

**When:** January 10, 2024 @ 11:30am - 1:00pm

**Where:** Prince of Peace Lutheran Church  
4 Northcrest Drive, Clifton Park, NY 12065

**Presenter:** Ellie Wilson, Registered  
Dietitian/Nutritionist & Manager of Lifestyles and  
Wellness for PC/Market 32

For more information visit

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

## Miss Marilou's Care Links Corner



Dear Friends,

Hi everyone, I hope you all had a beautiful autumn. Now as we are in the holiday season, I thank goodness that my son has Thanksgiving and Christmas meals catered. You see, my family knows that my culinary skills leave a lot to be desired, however, I am in charge of the presentation which I have always felt was important, using the nice china, beautiful silver and lovely linens, (even if it is a hamburger from a takeout restaurant), make it special.

As I look back on my action-packed adventures with Care Links this year, I share with you some of my highlights: I twirled my baton at the holiday potluck dressed as an elf and was then the "cigarette girl" at the beautiful, fundraiser, dinner show in April all dolled up in a black dress with fringe and feathers in my hair carrying a large cigarette tray with raffle tickets, bubble gum cigars and candy cigarettes, all were a hit!

Over the summer, Spectrum News asked me to do an interview about "senior loneliness" and later that month my interview was shown on the big screen at the CAPTAIN gala. Through all of this, I just had to laugh because I did not know what else to do. You see, while I am a care receiver, whenever I can, I try to invest in the program by giving back in my own way.

Overall, I am so thankful to have Care Links in my life; it has made a wonderful difference. Try us if you are looking for some excitement and fun this year!

Happy Holidays,  
Miss Marilou

## Care Receiver in the SPOTLIGHT



### Meet Care Receiver, Margo Beighey!

In 1951, escaping communism, Margo and her family fled their homeland of Riga, Latvia and settled in the USA. In 1954, she married her husband, John and together raised a family of four children while providing 40 years of service as a Registered Nurse in acute care. Margo has also been blessed with fourteen grandchildren.

At 86-years-young, Margo has an easy, natural smile on her face and looks at life with a "can do" attitude in finding solutions. She surrounds herself with a positivity, laughter, good friends and her fiancé, Al.

In 2016, when Margo's husband, John passed away, she became a Care Links volunteer providing reassurance phone calls to other seniors who were lonely. A few years later when she was no longer driving, she called upon the program for occasional transportation to go shopping and that is what led her to be connected to her own volunteer, MaryAnn.

Margo shares, "We have such great conversations, and we enjoy each other, go on shopping trips and outings too! I am grateful that Care Links tries their best to help me. Their heart is really in it. The volunteer drivers and the Wellness Express team drivers are all really good and safe. I have such a good time with them."

When asked, "What would you say to someone thinking about calling the Senior Services Program?" Margo says, "Just call, they are all very friendly and will help you if they can and you will be very safe and that is an important thing to know."



## Fun Loving Seniors

**A-A-R-P! I wanna join the A-A-R-P!**



The Retirement Village People

### Guess the Animal!

1. I'm a popular pet and my bark is worse than my bite.
2. I have long ears and love carrots.
3. My neck is long and my tongue is blue.
4. I'm black and white and eat bamboo.
5. I have eight legs and live in my web.
6. I'm a big cat and lord of the savanna.
7. I'm a tiny, 6-legged lover of sugar.
8. I live on a farm and wallow in mud.
9. I may have no legs, but I'm dangerous in the water.
10. I'm not a bird but I fly through the trees at night
11. I'm woolly, white, and have some great legs.
12. I gallop through green pastures.
13. I hop through the Australian outback.
14. I may be slow but I can live more than 100 years.
15. I'm a bird that can't fly, but I'm a great swimmer.



We **celebrate** local organizations and businesses who have invested in the **Senior Holiday Project** by providing gifts of cheer and making senior's lives that much more **FUN**:

Join us and ask how you can be involved!

### **\*All Saints Episcopal delivered gifts\***



### **\*Hannaford supplied delicious turkeys\***



### **\*Home Instead added that special touch\***



### **\*Highmark Blue Shield wrapped lots of gifts\***



**Upcoming Events and Gatherings:**

***Please be sure to Register for all events!***

***3rd Annual Holiday Potluck with Santa and DJ Nick***

*Sponsored by Maddalone Entertainment*

**All are Welcome: Volunteers, Care Receivers, Family and Friends, and Members of the Community**

Limited Seating- Reserve Your Spot Early!

**Date: December 6, 2023 @ 2:00pm-4:30pm**

**Location: St. Mary's Crescent Church**

86 Church Hill Rd, Waterford, NY 12188

***Outsmart the Scammers with Khooshbu Bassi***

***(Financial Advisor, Edward Jones)***

**Date: January 17, 2024 @ 1:00pm**

**Location: St. Edward the Confessor Church**

***"The importance of preplanning and a healthy goodbye."***

***with Brittany DeMarco-Furman, Glenville Funeral Home***

**Date: February 21, 2024 @ 1:00pm**

**Location: St. Edward the Confessor Church**

***Veteran Services with Saratoga County***

***Veterans Peer Connection***

**Date: March 20, 2024 @ 1:00pm**

**Location: St. Edward the Confessor Church**

**We would like to thank the following supporters of the Senior Services Program in 2023:**

Aetna

All Saints Episcopal

A New England Nanny

Christ Community Reformed Church

Edward Jones, Khooshbu Bassi, Financial Advisor

Empire Taxes

Face 2 Face Skincare

Glenville Funeral Home

Hannaford

Herzog Law Firm

Highmark Blue Shield

Home Instead

Hope Church

Maddalone Entertainment

MVP Health Care

Our House, St. Edward the Confessor Church

Picture This Construction

Southern Saratoga YMCA

St. Luke's on the Hill

St. Mary's Crescent Waterford

Starpoint Church

Tuxego - Latham

CAPTAIN Community Human Services

Senior Services Program

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*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.*

*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, Malta, Milton, the Village of Ballston Spa and Participant & Community Contributions.*