



# CONNECTIONS NEWSLETTER

of

## SHENENDEHOWA NEIGHBORS CONNECTING

Once again Shenendehowa Neighbors Connecting provided stimulating programs to get us through the January-February winter months. Rev. Immanuel van Tonder's well-attended program, "Mindfulness Skills for Every Day" gave its participants tools to promote resilience and serenity. Sarah Clowe of the Albany Institute of History and Art presented a virtual tour of "The Hudson River School of American Landscape Painters," a collection that idealized nature and drew visitors to our beautiful region in the 19<sup>th</sup> century.



Wednesday, March 16th, 2022  
1:00pm - 3:00pm  
Shenendehowa United Methodist Church  
Fellowship Hall  
971 Route 146, Clifton Park, NY

Local businesses and organizations will be present to share resources they offer to senior citizens in the community. Care Links volunteers will be on hand to answer questions about serving the needs of senior citizens in Southern Saratoga County.

Alzheimer's Association	Northeastern Association of the Blind at Albany	Shenendehowa Neighbors Connecting
Belmont Hearing Center	OASIS Senior Advisors	Guillermo Trujillo,
Capital Region	Saratoga County	Edward Jones Financial Advisor
Calmare & Massage	Department of Aging and Youth	USA Medicare Consultants
CDPHP		
Home Instead		

For more information, please contact CAPTAIN CHS Senior Services Program Manager, Terra Maddalone-Ristau at 518-399-3262 or email [Terra@CaptainCares.org](mailto:Terra@CaptainCares.org)  
[captaincares.org/care-links](http://captaincares.org/care-links)

Care Links is a program of CAPTAIN Community Human Services serving seniors in Southern Saratoga County. For more information on CAPTAIN CHS, please visit [captaincares.org](http://captaincares.org).

### Upcoming Programs:

**Wednesday, March 16<sup>th</sup>: "Care Links Senior Resource Fair"**  
to be held at Shenendehowa Methodist Church, 1:00 p.m.- 3:00 p.m., 971 Route 146, Clifton Park, New York

Shenendehowa Neighbors Connecting will be represented along with many other valuable contacts such as: Alzheimer's Association, Belmont Hearing Center, Capital Region Calmare & Massage, CDPHP, Home Instead, Northeastern Association of the Blind of Albany, OASIS Senior Advisors, Saratoga County Department of Aging and Youth, Guillermo Trujillo, Edward Jones Financial Advisor and USA Medicare Consultants. For more information, please contact CAPTAIN CHS Senior Services Program manager, Terra Maddalone-Ristau at 518-399-3262 or email [Terra@CaptainCares.org](mailto:Terra@CaptainCares.org)

**Please join us on March 24<sup>th</sup> at 1:00 p.m. for a Zoom program about Peebles Island, "Things you might see walking around Peebles Island State Park," a photographic and spoken word introduction to the park. Dave Koschnick local photographer and Peebles enthusiast will share some of his many photographs of the island. The Zoom presentation will include a question/answer session. Pictured at the right is one of Dave Koschnick's photos of a fawn on Peebles Island.**

Dave has been wandering around Peebles Island for more than 40 years-photographing the landscape and wildlife found there. Dave is a largely self-trained semi-professional photographer. His motto is, "Walk softly, and carry a big camera."





Shenendehowa Neighbors Connecting (SNC) plans to follow up this presentation with a walking tour of Peebles Island in the spring. Peebles Island offers spectacular views for walkers. This presentation is open to paid members of SNC and Friends of Peebles Island only. Members of both organizations will receive the Zoom link before the date. You do not need to register.



### **Indoor Gardening in a Terrarium**

Have you admired terrariums for their serene beauty and grace? An opportunity to make your own terrarium will be offered this Spring as an SNC event. More details to come.

**April 21<sup>st</sup> 1:00 p.m-3:00 p.m. SNC's Annual Meeting via Zoom.** Have you enjoyed some of SNC's programs and like the idea of connecting with other individuals that share in your interests? Consider serving on the Board of Directors of SNC and share your talents. The SNC Nominating Committee welcomes replacements to our current long-serving officers. Contact Loretta Parsons, SNC Secretary at [parsonslor@gmail.com](mailto:parsonslor@gmail.com) or (518) 371-7729 if interested.



Shenendehowa Neighbors Connecting is excited to announce that with the support of a generous grant from the The Clifton Park Community Action Fund, a comprehensive **Senior Health & Wellness Fair will be held on May 21, 2022 from 10:00 a.m.-2 p.m. at the Clifton Park Senior Community Center, 6 Clifton Commons Blvd., Clifton Park, N.Y.** The theme is “**Age Your Way**”, echoing the theme of National

Older Americans Month in the U.S.

There will be demonstrations of Active Older Adults Fitness programs from the Southern Saratoga County YMCA, along with healthy food preparation demonstrations, break out presentations by a Health Coach and Umbrella Services of the Capital District, Freeman's Bridge Sports will answer your questions about bicycles suitable for all levels of recreation. Vendors will also include: Albany Guardian Society, AAA, CDPHP, CDTA Flex bus service, Care Links, Saratoga County Office of the Aging and Youth, Shenendehowa Neighbors Connecting, Saratoga County Public Health Department, Umbrella Services of the Capital District, Patty McGee RN,MSN Health Coach, Senior Medicare Patrol. Giveaways and a raffle for vendor prizes will take place.

March-April 2022

Have you wanted to connect with other SNC members who share your passion? Whatever it is: jewelry making, gardening, knitting, crocheting, crafting, painting, candlemaking, fly-tying, fly fishing, walking, photography and more- you can connect through a Special Interest Group that you initiate on the Shenendehowa Neighbors Connecting Website. SNC members can learn how at this FREE SNC Breakfast Event:

**SAVE THE DATE!**

**“LET’S GET CONNECTED”**

9 a.m. – 11 a.m.

July 19, 2022

Hilton Garden Inn

30 Clifton Country Rd.

Clifton Park, New York

**This event is free to members. Bring your laptop, tablet or phone and get to see how easy it is to access the many resources available to SNC members. Get to fully experience the many benefits offered on the SNC website, Club Express, a powered by Run My Village, a partner of the Village to Village network. Information on registration will be available soon! Registration will take place through the SNC website <https://snc.clubexpress.com/>**



**Peebles Island at Sunset-Dave Koschnick**