



May-June 2022

# CONNECTIONS NEWSLETTER

of

## SHENENDEHOWA NEIGHBORS CONNECTING

The Annual Meeting of Shenendehowa Neighbors Connecting showcased a year of programming accomplishments during this pandemic. The Program Committee was hard at work during the past 12 months exceeding SNC's goal of a monthly program and providing eighteen (18) programs since June of last year.

All SNC's officers were re-elected for another one-year term: Nancy Varley, President; Kim Anderson Swire, Vice President; Bob Parsons, Treasurer; and Loretta Parsons, Secretary. Elected Board Members-at-Large are Katie Anderson, Janet Gelinis, Pat Hart, Judy Moore, and Lisa Smith. The minutes of the Annual Meeting can be viewed on the Shenendehowa Neighbors Connecting website <https://snc.clubexpress.com/>

### HEALTH & WELLNESS FAIR "AGE YOUR WAY"



**MAY 21, 2022**

**10:00 AM - 2:00 PM**

**CLIFTON PARK SENIOR COMMUNITY CENTER  
6 CLIFTON COMMON COURT CLIFTON PARK**

**FREE!!!**

**MAKE YOUR HEALTH & WELLNESS THE PRIORITY! VISIT CAPITAL  
REGION VENDORS, LEARN ABOUT RESOURCES THAT ADDRESS  
AND ACCOMMODATE CHANGES WE EXPERIENCE IN AGING.**

**HEALTHY ISN'T A GOAL. IT'S A WAY OF LIFE!**

#### **Demonstrations and Speakers**

Southern Saratoga County YMCA-Active Older Adults Fitness programs  
Price Chopper, Trader Joe's - Healthy and delicious foods you'll love  
Capital Region Vegan Network- Appetizing vegan recipes  
Saratoga County Public Health-Achieving an Age-Friendly County certification  
Patty McGee RN, MSN, Health Coach - happier and healthier aging  
St. Peter's Hospital Diabetes Prevention - tips on nutritious food habits  
Umbrella Services of the Capital Region - help around your home  
Sunshine Meadows Nursery - window boxes and plantings

**20 + participating vendors**

**Giveaways and a raffle for vendor prizes!**

SNC invites you to celebrate Older Americans Month in May and participate in our Health & Wellness Fair. The Clifton Park Senior Community Center will be brimming with over twenty (20+) vendors offering helpful information and resources to enhance our senior years. All of this and raffle prizes too!

**This event is Free and open to the public.**

**Date: May 21, 2022**

**Time: 10 a.m.-2p.m.**

There will be demonstrations and presentations. Get a preview of the Southern Saratoga County YMCA's Active Older Adult programs demonstrated in the studio at the Center.

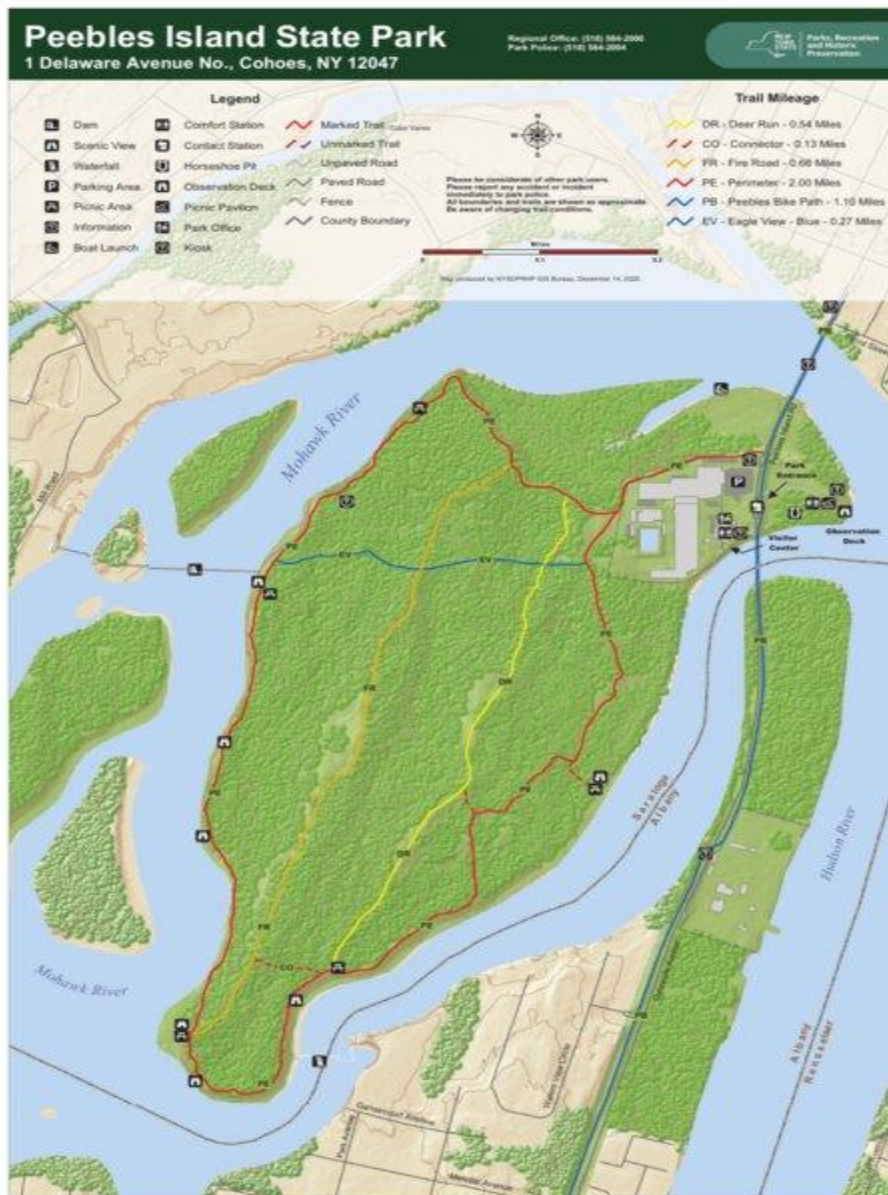
**Come join the fun!**



SPONSORED BY A GENEROUS GRANT FROM THE CLIFTON PARK ACTION FUND AND PRESENTED  
BY SHENENDEHOWA NEIGHBORS CONNECTING (SNC), A 501 (c) 3 CHARITABLE ORGANIZATION  
FOCUSED ON ASSISTING RESIDENTS AGE 55 AND OLDER TO LIVE FULLY AND INDEPENDENTLY  
IN THEIR HOMES IN SOUTHERN SARATOGA COUNTY.

**Upcoming Programs: May 11, 11:30 a.m.** Walk and Lunch at Veterans Memorial Park, 697 MacElroy Road, Ballston Lake. This event is for members only and is the idea of the Walking Interest Group. The group will meet at the second larger parking lot that has a bathroom at the pavilion. It's at the end of the gravel road. We will begin with a BYO lunch followed by a walk at Veteran's Memorial Park. This area of undulating terrain affords hiking across small watercourses, past wetlands and hemlock and pine uplands. It's an ideal habitat for deer, turkey, small mammals, and a variety of birds.

Register at the SNC Website <https://snc.clubexpress.com/>



Join us on **June 2<sup>nd</sup>** for a **Guided Walk on Peebles Island and BYO Picnic lunch**. For those who plan to walk, we will meet at the kiosk in the parking lot at **9:30 a.m.** The kiosk is just over the bridge from Waterford. **The two-mile Perimeter Trail walk will be led by Drew Prairie who is an experienced leader and will last about 1 ¼-1 ½ hours** walking at a gentle pace with stops frequently for views and questions. Drew Prairie is known for his knowledge about Peebles Island presenting fun facts while hiking and answering questions.

If you are not walking, please join us for lunch!

**We will gather at the pavilion at 11:30 a.m. for a bring your own lunch.** The pavilion is across the street from the parking lot down on the Hudson River (stunning views here too). Register on the SNC website:

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



**SAVE THE DATE**

**SHENENDEHOWA NEIGHBORS CONNECTING**

presents

***“LET’S GET CONNECTED “***

*Learn to use the Shen Neighbors Website*

**JULY 19, 2022**

**9:00 AM-11:00 AM**

**SNC Members’ Breakfast at the Hilton Garden Inn**

30 Clifton Country Rd., Clifton Park, N.Y.

You will be able to practice on your own laptop, tablet or other device during this presentation learning how to:

- Access the website using your password
- Register for SNC events
- Navigate to the many resources on the SNC website including the Albany Guardian Society and Care Links
- Navigate to our Medical Note Taking online course and print handouts suitable to use at a loved one’s health provider appointment



SPONSORED BY A GENEROUS GRANT FROM CDPHP

Registration will take place through the SNC website <https://snc.clubexpress.com/>

