



Care Connection

SENIOR SERVICES PROGRAM

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

August 21, 2024

Alzheimer's Workshop with Gwen Rowland of the Alzheimer's Association

Building Foundations of Caregiving explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

Supporting Independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

These two topics will be presented at the Alzheimer's Training- All are welcome and must register.

Time: 1:00pm - 3:00pm

Location: St. Mary's Crescent
86 Church Hill Rd. Waterford, NY 12188

Registration is Required by calling 518-399-3262 or email Terra@captaincares.org

“Together We Make a Difference”

Care Links, a program of CAPTAIN Community Human Services, is proud to be celebrating our 28th 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, social activities, 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.

Volunteer Spotlight: MaryAlice O’Brien (pictured with her husband, Dan)



CAPTAIN CHS Senior Services, Care Links “Volunteer of the Year” 2024

The CAPTAIN CHS Senior Services, Care Links Volunteer of the Year Award honors an individual who best exemplifies the passion and heart of the mission of Care Links in their spirit of volunteerism. This award is the highest honor a volunteer can achieve within the Senior Services program, which means that they have made a significant contribution to the care receivers, and the program as a whole.

This volunteer has worked in multiple roles alongside fellow team members and staff, providing support to all services that the Care Links program offer. In short, this volunteer has exemplified the Care Links mission, and we are proud to honor Mrs. MaryAlice O’Brien.

Care Links Volunteer in the Spotlight: MaryAlice O'Brien

Mary Alice is the wife of Dan O'Brien, mother, and grandmother. She is a resident of Mechanicville and serves as the Administrative President of the Hemstreet Park Fire Department. MaryAlice has worked most of her life in at Rensselaer Polytechnic Institute and recently retired as the Director of Enterprise Information Services. She enjoys reading, hiking, walking and generally doing anything outdoors.

In February 2004, MaryAlice saw the opportunity to make a difference in the lives of our senior population. While working full time, she focused on volunteering in her free time providing transportation, home visits, light chores, shopping, and reassurance calls with the care receivers. Over the past twenty years, MaryAlice has also given countless hours in her role as a volunteer with care receivers and her generosity with her time, talent and treasure does not go unnoticed by her peers. Her easy smile, upbeat positive attitude, and dedication to helping others within the Care Links family makes her a joy to have on the team.

Upon retirement, MaryAlice added to her service as a Care Links volunteer, joining in with office support, a member of the Special Event Team, Care Links Eagles (a round table discussion group of volunteers focused on the growth of program and volunteer needs), and in addition, has recently added being an "Adopted Grandparent" with Mother Teresa Academy in Halfmoon and their beautiful students (where we promote the development of intergenerational relationships).

Upon hearing that she had been selected as the very first recipient of the CAPTAIN CHS Senior Services, Care Links Volunteer of the Year Award, MaryAlice answered, "I'm honored and excited to be the first recipient of this important award that shows appreciation to volunteers who are the backbone of the program."

Working in the Senior Services Program has been so rewarding with their leadership, it has made giving back so easy. The vision from leadership is clear and the energy in the program is contagious. You are so appreciated by us all! I believe deeply in the services we provide, in our mission to allow our seniors to remain independent, and in their own homes. Working with our seniors is so rewarding and gratifying. If I'm also able to be a role model for others in the program, then I feel I'm truly fulfilling my purpose!"

"I am also humbled as our program has so many wonderful volunteers, each of whom is deserving of recognition. Our team makes a profound difference in the lives of the seniors in our community. The compassion and caring given to the care receivers in our program are unmatched. All our volunteers act with kindness, compassion, and a sense of connection. I hope they know how vital and important the services that they provide are to the elderly in our community. I am thrilled to be among them and call them friends! I'm honored to represent this group!"

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.

Welcome New Volunteers: Warren Nelson, Marcia Kehn, Barbara Webb, Jeannette Sparks, Rick McKeen, Jany Ricci, Rachel Alexopoulos, Wendy Mongillo, Jackie Davis, & Kimberly Frederick

Current Volunteer Opportunities:

- Road Warriors needed to help with Care Connection Newsletter distribution (once a month)
- Volunteers to visit lonely seniors (once a week)
- Volunteers to help in the Glenville office with phone calls and general office tasks (once a week)

Volunteer Drivers Needed!

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



Care Links Transportation is now offering weekends!
(based on volunteer availability)





Care Links in Action

Photos from our Annual Dinner Show, a Care Links Wedding!

Care Links Ladies



Susan & Bob



Laurel & Tom



Marc & Pamela



Dave & James De La Fuente



MaryAlice & Marilou sharing wedding cake



Manish & Saro



Tony and Meagan



Anne, Gina, & Harry



Deb & Gloria



The Grand Entrance of the Volunteers and Care Receivers



Al & Charlene, married 61 years, win the money tree



Betty & Mitra



Celebrate the honorees



Gloria, Janet, & Kerry



Marisa, Ginny, Debbie, and Michelle



Dancy party



Spin to Win with Kandis



Adopt a Grandparent Program

MTA Grandparent, Ginny, does crafts with her students



MTA Grandparent, Anne, reads to her class



MTA Grandparent, Marilou, with student Mia Bella



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 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!

Dick Arthur, a Wellness express Rider, shares, that his experience with the Wellness Express is "Super, Great! I really enjoy the drivers and how friendly and caring they are. "

Wellness Express Driver, Rick Reynolds, has been providing medical transportation for our care receivers since 2010.



We asked Rick (pictured left) to share with us what he enjoys the most about driving the Wellness Van.

"What do I love about driving our Care Receivers? They are anxious to talk, tell incredible stories and oftentimes, have no one to whom to tell these stories. The short time riding in the van provides both rider and driver great joy!"

Thank you, Rick for your many years of service!



Please Welcome to the Team
Senior Services Program Associate
Daniela McKee (pictured left).

From The Program Manager's Desk

I am truly blessed to have the distinct privilege of working alongside everyone affiliated with the Senior Services program. In getting to know our Care Links Family, I am constantly amazed at the generosity and depth of compassion that is shown daily by everyone on the team.

I am honored to work alongside the many team members who care about each other and look for ways to help others, those who when you open a door of opportunity to say "we need you" they walk right in and sometimes they come rushing in! The senior services program would not exist without every single member of our team.

We cannot accomplish all that we do in the program without the support of each member who works alongside us in the office and the front lines. A program that is mainly driven by volunteers cannot grow without consistently reaching new people and sharing the opportunity to join us and receive the many benefits that we enjoy!

I think of our Care Receivers, who allow us the opportunity to be present at a time in their lives when they may feel the most vulnerable, allowing us to share in their joys and sorrow. Care Receivers give a special gift to our volunteers and that is the gift of building a relationship that extends beyond what one would imagine possible when joining the program.

This newsletter is called "Care Connection" because that is what our program is about, having a caring heart and making beautiful connections.

The giving of your heart to those who often feel isolated and lonely is a gift that is not taken lightly. If you are looking for an opportunity to help seniors in the community, make friendships with others who have similar values and want to make a difference in the world, connect with me today and call 518-399-3262.

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)

Shenendehowa Neighbors Connecting (a partner of Care Links) gives older adults (aged 55 and older) the opportunity to form friendships, enjoy a rich and independent lifestyle, and build supportive community connections that help them age successfully at home.

SNC offers at least one activity each month to inform, entertain, and engage local seniors with many of our programs open to the public.

Low Membership Dues – Come and join us!

518-801-4517 <https://snc.clubexpress.com/content.aspx>

Care Receiver in the SPOTLIGHT



Meet Care Receiver, **Marilou Pries** (pictured w/ Phil Barrett, Clifton Park Town Supervisor)
CAPTAIN CHS Senior Services, Care Links “Care Receiver of the Year” 2024

The CAPTAIN CHS Senior Services Golden Inspiration Award honors a Care Receiver in the program who has shown countless ways to inspire other seniors to live each moment, reminding them that they each have a purpose while encouraging them to be engaged in the community.

This award is the highest honor a care receiver can receive from the Senior Services program, which means that this care receiver has inspired the Senior Services program to acknowledge the contributions by a care receiver and for the impressive impact that they have made on others in the Senior Services program. We are proud to honor Miss Marilou Pries.

Marilou is a beacon of compassion who is dedicated to caring for others with unwavering dedication and empathy.

Marilou's journey in the realm of caregiving began within the challenging yet rewarding field of pediatrics, where she served as a steadfast pediatric assistant specializing in oncology and hematology. For years, she stood witness to the resilience and courage of countless children battling life-threatening illnesses. She became an important part of many families' immense joys and deepest sorrows, joining them for countless milestones and memorials.

Marilou soon embarked on a new chapter, founding her own business focused on providing hospice and in-home care. In this role, she cultivated deep bonds with both her staff and clients offering support and comfort during some of life's most challenging moments and through this chose to leverage her expertise to consult for the Department of Disability Services, advocating for the rights and wellbeing of individuals.

In 2021, a life altering accident, redirected her journey toward the passionate care provided by Care Links volunteers. What began as a simple request for a ride to a doctor's appointment has led to a collaboration between Marilou and the Senior Services staff. Over the years, she has provided input with her participation at program gatherings, media outlets and volunteer training workshops, entertained us at special events, and shared her story of the impact that Care Links volunteers have had on her life.

Marilou was the very first, "Adopted Grandparent" in collaboration with Mother Teresa Academy, encouraging the relationship between the generations; she has encouraged other care receivers to participate in this important mission. Marilou writes a column in this Care Connection Newsletter and contributes her time as a volunteer within the program by providing reassurance phone calls to other care receivers.

Marilou's ability to make other feel welcome, a fighting spirit to embrace what life throws at her and in sharing her wealth of experience, offering insights gleaned from a career marked by moments of profound connection and empathy led to her becoming the first Care Links Ambassador as the voice for the special seniors in our program. Her compassion and unwavering commitment to the wellbeing of others serve as a beacon of hope and inspiration to all who have the privilege of knowing her and for this reason; it is our honor to present the Senior Services Golden Inspiration Award to Marilou Pries.



Fun Loving Seniors

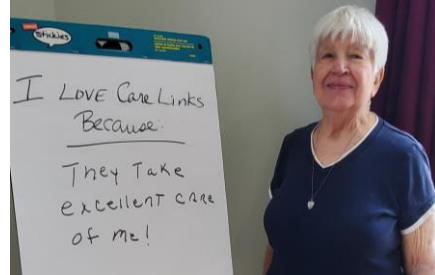


Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!

- BORN**- Remember nothing
- 10**- Trying to understand life
- 20**- Only looking for fun
- 30**- Pretending to want to settle down
- 40**- Learning how to enjoy life
- 50**- Still young, but old enough to know what you want
- 60**- Getting old, but young enough to get what you want
- 70**- See "20," Just want fun
- 80**- See "10," Trying to understand life
- 90**- See "BORN," Remember nothing
- 100**- Just lucky

Courtesy of Tom Busso, Care Receiver

Johanna shares what she loves most about Care Links



Care Receivers & their Volunteers:

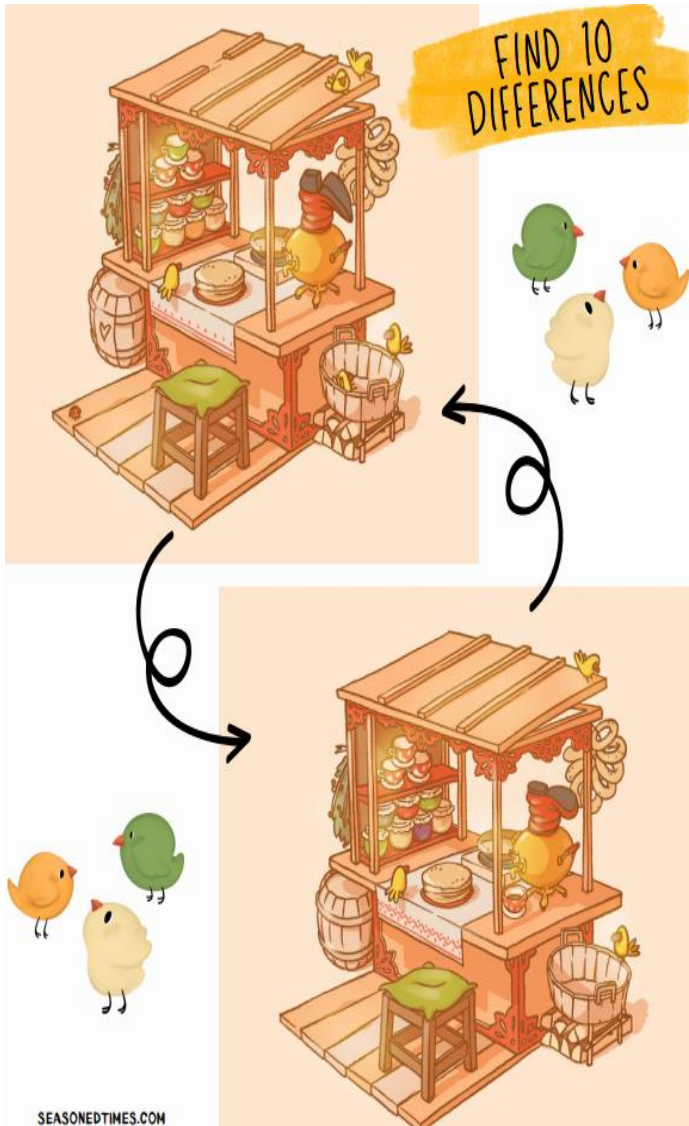
Dee and Werner



Susan and Yolanda



Ray, Katie, and Allan



Upcoming Events and Gatherings:

Please be sure to register for all activities (and receive location information) by calling (518) 399-3262

ACTIVITY Celebrating Older Americans Month, "Create Your Vision": Join us as we spark our creativity and ignite our imagination as we map out our aspirations with our friends.

May 23, 2024 @ 11:00am-2:00pm (\$5.00 activity supplies fee)

Care Links New Volunteer Orientation

June 3, 2024 @ 12:00pm-3:00pm

ACTIVITY: Join the team for "Senior Strength and Balance" at HealthPlex in Clifton Park (\$5.00 fee)

June 11, 2024 @ 10:00am-11:00am

Care Links Volunteer Team Picnic

July 21, 2024 @ 1:00pm

Alzheimer's Workshop

Aug 21, 2024 @ 1:00pm-3:00pm

Care Links Gathering: Food, Fun and Conversation

Sept 18, 2024 @ 1:00pm

Annual Senior Resource Fair

Oct 23, 2024 @ 11:00am-2:00pm

Care Links Lunch Club at the Ugly Rooster in Malta

Oct 29, 2024 @ 12:30pm

Everyone is Welcome!

We would like to thank the following supporters of

"A Care Links Wedding":

Jeweler, Timothy J. Raponi

Maddalone Entertainment

Mohawk River Country Club

Aerial Photography

Clifton Park Neighbors

Gil's Garage Inc.

Glenville Funeral Home

Hannaford of Clifton Park

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Terry Mango

Morris Ford

A New England Nanny

Charlie Palmer, State Farm Insurance

Erin Prendergast Senior Healthcare Plan Specialist

Rosenstein Chicatelli, PLLC

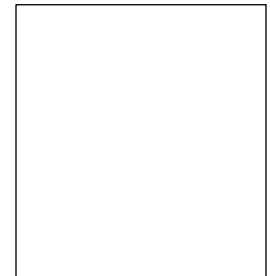
Townley & Wheeler Funeral Home

CAPTAIN Community Human Services

Senior Services Program

543 Saratoga Rd. Glenville, NY 12302

(518) 399-3262



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.