



# Care Connections

## FOCUS WORD

The Care Links FOCUS word for 2023 is ...

### *Purpose*

#### **What is the deep meaning of purpose?**

*Purpose is an abiding intention to achieve a long-term goal that is both personally meaningful and makes a positive mark on the world.*

## NEXT GATHERING

### Wednesday, November 1<sup>st</sup>

**Senior Resource Fair** sponsored by Highmark Blue Shield  
(Free Admission – Open to the Public)

**Time:** 12:00pm – 3:00pm

**Location:** Shenendehowa United Methodist Church  
(Fellowship Hall)  
971 NY-146, Clifton Park, NY 12065

Care Links, will be hosting a Senior Resource Fair for local businesses and organizations to present the resources they offer to senior citizens in the community.

**Family members and Care givers are encouraged to attend to gather information!**

New Care Links  
Family Members,  
Jean and Oksana



### **“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 mailing list please call 518-399-3262 or email [careconnection23@gmail.com](mailto:careconnection23@gmail.com).

### **Volunteer Spotlight: Debbie Mulry**



Debbie is a Registered Nurse from Long Island who retired after forty-two years with a career in medicine, where she held two positions specializing in geriatrics for twenty-four of those years.



**CAPTAIN**  
Community Human Services  
*Lifting people up. Building brighter futures.*

Care Links is a Program of:  
CAPTAIN Community Human Services  
543 Saratoga Rd. Glenville, NY 12302  
(518) 399-3262

## Care Links Volunteer in the Spotlight: Debbie Mulry

We asked Debbie 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?**

*"In 2018, I began my volunteering with Care Links by providing occasional transportation for seniors which progressed to shopping for them. Eventually, I was matched to assist homebound seniors."*

### **What made you decide to volunteer with Care Links?**

*"When I moved here to upstate New York in 2017, I went looking for things to be involved in. I was approached by someone who asked me about volunteering with seniors and it seemed like it would be a good fit for me as I had found myself with lots of free time on my hands and no longer had a sense of real purpose."*

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

*"Helping others brings me a sense of purpose. I most enjoy getting to know people and listening to their amazing stories."*

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

*"I make the most out of my experiences with the care receivers by trying to lift their spirits, have some laughs (or fun times) together and really listening to them."*

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

*"My advice to anyone considering volunteering with the Care Links program is that "volunteers are born."*

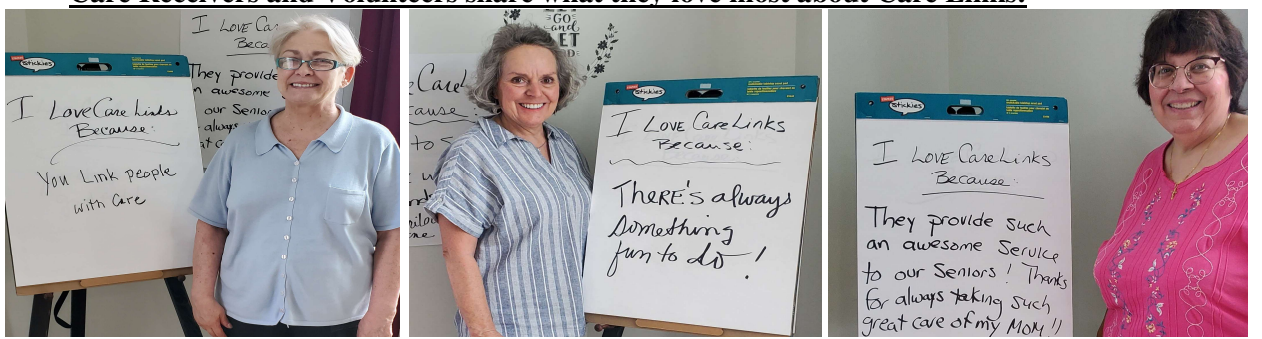
*If you feel that you can make a difference in someone's life by giving just a little of your time and talents, the rewards are many. You can even consider it a "pay it forward" act of kindness.*

*One day we will be in the position of a "care receiver" and having someone to visit and care about us would be a blessing."*

**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).**

### **Care Receivers and Volunteers share what they love most about Care Links:**

From Left to Right: Diane, Joan, & Jody



# Care Links in Action

## Highlighting our wonderful Care Receivers and their matched volunteers!

Caitlin & Cynthia



Deb & Ann



Harlene & Nancy



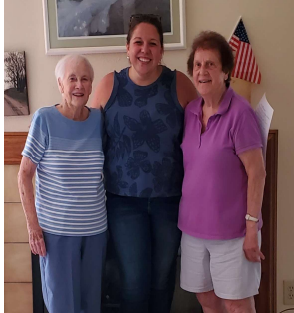
Hazel & Nancy with Gus



Jean & Lucy



Jenny with MaryJane & Arlene



Linda & Teresa



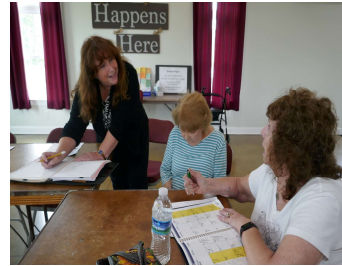
New Care Receiver/ Volunteer joins the fun with her husband, Neal



New Volunteers, mother and daughter team, Jen and Callen



Terra makes plans with Marilou and Anne



Deacon Lynne of St. Luke's on the Hill shares how to help others through the grieving process



Kym Hance from Herzog Law presents to the Team



August Volunteer Orientation



Care Links offers ongoing training and support for everyone



Care Links Eagles get together to discuss the needs of seniors in the program



## Adopt a Grandparent Program

Terra at Teacher Orientation



Grannie Annie & Miss Marissa



The beginning of the school year brings excitement for the children as they rush to their classrooms. The teachers have been busy decorating their rooms with fun, educational posters and décor. The office staff greets the parents, old and new as the car line ushers in the excited faces (as well as those who are apprehensive). This is what many of us can recall at the beginning of school as a child or parent.

There are others who are also getting ready for “back to school;” they are the Adopted Grandparents, the Care Receivers of Care Links who are anxiously waiting to be reunited with their teachers from last year and the new students who will become their “grandchildren.”

The Care Links office has been busy coordinating the volunteers and the care receivers for their monthly visits to Mother Teresa Academy, beginning with the Teacher Orientation Day to review the benefits to both the students and our older generation.

Teachers share stories about their experiences with each other including, Miss Marissa and Miss Jonna, the Pre-K Teachers. They shared, “Once a month we have our classroom grandma come to visit us at MTA, the children call her “Grannie Annie”! We enjoy listening to her stories as she interacts with the students and joins in a variety of activities.

Grannie Annie has a wonderful sense of humor and keeps us all smiling. We are very happy to have her as our classroom grandma and look forward to her every visit!”

Mother Teresa Academy in Clifton Park teams with Care Links to address the loneliness of our care receivers while fostering compassion, empathy and love with the students.

**This program is ideal for individuals who want to connect with seniors in our community. Adopting a grandparent can involve visiting for a holiday(s), occasional chats on the phone, sharing life stories, and more. Groups such as a family, a social group, or a child’s classroom can also adopt a grandparent together. It is great for anyone, especially students, looking to meet a school or club’s volunteerism or badge requirement. Cross-generational contact is an important way to strengthen and enrich our communities.**

*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.*

## From The Program Manager's Desk

### Change is In the Air

This time of year brings a change of season and the promise of exciting things to come.

As I begin each day, I think of the opportunities that lie in wait for me in the office and in the field as I meet with our team members and our care receivers. We truly never know what each day will bring.

They say, "life is an adventure, and you learn as you go," how true this statement is! I have learned over the years that when I have been faced with an unexpected change (and something that I may not have been ready for), when I embrace the new opportunity instead of fighting it... growth will occur, both on a personal level and for our program.

I have heard that "people come into your life for a reason, a season or a lifetime."

I would like to take a moment to share with you about changes in our Senior Services Program and those who have come and gone with the "season."

As we said farewell to the Senior Services Program Associate, Heidi, who worked behind the scenes for the past six years, we wish her well as she has moved out of state to live her dream with her family.

Heidi's departure led to forming a new team to assist in the growth of the program. I am pleased to share with you that two of our Care Links Volunteers have joined the CAPTAIN Staff as Senior Services Program Associates.

MaryAnn and Ginny have both been volunteering in our office for the past year in addition to their being matched to Care Receivers. Therefore, they each bring with them a "hands on" understanding of the program, the needs of our seniors and volunteers. They each have the most outgoing personalities, hearts to help and wonderful sense of humor (necessary when working with me!).

I would also like to take a moment to share with you, two others who have been instrumental in assisting the program on a weekly basis in our office. MaryAlice and Joan round out the team who make it a joy to be around whether it be at a team gathering, making many necessary phone calls or diligently helping with a variety of tasks that must be completed.

Please join me in wishing them all a successful New Season as we work together to address the opportunities presented to us.

Sincerely,

Terra Maddalone-Ristau  
Senior Services Program Manager



Heidi



MaryAnn



Ginny



MaryAlice



Joan

*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.*

## Miss Marilou's Care Links Corner

Dear Friends,

I am excited to be entering my favorite time of year, how about you?

Autumn when the air is crisp (and sometimes we need a sweater), the pumpkins and Indian corn are on sale, the mums are starting to bloom and soon the leaves will change color. I do hope that we will have a beautiful Indian summer.

My daughter was born in October, and I remember how we would go for many carriage walks this time of year with my son (trailing behind the carriage on his tricycle) as we enjoyed the fall.

I have realized that I am in the autumn of my life, the seasons change and so do our lives. I know there have been many changes in my life. The doctor's office knows me on a first-name basis, my medication intake has definitely increased, and I test myself daily to make sure I can still remember... but wonder if I would know if I didn't remember something?

At night when I am alone with my thoughts, I think about the storms I have weathered over the years. There were things that I worried about that never happened and things that I never saw coming, that did.

Overall, I am thankful. My son, daughter, and my grandsons love and respect each other and my brother will always be there if needed. This is a comfort for me to know and I think of those who do not have others they can rely on. This makes me even more grateful for the friends I have met through Care Links.

You know, there are some "drawbacks" to the aging process, such as I can no longer drive, and sometimes I need help shopping and going to doctor appointments. However, once I discovered Care Links, life became great for me. I was matched to a volunteer and now I have help with everything I need. We even have monthly gatherings, which has addressed the isolation I had been feeling and led me to meet some wonderful people.

When it is late at night and I go over my thoughts and memories, I smile when I think about my life. I realize that all-in-all it has been an amazing ride and I wouldn't have missed the journey for anything.

Enjoy your life!

-Miss Marilou



### Hello Autumn

Autumn is the season to  
 Unlock your potential and  
 Take the leap of faith because  
 Under the vibrant canopy of colors  
 Miracles will unfold when you  
 Navigate through uncertainty with hope



## Care Receiver in the SPOTLIGHT



Meet Care Receiver, **Anne Cargile**  
(Shown in the photo with her volunteer, Katie)

Anne has been married for 57 years to her college sweetheart, Harry. The two of them have built a life together for their three children and six grandchildren. Ann shares, “I was lucky to have been able to get down on the floor with my grandchildren to play when they were young and have a lot of quality time with them.”

Anne has spent a lifetime helping others. She is a past President, District Governor and member of the Shenendehowa Rotary since 1985. Over the years, Anne has traveled to Nigeria to give Polio shots, assisted in providing water systems in Honduras, building a library in Zimbabwe along with hosting foreign exchange students. Anne was also a Board Member for CAPTAIN CHS. Anne has always been a “giver” and now she is on the receiving end, which she admits is not always a comfortable place to be.

Here is Anne’s story: “When I called Care Links, it was because I was very lonely. Harry has many places to be and I needed someone who would stop in and keep me company. I need people, I was always so involved in the community and then I found myself not having a way to stay connected as I am no longer able to get around as I once was.”

“I contacted Care Links because it had the word “Care” in it. I thought it would be great if someone would come and we could bake together (which I always enjoyed).”

“I was “matched” to Katie and when she walked in with a huge smile on her face, we just hit it off! We have become friends; we are not just volunteer and care receiver. She lifts me up with her positive energy. Seniors need people to check in on them and make sure they are okay. I often think, “What if I fell? Am I okay if they did not hear from me in a while?” This is where Katie makes me feel cared about. Being with Care Links, gives me the opportunity to allow someone else to feel the joy of giving too.”

“Many people see a senior and walk away; it is different when you start getting older in the way you are treated. I needed someone and did not know where to turn but am glad I called Care Links and found a way to be involved again in the world.”

“My advice to someone who is thinking about calling Care Links is Just Do It! Care Links is about caring and you need someone to care. It took me three times to pick up the phone because it is very hard for me to ask for help. No one really wants to sit in a chair for the rest of their life, which is when you become old and you are as old as you feel.”

“Don’t give up, don’t be embarrassed, just pick up the phone.”

**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**



# Food & Fun

Gone with the Wind's Olivia de Havilland staying active at 102 years old!

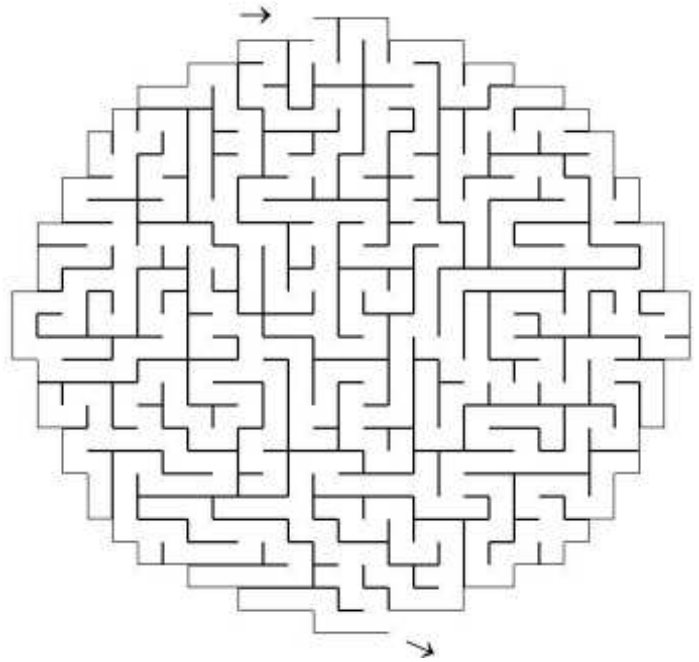


## Egg Wraps

Submitted by Katherine B.

- 2-3 eggs, scrambled
- Dash of milk
- Seasonings of choice
- Fillings of choice
- Large flour tortilla
- ¼ Tbsp butter (optional)

1. In small bowl, scramble eggs with a dash of milk.
2. Add any desired seasonings (I typically use Borsari's original seasoning blend)
3. Scramble in desired fillings (this could be ground sausage, bacon crumbles, veggies, mushrooms, etc. just be careful not to add too many)
4. Using low-medium setting, preheat large frying pan and add butter if desired
5. Pour egg & filling mixture into pan
6. Lightly press tortilla down on top of egg mixture
7. Let cook for a few minutes
8. Using a large/broad headed spatula, carefully flip the egg and tortilla over (the egg should be adhered to the tortilla, but flipping the whole thing over cleanly may take some practice)
9. Let cook for another few minutes until tortilla has crisped
10. Carefully remove from pan and let cool for a couple of minutes until it's cool enough to touch.
11. Roll into a cylinder then cut diagonally across the middle. Enjoy!



## Match the Artist to the Song!

- |                          |                 |
|--------------------------|-----------------|
| “Nights in White Satin”  | Aretha Franklin |
| “The Gambler”            | Patsy Cline     |
| “Bohemian Rhapsody”      | The Chordettes  |
| “Respect”                | Queen           |
| “La Bamba”               | Elvis Presley   |
| “Jailhouse Rock”         | Moody Blues     |
| “Walkin’ After Midnight” | Kenny Rogers    |
| “Mr. Sandman”            | Richie Valens   |



## Sponsors & Supporters

### Shenendehowa Neighbors Connecting

(Care Links Partner)

#### GOOD MOVE!

**Maintaining Flexibility, Balance and Strength at Any Age**

**When:** November 8, 2023 @ 1:00pm - 3:00pm

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

**Presenter:** Judi England, RN, LMT, Independent Health Educator & Professionally certified Kripalu Yoga Instructor.

For more information visit <https://snc.clubexpress.com>.

*Shenendehowa Neighbors Connecting (SNC) is a local senior village, part of the national Village movement. SNC supports senior citizens in our community, age 55 and older by offering activities, outings and stimulating presentations while encouraging friendships.*



Capital District YMCA - Southern Saratoga Branch supports the Senior Holiday Project!

**Would you like to contribute a holiday gift of cheer to a senior?** YMCA is collecting essential items for seniors in the community.

**Drop Off Location:** 1 Wall Street, Clifton Park, NY  
518-371-2139



### **St. Luke's on the Hill 12<sup>th</sup> Annual Craft Fair**

Sat., October 21, 2023 (9am - 3pm)  
40 McBride Rd. Mechanicville

**Free Admission & Parking**

More Information Call: 518-664-4834

### Care Links would like to thank the following supporters & sponsors:

#### **Informative Home Inspections & Project Solutions**

Jolene Lomnes  
518-728-1292

[www.InformativeProjectSolutions.com](http://www.InformativeProjectSolutions.com)

#### **Maddalone Entertainment**

Nick Maddalone  
518-290-3995

[www.maddaloneentertainment.com](http://www.maddaloneentertainment.com)

#### **Picture This Construction, LLC**

518-944-4098

Specializing in Kitchen & Bathroom Remodeling.

[www.picturethisconstruction.com](http://www.picturethisconstruction.com)

#### **Tuxego-Latham**

Anthony Commisso  
518-783-0260

[guestservices@tuxego.com](mailto:guestservices@tuxego.com)

### Sponsors of the upcoming Senior Resource Fair:

Highmark Blue Shield

Herzog Law Firm

Glenville Funeral Home

Khooshbu Bassi, Financial Planner, Edward Jones

***Tell our sponsors & supporters you found them in the Care Connection Newsletter!***

## Upcoming “Events and Gatherings” Details

*Please remember to RSVP for All gatherings!*

### **October 18, 2023**

Monthly Care Links Get Together

Topic: **Combat Caregiver Burnout**

Are you the primary caregiver for someone you love? Do you often feel overwhelmed and unable to cope? Do you find it difficult to carve out time for yourself?

Join us for an interactive discussion for realistic solutions to handling challenges that caregivers face on a daily basis. We will collaborate on ways to support ourselves while caring for our loved ones.

This is a no judgement zone where we understand and care about what you are experiencing.

**Time:** 1:00-2:30pm

**Location:** Starpoint Church - 14 Jarose Place Clifton Park, NY 12065

### **October 24, 2023**

Care Links Lunch Club

**Time:** 12:30pm-2:00pm

**Location:** The Ugly Rooster Café  
2476 Route 9, Malta, NY 12020



Dutch Treat: You will be ordering off the menu. There is both breakfast and lunch available.

All are welcome! **If you have been looking to meet new people, this is a great place to start!**

### **November 1, 2023**

**Senior Resource Fair Free Admission – Open to the Public**

**Time:** 12:00pm – 3:00pm

**Location:** Shenendehowa United Methodist Church (Fellowship Hall)  
971 NY-146, Clifton Park, NY 12065

#### **Sponsored by:**

Highmark Blue Shield

Herzog Law Firm

Glenville Funeral Home

Khooshbu Bassi, Financial Planner, Edward Jones

Care Links will be hosting a Senior Resource Fair for local businesses and organizations to present the resources they offer to senior citizens in the community.

Family members and Caregivers are encouraged to attend to gather information.

### **November 15, 2023**

Monthly Care Links Get Together

Topic: **Beyond the Client: How Families Play a Role in the Care We Provide**

**Time:** 1:00-2:30pm

**Location:** Starpoint Church - 14 Jarose Place Clifton Park, NY 12065

Presenter: **Jennifer Harvey, MSW, CDP** Touching Hearts at Home

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 is not helpful or healthy for us or the older person we serve?

**Join us in exploring this challenging and important topic!**

# Community

## 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**

Call the Wellness Express Team at **518-399-3262** for information and eligibility.

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

## Volunteer Drivers Needed!



Care Receiver, Mildred (above)

*“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!**

## Community Meals, Food Pantries, and Events

**Christ Community Reformed Church** - 1010 NY-146, Clifton Park, NY 12065

Offers a little free pantry in the front of the church. Call 518-371-7654 for more info.

**Faith Baptist Church** - 11 Glenridge Rd, Rexford, NY 12148

Offers a food pantry. Call 518-399-2220 for more info.

**First Baptist Church of Ballston Spa** - 202 Milton Ave, Ballston Spa, NY 12020

Offers a food pantry and a Summer meal program for children. Call (518) 885-8361 for details.

**Grace Chapel Church** - 996 Main St, Clifton Park, NY 12065

Offers a potluck dinner for seniors after church on Sunday once per month. Calling ahead is helpful but not required. Call 518-877-3314 for more info.

**Jonesville United Methodist Church** - 963 Main St, Clifton Park, NY 12065

Offers the Shenendehowa Helping Hands food pantry on Friday’s 9a-Noon. Call 518-877-7332 for more info.

**Karyl’s Kupboard Food Pantry by CAPTAIN CHS** – 5 Municipal Plaza Suite 3, Clifton Park, NY 12065

The pantry is open Monday, Tuesday, and Thursday from 10:00am to 3:00pm, and Mondays 4:30pm to 6:30pm by appointment only. Call 518-371-1185

**Shenendehowa United Methodist Church** - 971 Route 146, Clifton Park, NY 12065

Offers a monthly communal meal. Call 518-371-7964 for more info.

**St. Mary's Crescent** - 86 Church Hill Rd, Waterford, NY 12188

Offers a “Senior Tuesday” event on the last Tuesday of each month. Call 518-371-9632 for more info.



**Saratoga County Department of Aging & Youth**

Offers congregate meals to qualifying seniors (over 60 yrs old)

Hot meal served at Noon on Mondays-Fridays  
Call 518-363-4020 for more information.

## Other Opportunities to Help

### Current Volunteer Needs:

-  Volunteer Team Members are Needed to provide occasional friendly visits with lonely seniors.
-  Care Links is looking for Road Warriors to help with Newsletter distribution to a variety of everyday locations in Southern Saratoga County. Please let us know if you can help by contacting [careconnection23@gmail.com](mailto:careconnection23@gmail.com)

### Shout Out!

A **warm welcome** to our new Care Links volunteers Marylou Girard, Susan Campbell, Pat Stack, Betsy Boudette, Brenda Sugarman and Paula Golden!

### Ways to Receive our Care Links Newsletter:

Mail/Email - If you would like to receive this newsletter when it first comes out, please contact us at 518-399-3262 or [careconnection23@gmail.com](mailto:careconnection23@gmail.com) to be added to the mailing list!

Online - View the Care Connections Newsletter online or share with a friend at <https://captaincares.org/care-links/news-and-events/news.html>

### Care Links has Volunteer Opportunities for folks from TWO to NINETY-TWO!

Please contact Terra at 518-399-3262 or [Terra@captaincares.org](mailto:Terra@captaincares.org) to answer your questions!



**CAPTAIN**  
Community Human Services  
*Lifting people up. Building brighter futures.*

### SAVE the Date & Be Sure to Register!

Annual Potluck Lunch with Santa Claus  
Sponsored by Maddalone Entertainment

**December 6th, 2023**

2:00- 4:30pm

St. Mary's Crescent

86 Church Hill Rd, Waterford, NY

Care Links is a Program of:  
CAPTAIN Community Human Services  
543 Saratoga Rd. Glenville, NY 12302  
(518) 399-3262