



Care Connections

HIGHLIGHTS

Did You Know?

August is National Wellness Month!

&

September is National Suicide Awareness Month!

Dial 988 for the Suicide & Crisis Lifeline

Upcoming Events

August 9th – Volunteer Training Make-Up Date

August 17th – Monthly Care Links Get Together

September 14th – A Night with Benita Zahn

October 19th – Monthly Care Links Get Together

October 25th – Care Links Lunch Club

November 1st – Flu Shot Clinic

November 16th – Monthly Care Links Get Together

(Please see details on page 7 for times and locations)

Volunteer Birthdays (Aug & Sep)

Pat Crowley

Rita Reynolds

Maureen Kucharski

Laurel Catellier

Claire Murphy

Helene Arlitz

Gigi Andres

Nancy Varley

Madison Almy

John Ryan

Michele Zebrowski

Steven Topper

Mitra Gouneh

Tara Garrett

Ron Louis

**We wish you All a year filled with Love,
Laughter, and Happiness!**

“Together We Make a Difference”

Care Links, a program of CAPTAIN Community Human Services, is proud to be celebrating our 25th 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.

Volunteer Spotlight:

SUSAN PIERINO



Susan and her husband have lived in Clifton Park since 1984 and raised three daughters there. When her children were little, she ran a home daycare and then pursued a 25-year career at NYSUT in the Member Benefits Department. She loves to spend time with family and friends, travel, and volunteer at Proctors Theater.



**Care Links Volunteer in the Spotlight:
Sue Pierino**

We asked Sue 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.

What made you decide to volunteer with Care Links?

“I have been volunteering with Care Links and CAPTAIN for two and a half years. My connection with Care Links actually goes back to their inception. At that time my daughter’s Girl Scout troop signed up to visit seniors and do light cleaning for a year. When I retired from NYSUT, I decided to volunteer with Care Links because I know that elderly individuals, who want to live on their own, often need help with driving, cleaning, shopping, and appreciate visits. Until recently, my parents did not live near us, and I would have been very grateful if there had been an organization like this to help them out.”

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

“I really enjoy taking clients to appointments and doing home visits. I have met some wonderful people, who all have stories to tell and appreciate the assistance. My favorite thing is the connections we have made and I look forward to seeing them. The reward, to me is knowing that providing this service is allowing seniors to live where they choose for as long as possible. The personal connection helps alleviate isolation and loneliness, which are common issues for seniors.”

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

“Creating relationships with the clients is one of the highlights of working with Care Links. I try to make sure that I am not rushed so that we can enjoy the time together. If possible, we can do other errands or stop for a cup of coffee along the way. I try to take the opportunity to listen to them and to get them to tell me about themselves.”

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

“Care Links is a wonderful organization, committed to providing services to seniors in our community. Without the volunteers, this would not be possible. If you are thinking of signing up as a volunteer with Care Links, I would say go into it knowing that you are really helping someone maintain their independence. The schedule for driving is very flexible, you sign up when you are available. You will develop relationships with the clients, which is very fulfilling.”

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.

Care Links in Action



Ray Shafer of OASIS Senior Advisors presents to Care Links options when looking for your next place to call home.



Care Links Team Member, Claire enjoys lunch with her Care Receiver Ann.



The Annual Required Training for all volunteers was well attended. There were team building exercises intermingled with policies, procedures and the like to aid in the training development of our volunteer team.

Adopt a Grandparent Program



Miss Marilou has become “one of the family” with her Care Links volunteer, MiaBella (shown here with brother, Lochlan). Miss Marilou attended MiaBella’s class graduation as her special guest. The Adopt a Grandparent Program helps our Care Receivers feel a sense of purpose and belonging.

Program News



Care Links Office News

Please note that Heidi will be out of the office from August 1st to October 1st and will not have access to phone or e-mail. We will have and are working on setting up times with volunteers to assist in the office.

The best way to connect with Terra is via e-mail at Terra@captaincares.org. Thank you!



The “Adopt a Grandparent” Program - Update

We have now completed matching the first two volunteer families in our Adopt a Grandparent Program. We are in the process of lining up presentations to groups with families to share this opportunity.

Do you know a group who Care Links can present to about this new opportunity?

If you have a youngster (along with their parent/guardian) who would enjoy providing Friendly Visits to seniors in Southern Saratoga County, please contact Terra at Terra@captaincares.org or 518-399-3262.



NEW* PRIVATE Facebook Group called "Care Links Team Connection"

If you would like to be added, simply visit www.facebook.com/groups/758015898725013/ and submit a request to be added to our private group.

This is where we can share inspiring stories, stay up to date on activities, make plans with each other for outings with our Care Receivers, etc. Let's make connections and build out team spirit!



Going forward the Care Links “Care Connections” Newsletter will feature a “Memorials” section to honor beloved Care Receivers and Volunteer Team Members who have passed on.

If you know a Care Receiver and/or Volunteer who has passed on, and you'd like to see them honored in a subsequent newsletter, please contact Terra at Terra@captaincares.org or 518-399-3262.

From the Program Manager's Desk

Dear Team,

As I think back on the last few months with all of activities and connections in Care Links, I am reminded of when I began my journey with CAPTAIN and the Senior Services Program.

In meeting with our Care Receivers and Volunteers, I found there was a common theme; a need and desire to feel connected to the community and each other.

It was with your wishes in mind that we set out to create opportunities for coming together as a team. A team of volunteers, caregivers, care receivers and the community who all have the inner need to feel loved, nurtured, cared for and appreciated.

We have put in place monthly gatherings where everyone can connect and learn about resources in the community to aid in aging in place independently. We have provided opportunities to enjoy each other's company over food, games, and music.

I watch you all grow (as a team) as you share your stories with each other of your experiences, I hear the laughter and quiet moments of understanding.

I feel blessed and encouraged when I see the engagement of our Care Receivers at our gatherings and have you all to thank for this.

It all came full circle for me, when I saw at our last get together, Care Receivers with their Volunteers joining in the activities of "getting to know you" and seeing the smiles on your faces.

As I drove a Care Receiver home afterward, she shared with me that she and another Care Receiver made a connection and exchanged phone numbers. She was like a school girl planning her phone call to her new friend.

The best part?!

When I received a call to hear that they spoke on the phone and found they went to school together 60 years ago! The joy of the voice on the phone was a beautiful thing to hear.

Connections is what Care Links is all about.

Sincerely,

Terra Maddalone-Ristau
Senior Services Program Manager

Out in the Community

Shenendehowa Neighbors Connecting

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



Come and join SNC for an End-of-Summer Pool Party! **(for SNC Members ONLY)**

Date: August 25th (rain date August 30th)
Time: 11:00AM - 3:00PM
Location: Susan Cromer's House
Waterford, NY

The pool is heated. Bring a lunch. We will provide water and iced tea. If you'd like anything else (including spirits) you are welcome to bring it along. Chairs will be provided, but please bring your own towel.

This event is members only. Join for just \$10/year!

Please register on the SNC website @ <https://snc.clubexpress.com> by August 24th.

Please call Susan at (518) 810-9280 if you have questions.



A program of To Love a Child, Inc.

To Love a Child, Inc. is looking for seniors who would like to have fresh vegetables right at your fingertips so you can enjoy a beautiful salad every day of the week!

Plus, think about all the extra nutrients you will be adding to your diet to stay healthy!

As part of our "Thyme to Thrive" program we will provide you with a patio container garden of vegetables and herbs. All you need to do is water the plants, pick the produce and add your favorite salad dressing!

Time is of the essence so contact us soon.

Please contact **Cindy** at **518-859-4424**
or DirectoratTLC@aol.com

CAPTAIN Food Pantry Produce Stand

During the summer months CAPTAIN receives an abundance of produce from community members, our community garden, and Capitol Roots.

Produce Stand location & hours:

Wednesdays: Glenville office; 3pm-3:30pm

Fridays: Clifton Park office; 9am-12pm

CAPTAIN's Friday Produce Shuttle – CAPTAIN volunteers will go to our senior housing communities to deliver the produce directly to them.

For more information please contact Becca at CAPTAIN'S Clifton Park office @ 518-371-1185.

A Few Upcoming “Events and Gatherings” Details

Please remember to RSVP Yes or No by e-mail or phone for All meetings/events!

August 9, 2022 (Closed Meeting)

Care Links Required Annual Training (Make Up)

This training is for all Care Links volunteers who were unable to make it to the June 15th training.

We will be covering program policies & procedures, question and answer time, program updates, etc.

Time: 10:00am-1:00pm (feel free to bring a bagged lunch/snack if you so desire, bottled water will be provided)

Location: Christ Community Reformed Church - 1010 Route 146, Clifton Park, NY 12065

August 17, 2022

Monthly Care Links Get Together

Topic: **USA Medicare Consultants**

Time: 11:30am – 1:00pm (feel free to bring a bagged lunch/snack if you so desire, bottled water will be provided)

Location: Christ Community Reformed Church - 1010 Route 146, Clifton Park, NY 12065

September 14, 2022

Special Event (See Flyer Attached)

An Evening with Dr. Benita Zahn, “B Your Best”

Creating a blueprint for your health by learning new skills leading to sustainable behavior change and achievement of your goals.

Time: 5:30pm – 7:00pm (refreshments will be provided after presentation)

Location: Christ Community Reformed Church - 1010 Route 146, Clifton Park, NY 12065

October 19, 2022

Monthly Care Links Get Together

Topic: **Home Instead**

Time: 11:30am – 1:00pm (feel free to bring a bagged lunch/snack if you so desire, bottled water will be provided)

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

October 25, 2022

Care Links Lunch Club

Time: 11:30am – 1:00pm

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

November 1, 2022

Community Event

Flu Shot Clinic (sponsored by Highmark)

Time: 11:00am-2:00pm

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

November 16, 2022

Monthly Care Links Get Together

Topic: **Community Hospice Overview**

Time: 11:30am – 1:00pm (feel free to bring a bagged lunch/snack if you so desire, bottled water will be provided)

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



Next Gathering...

August 17, 2022

Monthly Care Links Get Together

Topic:

USA Medicare Consultants

“Join us for a Medicare informational meeting, where our guest speakers will be explaining and simplifying Medicare. From basic Medicare to additional plans which enhance your coverage, they will answer your questions and explain the differences to help you understand how important it is to choose wisely when deciding what type of coverage you need.”

Time: 11:30am – 1:00pm
(feel free to bring a bagged lunch/snack if you so desire, bottled water will be provided)

Location: Christ Community Reformed Church - 1010 Route 146, Clifton Park, NY 12065

RSVP is Required



Time & Mileage Reporting

We know your time is valuable!
Without you there would be no Care Links!

Please remember to send in your time and mileage report no later than the **Last Business Day of each Month.**

The time and mileage information we receive from you must then be hand coded into our system at the end of every month so that we can submit program reports to various government and funding agencies.



Some of our volunteers find automated phone alerts and/or writing reminders on a wall calendar or in a planner helpful!

Communications

Thursdays

Volunteer Opportunities are emailed and uploaded to our private Facebook group each Thursday regarding Care Receivers who are on the wait list and looking for a volunteer.

These updates are to keep you in the loop with what we have going on. Should you have an interest for more information or know someone who may be looking to volunteer in such a situation, please have them **e-mail Terra at Terra@captaincares.org**

Transportation Corner

Have you signed up to provide transportation with **Ride Scheduler?**

Our Care Receiver’s depend on Care Links for their transportation to their medical appointments, your commitment to being there for them is so very important.

Steps when you “accept a ride”:

1. Call the senior **as soon as** you sign up for the ride.
2. **Call Again the Day Before to Confirm.**
(We have noticed that there has been some confusion on the part of the Care Receivers forgetting that you are picking them up.)
3. Complete your Time & Mileage on Ride Scheduler System after the ride.

Friendly Reminders



Care Links Gatherings

Do you attend Care Links gatherings and have room in your car for one more? We are looking for Team members who will **provide transportation** to a Care Receiver who would like to attend.

Care Links Gatherings are for **all** to attend!

Volunteers are asked to share with their Care Receivers the information and RSVP for them. They are welcome to attend with their volunteer, friend, or family member.



Driver's License and Auto Insurance Liability

If you have not yet done so please email Terra a copy of your auto insurance declarations page and a copy of your driver's license for your file.

This is necessary (as we discussed at our training night, as CAPTAIN CHS is secondary to your insurance) and should there be an incident during your "duties as a CAPTAIN volunteer."

Please be sure the following information is on the declarations page (& remember to send a new copy whenever your policy expires and renews).

- Your name listed on the policy
- Minimum limits of liability of 100/300
- The term date of expiration



Care Links T-Shirts

If we're able to get Care Links Volunteer t-shirts made and you would like one, please e-mail Terra your size!

Senior Holiday Project

This year we're expanding out Senior Holiday Project to include any holidays/seasons that may be meaningful to a Care Receiver!

Here are some examples of holiday/season specific things you could do with our Care Receivers:

Fall/Autumn: Take a leaf peeping walk or drive. Collect leaves, twigs, pine cones, etc. and craft decorations

Thanksgiving: Share a traditional meal

Winter Holidays*: Write cards, decorate care-receiver's home, and/or bake cookies

**Care Links volunteer "Elves" needed for 2-day commitment to set up and put away holiday decorations at seniors' homes!*

** Do you like to sing Christmas Songs? We are going to get some volunteers together to visit Care Receivers during the holidays with caroling. If you would like to join us, contact Terra.*

2nd Annual Holiday Potluck



Save the Date:

December 14th from 2:00pm-4:30pm
Shenendehowa United Methodist Church - 971
Route 146, Clifton Park, NY 12065

Other News & Information

Healthy Recipes!

-From Team Member Carol Katz

Apple

6 granny smith apples, peeled and sliced
 ¾ cup chopped walnuts
 8 dates, pitted and chopped
 1 cup raisins
 ½ cup old fashioned oats
 ½ tsp cinnamon
 ¼ tsp nutmeg
 Zest of 1 orange
 ¾ cup water
 Juice of 1 orange

Combine all ingredients in a 9 x 13 pan. Cover with foil and bake at 375 degrees for 45-50 minutes. Stir halfway through, and add a little water if it seems too dry. Serve warm or cold.

Black Bean and Corn Salsa

2 15 ounce cans black beans, drained and rinsed
 4 ears fresh corn, cooked until crisp tender
 1 small red onion, finely chopped
 2 tomatoes, diced, pulp removed
 5 green onions, finely sliced
 1 red bell pepper, seeded and chopped
 1 bunch cilantro, finely chopped
 1 Tbsp minced garlic
 ¼ cup lime juice
 1 avocado, diced
 2 Tbsp olive oil (can decrease, or omit, to make this lower fat)
 ½ Tbsp salt free taco mix or Mexican spice or cumin and chili powder....use what you like

Stir everything together in a large bowl, except the lime juice, olive oil and avocado. Stir in lime juice and olive oil (if using). Mix in avocado just before serving.

Volunteers on the Move

Care Links volunteer **Sharon Bissell** will be moving on after many years of service to Care Links. We wish her the best of luck in her future endeavors!

Please join us in welcoming **Steven Topper** to the Care Links Volunteer Team.

A native of Long Island, Steven moved to the Capital Region after his wife of 38 years lost her battle with cancer.

“During the 5 years that I was my wife’s caregiver, we received so much assistance and support - even during the pandemic,” says Steven. “Care Links gives me a chance to pay some of that back. Honestly, I’d be happy if my care recipients and Rideshare clients get half as much fulfillment from me as I get from working with them.”

In addition to Care Links, Steven volunteers at Captain in the food pantry and at a variety of community service events through Starpoint Church.

Memorials



Our thoughts and prayers are with the friends, families and volunteers of our care receivers who have recently passed away.

Bobbi Madsen
 Janice Morgan
 Bob Iagrossi

Other Opportunities to Help

Shout Outs!

-Thank you to Volunteer **Deb Curry** who is keeping on top of sending out birthday cards to our Care Receivers bringing joy to their faces at being remembered on their special day by the Care Links Team

-Thank you to Care Receiver **Marilou Pries** for her active participation in a variety of Care Links presentations out in the community. She is such a wonderful mascot for our program.

Current Volunteer Needs:

☀️ -Care Links is looking for **volunteers who can assist in the office** answering phones and performing simple admin functions on **Tuesdays & Thursdays from 10a-2p (August 1st to October 1st)**. No experience necessary, just a heart to help. Ideally, we would like individuals to commit to a single day of the week (either Tue or Thu) and help out on that same day at the same time.

-Do you have ideas/information to share with the Care Links Community? We are looking for **column writers and content creators** to help out with our bi-monthly newsletter whether it's taking on a dedicated, recurring column or a blurb for just one newsletter.

-Are you a party planner? We are looking for a few volunteers who would like to **plan/coordinate activities** for our volunteers, Care Receivers, or both. Some examples might include organizing a group picnic, a game night, a movie night, or a book club.

-Have you taken photos at any Care Links gatherings/events? We'd love to see them! **We encourage attendees to take photos** at any or all of our various gatherings and events. Please e-mail any photos to Terra @ Terra@captaincares.org. **Your photos help bring Care Links to life in our newsletter and other media.**

-Do you attend Care Links gatherings and have room in your car for one more? We are looking for Team members who will **provide transportation** to a Care Receiver who would like to attend.

Please contact Terra at 518-399-3262 or Terra@captaincares.org if you have any interest!



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

Care Links, a program of
CAPTAIN CHS presents

An Evening with Dr. Benita Zahn



**Creating a blueprint for your health by learning new skills
leading to sustainable behavior change and achievement of
your goals.**

Wednesday, September 14, 2022 | 5:30pm

Christ Community Reformed Church

1010 Route 146, Clifton Park, NY 12065

All are welcome to attend!

Register by emailing terra@captaincares.org

For more information,
call 518-399-3262 or visit
captaincares.org/care-links

