



CAPTAIN

Community Human Services



JULY 2025

SENIOR SERVICES PROGRAM



CARE CONNECTION NEWS

"Together we make a Difference"

Senior Services of CAPTAIN Community Human Services is proud to be celebrating its' 30th year of services to seniors in Southern Saratoga County! 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 companionship, shopping, social activities, transportation and more.

OUR STAFF

PROGRAM MANAGER

Terra Maddalone-Ristau
Terra@captaincares.org

PROGRAM ASSOCIATES

Daniela McKee
Daniela@captaincares.org

Virginia Andrews
Virginia@captaincares.org

**"Interactive"
SENIOR
RESOURCE
FAIR**



hosted by

CARE LINKS

A program of CAPTAIN Community Human Services

**CALL TO REGISTER
AS A BUSINESS
518-399-3262**

**Family
Caregivers
Welcome!**

**Tuesday, September 23rd, 2025
11:00am - 2:00pm**

**Clifton Park Center
22 Clifton Country Rd.
Clifton Park, NY**

Local businesses and organizations will be present to share resources they offer as well as members of the Care Links Team will be available to answer questions about serving the needs of senior citizens in Southern Saratoga County.

***Free Community Event
*Special Drawings****

For more information, please contact
CAPTAIN CHS Senior Services Program Manager, Terra Maddalone-Ristau
at **518-399-3262** or **Terra@CaptainCares.org**
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.



CONNECTION CORNER

(543 SARATOGA RD. GLENVILLE)

BEGINNING AUGUST 19TH, JOIN US ON THE THIRD TUESDAY OF EACH MONTH TO MEET WITH PROFESSIONALS WHO CAN ASSIST YOU WITH YOUR QUESTIONS.

TO REGISTER CALL 518-399-3262 , EVERYONE IS WELCOME

GATHER IMPORTANT RESOURCE INFORMATION ON:

- *CAREGIVER SUPPORT* FOR THOSE WITH LOVED ONES (AND/OR) AFFECTED BY DEMENTIA AND ALZHEIMER'S DISEASE.
- *HOUSING OPTIONS* THAT ARE AVAILABLE WITH A CARE PATROL ADVISOR.
- A COMPLIMENTARY CONSULTATION WITH BOB MOREHOUSE TO LEARN HOW TO SIMPLIFY AND ORGANIZE FINANCIAL ASSETS.

COMMUNITY EVENTS

RSVP to Participate: 518-399-3262

JULY - AUGUST

Christmas in July

July 1st - July 31st

CAPTAIN Senior Services will be gathering "re-giftable items" for the Senior Holiday Project.

Do you have something that you have never taken out of the box or removed the tag?

We can help you bring a smile to someone who would enjoy receiving it as a gift this holiday season!

Call 518-399-3262 to contribute.

MONDAY, JULY 7

Connection Corner with Care Patrol

Time: 11:00am - 1:00pm

TUESDAY, JULY 8

Connection Corner with Bob Morehouse

Time: 1:00pm - 3:00pm

FRIDAY, JULY 11

Connection Corner with Ginny and Anne.

Time: 10:00am - 11:00am

TUESDAY, JULY 15

Connection Corner for Caregiver Support

Time: 11:00am - 12:00pm

WEDNESDAY, JULY 30

Care Connection Lunch Club

1:00pm

Grecian Gardens

1612 Route 9, Clifton Park

Speaker: Melissa Ponce of Face 2 Face
"The Benefits of Reiki for Seniors."

FRIDAY, AUGUST 8

Connection Corner with Ginny and Anne for those who are grieving.

Time: 10:00am - 11:00am

WEDNESDAY, AUGUST 13

Care Connection Lunch Club Ice Cream Social at MTA

1:00pm

Mother Teresa Academy with the Kona Ice Truck

1 Executive Park Drive, Halfmoon

TUESDAY, AUGUST 19

Connection Corner for Support Services (see above)

11:00am

543 Saratoga Rd. Glenville

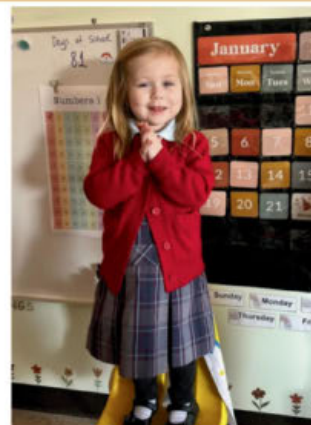


04 ADOPT A GRANDPARENT

"Promoting Intergenerational Relationships"

The CAPTAIN CHS Senior Services Program and Mother Teresa Academy encourage relationships between children and "adopted grandparents" who spend time in a variety of activities during the year.

The program offers a wealth of benefits for both age groups: Children gain valuable life lessons, social skills, and a sense of belonging, while seniors experience increased social interaction, improved mental and physical health, along with a renewed sense of purpose.



"WE OURSELVES FEEL THAT
WHAT
WE ARE DOING IS JUST A
DROP IN THE OCEAN.
BUT THE OCEAN WOULD BE
LESS BECAUSE OF THAT
MISSING DROP."
-MOTHER TERESA



MTA Grandmas, Ginny and
Mary Alice attended this
year's Graduation for the
children.

WELLNESS EXPRESS MEDICAL TRANSPORTATION

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 (518) 399-3262



"The drivers are friendly, respectful
and on time! A Big Thank You to
CAPTAIN!" Jeanne G.

"It's the best service I have ever had.
They are there for me on time. They are
fantastic and the nicest people!"
Donna C.

Congratulations to Wellness Express Driver, Kerry on her 5 year anniversary with CAPTAIN. "Thank you Kerry for your service to others that is always with a smile... We appreciate you!"

WELCOME TO THE TEAM

05

"All you need is the plan, the road map, and the courage to press on to your destination."

-Earl Nightingale

Please join us in welcoming the following volunteers to Care Links. We are grateful for their hearts to serve others.

MaryBeth Martin
Julie Royston
Gerri Thompson
Mary Beth Krohel

**VOLUNTEER
DRIVERS
NEEDED!**



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Donna Delgrosso

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06 VOLUNTEER IN THE SPOTLIGHT



Betsy Boudette



Betsy and her husband, Neal, reside in Halfmoon, N.Y. where she retired as a Registered Nurse who spent many years working with Hospice and home care individuals and for seven years was a volunteer where she provided delivery of Meals on Wheels. Betsy enjoys traveling and spending time with her family and grand dogs.

Three years ago, Betsy contacted Care Links to inquire about occasional transportation for herself. A brief time later she found herself participating at a gathering where she learned of the volunteer opportunity that would fit with her lifestyle. As her eyesight was deteriorating, she was looking for something to do where she could volunteer from home.

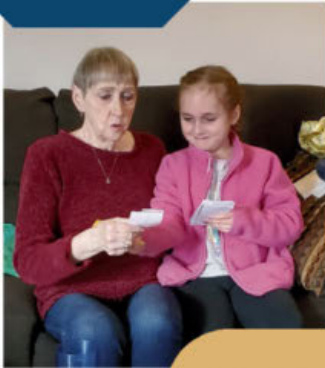
Betsy has found that providing phone calls to participants in the program to support and give encouragement is fulfilling for her. "Since joining Care Links I have been able to find helpful volunteer work with seniors at home through telephone calls. I appreciate learning about others' life experiences and encouraging them in their daily life. I also enjoy meeting other Care Links people at the luncheons."

During the holidays, Betsy and her husband participate in the Senior Holiday Project as elves delivering gifts which is a wonderful way to spend time together and bring a smile to others. She says, "It is really fun and we like doing that a lot!"

When asked, what advice she would give to someone interested in volunteering with the Care Links program? Betsy shared, "Anyone who has time to spare would benefit from the opportunity to help other seniors in need, give back to the community and be part of the supportive Care Links Team. It has been a pleasure to be a volunteer through Care Links."

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](https://captaincares.org/care-links).

CHRISTMAS IN JULY



CONTRIBUTE TO THE SENIOR HOLIDAY PROJECT WITH "REGIFTABLE ITEMS"

VOLUNTEER TRAINING



TEAM BUILDING AND SUPPORT

ANNUAL MEMORIAL SERVICE



HONORING OUR LOVED ONES

"How wonderful that no one need wait a single moment to improve the world."
-Anne Frank



Make a Wish

Something I ask both the volunteers and participants in our program is "what would you wish to be able to do with your volunteer (or senior)?"

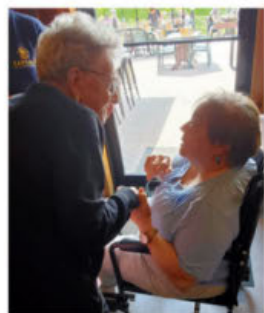
One woman shared with me that her wish was "to sit outside on her patio and blow bubbles." I was literally "blown" away by such a humble and simple wish. It was beautiful and when she was introduced to her volunteer for companionship, her "new friend" brought her bubbles and they sat outside and made her wish come true. You have to admit this is a beautiful story (and one that is shown in the photo).



People come to Care Links for many reasons other than the obvious need of transportation. They are also looking to meet new people and create relationships. When we are young, making friends seems to be easy, "Hi, do you want to play? Yes? Great! You are my new friend!"



As we get older it does not seem to work in the same manner, does it? That is why we look to facilitate this in the program by providing opportunities for people to come together with common interests and needs. We all have special gifts and talents that we can share that will compliment (or add to) a relationship.



The bond that is created over a connection of volunteer and care receiver is a beautiful thing to witness. I have seen this in my own grandchildren for example, who have been volunteering for the past few years. Witnessing the smiles and joy when they see their seniors' face, the pride they have when they tell others that they are a volunteer and have a special friend. Strong connections made are evident in the many emotions that come into play for them when not able to spend time together or sadly, when a special friend has passed away.



The universal need to be loved and cared for goes back to the beginning of time and I am grateful to the many volunteers, both young and old, who are on our team and provide compassion and understanding to those who have a wish for friendship.

Do you have an extra hour a week to give to someone who may just be looking for YOU to be their new friend? If so, let's chat.

Stay well and blessed,
Terra

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10 ANNE CARGILE'S CARE LINKS CORNER

I am going to open with the words I used to close my last note: "Care Links is amazing, and I am blessed every day to be part of such a great gift to others."

I was watching a movie the other day, and it was about a teacher having challenges with her classroom, she was an English teacher and she was trying to find a way to get their attention. Eventually, she was successful and was able to get them to appreciate stories and poems they never thought they would be able to understand. She quoted the poet Dylan Thomas and spoke at length about his poem, "Do Not Go Gentle Into That Good Night."

I admit that I was never much into poetry in my lifetime but I was intrigued by the way they interpreted it versus how I would at this point in my life.

We each face different challenges and while mine are much different than the teenagers portrayed, they are still scary, and they have a common theme. Every day we are faced with challenges - sometimes it is as simple as getting out of bed. But if I have learned one thing in my life -and the reason I like this poem - is that You must try as hard as you can every single day to reach that for which you are reaching. It could be as easy as creating a menu or preparing a good meal. It could be learning a new card game, like canasta. It could be asking for assistance from someone who might have different abilities than you do. It could even be telling a story - everyone's life story is just a little bit different.

It is putting up your hand and offering help, not always knowing what you could possibly offer but you will not know until you try. It is sharing a part of you, which is what feeds my soul, which is me standing up and raging against the dying of the light. Take a moment and read the poem and rage!

God Bless,
Anne



Do Not Go Gentle into That Good Night by Dylan Thomas

Do not go gentle into that good night, Old age should burn and rave at the close of day;
Rage, rage against the dying of the light.

Though wise men at their end know dark is right, Because their words had forked no lightning they
Do not go gentle into that good night.

Good men, the last wave by, crying how bright, Their frail deeds might have danced in a green bay,
Rage, rage against the dying of the light.

Wild men who caught and sang the sun in flight, And learn, too late, they grieved it on its way,
Do not go gentle into that good night.

Grave men, near death, who see with blinding sight, Blind eyes could blaze like meteors and be gay,
Rage, rage against the dying of the light.

And you, my father, there on the sad height, Curse, bless, me now with your fierce tears, I pray,
Do not go gentle into that good night.
Rage, rage against the dying of the light.

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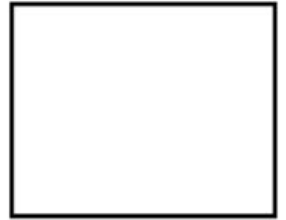


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CAPTAIN COMMUNITY HUMAN SERVICES SENIOR SERVICES PROGRAM

543 Saratoga Rd. Glenville, NY 12302
(518) 399-3262



"START WHERE YOU ARE. USE WHAT YOU HAVE. DO WHAT YOU CAN."
-ARTHUR ASHE

Friendships are made here



TOM AND HIS SPECIAL
VOLUNTEER, ALAINA

Care Links serves the towns of Ballston (including Burnt Hills), Charlton, Clifton Park, Halfmoon, Malta, the village of Ballston Spa 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, the village of Ballston Spa 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.