



CAPTAIN
Community Human Services



DECEMBER
2025

SENIOR SERVICES PROGRAM



CARE CONNECTION NEWSLETTER

"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
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PROGRAM ASSOCIATES

Daniela McKee
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Virginia Andrews
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MEMORIES MADE HERE

02



CONNECTION CORNER

(543 SARATOGA RD. GLENVILLE)

SENIOR RESOURCE PROFESSIONALS

JOIN US EACH MONTH & NETWORK WITH OTHERS WHO SHARE THE PASSION OF WORKING WITH SENIORS IN PROVIDING NEEDED RESOURCES.

TO PARTICIPATE CALL 518-399-3262



- *CAREGIVER SUPPORT* FOR THOSE WITH LOVED ONES (AND/OR) AFFECTED BY DEMENTIA AND ALZHEIMER'S DISEASE.
- *SENIOR HOUSING OPTIONS* THAT ARE AVAILABLE WITH CARE PATROL ADVISOR, LISA MCLANE.
- "FUNERAL PLANNING 101" WITH BRITTANY DEMARCO-FURMAN OF GLENVILLE FUNERAL HOME
- A COMPLIMENTARY CONSULTATION WITH BOB MOREHOUSE TO *ORGANIZE FINANCIAL ASSETS*.
- NEED TO DOWNSIZE AND NOT SURE WHERE TO START? SENIOR REAL ESTATE SPECIALIST, KIRSTIN DRABEK CAN HELP.
- KHOOSHBU AND PREET BASSI - FINANCIAL ADVISORS WHO HELP SENIORS FIGURE OUT WHAT TO DO WHEN THEIR MONEY IS IN MOTION.

COMMUNITY EVENTS

RSVP for Details and Participation: 518-399-3262

DECEMBER



FRIDAY, DECEMBER 12

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

10:00am - 11:00am
543 Saratoga Rd. Glenville

TUESDAY, DECEMBER 16

Connection Corner for Support Services with the Pros (see above)

11:00am - 1:00pm
543 Saratoga Rd. Glenville

Seniors and Care Givers are always welcome to attend and gather information from the Pros.



04 IT'S ABOUT THE CONNECTION

OUR VOLUNTEERS MAKE A DIFFERENCE IN THE LIVES OF OTHERS



"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

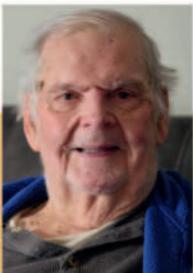
WELLNESS EXPRESS MEDICAL TRANSPORTATION

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

For Eligibility and Information, call (518) 399-3262



John Tragini shares his experience with the Wellness Express and Senior Services.

"I am 89 years old, like to be independent and do as much as I can for myself. A year ago, I was in need of some assistance with transportation and contacted CAPTAIN.

There are many things I can share about the program but some of the highlights are: They are always on time, very helpful and congenial, they will even wait in the waiting room with me, that is very nice.

At the holidays, they brought me a delicious Thanksgiving meal and an unexpected gift for Christmas. The people in the program make me not feel so alone and I am grateful for this."

WELCOME TO THE TEAM

"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.



VOLUNTEER OPPORTUNITIES

Charlie Huggard
Debra Casagrande
Laura Anku
Deb Kinney

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HELP WITH SHOPPING

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Dr. Rachel Hargraves

is an experienced general dentist committed to providing the highest quality care to her patients. She is compassionate and dedicated to doing her best to make sure patients are comfortable. Her team is highly competent in all phases of general dentistry and treats patients of all ages.

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06 VOLUNTEER IN THE SPOTLIGHT

Paula Golden



HERE IS PAULA'S STORY:

"I WAS BORN AND RAISED IN ROCHESTER, N.Y. BEFORE MOVING TO THE COMMUNITY IN 1985 WITH MY HUSBAND AND OUR TWO SONS.

BEFORE JOINING THE CARE LINKS TEAM TWO YEARS AGO, I VOLUNTEERED WITH HELPING HANDS FOOD PANTRY AT JONESVILLE UNITED METHODIST CHURCH UNTIL THE PANDEMIC. WHEN THE FOOD PANTRY REOPENED, THEY WERE ONLY OPEN ONE DAY A WEEK INSTEAD OF TWO. IT WAS THEN I DECIDED TO TRY SOMETHING DIFFERENT. I HEARD TERRA SPEAK AT A LUNCHEON AT THE JONESVILLE CHURCH AND WAS EXTREMELY IMPRESSED THINKING IT WAS SOMETHING I'D BE INTERESTED IN BEING A PART OF.

SINCE JOINING CARE LINKS I'VE BECOME VERY INVOLVED IN MANY WAYS. I HAVE A 93-YEAR-OLD CARE RECEIVER THAT I TAKE SHOPPING EVERY WEEK, AM A "GRANDMA" AT MOTHER THERESA ACADEMY TWICE A MONTH WITH FOUR-YEAR-OLDS, ON THE EVENTS PLANNING TEAM AND WORK A FEW HOURS A WEEK IN THE OFFICE DOING VARIOUS ODD JOBS. I ALSO TAKE A CARE RECEIVER TO CHAIR ZUMBA AT THE SENIOR CENTER ONCE A WEEK AND JOIN IN!

I'VE ENJOYED VOLUNTEERING WITH CARE LINKS AND HAVE MADE MANY NEW FRIENDS. MY HUSBAND SAW HOW MUCH I ENJOY VOLUNTEERING AND DECIDED TO VOLUNTEER ALSO.

IF YOU ARE SITTING AT HOME WITH NOTHING TO DO AND WOULD LIKE TO MAKE A DIFFERENCE IN A SENIOR'S LIFE, THEN VOLUNTEERING WITH CARE LINKS IS FOR YOU."



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.

ARE YOU
LOOKING TO
BE
INVOLVED
IN YOUR
COMMUNITY
AND MAKE
NEW
FRIENDS?

WE CAN
HELP!

ADOPT A GRANDPARENT PROGRAM WITH MTA



HOLIDAY CARD MAKING

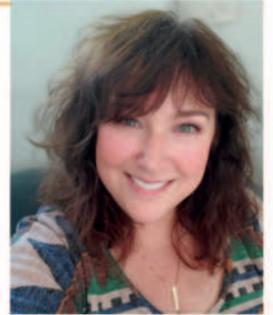


COLLABORATING ON HOW TO SUPPORT OTHERS



Everything in our Life is Temporary

One of the greatest lessons I learned from my parents is that “everything we go through is temporary.” From the situations we face, our achievements, our family and friends, possessions, everything we work for and at the end of the day, it's simply You and your Creator.



What is the legacy you wish to leave behind? What will you be remembered for? I encourage you to embrace this beautiful journey of life, all of the ups and downs, highs and lows, good times and bad. I believe that every moment that our eyes are open, we have the opportunity to choose the direction we want to take. No one will ever walk the same path as you, so make it truly yours, that is what makes you so incredibly unique.

Every day I encounter new people and get to hear their stories. I find that those who are thriving in their circumstances are the ones who have a positive outlook on their life. You may not be able to do things the way you used to BUT if it is on your heart that means that there is a way to still enjoy a related experience.

I have met people who share that they “no longer can, no longer get to, or I can’t” well, let’s get creative and dive into some possibilities to change these thoughts:

1. Start the day with positive affirmations that will set the tone for the entire day.
2. Practice gratitude and reflect on all you are grateful for, no matter how small (write it down in a journal).
3. Engage in activities that bring you joy, focusing on your physical and mental health.
4. Recognize when you have negative thoughts to train your brain to find one thing positive in that moment.
5. Involve yourself with positive people and influences. Limit your time alone, on social media and surround yourself with uplifting people (if they are not in the area, call them), if you do not know where to start, connect with my team or I.

Life is truly what we make it and my wish for everyone is to find peace and joy in their days on earth.

Stay well, my friends and make today an unforgettable day on your journey of life.

Terra



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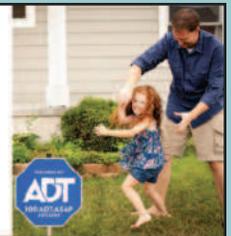


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Benefits and costs depend on your level of Low-Income Subsidy (LIS) or Medicaid eligibility and the plan you enroll in. VNS Health Medicare is a Medicare Advantage organization with Medicare and Medicaid contracts, offering HMO D-SNP and HMO plans. Enrollment in VNS Health Medicare depends on contract renewal.

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10 ANNE CARGILE'S CARE LINKS CORNER

Keeping a Good Attitude During the Holidays - even for this 80-year-old

The holidays can bring joy but also mixed emotions - especially as we get older. Traditions change, energy fades, and loved ones may live farther away. Still, there are many ways to stay positive and make the season meaningful.



Focus on what you can do.

Maybe you can't host a big dinner, but you can write cards, share stories, or decorate a cozy space that makes you smile.

Stay connected.

A quick phone call, a cup of tea with a neighbor, or a video chat can lift your spirits and remind you that you're not alone.

Find small joys.

Play favorite songs, light candles, or bake something simple — the little things often bring the most warmth.

Let others help.

Saying "yes" when someone offers to lend a hand brings joy to both of you.

Be grateful.

Take a moment each day to notice what's still good — friendships, memories, a beautiful sunrise.

Keep laughing.

Humor keeps the heart young and the holidays light.

No matter how you celebrate, like always eating popcorn when you watch a movie remember: the season is about connection, gratitude, and peace — and those never go out of style.

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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



KITTY AND HER SPECIAL
VOLUNTEER, CINDY

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.