



CAPTAIN

Community Human Services

SENIOR SERVICES PROGRAM



Summer 2025



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**



**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.

UPCOMING EVENTS 03

WHAT'S NEW

Connection Corner

Additional Support Services

Located at the CAPTAIN CHS Office
543 Saratoga Rd. Glenville

Connection Corner with Ginny and Anne. This "coffee hour" is designed for those who have **lost someone they love** to connect with others who understand what you are going through during the grieving process.

Connection Corner for Care Givers with Senior Services and Alzheimer's Association invite you to join us for "coffee and conversation" as we offer **caregiver, emotional support and disease education** to those who are caregivers for those who care for loved ones and/or affected by Dementia and Alzheimer's disease.

Connection Corner with Care Patrol offers the opportunity to meet with an advisor to learn about **housing services that are available.** We come with the promise to help you find the best senior care options for your needs, supporting families of older adults, ensuring they are well-informed and comfortable with the care decisions made.

Connection Corner with Bob Morehouse

Complimentary Consultation to help Seniors' to **simplify and organize their Financial Assets** and set up a spreadsheet to monitor these assets moving forward.

Call 518-399-3262 to register (Dates on Right) for gatherings; everyone is welcome.



JUNE 2025

MONDAY, JUNE 2

Connection Corner with Care Patrol

Time: 11:00am - 1:00pm

THURSDAY, JUNE 5

New Care Links Volunteer Orientation

Time: 1:00pm - 4:00pm
(Call 518-399-3262 for location)

TUESDAY, JUNE 10

Connection Corner with Bob Morehouse

Time: 1:00pm - 3:00pm

FRIDAY, JUNE 13

Connection Corner with Ginny and Anne.

Time: 10:00am - 11:00am

TUESDAY, JUNE 17

Connection Corner for Caregiver Support

Time: 11:00am - 12:00pm

WEDNESDAY, JUNE 25

Care Connection Lunch Club

1:00pm

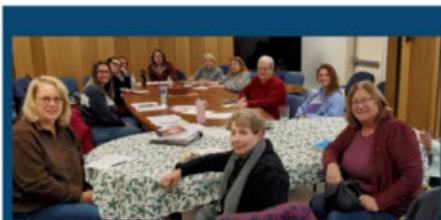
Wheatfields Bistro

54 Crossing Blvd. Clifton Park

Speaker:

Care Links Volunteer, Michael Moore

"The Joy of Journaling with your loved one."



Become a
Care Links Volunteer
and build rewarding connections
with others in the community.

JULY 2025

COMMUNITY EVENT

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."

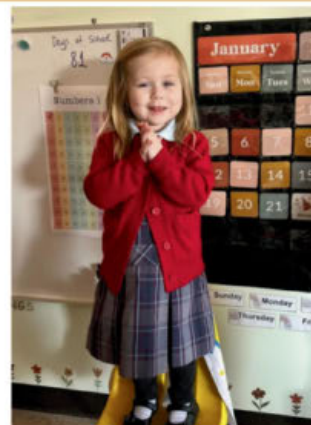


04 ADOPT A GRANDPARENT

PROMOTING INTERGENERATIONAL RELATIONSHIPS

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.

SENIORS ARE INDIVIDUALLY MATCHED TO STUDENTS FOR THE SCHOOL YEAR AS "ADOPTED GRANDPARENTS" AND VISIT THEIR CLASSES THROUGHOUT THE YEAR PARTICIPATING IN CLASSROOM ACTIVITIES THAT PROVIDE A REWARDING EXPERIENCE FOR ALL INVOLVED.



"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 THERESA



WELLNESS EXPRESS MEDICAL TRANSPORTATION

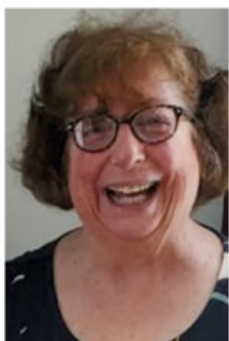
Residents of The Village of Ballston Spa, Towns of Ballston, Burnt Hills, Charlton, Galway, Malta, and Milton:

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 pick up on time. They are fantastic and the nicest people!"
Donna C.

"The seniors feel less lonely during their transportation because they have someone to talk to and have a good time with the drivers. They appreciate the people who help them get to their appointments and can't express enough how grateful they are for this service." Ginny, Program Associate

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.

John Longacker
Bob Morehouse
Barbara Trompeter
Jeff Trompeter
Linda Vosganian
Pat Landauer
Cara Czech

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Donna Delgrosso

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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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CAPTAIN Community Human Services, Clifton Park, NY 06-5468

06 VOLUNTEER OF THE YEAR 2025: LINDA COLLET



The CAPTAIN CHS Senior Services, Care Links Volunteer of the Year, 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 the many services that the Care Links program offers. In short, they have exemplified the Care Links mission, and we are proud to honor Mrs. Linda Collet.

Linda is the wife of Chris Collet and mother to Jennifer and Rachel. She is a resident of Clifton Park and a retiree of the Office of the State Comptroller, spending 32 years auditing financial data of local governments.

She and her family enjoy traveling to many places, especially if there is a beach involved! Linda also enjoys gardening and baking (which many of her care receivers benefit from this passion of hers). Linda has a long history of volunteerism in a variety of settings; from helping in her church, her daughter's school activities, a community garden project, meal ministries and being part of the team that worked on the clean up after Hurricane Irene in Schoharie County.

Over the past five years, Linda has helped numerous care receivers with her visits, shopping errands and assistance with tasks around the home. She enjoys finding ways to engage them in a variety of activities, card and board games and putting puzzles together. Linda is often found working alongside her team members at events and activities. Her commitment, dedication to the mission and organizational skills is shown with her ability to juggle multiple seniors each week with their needs. Linda's quiet, unassuming way does not go unnoticed by her peers and care receivers.

One of her ladies shared, "Linda is kind and considerate. She bakes cookies and muffins for me and even makes some for my daughter. She is caring and always makes me feel special, she calms my fears. Linda helps me to make my bed, read my mail and does my outside gardening. She keeps me up to date on things that are going on in my community by reading my bulletin to me every month. She has a big heart and truly cares about and is concerned about the people she helps."

Linda's participation has led to her being a role model for other volunteers and in the community. We are proud to honor Linda Collect as the Volunteer of the Year and thank her for her contribution to the Care Links program.



Congratulations!



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.

Every year we Come Together to Celebrate the
Volunteers and Participants in the Senior Services program.



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

08 A MESSAGE FROM TERRA



It's in the Connection

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.

Stay well and blessed,
Terra Maddalone-Ristau
Senior Services Program Manager



"TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND." - LEO BUSCAGLIA

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10 GOLDEN INSPIRATION AWARD 2025



Anne Marie with her Junior Volunteer, Lochlan



Care Links Ambassador, Anne Marie Cargile is the 2025 recipient of the CAPTAIN CHS Senior Services, Golden Inspiration Award.

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 participant has inspired others and acknowledges the contributions by a care receiver and for the impressive impact that they have made on other participants to become more involved. We are proud to honor Mrs. Anne Marie Cargile.

Anne Marie has shown dedication and commitment to the community for decades through her involvement with Rotary International, as a former CAPTAIN CHS Board Member and currently as the Care Links Senior Ambassador.

Anne shines as an inspiration to those who know her.

When faced with a challenge (of which there have been many), Anne exhibits grace, grit, and determination to carry on with her positive outlook on life. The way she embraces the opportunities that life has to offer is a shining example of how to truly "live life."

Anne is an enthusiastic participant as "Grandma" in the Adopt a Grandparent Program which encourages intergenerational relationships with children. She has found ways to participate with the children that she has adopted at Mother Teresa Academy with her hugs and visits at story time. When she was unable to be there in person she stayed connected with the children through technology.

Anne has also been instrumental in the development of "Connection Corner with Ginny and Anne" held at CAPTAIN (in the Glenville office), where people who are grieving may gather with others who understand what they are going through.

Her commitment to the Senior Services Program does not go unnoticed among her peers. Some of the comments shared about Anne are, "Anne is always cheerful with her lovely smile that shines through her eyes," "She functions way beyond her disabilities and exudes a goodness that becomes apparent the moment you meet her," "She is genuinely kind and approachable, everyone who meets her is captivated by her and she does not let anything stand in her way." For this reason and so much more, Ann Cargile is a wonderful example of how to "live life to the fullest."

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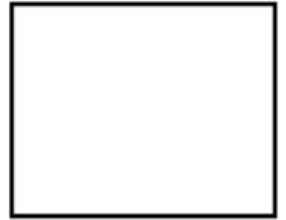


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CAPTAIN COMMUNITY HUMAN SERVICES SENIOR SERVICES PROGRAM

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.