



**CAPTAIN**  
Community Human Services



**FEBRUARY**  
**2026**

**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**

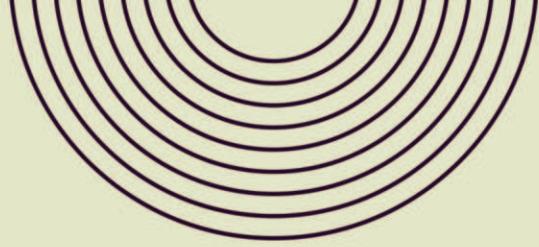
#### **PROGRAM MANAGER**

Terra Maddalone-Ristau  
Terra@captaincares.org

#### **PROGRAM ASSOCIATES**

Daniela McKee  
Daniela@captaincares.org

Virginia Andrews  
Virginia@captaincares.org



## Self Care Workshop

“Fill Your Cup so you can overflow onto others”

### What's This All About?



- Transform your Potential into Purpose
- Declutter to Clear Your Mind
- Relaxation Techniques with Reiki
- Work your Way through Loss
- Find Your Moxie!



### Workshop Highlights:

- Group Activities
- Grounding Exercises
- Self-Reflection
- How to Ask for Help
- and More!

**Friday, February 20<sup>th</sup> 2026**

10am - 3pm

Shenendehowa United Methodist Church  
Fellowship Hall (Door F)  
971 Route 146 Clifton Park, NY

**Limited Seating - Registration Required**

Connect with others for fun  
and fellowship.

**Questions? Contact:**  
**Terra@captaincares.org**  
**or call: (518) 399-3262**



## 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.

- CAREGIVER SUPPORT FOR THOSE WITH LOVED ONES (AND/OR) AFFECTED BY DEMENTIA AND ALZHEIMER'S DISEASE WITH **MEAGAN DEMENTO**.
- 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.
- **LEAH DISCIPIO** FROM MARQUIS OFFERING HOME HEALTH CARE AIDE SERVICES, ACCEPTING MEDICAID, LTC, PRIVATE INSURANCE & PRIVATE PAY.
- BRINGING MEDICAL PROVIDERS TOGETHER FOR SKILLED SERVICES IN THE HOME WITH **NICOLE LICHTY**, OUTREACH SPECIALIST- MARQUIS CERTIFIED HOME CARE.
- QUESTIONS ABOUT MEDICARE, DENTAL AND VISION OPTIONS? **SONYA** WITH CHANDLER INSURANCE SERVICES IS HERE.



**RSVP for Participation: 518-399-3262**

#### FRIDAY, FEBRUARY 13

**Connection Corner with Ginny and Anne for those who are riding the rollercoaster of grief.**

10:00am - 11:00am

543 Saratoga Rd. Glenville



#### WEDNESDAY, FEBRUARY 25

**Care Connection Monthly Lunch Club**

Time: 1:00pm

Location: Peddlers Bar & Bistro

16 Old Route 9. Clifton Park

(Dutch Treat & Order off the menu)

**All are welcome, call to Reserve your chair!**

#### TUESDAY, FEBRUARY 17

**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 VOLUNTEER CORNER WITH MARYALICE

## Volunteering with our Seniors

We all have free time. Why not use your time to assist the most vulnerable in our community – the senior population! I've been asked what volunteering means to me.

Volunteering allows me to give back to my community in a meaningful way, and I find it very rewarding. Particularly, volunteering with older adults where the opportunity to provide companionship, support, and assistance to others in our community.

It involves more than just giving your time—it's about building relationships and making a positive impact in the lives of people who may face challenges with mobility, health, or social isolation.

As volunteers we play a vital role in enhancing the quality of life for seniors. It is as easy as offering friendship and emotional support. Spending time talking, listening, and engaging in activities helps combat loneliness and leads to meaningful relationships. Many of our seniors are unable to leave their homes or go to a doctor's appointment without our transportation services. Others just want someone to talk to. I continually learn from the life experiences and wisdom of the elderly.

Seniors are so interesting and I enjoy listening to their life stories. It is fulfilling to volunteer and provides me with a sense of purpose and accomplishment. I feel I receive as much as I give! Many volunteers find that their own lives are enriched through the bonds they form with care receivers and the gratitude they receive. Additionally, volunteering helps develop and enhance valuable skills such as patience, empathy, communication, and problem-solving.

I enjoy volunteering for the CAPTAIN Senior Services program because there are numerous ways to help no matter what time you can give. I've been involved in the program for 20+ years and have seen its growth. I volunteered while I was working and I volunteer much more now that I am retired. Stay tuned to learn more about the numerous ways to help!!



MaryAlice O'Brien  
Care Links Volunteer

## Welcome to the Team!

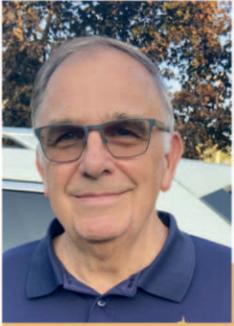
Lin McMullin, Jill Evans, Christa Ventrosa, Kirstin Drabek, Rhoda Pickus,  
Dan O'Brien, Jodi Patenaude, Deb O'Neill, Kitty Gleason, Blanche Mandel



**VOLUNTEERS NEEDED FOR:  
COMPANIONSHIP - SHOPPING - ERRANDS  
OFFICE HELP**

**VOLUNTEER  
DRIVERS  
NEEDED!**





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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**



## Meet Bob- One of our wonderful drivers for the Wellness Express

Bob, shares with us what he enjoys most about driving the Wellness Express Van.

"I have been driving for CHS/CAPTAIN now for nine years and love the personal connections I make each day. Not only do I help give them information about my replacement parts (knees, hips, and shoulder from 50 years of retail service) but they enjoy the conversation. Occasionally, I discuss vacations that I go on with my family and sometimes they have been there. I try to answer as many questions as I am able and help whenever I can with any extra needs of our riders. The best part is that they all feel like family to me."

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# 06 VOLUNTEER IN THE SPOTLIGHT

## JEANNE BUSH



Jeanne (along with her husband Bob), a retired Middle School Librarian, has lived in Clifton Park for over 40 years. Her son and his family live in West Hartford, CT where she loves to visit her two grandchildren as often as possible. She enjoys traveling and especially loves to visit and hike in our National Parks.

**We asked Jeanne to share in her own words about her 11-year 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 attended a luncheon where a presentation about Care Links was given. I had been looking for a place to volunteer that would also work around my personal schedule. When I heard about the transportation option, where volunteers provide rides for seniors to medical appointments, it seemed to be a perfect fit for me. It provided the flexibility I needed as drivers can volunteer for a ride on a day and time of their choosing."

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

"A few years before starting with Care Links, I lost both my mother and mother-in-law. As older adults, there were many times when they needed rides to doctor appointments, but no services were available in their towns. Knowing that I am helping other people with similar needs in my own community is very rewarding. I don't know about the other drivers, but I found myself volunteering to drive the same people whenever possible so I could get to know them better. The seniors I met were very grateful for my help and they soon became friends."

*How do you make the most out of your experience with the seniors you meet?*

"I'm not sure exactly how this evolved but I guess it was mostly because my "senior" (I was matched to) bonded and became good friends. As a result, I became her regular driver weekly on Monday and Wednesday afternoons."

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

"I would highly recommend volunteering with Care Links. If you are not interested in driving, you can participate many other ways. Maybe helping with respite assistance, a friendly visit, shopping and errands, or light housekeeping as more to your liking. We will all one day be in the same position as many of these seniors and we can only hope that Care Links and their volunteers are there for us when we need it."

TO LEARN MORE - CONTACT US TODAY AT 518-399-3262

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

WE CAN  
HELP!

## TEAM BUILDING & TRAINING

BE YOUR  
BEST SELF



## THE TEAM PLANS FOR THE YEAR AHEAD



# 08 A MESSAGE FROM PROGRAM MANAGER, TERRA MADDALONE-RISTAU



## The Power of Volunteerism: Supporting Seniors in Our Community

### The Ripple Effect of Good Deeds

When you choose to do something wonderful in your community, no matter how small, you set into motion a ripple effect that can reach far beyond what you imagine. Each act of kindness, each moment of support, creates waves that inspire others to help and uplift those around them. By making a difference in your corner of the world, you encourage others to do the same, multiplying hope, generosity, and connection across neighborhoods and generations. Remember, your positive actions have the power to shape a brighter future—not just for those you help directly, but for the entire community and beyond.

### Making a Difference for Seniors

One meaningful way to make a difference is by supporting seniors in your community who wish to live independently. This important work relies on caring volunteers—individuals willing to offer their time and compassion. Simple gestures, such as assisting with errands, offering companionship, or helping with household tasks, can greatly improve seniors' quality of life and help maintain their dignity. By encouraging more people to volunteer and address the unique needs of older adults, you empower seniors to remain active and engaged, ensuring they feel valued and connected within the community.

### The Essential Role of Volunteers

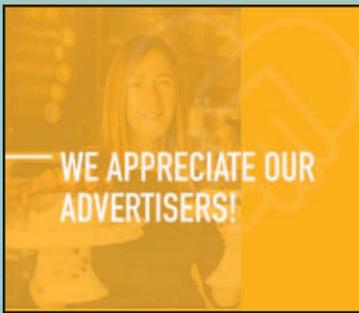
Volunteers play a crucial role in making independent living possible for seniors. Without dedicated individuals who are willing to give their time and energy, many older adults would struggle to access the help they need for daily activities and emotional support. The ongoing involvement of volunteers ensures that seniors are not only able to maintain their independence but also continue to feel a sense of belonging and purpose within their community.

### Gratitude for Our Volunteer Team

I am blessed by my team of volunteers who give of themselves each day to make this possible. Their dedication and selflessness are the foundation of our efforts, and I am deeply grateful for their unwavering commitment. Together, we ensure that seniors in our community continue to thrive and feel supported.

At CAPTAIN Senior Services, we are proud to embody these values and make a meaningful impact on the lives of older adults in our community. I want to extend my heartfelt thanks to our incredible team of volunteers whose dedication and compassion ensure that seniors can live independently and with dignity. Your efforts truly make a difference every day.

If you are inspired by our mission, we warmly invite you to join CAPTAIN Senior Services and become part of our caring community. Together, we can continue to support seniors and strengthen the bonds that make our neighborhood a better place for everyone.



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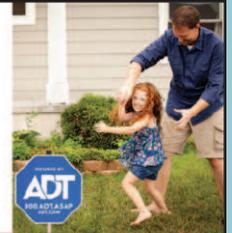


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# 09 SENIOR SERVICES AMBASSADOR, ANNE CARGILE

## Anne at 80: A Life Between Sunshine and Memories



Florida in Winter, Upstate New York in Summer — Because Home Lives in Both Anne turned 80, and instead of settling into stillness, she chose motion. She chose light. She chose both halves of her heart. Each November she folds summer clothes with careful hands, tucks in a book of family photos, and heads south. Not to escape her life in New York, but to stretch it — to keep living it fully, one sunrise at a time.

### Winters in Florida

In Florida, Anne feels time slow down in the gentlest way. The warmth loosens old bones, but it also loosens fear — the fear of aging, of fading, of becoming small. Sunshine makes her brave. She walks the palm-lined paths with a straw hat and soft steps, laughing louder than she remembered she could. She says yes to shuffleboard, yes to bingo, yes to one more hour by the pool just because the day feels too beautiful to waste.

Her family calls often — her daughter's voice, her grandson's giggle through the phone screen. They ask about her health, her hip, whether she's lonely. She always answers lightly, but later, when she watches the sun melt into the ocean, she feels the soft ache of missing them. Love stretches across the miles — thin, unbreakable.

### Summers in Upstate New York

So, when spring returns, Anne does too. The steps remember the weight of her feet. The walls remember her laughter. Even the wind seems to recognize her — warm, familiar, like an old friend reaching for her hand.

Summer means grandkids racing across the yard, hair tangled by wind and laughter. It means hands sticky from watermelon slices, voices echoing through every open window. It means family gathered around the same wooden table where decades of birthdays, arguments, and reconciliations were shared.

Here, she is the center — the loudest storyteller, the keeper of history, the warm shoulder for tired heads. She tucks loose hair behind tiny ears and whispers gentle truths only grandmothers say. She falls asleep to the sound of cicadas and wakes to the smell of grass, and she thinks, I am so lucky to have lived long enough for this.

But when summer fades and leaves turn gold, Florida calls softly — like a promise that life isn't done surprising her.

### Two Places, One Heart That Refuses to Choose

Anne is 80, and her life is not halved — it is doubled. Florida keeps her young enough to chase the sun. New York keeps her rooted in what matters most — family, memory, belonging.

So, she moves between them like a tide — forward, back, forward again — living richly in both the warmth of the sun and the warmth of the people who love her.

Because home is not a single place. Home is the love we carry. Home is the laughter we return to. Home is a heart big enough for two skies, and Anne's is.

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# CAPTAIN COMMUNITY HUMAN SERVICES SENIOR SERVICES PROGRAM

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



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

## Friendships are made here



**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.

NEW FRIENDS WITH  
A COMMON BOND

# THRIVE