



CAPTAIN
Community Human Services



CARE LINKS
A program of CAPTAIN Community Human Services

Winter - Spring
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

02 EVENT HIGHLIGHT

Annual Award Dinner Show

"This 70's Show"

A CELEBRATION OF OUR VOLUNTEERS AND SENIORS



Saturday, May 3rd, 2025

3:00pm - 6:00pm

Town of Milton Community Center
310 North Line Rd. Ballston Spa, NY 12020



Join us at this community event as we honor the relationship between the Volunteers and Care Receivers at the most exciting Senior Services social event of the year filled with laughter, fun, and a great deal of love!

Special Presentation

"Care Links Volunteer of the Year" and "Golden Inspiration" Awards

Maddalone Entertainment brings you the fun with DJ Nick, Zack and Terra as you dance the night away and enjoy live entertainment.

**Contact the office for Registration and Ticket information
518-399-3262**

Pull out your disco shoes and bellbottoms and get ready to have a blast from the past as we Keep on Groovin!



UPCOMING EVENTS 03

FEBRUARY 2025

WHAT'S NEW

Connection Corner

Located at the CAPTAIN CHS Office
543 Saratoga Rd. Glenville

Drop in (on the dates to the right) and see the description below of a variety of support services offered to you.

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.

Connection Corner with Senior Services and the Alzheimer's Association invite you to join us for "coffee and conversation" as we offer emotional support and disease education to those who are caregivers for those 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. There is no cost for this service.

Call 518-399-3262 to register your attendance for Any and All gatherings; everyone is welcome.



MARCH 2025

COMMUNITY EVENT

TUESDAY, MARCH 11

**"Explore the Opportunities"
with Care Links
Sponsored by:**

Shenendehowa Neighbors Connecting

1:00pm - 3:00pm

Christ Community Reformed Church
1010 Route 146, Clifton Park

Meet Care Links team members, learn about the services and volunteer opportunities available to seniors in the community.

Light refreshments will be served.

Seating is limited, call to reserve your spot today!



MONDAY, MARCH 3

Connection Corner with Care Patrol

Time: 11:00am - 1:00pm

FRIDAY, MARCH 14

Connection Corner with Ginny and Anne.

Time: 10:00am - 11:00am

TUESDAY, MARCH 18

Connection Corner with Senior Services and the Alzheimer's Association

Time: 11:00am - 12:00pm

WEDNESDAY, MARCH 19

Care Connection Lunch Club

Time: 12:30pm - 2:00pm

Location: Ugly Rooster
2476 Route 9 Malta

Speaker: Albany Guardian Society

(The Senior Services monthly lunch club meets at a different location each month, order off the menu and separate checks available. Call to register your attendance, all are welcome.)

APRIL 2025

MONDAY, APRIL 7

Connection Corner with Care Patrol

Time: 11:00am - 1:00pm

FRIDAY, APRIL 18

Connection Corner with Ginny and Anne.

Time: 10:00am - 11:00am

TUESDAY, APRIL 22

Connection Corner with Senior Services and the Alzheimer's Association

Time: 11:00am - 12:00pm

WEDNESDAY, APRIL 30

Care Connection Lunch Club

Time: 12:30pm - 2:00pm

Location: Ugly Rooster

2476 Route 9 Malta

Speaker: TBA

(The Senior Services monthly lunch club meets at a different location each month, order off the menu and separate checks available. Call to register your attendance, all are welcome.)

"It is nice to be included in these events, everyone is cheerful and helpful!"

Roberta S.

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



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 CLASSROOM 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.

"Being able to help our Care Receivers is a privilege for me. I love helping them to make the scheduling of a doctor's appointment as smooth as possible, understanding this can at times be an overwhelming process. I enjoy helping to keep our seniors independent." Daniela, Program Associate

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.

- Walt Golden
- Rosa Rodriguez
- Sandy Rubin
- Rose Ryan
- Lillian Ramsey
- Grace McKeen
- Roger Gorham
- Colleen Parisi
- Denise Tally
- Jody Orlando
- Lisa McLane
- John Henrie
- John Churchill
- Sarah Mills
- Frankie Nass



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06 VOLUNTEER SPOTLIGHT: HARLENE SMALKIN

We asked Harlene to share about her experience in making a difference in the lives of those she encounters through the Care Links program.



Harlene (above) with one of her special care receivers.

How long have you been with Care Links?

I have been a Care Links Volunteer for twelve years now.

What made you decide to volunteer with Care Links? What services do you provide?

I am a retired, registered nurse who mainly worked with elderly patients in a nursing home. I volunteer at SPAC during the summer ushering for the ballet and orchestra. I enjoy baking, hiking, knitting and reading.

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

I am happy to be busy doing something useful for others.

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

I help them with their shopping and chores around the home and spend time getting to know them. I like to surprise them with homemade soup too!

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

You can get so much satisfaction from working with 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.

ANNUAL HOLIDAY POTLUCK FUN



Volunteers and Community Organizations come together to bring smiles to seniors with the delivery of a Homemade Thanksgiving meal and a Special Gift for the Holidays.



Get Involved Today!

JUST THE FACTS...

DID YOU KNOW?



In 2024, the Wellness Express Team provided 832 rides to medical appointments.



In 2024, Care Links Volunteers drove over 55,000 miles for our seniors.



In 2024, Care Links Volunteers contributed 6,897 Hours of service to seniors.



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

08 A MESSAGE FROM TERRA



Creating a Family Experience

As we look forward to warmer weather and beauty of the season, I ponder the past year and all the opportunities that have been presented to me within the senior community and with members of the Senior Services Team.

I find myself looking upon my team as a mother, when her eyes are full of love and gratitude for her family as she watches them shine and develop in their natural abilities. To observe my team share stories, laugh and comfort each other brings the realization that **this is a true gift.**



I am grateful for a team who enjoy what they do so much so, that they want to share it with their family members who join in our celebrations. This has led to spouses, children and grandchildren becoming volunteers with Care Links.

A few years ago, my granddaughter, MiaBella accompanied me in delivering valentines to seniors. It was that day that she made a connection with one special lady in our program and the "rest is history" as they say. Now at seven years old, she enjoys spending time with our care receivers when she accompanies me on visits. She will deliver presents at the holidays and draw pictures of the seniors as her gift to them.



When her younger brother, Lochlan asked if he could visit someone and have "his own person" in the program as well, I was thrilled! The highlight of the year, had to be delivering Thanksgiving meals (during a snow storm) with him and watching him knock on doors holding the bag with goodies. He was so excited to be the one to bring them a meal.

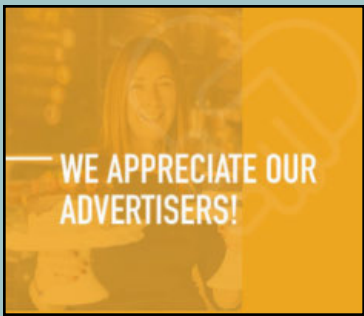
Sharing with my family the beauty of volunteering and making a difference in someone's life by being yourself is a rewarding experience. I understand why my mother always enjoyed bringing one (of my 13) siblings or her grandchildren with her on volunteer opportunities. Volunteering as a family brings the ability to connect with each other in a special way while striving to make a difference in your corner of the world. The ripple effect will be the development of volunteerism in our younger generation and your legacy.



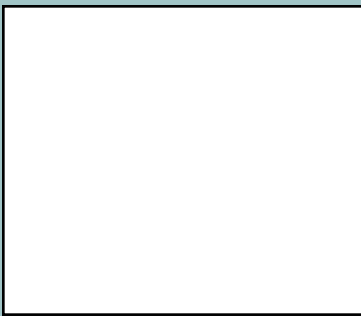
If you have been looking for an opportunity to be involved as a family, connect with me. I would love to share with you how this opportunity can fit into your lifestyle.

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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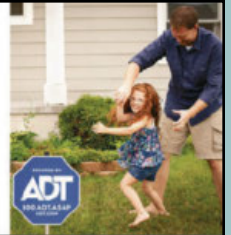


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10 ANNE CARGILE'S CARE LINKS CORNER

CARE LINKS AMBASSADOR

I am honored and humbled to be asked to be the Ambassador of the Care Links Program. My original purpose was to reach out to this organization and inquire about some possible help for me as I have been recently launched into a situation where my mobility was (and is) questionable at best and my life has changed.

Those words are hard for me to say because truth be told, I am officially labeled disabled/handicapped (I never thought I would say that in my life). Anyone who has met me will understand the next sentence. I was and still am extremely active, so getting a diagnosis like that meant my life was going to change and that is hard. I am more than sure that others reading this can understand the fear, frustration, anger, and just plain not knowing what to do next. The cherry on the top was my husband being diagnosed with colon cancer and unfortunately, he lost his battle with cancer in October.

You may think to yourself, "this is a somewhat sad way to begin" but there is a reason behind my openness. When I first met Terra, I was excited to have someone to speak to and I was lucky to meet my volunteer, Katie, then Ginny and a whole bunch of others that have a light in them as bright as a star. I thought to myself instead of being a care receiver perhaps there is something I can do, even with my decreased mobility.

My daughter calls it the "kaleidoscope theory," when you look at something and the whole picture changes. That is when the pathway opened to new friends in new ways to share my energy, drive and goodness to others. I began by being an "adopted grandparent" in a kindergarten class at Mother Teresa Academy which makes me so happy. The children are so innocent and protective over me in a walker- always asking if they can help.

My heart feels full knowing that even though sometimes it is hard to get out of bed in the morning, I can still make a difference in someone's life by just offering a hand for a moment or a shoulder. No matter what you have going on in your life, you can always make a difference in someone's life.

Care Links is amazing and I am blessed every day being part of such a great gift to others.

God Bless,
Anne



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CAPTAIN COMMUNITY HUMAN SERVICES SENIOR SERVICES PROGRAM

543 Saratoga Rd. Glenville, NY 12302
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Indicia
goes here

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

Friendships are made here



MARYANN AND LINDA,
CARE LINKS VOLUNTEERS

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.