



CAPTAIN

Community Human Services

SENIOR SERVICES PROGRAM



CARE LINKS
A program of CAPTAIN Community Human Services

**SEPTEMBER
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
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Virginia Andrews
Virginia@captaincares.org

"Interactive" SENIOR RESOURCE FAIR



Family
Caregivers
Welcome!

Tuesday, September 23rd, 2025

11:00am - 2:00pm

Clifton Park Center (Food Court)

22 Clifton Country Rd. Clifton Park, NY 12065

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

Sponsored By:

Home of the Good Shepherd – Kingsway Community

Attentive Care of Albany, Inc. - Glenville Funeral Home - Herzog Law Firm - Home Instead Senior Care
National Health Care Associates - NYS Department of Health - Organize Senior Moves, LLC - Starsia Law

Other Participants Include:

Academy for Lifelong Learning, Saratoga Region - Albany Stratton VA Medical Center
Alzheimer's Association of Northeastern NY - Bob's Financial Organization & Bookkeeping Services
CAPTAIN Senior Resource Committee - Care Links Volunteers - Care Patrol of the Capital District - CDPHP
Chandler Insurance Services - Choice Connections NY - Coburg Village - Daughter for Hire - Dumpster Daddy
Eddy Visiting Nurses & Rehab Center Community Hospice - Eddy Senior Care PACE - Edward Jones Financial Planning
Emotivo Productions - Face 2 Face Skincare & Reiki - Gray Legacy, Senior Health Care Plan Specialists
Homestead Funding - Kee to Independent Growth Inc. - LPI Communities
Matt's Road to Recovery: Navigating a Life Changing Injury - Northeast Spine and Wellness
Northeastern Association of the Blind at Albany - NYS EPIC - Peaceful Priorities Organizing
Picture This Construction Remodeling & Grande Pods - Real Estate with Marisa Multari
Saratoga County Department of Aging and Youth - Saratoga County Veterans Service Agency
Saratoga County Veterans Peer Connection Program - Saratoga Life & Health Plans - Send Me a Pro, Capital Region
Shenendehowa Neighbors Connecting - Shenendehowa Rotary - Southern Saratoga YMCA - Together in Caring, LLC
Touching Hearts at Home

Free Community Event - Special Drawings

For more information 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)

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 for Details and Participation: 518-399-3262

Senior Holiday Project

CAPTAIN Senior Services is 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!



SEPTEMBER - OCTOBER

FRIDAY, SEPTEMBER 12

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

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

TUESDAY, SEPTEMBER 16

Connection Corner for Support Services (see above)

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

TUESDAY, SEPTEMBER 23

Interactive Senior Resource Fair (See Page 2)

11:00am - 2:00pm
Clifton Park Center

WEDNESDAY, SEPTEMBER 24

Care Connection Lunch Club

1:00pm
Cooley Kill Restaurant (VanPatten Golf Club)
924 Main St. Clifton Park
Guest Speaker: Alzheimer's Association

THURSDAY, OCTOBER 2

Care Links Volunteer Orientation

Time: 12:00pm - 4:00pm
Starpoint Church
14 Jarose Place Clifton Park
Learn about the Opportunities to get involved with the Care Links Team.

FRIDAY, OCTOBER 10

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

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

TUESDAY, OCTOBER 21

Connection Corner for Support Services (see above)

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

WEDNESDAY, OCTOBER 29

Care Connection Lunch Club

1:00pm
Ravenswood Pub
1021 Route 146 Clifton Park

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 the classroom 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.



Millie begins the day with chapel time.



Summer camp at MTA included "Grandparents" for Kona Ice Day!

"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



Grandma Ginny and Selina share some snacks.

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



Wellness Express Driver, Kerry, shares a story about a recent experience.

"I was assigned a ride with a woman I had never driven before and headed toward an unfamiliar location relying on the GPS for directions, which for some reason had us on backroads and sometimes redirecting the route. Concerned that my new passenger would think poorly about her first time using our service, I kept apologizing." She was very quiet and sat looking out the window and in my mind I was thinking, "Oh boy! The office is going to get a call about how long the ride took."

"Finally, we found the place with minutes to spare! I assisted her out of the car, again apologizing for getting lost when this sweet lady turned to me and said, "I don't drive anymore; I only get out to the grocery store and doctor appointments. I can't remember the last time I went on a car ride, I will get lost with you any time."

Now, when time allows, I will take the scenic route, because you never know when the last time was that someone has had the opportunity to see the world."



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.

Ohad Oren
Barbara Wells
Chris Dugan
Ana Novkovic

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NEEDED!**



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Dr. Rachel Hargraves

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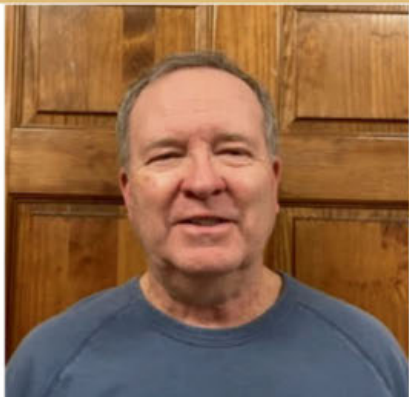

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06 VOLUNTEER IN THE SPOTLIGHT



John Henrie



John Henrie grew up in Northern New York State with five siblings and graduated (from a couple of colleges) after which was in the Army for two and a half years. John spent the majority of his career in the world of finance on four continents and is now retired in Clifton Park.

At the beginning of this year, a friend of his (another Care Links Volunteer) introduced him to the program and he soon after found himself invited to an orientation meeting. It was then that John decided to become a volunteer team member with Care Links where he enjoys spending time visiting with seniors, running errands and delivering the Care Connection Newsletter in the area.

John shares, "I come from a family of teachers and have enjoyed helping others to learn how to play tennis and pickleball, so this was right in line with Care Links."

John has found that through the program he has gained new friendships with the volunteers of Care Links as well as with his care receivers. "Most of all, I have enjoyed my conversations with my senior friend, Richard."

John has found that by truly listening to his care receivers he is able to meet their needs and that helps him to have a rewarding experience in his role as a volunteer.

John has become involved in many of the opportunities provided to the team by participating in the monthly gatherings with in turn allows for a support system among the members as they all have a common bond of caring for others.

John shared, "If you are looking for a place to volunteer, the advice I would give to someone about getting involved with the Care Links Volunteer program is that it is very rewarding in helping seniors and it provides you with a way to give back to your community."

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).

CARE CONNECTION LUNCH CLUB



MONTHLY GATHERINGS OVER
GOOD FOOD AND CONVERSATION

TEAM SUMMER PICNIC



TEAM BUILDING AND FUN



TRAINING AND SUPPORT



COLLABORATING ON HOW
TO SUPPORT OTHERS



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

08 A MESSAGE FROM PROGRAM MANAGER, TERRA MADDALONE-RISTAU



The Ruler

Look at a ruler and imagine each inch as a year that you have lived, then place your hand where you believe you are right now, considering your time and "inches" left to live.



We each have a choice in how we will live out the inches on our ruler. Will we choose to go through the days aimlessly or be intentional in how we choose to live our golden years? Everyone has their own ruler, it is important not to compare yours with someone else but focus on your own path which will be filled with unique experiences and challenges. Make the choice not to get caught up in the expectations of others but to create your own journey.

What will it look like? What will bring you a sense of accomplishment in your life? How will you celebrate your journey? Each inch on the ruler can be filled with incredible beauty. The key is to recognize each day for what it is; an opportunity to begin again and redefine what you want for yourself.



Five years ago, I chose to recreate my life and leave the comfort zone of the business world to embrace the role of Senior Services Program Manager for CAPTAIN. Was it uncomfortable? Yes. Was it easier to stay where I was? Yes. Did it offer the opportunity to make great things happen in my life and those around me? Yes. My Dad used to say, "Life is hard, but you have to carry on and make it what you want for yourself."



As I look back over the past inches on my ruler, I am truly grateful for making the choices that I made. I reflect on the beautiful seniors I have met and the caring hearts of my team that I am surrounded by each day. Is everything always "sunshine and roses?" No. We have our uncontrollable obstacles to overcome and the grief of saying "goodbye for now" to those we have come to love and care for but that is part of life. We will always face those times during our journey.

Yet for the majority, we have the ability to share love and laughter in the joyful moments. That is one of the greatest gifts that life has to offer us; the ability to recreate ourselves any time we choose. What will you choose today to do with your ruler? How will you be intentional with the inches you have left? If you are looking to make meaningful choices and a way to help others on their journey, reach out to me and let's chat.



Stay well and enjoy the ride, we only have one ruler!
Terra

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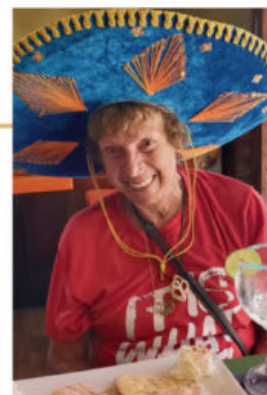
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CAPTAIN Community Human Services, Clifton Park, NY 06-5468

10 ANNE CARGILE'S CARE LINKS CORNER



Fall into Fun with Care Links!

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

Fall brings so many ways to stay active, connected and joyful, no matter your age! Whether you are enjoying the crisp air or cozying up indoors, here are some simple and meaningful ideas:

Social Connections - spend time with your care receiver and/or care giver!

Attend a local fall festival

Host a fundraiser tailgate party

Be an adopted grandparent with the Care Links program at Mother Teresa Academy
- read stories, help with crafts and share smiles!

Outdoor Fun - spend time with your care receiver and/or care giver!

Take a nature walk or scooter ride

Visit a pumpkin patch or apple orchard

Go on a scenic fall drive

Indoor Joy - spend time with your care receiver and/or care giver!

Bake seasonal treats like pumpkin bread or apple crisp

Create fun fall crafts

Host a movie night

Helpful Tips

Dress in layers for the changing weather

Choose accessible locations

Take breaks when you need them

Let's Celebrate the season and continue sharing kindness and joy.

Reach out to someone to just say, "Hello!"

One moment makes such a difference, just like being with Care Links does every day!

God Bless You,
Anne

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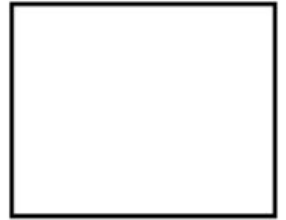


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CAPTAIN COMMUNITY HUMAN SERVICES SENIOR SERVICES PROGRAM

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



JOHANNA AND HER
SPECIAL VOLUNTEER JEN

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.