



Care Connection

SENIOR SERVICES PROGRAM

FOCUS WORD

The Care Links FOCUS word for 2024 is ...

CONNECTION

What is the deep meaning of connection?

Connection is an authentic human need to feel safe, seen and valued, to exchange positive energy, and to build trust!

EVENT HIGHLIGHT

Wednesday, October 23, 2024

Annual Interactive Senior Resource Fair

(Free Admission – Open to the Public - Prizes)

Time: 11:00pm – 2:00pm

Shenendehowa United Methodist Church
(Fellowship Hall)

971 Route 146, Clifton Park, NY 12065

Care Links is hosting their Annual Senior Resource Fair for local businesses and organizations to present the resources they offer to the community.

In addition to the many participants, Special presentations held throughout the event by our Sponsors:

- Highmark Blue Shield**
- Albany Guardian Society
- Alzheimer’s Association
- Berkshire Hathaway Home Services
- Choice Connections NY
- Glenville Funeral Home
- Herzog Law Firm

Family members and Caregivers are encouraged to attend.

“Together We Make a Difference”

Care Links, a program of CAPTAIN Community Human Services, is proud to be celebrating our 28th year of service to seniors in Southern Saratoga County! At Care Links, 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 friendly visits, shopping, transportation, errands, social activities, and more.

Help us spread the word about Care Links, when you are done reading this; pass it on to a friend!

If you would like to be added to our distribution list, email careconnection23@gmail.com.

Volunteer Spotlight: Tina VanDerwerker



Tina, the mother of two children (Tyler (24) Rachel (28) and stepmom to Sarah (26)), lives in Ballston Lake with her husband Dave and their cat, Lexi.

Upon her retirement as an Occupational Therapist, Tina found her passion as a Realtor (with Berkshire Hathaway) where she enjoys helping others to find their perfect home.

She has many interests that includes watching television, travel, spending time on their boat and going to Florida in the winter.

Care Links Volunteer in the Spotlight: Tina VanDerwerker

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

How long have you been with Care Links?

It has been one year since I began my journey with Care Links.

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

I wanted to help seniors in the community and be a resource for them, knowing that I am a realtor they can trust. I am currently matched to three seniors for companionship, provide transportation, deliver newsletters for the program, help with events, am a "Care Links Eagle" and attend monthly gatherings.

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

Personally, I have gained fulfillment in knowing that I am helping a worthwhile cause for seniors with things they do not always have access to. I have really enjoyed getting to know the seniors in our program and other volunteers. I also like helping with the fun events they have.

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

I listen to them, ask questions to get to know them and learn about what they enjoy; it is fun to see how much we all have in common.

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

Talk to Terra and get more information on what is available because I am sure there is something you will enjoy!

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.

Welcome New Volunteers: Pat Hart, Lochlan Maddalone, Bethany Latham, Mary Borg, Evelyn McFarlane, Anne Cargile, Marge Miller, Nicole Watson, Anne Guarino, Leslie and Alaina Mills, Mark Pelc, Rosemary Huehn, Jennifer and Laura Kenna.

Current Volunteer Opportunities:

- Visit with lonely seniors (once a week)
- Help with the Care Connection Newsletter distribution (once a month)
- Help (in the Glenville office) with general admin duties (a few hours a week)

Volunteer Drivers Needed!

"Become a Driver with Care Links to assist seniors with medical appointments, shopping, errands, and more.

We offer FLEXIBLE scheduling based on your availability!"

Care Links Transportation is now offering weekends!
(Based on volunteer availability)





Care Links in Action

If a picture says a thousand words, then we are writing a book!



Lochlan and Anne



Bonnie and Beth



Discussing the needs of our seniors.



Getting some shade on a sunny day.



Laurel, Gurinder and Kim



Starpoint Church makes a generous contribution to Care Links.



Daniela and Brenda



Anne and Ann Marie reconnect after 60 years at our Lunch Club.



Linda, MaryAnn and Camille



Ginny and Johanna



New Volunteers Graduate from orientation.



Kathy completes her training.



Tom meets his new volunteer, Alaina.



Laughter with a new friend is the BEST!



Annual picnic for the team



Getting everyone together for a team photo is not always easy.



We do enjoy getting together around a good meal.



Shenendehowa Rotary Club presents Care Links with a generous contribution.



Terra and MiaBella

Adopt a Grandparent Program

Anne reads to the children.



MaryAlice lends a hand.



Anne gets a hug.



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 each month, participating in classroom activities that provide a rewarding experience for all involved.

If you (or anyone you know) would like more information about adopting a grandparent in Southern Saratoga County, please contact Terra at Terra@captaincares.org or 518-399-3262.

Wellness Express Medical Transportation

Hear from our Riders & Drivers!



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 the Wellness Express Team at
518-399-3262

Sandy Anderson, a Wellness Express Rider, shares, "I am very grateful for the Wellness Express program. I feel that everyone there goes above and beyond in helping me with my rides and booking appointments. They are my Angels!"

Wellness Express Driver, Bob Rommell, has been providing medical transportation for our care receivers since 2016.



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

"I have been driving for CHS/CAPTAIN now for eight 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."



Terra Maddalone-Ristau, Senior Services Program Manager

As we come to the close of another year, I reminisce on the many people I have had the opportunity to get to know through the Senior Services Program and the expression of there being a “season for everything” comes to mind.

In my past four years of leading an amazing team of volunteers and receiving the gift of friendship from many beautiful people in the community, I have found that it is easy to become attached to those with loving hearts who want nothing more than to spend time with you.

If you could see the smile when a senior opens their door to greet us for the first time, you would want to capture that in your heart. Their smiles are genuine and the gratitude is priceless; loneliness is one of the greatest needs that we look to fill at Care Links.

Asking for help is one of the hardest things an independent person struggles with and we strive to make that easy for them. One day, we will each be in a situation where we will need a helping hand and to have someone respond in kindness is a true gift.

I have learned along with the relationships we build (and the **more real** they are) the harder it is to say, “Goodbye for now” to the hearts we come to know. When the tears slip down your cheeks, be comforted by the memories shared and grateful for the invitation to be in their world, if only for a season.

I believe that there is purpose for each interaction we have, we are blessed when we are able to have an understanding of what that is and our lives are richer for it.

May you all experience this true gift and enjoy the blessing of the “seasons” that you share with someone special.

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.

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 (518) 399-3262



Shenendehowa Neighbors Connecting

(Care Links Partner)

Preserving Memories

Wednesday, October 16, 2024

Do you have family photos, treasured letters or other kinds of documents you would like to maintain safely for years to come? Find out about ***Preserving Family Photos and Documents*** at a free program sponsored by Shenendehowa Neighbors Connecting.

The presenter will be **Marietta Carr**, Librarian at the Gremis-Doolittle Library (Schenectady County Historical Society). This program, which is co-sponsored by the Friends of Peebles Island State Park, is open to members of both organizations as well as members of the public.

For location and registration: <https://snc.clubexpress.com>

Miss Marilou's Care Links Corner



Miss Marilou Pries, CAPTAIN CHS Senior Services, Woman of Inspiration

In July we said, “Farewell for now” to our dear friend, Miss Marilou. In her honor, this edition remembers a woman who brought us much laughter and love to our program. She was an inspiration and voice for seniors in our program and shared with us how to find joy in every opportunity. In the spring of 2023, Miss Marilou wrote the following message to all of us and we share this with you today in remembrance of her.

“Throughout life, like you, I climbed my mountains, ran the races and fought the good fight. I did not always win but I gave it my best shot. I also learned that life is not fair and sometimes no matter how hard you try, things do not turn out the way you hope.

I gathered a great deal of wisdom and learned to not take life so seriously. Most of all, I learned that life “is not over until it is over.”

Overall, I have loved my life, my children and grandchildren, (they are wonderful people). I hope that I have made a difference in this world, even if only in little ways.

In the autumn of my years, I was very content providing Hospice private duty and I loved my people. I always thought I would grow old gracefully (and very slowly)... that was the plan. Then a few years ago, I was involved in a very serious accident and in the snap of a finger, my life, as I knew it was over.

To say I was depressed and livid would be putting it mildly. I sat on the couch watching television day after day, feeling that my life was over. My independence was gone, along with my self-worth and the sun was definitely not shining in my house.

I read an article in the newspaper about Care Links and decided to give them a call to see what they were all about. I spoke to a very upbeat woman, named Terra and was so surprised at what Care Links had to offer! Once I became involved with them, my entire outlook on life became very positive! Terra has me doing public speaking, writing a column and I am in the Adopt a Grandparent Program with 5-year-old MiaBella. When Terra calls and says, “I have a job for you,” I roll my eyes; I know it could be anything! Care Links has made the aging process positive instead of sitting on the couch waiting to pass on.

So here is what I think, if we all hold hands tightly and genuinely care about each other, we will be fine. We have our Care Links volunteers to help us in every way imaginable.

I recall a Beatles song from the 1960's when it says, “I get by with a little help from my friends” and that is what they are: our friends and “Friends are Kisses blown to us by the Angels”

Enjoy your life,

- Miss Marilou



(Miss Marilou and Terra's last dance)

Fun and Loving Seniors

When was the last time you received a letter from someone special?

Become a penpal with Care Links.



Life is Better, when you are surrounded by People who Care!



Get Your Groove On, You Still Got It!

Greatest Songs from the 70's

HOW DEEP IS YOUR LOVE by Bee Gees.

I JUST WANT TO BE YOUR EVERYTHING by Andy Gibb.

YOU LIGHT UP MY LIFE by Debby Boone.

LE FREAK by Chic.

STAYIN' ALIVE by Bee Gees.

Y.M.C.A. by Village People.

SHADOW DANCING by Andy Gibb.

HOT STUFF by Donna Summer.

How many of these did you "sing" as you read them?



Create Your Vision for the Future and

Inspire Others to Do the Same!



Upcoming Events and Gatherings:

Please be sure to register for all activities (and receive location information) by calling (518) 399-3262

COMMUNITY EVENT

Annual Senior Resource Fair

(Information on Front Page)

Wednesday, October 23, 2024 (11:00am-2:00pm)

Care Links Lunch Club

The Ugly Rooster in Malta

Tuesday, October 29, 2024 (12:30pm)

COMMUNITY EVENT

Saratoga County Dept. of Aging & Youth Caregiver Conference

Saturday, November 16, 2024 (9am – 3:30pm)

Register Online: www.saratogacountyny.gov

ACTIVITY

Christmas, Holiday Cards and Pizza Party

Join in the fun as we prepare cards for our seniors!

Wednesday, November 20, 2024 (11:00am)

Care Links Lunch Club

Wednesday, January 22, 2025

Location (TBA) 1:00pm



**4th Annual CAPTAIN Senior Services
Holiday Potluck**

with

Santa, Mrs. Claus and DJ Nick

Everyone is Welcome

December 15, 2024 at 1:00pm

St. Edward the Confessor Church

Seating is Limited, Don't be on the Waitlist!

Call Today to Reserve your Spot
and share with what yummy dish you will bring!

518-399-3262

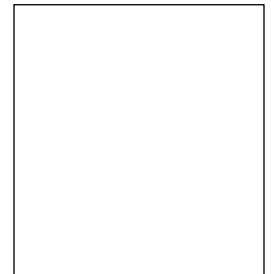
**Now accepting items for the
Senior Holiday Project Wishing Tree!**

CAPTAIN Community Human Services

Senior Services Program

543 Saratoga Rd. Glenville, NY 12302

(518) 399-3262



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.