

THE SENIOR STARTER

SEPTEMBER 2023



THE PLACE TO START FOR SERVICES
BY THE
TOWN OF COLONIE
SENIOR RESOURCES DEPARTMENT

Greetings!

Last winter I fell and broke my arm, thankfully, I am fully recovered but have become more mindful of my actions and my surroundings. Falls and accidents occur but there are some simple steps we can do to prevent them from happening.

September is National Fall Prevention Awareness Month. I ask that you please consider taking the National Council on Aging Falls Free Check Up to check your risk for a fall:

<https://www.ncoa.org/age-well-planner/assessment/falls-free-checkup>

Your results are scored, suggestions and resources provided, as well as a downloadable report for you to share with your doctor. Be aware and stay safe!

September is Suicide Prevention and Awareness Month. I, as well as many readers, have had friends and/or family members who have tragically taken their own lives.

Know the signs:

Talking about wanting to die or kill oneself.

Looking for a way to kill oneself.

Talking about being a burden to others.

Increasing the use of alcohol or drugs.

Acting anxious or agitated, behaving recklessly.

Sleeping too little or too much.

Withdrawing or feeling isolated.

Showing rage or talking about seeking revenge.

Displaying extreme mood swings.

For those struggling or experiencing crisis, Call or Text **988** the National Suicide & Crisis Lifeline.

I am excited to share with you that our **Senior Wellness & Caregiver Fair** will be held on Friday, September 22nd, from 1pm-3pm at The Crossings.

Hope to see you there!

Happy Fall!

Sincerely,
Angelina
Angelina J. Searles
Director



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12 Metro Park Road, Suite 103
Albany, NY 12205
(518) 459-5051

Newsletter Editor
Carrie Blanchard

Colonie Library Classes & Events

Thursday, September 7 • 2-3pm

Self-Advocating on Healthcare Journey

Friday, September 8 • 12-1pm

Book Review: "Characters, Cats & Crime, Oh my!"

Monday, September 11 • 2-4pm

Free Movie Monday: "About My Father"

Tuesday, September 12 • 5-8pm

Art Supply Swap

Thursday, September 14 • 1-3pm

Artificial Intelligence - An Intro to the Future

Thursday, September 21 • 10am-12pm

NY StateWide Senior Action Council

Thursday, September 21 • 4-7pm

Book Sale

Wednesday, September 27 • 10am-12pm

Field Trip for Adults: Alcove Reservoir & Albany Water Dept's Filtration Plant

Thursday, September 28 • 1-3pm

Android Clinic (to request a 1:1 appointment, call the information desk to schedule)



Registration is required!

Visit here to register:

<https://www.colonielibrary.org/events/>



Caregiver & Wellness Fair

The Senior Resources Department will be hosting a Caregiver & Wellness Fair on

Friday, September 22nd from 1-3:30 pm

The Crossings Park,

580 Albany-Shaker Road, Loudonville 12211

There will be a variety of vendors participating to provide you with valuable information about their services. This event is free and open to the public.

Refreshments will be provided!

We look forward to seeing you there!



StateWide's Medicare Corner

Telehealth Fraud

Telehealth lets your health care provider care for you without an in-person office visit. Telehealth is done primarily online with internet access on your computer, tablet, or smartphone.

Through telehealth platforms, patients can:

- consult with healthcare professionals
- access mental health services
- obtain prescriptions

However, Telehealth fraud has been on the rise, targeting vulnerable individuals, including seniors. Scammers may attempt to impersonate healthcare providers or offer fake telehealth services to steal personal and financial information.

Be Scam Smart

Verify the Provider: Before engaging in any telehealth appt, verify the credentials of the healthcare provider.

Protect Personal Information: Never share your personal, Medicare, or financial information unless you are confident about the legitimacy of the telehealth service.

Be Wary of "Free" Services: Scammers often lure victims with promises of free services. Be skeptical and thoroughly research any service before participating.

Research Medications: If a telehealth provider prescribes medication, research it and crosscheck with your primary healthcare provider.

Secure Platforms: When participating in telehealth sessions, ensure that the platform being used is secure and encrypted to protect your privacy.

Review Your Statements: Regularly review your MSN and EOB to identify unauthorized charges or services. Look out for out of state providers and report discrepancies to the NYS SMP.

If you suspect telehealth fraud, report it immediately. You can contact the Senior Medicare Patrol (SMP) program at 800-333-4374.



New York StateWide Senior Action Council, Inc
275 State Street, Albany, NY 12210 • 800-333-4374 • Fax 518-436-7642
www.nysenior.org

**JOIN OUR EMAIL LIST BY
EMAILING CARRIE AT
BLANCHARDC@COLONIE.ORG**



STAFF CONTACT INFORMATION

Angelina Searles, Director

searlesa@colonie.org

518-459-5531

Carrie Blanchard, Specialist II

blanchardc@colonie.org

518-459-3977

Katie Connelly, Caseworker

connellyk@colonie.org

518-459-3259

Sue Conlon, Caseworker

conlons@colonie.org

518-867-3931

Racheal Dames, Caseworker

damesr@colonie.org

518-459-5764

Chris Molinari, Specialist

molinari@colonie.org

Alzheimer's Support Groups

Support groups are groups of people who get together regularly to talk about issues relating to Alzheimer's disease. Groups combine social, educational & support components and are facilitated by trained individuals. Support groups are a safe, confidential supportive environment where you can find support from others with similar experiences.

In-Person Groups

Beltrone Living Center • 6 Winners Circle, Albany
3rd Monday of the month | 9:00 am

Eddy Support Group • 1 Bell Tower Dr., Watervliet
1st Thursday of the month | 2:30 pm

Christ the King Church • 20 Sumter Ave., Guilderland
1st and 3rd Thursday of the month | 1:00 pm

On-Line/Telephone Groups

Eddy Support Group - Virtual

3rd Thursday of the month | 2:30 pm
Call Sandy for details: 518-238-4167

Cobleskill Regional Hospital - Phone
2nd Friday of the month | 1:00 pm

Call: 312-874-7636 • Enter Conference ID: 60612#

Specialty Support Groups

All are offered virtual or by telephone.

Registration is REQUIRED!

Call 518-675-7214 for link/phone #

Men's Caregiver Support Group

1st & 3rd Tuesday of the month | 10am
*call The Eddy for details: 518-238-4164

Adult Children Support Group

2nd Wednesday of the month | 6pm

Younger Onset Group (under 65yrs)

3rd Tuesday of the month | 6 p.m.

Early-Stage Support Group*

2nd Tuesday of the month | 10:30 a.m.
1003 New Loudon Rd, Ste 201, Cohoes

**Note, all participants for this group must be pre-screened*

Long Distance Support Group

3rd Wednesday of the month | 3:30 pm

All support groups are free and open to the public, but pre-registration is recommended. Registration can be completed at [alz.org/crf](https://www.alz.org/crf) or by calling 518-675-7214.



ALZHEIMER'S ASSOCIATION®

https://www.alz.org/northeasternny/helping_you/caregiver-support-groups

6 Ways to Help your Mood

Are you stuck in negativity? Do you worry all the time? Do you think things will never get better?

Here are 6 ways to challenge your thinking, reduce anxiety and improve mood.

1. Notice how many times you say "I can't."

A personal trainer once pointed this out when I was trying to lift weights. I kept saying "I can't do it." He said "it's not that you can't. It is just very difficult." I loved this and told him I was going to borrow this when my clients say they can't do something

2. "Should's"... You probably don't like it when someone tells you that you should do something. How come you pressure yourself with your own should's? Some examples are: I should be married at this age; I should have more money; I should have a baby. Try replacing 'should's' with "I prefer" and see if this re-frame helps your mood.

3. 45% Rule - A Buddhist monk once told me that 45% of the time we are stuck in the past; 45% of the other time, we are worried about the future, that leaves only 10% of the time being present in the 'here and now.' Try to lessen your focus on the past or the future and expand your time in the present moment.

4. What If's - Instead of worrying about the "what if's" in your life - what could happen or not happen - how about problem solving instead. A client had a "what if" thought: "What if my car breaks down while traveling to Canada?" That thought alone stopped her from going, so I asked her to problem solve this worry instead of just fretting about it. We worked on a plan for her to contact AAA to find out if she was covered in Canada if her car broke down, so she was prepared.

5. Panic attack vs high anxiety? I find the term panic attack to be overused. A panic attack totally comes out of the blue. You can't breathe or you feel you have to immediately leave a situation and it is terrifying! High anxiety on the other hand is based on a real-life stressful situation such as: losing your job or going through a stressful divorce. A panic attack is an error message from the brain that there is some danger ahead. When panic attacks come out of the blue, the treatment is to self soothe, tell yourself there is no danger and that you are safe.

6. The belly is our emotional brain. The brain is our thinking brain – the place where we have thoughts. Our belly is our emotional brain. That is where the saying "I have a gut feeling about something" or "I have butterflies in my stomach" comes from. When we are anxious, we clench our belly without realizing it. Gently squeeze your belly towards your spine, then totally release your belly, let it go. Hopefully this will allow you to feel more relaxed.

Submitted by:

Carole B. Okun, LCSW-R,
caroleokun@gmail.com

Senior Clubs of Colonie

Christ Our Light Seniors

Pres. Sal D'Amore, 518-458-1648

Business Meeting: First Monday @ 12:30pm

Colonie Senior Citizens Club

Pres. Kathy Ingalls, 518-482-5049

Business Meeting: First Wednesday @ 10am

Lisha Kill Seniors Citizens Club

Pres. Shirley Hamm, 518-869-3020

Business Meeting: Second Tuesday @ 9:30am

Menands Senior Citizens Club

Pres. Diane Leonard, 518-465-3771

Business Meeting: Fourth Thursday @ 10:30am

Towers of Colonie Silver Streakers

Pres. Ralph Della Rocca, 518-542-1807

Business Meeting: First Monday @ 1pm

Thunder Road Seniors

Pres. Edward Johnson, 518-314-9385

Business Meeting: First Tuesday @ 10am



Peter G. Crummey
Town Supervisor

TOWN OF COLONIE

Office of the Supervisor

Memorial Town Hall
534 New Loudon Road
Latham, New York 12110

Phone (518) 783-2728 Fax (518) 782-2360

www.colonie.org/supervisor

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Supervisor Crummey's Colonie Connection

As Summer transitions into Fall, we look forward to the exciting opportunities provided this month, including celebrating holidays and observances like Labor Day and National Grandparents Day. Additionally, our Fall Edition of the Colonie Connection will be delivered to you this month. The Colonie Connection provides you with everything from important collection dates, phone numbers, and various happenings around our Town. Be sure to check out the Colonie Connection to learn everything our Town has accomplished in these past few months of summer. You can also see the electronic version of the Fall Edition at www.colonie.org. And by the way, have you signed up for Stay Connected to receive other notices of activities here in Town? Please visit <https://www.colonie.org/stayconnected/>

I would like to congratulate our *Celebrate a Senior* Honoree Sadie Harper. Originally from Alabama, Sadie moved here to Colonie to pursue a job opportunity with the Rosenstock family as a domestic worker. Sadie understood the value of hard work and would later get jobs with a boarding home and Parsons Child and Family Center. Even through working, Sadie would find time to customize her home's interior and maintain her yard and garden. After retiring, Sadie has been able to spend more time with her family and congregation while also finding time to work on her projects and interests. Don't forget to submit nominations, including a photograph, to blanchardc@colonie.org for our next Town of Colonie *Celebrate a Senior* segment.

As always, I am here if you have any questions, please don't hesitate to call my office!



Celebrate a Senior Spotlight

This month's Senior Spotlight shines brightly on our TOC resident of over 40 years, Sadie Harper. Sadie is being recognized for her positive outlook, her strong family values and her ongoing education applied to her home and her career.

Sadie grew up in Alabama with her two sisters and two brothers. As a young adult, she relocated to Loudonville, New York for a job opportunity as the domestic worker for Judge Rosenstock and his family. Sadie enjoyed her employment with the Rosenstocks and to this day is still in regular contact with the family.

Sadie's career path continued along the line of caring for others. She maintained full time employment outside of her home while running a boarding home for blind and visually impaired students through the *Northeast Association for the Blind and the Eleanor Roosevelt Foundation*. It involved providing up to eight students with a safe, structured home and three meals daily; all while raising her two daughters, Betty and Bridgette.

When Sadie purchased her house in Colonie she started working on making it into her home. She would come home from her day job at the residential group homes with *Parsons Child and Family Center (PCFC)* and she would work on home improvements and design. These included painting the interior and exterior, envisioning and implicating extended living spaces, designing the layout of her yard to encompass the plants that offered the colors and flavors she envisioned. Sadie would then return to work at *PCFC* where she held a second position of Night Supervisor. Sadie and those who are blessed to know her could all agree that one thing that has been a challenge for Sadie over the years is sitting down and taking a rest!

Sadie retired from *PCFC*, giving her more time for her family, her congregation, her projects and continued interests. Sadie is blessed with having both Betty and Bridgette residing locally. She is the proud grandmother of four, the great-grandmother of eight, the great-great-grandmother of two and there are two great-great grandchildren on their way into her loving family.

