

Seniors Today

www.cohoesseniorcenter.org

A monthly publication of the Cohoes Multi-Service Senior Citizens Center, Inc.

LEGACY CAMPAIGN BE A PART OF THE LEGACY

Senior Center Launches Campaign To Keep Doors Open

The Cohoes Multi-Service Senior Citizens Center, a cornerstone of the senior community of the Capital Region for almost 45 years, is launching a campaign to prevent the closure of the Center. In the past year, changes in government funding and rising costs in food, fuel, and services have left the Cohoes Senior Center with a debt of \$50,000. The loss in reimbursements for essential services such as; home delivered meals, transportation, adult day care, and meals in the dining room, could not have been predicted. The Center has been on life-support for almost a year, exhausting its reserved funds.

Says Executive Director Keith Hornbrook, "We have reached a critical point in sustaining operations. Almost 45 years ago, the people started a legacy of serving older adults in the community. It is time we reached out to the Capital Region to ensure the continuation of their legacy."

In order to save the Center, the organization has launched the "Legacy Campaign" to raise \$50, 000 by the end of September. Named for the Organization's historical contributions and spearheaded by the Board of Directors, this campaign will be a multi-pronged approach including personal, corporate, and foundation requests. "It is the hope that through the entire community's generosity and giving that the goal of \$50,000 will be reached and our doors will remain open", says Ed Tremblay, Board President.

To be a part of the Legacy Campaign and help save the Cohoes Senior Center, donations and pledges

can be made at www.cohoesseniorcenter.org
The mission of the Cohoes Multi-Service Senior Citizens Center is to promote the dignity of older adults living in the community; and to provide the programs and services needed to support their living healthy and productive lives.

PARTY OF GOLD FUNDRAISER



Contact Eunice Antonnucci at 237-2910 for questions or maryjane@partyofgold.com

Tuesday, July 26th from 3-6 PM

Cohoes Senior Center

10 Cayuga Plaza, Cohoes

Bring your old, broken, out of style gold and silver and get \$\$\$\$! They will take missing earrings, class rings, broken chains, etc. They will also take silver flatware, platters, bowls, etc as well as coins 1964 and before.

A percentage of the gold and silver sales go directly to the Senior Center. The money is donated by Party of Gold. Guests receive a check for the value of their gold. None of the guests money goes to the charity.

The mission of the Cohoes Multi-Service Senior Citizens Center, Inc. is to promote the dignity of older adults living in the community; and to provide the programs and services needed to support their living healthy and productive lives.

Board of Directors

Ed Tremblay—President
 Loretta Saheim—Vice-President
 April Kennedy—Secretary
 Charles Valenti—Treasurer
 Michael Brooks
 John Farrell
 Jane LaCivita-Clemente
 Marjorie Marois
 Harold Perry
 Charles Ries, Esq.
 Myrtle Stott
 Margaret Totten, CSJ

Membership Board

Myrtle Stott - President
 Homer Duquette - Vice President
 Hal Perry - 2nd Vice President
 Elizabeth Dechene - Secretary/
 Treasurer
 Dorothy Krupski - Corr.
 Secretary
 Mary Cox
 Bertha Flannery
 Ellie Gambelli
 Audrey Kennedy
 Pat Perry

Executive Director

Keith Hornbrook

Contact:

Keith Hornbrook
 10 Cayuga Plaza
 Cohoes, NY 12047
 518-235-2420
 Fax: 518-235-1624
 khornbrook@
 cohoesseniorcenter.org

For Advertising information call
 518-235-2420

Meals on Wheels and
 Congregate Dining are funded
 by the Albany County Dept. for
 Aging and the New York State
 Office for Aging

A message from the Board of Directors and the Director,

Dear Community Member,

For nearly 45 Years, the Cohoes Multi-Service Senior Citizens Center, Inc. has been providing services to older adults and their families in the community. We have been through the good times and the bad times with you, but this past year, changes in government funding and rising costs in food, fuel, and services left us with a debt of approximately \$50,000. We could not predict the loss in reimbursements coming from essential services we provide like home delivered meals, transportation, adult day care, and meals in our dining room in a time when need is only rising. Our small rainy day reserves have been exhausted.

We have made changes to prevent further losses without compromising services. We have looked critically at staff and made the difficult decisions of reducing two positions to part-time, eliminating a position, and combining responsibilities with others. In September of 2010, we temporarily reduced the executive director position from a five to a four day work week as a cost saving measure. We examined our purchasing, and we have reduced supply costs and food costs by utilizing the Regional Food Bank more than we had been. We are pleased that all of our cost-saving measures have stopped the severe losses we were experiencing last year.

Unfortunately though, we will have to close our doors if we do not raise \$50,000 by the end of September. Despite our best efforts, we have not been able to recover from last year's debt. If we do not stay open, over 50,000 meals annually will not be served or delivered. More than 7,000 hours of care to frail or older adults living with dementia or mild Alzheimer's will not be provided. Over 2,500 rides to doctor and other appointments will be eliminated. Hundreds of seniors participating in activities, classes, and programs at the Senior Center will be without a Center. The numbers speak for themselves, but they don't even begin to describe the bonds of friendship, peace of mind, and legacy of community that happens here.

Don't let the legacy of outstanding community service that the Cohoes Senior Center provides to thousands of people across the Capital Region die. Your contribution to our Legacy Campaign can help save the Center, take it off life-support, and give it a second lease on affecting the lives of our senior community. Ask yourself what do you want to be your legacy, what will you leave behind. Let the Cohoes Senior Center be a part of your legacy.

Sincerely,

Ed Tremblay
 Board President

Keith Hornbrook
 Executive Director

I want to help the Cohoes Multi-Service Senior Citizens Center, Inc. (CMSSCC) keep programs for seniors during these difficult times when they are needed most.

__ \$1000 __ \$500 __ \$250 __ \$100 __ \$50 __ OTHER \$ _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Email: _____

PLEASE CHARGE MY:



Card Number: _____

Amount: \$ _____ Exp. Date: _____/_____/_____ Security Code: _____

Name (*as it appears on card*): _____

Cardholder Address: _____

Telephone: _____

Signature: _____

My Gift is in memory/honor of: _____

Please send an acknowledgement to: _____

Address: _____

City: _____ State: _____ Zip: _____

The Cohoes Multi-Service Senior Citizens Center, Inc. (CMSSCC) is a 501(c)(3). All donations are tax deductible to the fullest extent allowed by law.

MAILTO:
LEGACY CAMPAIGN
BE A PART OF THE *LEGACY*
Cohoes Senior Center
10 Cayuga Plaza
Cohoes, NY 12047



The mission of the Cohoes Multi-Service Senior Citizens Center, Inc. is to promote the dignity of older adults living in the community and to provide the programs and services needed to support their living healthy productive lives.

Recipe Corner

Enlightened Macaroni and Cheese

From "Diabetic
Cooking"

Yield : 6 one cup
servings

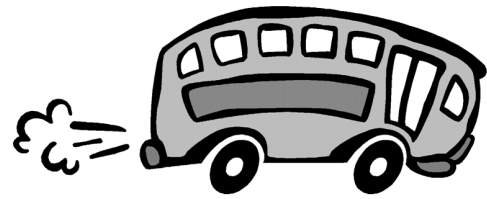


Nutrition Information

Calories = 266 Total fat = 6 gms Carbohydrate =
35 gms Protein = 19 gms
Cholesterol = 18 mg Sodium 200 mg Fiber 2 gms

8 ounces uncooked macaroni
1 Tbsp flour
2 tsp cornstarch
¼ tsp dry mustard
1 can (12 oz) evaporated skim milk
1 cup reduced fat shredded Cheddar cheese
½ cup reduced fat shredded Monterey Jack cheese
2 ounces diced pimiento, drained and rinsed
1 tsp Worcestershire sauce
¼ tsp black pepper
1 Tbsp plain bread crumbs
1 Tbsp paprika

- Preheat oven to 375 degrees F
- Cook pasta (do not add salt to the water for boiling) and drain.
- Combine flour, cornstarch, and mustard in saucepan
- Stir in milk until smooth
- Cook over low heat until slightly thickened (about 8 minutes)
- Remove from heat. Stir in cheeses, pimiento, Worcestershire sauce and pepper.
- Add pasta and mix well.
- Spray casserole with nonstick spray. Spoon mixture into casserole, sprinkle with breadcrumbs and paprika.
- Bake 20 minutes or until bubbly and heated through.



Cohoes Senior Center

Transportation for older adults 60+

- Pick-up and drop off at home
- Friendly service
- Go to doctor's appointments, visit friends, library, groceries, and more.
- Call 518-235-2420 ask for Steve

MVP Gold Chair Moves Resumes in September

MVP Gold Chair Moves will be back in September. this fun and low impact exercise class is recognized all over the Capital Region as a premier program for adults looking to get some physical activity but that are not able to participate in a regular fitness class due to limited mobility. Stay as mobile and strong as possible! This is a chair-based class that emphasizes strengthening, limbering, and stretching exercises for upper and lower limbs. To register or for more information call 518-235-2420 or e-mail lduffy@cohoesseniocenter.org. The class will be Tuesdays at 11:15 AM.



1-800-860-8707

(TTY: 1-800-558-1125)

Monday–Friday

8am–8pm



FIDELIS CARE

fideliscare.org

Special Event Days for July/August.**July 4, 2011**

independence Day - Center Closed

July 5, 2011

9:00 AM Food stamps

July 13, 2011

9:00 AM Medicare Counseling (HICAP)

July 14, 2011

9:30 AM Diner's only BINGO

July 19, 2011

10:00 AM Legal Aide Attorney by Appt.

July 27, 2011

9:00 AM AARP Driving Class

July 28, 2011

5:30 PM Diner's only BINGO

July 29, 2011

9:00 AM AARP Driving Class

August 8, 2001

9:30 AM Legal Aide Attorney by Appt.

August 9, 2011

10:30 AM Hearing clinic by appt.

9:00 AM Food stamps

August 10, 2011

9:00 AM Medicare counseling (HICAP)

August 11, 2011

5:30 PM Diner's only BINGO

August 24, 2011

9:00 AM AARP Driving Class

August 25, 2011

5:30 PM Diner's only BINGO

August 26, 2011

9:00 AM AARP Driving Class

September 5, 2011

Center Closed - Labor Day

Everday July/August Calendar Days**Monday**

9:00 AM

Medicaid and Family and Child Health Plus by HCDCI

10:00 AM

Senior swim

10:00 AM

Line dancing

12:00 PM

Lunch

Tuesday

10:15 AM

Osteoporosis exercise class

12:00 PM

Lunch

1:00 PM

Silvertops Rehearsal - suspended until September

5:00 PM

Dinner

Wednesday

10:00 AM

Senior Swim

10:00 AM

In Between Bridge

12:00 PM

Lunch

2:00 PM

Holy Trinity-St. Michaels

Communion Service

3:15 PM

Veggie Mobile

Thursday

9:30 AM

Mah-jongg

12:00 PM

Lunch

12:30 PM

Bowling - Suspended for the summer

5:00 PM

Dinner

Friday

10:00 AM

Senior swim

12:00 PM

Lunch

12:30 PM

Advanced bridge

1:00 PM

Osteoporosis exercise class

McDonald "Towers"
Cohoes Housing Authority



100 manor Sites
Cohoes, NY 12047
235-4500

*"great landlord looking
for great tenants"*

Linda Peterson
Tenant Relations Officer
Charles Patricelli
Executive Director

Calendar Announcements

OSTEOBUSTERS:

A strengthening exercise program for mature adults

Tuesdays 10:15 AM

Fridays 1:00 PM

The strong bones exercises utilize a dynamic range of motion as well as strengthening movements, which enhance posture and balance, and much more! The program was developed by Tufts University.

Walmart Wednesday

Wednesdays

12:30 to 2:30

The Senior Center bus will be going to Walmart every Wednesday picking up at Cayuga Plaza, Ogden Mills, Columbia Crest, and Waterside Way. The bus will leave Cayuga Plaza at 12:30 picking up at each location and picking back up at the Super Walmart in Clifton Park at 2:30. If you would like to go please call MTM at 1-866-208-7357 and ask for a 12:30 pick up going to Walmart in Clifton Park, 1549 Rt 9, Halfmoon, NY 12065. 518-373-8457. This trip is dependent on at least 6 people going.

Holy Trinity-St. Michael's Churches Communion Service

Wednesdays

2:00 PM

Deacon Gerry Matthews from Holy Trinity and Deacon Charles Valenti from St. Michael's will be providing Communion Service to the area residents.

Mah-jongg

Thursdays

9:30 AM

Free

Sally Cotugno, player and teacher, will be playing Mah-Jongg here at the Center. Sally is willing to teach anyone who doesn't know how to play. They will need at least 4 players to play.

Mah-Jongg is a game of Chinese origin usually played by four persons with 144 domino like pieces

or tiles marked in suits, counters, and dice, the object being to build a winning combination of pieces.

AARP Defensive Driving

Wednesday, July 27 and Friday, July 29, 2011

Wednesday, August 24 and Friday, August 26, 2011

\$12 for AARP members

\$14 for non-AARP members

AARP members must have their AARP membership card with them when they take the class. Make your check out to AARP and mail it to the Cohoes Senior Center or bring it in at least two weeks before the class. Sign up has started for July. Sign-up will begin August 8th for the August class.

Coming in September

The Rensselaer County Community Hospice Sunshine Girls

Tuesday, September 20, 2011

5:30 PM

The Rensselaer County Community Hospice Sunshine Girls is a chorus of volunteers that have been performing for the past 5 years. They sing in nursing homes, senior centers, and assisted living facilities. They spread the word that life is to be celebrated to the very end. They sing songs from the 30's, 40's and 50's and encourage you to sing along. Come to dinner and stay to hear them sing. You can call for dinner on Monday, September 19th and Tuesday, September 20th up until 10:30AM

MVP Gold Chair Moves

Tuesdays beginning September 20, 2011

11:15 AM

Stay as mobile and strong as possible! This is a chair-based class that emphasizes strengthening, limbering, and stretching exercises for upper and lower limbs. To register or for more information call 518-235-2420 or e-mail ldufty@

Membership's Corner

July/August Birthdays

July Birthdays

- 7/4 Dorothy Adams
Edward Alquire
- 7/6 Hal Perry
Mary Jane Rooney
- 7/7 Olga Somers
- 7/11 Sharon Mitchell
- 7/12 Leo Gariepy
Rhea Perrier
- 7/13 Elizabeth Campbell
- 7/15 Eleanor Myers
- 7/16 John O'Brien
- 7/17 Ann Shields
Charlene Hahn
Robert Perry
- 7/19 Dorothy Amyot
Helen Barna
- 7/21 David Koschnick
- 7/22 Irma Newman
- 7/24 Donna Lavender
- 7/25 Mary Ann Blum
Vivian Eagan
Winifred Nazarko
- 7/26 Thomas Ouimette
- 7/30 Margaret Radliff
- 7/31 Stella Nazarko

August Birthdays

- 8/3 Eileen Vallee
- 8/4 Eileen Hering
- 8/7 Naomi Brassard
- 8/9 Hatsue Toscano
- 8/10 Shirley Lillestol
Richard Tompkins
- 8/11 Mary Jane Girard
- 8/12 Neannine Nescot
- 8/13 Anne Marie Koschnick
- 8/14 Dorothy Gauthier
- 8/15 Marty Rivette
- 8/17 Ernestine Santa Lucia
Barbara Panepinto
Guadalupe Santa Lucia
- 8/19 Barbara Coleman
Lois Siegel
- 8/21 Patricia Finelli
- 8/24 Karen Charbonneau
- 8/26 Elizabeth Dahl

- 8/29 Joan Fobare
- 8/31 Irene Naumiec

If your birthday is not mentioned, it may be because your membership has not been renewed this year.

New Members: June 1, 2011 to June 20, 2011

Mary Ann Boyer
Dorothy Gauthier
Mary Fitzsimmons
Elaine Cropsey
Marty Rivette
Olive Simmons
Yvette Wunning

Welcome to all of our new members and to everyone that renewed their membership. We hope to see you all at our functions, meetings and our dinners and lunches.

Thank you to all of our volunteers that helped with the Flea Market and Bake Sale!

We would like to thank all of our volunteers who helped us with our annual Flea Market and Bake Sale and Hot Dog Roast. Thank you to those that helped set up, take down, sell items at the tables, baked for the bake sale, cooked the hot dogs and served the hot dogs and salads, went out and asked different stores for donations and received a lot of donations from those stores. The stores were: Price Chopper, Hannaford, and Stewarts.

The stores donated hot dogs, ice cream and toppings, paper plates, cups, napkins and gift cards. The two ladies that did all the work in getting us the donated items are Pauline Daigneault and Nancy Vandervoort. Thank you ladies for your time and hard work.

Thank you to the following volunteers for the giving of their time and all their hard work.

Hal & Pat Perry	Bill Baysa
Homer Duquette	LC Cooks
Frank & Phyllis Pfitz	Lillian Broderick
Myrtle Stott	Mary Jean Tate
Cheryl Kresky	Rose Gabel
Audrey Kennedy	Ann Matthews
Jeanne Lobravico	Barbara Hale
Effie Piacente	Joan Crandall
Rose Bump	Marge McBride
Mary Cox	Margaret Radliff



10 Cayuga Plaza
Cohoes, NY 12047

PRSR STD
US POSTAGE PAID
ALBANY, NY
PERMIT #667

Hours of Operation

Monday - Wednesday - Friday 9:00 - 4:00
Tuesday - Thursday 9:00 - 6:30
Saturday - Sunday Closed

www.cohoesseniorcenter.org

Phone: 518-235-2420

Current resident or:

www.CohoesseniorCenter.org

LEGACY CAMPAIGN
BE A PART OF THE LEGACY

