

May is National Stroke Awareness Month

The aim of National Stroke Awareness Month is to make Americans aware that they may be able to 'Save A Life' of a person experiencing a stroke.

The National Stroke Awareness Month is run by the National Stroke Association who help individuals 'Save A Life' by educating them about:

- * stroke risk factors
- * stroke symptoms
- * stroke preventative measures

National Stroke Awareness Month is also a timely reminder of stroke survivors and how organizations such as the National Stroke Association supports stroke survivors through their lifelong journey of recovery.

The National Stroke Awareness Month program places emphasis on making the public aware about Acting FAST.

experiencing a stroke can be treated if people have acted FAST - 80% of strokes can also be prevented.

FAST being an acronym for things to check in a suspected stroke victim:

- F - Face / Does the face droop on one side when the person smiles?
- A - Arm / After raising both arms, does one of the arms drift downwards?
- S - Speech /After repeating a simple phrase, does the persons speech sound slurred or strange?
- T - Time / If any or all of the above are observed call for 9-1-1 and ask for medical assistance.

**Do you or a loved one need assistance at home?
Give us a call, we can help...**

- ◆ Personal Care Aides
- ◆ Home Health Aides
- ◆ Consumer Directed
- ◆ Companion Services



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According to the National Stroke Association, a person



Senior Center Benefits from Volunteerism of the Local Rotary



The Rotary Club of Cohoes volunteered with kids from the Cohoes High School and Middle School to clean-up outside the Senior Center on Friday, April 29th as part of Global Youth Services Day. Above and to the left, the Senior Center Board President and Rotary Club of Cohoes member, Ed Tremblay, gives the front hedges a much needed trim and weeding. Above and to the right, Rotary Club of Cohoes member Bev Signoracci rakes leaves and trimmings from around the bushes on the Mohawk Street side of the building. Additional Rotary members at the Senior Center were local dentist Dave Mitola and Senior Center Director Keith Hornbrook.

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.

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Keith Hornbrook

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For Advertising information call
 518-235-2420

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

Director's Message,

April is always a whirlwind of activity in the City of Cohoes. It includes Global Youth Services Day, Cohoes Annual "Go Green" weekend, and a myriad of other events hosted by organizations and groups. It's usually brought on by the coming of the first good weather of spring. I also have to mention our Chicken and Biscuit dinner this past month. It was put together and the food was prepared by Senior Center Board member Lettie Saheim and her husband, Roger. Thank you, Lettie, for all of your hard work. Thank you to the volunteers that helped us that night too. You can see a picture of Lettie below prepping and stirring the chicken stew before ladling it over the biscuits at dinner.

Then, April leads to May and the routine of spring and summer sets in. Frankly, I am glad April is finally over. It means the last of the snow has usually fallen and in our case, it means no more build-up of ice and snow on the roof. Although the spring rain also causes leaking, where it comes into the building is usually more predictable than the winter ice and snow. It is our hope that the roof will be fixed this year. We are awaiting final news from the City. It is our understanding that help should be on the way. It is more a matter of when than if at this point. We will celebrate the final news with everyone when we know more.

I want to remind everyone about the Annual Membership Drive beginning June 1st and the Spring Membership Flea Market coming on June 10th. Both of these things support not only the activities of membership but also the Senior Center as whole. Besides, there are always irresistible baked goods made by some of the best cooks around at the bake sale table. Even if you don't need to come and browse and shop at the sale, you can always come and enjoy a hot dog, homemade salads and baked beans, and pick up something sweet to eat or take home. Often, there aren't just cookies and other such goodies. Whole pies and cakes are sold that can be taken home for the whole family to enjoy.

Go out and enjoy spring, and don't forget to spend part of it with us.

Keith Hornbrook





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Membership's Corner

WELCOME TO NEW MEMBERS!!!! AS OF APRIL 22, 2011

We would like to welcome the following new members and hope to see them at meals, classes, membership meetings, dinners, fundraisers etc.

Helen Baillargeon
Anita LaMarche
Raymond LaMarche

Welcome to our center we will be looking forward to seeing you often.

FLEA MARKET AND BAKE SALE JUNE 10, 2011

The Center will be having a flea market and bake sale on Friday, June 10th from 9-2PM. If weather permits it will be outside on the walkway under the roof.

We are asking all members if they would be willing to make something for the bake sale and they could bring it in the day before the sale. Also, if you are doing spring cleaning and want to get rid of some usable and in good shape items, we will start accepting items around May 20th. No clothes, shoes, or pocketbooks please.

MAY BIRTHDAYS

5/4 Irene Castracane
5/5 Susan Farrelly
5/6 Roger Minch, Jr.
5/8 Caroline Comi
Frank DiNuzzo, Jr.
Gwendolin, Senez
5/9 Michael Cooley
Mildred Landry
5/11 Jean Bouleris
5/15 Ethel Howell
Ralph VanDerHyden
5/17 Marion Lambertsen
John O'Rourke
5/18 Audrey Kennedy

5/19 John Hodges
5/21 Lewis Lanoue
Deborah Ries
5/22 Catherine Adams
5/25 Grace Hamilton
5/27 Beatrice Charbonneau
5/30 Pamela Brennan
Ellen Tolan
5/31 Mary Bechard
Helen Thordsen
Geri Wood

If your birthday is not mentioned, it may be because your membership has not been renewed this year. You may renew your membership any day at the front desk or mail it to the Center.

OOPS!

We missed a March Birthday. Happy Belated Birthday to Lifetime Member Walter Adams. Walter's Birthday was March 6th.

Monthly Membership Meeting

Interested in starting a new project? Want to help volunteer for a Bistro Night or get more involved as a member? This is your chance. All members are welcome to attend the monthly meetings. Come be an active part of what goes on at the Senior Center. The meeting is Wednesday, May 25th at 10:30 AM.

Membership Drive Begins in June

The new membership year will be starting June 1st, 2011. Membership will be \$12.00 again for 2011. Volunteers are needed to sit at the front desk during the month of June to assist with membership renewals. A sign up sheet is available at the front desk. If anyone is interested in helping with the membership drive, please contact the Senior Center at 235-2420 or come in to sign up.

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CENTER'S TRANSPORTATION

The Center offers transportation to seniors 60 and older who live in Albany County. If you need transportation, call MTM at 1-866-208-7357.

May 2011

Mon	Tue	Wed	Thu	Fri
2 9 Sign-up for May driving class 10 Senior Swim 10 Line Dancing 12 BBQ Pork 1 Poets and Writers class	3 9 Medicaid Assistance 10 Osteobusters Exercise 11:15 MVP Chair Moves 12 Shepherd's Pie 1 Slivertops chorus practice 5 Veal and Peppers	4 10 In Between Bridge 10 Senior Swim 12 Stuffed cabbage 2 Communion Service 3:15 Veggie Mobile	5 9:30 Mah-Jongg 12 Honey Crusted Chicken 12:30 Ceramics 2 Classical Music Club 5 Roast Fresh Ham	6 10 Senior Swim 12 Spinach and Cheese Quiche 12:30 Advanced Bridge 1 Osteobusters Exercise
9 10 Senior Swim 10 Line Dancing 12 Cheeseburger	10 9 Food Stamps assistance 10 Osteobusters Exercise 10:30 Hearing Clinic by appt 12 Chicken and Biscuits 1 Slivertops chorus practice 5 Roast Turkey w/gravy	11 9 Medicare Assistance 10 In Between Bridge 10 Senior Swim 12 Roast Pork 2 Communion Service 3:15 Veggie Mobile	12 9:30 Mah-Jongg 12 Beefy Spanish Rice 12:30 Ceramics 2 Classical Music Club 5 Vegetable lasagna 5:30 Diner's only BINGO	13 10 Senior Swim 12 Baked Cod 12:30 Advanced Bridge 1 Osteobusters Exercise
16 10 Senior Swim 10 Line Dancing 12 Chili	17 10 Osteobusters Exercise 10 Legal Aid by appt. 12 Chicken w/gravy 1 Slivertops chorus practice 5 Italian Herb Baked Chicken	18 9:30 AARP driving class 10 In Between Bridge 10 Senior Swim 12 Beef Stew 2 Communion Service 3:15 Veggie Mobile	19 9:30 Mah-Jongg 12 Lemon Pepper Chicken 12:30 Ceramics 2 Classical Music Club 5 Chicken and biscuits	20 9:30 AARP driving class 10 Senior Swim 12 Macaroni and Cheese 12:30 Advanced Bridge 1 Osteobusters Exercise
23 9 Sign-up for June driving class 10 Senior Swim 10 Line Dancing 12 American Goulash	24 10 Osteobusters Exercise 12 Oven Fried Chicken 1 Slivertops at Daughters of Sarah 5 Pot Roast	25 10 In Between Bridge 10 Senior Swim 10:30 Membership meeting 12 Pot Roast 2 Communion Service 3:15 Veggie Mobile	26 9:30 Mah-Jongg 12 Hot Turkey Sandwich 12:30 Ceramics 2 Classical Music Club 5 Baked Ziti 5:30 Biatro Night with Sal Canova	27 10 Senior Swim 12 Oven Fried Fish 12:30 Advanced Bridge 1 Osteobusters Exercise
30 Memorial Day Center Closed	31 10 Osteobusters Exercise 12 Shepherd's Pie 1 Slivertops chorus practice 5 Veal and Peppers			

LEGAL AID ATTORNEY

An attorney from the Legal Aid Society of Northeastern NY will be here on the third Tuesday of each month from 10-11AM. You will need to call the Center at 235-2420 to make an appointment. You must live in Albany County and be at least 60 years of age.

HEARING CLINIC

On the second Tuesday of each month Ray Woikowski, hearing instrument specialist, will be at the Center from 10:30-12PM to test hearing, check hearing aids, and answer any questions you may have. Appointments are necessary.

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FOOD STAMP ASSISTANCE RESUMES

The food stamp representative from the Legal Aid Society, will be coming to the Center again to provide assistance with food stamps. They will be here on the 10th of May, but will resume on the first Tuesday of the Month in June.

MEDICAID REPRESENTATIVE

A Medicaid representative is at the Center on the first Tuesday of each month from 9 - 11 AM to help people with Medicaid problems or to help someone see if they are eligible for Medicaid. No appointment is necessary.

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SPECIAL EVENT DAYS FOR MAY

May 3, 2011

9:00 AM Medicaid assistance

May 10, 2011

10:00 AM Food Stamps assistance

10:30 AM Hearing clinic by appt.

May 11, 2011

9:00 AM HICAP (medicare assistance)

May 12, 2011

5:30 PM Diner's only BINGO

May 17, 2011

10:00 AM Legal Aide by appt.

May 18, 2011

9:30 AM AARP Driving Class

May 20, 2011

9:30 AM AARP Driving Class

May 24, 2011

2:30 Silvertops sing at Daughters of Sarah

May 26, 2011

5:00 PM Bistro Night
Sal Canova entertaining

May 30, 2011

Center Closed for Memorial Day

EVERYDAY MAY CALENDAR EVENTS

Monday

9:00 AM Family and Child Health Plus
10:00 AM Senior swim
10:00 AM Line dancing
12:00 PM Lunch

Tuesday

10:15 AM Osteobusters exercise class
12:00 PM Lunch
1:00 PM Silvertops
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
3:00 PM Veggie Mobile

Thursday

9:30 AM Mah-jongg
12:00 PM Lunch
12:30 PM Ceramics
2:00 PM Classical Music Club
5:00 PM Dinner

Friday

10:00 AM Senior swim
12:00 PM Lunch
12:30 PM Advanced bridge
1:00 PM Osteobusters exercise class

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.

If you would like to attend one, or just come in and see what they do, just come in and someone at the front desk will take you to the class and introduce you to the instructor.

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.

Ceramics Class

Thursdays
12:30 PM
\$25 for 10 weeks plus materials

Nancy St. Louis, ceramic teacher, has openings in her ceramic class on Thursdays. The class includes the firing of your ceramics and you pay Nancy directly. You would buy your own paints, brushes, and whatever item you wanted to make. Nancy would be happy to get these items for you. Come in on a Thursday and see what they do in ceramics and see if you would like to attend and make something for yourself or a gift for someone for a birthday, anniversary or a Christmas gift.

Classical Music

Appreciation

Thursdays
2:00 PM



New members are warmly welcome to join in the fun; to learn more about their favorite selections and to experience some new enjoyments through the media of CD's, videos, DVD's, and discussions. Sessions will be devoted to exploring favorite selections and why they are meaningful to us as music lovers. Music lover and class instructor Helen Burgess has an in depth knowledge of the subject matter and a passion and wit that puts the classic back in classical music. If you are interested and would like to come to the music club contact the Senior Center at the front office or call 235-2420.

AARP Defensive Driving

Wednesday, May 18 and Friday, May 20, 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 for May begins May 2nd. The June class is on June 15th and 17th. Sign-up will begin May 23rd.

May Bistro Night

Thursday, May 26, 2011
Dinner 5:00 PM Entertainment 5:30 PM
Suggested contribution for the meal: \$3 for 60+, \$6.50 for under 60
Donation for entertainment: \$2

Our entertainment will be Sal Canova

Dinner will be Baked Ziti. Sal will start playing at 5:30PM and play until 7:30PM. Everyone can start signing up on Wednesday, May 25th at 9:00AM. We cannot take names for dinner left on the voicemail. Please call after 9:00AM or come into the Center to put your name in for dinner.



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Hours of Operation

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