

MECHANICVILLE SENIOR CENTER'S LIVING WELL NEWS



SEPTEMBER 2022



Mechanicville Senior Center 178 N. Main Street Mechanicville, NY 12118

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Living Well Program News

This is my last couple weeks here at the Senior Center. We have hired a replacement for me, her name is Mary Alice. She will be the new senior advocate and program director at the Senior Center. The phone number will remain the same, and she will be here Monday through Friday to assist you.

It has been a pleasure to work with you all these last six years. Thank you for trusting me to share your concerns and issues with. I have so enjoyed bringing different programming and activities here for you to participate in. It has been a privilege to be your advocate and to assist many of you in receiving resources and support. Thank you also for your support of the Living Well Program. I promise you it will continue under new guidance with new ideas, activities and events.

Be sure to stop by and introduce yourself to Mary Alice Hollenbeck and welcome her to the Senior Center.

SENIOR CENTER PHONE

The Senior Center has a **new phone number**. Now the phone gets routed

through the City Hall number. Please call 518-664-9884 and follow the prompts for the Senior Center by selecting option 5 and select ext 2. Please make a note of this change.

New Interns

The University of Albany has placed two new interns with us for the year who are working on getting their Bachelor's of Social Work degree. I would like to welcome Aaron Saia and Julie Jeong. They will be with us through April 2023.

We depend on interns to help us with support services, phone calls and programming. I hope that you will welcome them and get to know them throughout this school year.

LIVING CHOICES, LOVING GIFTS

Seminar

No one wants to talk about end-of-life choices but making choices and planning for your health care and finances are actually a gift for your family. Making the choices while you are alive and healthy can lift a great burden off your loved ones. Learn

how to talk to family about your wishes and what you want and do not want for end-of-life care.

Take this opportunity to learn some valuable information that will truly help you plan for better more personalized health care for yourself. Also planning eases the burdens of your loved ones. You may be surprised by what you don't know about making choices now for your future care.

This seminar will be presented by Karin Drosdick on Friday September 9th at 1pm in the Hudson Room. Sign-ups appreciated.

Free gift for the first 12 people that sign up.

Just Say Yes to Fruits and Veggies

Kristyn Bopp has been teaching us how to incorporate more fruits and vegetables into our diet. You must register for this class by Wednesday morning before to get the produce bag. Class size is limited to 20 people and it fills up fast.

The class will be on Thursday September 22 at 10 am. Kristyn will be demonstrating a recipe and talking about incorporating beans into your diet. As always, she has wonderful tips and short-cuts and you will get to sample a recipe.

I hope that you will join us. Please sign-up on the bulletin board at the center or call the front desk.



Free Market

PLEASE NOTE: Due to inventory shortages there will be no Free Market on Sept 21st.

Free Market continues with wonderful produce and grocery items. We never know what will come in. Stop by at 10 am and bring your own bag. Free Market will be only be on September 7th this month . The free market will continue through October.

Pitney Meadow Farms

Pitney Meadow Farms is once again bringing us their fresh produce . This will be on Sept. 14th and 28th at 10am Fresh picked local produce – FREE!



Life Hacks

Do you have a scratch in the wood on your furniture . Use a walnut. Rub the nut on the scratch the nut will fill the scratch and the oils from the nut will soak in and make the scratch less noticeable.

Kitchen Short-Cuts

Cut your cooking time in half by pre-cooking items in the microwave. Want to bake a potato, pierce it a few times and microwave it for 2-3 minutes before baking. Then put in the oven with your other food and the potato will be baked in half the time. When roasting veggies, microwave them for a short time first then roast.

Be your own prep cook and slice and dice things like peppers, onions and garlic. Put in freezer bags and use as needed.

Senior Picnic at Fairgrounds

Department of Aging and Youth Services are having their Annual Picnic at the Saratoga Fairgrounds on September 8th from 11-3pm. Picnic will be rain or shine. Tickets are \$4. For more information call them at 518-884-4100.

NO LUNCH WILL BE SERVED AT THE SENIOR CENTER THAT DAY!

Office for the Aging will be here on Tuesday mornings at 9am to sell tickets to the annual picnic .

Chair Yoga

Chair Yoga will continue with Sharon Gavitt on Fridays at 10 am through the end of September.

We will be taking a short break with chair yoga with Sharon in October and will be continuing with a DVD chair yoga workout to keep you in the habit. Sharon will be back for one class only in October and then restart weekly in November.

16 Questions and Tea

Our monthly 16 Questions and Tea will take place on Monday Sept 19th at 11 am. Hopefully you can join us for some good conversation and a fun time.



Things We Should Never Discuss-

I have a guest speaker Michael Fonda from St Peter's Health Partners, a senior prevention educator here to talk to us about a timely topic. His talk is entitled, "**Things we should never discuss: Politics, Religion, Money and.... Masks?**"

Join us for an engaging look at how we interact with each other when our opinions or beliefs disagree with others. What is the difference between a discussion and disagreement? What does it mean when we hear, "Things got heated". Does stress play a role in our disagreements? If people refuse to budge on issues, what happens next? Are there some people who have to always win in a disagreement? What is your style for dealing with a conflict or disagreement? Are you competitive? Are you avoidant? Take a short conflict survey to determine your conflict management style. Learn the pros and cons of your approach to handling disagreements and get some tips on how to avoid conflict and still have a healthy conversation.

We will meet on September 15th at 10 am . I understand that Mike has some giveaways as well for those who attend. I hope that you will seriously consider attending this most important class. It is interactive and informative.

Therapy Dogs

We are so pleased to have a visit from Maria and Sage on September 13th at 10:30pm. Stop by for a visit with them.



SENIOR TRIP

Save this Date November 10th Matinee showing of **PRETTY WOMAN The Musical.** At Proctors Theater. Dinner or Lunch has yet to be determined. We are working on details and more information will be made available soon. Sign-ups will

start September 19th. Please call the front desk or talk to Mary Alice for more details. This trip will fill up fast so payment in full will be needed to reserve your spot. Cost will be \$35. Plus cost of your meal and tip for the driver.

At the time of booking no handicap accessible seating was available. Those with rollators can take them but they will be “parked” away from seating and returned at the end of the show.

ALZHEIMER’S Association Talks

The Mechanicville Library has partnered with the Alzheimer’s Association to sponsor some talks at the library. Sept 13th at 3pm “Know the 10 Signs of Alzheimer’s” and September 28th at 6pm “Understanding Alzheimer’s and Dementia”. Mark your calendar if you want to participate in these free educational talks.

Tea Talks

Sept 20th at 1pm come for tea and conversation for a Meet and Greet with Mary Alice. Sign-ups appreciated.

Adult Coloring

Free materials to use, relaxing music and great conversation. Get creative and join us 10 am every Wednesday for coloring.



Activities Committee

If you would like to be part of the activity committee join us on Wednesday Sept 21st

at 1pm to talk about trips and programs we can plan for the Senior Center. Bring your ideas and you can help out however you can.

Suicide Prevention Week

The week of September 4th through the 10th is National Suicide Prevention Week. This week was established to educate and inform the public about suicide warning signs and to reduce stigma around mental health problems.

When it come to mental health issues we need to ask for help when we need it and also look out for others.

We need to look for warning signs and support those that we know. Some of the signs are withdrawal from normal activities, mood swings, aggressive behavior, giving away of one’s possessions, self-neglect.

Check in with family, neighbors and friends. If you have concerns encourage them to get help. The new 988 number is available as well to talk to a professional and to get resources.

Canasta

Meets twice a month the first and third Mondays at 10 am. In September the date will be the 19th at 10am. Please sign-up as 6 players are needed for a game.



Defensive Driving Class

There will be a defensive driving class here all day on Monday Sept 12th in the Hudson Room. By taking this class you can reduce

your insurance costs or gets points removed from your license. It is usually taken once every three years. The class is \$25. To sign up please call the office at 518-664-7877.

Rummikub and Dominoes

If you want to learn how to play train dominoes or rummikub just stop on by Tuesday mornings at 10 am.

Pokeno

There is more interest in Pokeno than player spots available. We have some people interested in starting another group for the game. If you are interested sign-up or you can call in to sign-up, so we are sure to have enough players. We will meet on Fridays at 12:30pm. We would need at least 4 more people to play and can accommodate up to 12 per table group. It's easy to learn and someone will gladly teach you how to play.

Farewell Reception

Mechanicville Community Center is putting on a farewell reception for Karin on Thursday September 15th at 12:30pm Come and have the lunch at the senior center and stay for a dessert reception.

LABOR DAY

Please note that the center will be closed in observance of Labor Day on September 5th.

We celebrate Labor Day as a farewell to summer for the most part. Labor Day is a holiday started in the late 1800's to recognize the working men and women. It

has been celebrated as a national holiday since 1894.

Interesting trivia; there is a long-standing tradition of not wearing white after Labor Day which started in the Victorian Age. Wearing white signified you were still in vacation mode.



Happiness is when what you think, what you say, and what you do are in harmony.

-Gandhi