

# The Mechanicville Senior Center

## NEWSLETTER

### MONTHLY BUS TRIPS

TO SIGN UP CALL (518) 664-9884 ext 5, then ext 2

*\*\*Our regular bus schedule will be  
9:30 AM-1:30 PM Monday - Friday\*\**

**THURSDAY, OCTOBER 5TH**

**Dinner at Chrissy Cravings**

*Bus leaves at 4:45 pm*

**THURSDAY, OCTOBER 12TH**

**Dinner at Endzone**

*Bus leaves at 4:45 pm*

**WEDNESDAY, OCTOBER 18TH**

**Dinner at the Elks (Italian Night)**

*Bus leaves at 4:45 pm*

**PLEASE NOTE:** *(Note applies to members ONLY)*

The annual dues for members is \$10.00,  
if you are not paid for 2023, you will not  
receive a Newsletter.



# FROM THE PRESIDENT

We would like to welcome everyone back to the center after a very humid and rainy summer. We had our first meeting after our summer break and came out with some great ideas for the fall and the holidays coming up. We are looking to have a flea market at the center on Saturday November 4th from 10:00 a.m. to 3:00 p.m. We will have refreshments for sale along with a 50/50 raffle, everyone is invited to rent a table for items you would like to sell, and all home crafters are welcome. The following will be the charges per table which are 8 foot long. Members of the Mechanicville/Stillwater Senior Citizens organization will be charged \$ 15.00 per table and all others will be charged \$ 25.00. We have a max of 30 tables, and they will be on a first come first serve basis. To reserve your table please call April in the Public Safety office at (518)664-9884 Ext.5 then Ext.1 or you can stop and see her Monday thru Friday between 9:00 a.m. and 4:00 p.m. Payment is due when you reserve your table, the cutoff date to reserve a table is October 30th. We also discussed our annual Christmas Party, we will be having a buffet luncheon, and it will be Tuesday December 12th so mark your calendars. There will be more information and the buffet menu in the November newsletter. That's all for now looking forward to a great fall and holiday season.

- TONY DELVECCHIO

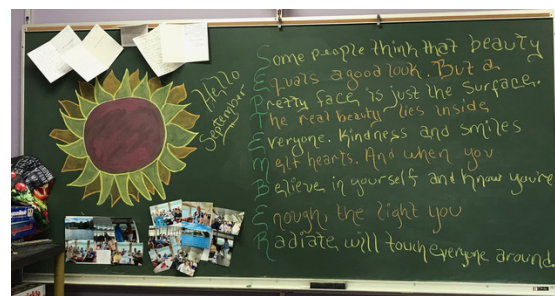
## APPLE DIP

### Ingredients:

8 oz light cream cheese  
1/2 cup brown sugar  
3/4 cup white sugar  
1 tsp vanilla | Sliced Apples

### Directions:

Step 1: Beat cream cheese, sugars, and vanilla until smooth.  
Step 2: Chill and serve with sliced apples. Enjoy !!



Marguerite Rubino, 10/01  
Jodie Gilheany, 10/02  
Joyce Michaud, 10/04  
Diane Delurey, 10/06  
Audrey Crandall, 10/07  
MaryAlice Hallenbeck, 10/11  
Ann Amann, 10/12  
Lelia Connelly, 10/15  
Joseph Carbone, 10/16  
Georgia Beatty, 10/17  
Anthony Delano, 10/17  
Vivian Walsh, 10/17  
Michael Walsh, 10/18  
Sandy Eaker, 10/18  
Fred Hosley, 10/19  
Constance Patterson, 10/19  
Kathryn Godin, 10/20  
Marylou Cebula, 10/23  
Anne Leonard, 10/24  
Stephen Sgambati, 10/31





# MECHANICVILLE AREA SENIOR CITIZENS ORGANIZATIONS, INC MEMBERSHIP MEMOS



## FROM THE COMMISSIONER

As Fall approaches and the leaves are changing it is a good time to think about change and positivity. We have had a great Summer, and we are going to have an amazing Fall. Our Seniors had a great time at the OFA Picnic, we had a full bus! We have a trip to Turning Stone coming up on October 9th. You can still sign up if you are interested by calling the Senior Center (518-664-9884 ext. 5, then 1). We have included a survey in this newsletter, and we would greatly appreciate you taking the time to fill it out and letting us know what activities you the community are interested in seeing at the Senior Center. Your opinions matter!

**- COMMISSIONER FRED HOSLEY**



### MONTHLY TREE

**NEXT MONTHLY MEETING:  
TUESDAY, OCTOBER 10TH  
AT 1:00 PM**

# LIVING WELL PROGRAM NEWS

We have a senior advocate here onsite to help you, here at the Senior Center. Call for an appointment to discuss resources and services that may be helpful to you. Call **Karin Drosdick** at **518-652-2713** to schedule an appointment. I can help you with referrals, resources or to complete applications. Our interns have started, and they are available to help as well.

If you are having issues at home there may be services out there for you, so call to find out. Some of the services I have assisted with are ***Food Stamps, HEAP, Medical Equipment, Referral for legal services, Food Pantry and Home Delivered meals*** just to name a few.



## LIFE HACK

We all need a few handy hacks once in awhile. Here are some for you to try.

- Need a make it yourself ice pack? Wet a sponge and seal in a plastic bag and freeze. Keep in the freezer for future use.
- Stuck zipper. Rub the teeth of the zipper with a pencil point to get it moving again.
- When re-heating leftovers leave a circle space in the middle of the food, it will heat up more evenly.
- Use a clothespin to hold a nail in place while you hammer it in.

## HOME ENERGY ASSISTANCE PROGRAM (HEAP)

**HEAP** is available to help those who meet income eligibility. It may help pay some of their heating costs. We all know that heating costs have been on the rise. If you were previously enrolled in HEAP, you will get renewal paperwork mailed to you in early fall. However, if you are applying for the first time or have let your HEAP benefit lapse you will need to reapply. HEAP opens in early November. Contact my office at **518-652-2713** if you need assistance with your HEAP application.

If eligible for HEAP, you can receive a onetime credit on your energy bill. There is also an emergency HEAP benefit if you need further assistance and are eligible for that emergency benefit. Emergency Heap opens up later in the winter.

## FOOD PANTRY

*at the Community Center*

The food pantry continues to be there for those in need of food. Call the food line at **Call them at 518-664-8322 ext 1012 to reach our food line.** Also be sure to visit our **Free Markets on Wednesdays at the Senior Center for free food.**



## FREE MARKET

*at the Senior Center*

The free market will be held on **October 18th at 10:00 AM** at the Senior Center. This will be our last larger free market, but we will continue each Wednesday to have the mystery markets. Come and check it out for a variety of fresh produce and other grocery items. As always, please take only what you need.

## PRESERVING YOUR FOOD

Many of you ask how long you can keep food after it has expired. First note that canned goods do not call it an expiration date but rather a “best buy” date. That is the date for optimum flavor and texture. Truthfully canned goods are good up to two years past that day. There is a shorter shelf life span for high acid canned goods like canned tomatoes and fruits like pineapple, which are best consumed by 18 month after the best by date.

Note also the quality of the can. Cans that are bulging or damaged badly should be disposed of.

Packaged goods like nuts, seeds and grains run the risk of going rancid. You can usually tell by smelling if they are rancid. If you have nuts and seeds and grains you expect to have for a longer time period than the date on the package you can store these by sealing them well and freezing them.

Save yourself money by preserving your food purchases.



# HELLO OCTOBER

## COLORING HELP



If you like to color, we can use your help. The Community Center needs gift tags colored and cut out for Christmas presents for the children. On **Tuesday October 3rd at 12:30 PM**, we will meet to color tags. No sign up needed just come and color. If you can't come at that time, stop by Karin's office and we can set you up at the center to color. Thank you for your help!

## CRAFTED BY ME



Our craft class will be on **Friday October 20th at 1:00 PM**. We will be making a festive pumpkin from fabric and toilet paper. This class will be limited to 10 people. Please sign up ahead of time so we can plan for supplies. If you would like to bring your own scissors feel free.

## 16 QUESTIONS AND TEA



Let's get the conversation going. Join us on **Friday October 13th at 10:00 AM** for some good conversation and some fun. We will select questions to answer and go around the room to share our responses. We usually have a fun time and get to know one another better.

## THERAPY DOG

On **October 31st at 11:30 AM** Maria and Sage will be here for our therapy dog visit. Hope that you can come out and say hello.



## SENIOR QUILTING GROUP

The senior Quilting Group will meet on the **second & fourth Wednesday of each month from 9:00 AM - 12:00 PM**.

- On the **second Wednesday** we will be working on donation projects.
- On the **fourth Wednesday** we can work on our own projects and help each other with tricky steps.

October dates will be **October 11th and October 25th**. Join us to quilt together, have some conversations and help each other with quilting projects.

## PERSONAL EMERGENCY RESPONSE SYSTEM



Also known as **PERS**, is a button you wear to call for help in an emergency. There are multiple agencies that offer such a service, which comes with a monthly service charge. Most agencies charge between **\$30-\$40 per month**. They are simple to use and install. You can designate someone they can call in an emergency or else they will call for the ambulance to come. PERS unit companies also have the option of units with GPS capability so you can use it outside the home as well.

You can research and find local agencies or call Karin Drosdick at the Living Well office 518-652-2713 and we can help.

## DOMESTIC VIOLENCE AWARENESS MONTH

DV Awareness Month has been observed every October since 1987. The month is meant to focus on raising awareness, honoring victims and to support survivors. Anyone can fall victim to domestic violence regardless of race, age, socio-economic status, sexual orientation, gender, nationality, or religion. Purple ribbons are frequently worn to remember Domestic Violence month.

Domestic violence is frequently unreported, it can silently take place behind closed doors. It can also take many forms; **verbal, emotional, physical, financial, sexual abuse and more**. Abuse can be rendered by a spouse, other family member or caregiver. If you do not feel safe or know of someone in need of assistance, please call the **Mechanicville Area Community Center's Domestic Violence hotline at 518-664-4008**, we have advocates available at the Community Center who can meet with you. You are not alone, and we can help.

There is also the **Suicide Prevention Hotline number** which is now **988** for mental health support services.

Call **211** for **FREE non-emergency information and referrals for local health and human services**.

# MEDICARE OPEN ENROLLMENT

If you are unhappy with your current Medicare plan Medicare Open Enrollment is the time to change it. You can contact the **Department of Aging and Youth Services at 518-884-4100**. They have trained staff who can review your coverage and help you select a plan that works for you. Whatever your concerns are they can answer your questions and help you find a plan that is right for you.

Medicare plans can change each year—and so can your healthcare needs. The **Medicare Open Enrollment Period which occurs each year from October 15th to December 7th**, gives you the chance to review and make changes to your current Medicare coverage.

Here's some information to help you prepare for Medicare Open Enrollment and get the most out of your Medicare coverage in 2024.

## Key points

- If you're already enrolled in Medicare, you can make changes to your plan during open enrollment.
- Medicare Open Enrollment for 2024 plans starts Oct. 15, 2023, and ends on Dec. 7, 2023.
- Changes you make during 2023 open enrollment go into effect on Jan. 1, 2024.



**Saratoga County Department  
of Aging & Youth Services**  
**Invites you to our  
Oktoberfest**

**Join us on Tuesday, October 10th!**

**Mechanicville Senior Center**  
Call 518-664-9884 Ext. 512 to Reserve

**Menu:**  
Pretzels with Beer Cheese  
Brats & Sauerkraut  
German Potato Salad

Registration and Sign up is required.  
Reserve at least one day in advance by 12 noon.  
\*\*Nothing To Go\*\*  
Made possible by funds provided by AOA, NYSOFA, County Funding,  
and Suggested Voluntary Contributions

## OKTOBERFEST DETAILS

**Oktoberfest will take place:**

**TUESDAY, OCTOBER 3RD**

*Halfmoon Senior Center & Clifton Park Senior Center*

**TUESDAY, OCTOBER 10TH**

*Mechanicville Senior Center & Milton Community Center*

**TUESDAY, OCTOBER 17TH**

*Moreau Community Center & Corinth Senior Center*

**TUESDAY, OCTOBER 17TH**

*Town of Galway*

**Menu will consist of**

*Brats & Sauerkraut, Pretzels with Beer Cheese,  
German Potato Salad*

**Lunch will be served at 12:00 P.M.  
Participants must make reservations at least  
one day in advance by noon.**



# VOLUNTEERS NEEDED

The Department of Aging and Youth Services are currently searching for volunteers to deliver Home Delivered Meals to homebound seniors throughout all towns in Saratoga County. This program ensures that senior citizens are able to remain in their home safely and receive proper daily nutrition. If interested, please contact:

**Saratoga County Department of Aging and Youth Services Senior Nutrition Program at  
518-363-4020**

## “— CAPITAL REGION SENIOR EXPO

The Capital Region Senior EXPO is a great event for seniors. The Expo hosts all kinds of senior services and agencies in one place. It will be at the Crossgates Mall in Albany on the lower level in the JC Penny wing. The date is **Friday October 20th from 8:30 AM - 1:30 PM.**

There will be about 50 vendors and demonstrations, workshops and agency freebies at the tables. You can even receive your flu shot at the expo. Come and learn about what is available in your area, talk to vendors, or attend some workshops.

*To succeed in life you need three things, a wishbone, a backbone, and a funnybone.*

*- Reba McEntire*

# Gather and DINE




Did you know that **we have a hot lunch here every day, Monday through Friday**, here at the center? Lunch is provided through Saratoga County Department of Aging and Youth Services for those 60 and over. The menu will be available in your newsletter each month. There is a suggested donation of \$2. Per meal but if you cannot afford to pay still come and have a meal, as it is only a suggested donation.

If you come to lunch for the first time you will fill out some paperwork. You need to call 24 hours ahead to make a reservation each time you want to come. So, call this number **(518-664-9884 Ext 317)** by **12:00 PM** the day before you come, to make a reservation.

I hope that you will join us. There is good food and good conversation around the table. So don't stay home and eat alone. Come and Gather and Dine with us!! We hope that you will also stay and join us for one or more of our activities before or after your lunch.



**SARATOGA COUNTY DEPARTMENT OF AGING & YOUTH SERVICES-October 2023**  
**GATHER & DINE/HOME DELIVERED MEALS 518-363-4020**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Spinach Feta Chicken Buttered Noodles Vegetable Trio WW Dinner Roll Shortbread Cookies	<b>3</b> Roast Pork w/Gravy Mashed Potatoes Butternut Squash Applesauce	<b>4</b> Tuna Salad on Roll Coleslaw Tomato & Cucumber Salad LS Potato Chips Banana	<b>5</b> Split Pea Soup w/Ham Beets Warm Apple Crisp Corn Muffin	<b>6</b> Meatballs in Sauce Pasta w/Marinara Sauce Broccoli Fruit Cocktail
<b>9 Closed</b> 	<b>10</b> Honey Glazed Chicken Buttered Noodles Asian Vegetables Bran Muffin Mandarin Oranges	<b>11</b> Pork w/Dijon Sauce Red Potatoes Carrots WW Dinner Roll Applesauce	<b>12</b> Hot Turkey Sandwich on Bun Butternut Squash Warm Cranberry Crunch	<b>13</b> Pasta Bake w/Meat Sauce Broccoli Wax Beans SF Chocolate Pudding
<b>16</b> Pesto Chicken Buttered Egg Noodles Stewed Tomatoes WW Dinner Roll Mandarin Oranges	<b>17</b> Italian Style Meatloaf Garlic Mashed Potatoes California Blend Vegetables SF Chocolate Chip Cookies	<b>18</b> Egg Salad on Roll Marinated Beet & Onion Salad Pea Salad Fresh Orange	<b>19</b> Teriyaki Glazed Meatballs Red Bliss Potatoes Asian Blend Vegetables Fruit Cocktail	<b>20</b> Chicken w/Honey Mustard Sauce Oven Roasted Sweet Potatoes Broccoli & Cauliflower WW Dinner Roll Peaches
<b>23</b> Pasta Fagioli w/Sausage Spinach Warm Cranberry Crunch WW Dinner Roll Yogurt	<b>24</b> Chicken w/Fiesta Sauce Mashed Potatoes Vegetable Trio Corn Muffin Peaches	<b>25 Birthday Special</b> Apple Glazed Pork Oven Roasted Sweet Potatoes Red Cabbage WW Dinner Roll Frosted cake	<b>26</b> Breaded Fish w/Dill Sauce Buttered Noodles Peas & Carrots Mandarin Oranges	<b>27</b> LS Ham & Swiss on Roll Mustard Potato Salad Marinated Green Beans Fresh Pear
<b>30</b> Herb Chicken w/Gravy Stuffing Broccoli WW Dinner Roll Peaches	<b>31 Halloween Special</b>  Beef Stew Beets Wax Beans Biscuit Chocolate Cake w/Orange Colored Frosting			

**Menu Subject To Change**

Coffee, Tea and Butter are served daily at sites. The suggested contribution is \$2 per meal. There is a \$8 fee for guests under the age of 60. Please make checks payable to: **Saratoga County Treasurer, c/o Saratoga County Department Of Aging & Youth Services, 152 West High Street, Ballston Spa, NY 12020**

# OCTOBER 2023

Mon	Tue	Wed	Thu	Fri
2 Bingo 1pm (HR)	3 Tai Chi 9:30 (HR) Rummikub 10 am (RR)	4 Mystery Market 10 am (HR) Sequence 1pm (HR)	5 Knitting 1pm (RR)	6 Pokeno 1pm (RR)
9 Columbus Day (Closed) <b>Sorry We're CLOSED</b>	10 Tai Chi 9:30 (HR) Rummikub 10 am (RR) Monthly Meeting 1:00 PM	11 Mystery Market 10 am (HR) Sequence 1pm (HR)	12 Knitting 1pm (RR)	13 16Q and Tea 10 am Pokeno 1pm (RR)
16 Bingo 1pm (HR)	17 Tai Chi 9:30 (HR) Rummikub 10 am (RR)	18 Free Market 10 am (HR) Sequence 1pm (HR)	19 Knitting 1pm (RR)	20 Pokeno 1pm (RR) Crafted By Me Craft Class 1 pm (HR)
23 Bingo 1pm (HR)	24 Tai Chi 9:30 (HR) Rummikub 10 am (RR)	25 Quilting 9 am (HR) Mystery Market 10 am (HR) Sequence 1pm (HR)	26 Knitting 1pm (RR)	27 Pokeno 1pm (RR)
30 Bingo 1pm (HR)	31 Tai Chi 9:30 (HR) Rummikub 10 am (RR) Therapy dog visit 11:30 am			



## **Mechanicville Senior Center Survey**

We are carrying out an evaluation of activities and groups at the Senior Center, to see if we can increase participation in the activities and make them more relevant for our community. Thank you for taking the time to fill in this questionnaire; it should only take 10 minutes. Please return your completed questionnaire to any member of staff. Your answers will be treated with complete confidentiality. If you have any questions about this questionnaire, please contact [The Office @518-664-9884 x5]. Some of the listed activities are already offered, if so just check them off if you already participate.

- 1. How often do you come to the Senior Center, on average? (*please choose one*)**

<input type="checkbox"/> Less than once a month	<input type="checkbox"/> Once a week
<input type="checkbox"/> Once a month	<input type="checkbox"/> Two or Three times a week
<input type="checkbox"/> Once every two weeks	<input type="checkbox"/> Daily
  
- 2. Do you utilize the lunch program?: (*Please choose all that apply*)**

<input type="checkbox"/> YES			
<input type="checkbox"/> NO	If NO, would you like information on the program?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
  
- 3. Would you be interested in writing groups?: (*Please choose all that apply*)**

<input type="checkbox"/> Journaling	<input type="checkbox"/> Short Stories
-------------------------------------	--
  
- 4. Are you interested in Arts/Crafts?: (*Please choose all that apply*)**

<input type="checkbox"/> Monthly planned craft	<input type="checkbox"/> Holiday crafts
<input type="checkbox"/> Painting/ Watercolor Classes	<input type="checkbox"/> Needlepoint/Quilting
<input type="checkbox"/> Knitting/Crochet	<input type="checkbox"/> Jewelry Making
<input type="checkbox"/> Drawing/Coloring	
  
- 5. Are you interested in exercise?: (*Please choose all that apply*)**

<input type="checkbox"/> Arthritis Range of Motion	<input type="checkbox"/> Line Dancing
<input type="checkbox"/> Walking Club	<input type="checkbox"/> Low Impact Aerobics
<input type="checkbox"/> Nature Walks	<input type="checkbox"/> Horse Shoe/Bocce
<input type="checkbox"/> Tai Chi	<input type="checkbox"/> Shuffle Board
<input type="checkbox"/> Yoga/Chair Yoga	
  
- 6. What Games are you interested in? (*Please choose all that apply*)**

<input type="checkbox"/> Bingo	<input type="checkbox"/> Bridge
<input type="checkbox"/> Canasta	<input type="checkbox"/> Chess
<input type="checkbox"/> Checkers	<input type="checkbox"/> Cribbage
<input type="checkbox"/> Dominos	<input type="checkbox"/> MahJong
<input type="checkbox"/> Pinochle	<input type="checkbox"/> Poker
<input type="checkbox"/> Pool	<input type="checkbox"/> Sequence
<input type="checkbox"/> Shuffle Board	<input type="checkbox"/> Yahtzee
<input type="checkbox"/> Other: _____	

**7. Education: *(Please choose all that apply)***

- |   |  |
|---|--|
| <input type="checkbox"/> Book Club              | <input type="checkbox"/> Current Events Discussion Group |
| <input type="checkbox"/> Guitar/Piano Lessons   | <input type="checkbox"/> City History Group              |
| <input type="checkbox"/> Veterans Meet Up Group | <input type="checkbox"/> Other: _____                    |

**8. Computer: *(Please choose all that apply)***

- |   |  |
|---|--|
| <input type="checkbox"/> How to General Lessons | <input type="checkbox"/> Internet/Email              |
| <input type="checkbox"/> Social Media           | <input type="checkbox"/> Shopping (grocery delivery) |
| <input type="checkbox"/> Other: _____           |  |

**9. Cooking: *(Please choose all that apply)***

- |   |  |
|---|--|
| <input type="checkbox"/> Cooking For One or Two | <input type="checkbox"/> Holiday Candy/Cookies |
| <input type="checkbox"/> Healthy Cooking        |  |

**10. Gardening: *(please choose all that apply)***

- |   |  |
|---|--|
| <input type="checkbox"/> Facility Gardening Group | <input type="checkbox"/> Community Garden (outdoors) |
|---|--|

**11. Travel: *(please choose all that apply)***

- |                                       |  |
|---------------------------------------|--|
| <input type="checkbox"/> Day Trips    | <input type="checkbox"/> Overnight Trips |
| <input type="checkbox"/> Casino Trips | <input type="checkbox"/> Dinner          |

**12. Health/Well-Being: *(please choose all that apply)***

- |  |  |
|--|--|
| <input type="checkbox"/> Bereavement Support Group | <input type="checkbox"/> Blood Pressure Clinic |
| <input type="checkbox"/> Alzheimer's Support Group |  |

Thank You very much for taking the time to complete this questionnaire.  
Please hand it back to a member of staff.

If you have any other comments, please add them below:

---

---

---

---

---

---

---

---

---

---