

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, SEPTEMBER 7TH

Dinner at TGIF in Clifton Park

Bus leaves at 4:30 pm

THURSDAY, SEPTEMBER 14TH

Dinner at Sammy Cohen's in Schaghticoke

Bus leaves at 4:30 pm

WEDNESDAY, SEPTEMBER 20TH

Dinner at Peddlers in Clifton Park

Bus leaves at 4:30 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.



LABOR DAY
SEPTEMBER
4TH

**Sorry We're
CLOSED**

on **Monday September 4th**
in observance of Labor Day.

MECHANICVILLE AREA SENIOR CITIZENS ORGANIZATIONS, INC MEMBERSHIP MEMOS



FROM THE PRESIDENT

Well here we are, almost at the end of summer and another Saratoga racing season. My hope is that although it was a very rainy and hot summer everyone was able to get out and enjoy at least some of the nice days we had. With September just around the corner, just a reminder that we will start back with our Monthly meeting the second Tuesday of the month starting September 12th at 1:00 PM. We are planning to go through the changes to the by-laws that we talked about at our last meeting in June; we are looking for your feedback on the suggested changes at this meeting. We would like to vote on the changes at our October meeting. I encourage everyone to try to attend; your input will be greatly appreciated. We look forward to seeing everyone at the next meeting, and enjoy the rest of August.

- TONY DELVECCHIO



MONTHLY TREE

**NEXT MONTHLY MEETING:
TUESDAY, SEPTEMBER 12TH AT 1:00 PM**

FROM THE COMMISSIONER

We have had an amazing summer so far at the center. We all had a great time on our annual Lake George Boat and luncheon trip. It was a tremendous turn out. We have a couple of exciting upcoming trips, the OFA Picnic on 9/7/23 in Saratoga. Also on 10/9/23 we have a bus trip from the Senior Center to Turning Stone Casino (sign ups at the senior center). My office will be handing out surveys soon to the senior community in regard to what activities and classes that the senior community would like to see come to the center. The entire city of Mechanicville would like to wish a speedy recovery to Amelia Izzo (Mimi).

- COMMISSIONER FRED HOSLEY



Lucretia Conlen, 9/01

Rita Hosley, 9/03

Patricia Henningson, 9/09

John Conlen, 9/09

Anne Russom, 9/09

Marie Viall, 9/10

Judy Lees, 9/13

Laura Reploeg, 9/14

Lynn Goman, 9/16

Dianne Roosa, 9/18

Pamela Sgambati, 9/19

Cheryl Gorman, 9/19

Shirley Gurba, 9/19

Keith Kussius, 9/19

Janet Platt, 9/22

Charlotte Walters, 9/22

Arthur Zullo, 9/23

Doug Hallberg, 9/23

Norine Cunningham, 9/24

Louis Marcelle, 9/24

Janice Spiak, 9/25

Deborah Stewart, 9/25

Anthony Pascucci, 9/25

Nancy Pozniakas, 9/27

Richard Osterhout, 9/24

Ethel Osterhout, 9/28

Patti Brown, 9/29

Anne DeSieno, 9/29

Anne Marie Conklin, 9/30

Agnes Ryan, 9/30

CREAMY COCONUT CAKE

Ingredients:

1 (16 ounce) package white cake mix

1 (14 ounce) can cream of coconut

1 (14 ounce) can sweetened condensed milk

1 (16 ounce) container frozen whipped topping, thawed

1 (10 ounce) package flaked coconut

Directions:

Step 1: Prepare cake according to package directions. Bake in a 9×13-inch pan. Cool completely.

Step 2: In a small bowl combine cream of coconut and condensed milk.

Step 3: Poke holes in cake with a straw. Pour milk mixture over cake and spread with whipped topping. Sprinkle coconut over cake.

Step 4: Serve chilled.

Enjoy !!



LIVING WELL PROGRAM NEWS

You may not be aware, but you have a senior services advocate right here in the Senior Center. If you don't know where to turn to get help for resources and services that you need; call me, **Karin Drosdick** at **(518) 652-2713** to make 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.

There is a wealth of senior services in our county and if you are need of assistance there may be a program that can help. Some of the resources 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.

MAILING LIST

We had our first mailing of the new combined mailing lists. We hope that you are enjoying the new format and the combined newsletter.

Please advise us of any errors or changes to addresses so we can correct them. To make updates or to unsubscribe/ be removed from the mailing list contact or leave a message for:

**Outreach & Development Director
Tammie Alikonis at 518-664-8322 ext
1014.**

E-NEWSLETTER

We can now send Electronic Newsletters! Receiving an E-Newsletter would cut down on cost for postage and paper which is sustainable for the environment. Your newsletter would be available in your email from any electronic device. If you would like to receive your newsletter via email, please send an email request to

Tammie Alikonis at:

talikonis@mechanicvilleacsc.org

Thank You

The Seniors would like to send a special Thank You to Supervisor Tom Richardson for his help in financing our Senior Cruise Trip to Lake George!

—“—— 988 SUICIDE AND CRISIS LINE

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If you ever find yourself in distress you can call this number for free confidential support 24/7. **988** is formerly the National Suicide Prevention Lifeline. When you call you will be tapped into a local crisis center for trained professional support services.

If you or a loved one is in suicidal crisis or emotional distress call 988, don't try to go it alone call for the support you need. Share this number with friends and family members as well.

FREE MEDICAL ITEMS

If you or someone you know are in need of some medical items I usually have some at the center or can locate them for you. We take donations of items you no longer need or you can take what you need.



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ALBANY GUARDIAN SOCIETY

Albany Guardian Society is a charitable foundation that seeks to improve aging through education. They offer a variety of free classes on aging related topics for seniors that can be attended via phone or Zoom. Check out their website **AlbanyGuardianSociety.org** to download a catalog of their fall class offerings. The fall catalog will be released in early September.

Attend virtually with a friend and learn something new! They offer classes on exercise, technology and so much more. The classes are taught by professionals and are full of useful relevant information for all.

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PROJECT LIFESAVER

Saratoga County Sheriff's Office sponsors this program called Project Lifesaver. If you have a household member or know of someone who has a significant other who is at risk of wandering due to Alzheimer's or other disability, this program may help. They have a wearable transmitter that can track the location of your loved one. **You can call and find out more about this program at the Sheriff's office at (518) 944-6288.**

FALL INTO SEPTEMBER

RUMMIKUB

If you can play Gin Rummy, you already know the basics of Rummikub! No playing cards involved it is with tiles. It is a very fascinating game that really can exercise your brain! We all know how important it is to challenge our brains! If you want to learn how to play, we play **every Tuesday at 10:00 a.m.** in the Riverside Room. Join us and someone will teach you how to play.

CRAFTED BY ME

Join us for another craft class, when we will be making a mobile with beads and weathered wood. Colette Kegg will be teaching us this craft. We will meet on Wednesday **September 20th at 1:00 p.m.** **Class will be limited to 12 people.** Please sign up on the bulletin board.

16 QUESTIONS AND TEA

How do you get the conversation started? Come to 16 Questions and Tea. We have a basket of random questions to go around the room and share. It is a lot of fun and will help you get to know others better. Come and join the conversation on **Friday September 22nd at 10:00 a.m.**

THERAPY DOG

On **Thursday September 14th at 11:00 a.m.** Diane and Keeva will be here for our therapy dog visit. Come out and say hello! Chat with Diane and meet Keeva!

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**

FOOD PANTRY

at the Community Center

If you are struggling to get enough food, the Mechanicville Community Center has a food pantry to help. **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 **September 20th 10:00 am** at the Senior Center. We receive a variety of fresh produce and other grocery items, all for FREE.

The mystery market will be on the **other Wednesdays of the month also at 10:00 a.m.** There are a smaller amount of items, but still all FREE. We ask that you only take what you need for your household as we need to track numbers for our grant funding.

SAVING YOUR PRODUCE

Soon it will be apple season. We often have a lot of extra apples here at the free food markets. Here are some things you can do to use your apples.

- **Stewed Apples** ~ Peel and cut up apples and place them in a pan with a little brown sugar, lemon juice, cinnamon and butter. Sauté them until they are the desired texture.
- **Apple Crisp** ~ Place peeled and cut apples in a pie plate and top with your favorite crisp mixture.
- **Make Apple Sauce** ~ Prepare like the number one tip and keep cooking until apples are so soft you can mash them up or put them in a food processor.
- **Overnight Oats** ~ Place ½ cup old fashioned oats in a jar cover with milk. Add cinnamon, maple syrup anything you want. Stir, let sit overnight. In the morning top with cut up fruit like apples, add nuts and enjoy.

With the rising costs of food, take extra apples and make yourself a treat.



CAPTEL PHONES

Did you know that there is a program through which you can get a free captioned phone? If you are having trouble hearing on the phone a captioned phone has a live transcription of your calls so you can read the conversation. To be eligible you must have an audiologist who will certify the need for a captioned phone. It also requires internet access. Call or see me for more information and I can help you fill out an application. (518) 652-2713.

MEDICARE OPEN ENROLLMENT



When's the Medicare Open Enrollment Period?

Every year, Medicare's open enrollment period is **October 15 - December 7**

What's the Medicare Open Enrollment Period?

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

How do people know if they need to change plans?

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

When can people get information about next year's Medicare plans?

Information for next year's plans will be available beginning in October.

Where can people find Medicare plan information or compare plans?

1-800-MEDICARE or [Medicare.gov](https://www.medicare.gov).



LIFE HACK

There are so many tools out there to aid in independence and safety at home. Here's a few to get you thinking. If you are having trouble with something you may find there is a tool for that.

- **Step Stool** with a handle to support you while stepping up.
- **Lazy Susan** is helpful in cabinets and the refrigerator to aid in getting items from the back.
- **Sock helper** ~ it can be hard to bend to put socks on, there are devices to help.
- **Grabber** ~ this handled tool helps you reach things you dropped, items in back of the dryer, or things you can't reach like items under furniture.
- **The back scratcher** is a basic for everyone to reach that hard-to-reach itch.
- **Car Door handle tool** is a tool that fits in the door latch hook. It provides a strong handle to help you get out of the car easier.

Look for items like these at the pharmacy, Amazon, Walmart, etc.

THANK
YOU!

Thank You to Pitney Meadows Farms & Deb Czech for hosting a Harvest Cooking Class.





“SAVE THE DATE: 10/20/23

The **Capital Region Senior EXPO** is a great event for seniors. It is an Expo of all kinds of senior services and agencies all in one place. This year it is once again at **Crossgates Mall in Albany on the lower level in the JC Penny wing.**

The date is **Friday October 20th** from **8:30 a.m. -1:30 p.m.** 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.

It isn't what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it.
- Dale Carnegie

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken w/ Honey Mustard Sauce Oven Roasted Sweet Potatoes Broccoli & Cauliflower WW Dinner Roll Peaches
4 Closed 	5 Pesto Chicken Buttered Egg Noodles Stewed Tomatoes WW Dinner Roll Mandarin Oranges	6 Meatloaf w/Gravy Mashed Potatoes California Blend Vegetables SF Chocolate Chip Cookies	7 Closed Senior Picnic 	8 Teriyaki Glazed Meatballs Red Bliss Potatoes Asian Blend Vegetables Fruit Cocktail
11 Pasta Fagioli w/Sausage Spinach Warm Cranberry Crunch WW Dinner Roll Yogurt	12 Chicken w/Fiesta Sauce Mashed Potatoes Vegetable Trio Corn Muffin Peaches	13 Breaded Fish w/Dill Sauce Buttered Noodles Peas & Carrots Mandarin Oranges	14 Apple Glazed Pork Oven Roasted Sweet Potatoes Red Cabbage WW Dinner Roll SF Oatmeal Cookies	15 Shaved Beef Sandwich w/Peppers & Onions on Roll Home Fries Mixed Vegetables Banana
18 Herb Chicken w/Gravy Stuffing Broccoli WW Dinner Roll Peaches	19 Roast Pork w/Tarragon Sauce Mashed Potatoes Asparagus Applesauce	20 Beef Stroganoff Buttered Egg Noodles Carrots Pumpkin Muffin Mandarin Oranges	21 Chicken Parmesan Pasta w/Sauce Wax Beans SF Chocolate Pudding	22 Chili Spinach Mixed Peppers & Onions Corn Muffin Fruit Cocktail
25 Pulled BBQ Beef on Bun California Blend Vegetables Warm Apple Crisp	26 Chicken Tikka Masala Oven Roasted Potatoes Peas & Onions Pears Fig Cookies	27 Birthday Special Roast Turkey w/Gravy Mashed Potatoes Butternut Squash WW Dinner Roll Frosted Cake 	28 Stuffed Pepper Casserole Beets Mixed Vegetables Corn Bread Applesauce	29 Chicken Stew Egg Noodles Lima Beans WW Dinner Roll Fresh Orange

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**

SEPTEMBER 2023

Mon	Tue	Wed	Thu	Fri
				1 Pokeno 1pm (RR)
4 Labor Day CLOSED	5 Tai Chi 9:30 (HR) Rummikub 10 am (RR)	6 Mystery Market 10 am (HR) Sequence 1pm (HR)	7 Knitting 1pm (RR)	8 Pokeno 1pm (RR)
11 Bingo 1pm (HR)	12 Tai Chi 9:30 (HR) Rummikub 10 am (RR) Monthly Meeting 1:00 PM	13 Mystery Market 10 am (HR) Sequence 1pm (HR) Quilting 9am - 12pm	14 Therapy dog visit 11 am Knitting 1pm (RR)	15 Pokeno 1pm (RR)
18 Canasta 10 am (RR) Bingo 1pm (HR)	19 Tai Chi 9:30 (HR) Rummikub 10 am (RR)	20 Quilting 9 am (HR) Free Market 10 am (HR) Sequence 1pm (HR) Crafted By Me Craft Class 1 pm (HR)	21 Knitting 1pm (RR)	22 16Q and Tea 10 am Pokeno 1pm (RR)
25 Bingo 1pm (HR)	26 Tai Chi 9:30 (HR) Rummikub 10 am (RR)	27 Mystery Market 10 am (HR) Sequence 1pm (HR) Quilting 9am - 12pm	28 Knitting 1pm (RR)	29 Pokeno 1pm (RR)