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Saratoga Senior Center NEWSLETTER

OCTOBER 2024



Saratoga Senior Center Annual Open House

In collaboration with **CDPHP® Healthy Neighborhood**



Saturday, October 5 | 9am-1pm | FREE & Open to the Public

Exclusive membership special- \$10 for the remainder of 2024 when you renew for 2025.

- **9am:** FREE Fat Paulies Bagels & Coffee (while supplies last)
- **9am -1pm:** Balance Screenings, Vendor Tables, Flu Vaccines
- **9:30am - 10am:** Scams Against Seniors presented by Herzog Law Firm
- **9:30am - 11am:** Leaf Prints Art Workshop
- **10am - 10:30am:** Balance & Fall Prevention presented by Capital Area Physical Therapy
- **10am - 1pm:** Tarot Card Reading with Mary Shimp
- **11am - 11:30 am:** Silver Sneakers Fitness Class
- **11am - 12pm:** Watercolor Workshop
- **10am-1pm:** Enjoy Ice Cream provided by Stewart's when you visit the CDPHP Healthy Neighborhood registration table
- **12pm - 1pm:** Lunch provided by Home of the Good Shepherd & Live Music by Jeff Walton

Please join us for our annual open house and enjoy a sampling of all The Center has to offer!

Interactive Programs Supported By



Thank you to our newsletter sponsors for their continue support!

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Medicare Insurance Expo

Wednesday October 9 | 1pm- 4pm | FREE & Open to the Public

1pm: "Changes In Medicare 2025" presented by the Saratoga County Department of Aging & Youth Services

1:30pm: Medicare 101 presented by Statewide Senior Action Council

2pm-4pm: Insurance Tabling- Meet one on one with Medicare Professionals

CDPHP - MVP - Highmark Northeastern NY - Nascencia Health - Wellcare - Saratoga County Department of Aging & Youth Services - Saratoga Hospital - NY Statewide Senior Action Council

Interactive Programs Supported By

Come check out our October guest chefs at the Center! The Dine in Dinner on October 22nd will be prepared by soon to be cafe chef, Matt Richardson, formerly of DZ Restaurants & 550 Waterfront.

Dine in Dinner | Tuesday October 22 | 5:30pm | Must RSVP | \$12 per dinner.
Beef stroganoff, roasted potato, side vegetable, & homemade cookies.

Dine in Dinner with Mama Mia's Restaurant | Tuesday October 29 | 5:30pm | Must RSVP | \$12 per dinner
Penne with marinara, meatballs, cheese & crackers & house salad.

Dinner sign ups begin in person on Monday October 7 from 10am- 11am, phone sign ups begin at 12pm if spots remain. Members can only sign up themselves & one other member. Sells out quickly!

Woodstock "Happy Hour"

Friday October 18, 2pm | FREE | Must RSVP
Kick off our Bethel Woods & Woodstock bus trip next month with a Woodstock themed "Happy Hour". Come drink some kool-aid. Live music by Rick Russo. Refreshments will be served. Wear your tie dye if you wish!

Haunted Saratoga

Monday October 21, 1:30pm-3pm | \$5 | Must RSVP
Join Joe Haedrich, Chief Ghosthunter for Haunted Saratoga for his spooky presentation! Hear the stories of the Saratoga's most infamous spirits. Refreshments will be served. Complimentary Whitman Brewing Tasting.

Senior Center Fall Fest

Monday October 28, 1:30pm | \$10 | Must RSVP
Join us for a fall fest party! Live music by Pat Sgambati. Pumpkin painting. Lite fare & tasting provided by Home of the Good Shepherd. Come in costume if you dare!

Trivia Night

Monday October 21, 5:30pm | \$5 | Must RSVP
Pizza bites served. Join us for fun, friendly competition! Prizes!

Supported by

"Where all those useless facts you've been collecting can finally come in handy!" **Supported By**

Van Trip House Crawl

Friday November 1 | 10:30am-4:30pm | \$10 | Open to the Public | Must Register

- **10:30am:** Start at the Saratoga Senior Center
- **11am:** Home of the Good Shepherd- Malta- enjoy Coffee, tea & water. Muffins, Danish, donuts & fruit
- **12:30pm:** Carlton Hollow Apartments- Ballston Spa- enjoy lite refreshments.
- **2pm:** Wesley- Saratoga Springs- visit Embury Cafe & enjoy refreshments.
- **3:30pm:** Home of the Good Shepherd-Moreau- enjoy sweet potato rounds, mini turkey and cranberry open faced sandwiches, warm Maryland crab dip with fresh baked cristini, apple cider, & pumpkin cream cheese dip piped on ginger snap cookies.

Supported by 

2024 One Day Bus Trips- Open to the Public

NEW! Bethel Woods Center for the Arts & Woodstock | Wednesday November 6, 2024 | Must sign up by 10/23

Enjoy a guided tour of the Museum at Bethel Woods. This guided tour of the museum is an Explore the '60s program which will include discussions with teaching artists, art activations and will be focused on the Woodstock Music and Art Fair. Boxed lunch will be provided. After the tour & lunch, stop in Woodstock, NY on the way home to explore & shop.

Trip Cost: \$82 per person

Saratoga Hospital Senior Wellness Series- Open to the public- Please sign up


Knowing the Signs-Stroke, Sepsis and Heart Attack Awareness- What Everyone Should Know | Presented by Kristy Bowers, BS RN, STEMI/Stroke Coordinator & Jan Severance, RN, Quality Support Specialist, Saratoga Hospital | Wednesday October 2 | 1pm | Understanding the signs and symptoms of stroke, sepsis, and heart attacks can save lives. This session will equip you with the knowledge to recognize early warning signs, respond effectively, and seek prompt medical care. Learn about risk factors, prevention strategies, and the importance of swift action in emergencies. This event will provide essential information to help protect your health and ensure timely intervention when it matters most.

Fall Reduction: What We Can Do to Stay Healthy As We Age | Presented by Cheryl Caimano, PT, Saratoga Hospital Regional Therapy Center | Tuesday October 22 | 10am | As we age, preventing falls becomes increasingly important for maintaining independence and quality of life. This session will focus on practical strategies to reduce fall risks and promote overall well-being. Learn about balance and strength exercises, and home safety tips, and discover how small changes can make a big difference in preventing falls and staying healthy as you age.


Traveling Safely - An Informative session presented by Travel Medicine, a service of Saratoga Hospital | Presented by Trudy Kelly, RN, Travel Medicine Service/Occupational Medicine, Saratoga Hospital | Tuesday October 29 | 10am | Travel to some areas of the world requires planning! You may find that in order to remain healthy on your upcoming trip, you may need specialized vaccines or preventative medications – which are not always available at your medical doctor's office. Learn how we can help you take care of your health before you take off!

More Free Presentations- Open to the public- Please sign up

Energy Techniques for Pain | Presented by Helene Brecker | **Monday October 7 | 1pm** | Pain can come from physical, mental or spiritual sources. It sends you a message that energy is stagnated in that painful area. Stress and tension can make it worse. Acupressure points can relieve stress and also block pain impulses by releasing neurochemicals that ease pain. Join Helene to learn some acupressure points and other simple energy techniques to move the stagnated energy to help with the pain of arthritis, fibromyalgia, headaches, low back discomfort, elbow pain and more.

MVP Medicare Presentation | Presented by Sheila Rivera from MVP | Monday October 21 | 10am  MVP
Join Sheila for her informative presentation to discuss 2025 MVP Medicare Advantage options for those who are Medicare Eligible in Saratoga County.

Vision Zero Discussion | Friday October 25 | 10am | Please join us for a discussion about transportation safety in the Saratoga Region. We want to learn more about how you get around (e.g., walking, driving, using transit or other transportation services) Saratoga Springs and the surround area, safety concerns or issues you currently experience, and your ideas for improving our transportation system. This discussion is open to the public and all are welcome.

CDPHP Medicare Presentation | Presented by Audrey Choiniere from CDPHP | Wednesday October 30 | 2:30pm  CDPHP
The presentation will discuss 2025 CDPHP Medicare Advantage Plan Options and Benefits. It's a good presentation for anyone that may be considering making a change during the Annual Enrollment Period (October 15th-December 7th).

"Healthy Life, Happy Life" - Successful Aging | Presented by Barry Loffredo | Friday October 25 | 1pm
Barry Loffredo will be redoing his six part presentation on "Senior Issues" starting here, for those who missed some of the sessions the first time around. Well being (happiness) is a 3 legged stool; mental health, physical health, and emotional health. We will explore all 3 and include the following topics; use it or lose it, managing risks, socialization, purpose, gratitude and others.

Senior Support Services - Here for You!


Senior Support Services has staff members, volunteers, and student interns available to help you with things that you need. We can connect you to local resources, health organizations, social services, or advocate on your behalf. Our "Community Connections" volunteers can fill many gaps when other agencies are not able to.

Call 518-584-1621, extension 2010

Senior Support Services Supported by



Our ongoing services include:

- Information and referral for local and national resources
- Senior Life Transitions: Coaching, navigation assistance, and advocacy for seniors with serious illness. Assistance with planning to AGE IN PLACE.
- Community Connections:Volunteers can assist with transportation to medical appointments, grocery shopping, light yardwork, friendly visiting/caregiver assistance & more.
- Volunteer Companion for Medical Visits: We can provide transportation & advocacy : help you condense your history so your doctor has more time to talk to you, help you understand what they are saying, and help you express your concerns
- Partnerships with local organizations like Alzheimer's Association (regular office hours), Parkinsons, medical, and health insurance community.
- Transportation: Volunteers to assist with rides to medical appointments, pharmacies, dentists, and more. A Price Chopper shuttle from several housing sites on Wednesdays.
- Food Assistance: Regional Food Bank for pick-up or delivery at the Center, Thursdays from 11:00 AM-12:00 PM. **One bag per household will be allotted. Supported by** 

Support and Peer Groups



Alzheimer's Caregiver Support Group. 11am-12:30pm | 2nd Friday of every month | Being a caregiver can present exhausting challenges and take a significant toll on your health. Support groups bring together people who are going through or have gone through similar experiences. This support group provides an opportunity for caregivers to share personal experiences and feelings, coping strategies, or firsthand information about this disease.

Parkinsons Support & Discussion Group facilitated by Gordon Blyth & Marie Thorne | 2:30pm | 3rd Monday of every month | This is a community of people impacted by Parkinson's designed to help you make meaningful connections, engage in important dialogue, find useful resources and build long-lasting relationships.

Alzheimer's Support Group supported by Leon Goldberg's Charitable Trust.

Memory Cafe. 11am-12:30pm, 1st Friday of every month.

The memory café offers an interactive, supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer's or other dementia.

Grief and Loss Support & Discussion Group facilitated by Lois Streit | Every 2nd & 4th Tuesday of the month | 2pm -3pm | Whatever type of loss you've suffered, there's no right or wrong way to grieve. Often, the pain of loss can feel overwhelming. Any loss can cause grief. The purpose of this group is to provide friendship, understanding, and hope.

Chit Chat | Mondays, 1pm | New members welcome! | Chit chat is a peer support group. Come and engage in conversation with other members. Each week different conversation topics are covered and discussed.

Saratoga Hospital Bariatric Support Group | Monday, October 7, 6pm-8pm

The Bariatric Support Group is for patients who have gone through bariatric surgery or are considering surgery. No need to register, just show up!

Thank You!

- Olde Bryan Inn for our delicious dinner.
- Omelette King Catering for our delicious breakfast.
- Whitman Brewing Company for our delicious tasting.
- MVP & Adirondack Health & Wellness for our flu shot clinic.
- Collette travel for your travel presentation.
- Barbara Floryshak, Choice Connections, Barry Loffredo & Saratoga Hospital for your informative presentations.
- MVP for sponsoring our Bokwa class.
- Highmark for supporting our Pitney Meadows Pop-Up pantry.
- MVP for supporting our Regional Food Bank.
- Donald & Lynn Pepper for your continued support.
- Saratoga Arts for your continued support.

Thank you to all our volunteers! You keep our world rockin'!

October Happenings Continued

Book Club | Tuesday October 29, 3pm | Must sign up
The book for October will be Piranesi by Susanna Clarke

Pitney Meadows Pop-Up Fresh pantry will continue until the first frost | Mondays, 9am while supplies last. Pitney Meadows farm is unique because “we don’t grow to make money; we grow to give. Our philosophy of farming means growing for the community.” They are committed to provide fresh produce donations to feed the community. **Supported by** 

Barber at the Center | Monday October 21 | 9am-12pm \$5 haircuts for men | Ryan will be coming to the Center to cut our male members’ hair. Call the front desk to make an appointment.

October Board Meeting | Tuesday October 15, 8:30am | All members are welcome to join us for our October board meeting. No registration needed.

Pool Pointers

Want to improve your pool game? Lessons free of charge with Jon Gordon are available. Contact the front desk to schedule a 30 minute instructional session. Lesson times are Tuesday, Wednesday, and Friday between 9am and 12pm.

One-on-One Tech Assistance

Did you receive a new phone, iPad, laptop or smartwatch? Let our savvy students help you. Appointments available Monday- Friday. Call front desk to make your private appointment.

Senior Center Writers Circle facilitated by Joyce Rubin | **Monday October 7, 9am-11am**

Do you enjoy writing stories or poems? Would you like to meet with others who share your interest in a supportive and creative setting? We are starting a Writer’s Circle that will meet once a month, for 2 hours to share our writing efforts. It’s a great opportunity to cultivate new friendships with other authors.

Legal Tuesdays – Herzog in the House | Tuesday, October 22, 9am-12pm | Must sign up

Herzog Law Firm will be onsite at the Center, 9am-12pm, the fourth Tuesday of each month. Sign up for a free, half-hour consultation and bring your legal questions and concerns, from designating a Power of Attorney or Healthcare Proxy to more detailed long-term planning.

Tarot Card Reading facilitated by Mary Shimp | **No date for October** | Although Mary will not be at the Center this month, she will be at our Annual Open House on Saturday October 5th from 10am-1pm. Stop by for a reading!

Poetry/Storytelling Open Mic | Friday October 11, 1pm | Please sign up | Open to the public | \$5 suggested donation | The program will begin with a reading by local poet Judith Prest followed by the open mic. Each open mic participant has five minutes to read two short poems or one long one. Storytellers have five minutes to tell, narrate or perform their piece. Please be respectful of your fellow writers by reading for five minutes or less. Lite refreshments will be served.

Need Your Car Washed?- Discounted Hoffman Car Wash Tickets

It’s easy to keep your car clean and shiny with discounted Hoffman Car Wash Tickets for \$12.00. Portion of the proceeds go to the Center! Tickets can be purchased at the front desk. 

Medicare Information



Medicare Advantage Information: Did you know that Medicare Advantage plans include extra benefits and services focused on your total health? To learn more, stop by the Center and chat with a licensed Medicare Advantage Agent. **MVP office hours: Mondays, Wednesdays & Thursdays from 9am-1pm. No office hours on 10/14, 10/16, 10/17, & 10/23.**

Announcements / Reminders

- **Scholarships:** Saratoga Senior Center offers scholarships for membership and monthly activity fee. If you’re in need of assistance please contact the front desk at 518-584-1621. Money shouldn’t be an issue to participate.
- **Check In:** Our policy is all members & volunteers must swipe in at the front desk prior to coming into the Center. If you have SilverSneakers or Renew Active please swipe in. This impacts many things including safety & funding.
- **Parking:** For van trips, if you drive here please park by the YMCA pavilion and the van will pick you up. If you have any questions please contact the front desk. **YMCA entrance:** If you are a Silver Sneakers, Renew Active, YMCA member, or have a valid drivers license (to be screened), you can enter the Center through the YMCA entrance. Carpooling to the Center is encouraged if possible.
- **Storage:** Lockers and coat racks are available for members to store their belongings while at the Center. If you would like to use a locker, please stop by the front desk to receive a key.
- **Donation Request:** On Your Next Shopping Trip...We are in need of quart-size zipper bags for our food bank. Please drop off donations at the front desk.

NEW October Art Classes! (included in the \$15 monthly class fee)

NEW! Beginning Needle Felting facilitated by Xander Farmer | **Tuesday October 8, 15, 22, & 29 | 10am-11:30am** | \$10 material fee for entire series* | Learn the basics of needle felting in our beginner-level felting class! We will begin with simple shapes to become familiar with the felting process, gradually advancing to more complex forms. We will cover safety, efficiency, and various useful techniques, like how to blend colors or create defined lines. Students will use these skills to craft felted objects of their choosing. **Must sign up, seating is limited.**

NEW! Introduction to Embroidery facilitated by Megan Stacey | **Monday October 7, 21, & 28 | 1pm-2:30pm** | \$10 material fee for entire series* | Embroidery is an age-old art form that combines the precision of needlework with limitless creativity. Perfect for those who have never touched a needle, and those who are looking to gain some foundational skills. You will be guided through various techniques and stitches used to transform simple fabric into a masterpiece. Unlock your creativity, one stitch at a time. **Must sign up, seating is limited.**

NEW! EVENING Beginner Handbuilding Clay Arts facilitated by Xander Farmer | **Mondays 6pm-8pm** | \$10 material fee per month* | Learn the foundations of hand-building with clay! This class will cover working with clay at an introductory level, exploring various techniques and styles, and becoming familiar with all steps of the process: from starting work to pulling a finished product out of the kiln. Through a series of projects, students will engage with hand-pinching, slab-rolling, and coil-building, as well as gain a basic understanding of glazing and firing techniques. students **must** complete 8 classes before they move into the intermediate/advanced class. **Must sign up, seating is limited.**

NEW! Tie Dye Workshop facilitated by Meryl Davis | **Wednesday October 23, 1pm-3pm** | \$5 material fee* Join us for a fun afternoon of tie dye! Please bring up to two all cotton light color items (i.e. T-shirt, button down, etc.) Must be pre washed and slightly damp if possible. **Must sign up, seating is limited.**

More Art Classes! (included in the \$15 monthly class fee)

Zentangle Workshop facilitated by Katie Long | **Friday October 18, 1pm** | \$5 material fee* Zentangle is an easy-to-learn and fun way to create beautiful images by drawing structured patterns. **Must sign up, seating is limited.**

Stamping Workshop facilitated by Helen Mastrion | **Wednesday October 16 | 2pm -4pm** | \$5 material fee* Make an assortment of greeting cards: birthday, thank you, congratulations, etc. You may choose Helen’s design or create your own! Be creative. No experience necessary. **Must sign up, seating is limited.**

Beading Workshop facilitated by Jerry Matthews | **Friday October 25, 1pm** | \$5 material fee* Whether you are just beginning or an experienced beader, join Jerry to create beautiful and one of a kind jewelry. **Must sign up, seating is limited.**

Beginner Handbuilding Clay Arts facilitated by Amejo Amoyt | **Thursdays 1pm-3pm** | \$10 material fee per month No experience needed. Students **must** complete 8 classes before they move into the intermediate/advanced class. This months project will include pinch & coil pots. **Must sign up, seating is limited.**

Intermediate Hand building Clay Arts facilitated by Carol Glansberg | **Tuesdays 12pm-3pm** | \$10 material fee per month | This months projects include learning how to make pinch, coil & slab pots. **Must** have intermediate clay experience and complete 16 classes before moving into Advanced class. **Must sign up, seating is limited.**

Micro Mosaic Jewelry facilitated by Meryl Davis | **Wednesday October 30, 1pm** | \$5 material fee* Micro Mosaics involves using small pieces of glass or beads and setting into a pendant frame. **Must sign up, seating is limited.**

More October Happenings

Monday Movie Night | Monday October 28, 5pm | FREE | Must RSVP | Enjoy a showing of the Netflix documentary, The Saint of Second Chances. Rated 100 on Rotten Tomatoes. “This is the true story of a family of baseball hustlers,” begins the trailer for the new sports documentary The Saint of Second Chances. Starting in the ’70s, Bill Veeck and his son Mike unshackled America’s favorite pastime from its dusty traditions and pushed a new vision for what a day at the ballpark looked like, turning it into something that was actually fun — with fireworks, wacky on-field events, and one of baseball’s most disastrous promotional stunts. *Refreshments will be served.*

The following classes are open to City of Saratoga Springs and Saratoga County residents ages 60+. **There is no charge for these programs. You do not need to be a member of the Saratoga Senior Center to participate.** **These classes were made possible by the New York State Office for the Aging and Saratoga County Department of Aging and Youth Services. Must sign up- spots are limited.**

Country Line Dancing facilitated by Kevin Richards **Thursdays, 2:30pm | No class 10/3 or 10/10 | Must Sign Up** | Get ready to boot, scoot and boogie! Come by the Center and join CMA Winner Kevin Richards country line dance lessons. **This class is designed for those with country line dancing experience and those who have taken classes in the past***

Soul Line Dancing facilitated by Mary & Frank Colby **Tuesdays, 1:30pm | Must Sign Up** | Soul Line Dancing can be done by all. It is no pressure, fun dancing and you don’t need a partner. Mary and Frank will have you dancing some familiar dances but they also add their personal touch and bring in oldies, latin and more.

OUR MISSION: Since 1955 the mission of the Saratoga Senior Center is to empower seniors to achieve and maintain personal independence and individual well-being by providing the program structure and support services necessary for healthy recreation, companionship, social involvement, and problem solving.



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