

Executive Director's Corner

PROGRAMS OFFERED TO HELP BRING RELIEF AND JOY BACK TO ALL

Happy Spring! While winter clearly still has us in its grips, sooner or later it has to pass and when it does, I hope you all find relief and joy in the brighter warmer days. Over the past several months, Catholic Charities Senior and Caregiver Support Services has been very busy, especially during the 2017 holidays. We proudly partnered with the Salvation Army and Ellis Hospital to deliver hot holiday meals to hundreds of home bound individuals for both Thanksgiving and Christmas. Our seniors' and caregivers' holiday seasons were also enhanced by numerous donations of gifts and gifts cards from area churches, schools and community groups. Thanks to one and all who helped us make their days a little happier.



As winter comes to a close, we begin to focus on what new offerings and activities we can provide to those we serve. Our Friendship Cafés are thriving and offer many participants the opportunity to enjoy a nutritious hot lunch and the opportunity to partake in fun activities and outings. We are also pleased to be offering ongoing programs to caregivers, which not only provide support but also give tangible tools to take away. These programs help them handle the daily struggles of being caregivers by taming that stress and putting some joy back into the journey. Our Long Term Care Ombudsman Program continues to provide ongoing support to residents in long term care facilities; those whose voices are often unheard. Volunteers for this particular program are always welcomed and needed to move this mission forward.

Lastly, this Spring we want to acknowledge the incredible value that volunteers everywhere bring to those they choose to serve. Today more than ever before, I believe the coming together of individuals, through service and support, will go far to heal deep wounds and divides and remind us all of the importance of each other. Enjoy the spring when it arrives.

~ Marlene Hildenbrandt

STRESS-BUSTING PROGRAM FOR FAMILY CAREGIVERS

Sign Up Today

We know that caregiving can be stressful, so we are excited to offer new programs to help caregivers.

The Stress-Busting Program for Family Caregivers is an evidenced-based program that teaches stress management techniques, relaxation and coping strategies to caregivers. Over the course of nine weeks, you learn various techniques to lower your level of stress, while improving your quality of life. If you are caring for a loved one, you are not alone!

Our next session from April 24th through June 19th, is open to family caregivers in Albany County caring for a loved one with Alzheimer's disease or dementia. These weekly programs are 90 minutes beginning at 2 p.m.

Please contact us at 518-372-5667 for more information and to get added to the list for future sessions!

VOLUNTEER APPRECIATION

To show great love for God and our neighbor we need not do great things. It is how much love we put in the doing that makes our offering something beautiful for God.

~ Saint Teresa of Calcutta

We extend our sincere appreciation to each and everyone of you who have given of your time and talents to help Catholic Charities Senior and Caregiver Support Services succeed in our many programs and services. With any not-for-profit organization, we would not succeed without every person who gives of their time and talents to support our mission.

From the Board of Directors to the staff, thank YOU!

Our Programs

CAREGIVER SUPPORT SERVICES
DAYHAVEN SOCIAL ADULT
DAY SERVICES
HEALTH INSURANCE INFORMATION,
COUNSELING & ASSISTANCE
LONG TERM CARE
OMBUDSMAN PROGRAM
MEALS ON WHEELS
NUTRITION OUTREACH
AND EDUCATION
SENIOR DINING CENTERS -
FRIENDSHIP CAFÉ
TRANSPORTATION SERVICES

**We are working
to go green
to save the environment
and help our budget!**

**Please email us
to add you to our
electronic outreach
info@cathcharschdy.org**

~ Thank you ~



Facebook.com/ccseniorservices

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*Catholic Charities
provides services and access
to services without regard to
race, religion, sex, national
origin, partisan affiliation
or sexual orientation.*

Welcome to our table...

SERVING SENIORS THROUGH FRIENDSHIP CAFÉS

Our agency offers congregate meal sites, known as "Friendship Cafés," to seniors throughout Schenectady County, including a Kosher Café. These meal sites offer a joyful lunch, activities, and socialization.

Activities include BINGO and Price is Right, puzzle activities, gardening, and chair exercises. There is also animal therapy with dog visits and this year a special visit from "Albert EinSwine," a therapy pig! Holidays are celebrated with special treats and activities. In the winter, we might even have indoor snowball fights (how, might you ask... we have indoor snow balls). Once a month, speakers attend each meal site with varying topics, such as nutrition and health, traveling navigation techniques, and fall prevention.

Sites also have weekly shopping excursions planned so participants can pick up groceries and other supplies for their homes. Plus, there are fun outings, such as Proctor's pipe organ and Empire State Youth Orchestra concerts, apple orchards excursions, and tours of Schenectady.

No matter what the activity, you are sure to hear laughter, music, and chatter amongst the seniors. The common thread for all of our sites is that we do what needs to be done to offer continuity, trust and joy for our seniors. Regardless of which site you attend, rest assured that parents, grandparents, aunts and uncles have a safe place to go with a nutritious meal and good times. These Friendship Cafés carry out our Catholic Charities mission to recognize human need at all stages of life with special emphasis on our economically poor and vulnerable.

For more information on these Schenectady County Friendship Cafés, or to register, please contact the Program Manager at (518) 429-8438.



CONSIDER BECOMING A VOLUNTEER OMBUDSMAN

Our Long Term Care Ombudsman program provides services to residents of nursing homes, assisted living and family-type homes in ten counties. Ombudsmen make a difference in the lives of a vulnerable population by listening to residents and their families and helping them to understand and exercise their rights to quality care and quality of life.

A volunteer Ombudsman is dedicated, trained, and committed to improving the quality of care of residents in New York State long term care facilities. We are currently seeking volunteers to serve throughout the counties served by the program - Albany, Fulton, Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, and Washington. Volunteers come from all backgrounds and experience, including former teachers, business people, health care workers, homemakers, attorneys, and others who care about the well-being of people living in nursing homes and adult care facilities.

To become an Ombudsman, individuals must complete a state approved, agency provided certification training, along with in-facility training time.

The next training for Ombudsman is being held on May 15, 16, 17, 22, and 23 at the Catholic Charities Senior & Caregiver Support Services headquarters in Schenectady - 1462 Erie Blvd., 2nd Floor. For more information, contact Erin Plonka at (518) 372-5667, ext. 206 or eplonka@cathcharschdy.org.

Don't miss this chance to make a difference in the lives of those whose voice may not always be heard.