

Capital District Senior Issues FORUM



September 2015



Letter from the Chair

“The only thing constant
is change!”

As I sit writing this note
to you all, I am reflecting on the time that I have
been associated with the CDSIF.

I went from a year as a sitting member of the
Steering Committee, two years as secretary and,
now I am finishing up two years as Chairperson. I
have seen some exciting things happen like our
wonderful 15th anniversary celebration; launching a
new CDSIF web page; establishing a general email
account for the Steering Committee membership;
and, now getting ready for a reorganization of the
CDSIF Steering Committee and its operations.

I have participated in some wonderful
workshops with public health and public policy at
the heart of them, as well as workshops with
spirituality as the centerpiece. I have now
participated and volunteered for five Senior Awards
ceremonies, arguably my favorite event!

I have seen changes to the committee itself.
I have seen the retirement of long-time member Pat
Binzer; the retirement of Rick Iannello as Executive
Director of the Albany Guardian Society a friend
and supporter of the CDSIF; seen the installation of
Ken Harris as his able replacement, and heard Lois
Wilson plans to leave the Executive Committee of
CDSIF's Steering Committee. Finally, sadly, we
take a moment of silence and say farewell to
Reverend Robert Graves a long-time friend and
member of the CDSIF Advisory Committee. You
can read more about Reverend Graves in this news
bulletin.

One thing I hope remains the same is that
CDSIF remain a strong, independent voice for
seniors throughout the Capital Region of New
York! It is a great example of how a grassroots
group of dedicated professionals and community

members, both lay and religious, can come together,
set aside their affiliations and do what is right and
relevant for the community of seniors in our area.

If you wish to support our efforts or make a
legacy donation consider the CDSIF as a recipient
of your generosity! This is the best way to ensure
that the good...no...GREAT work of the CDSIF
continues well into the future... continuing to be a
beacon of light in the waves of change.

Bob

Bob VanZetta, LCSW

Executive Director, Family & Child Service



28 Seniors Honored October 7 for Lifetime Achievement

The Capital District Senior Issues Forum is
pleased to once again sponsor our annual “**Senior
Lifetime Achievement Awards Ceremony.**” From
1998 through 2015; the Forum has recognized 733
persons, including 212 persons age 90 or older.

This year we are honoring 28 deserving seniors,
eleven of whom are 90

or older. We are very
proud of the ceremony
and its impact on the
honorees and their
families. The 2015
ceremony will be held
October 7th, starting at
9:30 a.m. at

Congregation Beth
Emeth on Academy
Road in Albany, hosted
by Rabbi Scott Shpeen.
Please mark your
calendar to join us.

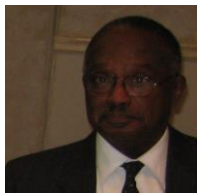


Rabbi Scott Shpeen

CDSIF is pleased to present this year's honorees

<u>Name</u>	<u>Age*</u>	<u>Nominator</u>	<u>Category</u>
Frances Ariel	93	Sandra Cross	Community Service
John Balint, MD	90	Douglas Miller	Education
Veva Bangert	87	Lois Caulfield	Caregiving
Regina "Jean" Carlitz	86	Terry Russ	Faith Based Service
Rita Franconere	96	Kathy Kavanaugh	Faith Based Service.
Grace Fruiterman	96	Deb Riitano	Community Service
Wilfred Ganem	89	Shirley Pilch	Business
Alba Giordano	85	Sister Frederick	Community Service
Clara Hankins	85	Carolyn Smith	Caregiving
Louis Ismay	90	Deb Riitano	Community Service
Emily Jordan	86	Gloria Fonda	Community Service
Helena Kujbida	88	Aimee Richardson	Faith Based Service
Helen Rose Nickel	87	Warren Stoker	Business
Marion Oliver	89	Sister Judith Kapp, RSM	Community Service
Olive Martha Perlee Felio	95	Gloria Fonda	Community Service
Anna Piper	90	Kindred United Spirits	Faith Based Service
Esther Ann Powell Davis	87	Connie Tilroe	Faith Based Service
Sylvia Rauch Prizant	92	Barbara Orris	Business
Ellen Roberts	94	Tracie Roberts	Military Service
Chet Rukat	86	Mary Moller	Education
Ella Samuria	86	Kitt Jackson	Faith Based Service
Dorothy "Dot" Stekeur	95	Christine Cary	Community Service
Maurice Thorton	85	Dorothy Seagle	Faith Based Service
Marian Tribble	87	Edward Neary	Community Service
Warren Truland	85	St. John's Lutheran Church	Faith Based Service
Anna Varcasia	90	Lori Nunziatto	Faith Based Service
Sarah Wellen	85	Angelina Searles	Community Service
Claire Whitney	89	Melanie Whiteley	Community Service

*Age as of December 31, 2015



**Rev. Robert E.
Graves
Died September 8,
2015 at age 79**

Rev. Graves, pastor of Welcome Chapel Missionary Baptist Church in downtown Albany for 27 years, was appointed as a member of the CDSIF Advisory Committee in 2005. He assisted CDSIF in making connections with Albany area African-American faith communities, shared

information on his mission trips to Africa, and helped us understand the components of an exemplary church program for seniors aging in place. Under his leadership, Welcome Chapel transported members to church and helped them with other transportation needs. He was ordained at Sweet Pilgrim Baptist Church before he was called to serve in 1988 as pastor of Welcome Chapel Missionary Baptist Church.

When Rev. Graves attended the 2013 Ceremony at which his devoted wife, Marian Graves, was saluted, he offered the benediction -- as he had done at the conclusion of at least four other Ceremony programs.

We give thanks for his life and service.

Please Join the 2015 Ceremony Honorary Committee

We are inviting our newsletter readers to demonstrate their support for the Capital District Senior Issues Forum in 2015-16 by joining the Honorary Committee for the Forum's Senior Lifetime Achievement Awards Ceremony that will be held October 7, 2015 at Congregation Beth Emeth, 100 Academy Road, Albany. Donations received by September 30 will be listed in a special insert in the award ceremony booklet. Won't you add your name to this list?

The categories for the Honorary Committee are:

Friends (\$1 - \$99) Supporters (\$100 - \$199) Sponsors (\$200 - \$499) Benefactors (\$500+)

Please choose an amount to show your support for the Capital District Senior Issues Forum and send your check, **made payable to Catholic Charities** with CDSIF on the notation line to:

Capital District Senior Issues Forum, PO Box 367, Glenmont, NY 12077.

NAME OF DONOR _____

DONATION: \$ _____

ORGANIZATION (if applicable) _____

ADDRESS: _____

EMAIL ADDRESS: _____

(Donations are accepted at any time. Those received by September 30 will be acknowledged in the ceremony booklet. All 2015 donations will be listed in the next newsletter.)

If you have any questions, you may call Kitt Jackson, CDSIF Treasurer, at 518-439-9771.



Faith Communities Discuss Keeping Seniors Engaged & Connected

On July 22, 2015, 80 people gathered at Carondelet Hospitality Center in Latham for the Capital District Senior Issues Forum's annual program for faith communities. This year's program, again presented in partnership with the Albany Guardian Society, was entitled Faith Communities Keeping Seniors Connected and Engaged.

Participants began the day listening to reflections from The Rev. Susan Vincent-Cox, Minister of Discipleship & Mission, First Church in Albany, a member of the Reformed

Church in America. Rev. Vincent-Cox shared reflections from her ministry, her work as a counselor, and her experiences with the "Pilgrim's Walk" initiative in local senior living communities. Her insightful remarks set the stage well for the day.

Next participants heard representatives from various faith based programs and communities speaking on the topics of "Connecting Seniors" and "Engaging Seniors." Among the panel programs described in the first panel were St Peter's Health partners faith community nursing, Capital Area Council of Churches "Seniors on the Go," FOCUS churches volunteer programs, and Pilgrim's Walk. Participants in the second panel described the Eddy Senior Care Team program of St Edward's Parish, the ways a New Lebanon Roman Catholic parish keeps rural seniors engaged, the Senior Shepherds Program of Good Shepherd Lutheran Church, and the social justice programs of Temple Beth Emeth.

More than half of the participants stayed for the afternoon session which offered them an opportunity to engage with each of the presenters to learn more about the programs. Thanks to the speakers, the Albany Guardian Society and the participants...another successful and meaningful program of the Forum.

-- Deborah Damm O'Brien, Program Chair



Rev. Susan Vincent-Cox
Photo: Jeanne Bianchine



Engaging With Seniors Wherever They Call Home

The collaborative effort of the Capital District Senior Forum, the Albany Guardian Society and the Capital District Senior Housing Option Providers led to a dynamic program focused on the delivery of excellent customer service and ways to create a culture of hospitality for our seniors. One hundred people, from a variety of agencies that work with seniors in our area, attended the program.

An informative and seasoned panel of representatives from area aging service providers gave an insightful and valuable presentation, highlighting the creative and thoughtful ways each agency worked to provide a positive experience for the seniors, their families and their caregivers. They noted the need for each senior to feel valued as a part of the communities, to be listened to and respected. A repeated theme from

all of the presenters was how much our seniors have to offer.

Kelly Brown Mateja, Director of Aging Projects and Community Collaborations, New York State Office for Aging moderated the panel. Panel members were Monika Boeckmann, Executive Director, Senior Services of Albany; Christine M. Cary, Director, Town of Colonie Senior Resources Department; Douglas Miller, Vice President, Eddy Senior Living and Executive Director of Beverwyck Rhonda Finehout, Director of Housing Management, DePaul Housing Management; and Beverly L. Nichols, Elderly / Disabled Service Coordinator, Schenectady Municipal Housing Authority.



Eric Moore

Following the panel presentation, a nationally recognized speaker in the field of customer service and hospitality, Eric Moore, gave an engaging, and at times humorous talk, on what is involved in creating a culture of hospitality and the need for each agency to make the environment positive and rewarding, not only for the seniors but for the staff as well. The well-received program was dedicated to CDSIF co-founder, Nancy Fedele, who exemplified the importance of providing high quality hospitality throughout her career.

-- Caitlin St. George, Capital District Senior Housing Option Providers



CDSIF Seeks Nominations for 2016 and Plans December Reception

The Steering Committee of the Senior Issues Forum meets Thursday, November 12 to select new officers and organize committees for 2016.

If you have suggestions for new officers or committee members, please contact the CDSIF First Vice President Deb Riitano, the Nominating Committee Chair, by November 1. Her office email address is capareacc@gmail.com. Put *CDSIF Nominating Committee* in the subject line.

At an early December reception, CDSIF will introduce its 2016 officers, formally welcome Ken

Harris (CDSIF Steering Chair from 2004-06) as Executive Director of Albany Guardian Society, and highlight emerging issues. Look for an announcement on www.CDSIF.org

HELP US GO GREEN!

The CDSIF is making great strides to "go green," and we ask you to join us in our efforts! Currently, we try to email as much information as possible out to our committee members.

Our next effort is to encourage our newsletter recipients (that's you!) to receive the newsletter electronically.

If you would like to help us "go green," send an email to CDSeniorIssuesForum@gmail.com. Include your name and the address where you currently receive your hard-copy newsletter so we can be sure we don't send you a duplicate.



Seniors and Kids in Crisis:

Ideas for Seniors Who Want to Mentor & Support Individual Students

The School of Public Health at the University at Albany recently sponsored a talk by Dr. Robert Putnam, author of [Our Kids: The American Dream in Crisis](#). The school's web site (www.albany.edu/sph/allread.php) says this book explores why fewer Americans today have the opportunity for upward mobility enjoyed by previous generations. Will today's kids, "our kids," be able to achieve the American dream?

Are seniors in your housing facility, group or congregation interested in improving the outlook for children in their extended family or in working with a group of children? If interested, email cdseniorissuesforum@gmail.com. *Subject line: Request for a Program on Local Kids in Crisis.* Include your contact information and that for the sponsoring site or group. After an orientation

session for potential presenters (and people who respond to the email), programs will be offered at interested sites.

Residents of Asbury Methodist Village (AMV) initiated a project in 2011 with high poverty pupils in Gaithersburg, MD. The AMV program received an award at the 2014 National Leading Age Conference and will be highlighted at their 2015 Conference in Boston in a session entitled: "Resident Engagement: A Community Effort" -- Sunday Nov. 1, 3:15 -- 4:45, Boston Convention and Exposition Center. The presenters at the Boston Workshop will be Henry Moehring, Executive Director of Asbury Methodist Village, Gaithersburg, MD and The Rev. Dr. Harold Garman, an AMV resident and retired Methodist pastor who founded the Gaithersburg Beloved Community Initiative.

-- Lois Wilson, Convener, Community Coalition
Offering Programs for Homeless Families at Schuyler Inn,



Keeping Seniors Engaged in Life of a Parish or Congregation

A sense of purpose and meaning in one's life is a driving force in the desire to keep on living. According to a Canadian publication, "It stands to reason ... that seniors and those who are concerned with seniors' well-being should recognize that the subjective dimension of 'meaning' is as important as the material and social conditions of their lives. What gives life meaning varies from person to person: human relationships, work, individual goals and social causes are typical sources of meaning..." (taken from "Expression" at <http://publications.gc.ca/collections/Collection/H71-4-1-8-4E.pdf>)

In addition, cardiologist, Dr. Randy Cohen, recently reported his findings in a study that involved 137,000 older people, in which he observed the effects of purpose and meaning in life on the physical health of the elderly. He said, "Purpose in life is considered a basic psychological need, and has been defined as a sense of meaning and direction in one's life, that gives the feeling that life is worth living." (taken from http://www.nlm.nih.gov/medlineplus/news/fullstory_151336.html Fri, Mar 6, 2015)

As people become less able to engage in physical and/or mental activities, they eventually retreat from religious and social gatherings, often leading to increased social isolation. Without that on-going social connection and a feeling of being needed, their sense of having a meaningful existence may significantly decline. People may think of themselves as no longer having value in their surroundings as they become less able to “do things.”

Faith communities do have opportunities to re-ignite a sense of purpose and meaning for those who are no longer able to sit in the pews, or to help with church suppers. The first 2016 issue of this newsletter will present some hands-on ideas for bringing homebound people back into a circle of purposeful activity. Readers are invited to share ways in which they are already making connections by emailing cdseniorissuesforum@gmail.com with a Subject Line: "Forward to Mary Linton"

-- Mary A. Linton, RN, MA, Faith Community Nurse



Now Compare Health Care Provider Quality! Who Knew?

Until recently it has been very difficult for anyone to obtain information about the quality of medical care. We can find more reliable comparative information to purchase a new car than when we seek costly health care.

The federal government has been using special surveys and other data sources to compile comparative information available online about service quality and the capacity for health care providers funded through Medicare.

Type in your zip code to find providers in your area and compare up to 3 providers at a time based on several key indicators of quality. For example, you can compare consumer satisfaction regarding communication with doctors or nurses in hospitals or time spent waiting in emergency rooms. You can obtain copies of quality inspections (surveys) done of nursing homes and learn about any adverse findings or penalties.

The government now provides a 5 STAR rating system for nursing homes, hospitals, home health agencies and dialysis centers to help persons

in need or their families assess the quality of a potential nursing home. The New York State Department of Health also maintains a website for all doctors to show information about their training and any adverse findings.

Hospitals:

www.medicare.gov/hospitalcompare/search.html

Nursing Homes:

www.medicare.gov/nursinghomecompare/search.html

Certified Home Health Agencies:

www.medicare.gov/homehealthcompare/search.html

Dialysis Centers:

www.medicare.gov/dialysisfacilitycompare/

Physicians in NYS: www.nydoctorprofile.com/

-- Marcus Harazin, Coordinator Patient Advocates Program,
StateWide Senior Action Council

Attention!!!

NYS State Is Considering Folding the Office for the Aging into an Office of Community Living

By December 31, the New York State Office for the Aging (NYSOFA) must provide the Governor with a feasibility study for folding NYOFA into a new Office of Community Living. The new Office would include programs for the aging and disabled persons of all ages including persons with disabilities in vision, hearing, mental health, movement, thinking, remembering, learning, communicating and social relationships.

More information may be found at:

<http://www.aging.ny.gov/CommunityLiving/index.cfm>

The deadline does not provide much time for public discussion. NYOFA is providing opportunities for input through on-line surveys and regional meetings, but interested persons must act quickly if they want to have input:

On-Line Surveys for Consumers and Providers:

<http://www.aging.ny.gov/CommunityLiving/index.cfm>

Regional meetings:

To speak at a regional

meetings you must pre-register on-line at

<https://www.surveymonkey.com/r/OCLforumregistration>

Or by calling Abbey Lavazzo at (518) 391-4553 or emailing her at abbey.lavazzo@aging.ny.gov

Meeting dates are noted below:

- Albany: 9/21, 9:00-11:00a.m. Empire State Plaza Meeting Room 6.

- Meetings will also be held in Plattsburgh on 9/21; Syracuse and Binghamton on 9/22; Suffolk County and NYC 9/30; Hudson Valley on 10/1; and in Buffalo and Rochester on 10/7.

New York leads the nation as one of the first states to establish an Office for the Aging. Since 1965, NYSOFA has served as the governor's recognizable advocate for aging with a mission to help older persons remain independent for as long as possible. The agency helps guide policy development to improve the quality of life of older New Yorkers and oversees the implementation of programs funded through the Older Americans Act and New York State Elder Law. The Office also oversees services provided locally through a network of 59 local offices for the aging and hundreds of community based providers.

This is not the first time the State of proposed merging the State Office for the Aging into another agency. The most recent proposal came through the Governor's SAGE Commission which abandoned the idea after considering input. The latest new proposal was generated through legislation supported by the adult disabled provider community. Aging advocates have noted that it took decades to establish and advocate for the aging within state government. This is a critical time for those who want their voices to be heard.



News from Community Partners

Albany Guardian Society

Ken Harris is now Executive Director of the Albany Guardian Society. Richard Iannello will work part-time on special projects as the Executive Director Emeritus until the end of the year.

Albany Guardian Society is using its web site to promote new community forums and to circulate information on the Institute it sponsors. The Institute's 2015 Fall Catalog, covering programs from September through December 1, is now on-line at www.albanyguardiansociety.org. For the Fall 2015 semester, there are programs in the following broad categories: Caregiving,

Consumer Interest, Housing, Legal, Professional Development, and Technology.

Town of Colonie One Stop Resource Fair and Flu Shot Clinic

The Town of Colonie Senior Resources Department will be providing a “*One-Stop Senior Resource Fair and Flu Clinic*” for all town residents on Friday, October 16 from 1 to 4 p.m. at The Crossings, 580 Albany-Shaker Road. Programs ranging from health and wellness, health insurance options, financial, legal and housing programs will be represented, including NY Connects, Albany County Veterans Bureau, HEAP, Legal Aid Society of NENY, National Grid and Section 8 Program. This Resource Fair is open to the public. *For additional information, please call the Senior Resources Department at 459-5051.*

Catholic Charities

Catholic Charities Senior and Caregiver Support Services was awarded funding as the sponsoring agency for one of the Regional Ombudsman Programs in New York. Their program will provide Ombudsman services to 10 counties - Albany, Schenectady, Rensselaer, Saratoga, Fulton, Montgomery, Warren, Washington, Hamilton and Schoharie. For additional information, contact Marlene Hildenbrandt, Executive Director, Catholic Charities and Caregiver Support Services, Schenectady.

The Capital District

Senior Issues Forum is a voluntary initiative among faith communities, organizations and individuals that provides support for seniors in the Capital District through education and dialogue.

Forum Address

Send contributions and mailing list corrections to:
Capital District Senior Issues Forum, P.O. Box 367, Glenmont, NY 12077. Checks payable to *Catholic Charities*; memo: “*Sr. Issues Forum.*”

A Look Inside This Issue:

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And More!

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PO Box 367
Glenmont, New York 12077