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**Program News – September 2021**

**Living Well Program Notes**

It is hard to believe that fall is almost here. Summer always seems to go so fast.

We would like to welcome our two new interns from the University of Albany who start in September and will be with us through April. Our interns are invaluable members of our team and we are so thrilled to have them with us for this year. They will be working closely with me and sometimes you may receive a phone call or visit from them. They will be leading some programming as well.

I would like to introduce Isly Benton who is studying for her MSW degree. Also, I want to welcome Estheisy Cruz Almonte who is in the BSW program. So be sure to welcome them! We will also have a dietetics intern from Siena and I will have more information about dietary assistance in next month’s newsletter.

As Covid protocols are constantly changing it is more important than ever to call to register for Living Well Program activities. This way I can keep track of who is coming, plan for supplies and contact you if for some reason something gets cancelled. So please call to register for any activities that are in the newsletter. You can leave a message on my voicemail at 518-652-2713.

**Anatomy of a Scam**

Scam artists get more and more clever every day. I know that many of you are concerned about scams, and you should be. They can be stressful, financially devastating events. You owe it to yourself to be prepared and learn how to spot scams and stop them before they start. I will be presenting a very special event called the **Anatomy of a Scam.** Understanding how scams take place and the theory behind what scammers do will help you more easily recognize them and stop them.

Every one of us can be tricked and we need to educate ourselves. In this seminar you will learn the basic recipe of a scam artist, why scams fool people and tips on how you can prevent them. We will also go over several of the most common scams that are being used currently.

Join us at the **Mechanicville Library** on September 14th from 1-2:30pm for this special presentation. Sign-up is **required** and remember to bring a mask. This seminar is limited to the first **12 people** to sign up, call 518-652-2713.

**Cooking From the Food Pantry Class**

We always have a lot of fun learning new cooking tips and trying new recipes. Each month I will feature a new item from the food pantry to feature and demonstrate new ways to use the product. You will see a live demo of the recipe, receive the recipes with tips and other information about the product. Then you will get to sample the recipe. The class is interactive with participants sharing their ideas too.

Join us for a new edition of this interesting class on September 24th from 1-2pm. We will be featuring Instant mashed potato flakes this month. Before you dismiss attending this class, let me say that you will not believe the **amazing tips** and tricks you will learn about this under -utilized kitchen staple. As always please sign up ahead so I am sure to have enough on hand for samples.

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**The Mechanicville Free Market**

The free market continues in the Mechanicville Library parking lot. In September the dates are September 1st and the 15th 10 am. We receive fresh produce and other grocery items. Every week we receive different items and everything is free. So be sure to check it out as October will be our last free market.

**Please note** that we originally had no free market on the flyer for **September 29th** but we decided to come out an set up that day at 10 am as usual. So we will see you there.

**Pop-Up Produce Pantry**

Pitney Meadows is coming with free produce this month again on Sept 8th and 22nd at 10:30am. Farm fresh healthy produce all free! Come and see what they bring this month in the parking lot by the library.

**COVID updates and Masks**

Covid protocols as I mentioned are always evolving and we ask for your cooperation. We are now **requiring mask wearing** while at the Mechanicville Community Center and while attending Living Well programs. Bring your mask but if you forget we will have them available for you.

Also be aware that many of our events are scheduled with speakers from other agencies and they have their own protocols for Covid. Some programs may be cancelled at the last minute. I will contact those who registered about any cancellations. We want to keep programming running and keep everyone safe and we need your help to do this. Thank you for your understanding.

**Tea Talks**

The next Tea Talk will be on Monday September 20th at 11 am in the Mechanicville Library Community Room.

Many of you have expressed an interest in learning about meditation. Meditation can do wonders for relieving stress and uncluttering our mind. Stress as we know can have a huge impact on our physical health and on our mental well-being.

We will learn about and participate in a relaxation exercise, and leave with some tools to learn how to better manage our stress. For example how to manage stressful/repetitive thoughts.

I will have snacks available, feel free to bring your own tea. Please sign-up!

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**Low Vision Presentation**

Lisa Jordan from NABA ( Northeastern Association of the Blind at Albany ) will be here to do a presentation called **INDEPENDENT LIVING WITH AGING VISION.** The presentation will discuss the leading causes of vision loss, early warning signs, and eye health. She will also discuss adaptive equipment and share simple tips for coping with low vision in day-to-day life. If you are struggling with vision issues and having difficulty managing at home independently you owe it to yourself to come to this important program. It will also be invaluable for those who want to learn how to better protect their vision. You also may want to come and learn so you can help someone else.

This program will be held at the **Mechanicville Library Community Room** on Tuesday September 28th at 11 am. Sign-up by calling Karin Drosdick at
518-652-2713

**Summer Concert in the Park**

Looking for something fun to do? Try the last concert of the summer at Tallmadge Park sponsored by the Mechanicville Library. It is August 31st at 6:30pm. With Pete Sweeney and Friends playing Jazz music.

**Crafted By Me Class**

We had a great time last month with our first craft class. I hope that you will consider joining us this month. The crafts are not difficult to make, and we have a nice time talking and being creative. This month we will be making tissue paper flowers. These flowers are so simple to make and have many decorating and gift giving applications. It is very relaxing to work on a project and to create something to take home. Join us on September 13th at 10 am. at the Mechanicville Community Center.
Sign-up is required.

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**Mechanicville Library**

There are so many wonderful events, services and activities at the library. Michelle Duell spoke at last month’s Tea Talks about all the wonderful things to take advantage of at the library. I just wanted to share some things that she mentioned. There are audio books, books, magazines and movies to borrow. There are also free books in the front area for you to take. They have computers you can use on site.

The library also has free streaming services for movies called Hoopla and Kanopy. There are also digital books you can down- load to your phone or tablet. The staff is available to help you set up these streaming accounts so just ask. Newspapers from all over the country can be downloaded right onto your computer all for free! Library staff can answer any questions that you have about this service as well.

The library has museum passes that give you free or discounted access to different sites in our area.

There is also the Ellsworth room with a lot of interesting history about Mechanicville. Come look at newspapers and photographs and learn more about the city. Plus, the library has many activities that you can sign up for like book club, photography trips and events. They even are starting a Corn Hole group!

You owe it to yourself to visit the library, sign up for a free card and start using all the services that they have to offer.

**Free Medical Items**

I always have free medical items being donated and sent out. If you are in need of any medical items please call me. If I don’t have the item I have resources to find what you need. I currently have a regular walker, small folding walker, a cane, commode, rollator walker, and a transfer shower bench. All FREE!

**Farmer’s Market Coupons**

Many of you may have received Farmer’s Market coupons but do not know where to spend them. You can use them at participating vendors at local Farmer’s Markets or at the Capital Roots Veggie mobile on local produce only. The Veggie Mobile is at the Library /Senior Center parking lot on Fridays from 2-2:45pm. JS Moore parking area from 3-3:30pm

The coupons are only usable until November. In October I invited Capital Roots to come here to host a program to discuss these coupons, how to double up your SNAP dollars, info on the Sprout – veggie mobile and more. They will have available produce for purchase with these coupons at this event as well. Look for more info in next month’s newsletter.

**Kitchen Short-Cuts**

Take a small mason jar lid and spray with cooking spray. Place it in a greased frying pan and crack an egg in the middle of the lid. Cook to desired doneness. You now have a perfectly round fried egg suitable to put on a breakfast sandwich. You can do the same with scrambled eggs and add some fixin’s in too. Use tongs to remove the lid from the pan when cooked so you don’t burn yourself.

**Life Hacks**

Is your counter space very tight? Pull out a drawer a little way (being careful it doesn’t fall out). Place a cutting board on the open drawer for extra work space.

Dusty lampshades are hard to clean, try using a lint roller to clean off all the pet hair and lint from your shades.

**Captioned Phones**

For those of you who have trouble hearing while talking on the phone, did you know that you can get a free captioned phone? There are federally funded programs that pay for the phone and there are no monthly fees. All that is required is a certifying letter from your Audiologist about your need for captioned phones, high-speed internet access and telephone service.

Call me for more information on this program at 518-652-2713.



**A Heartfelt Thank you**

The Senior Summer Games was a huge success. We had a nice afternoon playing yard games indoors and had nice summer refreshments. I would like to thank those who contributed. Thank you to Viola Gallerie for soliciting the raffle donations. Thank you to Dunkin Donuts, Price Chopper, IHOP and Dolce And Biscotti for donating raffles! We appreciate it very much!

**Just Say Yes to Fruits and Veggies Class**

We have been having Kristyn Bopp of the Regional Bank conduct a class each month about fruits and vegetables. Her classes are fun, interactive and she always brings new ideas, tips and recipes to share with those who attend her class.

Due to Covid protocol changes her class will now be offered virtually. We will meet at the **Mechanicville Library** because they have the TV. We meet on September 3rd at 11 am and watch her live on the screen. She will be discussing the topic that was cancelled last month on Stretching your Food Dollar. I will have some snacks for those attending. Please sign-up!

**TABLE Games**

Join us on September 27th at the Mechanicville Community Center from 10-12 for a fun morning of table Games. We will have a morning of playing some old favorites like Backgammon, Trouble, SORRY, Rummicube, Scabble, and more.
This is a great way to meet new people, relax and have fun. Refreshments will be served. Sign-up is required.

**Grandma Moses Appreciation Day**

September 7th is Grandma Moses Recognition Day. It is a day to honor artist Anna Mary Robertson Moses who is an inspiration to people who start new careers late in life. She started painting when she was in her 50’s but her career did not take off until she was in her 70’s.

She was a self-taught artist who mostly painted rural farm scenes and landscapes. She gained worldwide popularity and painted thousands of paintings before her death at 101 years of age.

She initially sold her paintings for $10 each at a local drugstore. After her work was recognized, her highest sold piece was over 1 million dollars!

She was awarded this recognition day when she was 100 years old. She remains an inspiration to all, that you are never too old to try new things.

**Adult Coloring**

Our Adult coloring class is growing and now meeting every week on Wednesdays at the library from 11-12:30 pm. In the Community Room. It is quite relaxing and a wonderful way to meet new people. Just Relax, Create and Communicate! I have all the supplies needed or feel free to bring your own.



**Food Pantry**

The Food Pantry is available to anyone who may need it. Food pantry day is on Thursday. Please call if you need food and we will schedule a time for you to come and pick it up on the side of the Community Center building.

Call and leave a message at 518-664-8322 ext 1012 and someone will get back to you.

**Labor Day**

Happy Labor Day! Remember our offices are closed on Monday September 6th in observance of Labor Day.



***Start each Day with A positive thought and a grateful Heart.***
 -Roy T. Bennett