



Care Connections

FOCUS WORD

The Care Links FOCUS word for 2023 is ...

Purpose

What is the deep meaning of purpose?

Purpose is an abiding intention to achieve a long-term goal that is both personally meaningful and makes a positive mark on the world.

NEXT GATHERING

Wednesday, June 21st

Monthly Care Links Get Together

Topic: **"I'm retired. Now what?"**

Time: 1:00pm

Location: 40 McBride Rd Mechanicville, NY 12118

Finding a purpose in life in our senior years can be hard. Familiar knowledge and skills are not required as much from us. Our ability even to do those things may be diminished. And learning new skills or venturing into a new environment can be scary. "So, what do I do? How do I find meaning in this new season of life?" Good news! You still have purpose! Your life still matters! Because the question of "Why am I here?" is ultimately connected to something deeper: "Who am I?" Your purpose flows from your identity. So, though it's good to give back; your purpose is not measured only by your usefulness. Your worth comes from who you are!

Be encouraged and explore these questions and more with Fr. Michael Todd.

"Together We Make a Difference"

Care Links, a program of CAPTAIN Community Human Services, is proud to be celebrating our 27th year of service to seniors in Southern Saratoga County! At Care Links, we strive to make it possible for seniors in the community to live active lives in their own homes by connecting seniors with dedicated volunteers who provide services such as friendly visits, shopping, transportation, errands, and more.

Help us spread the word about Care Links, when you're done reading, this pass it on to a friend!

To be added to our mailing list please call 518-399-3262 or email careconnection23@gmail.com.

Volunteer Spotlight: Michael Moore



Michael is a retired attorney. He worked for over 40 years at a not-for-profit serving low-income clients, with NY State government, and in the private sector. He and his wife downsized and moved to Halfmoon in 2019. Their daughters and 5 beautiful grandchildren live nearby, and they happily keep them busy. He is active in his college alumni club (University of Notre Dame) and enjoys travel, yoga, reading, cycling, and fly fishing for trout.

Care Links Volunteer in the Spotlight: Michael Moore

We asked Michael to share in his own words about his experience in making a difference in the lives of those he encounters through the Care Links program.

How long have you been with Care Links?

"I have been a volunteer with Care Links since November 2021."

What made you decide to volunteer with Care Links?

"When I retired, I began looking for volunteer opportunities in our new community of Clifton Park-Halfmoon. I had read good things about Captain Community Human Services in local newspapers and from a friend who volunteers with Captain. I was put in touch with Care Links when I learned that the seniors needing their services sometimes exceeds the number of volunteers available to help."

What have you personally gained through your experience with Care Links, what have you enjoyed the most?

"I have really enjoyed driving the backroads of Southern Saratoga County and seeing neighborhoods I had never known before. And I have "re-learned" the pleasure of meeting, talking, and sharing life experiences with new folks."

How do you make the most out of your experience with the seniors you come into contact with?

"On each call or car ride, I remind myself to honor our seniors by treating what we do for them as a "big deal," because it is indeed a big deal to them. The smallest gestures of service, respect, and kindness on a ride to the doctor, the store, the gym, or anywhere else mean the world to our Care Receivers."

What advice would you give to someone interested in volunteering with the Care Links program?

"Never underestimate your ability to make a real and positive difference in the lives of the seniors in our community who rely on Care links. Terra's energy, good humor, and dedication to the clients are infectious!"

If you or someone you know would like to volunteer and build rewarding connections with seniors in the community, where what you do makes a difference, contact us today at 518-399-3262 or visit our website captaincares.org/care-links.

June-July Team Birthdays



Donna Hall
Frank Pickus
Ray Prevost
Hadia Stephanou
Harlene Smalkin
Kim Swire
Maria Sorriento
Carolyn Gray
Gail Jandrisevits

Kari MacIntosh
Katherine Baumgartner
Nancy Hughes
Bill Stewart
Camille Butler
Bob Pierino
Bob O'Connell
Katie Anderson
Chris Efner

Care Links In Action

Miss Marilou visits MiaBella and her class at MTA



Marilou receives a gift from her adopted grandchildren at MTA



Miss Marilou reading to the class with Mia



Miss Ann reading to the class with Mia



New Care Links Volunteer T-Shirts



Heidi working the Care Links Info table



Lunch Club at the Ugly Rooster



Terra & Heidi raising awareness about the programs offered



Katie and Anne hit it off



Mitra and Miss Betty



Alzheimer's Association presents to Care Links



Care Links Event Team



Volunteer Orientation Graduates



Pasta, Sinatra, & Friends Highlights!

The Care Links' social event of the year was held on May 21st where over 200 guests attended as Volunteers, Care Receivers, and Supporters of the program were honored for their hearts and for being a part of the Care Links Family.

Below are some highlights of the evening that was sponsored by Maddalone Entertainment with Emcee/DJ Nick, Zack, and Terra.



Program News



The “Adopt a Grandparent” Program

We recently asked one of our volunteers to share about her visit with a Care Receiver to Mother Teresa Academy in the Adopt a Grandparent program.

“We entered the gathering room to be faced by at least a hundred chattering boys and girls, settling in for the morning ceremonies. First, we heard some morning greetings, a call and response by the teacher and the kids. Then we participated in songs, birthday recognitions, and the children’s interpretations of religious and bible history pictures. Ann, the “adopted grandparent” was delighted to realize she could sing along with the kids because she knew a song or two.



For a while, we thought there were two of everyone in the class. We met two boys named Alex, and two girls named Maddie. A bold young man, Wyatt, shared with Ann his ambition (this week) to be an astronaut, but he was not sure he could take Ann along with him. Last week his goal was garbage truck driver; can you see Ann riding shotgun?

Ann’s greatest fear, that almost kept her from participating, was that she would scare the kids, being strange and unfamiliar and in a wheelchair. She made her usual joke about letting them push her around in her chair ... while no one did, she and the kids were amused by her patter.

Ann’s fear was laid to rest once the hugs started coming... A mix of boys and girls came and gave Ann hugs, but if you were counting, Ann was a boy magnet! In fact, based on hugs, Ann thought there were mostly boys in the class ... the girls were shy about coming for hugs. Wyatt, our young astronaut, came back at least four times! One of the two Maddies was in love with Ann’s pom-poms on her cape, and tied them up several times, ending up with a cat’s cradle. Ann was sure would strangle her ...

Ann loved the teachers, Miss Marissa, and Miss Jonna, and sends them her thanks for making her visit so much fun. She found her visit to be enlightening, with the kids so open and welcoming to a stranger. She had a wonderful time. She was excited and happy when she got home and is looking forward to next month’s foray into Play Dough. By the end of the session, Ann was well and truly adopted as “Granny Annie” to Miss Marissa’s class.

Submitted by Claire Murphy, Care Links Volunteer

This program is ideal for individuals who want to connect with seniors in our community. Adopting a grandparent can involve being a pen pal, visiting for a holiday(s), occasional chats on the phone, sharing life stories, and more. Groups such as a family, a social group, or a child’s classroom can also adopt a grandparent together. It’s also great for anyone, especially students, looking to meet a school or club’s volunteerism or badge requirement. Cross-generational contact is an important way to strengthen and enrich our communities.

If you or anyone you know would like more information about adopting a grandparent in Southern Saratoga County, please contact Terra at Terra@captaincares.org or 518-399-3262.

From The Program Manager's Desk

A Grandparent comes in many forms. I would like to share with you a story about my adopted grandparents.

When I nine years old my mother was an Avon lady. I would help her by delivering the orders to her customers while she would sit in the car with (six or seven of) my siblings. I felt so grown-up walking to the door, holding that special white paper bag filled with samples and goodies and handing it over to the customer, once they paid for the order.

There was a home I looked forward to going every week, as there was a very kind woman who always opened the door. On this one day, while she went to get her purse, I peeked inside the living room and saw a beautiful, black, grand piano in the corner.

“Do you play?” The nice lady asked as I stared with my eyes as big as saucers and shining with excitement. “No, but I would love to,” I replied. To my delight and surprise, she offered to teach me and that was “the beginning of a beautiful friendship” as they say.

I would soon learn that she and her husband (who were the same age that I am now) would become my “adopted grandparents.” Having lost my grandmother when I was six and my other grandparents living far away, I longed to know what it was like to have grandparents who would dote on me.

This loving couple whom I called “Mama and Papa D,” became grandparents to me in every sense of the word. They would take me on road trips, invite me for sleepovers and of course, the treasured piano lessons to which Papa D would often walk into the room when I was having my lesson and loudly sing opera! I enjoyed my time with them so very much.

Sadly, when I was eleven, they moved away to California. Yet, our relationship took on a different experience with letters, phone calls and for many years there would be an airline ticket for me to go visit them during the summer; a tradition that would last beyond when I was married with my own family.

My experience taught me how wonderful it was to be accepted by this couple, who had love to share. They welcomed me into their home and their lives and made me feel so special. It did not matter that they lived on the other side of the country. I always knew that I was special to them and that they were mine to love until they passed away not long ago.

I am forever grateful to Mama D who opened her door and her heart to me. I wonder if she could have known the Ripple Effect she would create and how she helped to mold my future in where I am today; surrounded by the many loving seniors of Care Links?

Fondly,
Terra Maddalone-Ristau
Senior Services Program Manager



Care Links serves the towns of Ballston (including Burnt Hills), Charlton, Clifton Park, Halfmoon, Malta, and the city of Mechanicville. The Care Links program receives funding from the Saratoga County Department of Aging & Youth, the Towns of Ballston, Clifton Park, Halfmoon, and Malta, the New York State Office for the Aging, and participant and community contributions. Various fundraising events are held to support the core operational needs of Care Links.

Miss Marilou's Care Links Corner



Dear Friends,

I have been thinking of prom and graduation season and thought I would share with you one of my favorite memories about my prom and military ball adventure.

I was 13 years old and in the 8th grade, my date was 15, and attended CBA (Christian Brothers Academy) and he looked soooo gorgeous in his dress white uniform. No one else in my school had been invited so I set out hoping to look like “Audrey Hepburn” who was my idol.

My gown was mint green, covered with white chiffon with little gathers of tiny rosebuds.

Every night after dinner, my mother insisted I had to practice walking around – I had brand new “French heels,” that was my first experience with any kind of heels and an enormous hoop!

You had to be careful of the “fish bones” in the hoop when you sat down as you did not want the fish bones to hit the chair.

Finally, the night arrived, I had my hair in a French twist with a tiara, white opera gloves, an evening bag, and a beautiful bouquet from my date, Anthony.

I was so excited when we got to the ball, everyone looked so beautiful. Anthony asked if I would like punch and cookies, I went to sit down in the circle of chairs, and you guessed it! My gown flew up and hit me in the face exposing my cotton bloomers. I remember thinking if I did not put the gown down, no one would know it was me!

I eventually, got the gown in order and under control and of course, everyone was looking at me!

My mom passed away never knowing about the gown fiasco, as she would have been mortified and I really do not think she would have been very happy.

Growing up, the times that are mortifying and we believe that our life is definitely over; are really the memories that we laugh about later in life.

The theme for Care Links this year is “Purpose”, my purpose was creating memories for everyone who was at the ball when they all get together for reunions. I am sure they remember the little girl whose gown hit her in the face and not the person who “kinda looked like Audrey Hepburn!”

Enjoy your life!
-Miss Marilou



Care Receiver in the SPOTLIGHT



Ann Racette (shown here in the photo with the Senior Services, Program Manager’s husband, Dave, on a Christmas visit)

Ann is a vibrant, engaging, Maltaville native who is a widow of a Marine veteran, the mother of a great daughter and has two beautiful grandchildren. (She wants to be sure that we share that she also has a wonderful son in law!). Ann graduated from Mechanicville High School and went on to attend Spencer Business Institute in Schenectady, N.Y. After graduating, secured a position with Korell before marrying the love of her life, Leo.

Three years ago, (Ann’s friend who was a Care Receiver with Care Links), suggested that Ann call to inquire about transportation to doctor appointments. Since then, Ann has made many new friends with volunteers who assist in a variety of ways.

Ann shares, “Now after three years, I feel like my life is back to where things used to be when I was able to go out amongst the living. My volunteers have opened up a whole new world for me. We talk on the phone, go shopping, out to lunch, visit over dinner and they help me with correspondence. I feel like I have come alive again, especially since becoming a part of the Adopt a Grandparent Program at Mother Teresa Academy where I was adopted by a Pre-K class. When I arrived there for the first time there, I only had two grandchildren, now I have 16!”

“When I was first asked to be a part of the program, I hesitated and then thought about how many of the children may not have extended family in the area (as I did growing up) and how special my memories are of my days with my grandmother. I thought about how the children may be missing out on that. I was also concerned, as I did not know what I could offer the children, as my vision is poor. I was so nervous; I was a wreck and didn’t know if they would accept me.”

Then I went and it was all over! I loved it! I called everyone I knew when I got home and told them how much I enjoyed myself, especially the hugs from the children (that I get every month) when I visit.

I feel that being adopted by the children has shown me that I have a purpose in my life and Care Links has shown me that I have something to look forward to and not just sit in my chair “waiting to die,” we all have one hour a month to share, if you have the opportunity to be part of this program, make the call to Care Links, it is that simple, You will be so glad that you did.”

If you or someone you know would like to volunteer and build rewarding connections with seniors in the community, where what you do makes a Difference...



Make the Call Today! (518) 399-3262

MEMORIALS

Honoring those Care Receivers & Volunteers who have gone before us:

Care Receivers	Raymond Everleth	Bobbie Madsen	Mary Salvadore	Tom Turlais
Barbara Baker	Betty Fontaine	Barbara Maltbie	Patsy Sarrutto	Joan Vischer
Rowena Ballas	Rachel Friedman	Patsy Monachino	John Sayles	Janet Waite
Howard Bernard	Joan Haviland	Janice Morgan	Lois Short	Joan Watson
Jay Brundage	Rosemary Hebert	Vivian Nolan	Raymond Smith	Barbara Wolf
Jean Butler	Vern Hellihas	Joan Parker	Bob Smith	
Donald Carlson	Linda Hulin	Betty Pitt	Betty Snyder	Volunteers
Theresa Carman	Bob Iagrossi	Dorothy Reitano	Lillie Spears	MaryJane Crotty
Gloria Chesterfield	Theresa Irish	Joyce Ren	Larry Sugarman	Ron Day
Thomas Conley	Thomas Kelly	Emma Rhyal	Janice Supley	Jan Nadler
Catherine Conroy	Elaine Koubeck	Don Rubin	Phyllis Szewczyk	Kenneth Varley
Patricia Dyer	Evelyn Lanzo	Mary Russo	Paul Taglione	
John Ericson	Ellen Leicht	Louise Russo	Joanie Taglione	

Care Links staff, volunteers, care receivers, and family met in May at Christ Community Reformed Church for a candle-lighting ceremony in memory and honor of those Care Receivers and Volunteers who have passed on.

May we continue to pay tribute to their lives and how they touched the hearts of those they came into contact with.



FUN Activities

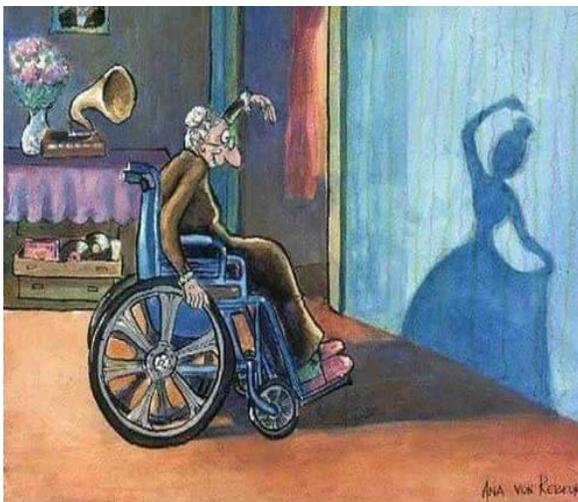
Rediscover your **PURPOSE**, no matter what stage of life!



Inspiring messages from volunteers:

“My Care Receiver, Tom, and I will take trips to the store, as we older folks do, complaining about our ailments. Tom is a funny guy who loves to make people laugh, so here is his joke:

A guy goes to his doctor for a checkup. The doctor comes in and says, "Well I have looked at your reports and have good news and bad news." "Well, give me the good news first!" The doctor says, "You have three days to live." "What?!" says the guy, "is the bad news?" The doctor says, "I forgot to call you yesterday." - Michael



**How others see you, is not important.
How you see yourself means everything.**

Our Epidemic of Loneliness and Isolation:

The U.S. Surgeon General’s Advisory on the Healing Effects of Social Connection and Community

Sharred by Frank Pickus

Social connection matters! It is a fundamental human need, as essential to survival as food, water, and shelter. A lack of social connection can increase the risk of physical and mental health challenges and increase healthcare costs. Loneliness and isolation are insidious. They are more widespread than many other health concerns and are as dangerous as smoking 15 cigarettes per day!

Take time to invest in a wide variety of high-quality relationships with family, peers, friends, and others by:

1. Understanding the power of social connection and the consequences of disconnection.
2. Investing time in nurturing current and new relationships that are positive and beneficial.
3. Minimizing distractions during conversations with family and friends.
4. Seeking out opportunities to serve and support others.
5. In your relationships, being responsive and supportive, and practicing gratitude.
6. Actively engaging with people from different backgrounds and experiences.
7. Participating in social or community groups.
8. Reducing practices that lead to disconnection
9. Seeking help during times of struggle.
10. Being open in speaking about loneliness and isolation with your healthcare provider.
11. Making time for civic engagement.
12. Reflecting on the core values of connection: Kindness, respect, service, concern, and commitment.

Sponsors & Supporters

Shenendehowa Neighbors Connecting

SNC Picnic

When: June 28th @ 11:30 am – 3:00 pm
Where: Lighthouse Park - 597 Hudson River Road
 Waterford, NY 12188

Enjoy the beauty of Lighthouse Park next to the Hudson River. A covered pavilion has been reserved for SNC. Bring your own picnic lunch and either a snack or dessert to share while having a good time getting to know other SNC members. The park has a conveniently located restroom on the site.

There is no need to register, just show up and make new friends.

<https://snc.clubexpress.com/>



Join Us for the 14th Annual Route 50 Mile!

Thursday, June 8th | 7:00pm

This family-friendly event is the area's premier one-mile race and is followed by the Burnt Hills-Ballston Lake Business and Professional Association Flag Day Parade.

To register, become a sponsor, or get more information please visit

<https://captaincares.org/news-events/events/route50mile.html>

Care Links would like to thank the following supporters of the Pasta, Sinatra, & Friends Dinner Show:

Aetna

518-390-2582

StanleyP@aetna.com

Empire Taxes

Mitra Gouneh, Tax Prep Specialist

518-357-3749

mitragouneh@yahoo.com

Face 2 Face Skincare LLC

Melissa Ponce

361-219-0243

Hannaford of Glenville

Manager, Kari Macintosh

518-384-0156

kamacintosh@hannaford.com

Informative Home Inspections & Project Solutions

Jolene Lomnes

518-728-1292

www.InformativeProjectSolutions.com

Maddalone Entertainment

Nick Maddalone

518-290-3995

www.maddaloneentertainment.com

Picture This Construction, LLC

518-944-4098

Specializing in Kitchen & Bathroom Remodeling.

www.picturethisconstruction.com

Tuxego-Latham

Anthony Commisso

518-783-0260

guestservices@tuxego.com

Tell our supporters you found them in the Care Connection Newsletter!

Out in the Community

Community Meals, Food Pantries, and Events

Burnt Hills United Methodist - 816 NY-50, Burnt Hills, NY 12027

Offers a Men's Breakfast on the first Saturday of each month.

Call 518-399-5144 for more info.

Christ Community Reformed Church - 1010 NY-146, Clifton Park, NY 12065

Offers a little free pantry in the front of the church.

Call 518-371-7654 for more info.

Faith Baptist Church - 11 Glenridge Rd, Rexford, NY 12148

Offers a food pantry.

Call 518-399-2220 for more info.

Grace Chapel Church - 996 Main St, Clifton Park, NY 12065

Offers a potluck dinner for seniors after church on Sunday once per month.

Calling ahead is helpful but not required.

Call 518-877-3314 for more info.

Harvest Church - 303 Grooms Rd, Clifton Park, NY 12065

Offers a food pantry.

Call 518-371-2997 for more info.

Jonesville United Methodist Church - 963 Main St, Clifton Park, NY 12065

Offers the Shenendehowa Helping Hands food pantry on Friday's 9a-Noon.

Call 518-877-7332 for more info.

Luthern Church of the Good Shepard - 547 Saratoga Rd, Schenectady, NY 12302

Offers a blessings box where community members can take non-perishable foods and personal hygiene items donated by others in the community.

Call 518-399-4540 for more info.

Shenendehowa United Methodist Church - 971 Route 146, Clifton Park, NY 12065

Offers a monthly communal meal.

Call 518-371-7964 for more info.

St. Mary's Crescent - 86 Church Hill Rd, Waterford, NY 12188

Offers a "Senior Tuesday" event on the last Tuesday of each month.

Call 518-371-9632 for more info.

Saratoga County Department of Aging & Youth

Offers congregate meals to qualifying seniors (over 60 yrs old)

Time: Hot meal served at Noon on Mondays-Fridays

Location: Gather & Dine sites are located in Milton, Clifton Park, Corinth, Galway, Halfmoon, Mechanicville, South Glens Falls, and Saratoga Springs.

Call 518-363-4020 for more information. Reservations are Required

Upcoming “Events and Gatherings” Details

Please remember to RSVP Yes or No by e-mail or phone for All meetings/events!

June 21, 2023

Monthly Care Links Get Together

Topic: **"I'm retired. Now what?"**

Finding a purpose in life in our senior years can be hard. Familiar knowledge and skills are not required as much from us. Our ability even to do those things may be diminished. And learning new skills or venturing into a new environment can be scary. "So, what do I do? How do I find meaning in this new season of life?" Good news! You still have purpose! Your life still matters! Because the question of "Why am I here?" is ultimately connected to something deeper: "Who am I?" Your purpose flows from your identity. So, though it's good to give back; your purpose is not measured only by your usefulness. Your worth comes from who you are!

Be encouraged and explore these questions and more with Fr. Michael Todd.

Registration is required for this gathering- Open to All

Time: 1:00pm

Location: St. Luke's On the Hill - 40 McBride Rd Mechanicville, NY 12118

July 18, 2023 -Tuesday

Care Links **PICNIC!**

Sponsored by Hannaford

Registration is required! Volunteers are encouraged to bring their Care Receivers.

Details are still being finalized so please call the office for more information @ 518-399-3262

Time: 12 Noon

Location: St. Luke's On the Hill - 40 McBride Rd Mechanicville, NY 12118

July 27, 2023

Care Links Volunteer Overview and Orientation (Closed Meeting)

This is mandatory training for all Care Links volunteers who have not yet taken the training.

We will cover important policy/procedure changes and other information needed to serve seniors to the best of our abilities. Whether you've been volunteering with us for 10 years or 2 weeks, there is always more to learn about Care Links! Thinking of joining the team? This is a great way to learn more about what we do!

Time: 12 Noon

Location: Christ Community Reformed Church - 1010 NY-146, Clifton Park, NY 12065

August 16, 2023 - SAVE the Date

Monthly Care Links Get Together

Administrative Reminders:



Care Links Gatherings- Benefits

Did you know that our monthly gatherings are as much for our volunteers as they are for our care receivers?

Look at the many benefits of attendance:

- ✓ Socialization with other volunteers, care receivers, staff, and community service experts.
- ✓ Education & Training on topics that affect our Elder population
- ✓ Team building
- ✓ Information about community resources



Care Links Gatherings- Transportation

Do you attend Care Links gatherings and have room in your car for one more? We are looking for Team members who will **provide transportation** to a Care Receiver who would like to attend.

Care Links Gatherings are for **all** to attend!

Wellness Express Update



Residents of The Village of Ballston Spa, Towns of Ballston, Burnt Hills, Charlton, Galway, Malta, and Milton:

Are you 60 years and older and in Need of Medical Transportation?

Then hop on in the Wellness Express Van and be escorted by: **Rick, Kerry, and Bob**

Call Heidi on the Wellness Express Team at **518-399-3262** for information and eligibility.

The Wellness Express Program is funded by the Saratoga County Department of Aging and Youth, New York State Office for the Aging, Towns of Ballston, Milton, the Village of Ballston Spa and Participant & Community Contributions.



VOLUNTEER DRIVERS NEEDED!

Become a Driver with Care Links to assist seniors to their medical appointments, shopping, errands, and more.

We offer FLEXIBLE scheduling based on your availability!

Tasty & Delicious Recipes

Summer Salad by the Lake

Submitted by Heidi Skinner

15 garlic cloves, peeled and halved lengthwise
 2 medium sweet peppers, sliced
 2 tbsp olive oil
 1/2 teaspoon salt
 1/2 tsp pepper

Salad:

2-1/2 c water
 1 tbsp olive oil
 1-1/2 tsp salt
 1 c uncooked pearl (Israeli) couscous
 1/2 c red quinoa, rinsed
 2 large tomatoes, cut into 1-inch pieces
 2 c fresh arugula or baby spinach
 1 c cubed fresh pineapple
 1/2 c fresh shelled peas or frozen peas
 1/2 c crumbled feta cheese
 1/2 c sunflower kernels, toasted
 1/4 c minced fresh parsley

Dressing:

1/4 c olive oil
 3 tbsp balsamic vinegar
 2 tsp honey
 1 tsp grated lemon zest
 1/2 tsp salt
 1/2 tsp pepper

Instructions:

1. Preheat oven to 425°. Toss together garlic, sweet peppers, oil, salt and pepper; transfer to a parchment-lined 15x10x1-in. baking pan. Bake until dark golden brown, about 15 minutes. Transfer to a large bowl.
2. Meanwhile, in a small saucepan, bring water, oil and salt to a boil. Stir in couscous and quinoa. Reduce heat; simmer, covered, 15 minutes or until liquid is absorbed. Remove from heat; let stand, covered, 5 minutes.
3. Transfer the couscous and quinoa to the bowl with roasted pepper mixture. Stir in the remaining salad ingredients. In a small bowl, whisk dressing ingredients until blended. Pour over salad; gently toss to coat.

No Bake Summer Berry

Lasagna

Submitted by Heidi Skinner

Whipped Cream:

1 & 2/3 c heavy cream-chilled
 ~1/3 c powdered sugar (to taste)
 1 tsp vanilla

Crust:

3 c graham cracker crumbs
 1/4 c strawberry jam
 1/2 c & 2 tbsp unsalted butter-melted
 Red gel food coloring

Cheesecake Layer:

1/2 c unsalted butter-softened
 8 oz. cream cheese-softened
 1 c powdered sugar
 1 tsp vanilla
 2/3 c diced fresh strawberries
 1 c of whipped cream

Blueberry Jello Layer:

2 (3 oz.pkg) berry blue Jello
 1 & 1/4 c boiling water
 2 c blueberry pie filling
 1 c of canned crushed pineapple, drained

Topping:

2 1/2 c whipped cream
 Fresh strawberries halved
 Fresh blueberries
 1/4 c chocolate chips

Instructions:

1. Combine graham cracker crumbs, strawberry jam, melted butter, and red food coloring
2. Mix until evenly moistened. Press the mixture into the bottom of 13 x 9 x 2-inch dish. Place the crust in the freezer to firm.
3. In a bowl beat chilled heavy cream until soft peaks form. Add powdered sugar and vanilla and continue mixing until really STIFF peaks form. Measure out 1 cup of beaten whipped cream for cheesecake layer, reserve the rest for the topping.
4. Cream softened cream cheese, powdered sugar, vanilla, and softened butter together. Mix in the 1 cup of whipped cream.
5. Gently fold in diced strawberries and spread over the crust. Place in the fridge to set.
6. Combine berry blue Jello with 1/4 cup boiling water and stir for a few minutes until the gelatin dissolves completely. Set aside to cool for 15-20 minutes, then stir in crushed pineapple and blueberry pie filling. Stir occasionally until cool & soft set.
7. Spread blueberry Jello layer over chilled cheesecake layer. Place in the fridge to chill until Jello layer is set completely.
8. Top with remaining whipped cream.
9. Before serving, arrange fresh berries on top. Melt white chocolate chips, transfer melted chocolate to a Ziplock bag, cut

Other Opportunities to Help

Current Volunteer Needs:

- ☀️ Volunteer Team Members are Needed to provide occasional friendly visits with lonely seniors.
- ☀️ Care Links is looking for Road Warriors to help with Newsletter distribution to a variety of everyday locations in Southern Saratoga County. Please let us know if you can help by contacting Laurel & Dee at careconnection23@gmail.com

Shout Outs!

-A **warm welcome** to our new Care Links volunteer caregivers: Margaret Turner, Kathy Simmons, Beth Robinson, and Bob Pierino

Other Needs:

-Have you taken photos at any Care Links gatherings/events? We'd love to see them! **We encourage attendees to take photos** of participants "in action" at any or all of our various gatherings and events.

Please e-mail any photos to Terra @ Terra@captaincares.org. **Your photos help bring Care Links to life in our newsletter and other media.**

Care Links has Volunteer Opportunities for folks from TWO to NINETY-TWO for families and individuals! Please contact Terra at 518-399-3262 or Terra@captaincares.org to answer your questions!

Pictured below: Care Links, Program Manager's granddaughter, Mia.



If you would like to receive this newsletter when it first comes out, please contact us to be added to the mailing list!

Care Links is a Program of:
CAPTAIN Community Human Services
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(518) 399-3262