



Care Connections

HIGHLIGHTS

Did You Know?

October is Breast Cancer Awareness Month!
&
November is Alzheimer's, Diabetes, & Lung Cancer Awareness Month!

NEXT GATHERING

October 19, 2022

Monthly Care Links Get Together

Topic: Depression and Stress Management for Seniors with Home Instead

Depression and anxiety are becoming common problems among older adults, but they are not a normal part of aging. Learn about the risk factors associated with each that are unique to older adults, as well as signs and symptoms, and local resources available to assist with treatment.

Time: 11:30am – 1:00pm
 (Feel free to bring a bagged lunch/snack if you so desire, bottled water will be provided)

Location: Starpoint Church –
 14 Jarose Place Clifton Park, NY 12065

RSVP is Required: Register by calling 518-399-3262 or emailing Terra@captaincares.org

“Together We Make a Difference”

Care Links, a program of CAPTAIN Community Human Services, is proud to be celebrating our 25th 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.

Volunteer Spotlight:

KATHERINE BAUMGARTNER



Katherine is a seasoned commodities broker turned future clinical social worker. She's currently working on her master's degree from UAlbany's School of Social Welfare. She's passionate about social justice & fighting stigma surrounding mental health with a focus on compassionate, strengths-based support for survivors of domestic violence, childhood abuse, and trauma. Her hobbies include gaming (video games, board games, card games, etc.), nature walks, & reading fantasy novels. She and her husband, Spencer, will celebrate their 9th wedding anniversary on October 13th. They reside in Clifton Park.

Care Links Volunteer in the Spotlight: Katherine Baumgartner

We asked Katherine to share in her own words about her experience in making a difference in the lives of those she encounters through the Care Links program.

What made you decide to volunteer with Care Links?

“I'd heard wonderful things about Captain's CHS from community members, and Care Links provides a wonderful way to support some of our most vulnerable, give back to the community, and gain practical experience for both my future clinical practice and assisting my own aging parents. I'm also a volunteer mentor with Captains' Getting Ahead program, and have been with both programs since May of 2021.”

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

“I've gained loads of knowledge regarding what seniors may go through and what resources may be available to help them. I've gained valuable experience working with the aging population and the personal satisfaction of being a positive force in the lives of those I've been matched with. The most enjoyable part of this work has been seeing care receivers happier and less troubled at the end of every visit than they were when I walked in. Hearing their interesting and varied personal stories and life experiences is also a treat.”

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

“The two key tools I employ are active listening & affirmation of feelings and experiences. I always try to create a warm and compassionate space where my care receivers feel accepted and comfortable being their authentic selves without judgment. This opens up the possibility of deeper connection which is a balm for them and for myself.”

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

“Come to a Care Links monthly meeting with a topic that interests you or a coffee hour chat and talk with other volunteers. If you're uneasy about the time commitment, begin with providing transportation. It provides maximum schedule flexibility and is a good way to start meeting and chatting with seniors.”

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.

Oct-Nov Volunteer Birthdays



Ellen Capo-Ryan
Marilyn DeLorio
Carol Bayer
Micheal Moore
Mary Ann Butler

Richard Vosko
Mary Alice O'Brien
Dominick DeLorio
Cindy Farrell
Catherine Kelley

Care Links In Action

“An Evening with Dr. Benita Zahn”

Over 130 people were in attendance to hear the inspirational and entertaining Dr. Benita Zahn. We even learned a new way to enjoy chocolate!



Recently, Care Links matched two sports enthusiasts, Frank and Thomas, for friendly visits and occasional trips to the store.

Their time together was all about boxing, baseball, and the ponies!



Program News



Senior Resource Fair! Free Admission – Open to the Public

Care Links will be hosting a **Senior Resource Fair** for local businesses and organizations to present the resources they offer to senior citizens in the community. The **Senior Resource Fair** will be held on **Tuesday, November 1st from 11:00am-2:00pm** in the Fellowship Hall (Door F) of Shenendehowa United Methodist Church, 971 Route 146, Clifton Park, NY 12065

We need volunteers to help out with this event so please let Terra if you are interested!



The “Adopt a Grandparent” Program - Update

If you have a youngster (or teen who is looking to do community service) or maybe you are part of the Adult Orphan Club and would like to have someone you can share your heart with by providing Friendly Visits to seniors in Southern Saratoga County, please contact Terra at Terra@captaincares.org or 518-399-3262.



NEW* PRIVATE, Volunteer-Only, Facebook Group called "Care Links Team Connection"

If you would like to be added, simply visit www.facebook.com/groups/758015898725013/ and submit a request to be added to our private group.

This is where we can share inspiring stories, stay up to date on activities, make plans with each other for outings with our Care Receivers, etc. Let's make connections and build out team spirit!



Senior Holiday Project

Here are some examples of holiday/season specific things you could do with our Care Receivers:

Fall/Autumn: Take a leaf peeping walk or drive. Collect leaves, twigs, pine cones, etc. and craft decorations

Thanksgiving: Share a traditional meal

Winter Holidays*: Write cards, decorate care receiver's home, and/or bake cookies

**Care Links volunteer “Elves” needed for 2-day commitment to set up and put away holiday decorations at seniors' homes!*

** Do you like to sing Christmas Songs? We are going to get some volunteers together to visit Care Receivers during the holidays with caroling. If you would like to join us, contact Terra.*

From The Program Manager's Desk

Dear Team,

Getting to know our seniors and volunteers in the Care Links "family" has been satisfying for me as I am able to see the joy when a senior is on the receiving end of kindness and a volunteer is on the receiving end of gratitude. Then, there are days when I look to answer a need or a request.

Allow me to share a story with you:

Recently a senior shared with me how Sunday afternoons are the loneliest day of the week for her. A day that once held such special meaning, a day of faith and family.

Her Sundays were full and exciting as friends and family would gather around the table to share laughter and joy over a good meal.

Her table, once full of her loved ones now sits empty on a Sunday afternoon except for the photo of her beloved husband which keeps her company at the table as she sits quietly and eats her meal.

My son said it best, as we discussed this reality for so many people. He said, "*Mom, when the nuclear family dissolved, everything changed.*" How sad and correct he was.

How can we get back to the "good old days" when Sundays were reserved for friends and family? When we turned off the television and focused on conversation and each other?

I believe it starts with one person reaching out to another person and sharing a cup of tea (or coffee) or a meal.

It starts with one person remembering someone who is alone and inviting them to take part with their family or themselves, and then sharing their experience with another person and encouraging them to think of a forgotten senior they know who would benefit from such an experience.

It is said that it "takes a village" to raise a child. I believe it also "takes a village" to care for a senior or someone in their golden years.

What could be the outcome of what one person can do?

The Ripple Effect of a village surrounding the beautiful seniors in our community with love and compassion. A new and special relationship formed with someone who has much to share. If you have children, you can give them the opportunity to learn to relate with seniors and "adopt a grandparent," to build experiences and memories that will last them a lifetime.

Our world has changed since the days of a nuclear family but that does not mean that we cannot find a way to recreate the love and experience that comes from a village reaching out to a lonely soul.

That is what Care Links is All about...

Sincerely,

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 Mechanicsville. 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

We would like to introduce you to Miss Marilou Pries, the new and official Care Links, Care Receiver Ambassador!



"Miss Marilou" as known by those who love her, came to Care Links in 2020 as a Care Receiver who was looking for transportation and companionship. Her family (who live outside of the area) were concerned about her driving ability and social isolation.

Since becoming a Care Receiver, Miss Marilou has attended many of the Care Links activities and functions with her Volunteers, Gail and Harlene (with whom she has been personally matched) and loves every minute of her time with them.

Miss Marilou is also part of the Care Links pilot program, Adopt a Grandparent, where she is matched to four-year-old, MiaBella for occasional visits along with her grandmother. Marilou often says she does not know which one is the child, herself or MiaBella. They have so many laughs together, especially when they get to enjoy ice cream and LOTS of it!

We asked Miss Marilou what it is that she enjoys the most about being a part of the Care Links Family, and she shared:

"I have been enjoying every minute of my time. I am hardly ever home anymore to the point when my friends and family try and call me, they get my answering machine and are either nervous or jealous. I have to reassure them that I am okay.

Best of all, my children no longer talk to me about moving to the "Shady Pines Resort" as they know that I am well looked after and happy.

My involvement has even led to me participating in the events for CAPTAIN CHS Care Links as a guest speaker and I get to spend time with volunteers over a cup of tea or go for lunch. Most of all, I enjoy the friendships I am making thanks to Care Links.

I have found renewed purpose in my golden years and am very thankful for this as I feel that I am helping the other seniors by sharing my experiences with them."

Care Receiver in the SPOTLIGHT

Johanna Monachino



Johanna is an 85-year-old, retired elementary school teacher and church musician (since she was 12 years old). She was a homemaker, married to the love of her life, Patsy, and mother of three children. She is the proud grandmother of five grandchildren and eight great-grandchildren. Johanna is a parishioner of St. Mary's Crescent of Waterford where she attends mass with one of her volunteers. Johanna loves music and has performed with many oratorios in the area, she shares that music has been a part of her life and loves to sing and listen to the "oldies" every day.

Johanna has been a part of the Care Links Program since 2017, when she contacted us for assistance with transportation for Patsy to go to a doctor appointment, (which is how they met their volunteer). Sharon would provide occasional transportation and even bring Patsy to play cards with her every week at the local senior center. When the time came, Sharon would take Johanna to visit with her husband in rehab and ever since Johanna shared that, she "has been dependent on the kindness of volunteers in Care Links."

Johanna is an active part of the Care Links family with a team of volunteers as her support system. She shared: *"I am so blessed to have all the volunteers around me. Care Links makes it possible to stay in my own home of 51 years. My volunteers have become very dear friends and I know that I can depend on them when I am in need."*

Johanna shared what she enjoys about her time with her volunteers: *"Linda will help me with simple things around my home (that is not as easy for me as it used to be) and has even planted beautiful flowers in my garden and afterward we enjoy afternoon tea. Lucy and I love to shop and have lunch together, we even attend the Red Hat Society meetings and share tips on taking care of our pets. Lucy knew that I would enjoy the Italian Festival and surprised me with a day out!*

Gabby has a heart of gold and is always there for me, we enjoy our time on Saturday afternoons together.

I thank the Lord, every day for all the grace He has given me and the people from Care Links.

If I were able, I would be the first one to sign up as a volunteer. If you have an hour (or two) that you can spare, there are many seniors in the community who could use your help through Care Links."

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 (518) 399-3262

Care Receiver Memorials



Our thoughts and prayers are with the friends, families, and volunteers of our care receivers who have recently passed away.

Howard Bernard
Raymond Smith
Millie Spears
Phyllis Szewczyk

Sponsors & Supporters

Shenendehowa Neighbors Connecting

Riverview Orchards Event!

When: Thursday, October 6, 2022, 1:00-3:00 pm

Where: 660 Riverview Rd, Rexford, NY 12148

Isabel Prescott, owner of Riverview Orchards, will give a short presentation on farming life in the past, including one-room schoolhouses. Attendees can also view the Orchard's glass-enclosed observation beehive to watch bee activity. The Orchard makes cider and donuts and has a shop that visitors are welcome to check out after Isabel's presentation. Cider and donuts will be provided to members and guests, compliments of SNC.

Space is Limited and registration is **Required** for this **FREE** event.

Register at snc.clubexpress.com by Monday, Oct. 3rd.

Prehistoric History of Clifton Park

When: Wednesday, November 9, 2022, 1:00-2:00 pm

Where: Grooms Tavern, 290 Sugarhill Road (corner of Grooms Road), Rexford, NY

Fred Stevens will present the early development of the present landforms within the Town as well as information about the people and artifacts he has uncovered and studied over the past 70 years including those related to Native Americans. He encourages those attending to bring with them any area artifacts they may have in order to have a "show and tell" moment at the end of his talk.

This program is open to the public. **Space is Limited, registration is Required** for this **FREE** event. Please register at snc.clubexpress.com.

Shenendehowa Neighbors Connecting (SNC) is a local senior village, part of the national Village movement. SNC supports senior citizens in our community, age 55 and older by offering activities, outings and stimulating presentations while encouraging friendships. For more information visit <https://snc.clubexpress.com>.

The Improv Duo



Making up stuff on the spot with audience suggestions: That's what improv is all about.

No one does it better & funnier than *The Improv Duo*, Judi & Steve.

Watch Steve & Judi on YouTube & Facebook @ [theimprovduo](https://www.facebook.com/theimprovduo)
Email Judi Clements at speaker@nycap.rr.com

The Improv Duo will be our guest performers at the Care Links Annual Holiday Pot Luck on December 14, 2022.

You won't want to miss the fun, food and laughter!
(Space is Limited, Register Early)

Out in the Community



Care Links Lunch Club

In meeting with our Care Receivers, one of the things that has been shared is how they would like the opportunity to get out of the house (not only for a doctor appointment) and have lunch or social time with others.

For this reason, we now have the **Care Links Lunch Club** that will meet twice a year (April and October).

We will be meeting at The Ugly Rooster Café in Malta on Tuesday, October 25th at 11:30am.

Volunteers, please register for both you and your Care Receiver.

Everyone is Welcome!

Dutch Treat: You will be ordering off the menu. There is both breakfast and lunch available.

The link for the menu is:

<https://www.theuglyrooster.com/menu-malta>

Pet Blessing Box @ St. Luke's on the Hill



The local Girl Scouts have set up a donation box to assist pets in need.

If you know a senior who is in need of pet food, simply visit the "Pet Blessing Box" outside the church door to see what's available.

They're also accepting contributions if you'd like to donate.

Location: St. Luke's on the Hill
40 McBride Rd. Mechanicville, NY
(located in the Town of Halfmoon)

Phone: 518-664-4834

Upcoming “Events and Gatherings” Details

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

October 19, 2022

Monthly Care Links Get Together

Topic: **Depression and Stress Management for Seniors with Home Instead**

Depression and anxiety are becoming common problems among older adults, but they are not a normal part of aging. Learn about the risk factors associated with each that are unique to older adults, as well as signs and symptoms, and local resources available to assist with treatment.

Time: 11:30am – 1:00pm (Feel free to bring a bagged lunch/snack if you so desire, bottled water will be provided)

Location: Starpoint Church - 14 Jarose Place Clifton Park, NY 12065

October 25, 2022

Care Links Lunch Club (*See Page 7 for Details*)

Time: 11:30am – 1:00pm

Location: The Ugly Rooster Café - 2476 Route 9, Malta, NY 12020

November 1, 2022

Senior Resource Fair *Free Admission – Open to the Public*

Care Links, a program of CAPTAIN Community Human Services will be hosting a **Senior Resource Fair** for local businesses and organizations to present the resources they offer to senior citizens in the community.

(See the flyer at the end of this Newsletter!)

Time: 11:00am-2:00pm

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

November 16, 2022

Monthly Care Links Get Together

Topic: **Community Hospice Overview**

Time: 11:30am – 1:00pm (Feel free to bring a bagged lunch/snack if you so desire, bottled water will be provided)

Location: Starpoint Church - 14 Jarose Place Clifton Park, NY 12065

December 14, 2022

2nd Annual Holiday Potluck!

Register with what yummy dish you will share and who is coming with you!

Presenting the “So Laughable: The Holiday Show”

-A hilarious comedy performed by *The Improv Duo*, Judi & Steve

Time: 2:00pm-4:30pm

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

January 18, 2023

Monthly Care Links Get Together

Topic: **Care Patrol** “Your Partner in Senior Care Solutions”

NEW Time for 2023: 1:00pm-2:30pm

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

Administrative Reminders:



Care Links Gatherings

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!

Volunteers are asked to share with their Care Receivers the information and RSVP for them. They are welcome to attend with their volunteer, friend, or family member.

Communications

Thursdays

Volunteer Opportunities are emailed and uploaded to our private Facebook group each Thursday regarding Care Receivers who are on the wait list and looking for a volunteer.

These updates are to keep you in the loop with what we have going on. Should you have an interest for more information or know someone who may be looking to volunteer in such a situation, please have them e-mail Terra at Terra@captaincares.org

Time & Mileage Reporting

We know your time is valuable!

Without you there would be no Care Links!

Please remember to send in your time and mileage report no later than the **Last Business Day of each Month.**

The time and mileage information we receive from you must then be hand coded into our system at the end of every month so that we can submit program reports to various government and funding agencies.



Some of our volunteers find automated phone alerts and/or writing reminders on a wall calendar or in a planner helpful!



Transportation Corner

Before accepting a ride in Ride Scheduler:

- Check all notes on the Care Receiver for important information under the Comment/Note Section for the Care Receiver on the Ride Request
- If you are not comfortable with any of the information provided in the notes, please do not accept the ride.

Once you have accepted a ride:

1. Call the senior **as soon as** you sign up for the ride.
2. **Call Again the Day Before to Confirm.**
(We have noticed that there has been some confusion on the part of the Care Receivers forgetting that you are picking them up.)
3. Be prepared to assist the Care Receiver to and from your vehicle (and their appointment) as they may have balance issues and a steady arm will be helpful
4. Complete your Time & Mileage on Ride Scheduler System after the ride.

Tasty & Delicious Recipes I

Sesame Ginger Sauce

By Carol Katz

Ingredients

- 15 oz. can cannellini beans, rinsed and drained
- ¼ cup water, approximately
- 2 Tbsp lemon juice
- 3 Tbsp coconut aminos (a lower sodium alternative to soy sauce)
- 2 Tbsp raw sesame seeds
- 3 cloves garlic (or to taste)
- ½ ounce fresh ginger

Instructions

Place all ingredients in a good blender and blend until smooth. You can adjust the amount of water to make it your desired consistency.

This freezes very well. It's very easy to double or triple the recipe and freeze in small jars. I use this over roasted or steamed vegetables on top of brown rice.



Red Lentil and Squash Curry Stew

By Carol Katz

Ingredients

- 1 sweet onion, chopped
- 3 garlic cloves, minced
- 1 Tbsp curry powder
- 4 cups low sodium vegetable broth
- 1 cup red lentils
- 3 cups cooked butternut squash (I use frozen squash. Defrost and drain water)
- 1 cup greens of choice (ex. chopped fresh baby spinach)
- Salt and pepper to taste

Instructions

1. In a large pot, add a little water and water sauté the onion and garlic for about 5 minutes over low-medium heat. Add a little more water if it starts to stick.
2. Stir in curry powder and cook another few minutes.
3. Add broth and lentils and bring to a boil. Reduce heat and cook for 10 minutes.
4. Stir in butternut squash and greens of choice.
5. Cook over medium heat for about 5-8 minutes until desired thickness.
6. Season with salt and pepper if desired.

This freezes beautifully! I like to eat it over brown rice.



In Memory Of Queen Elizabeth

In honor of the Queen, here is one of her favorite recipes: **Royal Family's Victoria Sponge Cake**

By Stephanie Wilson

Victoria Sponge

- 1 1/4 cup (166g) all-purpose flour
- 3 1/4 teaspoons baking powder
- 1 teaspoon salt
- 12 tablespoons (170g) unsalted butter (1 1/2 sticks), softened
- 3/4 cups (175g) granulated sugar
- 3 large eggs, at room temperature
- 1 teaspoon vanilla extract
- 2 tablespoons milk

Filling

- 1/2 cup (120ml) strawberry jam
- 1 cup (240ml) heavy cream
- 1 tablespoon confectioners' sugar, more for dusting
- 1/4 teaspoon vanilla extract
- 1 quart fresh strawberries



Instructions

1. Preheat the oven to 350°F and place a rack in the center of the oven. Grease and line the bottom of 2 8-inch round cake pans with parchment paper.
2. In a medium bowl whisk together flour, baking powder, and salt; set aside.
3. In a bowl with an electric mixer (or stand mixer fitted with a paddle attachment), cream butter, sugar, and vanilla on medium-high speed until fluffy, about 5 minutes. Beat in the eggs, one at a time, until incorporated. Add the milk, scraping down the sides of the bowl as necessary.
4. Mix in the flour mixture until just combined. Be careful not to overmix the batter. Divide the batter evenly between the two cake pans and using a spatula, spread the batter to the edges of the pan.
5. Bake for 18-25 minutes, or until a toothpick inserted in the middle comes out mostly clean. I begin checking the cakes at about 18 minutes. If the toothpick comes out completely clean, the cake could be on the drier side.
6. Remove from the oven and cool for 10 minutes in the pan. Then unmold the cakes onto a wire rack to cool completely before assembling the cake.
7. While the cake is cooling, whip the cream and slice the strawberries.
8. **Assembling the Victoria Sponge Cake:** Save the prettiest cake top for the top layer of the cake. Lay the less pretty cake on the cake stand with the flat side up. Spread the strawberry jam on the flat side of the cake, almost to the edges. Using a small offset spatula, spread 1/2 to 3/4 of the cream over the strawberry jam layer, reserving some for the top of the cake, and some for additional piping if desired. Put the reserved cream in a piping bag fitted with a large tip.
9. Layer strawberries sliced lengthwise over the cream with the stem end facing outward.
10. Place the second cake carefully over the fresh strawberries. Pipe additional cream between the strawberries if desired.
11. On top of the cake, spread or pipe the remaining cream and place whole fresh strawberries. Dust with confectioners' sugar and serve.

Other Opportunities to Help

Shout Outs!

-Thank you to Volunteers **MaryAnn Butler, Nancy Hughes, Kim Swire, Lucy Caranfa, & Ginny Andrews** for all your help in the Care Links Office over the past several weeks! You are appreciated more than you know!

Current Volunteer Needs:

 Care Links is looking for volunteers to help out with the **Senior Resource Fair** on November 1, 2022 at Shenendehowa United Methodist Church - 971 Route 146, Clifton Park, NY 12065

 Care Links is looking for volunteers to help with the **2nd Annual Holiday Potluck** on December 14th at Shenendehowa United Methodist Church - 971 Route 146, Clifton Park, NY 12065

-Do you have ideas/information to share with the Care Links Community? We are looking for **column writers and content creators** to help out with our bi-monthly newsletter whether it's taking on a dedicated, recurring column or a blurb for just one newsletter.

-Are you a party planner? We are looking for a few volunteers who would like to **plan/coordinate activities** for our volunteers, Care Receivers, or both. Some examples might include organizing a group picnic, a game night, a movie night, or a book club.

-Have you taken photos at any Care Links gatherings/events? We'd love to see them! **We encourage attendees to take photos** 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.**

-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.

Please contact Terra at 518-399-3262 or Terra@captaincares.org if you have any interest!



Care Links is a Program of:
CAPTAIN Community Human Services
543 Saratoga Rd. Glenville, NY 12302
(518) 399-3262

SENIOR RESOURCE FAIR



**Tuesday, November 1st, 2022
11:00am - 2:00pm
Shenendehowa United Methodist Church
Fellowship Hall
971 Route 146, Clifton Park, NY**

Local businesses and organizations will be present to share resources they offer to senior citizens in the community. Care Links volunteers will be on hand to answer questions about serving the needs of senior citizens in Southern Saratoga County.



Light refreshments will be available.

For more information, please contact **CAPTAIN CHS Senior Services**
Program Manager, Terra Maddalone-Ristau at 518-399-3262 or Terra@CaptainCares.org
captaincares.org/care-links

Care Links is a program of CAPTAIN Community Human Services serving seniors in Southern Saratoga County.
For more information on CAPTAIN CHS, please visit captaincares.org.