

## *Executive Director's Corner*

### EXPANDED SERVICES AND STRONGER EXISTING PROGRAMS

I am well into my second year as the Executive Director of Catholic Charities Senior & Caregiver Support Services, and am honored to be a part of the agency with its expanded programs and growing accomplishments that serve to aid our senior and caregiver populations.

I am also excited to announce a new Caregiver initiative being launched with an expansion of existing support services in six counties. You can learn more about this initiative below. This past year, we also added the Long Term Care Ombudsman Program, serving residents of long term care facilities in 10 counties.

Our long-standing programs serving the residents of Schenectady County continue to grow and provide vital services to those most in need. Bringing meals to home bound seniors; serving mobile seniors a noontime meal with friends and activities; providing transportation services to medical appointments to those unable to drive themselves; a Social Adult Day Program -- DayHaven is available to those adults who require supervision; delivering Health Insurance Information Counseling program to help Medicare recipients sort through the complex maze of health care; and our Nutrition Outreach Education Program ensures all those who are eligible have access to supplemental nutrition assistance program.

I am proud to be a part of this wonderful family of dedicated staff and volunteers who bring not only a service, but also a friendly face and reassuring visit to those we are blessed to serve. I look forward to the coming year, which will bring continued growth in services to seniors and caregivers throughout the 14 counties served by the Albany Diocese.

Autumn blessings to all! ~ *Marlene Hildenbrandt*



## Caring for the Caregiver...Alzheimer's Support

by *JulieAnn Calareso*

Catholic Charities Senior and Caregiver Support Services is honored to be collaborating with The Eddy Alzheimer's Services, an affiliate of St. Peter's Health Partners, to provide community programming for caregivers of those with Alzheimer's disease or other dementias. CCSCSS, along with the Alzheimer's Association of Northeastern New York, is a partner to the grant received by The Eddy as part of Governor Cuomo's Alzheimer's Caregiver Support Initiative. There are approximately 380,000 New Yorkers living with dementia in the state, and almost triple that number of caregivers.

As a partner, CCSCSS will be providing Care Consultation and Respite services in Fulton, Montgomery, Schoharie, Greene, Columbia and Delaware counties. Mary Moller, our Agency's Program Manager for the Caregiver Support Program, explains that a "Care Consultation" is the initial meeting, most often at the caregiver or care recipient's home, to assess needs and to develop individualized care plans, which can include finding needed resources, assistance with accessing services, and community connections. After the initial meeting, there are on-going contacts with the caregiver to reassess the plan as needed. A care consultation is often the first time that care-

givers learn that there are resources out there to help, and is frequently the starting point for mapping out a coordinated plan of care for their care recipient.

Respite is defined as "a short period of rest or relief from something difficult." For caregivers, the definition should include the addendum: an opportunity for assistance and relief from primary caregiving responsibilities to permit the caregiver the opportunity to recuperate, rejuvenate and rest. Respite comes in a variety of forms, but this grant permits our agency to provide at home, in day programs and in-facility respite stays.

This grant is a wonderful opportunity for our agency to continue to serve caregivers and seniors. Even in those counties that are not subcontracting under the grant, our agency continues to provide our Caregiver Support services in all 14 counties. Our services include care consultation, information & referral, support groups and respite. Should we meet a caregiver of someone with Alzheimer's disease in Albany, Schenectady, Rensselaer and Saratoga Counties, we connect that caregiver with the Eddy. While not included in our sub-grant with the Eddy, our agency also covers Warren, Washington, Herkimer and Otsego counties.

*Our goal is to provide seniors, caregivers, and their families a continuum of services to help support an independent, happy, and healthy life allowing seniors to remain living in the community with dignity and self-determination.*

## Our Programs

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

Please call our main office  
or visit our website  
for complete information  
and descriptions  
of our programs.  
(518) 372-5667

[www.ccseniorservices.org](http://www.ccseniorservices.org)



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Catholic Charities Senior & Caregiver Support Services programs are funded through donations (including GE matching contributions), fundraising, private grants, and through the Schenectady County Department of Senior & Long Term Care Services, Albany County Department for Aging, Rensselaer County Unified Family Services, New York State Office for the Aging (NYSOFA), and the Federal Administration on Aging.

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



*Catholic Charities Senior and Caregiver Support Services was the proud recipient of funds raised at the 6th Annual Memorial Cruise for John Roth. Held on September 11, 2016, the Dutch Apple Cruise was filled with food, music and fun as the cruise honored John Roth, Sr. who died on September 11, 2011 after a courageous battle with cancer. The annual cruise raises funds each year in John's honor and awards the proceeds to a deserving charity. CCSCSS is thrilled to have been the beneficiary this year!*

*Shown above from left to right: Walter Fosdick, Program Director; Karen Helms, Administrative Assistant; Marlene Hildenbrandt, Executive Director; Doreen Wright, Program Manager.*

### PROGRAM NOTES

#### Information & Referral Program

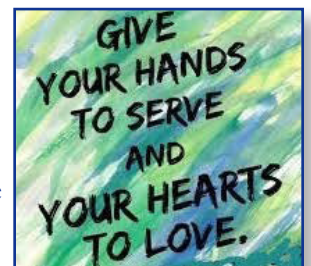
Immaculate Conception/St. Joseph Parish and Catholic Charities Senior and Caregiver Support Services are offering information and referral help for older persons regardless of church affiliation, or having no affiliation. The parishes Seniors' Ministry has contracted with Catholic Charities Senior and Caregiver Support Services to bring an information specialist, for several hours each month, to New Lebanon and to Stephentown. Call 372-5667 for more information about the program highlights.

### Live Longer...VOLUNTEER

You are busy, we get it...but did you know that you can live longer by volunteering? Research shows other positive effects of volunteering, including: stress reduction, helps you make new friends, teaches you new skills, makes you happier and much more!

Please consider volunteering for Catholic Charities Senior and Caregiver Support Services...and live a more fulfilling life! Your schedule; your choice. Call to sign up: 518-372-5667.

- ✿ Medicare Information & enrollment (HIICAP)
- ✿ Ombudsman for residents of Long Term Care facilities
- ✿ Drivers to deliver meals to seniors
- ✿ Assistance with meals and activities at one of four Senior Dining Centers
- ✿ Drivers to drive seniors to appointments in the community
- ✿ Assist at a social adult day setting
- ✿ Friendly Home Visitors to visit with seniors in their homes on a regular basis
- ✿ Shopping Assistance shop for or with a senior who is not able to get to the store on their own
- ✿ Office tasks including data entry and telephone calls



Saint Teresa of Calcutta