Get Caught Up with Community Caregivers!

"Winter is the time for comfort, good food and warmth. For the touch of a friendly hand and for a talk beside the fire. It is the time for home." - Edith Sitwell

Click here to visit our website

New Faces at Community Caregivers

Community Caregivers would like to introduce its newest staff members. We welcome them onboard! Feel free to stop by the office and say hello.

Michele DeSimone Shellard, Director of Development with Community Caregivers, has worked in the profession of fundraising, donor stewardship, grant writing and special events management for more than 25 years. Prior to that, she began her career in the NYS Legislature where she worked as a writer/editor, analyst and chief of staff. Michele later worked as a legislative associate for an Albany-based lobby association. A native of Schenectady, Michele holds a Bachelor of Arts degree in political science from Union College and holds a Certificate of Accreditation in Public Communication from Boston University. She currently sits on the Union College Alumni Council and is an active volunteer with the Parish of St. Kateri Tekakwitha in Niskayuna. Her hobbies include reading and travel. Michele and her husband live in Niskayuna. They have one daughter.

Katherine Brown is the new Outreach and Communications Coordinator with Community Caregivers. A graduate of Cornell University, Katherine has worked in the fields of finance, journalism and municipal government. She resides in the picturesque Hilltowns and is a member of the Helderberg Kiwanis Club. A mother of two, Katherine spends her free time writing novels, renovating her 200-year-old farmhouse and tending to her chickens.

Stacey Dailey Roussin, Financial Administrator with Community Caregivers, is experienced in nonprofit governance and fundraising as well as private financial management and accounting. She has supported multiple nonprofit organizations in multiple capacities, including serving as a member of the Board for the Albany...
Berkshire Ballet. Stacey has participated in raising tens of thousands of dollars for health, community, and national nonprofits, including coaching and advising teens and young adults in this arena. She started her career in the field of accounting and finance working for a number of companies including Wm. Wrigley Jr. Company and TransWorld Entertainment. Stacey holds a Bachelor’s in Accounting and Computer Science from Russell Sage College.

Stacey Dailey Roussin
Financial Administrator

We are collecting personal anecdotes from our volunteers about any touching, heart-warming or just plain funny experiences they may have had during their time with us. We hope to feature these stories in a special volunteer section in upcoming newsletters.

Email kathy@communitycaregivers.org with yours!

Community Caregivers Featured in Podcast

Last month, Melissa Hale-Spencer, Editor of The Altamont Enterprise, interviewed our very own Mary Jo Batters for a podcast about her experience as a volunteer. Mary Jo talked about the transition from being a caregiver to her mother to finding Community Caregivers and lending a helping hand in her own neighborhood. To listen, click below.

Click Here for Link to Podcast

Knowledge Opportunities

Mark your calendars for the following events:

The Village Movement: Learn about a fast-growing movement of neighborhood Villages building social supports and care systems for seniors. Tuesday, February 18th, 10:30am - 12:00pm at the Guilderland Public Library, 2228 Western Ave., Guilderland, NY.

New York StateWide Senior Action Council, Inc. is hosting a telephone Teach-In focusing on Community Health Centers Helping Medically Underserved. This will be on February 18th from 10am - 11am. Go to www.nysenior.org for more information.

Christ the King Church in Guilderland will be hosting a Caregivers Brunch on Saturday, February 29 from 9:30am - 11:30am. There will be a presentation on self care, refreshments and a blessing of hands. RSVP by 2/24 at 518-456-1644, Ext. 5.

The Doctor is In Series featuring Dr. Michael Marmulstein, MD. to speak on
Cardiovascular Disease and You on Thursday, February 27th from 11am - 12:30pm at the Bethlehem Public Library, 451 Delaware Ave, Delmar. Presented by the Albany County Department for the Aging.

Senior Citizens' Law Day is a free event for seniors and their caregivers. Attend workshops, receive a one-on-one counseling session and hear from prominent advocates for older adults. Saturday, March 28th from 8:45am - 3:30pm at the Albany Law School, 80 New Scotland Ave., Albany, NY. To register, call the Law Clinic and Justice Center at 518-445-2328.

FREE for seniors: "Legally Blonde - The Musical" production by the Voorheesville Dionysians, March 20 & 21 at 7:30pm and March 22 at 2pm at the Voorheesville Middle/High School, Voorheesville, NY.

Part-time Registered Nurse Needed
Community Caregivers is seeking to hire a registered nurse (RN). The position will require approximately 3-5 hours a week. Candidate will be responsible for client assessments and intake. If interested, please forward your resume and a cover letter to: Executive Director Lee Lounsbury at lee@communitycaregivers.org or call the office at 518-456-2898.

Calling All Volunteers!
Mark your calendars for Wednesday, April 22, 2020. That's the date for our annual volunteer appreciation luncheon! It's just one way for us at Community Caregivers to thank our volunteers for all they do!

More information coming your way!

Local Library Picks
Visit one of these libraries for the following:

Albany Public Library, Pine Hills Branch - Voter Registration Drive Disability Rights New York will be on hand to help people register to vote, answer voting related questions, and provide information about accessible voting options. Thursday, Feb. 20 from 10am to 3pm.

Bethlehem Public Library - A class for computer beginners. Basics such as using the internet and surfing the world wide web will be discussed. Monday, Feb. 24 at 10am.

Guilderland Public Library - Genealogy Seminar: Getting Started. Professional genealogist Lisa Dougherty will teach you how to start your family research using resources provided by the library including Ancestry, Family Search and Fold3. Saturday, March 7 from 10am-3pm. Lunch included. Please register with the library, (518) 456-2400.

Upcoming Volunteer Orientations
Come join us for a refresher course and bring along that friend who wants to reach out and help others but might need a gentle nudge in the right direction!
RSVP to kathy@communitycaregivers.org or (518) 456-2898.

Hibernation Isn't Just for the Animals

Bears do it. Bats do it. And sometimes it seems like we need to take that long winter's nap as well. In an article published in the *British Medical Journal* in 2000, residents of Pskov, Russia were found to practice something akin to hibernation during winter as food was scarce and nights were long. For six months, families reduced their food consumption to a minimum and maximized their sleep. While this step seems drastic and won't fit in with most lifestyles, there are steps we can take to help us get a good night's sleep during these long winter months.

1. Follow a regular sleep schedule and try to get between 7 and 9 hours each night.
2. Avoid lighted technologies like computers, televisions, tablets or smart phones at least an hour before going to sleep. The light from these devices may make it difficult for you to fall asleep. Plus, some programs you might find disturbing and may keep you awake.
3. Avoid napping during the daytime if possible. Too many z's may disturb your sleep pattern.
4. Avoid alcoholic beverages. Even a small amount of alcohol during the evening can affect your ability to remain asleep.
5. No caffeine late in the day. Caffeine can affect the body's ability to actually fall asleep.

Use these suggestions and you might find yourself sleeping like a bear!