Get Caught Up with Community Caregivers!

There's lots going on at Community Caregivers, Inc. this time of year! But we want to take a moment to recognize our amazing clients, volunteers, Board and staff for all they do. Thank you everyone!

Click here to visit our website

2019 Silver Anniversary Gala

Our 2019 Silver Gala was held at the Albany Country Club on Nov. 16th. Over 200 guests were in attendance. Honored were Albany County Sheriff Craig Apple, Sr. and Ken Harris, Executive Director of The Albany Guardian Society. Greg Floyd, WRGB Channel 6 News Anchor, was Master of Ceremonies and kept the evening moving along. There was a both a silent and a live auction with Doug Cater as auctioneer. A 25th Anniversary video, created by Board Member Jayson White, "The Vision, Teamwork, Giving" was debuted. Thank you to all our sponsors, attendees and honorees for making this such a special and memorable evening!

WRGB Interview

Congressman Paul D. Tonko Presents Proclamation to Community Caregivers, Inc. at Gala

On Saturday, November 16th, U.S. Congressman Paul D. Tonko presented Community Caregivers with a Proclamation from the U.S. House of Representatives. The proclamation stated, in part, "...Whereas, in 2019 Community Caregivers, Inc. celebrates its 25th anniversary, a testament to the great need in society that it so admirably fills, as well as the substantial and enduring impact that can be achieved when neighbors help neighbors..." Tonko attended the annual Community Caregivers gala to celebrate twenty-five years of its commitment to community and volunteerism. New York State Assemblywoman Patricia Fahy was also in attendance.

Positive Living Lecture Series

Join our partner RSVP and Colonie Senior Service Centers, Inc. for their second session in the Positive Living Lecture Series. On Monday, December 9th from 9:30am to 11:30am attendees will learn simple techniques promoting mental, emotional and physical wellness through breath work, toning (making vocal sounds) and drumming. Conducted by John and Heidi Kowalchyk, Reiki masters, certified sound
therapists and trained drum circle facilitators. Free and open to the public. Reservations are required. Contact Marisa Geraghty at 518-459-2857 ext. 308 or mgerahty@colonieseniors.org.

RSVP and Colonie Seniors

Holiday Open House

Don't forget our annual Holiday Open House on Wednesday, December 11th from 12:30pm to 2:30pm. Stop by the Community Caregivers, Inc. office for light fare, arts and crafts and lots of mingling. Bring along a friend! See you there!

As you make those online purchases consider using Amazon Smile! Community Caregivers is listed as a charity and we are able to receive donations directly from you via Amazon! Just go to smile.amazon.com and shop like you would on the regular Amazon site. We have listed items that our offices could use. Simply click and add them to your cart. They will be automatically shipped to us. It's that simple!

2020 US Census and You

The 2020 Census is closer than you think! Here's a quick refresher of what it is and why it's essential that everyone is counted. The census counts every person living in the U.S. once, only once, and in the right place.

The Constitution mandates that everyone in the country be counted every ten years. And, the results of the census are used to reapportion the House of Representatives, determining how many seats each state gets. Also, state officials redraw the boundaries of the congressional and state legislative districts to account for population shifts.

The distribution of over $675 billion in federal funds, grants and support states get depends upon this critical data. That money is spent on schools, public health programs, roads and bridges, and more for every person in the U.S. It's important that everyone is counted.

2020census.gov
hospitals, public works and senior programs, just to name a few.

Completing the census isn’t mandatory. But it is a way you can participate in our democracy and say “I COUNT!”

Volunteer Orientation

Wednesday, December 18, 2019 at 12:30 p.m.
at Community Caregivers offices
2021 Western Ave. in Guilderland

Come join us for a refresher course and bring along that friend who wants to reach out and help others but might need that gentle nudge in the right direction!

RSVP to info@communitycaregivers.org

Six Ways to Keep Your Brain Active and Improve Your Memory

As time goes by, our ability to remember things begins to decline. When older people deal with a significant amount of memory loss, it can be due to organic disorders, injury to the brain or neurological illness (Alzheimer’s is the most prevalent). There are many ways to keep your brain active as you age. According to Harvard Health Publishing, a few are as follows:

- **Keep learning**: Getting into the habit of being mentally active has shown to improve and maintain memory. Brain cells can be maintained and stimulated through the use of mental exercises. Some ways to keep mentally active include: reading, playing chess, taking a new class, crosswords, jigsaw puzzles, do something that involves a skill that you do not usually use. This is an ongoing process, you can never learn too much or be too active.

- **Use your senses**: The more senses used when learning something new, the more involved the brain is with remembering what was learned. You can relate something you see with something that you smell and vice versa. You can use your senses during art as well, for example while sculpting or doing ceramics by feeling and smelling the tools and materials.

- **Believe that you can**: Those who believe that they have no control over their memory most likely will not work on improving or maintaining their memory skills. These people tend to suffer from cognitive decline more likely than others. Believing you can do it and performing activities to help with brain activity will generally increase memory and function.

- **Give your brain a break**: Using tools like calendars, notepads, planners, lists, etc., can help to relax your brain. If you can write something down instead of using your brain to remember, even for small things like a grocery list, your brain will be better at concentrating while learning new things and remember those things as well!

- **Repeat the things you know**: A great way to improve your memory of things you’ve just learned is to write it down and/or say it loud. This repetition allows for reinforcement or a connection the next time you think of that thing. For example, if someone tells you a list of errands to get done, writing it down or saying it out loud will help you remember. However, you should space out these repetitions. Repeating something multiple times in a short period is not as effective as repeating it more often in a longer period of time (like once an hour). Spacing out your repetitions is best when used to learn complex information, such as a student studying for a hard exam or a professional working on an assignment.

- **Mnemonic devices**: Mnemonic devices are a fun and creative way to help with memory. These can be acronyms or sentences. They help with repetition and also make you use your brain to remember what the mnemonic stands for or means.

We all will age and experience some type of loss with our memory or cognitive abilities. There are ways to reduce the loss of memory and keep the brain active and healthy. The brain is a muscle that needs to be worked just like the rest of the muscles in our bodies. Using some of these tools can aid in memory and brain function.
Community Caregivers, Inc. is a not-for-profit organization that provides non-medical services including transportation and caregiver support at no charge to residents of Guilderland, Bethlehem, Altamont, New Scotland, Berne, Knox and the City of Albany through a strong volunteer pool of dedicated individuals with a desire to assist their neighbors. Our funding is derived in part from the Albany County Department for Aging, the New York State Office for the Aging and the U.S. Administration on Aging. To find out more about our services, as well as volunteer opportunities, please visit www.communitycaregivers.org or call us at (518) 456-2898.

Submitted by Mary Alsunna
University at Albany student who is currently volunteering with Community Caregivers. She will be writing columns on topics of interest for seniors during Fall 2019 semester.

Source: