



# Clifton Park Senior Community Center

November 2020—Ongoing Updates

Please join us for a...

## Thanksgiving Lunch

Wednesday, November 18th  
at 11:30am

Please join us here at the Senior Center for a  
FREE lunch provided by Starpoint Church.  
Sandwiches, soup, chips, and pie will be served.

**Advanced sign up is required, as space is limited.  
Please call the Center at 518-383-1343**

Artists and members of the Southern Saratoga Art Society will be featured in "The Fall Festival of Art" in the Center Gallery during November and December, 2020. It will be an eclectic mix of various mediums so please try to view their works at the Senior Center as we continue to try to promote the arts in our area.

Viewing of art work will be from  
3pm-4pm Monday thru Friday or  
by appointment



For more information about  
SSAS please visit:  
[southern-saratoga-artist.com](http://southern-saratoga-artist.com)

### IT'S TIME TO RENEW YOUR MEMBERSHIP for 2021!

All memberships expire December 31, 2020

**Renew for just \$15 annually if you renew by the end of the year**

*This can be done over the phone, in the mail or in person*

New 2021 members & renewals after 12/31, will register for \$20



Members receive our monthly Newsletter to keep up to date on our activities & special events. Please contact the Center or stop by for more information.

### Upcoming Center Closings



**Veteran's Day: Wed, 11/11**

**Thanksgiving Day: Thurs, 11/26**

**Day After Thanksgiving: Fri, 11/27**







*The Senior Center follows the Shenendehowa School District in the event of inclement weather. If the school is closed, the Senior Center is closed. If the school is delayed or cancelled, so is the Senior Center.*



# Educate ☆ Entertain ☆ Explore

*Space is Limited. Advanced Registration Required by calling the Center at 518-383-1343.*

*\* Membership Not Required*

<p>Mondays, November 2, 9, 16, 23 &amp; 30</p>	<p>1pm - 2:30pm at Center via virtual viewing</p>	<p><b>*Journaling &amp; Memoir Workshop</b> with writer and teacher Janine De Tillio Cammarata. Journaling encompasses fun forms of writing from goalsetting, tracking, accountability, to do lists, and story. This series will focus on journaling techniques to record daily events as well as creating memory threads to write memoir. No experience is needed to participate. Class is limited to 12 people, so register early on Janine's website at <a href="http://www.janinedetilliocammarata.com">www.janinedetilliocammarata.com</a> if you are viewing from home. Call us at 518-383-1343 if you would like to view workshop from the Senior Center.</p>
 <p><b>New Date:</b> Wednesday, November 4</p>	<p>1pm - 3pm</p> 	<p><b>*Service Project: Soldier Stockings - Operation Adopt a Soldier</b> Today we will fill the stockings, that you helped to create. We still need: -Your leftover <b>Halloween Candy</b> for our soldiers. -<b>Small games:</b> dice, cards, word search, Sudoku, coloring books, DVD movies, etc. -Travel sized shampoo, conditioner, lotion, baby powder, toothpaste, toothbrushes -Regular sized: deodorant, Chapstick, baby wipes, nail clippers, sunscreen, cough drops, pens/pencils, hard candy, candy bars, gum, beef jerky, trail mix, dried fruit/nuts, energy bars, flea collars. Please visit <a href="http://www.operationadoptasoldier.org">www.operationadoptasoldier.org</a> for a complete list of suggested items under 'Donate.' These stockings will be shipped via: Operation Adopt a Soldier out of Saratoga.</p>
<p>Friday, November 13</p>	<p>11:00am</p>	<p><b>Jewelry Making with Judy: Charm Bracelet. \$2 supply fee</b> to be paid when registering for the class. Craft is on display at the front desk.</p>
<p>Friday, November 13</p>	<p>11:30am - 12:30pm</p>	<p><b>*Monthly Blood Pressure Clinic:</b> Clifton Park Halfmoon EMS will be on hand each month to check and record your blood pressure. They will also answer any questions you may have about them and the services they perform. The next Clinic is scheduled for Friday, December 11th. <b>Appointments will be scheduled 10 minutes apart.</b></p> 
<p>Tuesday, November 17</p>	<p>1:00pm</p>	<p><b>Crafting with Guest Crafter Judy Flatt of Chalkin In The Rain:</b> Create your own personalized home décor. Add a splash of fall décor with easy to use transfers and chalk paste. <b>\$2 supply fee</b> to be paid when registering for the class. Craft is on display at the front desk.</p>
<p>Thursday, November 19</p>	<p>1:00pm</p>	<p><b>*Staying Sharp: Strategies for Taking Care of Your Brain:</b> Presented by: Sheryl Kaplan, Licensed Clinical Social Worker and a Credentialed Prevention Professional. Every day brings exciting new findings in brain research. We now know that the brain is "plastic" and that we all have the capacity to re-wire brain circuits and to grow new neurons throughout the lifespan. Research has also shown that intense and prolonged stress can negatively impact both brain and body. Today Sheryl will speak about ways you can take care of your brain (have a brain-healthy lifestyle) and will also discuss recent findings on how stress affects the brain and share practical tools and strategies to better manage stress in our lives.</p>
<p>Wednesday, November 25</p> 	<p>11:30am</p>	<p><b>Pizza &amp; Movie: The Leisure Seeker</b> (Rated R. 1hr 52min. Adventure, Comedy, Drama) A runaway couple go on an unforgettable journey in the faithful old RV they call "The Leisure Seeker", travelling from Boston, Massachusetts to The Ernest Hemingway Home in Key West, Florida. They recapture their passion for life and their love for each other on a road trip that provides revelation and surprise right up to the end. <b>Only \$3!</b></p>
<p>Wednesday, December 2</p>	<p>10:30am</p>	<p><b>Crafting with Guest Crafter Mary Egan:</b> Holiday Trinket Box. <b>Free.</b> Craft is on display at the front desk.</p>

**Help us to help you have more fun here at the Senior Center!**

We are looking to add some games to our Game Room. Do you have...or know someone who would like to donate:

Ping Pong Table \* Foosball Table \* Shuffle Board Table \* INDOOR Bocce Ball Set

Or any other games that you think your friends would enjoy.



# November Activities...

	ONLINE via ZOOM	OUTSIDE / INSIDE SENIOR CENTER
<b>MONDAY</b>	<p><b>10am:</b> Sing/Play Ukulele w/ Ron (weekly): <a href="#">Join Zoom Meeting</a> For Song Sheets &amp; Information: <a href="#">Here!</a></p> <p><b>1:30pm:</b> Soul Line Dancing w/ Linda (weekly): <a href="#">Join Zoom Meeting</a></p>	<p><b>9am-9:45am:</b> Jazz w/Janet (10/26, 11/2, 11/9, 11/16) \$16</p> <p><b>NEW 9:15am - 12noon:</b> Game Room: darts, air hockey, pool &amp; billiards (weekly)</p> <p><b>10am:</b> Bocce Ball (weekly)</p> <p><b>10:15am-11:15am:</b> Chair Yoga w/Bonnie (11/16, 11/23, 11/30, 12/7, 12/14) \$35 <i>(Please bring your own yoga mat)</i></p> <p><b>10:30am-12noon:</b> Discussion Group (weekly)</p> <p><b>1pm-3pm:</b> Quilting Group (every other week) Beginning 11/2</p> <p><b>NEW 1:15pm-2:15pm:</b> Yoga w/Deanna (weekly) \$6 member/\$8 non-member</p>
<b>TUESDAY</b>		<p><b>NEW 9am-10am:</b> Exercise to Tape (weekly) Beginning 11/10</p> <p><b>9:15am-12noon:</b> Pool &amp; Billiards (weekly)</p> <p><b>10am-12noon:</b> Basic Computer Skills w/ Bob Stromberg <i>(Bring your own device, charged)</i>  <b>11/10:</b> Learn your iPhone or iPad      <b>11/17:</b> Security for iPhones and iPads  <b>11/24:</b> Taking/sharing photos with iPhones and iPads  For info on free private sessions: <a href="#">Here!</a></p> <p><b>10:15am-11:15am:</b> Fundamentals of Qi-Gong and Tai Chi w/Bonnie. This class suitable for beginners or continuing students. (11/17, 11/24, 12/1, 12/8, 12/15) \$35</p> <p><b>2pm-3pm:</b> Tai Chi for Arthritis w/Rich Martin (11/24, 12/1, 12/8, 12/15, 12/22) \$35</p>
<b>WEDNESDAY</b>	<p><b>10am:</b> Sing/Play Ukulele w/ Ron-All Levels Jam (weekly): <a href="#">Join Zoom Meeting</a> For Song Sheets &amp; Information: <a href="#">Here!</a></p>	<p><b>8:45am:</b> Walking Club (weekly) Depart at 9am. Wear sneakers &amp; bring water!</p> <p><b>9am-10am:</b> Exercise to Tape (weekly)</p> <p><b>NEW 9:15am - 12:15pm:</b> Game Room: darts, air hockey, pool &amp; billiards (weekly)</p> <p><b>9:30am-11:30am:</b> Investment Group (11/18)</p> <p><b>1pm-3pm:</b> Knitting and Crocheting (weekly)</p>
<b>THURSDAY</b>	<p><b>10:15am-11:15am:</b> Yoga w/ Deanna: (weekly) \$6 member / \$8 non-member <a href="#">Join Zoom Meeting</a></p>	<p><b>8am:</b> Golf (weekly at Barney Road Golf Course)</p> <p><b>NEW 9am-10am:</b> Exercise to Tape (weekly)</p> <p><b>9:15am-12noon:</b> Pool &amp; Billiards (weekly)</p> <p><b>10:15am-11:15am:</b> Yoga w/Deanna (weekly) \$6 member/\$8 non-member</p> <p><b>10:30am-12:30pm:</b> Watercolors w/Mary Fekete (11/19, 12/3, 12/17, 1/7) \$5/class</p>
<b>FRIDAY</b>	<p><b>1:15pm-2:15pm:</b> Latin Line Dancing(10/30, 11/6, 11/13, 11/20) \$12</p> <p><b>7pm:</b> Dance Party w/Mary &amp; Frank Colby (weekly): <a href="#">Click Here!</a></p>	<p><b>9am-10am:</b> Tap w/Janet (10/23, 10/30, 11/6, 11/13) \$20</p> <p><b>9:15am-12noon:</b> Woodcarving (weekly)</p> <p><b>NEW 9:15am - 12noon:</b> Game Room: darts, air hockey, pool &amp; billiards (weekly)</p> <p><b>10am-10:45am:</b> Ballet w/Janet (10/23, 10/30, 11/6, 11/13) \$16</p> <p><b>11:30am-12:30pm:</b> Blood Pressure Clinic (monthly) 11/13</p> <p><b>12:30pm:</b> Bingo (weekly)</p> <p><b>1:15pm-2:15pm:</b> Latin Line Dancing (10/30, 11/6, 11/13, 11/20) \$12</p>



**ALL ACTIVITIES HELD AT THE SENIOR CENTER REQUIRE ADVANCED REGISTRATION. WE MAY NOT BE ABLE TO ACCOMMODATE WALK-INS. PLEASE CALL THE CENTER AT 518-383-1343 TO SIGN UP AND MAKE PAYMENT IF REQUIRED.**

You may sign up 2 weeks before the start of each class. Most classes and programs are 4 weeks. If you will be unable to attend, please call us. Please bring your own water bottles. Water fountains have been closed for your safety. No food or other beverages may be consumed indoors at this time. Space will be provided for food consumption.

# thank you!



*Thank you to CDPHP for sponsoring our October Dinner drive-thru event. The delicious meal was provided by Deets Catering & More. A warm thank you to our volunteers for your assistance with set-up, serving & clean-up!*



*Thank you to our Center Member Monsy and The Shenendehowa United Methodist Church Quilters "Patchwork of Love" who continue to donate homemade masks to the Center.*

## Things to know...

- ◆ **We Continually update this newsletter with new activities and announcements.** Please check the website frequently for these updates: <https://cliftonpark.org/services/senior-services/senior-center.html>
- ◆ **Free Legal Assistance** offered through the Saratoga County Office for the Aging, continues to be offered remotely. Need assistance with Health Care Proxies, Powers of Attorney and/or Simple Wills? Need general legal advice? Please make an appointment by contacting the Office For the Aging at 518-884-4100 and ask for the legal program. Appointments required.
- ◆ **Need help getting on Zoom?** Bob, our Basic Computer Skills volunteer, will be happy to assist. Please let us know what topics you'd like to learn about during our computer classes. No problem too small! To set up Zoom, [Click Here!](#)
- ◆ We are updating our **Facebook page** with new activities. "Like" our page on Facebook by clicking the link here: <https://www.facebook.com/CliftonParkSeniorCenter/>
- ◆ **Old Prescription Medicines? Not sure what to do with them?** Stop in at the Center to pick up a DETERRA drug deactivation system provided by NYS. This is a safe, convenient and effective way to discard old and unneeded meds.
- ◆ The **Library & Forget Me Not Shoppe** are open! (1 person at a time please).
- ◆ **LOST & FOUND.** If you are missing a coat or sweater, please stop in to see if it may be hanging in our coat closet. All items will be donated at the end of the year.
- ◆ Stop by and visit our Lobby for a nice selection of **puzzles** that you can borrow or purchase for 50 cents each. (1 person at a time please).



### **CAPITAL REGION TOYS FOR TOTS CAMPAIGN: DROP OFF TOYS AT OUR SENIOR CENTER!**

We are helping the U.S. Marine Corps Reserve once again this year with their Toys for Tots campaign. You can help out too by dropping off a new, unwrapped toy at our Center. We will be collecting toys during Senior Center hours (Mon - Fri 9am to 4pm)

**Please help us to keep you all safe...** There will be a health screening every day. Over 100.0 degrees cannot participate. Health questions: If you are sick OR if you can answer yes to these questions, for everyone's safety, please stay home. In the last 14 days have you tested positive for Covid-19 or been with anyone who has tested positive? Have you traveled outside of NYS and if so was it a NYS designated 'hot spot'? Are you currently experiencing new/worsening symptoms: Cough; Shortness of Breath or Trouble Breathing; Fever, Chills or Muscle Pain; Headache or Sore Throat; New Loss of Taste or Smell? Masks must be worn at all times inside and outside of the building when moving around and especially when unable to maintain a greater than 6' distance. **Please notify the CPSCC director Sue Leonard immediately if you have been to the Senior Center and subsequently have been exposed to the COVID-19 virus or have been diagnosed as having COVID-19.**

Everyone entering the building must enter through the front door only, wear your own mask covering your nose and mouth, stand in line (6' from the person in front of you), and have your temperature taken. Hand sanitizer must be used as you enter the building. **Please arrive no more than 10 minutes before a class.** If you are early, please wait in your car. Please do not congregate in the lobby or restrooms. Only one person in the restrooms, please knock before entering.

If there's an activity you'd like to see offered, let us know!





*Senior Service Committee of CAPTAIN CHS  
invites you to a virtual writing class*

**Journaling & Memoir Workshop  
with writer and teacher  
Janine De Tillio Cammarata**

**November 2, 9, 16, 23, & 30, 2020 from 1-2:30pm**



Journaling encompasses fun forms of writing from goal setting, tracking, accountability, to do lists, and story. This series will focus on journaling techniques to record daily events as well as creating memory threads to write memoir. No experience is needed to participate.

Registration is free. Participation is limited to 12 people, so register early on Janine's website at [www.janinedetilliocammarata.com](http://www.janinedetilliocammarata.com) to avoid disappointment! The class will be presented online through WebEx; participants will need to download the WebEx app (on any platform) prior to the first class. Participants who are unsure about using an online app like WebEx can ask for help before the class begins.

Janine De Tillio Cammarata has over 30 years' experience with personal journaling and has been teaching creative writing and journaling for the past 20 years.

This event is funded in part by Poets & Writers with public funds from the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature.

**Poets & Writers**



**Council on  
the Arts**



**No one should face Alzheimer's alone.**

Register for one of our free virtual programs for information and resources about Alzheimer's and other dementias from the safety of your own home. View all listings at [alz.org/events](https://alz.org/events).

## NOVEMBER

### **Managing Daily Challenges: Medications, Moods, and Mealtimes**

- November 6, 2020 | Noon

### **Managing Difficult Behaviors**

- November 10, 2020 | Noon

### **Effective Communication Strategies**

- November 12, 2020 | 2pm

### **Dementia Conversations with Content Expert Guest Speakers**

- November 19, 2020 | 4pm

### **Helpful Holiday Hints**

- November 23, 2020 | 3:30pm

### **1:1 Conversation: Coffee with a Consultant**

- November 23, 2020 | 4:30pm

## DECEMBER

### **Know the 10 Warning Signs**

- December 3, 2020 | Noon

### **Healthy Living and Virtual Activities for Seniors During COVID:**

#### **In partnership with Office for the Aging**

- December 9, 2020 | 11am

### **Legal and Financial Planning: Herzog Law Firm, P.C.**

- December 15, 2020 | 2pm

### **Helpful Holiday Hints for Caregivers**

- December 17, 2020 | 2pm

### **1:1 Conversation: Coffee with a Consultant**

- December 17, 2020 | 3pm

Registration is Required. You will receive a video conference link to access and can sign in as a guest to enter the virtual program.

RSVP at [alz.org/CRF](https://alz.org/CRF), via our 24/7 Helpline at 800.272.3900, or by contacting Sierra Snoddy at 518.675.7214.

Programs are supported in part by a grant from the New York State Department of Health.

Optimum Life®

2020

# Continuing Education Series

(Also open to the general public!)



VIRTUAL  
EVENT



## Alzheimer's Disease: Research Trends and Updates

Carl V. Hill, RN, MSN, MBA, Division President of Brookdale Health Services

Alzheimer's disease is the sixth leading cause of death in the US and the fifth leading cause of death for those age 65 and older. It is the only cause of death in the top 10 that does not yet have a way to prevent, stop or even slow down progression. However, in recent years, advances in science and technology have expanded our understanding of the disease and led to a deeper biological understanding of its onset and progression, leading to an explosion of research into the possibility of stopping the progression of the disease years before symptoms arise.

This presentation will highlight advances in the field related to understanding the continuum of the disease, new clinical trials aimed at halting progression, achieving health equity by addressing disparities, and recent discoveries related to reducing risk through healthy lifestyle behaviors.

### Following this presentation the participant will be able to:

- Understand the latest research on Alzheimer's disease
- Explain how biomarkers have enabled clinical trials for disease-modifying medications
- Understand the field advances relating to the scale of Alzheimer's
- Identify at least three modifiable risk factors for dementia
- Understand the importance of health equity in quality of life

- The Optimum Life CE series is a pre-recorded webcast.
- This program was submitted for approval to the following governing bodies and their required pre-approval statements listed below.  
The program is approved for CE credit when presented in the month listed.
- This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).
- This program has been submitted (but not yet approved) for Continuing Education for 1.0 hour from NAB/NCERS.
- This activity is pending approval from the National Association of Social Workers.
- This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 hour.
- Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221.
- This course is approved by the Michigan Social Work Continuing Education Collaborative.
- Call (312) 977-3711 for more information about contact hours.

### Brookdale Niskayuna

Assisted Living  
Enhanced Assisted Living  
1786 Union Street  
Niskayuna, NY 12309

### ► Tuesday, November 17

12:00 p.m. To 1:00 p.m.

The event is by reservation only.

To confirm your RSVP and receive  
the Zoom meeting ID, call

**(518) 346-6935/jlaporte@brookdale.com**

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BROOKDALE  
SENIOR LIVING

Optimum Life®

2020

# Continuing Education Series

(Also open to the general public!)



VIRTUAL  
EVENT



## Dementia: The Lived Experience

**Juliet Holt Klinger, MA**, Senior Director of Dementia Care

**Michael Belleville**, Dementia Advocate

**Cheryl Belleville**, Dementia Advocate and Care Partner

*Dementia: The Lived Experience* will explore the experience of living with dementia firsthand and from the “true experts” in dementia care — someone diagnosed with the disease and his care partner. We will explore the journey from receiving a diagnosis to developing a plan of care and support that leads to a life well lived. We will discuss strategies to maximize independence, maintain a sense of identity and plan for the future. Our presenters will describe quality care from the perspective of someone living in the early stage and their care partner and will offer insights on how care providers can support efforts to live well for as long as possible.

### Following this presentation the participant will be able to:

- Explore the evidence related to care and support challenges faced by persons living with dementia and their care partners
- Gain a better understanding of individuals living with dementia
- Define what quality of care and support is through the eyes of someone living with dementia
- Understand how to support independence and identity for people living with dementia

- The Optimum Life CE series is a pre-recorded webcast.
- This program was submitted for approval to the following governing bodies and their required pre-approval statements listed below. The program is approved for CE credit when presented in the month listed.
- This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).
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### Brookdale Niskayuna

Assisted Living | Enhanced Assisted Living  
Service | Service

1786 Union Street  
Niskayuna, NY 12309

### ► Wednesday, November 18

12:00 p.m. To 1:00 p.m.

The event is by reservation only.

To confirm your RSVP and receive  
the Zoom meeting ID, call

**(518) 346-6935/jlaporte@brookdale.com**

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<p><b>Brookdale East Niskayuna</b> Alzheimer's &amp; Dementia Care 2861 Troy-Schenectady Road Niskayuna, NY 12309 <b>(518) 782-7381</b></p>	<p><b>Brookdale Niskayuna</b> Enhanced Assisted Living 1786 Union Street Niskayuna, NY 12309 <b>(518) 346-6935</b></p>
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*With 42 years of experience in long term comprehensive care, transitional care and rehabilitative services, memory focused services, and assisted living.*

<p><b>Judson Meadows</b> Assisted Living Community 39 Swaggertown Road, Glenville 12302 <b>518-831-2400</b> <a href="http://JudsonMeadowsAssistedLiving.com">JudsonMeadowsAssistedLiving.com</a></p>	<p><b>Baptist Health</b> Nursing &amp; Rehabilitation Ctr. 297 N. Ballston Ave., Scotia 12302 <b>518-370-4700</b> <a href="http://BaptHealth.com">BaptHealth.com</a></p>
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**If you are looking for guidance for other-than “standard estate planning”, we can help! Glenn’s got Moxie! Let him put it to work for you!**

Glenn Witecki has been practicing law for 35 years and can help you plan by answering critical questions, including: How can I protect my house if I go into a nursing home? How would the purchase of some annuities disqualify me from receiving Nursing Home Medicaid for an extended period of time?

Glenn provides free consultations every 3<sup>rd</sup> Thursday of the month at the Clifton Park Senior Center, or in his office any time. Evening hours available. Home visits can be arranged.

**The Witecki Law Office**  
8 South Church Street, Schenectady, NY 12305  
518-372-2827, [www.WiteckiLaw.com](http://www.WiteckiLaw.com)

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**Berkshire Hathaway HomeServices,  
Blake REALTORS**

**Liz Gabeloff**

Licensed Real Estate Salesperson  
Senior's Real Estate Specialist (SRES)

1745 Route 9, Clifton Park, NY 12065  
egabeloff@bhhsblake.com  
Cell: 518-577-1360

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We're by your side so your loved one can stay at home.

Call for a free, no-obligation appointment  
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HomeInstead.com/341



**BlueShield of Northeastern New York**

Call: 1-877-258-7453 (TTY 711)  
Visit: [bsneny.com/medicare](http://bsneny.com/medicare)

BlueShield of Northeastern New York is a division of HealthNow New York Inc., an independent licensee of the Blue Cross and the Blue Shield Association.

# A name you can trust.

For information, call  
**(518) 641-3400 or 1-888-519-4455**  
 TTY/TDD (518) 641-4000

From October 1 through February 14, a representative will be available to speak with you from 8 a.m. to 8 p.m. seven days a week. A representative will be available to speak with you from 8 a.m. to 8 p.m. Monday through Friday the rest of the year.

CDPHP® is a health plan with a Medicare contract. Enrollment in CDPHP Medicare Choices depends on contract renewal.

Capital District Physicians' Health Plan, Inc.  
 CDPHP Universal Benefits,® Inc.



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# TOWNLEY & WHEELER FUNERAL HOME



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# MAKE IT FIT



*Fitness for mind, body & soul*



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**6 Clifton Common Court**  
**Clifton Park, NY 12065**  
**(518) 383-1343**

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**TO: CURRENT OCCUPANT OR**



**Town Staff Directory**

Town Supervisor Phil Barrett	371-6651
Town Board Members	371-6651
Animal Control Officer	371-6756
Town Attorney Tom McCarthy	371-6651
Assessor Walter Smead	371-6460
Building & Development Director Steve Myers	371-6702
Building & Grounds Director Dan Clemens	371-6651
Town Clerk Teresa Brobston	371-6681
Town Court – 5 Municipal Plaza	371-6668
Town Comptroller Mark Heggen	371-6651
Storm Water Management Technician Scott Reese	371-6054
Highway Superintendent Dahn Bull	371-7310
Parks & Recreation Director Myla Kramer	371-6667
Planning Director John Scavo	371-6054
Receiver of Taxes Rose Savallo	371-5720
Director of Safety & Security Lou Pasquarell	348-7311
Town Security Officers	369-6651
Sewer Director Mike O'Brien	348-7313
Transfer Station Supervisor Jeff Vedder	371-6669
Senior Community Center Director Sue Leonard	383-1343

**Email your Town Board**

Supervisor Philip C. Barrett: [pbarrett@cliftonpark.org](mailto:pbarrett@cliftonpark.org)  
 Deputy Supervisor Lynda M. Walowit: [lwalowit@cliftonpark.org](mailto:lwalowit@cliftonpark.org)  
 Councilman James M. Whalen: [jwhalen@cliftonpark.org](mailto:jwhalen@cliftonpark.org)  
 Councilman Amy J.H. Standaert: [astandaert@cliftonpark.org](mailto:astandaert@cliftonpark.org)  
 Councilman Anthony F. Morelli: [amorelli@cliftonpark.org](mailto:amorelli@cliftonpark.org)

**Town of Clifton Park  
 Senior Express**

- Riders must be 50 years of age or older and live in the Town of Clifton Park.
- A wheelchair lift is available.
- Those needing assistance must be accompanied by an escort.
- Adult handicapped persons under 50 years of age will be considered on a time available basis.

**Monday, Tuesday & Thursday:**  
 Medical appointments to the following areas:  
 Albany, Schenectady, Troy, Ballston Spa,  
 Saratoga, Mechanicville and Latham.

**Wednesday & Friday:**  
 Clifton Park shopping and local appointments only.



**Senior Van Dispatch**  
 at 518-371-4444  
 9:00am – 1:00pm

The Town's office buildings are open from Monday through Friday, 9 AM to 5 PM, excluding holidays.

The Town Clerk's office is open until 7:00 PM every Thursday.

The Building and Parks and Recreation Departments open at 8:00 AM Monday through Friday.

