

Columbia County Office for the Aging Senior Scoop

(518) 828-4258 | OFA@COLUMBIACOUNTYNY.GOV

JAN - MAR 2026

CHEERS TO 2025 - A YEAR TO REMEMBER!

As we welcome the dawn of a new year, it's the perfect opportunity to look back on the incredible experiences that have made 2025 truly memorable. This past year has had its ups and downs, but through it all, our dedication to helping the older residents of Columbia County has only grown stronger. We're here to support and uplift our community, and we're excited to keep making a difference together!

Our community events throughout the year were a tremendous success! From our beloved Annual Senior Day and amusing Memory Mixers to proudly marching in Hudson's Flag Day Parade and collaborating with Senator Hinchey's Office for a Resource Fair, we were thrilled to see participation soar beyond our expectations. The positive feedback we received truly underscores the importance of connection and collaboration within our community, and we are incredibly grateful to each one of you who joined in!

We proudly launched a variety of exciting initiatives this year that reflect the needs of our community. To name a few, we initiated a Grab-and-Go meal option at senior centers, conducted a comprehensive survey to better understand older residents' needs, partnered with the Columbia County Health Department for our Walk With Ease program, and introduced a delightful range of naturally gluten-free meals to our nutrition program.

While we celebrated several bittersweet milestones, including the retirements of cherished members of our OFA family—**Marylou Bailey**, **Carol Carlsen**, and **Donna Race**—we also had the pleasure of welcoming new talent to our team—**Seain Pinkowski** and **Catherine Brown**!

Looking ahead to 2026, we are brimming with enthusiasm about our new location for the Stuyvesant Senior Community Center, expanding our community programs, enhancing our volunteer initiatives, and creating an even more supportive atmosphere where our older residents can thrive.

I want to extend my heartfelt thanks to our dedicated staff, amazing volunteers, Advisory Council members, community partners, and the Board of Supervisors. Your unwavering commitment has been pivotal to our accomplishments this past year, and I can't wait to see what you bring to the table in 2026!

All the best,

*Nina Benvenuto,
Administrator*

In this edition of the Senior Scoop:

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Shaking the Salt (Habit)

Sodium is an essential mineral that helps regulate your kidneys, control fluid balance, and support nerve and muscle function. However, too much of it can be harmful. Excess sodium is a major contributor to high blood pressure, often called the "silent killer" because symptoms are not always obvious. Managing your sodium intake is one of the best ways to protect your health. Eating less sodium can reduce your risk of heart attack, stroke, kidney disease, osteoporosis, and even headaches.

How Much is Too Much?

The [American Heart Association](#) recommends a maximum daily intake of 2,300 milligrams (mg). However, the optimal limit for most adults—especially those with high blood pressure—is no more than 1,500 mg per day.

To put that in perspective, the average American consumes over 3,300 mg daily. Cutting out just 1,000 mg a day can significantly improve your blood pressure and heart health.

Where is the Sodium Hiding?

You might be surprised to learn that over 70% of the sodium we eat comes from packaged, prepared, and restaurant foods—not the salt shaker on your table.

Common foods to watch out for include:

- **Processed Meats:** Deli meat, hamburgers, and poultry.
- **Prepared Dishes:** Pizza, burritos, tacos, mixed pasta dishes, and soups.
- **Snacks:** Savory items like chips, crackers, and popcorn.
- **Egg Dishes:** Omelets and other egg-based meals.

Decoding the Nutrition Label

The best way to know what you are eating is to check the Nutrition Facts label.

Here is a quick guide to understanding the terms you might see:

- **Sodium-Free:** Less than 5 mg per serving.
- **Very Low Sodium:** 35 mg or less per serving.
- **Low Sodium:** 140 mg or less per serving.
- **Reduced Sodium:** At least 25% less sodium than the regular version.
- **Light in Sodium:** At least 50% less sodium than the regular version.
- **No Salt Added:** No salt was added during processing (but check the label, as it may not be sodium-free).

Simple Tips for Success

You don't have to lose flavor to lose the sodium. Try these simple adjustments:

- **Swap the Shaker:** Avoid using the salt shaker. Instead, flavor fish and vegetables with black pepper or a fresh lemon slice.
- **Go Fresh:** Lean into fresh foods over processed options whenever possible.
- **Check Medications:** Consult your pharmacist, as certain over-the-counter and prescription drugs may contain sodium.
- **Dining Out:** Ask your server to identify low-sodium options or request that your dish be made without added salt.

Want to Learn More?

For more information on heart disease and stroke, you can visit heart.org or call 1-800-AHA-USA1 (1-800-242-8721). You may also schedule nutrition counseling with a Registered Dietician by calling the Philmont Nutrition Center at **518-672-5323**.

Caregivers Column: Why Family Meetings Are Important

The holidays bring joy and laughter—but they can also highlight how much things have changed. Maybe this year, you noticed your loved one moving a bit slower or repeating stories more often. The good news? You don't have to do it all alone. Family meetings can turn caregiving from a solo act into a team effort. Family meetings help everyone share the load and support your loved one together.

Who Should Be Involved?

Invite relatives, friends, or anyone helping with care—even paid helpers. Decide if your loved one should join. If not, meet separately at first.

How to Get Started

Use calls or video chats to include everyone, even from afar. Share a list of topics before the meeting so everyone can add ideas, these might include:

- Health updates and daily care needs
 - Should the loved one move in with us?
 - Do they need to be in an assisted living facility or nursing home?
 - How much time does each family member have to visit?
 - Other ways each person can help? What other help might be available?
- Money matters
 - How much will care cost?
 - How much work can family members afford to miss?
 - What financial help might be available from outside?
- What role does each person want to play?
- What support does the main caregiver need?
 - Need for breaks from caregiving
 - Help with chores and meals
 - Emotional support
 - Help with transportation to/from appointments
- How needs might change over time
- Best ways to communicate as a group

You probably won't cover everything in one meeting. Plan to meet again and keep meetings short and focused so everyone stays engaged.

During the Meeting

Everyone can help in their own way—some may give hands-on care, others might offer emotional support or help with meals. All contributions are valuable. Be open to compromise. Until the depth and breadth of the issues concerning your loved one are explored, it is important not to try to solve the problems. Recording the problems in a list as they are shared, however, will be useful during the problem-solving portion of the meeting. Use “I” statements like “I need...” instead of “You should...” This helps keep the focus on teamwork, even if people disagree. End by reviewing action steps, who does what, and when.

When to Get Outside Help

If your family can't agree, or things get too tough, ask a counselor, social worker, or family mediator for help. They can guide you during stressful times or major decisions.

Support is out there! You can reach out to our office at **518-828-4258**. Or sign up for the **FREE**

Caregiving Portal powered by Trualta in partnership with NYSOFA and Aging NY:

- Explore options for challenging behaviors
- Discover ways to connect with your loved one
- Share and learn with fellow caregivers

Scan the QR code with your camera or visit NewYork-Cargivers.com



Winter Word Search

Y	C	I	A	E	L	J	I	N	U	F	O	D	X	K	H	I
B	L	Y	E	Y	C	N	F	R	B	O	S	Z	F	A	S	C
H	X	B	L	I	Z	Z	A	R	D	N	F	T	I	M	T	W
L	F	Q	K	Z	G	V	Y	P	S	W	W	R	R	I	E	T
T	D	V	S	M	P	M	O	Y	B	L	H	D	E	M	E	U
K	P	E	P	P	E	R	M	I	N	T	V	T	P	P	J	R
A	V	G	O	L	L	V	M	C	S	Y	H	O	L	N	B	T
I	R	G	V	E	S	L	R	I	M	A	C	F	A	R	S	L
S	W	N	V	E	T	G	O	E	K	L	U	P	C	M	L	E
K	X	O	X	H	X	K	T	S	O	L	T	L	E	M	B	N
F	H	G	U	D	M	L	W	T	H	M	L	M	U	R	D	E
S	A	M	Y	L	J	O	W	O	P	G	B	D	J	N	Z	C
V	O	S	C	R	R	N	Z	O	I	N	Y	Q	N	G	I	K
F	P	A	G	M	B	G	B	B	K	G	A	V	L	A	G	K
C	S	C	A	R	F	J	K	N	O	M	V	M	X	Y	P	E
T	H	G	R	K	J	O	Y	Q	C	H	P	M	W	Q	R	S
S	J	D	B	C	S	H	R	S	T	Q	B	D	F	O	E	C
G	H	I	B	E	R	N	A	T	E	S	U	N	G	S	N	E
F	P	W	I	N	D	S	W	N	W	K	W	O	E	H	N	S
Z	E	A	H	Y	N	D	O	S	P	I	C	E	U	A	S	L

Cozy up by the fire and exercise your brain with this winter word search! Words can go in any direction. Words can share letters as they cross over each other. **Answers on page 9.**



Blizzard	Melt
Boots	Peppermint
Eggnog	Scarf
Fireplace	Shovel
Hibernate	Snowman
Icy	Turtleneck
Longjohns	

Inclement Weather Information

From time to time, senior community centers, home-delivered meal routes, and nonmedical transportation may need to pause for inclement weather, local voting, or other unexpected events.

When this happens, we'll get the word out quickly through the **Blooming Health** automated messaging system, **WRGB-Channel 6** (CBS), **Facebook**, and other local news outlets that share school closing information.

If a cancellation does occur, home-delivered meal clients can rely on their "blizzard boxes"—special packages filled with non-perishable foods handed out at the start of the season.

Want a blizzard box for extra peace of mind? Just give the Philmont Nutrition Center a call at **518-672-5323** and we'll make sure you're prepared!

Now Accepting Nominations for Senior Volunteer of the Year

This recognition aims to challenge stereotypes about aging by highlighting the many older adults who are healthy, active, and giving back to their communities.

We invite you to nominate any Columbia County resident aged 60 or older who exemplifies a commitment to volunteerism and community service. This could include individuals who support charitable causes, work with local healthcare and human services organizations, contribute to grassroots initiatives, volunteer with emergency management corps, assist in local fundraising activities, and more. Nominations will be accepted until February 28, 2026. Award recipients will be honored during the New York State Office for the Aging's Older New Yorkers Day in May.

Let's celebrate the incredible individuals who make a profound difference in Columbia County! **See the insert for the 2026 nomination form, please reach out to the Columbia County Office for the Aging at 518-828-4258 with questions.** We look forward to hearing about your amazing nominees!

2009

Dottie Brown

2010

Patricia Racenet

2011

Arlene Sweeny
Nancy Bryant
James Dunham

2012

Noel Fair
Donna Diehl

2013

Joyce McDonald
Arlene Brown

2014

Raeph Sanderson
Louise McCord

2015

Sally Charron
Connie Mondel

2016

Marilyn Burch
Ida Leiser

2017

Eleanor "Bootie" Fenoff
Judy Harp

2018

Robert Donahue
Robert Preusser

2019

Marcia Race
Richard Moran

2020

Terence Farrell

2021

Shirley McThenia
Pat Collins

2022

Charlie Proper
Nancy Smith

2023

Mary Young
Marge Laurie

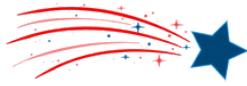
2024

Pat & Eileen Maloy

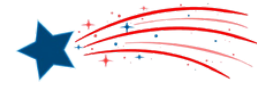
2025

Joyce Meservey
Brother David
Parrish





Senior Stars



Senior Stars offers emergency aid to older adults and provides essential items during the holiday season. Funding primarily comes from donations and fundraising efforts, as well as contributions made in memory of loved ones. **The Office for the Aging would like to thank the following businesses and individuals who support our Senior Stars Program:**

- Chinatown QI Restaurant, Inc.
- The Community at Bell's Pond
- Morabito Lawn Care, LLC
- K. Kneller & Co. Inc., DBA Kneller Insurance Agency
- Alvarez Homes - a division of Ritz-Craft Corp.
- Sawyer Chevrolet, Inc.
- Anonymous
- PGS Millwork, Inc.
- Copake Lake Realty
- Repeat Business
- Sidney & Anne Richter
- Linda & Robert Fix
- Rosalie Hemingway
 - *In memory of Adela & Walter Weiss*

(Please print)

Name _____

Address _____

I'd like to make my contributions in memory of _____

If you would like to remain anonymous, please check here

Please make checks payable to:

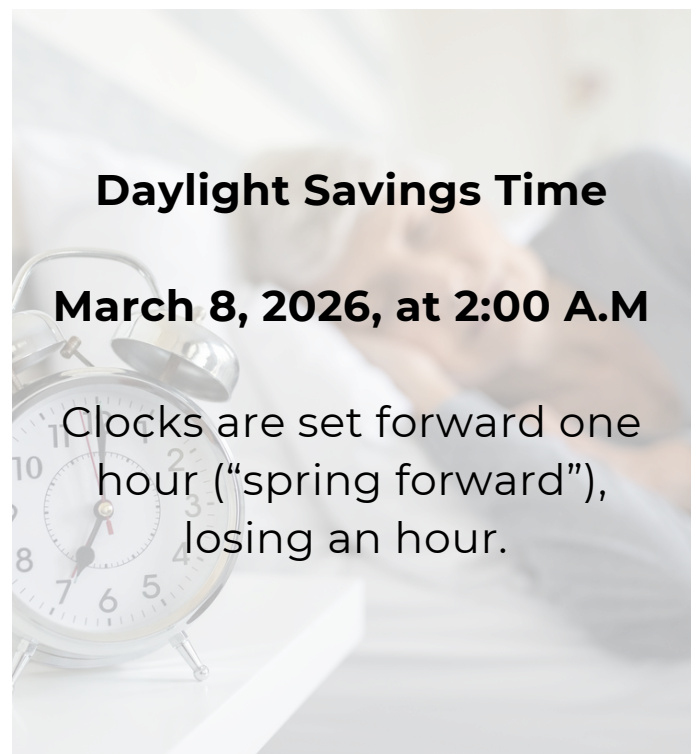
COLUMBIA COUNTY SENIOR STARS and mail to 325 Columbia Street, Hudson, NY 12534.

Blooming Health

Senior community centers and home-delivered meals may be canceled due to inclement weather or other reasons. **Any closures will be communicated via the Blooming Health automated messaging system, WRGB-Channel 6 (CBS), and other local news outlets alongside school closings.** Please call OFA at 518-828-4258 to sign up for automated notifications.

Get the latest news from the Columbia County Office for the Aging delivered right to your inbox! **Email us at ofa@columbiacountyny.gov to receive our quarterly e-newsletter,** or check out the digital version on our website to help us reduce paper waste.

e - Newsletter



Daylight Savings Time

March 8, 2026, at 2:00 A.M

Clocks are set forward one hour ("spring forward"), losing an hour.

Is Winter Driving You Car-azy?



Have No Fear, 2026 Day Trips are Here!

Seating is limited, reservations required. Call **518-828-4258, Press 1** and leave a message. A driver will get back to you to confirm your reservation. Pick-up times/locations will be determined by the driver before each trip date.

New York State Museum

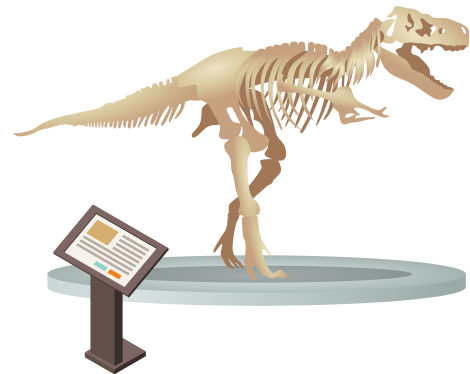
- Thursday, January 22nd
 - Free admission, suggested donation of \$5 per individual.
 - Information on current exhibits can be found at nysm.nysed.gov
 - *Snow Date: Tuesday, January 27th*

Berkshire Botanical Garden Bulb Show 2026

- Wednesday, February 25th
 - *Free admission*
 - *Step inside and you'll find an early spring in full bloom: a bright, fragrant retreat from winter's chill. Hundreds of bulbs fill the space, from beloved tulips, daffodils and grape hyacinths to more unusual varieties that surprise and delight. Read more: berkshirebotanical.org/events/bulb-show-2026*
 - *Snow Date: Wednesday, March 4th*

Hudson River Maritime Museum

- Thursday, March 19th
 - \$7 Admission for Ages 62+
 - Veterans FREE
 - HRMM is an educational hub that includes an extensive collection of maritime artifacts and historic vessels. Learn more at hrmm.org.
 - *Snow Date: Thursday, March 26th*



Upcoming Office Closures

The Office for the Aging will be closed on the following dates; there will be **no meal deliveries, no non-medical transportation, and all senior centers will be closed**

January

Martin Luther King Jr. Day
Monday, Jan. 19th



February

Presidents' Day
Monday, Feb. 16th



OFA Senior Community Centers

We have seven locations across the county (listed below) offering nutritious meals and social activities to older adults. We may provide transportation for those who need help getting to one of the meal locations. To schedule a ride call 518-828-4258, and press 1. **Please call 24-hours ahead to the appropriate center for a lunch reservation.**

Albert L. Tripp Center

93 Main Street
Philmont, NY 12565

9:30am - 1:30pm

Mondays

Wednesdays

Fridays

518-672-7134

Canaan Town Hall

1647 County Route 5
Canaan, NY 12029

10:00am - 1pm

Wednesdays

518-781-0028

Copake Recreation Center

305 Mountain View Road
Copake, NY 12516

9:30am - 1:30pm

Tuesdays

Thursdays

Fridays

518-567-7881

Hudson Senior Center

51 North 5th Street
Second Floor

Hudson, NY 12534

9:30am - 1:30pm

Monday - Friday

518-610-0698

Valatie Senior Center

3302 Williams Street
Valatie, NY 12184

9:30am - 1:30pm

Mondays

Wednesdays

518-567-7881

Elizaville Fire Department

1575 Cty Route 19
Elizaville, NY 12523

10:30am - 1:30pm

Tuesdays

Fridays

518-828-7538

Stuyvesant Town Hall



5 Sunset Drive
Stuyvesant, NY 12173

9:30am - 1:30pm

Tuesdays

Thursdays

518-751-0267



We are thrilled to announce that our Stuyvesant area senior center has officially moved to the **Stuyvesant Town Hall at 5 Sunset Drive, starting January 1st!** Operating hours remain the same.

A huge thank you to **Supervisor Ron Knott** and the **Stuyvesant/Stockport Seniors** for your warm welcome to Town Hall. We also deeply appreciate **St. Joseph's Parish Hall** for their amazing support throughout the years. Together, we've made beautiful memories, and we can't wait to create even more special moments in our new home!



Say It Ain't Snow!

Tips for Safe Shoveling This Winter

Snow shoveling can pose serious health risks, especially for adults over 45 and those with preexisting conditions. Here are some tips for to stay safe this winter:



Prioritize Your Health: Before you start shoveling, check with a healthcare provider. A quick check-up can help you know if it's safe based on your health.

Choose the Right Equipment: Use lightweight, ergonomic shovels to lower your risk of injury. Pick tools with adjustable handles to reduce back strain. If you have a lot of snow, consider using a snow blower instead of shoveling.

Dress Appropriately: Wear layers for warmth and mobility. Use waterproof boots with good grip to prevent slipping. Wear hats, gloves, and scarves to stay warm, but make sure they don't block your vision. Choose several layers so you can remove one if you get too hot. Avoid cotton against your skin because it can make you cold if you sweat.

Use Proper Shoveling Techniques :

- *Warm Up:* Treat shoveling like exercise; stretch your muscles first to prevent strains.
- *Push, Don't Lift:* Push snow to the side instead of lifting it. If you must lift, use your legs for strength and keep your feet shoulder-width apart for balance.

- *Take Breaks:* Don't rush. Take breaks to rest and drink water, especially with heavy, wet snow. Shovel small amounts to make it easier and safer. Drink water or sports drinks before, during, and after shoveling, even if you don't feel thirsty.
- *Act Soon:* Fresh snow is lighter than snow that has started to melt.
- *Listen to Your Body:* This is the most important tip! If you feel tired or something hurts, stop. Go inside to warm up, rest, and drink something. Check how you feel before you keep going.
- *Ask for Help:* If the job feels too much, don't hesitate to ask for help from friends, family, or neighbors.
- *Have Your Phone Handy:* If there's an emergency, call 911 immediately.



Y	C	I	A	E	L	J	I	N	U	F	O	D	X	K	H	I
B	L	Y	E	Y	C	N	F	R	B	O	S	Z	F	A	S	C
H	X	B	L	I	Z	Z	A	R	D	N	F	T	I	M	T	W
L	F	O	K	Z	G	V	Y	P	S	W	W	R	R	I	E	T
T	D	V	S	M	P	M	O	Y	B	L	H	D	E	M	E	U
K	P	E	P	P	E	R	M	I	N	T	V	T	P	P	J	R
A	V	G	O	L	L	V	M	C	S	Y	H	O	L	N	B	T
I	R	G	V	E	S	L	R	I	M	A	C	F	A	R	S	L
S	W	N	V	E	T	G	O	E	K	L	U	P	C	M	L	E
K	X	O	X	H	X	K	T	S	O	L	T	L	E	M	B	N
F	H	G	U	D	M	L	W	T	H	M	L	M	U	R	D	E
S	A	M	Y	L	J	O	W	O	P	G	B	D	J	N	Z	C
V	O	S	C	R	R	N	Z	O	I	N	Y	Q	N	G	I	K
F	P	A	G	M	B	G	B	B	K	G	A	V	L	A	G	K
C	S	C	A	R	F	J	K	N	O	M	V	M	X	Y	P	E
T	H	G	R	K	J	O	Y	Q	C	H	P	M	W	Q	R	S
S	J	D	B	C	S	H	R	S	T	Q	B	D	F	O	E	C
G	H	I	B	E	R	N	A	T	E	S	U	N	G	S	N	E
F	P	W	I	N	D	S	W	N	W	K	W	O	E	H	N	S
Z	E	A	H	Y	N	D	O	S	P	I	C	E	U	A	S	L



Staff Spotlight: Meet Donna

Age is just a number, ask Donna how many... rockstars she's met, bills she's paid, or books she's read—that's her actual age.

Growing up in Columbia County, Donna always imagined herself as a physical therapist, helping people recover from injuries and regain their strength. However, a transformative advertising class in high school opened her eyes to an unexpected path. She started working at the local A&P grocery store, where she quickly picked up essential skills in managing cash flow and payroll. "And the rest is history!" Donna chuckled, reflecting on the delightful twist her career journey took.

In 2008, Donna joined the OFA as a bookkeeper and quickly established herself as a vital member of the team. Her strong work ethic earned her the affectionate nickname "Donna Do" as she moved up to the role of administrative assistant, highlighting her dedication to tackling every challenge with enthusiasm. Donna found deep satisfaction in helping vulnerable older adults, noting that "delivering meals was the definite highlight of my week" and that the relationships she built with clients and colleagues kept her inspired through the years.

Throughout her professional journey, Donna has seamlessly balanced her career with her role as a devoted mother. Her son faced significant health challenges during his early years, which nurtured an admirable resilience in Donna. "Those times taught me so much about myself—I discovered I had greater inner strength than I ever imagined," she reflected thoughtfully. "Though it wasn't easy, we persevered, and now he's 6 feet tall, patting me on the head. His success means the world to me," she beamed with pride.

Donna's advice for the younger generation: "It may sound harsh, but I urge you to look up from your phones and have face-to-face conversations. Make an effort to connect with people by looking them in the eyes and recognizing their emotions and feelings."

An unexpected layer to Donna's vibrant personality is her love for heavy metal and rock music. "I'll travel anywhere within five states to catch one of my favorite bands live!" she declared excitedly. Not only does she enjoy attending the concerts, but she also has a tradition of going backstage and cooking for some of the bands! Among her favorites are Five Finger Death Punch and Shinedown, yet her heart truly beats for Ice Nine Kills. "My son introduced me to this world of concerts; our first was Daughtry, and since then, we've traveled to shows in Pennsylvania, New Jersey, Rhode Island, and even Ohio!" she beamed.

As Donna steps into retirement, she is brimming with anticipation for new adventures. With a canceled concert still lingering on her bucket list and a strong desire to volunteer at the humane society, she is ready for this exciting next chapter. "I can't wait to be bored, I want to read all of the John Grisham books and spend quality time with my dog!" she shared with a warm laugh.

As you close this chapter of your career at the Office for the Aging, we want to express our heartfelt gratitude for the passion and devotion you've brought to your work and the lives you've touched. We know that the stage of retirement will be just as exciting for you, filled with new adventures and unforgettable concerts. Thank you for being a remarkable colleague and friend—your vibrant energy and commitment will be truly missed. Rock on in this exciting new journey ahead!



Understanding STAR Benefits

As an older homeowner, it's important to understand how the School Tax Relief (STAR) program can help you manage your property taxes effectively. STAR is designed to provide property tax relief for eligible homeowners. Here's a simple breakdown of what you need to know.

What is STAR?

STAR benefits come in two forms: Basic STAR and Enhanced STAR. These benefits can significantly reduce your property taxes if you qualify.

Eligibility Requirements

1. Residency

- For both Basic and Enhanced STAR, the property must be your primary residence. This means you live there most of the year and use it as your main home.

2. Age

- Basic STAR: There is no age restriction.
- Enhanced STAR: You must be 65 or older by December 31 of the year you apply. If homeowners are married or siblings, only one must meet the age requirement. Surviving spouses may also retain Enhanced STAR if they meet the age criteria.

3. Income Limits

- Basic STAR: Your household income must be \$500,000 or less for the STAR credit and \$250,000 or less for the STAR exemption.
- Enhanced STAR: For 2025, your income must be \$107,300 or less; for 2026, it will be \$110,750 or less. All owners' incomes, including non-residents, are considered.

4. Ownership

- The property must be owned by the eligible applicants. Married couples can only receive one STAR benefit, and corporations or LLCs are generally not eligible.

Special Considerations

Nursing home residents

- If you own your home, you're eligible for Basic or Enhanced STAR, as long as no one other than the co-owner or spouse resides there.

Trusts

- If you're a trust beneficiary who conveyed your home to trustees but continues to live in the home, you get the STAR benefit. For example, a senior creates a trust and conveys her home to her children as trustees. If she remains in the home as the beneficiary of the trust, she is considered the homeowner and gets the STAR benefit.

Life estates

- Under a life estate, one party has a life tenancy (ownership for the rest of his or her life) and another party—the remainderman—will become the owner after the life tenant dies. While the deed may appear to convey ownership to the remainderman, the remainderman will not take title until the death of the life tenant. Therefore, for exemption purposes, the life tenant is deemed to own the property, and STAR eligibility is based on the life tenant's qualifications.

If you believe you're eligible for STAR benefits, be sure to check the specific requirements at tax.ny.gov/star. For any assistance, consider reaching out to [Columbia County Real Property Tax Service Agency](https://www.columbia-county.ny.gov/real-property-tax-service) at 518-828-7334.

Sending Warm Wishes for a

**Happy
New Year!**

From Your Friends at OFA



Columbia County Office for the Aging
325 Columbia Street, Suite 231
Hudson, NY 12534

Funding provided by the Older Americans Act and the State of New York through grants administered by the New York State Office for the Aging and the Columbia County Board of Supervisors.

Columbia County Office for the Aging

With Financial Support from NYSCRC and Assemblymember Didi Barrett

Recharge & Renew Respite

A Community Program Supporting Caregivers and Their Loved Ones

Recharge and Renew Respite provides a safe, welcoming environment for older adults with mild to moderate memory loss or physical/cognitive conditions requiring supervision. Participants enjoy enriching activities and social interaction, while caregivers gain time to rest, run errands, or simply recharge—confident their loved ones are well cared for.

COMING SOON

Program Overview:

- Structured yet flexible daily schedule tailored to participants' needs
- Activities include coffee and conversation, chair exercise, crafts, games, puzzles, music, Zumba, floral arranging, and more
- Participation is optional, with volunteers available for companionship or quieter alternatives



Office for
the Aging



Recharge and Renew Respite is a **free program** and registration is required. Call **518-828-4258** and ask for the Intake Department.



**COLUMBIA COUNTY
OFFICE FOR THE AGING
325 COLUMBIA STREET, SUITE 231
HUDSON, NEW YORK 12534**

**NINA BENVENUTO
ADMINISTRATOR**

**PHONE: 518-828-4258
FAX: 518-822-0010**

2026 Volunteer of the Year Nomination Form

The annual recognition is awarded to Columbia County residents, age 60 or older, for their ongoing devotion of time and talent to positively impact our community without pay or compensation. Nominees may volunteer in a variety of areas or concentrate on just one. Please use additional pages as needed and be as specific as possible to assist the selection process.

If you have any questions or need additional applications, please contact our office at 518-828-4258. Please return completed application forms by February 28, 2026 to:

Columbia County Office for the Aging
325 Columbia Street
Hudson, NY 12534

OR

ofa@columbiacountyny.com

Nominee Information: We suggest contacting your nominee to get the complete information requested on this application.

Name: _____ Age: _____

Address: _____

Phone: _____ Email: _____

Organization(s) Nominee is affiliated with: _____

Years of experience: _____

(Form continues onto back of page)

Please briefly describe how the nominee has significantly and positively impacted our community. Share specific examples of their work and the changes they have brought about.

Please share how the nominee's actions and values inspire younger generations in Columbia County. Describe how they embody the spirit of volunteerism and community service.

Please briefly describe the nominee. This can include previous or current employment history, how long they have lived in Columbia County, military experience, family connections, hobbies, etc.

Submitted by: _____

Relationship to Nominee: _____

Phone: _____ Email: _____

Thank you for your submission! Someone from our office may reach out for additional information as needed.