



Peregrine  
SENIOR  
LIVING

CAPITAL DISTRICT  
COMMUNITIES

*Senior*  
**LIFE**  
A GUIDE TO ASSISTED LIVING

## Senior Real Estate Specialist (SRES) Serving Seniors in the Capital Region for 30 Years

By partnering with a Senior Real Estate Specialist (SRES®) like me, you'll gain the help and expertise of a full time real estate broker specialized in meeting the needs of senior home buyers and sellers.

I have both the education and 30 years of real estate experience to serve as your trusted advisor through the unique financial and lifestyle transitions involved in relocating or selling your family home. I would be honored to be your SRES®.

SRES®



**Theodora D'Amico** ABR, CRS, SRES  
Licensed Real Estate Broker

**Cell: 518-421-8436**

Email: [theodamico@gmail.com](mailto:theodamico@gmail.com)

[www.theosellshomes.com](http://www.theosellshomes.com)  
12 Wade Road, Latham, NY 12110

Each Office is Independently Owned and Operated



I am also proud to be a Miracle Agent through the Children's Miracle Network. If you buy or sell a home with me I will make a donation in your name to the Bernard & Millie Duker Children's Hospital at Albany Medical Center.



# Peregrine

**SENIOR  
LIVING**

Welcome to Peregrine Senior Living and our unique philosophy of senior care! In the past 28 years of serving our seniors, we have not only moved beyond institutional care, but we focus aggressively on helping our residents maintain a connection to themselves. After all, as we begin to decline physically and lose our short-term memory, often our greatest fear can be a loss of ourselves.

We welcome you to visit a Peregrine Senior Living community and learn about our Peregrine Way® program and vision, consisting of Peregrine University lectures series, religious services in our non-denomination chapels, and of course our endless parties! All our communities are pet-friendly and animals are a dynamic part of our Peregrine Way® of life. Let us challenge your loved one as they challenge themselves, to continue to grow intellectually, emotionally, and spiritually while being encouraged and embraced. Remember, peregrine means pilgrim, and we understand that for our residents, their pilgrimages are far from over!

So don't compromise on how you care for your loved one. Be a Peregrine and celebrate life by continuing to live life with passion and joy. Come live with us and spend quality days with your Peregrine Senior Living family revolutionizing senior living!

Respectfully Yours,

*Stephen Bowman*

Stephen Bowman  
President  
Peregrine Senior Living

*Mark Farchione*

Mark Farchione  
Executive Vice President  
Peregrine Senior Living





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# ALL OUR DIFFERENT COMMUNITIES



## **CROSSGATE**

### **Independent Living & Assisted Living**

140 Washington Avenue Ext., Albany, NY 12203  
(518) 869-0211  
[Sales@PeregrineCrossgate.com](mailto:Sales@PeregrineCrossgate.com)

## **DELMAR PLACE**

### **Assisted Living**

467 Delaware Avenue, Delmar, NY 12054  
(518) 434-4663  
[Sales@PeregrineDelmarPlace.com](mailto:Sales@PeregrineDelmarPlace.com)

## **CLIFTON PARK**

### **Memory Care with Enhanced Services**

1 Emma Lane, Clifton Park, NY 12065  
(518) 371-2200  
[Sales@PeregrineCliftonPark.com](mailto:Sales@PeregrineCliftonPark.com)

## **COLONIE**

### **Memory Care with Enhanced Services**

5 S. Family Drive, Colonie, NY 12205  
(518) 456-4500  
[Sales@PeregrineColonie.com](mailto:Sales@PeregrineColonie.com)

## **GUILDERLAND**

### **Assisted Living & Memory Care with Enhanced Services**

300 Mill Rose Court, Slingerlands, NY 12159  
(518) 218-0506  
[Sales@PeregrineGuilderland.com](mailto:Sales@PeregrineGuilderland.com)

## **SHAKER**

### **Assisted Living & Memory Care with Enhanced Services**

345 Northern Boulevard, Albany, NY 12204  
(518) 465-4444  
[Sales@PeregrineShaker.com](mailto:Sales@PeregrineShaker.com)

# PEREGRINE WAY

## VISION & BACKGROUND

### MISSION STATEMENT:

Peregrine's mission is to help our residents maintain a connection to themselves through their long-term memories, their families, and through our person-centered care.

### PEREGRINE WAY PHILOSOPHY:

Peregrine understands that all people have a need to be productive and useful. We recognize that as we age, we decline physically, and our short-term retention decreases. In order to help our residents maintain a connection to who they are, we must embrace and reach out to their long-term memories. It will be through these long-term memories and encouraging family involvement, that we can help our residents find themselves, meaning, and purpose, as they continue their personal peregrinations.

# PEREGRINE WAY SIGNATURE PROGRAMS:

## FOCUS ON LONG-TERM MEMORIES

- Peregrine Life Stations and Destinations
- Spiritual Programs
- Celebrate a Resident Program
- Peregrine University

## ENCOURAGE FAMILY PARTICIPATION

- Resident Legacy Stories
- Family Education and Support Program
- Around the World Dining

## STAFF TRAINING AND APPRECIATION

- Peregrine Proud Employee Recognition Program





Hold your camera over the QR Code above to download your digital version of this publication.

## When you have lived in your home for years, moving can be stressful.



Real Estate Services

You need someone who can guide you through the process of selling from start to finish with the least amount of hassle. It would be a privilege to assist you and your loved ones through this time of transition.

Jessica Hurta Real Estate Professional  
RCC, CHNS, SRS, SRES, CBR, CIREC, AHWD

**203-257-9745**  
**JessicaHurta@gmail.com**

JessicaSellsNYRealEstate.com

Howard Hanna Real Estate Services





## Organize Senior Moves makes moving much easier



Moving can be one of the most stressful events we experience. Moving from a house where you've lived and raised a family for many years can be even more stressful. There are memories etched into the walls that are hard to leave and an accumulation of "stuff" that we're attached to.

Michelle Kavanaugh-Anastasi, owner of Organize Senior Moves understands this. So does her team of 20+ women, who, with compassion and empathy, help guide clients overwhelmed with the idea of moving.

"Many times, our clients are extremely overwhelmed and don't know where or how to begin. Once we meet with them they feel completely at ease and are even thankful that someone is there to help them during this process."

### **That process involves doing as much or as little as a client needs, including:**

- Develop floor plans for your new home
- Organize/prep for an estate sale
- Helping decide which items to donate, sell, toss or take
- Recommend moving companies, estate sale professionals and auction houses
- Coordinate and oversee the move
- Unpack and organize new home, including hooking up electronics, hanging artwork and photos
- Stage and prepare home for sale
- Take care of any other details you're concerned about

**"We absolutely love when our clients walk through the door of their new home. The smiles on their faces when they walk in is why we do what we do, it's the best part of our job."**

[www.OrganizeSeniorMoves.com](http://www.OrganizeSeniorMoves.com)  
PO Box 673, Glenmont NY 12077  
**Call: 518-621-6568**



# ENRICHING ASSISTED LIVING THE PEREGRINE WAY

**Peregrine Senior Living pioneers the way for our valued seniors in their search for purpose, validation and fulfillment. We serve the needs of our residents and their families by providing unsurpassed care, fostering spirituality, embracing long-term memories and exploring together meaningful life experiences.**

Our caring and compassionate staff fulfills a unique approach to assisted living that we call The Peregrine Way,<sup>®</sup> providing ongoing opportunities to stimulate and comfort each resident in mind, body and spirit.

1. Renewal of the individual growth process. We assist each resident in identifying new goals or renewing old interests so they continue to grow mentally, spiritually and socially.
2. Deepening of the spiritual experience. We emphasize the spiritual dimension of aging and help provide continuity of experience from childhood to the present.
3. Lifelong learning in furthering intellectual pursuits. We partner with local colleges and organizations to provide a lecture series on a wide variety of topics that can be shared with family and friends.

To us, assisted living includes providing the help residents need and request, while enabling them to live as independently as possible and nurturing their self-confidence.

# SENIOR LIVING SIGNATURE SERVICES

Although care is highly individualized based on each resident's needs, we provide a number of signature programs that are designed to explore meaningful life experiences and stimulate long-term memory, such as:

## **RENEWAL OF INDIVIDUAL GROWTH**

Residents are assisted in identifying new goals and renewing old interests.

## **SPIRITUAL PROGRAMS**

Our spiritual programming leads services of celebration and faith to uplift the community.

## **LEGACY STORIES**

Together, we record in writing each resident's personal biography.

## **PEREGRINE UNIVERSITY**

We have interesting and entertaining lectures on topics familiar to the residents.

## **AROUND THE WORLD**

Monthly, we explore different cultures of the world through dining, dress and music.

# PEREGRINE

## VALUE-ADDED SERVICES

- Individualized Service Plan for all residents
- Assistance with medication management
- Continuously trained resident care staff
- Assistance with activities of daily living (dressing, grooming)
- Contracted relationships with in-house support services including physician, podiatry, pharmacy and lab services
- Contracted relationships with in-house services providing physical therapy, occupational therapy and speech therapy
- Engaging social, spiritual, cultural and recreational programs
- Incontinence management program
- Outings to local attractions and cultural events
- Private and companion suites available
- Education and support groups for family members and friends
- Housekeeping, laundry and maintenance services
- Pets welcome (conditions apply)



# SAMPLE MENU

## LUNCH

Soup of the Day  
Grilled Chicken Pesto  
on a Brioche Bun  
Sweet Potato Fries  
Fresh Cut Fruit

## BREAKFAST

Hot or Cold Cereal  
Seasonal Fruit  
Choice of Egg and Breakfast Meats  
Pancakes, Waffles and French Toast  
Juice, Milk, Coffee and Tea

## ALWAYS AVAILABLE

### From The Grill:

Hamburger or Cheeseburger, Hot dog,  
Grilled Cheese

### Sandwiches:

BLT, Turkey, Ham, Egg Salad, Tuna, Chicken  
Salad (served with lettuce & tomato on white,  
wheat or rye with American or Swiss cheese)

### Salads:

Chef Salad, Garden Salad or Fresh Fruit Plate  
All of the above served with pickle and chips  
or apple sauce

### Choice of Beverage

## DINNER

Salad of the Day  
Shrimp Scampi with Angel Hair  
Pasta and Italian Blend Vegetables  
French Bread  
Cheesecake or Ice Cream  
(or both)



## Why Choose Independent and Assisted Living at Crossgate

### Independent and Assisted Living Inclusive Services

- Spacious, variety of ground-level floor plans
- Common areas, including living room, activity centers and movie center
- Restaurant-style dining room, café and outdoor dining
- Full calendar of daily activities
- Patio and walking paths
- Expansive grounds and gardens
- Pond surrounded by the beautiful Pine Bush Reserve
- Full-service salon
- 24-hour staff
- 24-hour emergency call system – Individual resident pendants, plus pullcords in each apartment
- Pet-friendly (Some restrictions apply)
- Maintenance, including housekeeping and laundry services
- Scheduled transportation to local appointments and community events

**As an Assisted Living resident, Crossgate also offers various levels of care if assistance is needed with personal care or medication management.**





## Why Choose Assisted Living at Delmar Place

- 24-hour care by specially trained staff
- Chef-prepared meals
- Housekeeping, laundry and linen services provided
- Emergency alert system
- Private dining room available for special occasions
- Game room, library and activities room
- Inviting outdoor spaces including courtyard, walking paths, putting green
- Scheduled transportation to local appointments, errands and events
- Full-service salon and spa offering styling services
- Pet-friendly environment







## Signature Services and Programs at Shaker

Senior living in Albany, NY is filled with new experiences and meaningful connections just waiting to be discovered. Some of our services and amenities include:

- Transportation to doctor's appointments
- Specialized activity programs and special events
- 24-hour staff
- Dining room for AL and MC
- Living room with fireplace
- Chef-prepared meals and nutritional support

## Why Choose Assisted Living at Shaker

- Spacious, floor plan with common areas, including living room and activity center
- Restaurant-style dining rooms
- On-site beauty spa for everything from hair styling to manicures
- A gardener's workshop to grow and admire plants and flowers
- Expansive grounds and courtyards
- Emergency alert pendant or wristband
- Private bath/shower in all resident rooms
- Access to community amenities such as movie theater, outdoor dining space, café, library, and more



## Compassionate Memory Care Services

Our community is dedicated to offering your family exactly what it takes to keep life moving forward. We're here to help your loved one find a higher sense of wellness and purpose through the selected services highlighted here:

- 24-hour staff
- Escorts and cueing for meals and activities
- Alzheimer's and dementia support group
- Specialized activity programs and special events
- Housekeeping and linen services
- Nutritional support from a registered dietician and guidance from staff during meals
- Routine health observation, oversight and communication to physicians
- Chef-prepared meals and nutritional support







## Signature Services and Programs at Guilderland

Senior living in Slingerlands, NY is filled with new experiences and meaningful connections just waiting to be discovered. Some of our services and amenities include:

- Driver and transportation to doctor's appointments
- Specialized activity programs and special events
- 24-hours staff
- Movie theater
- Chef-prepared meals and nutritional support

## A Variety of Assisted Living Amenities

- Spacious, ground-level floor plan with common areas, including living room and activity center
- Restaurant-style dining rooms
- On-site beauty spa for everything from hair styling to manicures
- A gardener's workshop to grow and admire plants and flowers
- Expansive grounds and courtyards
- 24-hour emergency call system in bedrooms, bathrooms and common area
- Private bath/shower in all resident rooms
- Access to community amenities such as movie theater, outdoor dining space, café, library, and more
- Housekeeping and linen services

## GUILDERLAND ENHANCED ASSISTED LIVING & MEMORY CARE

## Compassionate Memory Care Services

Our community is dedicated to offering your family exactly what it takes to keep life moving forward. We're here to help your loved one find a higher sense of wellness and purpose through the selected services highlighted here:

- Escorts and cueing for meals and activities
- Alzheimer's support group
- Emergency alert pendant or wristband
- Specialized activity programs and special events
- Housekeeping and linen services
- Nutritional support from a registered dietician and guidance from staff during meals
- Routine health observation, oversight and communication to physicians







## Compassionate Memory Care Services

Personal growth does not stop at an Alzheimer's or dementia diagnosis. Peregrine Senior Living at Clifton Park is dedicated to offering your family exactly what it takes to keep life moving forward. We're here to help your loved one find a higher sense of wellness and purpose through the selected services highlighted here:

- 24-hour care by specialty trained staff
- Routine health observation, oversight and communications to physicians
- Nutritional support from a registered dietician and guidance from staff during meals
- Escorts and cueing for meals and activities
- Specialized activity programs and special events
- Housekeeping, laundry and linen services as needed
- We provide Memory Boxes and encourage families to fill them with pictures and items that have positive emotions attached to them to benefit our residents and connect with them therapeutically
- Legacy Stories: Our compassionate staff will work with your loved one to help them record their personal story
- Around the world: Each month our community picks a foreign culture to explore and learn about
- Newly expanded and renovated spacious ground floor plan specifically designed to meet memory care needs
- Diverse and engaging common areas and offering a variety of options for personal living space that respects varied memory care comforts





## Colonie Memory Care Services and Programs

**If you're looking for memory care near Albany, NY, there are plenty of options to consider. But only at Peregrine Colonie will your loved one get access to unique memory care activities and programs that connect their treasured past to the present. Some of our services include:**

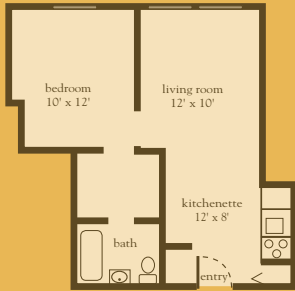
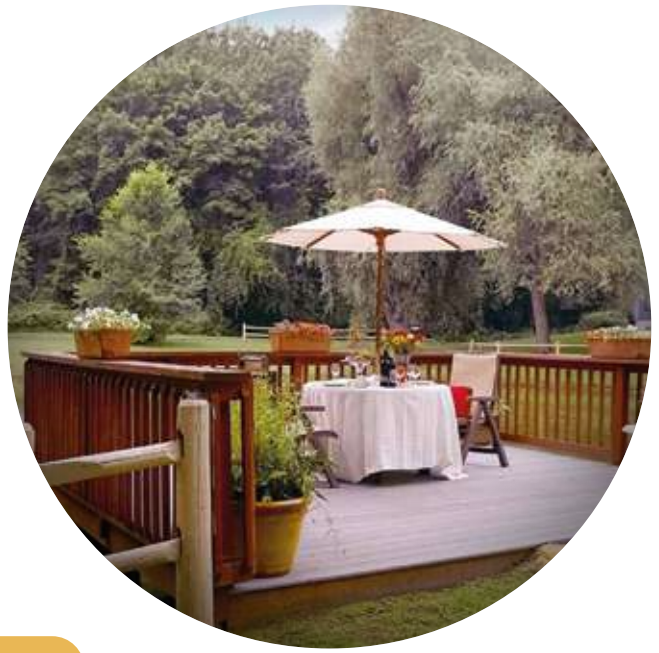
- Legacy Stories: Our compassionate staff will work with your loved one to help them record their personal story
- Around the World: Each month our community picks a foreign culture to explore and learn about
- Time Capsules: We work with residents to create a safe-box of keepsakes to calm, stimulate and lift residents' spirits
- Private bathrooms equipped with grab bars for stability and safety
- Family support groups that are held quarterly throughout the year providing you with an open forum to discuss your feelings, concerns and victories
- A spacious ground-level floor plan including common areas, activity rooms and a living room
- 24-hour emergency response system
- Expansive wander paths for safe exploring
- Communication presentations to help you and your family have positive visits
- Dedicated sensitivity training for all of our staff



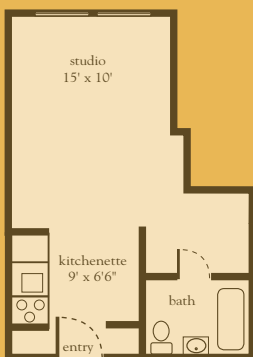


# PEREGRINE SENIOR LIVING AT CROSSGATE

an Independent  
and Assisted Living  
Community



One Bedroom



Studio

## APARTMENT FEATURES

- All utilities except cable TV and phone
- 24-hour emergency response system
- Private bathrooms equipped with walk-in showers and grab bars
- Kitchenette complete with refrigerator
- Individually controlled heating and air conditioning
- Pets welcome, some restrictions apply
- Units range from a 263 sq. ft. studio to a 563 sq. ft. apartment

## PEREGRINE LIVING SURROUNDED BY BEAUTY AND PERSONALIZED CARE

Among the peaceful surroundings of Crossgate, our assisted living community is open for tours and accepting applications.

## The Right Living Space for Your Needs

Peregrine Senior Living at Crossgate offers multiple floor plans.





## PEREGRINE SENIOR LIVING AT DELMAR PLACE an Assisted Living Community

### PEREGRINE LIVING SURROUNDED BY BEAUTY AND PERSONALIZED CARE

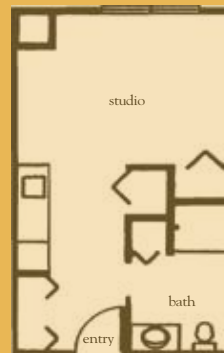
Among the peaceful surroundings of Delmar Place, our assisted living community is open for tours and accepting applications.

### The Right Living Space for Your Needs

Peregrine Senior Living at Delmar Place offers multiple floor plans.



One Bedroom



Studio

## APARTMENT FEATURES

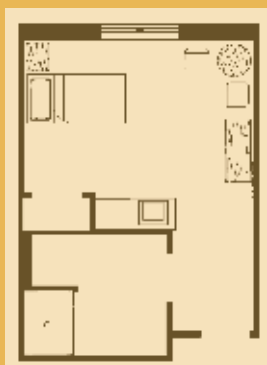
- All utilities are included
- 24-hour emergency response system
- Private bathrooms equipped with walk-in showers and grab bars
- Individually controlled heating and air conditioning
- Pets welcome, some restrictions apply
- Units range from a 258 sq. ft. studio to a 635 sq. ft. apartment



# PEREGRINE SENIOR LIVING AT SHAKER an Assisted Living & Memory Care Community



One Bedroom



Studio

## APARTMENT FEATURES

- All utilities except cable TV and phone
- 24-hour emergency response system
- Private bathrooms equipped with walk-in showers and grab bars
- Kitchenette complete with refrigerator and microwave
- Individually controlled heating and air conditioning
- Pets welcome, some restrictions apply
- Units range from a 263 sq. ft. studio to a 588 sq. ft. apartment

## PEREGRINE LIVING SURROUNDED BY BEAUTY AND PERSONALIZED CARE

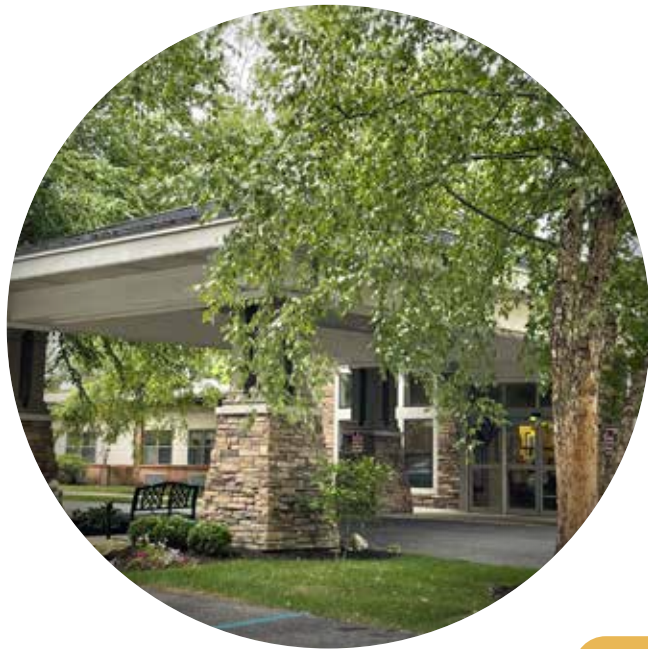
Among the peaceful surroundings of Shaker, our assisted living community is open for tours and accepting applications.

## The Right Living Space for Your Needs

Peregrine Senior Living at Shaker offers multiple floor plans.







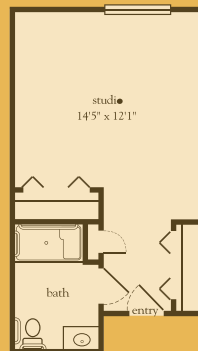
## PEREGRINE SENIOR LIVING AT GUILDERLAND an Assisted Living & Memory Care Community

### PEREGRINE LIVING SURROUNDED BY BEAUTY AND PERSONALIZED CARE

Among the peaceful surroundings of Guilderland, our assisted living community is open for tours and accepting applications.

### The Right Living Space for Your Needs

Peregrine Senior Living at Guilderland offers multiple floor plans.



Studio

### APARTMENT FEATURES

- All utilities except cable TV and phone
- 24-hour emergency response system
- Private bathrooms equipped with walk-in showers and grab bars
- Individually controlled heating and air conditioning
- Pets welcome, some restrictions apply
- Units range from a 263 sq. ft. studio to a 383 sq. ft. apartment

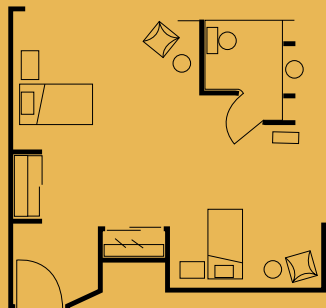


# PEREGRINE SENIOR LIVING AT CLIFTON PARK a Memory Care Community

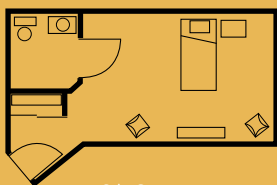


## APARTMENT FEATURES

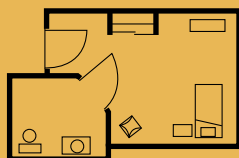
- All utilities except cable TV and phone
- Pets welcome, some restrictions apply
- Units range from a 257 sq. ft. suite to a 431 sq. ft. companion suite



Suite B  
431 sq. ft.



Suite G  
292 sq. ft.



Suite D

## PEREGRINE LIVING SURROUNDED BY BEAUTY AND PERSONALIZED CARE

Among the peaceful surroundings of Clifton Park, our senior community specializing in memory care is open for tours and accepting reservations.

## The Right Living Space for Your Needs

Peregrine Senior Living at Clifton Park offers private and double occupancy floor plans. Examples of the configurations available are shown on the left.





## PEREGRINE SENIOR LIVING AT COLONIE a Memory Care Community

### PEREGRINE LIVING SURROUNDED BY BEAUTY AND PERSONALIZED CARE

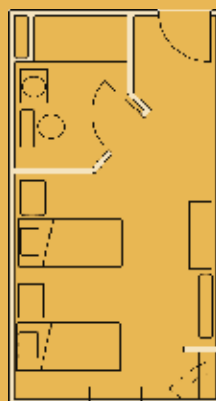
Among the peaceful surroundings of Colonie, our newest assisted living community is open for tours and leasing reservations.

### The Right Living Space for Your Needs

Peregrine Senior Living at Colonie offers private suites and companion suites. Examples of the configurations available are shown on the right.



Private Suite  
243 sq. ft.  
(Rooms A1-A5, A8-A15, B16-B32,  
C33-C37, C40-C47, D48-D64)



Companion Suite  
290 sq. ft.  
(Rooms A6, A7, C38, & C39)

## APARTMENT FEATURES

- All utilities except phone
- 24-hour emergency response pendant system
- Private bathrooms equipped with grab bars
- Wheelchair-accessible private shower rooms
- Individually controlled heating and air conditioning
- Pets welcome!
- Units range from a 243 sq. ft. private suite to a 290 sq. ft. companion suite



# ALBANY

**Write the next chapter of your life in Albany, New York  
Discover new passions and a lifestyle filled with purpose.**

## **CHANGING THE EXPECTATIONS OF AGING.**

At Peregrine Senior Living, we are redefining retirement living every day, inspiring residents to uncover more purpose and fulfillment in their daily lives. Here, you can relax and carve your own path, knowing exceptional care is available should your needs change.

## **PERSONAL GROWTH, NEW PASSIONS AND A LIFESTYLE FILLED WITH PURPOSE.**

We support our residents through every stage of retirement, with care, convenience and all the ingredients for healthy aging. We call it The Peregrine Way®. Independent living, assisted living and memory care: everything you need for continued spiritual, intellectual and emotional growth is right here.

## **New to Albany and Saratoga County?**

An inspiring mix of history, world-class museums, stunning architecture, and natural beauty, as well as a hot spot for the craft beer industry, Albany is considered one of New York's best places to live. Albany is the capital city of the Empire state, located on the west bank of the Hudson River and surrounded by mountain ranges, approximately 135 miles north of New York City. Originally inhabited by the Algonquin Indian tribes, Albany's history goes back 400 years and it is one of the oldest surviving European settlements from the original 13 colonies. The electric motor and telegraph were pioneered in Albany, and the city has remained a center for railroads and international trade.

Weather in Albany is a mix of warm summers and cold, snowy winters. Year-round, it's easy to find fun and interesting places to visit, including the striking State Capitol Building and grounds, New York State Museum, and Albany Institute of History, or an afternoon exploring Albany's many craft beer breweries. The mix of culture, higher education, natural vistas of the nearby Catskills and Adirondack Mountains and rich history make this an ideal retirement destination.



Enjoying a spirited, worry-free lifestyle where you can enjoy a wide variety of opportunities to stimulate mind, body and spirit is what retirement should be, and the Albany area offers ample opportunities to do just that:



## DESTINATIONS

Moored on the Hudson River in Albany, New York, the USS SLATER has undergone an extensive restoration that has returned the ship to her former glory. Tour the museum and learn more about this famed destroyer that was one of 563 escorts during World War II. Explore mysterious underwater worlds in 37 exhibits in the expansive VIA Aquarium. Try your luck at one of the world's greatest sporting venues, the famed Saratoga Race Course, which comes alive every summer featuring the best in horse racing. Take in 19th century architectural grandeur as you explore the NYS Capitol Building, built by hand over a period of 32 years.



## FESTIVALS

Albany's well-stocked with lively festivals for every interest. Soak in the beauty of 140,000 blooming and colorful tulips during the annual Tulip Festival, a sparkling showcase of local culture and business held each spring in Washington Park. Music lovers will feel at home during September's Albany Riverfront Jazz Festival with its mix of jazz greats and upcoming stars. Great music, great food, great fun! Love to read? The Albany Book Festival, presented by the New York State Writers Institute, is for you. More than 100 authors and poets attend, offering discussions, literary vendors, book signings, writing workshops and more.





## ARTS

Some of the finest collections showcasing the art, history and culture of the Upper Hudson Valley region are on view at the Albany Institute of History and Art. Theater buffs will want to attend an exciting show at the historic and beloved Palace Theatre, built in 1931 and considered a historic landmark. And when it comes to a different perspective on the arts, check out The Egg Center for The Performing Arts, known as “the Egg” for its unique shape. Audiences revel in its excellent acoustics and intimate atmosphere as they enjoy stellar performances. Residents also enjoy taking in music and Broadway caliber musicals at the historic Proctor’s Theater in Schenectady.

## LEARNING

Studies show that an aging brain can grow new pathways when stimulated, which makes Albany a smart choice for a retirement destination. Opportunities abound for learning about the city’s interesting history and culture. At the New York State Museum, you can learn about everything from stone tools to fossils to Native American artifacts to fire engines to New York’s state gemstone (garnet). New York state residents over 60 can enroll in two credit courses a semester, offered by the State University of New York (SUNY) system, free of charge. There are also continuing education opportunities at a variety of other local colleges and universities, such as: Hudson Valley Community College; Schenectady County Community College; Union College; College of Saint Rose and more.

## LOCAL FARMERS MARKETS

Fresh is good, and farmers markets make it fun. At Guilderland Farmers Market, you'll find farm-fresh cooked food, live music, crafts, repurposed items, artwork, flowers and plants, wood and more. Since 2008, Schenectady Greenmarket has been a popular stop for fresh local produce and artisan goods from over 60 diverse vendors in a festive community atmosphere. Each week, vendors donate fresh produce, artisan bread and eggs to City Mission of Schenectady. For fruits, vegetables, meat, eggs, poultry, milk, cheese, baked goods, honey, maple syrup and more, visit the Delmar Farmers Market, or the Troy Waterfront Farmers Market.

## WALKING TRAILS & NATURE

Whether you are a bird lover, a hiker, or you just love to gaze at the beauty of nearby mountains, you'll love what the Albany area has to offer. Take a pleasant walk through Six Mile Waterworks Park, which includes a lake stocked with rainbow trout (with fishing platforms), picnic tables and grills, as well as walking trails and a playground. Stretch yourself a little further on the 9-mile Albany County Helderberg-Hudson Rail Trail, a walkway along the old Delaware & Hudson Railroads. It is fully paved, and a great place to spot wildlife. For a true step into nature, you can't miss the Albany Pine Bush Preserve. Enjoy an experience that immerses you in geological, natural and cultural history, with 20 miles of trails and an accessible interpretive center open seven days a week. More than 80 species of birds frequent the preserve's forests, fields, wetlands and shrublands. Wildlife is abundant as well in this special area located between the majestic Catskill and Adirondack mountains.

## VOLUNTEER OPPORTUNITIES

Research shows that older adults who volunteer live longer, healthier lives. Senior volunteers have lower mortality rates, fewer incidences of depression, and better functional abilities. You can search for opportunities on Albany.com. Another source of opportunities is LifePath Supportive Services for Older Adults. In addition, a helping hand is always appreciated at local charities like Habitat for Humanity, Meals on Wheels, United Way, and the Humane Society.



## RELIGIOUS ORGANIZATIONS

The Albany area is rife with community-focused religious organizations, many of which provide programming with seniors in mind. Christ the King Church, St. Pius X Church, and St. Thomas the Apostle Church, for example, partner with Peregrine Senior Living to provide transportation, as well as in-community programming.

There are a variety of other resources, organizations, and places of worship throughout the Albany area. Visitors and residents enjoy observing at: Albany Baptist Church, Christ Lutheran Church, Emmaus United Methodist Church, St. Sophia Greek Orthodox, Temple Israel, and Masjid Al Hidayya, among many others.

## SENIOR ORGANIZATIONS

For an overview of services and resources geared to seniors, check out Albany and Saratoga County Department of Aging. You'll find information on transportation, nutrition, community events, and more. The senior adult program at The Sidney Albert Albany Jewish Community Center offers programs, events and more to help seniors socialize and stay physically active and mentally alert. The LifePath Supportive Center for Older Adults offers instruction ranging from memory improvement to financial management to making the most of Medicare.





# RESOURCES & LOCAL CONTACTS

## MOVING & STORAGE

### **Organize Senior Moves**

PO Box 673, Glenmont NY 12077

518-621-6568

[www.organizeseniormoves.com](http://www.organizeseniormoves.com)

## REAL ESTATE

### **Re/Max Capital – Theodora D’Amico**

12 Wade Road, Latham, NY 12110

518-421-8436

[www.theosellshomes.com](http://www.theosellshomes.com)

### **Howard Hanna – Jessica Hurta**

203-257-9745

[www.JessicaSellsNYRealEstate.com](http://www.JessicaSellsNYRealEstate.com)

## HOME CARE

### **Touching Hearts At Home**

13 British American Blvd, Suite 2, Latham, NY 12110

518-250-6867

[www.touchinghearts.com/capitaldistrict](http://www.touchinghearts.com/capitaldistrict)



# TESTIMONIALS



*The people there are great and very helpful. I have no complaints. We picked this community, because it was bright-sunny, and the people were nice. I would recommend to other families, and I have already recommended to others.*

*Everyone is friendly and they communicate with family well on all care issues. I like the dining options and food.... chef is the best. They are like a family there.*

*This is a very nice place for our loved one. They have friendly and professional staff here. I would recommend the community to others for their loved ones. The aides and nurses truly care about the residents and it shows. The staff communication with the family is very good. They are willing to talk about my loved one and answer any questions I have. Corn Hole, arts and crafts, board games, parachutes, walks around the building, outings, and more are some of the activities offered for the residents to participate in.*

*Everything at this facility has met or exceeded my expectations. The staff is very helpful and friendly. My brother likes the food. Everything is clean. I sleep well knowing that my brother is safe, happy, and well cared for.*

*This community is a fine place to be. They have activities and the community is clean and attractive and I would recommend this community to others.*

*My dad has been living at Peregrine for almost a month. We had been concerned that he would not transition well from his own home to Peregrine. Our concerns were unfounded. My dad loves the facility and staff. Everyone is kind and patient. The facility is bright and cheerful and there are always activities to participate in. Dad raves about the meals. We are so happy with Peregrine.*

*This is a great place for anyone struggling with dementia. The staff are warm and friendly and its a brand new place and clean every time my wife and I visit. The past 6 months have been great for my Mom and she is much happier now. I would recommend this place to anyone looking for care of a family member.*



*A very well organized facility. The staff really care about the residents. They had a lot of activities that even include families and they did a lot to keep everyone busy. I would recommend this community to others.*

*My mom is doing really well here and I like that she is able to be a part of the activities and field trips with the other residents. The staff in the Memory Care are great with her they make sure that she stays busy and she likes going down to the dining room as well. I would definitely recommend this community as the staff really care here.*

# NOTES



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# Touching Hearts AT HOME

We empower older adults to age in place and avoid hospitalization by providing compassionate and reliable non-medical home care. We also provide a short-term solution to your long-term plan, which may include assisted living or memory care. Our care partners are screened, trained, insured and supervised.

## **OUR AWARD-WINNING SERVICES INCLUDE:**

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[www.touchinghearts.com/capitaldistrict](http://www.touchinghearts.com/capitaldistrict)

[jharvey@touchingheartsny.com](mailto:jharvey@touchingheartsny.com)

13 British American Blvd, Suite 2, Latham, NY 12110



# Organize Senior Moves



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## *Helping Seniors Make Their Moves*



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- Oversee whole move • Experienced 500+ moves



Michelle Kavanaugh Anastasi established Organize Senior Moves in 2012 to help seniors manage the transition from one home to another.

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This will be the best move you’ve ever made!!!”**