



CONNECTIONS NEWSLETTER

of

Shenendehowa Neighbors Connecting, Inc.

Welcome and greetings from your Village, Shenendehowa Neighbors Connecting. We have been busy adapting our many in-person connecting events to comply with our new environment and wanted to keep in touch with you, our members. Our reassurance phone calls have been well received and we are pleased to have no reports of virus infection.



Our July 27th Day at Wiawaka Center in Lake George was spectacular, with great weather, beautiful historic grounds, and a dip in Lake George for



the 15 participants who thoroughly enjoyed the day. Many thanks to Pat Hart for organizing and coordinating this event!

Unfortunately, our breakfast presentation, “Let’s Get Connected” for July 29th needed to be postponed due COVID 19 concerns, but is being rescheduled for Fall 2020 or Spring 2021 pending public health recommendations. This presentation focused on using our SNC website for its many features.

One feature of our website, **Upcoming Events**, has been moved to our Home Page. Please visit our Home Page on which you can directly sign up for these virtual programs: **Remaining Healthy and Independent with Technology**



Explore a variety of technologies that allow seniors to remain independent in their homes including: medical systems, wearables, telemedicine, home safety, “smart” appliances, digital assistants, and transportation. See demonstrations of a diabetes monitor, an Apple Watch, and Alexa voice activation controlling home settings.

- **Date:** Wednesday, August 19
- **Time:** 1:00 p.m. – 3:00 p.m.
- **Location:** Register (click on the event)at www.snc.clubexpress.com

August-September 2020

Ease of Movement

We sometimes think pain and arthritis are inevitable parts of aging, right? Wrong! In this presentation, taught by John Murphy a Physical Therapist, you will gain a better understanding of the root cause of arthritis in order to reverse the problem and move more easily. You will hear the steps you can take to stop the cause, so the disease process can begin to reverse itself.

- **Date:** Tuesday, September 8
- **Time:** 1:00 p.m.-2:30 p.m.
- **Location:** Register (click on the event) at www.snc.clubexpress.com (Registration begins August 4st.)

Journaling & Memoir Writing

Sponsored by CAPTAIN/Care Links of Southern Saratoga County:

Journaling is a great way to make sense of crazy times like the ones we're in! This series will focus on journaling techniques to record daily events as well as creating memory threads to write a memoir. No experience needed to participate.

- **Dates:** August 12, 19, and 26
- **Time:** 1:00 p.m.-2:30 p.m.
- **Location:** Registration is free; participation is limited so register early at Janine Cammarata's website: www.janinedetilliocammarata.com.

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

Please join us in our programs and stay connected!

Sincerely,

SNC Membership Committee

Shenendehowa Neighbors Connecting. Inc.
P.O. Box 4588
Halfmoon, New York 12065
(518) 801-4517
www.snc.clubexpress.com