

PO Box 5, Schaghticoke NY, 12154

**Welcome to the Community Life Newsletter. As we move through April into May/June 2025, we want to take a moment to thank you for your continued support and commitment to our mission. Together, we are making a difference in the communities of Town of Schaghticoke, Pittstown and around the northern Rensselaer and Washington County.  
In This Issue:**

**Officers of Community Life Support, Inc. Active Board Members** **for 2025**: David Smith, Tanya Lipinski, Debra Barton, Dawn Knauss, Deanna Rohloff, Christine Barton, Nikki Simoncavage.

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| *President* | Lynne Hardy |
| *Vice-President* | Elizabeth Baker |
| *Secretary* | Heather Fronckowiak |
| *Finance Secretary* | Sharon Kosowsky |
| *Business Manager* | Sue Pritt |
| *Treasurer* | Ted Wright |

**Mission Statement:** Community Life Support, Inc.’s mission is to provide multiple approaches that encourage healthy lifestyles through education, services, and opportunities. Community Life Support, Inc.’s desires to build community capacity through volunteer opportunities, activities, events, and services. Community Life and all its branches are hosted at the Presbyterian Church. Contact Liz Baker 518- 461-2155 for further info or to offer assistance, speak with anyone on the board or to volunteer for any of our programs or the Food Pantry

**A Brief History**: Born out of a ‘community builders group’ in 2017- 18. It began with 4 people and expanding as our mission to provide opportunities to bring the community together grew. In 2019 it became Community Life Support Inc. Our logo is a tree with multiple branches to represent the many branches of our work: The Schaghticoke Food Pantry, Health and Wellness, Community Center Initiative and the Greater Hoosic Valley community Business Alliance.

**GHV CBA**- our business alliance designed to gather all our cottage industries and service businesses together to support local small business through a membership that benefits them with advertising and advocacy and education. Information can be found at GHV.CBA.com. We are also listed as part of clsschaghticoke.com as well as our Facebook page. When May comes, we will send out our canvasing letter to all our currently registered visits and encourage them to sign up for the GHV-CBA Directory. More specifics can be found in the letter. We are hoping the local businesses will participate and reap the benefits of an alliance in our area of Rensselaer County. I will include a link <https://givebutter.com/tQYPIq> if you would like to join.

**Community Center Initiative** meets monthly at the Hoosic Valley High School – will be in Late May after budget/board vote. CCI is a grass roots group from the northern Rensselaer County with a broad focus on preparing for the future of the Schaghticoke area. We are currently in the survey phase and meeting to discuss the data we are getting and then move to the next steps. A survey for the community can be found at the link below. Surveys are distributed through Parents Space and to high school students 7- 12th grade through their social studies class. We want every voice to be heard. Besides the survey work CCI is interested in seeking land, support, and acknowledgment.

<https://docs.google.com/forms/d/e/1FAIpQLScryNX66jRhFOM3IzynmPPoVLtHDLUneyChupfLvIouhQArug/viewform>

**The Food Pantry is open e very Monday 9- 11 am (except for any holiday or snow school day is closed); Thursday 4-6 pm.**

The Food Pantry of Schaghticoke is happy to report a positive fund raiser with the basket raffle. Thank you all who worked, donated, or helped to plan this event. The funds raised go into the Food Pantry line item of CLS Budget to support the pantry if it needs to purchase any food or other items for the clients of the pantry in light of the changes in funding sources. We are entertaining an idea of monthly shoppers who can purchase items for the pantry- say- dish soap- or snack food. You will sign up for an item for the month. We would reimburse you for your purchases and we will pay you $5.00 for the effort.

The Food Pantry welcomes all who would like to volunteer their time. Reach out to Liz Baker for further info and to schedule a visit to the pantry to see if you are a good fit for what we do. Want to volunteer for a program, we would love to hear about it. Liz Baker or lenhardyny@gmail.com are your resource and contacts.

**Upcoming Calendar of Events Month of March- June 2025**

* Indoor Walking Club Monday’s 11- 12 in the dining room.
* Sewing Club- Tuesday 11-2 pm in the dining room.
* Tai Chi Club- Saturday 9-10 in dining room
* Feb 24-start Spring sessions- Monday Evening Yoga with Kelsey Richards- 6:30- 7:30- $10 per class pay instructor at Presbyterian United Church, 165 Main Street. Schaghticoke, NY
* Feb 26- March 5,12, 19, 26- Session 1- Wednesday's Yoga with Sharon Gavitt 10-11 am. Pay instructor 5 classes for $30 or $10 walk in fee. Session 2- April 2, 9, 16, 23, 30. Same arrangement- at Presbyterian United Church, 165 Main Street. Schaghticoke, NY
* Living with Cancer Support Group with Ted Wright- 3rd Monday of month calls 240-595-4511 to contact.
* April 12- Living Well Health Fair- Sponsored by Community Life Support – A gathering of health care professionals and other practitioners and groups to provide us with the most up to date information for living our best life. 10- 3pm at the HVCS gym.
* Community Meal- prepped by VFVFW- 5-6 pm. Ham, mashed potatoes, green beans, coleslaw, roll and cookies for dessert.
* April 16- CLS Board Meeting 6:30pm Dining room of Church
* April 25- Mental Health First Aid for Adults; A Mental Health Association of NY Free training offered by Community Life Support. Free. Register by calling 207-319-5307 or at the door for 8-hour class with morning light refreshments and lunch at noon. Open to all encouraging teachers and community leaders, churches, fire departments and rescue squad attendance.
* April 28- May 1- Prep for Community garage sale at the church- indoors and outdoors. Seeking donations of clothing in good repair- clean, household linens, curtains, dishes in good shape, pots and pans, small appliance working, soft cover books, puzzles, clean working toys, costume jewelry, tools. No hygiene products- soaps or hair cleansers- or used perfumes or lotions. This will benefit the church funds for building and other needs.
* May 2 12- 5 and Saturday 8:30- 3 pm Yard Sale- in church and outside as well. Bake sale will be on Saturday. Local Vendors can set up in and around the church lot if they like for a small donation. All proceeds will benefit structure work for the church.
* May 21 Food Pantry Meeting 6:30 pm- dining rm .
* June 14- Strawberry Fest- Volunteers are always needed to help with parking in small blocks of time- also for setting up and taking down set ups. Call Liz Baker 518- 461-2155.

**Volunteer Need**: We have learned from some folks of the community have a need for transportation for health and business appointments. We are not on the Flex Route yet- though I keep asking and poking for it- but if there are any folks with some free time and a willingness to help, please let me know- at 207-319-5307 and I will help to coordinate the needs. Thank you.

**Community Highlight**: Community Life Support- ***Health and Wellness Fair- focusing on Living the Good Life.* This event is 3 years old now. The goal of the event planners and CLS is to provide educational opportunities to the community about the 8 dimensions of health- environmental, emotional, financial, intellectual, occupational, physical, social and spiritual. Its not a new concept but for our area it gathers practitioners and professionals in one place for 3 hours to answer questions, provide instructive information and overall broaden all of ur awareness of who us is around living many wonderful roles. April 12 from 11- 2 visitors can talk with representatives and professionals for Tai Chi, Massage, rock climbing, Office of the Aging, Rensselaer county dept of health, medical insurances, veterans services, therapy dogs, Unity House. Joe’s Dough to Go will be onsite with his terrific, yummy food. The Bubble Guy will amaze us with the biggest bubbles I have ever seen. And our Fire Trucks will also be around for safety teaching. Come to the Elementary Gym and meet us and the folks who can help us all Live the Good Life.**

**April 12 is the draw date for the Fill the Freezer Raffle of 2025. This raffle will benefit the food pantry and its work to provide nourishing food to anyone who is hungry in our area. If you haven’t purchased your raffle ticket we will be selling tickets at the Health Fair. The Freezer and food items/gift certificate total about $1400. You are also invited to purchase your tickets on our Give Butter Link: https://givebutter.com/5tJYjN**

**New Ideas: Respond to me with your interest- 4 or more make a club. Lynne at 207-319-5307 text or call.**

1. Investment club-It is a good time to learn about the market and how to invest.
2. support group for any number of things- but maybe just to get through the chaos and fear of the next four years.
3. Cooking Clubs/Baking Club/Bread Club
4. Club that teaches about the difference between government and politics.
5. how to tell truth from fake news.
6. class on Writing a book.
7. Variety of genres for a Book Club
8. Making your own soup mixes, brownie mixes-

You never know where it will take you. As Dr. Suess says- ‘O The Places You Will Go…’

**Get Involved!** Your support is crucial to our mission. Here’s how you can help:  
• **Donate:** Every contribution, big or small, makes a difference. Visit this link on Give Butter for CLS support:  <https://givebutter.com/b1XrKv> to give.  
• **Spread the Word:** Share our mission with friends and family. Follow us on social media:  
• **Facebook:** Community Life Support; Website: CLSSchaghticoke.com  
Thank You! We are grateful for your support and commitment to making our community a better place. Together, we can achieve great things! For more information, visit our website at CLSSchaghticoke.com or contact us at [lenhardyny@gmail.com](mailto:lenhardyny@gmail.com)

**Board members are available to come and share our work with your group. Please call on us especially if you are interested in small business support and or the concept of a community center in the future of the Greater Hoosic Valley area.**

Warm regards,

The Board of Community Life Support of Schaghticoke, NY 2019 Inc

Lynne Hardy, president; 207-319-5307; [lenhardyny@gmail.com](mailto:lenhardyny@gmail.com)

**See upcoming Community Events and Opportunities: next page.**

A poster with a flower and text

AI-generated content may be incorrect.



A group of colorful eggs on a grassy hill

AI-generated content may be incorrect.

![A screen shot of a phone

AI-generated content may be incorrect.]()

![A poster for a music event

AI-generated content may be incorrect.]()

A flyer for a raffle

AI-generated content may be incorrect.A screenshot of a phone

AI-generated content may be incorrect.

A poster on the wall

AI-generated content may be incorrect.



A person looking at another person

AI-generated content may be incorrect.