

PO Box 5, Schaghticoke NY, 12154

January 2025: 1st Edition CLS Newsletter for the communities of Town of Schaghticoke, Pittstown and around the northern Rensselaer and Washington County

**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.

Welcome to the Community Life Newsletter, 1st Edition, January 2025
As we move through [month], 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 our community!
In This Issue: an introduction of Community Life and its board and leadership.

**Officers of Community Life Support, Inc.**

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

**Active Board Members** **for 2025**: Debra Barton, Dawn Knauss, Deanna Rohloff, Christine Barton, Nikki Simoncavage.
**A Brief History**: Community Life was born out of a Community Builders group in 2017- 18 that had its beginnings in the Presbyterian United Church. It began with 4 people and expanded outward as our desires to provide opportunities to bring the community together. 2019 brought some chaotic times including several local plus a federal government strike. This led to the formation of the Schaghticoke Food Pantry and the two entities applied together for nonprofit status which we were granted without difficulty. We became Community Life Support Inc. Our logo is a tree with multiple branches to represent the many branches of our work.

Perhaps you have attended a Strawberry Fest in June, Or Harvest Fest in late September or Christmas Around the Corner in November. That’s our builder’s branch. Did you come to a yoga or Tai Chi Class- that’s our health and wellness branch. Have you attended a basket raffle anniversary party or donated food at Shop and Save- that’s our food pantry branch. Through the years we have hosted financial education classes as well as multiple craft classes and Christmas gatherings. We are quietly active hoping we are inspiring you to be active in your community.

In 2024 we introduce 2 new branches of our tree- Greater Hoosic Valley Community Business Alliance and Community Center Initiative.

The **GHV CBA**- is an organization 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. We have a founders board found on GHV.CBA.com. We are also listed as part of clsschaghticoke.com as well as our Facebook page.

The newest branch is the **Community Center Initiative**. This is a grass roots group of folks from all over the northern Rensselaer County who are interested in the future of the Schaghticoke area. They recognize the need for a community hub area, a doctor or Nurse Practioner in town, dental clinics and Senior Housing. They began meeting in September and have a good following of folks all working on different aspects of what this Community Center could be. A survey for the community can be found at: <https://docs.google.com/forms/d/e/1FAIpQLScryNX66jRhFOM3IzynmPPoVLtHDLUneyChupfLvIouhQArug/viewform>

It will be distributed through Parents Space and to high school students 7- 12th grade through their social studies class. We want every voice to be heard. In the meantime we will keep meeting and seeking land, support, and acknowledgment.

Community Life and all its branches are currently hosted by the Presbyterian Church. We meet in the building and store items there as well. They are wonderful hosts and ardent supporters. 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
**• Upcoming Events** The new year is barely 30 days old and our calendar is filling with events and meetings for discussion and planning.

Here is what is up and coming:

Every Monday 11-12 Indoor Walking Club in Dining Room- Walk and Stretch to music- Free!

Tai Chi Club- Saturday 9-10 in dining room

Living with Cancer Support Group with Ted Wright- 3rd Mondy of month call 240-595-4511 to connect.

Feb 5- Soup Sale returns- $10/quart- Minestrone, Beef Barley, Lentil and Turkey Veg, Chili. Call m207- 319- 5307 to place your order by Feb 3rd.

Next Sales Days are Feb 19, March 5 and March 19.

Feb 8- Community Meal hosted by Trustco Bank- menu- Stuffed Shells, Salad and dessert.

Feb 10- Community Center Initiative Meeting – 6:15- HVCS- specific place to be announced.

Feb 19- Community Life Support Board Meeting 6:30- pm dining room

Yoga Classes will restart in February so watch the Facebook page for information and how to register.

March 15- Food Pantry Anniversary Baske Raffle- with Chili and Bake Sale and Joe’s Dough to Go! Come support the pantry enjoy some good food and purchase your baked goods and raffle tickets. Raffle tickets are $20 for 25 tickets. More than 50 baskets. Please reach out to Liz Baker to donate a basket or prizes for a basket- 518-461-2155 before March 10.

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.

June 14- Strawberry Fest- Volunteers are always needed to help with parking in small blocks of time- also for set up and take down, donations of baked goods to sell. Call Liz Baker 518- 461-2155. If you want to register for a table at the Fest- call Liz 518-461-2155 then register here: <https://givebutter.com/VPeCwm>

**• Volunteer Opportunities** CLS will need volunteers for Strawberry Fest as this is our ‘biggest event of the year. It happens at the fairgrounds and is attended by upwards of 500 people. The need will be for ‘set up, take down and parking cars’. 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

**Community Highlight:** The Schaghticoke Food Pantry is 6 years old this year. We serve between 30- 35 families in the Schaghticoke, Melrose, Johnsonville, and Valley Falls Region and along with Pittstown we provide holiday meals for all who request one.. This year we clocked over 1500 hours of volunteer time and 15000 pounds of food were processed through us to folks in our community. We had multiple farmers and gardeners who supported us all summer with fresh veggies and fruit right into the fall when they provided squash and potatoes and onions for our holiday meals. The pantry celebrated in January with a dinner at The Pines in Troy, NY. We gave out 4 awards- most hours- Sharon Kosowsky, 2nd most- Sue Pritt, 3rd most Sally Lesson. Every year the volunteers select their volunteer of the year- someone who goes above and beyond in one way or another. They selected Sally Lesson. CLS thanks the volunteers for their dedication and hard work. And congratulates them on their successful year of service. **Why use the pantry?** If your income is not enough for your bills and food budget, we would encourage you to use the pantry for food and take that money to pay a bill or by gas of fuel oil. Maybe your job is gone for multiple reasons, and your food is low, but you have a lead on a new job- next month- come to the pantry. Another example- you are older, and Social Security just isn’t enough- call us and come in – we can be sure you get healthy food so you stay healthy. We are here for you- anyone of you. **• Get Involved!** Would you like to be part of an investment club? It is a good time to learn about the market and how to invest. Perhaps you like reading about it but don’t want to put a whole lot in- come to the club and learn the undergirding. It will be fun and it will grow you in the community. How about a Cooking Club? A support group for any number of things- but maybe just to get through the chaos and fear of the next four years. A Club that teaches about the difference between government and politics. Or how to tell truth from fake news. Maybe a class on Writing a book. Or a variety of genres for a Book Club. These are just a few of the current suggestions we have received over the last 5 years. If one of these areas is your specialty or you have another specialty that is sharable then come out of hiding and volunteer to host a group or be part of the group. 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 GiveButter 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
Warm regards,

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