

PO Box 5, Schaghticoke NY, 12154

**Welcome to the Community Life Newsletter. As we move through March/April 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 |
| *FinanceSecretary* |  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.

The **GHV CBA**- is our newest 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. Information can be found at GHV.CBA.com. We are also listed as part of clsschaghticoke.com as well as our Facebook page.

**Community Center Initiative** is a grass roots group from the northern Rensselaer County interested in preparing for the future of the Schaghticoke area. CCI meets monthly at the Hoosic Valley High School – next on March 24 at 6:15 pm. CCI focus is the need for a community hub area, a doctor or Nurse Practioner in town, dental clinics and Senior Housing. Meeting began in September 2024. About 65 folks are working on different aspects of what this Community Center could be. A survey for the community can be found at 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. Beside 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.**

**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. Maybe your job is gone for multiple reasons, and your food is low, but you have a lead on a new job- come to the pantry. Another example- you are older, and Social Security just isn’t enough- come in – we can be sure you get healthy food so you stay healthy. We are here for you- anyone of you.

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.

**Youth looking to do community hours**- do a drive for the pantry- pick a product- body and hair care, household cleaners, dish and clothes wash, snacks for kids are the things we most need often

**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 call 240-595-4511 to contact.
* March 5- Soup Sale - $10/quart place your order by Tuesday March 4: Corn Chowder, Tomato Bisque, Cream of Potato, Split Pea. Call or text Lynne 207- 319- 5307 to order.
* The last Soup Sale will be March 19- orders in by March 17-Choices to be announced. Call or text Lynne 207- 319- 5307 to order.
* March 8- Community Meal hosted by HVCS- National Honor Society- chili, salad, rolls, cookies and brownies.
* March 24- Community Center Initiative Meeting – 6:15- HVCS- specific place to be announced.
* March 15- Food Pantry Anniversary Basket 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. 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.
* 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.
* 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, and  donations of baked goods to sell. Call Liz Baker 518- 461-2155.

**Volunteer Need**: We have learned from some of the community groups of the need for volunteers for transportation to and from appointments for those who no longer can drive due to illness or age or injury. 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:** March 2025 highlights the mission of free monthly Community Meals. The history of the community meal comes from the grant we received in 2018 from Troy Savings Bank Foundation to help fund our community commercial kitchen. Part of the agreement for the grant was that the CLS team would host free community meals on a monthly basis. CLS invites community groups to cook and serve a meal to the community, raising awareness of their group and work in the community. We have hosted the National Senior and Junior Honor Society, Baker Day Care Group, Victor Lodge Masons, Casale Insurance and M&T Bank, Trustco Bank, Chrissy’s, a Chef’s group, Cooking Clubs and others with great success. We have enjoyed October Fest German food, stuffed shells, meatloaf, ham, chili, Salisbury steak and other menus of goodness and plenty. The desserts have been delicious and the conversation endless. Our meals are open to the public and are the place to be seen on the Second Saturday of the month. Our back up kitchen team deserves a huge applause of recognition- Ted and Sue Wright, Dave Smith, Sue Pritt, Liz Baker, Dee Rohloff, Deb Barton and Dawn Knauss. They help with all aspects from set up to clean up. We could not do it without them.

**New Ideas: Respond to me with your interest- 4 or more make a club. Lynne ar 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

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