



Center Brunswick United Methodist Church

Latest news and bulletin updates

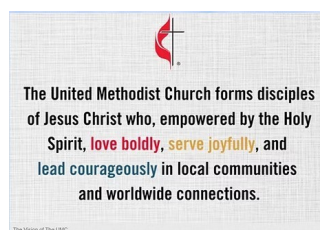
Fall 2025

Hello CBUMC community!
Currently we provide a quarterly publication. We welcome any additional columns, notes, or news of upcoming events. Submit them here cbumc990@outlook.com. We hope our project grows and we hope you enjoy it. Happy reading!

Choosing Faith

Is faith a gift or a choice? Is it something God does in us or something we do for God? Explore this partnership with God as our church community discusses our connected moments. We will be working to understand the many aspects of faith as we approach the advent sea-

son through our weekly Bible study and Sunday services.



Meetings and Events

Sunday Service 9:00am.
990 Hoosick Rd, Troy, NY 12180

Sunday School
Sundays 10:15 am.

Topic: Bible Study
Time: Thursday 10:00 am
Join Zoom Meeting
<https://us06web.zoom.us/j/92077854707>

Choir Practice
Thursdays at 7:00pm.
990 Hoosick Rd, Troy, NY 12180

Administration Meeting
Second Monday of Month
6:30 p.m.

See full calendar
[Click Here...](#)

Just For the Health of It

By Jeanine Santelli, PhD, RN, AGPCNP-BC, FAAN
Faith Community Nurse

Fall Immunizations

Health authorities anticipate several infectious diseases to be more prevalent, including influenza, COVID-19, and respiratory syncytial virus (RSV). This is a great time of year to make sure that you and your family are caught up on recommended vaccines!

Influenza Vaccination

The CDC recommends annual flu vaccination for all people ages 6

months and older.

While even healthy children and adults can experience severe influenza, the risk is higher for children younger than 5, adults 50 years and older, pregnant people, and those with conditions that weaken an individual's immune system.

Circulation of the flu virus has returned to pre-pandemic levels. In order to lower your risk

of severe influenza, make sure you and your family receive this year's flu vaccine by the end of October.

For more information on influenza vaccination, [click here](#).

COVID-19 Vaccination

Amid recent surges of COVID-19 cases across New York, it is important to remember that this virus continues to pose a threat,

Just For the Health of It. Cont. from pg1

especially for those who are most vulnerable. COVID-19 vaccines continue to be one of the best and safest ways to protect against severe illness and hospitalization. Studies have also found that COVID vaccines reduce the risk of developing Long COVID.

The updated COVID vaccines, also referred to as “boosters”, have been developed to target variants currently

circulating and are recommended for everyone 6 months of age and older. Keep in mind, vaccine protection against COVID-19 decreases over time, so it is important for your family to stay up to date with COVID-19 vaccine. The updated vaccine is available now so be sure to get yourself and your family vaccinated!

For more information on how you can stay up

to date with COVID-19 vaccines, [learn more here.](#)

RSV Vaccination

Respiratory syncytial virus, or RSV, is a common respiratory virus that usually causes mild, cold-like symptoms. But infants and older adults are more likely to develop severe RSV and may need hos-

pitalization. Vaccines are available to protect older adults from severe RSV. To prevent severe RSV disease in infants, the CDC recommends either maternal RSV vaccination or infant immunization with RSV monoclonal antibodies.

For more information on RSV vaccination,

learn more at the links below:

[RSV Vaccination Information for Adults Over 60](#)

[RSV Vaccination Information for Pregnant People](#)

[RSV Immunization for Infants and Young Children](#)

Vaccine Availability and Coverage

Vaccines are widely available at doctor's offices, pharmacies, clinics, local health departments, and Federally Qualified Health Centers.

[You can find vaccine appointments near you here.](#) If you are unable to get to any of these sites, your health care provider may be able to help.

The good news is that the flu, COVID-19, and RSV vaccines may all be given at the same visit for those who are eligible. If you have insurance, these vaccines should be free to you in most cases. For eligible children and adults, New York State provides some vaccines at no cost through the [Vaccines for Children](#) and [Vaccines for](#)

[Adults](#) programs.

School & Family Immunization

Missing school and feeling sick due to preventable illnesses can get in the way of success in school. Getting vaccinated is the best way to keep kids healthy and ensure that they are present through all their favorite school activities! We can

help children thrive this school year with regular check-ups and being sure they receive recommended vaccines. If you're unsure what vaccines are recommended for your child, talk to your child's health care provider or give the school nurse a call.

It's important to remember that older people are more likely to get sick if a child or other family member brings home an illness. Getting recommended vaccines can help keep the whole family safe from preventable diseases. For more information on which vaccines are recommended for you and your family, check out the [CDC Immunization Schedules](#).

VACCINES AND IMMUNIZATIONS



Watch Out for Scams in Our Area

By April Snow

Lately, folks around Albany have been getting hit with scams online, through text messages, and even on Facebook or X (formerly Twitter). These tricks can look very real, so it's good to be extra cautious.

Here are some of the common ones:

- **"Friend or family in trouble"** – Someone pretends to be a loved one

and asks for money fast.

- **Fake deals or rentals** – A bargain that looks too good to be true... usually is.
- **Phishing links** – A message that looks official but takes you to a fake site to steal your info.

A few easy tips:

- Pause before you click or reply.

- Double-check with the real person or group before sending money or sharing info.
- If something feels off, it probably is!

Let's all look out for one another. Share this with friends and family—scammers count on catching us when we're not paying attention



Sharing Bread, Sharing Community

How One Observation Sparked a Wave of Giving

It was a simple observation—food pantries in our community weren't receiving bread. Ann Austin noticed the gap and brought it to the attention of the



church administration. Recognizing both the need and the meaning bread holds in our faith, the admin decided: from now on, whenever we celebrate communion, bread would be brought in not only for the altar, but also for our neighbors.

After communion, the loaves are divided: half go to the Grafton food pantry, and half to Pittstown. This ensures both communities re-

ceive regular support and no one is left out. In August alone, we were able to provide 34 loaves, each a symbol of hope, comfort, and care for families facing hardship.

This new tradition is more than logistics; it is a reflection of the heart of our church—a commitment to turn worship into meaningful action. Volunteers deliver the bread, recipients express

heartfelt thanks, and everyone involved is reminded that small acts of kindness can have a lasting impact.

Ann Austin's attentive spirit and the admin's quick response have sparked something lasting. As we move forward, may we continue to notice needs, speak up, and act together—ensuring that daily bread and community care remain at the center of our shared life.

Limited Mobility Dance Classes

By Jeanine Santelli, PhD, RN, AGPCNP-BC, FAAN

We had so much fun dancing every Saturday in August! We made new friends and learned new steps. Kevin McNamara was our professional dance instructor, and we were able to afford his services thanks to a grant from the Troy Savings Bank Charitable Foundation. Ten members of the community laughed and danced together learning FoxTrot and Rumba moves.



Trustees' Busy Summer: Campus Improvements and Repairs

Dedication and Teamwork Shine Through

This summer, our trustees demonstrated extraordinary commitment, tackling a host of repairs and improvements to keep our campus safe, functional, and inviting. Their efforts have touched nearly every corner of our facilities.

- **Sunday School Shed:** A new handle was installed, making access easier for teachers and volunteers.
- **Parsonage Office Entrance:** The storm door was removed, offering a refreshed entryway and improved curb appeal.
- **Parsonage Decluttering:** Broken and obsolete items, including a refrigerator and dishwasher,

were cleared out, opening space for future improvements.

- **Pest Control:** Thomas Pest Control was contracted to address bees, mice, and ants at the parsonage, with quarterly follow-ups scheduled for six months.
- **Jubilation Station Gathering Room:** When the ceiling collapsed, trustees quickly removed debris and replaced the ceiling. Curtains were also washed and rehung, restoring the space for meetings and celebrations.
- **Parking Lot:** April completed the striping, providing safer and more organized parking

for visitors.

- **Piano Relocation:** Three pianos were moved, and the new electronic Yamaha was installed in front of the organ, enriching musical experiences for all.
- **Front Step Board:** Repairs made the entry safer for all guests.
- **Basement Sump:** A cracked pipe was fixed and a backflow preventer installed, protecting against future flooding.
- **Parsonage Doors and Steps:** The storm door was repaired again, and the back step out the sliding door was fixed, ensuring safe transitions inside and outside the

home.

Each project, large or small, showcases the trustees' spirit of stewardship and teamwork. Their dedication has resolved pressing issues and laid the foundation for a thriving campus. As summer comes to a close, the visible improvements—from easier access and safer steps to cleaner rooms and lively music—are daily reminders of their hard work.



Celebrating Marcia Smith's 100th Birthday

Join Us in Showering Marcia with Birthday Cards!



This October, the CBUMC family has the distinct pleasure of celebrating a truly remarkable milestone—Marcia Smith's 100th birthday. On October 12, Marcia

will turn a century old, and we are thrilled to honor a beloved member whose legacy and spirit have been an integral part of our congregation for many years.

Marcia's dedication, kindness, and unwavering faith have touched countless lives within our community.

From her gentle encouragement to her steadfast participation in church activities, Marcia exemplifies the warmth and generosity that make CBUMC a home for so

many. To mark this extraordinary occasion, we invite everyone to join us in a special tribute—let's shower Marcia with birthday cards!

Your messages of love, gratitude, and celebration will surely brighten Marcia's special day. Whether you share a favorite memory, a heartfelt wish, or simply let Marcia know she is cherished, your card will be a meaningful gift for someone who has given so much to others over the years.

Please send your birthday greetings to:

Marcia Smith

5 Prout Ave,

Troy, NY 12180

Let's come together as a church family to create a joyful cascade of well-wishes that honors Marcia's centennial. Here's to celebrating 100 years of an extraordinary life—one card at a time!