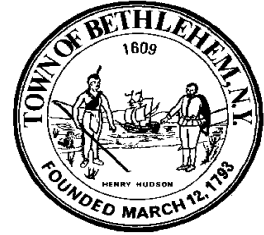


# Senior Services News



Volume 14, Issue 1

January and February 2010

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**Inside this issue:**

**Shopping Schedule**

**Transportation Information**

**News You Can Use!**

**Social Programs**



**Happy New Year**

The Official Bi-monthly Publication of  
Bethlehem Senior Services  
Town of Bethlehem

445 Delaware Avenue, Delmar, N.Y. 12054  
(518) 439-4955 #1176 or email us at:  
jbecker@townofbethlehem.org  
Website: [www.townofbethlehem.org](http://www.townofbethlehem.org)

**BETHLEHEM SENIOR SERVICES DEPARTMENT** provides information and referrals to services and programs for independently living residents of the Town, age 60 and over. The Senior Services Office is located in Room 110 of the Bethlehem Town Hall, 445 Delaware Avenue in Delmar, N.Y. and is open weekdays from 8:30 a.m. to 4:30 p.m.

**Are you interested in receiving the  
Senior Services News via email?**

Currently, the Senior Services News is available in the Senior Services office or by accessing the Town of Bethlehem website at [www.townofbethlehem.org](http://www.townofbethlehem.org). If you are interested in receiving the newsletter via your email, please call 439-4955, extension #1176 and add your name and e-mail address to our list or email Elizabeth Mosier at [emosier@townofbethlehem.org](mailto:emosier@townofbethlehem.org). with your request.



## Weekly Grocery Shopping

*Wednesday . . . Residents of Elsmere, Delmar, Slingerlands,  
North Bethlehem and Marie Rose Manor*  
(Hannaford in Delaware Plaza - Price Chopper in Slingerlands)

\* \* \*

*Thursday . . . Residents of Glenmont, Selkirk, South Bethlehem*  
(Hannaford in Delaware Plaza - Price Chopper in Glenmont)

\* \* \*

*Friday . . . Residents of Good Samaritan Senior Housing and Van Allen Senior Apartments*  
(Hannaford in Delaware Plaza - Price Chopper in Glenmont)

### *Plan ahead for the winter months!*

#### January Shopping Schedule

	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Hannaford	6	7	8
Price Chopper	13	14	15
Hannaford	20	21	22
Price Chopper	27	28	29

#### February Shopping Schedule

	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Hannaford	3	4	5
Price Chopper	10	11	12
Hannaford	17	18	19
Price Chopper	24	25	26

### **Do you need a driver's refresher course?**

#### A.A.R.P. Mature Driving Program

**Course fee: \$12.00, A.A.R.P. member (must present card), \$14.00 for non-members**

**Checks payable to: A.A.R.P.**

A.A.R.P. offers a Mature Driving Course each month. Generally, the course is offered once a month on a selected Thursday and Friday from 12:30 p.m. to 4:30 p.m. at the Bethlehem Town Hall, 445 Delaware Aveue in Delmar.

Reservations are accepted on the **FIRST business day of each month the course is held, in person only, on a first come basis, beginning at 9:00 a.m.** If space permits, phone reservations will be accepted by calling 439-4955, extension #1176 on the **SEC-OND** business day of each month the course is held from 8:30 a.m. to 4:30 p.m.

January 14th and 15th

12:30 p.m. to 4:30 p.m.

Reservations: Monday, January 4th-in person

February 25th and 26th

12:30 p.m. to 4:30 p.m.

Reservations: Monday, February 1st-in person

# Bethlehem Senior Transportation News

## Bethlehem Senior Transportation Service

As a cooperative effort, Bethlehem Senior Services and Bethlehem Senior Projects, Inc., provide transportation for independently living Town residents, age 60 and over, to medical, dental, therapy and clinic appointments, grocery stores and a variety of social and recreational programs. The service, which is strictly “curb to curb” includes cars, vans and handicapped accessible vehicles with hydraulic wheelchair lifts. Reservations can be made, up to a year in advance, by calling 439-5770, Monday through Friday, from 9:00 a.m. to 3:00 p.m. Residents are encouraged ***NOT*** to make appointments after 2:00 p.m. For program specifics and limitations, a detailed transportation brochure is available in the Town of Bethlehem Senior Services office or on the town website at [www.townofbethlehem.org](http://www.townofbethlehem.org).



### Shopping Center Trips

**Whether it's post-holiday shopping or to return holiday items, join us on one of our shopping adventures during the months of January and February!**

Bethlehem Senior Transportation will offer transportation to area malls on the following dates:



Monday, January 4, 2010  
Wal-Mart in Glenmont

Monday, February 1, 2010  
Colonie Center & Northway Mall

### January and February Town Hall Closings

Friday, January 1, 2010  
*Happy New Year-Welcome 2010*

Monday, January 18, 2010  
(Martin Luther King, Jr.'s Birthday observed)

Monday, February 15, 2010  
(President's Day)



**Just a reminder. . .**  
**Allergy to Perfume in the Air**  
**Are you a considerate traveler?**



Many people suffer from symptoms caused by exposure to perfumes in the air such as perfume worn by others. If you plan to ride on senior transportation for a medical appointment, groceries or a social event, please keep in mind that perfumes may cause others to become ill, many seriously ill.

Thanks to all!



# Health and Wellness Program



Perhaps your New Year's resolution is to begin attending a new program series that focuses on various health and wellness issues. Programs will be held on Fridays from 1:00 p.m. - 2:00 p.m., January through March, at Bethlehem Town Hall, Room 101, 445 Delaware Ave., Delmar. All are welcome to attend.

A "Lunch Out" option, cost on your own, is available for each of the programs at the Windowbox Café in Slingerlands. Either enjoy the program only (no reservations needed) or join us for lunch and the program (lunch reservations required by calling 439-4955 #1176) on any or all of the following days:

## **January 8, 2010**

### **Stretch your Food Dollar**

*Presenter: Sandra Varno, MS, RD, CDN  
Cornell Cooperative Extension of Albany County*

As food prices continue to climb, learn ways to spend less on food without sacrificing taste or nutrition. Develop strategies for reducing waste, planning better and shopping smarter in this interactive workshop.

## **January 15, 2010**

### **ZUMBA-Gold**

*Presenter: Mark Thurman, Wellness Director,  
YMCA*

Zumba-Gold is an exciting, fun program aimed for the active adult, true beginner, and/or people who are not used to exercising. Zumba works all parts of the body including the mind! Get ready for a feel good workout with a Latin flare! Wear comfortable shoes!

## **January 22, 2010**

### **Living Successfully with Hearing Loss**

*Presenter: Debra Trees Au.D,  
St. Peter's Hearing and Speech Department*

Hearing is just one half of the communication pathway, and an important part of our lives. When we don't hear, we tend to pull out of social situations; not remember what was said (simply because we didn't hear it in the first place) and we can sometimes seem a little "out of it." You will learn hints for coping with hearing impairments and solutions for improvement.

## **January 29, 2010**

### **Fraud and Scams**

*Presenter: Maurice Padula  
NYS Attorney General's Office  
Consumer Fraud and Protection Bureau*

Learn ways to protect yourself from identity theft, predatory lending, financial exploitations and scam artists.

## **February 5, 2010**

### **Balance Therapy**

*Presenter: Laura Gras, PT, DSc, GCS  
Physical Therapist*

Falls are a major problem for older adults. Balance issues are the most likely cause of a fall. This session will focus on exercise for balance as well as a risk screening by a physical therapist.

## **February 12, 2010**

### **Sleep from A to Zzz's**

*Presenter: Victoria Bueno  
MVP, Community Health Educator*

Learn how chronic sleep deprivation can cause serious health problems and what you can do to improve your sleep without medication.

## **February 19, 2010**

### **Chair Yoga**

*Presenter: Mark Thurman, Wellness Director, YMCA*

While using a chair, this class connects traditional yogic postures and breathing for improved overall mind and body balance. This class is designed for active older adults. Anyone looking to increase flexibility, range of motion, and core strength is welcome to attend. This class will incorporate breathing techniques, yoga, and body rolling.

## **February 26, 2010**

### **Whole Grain Goodness**

*Presenter: Sandra Varno, MS, RD, CDN  
Cornell Cooperative Extension of Albany County*

The US Dietary Guidelines encourage us to make half our grains whole. This hands-on class including food preparation and recipe sampling will show how easy it is to attain that goal. Whole grain recipes for breakfast, lunch and dinner will be included.

## *News You Can Use!*

*For information or reservations on any of these programs, call 439-4955, extension #1176.*

### **What is Outreach?**

Senior Services Outreach workers are social workers trained to work with older adults and their families regarding issues related to the aging process. Outreach workers are aware of the various programs and services available to you as you age. If you have questions about community resources, the Outreach workers are available by telephone, in the office by appointment, or they can visit you at your home. For more information, please call 439-4955, extension #1176.



### **Senior Discussion Group**

The Senior Discussion Group, facilitated by Jane Sanders, LMSW, targets current news events, human interest stories and reminisces about the past.

Generally, the group meets the first Wednesday of each month from 10:30 a.m. until noon in Room 107 of the Bethlehem Town Hall.

Transportation can be arranged by calling 439-4955, extension #1176.

During the months of January and February the group will meet on Wednesdays, January 6th and February 3rd.

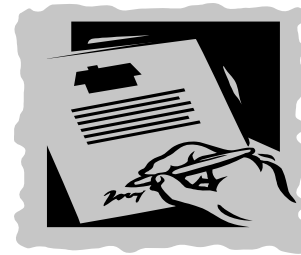


### ***It's that time of the year, again!***

#### **A.A.R.P. Tax Counseling Service**

Bethlehem Senior Services will offer A.A.R.P.'s Income Tax Assistance Program on Tuesdays from February 2nd through April 13th from 9:00 a.m. to 3:00 p.m. at the Bethlehem Town Hall, 445 Delaware Avenue in Delmar.

**After January 4, 2010**, appointments may be made by calling 439-4955, ext. #1176. Please bring copies of your 2009 Federal and State returns with your W-2, 1099 forms and receipts for contributions, interest, medical bills and property/school tax receipts.



## *News You Can Use!*

*For information or reservations on any of these programs, call 439-4955, extension #1176.*

### **Albany County Veterans Service Bureau**

A Veterans Service Officer will be available, by appointment, the third Tuesday of each month between 12:30 p.m. and 2:15 p.m., to meet with veterans and/or family members to present information about various veterans' benefits such as:

- Disability & Education Benefits
- Burial Allowances, Headstones and Flags
- Pension and/or Compensation benefits
- Aid and Attendance benefits
- Upgrading military discharges
- Certificates of eligibility for VA loans to purchase a home or business needs
- Obtaining copies of lost discharges (DD-214) and medical records

Tuesdays

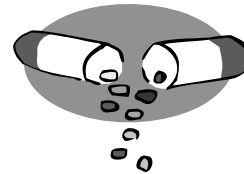
January 19th and February 16th

Bethlehem Town Hall  
445 Delaware Ave.  
Delmar, NY 12054

### **EPIC**

*Help with prescription costs*

EPIC is New York State's Elderly Pharmaceutical Insurance Program for people age 65 or older. There are two types of EPIC coverage, the fee plan and the deductible plan. If you qualify for this program, you can get three months of medications for \$20.00 or less. EPIC may cover your drug costs during the "donut hole" or "gap" in Medicare Part D. If you are single and your income is less than \$35,000, or married and your income is less than \$50,000, please contact one of the Outreach Workers for more information.



**Check it out!**



### **Food Stamp Assistance and Albany County Department of Social Services Medicaid Representative**

On the second Monday of each month from 10:00 a.m. to Noon a representative from the Legal Aid Society and an Albany County Department of Social Services Medicaid representative will be available at the Bethlehem Town Hall to answer your Medicaid and food stamp questions and help with applications. To make an appointment, call 439-4955, ext. #1176.

**Monday, January 11th  
and  
Monday, February 8th**

### **Senior Legal Services Program**

The Senior Legal Services Program provides legal services for residents of Albany County who are 60 years of age or older. The program is funded by the Albany County Department for Aging and is staffed through the Legal Aid Society of Northeastern New York, Inc.

Location: Bethlehem Town Hall  
Dates: Thursdays, January 14th and  
February 11th  
Time: 10:30 a.m. to NOON  
Reservations: Please call Bethlehem Senior Services  
439-4955 ext. #1176 for an appointment

***There is no cost for this program.***

## *News You Can Use!*

*For information or reservations on any of these programs, call 439-4955, extension #1176.*

### **Alzheimer's Disease Support Group**

Are you caring for a loved one who has been diagnosed with dementia?

Do you want to share your concerns, your successes, and your frustrations with others who will understand?

Join us on the fourth Wednesday of each month from 10:30 a.m. until noon at the Bethlehem Town Hall, 445 Delaware Avenue in Delmar. The Alzheimer's Disease Support Group, is facilitated by Jane Sanders, LMSW.

Transportation can be arranged by calling 439-4955, extension 1176.

During the months of January and February the group will meet on Wednesdays, January 27th and February 24th.

**The group is co-sponsored by  
Bethlehem Senior Services and the  
Alzheimer's Association.**

### **Lifeline Telephone Discount**

*Help with the cost of your telephone bill*

Phone companies provide a service to help low income customers save about \$100.00 per year on their local telephone bills. If you are eligible for Food Stamp Assistance or HEAP, you may be eligible for a significant discount on your telephone bill each month.



**Avoid cabin fever by joining a last minute  
adventure . . . . .**

### **Theatre On-Call**

Do you enjoy going to the theater, a movie or a concert? It is very difficult to plan and purchase tickets during the winter months. Since program safety is an important concern, weather conditions make it extremely difficult to commit to dates and programs. However, many times we can look in our weather "crystal ball" 5 to 7 days in advance and see that a week offers wonderful weather conditions. We wish to offer the idea, "Theater On-Call." If you are interested in this "short notice" idea for a winter activity, add your name to our list and we will contact you 5 to 7 days in advance to see if you might be interested in going out on the town!

To add your name to our "Theater On-Call" list, call Elizabeth in the Senior Services office at 439-4955, extension 1176.

## *News You Can Use!*

*For information or reservations on any of these programs, call 439-4955, extension #1176.*

### **Help us to help others!**

#### **The Bethlehem Food Pantry**

The Bethlehem Food Pantry is located at the Bethlehem Town Hall, 445 Delaware Ave., Delmar, New York. It is run through Bethlehem Senior Projects, Inc. with help from Bethlehem Senior Outreach workers, and is kept stocked through the generosity of individuals and groups within the community. Senior Services volunteers keep the shelves in order and make sure that a supply of food and store gift certificates are kept on hand for special needs.

During the past year, over 1,000 individuals utilized our pantry. At holiday times throughout the year, food pantry volunteers work with civic, church and community groups to provide special gifts for low-income elderly individuals and families.

**During the months of January and February, the Bethlehem Food Pantry is in need of the following: coffee, tea, ketchup, cleaning supplies, laundry detergent, dish liquid, canned meats and canned fruits.**

Donations may be dropped off at the Town Hall Senior Services Department, the Bethlehem YMCA, Bethlehem Public Library or Delmar Marketplace.

**If you, or someone you know, wants more information about using the Bethlehem Food Pantry, please call 439-4955, ext. #1173, #1174 or #1175.**

#### **H.E.A.P. Application Assistance 2009-10**

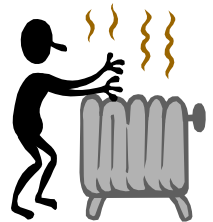
Available for all County residents regardless of age on the following dates:

*Wednesday, January 20th and February 17th*

*(Appointments preferred, but not required)*

*Bethlehem Town Hall—Room 110*

*4:30 p.m. to 6:30 p.m.*



The Home Energy Assistance Program helps individuals on fixed or low incomes (proposed financial guidelines of \$2030 per month for 1 individual or \$2,657 for 2 individuals) with energy-related bills.

Please bring the following:

**Income:** Proof of *all* household income for the 4 most recent weeks

**Address:** Rent receipt, or lease, or mortgage, or water-sewer bill

**Household Composition:** Social Security Card for all applicants, Birth Certificate for children under 6

**Fuel/Utility Bill:** Most recent fuel or utility bill, or statement from landlord if utilities included in rent

**Resources:** (For emergency applications only) Statement claiming zero resources, bank statement showing current balance, IRA statements on day you apply

**AFTER NOVEMBER 1st, if you are age 60 or over,** Outreach workers Jane Sanders, Will Vail and Alice Parker are available to assist you with H.E.A.P. applications Monday through Friday **by appointment.** To schedule an appointment, call 439-4955, ext. #1173, #1174 or #1175.

# Social and Recreation Programs

## Social Program Reservations

Reservations for Bethlehem Senior Services Social and Recreation Programs are received on a first come first served basis in person in the Senior Services office or by calling 439-4955, extension #1176 on the first working day of the first month of issue of the Newsletter.

Payment for program participation should be received when you signup. Individuals with special needs or who require assistance to participate in senior programs should indicate those specific needs at the time of sign-up.

*A frequently asked question. . . . .*

If I am ill on the day of a program, how do I call the office?

If you signed up for a program offered after regular business hours and need to cancel due to illness or a family emergency, call 439-4955 and press 1169. . . wait for the voice mail of Joyce Becker and leave a message. Many times our programs have a "waiting list" and we can possibly offer another person the opportunity to attend. If a "waiting list" is unavailable, no refunds or credits will be issued.

**It's Not Just Basketball. . .**

**It's Siena Basketball!**



Thursday, January 21, 2010

Tip-off: 7:00 p.m.

Team: Loyola

Cost: Tickets purchased at the door

Weather permitting, join a group of sports enthusiasts for an evening of Siena basketball at the Times Union Arena.

Bethlehem Senior Transportation will leave from the Town Hall at 6:00 p.m. Home pickup is not available for this event (Suggested van donation: \$5.00)

*Start the New Year with Breakfast-Out!*

Breakfast at Carappoli's Family Restaurant in Delmar  
Saturday, January 9, 2010  
Cost: Breakfast on your own

Join us for breakfast at Carappoli's Family Restaurant in Delaware Plaza in Delmar followed by post-holiday conversation. It's a great way to get together with old friends and make new ones!

Bethlehem Senior Transportation will leave the Town Hall at approximately 9:00 a.m. Home pickup is available on a pre-arranged basis. (Suggested van donation: \$3.00)



Capital Repertory Company

"Betrayal"

By Harold Pinter

Wednesday, January 27, 2010

Cost: \$10.00, Checks payable to:

Town of Bethlehem (theatre ticket only)

Dinner-Out at Panera Bread

Cost for dinner: On your own

Join us for the 2:00 p.m. student/senior matinee performance of "Betrayal" and an early dinner at Panera Bread in Glenmont.

Capital Rep's production of "Betrayal" deals with a classic dramatic love triangle that entangles a married couple, Emma and Robert, with their close friend, Jerry, with whom Emma has an affair. The inventive story unfolds by moving backwards in time, from the end of the affair to the beginning providing compelling themes of marital infidelity, duplicity and self-deception.

Bethlehem Senior Transportation will leave from the Town Hall at 12:30 p.m. Home pickup is available on a pre-arranged basis. (Suggested van donation: \$5.00)

# And more.....Social and Recreation Programs

## ***Another Breakfast-Out for the New Year!***



**Breakfast at the Gateway Diner in Albany  
Saturday, January 30, 2010  
Cost: Breakfast on your own**

Join us for breakfast and conversation at the Gateway Diner in Albany.

Bethlehem Senior Transportation will leave the Town Hall at approximately 9:00 a.m. Home pickup is available on a pre-arranged basis. (Suggested van donation: \$3.00)

## **Meals . . . Music and More!**

**Wednesday, February 3, 2010**

**Where: First Reformed Church of Bethlehem, 38 Church Road in Selkirk**

**When: 1:00 p.m. to 2:30 p.m.**

On Wednesday, February 3rd, join us for lunch followed by a musical program at the First Reformed Church of Bethlehem in Selkirk. Lunch is served from 1:00 p.m. to 1:30 p.m. followed by a musical performance by Tommy Ippolito. The lunch menu on this day is chicken parmesan with ziti and dessert.

A suggested meal contribution of \$2.50 for seniors and \$5.00 for those under the age of 60 is accepted. Voluntary contributions for the musical performances are welcome and allow for future expansion in the number of performances each year.

***Reservations are necessary.*** Please contact Elizabeth at the Bethlehem Senior Services Department at 439-4955, ext. 1176. Limited transportation is available. If you need transportation in order to participate in the program, please ask about availability when making your meal reservation.

This program is sponsored by Bethlehem Senior Services and Bethlehem Senior Projects, Inc. and supported by the Albany County Department for Aging, Senior Projects of Ravana and Stars Intergen Corporation.

**Bethlehem Central Middle School  
Presents the musical....*The Music Man*  
Early supper at Mercato's in Delmar  
Tuesday, February 2, 2010  
7:00 p.m.—Auditorium**

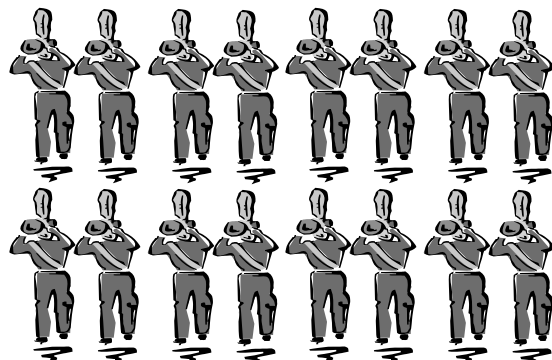
**Cost: \$5.00 (seniors), day of the event (at the door)**

**Early supper cost: On your own**

Join us for an early supper at Mercato's in Delmar and the 7:00 p.m. musical performance of "*The Music Man*" at the Bethlehem Central Middle School.

The "Music Man" takes place in River City, Iowa. The year is 1912, a period in United States history marked by optimism, patriotism, and a strong sense of community. A traveling salesman, "Professor" Harold Hill, arrives in River City intrigued by the challenge of swindling the stubborn natives of Iowa. Masquerading as a traveling band instructor, Professor Hill plans to con the citizens of River City into paying him to create a boy's marching band, including instruments, uniforms and music instruction. Once he has collected the money and the instruments and the uniforms have arrived, he will hop the next train out of town leaving them without their money or a band! Join us for an evening of toe tapping music and fun with "The Music Man".

Bethlehem Senior Transportation will leave the Town Hall at approximately 4:30 p.m. Home pickup is available on a pre-arranged basis. (Suggested van donation: \$3.00)



# And more.....Social and Recreation Programs

## Curtain Call Theatre

**Curtain Call Theatre offers year-round theatre in an intimate setting!**

**Old Loudon Rd. in Latham**

**Sunday, February 7, 2010**

**Time: 3:00 p.m.**

**“Chemical Imbalance: A Jekyll and Hyde Story”**

**By Lauren Wilson**

**Cost: \$20.00, Checks payable to:**

**Town of Bethlehem (theatre ticket only)**

A regional premiere, “Chemical Imbalance” is an ingenious comedy of horrors that is based on Robert Louis Stevenson’s, Dr. Jekyll and Mr. Hyde. This play is a fast paced romp of the man experimenting with good and evil. Wilson’s play is a mixture of Oscar Wilde and Mary Poppins with a touch of the Grand Guignol. The humor is non-stop in this remarkable entertaining afternoon at the theatre.

**Just a reminder to all—no lunch or dinner is served on this trip. So.....be a pleasant traveler and have an early lunch before going!**

Bethlehem Senior Transportation will leave the Town Hall at approximately 1:30 p.m. Home pickup is available on a pre-arranged basis. (Suggested van donation: \$5.00)

## ***Breakfast-Out In February!***

**Breakfast at the Wolf Road Diner in Colonie**

**Saturday, February 20, 2010**

**Cost: Breakfast on your own**

Join us for breakfast and conversation at the Wolf Road Diner in Colonie.

Bethlehem Senior Transportation will leave the Town Hall at approximately 9:00 a.m. Home pickup is available on a pre-arranged basis. (Suggested van donation: \$3.00)

## **Post Valentine Day Dinner-Out**

**Carappoli’s Family Restaurant**

**Delaware Plaza in Delmar**

**Tuesday, February 16, 2010**

**Cost: \$18.00, includes tax and gratuity**

**(choose from any of Carappoli’s regular menu selections)**

On Tuesday evening, February 16th, join us for an evening dinner at a new area restaurant, Carappoli’s. Individual menu entrée selections will be available and include a choice of soup or salad, dessert and your beverage!

Carappoli’s is dedicated to making your dining experience satisfying and pleasurable.

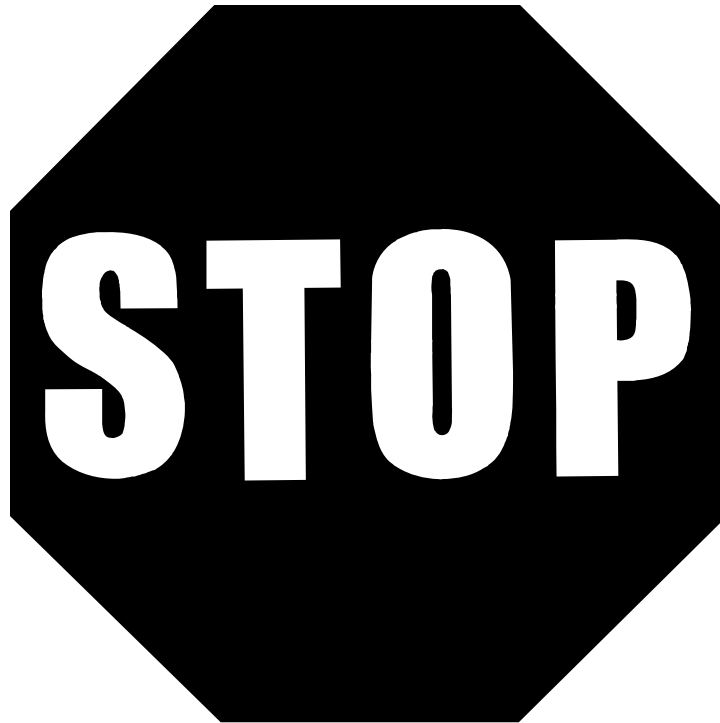
Owner and Four Star Chef, Joseph Marino was raised in the Capital District and has cultivated his culinary talents for twenty five years. After temporarily relocating to Long Island, he distinguished himself as the Executive Chef at the prestigious Garden City Hotel, cooking for dignitaries and many movie stars. His creations were featured in International Food Shows. Chef Marino was a guest Chef for such productions as “Dining Out on Long Island” and “Bloomingdale’s Celebrity Chef”. He has been featured locally in both the Times Union and on Channel 10.

And now, Chef Marino is bringing his unique style and exceptional sauté dishes to Delmar in Delaware Plaza!

Bethlehem Senior Transportation will leave the Town Hall at approximately 4:30 p.m. Home pickup is available on a pre-arranged basis. (Suggested van donation: \$5.00)



# Do you feel sick?



You may have the flu if you have  
fever or chills

AND

a cough or sore throat

You may also have a runny nose, body aches, a  
headache, tiredness, diarrhea, or vomiting

**If you think you have the flu, please stay  
home. Call your health care provider  
regarding your medical care.**