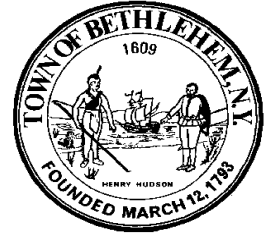


# Senior Services News



Volume 15, Issue 3

May and June and early July 2012

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**William A. Vail**  
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**Alice Parker**  
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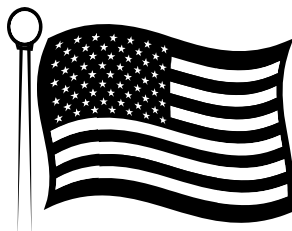
**Inside this issue:**

**Shopping Schedule**

**Outreach Programs**

**Social Programs**

**Community News**



The Official Bi-monthly Publication of  
Bethlehem Senior Services

Town of Bethlehem

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## **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.

\*An "independently living resident of the Town" is a person who lives in a home or apartment in the Town of Bethlehem and does not reside in an adult care facility, retirement community, skilled nursing facility or rehabilitation facility. A proof of residency may be requested.

## **May Town Hall Closing**

Monday, May 28, 2012

*Memorial Day*

**Take your family to the Memorial Day Parade!**

**Monday, May 28th**

**Kickoff 11:00 a.m.**





## 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)

### May Shopping Schedule

	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Hannaford	2	3	4
Price Chopper	9	10	11
Hannaford	16	17	18
Price Chopper	23	24	25
Hannaford	30	31	

### June Shopping Schedule

	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Hannaford			1
Price Chopper	6	7	8
Hannaford	13	14	15
Price Chopper	20	21	22
Hannaford	27	28	29

### A.A.R.P. 55 Alive Safe Driving Courses

Reservations are accepted 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. in the Bethlehem Town Hall. If space permits, phone reservations will be accepted by calling 439-4955, #1176, the following business day from 8:30 a.m. to 4:30 p.m.

Wednesday, May 16, 2012

Or

Wednesday, June 20, 2012

(Both dates are a one day class with a break for lunch)

9:00 a.m. to 4:00 p.m.

**Registration: Tuesday, May 1st (May class)**

**Friday, June 1st (June class)**

Instructor: Bob Greenman

The course fee is \$17.00 for AARP members (must present card) or \$19.00 for non-members.

Checks only—payable to A.A.R.P.

Classes are held at the Bethlehem Town Hall,  
445 Delaware Ave., Delmar, NY 12054.

### YOUTH EMPLOYMENT SERVICE

The Youth Employment Service (Y.E.S.) is a free, year round job matching programs for teens.

#### **Do You Need Part-time Help?**

The Youth Employment Services has a large database of reliable teens eager for part-time work.

Town of Bethlehem residents needing help with housework, yard work, babysitting, animal care or handyman work, may contact Y.E.S.

For information, contact Rachel Promutico,  
Y.E.S. Director at 439-4955, #1608 or  
yes@townofbethlehem.org



**Consider Y.E.S. for help planting  
your spring and summer flowers!**

# 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

**Join us on one of our shopping adventures during the upcoming months!**

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

Monday, May 7th  
Walmart - Glenmont

Monday, June 4th  
Colonie Center &  
Northway Mall

Monday, July 2nd  
Walmart - Glenmont



## Holiday Transportation Schedule

There will be no transportation on the following days:

Monday, May 28, 2012  
Memorial Day observed  
and

Wednesday, July 4th  
Independence Day

The Bethlehem Town Hall is closed for regular business on these days..

## Transportation for Voting

**Bethlehem Central School Budget  
and  
Bethlehem Public Library/Trustee Vote  
Tuesday, May 15, 2012**

**Bethlehem Central High School  
700 Delaware Avenue in Delmar**

**Morning only-Reservations: 439-5770**  
**(If you are going on your own, polls are open from 7:00 a.m. to 9:00 p.m.)**

## *News You Can Use!*

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

*Program location: Bethlehem Town Hall, 445 Delaware Ave. in Delmar*

### **What is Outreach?**

Senior Services Outreach workers are social workers trained to work with older adults and their families regarding issues such as health insurance, housing concerns, health and income related programs and more! 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, #1176.

#### **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.

**Thursday, May 10th  
Thursday, June 14th**

**10:30 a.m. to NOON**

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

#### **Check it out!**

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

On the second Monday of each month a representative from the Legal Aid Society and an Albany County Department of Social Services Medicaid representative will be available to answer your Medicaid and food stamp questions and help with applications.



**Monday, May 14th  
Monday, June 11th**

**10:00 a.m. to NOON**

#### **Support Groups**

#### **Caregiver's Support Group**

***Are you caring for a loved one who has been diagnosed  
with Alzheimer's or another dementia?***

**Wednesday, May 23rd  
Wednesday, June 27th**

**10:30 to NOON**



#### **Senior Discussion Group**

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

**Wednesday, May 2nd  
Wednesday, June 6th  
Wednesday, July 11th**

**10:30 a.m. to NOON**

**Are you turning 65 this year?**

#### **Medicare Basics**

**Thursday, June 28, 2012**

**10:00 a.m. to NOON**

**Come learn about the basics of Medicare and EPIC, New York State's Senior Prescription Plan presented on various days throughout the year. What does Medicare cover? Do you need additional insurance? What is Medicare Part D?**

**Presented by Janet Kiffney, HIICAP Volunteer for Albany County (Health Insurance Information, Counseling & Assistance Program) and Candy Rivera-Whitehead, EPIC Outreach Representative**

# Social and Recreation Programs

## Social Program Reservations

Reservations for Bethlehem Senior Services Social and Recreation Programs are reserved on a first-come first-served basis in person in the Senior Services office or by calling 439-4955, #1176 on the first working day of the first month of issue of the Newsletter. Payment for program participation should be received when you sign-up. 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 not available, the cost of the theatre ticket or group dinner may be the responsibility of the participant.

### Meals . . . Music and More!

Tuesday, May 1, 2012

Where: First Reformed Church of Bethlehem



38 Church Road in Selkirk

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

On Tuesday, May 1st, 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 featuring Tommy Ippolito (accordion). The lunch menu is herb roasted chicken, rice and broccoli followed by a 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, #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.



The Del Mariners

Present

"Songs and Ballads of the Sea"

Bethlehem Public Library

451 Delaware Avenue in Delmar

Friday, May 4, 2012

Program time: 1:00 p.m.

Lunch-Out at the Windowbox Café

Lunch cost: On your own

Join us for the Bethlehem Public Library's musical program, "Songs and Ballads of the Sea" presented by The Del Mariners - Will Vail, Phil Teumim and Ron Tweedie. Either enjoy the program only (no reservations needed) or join us for lunch prior to the program (reservations required: 439-4955, #1176) at the Windowbox Café in Slingerlands.

Bethlehem Senior Transportation will leave the Town Hall at approximately 11:00 a.m. Home pickup is available on a pre-arranged basis. (Suggested van donation: \$3.00)

This program is co-sponsored by Bethlehem Senior Services and Bethlehem Senior Projects, Inc.

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

## Roast Beef Dinner

Sponsored by

Berne Volunteer Fire Company & Fire Auxiliary

Berne Fire Department

Sunday, May 6, 2012

Dinner served at NOON

Cost: \$12.00, at the door

Take Outs - \$13.00

Join us for a Sunday roast beef dinner at the Berne Fire Department in Berne, N.Y. The menu of the day will include: roast beef, mashed potatoes, gravy, cabbage salad, homemade pickles, vegetables, homemade applesauce, rolls, coffee, tea, milk and home-made pies!

Bethlehem Senior Transportation will leave the Bethlehem Town Hall at approximately 10:30 a.m. Home pickup is available on a pre-arranged basis.

(Suggested van donation: \$5.00)



## C-R Productions at the Cohoes Music Hall

“Hair”

Saturday, May 12, 2012

Time: 3:00 p.m. matinee

Cost: \$26.00

Checks payable to: Town of Bethlehem



Join us for the 3:00 p.m. matinee performance of “Hair” at the Cohoes Music Hall.

“Hair” tells the story of Vietnam era youths awkwardly but exuberantly creating their own rite of passage through the confusion around them. Among them are Claude and Berger, a pair of friends battling against Claude’s draft notice, and Sheila, who is in love with both of them. However, Sheila’s politically active lifestyle leaves her little time to act on her feelings for both men. Ultimately, Claude decides that the hippie life isn’t for him and goes to serve during the Vietnam War.

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

## The Friendship Singers Spring Concert and

Supper Out at Panera Bread

“Still Singin’ and Swingin’”

Friday, May 18, 2012

Concert Time: 7:30 p.m.

Delmar Reformed Church, 386 Delaware Ave. in Delmar

Cost: Dinner on your own

Concert Donation: Senior Emergency Assistance Fund

Checks payable to: Bethlehem Senior Projects, Inc.



30 Year Anniversary!

Let’s begin our evening with supper at Panera Bread followed by the Friendship Singers concert, featuring songs such as “In the Mood”, “All that Jazz”, “Mr. Sandman”, and a musical salute to George Cohan. The concert begins at 7:30 p.m. at the Delmar Reformed Church on Delaware Avenue in Delmar.

At this year’s concert, donations will benefit Bethlehem Senior Projects, Inc.’s Senior Emergency Assistance Plan. Bethlehem Senior Projects, Inc. is a 501(c)(3) not-for-profit corporation. The organization provides funding for projects that support independence and community involvement for older residents of the Town of Bethlehem.

Bethlehem Senior Transportation will leave the Bethlehem 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

**Santa Lucia presents. . . .**  
**“Music for all Occasions”**  
**Bethlehem Public Library**  
**451 Delaware Avenue in Delmar**  
**Friday, June 1, 2012**  
**Program time: 1:00 p.m.**  
**Lunch-Out at the Windowbox Café**  
**Lunch cost: On your own**

Join us for the Bethlehem Public Library’s musical program, “Music for All Occasions”, featuring the group, Sana Lucia. Either enjoy the program only (no reservations needed) or join us for lunch prior to the program (reservations required: 439-4955, #1176) at the Windowbox Café in Slingerlands.

Bethlehem Senior Transportation will leave the Town Hall at approximately 11:00 a.m. Home pickup is available on a pre-arranged basis. (Suggested van donation: \$3.00)

This program is co-sponsored by Bethlehem Senior Services and Bethlehem Senior Projects, Inc.



**Meals . . . Music and More!**  
**Tuesday, June 5, 2012**  
**Where: First Reformed Church of Bethlehem**  
**38 Church Rd. in Selkirk**  
**When: 1:00 p.m. to 2:30 p.m.**

On Tuesday, June 5th, 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 “Two Broads with Alotta Sound”. The lunch menu is to be announced closer to the date of the program.

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, #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.



**Theatre and Dinner Out!**  
**The Mac-Haydn Theatre, Inc.**  
**Chatham, New York**  
**Sunday, June 3, 2012**  
**Time: 2:00 p.m.**  
**“Nunsense”**  
**Dinner: Winding Brook Country Club**  
**Cost: \$41.00 (theatre & dinner)**  
**Checks payable to: *Town of Bethlehem***

Join us on Sunday, June 3rd for the 2:00 p.m. matinee performance of “Nunsense” and dinner at Winding Brook Country Club in Valatia, New York.

“Nunsense” is a musical show that welcomes those zany nuns back and in the habit to prove that they’re “Holier Than Thou” and ready to “Tackle That Temptation with A Time Step”. So, “Turn Up the Spotlight” and enjoy an afternoon of unrepentant fun! “Nunsense” is full of songs and promises many laughs.

After the play, dinner will be offered at a local favorite restaurant, “Winding Brook Country Club”. The Country Club is nestled between the Berkshire and Catskill mountains in a serene part of Valatia New York. The Country Club is privately owned and operated in a comfortable atmosphere.

Bethlehem Senior Transportation will leave the Town Hall at approximately Noon. Home pickup is available on a pre-arranged basis. (Suggested van donation: \$10.00)



**Dinner Out**  
**Chicken 'n Biscuits &**  
**Strawberry Shortcake**  
**Unionville Reformed Church**  
**Saturday, June 16, 2012**  
**Time: 4:30 p.m. (dinner served)**  
**Cost: \$10.00 at the door**

Join us for a Saturday early evening chicken and biscuit supper at the Unionville Reformed Church.

Bethlehem Senior Transportation will leave the Town Hall at approximately 3-3:30 p.m. Home pickup is available on a pre-arranged basis. (Suggested van donation: \$3.00)

# Community News

**Second Milers Club**  
**Wednesday, May 9th**  
**Normanside Country Club**  
**Cost: Lunch on your own**

The Second Milers Club for retired men will continue their 2012 meeting schedule with a musical program, presented by the Friendship Singers. The program will feature their new program of song and dance at the Normanside Country Club restaurant.

The club meets at noon on the second Wednesday of each month for lunch, fellowship, and a short program featuring a local speaker or musical group. New members are always welcome, and there are no dues or other obligations.

For further information or to make a reservation please call John Alden at 475-1864 or Bob Mulligan at 439-3802.

**The Savvy Caregiver Program**  
**(A free, five-week course designed**  
**to enhance your care giving skills)**  
**Wednesdays, July 11, 18, 25, August 1 and 8**  
**10:00 a.m.-Noon**  
**Bethlehem Lutheran Church - Lounge area**  
**85 Elm Avenue in Delmar**  
**867-4999, #209 or**  
**email to: [Jamie.mott@alz.org](mailto:Jamie.mott@alz.org)**

**Register today! Class size is limited!**

The Savvy Caregiver course is designed to provide persons caring for a family member with Alzheimer's disease or other forms of dementia with some of the skills necessary to cope with the various states of the illness. It will also emphasize the many rewards associated with care giving.

The program will give caregivers a degree of competence that should prove helpful in dealing with the stress factor that often accompanies his or her role in dealing with a loved one afflicted with a long-term illness. The program is sponsored by the Eddy Alzheimer's Services through Marjorie Doyle Rockwell Center and taught by Bill Hinrichs, Director of Programs and Services and Karen Britt, Western Region Program Manager .



**Bethlehem Senior Citizens, Inc.**

Bethlehem Senior Citizen's, Inc. is a social organization with yearly dues of \$5.00 (Golden Age membership for those 90 years of age or older is Free, if they admit it). Membership is limited to people who are age 55 years or older and reside in the Town of Bethlehem and/or the Bethlehem Central School District.

The group meets on Thursdays from 11:30 a.m. to 4:00 p.m. in the auditorium of the Bethlehem Town Hall, 445 Delaware Ave. in Delmar. A monthly business meeting is the first Thursday of each month. Announcements are made every other week along with any special events that cannot occur on the first Thursday.

**Social Fees** - All members need to sign in at the front table as you enter from the main front hall to the Auditorium. A weekly fee of 50¢ (fifty cents) is received when you sign in. Informational materials are available for your convenience. These monies also help to pay for ongoing expenses of the organization.

For further information, please call Bethlehem Senior Services at 439-4955, #1176.



**Come play cards, Mah Jongg, or bingo**  
**and meet new friends!**

**Bridge Group**  
**Do you enjoy an afternoon of bridge?**

If so, consider joining a group at St. Stephen's Church from 11:30 a.m. until 2:45 p.m. each Friday.

Coffee, tea and cookies are served. Feel free to bring your own lunch. Dues are \$1.00 each week.

To inquire about the group or if you need information, call St. Stephen's Church at 439-3265.

**Mark your calendar!**

Saturday, May 5th  
Town of Bethlehem  
**Household Hazardous Waste Day**  
Time 8:00 a.m. until 10:00 a.m.  
Highway Garage on Elm Avenue in Selkirk