

SENIOR SERVICES NEWSLETTER



TOWN OF BETHLEHEM

445 Delaware Avenue, Room 110
Delmar, NY 12054
518-439-4955 X 1176
townofbethlehem.org
BSS@bethlehemny.gov

TOWN HALL OFFICES ARE CLOSED

Monday, January 19th (Martin Luther King, Jr. Day)
Monday, February 16th (Presidents' Day)



Season's greetings to everyone! As we welcome the New Year, there is so much to be grateful for and to look forward to. Many innovative social and educational programs will be offered throughout the coming year, while the core services that so many value and rely upon remain central to our work. Our staff members strive to stay informed about current developments in aging, enabling us to continue providing the highest level of service to our community. During the first quarter of the year, we will be implementing a new organizational software system, *MySeniorCenter*, which will greatly support our planning and program implementation. I'll share clear communication about this initiative with you soon. I would like to thank all of our volunteers and staff members for their dedication and commitment to helping others. Happy holidays, and we look forward to seeing you in the New Year.

Sincerely yours,
Will Vail, Director of Senior Services



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New to our services? Fill out a Participation Form to get started! Submit a completed form to BSS@bethlehemny.gov or by mail to 445 Delaware Ave., Delmar, NY 12054

Staff Contact Information

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Stay connected!
Follow our Facebook Page for updates &
announcements



[Click here](#)

Bethlehem Senior Services Survey

We would love to hear from you! Please fill out one of our anonymous surveys in the office or visit one of the following links.

- Overall Services Survey - <https://www.surveymonkey.com/r/RD9SJ66>
 - Program Survey - <https://www.surveymonkey.com/r/93J769C>
 - Food Pantry Survey - <https://www.surveymonkey.com/r/D6NRRPW>
-



Meet A Volunteer!

Jerry McGreevy



Jerry has been a dedicated volunteer driver for the past year, generously giving his time to support our community. In addition to driving, he regularly assists with unloading food pantry deliveries, ensuring that essential supplies reach those who need them most. Bethlehem Senior Services sincerely thanks him for his outstanding service and commitment!

“Volunteering has always been a way of life for me. When I was young, my father would tell my seven siblings and me to take care of each other. I like to think that we still do to this day. I'm also guided by the Bible, which tells us: Philippians 2:4: "Let each of you look not only to his own interests, but also to the interests of others.”

Right out of high school, I enlisted in the United States Air Force at age 17 and served for four years, including a deployment to Europe. After returning home and finishing college, I joined the New York State Police, serving in various locations around the state as a Trooper and Staff Sergeant. I built a house in Guilderland with the help of family and raised two beautiful daughters there. I also volunteered with two fire departments, both while working and after retiring.

After my second and final retirement, I decided to stay active by taking on small projects for family and friends. Whenever I volunteer to help someone with a project, I find it's pressure-free and enjoy the work as much as the people I'm helping. After retiring, I also volunteered in the Town of New Scotland, driving residents to their medical appointments.

When I moved to Delmar two years ago, my daughter, who is an NP at St. Peter's Trinity Health, encouraged me to contact Anna Biggane and continue driving for seniors in the Town of Bethlehem. Since the Lord has blessed me with reasonably good health at my age, it felt like the right thing to do. One of the benefits of volunteering for seniors is the joy I find in meeting many interesting and talented people—both fellow volunteers and the seniors we serve in our community.”

Reminders and Announcements



Feeling under the weather?

If you're experiencing symptoms such as fever, chills, cough, sore throat, runny nose, body aches, headache, fatigue, or stomach discomfort, please stay home, contact your health care provider, and take the time you need to rest and recover. Get well soon!



NEW Shopping Bus Service for Glenmont Abbey Residents!

Bethlehem Senior Services is excited to offer a new grocery shopping run for Glenmont Abbey residents. The bus will provide transportation to Market 32 and Hannaford on alternating Thursday mornings, making it easy and stress-free to shop for essentials.

This service offers a comfortable ride, helpful assistance, and a chance to socialize with neighbors while maintaining independence.

For questions and more information, call Bethlehem Senior Services Transportation at 518-439-5770. (See Page 8 for the full shopping schedule.)

Attention Seniors: Medicare Advantage Open Enrollment

The Medicare Advantage Open Enrollment Period runs January 1–March 31. If you're currently in a Medicare Advantage Plan, you may switch to another Medicare Advantage Plan or return to Original Medicare. A standalone Part D plan is available only if you return to Original Medicare. Changes take effect the first day of the month after enrollment. **Outreach counselors can provide guidance, explain options, help with applications, and make referrals, but cannot make health care decisions for you.**

If you suspect Medicare fraud or identity theft, call the NYS Senior Medicare Patrol Helpline: 800-333-4374 for FREE, confidential, unbiased assistance.

NY Statewide Senior Action Council: (518) 436-1006

Gene Dumlao: gene@nysenior.org

Candy Rivera-Whitehead: candy@nysenior.org



STATE WIDE
New York Statewide Senior Action Council, Inc
 4 Computer Drive West, Suite 205, Albany, NY 12205 • Fax 518-436-7642
 www.nysenior.org • 800-333-4374

Town Assessor's News

Questions? Call the Town Assessor, 518-439-4955 x 1101.

Renewal forms for the Senior Citizens exemption and the Disability with Limited Income exemption were mailed out in late October to residents currently receiving these exemptions.

In February, you will receive a postcard mentioning the Senior Citizens exemption, Disability exemption, and Veterans exemptions. This is for informational purposes only. You do not need to take any action if you have already renewed your Senior or Disability exemptions. The Veterans exemption does not require renewal unless you are a disabled Veteran and your permanent disability rating has changed. Submit form RP-458-a-Dis with your new disability letter.

To qualify for the Senior Citizens exemption, you must be 65 or older by December 31, 2026, own your primary residence for 12 consecutive months, or show that you had the exemption on your previous residence, and have a 2024 federal adjusted gross income (FAGI) plus non-taxable interest, plus non-taxable Social Security, minus taxable IRA distributions, and less than \$58,400 in unreimbursed medical expenses. There is also a loss limitation of \$3,000 per category, with a maximum of \$15,000 in the calculation.

The Disability with Limited Income exemption is not age-based but relies on the same income year, limits, and calculations as the Senior Citizens exemption. You must have a disability award letter to apply. You can only receive one of these exemptions because they are the same.

There have been several legislative changes to the STAR Program for 2026:

- Enhanced STAR income now includes the income of all resident owners and their spouses who reside at the property; it no longer includes the income of non-resident owners.
- NYS Tax and Finance will automatically switch residents currently receiving the Basic STAR to the Enhanced STAR exemption when they qualify, so there is no need to apply at the Assessor's office.



Town Assessor's News, continued

- For the 2026 Enhanced STAR, your 2024 federal adjusted gross income (less IRA distributions) must be under \$110,750.

You can switch from the exemption to the STAR Credit (check) with NYS Tax & Finance to receive a payment from the state, which can save you more money (see website below). You can register for the STAR credit from home at www.tax.ny.gov or by calling 518-457-2036 for more information and registration. A direct deposit option is also offered.

New exemption applications and renewals must be received by March 1, 2026, at the Assessor's office. Visit www.townofbethlehem.org for forms and more information, or stop into the Assessor's office. For Senior Citizens exemption renewals only, there are exceptions if you miss the March 1 deadline. Please call if that happens at 518-439-4955, ext. 1104.

Bethlehem Senior Projects, Inc. Corner

Wishing everyone new experiences and joyful moments in the year ahead! We're excited to share that our BSP Board is beginning the year with new leadership. I am honored to assume the role of Board President, joined by our new Co-Vice Presidents, Eileen Coffey and Susan Lundberg. Over the coming year, the board will develop new initiatives to support BSS and strengthen our partnership in delivering the very best to you. This includes a new computer system to improve our transportation program and volunteer coordination, as well as a new vehicle to expand our fleet. We're looking forward to a year of growth, innovation, and service!

–Linda Mertz, BSP Board President

Who We Are



Bethlehem Senior Projects, Inc. is the nonprofit charity partner working to fund the programs, transportation, and food pantry services you count on. Your well-being is our mission, and we're here to make sure you can live independently, with dignity and joy. Visit us at bethlehemsenioprojects.org to learn more, donate, or join our mission.

Transportation

Monday-Friday | 8:30 a.m. - 2:00 p.m. | 518-439-5770

Where can we take you?

 Chemo / Radiation / Dialysis

 Medical Appointments

 Grocery Shopping (weekly runs)

 Hairdresser (local, on Thurs. only)

 Bank / Pharmacy

 Adult Daycare

 Hospital / Nursing Home Visits

 Voting (except *Election Day*)

 Shopping Center

 Department of Motor Vehicles

 Other (Library, YMCA, Elm Ave. Pool)

Are you eligible to ride with us?

✓ Age 60+ and a Town of Bethlehem resident

✓ Living independently in your own home or apartment (nursing homes, rehab and assisted living facilities not included)

How much does it cost?

We run on suggested donations:

\$5.00 Round Trip—In the Town

\$10.00 Round Trip—Albany Area

\$15.00 Round Trip—All other locales

General Rules of the Ride and Expectations:

- Before your first ride with us, a completed [Participation Form](#) must be submitted to our office.
- Please schedule your appointments between 8:30 a.m. and 2:00 p.m.
- Our service area is within a 17-mile radius of Bethlehem Town Hall.
- Transportation services are not available to Ravena or to destinations outside of Albany County.
- Our services are curb-to-curb.
- Ambulatory clients must be able to enter and exit vehicles with little or no assistance.
- Wheelchair ramps and entranceways at your residence must meet code requirements.
- Lifting of clients and/or wheelchairs by staff and volunteers is not permitted.
- All riders and program participants are expected to communicate with staff and volunteers respectfully and courteously.

Inclement Weather Statement:

 If schools are canceled or delayed, Bethlehem Senior Transportation will follow the same schedule. We also reserve the right to cancel services if road conditions are deemed unsafe for our volunteer drivers and residents.

Reservations are required for all shopping trips to ensure there is space available on each van. Please call 518-439-5770 for more information.

Weekly Grocery Shopping

Grocery shopping is only available on Wednesdays, Thursdays, and Fridays. We alternate weekly between Hannaford and Market 32. Your assigned shopping day depends on your location within the town.

Wednesday

Residents of Elsmere, Delmar, Slingerlands, North Bethlehem, and Marie Rose Manor



Thursday

Residents of Glenmont, Selkirk, and South Bethlehem.

NEW—Starting January 8, 2026, grocery shopping will be offered to Glenmont Abbey Village residents

Friday

Residents of Good Samaritan Senior Apartments and Van Allen Senior Apartments

JANUARY

Week of the 5th & 19th - Market 32
Week of the 12th & 26th - Hannaford

FEBRUARY

Week of the 2nd & 16th - Market 32
Week of the 9th & 23rd - Hannaford

Shopping Trips

Walmart, Monday, January 5th (date changed from the 12th)

Suggested Transportation Donation: \$5.00

Colonie Center, Monday, February 2nd

Suggested Transportation Donation: \$10.00

Walmart, Monday, March 2nd

Suggested Transportation Donation: \$5.00



Program and Event Information

Registration is required for all programs and events.

☎ Call 518-439-4955 x 1176

🚌 Transportation is available on a limited basis for all programs, unless otherwise noted.



How do I register?

- You must have a completed Participation Form on file if you're not already registered in our system. (Submit a completed form to BSS@bethlehemny.gov or by mail to 445 Delaware Ave., Delmar, NY 12054.)
- Program registration can be done in person or by phone.
- Someone from our team will contact you to confirm the programs you're registered for. Please note that some programs fill up quickly; if that happens, you'll be placed on the waitlist for that particular program.

How much are programs? How can I make a payment?

- Each program lists a "Program Cost" and a "Transportation Fee."
- The transportation fee is waived only on programs when driving yourself is feasible.
- Both the cost for programs and transportation fees are due within one week of sign-ups.
- We will accept one payment for multiple program registrations.
- **Payments are non-refundable.** In certain cases of last-minute cancellations after payment, a credit may be issued for use toward future program fees.
- Cash or checks can be made payable to the *Town of Bethlehem*, unless otherwise noted.

I registered for a program. What happens next?

- You will receive a reminder call one business day before the program.
 - All programs must have a minimum of six registered attendees. If a program does not reach its minimum capacity, it may be canceled. You will be notified of any changes as soon as possible.
-

January and February Programs

We strongly encourage individuals to sign up only for programs that they can safely participate in. Please follow these guidelines!

★ **Easy**—short distances to walk, few stairs, small inclines.

★★ **Moderate**—fair amount of walking, stairs, inclines, uneven ground, or moderate exercise.

★★★ **Difficult**—long distances to walk, uneven ground, up and down hill, or strenuous exercise.

For ★ Easy and ★★ Moderate events, individuals should be able to navigate all aspects of the events independently, unless arrangements are made in advance for special needs. For ★★★ Difficult events, we strongly suggest that individuals be able to engage in sustained strenuous activity without using assistive devices.

Recurring Activities

Town Hall, Auditorium

Registration is not required.

Please call 518-439-5770 if you need transportation.

★ **Knitting, Crochet & Craft Group**

Tuesdays, 12:00 p.m. to 3:00 p.m.

★ **Art Class**

Thursdays, 10:00 a.m. to 12:00 p.m.

Program Cost: \$5.00 per class to instructor Tom Baldovin

★ **Game Day**

Thursdays, 12:00 p.m. to 3:00 p.m.

Learn how to play Mah Jongg or Pinochle!

Parks & Recreation

Exercise Programs

For class registration and more information, please call the Parks and Recreation Department at 518-439-4955 x 2131, or check out the [Winter/Spring 2026 Playbook](#)—no transportation offered.

Chair Zumba



Essentrics® Aging Backward

Healthy Bones

T'ai Chi

Yoga



Program registration begins on
TUESDAY, JANUARY 6TH @ 9:00 a.m.
518-439-4955 x 1176

★★ **Music @ Noon Concert Series: Lost Radio Rounders & Lunch at Cracker Barrel**

Troy Savings Bank Music Hall, 30 2nd St., Troy, NY 12180

Date: Tuesday, January 13th

Program Time: 12:00 p.m.

Program Cost: FREE!; lunch on your own

Transportation Fee: \$7.00



★ **Pop-Up Pizza & Craft Party: Surprise Craft led by Emma Osborne**

Bethlehem Town Hall, Room 101A/B

Date: Thursday, January 15th

Program Time: 5:00 p.m.

Program Cost: \$18.00

Transportation Fee: \$5.00

The program fee includes dinner and all art supplies.



★ **Fall Prevention Series Part 1: Introduction to Home and Personal Safety**

Diane Mickle Gotebiowski, PT, DPT, EverHome Care Advisors

Bethlehem Town Hall, Room 101A/B

Date: Friday, January 16th

Program Time: 1:00 p.m.

Program Cost: FREE!

Transportation Fee: \$5.00



Join us for a practical and engaging session designed to help you take charge of your safety and well-being at home. This program covers essential topics such as fall-prevention readiness, simple self-assessments to determine whether your home environment supports safe living, and proactive steps you can take before a crisis occurs. Participants will learn strategies to avoid last-minute decision-making, as well as tips for talking with medical providers to ensure their concerns and needs are clearly heard. A Q&A segment will follow to address individual questions.

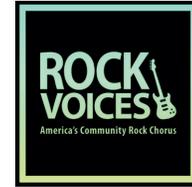
★★★ **Rock Voices Concert at The Egg - America's Community Rock Chorus (Featuring Bethlehem Senior Services' own, Liza Wolf)**

Date: Saturday, January 17

Program Time: 7:00 p.m.

Program Cost: \$22.00

Transportation Fee: \$5.00



**Accessibility Notice: Be aware that there is a fair amount of walking required to reach The Egg, but elevators are available if needed.*

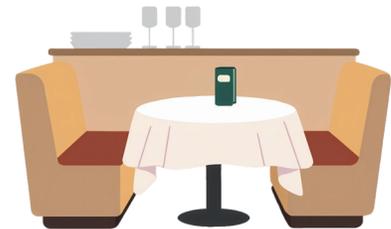
★ **Mystery Diner Dinner Crawl Trip #1**

Date: Wednesday, January 21

Program Time: 5:00 p.m.

Program Cost: FREE; dinner on your own

Transportation Fee: \$9.00



★ **Winter Wellness Class: Boosting Immunity for Vitality & Balance**

Core Four Health Coaching and Qi Gong with Maria Patrick

Bethlehem Town Hall, Room 101A/B

Date: Friday, January 23

Program Time: 1:00 p.m. - 2:00 p.m.

Program Cost: FREE

Transportation Fee: \$5.00



Core Four
Health Coaching
and Qi Gong



As the winter months settle in, it's a great time to give your body and spirit some extra care. Join us for a relaxing and energizing Winter Wellness session! During the one-hour class, you will practice gentle flowing Qi Gong movements and learn simple acupuncture points and easy nutrition tips to help boost your immune system and increase your energy during the colder months. All fitness levels are welcome, and no prior experience is needed. The movements can be done seated or standing. Wear comfortable clothing and bring a water bottle. The class will be led by Maria Patrick, Certified Qi Gong Instructor and Health Coach.

★ **NEW Trader Joe's Glenmont Shopping Trip**

388 Feura Bush Rd., Glenmont, NY 12077

Date: Tuesday, January 27

Program Time: 10:00 a.m.

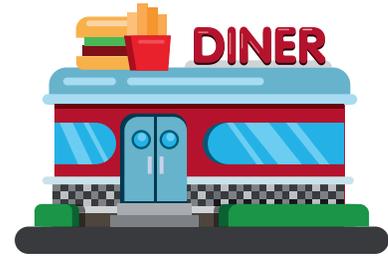
Program Cost: FREE

Transportation Fee: \$5.00



★ **Mystery Diner Dinner Crawl Trip #2**

Date: Wednesday, January 28th
 Program Time: 5:00 p.m.
 Program Cost: FREE!; dinner on your own
 Transportation Fee: \$9.00



★ **Fall Prevention Series Part 2: Balance and Strength**

Diane Mickle Gotebiowski, PT, DPT, EverHome Care Advisors
 Bethlehem Town Hall, Room 101A/B
 Date: Friday, January 30th
 Program Time: 1:00 p.m.
 Program Cost: FREE!
 Transportation Fee: \$5.00



Discover what truly supports better balance and physical confidence in this interactive, myth-busting session. Learn how to identify your unique balance and strength needs, explore the different types of each, and find out what activities you can safely do on your own. The program includes simple demonstrations and opportunities to practice, along with guidance on recognizing when it's time to seek additional help. Perfect for anyone looking to stay active, steady, and strong.

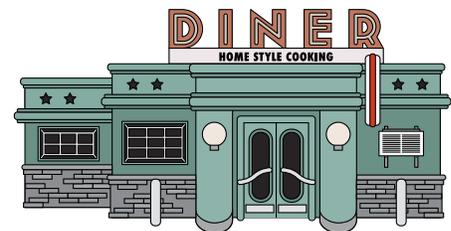
★ **Mystery Café Lunch Crawl Trip #1**

Date: Tuesday, February 3rd
 Program Time: 11:00 a.m.
 Program Cost: FREE!; lunch on your own
 Transportation Fee: \$6.00



★ **Mystery Diner Dinner Crawl Trip #3**

Date: Thursday, February 5th
 Program Time: 5:00 p.m.
 Program Cost: FREE!; dinner on your own
 Transportation Fee: \$9.00



★★ **Music @ Noon Concert Series: Michael Century & Lunch at Cracker Barrel**

Troy Savings Bank Music Hall, 30 2nd St., Troy, NY 12180
 Date: Tuesday, February 10th
 Program Time: 12:00 p.m.
 Program Cost: FREE!; lunch on your own
 Transportation Fee: \$7.00



★ **Mystery Café Lunch Crawl Trip #2**

Date: Thursday, February 12th
 Program Time: 11:00 a.m.
 Program Cost: FREE!; lunch on your own
 Transportation Fee: \$6.00



★ **Fall Prevention Series Part 3: Home Safety**

Diane Mickle Gotebiowski, PT, DPT, EverHome Care Advisors
 Bethlehem Town Hall, Room 101A/B
 Date: Friday, February 13th
 Program Time: 1:00 p.m.
 Program Cost: FREE!
 Transportation Fee: \$5.00



This session focuses on practical strategies to reduce fall risks by creating a safer living environment. Participants will explore home safety both inside and outside the home, moving room by room to identify potential hazards and learn simple, effective modifications that support independence and prevent falls.

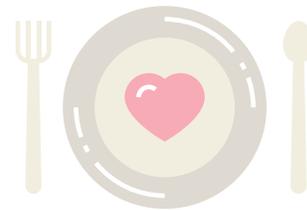
★ **Mardi Gras Pancake Supper at St. Stephen's Episcopal Church**

16 Elsmere Ave., Delmar, NY 12054
 Date: Tuesday, February 17th
 Program Time: 5:00 p.m.
 Program Cost: \$7.00 at the door; all proceeds benefit a mission
 Transportation Fee: \$2.00



★ **Post Valentine's Day Dinner at Normanside Country Club**

150 Salisbury Rd., Delmar, NY 12054
 Date: Thursday, February 19th
 Program Time: 5:30 p.m.
 Program Cost and Meal Options: \$54.00
 Transportation Fee: \$7.00



★ **Trader Joe's Glenmont Shopping Trip**

388 Feura Bush Rd., Glenmont, NY 12077
 Date: Tuesday, February 24th
 Program Time: 10:00 a.m.
 Program Cost: FREE!
 Transportation Fee: \$5.00



★ **Mystery Café Crawl Trip #3**

Date: Thursday, February 26th
 Program Time: 11:00 a.m.
 Program Cost: FREE!; lunch on your own
 Transportation Fee: \$6.00



★ **Fall Prevention Series Part 4: Summing It All Up**

Diane Mickle Gotebiowski, PT, DPT, EverHome Care Advisors
 Bethlehem Town Hall, Room 101A/B
 Date: Friday, February 27th
 Program Time: 1:00 p.m.
 Program Cost: FREE!
 Transportation Fee: \$5.00



In this final session, we'll wrap up the series by reviewing the key fall-prevention strategies covered in earlier classes. We'll also discuss the importance of advocacy—both speaking up for yourself and knowing when and how to seek support from others. Join us for an open conversation, helpful takeaways, and plenty of time for questions.



🎉 **Join the Fun on Senior Game Day — Bridge Group Now Forming!**

Love a good mind challenge? Enjoy friendly conversation and a bit of strategy? Join our brand-new Bridge Game Group! Whether you're a seasoned player or just curious to learn, all seniors are welcome.

📅 Senior Game Day – Weekly Meet-Up (every Thursday at 12:00 p.m.)

🎮 Relaxed play, new friends, lots of laughs

🧠 Keep your mind sharp while having fun

Come for the cards, stay for the camaraderie.

Shuffle in and take a seat — we'd love to have you at the table!

We're looking for a minimum of four players. If you're interested, please contact our office at 518-439-4955 ext. 1176.



If you have ideas for new programs or suggestions to help improve our trips, please reach out to Anna Biggane, Senior Services Program Coordinator, at abiggane@bethlehemny.gov or fill out the program survey on Page 2.

TAX INFORMATION

RESERVATIONS BEGIN JANUARY 14TH

CALL 518-439-4955 EXT. 1176

FREE Volunteer Income Tax Assistance (VITA) Counseling Service

St. Stephen's Episcopal Church, 16 Elsmere Ave., Delmar, NY

Wednesdays, February 4th through April 8th

9:00 a.m. to 3:00 p.m.

BY APPOINTMENT ONLY

Please bring copies of your last year's Federal and State returns, your current W-2 and 1099 forms, and receipts for contributions, interest, medical bills, property, and school tax receipts. **A Photo ID is required!**

Other Local Tax-Aide Sites

Please contact one of the locations listed below for dates and times of available appointments:

Town of Colonie Senior Resources

☎ 518-459-5051

Valatie Village Office

☎ 518-758-9806

Cohoes Senior Center

☎ 518-465-3322, ext. 200

Free Online Tax Filing Options

- IRS VITA: irs.gov
- NYS Dept. of Taxation: tax.ny.gov
- Credit Karma:
creditkarma.com/tax
- H&R Block: hrblock.com
- TaxAct Free: taxact.com
- TaxSlayer Free: taxslayer.com
- TurboTax Free:
turbotax.intuit.com

Tax-Aide & VITA Locator Tools

- Capital Region VITA Sites (United Way of the Greater Capital Region)
 - <https://www.unitedwaygcr.org/cash/free-tax-prep>
 - 518-456-2200
- AARP Foundation Tax-Aide Locator
 - <https://www.aarp.org/money/taxes/aarp-taxaide/locations/>
 - Email taxaide@aarp.org or call toll-free 1-888-227-7669.
- IRS VITA/TCE Locator
 - <https://irs.treasury.gov/freetaxprep/>
 - Call 1-800-906-9887 or dial 211 for additional information.



Outreach and Support Services

Outreach workers are trained to help older adults and their families navigate housing, income assistance, and other aging-related services. Call 518-439-4955 ext. 1169, 1174, or 1175 to learn more or schedule an appointment.

For New Yorkers age 60 and older, several vital programs are available to support health, nutrition, and financial stability, including:

- The **Supplemental Nutrition Assistance Program (SNAP)** helps older adults buy nutritious foods to support their health and independence.
- **Medicaid** provides health coverage to low-income individuals, which is essential in maintaining health and financial stability.
- **Medicare Savings Programs** help cover Medicare cost-sharing for people with low income.
- **HEAP (Home Energy Assistance Program)** helps older adults afford their home heating and cooling costs. Eligible seniors can receive assistance with heating bills, emergency fuel or utility shut-offs, and, in some cases, the repair or replacement of heating equipment. Cooling assistance may also be available during the summer months. HEAP is especially helpful for older adults living on a fixed income, providing extra support to stay safe and comfortable at home throughout the year.
 - The 2025-2026 Regular HEAP benefit opened December 1, 2025.
 - *Please refer to Page 18 to schedule an appointment for application assistance.*

To learn about eligibility requirements or the application process for any of these programs, please contact our outreach team.

Veterans Benefits Counseling

Bethlehem Town Hall, Room 101A

4th Monday of the month

1:30 p.m. to 3:30 p.m., walk-in hours, no appointment necessary.

Veterans Benefits Advisor Bruce Pentland offers personalized guidance on VA benefits, helping veterans and their families understand and access the services and support they've earned.



Alzheimer's Caregiver Support Group (*registration required*)

Residency in the town is not required to participate.

Delmar Presbyterian Church, 585 Delaware Ave.

2nd Tuesday of the month

11:00 a.m. to 12:30 p.m.

Register online via email or phone: eeford@alz.org, 800-272-3900 or 518-675-7214. This group is for caregivers, family members, and support persons of individuals living with dementia, including Alzheimer's. Facilitated by Outreach Department staff, it offers a safe, welcoming space for open discussion and shares helpful coping strategies to support your well-being on the caregiving journey. For more information: visit www.alz.org/northeasternny, 24/7 Helpline: 1-800-272-3900, or Alzheimer's Association of Northeastern New York www.alz.org.



Grief Support Group

Residency in the town is not required to participate.

Bethlehem Town Hall, 445 Delaware Ave., Room 101 A/B

4th Tuesday of the month

4:00 p.m. to 5:00 p.m.

This group is for anyone grieving the loss of a loved one. Participants explore different types of grief and how it affects their physical, emotional, mental, and spiritual well-being. Led by compassionate staff from our Outreach Department, the group offers a safe, supportive space for open discussion and shares healthy coping strategies for healing.



National Grid Advocate

Bethlehem Town Hall, Room 101A

2nd Wednesday of the month

10:00 a.m. to 12:00 p.m., walk-in hours, no appointment necessary.

If you need help with energy bills, a National Grid Advocate can help you explore assistance options like the Energy Affordability Program, payment plans, budget billing, special protections, and Care & Share Grants.

nationalgrid

Discussion Group (*registration required*)

Bethlehem Town Hall, 445 Delaware Ave.

1st & 3rd Wednesday of the month

10:30 a.m. to 12:00 p.m.

Join a group for open conversation, fresh ideas, and respectful dialogue. Feel free to share your thoughts, ask questions, and engage with others. The group offers a meaningful and enjoyable experience for all! Call 518-439-4955 x 1176 for registration and details.



HEAP Application Assistance

Bethlehem Town Hall, Room 101A
3rd Wednesday of the month
2:00 p.m. to 4:00 p.m.

By appointment only, 20-minute appointments

Rachel Greenberg from the Cornell Cooperative Extension Department of Human Ecology will be available to assist with applications.



Free Financial Literacy Help

Bethlehem Town Hall, Room 101A
Friday, January 9th

2:00 p.m. to 3:30 p.m., walk-in hours, no appointment necessary.

The Financial Planning Association of NENY offers pro bono guidance on budgeting, personal finance, and investing to help improve financial literacy.



Community Loan Closet

Need Medical Equipment? Free, short-term loans of durable medical equipment—like wheelchairs, walkers, crutches, and shower chairs—are available to all town residents recovering from illness, injury, or surgery. Call or visit our office to check availability.

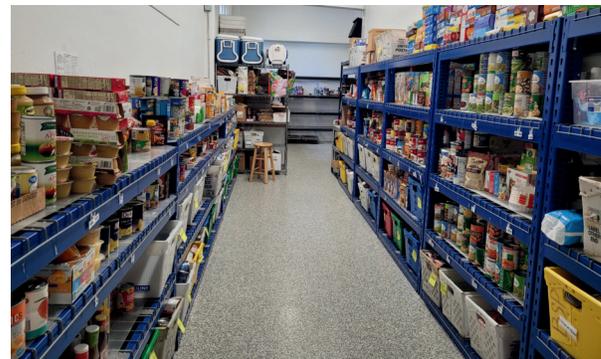


Bethlehem Food Pantry

Serving Town of Bethlehem residents facing food insecurity, the pantry is run by Senior Services volunteers, with support from Bethlehem Senior Projects, Inc., and community donations. Kindly reach out to us before organizing food drives to ensure you're collecting the most needed items or to schedule an appointment.

Food items needed:

- Laundry detergent
- Dish soap
- Hand soap
- Pet food
- Vegetable oil
- Toiletries
- Spaghetti



Support our community by donating food, gift cards, or funds to the Bethlehem Food Pantry—every contribution helps neighbors in need! Visit bethlehemseniorprojects.org to donate.