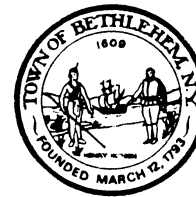


TOWN OF BETHLEHEM SENIOR SERVICES DEPARTMENT

a brief overview of services.....



**Bethlehem Town Hall
Room 110
445 Delaware Ave.
Delmar, New York 12054**

518-439-4955 x 1176

Email: jsanders@townofbethlehem.org
www.townofbethlehem.org

**Offices are open
Monday through Friday
8:30 - 4:30 p.m.**

The Town of Bethlehem's Senior Services Department provides information and referrals to services and programs for independently living residents of the Town of Bethlehem age 60 and older.

A bi-monthly newsletter and a variety of informational pamphlets and brochures are available in the Senior Services office and on line at

Assistance Programs

- Legal Aid
- AARP Tax Counseling
- HEAP (Home Energy Assistance Program) applications
- Bethlehem Food Pantry
- WRAP weatherization applications
- Medicare Buy-in information
- Telephone Lifeline certification
- Health Insurance and Medicare Part D counseling
- Medicaid and Food Stamps Assistance
- Farmers' Market Coupons
- EPIC (Elderly Pharmaceutical Insurance Coverage) applications
- Section 8 Rental Assistance forms
- School Supply Drive

Health Related Programs

- Flu Shots
- Health Fairs and Health Related Screenings
- Community Loan Closet
- File of Life
- Personal Emergency Response System information
- Health, Safety and Wellness programs
- Caregiver programs and information
- Panel discussions and seminars on topics relevant to aging
- Know Your Options housing tours
- Albany County Sheriff's Dept. Evacuation forms

Nutrition Programs

- Grocery Shopping
- Meals On Wheels
- Senior Congregate Lunch Programs
- Holiday Meals
- Nutrition based social programs
- Nutrition counseling
- Farmers' Market food programs monthly trips
- Bethlehem Food Pantry
- Garden Bounty Program

Outreach

Outreach services provide information and referrals to health and aging related services and programs for individuals and families. Such services may be explained by telephone, by a pre-arranged office conference or by a home visit at the request of the resident, family or at the request of, or in coordination with an outside agency.

Recreational Programs

A variety of recreational programs are provided by the Town of Bethlehem Parks and Recreation Department. A brochure outlining senior exercise programs is available in the Senior Services office, on-line at www.townofbethlehem.org/parks, in the Bethlehem Report or by calling the Bethlehem Parks and Recreation Department at 439-4955 option 3

Senior Transportation

The Bethlehem Senior Transportation Service is a joint project of both the Town of Bethlehem and Bethlehem Senior Projects, Inc. The service provides transportation to independently living Town residents age 60 and older. Specifics of the service as well as transportation alternatives are available in the Senior Services office.

Social Programs

Social and cultural outings, picnics and monthly shopping center trips are outlined in a bi-monthly newsletter, which becomes available in the Senior Services office on or about the first working day of every other month and on-line at www.townofbethlehem.org/senior.

Volunteer Programs

Volunteers are matched with their abilities and job preferences. A listing of volunteer opportunities is available in the Senior Services office and on-line.

Bethlehem Senior Projects, Inc.

A 501©(3) not for profit corporation with an all volunteer board which works with the Town's Bethlehem Senior Services Department to fund additional programs and services.

Age Restrictions

Some programs may have age restrictions; many do not. Please call for specifics.