

Town of Bethlehem

September & October 2020 Senior Services Newsletter

Sign ups begin on September 1st, see page 6



Town of Bethlehem—Senior Services, 445 Delaware Ave., Rm 110, Delmar, NY 12054, 518-439-4955 ext. 1176
emosier@townofbethlehem.org www.townofbethlehem.org

Your Senior Services Team!

William Vail Interim Director	Elizabeth Mosier Senior Services Coordinator	Peggy Osborne Senior Services Coordinator	Alice Parker Sr. Outreach Worker	Heidi Ziemke Outreach Worker	Susan Bacon Program Assistant
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Bethlehem Senior Services

Bethlehem Senior Services in conjunction with Bethlehem Senior Projects, Inc., provides information, assistance for services and programs, and transportation for residents who are 60 years of age or older who reside in the Town in their own homes or apartments and not in adult care facilities, retirement communities, skilled nursing facilities or rehabilitation facilities. A proof of residency may be requested.

Medical Appointments and/or Social Events

- ◆ You must have a Client Information Form on file.
- ◆ Service area 17 mile radius from Bethlehem Town Hall.
- ◆ We do not transportation to Ravena, Rensselaer or Schenectady counties.
- ◆ Curb to curb service.
- ◆ No lifting of clients and/or wheelchairs.
- ◆ Wheelchair ramps and entranceways at your residence must meet code requirements.
- ◆ Must be able to sit upright during transport and follow basic directions from staf.
- ◆ Ambulatory clients must be able to enter and exit vehicles with little or no assistance.

Office Hours

Monday-Friday
8:30 a.m.—4:30 p.m.
518-439-4955, 1176

Transportation

Reservation Hours
Monday—Friday
9:00 a.m.—3:00 p.m.

Appointment Hours Available
Monday—Friday
8:30 a.m.—2:00 p.m.

Suggested donations

For daily transportation
\$ 5.00 round trip in Town
\$15.00 round trip out of Town

Suggested donations

For social and recreational
\$ 5.00 round trip in Town
\$ 7.00 round trip out of Town
Unless otherwise noted



Greetings from the Senior Service Department,

We hope that you are doing as well as possible at this time and that you have enjoyed the summer to fullest extent possible during this unprecedented time. Although the Town Hall remains closed to the general public, with the exception of scheduled appointments, we have successfully begun to offer many of our services again. Transportation, outreach assistance, and social and education programs, both on-line and in person are available. Please know that we are striving to offer the fullest range services as possible while adhering to stringent safety measures based on the most current guidelines from federal, state and local governmental agencies. This is certainly challenging as conditions have changed rapidly during the pandemic. To access the most current updated information, please refer to the Town Webpage or call our office directly. Please do not hesitate to contact us if you have questions or concerns.

Sincerely yours,

The Senior Services Staff

Weekly Grocery Shopping and Shopping Trips

We will be going grocery shopping, but there are a few rules that we will be adhering too.

You must Wear a Mask

You will be assigned a run and time for shopping, switching of runs will not be permitted.

No more than 4 passenger per run.

Grocery Shopping Reservations, [518-439-5770](tel:518-439-5770)

Wednesday

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

September Shopping Schedule

Hannaford	2
Price Chopper or ShopRite	9
Hannaford	16
Price Chopper or ShopRite	23
Hannaford	30

October Shopping Schedule

Price Chopper or ShopRite	7
Hannaford	14
Price Chopper	21
Hannaford	28

Thursday

*Residents of Glenmont, Selkirk and South Bethlehem
(Hannaford in Delaware Plaza or ShopRite in Slingerlands, Price Chopper in Glenmont)*

September Shopping Schedule

Hannaford or ShopRite	3
Price Chopper	10
Hannaford or ShopRite	17
Price Chopper	24

October Shopping Schedule

Hannaford	1
Price Chopper or ShopRite	8
Hannaford	15
Price Chopper or ShopRite	22
Hannaford	29

Friday

*Residents of Good Samaritan Senior Apartments, Van Allen Senior Apartments
(Hannaford in Delaware Plaza or ShopRite in Slingerlands, Price Chopper in Glenmont)*

September Shopping Schedule

Hannaford or ShopRite	4
Price Chopper	11
Hannaford or ShopRite	18
Price Chopper	25

October Shopping Schedule

Hannaford or ShopRite	2
Price Chopper	9
Hannaford or ShopRite	16
Price Chopper	23
Hannaford or ShopRite	30

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, October 5th

Colonie Center and Northway Mall

Monday, November 2nd

Walmart and Glenmont Plaza in Glenmont

Space is limited so sign up early!

Early Voting 2020
Bethlehem Lutheran Church
85 Elm Ave., Delmar
Transportation Available during our regular transportation hours

Saturday,	October 24th	9:00 a.m. — 2:00 p.m.
Sunday,	October 25th	9:00 a.m. — 2:00 p.m.
Monday,	October 26th	12:00 p.m. — 8:00 p.m.
Tuesday,	October 27th	9:00 a.m. — 5:00 p.m.
Wednesday,	October 28th	12:00 p.m. — 8:00 p.m.
Thursday,	October 29th	9:00 a.m. — 5:00 p.m.
Friday,	October 30th	9:00 a.m. — 5:00 p.m.
Saturday,	October 31st	9:00 a.m. — 2:00 p.m.
Sunday,	November 1st	9:00 a.m. — 2:00 p.m.

Town Hall Offices Are Closed

Monday, September 7th - Labor Day

Monday, October 12th - Columbus Day



Outreach Services

For more information on services or to make an appointment, please call 518-439-4955 x 1176, unless otherwise noted.

Outreach Workers

Outreach workers are social workers trained to work with older adults and their families regarding 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.

Medicare Basics

Are you turning 65 this year? Wednesday, September 9th, 10:00 a.m.—12:30 p.m. and Wednesday, October 14th, 12:30 p.m.—3:00 p.m. Come learn about the basics of Medicare and EPIC (NYS Senior Prescription Plan). Topics include:



What does Medicare cover? Do you need additional insurance? What is Medicare Part D? This program is offered several times throughout the year. Please call to reserve your seat.

Medicare Open Enrollment

Open enrollment begins on October 15th and last until December 7th.

Senior Services Outreach Workers will be available to schedule health insurance counseling appointments during open enrollment to help you review your current plan and explore all options.



Senior Legal Services

Free legal consultation is available on the 2nd Thursday of each month from 9:30 a.m.– 11:00 a.m. This program is funded by Albany County Dept. for Aging and staffed by Legal Aid Society of NENY, Inc. You must be 60 years of age or older and an Albany County resident. Call for a 45 minute appointment with the attorney.



Veteran's Benefits

Do you qualify for benefits from the VA? Bruce Pentland, Veterans Benefits Advisor, will be at Bethlehem Town Hall on the 4th Monday of the month from 12:30 p.m. to 2:30 p.m. Please call to schedule an appointment.



Discussion & Support Groups

Discussion Group—3rd Wednesday of the month from 10:30 a.m.—12:00 p.m.

Alzheimer's Disease Caregiver Support Group—4th Wednesday of the month from 10:30 a.m.—12:00 p.m.

New members are welcome! The groups are limited to 12 members. Contact us at the number listed above to sign—up.

Friendly Calling

Would you like to have someone give you a friendly call once a week? Wish to chat about what's going on in the world? Want to talk about your memories?

Contact Bethlehem Senior Services, at 518-439-4955 ext. 1176 and we will connect you to one of our wonderful volunteers who will be happy to call each week.



The Bethlehem Food Pantry

We respectfully ask that individuals and organizations contact us first before organizing food drives, to see what we need and if we have space to store the food. If you or your organization wish to contribute please call **518-439-4955 ext. 1169**. Monetary donations are always accepted, please make check payable to Bethlehem Senior Projects, Inc., 445 Delaware Ave., Delmar, NY 12054.

You may donate small amounts of non perishable items at the DelMar Market Place for the Bethlehem Food Pantry.

Please Donate to
Bethlehem Senior Projects, Inc.

Mark in the memo line, Emergency Heating Fund, Transportation, Food Pantry, or Undesignated

Make checks payable to:

**Bethlehem Senior Projects, Inc.
445 Delaware Ave., Delmar, NY 12054**

Online at www.bethlehemsenioproject.org, Click the Fundraising "Read More" button. Click the "Donate" button, type in the amount, click payment choice.

Heard it through the grapevine

No transportation is offered for these events, unless specifically noted

Hazardous Waste & Electronics

NOTE: For 2020 the Town of Bethlehem Highway Department has cancelled their hazardous waste and electronics collections due to safety concerns and budget constraints from the Covid-19 pandemic.

For information on how to dispose of hazardous waste, please contact the Bethlehem Highway Department at 518-439-4955x 1510 or go to the Town website www.townofbethlehem.org and go to the *Our Services* menu and select Recycling/Transfer Station/Trash page for details.



Free Medication Collection

U.S. Department of Justice
Drug Enforcement Administration's
National Take Back Initiative

For information on how to dispose of medications, please contact the Bethlehem Highway Department at 518-439-4955x 1510 or go to the Town website www.townofbethlehem.org and go to the *Our Services* menu and select Recycling/Transfer Station/Trash page for details.

Safe Disposal at Home

- Place in plastic laundry detergent bottle or some rigid plastic sealable container.
- Mix with cat litter, dirt, or something undesirable to ingest, add some water and shake to dissolve meds.
- Close cap tightly. Seal with tape if necessary.
- Dispose of in household garbage.

NEVER flush medications down the toilet or drains.

NOTE: You can also return unwanted meds to some pharmacies, and anonymously to the Troop G State Police Headquarters 24/7. Call: 518-783-3211.



Remote Grocery Shopping Options

DelMar Marketplace—McCarroll's Deli

518-478-9651, phone orders only
Delivery Orders \$25.00 or more
Delivery times 7:30 a.m.—5:15 p.m.
Curb Side Pick up 7:15 a.m.—6:00 p.m.



Price Chopper—Pick up or Delivery

518 478-0688
Order online www.pricechopper.com with Instacart

ShopRite—Pick up only

(518) 729-4108
Order on line at www.shoprite.com

Wal-Mart—Pick up or delivery with Door-Dash

518-417-9741
Order online at www.walmart.com
Will take EBT cards (SNAP/ formerly food Stamps)

If you need assistance, please do not hesitate to call our office at 518-439-4955 ext. 1176.

Click the blue underline links throughout the newsletter for helpful and fun information.

AARP Smart Driving Course

Online courses available only at this time. AARP is extending their special 25% off discount through the end of the year.

Website: www.aarpdriversafety.org

Promo code for 25% discount: **DRIVINGSKILLS**

Good through: **December 31, 2020"**



Purls of Wisdom Knitting Group!

Do you like to craft? Missing meeting up with friends? Join our Purls of Wisdom Crafting group on Tuesdays, September 8th & 22nd and October 6th & 20th from 12:00 p.m.—3:00 p.m.

Reservations Require! Due to the Covid pandemic we must limit the number of people who gather to 8 to 10 people. Reservations are required to attend these events.



Joining a Zoom Meeting:

Prerequisites:

1. You will be sent an invite via email with a Meeting ID and Password.
2. Each meeting has a unique 9, 10, or 11-digit number called a **Meeting ID** that will be required to join a Zoom meeting.
3. If you are joining via telephone, you will need a **Teleconferencing Number** provided in the invite.

Joining a Meeting on your computer or other device:

1. Open the Zoom App by clicking <http://Zoom.us/>.
2. Click **Join a Meeting** if you want to join without signing in.
3. Enter the **Meeting ID** number, click Join.
4. Enter the **Meeting Password**, click Join Meeting.
5. Click Join with Computer Audio, it may also ask you to Join with Video, Click that button.

Join a Meeting via Email link:

1. Open your email for the Host.
2. Click the Zoom Link in the email.
3. You may have to enter the Meeting ID and Password, or it might send you right into the meeting.
4. Click Join with Computer Audio, it may also ask you to Join with Video, Click that button.

Join a Meeting via phone:

Open your email or ask for the phone in number. Dial the number and listen to the prompts.

Watch a YouTube Video:

Go to your search engine and type in YouTube.

Search for the video you wish to watch, or click the Link we provide.

Create your own Video Chat Room or Netflix watch party

Zoom, www.zoom.com

FREE version includes:

- Up to 100 participants
- Unlimited number of meetings; meet for 40 min
- Free version does not include a call-in number for audio
- Supports attending meetings via desktop and mobile devices

Go To Meeting, www.gotomeeting.com

- Starts at \$14.00/month
- Unlimited number of meetings, meet as long as you want
- Call-in for audio
- Supports attending meetings via desktop and mobile devices

Skype, www.skype.com

- Free Skype to Skype audio and video calls
- Up to 50 participants
- Free version does not include a call-in number for audio
- Supports attending meetings via desktop and mobile devices

Netflix Watch Party (can only be used on the Google Chrome browser).

- Make sure you and everyone you invite to your Netflix Party actually has a Netflix account!
- Open in Chrome, you can download the Netflix Party extension [here](#).
- Open Netflix and start watching a video—the Netflix Party icon in your browser’s tool bar should change color from gray to red, click the icon once it turns red, and a pop-up window will ask you if you want to create a Netflix Party. Adjust the playback controls to just you or shared, click “Start the party.”
- Share the link to your friends. Click “Copy URL” and send it to your friends.

How do I join someone else’s Netflix Party?

If someone invites you to their Netflix Party, all you have to do is use Google Chrome, click their link, then click the Netflix Party icon. You must have a Netflix account to participate.



September 1st -Beginning at 8:30 a.m. PHONE RESERVATIONS ONLY

- Reservations required for all programs, limited Transportation & number of participants allowed.
- Reservations and Cancellations **518-439-4955 x 1176.**
- We require your name, phone number and email address. An **email invitation or link** will be sent prior to the Zoom, YouTube, or Facebook Live presentation you have signed up for.
- Program supplies for some classes will be required, details will be included within each program listing.
- If there is a cost, we require separate payment for each program due within 7 days of registration.
- Payment is non-refundable. Cash/or check (payable to *Town of Bethlehem*, unless otherwise noted).
- In person gathering will be limited to no more than 10 persons, for inside events, and 20 persons, for outside events.
- You Must wear a mask (accept when eating), no sharing of refreshments.
- Please sit or stand six feet apart to practice safe social distancing.
- We reserve the right to limit the number of programs you attend to share the opportunities with as many people as we can.

* **Thacher Park Center and Picnic**
 Wednesday, September 9th
 Program Time: 3:00 p.m.
 *** Cost: \$10.00, Subway Box Lunch choices are:
 Turkey or Italian mix, includes chips, cookie and water or bring your own.
 Join us for an afternoon of the great outdoors!

Games in the Park
 Elm Avenue Park, Warming Area
 Thursdays, September 10th, 17th, 24th
 Program Time: 10:00 a.m.—12:00 p.m.



Let's play games, Scrabble, Uno, cards, mah jongg and more!

Sing-a-Long with Helen Hamel
 Zoom Presentation
 Tuesday, September 15th
 Program Time: 4:00 p.m.
 Program Cost: Free



Let's sing-a-long to some favorite oldies from the Readers Digest song book.

*** **Walking Club**
 Bring your own bag lunch
 Program Time: 9:30 a.m.
 Program Cost: Free

Let's hike! Wear a good pair of walking shoes or hiking boots, bring a bottle of water and a bag lunch, along with your love of the great outdoors.

Fridays:
 September 18th—Five Rivers
 September 25th—Rail Trail-Bethlehem
 October 2nd—Van Dyke Loop



**MOLST, Health Care Proxy, POA
 Legal Aide Society of Northeastern New York**
 Zoom Presentation
 Tuesday, September 22nd
 Program Time: 10:00 a.m.
 Program Cost: Free

Have you named someone to take care of your bills, contracts, taxes, and other financial matters in case you can't do so yourself? Do you know how to make sure your current healthcare wishes are known and followed? Will someone be able to act for you during quarantines and social isolation? These questions will be addressed.

Henry Hudson Park Happy Hour
 Tuesday, September 29th
 Program Time: 3:00 p.m.
 Program Cost: Free



Bring your chair, a non-alcoholic drink and snacks and drive down to the Henry Hudson Park for "Happy Hour".

Healthy Living for Your Brain and Body
 Zoom Presentation
 Tuesday, October 6th
 Program Time: 1:00 p.m.
 Program Cost: Free

Lifestyle habits associated with healthy aging:

- Cognitive activity
- Physical health and exercise
- Diet and nutrition
- Social engagement

We will discuss what we know, as well as what we can do to improve or maintain our overall health. Learn how to age as well as possible.



Coffee and Conversation

Virtual Programming
Bethlehem Public Library
Program Time: 1:00 p.m.

Coffee and Conversation goes virtual! Log in online to enjoy a presentation followed by time to chat and ask questions. Stay safe and comfortable at home with your coffee... or tea. Dates and details will be posted on the library's calendar and e-newsletter. See you online.

Party at the Park

Elm Avenue Park, Back Pavilion
Thursday, October 8th
Program Time: 3:00 p.m.
Program Cost: Free

Bring a chair or sit at a picnic table, bring your own drink and snack and share some time with friends.



Healthy Eating Made Easy

Karen Roberts Mort, MS, Cornell COOP Ext.
Zoom Presentation
Tuesday, October 13th
Program Time: 1:00 p.m.
Program Cost: Free

Why is it such a challenge to eat healthy while staying on a budget? Learn helpful techniques such as setting goals, planning ahead, and wasting less food. How can you make healthy swaps in your diet without sacrificing flavor? We will share great resources, websites and tools.

Movie-Alfred Hitchcock's, "The Birds"

Netflix watch party
Tuesday, October 27th
Program Time: 10:00 a.m.
Program Cost:

Get in the Halloween spirit and join us to watch "The Birds", a 60's horror movie.



Halloween Crafts

<https://www.bhg.com/halloween/crafts>
<https://www.marthastewart.com/1513133/halloween-projects-crafts>

Halloween Music

www.goodhousekeeping.com/holidays/halloween-ideas/a33593/halloween-songs/
<https://www.timeout.com/newyork/music/the-20-best-halloween-songs>
www.liveabout.com/classical-music-for-halloween-723965

Halloween Shows and Movies

<https://www.cosmopolitan.com/entertainment/tv/a33360264/best-halloween-tv-shows-episodes-specials/>
<https://www.imdb.com/list/ls000091321>

Gothic Novels

<https://www.goodreads.com/list/show/1230>

Myths and Monsters

<https://www.history.com/news/6-mythical-monsters>
<https://www.imdb.com/title/tt7531644>

The NYS Office of General Services is the steward of hundreds of artworks and historical and decorative objects, each one with a unique story to tell. In this continuation of our Virtual Visit Series, we'll take a deeper look at some of our rarely seen significant collection items and the stories behind them.

Object Stories focuses on the [Steinway & Sons New York Grand Piano Model AIII](#) located inside the NYS Executive Mansion Virtual Visit tours, new content Thursdays at 1p.m.
<https://empirestateplaza.ny.gov/virtual-visit>

Social media pages:

<https://www.facebook.com/NYSCapitolVisit>
<https://www.twitter.com/NYSCapitolVisit>
<https://www.instagram.com/nyscapitolvisit>
<https://www.instagram.com/plazaartcollection>



Zendoodling is the art of drawing designs using structured patterns or 'Zentangles'.

When you draw a Zendoodle, you're creating a work of art, but you're also deliberately creating a mood, focus, and state of mind. Concentrate on drawing small blocks of patterns at a time; going with the flow lets your mind get into a calming zen state.

This allows you to follow through on impulsive thoughts, so your doodle won't be restricted by expectations, giving you an unexpected final design and a glimpse into your subconscious!

Supplies: Pencil, Felt tip pen, colored pencils, crayons, markers (your choice), Paper.

Step 1 : Draw a square border outlining the shape of your Zentangle, usually about three inches wide.

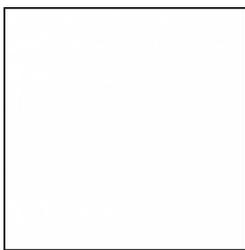
Step 2: Use a pen or pencil to draw strings. Strings are the lines that divide the shape into individual sections.

Step 3: Choose a section to start with and fill it with a repetitive pattern, Don't spend time planning a pattern, just draw.

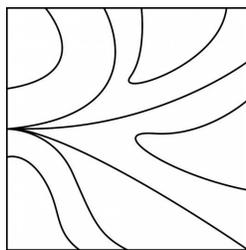
Step 4: Repeat step three for each section. Change the patterns and get creative!

Step 5: Add color or shade the areas you'd like to define.

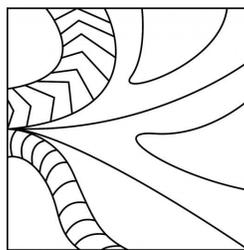
TIPS: Don't resort to an eraser, there are no mistakes in Zendoodling. Something you thought was a mistake could be the foundation of a pattern. There is no right or wrong because you are creating.



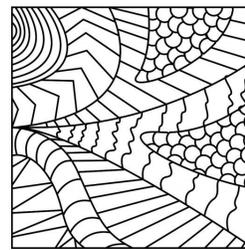
Step 1



Step 2



Step 3



Step 4



Step 5

Make your own puzzles



- <https://www.dailyjigsawpuzzles.net/puzzle-maker.html>
- <https://freeprintablepuzzles.co.uk/create-your-own>

Make your own Photo Collage

- <https://www.photocollage.com>
- <https://www.photoshop.com>
- <https://www.shutterfly.com>



Binge worth shows

Amazon Prime

<https://telltaletv.com/2020/06/25-binge-worthy-dramas-on-amazon-prime>

Netflix

<https://www.mlive.com/coronavirus/2020/03/20-of-the-best-shows-on-netflix-to-binge-watch-if-youre-stuck-at-home.html>

Hulu

<https://www.simplemost.com/hulus-best-shows-for-binge-watching-right-now>



Games online

- <https://websudoku.com>
- <https://sudoku.com>
- <https://www.boatloadpuzzles.com>
- <https://www.washingtonpost.com/crossword-puzzles/daily>

