



Scotia-Glenville Senior Citizens Senior Moments



Volume 46 Number 1 January-February 2021

Glenville Senior Center ★ 32 Worden Road, Glenville, NY 12302 ★ 518-374-0734

Senior Moments is issued once every two months i.e. Jan.-Feb.; Mar.-Apr.; May-June; July-Aug.; Sep.-Oct. and Nov.-Dec.

The Glenville Senior Center closed again at the end of November due to the increased positivity rate of coronavirus cases in our area. The decision was reached out of an abundance of caution for our members' safety and well-being.

During this time, we continue to offer some of our support services as well as provide as many alternative programs as we can.

- **Virtual Activities** - The senior executive board has decided to provide a Zoom account to allow for virtual classes and activities. Some of the programs that may be offered include guest lectures, tai chi, book club, and exercise classes. Zoom can be utilized for free by participants. See page 5.
- **YMCA Exercise** - Exercise classes will continue outside in the parking lot, weather-permitting. (Exercise is cancelled on days below 30 degrees.)
- **Senior Van** - For now, the senior van will continue to run three days a week for those who rely on us for groceries and basic necessities.
- **Bowling** - The senior bowling league will continue to meet at Boulevard Bowl.
- **Taxes** - We are also proceeding with plans to offer limited tax appointments but will need the approval of the national AARP program to do so. Please watch for future emails about signing up.
- **EZ Pass** - With the elimination of toll booths on the NYS Thruway, the tolls are increased for people without an EZ Pass. If you do not have a computer and need help setting up an initial EZ

Pass account, we can assist you. Contact the Center at 518-374-0734.

- **Lunches** - The dining center is also working on providing the regular lunch participants with an alternative as well, so contact the meal site at 518-393-1946 if interested.
- **Newsletter** - Experienced volunteers are needed to help prepare newsletters via take home DIY bundles that will need to be folded, sealed, labeled, and returned to us for mailing. This would ideally be for those who've done the mailing previously.
- **Volunteers** - The most important thing during this closure is to keep in touch with our members. Volunteers are needed to make friendly phone calls over the coming weeks. Please reach out if you can help with this effort.
- **Contacting the Center** - I will be checking Center mail and phone calls. Thank you for understanding what may be increased response times.
- **Email Updates** - We will send updates to programs and activities via the senior email list. Contact us with any changes to your email.
- **Memberships** may be sent in via mail. Please consider joining the Center and supporting us during this time.

We look forward to when we can open our doors again. Stay well, **Vicki**



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Senior Moments is published by
the Scotia-Glenville Senior Citizens, Inc.

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MARK YOUR CALENDAR

Exec. Council: Jan 7th & Feb 4th at 1:30 pm via Zoom

Directors: Jan 14th & Feb 11th at 1:30 pm via Zoom

Senior Moments Deadline: Jan. 20th

Senior Moments Mailing: Feb. 18th

GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 am to 4 pm

Center is closed Sat. & Sun. & holidays except
open for special events as noted herein.

SENIOR CENTER NEWS

Words from Barbara

Welcome to the New Year 2021. Let's hope these new vaccines will help restore some normalcy to this country as well as the other places in the world. My prayers go out to all the families who have suffered and perhaps lost a loved one during this pandemic.

I want to thank Ron Brach for his three great years as a President as well as the other board members who helped Ron during his time in office. His leadership during the construction of the new addition, plus his mentorship of me, will always be appreciated. I will do my best to keep the Center running as smoothly as Ron. Again, thank you, Ron.

One of the first things on the agenda of the Board of Directors and this President is to work toward keeping the membership up during this time of uncertainty. Memberships and volunteerism are what keep our Senior Center running and make it one of the best Centers in the area. IF YOU HAVE NOT RENEWED YOUR MEMBERSHIP, PLEASE RENEW NOW.

Some of you may know me from the gardening committee as I am often working outside - be it cutting hedges, planting or dead heading flowers - or from the Board of Directors. Let me introduce the real Barbara - I believe in God, loyalty, honesty, integrity, and hard work. I proudly served in the US Army for five years and attended NCO academy (Non-Commissioned Officers) After which, I worked at Siena College for 25 years until my retirement. I worked in maintenance overseeing a custodial staff of between 40 to 50 personnel, cleaning over 1,000,000 sq ft. to keep students and staff healthy. I am widowed and a caregiver of my 94 year old mom who lives with me off of Swaggertown Road.

Let's have good year with hopes of all activities reopening up in the near future and a large membership. - **Barbara**

Email Initiative

The Senior Center has initiated an email messaging application to keep you up to date and informed about news and activities at the Center. This is in addition to the Senior Moments newsletter. If you did not receive our first email and wish to do so, please send your full name and email address to SeniorBaabs@gmail.com

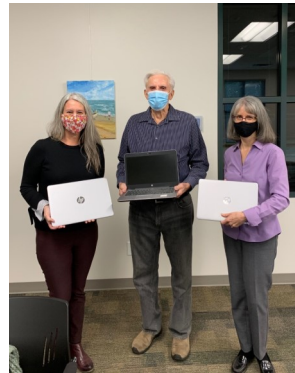
Free AARP Tax Preparation

Feb. 1-Apr. 15

Procedures have changed to comply with CDC Covid-19 guidelines.

Pick up an AARP tax envelope outside the Senior Center weekdays between 9 a.m. and 10 a.m. well in advance of your appointment. Complete the intake interview booklet and follow the instructions enclosed in the envelope for the day of your appointment. If you are married filing jointly, please arrive together for your appointment if possible.

Call 518-374-0734 **after January 18th** to schedule your appointment. All appointments are subject to cancellation due to coronavirus conditions.



CDPHP Laptop Donation

CDPHP has donated three refurbished laptops for the Glenville Senior Center to have as part of a loaning library. If any of our senior members are currently without a computer, they have an opportunity to borrow a laptop to use to stay connected with friends and family during this difficult time. Please remember that you must have internet to access mail, social media and teleconferencing platforms. Contact the Center if interested.

Thank you

Special Travel Presentation

Tuesday, January 12th at 6 pm

Canceled until further notice.

SG Senior Citizens Web Site

Check it out at glenvilleseniors.org Keep up to date about activities and events. Thank you to our website administrator, **Jim Moorhead**.

SERVICES

Caregiver Conversations

First Tuesday of Month at 1:30 pm

Caregivers discuss caregiving issues faced in people's daily lives. Open to any resident of Schenectady County. Facilitated by **Wendy Petroci**, Schenectady County Department of Senior & Long Term Care Services.

Upcoming Support Group Conference calls:

Jan. 5 (Tuesday) 1:30-2:30
Jan. 12 (Tuesday) 1:30-2:30
Jan. 21 (Thursday) 5:30-6:30
Jan. 25 (Monday) 5:30-6:30
Feb. 2 (Tuesday) 1:30-2:30
Feb. 9 (Tuesday) 1:30-2:30
Feb. 18 (Thursday) 5:30-6:30
Feb. 22 (Monday) 5:30-6:30

Dial -in Number: (978) 990-5000

Access Code: 368-996#

Senior Services

Catholic Charities Senior & Caregiver Support Services provides trained staff members who can assist you with choosing health insurance and prescription drug coverage; applying for food stamps, Medicaid and other programs; and locating information about community services and resources. Please contact **518-372-5667**.



Like us on Facebook.
Search **Scotia-Glenville
Senior Citizens, Inc.**

facebook

The Sunshine Committee

Do you know any member who is recovering from an illness/operation or the family of a member who has died? Or maybe a member who could use an extra ray of sunshine? The Sunshine Club will send a card or make a phone call to let people know that they are in our thoughts and are special to us. Leave word for **Shirley Miller or Pat Biggica** at the Center.

Please note that we are unable to accept donations at this time. This is true for books, puzzles, eyeglasses, blankets, etc.

Van Transportation

For senior residents of Glenville and Scotia only. Senior Center membership not required.

Our van must stay within Glenville/Scotia.



On-request pickup and delivery

Call (518) 374-0734 M-F between 9 am and noon at least a day ahead (up to two weeks ahead) to reserve

space and schedule a ride to take you on your errands: to the barber or hairdresser, Wal-Mart, grocery store, bank, etc., within the town. The van operates Wednesday through Friday, 9 am - 3 pm.

Donations are gratefully accepted to help defray costs.

The Center cannot offer transportation to medical appointments, but Catholic Charities may be able to, with ample advance notice.

Please be mindful of your fellow van riders and be prompt for your pickup times.

Medical Transportation

Catholic Charities Senior & Caregiver Support Services offers transportation to medical appointments for Schenectady County seniors aged 60 and older who are not on Medicaid. Our door to door service is also able to transport wheelchair clients. Our donation only program suggests \$4.00 for ambulatory services; \$6.00 for wheelchair services. A brief phone registration is required. Complete program information will be shared at that time. Please call **518-357-9801**, 8-4, M-F.

ACTIVITIES

Book Club via Zoom

First Monday of the Month, 10 am

All Center members are welcome to join our monthly sessions. For each meeting, please read the book and be prepared to join the discussion.

Jan. 4 - *Behold the Dreamers* by Imbolo Mbundu
Feb. 1 - *The Mockingbird Next Door* by Maria Mills
Mar. 1 - *Winter Sisters* by Robin Oliveira

Read the book, join in and share your reactions. We are a friendly group. Contact the Center for login information. - **Kathy**

Chair Yoga via Zoom

Thursdays, 9:15-10 am, beginning Jan. 7th

Participants will be guided through a series of stretches and yoga postures that are modified while sitting in a chair. Each class also includes breathe awareness techniques and guided relaxation. Please wear loose, comfortable clothing for class. Zoom link will be sent upon registration.

Cost: \$15 for 5-week session. Completed waiver form required. Please go to glenvilleseniors.org for form. Please mail checks and form to **Chris Darby-King**, 109 Spring Road, Glenville, NY 12302.

Advanced Italian Class via Zoom

Fridays at 1:30 pm

Next session begins January 8th. Anyone interested in joining the class should contact John Alfano at 518-881-8985 or email: jalfano@nycap.rr.com for more information.

Tai Chi Practice via Zoom

Tuesdays, 9 am

We are a small group of tai chi enthusiasts who meet weekly to practice and maintain our skills. We warm up gently, with easy stretches. We practice Dr. Paul Lam's Sun form that is taught in the MVP class at the center (Tai Chi for Arthritis). We also practice the popular Yang 24 form, and a Wu-style form. We end with Qi Gong, stationary movements with deep breathing. Offered to members only at no cost. You are welcome to join us, whatever your level of skill. Contact Center for login information.

Staying Safe, Staying Home

Wednesday, January 6th at 2 pm

Learn more about community-based services that provide you with peace of mind and wellbeing in your own home. Knowing what is available and making informed decisions about how to maintain your or an aging loved one's independence while skies are blue is preferable to doing so during a crisis situation. Contact Center for webex login info.

- *Courtesy of Eddy Community Services.*

Bowling League Continues

Wednesdays, 9 am

Join the Scotia-Glenville Senior Bowling League! Senior men and woman of all levels of ability and averages are welcome. We bowl once per week on Wednesday mornings at 9 am at Boulevard Bowl. If you cannot commit to every week, we're also looking for subs. League runs through mid-April. For more information, call **Butch Carpentier** at 518-374-1499.

SCOTIA-GLENVILLE SENIOR CITIZENS, INC.

32 Worden Road, Glenville NY 12302

MEMBERSHIP APPLICATION

Jan. 1 thru Dec. 31, 2021

Annual Fee: Glenville & Scotia residents: \$15 per person

Non-residents: \$25 per person

Checks preferred. Payable to: Scotia-Glenville Senior Citizens, Inc.

If cash, exact amount please. Senior = 55 or older

RESIDENT _____ NON-RESIDENT _____

RENEWAL _____ NEW MEMBER _____

*Name1 _____

E-mail _____

*Name2 _____

E-mail _____

*Address _____

*City/State/Zip _____ *Phone _____ Cell phone _____

Emergency contact name & number: _____

Office Use: Registration number: _____ Receipt number: _____ Receipt date: _____ Database: _____

HOW TO ATTEND EVENTS ON ZOOM

ZOOM ON YOUR SMART PHONE

- Download the free Zoom application in your phone's app store
- Follow the link to the Zoom event from your email or website
- *Your phone may ask if you wish to open link in the Zoom app - click YES*
- The Zoom app will open on your phone and take you to the event page
- The event will automatically start once the host is ready to begin

ZOOM ON YOUR COMPUTER

- *You must have an internet connection to access Zoom from computer**
- Follow the link to the Zoom event from your email or website
- Click on the words that say "join from your browser"
- The page will reload to the Zoom event.
- The event will not start until specified time or until the host is ready to begin

If you plan on frequently using Zoom and wish to download the application on your computer for easy access, you can download the application for free through your computer's App store. You can also register with Zoom so you do not appear as a "guest" and can more easily interact in meetings by doing the following:

HOW TO JOIN A ZOOM PRESENTATION

Go to www.Zoom.us/signup

- Enter your date of birth and email address
- Zoom will send you a confirmation email to the address you provided
- In your email from Zoom, click on the **Activate Account** button
- Create your account by entering your First Name, Last Name, and Password
- Click on the **Continue** button
- Next page is to invite friends, you can enter your friends email or press **Skip This Step**

You now have Zoom!

To join a meeting, click the "Join a Meeting" button at top of screen, Enter the Meeting ID & Click on the **Join** button and you will be taken to the Zoom meeting

Senior Stumper

Submitted by Jim Moorhead

Problem

Little Joey goes to the penny candy store, which doesn't sell anything for a penny anymore, each day and buys exactly four pieces of candy, selecting them at random from among the same six large bins of candy. The respective prices of the candy in each of the six bins are 2, 3, 5, 8, 13 and 20 cents. If he repeats this over a long period of time, and the prices do not change, on average, how much will he spend on his candy each day?

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Shoutout to everyone who can still remember their childhood phone number but can't remember the password that they created yesterday. You are my people.

Over the long haul, Joey will buy essentially the same amount of candy from each of the 6 bins. Each day the total number of pieces he buys from the 6 bins adds up to 4. So on average he buys $\frac{4}{6}$ or $\frac{2}{3}$ of a piece candy from each bin each day, and on average he spends $\frac{2}{3}$ of the price of each piece of candy each day, hence $\frac{2}{3}$ of the cost of all the candy (51 cents) each day, or 34 cents.

Answer: 34 cents

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a week. A representative will be available
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Due to COVID, free consultations will not be
available at the Center, but are available in
Glenn's office in the Stockade in Schenectady.
Proper PPE required.

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Senior Center Coordinator:
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Town of Glenville
Director of Human Services