



# Scotia-Glenville Senior Citizens Senior Moments



Volume 46 Number 4 July-August 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.

## Nominating Committee

Due to the covid pandemic, the existing board voted at the June meeting to remain in office for an extra year. However, the committee seeks recommendations for candidates to fill the positions of Secretary, Treasurer, and three members of the Board of Directors. Members of the Board serve for a term of 2 years that will commence January 1, 2022. Officers serve for a term of one year. Voting on the slate of nominees by the full center membership will be done by ballot during September and the first two weeks of October. Member recommendations for nominees may be made at the Center desk or by contacting the nominating committee members individually.

## Newsletter Volunteers Needed

We are looking for a volunteer or two who may be interested in helping with our newsletter. Duties primarily include helping to lay out copy, proofreading, coordinating mailings, distribution to local places, preparing paperwork for the post office, etc. If interested, leave your name at the front desk.



## Social Events

### Outdoor Game Day

Tuesday, July 13th 10 am– Noon

Come join us for Bocce Ball, Corn Hole, and other outdoor games. Sign up by July 9th. Members only.

### Annual Senior Center Picnic

Friday, September 10th - 1:30 pm

Outdoor games, hot dogs, chips and beverage. Tables inside and out. Sign up by September 3rd. Members only.



### Craft Class

Monday, August 23rd, 9:30 am

Create a fabric covered clay flower pot, just right to brighten someone's day or your décor. All materials will be provided. Class size is limited to 10 participants. Cost is \$6.00. Make checks payable to **Barbara Jones**. Please bring a pair of scissors to class.



## Inside This Issue

	Page		Page
Center News	1,2	Dining Center	7
Services	3	Community Connections	8
Activities & Classes	4-6,9	Stumper Solution	8
Senior Stumper	6	Membership	9

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Barbara Brown, President

Vicki Hillis, Executive Editor, Publisher

Myrtle Major, Editor

Angie Pomykai, Assoc. Editor, Distribution Manager

### MARK YOUR CALENDAR

Exec. Council: No mtg. July 1st; August 5th at 1:30pm

Directors: No mtg. July 8th; August 12th at 1:30pm

**Senior Moments Deadline:** July 21st

**Senior Moments Mailing:** August 19th

**Senior Ctr closed:** Monday, July 5th

### GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Regular hours: 9 am to 4 pm

Summer hours: Center closes at 3 pm on Fridays  
in July and August

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

# SENIOR CENTER NEWS

## Words from the President

The month goes by so quickly and it's time to write another article about important things going on at the Glenville Senior Center.

First and foremost, we have awarded two recipients with a \$1,000 scholarship from Scotia-Glenville Senior Citizens, Inc.. With the great work of **Gerry Turecek**, the checks were delivered to the school for **Givanna Bianchi** and **Cole Holstein** in time for the Senior Award ceremony. These two individuals are recognized for their good marks, community service and leadership. I wish them well in the upcoming year.

The Senior Board voted to carry one scholarship over to next year with the intention of awarding four scholarships for 2022. As schools return to normal, we will look for ways to attract more scholarship applicants going forward.

**Gladys Cox** has been very busy filling our Center calendar with crafts as well as speakers on different subjects. **Pat Biggica** and **Lori Preddice** have been filling in spaces for health programs. Check the calendar as **Mary Sieder** and her social committee work to create opportunities for social gathering.

Also, we are asking for people to turn in their information sheets with your interests on them, so maybe we can offer what you are looking for.

My thanks to the gardening committee who have volunteered their time out front cleaning up the landscaping, taking out bushes, and making us look pretty again.

For now continue to be safe and wear your mask where needed.

*- Barbara*



## Vicki's View

Our Covid-19 precautions will continue to change as the governor's guidelines change. Please be mindful of group size and room capacity for activities.

When you enter the building, you will be asked to sign the self-assessment health check-in that indicates that you do not have any Covid-19 symptoms, you have not tested positive or know that you have been exposed to someone who has tested positive for the virus in the last 14 days. Please refrain from coming to the Center if these conditions are not met. You must also sign out of the building for contact tracing purposes.

For the foreseeable future, those who are not vaccinated will be required to wear a mask at all times within the building and to maintain a safe 6-foot distance between one another.

Stay safe.

*-Vicki*



## Gardening Help Needed

We need volunteer help in the patio garden and with garden maintenance. Sign up at the front desk if you can volunteer a few hours of your time.

## Email Initiative

In addition to our website and Senior Moments newsletter, you can receive email notifications about Center happenings as well. Send your full name and email address to [seniorbaabs@gmail.com](mailto:seniorbaabs@gmail.com)

## SG Senior Citizens Website

Keep up to date about activities, events and general membership information. Check us out at [www.scotiaglenvilleseniors.org](http://www.scotiaglenvilleseniors.org)  
**Barbara Jones** - Website Administrator



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



# SERVICES

## Display Case

Be sure to check out the display case in the library to see some unique collections.

Thank you to the Burnt Hills-Ballston Lake Women's Club for the May display of Women in History Doll display in celebration of Women's Suffrage. Dolls were made by **Jane Coffey**. In June, we saw a collection of teddy bears on display courtesy of **Betty Doran**.

Next up: A collection of lighthouses from **John Friguletto** will be on display for July and August.

**We are always in need of collections.** If you would like to display your collection, please contact **Janet Neary** at 518-393-0331 or leave a message at the front desk. Remember, the case is lighted and always locked. Thank you to Janet for coordinating the displays.

## 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 **Pat Biggica** or **Lori Preddice** at the Center.

## Help with 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.

## 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.**

## Copy Your Wallet Cards Free

The information on the cards you carry in your wallet is important to you. If these cards are lost or stolen, would you know the many numbers on each of them? You may copy all your wallet cards at the Senior Center for free.

## Donate Eyeglasses

The Scotia-Glenville Lions Club collects discarded eyeglasses which they restore and give to those less fortunate. So drop off your donation in the box located in the Center's library.

The free table is back in operation. Please only bring a few books or puzzles in at a time. If you have a large number of books to donate, please consider taking them to the main branch of the county library for donation.

## CLASSES AT THE SENIOR CENTER

All classes require registration. Center membership is required; must show current membership card at registration. Please feel free to come and observe any class. Refunds for missed classes must be requested from the instructor.

### Book Club In Person and Zoom First Monday of the Month, 10 am

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

July 12: *Iron Lake* by **William Kent Krueger**

August 2: *The Snow Child* by **Eowyn Ivey**

Sept: *Behind the Beautiful Forevers* by

**Katherine Boo**

Oct: *We Must Be Brave* by **Frances Liardet**

Read the book, join in and share your reactions. We are a friendly group. We will resume meetings at the Center but you may contact us if you want to still participate via Zoom. - **Kathy**

**\*Please note that the July meeting is the second Tuesday due to the Fourth of July holiday being observed on Monday.**

### Chair Yoga at Center Thursdays, 9:15-10 am

**Session: July 15th-August 12th**

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. Cost: \$20 for 5-week session. Completed waiver form required. Please go to [scotiaglenvilleseniors.org](http://scotiaglenvilleseniors.org) for form. Please mail checks and form to **Chris Darby-King**, 109 Spring Road, Glenville, NY 12302.

### Advanced Italian Class Fridays at 1:30 pm

Everyone is welcome. There is no fee. The only expense is to buy your own books. The classes are informal and enjoyable. We have fun as we learn to read, write and speak the beautiful language. Anyone interested in joining the class should contact John Alfano at 518-881-8985 or email: [jalfano@nycap.rr.com](mailto:jalfano@nycap.rr.com) for more information. Ciao!

### Tai Chi Practice

**Tuesdays, 9 am, in person**

**Thursdays, 9 am, via Zoom**

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 was 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.

### Golf League

**Two leagues: Monday & Wednesday, 9 am**

The two golf leagues are in full swing at Hillcrest Golf Course. The cost to golf is \$10 for 9 holes.

Anyone interested in joining one of the leagues is to notify **Butch Carpentier** for the Monday league or **Rich Kruk** for the Wednesday league. Anyone is welcome to join both leagues. You can contact us by phone, email, or text. Please help us make this work.

**Butch Carpentier** 518-779-2199

[cfcarpentier@verizon.net](mailto:cfcarpentier@verizon.net)

**Rich Kruk** 518-441-1827

[Rkruk42@hotmail.com](mailto:Rkruk42@hotmail.com)

### Pickleball

**Mon, Wed, Fri 4 pm**

Novice Play is scheduled for Mondays, Wednesdays, and Fridays except where noted on calendar. Questions? Leave a message at desk.





# CLASSES AT THE SENIOR CENTER

All classes require registration. Center membership is required; must show current membership card at registration. Please feel free to come and observe any class. Refunds for missed classes must be requested from the instructor.

## Senior Moments Mailing Party

Thursday, August 19th 9:00 am

Come join us for our mailing party as we prepare the *Senior Moments* newsletter for mailing. Volunteers perform the vital task of folding the newsletters and applying stickers and pre-printed address labels for mailing. Please sign up at the front desk in advance.

## Silver Threads Quilters

Thursdays, 1 - 3 pm, returning in September

We are a friendly group who share threads of wisdom and create works of art. Free to members.

## Senior Center Photographers

Thursdays, 10 am

Activities include taking photo trips to local sites, sharing slides and prints, demonstrating the capabilities of a photo-editing program on the Center's computer, and discussing any aspect of film or digital photography.



## Knitting and Crocheting

Tuesdays, 1 pm

Calling all knitters or crocheters - please bring a project to work on and hopefully we'll get a group to meet on a weekly basis.

## Coffee and Conversation

Tuesdays, 9 - 11 am

Bring a cup of coffee to enjoy while you share your thoughts with others. If you are new to the Center, this is a great way to meet new friends.

## Cribbage

Fridays, 10:00 am

Please join us in the rec room for fun, laughter and cards. If you don't know the game, we will teach you.

## Oil, Acrylic & Art

Fridays, 10 am - 1 pm

See instructor, **Dani Morette**, for fees and schedule.

Whether a beginner or an experienced painter, you can learn new techniques or brush up on what you already know. Bring your own supplies for your intended new creation. Paint whatever you desire. Certified by the Minneapolis Institute of Art, the instructor **Dani Morette** will provide guidance on color, mixing, technique and application.



## Watercolors with Mary

Monday, July 12th, 10:30 am - 12:30 pm

Monday, August 2nd, 10:30 am - 12:30 pm

Complete an entire painting during this class. List of supplies you need to bring with you available at sign up; paper provided. Sign up at the front desk in advance & make checks payable to the instructor, **Mary Fekete**. 518-384-3393.

Fee: \$6 Max: 4 participants.

## Bocce Ball

Tuesdays at 9:30 am

The bocce court is ready for play. Is anyone interested in starting a regular group?

## Mah Jong

Wednesdays, 9:00 am

Anyone who knows the game is welcome to join us. We have the game boards or you can bring your own.

## Responsibilities of Activity Participants

**Participants** in Center activities (meetings, discussion groups, cards and table games, films, presentations, etc.) using Center equipment (e.g., chairs, tables) **are responsible** for **retrieving and setting up** equipment needed for the activity, and for **returning** it when finished with the activity. In cases where someone else has kindly done some set-up for you, **you remain responsible** for take-down and put-away unless told otherwise by a responsible person.

### Paint with Peggy

**Monday, July 19th**

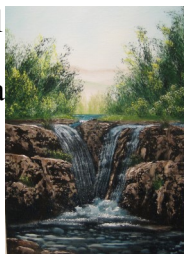
**Wednesday, August 4th-**

**Time: 9:30 am – 2pm**

Please bring a bag lunch Cost: **\$45** per class  
Sign up in advance at the front desk. If you have any questions, please call Peggy 518-925-2238. Please include a phone number with your information in case there is a last-minute change. Covid notes: Class size will be limited to 4 students (1 per table). Masks required.

**July 19th** “Summer Waterfall” - Paint this

lovely summer scene! Peggy will describe and demonstrate how to create distant mountains behind a mossy ledge where a waterfall lands in a rocky pool. It may sound complicated, but it is not, she will guide you through the process one step at a time.



**August 4th** “Hollyhock

Barn” – This old barn still has hollyhocks growing from bygone days. Peggy provides a pattern for the barn. Don’t worry! The barn is old and does not have to be perfect! We add a fence and hollyhocks for additional detail and interest.



### Driver Safety Courses

**Tues./Wed. August 17th & 18th-2-5 pm**

**Wed./Thurs. September 15th & 16th 2-5 pm**

These programs may reduce your auto insurance. Class consists of two-3-hour sessions held on two consecutive days. Senior Center membership is not required. Payment is due at sign-up. For either class, please make check payable to **Armand Canestraro**. No cash. Checks are not cashed until the class is held. Participants must register in person at the Front Desk. No phone reservations are accepted.

Cost: Center members: **\$25.50**

Non-members: **\$29**

### Card Playing

**Mondays and Thursdays, 12:30 pm**

We play bridge, pinochle, canasta, hand-and-foot card game.....and mah jong. This is a great opportunity to meet new friends.

Generally, foursomes are established and seldom have openings for drop-in players. If interested, stop by the front desk and add your name to the list of new interested players, indicating the game(s) of your interest. You can then follow up with people on the list to establish new groups of play.

### Duplicate Bridge

**Tuesdays, 12:30 - 4 pm**

Sign up starts at 12:15. Play begins promptly at 12:30. No duplicate experience is necessary. This is a friendly game! Come with your partner. If you need a partner or have any questions, please call **Anne Bishop** at 518-372-7254

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## Senior Stumper

*Submitted by Jim Moorhead*

Problem:

The Madison family has six children aged 4, 5, 6, 7, 8, and 9, all born in October. The three boys are Peter, Paul and John. The three girls are Mary, Brida, and Salome. No two girls were born in consecutive years. No two boys were born in consecutive years. Mary has exactly one older sister. Peter has exactly one younger brother. Salome is not the youngest child. John is not the oldest child. Peter is older than Mary. How old is each child?

## Catholic Charities Senior & Caregiver Support Program Friendship Café Grab & Go Lunch Program

Catholic Charities Senior & Caregiver Support Services is providing hot and nutritious boxed-lunch meals to Congregate Meal Program Participants through their “**Grab & Go Lunch Program**” as an alternative to congregate dining. This program is being offered at the Glenville Senior Center 5 days a week, Monday through Friday, from 11:30am to 12:15pm. Reservations are required as space is limited. For more information, please call the Congregate Program Manager at 518-573-1468.

The Grab & Go Lunch Program is available for all Schenectady County residents 60 years and older and who are not currently receiving home delivered meals from our Meals-on-Wheels Program. A voluntary donation of \$3.50 is suggested for the meal.

Residents must reserve a meal by calling the Catholic Charities Friendship Café at **518-393-1946**. Reservations are taken a week in advance and participants **MUST** call by 12:00 noon the Friday before.

The Grab & Go Lunch allows for safe social distancing to protect against transmission of COVID-19, while continuing to provide healthy meals for Schenectady County’s older population. Upon arrival on the day of pickup, Grab & Go participants will drive up to the front of the Glenville Senior Center and Catholic Charities staff will bring the meal to the car. Masks must be worn at all times and when possible, social distancing maintained. **Faith Pangburn** - Friendship Café Manager

*The program is funded by the Older Americans Act, NYS Office for the Aging, Schenectady County Department of Senior and Long Term Care Services, and through individual contributions. The program provides services and access to services without regard to race, religion, sex, national origin, partisan affiliation or sexual orientation.*

### Caregiver Conversations

First Tuesday of month, 1:30-2:30 pm

The in-person Caregiver Support Group has resumed at the Glenville Senior Center. 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. CDC guidelines will be followed. In person meetings: July 6th, August 3rd

Upcoming Support Group Conference calls:

July 12	Monday	5:30-6:30	Conference call
July 22	Thursday	1:30-2:30	Conference call
July 27	Tuesday	5:30-6:30	Conference call

Aug. 9	Monday	5:30-6:30	Conference call
Aug. 19	Thursday	1:30-2:30	Conference call
Aug. 24	Tuesday	5:30-6:30	Conference call

Dial-in Number: (978) 990-5000  
Access Code: 368-996#

### Ice Cream Social 2021



Our ice cream scoopers -  
**Chris Purcell & Chris Koetzle**

Thank you to **Mary Sieder** and the entire Social Committee for organizing our first social gathering of 2021! We appreciate Stewart’s Shops for their donation of ice cream to our event.

# COMMUNITY CONNECTIONS

*These events are open to the public; Center membership is not required.*

## Rabies Vaccination Clinic

Saturday, September 18th

Provided by Schenectady County Public Health Services. Cats & Ferrets: 10 am—11 am

Dogs: 11am-noon

Cats & Ferrets must be in carriers; Dogs must be leashed. As always, clean up after your pet, and bring previous vaccination certificates, if any. If you have any questions, please call Public Health at **518-386-2818**. Free to Schenectady County Residents. Donations are appreciated.

## Schenectady County Senior Picnic

Wednesday, July 14th

Save the date - Schenectady County celebrates it seniors with a drive-through parade and senior picnic from 11 a.m. to 1 p.m. at Schenectady County Community College. More details to follow. Watch the Center bulletin board and email blasts for the formal invite. Preregistration required.

For more information, please contact Doreen Wright at 518-382-8481 ext. 9302 or email at [doreen.wright@schenectadycounty.com](mailto:doreen.wright@schenectadycounty.com)

## 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.

## Health Insurance Information and Counseling Program (HIICAP)

Through a partnership with Catholic Charities Senior & Caregiver Support Services, HIICAP provides free, accurate and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans. HIICAP helps people with Medicare, their representatives, or persons soon to be eligible for Medicare.

## Affordable Cable for Qualified Households

Spectrum Internet Assist is a low-cost, high speed broadband service that provides qualifying households with internet service for at a discounted rate. To qualify for Spectrum Internet Assist, a member of the household must be the recipient of one of the following programs:

- National School Lunch Program (NSLP)
- Community Eligibility Provision of NSLP
- Supplemental Security Income (SSI) for age 65 and over only.

Programs that do not qualify: Social Security Disability (SSD), Social Security Disability Insurance (SSDI) and Social Security Retirement and Survivor benefits are different and do NOT meet eligibility requirements.

If you believe you may qualify, visit [SpectrumInternetAssist.com](http://SpectrumInternetAssist.com) to get started.

## 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**.

No two boys and no two girls were born in consecutive years. So either the girls are 9, 7, and 5 and the boys are 8, 6, and 4 or vice versa. Mary has exactly one older sister. So she has to have exactly one younger sister as well. That makes Mary either 6 or 7 years old. Likewise, Peter is also either 6 or 7 years old. But Peter is older than Mary. So Peter is 7 and Mary is 6. That means the boys are 9, 7, and 5 and the girls are 8, 6, and 4. John is not the oldest child. So he is 5 and Paul is 9. Salome is not the youngest child. So she is 8 and Brida is 4.

Solution: (Paul: 9, Salome: 8, Peter: 7, Mary: 6, John: 5, Brida: 4)

## Stumper Solution



## YMCA Exercise Classes

Please see the Senior website or Center bulletin board about session and pricing details.

Mon	Tue	Wed	Thu	Fri
10:30 am Cardio Fit Mary Jane	9:15 am Balance Mary Jo	9:15 am Yoga Melia	9:15 am Cardio Dance David	

- Face masks are required if you are not fully vaccinated.
- Please stay home if you are sick.

**The YMCA wants to hear from you!**  
**What kind of classes would you like to see offered?**



## Membership Policy

We invite anyone 55 or older to visit the Senior Center and learn more about all of the programs offered here. Anyone can attend one day as our guest. After that, participation in most activities here requires that people join Scotia-Glenville Senior Citizens, Inc. The cost is only \$15 annually for those who reside within the town. People from outside the area are also welcome to join for \$25 annually. All memberships expire on December 31st regardless of date of joining.

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: \_\_\_\_\_

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*"You can't go back and change the beginning,  
but you can start where you are  
and change the ending."*

- C.S. Lewis

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### 518-393-8800

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518-372-2827,  
[www.WiteckiLaw.com](http://www.WiteckiLaw.com)

[GWitecki@WiteckiLawOffice.com](mailto:GWitecki@WiteckiLawOffice.com)

Glenn Witecki can help you with your estate planning – standard or advanced, including protecting your assets from Long Term Care expenses and filing Medicaid Applications. Other services include: Probate & Administration, Real Estate and Trust and Estate lawsuits.

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.

Scotia-Glenville  
Senior Citizens  
Recreation & Related  
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**CONTACTS**

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**Vicki Hillis**  
Town of Glenville  
Director of Human Services