



Scotia-Glenville Senior Citizens Senior Moments



Volume 46 Number 2 March-April 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.

Covid-19 Vaccination information

For seniors 65+: You may make an appointment for your Covid-19 vaccine at the Glenville CVS at 259 Saratoga Road. Please do not call or inquire at the local store. The proper procedure is to register through www.CVS.com for an appointment. If you do not have a computer, you may call 1-800-746-7287 to set up the appointment. No walk-ins will be allowed. Please be patient as this CVS is the only one in Schenectady County doing vaccinations for seniors. Keep in mind that thousands of area seniors will all be trying to make an appointment at the same time and that accommodating everyone will likely take several months. Our friends at CVS will be doing their very best to get vaccines out to everyone who wants one.

If you are age 65+, and a Schenectady County resident, you may preregister for an appointment through the County website as described here: Schenectady County Pre-Registration Form for the COVID-19 Vaccination is now available. Please go to <https://www.schenectadycounty.com/vaccine>, click on the link, and read the information. On the left hand side of the page, you will see another link; Pre-Register for Phase IB. Click on this link and complete the pre-registration form. When you complete the form, click Submit. At some point in the future, we don't know the date, you will be contacted with information regarding an appointment. Please be patient with this process, as it is a work in progress. If you do not have a computer or an email address, please call Schenectady County Senior and Long Term Care at 518-382-8481 for assistance signing up.

If you would rather register at the State and sign up for an appointment as available, please visit www.health.ny.gov, click Covid 19, click Vaccine information, scroll down to the line for people 65+ and click on the online tool to register for an appointment. If you do not have a computer or an email address, the COVID-19 Vaccination Hotline is open 7AM - 10PM, 7 days a week, for scheduling vaccination appointments for eligible New Yorkers: 1-833-NYS-4-VAX (1-833-697-4829)

Thank you for your patience as everyone does their best to provide information to you as it becomes available and these new systems are put in place to handle this novel mass vaccination program. As we get information from the state and county as to how they will continue to distribute the vaccine, we will forward it onto you.

The Senior Center is still closed until further notice. We hope to reopen soon.
Please check back as conditions improve,



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MARK YOUR CALENDAR

Exec. Council: Mar 4th & Apr 1st at 1:30 pm via Zoom
Directors: Mar 11th & Apr 8th at 1:30 pm via Zoom
Senior Moments Deadline: March 17th
Senior Moments Mailing: April 22nd

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

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GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Regular hours: 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 Spring which is just 3-4 weeks away by calendar! Some of us will be opening windows after this long winter, others will going outside to enjoy the fresh smells of spring, and maybe some will start gardens.

An update on what has been going on since our closing in November. We are learning to be more tech savvy. Upon closing, we were looking for a mass e-mail system. Our new communication committee, chaired by **Barbara Jones**, has done an excellent job from experimenting with a mass email program to entering all of the email addresses for members who provided one. This system reaches the majority of our members easily and is so useful during these times to communicate information as Covid rules change and programs adapt accordingly.

In other tech news, we also invested in a Zoom account for the Senior Center right after the closing of the center. We now have members enjoying Zoom meetings for such things as the Book Club, Advanced Italian, Tai Chi, Chair Yoga and our Board of Directors meetings.

Many thanks go out to **Vicki Hillis** and all of the volunteers who spend hours at the Center answering phones for Covid-19 vaccination information, AARP tax preparation questions, and van rides as well as returning the many messages left on our answering machine during this time.

My hope is that everyone is staying healthy and safe. Remember to wear your mask, follow all safety precautions and be patient until enough vaccinations are available for every senior who wants one. Also, please don't forget to renew your membership.

- Barbara

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**.

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

AARP Tax Program

National AARP will not allow in-person tax preparation while the Covid-19 Numbers are so high. A virtual option is being discussed but is uncertain at this time. We encourage everyone to seek alternative methods of preparing your taxes this year. If you have a computer, an email and perhaps a trusted relative who can assist you, you may do your own taxes online. If your annual income is less than \$72,000, you can utilize the IRS's freefile:

For free federal filing info:

<https://www.olt.com/main/oltfree/default.asp>

For free state filing info:

<http://ow.ly/66iz50DdX6Q>

Volunteer Income Tax Assistance

Families and Individuals with an income of \$56,000 or less are eligible to have their federal and state income taxes prepared by an IRS-certified volunteers for free. Volunteers are not qualified to complete returns for those with rental income, self-employed income, active military income, stock sales and farm income. When completed, all returns are submitted electronically for faster refunds. VITA returns are processed using a secured software program provided directly from the IRS. Additionally, your VITA information is always considered confidential.

Appointments are required. To schedule an appointment, call your preferred site directly using the phone numbers listed.

VIRTUAL VITA SITES

Union College Kenney Community Center
257 Park Place, Schenectady
(518) 388-6652

YWCA Northeastern NY
600 McClellan Street, Schenectady
Call 2-1-1 for appointment

Thank you to everyone who voted the Glenville Senior Center as the Best Senior Services in the region!
And to all of our volunteers who make it so.



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:

Tuesday, 3/2 1:30-2:30 p.m.

Thursday, 3/11 5:30-6:30 p.m.

Tuesday, 3/16 1:30-2:30 p.m.

Thursday, 3/25 5:30-6:30 p.m.

Thursday, 4/1 1:30-2:30 p.m.

Tuesday, 4/6 5:30-6:30 p.m.

Tuesday, 4/13 1:30-2:30 p.m.

Thursday, 4/22 5:30-6:30 p.m.

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**.



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Search **Scotia-Glenville
Senior Citizens, Inc.**

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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.

March: *This Tender Land* by William Kent Krueger

April: *American Dirt* by Jeanine Cummins

May: *The Vanishing Half* by Brit Bennett

June: *Fifty Words for Rain* by Asha Lemmie

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

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

Zoom classes are working out well. 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's 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.

Golf League

Two leagues: Monday & Wednesday, 9 am

Hillcrest Golf Course has invited us back for this year's golf league. Hillcrest worked out very well for us last year, treating us like special guests. The cost to golf will still be \$10 for 9 holes. The plan is to start on Monday, May 3rd and Wednesday, May 5th.

Instead of a meeting, we're asking anyone interested in joining one of the leagues 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. We are both looking forward to seeing everyone this spring.

Butch Carpentier 518 779-2199

cfcarpentier@verizon.net

Rich Kruk 518 441-1827

Rkruk42@hotmail.com



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: _____

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.

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.

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.

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.

Faith Pangburn - Friendship Café Manager
Ryan Piltman – Site Coordinator

March 2021		
Mon.	1	Open-faced Roast Beef Sandwich
Tues.	2	Breaded Baked Fish
Wed.	3	Chicken & Biscuit
Thurs.	4	Ham Salad on Roll
Fri.	5	Cheese Pizza
Mon.	8	Stuffed Peppers w/Rice
Tues.	9	Tuna Salad on Croissant
Wed.	10	Baked Chicken
Thurs.	11	Spaghetti w/Meat Sauce
Fri.	12	Cheeseburger & Sw. Potato Wedges
Mon.	15	Broccoli & Ham Quiche
Tues.	16	Chicken Salad on Croissant
Wed.	17	Linguini & Clam Sauce
Thurs.	18	Philly Cheese Steak on Roll
Fri.	19	Harbour Style Fish
Mon.	22	Macaroni and Cheese
Tues.	23	London Broil w/Potato Salad
Wed.	24	Chicken Alfredo w/Pasta
Thurs.	25	Swedish Meatballs over Noodles
Fri.	26	Roast Pork with Gravy
Mon.	29	Open-faced Roast Beef Sandwich
Tues.	30	Breaded Baked Fish
Wed.	31	Chicken & Biscuit

Senior Stumper

Submitted by Jim Moorhead

Problem

John and Sally are a married couple going through a bunch of old games that they are thinking to get rid of now that their children are too old for them, when they find a box of Tiddlywinks. John says, "I haven't played that in a long time, so let's play."

Sally opens the box and looks inside but doesn't show the contents to John. Then she laments, "Oh we can't play with these. There aren't enough. There are fewer than 18 winks altogether. But amazingly there is at least one of each of the four colors: red, green, blue and yellow. And there are more reds than greens, more greens than blues and more blues than yellows. And "Wow!" the product of the numbers of all four colors is the same as the combined ages of our children, which I believe you know."

After a brief pause, John asks "Is there more than one yellow in the box?" And Sally answers him.

"Then I know how many of each color there are," laughs John. Do you know?

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Stumper Solution: (2 yellows, 3 blues, 4 greens and 5 reds)

Of course John knows the product of the four numbers (the combined ages of their children). Now, if that product could be formed exactly one way with all of the constraints of the winks outlined by Sally, John would have quickly guessed that combination. But he didn't. So there has to be more than one way of producing the product. And John asks Sally, if there is more than one yellow, he would still not be able to distinguish between the first two of the combinations. But once she answers his question, apparently he can. So she had to have answered that there was more than one yellow. There are 2 yellows, 3 blues, 4 greens and 5 reds.

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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.
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