Scotia-Glenville Senior Citizens

Senior Moments

Volume 45 Number 5 November-December 2020

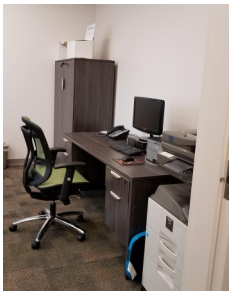
Glenville Senior Center ★ *32 Worden Road, Glenville, NY 12302* ★ *518-374-0734*

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

Celebrating the Opening of the New Addition

On Friday, September 18th, we celebrated the long-awaited opening of the new addition to the Glenville Senior Center. This 1400 square foot addition was made possible through the combined efforts of former Senator Hugh Farley and now Senator Jim Tedisco, the Town of Glenville and Scotia-Glenville Senior Citizens, Inc. The grand opening ribbon cutting was led by Town Supervisor Chris Koetzle. Assemblywoman Mary Beth Walsh and a representative from Senator Tedisco's office also joined us. Approximately 40 senior members were in attendance for the ribbon cutting and small group tours of the addition were given.

The new space includes a dedicated office for senior volunteers, a new classroom for increased programming and a recreation room complete with pool table, shuffle board table and large screen television. While the coronavirus has curtailed some of our activities at the present, this new space will allow for a wider array of activities to be provided in the future. An interest form is included inside this edition of the newsletter to poll members for their ideas of how to best use the new rooms.



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MARK YOUR CALENDAR

Exec Council: Thurs. Nov 5th & Dec. 3rd 1:30 pm
Directors: Thurs. Nov 12th & Dec. 10th at 1:30 pm
***Senior Moments* Deadline: Nov. 18th**
***Senior Moments* Mailing: Dec. 17th at 9 am**
Senior Center and Dining Center Closed:
11/3, 11/11, 11/26, 11/27, 12,24, 12/25, 12/31, 1/1

Snow Closings and Delays

When Scotia-Glenville Schools are closed due to weather: Center is closed; no van service. **If S-G schools are delayed**: Center is open; no van service; all classes and programs before 11:00 canceled to allow time for plowing; everything after 11:00 as usual. *Check local radio and TV for school announcements.*

It's snow season – keep our carpets clean, floors dry and safe!

Please change from wet boots or shoes when entering the Center. This is especially important when taking exercise classes since wet floors are slippery.

***Senior Moments* is published by**
the Scotia-Glenville Senior Citizens, Inc.
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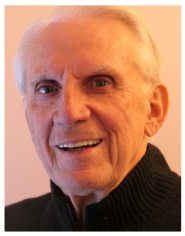
GLENVILLE SENIOR CENTER
32 Worden Rd.
Glenville, NY 12302 (518) 374-0734
Center open 9 am to 4 pm
Center is closed Sat. & Sun. & holidays except open for special events as noted herein.

SENIOR CENTER NEWS



Ron's Reflections

After the unexpected Covid-19 pandemic and sudden closure of the Glenville Senior Center in March, the Senior Center officially reopened on August 1st with indoor/outdoor activities and programs that meet CDC and state safety guidelines.

We thank the front desk receptionists who have since risen to the challenge of providing a welcoming presence at the Center during a difficult time. Thanks to our dispatchers and van drivers, regular service to seniors for local shopping and services has resumed.

After reviewing recommendations submitted by our building and grounds subcommittee, we purchased furnishings and recreational equipment for the new addition that addressed member survey responses. With the new furnishings, landscaping, and paving of the parking lot completed, the grand opening ribbon cutting was led by Town Supervisor Chris Koetzle on Sept 18th which turned out to be a glorious fall day.

SG Senior Citizens elections were held in October. We welcome the newly elected board members and officers who begin service January 1. You will have an experienced board and standing committees to work with on exciting possibilities the new addition offers to enhance our programs at the Senior Center.

Our sincere thanks to board members whose terms end this year. Your outstanding, dedicated service and our major accomplishments during challenging times these past three years are recognized and appreciated. We hope you stay involved.

Lastly, I want to personally express my sincere gratitude for the cooperation and support that board members and officers generously afforded me throughout my three years as president. It has been an honor to serve, with the bonus of meeting many new people, many of whom I now count as friends.

Yours Sincerely,
Ron Brach

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

Vicki's View

It's been great to see the return of many of our members to the Center over the past few months. I appreciate everyone's continued efforts to reopen safely by following all of the guidelines available to us regarding the coronavirus. While we cannot offer everything we would like to resume, I hope that you can be patient as we find new and creative ways to meet member needs.

If you haven't been back to the Center yet, please know that you must sign in and out of the building for contact tracing purposes. This sign-in is an acknowledgement that you are not experiencing any symptoms associated with the coronavirus, that you haven't tested positive within the last 14 days and that you haven't had close contact with other people within the past 14 days who are now known to have the coronavirus.

You must wear a mask over your mouth and nose at all times within the building. The only exception to this rule is if you are seated 6-feet apart and are eating in the dining center. Before and after eating, you are required to have your mask on. According to the Center for Disease Control, you must have a mask and social distance in order to protect yourself and others. Wearing a mask is not a substitute for social distancing.

Please be mindful of high touch surfaces and wash your hands regularly. If you do become sick, please notify us so we may work with public health officials to alert others to potential exposure.

Be well,
Vicki

CENTER SERVICES

Center Membership is required unless noted otherwise. Be prepared to show your Membership Card.

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. Contact **Shirley Miller or Pat Biggica** at the Center.

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.**

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

Display Case

I have some wonderful collections to display, but due to the current circumstances, I cannot say which month they will be displayed. Watch for our wonderful collections in the display case coming up in the next few months.

We need collections for upcoming months. 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.

Senior Center Library

The Senior Center library is now open on Mondays and Thursdays for you to borrow books or puzzles. One person is allowed in the library at a time. All books and puzzles that have been touched should be placed in the return bin.

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, to visit a friend, etc., within the town. The van operates Monday 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. Information on page 13.

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.

Having a Computer Problem?

Schedule a one-hour session with a Senior Center computer tutor. Call the Center to arrange for an appointment. Free to members.

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

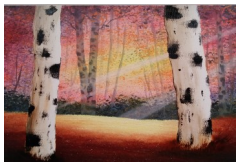
CENTER ACTIVITIES

Center Membership is required unless noted otherwise. Be prepared to show your Membership Card.

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, November 9th, 9:30-2
"Autumn Birches"
This is a fun painting! Students use mixed media (acrylics and oils) and the dramatic colors of fall to create a wonderful scene of the sun streaking into the birch forest. You will learn some interesting techniques.

Monday, December 7th, 9:30-2
"Warm Winter Scene"
For our December class, we will paint a snow bound cabin nestled in the woods. There are distant and nearby snow-covered pine trees, an old cabin and a frozen stream.

Beginners and ALL skill levels are welcome. Peggy provides all the materials from blank canvas, oil paints and brushes to paper towels. She walks the students through the steps and teaches the techniques to create the painting. Just bring a flat box in which to carry home your completed oil painting.

Note: There will be a 1/2 hr. lunch break, so we can re-energize & rest our eyes. Please bring a bag lunch.

Cost: **$45**. Payment due at time of registration. Please make checks payable to **Peggy Porter**. Max. participants. Sign up at Front Desk. Call Peggy at 518-925-2238 for additional details. Mask required at all times.

Stampin' Up Card Workshop

First Tuesday of the Month at 12:30 pm

Join us for an afternoon of creativity and paper-crafting fun. Materials and instruction are provided to make four greeting cards. Sign up in advance at Front Desk. Please make checks payable to the instructor, **Brigid Meyer**. Please bring your own adhesives to class, or contact instructor ahead of class if you need to purchase them.
Cost: **$10** Class size limit: 6 Sign up in advance. Please note that the November class will be held on Tuesday, 11/10 due to Election Day.

Acrylics/Watercolors with Mary

Tuesday Nov. 17th & Dec.15th, 9:30 am

Complete an entire watercolor or acrylic painting during one class. All materials and instruction provided. Please sign up at the front desk in advance and make checks payable to the instructor, **Mary Fekete**. Fee: **$15** Max: 4 participants

Driver Safety Course

Tues./Wed. Nov. 17th & 18, 2-5 pm

This program 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. 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: Senior Center members **$25.50** & non–members **$29.**

Christmas Craft Class

Wednesday, December 2nd at 1 pm

Clothespin Wreath – Easy to assemble using clothespins and a wire frame. Clothespins will be pre-dyed. Included will be a bow technique and added embellishments to complete project. Cost of class is $10 including all materials. Make checks payable to **Barbara Jones**. Sign up in advance at front desk.

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. Free to members.

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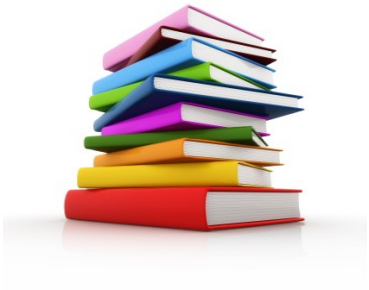
First Monday Book Club

First Monday of the Month at 10am

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

Nov. 2 - *Ask Again, Yes: A novel* by Mary Beth Keanu
Dec. 7 - *The Orphan Collector* by Ellen Marie Wiseman
Jan. 4 - *The Overstory* by Richard Powers



Bowling League

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 or to sign up, contact **Butch Carpentier** at 518-374-1499.

Silver Threads Quilters

Thursdays, 1 - 3 pm

We are a group of friendly, mentoring quilters who share threads of wisdom and create works of art. This year our group has made quilts to donate to Camp Erin, a camp for bereaved children. Also, some of our generous members made hats, mittens and scarves to give to the camp for the cold Adirondack nights. Everyone is welcome. There is no fee.

Oil, Acrylic Art

Fridays, 10 am - 1pm

Certified by the Minneapolis Institute of Art, the instructor, **Dani Morette** provides her expertise as she guides you through your current piece of art. 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. An 8-week session is $120.

Knitting and Crocheting

Tuesdays, 1 pm

Join us anytime! If you are a knitter or crocheter, stop by to meet some new friends. Want to learn either? We will help get you started. New members welcome!

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.

Tai Chi Practice

Tuesdays, 9 am

We welcome you to join our small group trying to maintain our Tai Chi skills. Tai Chi is a meditative exercise, characterized by methodically slow circular and stretching movements and positions of bodily balance. Offered to members only at no cost.

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Senior Moments Mailing Party

Thursday, December 17th at 9 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 the pre-printed address labels for mailing. We'll meet in Meeting Room 1 and complete the task usually within 1.5 hours. Come join us and have some fun!

Pizza and Movie

Saturday, November 14th at 1 pm

Join us for pizza and a movie. We will watch the Sandlot - Heading Home. Sign up at the desk in advance due to limited seating. $5 for pizza, non refundable. Deadline: November 6th. Masks and social distancing required!

Special Travel Presentation

Tuesday January 12th, 2021 at 6 pm

The Glenville Senior Center in coordination with Travel by Brown will give a trip presentation about the Canadian Rockies & Glacier National Park trip rescheduled for September 13th-19th, 2021. Come learn more about this trip. You must sign up in advance as space is limited due to safety protocols. You must also wear a mask.
Held at the Glenville Senior Center, 32 Worden Rd.
Please RSVP by calling 518-399-3128.

CENTER ACTIVITIES

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Senior Stumper

Submitted by Jim Moorhead

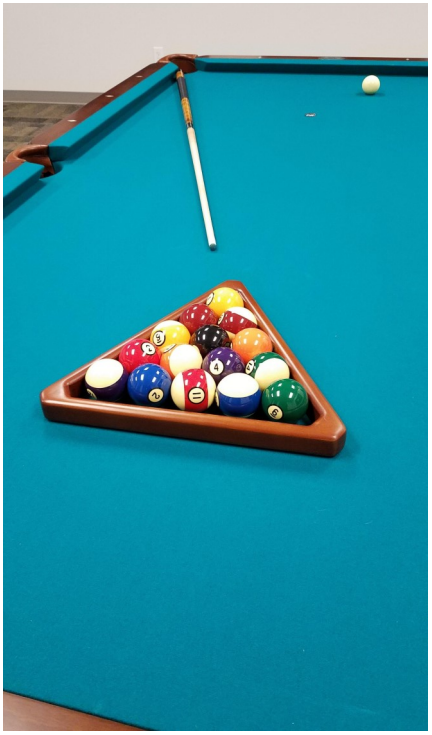
Problem

There are four cards on the table, each with an object painted on them. One card contains a blue circle. One contains a red circle. One contains a blue square. The last contains a red square. The four cards are shuffled and two are selected at random.

1) What is the probability that the two selected cards contain the same color object?
2) What is the probability that the two selected cards contain the same shaped object?
3) What is the probability that the two selected cards contain both the same color object and the same shaped object?
4) Finally, what is the probability that the two selected cards will contain objects that are neither the same shape nor the same color.

New Game Tables

Our new Rec Room is finally furnished with the addition of new pool and shuffleboard tables!
Members are asked to please sign up in advance to use the new tables. Room occupancy will be limited to 6 people at a time. You are required to wear a mask over your mouth and nose at all times and maintain a socially distanced 6 feet between players. Players must disinfect the equipment when finished playing so that the tables are ready for the next players.



Stumper Solution

1) Each color appears on exactly two of the four cards. Consider the first card selected. Which ever color the object is on that card, that color will appear on only one of the three remaining cards. So the probability is 1/3 that the object on the second card selected will be the same color as the first.
2) The same reasoning for shape as for color leads to a probability of 1/3 that the two cards contain the same shape.
3) Zero! No two of the objects heave the same color/shape combination. Shame on you if you simply multiplied the two probabilities and came up with 1/9.
4) After the first card is selected, of the three remaining cards, one has an object that is the same color as the first, one has an object that is the same shape, and none have an object with both the same color and the same shape. One card has an object with a different color and a different shape. So the probability is 1/3 that the second card selected is that one.

How to Protect Yourself and Others

Accessible version: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
  - » Between people who are in close contact with one another (within about 6 feet).
  - » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
  - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  - » COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- **Limit contact with others as much as possible.**
- **Avoid close contact** with people who are sick.
- **Put distance between yourself and other people.**
  - » Remember that some people without symptoms may be able to spread virus.
  - » This is especially important for **people who are at higher risk of getting very sick.** www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html

cdc.gov/coronavirus

Cover your mouth and nose with a mask when around others

- **You could spread COVID-19 to others** even if you do not feel sick.
- **Everyone should wear a mask in public settings** and when around people not living in their household, especially when social distancing is difficult to maintain.
  - » Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- **The mask is meant to protect other people** in case you are infected.
- Do **NOT** use a facemask meant for a healthcare worker.
- Continue to **keep about 6 feet between yourself and others.** The mask is not a substitute for social distancing.

Cover coughs and sneezes

- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- **Clean AND disinfect frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant**. You can see a list of EPA-registered household disinfectants here.

cdc.gov/coronavirus

Glenville Senior Center Member Interest Form

*Name: _____ *Phone: _____

*Email: _____

*Optional: Will be used to communicate information related to programs of interest to you.

Mark as many as you like with an "x":

Volunteer Opportunities

____ Receptionist
____ Director/Officer
____ Office Work
____ Dinners
____ Service Projects
____ Minivan Driver
____ Minivan Dispatcher
____ Other _____
_____

Committees

____ Social Activities
____ Trip Scheduling
____ Newsletter
____ Membership
____ Sports
____ Health/Humanities
____ Public Relations
____ Other_____
_____

Talents to Share

____ Line Dancing
____ Computer/Internet Skills
____ Desktop Publishing
____ Web Site Skills
____ Photography
____ Foreign Language
____ Home Repairs
____ Other_____
_____

Activities of Interest

____ TV/Movies
____ Art
____ Ballroom Dance
____ Board Games
____ Bocce Ball
____ Book Club
____ Bowling
____ Bridge
____ Yoga
____ Canoe/Kayaking
____ Health Programs
____ Billiards
____ Computer Classes
____ Crafts
____ Discussion Groups
____ Exercise
____ Foreign Language
____ Gardening
____ Golf
____ Bicycling
____ Knitting and Crocheting
____ Mah Jong
____ Pickle Ball
____ Photography
____ Quilting
____ Shuffle Board
____ Tai Chi
____ Trips and Travel
____ Line Dancing
____ Hiking

Please use this space to list other interests not shown above:_____

_____

_____

Directions:
Kindly place your completed form in the suggestion box near the reception desk at the Glenville Senior Center or mail to the Scotia Glenville Seniors, 32 Worden Road, Glenville, NY 12302. Questions? Call 518-374-0734.

We thank you for your assistance in helping us better serve you and the community.
The Scotia-Glenville Seniors Board of Directors.

SENIOR CENTER FORMS

Membership News

We will be accepting 2021 membership dues beginning Nov. 1st. Please send or bring in the application form below. Copies are also available at the Front Desk. Brand new members signing up for 2021 will receive this November and December's membership free.

Renew your Center membership between Nov. 1st and Thanksgiving and you will be eligible to win one of several prizes!

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:_____

Glenville Dining Center

The **Scotia-Glenville Friendship Café** is operated by Catholic Charities Senior & Caregiver Support Services at the Glenville Senior Center and is open to all adults 60 years and older. Senior Center membership is not required. A hot, nutritious noon meal is offered Monday through Friday. Menus are nutritionally balanced and approved by a registered dietician. Programming and activities are offered each day as well. Catholic Charities also offers limited transportation for participants. We require reservations one week in advance.

**** Menus subject to change. ****

To make your reservation, please call 518-393-1946, between the hours of 9 am to 1 pm. Please call ahead if you need to cancel a reservation. Full menus are also available on site.
Suggested Meal Contribution: **$3.50** for those 60+ Guests and those under 60 are charged $6.75 per meal. Participants must complete registration forms at first visit. Face masks are required and social distancing will be enforced. Health questionnaire and temperature will be required before entrance into the Friendship Café.

Please arrive by 11:45 am for the noon meal.

November 2020		
Mon	2	Macaroni &Cheese
Tues	3	**Closed - Election Day**
Wed	4	Chicken Alfredo w/Pasta
Thurs	5	Swedish Meatballs /Noodles
Fri	6	Roast Pork w/gravy
Mon	9	Open face Roast Beef Sandwich
Tues	10	Breaded Baked Fish
Wed	11	**Closed - Veterans Day**
Thurs	12	Ham Salad on a roll
Fri	13	Cheese Pizza
Mon	16	Stuffed Peppers
Tues	17	Tuna Salad on Croissant
Wed	18	Baked Chicken
Thurs	19	Thanksgiving Dinner
Fri	20	Cheeseburger on a roll
Mon	23	Broccoli & Ham Quiche
Tues	24	Chicken Salad on Croissant
Wed	25	Linguini and Clam Sauce
Thurs	26	**Closed - Thanksgiving Holiday**
Fri	27	**Closed - Thanksgiving Holiday**
Mon	30	Broccoli & Ham Quiche

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.

COMMUNITY CONNECTIONS

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

DISCLAIMER: Neither *Senior Moments* nor the Scotia-Glenville Senior Citizens, Inc. can endorse or take responsibility for any organizations or services mentioned in news items or advertisements herein.

Caregiver Conversations

First Tuesday of Month at 1:30 pm

Caregivers meet monthly at the Center to 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 meetings, 11/4*, 12/1, 1/5
*November meeting is changed to Wednesday due to Election Day.

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.**

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.

CDPHP®

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