

TOWN OF ROTTERDAM SENIOR CENTER NEWSLETTER

July 2025

Linda Testa
Program Coordinator

Office Staff
Debbie Scharff Latefa Lang

**2639 Hamburg Street
Schenectady, New York 12303
518-356-1561
LTESTA@ROTTERDAMNY.ORG**



Town of Rotterdam
Senior Center
2639 Hamburg Street
Schenectady, NY 12306
518-356-1561
Office Hours
Monday -Friday
8:00 am – 4:00 pm

WELCOME TO OUR NEWSLETTER

The Senior Center has been at its present location since 1975. Our goal is to get seniors out of their homes to develop friendships with other members within the community. Many services offered are free to seniors to help save them time and money

If you have any questions, please feel free to contact us 518-356-1561.

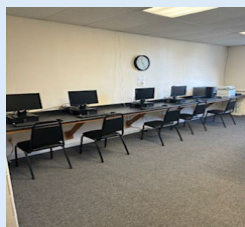
Hope to see you soon!



NEWS FROM COMPUTER ROOM:

Great news! We have just received new computers!

The Computer Room is opened Monday-Friday from 8am-4pm for anyone who would like to use the computers for personal use.



NEWS FROM OUR LIBRARIAN, Linda:

Are you looking for a good book to read? If so, stop by our Lounge and browse our large book collection. The books are arranged alphabetically by the author's last name. There is also a small "Large" print book section. All the donated books are free to borrow and circulate on the honor system. When you are ready to return the book, place it in the basket below the "Book Return" sign. The library also includes magazines, puzzles and cookbooks.



Visit the library and relax in one of the comfortable chairs in front of the fireplace!

THE ROTTERDAM SENIORS ASSOCIATION

Association is a separate organization from the Rotterdam Senior Center. The Association holds their meetings at the Senior Center.

If you are interested in joining the Rotterdam Seniors Association, please contact one of the executive board members below for information about joining the association.

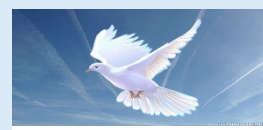
Bruce DeCesare	518-421-1456
Diane Marco	518-428-4240
Carol LaTorre	518-355-9646
Darlene Wolcott	518-356-0596
Mary Scicchitano	518-346-3631

In Memoriam

We are saddened to learn of the passing of these members:

Robert "Bob" J. Serotta - Commander DAV Chapter 88

Reta Lee DuPont Eunice Royer Roma M. Barbera



THANK YOU

Rotterdam Senior Center

FOR MAKING A DIFFERENCE FOR OUR RECIPIENTS



At 6 months old, Charley Chance received several blood transfusions as part of cancer treatments

Thank you to all who participated in the June 17th blood drive.

Your donations went to help patients like Charley. For patients like these, your donations make a direct impact on their wellbeing.

On To the Results...

Goal:20 Units

Collected: 19 (We'll get it next time!)

TOWN OF ROTTERDAM 2025 SUMMER CONCERT SERIES

Free concerts at the Rotterdam Senior Center –

Bring a chair and ENJOY!

2639 Hamburg Street - Mondays 6:30 – 8:00pm

MONDAY, JULY 7

Unken Brew

MONDAY, JULY 14

Rotterdam Town Band

MONDAY, JULY 21

The Dadtet

MONDAY, JULY 28

Rotterdam Town Band and Jazz Band

MONDAY, AUGUST 4

Epilogue Trio

MONDAY, AUGUST 11

Michael Benedict Jazz Vibes

MONDAY, AUGUST 18

Joe Gitto Trio

A SPECIAL THANK YOU TO OUR SPONSORS:



**The Town of Rotterdam Parks and Recreation Department,
the Mohawk Valley Society for Live Music,
and the**

Schenectady-Amsterdam Local 85-133 A.F.M

**A RESCHEDULED DATE FOR THE ROTTERDAM
TOWN BAND AND JAZZ BAND WILL BE
ANNOUNCED SOON!**

Monday	Tuesday	Wednesday	Thursday	Friday
30	1 Coffee and Conversation 9:30 Chair Yoga 10-11 Open Quilters 10-3:45 Mah Jong 11:30-3:00 DAV 12pm	2 Quilting Class 10-3:45 Osteo Exercise 10-11 Bingo 11:30-1:30 Blood Pressure Clinic 10:30-11:30	3 Billiards 9-3:45 Craft Class 10-12 Pinochle 10:30 -3:45 Exercise by Morgana 12:301:30 Piecemaker Quilt 12:30-3:45 American Legion 1:00	4 CLOSED FOR INDEPENDENCE DAY
7 WOW(formerly TOPS) 9:30-12 Painting 10-12:30 Osteo Exercise 11-12 Zentangle 12:30-2:30 Free Concert 6:30PM	8 Chair Yoga 10-11 Open Quilters 10-3:45 Mah Jong 11:30-3:00	9 Quilting Class 10-3:45 Osteo Exercise 10-11 Bingo 11:30-1:30	10 Billiards 9-3:45 Craft Class 10-12 Pinochle 10:30 -3:45 Exercise by Morgana 12:30-1:30 Piecemaker Quilt 12:30-3:45 Bus Trip	11 Osteo Exercise 11-12 Mah Jong 11:30-3:00
14 WOW(formerly TOPS) 9:30-12 Painting 10-12:30 Osteo Exercise 11-12 Zentangle 12:30-2:30 Bus Trip Free Concert 6:30PM	15 Open Quilters 10-3:45 Mah Jong 11:30-3:00 DAV 12PM	16 Quilting Class 10-3:45 Osteo Exercise 10-11 Bingo 11:30-1:30	17 Billiards 9-3:45 Craft Class 10-12 Pinochle 10:30 -3:45 Exercise by Morgana 12:30-1:30 Piecemaker Quilt 12:30-3:45 Alzheimers Support Group 1PM	18 Osteo Exercise 11-12 Mah Jong 11:30-3:00
21 WOW(formerly TOPS) 9:30-12 Painting 10-12:30 Osteo Exercise 11-12 Zentangle 12:30-2:30 Free Concert 6:30PM	22 Chair Yoga 10-11 Open Quilters 10-3:45 Mah Jong 11:30-3:00 Bus Trip	23 Quilting Class 10-3:45 Osteo Exercise 10-11 Bingo 11:30-1:30	24 Billards 9-3:45 Crafts 10-12 Pinochle 10:30 -3:45 Exercise by Morgana 12:30-1:30 Piecemaker Quilt 12:30-3:45 Bus Trip	25 Osteo Exercise 11-12 Mah Jong 11:30-3:00

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
WOW(formerly TOPS) 9:30-12 Painting 10-12:30 Osteo Exercise 11-12 Zentangle 1-2:30 Ellis Hospital Volunteer Opportunity Informational Table 5:30-8PM Free Concert 6:30PM	Chair Yoga 10-11 Open Quilters 10-3:45 Mah Jong 11:30-3:00 Bus Trip	Quilting Class 10-3:45 Osteo Exercise 10-11 Bingo 11:30-1:30	Billards 9-3:45 Crafts 10-12 Pinochle 10:30 -3:45 Exercise by Morgana 12:30-1:30 Piecemaker Quilt 12:30-3:45 Bus Trip	



July Bus Trips

Wednesday July 9: Saratoga Trifecta: Racino, Saratoga Auto Museum or Shopping in downtown Saratoga. Name your pleasure and our driver will happily take you to your destination! Will it be Racino or strolling down Broadway in beautiful downtown Saratoga and shopping in the unique boutiques before having lunch at one of the many restaurants and eateries, or will it be the Auto Museum to see "The Corvette Story", an iconic exhibit showcasing generations of Corvette's including the 1961 Mako Shark Corvette which never made it to production. Admission to the Saratoga Auto Museum is \$15.00.

The bus will depart at 9:30AM.

Monday July 14: Hildene: Lincoln Family Home Manchester Vermont. Lunch at Mulligans of Manchester. Immerse yourself in the legacy of Abraham Lincoln's son, Robert Todd Lincoln, with a captivating tour of Hildene. Wander through the beautifully preserved Georgian Revival mansion, marveling at its period furnishings and learning about the family's remarkable lives. Beyond the grand estate, prepare to be enchanted by the magnificent grounds. Our golf cart tours offer a comfortable and informative way to navigate the meticulously manicured formal gardens, showcasing seasonal floral displays, whimsical sculptures, and breathtaking vistas. From history to horticulture, Hildene offers an unforgettable experience. Admission for a guided tour is \$32.00 per person. Bus departs at 9AM.

July 22nd: Lac Du Saint Sacrement Luncheon Cruise, Lake George. Welcome aboard the Lac Du Saint Sacrement, the largest cruise ship on Lake George. At midday, cruise the lake while enjoying a lunch buffet and live entertainment. Boarding is at 11:00, cruise sails at 12:00 noon and returns at 2:00PM. Tickets are \$56.25. Kindly remit payment for non-refundable cruise tickets no later than July 11th. The bus departs at 9:30 a.m.

Thursday July 31: Scenic Drive Through the Heldebergs Then Dinner at the Maple Inn Berne NY. Come aboard our scenic drive through the Heldebergs with a brief stop at Thatcher Parks Lookout Area before having a delicious dinner at the Maple Inn on the Lake. The Maple Inn on the Lake is a long-standing American restaurant and bar situated on the scenic shores of Warners Lake in East Berne, NY. It's known for its casual, welcoming atmosphere and offers classic American cuisine, including popular dishes like fish fry and Wienerschnitzel. A local landmark, it serves as a comfortable gathering spot for both residents and visitors to the Helderberg Hilltowns. Bus departs at 4:15pm.

Seating is limited. Please call the Senior Center to reserve your seat (518) 356

PROGRAMS



Coffee and Conversation

Attention seniors! Are you looking for a warm, welcoming space to share stories, make new friends and enjoy delicious coffee.

Join us Tuesday

July 1

At

9:30 am

in the lounge at the Rotterdam Senior Center for our Coffee & Conversation gathering.

Donated breakfast food items are always welcomed

Spread the word and bring a friend!

Sign up at the front desk or call 518-356-1561.

AARP DEFENSIVE DRIVING COURSE

WEDNESDAY & THURSDAY - August 20 and August 21 from 1-4 pm BOTH DAYS

At the Rotterdam Senior Citizens Center

2636 Hamburg Street, Schenectady

Refresh your driving skills!

You will learn:

Defensive driving techniques, proven safety strategies and new traffic laws and rules of the road. Upon completion, you can save at least 10% on your car insurance and remove up to 4 points from your license

Call The Rotterdam Senior Center at 518-356-1561 to reserve your spot

\$25 for AARP Members

\$30 for non- members

WHAT'S HAPPENING AT THE ROTTERDAM SENIOR CENTER





BINGO AT THE ROTTERDAM SENIOR CENTER

EVERY WEDNESDAY

Games begin at 11:30 am and will continue until 1:30pm.

Minimum charge of \$5.00 for 6 cards

In order for the games to start on time, cards must be purchased no later than 11:15 am. If a senior arrives late, it is up to the volunteer bingo seller to allow them to play and how the money will be disbursed. Cards for the visually impaired are available (6 cards per person)

Note: As this is a Senior Center, we reserve the right to have all our participants be 55 years of age or older. Bingo is considered gambling in the state of New York. Anyone under the age of 18 is prohibited from playing.

Pizza and beverages will be available. If you are interested in Pizza, please place your order before Bingo begins. \$3 for two slices of pizza and beverage.

CORNELL COOPERATIVE EXTENSION OF SCHENECTADY COUNTY

Do you have questions or concerns about what to eat?

If you are a Schenectady County resident you are entitled to a free consultation from Cornell Cooperative Extension Dietitian, Debbie Griswold, Registered Dietitian.

Call Cornell Cooperative Extension, Schenectady County at 518-372-1622, ext. 269 to contact or leave a message. Check our website for nutrition resources: <http://cceschenectady.org/nutrition-for-seniors>



BLOOD PRESSURE CLINIC

BY Eddy Senior Care

1st Wednesday of every Month - July 2

10:30am -12:00pm

WALK-INS WELCOMED!



The Rotterdam Senior Center
Proudly announces the
Rotterdam Senior Citizen VAN!

**We are now offering transportation
to and from
the three senior complexes:**

Edison Apartments, Holly Manor & Fr. Leo O'Brien

To the Senior Center on Hamburg Street.

The bus is scheduled for **EVERY WEDNESDAY PICKUP STARTING AT 9:15 AM**

You will be able to enjoy Osteo class, Pizza and Beverages and Bingo.

For those who wish to play BINGO only, PICK UP WILL START AT 10:45

Call the Rotterdam Senior Citizen Center at

518-356-1561

To make your reservation by 3:30 pm on Tuesday

Pick up will begin at 9:15 am and we will leave the Senior Center to return home at 2:00 pm

Empower Your Body, Enhance Your Life

Join Morgana from Body By Morgana for a transformative fitness experience designed to improve your strength, balance, and range of motion.

**Thursdays | 12:30 PM - 1:30 PM | Rotterdam Senior Center
2639 Hamburg Street, Schenectady**

Our classes incorporate a blend of seated and standing exercises, carefully curated to promote overall well-being and longevity.

Benefits:

Increased strength: Build muscle and improve functional abilities. **Enhanced balance:**

Reduce the risk of falls and improve stability. **Improved range of motion:** Increase flexibility and

ease movement. **Boosted energy levels:** Experience greater vitality and endurance.

Stress reduction: Find a sense of calm and relaxation through movement.

No experience necessary. All fitness levels welcome.

\$5.00 a class.

Call 518-356-1561 to Register today and discover the power of movement to transform your life.



Cornell University
Cooperative Extension
of Schenectady County

107 Nott Terrace, Suite 301
Schenectady, NY 12308
Phone: 518-372-1622; Fax 518-372-8703
www.cceschenectady.org

The Truth About Fat

For decades, the word “fat” has been considered a dirty word when it comes to health. From the low-fat diet craze of the 90’s, fat has been vilified as being THE reason why people gain weight, but this is not true.

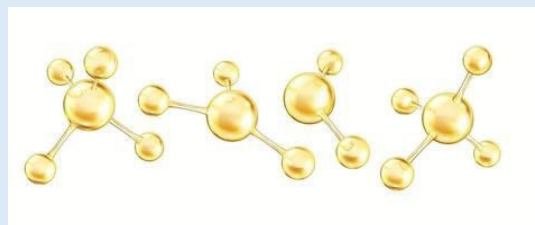
In actuality, there are many reasons to incorporate fat into a balanced diet. Fat provides calories, protects our internal organs, helps to regulate body temperature, and allows us to metabolize some vitamins. Not to mention, it makes food taste amazing! Continue reading to dive into the role fat plays in a balanced diet.

What is fat?

Fat is one of the three **macronutrients**

humans need in order to survive (the other two are protein and carbohydrates). They are called macronutrients because we need them in large quantities every day.

They each provide calories (9 per gram of fat, 4 per gram of protein and carbohydrates). They also help to build and maintain structures inside the body.



What does fat do in the body?

1. Protects internal organs
2. Insulates and helps with temperature regulation (which is why animals that live in cold climates have so much fat on their bodies)
3. Helps the body absorb and use fat-soluble vitamins (A, D, E, K)
4. Helps with hormone production

Building Strong and Vibrant New York Communities

Dietary Fats: Saturated VS. Unsaturated

Saturated Fats

- ⇒ Mostly come from animal sources, like meat, poultry, eggs, dairy (the exceptions are coconut and palm oils)
- ⇒ Solid at room temperature
- ⇒ Can raise LDL (bad) cholesterol
- ⇒ The Dietary Guidelines for Americans recommends limiting saturated fat intake to 10% of total calories per day



What About Trans Fats?

- ⇒ Found naturally in beef and dairy fat, but most are made through a process called hydrogenation
- ⇒ Raise LDL and lower HDL
- ⇒ Can create inflammation and contribute to insulin resistance
- ⇒ Most in the US food system have been phased out

Unsaturated Fats

- ⇒ Mostly come from plant-based foods (vegetable oils, nuts, seeds) and fish
- ⇒ Liquid at room temperature
- ⇒ Can help to lower LDL and raise HDL (good) cholesterol
- ⇒ The Dietary Guidelines for Americans recommends a total fat intake of 20-35% of calories, with the majority coming from unsaturated sources
- ⇒ Monounsaturated: olives, avocados, peanuts, safflower, sesame, almonds, hazelnuts
- ⇒ Polyunsaturated: sunflower, corn, soybean and flaxseed oils, walnuts, fish



Common Myths about Fat

There are many myths about fat and its place within a balanced diet. Here are some of the most common ones and the truth about them.

Myth 1: Fat is not necessary in a balanced diet

Truth: Fat is needed for many different functions, including hormone production, regulating body temperature, and nutrient absorption. The brain is also approximately 60% fat.



Myth 2: Fat raises blood sugar

Truth: Fat does not raise blood sugar. Eating carbohydrates with either protein or fat can help to slow down how fast sugar is absorbed into the bloodstream. There is research that says insulin resistance can be improved by replacing carbohydrates or saturated fat with unsaturated fat.



Myth 3: Fat raises cholesterol

Truth: **Unsaturated** fats do not raise total or LDL cholesterol, but can help to reduce LDL and raise HDL cholesterol. **Saturated** fats may raise both LDL and HDL cholesterol, but there is more research needed to prove this.



Myth 4: Fat causes weight gain

Truth: Dietary fat (fat from food) does not automatically convert to body fat, and research has shown that people who eat a high-fat or moderate-fat diet can lose as much or more weight than those on a low-fat diet. Fat also slows down digestion and increases satiety and meal satisfaction, which may lead to eating less overall.

3-Ingredient White Bean & Cherry Tomato Salad

Recipe from EatingWell.com



Makes 2 servings Ingredients:

- ⇒ 1 (11.5 oz) Mediterranean-style salad kit
- ⇒ 1 (15 oz) can no-salt-added white beans, rinsed
- ⇒ 1 pint cherry tomatoes, halved if desired

Directions:

1. Combine salad kit contents, white beans and tomatoes in a large bowl; toss to combine.
2. Divide into 2 servings; serve.

Nutrition Facts (per serving): 387 calories, 49g carbohydrates, 12g fiber, 13g protein, 15g total fat, 2g saturated fat, 563mg sodium

Resources: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/saturated-fats>
<https://nutritionsource.hsph.harvard.edu/what-should-you-eat/fats-and-cholesterol/types-of-fat/>
<https://www.eatingwell.com/recipe/8047833/3-ingredient-white-bean-cherry-tomato-salad/>
<https://hopkinsdiabetesinfo.org/debunking-myths-about-fat/>

Consumer-centered access for long-term care information, referrals and assessments.

**For information,
call 518-382-8481, #9, ext. 304**



Do you have questions or concerns about what to eat?
If you are participating in services offered by Schenectady County's Senior and Long Term Care services, you are eligible for a free consultation with Debbie Griswold, Registered Dietitian.

Call Cornell Cooperative Extension, Schenectady County at 518-372-1622, ext. 269 to contact or leave a message.

Check out our website for nutrition resources: <http://ccschenectady.org/nutrition-for-seniors>

Schenectady County Department of Senior and Long Term Care Services denies no person services or access to service based upon race, color, sex, religion, national origin, marital status and/or handicapping conditions. Schenectady County Department of Senior and Long Term Care Services is primarily funded with County tax dollars. Supplemental funding is through the New York State Office for the Aging under Title III-B/D, III-C-1, III-C-2, III-F of the Federal Older Americans Act, and New York State Expanded In-Home Services for the Elderly (EISEP), Community Services for the Elderly Act (CSE), Congregate Services Initiative (CSI), and the Wellness In Nutrition (WIN).

**Become an Ellis
Medicine Volunteer**
YOU CAN MAKE A DIFFERENCE

Volunteer Opportunities:

- Office/Clerical Positions
- Intensive Care Unit (ICU) Greeters
- Emergency Room Volunteers
- Nursing Unit Support Volunteers
- Eucharistic Ministers
- Gift Shop Associates Pet Therapy
- Volunteers Hospital Greeters

Commitment

- 4 hours/week for at least 6 months

Interested?

Talk with someone about the program!

Monday, July 28

5:30PM - 8PM



Rotterdam Senior Center

2639 Hamburg Street

Rotterdam, NY 12303

Can't make it in-person? Call Rebecca Carr at 518.243.4009 to learn more.





Daily Activities

Rotterdam Senior Center - 2639 Hamburg St- 518-356-1561

MONDAY

WOW(Watch our Weight) 9:30AM -12:00PM

Painting- 10:00AM – 1:00PM

Osteo Exercise – 11:00AM – 12:00PM

Zentangle – 1:00PM – 2:30PM

TUESDAY

Chair Yoga- 10:00AM – 11:00AM

Open Quilters – 10:00AM - 3:45PM

Mah Jong – 11:30AM – 3:00PM

WEDNESDAY

Beginner Quilters & Beyond – 10:00AM – 3:45PM

Bingo – 11:30AM – 1:30PM

Osteo Exercise – 10:00AM – 11:00AM

THURSDAY

Billiards – 9:00AM – 3:45PM

Crafts – 10:00AM – 12:00PM

Pinochle -10:30AM – 3:45PM

Piecemakers Quilting – 12:30PM – 3:45PM

Exercise by Morgana 12:30PM – 1:30PM

FRIDAY

Osteo Exercise – 11:00AM – 12:00PM

Mah Jong – 11:30AM – 3:00PM

National Awareness Month for July

National awareness months are dedicated to raising awareness about various crucial topics, from health conditions to social issues. These awareness months can help rally support and share important stories, ultimately encouraging a deeper understanding of the issues that affect our lives

JULY:

Sarcoma Awareness Month is observed in July to raise awareness about sarcomas, a rare but heterogeneous group of cancers that originate in the bones and soft tissues. The month aims to educate the public about the disease, support those affected, and encourage research into prevention and treatment. A yellow ribbon with a sunflower is a common symbol of sarcoma awareness.

World Population Day July 11: World Population Day, marked annually on 11 July, **seeks to focus attention on the urgency and importance of population issues.** It was established by the then-Governing Council of the United Nations Development Programme in 1989, and was first marked on 11 July 1990 in more than 90 countries.

World Brain Day July 22: aims to raise global awareness about neurological disorders and promote brain health. It's a day to educate the public about the importance of a healthy brain and the potential risks associated with neurological conditions.

Holidays in JULY:

July 4 Independence Day:

Independence Day, known colloquially as the Fourth of July, is a federal holiday in the United States which commemorates the ratification of the Declaration of Independence by the Second Continental Congress on July 4, 1776, establishing the United States of America.

RESOURCES THAT MAY BE HELPFUL

- When you click on the word(s), it will take you to that specific website.

<p><u>MEDICAL ALERT</u></p> <p>The Medical Alert Home Systems enable independent living by giving you quick, easy access to trained response specialists 24/7/365. The help button is reliable, easy to use, and waterproof, allowing it to be worn in the shower or tub where slips and falls are most common.</p>	<p><u>STAR ENHANCED PROGRAM</u></p> <p>The STAR program provides eligible homeowners with relief on their school property taxes. There are two types of STAR exemptions:</p> <ul style="list-style-type: none"> • The Basic STAR exemption is available to all eligible homeowners with incomes below \$250,000, regardless of the owners' age. • The Enhanced STAR exemption provides a larger benefit to seniors who meet the Enhanced income and eligibility standards. <p>For additional information, call the Rotterdam Town Assessor's Office at 518-355-7575 Ext 306</p>
<p><u>ADVICE FOR CAREGIVERS(TruAlta)</u> <i>TruAlta</i> is an online education and support platform that provides caregivers confidence for Better Days™. Accessible anytime, from any device.</p>	<p><u>SCHENECTADY COUNTY DEPARTMENT FOR SENIOR AND LONG-TERM CARE SERVICES</u></p> <p>Schenectady County Department of Senior and Long Term Care Services promotes the long term health and wellbeing of Schenectady County residents and assure that they receive the necessary community based services that they are entitled to in order to remain safely in the community.</p>
<p><u>SNAP/SCHENECTADY COUNTY</u> - Geared toward enabling low-income households to purchase the food they need to maintain proper nutritional levels and good health.</p>	<p><u>HEAP – Home Energy Assistance Program</u></p> <p>The Home Energy Assistance Program (HEAP) helps eligible New Yorkers pay for home heating and cooling. Eligible New Yorkers may receive one regular HEAP benefit per program year, and may also be eligible for emergency benefits</p> <p>Phone: 518-388-4470</p>
<p><u>PRESCRIPTION ACCESS & REFERRAL PROGRAM IN SCHENECTADY COUNTY</u> (518-222-0472)</p> <p>**No link on this box</p>	<p><u>Alzheimer's Association of Northeastern New York</u></p> <p>https://www.alz.org/northeasternny</p> <p>Serving 17 counties in Northeastern New York, from the Capital Region to the North Country, we help families, caregivers, health care professionals and those living with the disease through FREE education programs, support groups, care consultations, local information and referrals, and safety services. Visit our online <u>Community Resource Finder</u> for a list of local programs and services in your community or call Karen Baxter at 518-675-7216 or email at kmbaxter@alz.org</p>
<p><u>CARINGCOMPANIONS of the Capital Region</u></p> <p>518-280-3366</p> <p><u>Caring Companions is the perfect solution for individuals who need some support to live independently or for caregivers who provide for the needs of someone. We improve the quality of life by providing compassionate, one-on-one assistance either in the comfort of your home or for those in independent living facilities as well as hospitals and nursing homes.</u></p>	

Yellow Dot Program

Yellow Dot is a free program designed to help first responders provide life-saving medical attention during that first “golden hour” after a crash or other emergency. A Yellow Dot in the driver’s-side rear window of your vehicle will alert first responders that vital medical information is stored in the glove compartment.

Stop into the Rotterdam Senior Center at 2639 Hamburg Street, Schenectady to pick up your Yellow Dot information.

FRAUD PREVENTION (JUSTICE.GOV)

Elder fraud is an act targeting older adults in which attempts are made to deceive with promises of goods, services, or financial benefits that do not exist, were never intended to be provided, or were misrepresented. Financial exploitation is the illegal or improper use of an older adult's funds or property.

Donate Durable Medical Equipment to:

Troy Independent Living Center of the
Hudson Valley
15 1st Street
Troy, NY 12180
518-274-0701 Ext 1071 (Tommy Tibbitts)

****Will pick up but item must be clean.**

****No link on this box**

VETERANS OF SCHENECTADY COUNTY

The Schenectady County Veterans Agency is here to serve you. We will advise you on all of the benefits available to you, based upon your service. We will also assist you in applying for those benefits and in responding to all queries regarding your applications until the process is complete. It is our sincere desire to safeguard the rights and benefits that you all have so nobly earned.

USING DISABILITY BENEFITS FOR MEMORY CARE

When someone receives a diagnosis of dementia, it’s a stressful time for both the patient and their loved ones. While you’ll likely have many questions about the condition, one of the biggest concerns caregivers have is how the necessary care will be paid for. Long term medical care can get expensive fast and put a strain on the finances of loved ones, but for patients that qualify, disability insurance is available to help offset the cost of care.

ELDERLY SLIPS AND FALLS GUIDE(Brown & Crouppen)

Elderly fall victims are susceptible to a wide range of debilitating injuries, including brain injuries and fractured hips, wrists, knees, and other broken bones. Sadly, many elderly fall victims don’t survive their injuries. Nationwide, 34,000 fatal falls among the elderly were recorded in 2019. So, why are seniors slipping and falling at such alarming rates? And what can be done to limit the chances of you or someone you care about falling and getting hurt? Brown & Crouppen in Kansas City tackles these important questions and others in our slip-and-fall guide for the elderly.

ALBANY GUARDIAN SOCIETY

Improving aging through education.

Albany Guardian Society's mission is to improve the lives of older adults in the Capital Region, their families and their caregivers, through information, education, research, and collaboration

MENTAL HEALTH

The Community Health Division's Office of Community Services is a Single Point of Access (SPOA) for services offered through the New York State Office of Mental Health.

Copy your Wallet Credit Cards for FREE!

The information on the credit cards you carry in your wallet is important to you. If these cards are lost or stolen, you would not know the many numbers and vital information on each of them? Come into the Senior Center and copy all the cards in your wallet.

Project Life Saver

The primary mission of Project Lifesaver is to provide timely response to save lives and reduce potential injury for adults and children who wander due to Alzheimer's, autism, and other related conditions or disorders. This rapid response program aids in locating those who are at constant risk of the wandering and returning them to their families or caregivers. Project Lifesaver is provided to Schenectady County residents as a result of a partnership established between the Sheriff's Office, Schenectady County Office for Long Term Care, and the Autism Action Network of Schenectady County.

County Seniors and Vets -- eligible for farmers market coupons

To be eligible for the program, a resident must be at least 60-years old and have a monthly income at or below the following:

- \$2,322 – for a one-person household
- \$3,152 for a two-person household
- \$3,981 for a three-person household

The coupons are available through the Schenectady County Office of Senior & Long Term Care Services and the Schenectady County Veterans Services and can be used at a number of local farmers markets, including the Schenectady Greenmarket, Niskayuna Farmers Market, the Veggie Mobile at Parkside View and Ten Eyck apartments and the Schenectady City Hall Farmers Market.

To request a coupon booklet, please call Senior Services Coordinator Kathleen Albert at 518-382-8481 Ext. 1304 or call the Schenectady County Veterans Services at 518-377-2423

HEATH INSURANCE INFORMATION & COUNSELING PROGRAM (HIICAP)

The Health Insurance Information, Counseling & Assistance Program (HIICAP) provides Medicare beneficiaries with information, education, and counseling about Medicare and other health insurances. The HIICAP counseling process includes a complete review of an individual's current and anticipated medical and prescription drug coverage needs.

HIICAP staff and volunteers serve over 2000 seniors throughout Schenectady County, are not associated with any insurance company, do not sell insurance products, and is FREE and NON-BIASED.

This program is federally-funded by the Administration for Community Living (ACL) and also receives funding from the New York State Office for the Aging. It is administered by Schenectady County Senior & Long Term Care Services and Catholic Charities Tri County for over 20 years.

Schenectady County residents, call HIICAP Hotline: (518) 346-3497

For in-person or over-the-phone counseling:

Telephone: Robert Bird/HIICAP Coordinator

Catholic Charities Tri Count Services

1462 Erie Boulevard, 2nd Floor, Schenectady, Schenectady, NY, 12305-

518-372-5667 Ext 207

Website: <http://www.ccseniorservices.org>

In addition to 911 for emergencies, other useful numbers include:

311: This number is for non-emergency municipal services, such as reporting potholes, asking about public works, or getting information about city services.

811: Dial 811 before digging to locate underground utilities and prevent damage.

511: This number provides information about traffic conditions and road closures.

988: The National Suicide and Crisis Lifeline provides free and confidential support for individuals experiencing suicidal thoughts or mental health crises.

211: The United Way's 211 service can provide referrals to community-based health and human services.

711: This is the Telecommunications Relay Service for individuals with speech or hearing impairments.

Mollie Collins
Supervisor

Linda Testa
Project Coordinator

Town of Rotterdam
Schenectady County
Rotterdam Senior Center
2639 Hamburg St.
Schenectady, NY 12303
518 – 356-1561



Rotterdam Senior Information

The purpose of this form is for emergency use only

Date_____

Last Name First Name Middle Name

Gender ☐ Male ☐ Female

Address_____

Street

City

Zip Code

Phone (Home)_____ Phone(Cell)_____

Email Address_____

Would you like to be added to our email list? ☐ No ☐ Yes

Primary Doctor_____

Name

Phone Number

Hospital Preference:_____

Additional Information:

Yellow Dot Program

☐ No ☐ Yes

Pets

☐ No ☐ Yes

Emergency Contacts:

1.

Last Name	First Name	Middle Name
Address _____		
Street	City	State
Phone (Home) _____	Phone(Cell) _____	
Phone(Work) _____	Ext _____	Key to residence <input type="checkbox"/> No <input type="checkbox"/> Yes
Relationship: _____		

2.

Last Name	First Name	Middle Name
Address _____		
Street	City	State
Phone (Home) _____	Phone(Cell) _____	
Phone(Work) _____	Ext _____	Key to residence <input type="checkbox"/> No <input type="checkbox"/> Yes
Relationship: _____		

3.

Last Name	First Name	Middle Name
Address _____		
Street	City	State
Phone (Home) _____	Phone(Cell) _____	
Phone(Work) _____	Ext _____	Key to residence <input type="checkbox"/> No <input type="checkbox"/> Yes
Relationship: _____		

PROGRAM/TRIP SUGGESTION FORM

Rotterdam Senior Center

2639 Hamburg Street
Schenectady, New York 12303

518-356-1561

LTesta@rotterdamny.org



Program/Trip Suggestions

Name

email/phone number

Your interest and input is greatly appreciated.