

## **BOLTON SENIORS**

P.O. Box 424 / 12 Cross Street, Bolton Landing, NY 12814

(518) 644-3340 – Meetings: 1<sup>st</sup> Wednesday, 10:15 am

**JANUARY 2021 Newsletter** – Volume 15, Issue 3

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Treas.- Anne Marie Bell, 518- 644-3051, bellpoint54@aol.com

Secretary- Rita Whitney, (C) 518-338-6858, rrwhit@gmail.com

Trustees-[ Lois Kyle, 3 years (Acting VP)]; Maureen Mihalics, 2 yrs: Jasper Zarccone, 1 yr.

**DUE TO COVID-19, ALL ACTIVITIES ARE CANCELLED UNTIL FURTHER NOTICE!**

**STAY HOME & STAY SAFE... PRACTICE SOCIAL DISTANCING**

**For our SOCIAL SOLIDARITY... Wear a FACE COVERING!**

(RE: FLU SHOTS... It has been recommended to get them early-as soon as possible! The County Health Office is open by appt. only . They are available @ the Bolton Health Center (HHHN). They are also available at your pharmacy! Be sure to get the Senior dose which is on short supply!... so the sooner the better!)

## **DECEMBER**

**31<sup>st</sup>- (Fri.) Happy New Year! Hoping for a better one!**

## **JANUARY**

The Conkling Center is offering the following Zoom meetings!

**5<sup>th</sup>- (Tues.)** Core Strengthening & Cardioexercise @ 2 pm. Lexi Gordon will present a 30 min. exercise class.

**7<sup>th</sup>-(Th)** Gentle Yoga for Seniors @ 10 am. Maureen Reilly will start off with breathing exercises, gentle yoga postures (in chair) & meditation.

Also, Telehealth @ 2 pm. Katy Cook (Adk. Health Institute will provide tips about the importance of telehealth (talking to your Dr. over phone or video chat) and tips for using it well.

**12<sup>th</sup>-(Tues.)** Healthy Living for your Brain and Body @ 2 pm. Lindsay Stanislowsky (Alzheimer's Assoc.) discusses tips on how to maintain the best health for your brain & body.

**14<sup>th</sup>-** Tips from a Physical Therapist @ 4 pm. Adam Willis talks and demonstrates

preventive measures you can take to avoid injury and stay fit.

**21<sup>st</sup>- (Th)** Gentle Yoga for Seniors @ 10 am.

Also, Photographs of Francis Bayle @ 2 pm . Son (Bob) of local Photographer will show early black & white ('50s)and his later color slides ('60s) along the way with history & stories.

**28<sup>th</sup>- (Th)** Covid -19 Update for Warren County @ 2 pm. Dan Durkee (Warren Co. Health Ser.) will present latest update, steps being taken to manage the pandemic, update on the vaccines, etc. Bring your questions!

EASY REGISTRATION! Email [kharvish@theconklingcenter.org](mailto:kharvish@theconklingcenter.org)

Phone: 518-793-1494

**The costs, if shown, are for Bolton Seniors. All trips are 1<sup>st</sup> come, 1<sup>st</sup> served & sign ups start @ meetings. You must sign up & pay the cost of the trip prior to the event,\* i.e. Unless you have paid, your reservation is not valid!! \*No refunds for bus trips unless you cancel more than 30 days in advance, due to the bus contract. Sign up early, some events have limited seating available. Please be considerate! \*\*\*"No shows" may be expected to pay when they prevent people on the wait list to attend or cost the treasury money!!! You're responsible to get a replacement if you cannot make a scheduled trip!!!\*\*\***

**Co-pay for lunches at local activities varies and is determined where you go to eat. Bolton senior residents (tax payers), 50 years of age or older are eligible to attend activities & meetings. Others may participate at the reg. price.**

Note: If you are going on a trip and you have an allergy or ANY medical condition that requires medication, equipment, bandages, etc., please make sure you bring it with you!! 911 will be called in emergency but, people have had to rent a car to get home if on a bus. Make sure we have your Emergency Contact, correct address & phone #!!  
MEMBERSHIP LIST is being updated!

SUGGESTIONS for speakers at future meetings...

Any other suggestions can be made to Beverly Cabibbo @ x-9424.

**Note: AARP defensive driver course info available on their web site.**

**\*\*\* ON LINE would be a good alternative at this time!\*\*\***

**OFFERED BY AAA AT THIS TIME!**

**\*\*\* ALL QUEENSBURY SNR. ACTIVITIES - ARE LIMITED AT THIS TIME!**

**\*\*\*\*SUPPORT OUR TROOPS\*\*\*\***

**\*\*\* Sgt' Rob McAvoy continues his work with the program "YOU ARE NOT ALONE" The "SURVIVAL KITS" mean so much to our military men and women while they are away from home but MONETARY DONATIONS ARE BEST**

during Covid-19! They are also welcome to pay for the parcel postage. Send to Bolton Srs., Box 424 for now.

After Covid-19...

[URGENT NEED FOR: Candy ( CHOCOLATE only in winter!) ,crackers, gum, cookies, trail mix, pop tarts, granola bars, beef jerky, coffee, tea, drink mixes, nuts, cheezits, popcorn, cards, puzzle books, small games, cup a soup, & toilet paper...on hold for now!]

Jeff Vermette directs the ADIRONDACK VETERANS HOME (26 Pine St., Glens Falls, NY) with a lot of hard work. He helps the veterans transition from the military life to starting new life on their own back home. NO CLOTHING (men & women) until futher notice!)

AFTER Covid-19...

HOUSE HOLD items, FOOD & PAPER products. LATER you may DROP off your donated items during the Business Meeting (first Wed. of the month).

T H A N K Y O U everyone for your continued support. \*\*\*\*\*Please read some beautiful “thank yous” posted @ the SCC when it is open.

\*\*\* Sgt. Jack Reilly’s (local) address is Unit 3=C APO A-C 09354. Cards, letters or goodies would be nice especially now that he is deployed to Africa.

## SUNSHINE

GET WELL –Gail Barlow, John Consaga, Kathie Hannon \*, Fred Lethbridge, the Jones Family, Barbara Shipman & Alice Coon\* . (addresses available if you wish to send a card) .

LET US KNOW how you all are doing, & if you wish to be removed from the list or if someone you know should be added.

HAPPY BIRTHDAY to: Cecelia Abonia (1<sup>st</sup>), Sue Heusner (5<sup>th</sup>), Lynn Call (16<sup>th</sup>) & Paul Rice (25<sup>th</sup>)!

THINKING of YOU: Bob & Pat Merchant, Marie Dagles, Alice Coon, Wilma Rizzi, Heny Martyniak & Nicole Somma and employees, etc. Unfortunately, The Griss Mill also suffered a fire. Stay tuned for further info on donations, etc.

HAPPY ANNIVERSARY to: PatWeber & Howard Levy

SYMPATHY to: To all who are suffering the loss of a loved one, we are thinking of you. To those who have a loved one fighting the virus or have a loved one on the front lines, we thank you for fighting for us all.

Remembering all our friends we lost in 2020...Mary Bear, Pat Van Valkenburgh, Helen Boivin, Pete Faraone, Ed Sheridan & Jane Gabriels and all past deceased members.

Take care friends, we’ve lost too many!

WELCOME NEW MEMBERS:

THANK YOU to: Thanks to all for their generous monetary donations for the Veterans and to all the personnel fighting against the virus!

To the Lake George Garden Club for the generous, beautiful Holiday Wreath for the Senior Center!

PASS ON THE NEWSLETTER to those who may be interested.

### **EMERGENCY INFO...**

See VialofLife.com to get the form to post medical info in your home so that emergency personnel can administer proper medical treatment, if you need to call 911. Make sure your house # is properly displayed for emergency vehicles! A flashing light will be issued by the Town of Bolton for each residence to aid emergency personnel to locate your house. NOW AVAILABLE TO ALL ON TAX ROLL! Stickers + are available for your car as well.

### **OFFICE for the AGING (OFA)**

The OFA is @ 1340 RT. 9, LG, NY 12845. They can be reached @ (518) 761-6347. The OFA monthly newsletter is available @ the meal site or check the SCC...after Covid- 19 and also online @ <http://warrencountyny.gov/ofa/meals.php> Also, can be emailed to you- please call Kayla @ 824-8824.

For a Home Repair Loan, Health Calendar, Ride to a medical Appt. Call the Director at the OFA! 518 761- 6347\*\*\* Location-1340 St. Rt. 9, Lk. George, NY

NY Health Access [nysaccess.org](http://nysaccess.org)

STAR Tax Rebate- no age limit, voter reg. card or driver license must be presented!

GRIEF SUPPORT GR.-- Call 743-1672.

\*\*\*Erika Walker...COMMUNITY HEALTH ADVOCATE. Questions re: Health Ins., etc. can be directed to her. Call (518) 761-0300,x-31252 or [ewalker@medserv.net](mailto:ewalker@medserv.net) \*\*\*

ALZHEIMS- HELPLINE. 1.800.272.3900-24 hrs./7 days a wk.

Transportation is available for seniors within a twenty five mile radius of Glens Falls for numerous conditions. For pick-up to appointments, etc, call one week ahead of time. Call 518-793-RIDE or email [www.glensfallshome.com](http://www.glensfallshome.com). Donations accepted.

The CONKLING CENTER, Glens Falls also provides transportation services within a 25 mile radius for seniors in need. They may be reached for further information at 518-793-1494 or [www.TheConklingCenter.org](http://www.TheConklingCenter.org) & on Facebook. \*\*\*May not be servicing Bolton at this time.\*\*\*

VOLUNTEERS are also needed for driving seniors to health centers, etc. Any volunteering is welcomed!!!\*\*\* Call the OFA to apply. (Questionable during Covid!)

\*\*\*Their newsletter is posted on the bulletin Bd. @ the SCC...after Covid-19; it contains several interesting programs. \*\*\*

\*\*\* If You Live Alone & would like a free brochure re: a medical alert monitoring

system, call CVS/pharmacy @ 1-800-800-0414, Life Alert @ 1-800-410-0089, Lifewatch USA @ 800-480-9921, \*\*\* Walmart now has a 911 calling device for under \$50 (no contract) & less than \$15 per mo.\*\*\*

\*\*\*If you know of any town resident in need especially during this critical & Holiday time, please contact a member of the BOLTON HEALTH COMMITTEE.\*\*\*

The BOLTON CHAMBER...

Bolton Chamber of Commerce, Inc. PO Box 368, BL ,NY 12814 or call (518) 644-3831.

[ PLEASE FREQUENT THE BOLTON MEAL SITE! Monthly menus are posted at the SSC and Town Hall. Call Ruth x-2368 by 9am on the day you wish to attend, except when attending on meeting days, she needs more notice to prepare for the added requests. \*\*\*\*\* Special diets will be accommodated just let her know when you call!!!\*\*\*\*\*

**A Free Blood Pressure Screening is provided at the Meal Site on the 1<sup>st</sup> Wed. of the month, 11:30 to 12:30. Donations to support the Bolton Meal Site can be made @ SCC or @ the Meal Site.]**

**\*\*\* ...Closed at this time!\*\*\***

#### **REMINDERS:**

**If you're traveling (or when you can)out of the USA (even on a cruise), check with your health ins. provider. You may need additional coverage...\*\*\*curtailed at this time!\*\*\***

Contact Al (x-2033 or cell-973-479-7578-winter) or Kathy Zarcone at (518)- 668-2529 with any change of address or emergency #s.\*\*\*Please do this now as membership list is being updated.\*\*\*

[The phone @ the SCC is on the pay per call basis. Emergencies only, please! Please CLEAN UP after yourselves when using the SCC!!! Also, wipe your feet!...]...when it opens! Closed at this time!\*\*\*

PLEASE SHARE THIS NEWSLETTER WITH FRIENDS- ESP. THOSE WITHOUT EMAIL! Posting it in the Library & Town Hall has been useful for new & old members...after quarantine!

**OTHER ACTIVITIES at the Bolton Senior Citizens Center (SCC)...CANCELED UNTIL FURTHER NOTICE!**

\*\*\*Tuesday- Mahjongg-??? Contact is Sue Heusner, H 668-9693, C 376-5226.

\*\*\*Thursday-Michigan Rummy @ 11:30 am - Contact Pat Cushing (x-2920) or Alice Coon...no cards during July & August!\*\*\*

Thursday Evening-Once a month- Book Club, Anita Richards (x-2492) – Sept. 7 until Spring.

\*\*\*Friday- Mahjongg @ 11:30- Contact is Kathie Hannon (x-2251). Bring a bag lunch.

NO Mahjongg during July & August!\*\*\*

**If you use the SCC, you are responsible for leaving it in a clean “as found” condition.** Please make a final check!!! If anything is out of order, please contact an officer of Bolton Seniors. Make sure all appliances are off, lights out, etc.