

***A Message from the Director***

First, please remember to file your STAR application at the Assessor's Office by March 1 in order to receive this wonderful benefit.

Are you experiencing a mid-winter slump? If so, you may want to consider joining one of our activities listed on the inside calendar or sign up to attend the luncheon described below. Also, if you would like me to visit you at your home, just let me know. Your happiness is so important to me because I care about each and every one of you!

*HAPPY VALENTINE'S DAY!*

**LET'S CELEBRATE ST.PATRICK'S DAY!**

**Come to the Senior Luncheon and Concert II**

**On Tuesday, March 13, at 12:00 at**

**The Italian-American Community Center**

**The dining choices are:**

***Corned Beef and Cabbage or Chicken Parmesan.***

**Your Entertainment: "Who's Your Paddy?"**

**Donation: \$18.00 per person.**

**Please make checks payable to: CLUSTER II.**

**Transportation service is available upon request.**

**Tickets are on sale Feb. 7 to Mar. 6**

**MOVIE OF THE MONTH:**

**"The Help" Thursday, Feb. 23, 2012. 10:30 a.m. in the Courtroom**

*The Help* is a 2011 [comedy-drama film adaptation](#) of [Kathryn Stockett](#)'s book and is about a young white woman, Eugenia "Skeeter" Phelan, and her relationship with two black maids during [Civil Rights era](#) in the early 1960s. Skeeter, a journalist, decides to write a controversial book from the maids point of view (a/k/a the Help), exposing the [racism](#) they face as they work for white families. Running time:146 minutes/PG-13

***Free Popcorn. Bring a friend. Please register by Feb. 17<sup>th</sup>.***

**HEAP PROGRAM**

Cold months approach. Heating costs increase. People with monthly incomes under: **\$2146 for one person, or \$2806 for two people, etc.,** is eligible for the **Heating**

**Assistance Program called HEAP.** This grant can be received each heating season and goes directly to the heating company. The amount of the payment to each person is determined by income, living expenses and type of fuel used. Applications to the program are now available in the Senior Office. Please act quickly as funds are limited.

### **ADDITIONAL HEATING ASSISTANCE**

Limited funds are available to Guilderland seniors who need some additional money to help pay their heating bill. HEAP income guidelines apply, and the benefit is a one-time credit to your fuel provider. Please call the Senior Office for an application *before the February 29 deadline*. A BIG THANK YOU for the extremely generous donations from **Guilderland Knights of Columbus, CDPHP, Capital Bauer Insurance & Financial Services, and De Marco-Stone Funeral Homes.**

### **FILE OF LIFE**

The **File of Life** packet, promoted by the Guilderland Western Turnpike Rescue Squad, replaces the **Vial of Life**. The reason for the change is that the Vial is kept inside the refrigerator, which subjects the paper to moisture making its information illegible. Also, the Vial can get shuffled about making it difficult to locate when time is crucial. The File of Life lists all the information as before, but is kept in a red plastic packet, which is secured to the outside of the refrigerator by a magnet. Of course, space should be made among the family snapshots/grandchildren drawings so the red packet is readily visible. The Senior Services Office will always have a supply of packets available.

***REMINDER: When the Guilderland Schools are closed due to inclement weather, all of our programs are cancelled. Special events are cancelled only if you receive a call from the Senior Office.***

### **CAN YOU HELP?**

Guilderland's Food Pantry has seen an increase in demand and is in need of non-perishable food items and paper products. There is a convenient "Drop Box" located in the 2<sup>nd</sup> floor lobby of Town Hall for anyone wishing to make donations.

### **GHS Musical News!**

The Guilderland Players' next musical will be ***"Hairspray"!*** Senior Citizens' Night will be **March 15 at 7 p.m.**, and tickets will be available, at a cost of \$5.00 each, in the Senior Office in late January/early February.

Transportation service will be provided to this event

### **YARN DONATIONS NEEDED**

Our Needlecraft Class makes lap afghans and baby sweaters to donate to those in need in our community. Any donations of yarn would be greatly appreciated.

## **ASSISTIVE DEVICES**

The Senior Office loans out wheelchairs and walkers to Guilderland residents of any age for short-term use, and at no cost. Also, the Police Department loans out child safety seats.

## **TONY'S CORNER by Tony Rossi**

### ***Can you relate?***

Holidays ended by Jan. 6. The Christmas tree comes down. Noted that as I get older the tree gets bigger and heavier. Some day I may convince "She who must be obeyed" (thanks Rumpole for that one) that a 3-foot tall faux tree may be manageable. The golden year strikes again! (There's that word again.)

### ***Complicated***

Comment heard about the way a person thinks and talks: "He gets too complicated because he thinks in paragraphs instead of sentences."

### ***Sound***

Other men and I have been asked, "How come you groan and grunt when you get up or bend over?" Answer: "Those are the sound effects of old age."

### ***Night Lights***

Going through a mall parking lot at night can entertain you with a light/sound show.

What show? The flashing lights and discordant, raucous auto horns cacophony results from drivers actuating car remotes to lock/unlock their chariots.

Met an elder lady who walked, pressing the remote panic button. I offered to help locate her car. She declined, saying that eventually the "little dear" will respond with flashing lights/beeping horn and "I'll know its mine." Neat solution!

It gives a new meaning to "Star Light, Star Bright, I hope I find my car tonight."

### ***Gender Ratio***

From AARP: Oct 1<sup>st</sup>: Ratio of women to men in the world is 100 to 83, ergo, there are 66 million more women age 60+ than men in the world. Men, note: we're in danger of becoming a *highly desired endangered species*. WOW!

**NOTE:** Tony's blog is [www.albany.edu/ceacw/rsvp](http://www.albany.edu/ceacw/rsvp)