



KEEPING INTOUCH

A Monthly Letter To Seniors

As seen on News12 & Newsday, Act Two "tips"

BETHPAGE
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Production Sponsor:

United Yokefellow Ministry
Founded in 1980

Newly located at:
First Parish Church UCC
Spiritual Renewal Center
Sound Ave. & Church Lane
Northville (Riverhead) NY
Pastor Dianne Rodriguez

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Be Safe At Home Inc.

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Dearest Friend,

Last week I took a refresher-driving course, but I learned something else as well. At the beginning of the day there was much chatter as we began to settle down. The instructor brought the class to attention, but the woman across the table from me didn't stop talking. As you know, my hearing is a bit iffy and by the time of our first break, I was beside myself with frustration from the attempt to ignore my much too much chatty classmate and to hear the instructor.

During the break I ran into a friend and I complained bitterly about my circumstance. "Change your seat," she advised. What? That simple? That small?

I had nothing to lose, so I decide to give it a try and just as the class reconvened, I grabbed my stuff and slipped into a seat right up front. My day was retrieved from chaos and I learned two more things.

The first thing was that sometimes just one small change could make a big difference, like changing my seat. However, the biggest lesson I learned was that even I could get caught up in the maelstrom of the moment. I needed to reach out to someone outside of the storm in order to find my way to a solution.

I lesson perhaps, but also a profound truth. How often do we get steeped in the loneliness of our circumstances? It's so tempting to surrender to those feelings of hopelessness and despair. But dearest, that's so against our natures. Aren't we those same people who kept on during those dark days of WWII? Aren't we those same people who endured, who took care of our families when the evidence in front of us seemed to say that all was lost?

It is no different now. The only difference, if you will, is that we are older. But we are wiser, too, filled with all that experience of what works and what doesn't. Yes, I admit that the evidence does look pretty grim sometimes lately, but give our new strategies a try anyway. Contact one of your friends or member of your family; one you can trust and brainstorm on ways that you can make one small change. Just remember that the final decision is yours and yours alone. Let's see what happens. In the meantime, I'm going to explore my list of possibilities.

Oh, and let me know how you're doing.

Sincerely,

Sarah

Shop & Win tickets are
free at participating
merchant locations

Shop & Win!

see back cover for details
& winning number

prizes must be claimed
within 30 days of
posting winning number

Dear Sarah Letters

“for Seniors by Seniors”



Dear Sarah,

My name is Richard and I would like to know if there is any Senior Center for Spanish speaking seniors. My mother, Maria, is 72 years old and is looking for such a place that is close to her home here in Bethpage.

Also, is there a way to help her receive her Social Security Benefits. She has paid into the system for ten years.

Sincerely,

Richard

Dear Richard,

I have little experience with legal matters, but I do know that the Legal Aid Society of Nassau County may offer your mother some answers for little to no cost. Their phone number is 516-560-6400.

There is also another organization called Minority Affairs that be of help. The number there is 516-571-6174.

As for a Senior Center for Spanish speaking people, try calling the number for Senior Citizen Affairs in Nassau County, (516)227-8900. Some of the centers might have different members who are fluent in Spanish.

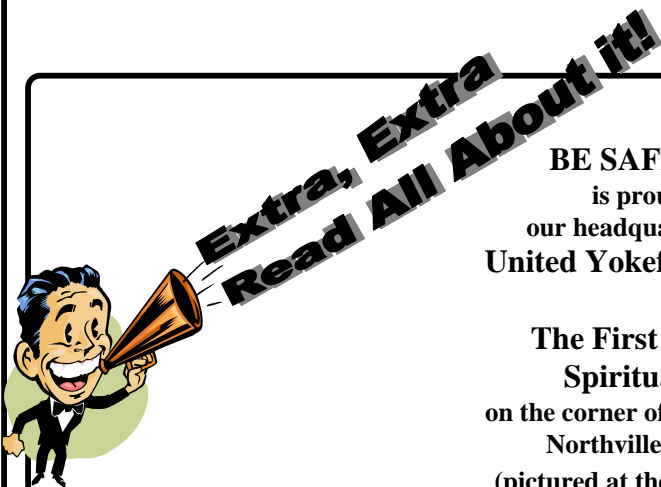
Let me know what happens. And let me say, here, that you are a terrific son!

Sincerely,

Sarah

TO WRITE TO SARAH, SEND YOUR LETTERS TO:

**Keeping Intouch
c/o Be Safe At Home, Inc.
675 Horseshoe Drive, Cutchogue NY 11935**



BE SAFE AT HOME, INC.
is proud to announce that
our headquarters is now located with
United Yokefellow Ministry (UYM) at:

**The First Parish Church UCC
Spiritual Renewal Center**
on the corner of Sound Ave. & Church Lane
Northville (Riverhead) NY, 11901
(pictured at the right & on the front cover)



We at *Be Safe At Home* and *Keeping Intouch* are dedicated to helping you, our *Seniors* to live comfortably, independently and safely in your own homes for as long as possible and practical.

To further assist, I am providing you with a list of valuable resources (see below). Please save this information for future reference. The staff of these various organizations are highly skilled and compassionate people who are committed to the enrichment of older people's lives and of your families lives. They are here to help you.

Your Friend,
Sarah

**Nassau County Senior Citizens Affairs
Help-Line (516) 227-8900**

**Adult Protective Services
Intake-Line (516) 227-8389**

**New York State Office for the Aging
Senior Citizen Hotline
(718) 478-7171**

**Suffolk County Office for Aging
Senior Citizen Hotline
(631) 853-8200**

**Legal Aid Society of Nassau County
(516) 560-6400**

**Legal Aid Society of Suffolk County
(631) 854-0401**

**Nassau County Office of Minority Affairs
(516) 571-6174**

**Suffolk County Office of Minority Affairs
(631) 853-4738**

PERSONAL EMERGENCY RESPONSE SYSTEM (PERS)

by Be Safe At Home, Inc.

*a not-for-profit charitable organization providing the missing link
to enable seniors & disabled adults to remain and "be safe" at home*

\$38.00 PER MONTH

One-time Installation Fee of \$50.00

* Sliding Fee Scale of \$18.00 - \$38.00 (based in Income) available to *Bethpage* residents



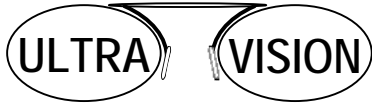
- PERS Fees with BSAH are Fixed for Life - No Increase, ever!
 - PERS Rentals with BSAH are Month to Month - No Contract, ever!
 - \$15.00 of the Monthly PERS Fee paid to BSAH is Tax Deductible
 - When a BSAH Member (client) spends one night in a Hospital - The PERS Fee to BSAH is waived for that month
- *waived fees are limited to one occurrence per year*

* Bethpage & Nassau County Residents Should Call 516-216-4277 for more information.
Suffolk County Residents Should Call 631-734-8220

* Subsidizing for Bethpage Senior's and Disabled Adults made possible by Be Safe At Home, United Yokefellow Ministry and the *community sponsors* of this "Keeping Intouch" Monthly Letter to Senior's. See back cover for up to date listing of sponsors.

**10% DISCOUNT FOR SENIORS (55 PLUS) 7 DAYS A WEEK
 PROVIDED BY THE FOLLOWING SPONSORS IN & AROUND OUR BETHPAGE COMMUNITY**

Dr. Jason Bart Optometrist



Medicare Accepted 516-796-2020
 3697 HEMPSTEAD TPKE., LEVITTOWN

CiMiNELLI's

Pizzeria & Restaurant
 427 CENTRAL AVENUE ~ BETHPAGE
516-939-0009
We Deliver ~ Open 7 Days
 Show this reusable Ad for discount (exc. Alcohol)

Order Flowers anytime!
 24 hours a day!
BLOOMING DREAMS

423 Central Ave., Bethpage
516-933-8696
 www.bloomingdreamsflorist.com

Quality Residential
 Remodeling & Construction
** Free Estimates **

**DUAL SHORE
 BUILDING**
516-931-5446
 (Owner/Operated Company)

Authentic
 Mexican Bar & Grill

MANGOES CAFÉ
 516-935-0882 ~ 516-935-0883
 401 CENTRAL AVE ~ BETHPAGE
 10% Senior Discount
 available Mon-Fri Only

SHOP & WIN!

brought to you by
 United Yokefellow Ministry (UYM)
 Tickets are FREE to seniors & adults over 18
 UYM is a proud supporter of the
 "Safe At Home" Program, "Keeping Intouch"
 and seniors in our community.

MERCHANTS:
 PLACE YOUR INFORMATION HERE
 IN SUPPORT OF SENIORS IN & AROUND
 OUR BETHPAGE COMMUNITY.
 Call: 516-216-4277

ACCESSIBLE VANS
 Rentals & Mobility Equipment

516-938-5207
 500 Central Ave., Bethpage
 10% Senior Discount on select purchases

MERCHANTS:
 PLACE YOUR INFORMATION HERE
 IN SUPPORT OF SENIORS IN & AROUND
 OUR BETHPAGE COMMUNITY.
 Call: 516-216-4277

PRO-THOTICS
 Technologies, Inc.
 88 Sunnyside Blvd. Suite 106
 Plainview, NY
1-877-776-8400
 In-home appointments for Bethpage

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 OUR BETHPAGE COMMUNITY.
 Call: 516-216-4277



Be Safe At Home
 B S A H a not-for-profit charitable organization

. 24/7 Low cost .
. non-medical . in-home services .
 Personal Emergency Response
 Medication Reminding
 Home Maintenance . Domestic Services

NASSAU RESIDENTS SUFFOLK RESIDENTS
 516-216-4277 631-734-8220

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 OUR BETHPAGE COMMUNITY.
 Call: 516-216-4277

MEDICAL EQUIPMENT
 SALES & RENTALS

VALLEY HOME CARE

516-825-8555
 SERVING ALL OF LONG ISLAND

MERCHANTS:
 PLACE YOUR INFORMATION HERE
 IN SUPPORT OF SENIORS IN & AROUND
 OUR BETHPAGE COMMUNITY.
 Call: 516-216-4277

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 OUR BETHPAGE COMMUNITY.
 Call: 516-216-4277

SHOP & WIN!

Winning Number: 2616050
 Call 516-515-9729
 to claim prize by July 31, 2007

MERCHANTS:
 PLACE YOUR INFORMATION HERE
 IN SUPPORT OF SENIORS IN & AROUND
 OUR BETHPAGE COMMUNITY.
 Call: 516-216-4277

SENIORS MUST SHOW THE COMPLETE & CURRENT MONTHS "KEEPING INTOUCH LETTER TO SENIORS" TO BE ELIGIBLE FOR
 A 10% DISCOUNT ON PURCHASES OF GOODS & SERVICES FROM THE MERCHANT SPONSORS LISTED ABOVE.