



**Town of Hillsdale**  
**PO Box 305 Hillsdale, NY 12529**  
**Main (518) 325-5073 Fax (518) 325-6917**

Fall 2018

Dear Hillsdale Friend and Neighbor,

Your Hillsdale Town Board has created a new committee, "Safe at Home" to help our seniors who want to age safely at home and need information about resources and services that can help.

We are all growing older. For most of us, remaining at home is a cherished goal. The charge of the "Safe at Home" committee is to ensure that seniors get the knowledge they need to meet that goal. We are your neighbors, who will provide information about local resources and lend a hand if needed.

For starters, we know that to stay at home safely and successfully we must stay as active and engaged as possible. Friends and neighbors are important resources if we need assistance. To enrich your life and expand your circle of friends, think about going to Copake Town Hall for lunch during the week, attending a Roe Jan Community Library program, or joining some other local activity. And don't forget the importance of exercise for your stability and balance.

Enclosed is a resource booklet, put together by this committee. It provides information that may be useful. When in doubt, and for general questions, we suggest you call Columbia County Office for the Aging (518-872-4258). This county office is here to serve our entire county senior population.

Our resource booklet, "How to AGE Well and Stay Safe at Home" is the beginning of our relationship with Hillsdale seniors. We would like to hear your thoughts and needs. You can contact us through Town Hall (518) 325-5073 Ext. 5.

Sincerely,

Safe at Home Town Committee: Timi Bates, Shirley Bresler, Lynne Colclough, Natalie Kahan, Chris Kersten, Marylou Kersten, Joyce Lapenn, Tina Sharpe

Town Supervisor: Peter Cipkowski

PS: Put May 18, 2019 in your calendar for a Senior Workshop at the Hillsdale Fire House for lots of information on health, wellness and how to improve our quality of life!!