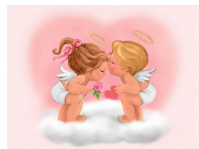


SENIOR CITIZEN'S ROUNDTABLE NEWS

FEBRUARY 2013

Published by Greene County Department for the Aging since 1976



2012 GREENE COUNTY SENIOR ANGEL PROGRAM A SUCCESS

The Greene County Department for the Aging, a division of Greene County Department of Human Services, would like to thank those individuals who donated to their annual Senior Angel Program. Donations amounted to nearly \$6,000 and helped make a big difference in the lives of area elderly residents. For many of the people who were helped by the Senior Angel Program, this was the only gift they received. The thoughtfulness of the donors for the needy elderly in Greene County is most appreciated.

Staff who delivered the gifts reported that many seniors were overwhelmed to receive the gifts and couldn't believe how generous complete strangers were to them. Many called or sent notes to express their thanks.

Again this year, the donated funds included clothing, bedding, towels, puzzles or crafts, and small appliances. A few seniors were even the recipients of a one-time purchase for more expensive items.

On behalf of the recipients of the area's generosity and the staff at the Department of Human Services, many blessings are wished to each and every individual for being such wonderful Senior Angels.

In the photo, Senior Angel Coordinator Andrea Benjamin-Legg is seen accepting a donation from Deputy J. R. DelVecchio on behalf of the Greene County Sheriff's Department.



WORLD WAR II VETERANS HONOR FLIGHT

An all expenses paid flight for World War II veterans is being planned for Spring 2013. It is Honor Flight's goal to fly as many World War II vets to Washington as possible so they can visit the World War II monument.

The Honor Flight program was developed after the 2004 dedication of the long overdue World War II memorial so that anyone who served during that time could experience first hand this lasting tribute to their sacrifice. All expenses for the program are covered by private donations.

On June 5th, 2010 thirteen World War II vets from Greene County took the initial local trip and had what one veteran called 'a truly memorable experience.' Since then, there have been several other flights.

The program is also seeking volunteer assistance, where volunteers are called upon to accompany the honorees on the flight and on the tour as chaperones at their own expense.

Veterans interested in participating or those willing to be chaperones may contact the Greene County Department for the Aging at 719-3555 for an application.

FEBRUARY: HEART MONTH

Heart disease is the leading cause of illness and death in the U.S. Many factors increase your risk of heart disease and heart attack. While you cannot control some risk factors such as age or genetics, a heart-healthy lifestyle can help others. Take this quiz as only you can tell if you are good to your heart.

- * Do you eat at least 5 servings of fruits and vegetables daily?
- * Do you eat a variety of whole grains?

- * Do you eat fish at least two times a week?
- * Do you eat fat-free or low-fat dairy products?
- * Do you eat foods high in soluble fiber, like oats, apples, citrus fruits and beans?
- * Do you exercise at least three times/week?
- * Do you frequently eat meatless meals?

If you answered no to the above, you are not being good to your heart.

- * Do you smoke cigarettes?
- * Do you drink alcohol more than an average of one drink/day (women) or two drinks/day (men)?
- * Do you eat lots of processed foods, cook with salt, or add salt at the table?

If you answered yes to these 3 questions, you are only increasing your risk factors.

But remember, only you can do something about it!



**SENIOR CITIZEN'S
ROUNDTABLE NEWS**
is published monthly by
**GREENE COUNTY
DEPT. for the AGING**

a division of
**GREENE COUNTY
DEPT. of HUMAN SERVICES**
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Nutrition Vans Janet Osborn
& Patrick Murphy

Bethany Village Case Manager
Patricia Gessner

Greene County Department for the Aging operates five congregate senior service centers throughout the county.

*** Acra Senior Service Site**
Sandra Sherman, Meal Site Manager
Acra Community Center,
Old Rte. 23B, Acra
(518) 622-9898
Staff: Elaine Cherrington &
George Obremski

*** Catskill Senior Nutrition Site**
at Washington Irving Senior Center
Gethen Proper, Meal Site Manager
15 Academy Street, Catskill
(518) 943-5820
Staff: Martha Schilling

*** Coxsackie Senior Nutrition Site**
at Town of Coxsackie Senior Center
Renee Raffiani, Meal Site Manager
Mansion Street, Coxsackie
(Former Knights of Columbus Hall)
(518) 731-8901

*** Jewett Senior Service Site**
Pat Merwin, Meal Site Manager
Jewett Municipal Building
Route 23C, Jewett
(518) 263-4392
Staff: MaryAnn Brink

*** Rivertown Senior Citizens Center**
Tami Bone, Senior Center manager
2nd & Warren St., Athens
(518) 945-2700
Staff: JoanAnn Rouse
John Lawrence
Lana Marrone

CONGREGATE MEALS

Each senior service center serves a hot noon-time lunch, Monday - Friday for a suggested donation of \$3.00. They are closed on legal holidays and inclement weather.

All congregate meals include:

Meat or Alternative Entree
Vegetables & Fruit
Bread
Dessert

We ask that you call at least one day ahead to make sure you are included in the lunch count



2013 Driver Safety Programs

Carroll Watson, AARP Instructor
(To contact after May 7, 2013 - 945-3301)

*Become a safer driver!
Possible discount on auto insurance premium!*



*To register for an upcoming class below,
Call Maureen Sullivan 943-3291*

To be eligible for course:
Must be age 50 or older (or spouse of such)
and possess a valid NYS driver's license

CLASS DATES & LOCATIONS/ All Classes are 1 - 4 pm

| | |
|----------------------------|---|
| Thurs May 9/Fri May 10 | Town of Coxsackie Senior Center 127 Mansion St., Coxsackie |
| Thurs May 16/Fri May 17 | Jewett Senior Service Center Jewett Town Bldg, Beaches Corners, Jewett |
| Tues June 11/Wed June 12 | Rivertown Senior Center 2nd & Warren Street, Athens |
| Thurs June 13/Fri June 14 | Acra Senior Service Center Acra Community Center, Old Rte 23B, Acra |
| Wed Sept 4/Thurs Sept 5 | Jewett Senior Service Center |
| Tues Sept 17/Wed Sept 18 | Town of Coxsackie Senior Center |
| Tues Wed Oct 15/Wed Oct 16 | Rivertown Senior Center |
| Thurs Oct 17/Fri Oct 18 | Acra Senior Service Center |

COST FOR COURSE:

**\$17.00 for AARP members
\$19.00 for non-members**



*Rivertown Senior Center
2nd & Warren St. - Athens*

Don't know what to give that special someone for Valentines Day? Stop in at the Rivertown Thrift Shop! Many items to choose from and at reasonable costs that will be sure to please your Valentine.



Hours:
Mon - Wed 9 - 11:30
& 12:30 - 2
Thurs & Fri 9 - 11:30

GREENE COUNTY SENIOR SERVICE CENTERS

RIVERTOWN SENIOR CENTER 2ND & WARREN STS. ATHENS 945-2700

DFA Outreach:
2nd Mon, 11am

BINGO:
Wednesdays, 10:30 am

Blood Pressure:
3rd Thurs, 10:30

Crafters:
2nd & 4th Tues, 1pm

Exercise Class:
Tues & Fri, 10:30

Games & Cards:
Thurs: 1:15—4pm

COXSACKIE SENIOR CENTER 127 MANSION STREET, COXSACKIE 731-8901

DFA Outreach:
3rd monthly Mon, 11 am

Blood Pressure:
2nd monthly Mon., 11 am

Exercise Class:
Tuesday/Thursday, 10:30 am

Knitting: Tuesday, 11am
Line Dancing: Friday, 10am

WASHINGTON IRVING SENIOR CENTER

15 ACADEMY STREET, CATSKILL
DINING ROOM 943-5820

2nd Thurs of month, 11am:
DFA Outreach

MAIN OFFICE PHONE 943-1343
Weekly Activities

Mon: Crafters - 1 pm

Tues:
Line Dancing - 10:30 am
Weight Watchers - 11am
Cards & Games - 1 pm

Wed:
Water Colors - 10am
BINGO - 10:30 am
Movie of Week - 1pm

Fri:
Exercise Class - 11 am

Crafters at the Rivertown Senior Center of Athens were busy filling stockings for Community Action to be distributed to area children. The stockings were made by Lynn Brunner and the felt and ribbons were donated to the Center's Crafters Corner. Pictured left to right are Liz Jarvis, Marie Walker, Lynn Brunner and Joyce Pellicano.



JEWETT SENIOR NUTRITION CENTER JEWETT MUNICIPAL BUILDING ROUTE 23C, JEWETT 263-4392

DFA Outreach:
4th monthly Fri - 11 am

Blood Pressure:
2nd monthly Tues - 11am

ACRA SENIOR NUTRITION CENTER OLD ROUTE 23B, ACRA 622-9898

DFA Outreach:
2nd monthly Weds
11 am

Cairo Crafters:
1st & 3rd monthly Weds.
1 pm

VALENTINE'S DAY PARTY

*Sponsored by
Greene County Department for the Aging*

Town of Coxsackie Senior Center
Mansion Street
Coxsackie

Thursday February 14, 2013
10:30am – Music
12pm – Lunch

Menu:
*Vegetable Platter
Cheese and Crackers
Ham w/Pineapple Sauce
Chicken Cutlets w/gravy
Oven Roasted Potatoes
Glazed Carrots
Strawberry Delight*

Suggested Donation: \$5.00




Reservations can be made by calling Renee at 731-8901

GREENE COUNTY SENIOR SERVICE CENTERS NUTRITION PROGRAM

ALL PERSONS OVER AGE 60 CAN ATTEND LUNCH at ANY SITE

SUGGESTED DONATION IS \$3.00

All meals include Whole Grain Bread with Promise spread; Milk; Coffee and Tea

| 2013 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|---|---|--|--|--|
| FEB. 1 | | | | | ROAST TURKEY with Gravy STUFFING CRANBERRY SAUCE WHIPPED POTATOES BRUSSELS SPROUTS APPLE |
| FEB 4 - 8 | | | | | |
| | CHICKEN DIVAN BROWN RICE V-8 JUICE CORN PINEAPPLE DELIGHT* <i>* Diet Dessert Subst</i> | MEATLOAF with Pan Gravy BAKED POTATO SPINACH TROPICAL FRUIT | BAKED HAM with Pineapple Sauce* <i>*Low salt diet subst</i> ESCALLOPED POTATOES ASPARAGUS APRICOTS | BEEF TIPS with Mushrooms over Noodles CARROT COINS CRANBERRY JUICE BIRTHDAY CAKE* <i>* Diet Dessert Subst</i> | WHITE CHICKEN CHILI over Brown Rice TOMATOES & ZUCCHINI MANDARIN ORANGES |
| FEB 11 - 15 | VEAL PARMESAN with LINGUINI in Tomato Sauce MIXED VEGETABLES PEACHES | BAKED CHICKEN CRANBERRY SAUCE SWEET POTATOES BROCCOLI TROPICAL FRUIT |  BROCCOLI CHEESE FISH FILLET w/Tartar Sauce SUCCUTASH MASHED POTATOES V-8 JUICE PEARS |  BEEF POT ROAST with Gravy OVEN ROASTED RED POTATO CARROTS STRAWBERRIES & CREAM PIE* <i>* Diet Dessert Subst</i> | MACARONI & CHEESE CASSEROLE STEWED TOMATOES CALIFORNIA MIXED VEGETABLES FRESH APPLE |
| FEB 18 - 22 |  PRESIDENTS' DAY ALL SENIOR SERVICE CENTERS CLOSED NO MEALS SERVED OR DELIVERED | TURKEY BURGER w/Peppers & Onions SCALLOPED POTATOES BROCCOLI CHOCOLATE MOUSSE* <i>* Diet Dessert Subst</i> | BAKED CHICKEN PICCATA w/Orzo BABY CARROTS & BEANS CRANBERRY JUICE TROPICAL FRUIT | ROAST PORK w/Gravy SWEET & SOUR CABBAGE OVEN BROWNED POTATOES FRESH BUTTERNUT SQUASH LIME JELL-O with Pears | BAKED TILAPIA w/Fresh Lemon Butter Sauce & Tartar Sauce HERBED RICE SPINACH ORANGE JUICE BANANA |
| FEB 25 - 28 | SHEPHERD'S PIE BRUSSEL SPROUTS PEACHES | CHICKEN DIJON ROASTED RED POTATOES PEAS & MUSHROOMS CRANBERRY JUICE MANDARIN ORANGES & PINEAPPLE | HUNGARIAN GOULASH over Noodles GREEN BEANS V-8 JUICE BUTTERSCOTCH PUDDING* <i>* Diet Dessert Subst</i> | ROAST TURKEY w/ Cranberry Sauce DRESSING w/Gravy WHIPPED POTATOES CALIFORNIA MIXED VEGETABLES CHERRY JELL-O w/STRAWBERRIES & BANANAS* <i>* Diet Dessert Subst</i> | |

NUTRITION NOTES

FEBRUARY:

AMERICAN HEART MONTH

According to the Centers for Disease Control and Prevention, heart disease is the leading cause of death in the United States, and is the leading cause of disability, preventing millions of people from working.

Over the years, researchers have learned more and more about how a healthy diet, regular exercise, and stress reduction all play important roles in preventing heart disease, and help people already diagnosed with heart disease prevent further damage.

BEST FOODS FOR YOUR HEART

From breakfast to dinner (and snacks in between) you're entire day can be heart-healthy! A good-for-your-ticker diet doesn't have to be bland or boring, as we show you here with these *heart-y* foods that will leave you satisfied.

- **Oatmeal:** Start your day with a steaming bowl of oats, which are full of omega-3 fatty acids, folate, and potassium. This fiber-rich super food can lower levels of LDL (or bad) cholesterol and help keep arteries clear. Opt for coarse or steel-cut oats over instant varieties—which contain more fiber—and top your bowl off with a banana for another 4 grams of fiber.
- **Salmon:** Super-rich in omega-3 fatty acids, salmon can effectively reduce blood pressure and keep clotting at bay. Aim for two servings per week, which may reduce your risk of dying of a heart attack by up to one-third. "Salmon contains the carotenoid astaxanthin, which is a very powerful antioxidant," says cardiologist Stephen T. Sinatra, MD, the author of *Lower Your Blood Pressure In Eight Weeks*. But be sure to choose wild salmon over farm-raised fish, which can be packed with insecticides, pesticides, and heavy metals. Not a fan of salmon? Other oily fish like mackerel, tuna, herring, and sardines will give your heart the same boost.

- **Nuts:** Walnuts are full of omega-3 fatty acids and, along with almonds and macadamia nuts, are loaded with mono- and polyunsaturated fat. Plus, nuts increase fiber in the diet, says Dr. Sinatra. "And like olive oil, they are a great source of healthy fat."
- **Berries:** Blueberries, raspberries, strawberries—whatever berry you like best—are full of anti-inflammatories, which reduce your risk of heart disease and cancer. "Blackberries and blueberries are especially great," says Sinatra. "But all berries are great for your vascular health."
- **Legumes:** Fill up on fiber with lentils, chickpeas, and black and kidney beans. They're packed with omega-3 fatty acids, calcium, and soluble fiber.
- **Spinach:** Spinach can help keep your ticker in top shape thanks to its stores of lutein, folate, potassium, and fiber. But upping your servings of any veggies is sure to give your heart a boost. The Physicians' Health Study examined more than 15,000 men without heart disease for a period of 12 years. Those who ate at least two-and-a-half servings of vegetables each day cut their risk of heart disease by about 25%, compared with those who didn't eat the veggies. Each additional serving reduced risk by another 17%.
- **Olive oil:** Full of monounsaturated fats, olive oil lowers bad LDL cholesterol and reduces your risk of developing heart disease. Results from the Seven Countries Study, which looked at cardiovascular disease incidences across the globe, showed that while men in Crete had a predisposition for high cholesterol levels, relatively few died of heart disease because their diet focused on heart-healthy fats found in olive oil. Look for extra-virgin or virgin varieties—they're the least processed—and use them instead of butter when cooking.

FEBRUARY: NATIONAL GRAPEFRUIT MONTH



Take some time to rejuvenate and re-new while rediscovering the *other* citrus fruit – the naturally invigorating grapefruit. Whether you enjoy it fresh from its golden skin or straight from a glass, there's nothing quite like the bold taste.

Some of the health benefits of grapefruit are:

- Naturally loaded with the antioxidant Vitamin C, grapefruit juice helps boost the immune system during these winter months when colds and flu are at their peak.
- Lycopene, a powerful antioxidant in pink and red grapefruit juice may help prevent certain types of cancer, heart disease and stroke.
- Grapefruit juice is one of the lowest calorie and nutrient dense juice choices.
- A glass of grapefruit juice is a fat-free and cholesterol-free part of a healthy diet.
- Each glass of 100% grapefruit juice gives your body a full serving of fruit with no added sugar.



Did you know . . .

Although grapefruits and grapefruit juice can be an important part of a nutritious diet, they may also interact with a number of commonly used medications. These interactions can alter blood levels of these drugs and potentially cause dangerous side effects. Medications that may interact with grapefruit juice include some calcium channel blockers (for blood pressure and angina), some statins (for high cholesterol), immunosuppressants (used by transplant patients to prevent rejection), benzodiazepines (for anxiety and insomnia), and several other neurological and psychiatric medications, including some antidepressants. Fortunately, there are equivalent alternatives to many of the medications that interact with grapefruit. Be sure to check with your doctor or pharmacist if you have any questions regarding your prescription medications and a grapefruit interaction.



BE ONE IN A MILLION THIS AMERICAN HEART MONTH

February is American Heart Month. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day.

Heart Failure Creates Needs for Patient and Caregiver

People with heart failure, and those who care for them, want more attention paid to their psychological needs, a new study finds.

"Heart failure patients and their caretakers suffer in a variety of ways," says Dr. David Bekelman, at the University of Colorado Health Sciences Center. Dr. Bekelman presented his findings at a recent American Heart Association meeting. "They are interested in palliative care, reducing their suffering, and improving their quality of life, and how such care could be provided," he says.

Interviews with 33 people diagnosed with heart failure, which is the progressive loss of the heart's ability to pump blood, and 20 of their caregivers found a desire for the kind of palliative care devoted to reducing suffering that is commonly given to people with cancer, says Dr. Bekelman. "We asked them what was most distressing about having heart failure, and what was most helpful for dealing with the condition," he says. "We asked about symptoms and how they dealt with them, what it is like to live with heart failure, whether they got anxious and worried."

Adjusting to Limitations

Four major needs emerged from the interviews, says Dr. Bekelman. "They need help adjusting to the limitations imposed by heart failure," he explains.

"They wanted to know what they might expect in terms of progression. They wanted help in alleviating physical and emotional symptoms. And they wanted better communication with medical personnel."

Treatment of heart failure usually focuses on the medical aspects of the condition, says Dr. Bekelman. The group he leads is "still looking at understanding the different needs of patients and caregivers," he notes. "Some caregivers are open to questioning for planning purposes," he says. "Some patients often are not interested in their prognosis."

Dr. Bekelman says he wants to pilot a program to address the different needs of those with heart failure and their caretakers. "It would have a nursing care manager who is competent in cardiac care and trained in community psychosocial care," he says. "There would be regular meetings in which they would talk about the future prospects. "The benefits for patients could be better control of some symptoms and better coping with the limitations imposed by heart failure," says Dr. Bekelman.

Help Manage Stress

A successful program could make financial sense, says Dr. Bekelman. "We hope that, because patients and their caregivers would be less distressed, they would be better able to manage at home without medical care visits, so that would reduce costs," he says. "By reducing caregiver distress, it may help caregivers to be more productive at work and understand better how to care for the patient," Dr. Bekelman adds.

Family members who look after people with heart failure are important in the overall picture of medical care, says Dr. Gregg Fonarow, at the University of California, Los Angeles. "We recognize that patients who do well have engaged family members," says Dr. Fonarow. "They assist in monitoring and frequently in medical follow-up. Caregivers can be critically important because traditional delivery systems might not be adequate."



LOW VISION AWARENESS MONTH

As people age, it's natural for them to have sight and hearing losses. As the eyeball continues to grow longer and as the lens thickens and yellows, people don't see as well as they used to. Diseases like diabetes can also impair vision. Sight loss can slowly develop from gradual aging, or it can strike as suddenly as a disease or injury. It can involve anything from wearing thick glasses to seeing only straight ahead, to seeing blank spaces or blurs or only light and darkness. The following are tips for caregivers of visually disabled loved ones.

- Make an effort to avoid nonverbal responses, such as nods or headshakes. Remember that body language, like outstretched arms or facial expressions, may be un-seeable. Smiling when you talk is one exception to this rule; your relative may not see it, but it will come through when you speak.
- When you first approach a blind person, always say, "Hello," followed by a reassuring pat on the arm or shoulder or a handshake. Don't be afraid to use common expressions like, "Nice to see you"; even blind people say it.
- If other people join you, address your relative by name or lightly pat his or her arm to signal you're speaking to them.
- When you're leaving, say so, so he won't be left talking to himself. To give relatives with impaired sight more independence at home, make sure frequently used personal items are always kept in the same place, where they can be more easily found.

Special writing aids help visually impaired people write in straight lines, while Braille and large-print and audio-cassette books help them read and write. Being registered as blind by an ophthalmologist can qualify your relative for a whole range of services and equipment that make living and communicating easier; the American Association for the Blind can give you more information.

VOLUNTEERS LIGHT THE WAY



6th Annual Senior Corps MLK Health Fair

Sponsored by
Greene County Department of Human Services RSVP

April 4, 2013

Washington Irving Senior Center
Academy Street
Catskill, NY 12414

9:00am - 3:00pm
Free to the General Public

For more information:
Contact Ruth Jones Pforte
(518) 719-3555



ATTENTION VENDORS: Would you like to participate & have a booth at the Health Fair?

For more information or to
register for a table, please contact:
Ruth Pforte (518) 719-3555
or email
Rpforte@discovergreene.com

This is an educational, non-solicitive outreach event with a mission to improve the quality of life by providing knowledge of community resources & supportive services that encourage health, safety, and well being. Please respond by March 21.



Possibly you have made a New Years' resolution to do more for your community by volunteering. Let the Department for the Aging help you achieve that! We are always looking for new volunteers and have many opportunities.

If you would be interested in volunteering for one of the following positions or would like more information on these or the many others available, contact Ruth Pforte, Volunteer Services Coordinator, at 719-3555 or toll-free (877)794-9266 or e-mail rpforte@discovergreene.com

HOMEBOUND TRANSPORTATION:

Do you enjoy driving? Would you like to help homebound seniors get to their appointments? Volunteer drivers choose the trips that they are available to do - be it local or long distance trips. We offer mileage reimbursement to our volunteers to help defray expenses.

FRIENDLY VISITORS:

Visit homebound clients in their homes on a regular schedule to chat, play cards, discuss the news, etc. This program provides companionship to clients who would otherwise be alone for great lengths of time.

HOME DELIVERED MEALS

This program is always in need of volunteers to deliver the meals to homebound county seniors. You can be a significant help to us and brighten the day of these seniors with a commitment of approximately one hour a day, as many days as you are able. A personal vehicle is necessary but there is no age requirement to help - anyone can volunteer!

ARE YOU A PEOPLE PERSON?

Volunteers are needed for the information desk at the Greene Medical Arts Center in Catskill.

We live in deeds, not years; In thoughts not breaths; In feelings, not in figures on a dial. We should count time by heart throbs. He most lives Who thinks most, feels the noblest, acts the best.
~ Aristotle

RSVP

Lead With Experience





School days, school days, dear old golden rule days . . . Do you know any of these students from the graduating class of St. Patrick's Academy, Catskill, Class of 1929?

Photo contributed by a reader



HELP US GO GREEN!

We would love to email you The Round Table News each month. It would save printing & mailing costs thus allowing us to redirect the money to other core services.

If you have email and would like to receive your newsletter electronically, please email the Department for the Aging at aging@discovergreene.com. In the subject line please put RTN. State that you wish to receive the RoundTable News electronically and remember to include your name & address & so we know who we are sending it to.



INCOME TAX ASSISTANCE

COMMUNITY ACTION OF GREENE COUNTY WILL BE OFFERING FREE INCOME TAX PREPARATION FOR LOW-INCOME HOMES FOR 2013.

FOR FURTHER INFORMATION OR TO SCHEDULE AN APPOINTMENT, CALL 943-9205.

DEPARTMENT NEWS:

Did you know you can find information about the Department for the Aging online? Just go to www.greenegovernment.com and click the tab for Departments, then Aging. This will bring you to our home page where you will find program information, nutrition menus, volunteer forms, and much more valuable information.

We would like to thank all those who expressed Christmas gratitude and best wishes to our staff.



However as a reminder, the County's Code of Ethics restricts employees from receiving gifts that could be interpreted as influencing them in the performance of their duties.

We understand that clients may be trying to sincerely show their appreciation in a tangible way and we do not want to insult them. However, know that acceptance is a serious violation of the county's Ethics Policy. Rather than a gift, be it cash or non-cash, why not write a letter or make a phone call to the supervisor expressing your gratitude and/or praise.



GREENE COUNTY SENIOR CITIZEN CLUBS



ATHENS:

ATHENS SR. CITIZENS

2nd & 4th Monday, 1:15pm
Rivertown Senior Center

CAIRO:

CAIRO GOLDEN AGERS

2nd & 4th Wednesday, 1:30pm
Acra Community Center

CATSKILL

CATSKILL SENIOR FELLOWSHIP

3rd Thursday, 1:00pm
Washington Irving Center

RIP VAN WINKLE SR. CITIZENS

2nd Thursday, 1:00pm
Washington Irving Center

COXSACKIE:

BETHANY VILLAGE TENANTS ASSOC.

3rd Wednesday, 1:15pm
Van Heest Hall

COXSACKIE AREA SENIORS

2nd & 4th Wednesday, 1:15pm
Van Heest Hall,
Bethany Village

SR. CITIZENS of COXSACKIE

1st & 3rd Monday, 1:30pm
Coxsackie Center

GREENVILLE:

GREENVILLE GOLDEN YEARS

1st Wednesday, 1:30pm
American Legion Hall

MOUNTAIN-TOP:

MTN. TOP GOLDEN AGERS

4th Thursday, 1:30pm
Tannersville Village Hall

W-A-J-P-L GOLDEN AGERS

1st & 3rd Monday, 1:30pm
Hensonville Town Bldg.