SENIOR CITIZEN'S ROUNDTABLE NEWS

MARCH 2013

Published by Greene County Department for the Aging since 1976

NOMINATIONS NEEDED for 2013 GREENE COUNTY SENIOR CITIZEN AWARDS

Nominations are being accepted for the annual Greene County Senior Citizen Awards, according to Richard Golden, Chairperson of the Advisory Council to the Greene County Department for the Aging. The two awards presented are the Senior Citizen of the Year and Outstanding Contribution by a Senior Citizen. The purpose of the awards is to recognize the outstanding contributions and achievements of senior citizens who have volunteered their time and energy to help other people, their communities, or special projects. The dedication of these volunteers helps make Greene County a better place for us all.

The individuals chosen on the county level will in turn be nominated for recognition for New York State awards.

Any Greene County resident over the age of 60 can be nominated for this award. Achievements must be voluntary in nature and not part of paid employment. Past award winners may be nominated. However, they cannot receive the same award again if seven years or more have not passed since last awarded.

If you know someone who deserves this recognition, describe his or her accomplishments and contributions concisely and completely in one page or less; including nominee's address and phone number. Please send your nomination to:

Greene County Department for the Aging
Greene County Office Building
411 Main Street
Catskill, New York 12414

DEADLINE is APRIL 1, 2013

3rd Annual SENIOR CITIZEN DAY at the HISTORIC CATSKILL POINT

Sponsored by Greene County Department for the Aging, a division of Greene County Department of Human Services

THURS. MAY 16, 2013
1PM – 3PM

FREIGHT MASTER'S BUILDING

Entertainment - Refreshments

Come & learn about area programs specific for Senior Citizens!

RSVP by April 16 if attending by signing-up at a county Senior Service Center or call 719-3555

Want to attend but need transportation?
No Problem!
Call 719-3555 by April 16 & arrangements will be made

WORLD WAR II VETERANS HONOR FLIGHT

An all expenses paid flight for World War II veterans is being planned for May 18, 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 scheduled.

The program is also seeking volunteer assistance to serve as chaperones and accompany the honorees on the flight and on the tour. Volunteers are responsible for their own expenses.

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. Financial donations which help continue to run the program are also always appreciated.

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

a division of
GREENE COUNTY DEPT. of HUMAN SERVICES
411 Main Street
Catskill, NY 12414
(518) 719-3555
Toll Free (877) 794-9266
aging@discovergreene.com

EXECUTIVE DIRECTOR
Therese McGee Ward

Department Coordinators:
Aging Services - Connie Bentley
Nutrition Services - Tezera Hoovler
Volunteer Services - Ruth Pforte

Office Staff:
Andrea Benjamin-Legg
Ken Brooks
Rose Bundy
Cortney Carlson
Danielle Kane-Wade
Maureen Murphy
Sheila Ormerod
Carol Provost
Gwen Starke
Carrie Vedder

Drivers:
Hamlet Bus Sue Ormerod
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

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

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

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

*** 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

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

AARP

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

Hours:
Monday –Friday
9:00am—2:00pm

Come check out
our everyday
low prices
and our
Spring Specials!

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

WASHINGTON IRVING SR CENTER
15 ACADEMY STREET, CATSKILL
Senior Nutrition Services
943-5820

2nd Thurs of month, 11am:
DFA Outreach

CENTER ACTIVITIES
Sponsored by Town of Catskill

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

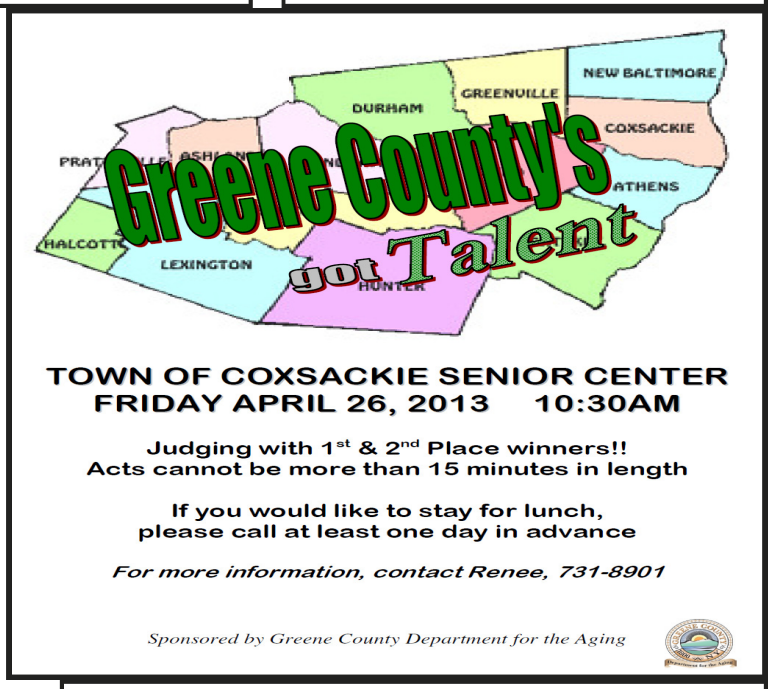
TOWN OF COXSACKIE
SENIOR CENTER
127 MANSION ST., COXSACKIE
731-8901

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



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

DFA Outreach:
2nd monthly Weds
11 am

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

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 Bread with Promise spread; Milk; Coffee and Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
MARCH 1 - 2					LASAGNA SPINACH TOSSED SALAD ITALIAN BREAD BIRTHDAY CAKE *Diet Dessert Subst*
MARCH 4 - 8	KIELBASA & SAUERKRAUT w/BUN *Low-salt diet subst: Hamburger patty* POTATOES O'BRIEN CARROTS ORANGE JUICE PEACHES	CHICKEN & BISCUITS WHIPPED POTATOES GREEN BEANS ALMONDINE APRICOTS	SEAFOOD SCAMPI over LINGUINI OLD FASHIONED VEGETABLES ORANGE JUICE DINNER ROLL BROWNIE* *Diet Dessert Subst*	ROAST PORK w/GRAVY APPLESAUCE WHIPPED POTATOES FRESH SQUASH PINEAPPLE DELIGHT *Diet Dessert Subst*	MACARONI & CHEESE CALIFORNIA MIXED VEGETABLES STEWED TOMATOES FRESH ORANGE
MARCH 11 - 15	CHICKEN CACCIATORE over BROWN RICE OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	BEEF STEW w/Carrots, Potatoes & Tomatoes GREEN BEANS RICE PUDDING *Diet Dessert Subst*	BAKED SPAGHETTI PIE WINTER BLEND VEGETABLES ITALIAN BREAD CHOCOLATE CHIP COOKIES *Diet Dessert Subst*	CORNED BEEF w/CABBAGE *Low-Salt Diet Subst: Chicken* PARSLEY POTATOES CARROTS LIME JELLO w/PEARS *Diet Dessert Subst*	BAKED FISH FLORENTINE w/TARTAR SAUCE ESCALLOPED POTATOES HARVARD BEETS ORANGE JUICE FRESH BANANA
MARCH 18 - 22	CHICKEN PARMESAN LINGUINE CALIFORNIA MIXED VEGETABLES TAPIOCA PUDDING *Diet Dessert Subst*	PORK CHOPS w/STUFFING & GRAVY APPLESAUCE WHIPPED POTATOES GREEN BEANS ORANGE JUICE OATMEAL COOKIES *Diet Dessert Subst*	CHICKEN DIVAN w/BROWN RICE SPINACH MANDARIN ORANGES & PINEAPPLE	BEEF POT ROAST w/GRAVY WHIPPED POTATOES CARROTS w/ORANGE SAUCE GINGERBREAD w/WHIPPED TOPPING *Diet Dessert Subst*	BAKED ZITI BROCCOLI TOSSED GREEN SALAD ITALIAN BREAD FRESH APPLE
MARCH 25 - 29	CHILI CON CARNE over BROWN RICE CALIFORNIA MIXED VEGETABLES TROPICAL FRUIT	TURKEY BURGER w/ONIONS & PEPPERS SCALLOPED POTATOES CARROT COINS PEACHES	BAKED CHICKEN w/GRAVY CRANBERRY SAUCE MASHED POTATO SPINACH CHOCOLATE MOUSSE *Diet Dessert Subst*	 BAKED HAM w/PINEAPPLE SAUCE FRESH SWEET POTATOES ASPARAGUS LEMON MERINGUE PIE	 BAKED TILAPIA w/Lemon Butter Sauce BAKED POTATO SCANDINAVIAN VEGETABLES CINNAMON GRAPE DESSERT

NUTRITION NOTES

MARCH FOR MEALS

"so no senior goes hungry..."®

Greene County Department for the Aging is proud to be taking part in "March for Meals", an annual campaign designed to raise awareness of senior hunger and to encourage action at the local level. Senior Nutrition Programs across the United States promote March for Meals in their communities through public events, partnerships with local businesses, volunteer recruitment efforts and fundraising initiatives. This will be the third year that Greene County has participated.

The Meals On Wheels Association of America (MOWAA) created the March For Meals campaign in 2002 to raise awareness about senior hunger by connecting local businesses and public officials with Senior Nutrition Programs. Since then, there has been tremendous growth in the number of participating Meals On Wheels programs and collaborative partners, as well as the national attention received during the month of March.

"Mayors for Meals" is a component of March for Meals that utilizes the involvement of local elected officials to raise awareness about senior hunger. These individuals assist in the serving or delivering of meals on one day in March to show their support of their local Senior Nutrition Program. The official date for the 2013 March for Meals is Wednesday, March 20th. This event is intended to generate public awareness, recruit new volunteers and increase local fundraising for Greene County's nutrition program.

Mayors, Supervisors and Greene County legislators have been invited to come participate in this event by either helping to serve our congregate meals or deliver a meal route from the Rivertown Senior Center in Athens, as well as the senior nutrition service centers in Acra, Catskill, Coxsackie and Jewett.

For more information, please feel free to contact Danielle Kane-Wade at Greene County Department for the Aging at (518) 719-3555.

Former Greene County Legislator Chris Pfister, Athens, assists Rivertown Center Manager Tami Bone-Redmond with the meals at the 2012 Mayors for Meals day.

NATIONAL NUTRITION MONTH® 2013

The National Nutrition Month® 2013 theme, "Eat Right, Your Way, Every Day," encourages personalized healthy eating styles and recognizes that food preferences, lifestyle, cultural and ethnic traditions and health concerns all impact individual food choices. Registered dietitians play a critical role in helping people eat right, their way, every day.

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. This year is the 40th anniversary of National Nutrition Month®.

REGISTERED DIETITIAN DAY: WED. MAR. 13

The Academy of Nutrition and Dietetics proudly announces the sixth annual Registered Dietitian Day. As the nation's food and nutrition experts, registered dietitians are committed to improving the health of their patients and community. Registered Dietitian Day commemorates the dedication of RDs as advocates for advancing the nutritional status of Americans and people around the world.

Who is a Registered Dietitian?

Registered dietitians are food and nutrition experts, translating the science of nutrition into practical solutions for healthy living. The expertise, training and credentials that back a registered dietitian are vital for promoting positive lifestyle choices. When you need food and nutrition information based on fact or need to know how a healthy diet improves health and fights disease—rely on qualified professionals in the field. They are able to separate facts from fads and translate nutritional science into information you can use to put you on the path to lowering weight, eating healthfully and reducing your risk of chronic disease. Registered dietitians know the science of nutrition. They have degrees in nutrition, dietetics, public health or a related field from well-respected, accredited colleges and universities.

The Greene County Department of Human Services' Aging Department offers individual nutrition counseling for seniors. Please feel free to call our office to speak with our registered dietitian, Mary Richardson.

NATIONAL NUTRITION MONTH

Throughout the entire year, we stress the importance of good nutrition for caregivers, as well as those receiving the care. However, as the month of March is National Nutrition Month, we wish to stress its importance even more.

Proper nutrition is important to keep the body strong and healthy. Regular nutritious meals may become a challenge for those individuals that require care giving. They may become overwhelmed with too many food choices, forget to eat or think they have already eaten. If the person is having difficulty eating, ask yourself the following questions to help you find the answers.

Physical Difficulties: Is the problem physical? Sores in the mouth, poor-fitting dentures, gum disease or dry mouth may make eating difficult.

Disease: Does the person have chronic diseases? Intestinal or cardiac problems or diabetes might lead to loss of appetite. Constipation or depression can also decrease appetite.

Agitation/Distraction: Is the person agitated or distracted? If agitated, the person probably won't sit long enough to eat an entire meal. Think about how you can reduce distractions in the eating area.

Eating style: Have you recently changed eating styles? Does the person have a preferred eating style? Some people who are accustomed to sitting down at the table for three full meals may prefer to have smaller meals or snacks.

Environment: Are there odors or harsh noises in the room that might distract the person from eating? appearance, smell and taste? Once you have evaluated the sources of the eating problems, you can take action.

Be flexible to the person's food preference: Remember that the person has long-standing personal preferences. Try to keep these likes and dislikes in mind when preparing food.

Make mealtimes calm & comfortable:

- Serve meals in quiet surroundings, away from other distractions
- Keep the table setting simple and by avoiding patterned plates that might confuse the person. Use white bowls or plates with a contrasting color placemat to help the person distinguish the plate from the table. You may also want to use a plastic tablecloth to make cleanups easier.
- Use only the utensils needed for the meal.
- Serve only one or two foods at a time. For example, serve mashed potatoes followed by cooked meat.
- Use simple, easy-to-understand instructions. For example, "Pick up your fork. Put some food on it. Raise it to your mouth."
- Check the food temperature. The person might not be able to tell if a food or beverage is too hot.
- Be patient . . . Don't criticize the person's eating habits or urge them to eat faster. Give them plenty of time to eat and keep in mind that it can take a person an hour or more to finish eating.
- Use distractions. If the person doesn't want to eat, take a break by involving him in another activity and return to eating later.
- Give the person the opportunity to eat with other family members for as long as possible.

Encourage Independence:

- Serve finger foods or serve the meal in the form of a sandwich.
- Serve food in large bowls instead of plates or use plates with rims or protective edges.
- Use spoons with large handles instead of forks.
- Set bowls and plates on a non-skid surface such as a cloth or towel.
- Use cups and mugs with lids to prevent spilling and fill glasses half-full. Use straws that bend.
- Gently place the person's hand on or near an eating utensil.
- Try hand-over-hand feeding by putting a utensil in the person's hand, place your own hand around, then lift both hands to the person's mouth for a bite.

Minimize eating and nutrition problems:

- Avoid foods such as nuts, popcorn and raw carrots which may be hard to chew and swallow. Grind foods or cut them into bite-size pieces. Pureed and frozen foods can be stored in plastic bags for later use.
- Serve soft foods such as applesauce, cottage cheese and scrambled eggs. Serve thicker liquids such as shakes, nectars, and thick juices, or serve a liquid along with the food.
- Encourage the person to sit up straight with his or her head slightly forward. If the person's head tilts backward, move it to a forward position.
- Use vitamin supplements only on the recommendation of a physician. Monitor their use.
- If the person has a decreased appetite, try preparing some of the person's favorite foods; increase the person's physical activity; or plan for several small meals rather than three large meals.
- After the meal is over, check the person's mouth to make sure that food is swallowed.
- Be alert for signs of choking. Learn the Heimlich maneuver in case of a choking incident.
- Keep in mind that the person may not remember when or if he ate. If the individual continues to ask about eating breakfast, you might consider serving several breakfasts—juice, followed by toast, followed by cereal.
- Help the person maintain good oral hygiene. If it's difficult to use a toothbrush, try oral swabs. Make regular visits to the person's dentist.

Alzheimer's Association *www.alz.org*

RSVP
Lead With Experience

VOLUNTEERS LIGHT THE WAY

MARTIN LUTHER KING, JR. DAY OF SERVICE
MAKE IT A DAY ON, NOT A DAY OFF
Corporation for NATIONAL & COMMUNITY SERVICE

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

Greene County Department for the Aging,
a division of Greene County Department of Human Services
RSVP Advisory Council

Nickel Social

Saturday, April 20th

Rivertown Senior Center
2nd & Warren Street
Athens, NY

Doors Open 12pm
Drawing at 1pm

Refreshments will be available to purchase.

Proceeds of the Nickel Social will be used to help fund mileage reimbursement for Home Delivered Meal Program and Homebound Transportation Program Volunteers

We welcome the following new volunteers to the Department for the Aging:

Edith Bentley
Brittany Escudero
Robert Lewis
Patricia Macko
Madeline Roth
Michelle Duff
Joseph Foley
Andrew Macko
Paul Macko
Marlies Tudda
Mary VanHolsteyan

Are you looking for something to do in your spare time? Would you be interested in volunteering for one of the following positions? Or maybe you are looking for more information on the many other opportunities available. If so, contact Ruth Pforte, Volunteer Services Coordinator, at 719-3555; Toll-free (877)794-9266, or e-mail rpforte@discovergreene.com Please help us, help others!

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 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. There is no age requirement - anyone can volunteer!

THRIFT SHOP HELP:

Volunteers are needed at the Rivertown Thrift Shop in Athens and the Pay-It-Forward Thrift Shop in Catskill. If you enjoy working in a retail setting, you might enjoy volunteering at one of these shops.

The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.
Eleanor Roosevelt

"Hats for Hope"

A new project has been started by volunteers, Barbara Galanty and Liz Jarvis. They will be making hats for chemo patients which will be donated to local cancer treatment locations, The Ronald McDonald House and The Fisher House. They would love to have you join them in this project. Patterns for the hats and supplies are available by request. In addition, donations of soft yarns, especially acrylic/cotton baby yarn, are welcome. For more information, contact Ruth Pforte at (518) 719-3555.

common ground
a place to settle differences

Elder Mediation Program

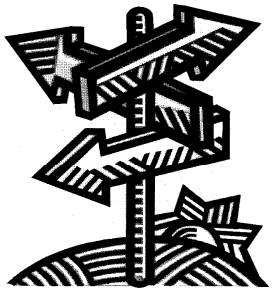
Helping you and your family have easier conversations about the difficult decisions associated with aging.

Safety Conversations
Respite Care
Estate Planning
Insurance Decisions
Legal Decisions
Financial Decisions
Residency Decisions
Inheritance Disputes

For more information, please contact

Sara Coons
Mediation Coordinator

(518) 943-0523, x. 101
scoons@commongroundinc.org



Common Ground Dispute Resolution, Inc. is under contract with the New York State Unified Court System to provide mediation services to Greene and Columbia Counties .

Common Ground is a member agency of the United Way of Columbia & Greene Counties Inc.

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.

SENIOR CITIZEN CLUBS

Calling All Seniors!

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 SENIOR CITIZENS
2nd Thursday, 1:00pm
Washington Irving Center

COXSACKIE:
BETHANY VILLAGE TENANTS ASSOC.
3rd Wednesday, 1:15pm
Van Heest Hall

COXSACKIE AREA SRS.
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.

Dispose of Your Used Needles

WHO WE ARE

"Project Needle Smart" offers an awareness on proper access and disposal of needles. With Project Needle Smart you can prevent injury, illness and pollution.

WHAT TO DO

1. Do not re-cap, remove or bend needles.
2. Drop used syringe, with needle pointing down, into container.
3. Do not overfill container ($^{3}/_{4}$ full)
4. Keep container out of reach of children.
5. Close and seal container.
6. Locate the nearest Project Needle Smart site. (see below)
7. Drop your full container into the Drop Box and get a new free sharps container

WHERE TO GO TO DISPOSE and GET CONTAINERS FREE

EmUrgent Care Coxsackie
11835 Rte 9W
Coxsackie, NY 12192
731-9000

Kelly's Pharmacy
4852 Route 81
Greenville, NY 12083
966-4800

Greene County Public Health Department
411 Main St (Disposal Kiosk on Water St. stairs)
Catskill, NY 12414
719-3600

Windham Pharmacy
Rte. 296 & South Street
Windham, NY 12496
734-3033

CVS- Cairo
Corners of Rte. 23 & 32
Cairo, NY 12413
622-2000

VITA
Volunteer Income Tax Assistance

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.