SENIOR CITIZEN'S ROUNDTABLE NEWS

MAY 2013

Published by Greene County Department for the Aging since 1976

MAY is OLDER AMERICANS MONTH

In 1963, President John F. Kennedy designated May as Senior Citizen Month. Seventeen years later in 1980, President Jimmy Carter changed it to Older Americans Month. This year marks the 50th anniversary of recognizing our seniors.

When the observance began, there were only 17 million Americans that had reached their 65th birthday. If you think about who those people were...they had been born in the waning years of the 19th century, lived through 2 World Wars as well as Korea. A third of them lived in poverty and there were virtually no support programs to educate them so that they might help themselves to a better life.

By 1963, the focus on the needs of the aging population had begun to grow. Improvements in healthcare made it possible for this group to grow as large as it had, in spite of the wars, and brought the issues to the forefront. Since then, a light has been shone on a number of issues related to aging, such as elder abuse, the unique medical needs of an aging population, shortfalls in Medicare and the need to plan and save for retirement. While Alzheimer's disease was first diagnosed in 1906, it only became apparent as more Americans lived long enough to experience it.

Americans 65 and older now constitute more than 13 percent of the United States' population. In 35 years the number of seniors in America will increase to 22 percent and include me. Life expectancy has grown from 47 years when those original honorees were born to over 76 years for someone born today. In short, seniors are our fastest growing population segment and we all hope to be a part of the group someday and most of us will succeed.

Older Americans do connect our community. The sense of continuity and history our parents and grandparents bring to our families engender the pride and traditions that define our lives. The examples of sacrifice and dedication of the seniors in our community have inspired me and have most certainly served as the impetus for many an entrepreneur and activist. The advances in healthcare and careful financial planning allow seniors to play a significant ongoing role in our community, mentoring the leaders of tomorrow, and serving as the inspiration for the young.

Older Americans Month is a time to acknowledge specific seniors and their contribution to our society. Each year, the president issues a proclamation calling on the nation to pay tribute to seniors. We here in Greene County join with the entire country to honor our senior citizens.

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.

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 our department at 719-3555 for an application. Financial donations which help continue to run the program are also always appreciated.

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!

SENIOR CITIZEN'S ROUNDTABLE NEWS
is published monthly by
GREENE COUNTY DEPT. of HUMAN SERVICES' DEPARTMENT for the AGING
411 Main Street
Catskill, NY 12414
(518) 719-3555
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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

*** 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
Gayle Ruvolo

*** Rivertown Senior Citizens Center**
Tami Bone, Senior Center manager
2nd & Warren St., Athens
(518) 945-2700
Staff: JoanAnn Rouse
Shane Dillon
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 Entrée Vegetables & Fruit Bread & Milk Dessert

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

"Aging Successfully with Low Vision *What YOU Can Do!*"

An educational presentation from the NABA Northeastern Association of the Blind at Albany
www.naba-vision.org

Learn about:

- The four leading causes of vision loss in older Americans today
  - Age-related macular degeneration
  - Glaucoma,
  - Diabetic retinopathy
  - Cataracts
- What it means to have "low vision"
- Video "See for Yourself"
- Taking care of your eyes
- Demonstration of low vision aids

May 9th: Jewett Senior Nutrition Site

May 14th: Coxsackie Meal Site
@ Town of Coxsackie Senior Center

May 21st: Acra Senior Nutrition Site

May 22nd: Rivertown Senior Center, Athens

All presentations held 11:30am - 12pm

Come see
a puppy in training to be a guide dog!

If you would like to attend lunch at the center that day, please call at least one day in advance to arrange.

OLDER DRIVER

Living Life To Its Fullest
OCCUPATIONAL THERAPY
•Safety Awareness Week•

Older Driver Safety Presentation*:

Helpful information for Older Drivers, Families/Caregivers, Helping Professionals and County Traffic Safety Boards

Come Join Us:

- **Rivertown Senior Center, Athens: Wednesday, May 1st at 11:30am**
- **Coxsackie Senior Nutrition Site @ Town of Coxsackie Senior Center Wednesday, May 8th at 11:30am**
- **Acra Senior Nutrition Center: Wednesday, May 15th at 11:30am**
- **Jewett Senior Nutrition Center: Wednesday, May 22nd at 11:30am**
- **Catskill Senior Nutrition Site @ Washington Irving Senior Center: Wednesday, May 29th at 11:30am**

If you wish to join us for noon time lunch, please call the center at least one day ahead of time to make sure you are included in the lunch count.

For additional information, please call Greene County Department for the Aging (518)719-3555

** This is merely a presentation and not a course entitling attendees to possible auto insurance premium reduction.

New York State OFFICE for the AGING

SOUTH AREA AGENCY ON AGING
GREENE COUNTY DEPARTMENT FOR THE AGING
411 Main Street • Catskill, NY 12414
(518) 719-3555 • aging@discovergreene.com
"Where Caring People Help"

GREENE COUNTY SENIOR SERVICE CENTERS

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

DFA Information & Assistance:
2nd monthly Wednesday
11 am

Cairo Crafters:
1st & 3rd monthly Wednesday
1 pm

CATSKILL SENIOR NUTRITION SITE
943-5820
At Washington Irving Senior Center
15 Academy Street, Catskill
DFA Information & Assistance
2nd Thurs of month, 11am

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

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

DFA Information & Assistance:
4th monthly Fri - 11 am

Blood Pressure:
2nd monthly Tues - 11am

COXSACKIE SENIOR NUTRITION SITE
731-8901
At the Town of Coxsackie Senior Center
127 Mansion St., Coxsackie

DFA Information & Assistance:
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

Located at the Rivertown Senior Center in Athens

Hours:
Monday & Tuesday
9am - 11:30am 12:30pm - 2pm

Wed - Fri 9am - 11:30am

Stop in & check out our Think Spring/Gardening Selections

Spring and Summer Clothes are now available!

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

DFA Information & Assistance: 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

Bo día para ti *(Top of the morning to you) . . .* They might not be Irish but on St. Patrick's Day, the staff at the Rivertown Senior Center put on the green & had their eyes smiling to celebrate the day.

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
MAY 1 - 3			Baked Chicken w/ Gravy Cranberry Sauce Whipped Potatoes Spinach Brownies *Diet Dessert subst*	Baked Ham w/Pineapple Sauce *Low Salt Diet Subst: Low Salt Turkey* Fresh Sweet Potatoes Brussels Sprouts Tapioca Pudding *Diet Dessert subst*	Chili Con Carne w/Brown Rice Carrots Tossed Green Salad Cornbread Fresh Seasonal Fruit
MAY 6 -10	Lemon Pepper Fish Fillet w/tartar sauce Wild Rice Carrots Mandarin Oranges	Chicken Dijon Whipped Potatoes Broccoli Peaches	Beef Stew Green Beans Lemon Mousse *Diet Dessert subst*	Roast Pork w/Gravy Applesauce Fresh Oven Browned Potatoes California Mixed Vegetables Chocolate Chip Cookie *Diet Dessert subst*	Cheese Lasagna Spinach Tossed Green Salad Italian Bread Fresh Seasonal Fruit
MAY 13 - 17	Macaroni & Cheese Stewed Tomatoes California Mixed Vegetables Applesauce & Cookies *Diet Dessert subst*	Tilapia in Lemon Butter Sauce Baked Potato Zucchini & Tomatoes Apricot Nectar Orange Jell-O & Mandarin Oranges *Diet Dessert Subst*	Roast Beef w/Gravy Mashed Potatoes Whole Baby Carrots w/Orange Glaze Peanut Butter Brownies *Diet Dessert Subst*	Chicken Florentine Casserole Bowtie Pasta Green beans, Cauliflower, Baby Carrots & Red peppers Berry Crisp *Diet Dessert subst*	Swiss Broccoli Frittata Green beans Orange Juice Blueberry Muffin Fresh Seasonal Fruit
MAY 20 - 24	Shepherd's Pie Broccoli Chocolate Pudding w/Whipped Topping *Diet: Dessert subst*	Baked Chicken qtr w/gravy Mashed potatoes Spinach Ambrosia *Diet Dessert subst*	Pork Chop w/Sauerkraut Oven Browned Potatoes Green Beans, Waxed Beans & Baby Carrots Cinnamon Applesauce	Seafood Scampi over Linguini California Mix Vegetables Orange Juice Sugar Cookies *Diet Dessert subst*	Roast Turkey w/Stuffing Gravy Cranberry Sauce Whipped Potatoes Brussels Sprouts Fresh Seasonal Fruit
MAY 27 - 31	*MEMORIAL DAY* *SENIOR CENTERS CLOSED* *NO MEALS*	Broccoli Cheese Fish Filet w/Tartar Sauce Whipped Potatoes Green Beans, Wax Beans & Baby Carrots Mandarin Oranges	Turkey Burgers w/Onions & Peppers on a bun Scalloped Potatoes Zucchini & Tomatoes Apricots	Macaroni Beef Bake Broccoli Tossed Green Salad Lemon Mousse *Diet Dessert subst*	Pot Roast w/gravy Whipped Potatoes Old Fashioned Mix Vegetables Fresh Seasonal Fruit

NUTRITION NOTES

MAYORS FOR MEALS

"Mayors for Meals" is a component of the annual March for Meals that utilizes the involvement of local elected officials to raise awareness about senior hunger. These individuals assist in the delivering or serving of meals one day in March to support their local Senior Nutrition Program This year, the event was held on Wednesday, March 21 and helped generate public awareness, recruit new volunteers and increase local fundraising for the nutrition program.

Locally, here in Greene County, several elected officials participated in the event. Cairo Town Supervisor Ted Banta helped serve lunch to the Acra congregates; County Legislator Gene Hatton assisted at Rivertown while Town of Lexington Supervisor Dixie Baldrey; Ashland Town Clerk Justine Koehler and Town of Hunter Councilman Dolph Semenza assisted at the Jewett center. In Catskill, two Greene County Legislators helped deliver meals to homebound individuals. Assisting volunteer Helena Murphy on the Main Street route was Vincent Seeley, and volunteer Bob Patterson was assisted by Linda Overbaugh in delivering to South Cairo.

In photo above, Greene County Legislator Gene Hatton, helps serve meals at our Rivertown Senior Center.

MAY CELIAC AWARENESS MONTH

Celiac Awareness Month is an event held throughout the United States each May and is supported by the National Foundation for Celiac Awareness (and other relevant organizations). This event raises awareness about celiac disease, and highlights the work of the National Foundation for Celiac Awareness (NFCA) which provides support for those affected. The NFCA, in collaboration with scientists and other organizations, also supports research into celiac disease.

Celiac disease is an autoimmune disorder triggered by the consumption a protein called gluten, which is found in wheat, barley and rye. Three million Americans have celiac disease, yet 95% of those who have it are undiagnosed. When a person with celiac eats gluten, the protein interferes with the absorption of nutrients from food by damaging a part of the small intestine called villi. Damaged villi make it nearly impossible for the body to absorb nutrients into the bloodstream, leading to malnourishment and a host of other problems including some cancers, thyroid disease, osteoporosis, infertility and the onset of other autoimmune diseases.

The treatment for celiac disease is simple: a lifelong gluten-free diet. There are no medications or surgeries that can cure the autoimmune disease. Eating any amount of gluten, no matter how tiny it is, can cause damage to the villi of the small intestine and prevent patients from absorbing nutrients into the bloodstream.

Getting started on the gluten-free lifestyle can seem challenging at first, but you soon will find that it has become routine. And going gluten-free doesn't mean that you have to go without! More than ever, there is a wonderful world of delicious gluten-free food available on the market and is expanding with more and more options. Major grocery chains have developed gluten-free sections of their stores, the online gluten-free industry is booming and, increasingly, restaurants offer gluten-free items as a staple part of their menus.You will find that you will not have to compromise on enjoying a delicious and healthy diet.

A NOTE ABOUT FOOD LABELING

The FDA Food Allergen Labeling and Consumer Protection Act requires labeling of the top eight allergens: milk, eggs, peanuts, tree nuts, fish, shellfish, soy and wheat. However, the absence of wheat on a label does not mean a food is gluten-free. Food manufacturers are also not required to notify consumers of product ingredient and recipe changes, so it is always important to double-check product labels each time a food is purchased since the gluten-free status of a particular product may change at any time. Further complicating the situation, the FDA has no guidelines in effect to define the safety standard for companies wishing to specify "Gluten-Free" on the label. The proposed standard is 20 parts per million, which many people with celiac disease say is above their threshold. Luckily, manufacturers are starting to see a market advantage by declaring the gluten-free status of their ingredients. Look for products that declare all of the source ingredients or label gluten-free. If the label is ambiguous, check out the manufacturer's website or call the company. There are also guides available to use as resources.

MAKING THE DECISION: WHEN IS THE RIGHT TIME FOR SKILLED NURSING CARE?

It is difficult to know when to begin looking for facility care for a loved one. However, if you are the primary care provider for someone with dementia, you may begin asking this question as the disease progresses. The most important thing to remember is that there is no "right" time for everyone. Each person and family is different, and there are several factors to consider. To discuss these factors, a family meeting is recommended, including when possible, the person with the disease. Use the checklist below to assess your caregiving situation. If the answer is 'yes' to many of these questions, you may need to begin thinking about alternative care options. These are just some of the factors to consider when making this difficult decision. Individual personalities, family history, and outside support should always be a part of your decision.

Yes No Safety

___ ___ Does your loved one forget or refuse to use safety equipment?
___ ___ Is the home environment becoming more difficult to maneuver?
___ ___ Has your loved one had accidents with the stove, appliances, or other household items?
___ ___ Has the person with memory loss had trouble getting around the house without falls or extensive help walking?

Personal Hygiene

___ ___ Is it difficult for your loved one to get to the bathroom when needed?
___ ___ Is the person with memory loss unwilling or unable to bathe?
___ ___ Is the person with memory loss unwilling or unable to change clothing when needed?
___ ___ Is your loved one unable or unwilling to help with personal care tasks?

Behavioral Concerns

___ ___ Has your loved one ever wandered away from home or been lost?
___ ___ Is your loved one combative, suspicious, angry, or refusing care?
___ ___ Has the person with memory loss physically harmed himself or you at any time in the past?

Nutrition

___ ___ Does the person with memory loss have trouble preparing meals or eating independently?
___ ___ Do you have difficulty encouraging your loved one to eat appropriate, nutritious?
___ ___ Is your loved one having health problems associated with poor nutrition?
___ ___ Has eating and swallowing become difficult for the person with memory loss?

Time and Energy

___ ___ Does your loved one need help with most ADL's ?(eating, bathing, dressing, personal,etc)
___ ___ Do housekeeping duties need to be done so frequently that care becomes too demanding?
___ ___ Have you frequently lost sleep at night due to caregiving?

Financial Concerns

___ ___ Would/Do you have difficulty affording in-home help 24 hours a day?
___ ___ Has caregiving posed difficult financial strains on your personal budget (e.g. medical equipment, incontinence, etc.)?
___ ___ Do you miss work frequently due to caregiver responsibilities?

Caregiver Issues

___ ___ At the end of the day, have you felt like you couldn't make it through another day?
___ ___ Is this a recurrent thought?
___ ___ Is your health at risk or beginning to suffer because of your caregiving responsibilities?
___ ___ Have you lost privacy or the ability to organize and run your household?
___ ___ Is there frequent conflict between household members related to caregiving issues?
___ ___ When you get a break from caregiving, do you still feel overwhelmed and exhausted?
___ ___ Are you beginning to resent the person you are caring for?

In-Home Care

___ ___ Have you tried and been unsuccessful with in-home services such as housekeeping, delivered meals, personal and companion care?
___ ___ Have you had difficulty getting your loved one to attend adult day programs?
___ ___ Has overnight respite care been used?
___ ___ Have you had difficulty enlisting the assistance of family and friends to give yourself a break?

RSVP
Lead With Experience

VOLUNTEERS LIGHT THE WAY

RSVP ADVISORY COUNCIL

The Greene County Department of Human Services RSVP Advisory Council recently celebrated the installation of Officers for 2013. Seen in the photo are (Back row L - R) Cliff Gross, Ruth Pforte, Lillian Moore (Vice-Chair), Terri Brett (Secretary), Rev John Capen and Liz Jarvis. In front, Rosemary Graham, Marjorie Gildersleeve, Carol Voeks and Karla Tyson. Missing from the photo is Anna Sutherland (Chairperson), Doris Rolfs and Peggy Sarfaty.

The Council is looking forward to a great year.

6th ANNUAL HEALTH FAIR HELD

On April 4th, the 6th annual Health Fair sponsored by Greene County Department of Human Services' Aging Department RSVP was held at the Washington Irving Senior Center in Catskill. The event was a success with thirty-eight vendors in attendance presenting a vast selection of information for seniors.

FLOOD TRAINING

Recently Gethen Proper, Pat Lemmon, Pat Gessner, Charles Diagostino, Sandy Sherman and Ruth Pforte (not shown) took a flood training webinar offered by the Corporation for National and Community Service. The training will help them be prepared in the event of a local flood emergency.

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

WELCOME NEW VOLUNTEERS

Welcome!

Isabella & Jerry Adinolti Jr.

They who give have all things; they who withhold have nothing."
~Hindu proverb

HAPPY 90th BIRTHDAY!

At the end of March, long-time volunteer Alice Schubert celebrated her 90th birthday at the Rivertown Senior Center. Alice brought ice cream to share with her friends and was surprised by the Rivertown staff with a birthday cake.

Surrounding Alice in above photo are center staff members Lana Marrone, JoJo Rouse, Shane Dillon, John Lawrence and center manager Tami Bone.

LOW VISION REHABILIATION – HELPING PEOPLE WITH LOW VISION STAY ACTIVE AND INDEPENDENT

Mary had always been someone who was active professionally and in her community. At 65 years old, after raising five children, a successful professional career and always staying active, she started to notice vision changes that made it difficult for her to read, cook, recognize familiar faces and drive at night. She went to see her eye doctor who diagnosed her with age-related macular degeneration (ARMD). Corrective glasses would not help her condition and she was told that she had "low vision".

Many older Americans today have low vision with difficulty reading mail, shopping, cooking and watching TV. Mary became increasingly frustrated with her difficulty in doing many of the things that she had always enjoyed. Mary's eye doctor referred her to a low vision specialist and for vision rehabilitation therapy.

Vision rehabilitation can help individuals live more safely and independently, even if they have a visual impairment that is not correctable with standard glasses, contact lenses, medicine or surgery. Vision rehabilitation combines training, counseling and adaptive devices to teach skills that can give people the confidence to function independently by maximizing their remaining sight. Adaptive devices such as magnifiers, special glasses, audio and large print items - clocks, timers, calculators, remote controls, watches and reading material - can make it easier to relax and enjoy activities.

Mary's doctor referred her to the Northeastern Association of the Blind at Albany (NABA). A 100 year old nonprofit organization, NABA provides low vision rehabilitation services to help people stay active and independent. Located at NABA's facility at 301 Washington Avenue, Albany, New York, the Dr. Harry M. Judge Vision Rehabilitation Center provides low vision services including vision exams for prescribing low vision aids, vision rehabilitation services, orientation and mobility training and counseling.

For more information about NABA's low vision rehabilitation services, call (518) 463-1211 or visit www.naba-vision.org. See schedule on page 2 for presentations by NABA sponsored by the Greene County Department of Human Services' Aging Department.

[Author – Cheryl Lawyer, NABA Outreach Coordinator]

GREENE COUNTY AGING SERVICES FOUNDATION, INC. assuring dignified aging

Please consider a contribution to the Greene County Aging Services Foundation

Seniors Helping Seniors

The Greene County Aging Services Foundation, Inc. raises funds to support some of the essential programs of the Department of Human Services.

The Foundation reimburses the kind, generous volunteers who transport local seniors to medical appointments. With cutbacks at all levels of government and the costs associated with Hurricane Irene, the County is in need of our support more than ever.

Volunteers provide this essential benefit out of goodness of their hearts, but very few of these wonderful people can afford to carry out this effort without some reimbursement for vehicle costs.

We, as seniors, recognize the value that such programs bring to our communities. Let us remember that many of our loved ones, friends and families have received personal benefits from this important service.

Please select one of the donation levels listed below:

___$5 Senior Friend ___$10 Senior Supporter
___$20 Senior Benefactor ___$50 Senior Patron
___Other

Please make checks payable to the Greene County Aging Services Foundation Inc., and mail to the Foundation c/o Department of Human Services, 411 Main Street, Catskill, NY 12414

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.