



SENIOR CITIZEN'S ROUNDTABLE NEWS

AUGUST 2013

Published by Greene County Department for the Aging since 1976



This is the original letter submitted to area newspapers:

On Thursday, May 16, 2013, the Greene County Department of Human Services/Aging Department held their 3rd Annual Senior Citizen Day. Mother Nature cooperated and the location of the Freightmaster's Building at the Historic Catskill Point helped make the day a success. At this time, we would like to publicly thank all those who had a hand in making the day so successful.

The seniors enjoyed the musical selections provided by Catskill High School's small jazz group under the direction of Mr. Bill Cash. We all took a step back in time while being entertained by the Senior Choir from the Washington Irving Center and danced the hustle with Jim Riddle and his line dancers. Thank you to each of you for providing such pleasant entertainment.

Of course, our senior day would be incomplete without mentioning the many vendors who set-up information booths. These were: Alzheimer's Association of NENY; Barnwell Nursing & Rehab; Bath Fitters; Community Action of Greene County; Catholic Charities; Catskill Mountain Housing; Common Ground; Consumer Direct Choices; Cornell Cooperative Extension; Eddy VNA; Greene County Mental Health; Greene County Public Health; David Haines Tai Chi; Hear USA; Home Sweet Home on the Hudson and in Athens; Independent Living Center; Kaaterskill Care; NABA; Northeast Home Medical Supply; Ostrander Physical Therapy; Rivertown Thrift Shop; The Eliot; Visiting Nurses Home Care and Cynthia Young Zumba Gold. Thank you for giving of your time to be there for the county seniors.

We would like to extend our appreciation to Congressman Chris Gibson and Assemblyman Peter Lopez. Although both men were unable to attend in person, they arranged to have a representative from their offices present to discuss important issues with the seniors. In addition, Assemblyman Lopez's office presented certificates of recognition to our senior award winners. Thank you both for remembering that senior citizens play an important role in your constituency.

Our staff members worked very hard to make this day special. We would like to point out, however, that other county agencies were of assistance. Thank you to Greene County Buildings & Grounds and Greene County Tourism Dept. for getting the location ready for the day, and to Sherriff Greg Seeley for the security presence. Thank you to the RSVP members who volunteered their time to make the centerpieces.

We cannot forget to thank those who volunteered in other ways. Thank you George June and your EMTs from Catskill Rescue Squad for being on stand-by. Fortunately, your services were not needed. It was a comfort to know you were there in the event of an emergency. Thank you to the West Athens Fire Company for allowing us the use of your road signs and equipment for traffic control and to Dick Brooks for shuttling seniors to the event from the parking area. Thank you to Ed Bloomer giving of your time to transport tables and help setting and cleaning up. To anyone we missed, we apologize. We do appreciate your efforts.

Lastly, thank you to the many wonderful senior citizens of the county who attended that day. Without you, the day would not have been a success. We hope you enjoyed yourselves and look forward to next year's 4th Annual Senior Citizen Day on Thursday May 15, 2014. We are open to any suggestions for improvement so please feel free to contact our office with your comments.

Terry McGee Ward, Executive Director



The department would also like to thank the Coxsackie-Athens Teachers Association for their recent donation. As a fundraiser for charity, the teachers participated in "Charitable Friday". Through this fundraiser, the teachers made a donation to the Home Delivered Meals program of the county.

**SENIOR CITIZEN'S
ROUNDTABLE NEWS**

is published monthly by

GREENE COUNTY

DEPT. of HUMAN SERVICES

411 Main St. Catskill, NY 12414

719-3555 Toll Free (877)794-9266

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Janet Osborn

Patrick Murphy

Bethany Village Case Manager

Patricia Gessner

The office is open 8:30am - 5pm Monday thru Friday, with the exception of July & August (4:30pm). Agency staff specialize in a variety of subjects. **While walk-ins can sometimes be seen, staff who can best assist you may be unavailable. We recommend you call ahead for an appointment.**

TO SUBSCRIBE

To receive electronically, please email **aging@discovergreene.com**

Mail delivery: Please contact or office at the address/phone number above.

TO ADVERTISE:

To help defray costs for printing & mailing, RoundTable News will accept paid advertisements. Acceptance of ads does not constitute an endorsement of any type. For further information, call the office.

Greene County Department for the Aging operates the Rivertown Senior Center in Athens, as well as Senior service/Nutrition Sites throughout the county:

*** Rivertown Senior Citizens Center**

Tami Bone, Senior Center Manager

2nd & Warren St., Athens

(518) 945-2700

Staff:

JoanAnn Rouse

John Lawrence

Shane Dillon

Lana Marrone

*** Acra Senior Service Site**

Sandra Sherman, Meal Site Manager

Acra Community Center,

Old Rte. 23B, Acra

(518) 622-9898

Staff: Elaine Cherrington

*** Cossackie Senior Nutrition Site**

at Town of Cossackie Senior Center

Renee Raffiani, Meal Site Manager

Mansion Street, Cossackie

(Former Knights of Columbus Hall)

(518) 731-8901

*** Catskill Senior Nutrition Site**

at Washington Irving Senior Center

Gethen Proper, Meal Site Manager

15 Academy Street, Catskill

(518) 943-5820

Staff: Martha Schilling

*** Jewett Senior Service Site**

Jewett Municipal Building

Route 23C, Jewett

(518) 263-4392

Staff: Gayle Ruvolo (Site contact)

MaryAnn Brink

Patricia Merwin

CONGREGATE MEALS

Each site 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.



THANK YOU

FOR YOUR SUPPORT and GENEROUSITY

As the number of seniors grows, so does the need for our vast array of services. The Department of Human Services/Aging Department encourages and appreciates donations. If you or your family are in a position to do so, please fill out the form below. One hundred percent of your contribution will be used to provide service to another older adult in need. Thank you!

NAME: _____

ADDRESS: _____

I designate a \$ _____ donation in appreciation for services **OR**
in memory of _____

for the following:

_____ Use where most needed

_____ Home-delivered meals

_____ Homebound transportation

_____ Nutrition Program/Congregate

_____ RoundTable News

_____ In-home services

Make checks payable & mail to: Greene County Dept of Human Services

411 Main Street, Catskill NY 12414

GREENE COUNTY SENIOR SERVICE CENTERS

**ACRA SENIOR
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 Town of Coxsackie Sr. Center
127 Mansion St., Coxsackie
DFA Information & Assistance:
3rd monthly Mon, 11 am**

Blood Pressure: 2nd Mon., 11 am

Exercise Class: Tuesday & Thursday 10:30 am

Knitting: Tuesday, 11am

Line Dancing: Friday, 10am

**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



*Sponsored by Greene County Department of Human Services
Aging Department*

**Coxsackie Senior Nutrition Site
Town of Coxsackie Senior Center
Wednesday August 28th
10:30am Food served at 12pm**

**Cheese and Crackers
Hamburgers - Hotdogs
Potato Salad - Macaroni Salad
Corn Cobettes
Chips & Dip
Strawberry Delight**

For reservations, Call 731-8901
Suggested Donation \$5



2013 Driver Safety Programs

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

COST FOR COURSE: \$17.00 for AARP members
\$19.00 for non-members

*To register for an upcoming class, call AARP Instructors
Maureen Sullivan 943-3291
or
Carroll Watson, 945-3301*

Must possess valid NYS driver's license
or
NYS learner's permit

CLASS DATES/LOCATIONS
All Classes are 1 - 4 pm

Wed Sept 4/Thurs Sept 5	Jewett Senior Service Center <i>Jewett Town Bldg, Beaches Corners, Jewett</i>
Tues Sept 17/Wed Sept 18	Town of Coxsackie Sr. Center <i>127 Mansion St., Coxsackie</i>
Tues Wed Oct 15/Wed Oct 16	Rivertown Senior Center <i>2nd & Warren Street, Athens</i>
Thurs Oct 17/Fri Oct 18	Acra Senior Service Center <i>Acra Community Center, Old Rte 23B, Acra</i>



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
AUG. 1 - 2 2013				CHICKEN CAESAR SALAD POTATO SALAD GARDEN VEGETABLE SALAD TROPICAL FRUIT	CHEESE LASAGNA ITALIAN BLEND VEGETABLES TOSSED GREEN SALAD ITALIAN BREAD WATERMELON
AUG. 5 - 9	CHICKEN TERIYAKI over BROWN RICE OLD FASHIONED MIXED VEGETABLES FRESH PLUM	BAKED HAM PINEAPPLE SAUCE <i>Low-Salt Diet Subst: Low Salt Turkey</i> FRESH BAKED SWEET POTATO BROCCOLI PARMESAN Fruit cup	BROCCOLI CHEESE FISH FILLET w/Tartar Sauce POTATOES O'BRIEN ASPARAGUS CUTS V-8 JUICE CHOCOLATE PUDDING w/whipped topping <i>Diet Dessert Subst</i>	CHICKEN SALAD Over Romaine Lettuce PASTA VEGETABLE SALAD TOMATO WEDGES ORANGE JUICE STRAWBERRY JELLO w/Sliced Strawberries, Bananas & Pineapple <i>Diet Dessert Subst</i>	CHILI DOGS w/ Onions & Sauerkraut on a bun <i>Low-Salt Diet Subst: Hamburger on bun</i> BAKED BEANS CARROTS GERMAN CUCUMBER SALAD ORANGE JUICE HONEYDEW MELON
AUG. 12 - 16	VEAL PARMESAN w/Linguini SPINACH CRANBERRY JUICE FRESH PEARS	BBQ CHICKEN OVEN ROASTED POTATOES w/Rosemary CARROT COINS APRICOT NECTAR LEMON MOUSSE <i>Diet Dessert subst</i>	MEATLOAF w/Gravy MASHED POTATOES OLD FASHIONED MIXED VEGGIES MANDARIN ORANGES w/ORANGE JELL-O <i>Diet Dessert subst</i>	FRESH BAKED TILAPIA w/Butter Sauce & Tartar Sauce RICE PILAF CALIFORNIA MIXED VEGGIES BROWNIE <i>Diet Dessert subst</i>	HAM CONFETTI SALAD <i>Low-Salt Diet Subst: Chicken Salad</i> 3 BEAN SALAD SLICED CUCUMBERS w/dressing APRICOT JUICE CANTALOUPE
AUG. 19 - 23	MACARONI & CHEESE ITALIAN VEGETABLES STEWED TOMATOES CHOCOLATE MOUSSE <i>Diet Dessert subst</i>	TUNA SALAD PLATE POTATO SALAD CARROT RAISIN SALAD MANDARIN ORANGES & PINEAPPLE	PORK CHOPS w/Gravy STUFFING APPLESAUCE MASHED POTATOES SPINACH TROPICAL FRUIT	CHICKEN DIJON BOILED POTATO CALIFORNIA BLEND VEGETABLES ORANGE CAKE	SPAGHETTI w/MEAT SAUCE FRENCH GREEN BEANS TOSSED ROMAINE SALAD w/Shredded Carrot CINNAMON GRAPE DESSERT
AUG. 26 - 30	TURKEY BURGERS w/Peppers & Onions on a Bun SCALLOPED POTATOES SPINACH FRESH NECTARINES	CHICKEN CAESAR SALAD POTATO SALAD GARDEN VEGGIE SALAD CRANBERRY JUICE DINNER ROLL CHOCOLATE CHIP COOKIE <i>Diet Dessert subst</i>	BEEF POT ROAST w/gravy WHIPPED POTATOES SLICED CARROTS ORANGE JUICE BIRTHDAY CAKE	LEMON PEPPER FISH WILD RICE ZUCCHINI & TOMATOES PEACHES	SALISBURY STEAK w/Gravy BAKED POTATO BRUSSEL SPROUTS WATERMELON

NUTRITION NOTES

FARMER'S MARKET COUPONS AVAILABLE



Each summer, the New York State Farmers' Market Nutrition Program (FMNP) provides a booklet containing twenty dollars worth of coupons to low-income senior citizens through the Senior Nutrition Program. The coupons are redeemable for fresh fruits and vegetables from **participating farmers** at a NYS Farmers Market. Greene County Department of Human Services' Aging Department announces that the coupons are now available.

NYS Senior Farmers Markets can be found throughout New York State. Here in Greene County, **the Cocksackie Riverside Farmers' Market** participates in the NYS Senior Farmers Market Nutrition Program. The market is located at the Cocksackie Riverside Park and operates on **Wednesdays from 4pm – 7pm**, May through September. Other nearby market locations are:

Hudson - DMV Parking lot, N. 6th & Columbia Sts

Saturday 9am - 1pm

Saugerties - Cahill School Parking, 115 Main St

Sat 10am - 2pm

Indoors: Saugerties Senior Center, 207 Market St

Sat 10am - 2pm & certain Sundays

Consumers need to note that coupons may not be accepted by farmers at other area Farmers' Markets. They can only be redeemed with a participating vendor. When wishing to use a FMNP coupon, look for the sign that states "participating farmer". Be sure to ask if there is no sign.

Coupon applicants must be at least 60 years of age with a household monthly income less than \$1,772 for an individual or \$2,392 for a couple and cannot receive Farmers Market checks from any other location. FMNP checks are issued one per household, not by individual. **Checks must be picked up in person at a designated location.** They will not be delivered to a home or through the mail. Coupon booklets can be picked up at the DFA office (411 Main St, Catskill) weekdays between 9am and 4pm. Contact the Greene County Department for Aging at 719-3555 if you have questions.

GREAT QUICK MEALS

Here are a few great ideas to help save some time in the kitchen during these dog-days of summer while being health conscious.

Remember to check the Nutrition Facts Label on all sauces and soups, ensuring that fat is lower than 2g per serving and sodium is lower than 500mg per serving.

SLIMMED DOWN MAC & CHEESE



Ingredients: Boxed macaroni & cheese mix & frozen vegetables

To make: Cook macaroni in microwave with ¼ cup water & 2 cups of vegetables for 10 – 12 minutes, pausing to stir every 4 minutes. Add ½ of the packaged cheese mix and stir well. (Save the other half for another time)

SPEEDY STIR FRY



Ingredients: Instant brown rice; low-fat, low-sodium chicken noodle soup, frozen stir fry veggie mix & light soy sauce

To make: Cook brown rice according to package directions. Heat frozen vegetable mix with chicken noodle soup and a dash of light soy sauce. Serve over rice.

"HOME-MADE SOUP" and SALAD



Ingredients: Low-fat, low-sodium soup, frozen vegetables; lettuce, fresh vegetables

To make: Add ½ cup of frozen veggies to each cup of soup. Try minestrone with extra assorted vegetables or chicken noodle soup with corn. Add some fresh spinach or field greens with other fresh vegetables for a side salad.



SUMMER TIPS FOR CAREGIVERS

Summertime brings sunshine, warmth, and family vacations, but for those with elderly loved ones, it can bring a long list of concerns to address. Here are some important things to consider.

Body odor: Increased heat and humidity during the summer months can cause increased sweating and body odor, especially if your loved one is not able to bathe adequately or refuses to bathe — as is often the case in people with dementia. A full bath or shower should be given at least once or twice a week to ensure proper hygiene and skin lubrication. If your loved one resists, suggest a sponge bath as a way to cool down rather than a way to keep clean. Encourage the use of deodorant, but avoid the use of powder, which can cake in skin folds and cause rashes and skin breakdown. If not able to bathe independently and you cannot assist him or her, hire a home health aide. Sometimes a trained professional can have more success with a balking senior.

Dehydration: Many elderly people limit how much they drink because they fear incontinence, while others lose their sense of thirst or forget to drink because of cognitive impairment. When this is coupled with heat and increased sweating, dehydration is sure to follow. Offer fluids frequently throughout the day and incorporate them into meals and snacks. Soups, juice bars, cereal with milk, and fresh fruits all are sources of extra fluid. If your parent has dementia, you might need to give him or her frequent reminders to drink; even with a glass in hand, a person with dementia might not drink unless prompted. Wearing cool clothing and limiting time out-

side also can be helpful. Maintaining a comfortable indoor temperature via air conditioning or fans also is essential to preventing dehydration.

Increased incidence of “sundowning”: For those with dementia, sundowning (a term describing a period of agitation in the evening, often occurring in the later stages of dementia) might occur. During summer months, when it is light outside later into the evening, sundowning can increase in duration and severity, as there is more time for activity that triggers agitation. It is important to maintain the same routine throughout the year. Take advantage of longer daylight hours, which provide more time to exercise and walk earlier in the day. As bedtime gets closer, keep the temperature cool and close drapes and shades to simulate nighttime. Avoid overly stimulating activities and television shows that might trigger behavioral problems and cause agitation. Promote a restful environment that is conducive to sleeping by lowering lights, playing soft music, spraying lavender-scented air freshener, or engaging in quiet activities such as reading and reminiscing.

Caregiver vacation: Everyone needs a break, and this is especially true for caregivers. Whether it is a long weekend or a weeklong vacation, you have options. Ask someone to stay with your loved one: a friend, another family member, or a professional caregiver. If you belong to a caregiver support group, you might be able to trade shifts with another caregiver. If you are not able to find someone to stay in your home, take advantage of respite beds at local nursing homes or assisted-living facilities. Most have several rooms available for short-term stays to give caregivers time off. Your loved one might even enjoy the opportunity to talk with someone new. As with all aspects of caregiving, being prepared goes a long way toward preventing potential problems.

COLUMBIA-GREENE WALK to END ALZHEIMER'S

**SATURDAY OCTOBER 5
DUTCHMAN'S LANDING, CATSKILL**

Contact Bill Hinrichs 876-4999, ext 203

or

**Greene County Dept of Human Services
for further information**



alzheimer's association®

ALZHEIMER'S CAREGIVER SUPPORT

Designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. Help participants develop methods and skills to solve problems. Encourages caregivers to maintain their own personal, physical and emotional health, as well as care for the person with dementia.

**1st Wednesday of each month, 6:30pm
The Pines at Catskill
154 Jefferson Heights, Catskill
Contact: Karla Flegel
943-2042**



RSVP

Lead With Experience

VOLUNTEERS LIGHT THE WAY



FALL FLOWER BULB SALE

Sponsored by

Greene County Dept of Human Services RSVP

For a catalog or to place an order,
Contact any RSVP Advisory Council member
or call Ruth at 719-3555

Deadline to order: Friday August 30th



*Proceeds will help offset
costs of Nutrition Services
to area Homebound Seniors*



\$500 FUEL RAFFLE

Sponsored by

Greene County Dept of Human Services RSVP

Drawing: December 12, 2013

\$5.00 a chance

*(Winner will need to provide Dept.
with name of fuel provider & account number)*

To obtain a ticket,
Contact any RSVP Advisory Council member
or call Ruth at 719-3555

*Proceeds will help offset
costs of Nutrition Services
to area Homebound Seniors*



2ND ANNUAL MOUNTAINTOP SENIOR HEALTH DAY



This event is free & open to the general public

Sponsored by:

Greene County Dept. of Human Services RSVP

September 12, 2013 10:00am – 4:00pm

Hunter Mountain Ski Bowl
Main Lodge, Colonel's Hall
Route 23 A - Hunter, NY

*This is an educational outreach event,
whose mission is to improve
our communities' quality of life,
by providing knowledge
of resources & supportive services and
to encourage health, safety, and well being.*

For more information or to register for a booth,
please respond by September 6, 2013
by contacting Ruth Pforte (518) 719-3555
Rpforte@discovergreene.com



Please contact Ruth Pforte at (518) 719-3555 to volunteer for these positions and the many more we have to offer or further volunteer information. 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 for - be it local or long distance trips. We offer mileage reimbursement to our volunteers to help defray expenses.

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 per day, as many days as you are able. A personal vehicle is necessary. There is no age requirement - anyone can volunteer!

On Saturday, June 8, the Bethany Village Tenants Association held their annual food and bake sale. As part of their fund-raising efforts, they also sponsored a 50/50 raffle.

Amongst the ladies who helped at the baked goods table were Mickey Rafuse, Joyce Wildey and Anne Feth. Anne at 99 years young is the oldest resident at Bethany Village.

Both the raffle and bake sale were a success. Joan Ebert was the winner of the raffle. Congratulations to her!



**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

GREENE COUNTY SENIOR CITIZENS 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 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



Calling All Seniors!

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.



VETERANS RESOURCE FAIR

**SAT AUG 3, 2013
10AM—3PM**

**STRATTON VA
MEDICAL CENTER
113 Holland Ave, Albany**

**Veteran Friendly
Employers**

**Educational Benefit Info.
Local Colleges &
Training Programs**

Claims Assistance

**Veteran Service
Organizations**

and much more!