



SENIOR CITIZEN'S ROUNDTABLE NEWS

OCTOBER 2013

Published by Greene County Department for the Aging since 1976

New York State Department of Taxation and Finance STAR Registration Fact Sheet

New legislation requires all homeowners receiving a Basic STAR exemption to register with the New York State Tax Department in order to receive the exemption in 2014 and subsequent years.

This is part of a new initiative to protect New Yorkers against inappropriate or fraudulent STAR exemptions.

Who must register?

Resident homeowners who currently receive the Basic STAR exemption must register with the New York State Tax Department in order to receive the exemption in 2014 and subsequent years.

- Homeowners do not need to re-register every year.
- Based on the information provided in the registration process, the Tax Department will confirm homeowners' eligibility in future years.

Senior citizens

Senior citizens receiving the Enhanced STAR exemption are not affected by the new registration requirement. However, in order to receive Enhanced STAR, seniors must continue to:

- apply annually, or
- participate in the Income Verification Program.

Resident homeowners applying for STAR for the first time are not affected by this year's registration procedure. To apply for STAR a new applicant must:

- use Form RP-425, *Application for School Tax Relief (STAR) Exemption*, available on the Tax Department's Web site, and
- file the application with their local assessor.

When does registration begin?

Registration will begin **August 19, 2013** and continue through **December 31, 2013**.

- The Tax Department will mail instructions to all homeowners who currently receive the Basic STAR exemption. The letters will include a STAR code that homeowners will need to register.
- Because seniors who receive Enhanced STAR are not affected by the new requirements, they will not receive new instructions from the Tax Department.

How does a homeowner register?

Online registration

The fastest and easiest way for homeowners to register is through the Tax Department's Web site, www.tax.ny.gov.

Homeowners will need their STAR code to register. In addition to being included in the instructions that were mailed to them, homeowners will be able to find their STAR code through an online lookup or by calling the Tax Department at (518) 457-2036.

Online registration is a simple process that will require homeowners to provide some basic information about their eligibility for the STAR exemption. Homeowners will need to:

- provide the STAR code and confirm the property address
- provide the names and social security numbers for all owners of the property and spouses
- confirm that the property is the primary residence of one of its owners [married couples with multiple residences may only claim one STAR exemption]
- confirm that the combined income of the owners and their spouses who reside at the property does not exceed \$500,000
- confirm that no resident owner receives a residency-based tax exemption from another state

Telephone registration – (518) 457-2036

Homeowners who are unable to register online will be able to register over the phone. The Tax Department will also provide telephone support to any homeowners who have questions about online registration.

What happens when homeowners do not register?

The Tax Department will send homeowners additional letter reminders in December 2013 and January 2014.

In February 2014 the Tax Department will give assessors the names of any homeowners who did not register, or who were determined not to be eligible for STAR. The assessment roll entries for these homeowners will not include the STAR exemption.

- Homeowners who the Tax Department found to be ineligible for STAR will have the right to administrative review within the Tax Department, and review before the State Board of Real Property Tax Services.



PUBLIC HEARING 2014 PLAN for SERVICES

The Greene County Department of Human Services (Aging) announces a series of Public Hearings to review and comment on its plan for services to the elderly for 2014. These meetings are not only of interest to senior citizens and their families, but also to community agencies and policy makers who have interest, questions or concerns about services in support of the elderly. The public is invited and encouraged to attend. The tentative agenda is listed below. Our thanks go to the senior organizations hosting our annual hearings.

AGENDA:

Greeting & Introductions

2014 Plan

Question, Answer & Comment Period

MEETING DATES/LOCATIONS:

Wednesday October 16, 1:15pm

VanHeest Hall, Bethany Village, Coxsackie

Thursday October 24, 1:30pm

Tannersville Village Hall

Friday October 25, 3:15pm

**Greene County Office Building
Room 247, Catskill**

Monday October 28, 1:15pm

Rivertown Senior Center, Athens



On Monday August 26, Congressman Chris Gibson met with representatives from local Area Agencies on Aging at the Greene County office building. He was there to gather information from Agencies about the impact of the sequestration on senior citizen programs in our area.

**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

aging@discovergreene.com

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Nutrition Vans 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 our 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 information, kindly 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 GENEROSITY

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

CATSKILL SENIOR NUTRITION SITE 943-5820

Washington Irving Senior Center, 15 Academy St. Catskill
DFA Information & Assistance: 2nd Thurs of month, 11am

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

ACRA SENIOR SERVICE CENTER

ACRA COMMUNITY CENTER

OLD ROUTE 23B, ACRA

622-9898

DFA Information & Assistance:
 2nd monthly Wednesday 11am

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

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

DFA Info. & 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



ZUMBA GOLD

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

10 weekly Wednesday class sessions
 beginning October 2, 2013
 10:00 a.m.

Cost: **FREE**

*To register, please call
 Tami Bone, Center Manager*

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

HALLOWEEN PARTY

TOWN OF COXSACKIE SENIOR CENTER

WEDNESDAY OCTOBER 31 10:30AM, FOOD SERVED 11:30AM

MENU:

Finger Veggie Platter	Frankenstein Dip w/Ghost Chips
Bloodied Sweet & Sour Cabbage	Mummy Peas & Carrots
Sweet Potato Heads	Scary Pumpkin Pie
Roast Pork w/Goosey Gravy	Vampire Punch



Suggested Donation: \$5.00 Contact Renee, 731-8901, for reservations
 Sponsored by Greene County Dept. of Human Services (Aging)

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

JEWETT SENIOR SERVICE CENTER HALLOWEEN BRUNCH Thursday October 31 11:30am

Menu.

Fruit Cup	Broccoli Quiche
Mini-Danish	Liver & Onions
Sausage	Stuffed Cabbage
Bacon	Beets
Cheesecake	

\$5.00 suggested donation
 Call 263-4392 to make a reservation






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
OCT 1 - 4		KNOCKWURST w/Sauerkraut <i>(Low-Salt Diet Subst)</i> BAKED BEANS CARROTS APPLESAUCE & COOKIES <i>(Diet Dessert Subst)</i>	LEMON PEPPER FISH w/Tartar Sauce SCALLOPED POTATOES OLD FASHIONED VEGETABLE MIX ORANGE JUICE APRICOTS	 Volunteer Services RECOGNITION LUNCHEON ALL NUTRITION SITES CLOSED NO MEALS DELIVERED	BEEF STEW GREEN BEANS PINEAPPLE COLESLAW FRESH PEAR
OCT 7 - 11	CHICKEN CACCIATORE w/Linguine OLD FASHIONED MIX VEGETABLES ITALIAN BREAD FRESH APPLE	CHILI CON CARNE w/Brown Rice CARROT COINS ORANGE JUICE CORNBREAD FRUIT COCKTAIL	CHICKEN FLORENTINE MASHED POTATOES BROCCOLI ORANGE BLOSSOM PUDDING <i>(Diet Dessert Subst)</i>	PORK CHOP w/Gravy STUFFING SWEET POTATO BRUSSELS SPROUTS BIRTHDAY CAKE <i>(Diet Dessert Subst)</i>	HUNGARIAN GOULASH w/Noodles CALIFORNIA MIX ORANGE JUICE FRESH SEASONAL FRUIT
OCT 14 - 18	 COLUMBUS DAY HOLIDAY All Nutrition Senior Service Centers Closed No Congregate or Homebound Delivered Meals	CHICKEN CHOW MEIN BROWN RICE OLD FASHIONED MIXED VEGETABLES ORANGE JELL-O w/ Mandarin Oranges <i>(Diet Dessert Subst)</i>	BROCCOLI CHEESE FISH FILET MASHED POTATOES CALIFORNIA MIXED VEGETABLES PINEAPPLE-UPSIDE CAKE <i>(Diet Dessert Subst)</i>	POT ROAST w/Gravy OVEN BROWNED POTATOES WHOLE BABY CARROTS CHOCOLATE MOUSSE <i>(Diet Dessert Subst)</i>	SPAGHETTI w/Meat Sauce ITALIAN BLEND VEGETABLES TOSSED GREEN SALAD w/ Shredded Carrots ITALIAN BREAD RED GRAPES
OCT 21 - 25	BAKED TILAPIA w/Butter Sauce POTATOES O'BRIEN ITALIAN BLEND VEGETABLES TROPICAL FRUIT	CHICKEN & BISCUITS WHIPPED POTATOES CALIFORNIA MIXED VEGETABLES BUTTERSCOTCH PUDDING <i>(Diet Dessert Subst)</i>	MEATLOAF w/Gravy BAKED POTATO OLD FASHIONED MIXED VEGETABLES PUMPKIN BAR <i>(Diet Dessert Subst)</i>	CHEESE LASAGNA BRUSSELS SPROUTS CARROTS & PEAS PINEAPPLE & MANDARIN ORANGES	BAKED HAM w/Pineapple Sauce <i>(Low-Salt Diet Subst)</i> FRESH SWEET POTATOES FRESH GREEN BEANS RYE BREAD FRESH GRAPES
OCT 28 - OCT 31	BAKED CHICKEN QUARTERS w/Gravy SWEET POTATO WINTER MIX DINNER ROLL TROPICAL FRUIT	PORK CHOPS w/Gravy RED CABBAGE MASHED POTATOES OLD FASHION MIXED VEGETABLES RYE BREAD APPLE DUMPLINGS <i>(Diet Dessert Subst)</i>	ROAST BEEF w/Gravy WHIPPED POTATOES WHOLE BABY CARROTS OATMEAL COOKIE	BROCCOLI CHEESE FISH FILET RICE PILAF BRUSSELS SPROUTS PUMPKIN PUDDING <i>(Diet Dessert Subst)</i> 	

NUTRITION NOTES



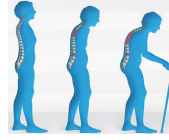
OCTOBER NATIONAL CRANBERRY MONTH

October is National Cranberry Month. The cranberry is an amazing fruit native to North America. Cranberries are high in antioxidants that help protect against heart disease and cancer. The berries protect against urinary infections and may help protect against bacteria that cause ulcers and gum disease. The tart and tangy flavor makes the cranberry a year-round favorite.

Cranberries are considered a healthy fruit. They contain no cholesterol and virtually no fat and are low in sodium. Various cranberry products may contain substantial levels of dietary fiber and certain vitamins, as well as a variety of phytochemicals that may be beneficial to health.

Have fun with cranberry juice. Cranberry juice itself is an acquired taste. If it's too tart for you, try blending it with blueberry, raspberry or grape juice to tone down the tangy berry. Use cranberry-juice blends for homemade popsicle treats. Freeze cranberry juice in ice-cube trays, then use the frozen cubes in punches, iced lemonade and iced tea. Make gelatin salads and fruit compotes with cranberry juice partly replacing water or other liquid.

Open a can of cranberry sauce. Use a knife to gently loosen the sauce. If it does not slide out easily, use a can opener to make a hole in the bottom of the can. The sauce will slide right out. Slice it for a condiment to turkey or chicken dinners. Plop a thick slice on a dessert plate and add a dollop of whipped cream for quick individual desserts. Use leftover jellied sauce as a spread on toast or bagels. Whether you drink, eat, tour or craft with the cranberry, enjoy your salute to this native American fruit.



BONE & JOINT NATIONAL ACTION WEEK *(October 12-20)*

This national week focuses on arthritis, back pain, osteoporosis, and trauma to increase awareness of prevention, disease management and treatments. Osteoporosis can be prevented by focusing on getting enough calcium, vitamin D, and regular exercise. 10 million Americans are estimated to have osteoporosis. 34 million more have low bone mass. Calcium and vitamin D are included in the Dietary Guidelines nutrients of concern list because consumption of dairy foods is lower than the recommended intake.

Good sources of calcium include:

- Dairy products (e.g. Low fat or nonfat milk, cheese, and yogurt)
- Dark green leafy vegetables (e.g. Bok Choy and broccoli)
- Calcium fortified foods (e.g. Orange juice, cereal, bread, soy beverages, and tofu products)
- Nuts (Almonds)

Vitamin D is needed for your body to absorb calcium. Your body is able to get vitamin D from 3 sources: sunlight, foods and supplements. The amount of vitamin D made by your skin depends on time of day, season, latitude, and skin pigmentation. Foods that are usually fortified with Vitamin D are milk, some yogurts, breakfast cereals, margarine, orange juice, and soy beverages. Natural sources of vitamin D include fish (e.g. salmon, herring, mackerel, and tuna) and egg yolks. Recommended daily intake for vitamin D with minimal sun exposure is 600 IU/day for most adults and 800 IU for adults older than 70 years.



GLUTEN-FREE WHOLE GRAINS

What is Gluten? Gluten is a protein composite in many grains and grain-based foods. It can be found in foods made with wheat, barley, spelt and rye.

Who Needs to Avoid Gluten? People with celiac disease or other gluten sensitivities all need to avoid

gluten. There are roughly 3 million Americans with celiac disease and countless others whose bodies cannot tolerate gluten for other reasons. There is no pharmaceutical treatment or cure for the disease. The only way to live a healthful, normal life is to avoid gluten entirely.

What Grains Are Right to Eat? Stock up on Amaranth; Brown rice;

Buckwheat, Corn and Millet. Oats are also gluten-free but with a catch. Most oats are contaminated with barley due to the way they are grown and processed.

There are lots of gluten-free alternative foods out there. Thanks to the FDA's labeling rules, it will soon be easier to find even more foods that don't contain any gluten.



CAREGIVING'S TRICKS and TREATS

In preparation for Halloween, caregiving for an older loved one does not have to be something scary like Freddy, Zombies or

even Clowns. In order to have some fun, the characters from the popular book and movie, *The Wizard of Oz* will help us face both the “tricks” and “treats” of caregiving.

With a little planning for your caregiving journey down this yellow brick road, you can avoid looking like the Wicked Witch of the West and maybe more like Glenda, the Good Witch!

Like Dorothy: We fall into caregiving without any preparation or planning. The first “trick” of caregiving is that we are sometimes suddenly thrust into this new world – there is no map, no guide, and you’re faced with endless decisions.

Trick – caregivers are twice as likely as the general population to develop multiple chronic illnesses – such as diabetes, heart disease, cancer, Alzheimer’s or asthma – earlier in life! Look at these statistics:

- ☆ 85% of caregivers who report their health is in decline because of caregiving are WOMEN.
- ☆ 91% of caregivers who say their health has suffered report DEPRESSION.
- ☆ 72% of caregivers ignore their own doctor appointments.
- ☆ 22% of women are missing their annual mammograms because they cannot find time in their caregiving schedule.

Treat – don’t neglect your own health & wellness needs. Keep your own doctor appointments, get your flu shot, ensure you have annual exams like mammograms. How? Get another family member or friend to relieve you in your caregiving duties so you don’t cancel. This will keep you healthy so you can continue caring for your loved one.

Like the Tin Man: We need a strong heart to keep up with caregiving responsibilities. Caregivers often say they are exhausted, overwhelmed, stressed – BUT – they do this willingly because caregiving is a “labor of love.” In order to avoid burn-out, caregivers have to open their hearts to receiving help.

Trick – Stress is the #1 issue for caregivers. It can lead to higher blood pressure which can lead to a variety of increased health risks such as hypertension, stroke and heart disease. Are you stressed out? Take the American Medical Association’s Caregiver Stress Test and find out.

Treat – Keep your heart healthy by allowing others to help you. Have your list ready when friends or family ask how they can help.

Like the Scarecrow: We need brainpower to navigate the complex world of caregiving. Caregiving can not only be a full-time job but you have to become an expert at elder care issues, navigating Medicare or other insurances for seniors, transportation, housing, etc.

Trick – Caregiving can become a part or full-time job and can be a long journey. Consider that:

- ☆ 73% of caregivers spend up to 20 hours a week caregiving while 12% spend 40 hours a week caregiving
- ☆ The average caregiving duration is a little over 4 years (31% have been caregiving for 5 years or more)

Treat – Search for a professional care manager. Just like you’d turn to an accountant to do your taxes or a lawyer to represent you in court, professional care managers are experts at elder care. Check the [Professional Geriatric Care Manager](#) site for an expert near you or your loved one.

Like the Cowardly Lion: We have to be brave and have courage. Caregiving can sometimes be a journey of fear of what is around the corner or down that yellow brick road. Don’t surrender yet, Dorothy.

Trick - Consider the following pitfalls of caregiving:

- ☆ 47% of caregivers are using all or most of their savings to cover care-related costs
- ☆ 33% of caregivers are taking on longer work hours or a second job during this economic downturn to cover caregiving costs
- ☆ 48% of working caregivers feel less comfortable asking their employer for time-off for caregiving
- ☆ 10% of caregivers misuse alcohol or prescription drugs to cope with their stress

Treat – There are ways to save on caregiving costs. Contact the Greene County Department of Human Services for information and assistance.

There’s No Place Like Home.

Whether you live near or far, understanding your loved one’s wishes for where and how they want to live out their “golden years” is an essential part of caregiving. We all know there really is no place like home. Make sure you have the conversation with your loved one so that you can plan ahead for what living accommodations will work for both of you.

Hopefully, caregiving will seem a little less scary if you know what you are facing. By following these “treats” you’ll be singing “we’re out of the woods” soon. It may not be as easy as clicking your heels three times but remember – you just have to believe – *in yourself*.



RSVP

Lead With Experience

VOLUNTEERS LIGHT THE WAY



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. Currently, we have a specific need for drivers in the Catskill area (various routes) and in Acra (Wednesdays). 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!

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.

“The greatest gift you can give another is the purity of your attention.”

~ Richard Moss



\$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*



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, 281-1628*

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

CLASS DATES/LOCATIONS

All Classes are 1 – 4 pm

Tues Oct 15/Wed Oct 16

Rivertown Senior Center

2nd & Warren Street, Athens

Thurs Oct 17/Fri Oct 18

Acra Senior Service Center

Acra Community Center, Old Rte 23B, Acra



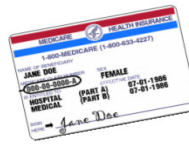
IT'S ALMOST HEAP SEASON

Regular HEAP will open on November 18, 2013. No notices, payments or guarantee of Regular HEAP benefits will be issued prior to the program opening. Emergency HEAP will open on January 2, 2014. No emergency benefits will be issued prior to that date and must follow a regular HEAP benefit.

To be eligible for HEAP, applicants must be US citizens or US Non-citizen National or qualified aliens; meet HEAP income guidelines and pay directly for heating costs or pay rent that includes heating costs.

When completing an application, remember to sign where requested and provide all pertinent documentation. For further information, please contact:

Greene County Department of Human Services/Aging
411 Main Street, Catskill
719-3555



MEDICARE BASICS

*So many choices . . .
How will you choose the right plan
to work with your Medicare?*

**Presented by
Gwen Starke
HHCAP Counselor
Greene County Department of Human Services**

*Come hear about stand-alone drug plans; supplemental
insurance and Medicare Advantage*

**Thursday October 3
10:30am**

**Columbia-Greene Community College
4400 Route 23 Hudson**

Call 828-4181, Ext. 3431 to register

Sponsored by Adult Learning Institute (ALI)



Your kind support
and generosity
by donating to the
Greene County
Department
of Human Services.
will help provide
services to an older adult
of the county.

Theresa Beringer
In memory of
her mother

Peter J. Markou
In memory of
Jason & Justin Markou

Joyce A Raffaele
In Memory of
Randall Finley

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.