



CONGREGATE SERVICES:

Healthy, nutritious, balanced meals are served Monday - Friday at our senior service centers. Our Registered Dietitian offers nutrition counseling about healthy eating, wellness and healthy habits to those with questions about diabetes, weight control and healthy eating. You don't need to get meals to meet with the dietitian. Transportation for those who need help getting to a meal location may be available.

SENIOR SERVICE CENTERS

Greene County Department of Human Services operates the Rivertown Senior Center in Athens, as well as four senior service centers throughout the county:

*** Rivertown Senior Center**

39 Second Street, Athens
(518) 945-2700

*** Acra Senior Service Center**

Acra Community Center,
Old Route 23B, Acra
(518) 622-9898

***Coxsackie Senior Service Center**

At Town of Coxsackie Senior Center
Mansion Street, Coxsackie
(518) 731-8901

*** Catskill Senior Service Center**

At Washington Irving Senior Center
15 Academy Street, Catskill
(518) 943-1343

*** Jewett Senior Service Center**

Jewett Municipal Building
Route 23C, Jewett
(518) 263-4392

CONGREGATE MEALS

Each senior service center serves a hot noon-time lunch, Monday - Friday. All meals include:

Hot Entrée Vegetable & Fruit Dessert Bread & butter Low fat milk, Coffee & Tea

We ask that you call at least one day ahead to make sure you will be included in the lunch count. The Suggested Donation for each meal for those age 60 and older is \$4.00 though our cost to provide each meal is \$10.01. These donations make it possible to maintain service levels and to help others. **HOWEVER**, no one shall be denied services due to the inability or unwillingness to make a donation.

Federal, state and local funding is used to help pay for this program. In turn, we are asked to collect certain information **FOR STATISTIC PURPOSES ONLY**. The information when registering for meals that you provide can only improve services offered and has nothing to do with the level of services you receive; however lack of responses could affect our funding sources. Also, current information is beneficial in the event you experience an emergency while at the center.

TRANSPORTATION:

Department drivers will transport seniors without a means of personal transportation from their valley home to the Catskill Senior Center or from their mountaintop home to the Jewett Senior Service Center in time to enjoy the noontime meal. Unfortunately, this service is presently only available to seniors who reside in the Catskill/Athens (valley) area or the Jewett (mountaintop) area. Clients requesting this service must be ambulatory and independent of others assistance in order to utilize this transportation service.



HOW CAN I GET FURTHER INFORMATION?

Call (518) 719-3555 or toll-free at (877) 794-9266 and ask to speak with the Nutrition Department.