SENIOR CITIZEN'S ROUNDTABLE NEWS

APRIL 2013

Published by Greene County Department for the Aging since 1976

WORLD WAR II VETERANS HONOR FLIGHT

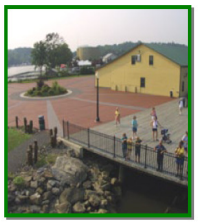
An all expenses paid flight for World War II veterans is being planned for May 18, 2013. It is Honor Flight's goal to fly as many World War II vets to Washington as possible so they can visit the World War II monument.

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.



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

CHECK YOUR OLDER SAVINGS BONDS

Remember Savings Bonds? Lots of us even used automatic purchasing plans through our payroll to buy them on a regular basis. If you have a stash secured in a safe place and haven't looked at them lately, you may find that they are no longer a smart investment.

If you own fully matured U.S. savings bonds, you are losing money on your investment. Each bond has a maturity date after which the government no longer pays interest. That date varies with the series of the bond and the date it was purchased.

According to the U.S. Department of Treasury's *Treasury Direct* website, www.treasurydirect.gov, the following savings bonds no longer earn interest:

- Series E bonds, all issues
- Series EE bonds, Jan. 1980 - Feb. 1983
- Series H, all issues
- Series HH bonds, Jan. 1980 - Feb. 1983
- Savings Notes, all issues
- Series A, B, C, D, F, G, J and K, all issues

If you find that you have bonds that are no longer earning interest, it is time to cash them in and reinvest your funds. Savings bonds can be redeemed at your local bank with appropriate identification.

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
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EXECUTIVE DIRECTOR
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Volunteer Services - Ruth Pforte

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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

*** 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 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

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.

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

GREENE COUNTY SENIOR SERVICE CENTERS

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

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

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

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

Located at the Rivertown Senior Center in Athens

Hours:
Monday - Friday 9am - 2 pm

APRIL:
Stop in & check out our
Think Spring/Gardening Selections

Spring and Summer Clothes are now available

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

TOWN OF COXSACKIE SENIOR CENTER
FRIDAY APRIL 26, 2013 10:30AM

Judging with 1st & 2nd Place winners!!
Acts cannot be more than 15 minutes in length

If you would like to stay for lunch,
please call at least one day in advance

For more information, contact Renee, 731-8901

Sponsored by Greene County Department for the Aging

All

GREENE COUNTY SENIOR SERVICE CENTERS NUTRITION PROGRAM

ALL PERSONS OVER AGE 60 CAN ATTEND LUNCH at ANY SITE
SUGGESTED DONATION IS $3.00
meals include Bread with Promise spread; Milk; Coffee and Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
APRIL 1 - 5	CHICKEN RICE CASSEROLE SPINACH MANDARIN ORANGES 	MACARONI & CHEESE CALIF. MIXED VEGETABLES BEET SALAD FRUIT COCKTAIL	MEATLOAF w/Gravy BAKED POTATOES BROCCOLI PARMESAN APRICOT JUICE PINEAPPLE DELIGHT* *Diet Dessert subst	CHICKEN PICATA w/Orzo CARROT COINS CRANBERRY JUICE CHOCOLATE CHIP COOKIES* *Diet Dessert subst	VEGETABLE LASAGNA ITALIAN MIXED VEGETABLES TOSSED GREEN SALAD FRESH SEASONAL FRUIT
APRIL 8 - 12	KIELBASA *Low-Salt Diet Subst* BAKED BEANS SAUERKRAUT SLICED CARROTS ORANGE JUICE HOTDOG BUN FRUIT COCKTAIL	HUNGARIAN GOULASH RED CABBAGE OLD FASHIONED MIXED VEGETABLES CRANBERRY JUICE BROWNIE* *Diet Dessert subst	CHICKEN & BISCUITS MASHED POTATOES GREEN BEANS TROPICAL FRUIT	ROAST PORK w/Gravy APPLESAUCE OVEN BROWNED POTATOES FRESH SQUASH BANANA PUDDING *Diet Dessert subst*	LEMON PEPPER FISH BROCCOLI RICE au Gratin STEWED TOMATOES ROMAINE SALAD FRESH SEASONAL FRUIT
APRIL 15 - 19	LEMON HERBED CHICKEN WHIPPED POTATOES OLD FASHIONED MIXED VEGETABLES PEARS	VEAL PARMESAN LINGUINI SLICED CARROTS ORANGE JELL-O w/MANDARIN ORANGES* *Diet Dessert Subst	SALISBURY STEAK w/Pan Gravy POTATOES O'BRIEN BROCCOLI APRICOTS	ROAST TURKEY w/Gravy & Stuffing CRANBERRY SAUCE WHIPPED POTATOES BRUSSELS SPROUTS APPLE CRISP* *Diet Dessert Subst	BROCCOLI/CHEESE FISH FILLET w/Tartar Sauce RICE PILAF SPINACH FRESH FRUIT
APRIL 22 - 26	BAKED CHICKEN QUARTER w/Gravy WHIPPED POTATOES OLD FASHIONED MIXED VEGETABLES CHOCOLATE MOUSSE* *Diet Dessert Subst	SPAGHETTI & MEATBALLS WINTER MIX VEGGIES APRICOTS	BEEF POT ROAST w/Gravy OVEN BROWNED POTATOES CARROTS w/Orange Sauce CRANBERRY JUICE TROPICAL FRUIT	BAKED TILAPIA w/Lemon Butter RICE PILAF SPINACH DINNER ROLL BIRTHDAY CAKE* * Diet Dessert Subst	PORK CHOPS w/Stuffing & Gravy APPLESAUCE FRESH BAKED SWEET POTATO BROCCOLI FRESH FRUIT
APRIL 29 - 30	TURKEY BURGER w/Peppers & Onions on a Bun MACARONI SALAD TOMATOES & ZUCCHINI APRICOTS	SWEDISH MEATBALLS ESCALLOPED POTATOES CALIF. MIXED VEGETABLES STRAWBERRY YOGURT* *Diet Dessert Subst			

NUTRITION NOTES

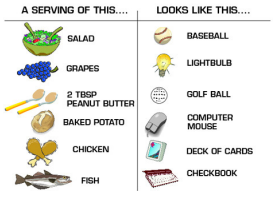
EAT RIGHT

Dedicate yourself to a healthy lifestyle with these food, nutrition and exercise tips.

1. Eat Breakfast - There's no better way to start your morning than with a healthy breakfast. Include lean protein, whole grains, fruits and vegetables. Try oatmeal cooked with low-fat milk, sliced almonds and berries, or top a toaster waffle with low-fat yogurt and fruit.

2. Make Half Your Plate Fruits & Vegetables - Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and $2^1/_2$ cups of vegetables your daily goal. It may be hard to find fresh options, but frozen and canned are great alternatives.

3. Watch Portion Sizes - Do you know if you're eating the proper portion size? Get out the measuring cups and see how close your portions are to the recommended serving size. Using smaller plates, bowls and glasses can help you keep portions under control. Use half your plate for fruits and vegetables and the other half for grains and lean meat, poultry, seafood or beans. To complete the meal, add a glass of fat-free or low-fat milk or a serving of fat-free yogurt for dessert.



4. Be Active - Regular physical activity lowers blood pressure and helps your body control stress and weight. Start by doing what exercise you can for at least 10 minutes at a time. Children and teens should get 60 or more minutes of physical activity per day, and adults should get $2^1/_2$ hours per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

5. Fix Healthy Snacks - Healthy snacks can sustain your energy levels between meals. Whenever possible, make your snacks *combination snacks*. Choose from the MyPlate food groups: whole grains, fruits, vegetables, low-fat or fat-free dairy, lean protein or nuts. Try low-fat yogurt with fruit, whole-grain crackers with low-fat cheese, or a small portion of nuts with an apple or banana.

6. Get to Know Food Labels - Ever wonder about what the numbers in the Nutrition Facts panel really mean? Or, the difference between "reduced fat" and "low fat"? The Food and Drug Administration has strict guidelines on how food label terms can be used.

Nutrition Facts
Serving Size 8 oz (227 g/8 oz)
Servings Per Container About 3

Amount Per Serving	
Calories 180	Calories from Fat 60
	% Daily Value*
Total Fat 6g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	19%
Sugars 11g	
Protein 8g	

Vitamin A 60% • Vitamin C 70%
Calcium 8% • Iron 10%

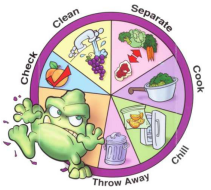
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

7. Consult a Registered Dietitian - Whether you want to lose weight, lower your cholesterol or simply eat better, consult the experts! Registered dietitians can help you by providing sound, easy-to-follow personalized nutrition advice and put you on the path to losing weight, eating well and reducing your risk of chronic disease. Call the Department for the Aging at 719-3555 to speak to the department's RD.

8. Follow Food Safety Guidelines - The Centers for Disease Control and Prevention estimates that roughly one in six Americans get sick from food borne disease each year. Reduce your chances of getting sick by practicing proper hand washing. Separate raw meat, poultry and seafood from ready-to-eat foods like bread and vegetables. Use a food thermometer to make sure food is properly cooked. Refrigerate food quickly at a proper temperature to slow bacteria growth.



9. Get Cooking - Cooking at home can be healthy, rewarding and cost-effective. Resolve to learn some cooking and kitchen basics, like how to dice an onion or how to store herbs and spices.

10. Dine Out without Ditching Your Goals - You can dine at a restaurant *and* stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Think about nutritious items you can add to your plate - fruits, veggies, lean meat, poultry or fish - and look for grilled, baked, broiled or steamed items.

11. Drink More Water - Our bodies depend on water to regulate temperature, transport nutrients and oxygen to cells, carry away waste products and more. For generally healthy people who live in temperate climates, the Dietary Reference Intakes from the Institute of Medicine recommend a total daily beverage intake of 13 cups for men and 9 cups for women.

SENIOR LIVING: WHAT ARE MY OPTIONS?

Seniors and older adults have a wide range of living options available to them in their aging years. Whether you are planning ahead to find a suitable living arrangement for yourself in the future, or you feel it is time that your elderly loved one had some living assistance of their own, it helps to know and understand your options.

The first question you should answer is:

Do you or your senior require help at home, or is relocation needed?

If you feel as though the most difficult tasks to perform are activities of daily living including house cleaning, cooking, grocery shopping, or laundry, you may decide that senior home care will suffice.

On the other hand, if your elderly relative has become physically frail, ill, or alarmingly forgetful, moving to a senior-friendly residence may be the wisest choice.

SENIOR HOME CARE

Seniors enjoy their autonomy. When their independence is threatened, it is common for seniors to feel hurt, frustrated, angry, or appear in denial. This strong desire to maintain our independence as we grow old is part of what has spawned a new dimension of elderly care: senior home care.

Most senior home care organizations will customize their services to suit your needs or the needs of your loved one. You may require caregiver visits once a week, every day, or around the clock, in which case a full time live-in caregiver is best. Home care providers can offer the following services:

- Meal preparation
- Housekeeping
- Washing and bathing
- Errand running
- Companionship
- Respite care for family caregivers

The Expanded In-Home Services for the Elderly Program (EISEP) through the Greene County Department for the Aging is designed to provide non-medical services to older persons to allow them to remain at home.

It is important to take note of the fact that everyone is different. Identify what your living needs are and make a list. This way, you can ask them direct questions and quickly find out whether or not they will be able to meet your demands.

If you decide that relocating to some place outside the home is best, there are numerous senior living options to evaluate. Here are a few to consider:

INDEPENDENT SENIOR LIVING:

If you or your senior loved one is quite capable of living independently, but wishes to experience a resident-style environment in the company of other seniors, consider independent living. There are a wide range of senior communities, buildings and apartments that offer the comfort of home in a tightly knit environment which delivers a strong sense of belonging and social involvement. Many seniors' independent living locations give you the option to choose helpful services if needed including on-call assistance and group activities.

Senior housing choices in Greene County allow each individual senior or senior couple to have their own apartment-style unit. There are differences, however, in level, class, care and amenities provided. It is essential that you learn about each place you are considering for yourself or your senior relative to ensure that your essential wants and needs will be met.

ASSISTED LIVING FACILITIES:

Emerging in the 1990s, Assisted Living Facilities are known to be the logical step after independent living is no longer viable, but the senior is not yet in need of 24-hour medical care (as you would find at a nursing home or long term care facility). An assisted living facility provides assistance with common activities of daily living, can coordinate efforts between senior residents and outside health care providers, and monitors seniors' overall health and safety.

NURSING HOMES/ LONG TERM CARE FACILITIES:

If you have come to the realization that your elderly loved one requires constant and professional nursing care that you are unable to provide, you may want to explore the option of a nursing home. A long term care facility offers seniors continual care around the clock as they age in a place where they are given the attention they need.

HOSPICE CARE:

Should your senior loved one be suffering from a serious disease and you want nothing more than for their symptoms to be reduced and their pain minimized, hospice care may be your answer. Hospice focuses on the elimination of pain and symptoms, rather than fighting the disease or applying treatments to cure it. This form of care aims to relieve suffering and enhance quality of life. Hospice care delivers palliative care to those at the end of life, specifically, and can be provided in-home, or in a hospital or other medical out-of-home setting.

For contact information on any of these options for Greene County, go www.greenegovernment.com
Click Departments – Aging & scroll down to senior housing or call the Department for the Aging at 719-3555.

RSVP
Lead With Experience

VOLUNTEERS LIGHT THE WAY

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

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SEEKING CERTIFIED OMBUDSMEN

Would you enjoy being an advocate for vulnerable seniors?

Certified Ombudsmen visit residents, investigate and resolve complaints, and use their skills to advocate for the rights of residents in nursing homes and adult care facilities.

A volunteer for this position:

- **Must be over the age of 21**
- **Can commit 4 hours a week for one year**
- **Has good communication and interpersonal skills**

Basic 36 hour training course is required and provided.

If interested in this position, contact Ruth Pforte, GCDFA Volunteer Services Coordinator at 719-3555.

Celebrating People in Action
National Volunteer Week
April 21-27, 2013

THE VALUE OF VOLUNTEERING - TOP REASONS TO VOLUNTEER

There are as many reasons to serve, as there are people who serve. Volunteering is not just an altruistic act. It's an opportunity to advance in all areas of your life. Here are a few of the things you can gain when you give your time and yourself:

* Connect with your community
* Conserve funds for charities, nonprofit and faith based and other community organizations by contributing your time
* Share your skills and gain new ones
* Develop self-esteem and self-confidence
* Meet new people from all walks of life
* Enhance your resume and make important networking contacts
* Promote a worthwhile activity
* Feel needed and valued
* Experience something new
* Serve your country

The Greene County Legislature annually declares the month of April as Greene County Department of Human Services Aging Volunteer Month. April 21 – 27, 2013 is National Volunteer Week. Why not celebrate both by volunteering in your community?
Greene County Department for the Aging has numerous volunteer opportunities available. These positions involve volunteering in our Home Delivered Meal Program, Homebound Transportation Program, Rivertown Thrift Shop, Friendly Visiting and Telephone Reassurance to name a few. Greene County Department of Human Services RSVP Volunteers provided over 23,000 hours of service last year.
If you would like to get involved and take advantage of the opportunities that volunteering provides contact Ruth Jones Pforte, Volunteer Coordinator at 518-719-3555.

No one is more cherished in this world
than someone who lightens the burden of another.
Author Unknown

common ground
a place to settle differences

Elder Mediation Program

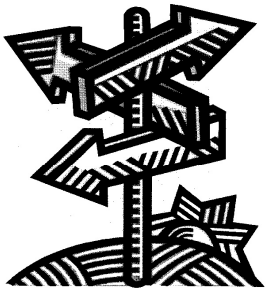
Helping you and your family have easier conversations about the difficult decisions associated with aging.

Safety Conversations
Respite Care
Estate Planning
Insurance Decisions
Legal Decisions
Financial Decisions
Residence 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.

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.

SENIOR CITIZEN 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

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.

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