



SENIOR CITIZEN'S ROUNDTABLE NEWS

JULY 2013

Published by Greene County Department for the Aging since 1976



WORLD WAR II VETERANS HONOR FLIGHT TIME IS OF THE ESSENCE

The Honor Flight Network program was conceived by Earl Morse, a physician assistant and Retired Air Force Captain. After retiring, Earl was hired by the Department of Veterans Affairs to work in a small clinic in Springfield, Ohio. In May 2004, the World War II Memorial was finally completed and dedicated in Washington, D.C. It quickly became the topic of discussion among his World War II veteran patients. Earl would ask these veterans if they thought about visiting the memorial. Sadly, most of these senior heroes were in their 80s and lacked the physical or financial ability to complete a trip on their own. The majority of these veterans had given up hope of ever visiting the memorial that was specifically created to honor their services as well as the services of their fellow comrades who had paid the ultimate sacrifice.

Earl decided that there had to be a way to get these heroes to see the memorial. In December 2004, Earl asked one of his patients if it would be all right if he personally flew the veteran to D.C. to visit his memorial. Mr. Loy broke down & cried and told Earl that at his age he would probably never get to see his memorial otherwise, and graciously accepted the offer. Earl posed the same question to a second World War II veteran. He too cried and enthusiastically accepted the trip. It didn't take long for Earl to realize that there were many veterans who would have the same reaction.

Earl started asking for help from other pilots. In January 2005, Earl addressed an aero club meeting and outlined a volunteer program to fly the veterans to their memorial. There were two major stipulations to his request - the veterans pay nothing and the pilots personally escort them around D.C. for the entire day. After Earl spoke, eleven pilots stepped up to volunteer . . . and Honor Flight was born.

Soon other dedicated volunteers joined, a board was formed, funds were raised and the inaugural Honor Flight took place in May 2005. Six small planes flew out of Springfield, Ohio taking twelve World War II veterans on a visit to the memorial in Washington, DC. Responses from both the veterans and the pilots were overwhelming. It was an experience that will remain with them for the rest of their lives. Soon other flights were

began. So many veterans wanted to participate that commercial aircraft were used to accommodate forty veterans at a time, including many in wheelchairs. By the end of the first year, Honor Flight transported 137 World War II veterans. In August 2005, there was a transition to commercial airline carriers with the goal of accommodating as many veterans as possible.



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 local flights and more are planned for the future.



The Honor Flight Network has established an aggressive goal. Through the end of 2012 they transported more than 98,500 WWII veterans to Washington, D.C. to their memorial. Due to their senior age and the prediction that we are losing approximately 800 World War II veterans daily, Honor Flight is committed to do all within their power to make these trips a reality. These veterans have given so much and it's time to show them that their efforts are not forgotten.

Please help rewrite this final chapter of their lives. "The Greatest Generation" deserves nothing less. If America thought it was important to build a memorial to their service and sacrifice, Honor Flight Network believes it's important for them to visit their memorial before it's too late.

Persons or organizations who wish to provide monetary support for the Honor Flight may do so by making a check out to Leatherstocking Honor Flight, c/o Department for the Aging, 411 Main Street, Catskill, NY 12414.

**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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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**

Pat Merwin, Meal Site Manager

Jewett Municipal Building

Route 23C, Jewett

(518) 263-4392

Staff: MaryAnn Brink

Gayle Ruvolo

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

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

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



FRIDAY JULY 19, 2013
12PM

JEWETT SENIOR SERVICE CENTER

- MENU:**
- HAMBURGERS
 - HOT DOGS
 - COLESLAW
 - BAKED BEANS
 - DEVILED EGGS
 - CHIPS & DIP
 - WATERMELON
 - ICE CREAM

\$5 SUGGESTED DONATION

PLEASE CALL 263-4392 FOR RESERVATION

Sponsored by Greene County Department of Human Services Aging Division



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



LOVE IS IN THE AIR
IN JEWETT

Congratulations to
 John Potter and Janet Nicholls.



The couple met at the Jewett Senior Nutrition Center and became engaged on Valentines Day, February 14, this year. Much happiness together in their future life.

Seniors at Rivertown Senior Center participated in a four-week session of Ballroom Dance classes taught by Guy Apicella, Ballroom Dance instructor at C-GCC. Participants learned waltz, foxtrot, cha-cha, rumba and meringue and everyone had a great time. Another four-week session will be held in July. If interested, please call the center.



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

2013	Monday	Tuesday	Wednesday	Thursday	Friday
JULY 1 - 5	CHICKEN CUTLET w/GRAVY WILD RICE SPINACH ORANGE JUICE APRICOTS	SEAFOOD PASTA SALAD MARINATED CARROTS GARDEN VEGETABLE SALAD TROPICAL FRUIT	ROAST BEEF w/Gravy WHIPPED POTATOES BROCCOLI PARMESAN V8 JUICE CHOCOLATE CHIP COOKIES <i>Diet Dessert subst</i>	 INDEPENDENCE DAY ALL SENIOR SERVICE CENTERS CLOSED	SLOPPY JOE on Hamburger Bun POTATO SALAD OLD FASHIONED MIXED VEGETABLES STRAWBERRY YOGURT w/ Blueberries, Strawberries & Granola Topping
JULY 8 - 12	KNOCKWURST <i>Low-Salt Diet Subst</i> BAKED BEANS SAUERKRAUT ITALIAN BLEND VEGETABLES APRICOT NECTAR APPLESAUCE & COOKIES <i>Diet Dessert subst</i>	SLICED COLD TURKEY over Ro- maine Lettuce w/Garnish PASTA VEGETABLE SALAD CARROT RAISIN SALAD TROPICAL FRUIT	MEATLOAF w/Gravy SCALLOPED POTATOES CALIFORNIA MIXED VEGGIES LIME JELLO w/PEARS <i>Diet Dessert subst</i>	BAKED CHICKEN QUARTERS w/Gravy WHIPPED POTATOES FRENCH CUT GREEN BEANS V8 JUICE BERRY CRISP <i>Diet Dessert subst</i>	HUNGARIAN GOULASH over Noodles BROCCOLI APRICOT NECTAR WATERMELON
JULY 15 - 19	BAKED HAM w/ Pineapple Sauce <i>Low-Salt Diet Subst</i> FRESH SWEET POTATOES BROCCOLI PEARS	MACARONI BEEF BAKE SPINACH APRICOTS	CHICKEN FLORENTINE MASHED POTATOES BEANS, BROCCOLI, CAULIFLOWER & CARROTS CINAMMON GRAPE DESSERT	POT ROAST w/Gravy PARSLIED POTATOES CARROT COINS w/Orange Sauce BROWNIE <i>Diet Dessert subst</i>	CHICKEN SALAD over Romaine Lettuce MACARONI SALAD MARINATED TOMATO, CUCUMBER & ONION SALAD HONEYDEW MELON
JULY 22 - 26	BROCCOLI CHEESE FISH FILET RICE PILAF OLD FASHIONED MIXED VEGETABLES CRANBERRY JUICE SLICED PEACHES	BAKED CHICKEN CUTLET w/Fajita Seasoning & Peppers & Onions POTATO SALAD ZUCCHINI & TOMATOES CORNBREAD CRISPY CHOCOLATE RICE SQUARES <i>Diet Dessert subst</i>	MACARONI TUNA SALAD w/Tomato Wedges MARINATED CARROTS 3 BEAN SALAD AMBROSIA	PORK CHOPS w/Gravy STUFFING APPLESAUCE WHIPPED POTATOES SPINACH BIRTHDAY CAKE <i>Diet Dessert subst</i>	BEEF STRONGAN- OFF Over Noodles CALIFORNIA MIXED VEGETABLES CANTALOUPE
JULY 29 - 31	CHICKEN DIVAN BROWN RICE FRESH CHUNK BUTTERNUT SQUASH NECTARINES	FRESH TILAPIA in Butter Sauce POTATOES O'BRIEN SPINACH CHOCOLATE MOUSSE <i>Diet Dessert subst</i>	ROAST PORK w/gravy FRESH SWEET POTATO BROCCOLI RICE PUDDING <i>Diet Dessert subst</i>		



NUTRITION NOTES



FARMER'S MARKET COUPONS SOON 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 will be available again this year.

The program's purpose to promote improved nutrition through increased consumption of locally grown fresh fruits & vegetables, as well as expand sales at farmers' markets. The NYS Department of Agriculture & Markets collaborates with the NYS Departments of Health; Aging, and the Cornell Cooperative Extension in administering the program. There is no fee for farmers to participate but they must sign up annually with a manager of the individual market(s) in which they plan to participate.

Here in Greene County, the Coxsackie Riverside Farmers' Market participates in the NYS Senior Farmers Market Nutrition Program. The market is located at the Coxsackie Riverside Park and operates on Wednesdays from 4pm – 7pm, May through September.

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.

Once Greene County receives from NYS, the booklets can be picked up at the DFA office (411 Main St, Catskill) weekdays between 9am and 4pm. They will also be available at the Rivertown Senior Center in Athens, as well as the county senior service center locations in Acra, Catskill, Coxsackie and Jewett. In addition, representatives will be distributing at the senior living facilities in the county. Contact the Greene County Department for Aging at 719-3555 if you have questions.

MAKE SUMMER MEALS SIZZLE

Now that warmer weather of summer is upon us, grilling season is here again. While a traditional barbeque is always great, Americans are increasingly adding unique twists to their summer grilling routines. Here are some fresh ideas to get creative on your grill.

Chicken Fajita Skewers

- 2 chicken breasts, cut into large cubes
- 1 sweet onion, peeled and cubed
- 8 mini peppers or cubed pieces of sweet pepper
- 1 tablespoon olive oil Fresh lemon or lime juice
- Oregano, Pepper, Garlic powder, Cumin, Chili powder

Soak bamboo skewers in water for at least 20 minutes. Thread chicken, onion cubes and peppers onto skewers. Place the kabobs on foil and drape with oil, juice and seasonings to taste. Heat the grill to 350⁰ - 400⁰. Place kabobs on grill & cook until the chicken is almost done, then flip. Cook till chicken is firm and no longer pink in middle. Serve with whole grain rice and grilled veggies.

Grill More than Meat

Grill fruit and vegetables to accompany the main course. Pineapples, plums and peaches are delectable when grilled. A lot of veggies do well on the grill, but some really stand out - asparagus, corn, eggplant, mushrooms, peppers, onions, even cabbage. Most vegetables cook better and are less likely to stick if marinated first or brushed lightly with cooking oil. For added flavor, sprinkle grilled vegetables with fresh herbs. The natural sugars in fruits and vegetables caramelize with heat and both are low in calories and loaded with vitamins and minerals.

Shake up Dessert

Did you know you can grill your dessert? Grilled pie can be the perfect finale to a successful barbeque.

Grilled Strawberry Pie

- 1 lb. fresh strawberries (about 2 2/3 cups), quartered
- 1/4 cup sugar 1 tablespoon cornstarch
- Refrigerated pie crust, softened as directed on box
- 1/4 cup strawberry preserves
- 2 (9-inch) disposable foil pie pans

Heat grill to 400⁰. Mix strawberries, sugar and cornstarch; set aside. Unroll refrigerated pie crust and place in ungreased pie pan. Spread strawberry preserves evenly on crust then spoon strawberry mixture on top. Slightly fold crust over filling. Place second pie pan upside down on grill to make elevated surface and place pie on top. Cover grill and cook 20 - 25 minutes or until crust is golden brown and filling is bubbly. Cool 10 minutes.



HOT WEATHER TIPS

We all suffer in hot weather. However, for elderly, disabled people and those with chronic health conditions such as vascular disease or diabetes, the weather does not have to hit 100 degrees to cause heat stress or even deadly heat stroke. As we age, we gradually lose the ability to perspire and regulate our body temperature. This is why older people tend to overdress—they don't feel heat the same way anymore. Heart rates do not speed up or return to normal as fast during exercise. Older skin also thins and offers less protection from the sun. Poor circulation, heart, lung and kidney diseases, and high blood pressure increase the risk for heat-related illness. Being overweight or underweight also increases risk.

Medications taken for a variety of diseases and symptoms can also interfere with one's ability to manage hotter weather. These medications include antipsychotic drugs commonly given to Alzheimer's patients tranquilizers, sedatives (including over-the-counter sleeping pills), amphetamines, diuretics and drugs to control blood pressure, antihistamines, and some antidepressants.

A person with cognitive impairment, whether from disease or injury, may not be able to communicate distress. In some cases, they may not even "feel" the heat or discomfort because of changes in the brain's abilities to process sensory information or regulate their body's responses to heat.

Tips for Staying Cool: Caregivers can prevent a heat-related emergency (hyperthermia) by keeping a loved one cool, watching for signs

of heat stress and following these tips for dealing with hot weather.

- Wear cool clothing: See that the person is dressed in light-weight, light-colored, loose-fitting clothing, preferably of natural fabrics like cotton. Use hats and umbrellas outside. If the air conditioning appears to bother the person, offer layers, such as a long-sleeved shirt or sweater over the shoulders, or a light cloth over the ankles.

- Use air conditioning: Keep the air conditioning on below 80 degrees F. If you don't have air conditioning, invest in a room air conditioner or use room fans to circulate inside air. If possible, drive the person a short distance to an air-conditioned place where they can sit but avoid overcrowded places and rush hours.

- Cover windows: During the day, pull the curtains on all windows that are in direct sunlight. Open windows at night and use fans or cross-ventilation to circulate cooler air. (An open, uncovered window during the day will simply make the inside temperature the same as outside.)

- Avoid direct sun: Stay indoors during the hottest hours, 11 a.m. to 4 p.m. Drive as close to the door of destinations as possible, but don't leave the person in the car where temperatures can soar quickly. If the person wants to be outside, make sure it's during cooler hours and that he or she is in the shade, on a covered porch, or under an umbrella. Also check the news for information about temperatures, humidity levels and air pollution alerts.

- Eliminate or limit physical activity: If the person's physician approves light exercise such as walking and movement exercises, limit them to short periods during cool hours. Eliminate entirely on very hot days.

- Drink plenty of fluids: Give the person plenty of water and fruit or vegetable juice even if they say they're not thirsty. No alcohol, coffee or tea. Seek medical help if you suspect dehydration.

- Light meals: Avoid hot, heavy meals and don't use the oven.

- Monitor medications: Find out if the person's medications increase his or her risk for heat stress. Be sure to ask a physician about all the medications being taken, including off-the-shelf items.

- Take cool showers: Help the person take a cooling shower or bath. Lay a cool, moistened towel over the forehead or back of the neck and replace often.

- Check in often: If the person lives alone, check in daily or ask a neighbor to look in several times a day. If the person lacks transportation, make sure someone takes him or her to and from appointments, grocery stores, etc.

- Be alert: Remember that a cognitively-impaired person may not be able to tell you when he or she is feeling hot or ill. Also, older people tend to feel colder than younger people so they may not sense the danger of hotter weather.

As a caregiver, learn the signs of heat-related problems. Seek medical assistance, especially if you suspect heat stroke. Call 911 immediately.

- *Heat fatigue: cool, moist skin, a weakened pulse, feeling faint.

- * Heat cramps: muscle spasms in the abdomen, arms or legs after exercise.

- * Heat exhaustion: Warning - the body is getting too hot. Watch for thirst, giddiness, weakness, lack of coordination, nausea, and profuse sweating. Cold, clammy skin. Body temperature may be normal (98.6 degrees). Pulse is normal or raised slightly. Pupils may contract. Urination decreases and the person may vomit.

- * Heat stroke: Life-threatening. Immediate medical attention is required. Death can occur quickly when heat stroke occurs. Body temperature rises above 100 degrees F (some sources say 104 degrees F), and the person may become confused, combative, behave bizarrely, feel faint, stagger. Pulse is rapid. Skin is dry, flushed and may feel hot. Lack of sweating. Breathing may be fast and shallow. Pupils may widen or dilate. Delirium, seizures or convulsions, and coma are possible.



RSVP

Lead With Experience

VOLUNTEERS LIGHT THE WAY



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.

FRIENDLY VISITORS

Visit homebound seniors in their homes on a regular schedule to chat, play cards, discuss the news, etc. This program provides companionship to seniors who would otherwise be alone for great lengths of time.

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!

RIVERTOWN THRIFT SHOP

Volunteers are needed for the Rivertown Thrift Shop located in Athens. If you enjoy working in a retail setting, you might enjoy volunteering at the thrift shop.

Please contact Ruth Pforte at (518) 719-3555 for more information or to volunteer for these positions and the many more we have to offer. Please help us help others!

THANK YOU!

Thank you to all who donated home-baked goods or stopped by to purchase something at our recent RSVP Advisory Council Bake Sale. There was much to choose from and the event was a success. Proceeds will be donated to the Department for the Aging's senior nutrition program.



In photo, Advisory Council member Karla Tyson is seen assisting customers.

Volunteer Quote of the Month:

*A great man shows his greatness
by the way he treats little men*

Thomas Carlyle

GREENE COUNTY WELCOMES NEW NYS CERTIFIED OMBUDSMEN



Greene County Ombudsman Coordinator Gwen Starke presents volunteers, Barbara Galanty and William Koedding, their NYS Ombudsmen certifications for successfully completing a 36-hour training course.



The Long Term Care Ombudsman Program is a coordinated system with NYS and the Department for the Aging. The program ensures a quality of life for long-term care residents by identifying, investigating and resolving complaints; protecting the legal rights of the residents; advocating for change; providing information & consultation to residents & their families and publicizing issues of importance to residents. Complaints investigated by Ombudsmen relate to actions, inactions or decisions of long-term care providers or other agencies that adversely affect the health, safety, welfare or rights of residents.



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



2013 Driver Safety Programs

Carroll Watson, AARP Instructor 945-3301

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 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

- | | |
|-----------------------------------|-----------------------------------------------------------------------------------------|
| 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 |
| Thurs Oct 17/Fri Oct 18 | Acra Senior Service Center |

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.