



Lorilee Fish who works for the Monroe County recreation division, shows Rose Coley how to fashion a Halloween doll out of yarn during the Halloween celebration held at the Corn Hill AME Zion Church Center.

## A Place to Talk And Get Good Food

By MOLLY JUDGE

"My wasn't that beef delicious. I don't remember ever having a better dinner."

"I really enjoyed myself today. The food was grand and I had a lot of fun."

These bits and pieces of conversation were not overheard at the doors of a gourmet restaurant but in the county nutrition center for senior citizens at the First Baptist Church of East Rochester.

There are three similar centers in Rochester. The Association for the Blind, the Corn Hill AME Zion Church and the North Street Recreation Center host similar programs.

The program operates under Title VII of the Older Americans Act which states: the purpose of this program is to provide older Americans, particularly those with low incomes, with low cost, nutritionally sound meals served in strategically located centers such as schools, churches, community center, senior citizen centers, and other public or private facilities where they can

### Reading Conference At Nazareth

"The Best Possible World for Children with Reading Disabilities" will be analyzed by a battery of national and area experts in a Reading Conference specifically designed for the public at the Nazareth College Arts Center, Tuesday, Nov. 19. All sessions during the afternoon and evening are open and free of charge.

Dr. Jules Abrams, former president of the College Reading Association and nationally known expert in the field of learning disabilities, will speak at two afternoon sessions involving panelists from school districts throughout the area, and deliver the major address of the day: "Parent-Teacher Dynamics — Their Role in Reading Disabilities" at 8 p.m. in the Arts Center Auditorium. Representatives of six community service groups active in the area of learning disabilities will describe services available to the public during a 3 p.m. presentation.

obtain other social and rehabilitative services. Besides promoting better health among the older segment of the population through improved nutrition, such a program is aimed at reducing the isolation of old age, offering older Americans an opportunity to live their remaining years in dignity.

The people, 60 years or older, come to the centers to talk to friends, participate in the center's activities, learn how to economize in this inflationary society and to have a nutritious meal.

There is no set charge for the meal but the older people donate what they can afford to the program. Contributions are handled in confidence and it is suggested that the donations do not exceed 75 cents.

"Where else can you get a dinner of pot roast of beef, mashed potatoes and gravy, green beans, milk and cherry cobbler for 75 cents. It's simply delicious," said Ann Brusso, a volunteer worker at the East Rochester site.

Each meal must contain at least one third of the current daily nutritional requirements as established by the Food and Nutrition Board of the National Academy of Science-National Research Council. The centers are provided with a monthly menu approved by a state dietician in Albany.

Since the centers' opening in March to the end of September 47,505 meals were served. During this period, 323 meals were served each day on the average.

"The nutrition centers in Rochester are by far one of the finest programs in the state. They are run by an excellent staff, who put in long hours, and there is a lot of participation on the part of the elderly volunteers. In short, it's an excellent program and they're doing an excellent job," said Edward Kramer, director of the Office of the Aging in Albany.

Besides offering the elderly a nutritious meal, the centers provide recreation and educational activities.

"We offer real programs that help people live on a limited budget and how to stretch their dollars because every dollar counts in the present society," said Zelda Myers, site director at the Corn Hill AME Zion Church.

The Corn Hill center cooperates with the Public

Library to borrow slides and films on consumer education which are usually shown before the meal.

Special slide presentations of personal trips, games such as bingo, old fashion sing-alongs, picnics and short trips are part of the program. People with special talents who attend are encouraged to entertain. Lee Crawford, a regular at the Corn Hill site, intends to utilize his career as a concert pianist in helping the center find a properly tuned piano. He will then play for the center so the people can listen or sing along.

According to Lyle Sumner, cook at the East Rochester site, a majority of the elderly people that frequent this particular center can afford to buy food but since they tend to live alone, they don't bother preparing balanced diets.

"I come here every day for the fellowship," said Rose Vande Sande, at the East Rochester site. "I get out of the house, get to talk to friends and I love the delicious food they serve here."

The Nutrition Program is operating on \$242,000 in federal funds and matched with \$26,000 from Monroe County. Don Bentsen, county nutrition program administrator, stated that each site must be located in an area where 25 per cent or more elderly low income or 40 per cent or more isolated persons are living. The Rochester figures were derived from the 1970 census since no other data was available and 3,000 people were used as the base number for the sites.

"The County of Monroe Office of the Aging must sub-contract center sites out to private or public non-profit agencies that can accommodate 100 or more people. Eighty per cent of the funds must go toward nutritional purposes while the remaining 20 per cent must go for related or supported social services," Bentsen said.

A new center opened Nov. 4 in Charles Settlement House. This site will be funded for a 1-year period from the county. If the federal government increases the program allotment by \$50 million, this site will eventually become federally subsidized.

"Next year we will have a visiting nurse program to help provide a special diet for the elderly at the centers. She will work in conjunction with that person's doctor so the person with a special diet can also enjoy the center," Bentsen said. "We



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After he helps the Corn Hill AME Zion Center find a tuned piano, Lee Crawford, who regularly attends the Center, will then use his talents as a concert pianist to entertain the group.



Ann Brusso, a volunteer at the East Rochester Center, distributes contribution envelopes and issues table numbers that insure an orderly food line.



Michael Berrettone attends the Nutrition Center in East Rochester because he enjoys the delicious food and the companionship he finds there.


will also have a meals-on-wheels program to deliver meals to a site regular who is temporarily ill."

"The program is a great success," said Rev. William Cusworth, site director for the East Rochester center. "I had one

woman tell me that the program was the best thing that ever happened to her. It got her out of the house. She got to talk to her old friends. And she said it really made her day. What can you say about a program that makes people feel like that?"

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