



berry Express" furnishes transportation for those who need a ride.



Helen Hotchkiss, a senior aide and driver of the Elderberry Express, helps one of the senior members out of the van.

# ghter At Elderberry

dollar, in the little envelopes beside their plates. The food is served family style. The menus, which are approved by a state dietitian at the Office of the Aging in Albany, include such entrees as broiled chopped sirloin of beef with onion gravy, chicken and baked breaded fish fillets.

"You wouldn't believe the people who gave up on drinking milk. After being exposed to the complete diet here, we've turned them into milk drinkers again. Which, by the way, is one of the health habits that we try to give them," said Ms. Eaton.

One of the most successful recreational activities at the center occurred before election day when area politicians spoke to the club members explaining their stand on issues. Besides politicians, the center invites religious leaders, social workers and artists to speak and give demonstrations.

According to Ms. Eaton, the center exploits the talent within the group. "We found that we have a very talented artist and piano player among the ranks here," she said.

The center provides nutrition education, information about various federal programs like food stamps, Social Security and Medicare, plus advice to the elderly on how to survive on a limited income.

"We also urge senior citizens to become involved with community affairs. For instance, they are going to make Christmas decorations and decorate the trees in the park," Ms. Eaton remarked.

She employs four women from the National Council of Senior Citizens Senior Aid Program to help coordinate activities at the St. Mary's site. The women work about 20 hours each week at the center and also spend their free time in getting acquainted with the elderly of the area.

The aides set the tables, see that the recreational and

educational programs are running smoothly, and help formulate the weekly menus.

"We keep a list of the people that come here. And if someone isn't here, we usually give them a call to see what the problem is," said Bernice Samanski, one of the aides.

If one of the senior citizens has a transportation problem, the site has been provided with the Elderberry Express. The Express, a van, actually, makes regular trips to isolated areas.

"One of the major responsibilities I have is to get these people motivated so they will get away from those silly stories on the boob tube and come here and meet one another," said Edith Brewer, a senior aide who is also the site director.

"Once they get out of the house rut, they become changed. They look better. And they don't have the time to sit and feel sorry for themselves. It's really a great thing getting these useful citizens back on their feet again."



Pat Eaton, the project director, right, leads some of the group to the meeting.



rtley, an RSV volunteer, left, pours coffee for Mrs. Josephine Genowich.



Mrs. Gladys Wing, left, and Mable Stratton read a senior member's newsletter before having lunch.



Edith Brewer, site director, right, discusses the group's entertainment with Edna Schriber, who played piano for the gathering.