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GREENE COUNTY MOTOR VEHICLES	WALGREENS		
THANK VAL TA ALL CRANCARC			

THANK YOU TO OUR SPONSORS:







SPECIAL THANK YOU TO THE FOLLOWING FOR THEIR ASSISTANCE:

Patti Austin, Greene County Tourism Ed Hodgens, D.J.

Greene County Buildings & Grounds staff Tom Hoyt, Greene County Safety Officer Ray Ward, Greene County Real Property Tax Services

West Athens - Lime Street Fire Company

AND LAST BUT NO MEANS LEAST. THANK YOU TO OUR WONDERFUL SENIOR CITIZENS





To see all photos from the day, go to: https://www.greenegovernment.com/departments/human-services/news-events/senior-day-2019

















Greene County Public Health Department













NYS Assemblyman Chris Tague, Outstanding Contribution by a Senior 2019 winner Margaret Snyder, NYS Senator George Amedore and 2019 Senior Citizen of the Year Robert Hoagland



SENIOR ANGELS PROGRAM -SPREADING CHEER 365 DAYS A YEAR SPONSORED BY **GREENE COUNTY DEPARTMENT OF HUMAN SERVICES**



Coming in November

Will you be alone for Thanksgiving? Come join us ...

SENIOR ANGELS' 4th ANNUAL **COMMUNITY THANKSGIVING DINNER Rivertown Senior Center, Athens**

Open to all seniors age 60 and older

Thanksgiving Day, November 28, 2019 Doors open 11:00 a.m. Lunch served 12:00 p.m. - 2:00 p.m.



Music, Door Prizes & conversation over coffee & pie 2:00 p.m. - 4:00 p.m.

For more information or if you would like to donate to help offset costs, contact the Department of Human Services (518) 719-3555 & ask to speak to Ken.



Would you like to volunteer SOME TIME AND HELP AT THE THANKSGIVING DINNER?

NO MONETARY PAY BUT PLENTY OF SMILES, GOOD TIMES, AND A NICE MEAL, AS BENEFITS! PRICELESS!!

> IF YOU WOULD LIKE TO HELP, CALL KEN BROOKS AT (518) 719-3555



SHOPPING BUS

The Greene County Department of Human Services offers a shopping bus to Greene County residents age 60 or older, living in the towns of Ashland, Athens, Cairo, Catskill, Coxsackie, Greenville, Hunter, Jewett, Prattsville and Windham. Seniors are picked up at their door, driven to Catskill for shopping, and then have lunch at a local Senior Center before returning home. Special trips are scheduled periodically.

MONDAY:	MONDAY: Mountain Top/Catskill (Windham, Ashland, Prattsville, Jewett & Hunter)		
TUESDAY:	Cairo/Greenville/Catskill		
WEDNESDAY:	Athens/Coxsackie		
The sh	<u>NO</u> nopping bus does not run o	<u>TE:</u> on the following holidays:	
New Year's Day		Martin Luther King, Jr. Day	
Presi	idents' Day	Memorial Day	
Inde	pendence Day	Columbus Day	
Elect	tion Day (November)	Veterans Day	
Thar	nksgiving	Christmas	

In addition, during snow or ice storms, it may be necessary for us to close our senior service centers because of hazardous driving conditions. When we close the centers, we also cancel our transportation services for the day, which includes the Shopping Bus.

For further information or to make a reservation

(Must be made no later than 3pm the Tuesday prior to special trip), call Janet at 719-3559







"VOLUNTEERS BRING COLOR TO OUR WORLD"



Ruth Pforte, Greene County RSVP Coordinator, administers the Oath of Office to the 2019 RSVP Council officers. Left to right, Lillian Moore Co-chairperson; Cliff Gross, Co-Chairperson, and Terri Brett, Secretary.



GREENE COUNTY DEPARTMENT OF HUMAN SERVICES ALWAYS HAS OPPORTUNITIES FOR VOLUNTEERS.

Do you drive? Consider delivering meals to homebound seniors. Or you could drive a senior without transportation to a medical appointment.

Don't drive? Maybe you would like to make telephone calls to lonely isolated seniors?

Need more socializing? How about volunteering at a congregate meal site?

Haven't seen what you're looking for listed? Give Ruth Pforte, Volunteer Coordinator, a call at 518-719-3555 for information on these opportunities and the many others we have to offer.

DELIVER HOMEBOUND MEALS

The department provides healthy, balanced meals to Greene County residents, age 60 and older, who cannot prepare meals for themselves. Volunteers deliver these meals and check on the senior.

HOMEBOUND MEDICAL TRANSPORTATION

Homebound Medical Transportation Service is available through the Department to county residents, age 60 and older, that do not have other options for needed transportation. The program will arrange for a volunteer driver. Rides are arranged to medical appointments and to special entitlement agencies.

Are you willing to drive seniors to appointments in a neighboring county?

We especially could use you.

MOUNTAIN TOP COMMUNITY RESOURCE DAY

Sponsored by Greene County Department for Human Services RSVP



August 22, 2019 11:00 am-6:00 pm Mountain Top Library 6093 Main Street, Tannersville, NY 12485

Stop in to learn how area vendors can assist you. Lots of great information & give away items



For more information: Contact Ruth Jones Pforte, 518-719-3555





Community Resources

Greene County Department of Human Services RSVP Volunteer Recognition Committee

\$100 Stewarts Gasoline Gift Card Raffle



\$5.00 a chance - Five Winners Drawing will be held on December 12, 2019

> Five winning tickets will be drawn with each winner receiving a \$100 Stewarts gasoline gift card

Tickets are available from RSVP Volunteer Recognition Committee Members, at any Greene County Senior Nutrition Site and at the Department of Human Services 411 Main Street, Catskill.





MEETING NOTICE REMINDER:

RSVP Advisory Council 4th Tuesday of each month

Volunteer Recognition Committee 2nd Thursday of each month

Meetings begin at 10:00 a.m.

Held at the Robert C. Antonelli Senior Center 15 Academy Street Catskill

"Mother" Dillon

As part of their special Mother's Day luncheon, the Rivertown Senior Center was visited by none other than "Mother" Dillon. Her surprise visit brought a smile (and laugh) to many of the seniors present that day.

So far this year, Rivertown has been visited by some chickens for a chicken dinner, the Easter Bunny for

the Easter luncheon, and for Mother's Day by "Mother" Dillon. Makes you wonder who else will pay a surprise visit. Maybe for Independence Day it will be Uncle Sam?

It's always a delight to go to Rivertown Senior Center!



Throughout the summer, the Thrift Shop will be having "Un-Advertised Specials". Stop in. You never know what you will find.

HOURS OPEN:			
MONDAY	9:00 A.M 11:30 A.M.		
TUESDAY	9:00 A.M 11:30 A.M.		
WEDNESDAY 🛰 💱	9:00 A.M 11:30 A.M.		
a.	nd 12:30 P.M 2:00 P.M.		
THURSDAY	CLOSED		
FRIDAY	9:00 A.M 11:30 A.M.		

GOVERNOR CUOMO ANNOUNCES MONEY TO HELP VULNERABLE NEW YORKERS STAY COOL THIS SUMMER Individuals Who Suffer from Heat-Related Illnesses Can Apply to Receive Air Conditioners Funding Increased from Last Year to Meet Higher Demand



NYS Governor Andrew M. Cuomo announced that \$6 million will be available to help New Yorkers, suffering from serious health issues that are aggravated by extreme heat, purchase air conditioners. Individuals can apply in person for cooling assistance through the Home Energy Assistance Program at their county department of social services. "The summer months can bring extreme heat, which puts our most vulnerable New Yorkers at risk," Governor Cuomo said.

With summer heat fast approaching, it is important to remember that older adults are particularly susceptible to extreme temperatures. Those who are HEAP eligible and have a medical need may be eligible to receive an air conditioner - including installation - free of charge. Information on this program can be obtained from the local office for the aging (https://aging.ny.gov/NYSOFA/LocalOffices.cfm) or from the local department of social services (http://otda.ny.gov/programs/heap/contacts/). Information can also be obtained by calling NY Connects at 1-800-342-9871.

During the summer months, heat-related assistance to older adults local Offices for the Aging work with the local DSS for HEAP assistance by providing tips to keep cool; and connecting lower income residents to weatherization and home repair programs. These efforts support older and vulnerable adults by linking them to the programs necessary to remain safely and comfortably at home.

To qualify, **applicants must meet existing HEAP eligibility** criteria and income guidelines, which vary by household size, and **have at least one member of the household that suffers from a documented medical condition exacerbated by extreme heat**. Cooling assistance will be provided on a first-come, first-served basis. County departments of social services will accept applications through August 30, or until funding runs out.

NUTRITION CORNER

WATER and YOUR HEALTH

The human body's largest component is water - on average 60% of an adult's body weight is water. As we age, the water content in our bodies decreases and the risk for dehydration increases. Dehydration in elderly people is more common than you might think. Dehydration has been associated with UTI (Urinary Tract Infections), confusion, impaired cognition, falling and constipation.

Why?

Taste and thirst sensations decrease as we age. Therefore, if you don't feel hungry or thirsty, you don't consume as much food or liquid. Remember food has a fluid component also.

If you have been prescribed a medication labeled a diuretic (water pill), be sure to consume adequate fluids. It is expected that the diuretic may lead to more frequent bathroom visits. If you do not consume enough fluid, you have an increased risk of becoming dehydrated.

Signs of dehydration:

• Mild symptoms:

Dry, sticky mouth and tongue Lightheaded or dizzy Weakness and headache

• Moderate symptoms:

Confused or irritable Stop sweating Dark urine or decreased urine output Low blood pressure- lower than usual Increased heart rate

Severe symptoms: Fainting or unconsciousness Disoriented Onset of fever



2019 SENIOR FARMERS MARKET NUTRITION PROGRAM

- Are you a Greene County resident 60 years of age or older AND
- Is your monthly income at or below \$1926 for one; \$ 2607 for two or an additional \$681 per person for larger households?
- Would you like to receive a booklet containing twenty dollars (\$20) worth of checks redeemable for fresh fruits and vegetables from participating New York State farmers throughout the state?

If you answer YES to the above and you have not already received a booklet this year . . . *CONGRATULATIONS – YOU ARE ELIGIBLE!!*



BOOKLETS CAN BE OBTAINED AT THE FOLLOWING LOCATIONS AFTER MON. JULY 1

CATSKILL: GREENE COUNTY DEPARTMENT OF HUMAN SERVICES

MON. - FRI. 9:00 A.M. - 4:00 P.M.

Monday, July 15 @ 10:00 a.m. Monday, July 15 @ 10:30 a.m. Monday, July 15 @ 11:15 a.m.

ROBERT ANTONELLI SENIOR CENTER TUESDAY, JULY 16 @ 11:00 A.M.

- ATHENS: RIVERTOWN SENIOR APARTMENTS RIVERTOWN SENIOR CENTER
- CAIRO: ACRA COMMUNITY CENTER FAIRGROUND ESTATES

AUTUMN GROVE

ORCHARD ESTATES

KAATERSKILL MANOR

Monday, July 15 @ 10:00 a.m. Monday, July 15 @ 11:00 a.m.

WEDNESDAY, JULY 10 @ 11:00 A.M. TUESDAY, JULY 16 @ 10:00 A.M.

GREENE COUNTY YOUTH FAIR, HUMAN SERVICES BOOTH JULY 25 – JULY 28

COXSACKIE: BETHANY VILLAGE APARTMENTS TUES. - THURS. 8:30 A.M. - 3:30 P.M. TOWN OF COXSACKIE SENIOR CENTER WEDNESDAY, JULY 17 @ 11:00 A.M.

MOUNTAIN TOP: JEWETT SENIOR NUTRITION SITE MON – FRI, 8:30 A.M. TO 1:30 P.M.

In Greene County, the following are authorized locations: Catskill Farmers & Artisans Market Black Horse Farms, Athens Fromer Farm Stand, Tannersville

GREENE COUNTY SENIOR SERVICE CENTERS

Centers are closed on legal holidays and inclement weather.

Each site serves the noon-time menu item for the day, Monday - Friday, for a suggested contribution of \$4.00. All meals include: Meat/Alternative Entrée, Vegetables & Fruit, Bread, Milk & Dessert.

Please make sure that you sign-up, at least a day in advance, if you wish to attend lunch at any of the nutrition sites. We also ask if you have signed up and become unable to show, please call us as soon as you can to cancel. This helps to reduce our food waste.

In addition, each center offers Aging Information & Assistance/Medicare Minute each month.

CALL YOUR LOCAL SENIOR NUTRITON SITE FOR ACTIVITY INFORMATION

<u>ACRA</u> Acra Community Center, Old Rte. 23B, Acra (518) 622-9898	CATSKILL Robert C. Antonelli Senior Center 15 Academy Street, Catskill (518) 943-1343		JEWETT Jewett Municipal Building Route 23C, Jewett (518) 263-4392
Sandra Sherman Meal Site Manager			Gayle Ruvolo Meal Site Manager
Elaine Cherrington	Martha Schilling		MaryAnn Brink Carol Harnett
AGING INFORMATION & ASSISTANCE MEDICARE MINUTE: 2nd monthly Wednesday 11:30 a.m. NUTRITON EDUCATION:	AGING INFORMATION & ASSISTANCE MEDICARE MINUTE: 2nd monthly Thursday 11:30 a.m. NUTRITON EDUCATION:		AGING INFORMATION & ASSISTANCE MEDICARE MINUTE: 4th monthly Friday 11:30 a.m. NUTRITON EDUCATION:
Tues., July 2 11:30 a.m.	Mon., July 1	11:30 a.m.	Thurs., July 11 11:30 a.m.
<u>ATHENS</u> Rivertown Senior Center 39 Second Street, Athens (518) 945-2700			COXSACKIE f Coxsackie Senior Center sion Street, Coxsackie (518) 731-8901
Shane Dillon, Senior Cer JoanAnn Rous Lana Marron	se		
AGING INFORMATION & MEDICARE MINU 2nd monthly Monday	UTE:	Ν	FORMATION & ASSISTANCE MEDICARE MINUTE: Ily Wednesday 11:30 a.m.
NUTRITON EDUCA Wed., July 3 11:			TRITON EDUCATION: , July 12 11:30 a.m.



Friday, July 5TUNA SALAD PLATEPOTATO SALADLOCAL FARM FRESH GREENS& FARM FRESH FRUIT from Black Horse Farms



<u>Thursday, July 11</u>SEAFOOD SALAD PLATEMACARONI SALADFRESH GREEN SALAD& SLICED TOMATOESFARM FRESH FRUIT from Story Farms

Thursday, July 25 BEEF POT ROAST W/ GRAVY COLE SLAW MASHED POTATOES GLAZED CARROTS FARM FRESH FRUIT *from Black Horse Farms*

Menu will be served at all of the county's senior nutrition sites, and delivered to all homebound meal clients. Those wishing to attend lunch are required to call the respective location at least a day in advance.

- Rivertown Senior Center: 39 2nd St, Athens, 518-945-2700
- Jewett Senior Service Center: Jewett Municipal Building, Route 23C, Jewett, 518-263-4392
- Acra Senior Service Center: Acra Community Center, Old Route 23B, Cairo, 518-622-9898
- Catskill Senior Nutrition Site: Robert C. Antonelli Senior Center, 15 Academy St., Catskill, 518-943-1343
- Coxsackie Senior Nutrition Site: Town of Coxsackie Senior Center, Mansion St, Coxsackie, 518-731-8901

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS AGE 60 AND OLDER ARE INVITED TO ATTEND - SUGGESTED CONTRIBUTION IS \$4.00 DAILY: Whole Grain Bread (unless otherwise noted) w/Promise Spread, and 1% Milk, Coffee or Tea RESERVATIONS ARE REQUIRED AT LEAST ONE DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
<i>1</i> Sausage w/ Tortellini in Tomato Sauce Spinach Chocolate Mousse	2 BEEF PATTY W/ ONION GRAVY GREEN BEANS MASHED POTATO FRUIT COCKTAIL	<i>3</i> BBQ CHICKEN COLE SLAW HOT BEETS SWEET POTATO PEARS	4 Huggy 4th of July MAIN OFFICE & ALL SENIOR NUTRITION SITES CLOSED NO MEALS	5 FARM to TABLE TUNA SALAD PLATE FARM FRESH GREENS POTATO SALAD FARM FRESH FRUIT
8 Sweet & Sour Pork Brown Rice Broccoli Lemon Pudding	9 Meatloaf W/ Gravy Cauliflower Mashed Sweet Potatoes Ambrosia Salad	10 NATIONAL BLUEBERRIES DAY ROAST TURKEY W/ GRAVY FRENCH CUT GREEN BEANS ALMANDINE MASHED POTATOES BLUEBERRIES IN GELATIN	11 FARM to TABLE SEAFOOD SALAD PLATE MACARONI SALAD GREEN SALAD SLICED TOMATOES LOCAL FARM FRESH FRUIT	<i>12</i> Lemon Chicken Fresh Salad Au Gratin Potato California Mixed Vegetables Oatmeal Cookies
15 NATIONAL TAPIOCA PUDDING DAY Linguini W/ Red Clam Sauce Spinach Tapioca Pudding	<i>16</i> Chicken Divan Green Beans Mashed Potatoes Tiramisu	<i>17</i> Pork Chops w/ Mushroom Gravy Braised Cabbage Sweet Potato Peaches	18 CHEF'S SALAD (Turkey, Hard Boiled Egg, Fresh Greens, Cucumbers, & Cherry Tomatoes) MARINATED CARROTS PINEAPPLE DELIGHT	19 FRESH FISH DAY STEELHEAD TROUT BROWN RICE PILAF FRESH SALAD LOCAL FARM FRESH BROCCOLI FRUITED GELATIN
22 Broccoli & Cheddar Quiche Hash brown Potato California Mixed Vegetables Peaches	23 NATIONAL HOT DOG DAY HOT DOG PASTA SALAD SAUERKRAUT BAKED BEANS MANDARIN ORANGES	24 BIRTHDAY CELEBRATIONS CHICKEN SALAD PLATE BEET & ONION SALAD POTATO SALAD PUDDING POKE CAKE	25 FARM to TABLE BEEF POT ROAST COLE SLAW MASHED POTATOES GLAZED CARROTS FRESH LOCAL FRUIT	26 Stuffed Shells Fresh Salad Spinach Fresh Fruit
29 Pork Lo Mein Oriental Mixed Vegetables Pineapple Chunks	30 NATIONAL CHEESECAKE DAY MEATLOAF W/ GRAVY MASHED POTATOES SPINACH PUFF CHEESECAKE	31 Sloppy Joes Brown Rice Wax Beans Rice Pudding		

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Monday	Tuesday	Wednesday	Thursday	Friday
Tartar Sauce served on Fish Days		entilemente	1 Turkey & Cheese Salad Plate Corn, Beet & Black Bean Salad Potato Salad Yogurt Grape Dessert	2 STUFFED PEPPERS w/ Beef & Rice FARM FRESH BALSAMIC BRUSSELS SPROUTS SWEET POTATO FRESH FRUIT
5 Sausage & Peppers Peas Cauliflower Pears	6 Batter Fish MAshed Potatoes Spinach Puff Tropical Mixed Fruit	7 Fresh Ham w/ Gravy Applesauce Braised Cabbage Sweet Potato Chocolate Mousse	8 Turkey Burgers Butter & Garlic Rotini California Mixed Vegetables Yogurt Grape Dessert	9 Tomato Stuffed w/ Chicken Salad Macaroni Salad Cucumber Salad Watermelon
12 Herb Baked Fish Scalloped Potato California Mixed Vegetables Peaches	<i>13</i> Chicken Dijon Mashed Potatoes Creamed Spinach Banana Pudding	14 Sloppy Joe Brown Rice Corn & Lima Beans Pears	15 Pulled Pork Coleslaw Baked Beans Collard Greens Fresh Fruit	16 TURKEY SUB W/ Lettuce, Tomato, Onion & Cheese POTATO SALAD FARM FRESH SPINACH SALAD OATMEAL COOKIES
<i>19</i> Sweet & Sour Pork Brown Rice Broccoli Tropical Mixed Fruit	20 BBQ CHICKEN BAKED BEANS BRUSSELS SPROUTS FRUITED GELATIN	21 Meatlkoaf w/ Gravy Mashed Potatoes Winter Squash Banana Pudding Poke Cake	22 Seafood Pasta Salad Beet Salad Sliced Tomatoes Chocolate Mousse	23 Roast Beef w/ Gravy Green Salad Baked Potato w/ Sour Cream Glazed Carrots FARM FRESH FRUIT
26 Linguini w/ Red Clam Sauce Spinach Lemon Pudding	27 Pork Chops w/ Mushroom Gravy Applesauce Mashed Potato Harvard Beets Fruit Cocktail	28 Birthday Celebration Swedish Meatballs Buttered Noodles Red Cabbage Tropical Cake	29 EXCERTS OF CONTROL	30 CHEF'S SALAD (Turkey, Cheese, Greens, Cucumbers, Cherry Tomatoes) CARROT RAISIN SALAD FRESH BANANA

IMPORTANT TELEPHONE HOTLINE NUMBERS FOR SENIORS

ADULT HOME & ASSISTED LIVING COMPLAINTS	866-893-6772
EPIC	800-332-3742
MANAGED CARE COMPLAINTS	800-206-8125
MEDICARE COORDINATION of BENEFITS CALL CENTER	855-798-2627
MEDICARE FRAUD & ABUSE HOTLINE	800-633-4227
NATIONAL ALLIANCE on MENTAL ILLNESS	800-950-6264
NATIONAL HOSPICE & PALLATIVE CARE	703-837-1500
NYS ADULT PROTECTIVE	844-697-3505
NYS DIVISION OF HUMAN RIGHTS	888-392-3644
NYS DIVISION OF VETERANS RIGHTS	888-838-7697
NYS PUBLIC SVC. COMM (Helpline, gas, electric, phone)	800-342-3377
NEW YORK STATEWIDE SENIOR ACTION COUNCIL MEDI	
& TOLL FREE PATIENT"S RIGHTS HOTLINE	800-333-4374
NURSING HOME COMPLAINT LINE	888-201-4563
SOCIAL SECURITY ADMINISTRATION	800-772-1213



HOME SAFETY CHECKLIST

- Program your phone with 911 on speed dial and be sure it is clearly marked.
- Post emergency information by the phone or on the refrigerator. **CONTACT THIS OFFICE FOR A <u>FREE</u> BOOKLET** ENTITLED "FIRST 48 HOURS" TO RECORD ALL THIS INFORMATION.
- Be sure all harsh cleaning agents, insecticides, etc. are clearly labeled.
- Securely lock up all firearms
- Check smoke, carbon monoxide and fire detectors working batteries and work properly.
- Store a flashlight by the bed.
- Set water heater to 120° F to avoid getting scalded.
- Remove or tack down looses rugs & remove throw rugs.
- Clear pathways of clutter.
- Get rid of unstable furniture (wobbly chairs).
- Use night-lights along any path that might be used at night.
- Use rubber mats and nonslip strips on floors that get wet (bathroom and kitchen).
- Note food expiration dates and review basic food safety tips.
- Be sure all medications are clearly labeled and can be read.
- Properly dispose of medications no longer needed or expired.
- Place items frequently used on shelves that are easily reached.
- Clearly mark stove dials, especially the OFF position, with red tape or nail polish.
- Check that lighting is adequately bright and evenly distributed.
- Be sure light switches are easy to locate and use.
- Fix loose floorboards.
- Install handrails along stairs.



SOCIAL SECURITY'S RECENT TOP FIVE BLOG POSTS



Social Security matters to millions of people and that's why we aptly named our blog *Social Security Matters*. Over the past several years, more and more people have realized that our blog is a trusted source for information and easy-to-share articles. Here are five recent popular blog posts:

1. Three Common Ways Your Social Security Payment Can Grow After Retirement

You made the choice and now you are happily retired. You filed online for your Social Security benefits. They arrive each month in the correct amount exactly as expected. But, did you ever wonder if your Social Security check could increase? You can see all three ways at blog.ssa.gov/three-common-ways-your-social-security-payment-can-grow-after-retirement.

2. So You've Lost Your Social Security Card

Losing important documents is frustrating, especially something as important as your Social Security card. You'll want to consider whether you really need to get a replacement card. Knowing your number is what's important, after all. You'll rarely need the card itself — perhaps only when you get a new job and have to show it to your employer. Learn how to replace your card at blog.ssa.gov/so-you've-lost-your-social-security-card/

3. Is that Phone Call From Us?

It's the morning of a busy day at home and you get a call from an unknown number. You answer only to find yourself on the receiving end of a threatening message saying your Social Security benefits will stop immediately unless you provide your personal information. It happens every day to thousands of Americans. And it's not Social Security calling. Read more about this scam at blog.ssa.gov/is-that-phone-call-from-us/

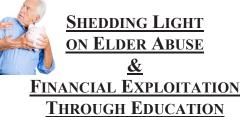
4. Need to Change Your Name on Your Social Security Card?

Are you changing your name? If so, let Social Security know so we can update your information, send you an updated card, and make sure you get the benefits you've earned. Updating your card is easy at blog.ssa.gov/need-to-change -your-name-on-your-social-security-card.

5. Spruce Up Your Financial Plan with Social Security

Now that tax season is over, it's probably a good time to evaluate some financial "best practices" for the rest of the year. A good spring-cleaning can clear out the clutter to let you see a clear path for your future. Social Security is always here to help. Even if you just started working, now is the time to start preparing for retirement. Achieving the dream of a secure, comfortable retirement is much easier with a strong financial plan. Read more at blog.ssa.gov/ spruce-up-your-financial-plan-with-social-security.

These aren't the only topics that might matter to you on Social Security Matters. You can always subscribe and get alerts for new policies, COLA information, and more. Remember, you can easily share these blog posts with friends and family both on social media and via email. Sharing what matters to you can change someone's life for the better.



& PREVENTION

A series of informational fairs and presentations in cooperation with the Columbia/Greene Task Force on the Prevention and Education of Elder Abuse.

Free Admission Complimentary Refreshments, Giveaways & More! Featured Guest Speakers

ROBERT C. ANTONELLI SENIOR CENYTER 15 Academy Street, Catskill JULY 9, 2019 10:00 a.m. - 1:00 p.m.

> *For more information, call Common Ground, 518-943-0523*

SUPPORT GROUP MEETINGS

alzheimer's \mathcal{P} association[®]

the compassion to care, the leadership to conquer[®]

1st monthly Wednesday, 3:00 p.m. The Pines at Catskill Center for Health & Rehab. 154 Jefferson Heights, Catskill Facilitator: Sana Masih 518-867-4999, Ext. 200 or email srmasih@alz.org

> 3rd monthly Thursday, 6:00 p.m. Heermance Memorial Library 1 Ely Street, Coxsackie Facilitator: MaryAnn Witt 518-867-4999, Ext. 224

TELEPHONE SUPPORT GROUP

1st monthly Wednesday, 10:00 a.m. 712-770-4010, Access code #919600 Facilitator: Jim Hardman 518-915-3115 jhardman@alz.org



ADULT LEARNING INSTITUTE (ALI)

July 2019 Programs

All are held at Columbia - Greene Community College 4400 NY RT 23, Hudson, NY.

All classes held in Faculty/Staff Lounge, 1:30 p.m. - 4:00 p.m., unless otherwise noted

Monday, July 8 & 15

Wednesday, July 10 & 24

Monday, July 22

1:00 p.m. - 2:00 p.m. **OR** 2:00 p.m. - 3:00 p.m. **OR** 3:00 p.m. - 4:00 p.m.

Thursday, July 25

10:30 a.m. - 12:00 Noon

Open Pinochle Group

Mahjongg

Exploring Your Family History Staff Café

Listen & Learn: The Croswells of Catskill

Please call the ALI Office @ 518-828-4181, ext. 3431 or email <u>ali@sunycgcc.edu</u> to register.

GREENE COUNTY DEPARTMENT of HUMAN SERVICES CONTRIBUTIONS POLICY



For services under the Older Americans Act and in Community Services for the Elderly and Expanded In-Home Services for the Elderly projects which propose contributions, such contributions must be used for costs allowable under applicable regulations and incurred during the budget period that contributions were received. The suggested contributions will not be more than the actual cost of the service. The purpose is to offer participants the opportunity to contribute and to increase the units of services, particularly to those in greatest need. Envelopes are provided to participants that desire to make voluntary and confidential contributions.

Services will not be denied to anyone unable or unwilling to make a contribution.

<u>CONSULTATION and ASSISTANCE</u>: This includes such client assistance activities as case assistance, HIICAP, help with public benefit applications, etc. The suggested level is \$5.00 per office visit (actual cost \$20.00/hour).

IN-HOME SERVICES: This is discussed with the client by the case manager at the time of assessment. The suggested level of contribution is \$3.00 per hour (actual cost \$21.56 per hour).

LEGAL SERVICES

The suggested level of contribution is \$10.00 per attorney consultation (actual cost \$149.00/hour).

NUTRITION:

- Senior Congregate Meal or Home Delivered Meals: The suggested level of contribution is \$4.00 (actual cost \$12.01/meal).
- **Nutrition Counseling** Clients requesting diet counseling from the Registered Dietitian are provided with an opportunity to contribute.

The suggested level of contribution is \$5.00. (actual cost \$65.00/hour).

TRANSPORTATION:

- **Shopping Bus:** This door-to-door service is provided directly by the Department. The suggested level of contribution is \$3.00 round trip (actual cost \$15.08/one way).
- Senior Center Transportation: The suggested contribution is \$1.00 for round trip (actual cost: \$7.34/one way)
- Medical (Homebound) Transportation: .

The suggested contribution for this service is a sliding scale based on mileage

22	U
0-10 miles	\$3.00 round trip
11 - 20 miles	\$5.00 round trip
21 – 40 miles	\$9.00 round trip
41+ miles	\$15.00 round trip
(Actual cost is \$29.62 one-w	ay trip, maximum mileage)



As the number of seniors grows, so does the need for our vast array of services. The Department of Human Services encourages and appreciates your donations. If you or your family are in a position to do so, please fill out the form below. Know that one hundred percent of your contribution will be used to provide service to Greene County older adult in need. *THANK YOU FOR YOUR SUPPORT*.

NAME:

I designate a \$ donation in appreciation for	services OR
In memory of	
to the following:	
Round Table News	In-home services
Where most needed	Senior Angels Fund
Homebound transportation	Nutrition Program/Home-delivered Meals
	checks payable & mail to: unty Dept. of Human Services

411 Main Street, Catskill, N.Y. 12414

CRIMINALS POSE AS GOVERNMENT PRETENDING TO HELP IDENTITY THEFT



In one of the most ironic twists to come along in identity theft-based crime, there is a new scam attempt making the rounds, that works so well, because it tries to protect you from – you guessed it – identity theft. According to one victim's story, criminals posed as members of government agencies and pretended that the victim's identity had been stolen and asked him to

cooperate in resolving this issue.

A scammer will call and claim to be from the Social Security Administration (SSA). The scammer states your Social Security number has been used to rent a car. That seems fairly straightforward and basic. The catch, though, is that the "agent" eventually transfers the call to someone pretending to be a Border Patrol agent, who in turn says the car has been recovered at the border and that there was a large amount of illegal drugs within the vehicle. The callers threatened the victim in a very plausible way, even admitting that the victim probably had nothing to do with this, but would spend tens of thousands of dollars in attorney's fees clearing the matter. Sadly, after the victim has sent photos of the card numbers, PIN numbers or other information and/or money to the scammers, it appears as if he/she has bought thousands of dollars in Google Play, gift cards, etc. Here are some warning signs that could have prevent this crime, if the victim knows what to look for:

- Do not trust caller ID to be a verified identity. Any name or number, even your own, can be programmed to appear on that screen.
- The Social Security Administration <u>does not call</u> citizens about benefit matters, to buy gift cards and <u>do not give</u> card details.
- The government <u>does not call</u> individual consumers and enlist their help in an investigation.
- No one will ever call you with a legitimate issue and only give you an hour to comply, so be on your guard against high-pressure tactics.

To avoid being scammed, follow a few simple steps. First, ask for the name and agent identification number, then hang up. Contact the SSA yourself using a verified phone number, and ask the agent about this call. You can do this for any government agency the scammer claims to be from. In fact, imposter scams were the most reported complaint in 2018 to the Federal Trade Commission. Once you call the agency, provide the "agent's" name and number, and tell them what you were told. You will immediately be informed that your information has not been compromised and this was a scam. Finally, report the phone call to your local law enforcement agency. They can post the incident on their social media pages so that others in your community are not victimized.

The Identity Theft Resource Center is here to help. Speak to an identity theft advisor for toll-free, no-cost assistance at (888) 400-5530. For on-the-go assistance, check out the free ID Theft Help App from ITRC.

GREENE COUNTY SENIOR CITIZENS CLUBS



ATTENTION ALL CLUBS:

Do you have anything to announce about your club?

Put it in print in the Round Table News!

Contact Maureen at the Department of Human Services ATHENS: ATHENS SENIOR CITIZENS

2nd & 4th monthly Monday 1:15 p.m. Rivertown Senior Center

CAIRO: CAIRO GOLDEN AGERS

2nd & 4th monthly Wednesday 1:30 p.m. Acra Community Center

<u>CATSKILL</u> CATSKILL SILVER LININGS

2nd monthly Thursday 1:00 p.m. Robert C. Antonelli Senior Center

COXSACKIE:

COXSACKIE AREA SENIORS

SENIOR CITIZENS of COXSACKIE 1st & 3rd monthly Monday 1:30 p.m. Coxsackie Senior Center

2nd & 4th monthly Wednesday 1:15 p.m. Van Heest Hall, Bethany Village

<u>GREENVILLE:</u> GREENVILLE GOLDEN YEARS

1st monthly Wednesday 1:30 p.m. American Legion Hall

MOUNTAIN-TOP:

MOUNTAIN TOP GOLDEN AGERS

4th monthly Thursday 1:30 p.m. Tannersville Village Hall *W-A-J-P-L GOLDEN AGERS* 1st & 3rd Monday 1:30 p.m. Hensonville Town Bldg.



IMPORTANT NOTE:

NEITHER GREENE COUNTY OR THE DEPARTMENT OF HUMAN SERVICES ENDORSES ANY SENIOR CLUB ACTIVITIES. WE MERELY PASS THE INFORMATION ALONG AS A COURTESY TO THE SENIOR CLUBS. FOR FURTHER INFORMATION, CONTACT THE SPECIFIC CLUB ADVERTISING.



Mountaintop Golden Agers 2019 Trip Schedule

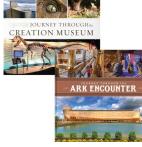
- 7/18/19 Lunch Buffet at Kozel's Restaurant
 "Grease" Mac-Haydn Theater
 Chatham, NY
 \$54 members \$59 Non-members
- 8/21/19 "The Riverboat Ramblers" Log Cabin Twin Lobster or Prime Rib Luncheon Holyoke, Mass.
 \$60 Members \$65 Non-members

9/08 & 9/09/19

Essex, CT (Train Ride & Riverboat Cruise) & Mystic, CT Seaport Museum) \$239 Double \$299 Single

For further information or to make a reservation, Call Christopher, 518-589-5815

CATSKILL SILVER LININGS SENIOR CLUB BUS TRIP JULY 15 - 19, 2019 (5 DAYS/4 NIGHTS)



\$650 PER PERSON/DOUBLE OCCUPANCY \$890 PER PERSON/SINGLE OCCUPANCY

MOTOR COACH TRANSPORTATION NIGHTS LODGING W/ BREAKFAST ADMISSION TO THE ARK ENCOUNTER (Williamstown, KY) DINNER W/ ENTERTAINMENT (Newport, KY) ADMISSION TO THE CREATION MUSEUM (Petersburg, KY) RIVERBOAT DINNER CRUISE GUIDED TOUR OF CINCINNATI SOUVENIR GIFT LUGGAGE HANDLING IN KENTUCKY TAXES & MEAL GRATUITIES

For information or to make a reservation, Call Georgie at 518-622-3257

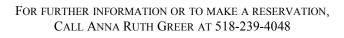
CAIRO GOLDEN AGERS BUS TRIP - LOBSTER FEAST



LOG CABIN BANQUET & MEETING HOUSE HOLYOKE, MA

TUESDAY, JULY 16, 2019

\$55 per person includes: Motor coach Transportation Entertainment by Jeff Barnhart and his Riverside Ramblers Welcome Hors d'oeuvre Platter Complimentary Glass of Wine Rolls & Butter - Clam Chowder New England Boiled Lobster Barbecued Ribs and Chicken Corn - Baked Potato Strawberry Ice Cream Sundae Coffee, Tea



ATHENS SENIOR CITIZENS' CLUB TRIP

SPOTLIGHT ON SAN ANTONIO











Paseo del Rio

Lyndon B. Johnson National Historical Park

SEPTEMBER 8 - 12, 2019

\$1,999 PER PERSON, DOUBLE OCCUPANCY

ROUND TRIP AIR TRANSPORTATION

For further information or to make a reservation, Call Anne at 518-945-2122

GREENVILLE GOLDEN YEARS BUS TRIP

THE FEAST OF SAN GENNARO AT THE BROWNSTONE, PATERSON, N. J.



SEPTEMBER 19, 2019



SINGING SENSATION, MARY MANCINI, ALONG WITH WORLD CHAMPION ACCORDIONIST, MARIO TACCA,

PERFORM ALL YOUR FAVORITE ITALIAN SONGS.

LAUGH WITH COMIC, UNCLE FLOYD VIVINO



FAMILY STYLE MEAL W/ COMPLIMENTARY DRINKS FRESH GARDEN SALAD ZITI MARINARA CON SARDE CHICKEN MARSALA SAUSAGE & PEPPERS ROSEMARY POTATOES FRESH VEGETABLE MEDLEY ZEPPOLE HOT AND COLD BEVERAGES

BOUTIQUE SHOPPING DOOR PRIZES 50/50 DRAWINGS

\$56 Club Member \$61 Non-member

FOR INFORMATION, CALL PHYLLIS AT 518-943-9028

WAJPL GOLDEN AGE CLUB BUS TRIP PROCTORS THEATER



w/ Lunch at Glen Sanders Mansion



THURSDAY, NOVEMBER 21, 2019 DEPARTURE TIME BASED ON PICK-UP LOCATION

\$75.00 per person

For information or to make a reservation, Call MaryLouise 518-622-3397 or Vicky 518-734-4164

<u>Cairo Golden Agers Bus Trip</u> *Niagara Falls, Ontario & Toronto





SEPTEMBER 16 – 19, 2019 \$550 per Person, Double occupancy

MOTORCOACH TRANSPORTATION 3 NIGHTS LODGING IN NIAGARA FALLS, CANADA BREAKFAST & FULL COURSE DINNERS DAY TOURS OF NIAGARA & TORONTO *HORNBLOWER* BOAT RIDE & TOUR OF FALLS VISITS TO WELLAND CANAL, FLORAL CLOCK AND NIAGARA FALLSVIEW CASINO SOUVENIR GIFT - LUGGAGE HANDLING TAXES & MEAL GRATUITIES

For information or to make a reservation, Call Anna Ruth Greer at 518-239-4048

* Valid passport required when traveling into Canada

CATSKILL SILVER LININGS SENIOR CLUB BUS TRIP A HOLIDAY ENTERTAINMENT EXTRAVAGANZA LANCASTER, PA



NOVEMBER 20 - 22, 2019 (3 DAYS/2 NIGHTS)

\$390 PER PERSON/DOUBLE OCCUPANCY \$490 PER PERSON/SINGLE OCCUPANCY \$25 Deposit w/ balance due September 30, 2019

MOTOR COACH TRANSPORTATION NIGHTS LODGING W/ BREAKFAST "MIRACLE OF CHRISTMAS", MILLENNIUM THEATER SMORGASBORD DINNER "JOY TO THE WORLD", AMERICAN MUSIC THEATER FAMILY-STYLE DINNER TANGER OUTLETS & BIRD-IN-HAND MARKET SOUVENIR GIFT LUGGAGE HANDLING, TAXES & MEAL GRATUITIES

For information or to make a reservation, Call Georgie at 518-622-3257







PEER COURT HOLDS GRADUATION

Fifteen youth from the Cairo-Durham, Catskill, Coxsackie Athens and Greenville school districts, were sworn in by Judge Wanda Dorpfeld as the first participants in Greene County Peer Court. Peer Court (or youth court) is a diversionary program for first time low level offenders between the ages of 12 and 18. Peer Courts follow restorative justice practices, meaning that the victim, offender and community are all stakeholders. Offenders are 'tried' before a jury of their peers, and sentenced to meaningful, productive sanctions, such as community service and letters of apology. The students attend a six week training and must pass a bar exam to be sworn in. They look forward to taking on real cases referred by police agencies and or probation. Seen in photo with the students is Heather Daley, Victims' Advocate and Peer Court Coordinator of Community Action of Greene County, Inc., and Judge Dorpfeld.





FREE YOUTH GOLF DAY

Governor Andrew M. Cuomo kicked off the PGA championship by announcing Free Youth Golf Day, a statewide event offering youth 18 and under a free round at all 28 New York State Parks golf courses. The event will take place on July 20 and serve to introduce children across the state to the game and the opportunities available at New York State Parks.

"I'm excited about today and I'm excited about the PGA of America and what they've done. We want to encourage and grow the sport of golf in New York. To help encourage that, the State is going to sponsor an event on July 20th where anyone under the age of 18 years old can golf for free at any of our state facilities," Governor Cuomo said. "It's a nice way to get young people out to experience the game, and I think once they experience it and they understand it, they will be hooked, so we look forward to doing that."

"The PGA Championship is expected to attract hundreds of thousands of visitors to New York," said Lieutenant Governor Kathy Hochul. "We're encouraging more young people to utilize our golf courses across the state, and the Free Youth Golf Day will help to support increased activity and participation. New York has some of the best golf courses at our state parks, and programs like these build on our efforts to promote recreation and tourism statewide."

New York State Parks currently maintains and oversees 28 golf courses located at 20 State Parks across New York. Approximately 600,000 rounds of golf are played at State Park golf courses each year, bringing in an average of \$17 million in annual revenue. Under the State Park golf program, which contracts with PGA golf professionals, both experienced and novice golfers can take lessons from some of the best players in this sport. For a list of State Park golf courses, and specific details for fees and lessons with PGA golf professionals, go to https://parks.ny.gov/golf/



Come to the Opening Ceremony Greene County Youth Fair

THURSDAY, JULY 25, 2019 9:30 A.M.

2019 GREENE COUNTY YOUTH AWARD HONOREES TO BE RECOGNIZED INCLUDING

Youth of the Year - Justice Brantley Youth Advisory Chairman's Award - Erwin Lampman Youth Bureau Director's Award - Kareel Slager

GREENE COUNTY YOUTH FAIR JULY 25 - JULY 28, 2019

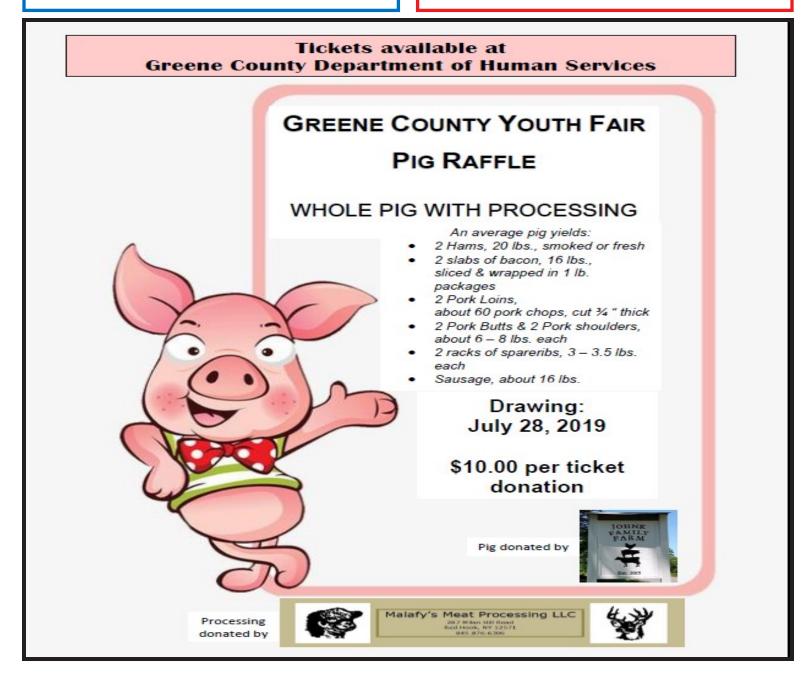
The Greene County Youth Fair is one of the only fairs in New York State to offer free admission and entertainment



for all ages. The fair celebrates the accomplishments of area youth who will keep our agricultural legacy alive for years to come.

The fair attracts more than 20,000 people remains a celebration of the talents of local youth, enabling them to strive for higher goals and receive support from family, friends and their community.

For further information, go to: http://www.thegreenecountyyouthfair.com/index.html





GREENE COUNTY ROUND TABLE NEWS is published monthly by GREENE COUNTY DEPARTMENT of HUMAN SERVICES 411 Main Street, Catskill, NY 12414 (518) 719-3555 Toll Free (877) 794-9266 aging@discovergreene.com

EXECUTIVE DIRECTOR - THÉRÈSE MCGEE WARD

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Administrative Assistant:	Maureen Murphy	
AGING SERVICES SPECIALIST:	Nicole Noll	
AGING SERVICES AIDE:	Rose Bundy	
Receptionist:	Mary Jean Pomilla	
SHOPPING BUS DRIVER:	Janet Osborn	
NUTRITION VAN CHAUFFEURS:	Dave Mokszycki	Patrick Murphy
YOUTH SERVICES WORKERS:	Carrie E. Wallace Laura Anderson	Jasmine Morris

The office is open 8:30 a.m. - 5:00 p.m. Monday thru Friday, though staff are unavailable to be seen between 12 Noon and 1:00 p.m.

Agency staff specialize in a variety of subjects. While walk-ins can sometimes be seen, staff who can best assist you may be unavailable at times. We recommend you call ahead for an appointment. Appointments <u>WILL NOT BE</u> scheduled between 12:00 p.m. and 1:00 p.m.