



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

OCTOBER 2019



PUBLIC HEARING **GREENE COUNTY DEPARTMENT of HUMAN SERVICES** **2020 PLAN for SERVICES**

Thérèse McGee Ward, Executive Director of the Greene County Department of Human Services, announces a series of Public Hearings to review and comment on its 2020 Plan for Services. These meetings are not only of interest to senior citizens and their families, but also to community agencies and policymakers who have interest, questions or concerns about services in support of the elderly.

The public is invited and encouraged to attend. Our thanks to the organizations listed for hosting these meetings.

Copies of our Annual Reports can be found on the Greene County Government website.

The Schedule of Hearings is as follows:

AGENDA:

Greeting & Introductions
2020 Plan

Question, Answer & Comment Period

MEETING DATES/LOCATIONS

Time: 1:30 p.m. preceding the Senior Club meeting

Wednesday, October 2
Greenville Golden Years
Greenville American Legion, 54 Maple Avenue, Greenville

Thursday, October 24
Mountaintop Golden Agers Club
Tannersville Fire Hall, 21 Park Lane, Tannersville



GREENE COUNTY SENIOR ANGELS

Spreading Cheer 365 Days a Year

Sponsored by Greene County Department of Human Services



*Greene County Department of Human Services
announces the kickoff of the 2019 Senior Angels Program
and would like to invite you to become a Senior Angel*

The department has elderly, limited-income clients who could use a special gift during the holiday season. These gifts lift their spirits and fulfill a need. Monetary donations will be placed in the department's Senior Angels Fund and be used to purchase a gift for needy senior citizens.

Some of the ways we use the funds:

To sponsor our Annual Thanksgiving Dinner on Thanksgiving Day

To purchase clothing, small appliances and household necessities

To purchase other items that will enable seniors to live with dignity and independence

As a monetary supplement to help with rising energy costs, when all other sources have been expended

To purchase gifts for elderly clients in Nursing Homes

Year round, funds are used to provide one-time, emergency assistance to senior citizens when all other funds have been exhausted and there is no other source to help.

This year we would like to publish our contributor's names in our monthly newsletter.

PLEASE RETURN THIS SECTION WITH YOUR DONATION

I would like my name published to read:

I wish to be listed as "Anonymous"

I would like the donation to read:

In Memory/Honor of: _____

*Donations may be dropped off or mailed to:
Greene County Department of Human Services*

Attn: Senior Angels

411 Main Street

Catskill, NY 12414

For more information, please call (518) 719-3555 or toll-free (877) 794-9266

Email us at aging@discovergreene.com



HALLOWEEN THEMED
BAKE SALE



FRIDAY, OCTOBER 25, 2019

**Greene County Office Building
411 Main Street, 2nd Floor Lobby
10:00 a.m. - 2:00 p.m.**

All proceeds will benefit the:
**GREENE COUNTY
SENIOR ANGELS PROGRAM**
*Sponsored by
Greene County Department of Human Services*



**Spreading Cheer
365 Days a Year**

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



***SENIOR ANGELS'
4th ANNUAL
COMMUNITY
THANKSGIVING DINNER
Rivertown Senior Center
39 Second Street, 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,
to make reservations,
to donate to help offset costs
or to volunteer to help at dinner,
contact the Department of Human Services
(518) 719-3555 & ask to speak to Ken.*





TRANSPORTATIONS SERVICES AVAILABLE THROUGH GREENE COUNTY DEPARTMENT OF HUMAN SERVICES

During inclement weather or other emergencies, it may be necessary for us to close our senior service centers because of hazardous driving conditions. When we need to close the centers, we also cancel transportation services for the day.

HOMEBOUND MEDICAL TRANSPORTATION

Greene County Department of Human Services provides Medical Transportation, courtesy of a volunteer driver, to Greene County residents age 60 or older who do not have any other available options for transportation to medical appointments. This service is available to medical facilities located in Greene County, as well as the neighboring counties of Albany, Columbia, Delaware, Schoharie and Ulster.



Appointments must be scheduled for Monday - Friday, 8:30 a.m. through 2:00 p.m.

We require clients to call our office at least two weeks prior to the appointment so that we can schedule the transportation with a driver.

We are unable to transport clients covered by Medicaid. If you are covered by Medicaid & in need of transportation to a medical appointment, please call 855-360-3545.

All medical transportation for clients will be **restricted to four (4) times a month.**

SHOPPING BUS

Greene County Department of Human Services offers a shopping bus to Greene County residents age 60 or older that live in the towns of Ashland, Athens, Cairo, Catskill, Coxsackie, Greenville, Hunter, Jewett, Lexington, Prattsville and Windham. Our friendly driver will **pick up seniors at their door**, bring them to Catskill for shopping, and take them to a local Senior Service Center for lunch before returning home.



All trips are limited to 16 people; first come are first served - **Wheelchair accessible**
***** LIMIT: Two shopping bags per person *****

**We ask that you call at least one (1) business day in advance.
To make arrangements, please call 518-719-3559**

MONDAY:

Mountain Top*/Catskill

*Windham, Ashland, Prattsville, Lexington, Jewett & Hunter

TUESDAY:

Cairo/Catskill

WEDNESDAY:

Athens/Coxsackie

NUTRITON TRANSPORTATION



Department drivers will transport seniors, without a means of personal transportation, to enjoy the noontime meal. At the present time, this service is only available to seniors who reside in the Catskill/Athens (Valley) area or the Jewett (Mountaintop) area. We ask that you call at least one (1) business day in advance to reserve a seat.



VOLUNTEERS ARE AMERICA



MOUNTAIN TOP COMMUNITY RESOURCE DAY

Nicole Noll, Aging Services Specialist for Greene County Department of Human Services, is seen at the recent Mountain Top Community Resource Day. The event was sponsored by RSVP and held at the Mountain Top Library in Tannersville.



IT'S THAT TIME OF YEAR

Not only did September begin a return to school for students, it also was the beginning of retraining for our RSVP Home Delivered Meals' volunteers.

Seen in photo are volunteers who attended sessions in Acra and Athens to refresh on departmental procedures for volunteers & Department of Health requirements for meal delivery.

Additional upcoming trainings are scheduled for other locations.



Acra Class

RSVP ASSISTS GREENE COUNTY PUBLIC HEALTH

RSVP Coordinator Ruth Pforte, along with RSVP members, Penny Rivenburg, Lillian Moore, Liz Jarvis, Vicky Cramer, Rosemary Graham, Edie Bentley, Carol Knoth, and Anna Sutherland (seated) recently packed backpacks for Greene County Public Health that will be used by the Greener Pathways.

Greener Pathways is a community-based outreach program committed to helping individuals and families who are struggling with chemical dependency. Their staff is on-hand to "just talk" or to help connect individuals to the many treatment options right here in Greene County.



Athens Class



HOMEBOUND MEAL DELIVERY VOLUNTEERS NEEDED - PALENVILLE/KISKATOM AREA

**Position starts at 12:20 p.m. and takes about 1.5 hours to complete.
A vehicle is required for this position.
Mileage reimbursement is available.
All volunteers must fill out an application
and submit to a background check.
If you would be interested in volunteering,
contact Ruth Piorte 518-719-3555**



FALL 2019 SMART DRIVER™ COURSE

Become a safer driver! Reduction on your auto insurance premium!

COST FOR COURSE:

\$20.00 for AARP members \$25.00 for non-members

Must possess valid NYS driver's license

CLASS DATES & LOCATIONS



*If you are over 60
and would like to have lunch at the center prior to class,
you MUST call the appropriate center
at least a day in advance to sign-up.*

2 Day classes: Must attend both days

1:00 p.m. – 4:30 p.m.

Wednesday, October 23 & Thursday, October 24
Rivertown Senior Center 39 Second Street, Athens

Wednesday, October 30 & Thursday, October 31
Town of Coxsackie Senior Center Mansion Street, Coxsackie

Wednesday, October 2 & Friday, October 4
Town of Jewett Municipal Building Route 23C, Jewett

Call instructor to enroll in course:
Mike Pirrone (518) 945-2122 Cell (917) 656-0425
Email: kokomomike@hotmail.com

Greene County Department of Human Services'
RSVP Volunteer Recognition Committee

\$100 Stewarts' Gasoline Gift Card Raffle



\$5.00 a chance - Five Winners
Drawings 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
the Department of Human Services
411 Main Street, Catskill.





Home Energy Assistance Program

*Only open during the winter heating season,
Mid-November through March*

HEAP helps low-income New Yorkers pay their energy bills. If your bills are more than you can handle and your source of heat is Electricity, Propane, Natural Gas, Wood/Wood Pellets, Oil, Kerosene, Coal, or Corn, HEAP may be able to help you.

To be eligible for HEAP, applicants must be US citizens or qualified aliens **and** meet HEAP income guidelines (see below) and pay directly for heating costs or pay rent that includes heating costs. HEAP benefit amounts will vary depending on your household income and may be available if your heat is included in your rent. HEAP benefits will assist in paying heating bills and are not intended to be the total source of payment for winter heating expenses. **Federal income guidelines are subject to change annually.**

2019 - 2020 Income Eligibility Guidelines	
Household Size	Monthly
1	\$2,391
2	\$3,127
3	\$3,863
4	\$4,598
5	\$5,334
6	\$6,070
7	\$6,208
8	\$6,346
9	\$6,483
10	\$6,621
11	\$6,918
For each additional member, add:	+\$540

When applying for HEAP, applicants must provide all required documentation verifying identification of all household members, address, income, SS#, vendor relationship and vulnerability (age or disabled).

Regular HEAP benefits open in November each year with eligibility and benefits based on income, household size, the primary heating source and the presence of a household member who is under age 6, age 60 or older or permanently disabled. An eligible household may receive one regular HEAP benefit per program year. Regular benefits for households that pay directly for heat based on actual usage are paid directly to the vendor that supplies the household's primary source of heat.

A HEAP emergency benefit component assists individuals who are facing an energy-related emergency, such as a utility termination notice or less than a quarter tank/ten-day supply of fuel. If you are eligible, a HEAP emergency benefit may be issued in addition to your regular HEAP benefit, if the regular benefit has been exhausted.

For further information on HEAP, individuals over the age of 60 can call the Department of Human Services at 518-719-3555.

TAKE ADVANTAGE OF MEDICARE OPEN ENROLLMENT 2020

Medicare is a very important healthcare asset for many seniors and others requiring assistance with health insurance in the United States. Those who are eligible for Medicare can receive assistance and affordable healthcare to deal with the variety of health issues that can crop up as we age. Enrolling in Medicare can give you peace of mind for yourself or other aging family members for whom you may be caring.

Medicare Enrollment 2020, also known as the **Medicare OEP 2020**, runs between October 15 and December 7, 2019. During this annual enrollment period, individuals who qualify for Medicare can renew or change their Medicare policies. For instance, if you have an Original Medicare plan but want to switch to a Medicare Advantage plan, you can do so during this annual open enrollment period.

If you miss your initial enrollment period and the annual open enrollment period for Medicare, you might have to pay more to obtain Medicare coverage. Additionally, you might spend more because of pre-existing conditions that you have. If you enroll during your initial enrollment period or during an annual open enrollment period, you won't have to worry about your insurance rates increasing because of pre-existing conditions.

It is important to remember when the open enrollment period is. For further information or to schedule an appointment with a health insurance counselor, call the Greene County Department of Human Services at 518-719-3555.

When Is the Open Enrollment Period?





Every year in the United States, nearly four thousand people die in fires and another twenty seven thousand are injured. Throughout the country, fire departments respond to nearly 2 million fires each year, with 3/4 of them occurring in residences. Adults age 65 and older are more likely to be injured or killed in a fire than any other age group.

What Makes Fire So Deadly? Fire is FAST - a fire can double in size every 30 seconds. Fire is HOT - Temperatures in a fire can reach well over 1000°F. Fire gives off deadly smoke and gases - Carbon Monoxide and Hydrogen Cyanide are just a few of the gases that are produced in a fire. These gases will affect your ability to escape. Most people that die in fires die from the smoke and gases.

Here are a few simple tips to protect yourself and the people that depend on you from the dangers of fire.

1. **Smoke Alarms** – These are still a very important addition to your home. Smoke alarms are widely available and inexpensive. Install a smoke alarm on every level of your home and test it monthly.
2. **Prevent Electrical Fires** – Don't overload circuits or extension cords. Cords and wires should never be placed under rugs or in high traffic areas. Avoid loose electrical connections by checking the fit of the plug in the wall outlet. If the plug loosely fits, inspect the outlet right away. A poor connection between the plug and the outlet can cause overheating and can start a fire in minutes.
3. **Keep Plugs Safe** – Unplug all appliances when not in use. Follow the manufacturer's safety precautions and use your senses to spot any potential disasters. If a plug is overheating, smells strange, shorts out or sparks – the appliance should be shut off immediately, then replaced or repaired.
4. **Alternate Heaters** – Make sure there is ample space around any portable heating unit. Anything that could catch fire should be at least three feet away. Inspect your chimney annually and use fire screens to help keep any fires in the fireplace.
5. **Fire Safety Sprinklers** – When combined with working smoke alarms, home fire sprinklers greatly increase your chance of surviving a fire. Sprinklers are affordable and they can increase property value and lower insurance rates.
6. **Create An Escape Route** – Create and practice your escape plan from every room in the house. Practice staying low to the floor and checking for hot doors using the back of your hand.
7. **Position Appliances Carefully** – Try to keep TV sets, kitchen and other appliances away from windows with curtains. If there is a wiring problem, curtains can spread a fire quickly. Additionally, keeping your appliances away from water sources (like rain coming in from windows) can help prevent wiring damage which can lead to a fire.
8. **Clean Dryer Vents** – Clothes dryers often start fires in residential areas. Clean the lint filter every time you start a load of clothes to dry or after the drying cycle is complete. Make sure your exhaust duct is made of metal tubing and not plastic or foil. Clean the exhaust duct with a good quality dryer vent brush to prevent blockage & check for lint build up behind the dryer at least twice a year.
9. **Be Careful Around the Holidays** – If you fill your home with lights during the holiday season, keep them away from anything that can easily catch fire. Check all of your lights prior to stringing them up and dispose of anything with frayed or exposed wires.
10. **Conduct Regular Inspections** – Check all of your electronic equipment and wiring at least once a month. Taking a little time to do this each month can really pay off.

Following these simple tips could potentially save your life or the life of a loved one. Pass this list on to your friends and family and make this fire prevention month count!

Written by Amber Hunt, ZING



NUTRITION CORNER

Eating right and staying active is important at every stage of life. As we grow older, our nutritional needs change, we may not need as much as we did in our 30's and 40's but our bodies still require sufficient amounts of vitamins and minerals.

Iron is a mineral with the main purpose of carrying oxygen in the hemoglobin of the red blood cells throughout our bodies so the cells can produce energy. It also assists in removing carbon dioxide. When the body's iron becomes low where not enough normal blood cells can be made a condition referred to as *iron deficiency anemia* develops.

Symptoms of low iron levels:

- Fatigue
- Weakness
- Difficulty maintaining body temperature
- Pale skin/fingernails
- Dizziness
- Headaches
- Glossitis or inflamed tongue



Iron exists in food in two types:

- 1) Heme: Animal foods The body absorbs 2 - 3 times more iron when consumed from animal sources such as lean beef, oysters, chicken and turkey.
- 2) Non-Heme: Plant foods such as beans/lentils, tofu, baked potatoes, dark leafy vegetables, cashews and fortified cereals. Adding a source of Vitamin C (oranges, tomatoes, cauliflower, brussels sprouts, cabbage) to plant or vegetarian sources will enhance absorption.

Taking an iron supplement with orange juice or tomato juice will also enhance absorption.

Ways to prevent iron deficiency:

- 1) Eat a well balanced healthy diet with good sources of iron.
- 2) Combined plant/vegetarian sources of iron with Vitamin C in the same meal.

If treatment for iron deficiency is needed, your doctor will be able to evaluate and determine the appropriate treatment. Speak with your Registered Dietician for more information in ways to enhance your iron intake in your diet.

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 that if you have signed up and become unable to show, please call us as soon as you can to cancel. By doing this it helps us reduce our food waste.

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

CALL YOUR LOCAL SENIOR CENTER FOR ACTIVITY INFORMATION

ACRA

Acra Community Center,

Old Rte. 23, Acra
(518) 622-9898

Sandra Sherman
Meal Site Manager

Elaine Cherrington

AGING INFORMATION
& ASSISTANCE
MEDICARE MINUTE:
2nd monthly Wednesday
11:30 a.m.

CATSKILL

Robert C. Antonelli
Senior Center
15 Academy Street, Catskill
(518) 943-1343

Martha Schilling

AGING INFORMATION
& ASSISTANCE
MEDICARE MINUTE:
2nd monthly Thursday
11:30 a.m.

JEWETT

Jewett Municipal Building

Route 23C, Jewett
(518) 263-4392

Gayle Ruvolo
Meal Site Manager

MaryAnn Brink
Carol Harnett

AGING INFORMATION
& ASSISTANCE
MEDICARE MINUTE:
4th monthly Friday
11:30 a.m.

ATHENS

Rivertown Senior Center
39 Second Street, Athens
(518) 945-2700

Shane Dillon, Acting Senior Center Manager

JoanAnn Rouse
Lana Marrone
Sebastianna Thurman

AGING INFORMATION & ASSISTANCE
MEDICARE MINUTE:
2nd monthly Monday
11:30 a.m.

COXSACKIE

Town of Coxsackie Senior Center
Mansion Street, Coxsackie
(518) 731-8901

AGING INFORMATION & ASSISTANCE
MEDICARE MINUTE:
3rd monthly Wednesday
11:30 a.m.

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 AND OLDER, ARE INVITED TO ATTEND - SUGGESTED DONATION IS \$4.00

DAILY: Whole Grain Bread (unless otherwise noted) w/Promise Spread, and 1% Milk, Coffee or Tea

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CHICKEN DIVAN BROWN RICE HOT BEETS LOW SODIUM V8 CHOCOLATE MOUSSE	2 TURKEY w/ GRAVY MASHED POTATOES STUFFING PARISIENNE VEGETABLES POKE CAKE	3 ALL NUTRITION SITES CLOSED FOR RSVP RECOGNITION LUNCHEON 	4 VEGETABLE LASAGNA FRESH SALAD ITALIAN VEGETABLES FRESH FRUIT
7 SWEET & SOUR PORK BROWN RICE BROCCOLI TROPICAL MIXED FRUIT	 8 CELEBRATE NOODLE DAY MEATLOAF w/ Gravy BUTTERED NOODLES GREEN BEANS ALMANDINE MANDARIN ORANGES	9 TACO BAKE SPANISH RICE CORN, LIMA BEANS & CARROTS PUMPKIN MOUSSE	10  NATIONAL ANGEL FOOD CAKE DAY BROCCOLI & SWISS QUICHE FRESH SALAD RED POTATOES CAULIFLOWER ANGEL FOOD CAKE w/ STRAWBERRIES	11 BAKED CHICKEN w/ Gravy MASHED POTATOES BRUSSELS SPROUTS FRUITED GELATIN
14 COLUMBUS DAY DEPARTMENT & ALL NUTRITION SITES CLOSED 	15 CHICKEN & BISCUITS CALIFORNIA MIXED VEGETABLES PEACHES	16 JAEGER SCHNITZEL w/ Mushroom Gravy BOILED POTATOES RED CABBAGE APPLE CAKE 	 17 NATIONAL PASTA DAY SEAFOOD SCAMPI LINGUINI SPINACH LEMON PUDDING	18 CHEF'S SALAD <i>(Turkey, Cheese, Greens, Cucumbers, Hard Boiled Egg & Tomatoes)</i> BEET SALAD SLICED TOMATOES FRESH FRUIT
21 MACARONI & CHEESE GREEN BEANS STEWED TOMATOES PEARS	22 CRAB TOPPED COD RICE CARROTS APPLE CRISP	23  BIRTHDAY CELEBRATION LEMON CHICKEN AU GRATIN POTATOES CALIFORNIA MIXED VEGETABLES SPICE CAKE	24 PULLED PORK MIXED VEGETABLES WAX BEANS COLE SLAW FRESH FRUIT	25 PEPPER STEAK FRESH SALAD BAKED POTATO ZUCCHINI PUMPKIN PIE
 28 NATIONAL CHOCOLATE DAY BEER BATTERED FISH RICE PILAF ORIENTAL MIXED VEGETABLES CHOCOLATE MOUSSE	29 BAKED ZITI w/ Meatballs ITALIAN MIXED VEGETABLES PEARS	30 FRESH HAM w/ Gravy SCALLOPED POTATOES APPLESAUCE BRAISED CABBAGE PEACHES	31 WITCHES STEW MUMMY REMAINS LITTLE HEADS LITTLE EYES PUDDING <i>Beef Stew w/o Potatoes Buttered Noodles Brussels Sprouts Tapioca</i>	

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 AND OLDER, ARE INVITED TO ATTEND - SUGGESTED DONATION IS \$4.00
DAILY: Whole Grain Bread (unless otherwise noted) w/Promise Spread, and 1% Milk, Coffee or Tea

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CHICKEN POT PIE FRESH SALAD GREEN BEANS CHOCOLATE CAKE
4 CREOLE PORK BROWN RICE BROCCOLI MANDARIN ORANGES w/ PINEAPPLE	5 DEPARTMENT CLOSED  NO MEALS	6 CRAB TOPPED COD MASHED POTATOES SPINACH FRUIT COCKTAIL	7 MEATLOAF w/ GRAVY BRAISED CABBAGE SWEET POTATO LEMON MOUSSE	8 CHEESE LASAGNA FRESH SALAD ITALIAN GREEN BEANS FRESH PEAR
11 DEPARTMENT CLOSED  NO MEALS	12 CHICKEN FLORENTINE CASSEROLE PARISIAN MIXED VEGETABLES PARSLEY POTATOES VANILLA PUDDING	13 SHEPHERD'S PIE BROCCOLI BEET SALAD PEACHES	14 BAKED ZITI FRESH SALAD ITALIAN MIXED VEGETABLES FRESH FRUIT	15 BRAISED BEEF TIPS w/ MUSHROOMS BUTTERED NOODLES CALIFORNIA MIXED VEGETABLES APPLE CRISP
18 CHICKEN DIVAN RICE PEAS & CARROTS TROPICAL FRUIT MIX	19 SALMON w/ DILL SAUCE BROWN RICE PILAF SPINACH MANDARIN ORANGES	20  CENTER THANKSGIVING LUNCHEON ROAST TURKEY w/ GRAVY CRANBERRY SAUCE MASHED POTATOES CARROT COINS PUMPKIN PIE	21 BROCCOLI & CHEDDAR QUICHE GREEN BEANS HASH BROWN POTATOES FRUITED JELL-O	22 SEAFOOD SCAMPI OVER LINGUINI ITALIAN MIXED VEGETABLES ORANGE JUICE FRESH FRUIT
25 CHILI CON CARNE BROWN RICE WAX BEANS FRUIT COCKTAIL	26 BAKED CHICKEN w/ GRAVY MASHED POTATOES CALIFORNIA MIXED VEGETABLES CHOCOLATE MOUSSE	27 APPLE GLAZED PORK CHOPS BRUSSEL SPROUTS WINTER SQUASH SPICE CAKE	28  DEPARTMENT CLOSED NO MEALS 4TH ANNUAL COMMUNITY THANKSGIVING DINNER @ RIVERTOWN	29 TURKEY BURGER w/ PEPPERS & ONIONS CARROTS FRESH SALAD SCALLOPED POTATOES FRESH FRUIT



39 Second Street
Athens

HOURS:

Monday, Tuesday & Friday
9:00 a.m. - 11:30 a.m.

Wednesday
9:00 a.m. - 11:30 a.m.
12:30 p.m. - 2:00 p.m.

Closed on Thursdays



COME CHECK OUT
OUR FALL
& HALLOWEEN SPECIALS



Thursday October 31, 10:30 a.m.
Town of Coxsackie Senior Center

Come in costume
Activities & fun
Stay for a bewitching lunch
Reservations required

END OF SUMMER BRUNCH

The Rivertown Senior Center hosted a delicious End-of-Summer Brunch recently. On the menu was Western Quiche, Sausage Patty, Hash Brown Potatoes, Green Beans, and Sausage Gravy on Biscuits. For those with a sweet tooth, Coffee Cake was also available. As always, thank you to our chef and staff for serving such a welcoming treat.



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.

CONSULTATION and ASSISTANCE:

This includes such client assistance activities as case assistance, HIICAP, help with public benefit applications, etc.

The suggested level of contribution 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/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 level of contribution is \$1.00 for round-trip (*Actual cost: \$7.34/one way*).

Medical (Homebound) Transportation:

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

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-way trip, maximum mileage*)

Remember to make checks payable to Greene County Department of Human Services & note in memo the service.



*Hunter Foundation
for your donation
to Home Delivered Meals
In Honor Of
Dawn Plattner
2019 Teacher of the Year*



**TO ALL WHO GIVE
TO THIS DEPARTMENT -
THROUGH YOUR
FINANCIAL DONATIONS,
CONTRIBUTIONS
AND SUPPORT
OR THROUGH YOUR TIME
AS A VOLUNTEER**

**TO SEE MORE ABOUT
OUR DEPARTMENT:**



Visit our web site at:

**[https://www.greenegovernment.com/
departments/human-services](https://www.greenegovernment.com/departments/human-services)**



Like us on Facebook

**[https://www.facebook.com/Greene-County-
Department-of-Human-Services-
379577489142216/](https://www.facebook.com/Greene-County-Department-of-Human-Services-379577489142216/)**

SUPPORT GROUP MEETINGS

alzheimer's  association®

the compassion to care, the leadership to conquer®

1st monthly Wednesday, 3:00 p.m.
The Pines at Catskill Center
for Health & Rehabilitation
154 Jefferson Heights, Catskill

3rd monthly Wednesday, 6:00 p.m.
Heermance Memorial Library
1 Ely Street, Coxsackie

TELEPHONE SUPPORT GROUP

1st monthly Wednesday, 10:00 a.m.
712-770-4010, Access code #919600

www.alz.org



GIVING BACK TO YOUR COMMUNITY

*Make a difference.
Make a Difference in Your County! !*
**Greene, Columbia, Dutchess,
Orange, Sullivan, and Ulster.**

Become a volunteer Ombudsman and advocate for the rights, quality of life and quality of care for seniors residing in long term care facilities.

Long Term Care Community Coalition Ombudsman Program is providing FREE Certification training.

RESERVE your seat today for the October's FREE training. Become a Certified Volunteer Ombudsman with the benefit of a flexible weekly schedule. Learn how to advocate for the Rights, Quality of Life and Quality of Care for Seniors residing in long term care facilities in your county.

Contact: Diane 845-229-4680 x104 or email at diane@ltccc.org

ADULT LEARNING INSTITUTE (ALI)

The Adult Learning Institute has announced its program for October 2019.

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

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

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

Monday, October 7 & 21		Open Pinochle Group
Tuesday, October 1, 8, 15, 22 & 29		Bridge Group
Wednesday, October 2, 9 & 23		Mahjongg
Saturday October 5	9:30 a.m. - 12:30 p.m.	27th Annual Golden Gathering (in gym)
Thursday, October 10	10:30 a.m. - 12:00 p.m.	"Early Athens - From Trails to Turnpikes"
Monday, October 14 Wednesday, October 16	1:00 p.m. OR 2:00 p.m. OR 3:00 p.m.	Exploring Your Family History
Thursday, October 24	10:30 a.m. - 12:00 p.m.	Listen & Learn: Mahjongg - The Art of The Game
Thursday, October 31	10:30 a.m. - 12:00 p.m.	"Shades of Ireland" Trip Presentation



What home health services does Medicare cover?

Home health care includes a wide range of health and social services delivered in the home to treat illness or injury. Services covered by Medicare's home health benefit include:

- **Skilled nursing services:** Services performed by or under the supervision of a licensed or certified nurse to treat your injury or illness.
- **Skilled therapy services:** Physical, speech, and occupational therapy services that are reasonable and necessary for treating your illness or injury, and performed by or under the supervision of a licensed therapist.
- **Home health aide:** Medicare pays for an aide if you require skilled care. A home health aide provides personal care services, including help with bathing, toileting, and dressing. Medicare will not pay for an aide if you only require personal care and do not need skilled care in the first place.
- **Medical social services:** If you qualify for home health care, Medicare pays for services ordered by your doctor to help you with social and emotional concerns you have related to your illness. This may include counseling or help finding resources in your community.
- **Medical supplies:** Medicare pays in full for certain medical supplies, such as wound dressings and catheters, when provided by a Medicare-certified home health agency.
- **Durable Medical Equipment (DME):** Medicare pays 80% of its approved amount for certain pieces of medical equipment, such as a wheelchair or walker. You pay a 20% coinsurance charge as long as your home health agency takes assignment.

What home health services does Medicare not cover?

Medicare's home health benefit does not cover:

- 24-hour per day care at home
- Prescription drugs (if you need prescription drugs, enroll in a Part D plan)
- Meals delivered to your home
- Custodial care (homemaker services), although home health aides may perform some custodial care when visiting to provide other health related services

How can I get my home health care covered?

Medicare will cover your home health care if:

1. You are homebound, meaning it is extremely difficult for you to leave your home and you need help doing so.
2. You need skilled nursing services and/or skilled therapy on an intermittent basis.
 - a. Intermittent means you need care at least once every 60 days and at most once a day for up to three weeks. This period can be longer if you need more care, but your care needs must be predictable and finite.
 - b. Medicare defines skilled care as care that must be performed by a skilled professional, or under their supervision.
 - c. Skilled therapy services refer to physical, speech, and occupational therapy. Note that you cannot qualify for Medicare home health coverage if you only need occupational therapy. However, if you qualify for home health care on another basis, you can also get occupational therapy
3. You have a face-to-face meeting with a doctor within the 90 days before you start home health care, or within the 30 days after the first day you receive care.
4. Your doctor signs a home health certification confirming that you are homebound and need intermittent skilled care. The certification must also state that your doctor has approved a plan of care for you and that the face-to-face requirement was met.
5. You receive your care from a Medicare-certified home health agency (HHA) If you need help finding a Medicare-approved HHA, call 1-800-MEDICARE.

What if I have a Medicare Advantage Plan?

If you have a Medicare Advantage Plan, your plan must provide at least the same level of home health care coverage as Original Medicare, but they may impose different rules, restrictions, and costs. Depending on your plan, you may need to:

- Get care from an HHA that contracts with your plan
- Request prior authorization or a referral before receiving home health care
- Pay a copayment for your care

If you need information about the costs and coverage rules for home health care, or if you are experiencing problems, call your Medicare Advantage Plan.

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' CLUB

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

CATSKILL

CATSKILL SILVER LININGS

2nd monthly Thursday

1:00 p.m.

Robert C. Antonelli Senior Center

COXSACKIE:

COXSACKIE AREA SENIOR CITIZENS

2nd & 4th monthly Wednesday

1:30 p.m.

Van Heest Hall @ Bethany Village

SENIOR CITIZENS of COXSACKIE

1st & 3rd monthly Monday

2:00 p.m.

Coxsackie Senior Center

GREENVILLE:

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 SENIOR CITIZENS

1st & 3rd Monday

1:30 p.m.

Hensonville Town Bldg.



Calling All Seniors!

IMPORTANT NOTE:

NEITHER GREENE COUNTY NOR THE DEPARTMENT OF HUMAN SERVICES ENDORSES ANY SENIOR CLUB ACTIVITY. WE MERELY PASS THE INFORMATION ALONG AS A COURTESY TO THE SENIOR CLUBS. FOR FURTHER INFORMATION, CONTACT THE SPECIFIC CLUB SPONSORING THE EVENT.

**CONGRESSMAN ANTONIO DELGADO
SPEAKS TO W-A-J-P-L SENIOR CITIZENS**



At the August meeting of the W-A-J-P-L Senior Citizens club, U. S. 19th Congressional District Congressman Antonio Delgado, was the guest speaker.

His appearance allowed club members to ask questions and voice concerns on issues that affect senior citizens living in rural areas. There were 50 members present and all listened attentively to his words.

Seen in photo with the Congressman are members Val Chereck and Judith LoPriesti.

Photo contributed

MOUNTAIN TOP GOLDEN AGERS 2019

TRIP SCHEDULE

10/17/19

COOPERSTOWN, NY

Lunch at Otesaga Hotel

Browse @ The Fly Creek Cider Mill

\$62 Members \$67 Non-members



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

**WAJPL GOLDEN AGE CLUB BUS TRIP
PROCTORS THEATER**



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

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

MOTOR COACH TRANSPORTATION
TWO NIGHTS LODGING W/ BREAKFAST
MILLENNIUM THEATER'S "MIRACLE OF CHRISTMAS"
W/ SMORGASBORD DINNER
AMERICAN MUSIC THEATER'S "JOY TO THE WORLD"
W/ FAMILY-STYLE DINNER
TANGER OUTLETS & BIRD-IN-HAND MARKET
SOUVENIR GIFT

FOR INFORMATION OR TO MAKE A RESERVATION,
CALL GEORGIE AT 518-622-3257

News From the Greene County Youth Bureau

BOARD MEMBERS WANTED



GREENE COUNTY CHILDREN, YOUTH & COMMUNITY ADVISORY BOARD

The purpose of the Greene County Children, Youth & Community Advisory Board is to develop and recommend policy and procedures that guide the activities of the county's Youth Bureau in providing opportunities that improve the lives of families and youth in Greene County. The Board is a policy making board responsible for direction of the county's Youth Bureau.

The Board shall be comprised of not fewer than 13 members and no more than 20 members who are residents of Greene County. Members must be at least 16 years of age at date of appointment. Membership should represent residents of the various towns in Greene County, agencies serving youth, or youth receiving services.

Potential members should have qualities that enable them to function effectively. They should be able to recognize the needs of youth in the community and take an active role in working toward building a continuum care systems. Important personal qualifications include leadership, ability to positively interact with others, commitment to representing the interests of youth, and a willingness to devote time and effort to the board's goals.

Official appointment is made by the Greene County Legislature. If this sounds like something you would be interested in serving on, please contact Terry McGee Ward, 518-719-3555.



4-H Block Print Exhibit

October 1 - 30, 2019

Opening Reception:
Thursday, October 10
5:00 p.m. - 7:00 p.m.

Kaaterskill Gallery
Columbia-Greene Community College
Located in the Main building, across from the Library

4400 Rt. 23
Hudson, N. Y.



Paint Your Farm Animal

TO BENEFIT

COLUMBIA & GREENE COUNTIES 4H

SUN. OCT. 6 & SAT. OCT. 19 2:00 P.M. - 5:00 P.M.
TAUGHT BY CONTEMPORARY ARTIST, MICHELLE IGLESIAS

Two great events! Learn to paint an adorable representational image of your precious farm animal (or any animal you would like) on a large 16 x 20 canvas.

All painting materials, instruction and donation included for \$50! Snacks and non-alcohol sips available for purchase. **Alcohol not permitted.**

10/6 - CCE Ext. Center, 479 Rt. 66, Hudson
Email animal photo choice by Wed. Oct. 2

10/19 - CCE AgroForestry Resource Center
6055 Rt. 23, Acra
Email animal photo choice by Tues. Oct. 15

EMAIL ADDRESS: miglesias@ymail.com

To reserve seats, call (413) 205-8346
or go to berkshirepaintandsip.com



Greene County Women's League
CANCER PATIENT AID



• (518) 819-1249 •

2019

Membership Meeting Schedule

Location: Angel's Restaurant
(4385 Rte. 32, Cairo)

Oct. 1st & Nov. 5th

Lunch @ 12:00noon and Meeting @ 1pm

Contact us at www.greencountywomensleague.com/become-a-member/

Greene County Women's League Cancer Patient Aid



* RIVERS CASINO * BUS TRIP

Monday, October 14, 2019

\$25 per person

\$25.00 FREE PLAY
\$10.00 MEAL TICKET



Bus Pick-Ups & Locations

8:00am – Greenville Bryant's Plaza
8:30am – Cairo's Canna Park
8:45am – Catskill, Exit 21

BENEFITS GREENE COUNTY CANCER PATIENTS

RESERVE YOUR SEAT!
Call Phyllis
607-538-1242



Check made out to and mailed to:
Phyllis Thorpe-Hillis, Trip Coordinator
PO Box 134, Haines Falls, NY 12436



Holiday Happenings

7th
Annual



Cancer Patient Aid

Craft Fair

Proceeds to benefit the Greene County Women's League Cancer Patient Aid

Saturday, November 30, 2019
10:00am-3:00pm

Red Rooster Roadhouse
(Restaurant, Bar area & adjoining Private Rooms)
851 Main St., Cairo

Vendors, Food & Raffles

For more information call 518-291-0883 or e-mail
greencountywomensleague@gmail.com

Free Admission



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(518) 719-3555 Toll Free (877) 794-9266
aging@discovergreene.com

EXECUTIVE DIRECTOR - THÉRÈSE MCGEE WARD

BUSINESS MANAGER: Ken Brooks

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Nutrition - Tezera Pulice-Hanselman
Volunteer Services - Ruth Pforte

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SHOPPING BUS DRIVER:	Janet Osborn	
NUTRITION VAN CHAUFFEURS:	Dave Mokszycki	Patrick Murphy
<u>YOUTH SERVICES WORKERS:</u>	Carrie E. Wallace Laura Anderson	

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

Programs are made possible through funds from the NY State Office for the Aging, NY Connects, Administration for Community Living, NY State Office of Children and Family Services, and the generous support of the Greene County Legislature. Contributions are gratefully accepted and used to expand programs and services. **No person will be denied service if they are unable or unwilling to contribute.** All contributions are confidential.

For individuals with disabilities or language interpretation needs, requests for reasonable accommodations should be made with at least five days notice.

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 **ARE NOT** scheduled between 12:00 p.m. and 1:00 p.m.

The Greene County Round Table News is available for free at our senior nutrition sites, area libraries, banks, post offices, and senior facilities throughout Greene County, and is available electronically. To be added to or removed from our circulation list, call (518) 719-3555 or email aging@discovergreene.county.