



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

DECEMBER 2019



NOMINATIONS OPEN

For 2020

GREENE COUNTY SENIOR CITIZEN AWARDS

Richard Golden, Chairperson of the Advisory Council to the Greene County Department for the Aging (Human Services), announces that nominations are being accepted for the annual Greene County Senior Citizen Awards. The two awards, presented annually, are the Senior Citizen of the Year and Outstanding Contribution by a Senior Citizen. The purpose of the awards is to recognize the outstanding contributions and achievements of senior citizens who have volunteered their time and energy to help other people, their communities, and/or special projects. The dedication of these volunteers help to make Greene County a better place for all of us. The individuals chosen on the county level will then represent Greene County for recognition for New York State awards.

Any Greene County resident, age 60 or older, can be nominated for these awards. Achievements must be voluntary in nature; performed in Greene County and not part of paid employment. Past award winners may be nominated only if seven or more years have passed since last recognized.

If you know someone who deserves this recognition, contact the Greene County Department of Human Services at (518) 719-3555 for an official nomination form. Incomplete forms will not be considered as eligible. Any inquiries for further information may also be directed to the department.

Deadline for entries is January 31, 2020.

*Photo from 2019 Senior Citizen Day
Assemblyman Chris Tague
and Senator George Amedore
with Peg Snyder, Outstanding Contribution by a Senior
and Robert Hoagland, Senior of the Year*





SENIOR ANGELS PROGRAM - SPREADING CHEER 365 DAYS A YEAR



*SPONSORED BY
GREENE COUNTY DEPARTMENT OF HUMAN SERVICES*



**Thank
You**



To everyone that participated in the Greene County Department of Human Services Senior Angels Program's Bake Sale – whether you baked & donated something, purchased a homemade item or just made a donation - all helped to make the sale a tremendous success – breaking all past records. With your help, the program raised over \$700!

Additionally, we would like to thank all the volunteers who helped make our 4th Annual Senior Thanksgiving Dinner a success. The smiles on the faces of those seniors who attended the dinner were priceless. Our “Angels” definitely earned their wings that day. Due to the late Thanksgiving date this year, and our publication deadline, photos will appear in the January Round Table News.



Ken Brooks, Chairman of the Greene County Department of Human Services Senior Angels Program graciously accepts a donation from Ed Bloomer, Past President of the Cossackie Athens Rotary Club while club member, Samantha Pidgeon, looks on.

RAFFLE FOR HOLIDAY GIFT BASKET

***All proceeds to benefit
Senior Angels Program***



Drawing: December 23, 2019

\$5.00 a chance

Tickets available at GCDHS Main Office

*Thank you to the following
who donated prize items:*

Bank of Greene County Body Be Well Pilates

Greene County Youth Bureau

Ken & Tammy Brooks Walmart

Greene County Legislator Ed Bloomer & Tami Bone

Thank you to our 2019 Senior Angels . . .

*Greene County Legislature for the
Wayne Speenburgh Grant
in support of the Annual Thanksgiving Dinner*



<i>Michael & Rosemary Barone</i>	<i>C & C Excavating, Inc.</i>
<i>Joe & Diane Capobianco</i>	<i>Catskill Silver Linings</i>
<i>Coxsackie Athens Rotary Club</i>	<i>Fortnightly Club of Catskill</i>
<i>Greenville Rotary Club</i>	<i>Clifford Gross</i>
<i>Heart of Catskill Association</i>	<i>Hearthstone Care Patricia Kenehan</i>
<i>Kiskatom Reformed Church</i>	<i>Lake & Mountain Realty LLC</i>
<i>The Frank & Jo Mangano Family</i>	<i>Kathleen & Dennis Meehan</i>
<i>Lillian E. Moore</i>	<i>National Bank of Coxsackie</i>
<i>Karen & Bill Ormerod</i>	<i>P. Schneider & Associates, PLLC</i>
<i>Charlie & Frances Serrio</i>	<i>Shook Insurance Agency, LLC</i>
<i>Gary & Barbara Slutzky</i>	<i>Robin & Martin Smith</i>
<i>Dolores E. Sutherland</i>	<i>Debbi Traficante</i>
<i>Walenta & Co. Agency Inc., Greenville</i>	

In Honor of the Senior Angels Committee

In Memory of

<i>Anna Ciampa Abb</i>	<i>Rosemarie Alberti</i>	<i>Bill Armstrong</i>
<i>Phyllis Beechert</i>	<i>Richard Carl</i>	<i>Family & Friends</i>
<i>Dorothy E. Federico</i>	<i>Richard C. Harvey Sr.</i>	
<i>Honeyford Memorial American Legion Auxiliary Unit 110, Catskill</i>		

In Memory of our deceased Auxiliary members

<i>Karen Sprague Johnson</i>	<i>Ruth Kallman</i>
<i>The Kordich Family In Memory of John & Margaret Kordich</i>	
<i>Mabel "Mike" Milian</i>	<i>Doris Ormsbee</i>
<i>Eva Parks</i>	<i>Patricia J. VanValkenburg</i>
<i>Joyce Verdaasdonk In Memory of Rev. Henry Verdaasdonk</i>	
<i>Shirley Wase</i>	



VOLUNTEERS ARE AMERICA



VOLUNTEER

All that's missing is U!

HOMEBOUND MEDICAL TRANSPORTATION DRIVERS

Volunteer to provide transportation for homebound senior citizens to medical appointments.

HOMEBOUND MEAL DELIVERY

Several Greene County routes are in need.

Both provide mileage reimbursement for volunteers.

If you would be interested,
please contact Ruth Pforte at 518-719-3555
o by email at rpforte@discovergreene.com



Volunteer Driver Reminder

Per volunteer policy, all drivers are required to provide copies of his/her current Driver's License and Auto Insurance Card(s) to our Department. These are maintained in your volunteer file.

Remember to submit these copies whenever renewing your NYS Driver's License and Auto Insurance Policy, or for any other reason there is a change.

You are welcome to bring your documents to any of the following locations to have the required copies made.

- ◆ Greene County Dept. of Human Services
- ◆ Robert C. Antonelli Senior Center, Catskill
- ◆ Rivertown Senior Center, Athens
- ◆ Jewett Senior Nutrition Site, Jewett



RSVP Volunteers:

You should have received a survey from RSVP on Recognition Events.

It would really be appreciated if you took a moment to complete it and return to RSVP in the envelope that was provided.

If you did not receive a survey, please call Ruth and ask to have one mailed out to you.

Thank you.

Ruth Pforte
RSVP Volunteer Coordinator



RSVP PARTICIPATES IN FESTIVAL OF TREES

Thank you to the members of Greene County RSVP that gave of their time to decorate a tree at the Fortnightly Club's Festival of Trees. The tree, "*Volunteers Make the Holidays Merry and Bright*" was decorated with a patriotic theme of red, white, and blue, as well as silver ornaments, and was in honor of all volunteers who make our community a better place to live.

Thank you to the Catskill BPOE for sponsoring the tree.



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. and
12:30 p.m. - 2:00 p.m.

**We will be open
Saturday, December 14
12:00 p.m. - 4:00 p.m.
for the Athens Victorian Stroll.**



**PLEASE STOP IN & SEE OUR
UNADVERTISED
HOLIDAY SPECIALS.**

Dear Volunteers,

With the temperatures dropping and the days getting shorter, I am reminded that winter is quickly approaching.

I want to wish each and every Greene County Department of Human Services' RSVP volunteer a safe, warm, healthy and happy holiday season and prosperous New Year.

Ruth



GREENE COUNTY, NEW YORK



**When Disaster Strikes
YOU
Can Make a Difference**

Help your community in times of need:

***Natural Disasters**

***Disease Outbreaks**

***Major Incidents**

Immediately following disasters many volunteers come forward to help. It can be challenging for response organizations such as Fire, EMS, Emergency Management, and Local Government to utilize these volunteers in an organized fashion without a vetting and response framework. Here in Greene County, New York we have adopted a chapter of the national Medical Reserve Corps (MRC) to assist in volunteer organization.

The mission of the Greene NY Medical Reserve Corps (MRC) is to mobilize trained medical and non-medical volunteers to effectively support public health operations and foster community resiliency within Greene County through training, exercises and response to real-world events.

Volunteers are needed from medical and non-medical backgrounds. Volunteers with certain skills and experiences are especially needed: second language proficiency, security, data management, social media, reception, teaching, radio operation, packaging and distribution, or any medical licensure.

Advance registration of medical and non-medical volunteers will provide Greene County immediate access to volunteers who may be needed in the event of an emergency in Greene County - increasing the effectiveness of volunteers and overall emergency management efforts.

Any Questions, Please Contact:

Greene County Public Health Dept.
Emergency Preparedness Coordinator
Penny Martinez
411 Main Street, Suite 300
Catskill, NY 12414
PH: 518-719-3611

Email: pmartinez333@discovergreene.com





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



We are unable to transport clients covered by Medicaid.

If you are covered by Medicaid and in need of transportation to a medical appointment, please call 855-360-3545.



SHOPPING BUS

Greene County Department of Human Services offers a **wheelchair-accessible** 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. There is a limit of two shopping bags per person.

MONDAY: Mountain Top*/Catskill
*Windham, Ashland, Prattsville, Lexington, Jewett & Hunter

TUESDAY: Cairo/Catskill

WEDNESDAY: Athens/Coxsackie

To make arrangements, please call 518-719-3559

NUTRITION 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. For further information, please call our Nutrition Department at 518-719-3555.



MEDICATION DROP BOXES HELP REDUCE PRESCRIPTION DRUG ABUSE



Law enforcement agencies have announced a joint effort to help address the abuse of prescription drugs in Greene County...

- Greene County Sheriff's Office
- Cairo Police Department
- Coxsackie Village Police Department
- Durham Police Department
- Town of Windham Police Department

Use the Drop Box. All of these agencies have installed “medication drop boxes” in which anyone can deposit discontinued, expired or unwanted medications, especially controlled substances.

Rare. Greene County is one of the few counties in the State to offer five sites. The boxes were purchased by the Greene County Rural Health Network.

First ... Safeguard your medications

Second ... dispose of the ones that are no longer needed or outdated.

No Questions asked and No Paperwork required. Just put your medications in these boxes, including prescription narcotics.

LOCATIONS & HOURS OPEN

Cairo: 10:00 a.m. – Midnight, Monday-Friday

Located at the Police Department in Cairo, 123 Angelo Canna Park.

Best to call 622-2324 first but not necessary.

Coxsackie: 8:00 a.m. – Midnight, Sunday – Saturday

Located at the Police Department in Village Hall. 731-8121

Durham: Durham Police Dept., 7309 NY Route 81, East Durham. 239-6310.

Windham: 9:00 a.m. – 3:00 p.m., everyday.

Located at the Police Department in Hensonville.

Call and set up a time to ensure that the Officer will be in the office.

If the Officer is on patrol or on an assignment, access to the drop box will not be available until the Officer returns. 734-3151.



GREENE COUNTY
RURAL HEALTH NETWORK

2019



Division of Consumer Protection

NYS DIVISION OF CONSUMER PROTECTION WARNS ABOUT USING PUBLIC USB CONNECTIONS AND WIFI

What's Meant for Your Convenience May Cause a Headache for your Privacy – Protect Yourself

The New York State Division of Consumer Protection is alerting consumers to public connections like USB and WIFI. Universal Service Bus (USB) is an industry standard for connection ports. Wi-Fi is the industry term for the wireless internet connections created from internet modems. These ports are meant for convenience while consumers are “out and about,” but they can result in people skimming private data, malware installations, and other software deployments that are hard to detect and control.

New York State Secretary of State Rossana Rosado said, “millions of people every day step out into the world, and all its surrounding technology. As technology grows and continues to make our lives easier, it is also making it easier for hackers to get access to our information. It is important for consumers to know what they can do to protect themselves.”

Today, USB connections are available on all our devices, allowing us to charge, connect and network our devices and our data. Rather than having to connect directly to a server, Wi-Fi allows us to wirelessly connect to the internet. Wi-Fi capabilities are also available on most devices today.

As technology connections are made easier through USB and Wi-Fi, the ability to connect to our devices is also easier for hackers. Sometimes when a hacker connects, they send a message and freeze people’s data. However, more frequently nowadays, a hacker says nothing and pushes their malware onto a device to gain continued access to more and more of a person’s private device data.

Remember:

- “If it’s not yours, don’t touch it” – USB cords can transfer more than electricity. Data can be stored on some cords either directly when you leave the cord after charging or wirelessly while you are charging.
- Charge at home and/or carry an extra battery. It sounds simple, but the safer way to operate your phone is make sure it’s charged before leaving the house. If you are out for a majority of the day and do not have access to a secure charging station, carry a battery extension. That way you can charge up on a power source you control.
- If you absolutely must charge your phone on a public charging station, power down your device first and use your own USB cord.

If you absolutely have to connect to check an email, shop, or schedule something important, take precautions:

- Know the hotspots you are connecting to – hackers often create hotspots near common public Wi-Fi and make the names very similar to places like hotels and coffee shops.
- Do not “automatically” connect to available Wi-Fi hotspots. Update your phone settings to choose Wi-Fi connections each time you encounter them.
- Close all apps before you connect.
- Don’t open private information (bank apps, credit card apps) when you are connected.
- Don’t use any games that are connected to your social media—this allows for hacking to take “the long route” into your information. Hackers use social media to find additional information about you and your accounts.

The Consumer Assistance Helpline 1-800-697-1220 is available Monday to Friday from 8:30am to 4:30pm, excluding State holidays, and consumer complaints can be filed at any time at www.dos.ny.gov/consumerprotection. The Division can also be reached via Twitter at @NYSConsumer or Facebook at www.facebook.com/nysconsumer.



WAYS FOR CAREGIVERS TO LESSEN HOLIDAY STRESS (AARP)

The holidays can bring great joy, but as a family caregiver the season can spur additional pressure. According to a new AARP survey, 7 in 10 family caregivers say it is emotionally stressful to care for loved ones during the holiday season.

As caregivers, we often have unrealistic expectations for ourselves, striving to create the perfect holiday experience for our loved ones. That's why the vast majority of family caregivers plan to make at least one accommodation during the holidays. Some find someone else to cook or purchase their holiday meal while others scale back on decorating. A small number skip celebrating altogether.

If you are caring for loved ones, try to accept that things are going to be a bit different this year - for both you and your loved ones. But there are steps you can take, both big and small, that can help minimize your holiday stress and maximize your holiday joy.

- **Line Up Someone to Listen:** It really does help to express our fears, stress and frustration to another.
- **Adjust Holiday Meals:** Make a few favorite family recipes or go out to a restaurant for holiday meals when needing a distraction from grief and stress.
- **Cut Back on Decorations:** Display only the ones that are most meaningful.
- **Get Respite:** Even if you don't normally have help caring for your loved ones, this might be a good time to arrange for care for them. You'll have more time to unwind. Plan fun holiday activities for them so you feel better about leaving.
- **Start a New Tradition:** It's hard to let go of a tradition when loved ones are gone or can't participate, so start a new one. For example, when it became too difficult for your loved one to go to church on Christmas Eve, try singing carols together at home instead.
- Finally, **Stop, Breathe, Feel the Joy:** It's easy to get caught up in the holiday frenzy. Being mindful of joyful moments magnifies our precious time with loved ones. Savor them.

Halloween Fun at Rivertown Senior Center





WEDNESDAY, DECEMBER 18, 2019

**MENU FOR ALL GREENE COUNTY
SENIOR NUTRITION SITES:**

Beef Pot Roast w/ Gravy
Mashed Potatoes
Spinach Puff
Apple Pie

Suggested Donation \$4.00

Remember to sign-up at least one day in advance for meal

*Festivities to begin at 10:00 a.m.
at the Town of Cossackie Senior Center*

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, to please call us as soon as you can to cancel. Your cooperation 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

Elaine Cherrington
Sebastianna Thurman

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

CATSKILL

Robert C. Antonelli
Washington Irving Sr. Cntr.
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

Sal Alberti
MaryAnn Brink

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

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

COXSACKIE

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

Abigail Schweter
Meal Site Manager

Carol Harnett

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

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 OR OVER, ARE INVITED TO ATTEND

SUGGESTED CONTRIBUTION \$4.00

DAILY: Bread w/Promise Spread, and 1% Milk, Coffee or Tea

Monday	Tuesday	Wednesday	Thursday	Friday
2 SWEET & SOUR PORK BROWN RICE BROCCOLI TROPICAL MIXED FRUIT	3 CRAB TOPPED COD BEETS SWEET POTATOES MANDARIN ORANGES	4  NATIONAL COOKIE DAY MEATLOAF W/ GRAVY GREEN BEANS MASHED POTATOES OATMEAL RAISIN COOKIE	5 CHICKEN DIVAN RICE WAX BEANS FRESH SALAD V8 JUICE PUMPKIN PUDDING	6 CHEF'S CHOICE CAULIFLOWER GRAPE YOGURT PARFAIT
9 SPAGHETTI W/ SAUSAGE ITALIAN MIXED VEGETABLES LEMON MOUSSE	10 BBQ CHICKEN MASHED POTATOES SPINACH FRUITED GELATIN	11 BIRTHDAY CELEBRATION BEER BATTERED FISH RICE PILAF BROCCOLI BIRTHDAY CUPCAKES 	12 NATIONAL AMBROSIA DAY FRESH HAM W/ GRAVY APPLESAUCE BRUSSELS SPROUTS SWEET POTATOES AMBROSIA 	13 CHEF'S SALAD <i>(Turkey, Cheese, Greens, Cucumber, Hard Boiled Egg & Tomatoes)</i> BEET SALAD FRESH FRUIT
16 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES FRUIT COCKTAIL	17 TACO BAKE SPANISH RICE CORN, LIMA BEANS & CARROT MIX PEARS	18 CENTER CHRISTMAS MEAL BEEF POT ROAST W/ GRAVY MASHED POTATOES SPINACH PUFF APPLE PIE 	19 CHICKEN CACCITORE LINGUINI ITALIAN MIXED VEGETABLES TIRAMISU	20 PULLED PORK BEANS & RICE GREEN BEANS COLE SLAW W/ CARROTS FRESH FRUIT
23 STUFFED SHELLS W/ SAUSAGE ITALIAN MIXED VEGETABLES MANDARIN ORANGES & PINEAPPLE	24 NATIONAL EGGNOG DAY BAKED CHICKEN W/ GRAVY BRUSSELS SPROUTS MASHED POTATOES VANILLA PUDDING W/ NUTMEG TOPPING EGGNOG! 	25 DHS MAIN OFFICE & ALL SENIOR NUTRITON SITES CLOSED 	26 NATIONAL CANDY CANE DAY BEEF BURGUNDY BUTTERED NOODLES BROCCOLI WHITE CAKE <i>w/ Crushed Candy Cane on top</i> 	27 PEPPER STEAK ZUCCHINI FRESH SALAD BAKED POTATO FRESH FRUIT
30 VEGETABLE LASAGNA ITALIAN BEANS BROCCOLI PEACHES	31 MEATLOAF W/ GRAVY CARROTS MASHED POTATOES YOGURT PARFAIT	<div style="text-align: center;">  </div>		

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 OR OVER, ARE INVITED TO ATTEND

SUGGESTED CONTRIBUTION \$4.00

DAILY: Bread w/Promise Spread, and 1% Milk, Coffee or Tea

Monday	Tuesday	Wednesday	Thursday	Friday
		<p style="text-align: center;">1  HAPPY NEW YEAR DHS MAIN OFFICE & ALL SENIOR NUTRITON SITES CLOSED</p>	<p style="text-align: center;">2 BAKED HAM FRESH SALAD AU GRATIN POTATOES GLAZED CARROTS CHOCOLATE MOUSSE</p>	<p style="text-align: center;">3 BEEF STEW BRUSSELS SPROUTS COLESLAW FRESH PEARS</p>
<p style="text-align: center;">6 MACARONI & CHEESE STEWED TOMATOES BROCCOLI RICE PUDDING</p>	<p style="text-align: center;">7 CRAB TOPPED COD GREEN BEANS RICE PILAF POTATO FRUITED GELATIN</p>	<p style="text-align: center;">8 CHICKEN PICCATA ORZO ASPARAGUS MANDARIN ORANGES</p>	<p style="text-align: center;"> 9 NATIONAL APRICOT DAY OVEN BBQ PORK CHOP FRESH SALAD BRAISED CABBAGE SWEET POTATO APRICOT COBBLER</p>	<p style="text-align: center;">10 HUNGARIAN GOULASH BUTTERED NOODLES CALIFORNIA MIXED VEGETABLES FRESH FRUIT</p>
<p style="text-align: center;">13 CHICKEN DIJON RICE PILAF BRUSSELS SPROUTS ICE CREAM (CONGREGATES) YOGURT (HDM)</p>	<p style="text-align: center;">14 BROCCOLI CHEDDAR QUICHE GREEN BEANS HASH BROWN POTATOES PINEAPPLE CHUNKS</p>	<p style="text-align: center;">15 BIRTHDAY CELEBRATION SALISBURY STEAK W/ GRAVY MASHED POTATOES SPINACH PUFF BIRTHDAY CUPCAKE </p>	<p style="text-align: center;">16 LINGUINI W/ WHITE CLAM SAUCE ITALIAN GREEN BEANS FRESH SALAD FRESH FRUIT</p>	<p style="text-align: center;">17 ROAST PORK W/ GRAVY APPLESAUCE BRAISED CABBAGE WINTER SQUASH CHOCOLATE MOUSSE</p>
<p style="text-align: center;">20 DHS MAIN OFFICE & ALL SENIOR NUTRITON SITES CLOSED  <small>Martin Luther King Jr. Day</small></p>	<p style="text-align: center;">21 BAKED CHICKEN W/ GRAVY MASHED POTATOES CARROTS TROPICAL MIXED FRUIT</p>	<p style="text-align: center;"> 22 NATIONAL BLONDIE DAY SWEET & SOUR PORK RICE BROCCOLI BLONDIE</p>	<p style="text-align: center;">23 CRANBERRY CHICKEN SALAD FRESH GREENS & CUCUMBERS POTATO SALAD YOGURT PARFAIT</p>	<p style="text-align: center;">24 SALMON W/ DILL SAUCE COLESLAW CALIFORNIA MIXED VEGETABLES BAKED POTATO LEMON MOUSSE</p>
<p style="text-align: center;">28 CHILI CON CARNE BROWN RICE WAX BEANS FRUIT COCKTAIL</p>	<p style="text-align: center;">29 COOK'S CHOICE CALIFORNIA MIXED VEGETABLES CHOCOLATE MOUSSE</p>	<p style="text-align: center;">30 ROAST TURKEY W/ GRAVY BRUSSELS SPROUTS SWEET POTATO PEARS</p>	<p style="text-align: center;">31 MEATLOAF W/ GRAVY GREEN BEANS MASHED POTATO OATMEAL RAISIN COOKIE</p>	<p style="text-align: center;">31 EGGPLANT PARMIGIANA SPAGHETTI FRESH SALAD BROCCOLI TIRAMISU</p>

Nutrition Notes



HEALTHY HOLIDAY EATING STARTS WITH PROPER FOOD HANDLING

This time of year we plan our holiday meals and pull out all the stops! Meaning we cook from scratch like we did years ago. Lots of food, family and friends also offer opportunity for mishandling of food and contamination.

Here are a few easy tips to ensure a safe holiday season:

- ***Plan ahead***
 - ◊ Be sure to have the proper equipment such as cutting boards and utensils available and on hand.
- ***Shopping***
 - ◊ Do not buy fresh cut fruits and vegetables that are not refrigerated.
 - ◊ Avoid canned products that are dented, bulging or rusted.
 - ◊ Separate raw meat, fish, poultry and eggs from fruit and vegetables.
- ***Working in the kitchen***
 - ◊ Be sure everyone follows the basic rules of Clean, Separate, Cook and chill.
 - ◊ Be sure everyone washes their hands before and after handling food.
 - ◊ Always use paper towels when many are preparing food for less risk of cross contamination.
 - ◊ Keep the refrigerator door closed as much as possible.
- ***Leftovers***
 - ◊ Discard all perishable foods left in room temperature for 2 hours or longer.
 - ◊ Cut whole hams and turkeys into smaller portions before freezing or refrigeration.
 - ◊ Freeze or refrigerate leftovers in smaller/shallow containers.
 - ◊ Consume leftovers in 3 to 4 days and reheat at an internal temperature of 165 degrees.



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 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 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

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.

every contribution is
hugely valued

thank
you!

THANK YOU FOR YOUR SUPPORT and GENEROSITY



As the number of seniors grows, so does the need for our vast array of services. The Department of Human Services encourages and appreciates donations and contributions. If you or your family are in a position to do so, please fill out the form below. One hundred percent will be used to provide service to an older adult in need.

NAME: _____

ADDRESS: _____

I designate \$ _____ 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

Make checks payable & mail to:
Greene County Dept. of Human Services
411 Main Street, Catskill, N.Y. 12414



**GREENE COUNTY DEPARTMENT
OF HUMAN SERVICES**
[https://www.facebook.com/Greene-County-
Department-of-Human-Services-379577489142216/](https://www.facebook.com/Greene-County-Department-of-Human-Services-379577489142216/)



For information on any Greene
County Department,
go to:

www.greengovernment.com/
Click "Departments"

Human Services:
[https://www.greengovernment.com/
departments/human-services](https://www.greengovernment.com/departments/human-services)

*Regardless of the holiday you observe,
the staff at Greene County Department of Human Services
wish you a happy and safe one.
May 2020 be a healthy and good year for you.*



Medicare Advantage Supplemental Benefits

What is a supplemental benefit?

A supplemental benefit is an item or service covered by a Medicare Advantage Plan that is not covered by Original Medicare. These benefits do not need to be provided by Medicare providers or at Medicare-certified facilities. Instead, to receive these items or services, you need to follow your plan's rules. Some commonly offered supplemental benefits are dental care, vision care, hearing aides, and gym membership.

Supplemental benefits must, with some exceptions (see below), be primarily health-related. These benefits can either be:

- Optional, meaning that they are offered to everyone who is enrolled in a plan, and you can choose to purchase coverage if you want to, or
- Mandatory, meaning that they are covered for everyone enrolled in a Medicare Advantage Plan and you cannot decline the coverage (even if you do not need to use the service).

Changes to supplemental benefits in 2020

Beginning in 2020, Medicare Advantage Plans can begin covering supplemental benefits that are not primarily health-related for beneficiaries who have chronic illnesses. These benefits should address social determinants of health. A social determinant of health is part of your life that can affect your health in some way, such as not having access to transportation. Plans can now offer benefits like meal delivery, transportation for non-medical needs, and home air cleaners. In order to be eligible for this benefits, you must be chronically ill. This means that you:

- Have at least one medically complex condition that is life-threatening or significantly limits your health or function
- Have a high risk of hospitalization or other negative health outcomes, and
- Require intensive care coordination.

Since Medicare Advantage Plans will be able to create sets of supplemental benefits for people with specific chronic illnesses, **not every member of a Medicare Advantage Plan will have access to the same set of benefits.** For example, a plan might cover services like home air cleaning and carpet shampooing for members with severe asthma. A member of that plan who has severe asthma will be able to get that service covered, while a member who does not have asthma, or whose asthma is mild, will not.

Questions to ask about supplemental benefits

Before signing up for a Medicare Advantage Plan that includes supplemental benefits or before receiving services that are covered by these benefits, ask these questions to better understand the available coverage:

- ❑ Is this definitely a supplemental benefit, or is this service covered under Original Medicare?
 - ❑ Sometimes, plan marketing materials can make it seem as though they are covering additional services, when these services are actually covered by Medicare. To find out if a service is already covered by Original Medicare, you can call 1-800-MEDICARE.
- ❑ If I am signing up for a Medicare Advantage Plan because it contains this benefit, did I also make sure that the plan's coverage will work for me?
 - ❑ For example, are all of my providers in the plan's network? Are all of my drugs on this plan's formulary?
- ❑ Is this benefit offered to all enrollees in this Medicare Advantage Plan?
 - ❑ Is it an optional benefit that I need to sign up for?
 - ❑ Is it a benefit that is only offered to plan members with chronic conditions? Do I meet the plan's criteria for coverage?
 - ❑ Is the benefit only available if medically necessary? Does my situation meet that standard?
- ❑ Is there a cost associated with this benefit?
 - ❑ Is there an additional premium that I must pay in order to access it?
 - ❑ Are there copays or coinsurances for these services?
 - ❑ Is this Medicare Advantage Plan's premium higher than comparable plans that do not offer this benefit?
- ❑ Are there limits on how much I can use this service—for example, a set number for rides for a transportation benefit or a dollar limit on eyeglasses?
- ❑ Are there restrictions on where and how I can access these services? For example, do I need to see in-network providers, receive a referral, or participate in a care management program?
- ❑ Are there some excluded services within this category of benefits?
- ❑ Is this the most cost-effective way for me to access these services?
- ❑ Is separate insurance or private payment for that benefit available? Does that insurance offer more benefits or is it less expensive than the premium difference?

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



Calling All Seniors!

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 SENIORS

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

MOUNTAINTOP:

MOUNTAIN TOP GOLDEN AGERS

4th monthly Thursday

1:30 p.m.

Tannersville Village Hall

W-A-J-P-L GOLDEN AGE CLUB

1st & 3rd Monday

1:30 p.m.

Hensonville Town Bldg.

FROM THE CATSKILL SILVER LININGS

The October meeting of the Catskill Silver Linings was filled with the air of “Oom Pah Pah” for Oktoberfest and some fun for the young at heart for Halloween. All members had a good time.



WAJPL GOLDEN AGE CLUB 2020 TRIPS

- | | |
|----------|--|
| April 22 | GREATEST SINGING GROUPS OF THE 50s & 60s
BROWNSTONE (PATTERSON, NJ)
\$63 per person |
| May 7 | PROCTOR'S "HELLO DOLLY" & LUNCH AT GLEN SANDERS MANSION
\$80 per person |
| June 18 | ARMORY NATIONAL HISTORIC SITE & MGM CASINO
SPRINGFIELD, MASSACHUSETTS
\$15 |
| July 28 | LOG CABIN (HOLYOKE, MASS.) - Lunch for both trips: Twin Lobsters or Prime Rib
ROD STEWART TRIBUTE \$65 person |
| August 4 | BILLY JOEL TRIBUTE \$62 person |

**To make reservations,
call Mary Louise 518-622-3397 or Vicky 518-734-4164**



WILLIAMSBURG & CHARLOTTESVILLE

With Berkeley Plantation & Thomas Jefferson's Monticello

5 DAYS - 4 NIGHTS

MAY 11 - 15, 2020

\$689 per person double occupancy

\$649 per person triple occupancy

\$888 per person single occupancy



PACKAGE INCLUDES:

- * 4 Nights lodging
- * 4 Breakfasts
- * Buffet Lunch at Historic Michie Tavern
- * 3 Dinners including Captain George's Smorgasbord
- * 2-Day Ticket to Colonial Williamsburg
- * Guided Tour of Colonial Williamsburg
- * Self-guided tour of Jamestown Settlement
- * Tour of Thomas Jefferson's Monticello
- * Admission to Berkeley Plantation
- * Drive-by University of Virginia
- * Souvenir gift
- * Luggage handling
- * Taxes and meal gratuities
- * Motorcoach transportation

Cancellation insurance available upon request; see reverse side

FOR INFORMATION AND RESERVATIONS CONTACT:

WAJPL GOLDEN AGE CLUB

Mary Louise (518) 622-3397

or

Vicky (518) 734-4164

GREENVILLE GOLDEN YEARS BUS TRIP

"SONNY & CHER VARIETY SHOW"

FEATURING TOMMY WALKER
& RYAN KELLY



THE BROWNSTONE, PATERSON, N. J.



JUNE 9, 2020

\$60 INCLUDES

2 COMPLIMENTARY DRINKS DURING HAPPY HOUR

FRESH GARDEN SALAD W/ ROLLS

CORN CHOWDER

BRAISED BEEF TIPS - ROAST CHICKEN

MASHED POTATOES - FRESH VEGETABLE MEDLEY

DESSERT - HOT BEVERAGES - SODA

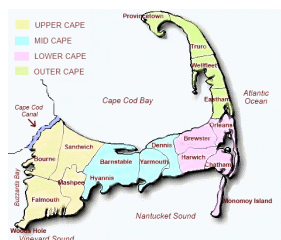
BOUTIQUE SHOPPING

DOOR PRIZES 50/50 DRAWINGS

FOR FURTHER INFORMATION,
CALL PHYLLIS AT 518-943-9028

MOUNTAINTOP GOLDEN AGERS BUS TRIP

CAPE COD MASSACHUSETTS



SEPTEMBER 8 - 11, 2020

\$534 PER PERSON, DOUBLE OCCUPANCY

\$673 PER PERSON, SINGLE OCCUPANCY

\$100 DUE WITH RESERVATION

\$200 DUE JULY 30 - BALANCE DUE BY AUGUST 25

3 NIGHTS LODGING W/ BREAKFAST & DINNER

ESCORTED TOURS OF:

PROVINCETOWN, CHATHAM, HYANNIS

PLYMOUTH & PLYMOUTH ROCK

HISTORIC SANDWICH

HYANNIS HARBOR CRUISE

BEACH TIME - SOUVENIR GIFT

LUGGAGE HANDLING - TAXES & MEAL GRATUITIES

FOR FURTHER INFORMATION
OR TO MAKE A RESERVATION,
CALL CHRISTOPHER AT 518-589-5815

WAJPL Golden Age Club presents

"QUEEN ESTHER" in Lancaster, PA

The story of Esther provides great encouragement and teaches us that one person can truly make a difference. Esther was an unlikely candidate to become Queen of Persia, but God intervened and appointed her for the difficult and dangerous task of delivering the Jews from destruction.

God had a great call and purpose for Esther. Embrace the story of her life and discover God's calling

2 Day Tour - September 22-23, 2020



\$275. Double

\$265 Triple \$355 Single

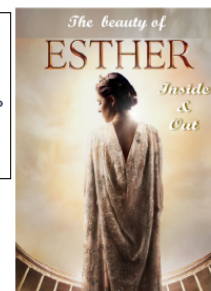
DEPOSIT of \$50 at SIGN UP
Balance due: 8/19/20

Cancellation Protection
Only \$25 per person

Package Includes:

- Roundtrip Deluxe Motor Coach
- 1 Night at the Bird in Hand Inn
- Dinner Show at the Dutch Apple Theatre
- 1 Breakfast Buffet at the Hotel
- Lunch in an actual Amish Home
- "QUEEN ESTHER" at Sight Sound Theater
- *RESERVED Orchestra Seats!
- Guided Amish Country Farmland Tour
- Kitchen Kettle Village
- Chalk Talk with Artist Elva
- Baggage Handling
- All Hotel and Meal Tax

Musical
Theatres



For reservations contact:

Mary Louise

(518) 622-3397

Or **Vicky @**

(518) 734-4164



Family Style Dinner in
a REAL Amish Home!



TWO
SHOWS!



Bus Departs:
6:30 a.m. Windham, NY
Returns at Approx. 8:45 p.m.



"Chalk Talk"
with artist Elva Hurst



News From the Greene County Youth Bureau



GREENE COUNTY CHILDREN, YOUTH AND COMMUNITY ADVISORY BOARD: ***WE ARE SEARCHING FOR MEMBERS TO FILL BOARD VACANCIES. COULD THIS BE YOU?***

- ◆ 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 continuum care systems. Official appointment is made by the Greene County Legislature.
- ◆ Meetings are held six times during the year: April, May, June, September, October and November, on the 2nd Wednesday of the month beginning at 6:00 p.m. and run approximately two hours.

If you think this could be you or you know someone this sounds like, please contact the Greene County Department of Human Services at 518-719-3555.



**Office of Children
and Family Services**

OFFICE OF CHILDREN AND FAMILY SERVICES ANNOUNCES APPLICATIONS ACCEPTED FOR NEW YORK STATE YOUTH COUNCIL

The Council Will Advise State Policy Makers on Priority Issues for New York State Youth

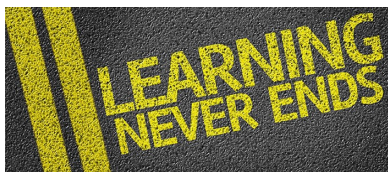
The New York State Office of Children and Family Services (OCFS) announced that the state is accepting applications from youth who want to serve on the New York State Youth Council. The Youth Council will increase participatory democracy by involving 62 young people – one youth from each New York State county – to advise the Governor, state and local policy makers on key issues facing young people and on outreach and communication strategies.

The Youth Council will provide policy recommendations on education, youth violence, the opioid crisis, juvenile justice, environmental justice, cyberbullying and civic engagement. It will address issues that are of particular relevance to young women and girls, including sexual assault and harassment, female empowerment, economic opportunity and wage parity.

The Youth Council will be run by youth, ages 13 to 21, who will develop its organizational structure and prioritize key issues, and its members will gain hands-on experience in the democratic process. The members will serve two-year terms. Once selected, the Council will convene in Albany for orientation and training and will then be divided into regional teams to focus on specific policy issues.

Interested youth must submit an application that includes an essay and a video demonstrating their interest in one of the council's focus areas. Candidates will be selected based on their character, leadership skills, academic achievement, civic engagement and community service.

Youth may apply at <https://nysylc.secure-platform.com/a/solicitations/home/1>.



ADULT LEARNING INSTITUTE (ALI)

The Adult Learning Institute has announced its program for December 2019. All are held at Columbia - Greene Community College, 4400 NY RT 23, Hudson. Please call the ALI Office @ 518-828-4181, ext. 3431, or email ali@sunycgcc.edu to register.

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

Mon. Dec. 2 & 16

Open Pinochle Group

Tues. Dec. 4, 10 & 17

Bridge Group w/ Bridge Lessons

Starts at 1:00 p.m.

Wed. Dec. 4 & 11

Mahjongg

Thurs. Dec. 11

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

"Columbia County Before the Revolution"

Mon. Dec. 16 **AND** Wed. Dec. 18

Exploring Your Family History

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

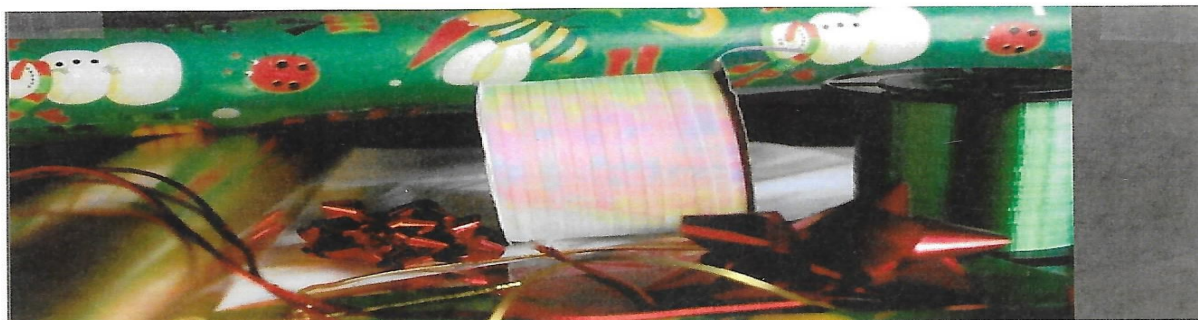
Please call the office for the room for Monday's sessions

Advance registration is required as program is restricted to one person per session.



Cornell University
Cooperative Extension
Columbia & Greene Counties

Extension Education Center
479 Route 66
Hudson, New York 12534-3404
t. 518.828.3346
e. columbia@cornell.edu
www.ccecolumbiagreene.org



If everyone reused two feet of ribbon the saved ribbon could tie a bow around the world.

Holiday Recycling & Waste Reduction Tips

• Wednesday, December 4, 2019, 6:30 PM - 7:30 PM

Researchers have noted that Americans generate 25 million extra tons of garbage between Thanksgiving and Christmas. That's 25 percent more than the rest of the year! Pledge to make this holiday season cleaner and greener by taking some simple steps to give more, consume less, reduce waste and lessen your carbon footprint. Call the library to register at 518-731-8084 or go online to https://reg.cce.cornell.edu/ZeroWaste_210

Fee: Free

Contact

Theresa Mayhew

Resource Educator, Community and Economic Vitality, CCE Columbia & Greene Counties
tcn5@cornell.edu
(518) 828-3346 ext. 217

Location: Heermance Memorial Library; 1 Ely Street; Coxsackie, NY 12501

Building Strong and Vibrant New York Communities

Cornell Cooperative Extension provides equal program and employment opportunities. NYS College of Agriculture and Life Sciences, NYS College of Human Ecology, and NYS College of Veterinary Medicine at Cornell University, Cooperative Extension associations, county governing bodies, and U.S. Department of Agriculture, cooperating.

Hearthstone Care

1187 SR 23A, Catskill NY 12414
(518) 678-2030



**MERRY
CHRISTMAS!**



**Join us for a day of fun, family
and holiday celebrations on
Wednesday December 18th,
2019. We gather and celebrate
with games, music and much
more!!!**



**ARE YOU A GOOD LISTENER? NON-JUDGMENTAL?
GOOD COMMUNICATOR?
BECOME A COMMON GROUND VOLUNTEER
MEDIATOR!**



Basic Mediation and Custody Visitation Mediation Training – Hudson NY

Common Ground is looking for volunteer mediators to serve in our community-based and Family Court Mediation programs.

Common Ground is a non-profit mediation center, serving Greene & Columbia Counties, funded in part through a grant from the NYS Unified Court System. Resumes with letter of interest to:

dwallant@commongroundinc.org or mail,
Dawn Wallant, Executive Director,
Common Ground Dispute Resolution Inc.,
11 William St., Catskill NY 12414

For more information call 518-943-0523

**Training Dates: Basic Mediation: March 18-21
2020; Custody/Visitation: 3/27-28 2020. World
Renowned Trainer, Duke Fisher.**

Recommended Contribution: \$125.00 for both trainings.
(Standard individual tuition is \$1,500 for both trainings)

common ground

A Place to Settle Differences

COMMON GROUND DISPUTE RESOLUTION
INC
11 William St., Catskill NY 12414
518 943 0523 www.commongroundinc.org



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

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BUSINESS MANAGER: Ken Brooks

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Nutrition - Tezera Pulice

Volunteer Services - Ruth Pforte

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Cortney Carlson

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Mary Jean Pomilla

SHOPPING BUS DRIVER:

Janet Osborn

NUTRITION VAN CHAUFFEURS:

Dave Mokszycki

Patrick Murphy

YOUTH SERVICES WORKERS:

Carrie E. Wallace

Laura Anderson

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