



Greene County Round Table News

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MAY 2020



These past few weeks have definitely been different from anything we have previously experienced. We came together by a new term in our vocabulary . . . social distancing. All this was due to the Coronavirus, or COVID-19.

Through it all, the Department of Human Services learned the importance of essential personnel. However, to us, it was not the people with fancy titles. It was our Senior Service Center staff. The center staff and our drivers, together with committed volunteers, worked day in and day out to get meals to the homebound county seniors. Without their teamwork, so many senior citizens would not have had meals.

Center staff went above and beyond the call of duty by preparing, cooking and distributing meals to our area seniors. Each day a few more names would be added to the list and the list would grow and grow.

They did not work alone however. RSVP volunteers willingly delivered meals to the ones who could not get out for one reason or another. Teachers and school personnel, who now do not have classrooms, foster parents and others, came forward and also offered to help feed the hungry.

Thank you are just two simple words but the deep appreciation that goes with them to our Senior Nutrition Site staff and the many volunteers is priceless and cannot be summed up in words. So we simply say thank you. *(NOTE: File Photos; Camera shy - Carol Harnett & Tim McCarthy)*



CAREGIVING DURING COVID-19: BE WELL WITH THESE TIPS

Courtesy of VISTAS HealthCare

During periods of crisis like the COVID-19 pandemic, family members and close friends continue to provide daily care. Caregivers should develop habits and strategies to maintain their own health and well-being. This helps to both limit viral transmission and to avoid the ever-present risk of caregiver burnout. Here are some key strategies and tips for caregiving in the era of COVID-19.

Reduce Transmission of Coronavirus

Follow CDC-recommended protocols for personal and patient hygiene. Wash your hands often for at least 20 seconds, especially:

- Before, during, and after food preparation.
- After using the toilet, blowing your nose, coughing, or sneezing.
- Before and after treating someone who is ill.

Stay Informed about COVID-19, But Don't Overdo It

Keep up to date on the state of COVID-19 in your area, but don't obsess and don't mistake social media opinion for fact. A constant barrage of pandemic-focused news can be mentally and emotionally overwhelming, so try to limit your intake to a certain time or times each day.

Take Care of Yourself

Your patient's well-being relies on your ability to maintain your own. To be at your best, be sure to:

- Eat healthy, balanced meals.
- Maintain a regular sleep routine.
- Find chances to exercise whenever possible.

Watch for Signs of Burnout

Caregiver burnout can happen in any caregiver-patient relationship, but the risk is heightened in times of increased stress. You may be suffering from caregiver burnout if you experience any of these problems: Hopelessness, Overwhelming anxiety, Sleep problems and/or Difficulty Coping with everyday tasks.

Consider making more time for yourself when possible. Over any amount of time, caregiving can be physically, mentally and emotionally exhausting. Learn how to halt or stop if you're feeling caregiver burnout.

Find Opportunities to Relax

Caregiving is a major responsibility, but it shouldn't completely overtake your life. Use spare moments to listen to your favorite music, read, or work on a hobby. Other options include mindfulness exercises such as meditation or creative visualization. Engage in prayer, working in a garden, or spend some time outside by taking a walk around the block (but remember to stay at least 6 feet away from others).

Stay Connected

Social distancing doesn't mean total isolation. Reach out to friends and family regularly for casual chats and wellness checks. Consider spending time together virtually, whether by watching a movie over a video chat session or playing games together online. If you live with loved ones, find ways to help and support each other.

During these uncertain times, caregivers remain a valuable constant for patients. Please stay healthy and safe as you perform your crucial role.



COVID-19 CONSUMER WARNINGS AND SAFETY TIPS

As the novel coronavirus (COVID-19) pandemic continues to impact the United States, phone scammers have seized the opportunity to prey on consumers. The FCC has received reports of scam and hoax text message campaigns and scam robocalls offering free home testing kits, promoting bogus cures, selling health insurance, and preying on virus-related fears. A text message scam may falsely advertise a cure or an offer to be tested for coronavirus. **Do not click on links in texts related to the virus, and check [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) for the most current information.**

Some text scams are impersonating government agencies. The FCC recently learned of a text scam claiming to be from the "FCC Financial Care Center" and offering \$30,000 in COVID-19 relief. There is no FCC program to provide relief funds to consumers. The text is likely a phishing attempt to get banking or other personal information from victims. The BBB is also warning of a text message scam impersonating the U.S. Department of Health and Human Services. It informs recipients that they must take a "mandatory online COVID-19 test" using the included link.

Text message hoaxes may claim that the government will order a mandatory national two-week quarantine, or instruct you to go out and stock up on supplies. The messages can appear to be from a "next door neighbor." The National Security Council tweeted that these are fake. FEMA is tracking rumors and reminds consumers to always check a trusted source.

Scammers are also using robocalls to target consumers during this national emergency. The FCC has received reports of robocalls purporting to offer free virus test kits, in an effort to collect consumers' personal and health insurance information. One version of this scam is targeting higher risk individuals with diabetes, offering a free COVID-19 testing kit along with a free diabetic monitor. Other robocalls are marketing fake cures and asking for payment over the phone. Opportunists are also making robocalls to offer HVAC duct cleaning as a way to "protect" your home and family from the virus.

Many consumers received checks as part of the federal government response to the coronavirus. No one will call or text you to verify your personal information or bank account details in order to "release" the funds. The Treasury Department expects most people to receive their payments via direct-deposit information that the department has on file from prior tax filings.

If you think you've been a victim of a coronavirus scam, contact law enforcement immediately. The FCC offers the following tips to help you protect yourself from scams, including coronavirus scams:

- Do not respond to calls or texts from unknown numbers, or any others that appear suspicious.
- Never share your personal or financial information via email, text messages, or over the phone.
- Be cautious if you're being pressured to share any information or make a payment immediately. Scammers often spoof phone numbers to trick you into answering or responding. Remember that government agencies will never call you to ask for personal information or money.
- Do not click any links in a text message. If a friend sends you a text with a suspicious link that seems out of character, call them to make sure they weren't hacked.
- Always check on a charity (for example, by calling or looking at its actual website) before donating.

For more information about scam calls and texts, visit the FCC Consumer Help Center and the FCC Scam Glossary. You can also file a complaint about such scams at [fcc.gov/complaints](https://www.fcc.gov/complaints).

COVID-19 FINANCIAL WELLNESS RESOURCES

The below resources have been compiled by the FERM Program Work Team to provide you and your family with pertinent financial management resources to assist you during this challenging time.

Resources available at the Federal level

The Consumer Financial Protection Bureau (CFPB) has information ranging from what to do if you have trouble paying your bills, are facing income loss, or have a problem with a financial service.

<https://www.consumerfinance.gov/coronavirus/>

Visit The Internal Revenue Service (IRS) for all your tax-related needs.

<https://www.irs.gov/coronavirus>

IRS Free File

<https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>

Payment Deadline Extended

<https://www.irs.gov/newsroom/payment-deadline-extended-to-july-15-2020>

The Federal Deposit Insurance Corporation (FDIC) provides information linking banks, technology and consumers.

<https://www.fdic.gov/>

The Federal Trade Commission (FTC) provides regular consumer alerts regarding scams along with tips and advice for consumers on a variety of financial and consumer related topics.

<https://www.ftc.gov/>

The Federal Communications Commission (FCC) has information on scams and a list of cell phone providers who have pledged not to terminate service for 60 days under the Keep Americans Connected initiative.

<https://www.fcc.gov>



New York State Resources

The Attorney General of New York State has detailed information on Coronavirus resources and warnings on current consumer scams.

<https://ag.ny.gov/>

Link to all NYS programs and services through the NYS Governor.

<https://www.governor.ny.gov/>



The NYS Comptroller's office has a financial toolkit on their website that covers a variety of personal finance concerns that New Yorkers may be dealing with as a result of the coronavirus.

<https://www.osc.state.ny.us/covid-19/financial-toolkit.htm>

The site www.mybenefits.gov allows you to research and prescreen your eligibility for benefits such as HEAP, SNAP, Assistance programs, health insurance and tax credits.

The New York WIC program provides food, information on health and nutrition, education and support for low-income women and children up to age five.

www.health.ny.gov/prevention/nutrition/wic

Find helpful Cornell Cooperative Extension resources and the NY Extension Disaster Education Network information.

<https://eden.cce.cornell.edu/>

Resources from Extensions throughout the United States

North Dakota State University Extension

<https://www.ag.ndsu.edu/publications/money>

University of Wisconsin-Madison Extension

Managing Your Personal Finances in Tough Times

<https://fyi.extension.wisc.edu/toughtimes/>

Financial Resources to Help Get Through COVID-19

<https://fyi.extension.wisc.edu/toughtimes/covid-19-financial-resources/>

North Dakota State University Extension – Facebook: @NDSUEExtension

Blogs:

Breathing Room: A Space to Take a Breath & a Step Towards Wellness

<https://breathingroom.umd.edu/2020/03/19/coronavirus-covid-19-protect-your-health-and-find-help-for-financial-stress/>



April 13, 2020

FERM is a statewide effort by Cornell Cooperative Extension to help individuals and families to adopt management behaviors which lead to more secure financial situations and affordable use of resources through education and practice, including:

- *Enhancing financial literacy skills of consumers*
- *Increasing consumer awareness of energy resource choices*
- *Encouraging and augmenting professional development for extension educators*
- *Documenting and reporting program impact*

Older Americans' Month Proclamation

Whereas the older residents of Greene County represent a wealth of knowledge and experience and are one of the county's most valuable resources; and

Whereas the Greene County Legislature is committed to supporting its senior citizens by means of a vast array of programs and services offered by the Department of Human Services, Aging division; and

Whereas, over one-fifth of the County's total population is comprised of citizens 65 years of age or older; and

Whereas, a growing number of baby boomers are rapidly becoming older citizens, and the number of individuals providing care to family members and friends is expanding significantly; and

Whereas, Greene County benefits greatly from the dedication and community awareness of its senior residents; and

Whereas, the month of May is nationally recognized as Older Americans Month and this year's theme is "Make Your Mark", which encourages and celebrates countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. This year's theme highlights the difference everyone can make - in the lives of older adults, in support of caregivers, and to strengthen communities.

Now therefore, we, the members of the Greene County Legislature, hereby proclaim the month of May 2020 as:

Greene County Older Americans Month

And forever with great pleasure, we honor our senior citizens and encourage them to continue to play a vital role in the Greene County community.

Dated this 15th day of April, 2020

Greene County Legislature

CONGRATULATIONS

WHEREAS, Greene County is indeed fortunate to have numerous older residents who contribute their talents and energies on behalf of their fellow citizens; and

WHEREAS, the national theme for Older Americans' Month this year is *"Make Your Mark"*; and NOW, THEREFORE, we the members of the Greene County Legislature, in recognition and appreciation of the commitment and dedication to fellow citizens, do hereby commend:

WILLIAM VONATZINGEN, 2020 GREENE COUNTY SENIOR CITIZEN OF THE YEAR LULA ANDERSON, 2020 OUTSTANDING CONTRIBUTION BY A SENIOR CITIZEN

WHEREAS, William VonAtzingen, 86, has lived in Greene County since 1957, and has made his mark. Bill has been an active member of the Norton Hill United Methodist Church since moving to Greenville; and he has been a member of the Greenville Rotary since 1959, and was recently honored for sixty years of service. Bill has achieved Life Membership with the Greenville Fire Department as a volunteer firefighter and served sixteen years with the Greenville Rescue Squad. He has volunteered for the Greene County Department of Human Services delivering Meals on Wheels, from 2016 through 2019. Additionally, he has served as a Babe Ruth Coach from 1972 – 1976.



AND WHEREAS, Lula Anderson organized and ran a food pantry at the Windham-Ashland United Methodist Church, as well as serves as a lay speaker by preaching in the Pastor's absence, is a weekly Bible Study teacher, serves as a church trustee, and has organized fundraisers to benefit the church community. As a member of the Windham Eastern Star, she was elected District Deputy, overseeing ten other chapters, as well as is Past President of the Windham VFW Ladies Auxiliary; and has served as treasurer for the Ashland Cemetery Association. Lula has been an active member of the W-A-J-P-L Golden Age Club helping with various activities from craft classes to fund raisers, and currently serves as President. She has been the Editor of "Ashland Speaks", a weekly column in the area newspaper, for over twenty years; and in 1999, was honored by Greene County, as well as by NYS, for her outstanding effort and dedication to the task of improving the quality of life for fellow citizens.



WE FURTHER COMMEND **Duncan Macpherson, Richard Muggeo, Jan Schane and Susan VonAtzingen** in recognition of and appreciation for their outstanding contributions to the people of Greene County.

We congratulate all these county senior citizens for this achievement and thank them for their tireless and unselfish volunteer service in upholding the highest standards of humanitarianism and fellowship toward our community. We offer our best wishes for happiness and contentment in the coming years.



VOLUNTEERS ARE AMERICA



To the many volunteers -
Those who have been of service for some time through RSVP
and those who have just come on board -
I want to say how much all your help
during the COVID-19 pandemic is appreciated.

Please remember to continue to take all precautions and stay safe.

Ruth Pforte, Coordinator Greene County Department of Human Services RSVP



NOT JUST DURING A CRISIS, LIKE COVID-19, BUT YEAR ROUND!

HOMEBOUND MEDICAL TRANSPORTATION

Needed to provide transportation for seniors to medical appointments.

HOMEBOUND MEAL DELIVERY

Needed to deliver noon-time meals to homebound seniors.

If you would be interested in volunteering,
please contact Ruth Pforte at (518) 719-3555
or by email at rpforte@discovergreene.com

**TRANSPORTATION SERVICES AVAILABLE
THROUGH GREENE COUNTY DEPARTMENT OF HUMAN SERVICES**



**NOTE: These services have been modified due to COVID-19.
Please call to check on their current availability.**

During inclement weather or other emergencies, it may be necessary for us to close our senior service centers & cancel the shopping bus because of hazardous driving conditions. Medical transportation may be affected. Clients and drivers are asked to call the office for information on those days..

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 is **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 household's curb**, 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. **To make arrangements, please call 518-719-3559.**

MONDAY: Mountain Top (Windham, Ashland, Prattsville, Lexington, Jewett & Hunter) & Catskill

TUESDAY: Cairo/Catskill

WEDNESDAY: Athens/Coxsackie

Do you ride the Greene County Transit bus? Apply for a Senior Pass!

Senior citizens (60 and over) are eligible for their fare to be fully subsidized by filling out a registration form or by contacting the Greene County Department of Human Services at (518) 719-3555.



NUTRITION NOTES



MAY IS OSTEOPOROSIS MONTH

Osteoporosis is the result of your bones becoming weak. They may break from a fall or even from sneezing, coughing or bumping into something. It is estimated that 24 million Americans have osteoporosis.

Osteoporosis is a serious condition. It causes constant pain and some loss in height when bones of the spine are affected, and results in a hunched or stooped posture.

Osteoporosis limits mobility from pain or the after effects of a broken bone. Limited mobility can contribute to isolation and /or depression. It is a silent disease as one cannot feel bones becoming weaker.

Calcium and Vitamin D are important for building strong dense bones when we are young and keeping them strong and healthy as we get older. Some good sources of Calcium in food are Milk, Yogurt, Cheese, Sardines, Salmon, and foods fortified with calcium. Food sources of Vitamin D are Salmon, Tuna, Mackerel, and foods fortified with Vitamin D.

How much do we need daily?

Calcium

Women, aged 50, and Men aged 70 and above
require 1,200 mg

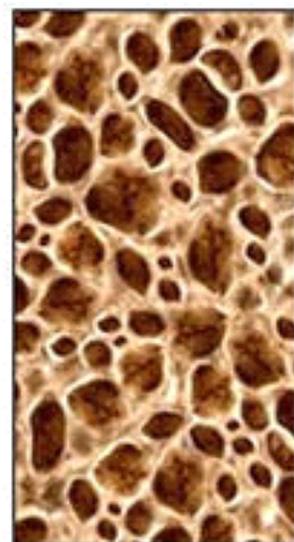
Vitamin D

Men & Women over 50 years
require 800 - 1,000 IU (International Units)

Normal Bone



Bone with
Osteoporosis



GREENE COUNTY FOOD PANTRIES
During COVID-19, call first to confirm hours
& any restrictions.



TOWNSHIP	PANTRY NAME & ADDRESS	PHONE #	HOURS
FOOD PANTRIES			
ATHENS			
	Athens Community Food Pantry 102 Washington Street, Athens	518-567-5868	Tuesdays 2:00 - 3:00 Thursday 4:30 - 5:30
	High Hill Food Pantry 1467 Schoharie Turnpike, Athens	518-291-4789	Wed 3 :00- 4:30; Fri 11:00 - 12:00 Sun 10:30 -11:00
CAIRO			
	Resurrection Lutheran Church Routes 23B & 32, Cairo	518-622-3286	Tues 6:30 - 7:30 Fri 10:00 - 11:00
CATSKILL			
	Catholic Charities 66 William Street, Catskill	518-943-1462	Tues 9:00 - 12:00
	Community Action of Greene County 7856 Rte 9W, Catskill	518-943-9205	Mon, Thurs & Fri 1:30 - 3:30
	God's Storehouse 3 Bogardus Avenue, Catskill	518-943-2709	Tuesday 2:30 - 4:00 & 6:00 - 7:30
	Matthew 25 8 Union Street, Catskill	518-943-5890	Sun 1:00 - 3:00; Wed 6:00 - 8:00
COXSACKIE			
	Coxsackie Community Food Pantry/ First Reformed Church/ D M Hamilton Firehouse	518-731-8803	Tues 1:00 - 2:00 Thurs 7:00 - 8:00 Sat 10 :00- 11:00
GREENVILLE			
	25 Town Park Drive Greenville	518-966-5640	2nd & 4th Wed 9:30 am - 12:00
JEWETT			
	First Reformed Church 53 Church Street, Jewett		Sun 12:00—2:30
WINDHAM			
	Hope Resurrection Fellowship 117 Route 296, Windham	518-734-3826	2nd & 3rd monthly Sat Thurs in between above, 5:00 - 7:30

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.

Menu is subject to change based on product availability and circumstance.

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.

CALL YOUR LOCAL SENIOR CENTER FOR ACTIVITY INFORMATION

ACRA

Acra Community Center,
Old Rte. 23B, Acra

(518) 622-9898

Elaine Cherrington
Anna Thurman

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

COXSACKIE

Town of Coxsackie
Senior Center
Mansion Street, Coxsackie

(518) 731-8901

Abby Schweter
Meal Site Manager

Carol Harnett

AGING INFORMATION
& ASSISTANCE
MEDICARE MINUTE:
3rd monthly Wednesday
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
Senior Service Center Manager

JoanAnn Rouse
Lana Marrone

AGING INFORMATION & ASSISTANCE
MEDICARE MINUTE:
2nd monthly Monday
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.

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 & OLDER (AND SPOUSES) ARE INVITED TO ATTEND - SUGGESTED DONATION IS \$4.00
SERVED DAILY: BREAD WITH PROMISE SPREAD, MILK, COFFEE & TEA - TARTAR SAUCE SERVED WITH FISH
 LUNCH RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER
 MENU IS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY AND CIRCUMSTANCE.

Monday	Tuesday	Wednesday	Thursday	Friday
				<p align="center">1</p> <p>PORK CHOPS W/ GRAVY FRESH SALAD BRAISED CABBAGE BAKED SWEET POTATO FRESH FRUIT</p>
<p align="center">4</p> <p>SWEET & SOUR PORK BROWN RICE BROCCOLI MANDARIN ORANGES</p>	<p align="center">5</p> <p>TACO CASSEROLE GREEN BEANS VANILLA PUDDING W/ GRANOLA</p> 	<p align="center">6</p> <p>BAKED CHICKEN W/ GRAVY MASHED POTATOES CARROT COINS MIXED TROPICAL FRUIT</p>	<p align="center">7</p> <p>SPAGHETTI W/ MEAT SAUCE ITALIAN MIXED VEGETABLES FRESH SALAD W/ SPINACH & BEANS FRESH FRUIT</p>	<p align="center">8</p> <p>SWEDISH MEATBALLS NOODLES RED CABBAGE FRESH FRUIT</p>
<p align="center">11</p> <p>SLOPPY JOES CAULIFLOWER & GREEN BEAN MIX SWEET POTATO PEARS</p>	<p align="center">12</p> <p>MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES PINEAPPLE CHUNKS</p>	<p align="center">13</p>  <p align="center">NATIONAL APPLE PIE DAY</p> <p>MEATLOAF W/ GRAVY MASHED POTATOES SPINACH APPLE PIE</p>	<p align="center">14</p> <p>CHICKEN DIVAN BROWN RICE HARVARD BEETS FRESH FRUIT</p>	<p align="center">15</p> <p>BAKED LEMON FISH FRESH SALAD BROCCOLI FRESH FRUIT</p>
<p align="center">18</p> <p>LEMON PEPPER CHICKEN QUARTERS CAULIFLOWER WINTER SQUASH PEARS</p>	<p align="center">19</p> <p>SPINACH & MUSHROOM QUICHE QUINOA BRUSSELS SPROUTS FRUIT COCKTAIL</p>	<p align="center">20</p> <p>ROAST TURKEY W/ GRAVY & CRANBERRY SAUCE MIXED GREEN & WAX BEANS MASHED POTATOES PEACH CRISP</p>	<p align="center">21</p> <p>CHEF'S SALAD (Egg, Turkey, Fresh Greens, Tomato Wedges, Cucumber slices, Shredded Carrots & Kidney Beans) POTATO SALAD BUTTERSCOTCH PUDDING W/ GRANOLA</p>	<p align="center">22</p> <p>BEEF STEW COLESLAW BROCCOLI FRESH FRUIT</p>
<p align="center">25</p> <p>MEMORIAL DAY ALL SENIOR NUTRITION SITES & MAIN OFFICE CLOSED</p> 	<p align="center">26</p> <p>EGGPLANT PARMESAN SPAGHETTI ITALIAN GREEN BEANS FRUIT COCKTAIL</p>	<p align="center">27</p> <p>BIRTHDAY LUNCH</p>  <p>PORK CHOP & APRICOTS BRAISED CABBAGE SCALLOPED POTATO BIRTHDAY CUPCAKE</p>	<p align="center">28</p> <p>CRAB TOPPED COD RICE PILAF FRESH GREEN SALAD W/ RED BEANS BROCCOLI PINEAPPLE CHUNKS</p>	<p align="center">29</p> <p>COOK'S CHOICE FRESH SALAD CAULIFLOWER FRESH FRUIT</p> 

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Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">1</p> <p align="center">MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES PEARS</p>	<p align="center">2</p> <p align="center"><i>NATIONAL ROTISSERIE CHICKEN DAY</i> ROASTED CHICKEN W/ GRAVY QUINOA BROCCOLI CHOCOLATE MOUSSE W/ FRUIT</p>	<p align="center">3</p> <p align="center">ITALIAN SAUSAGE TORTELLINI ITALIAN MIXED VEGETABLES PEACHES</p>	<p align="center">4</p> <p align="center">PULLED PORK BAKED BEANS COLESLAW COLLARD GREENS FRUITED GELATIN W/ WHIPPED TOPPING</p>	<p align="center">5</p> <p align="center">BATTERED FISH FRESH SALAD W/ CHICK PEAS RED POTATOES CARROTS FRESH FRUIT</p>
<p align="center">8</p> <p align="center">BAKED ZITI ITALIAN MIXED VEGETABLES BRUSSELS SPROUTS FRUIT COCKTAIL</p>	<p align="center">9</p> <p align="center">MEATLOAF W/ GRAVY MASHED POTATO SPINACH VANILLA PUDDING W/ GRANOLA TOPPING</p>	<p align="center">10</p> <p align="center">PORK CHOP BRAISED CABBAGE APPLESAUCE SWEET POTATO PINEAPPLE CHUNKS</p>	<p align="center">11</p> <p align="center">BAKED CHICKEN THIGHS BROWN RICE PILAF FRESH GREENS W/ BEANS CALIFORNIA MIXED VEGETABLES FRESH FRUIT</p>	<p align="center">12</p> <p align="center"><i>NATIONAL PEANUT BUTTER COOKIE DAY</i> SEAFOOD SALAD PASTA SALAD FRESH GREENS W/ CUCUMBERS, BEANS & TOMATOES PEANUT BUTTER COOKIE</p>
<p align="center">15</p> <p align="center">CHICKEN DIJON MASHED POTATOES SPINACH PINEAPPLE CHUNKS</p>	<p align="center">16</p> <p align="center">SALISBURY STEAK W/ GRAVY CAULIFLOWER SWEET POTATO TAPIOCA PUDDING W/ FRUIT</p>	<p align="center">17</p> <p align="center">LASAGNA ITALIAN MIXED VEGETABLES BRUSSELS SPROUTS W/ WHITE BEANS FRUIT COCKTAIL</p>	<p align="center">18</p> <p align="center">ROAST TURKEY W/ GRAVY CRANBERRY SAUCE MASHED POTATOES MONACO MIXED VEGETABLES STUFFING PEAR CRISP</p>	<p align="center"></p> <p align="center">BEEF STRIPS & BROCCOLI BROWN RICE MIXED VEGETABLES STRAWBERRY SHORT- CAKE W/ FARM FRESH STRAWBERRIES FROM STORY'S FARM</p>
<p align="center">22</p> <p align="center">AMERICAN GOULASH GREEN BEANS SPINACH FRUIT COCKTAIL</p>	<p align="center">23</p> <p align="center">BAKED SALMON W/ LEMON SAUCE RICE PILAF CALIFORNIA MIXED VEGETABLES YOGURT W/ FRUIT & GRANOLA</p>	<p align="center">24</p> <p align="center"><i>BIRTHDAY CELEBRATION</i> MEATLOAF W/ GRAVY HARVARD BEETS AU GRATIN POTATO BIRTHDAY CUPCAKE</p> <p align="center"></p>	<p align="center">25</p> <p align="center">CHEF'S SALAD (Turkey, Cheese, Egg, Fresh Greens, Cucumbers, Peppers and Tomatoes) TROPICAL MIXED FRUIT</p>	<p align="center">26</p> <p align="center"><i>NATIONAL CHOCO- LATE PUDDING DAY</i> BAKED CHICKEN W/ GRAVY FRESH SALAD W/ CHICK PEAS MASHED POTATOES BROCCOLI PUFF CHOCOLATE PUDDING W/ GRANOLA</p>
<p align="center">29</p> <p align="center">BROCCOLI QUICHE WAX BEANS PEAS & CARROTS PEARS</p>	<p align="center">30</p> <p align="center">SWEDISH MEATBALLS BUTTERED NOODLES RED CABBAGE BUTTERSCOTCH PUDDING W/ RAISINS</p>			



the compassion to care, the leadership to conquer®

SUPPORT GROUP MEETINGS

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



Greene County Women's League

A 501(c)(3) not-for-profit organization, providing Greene County Cancer patients with assistance in paying medical expenses resulting from the diagnosis and treatment of cancer. All donations are committed to patient care.

Meetings are held the 1st Tuesday of the month from April through December, with the exception of August & December, at Angel's Family Restaurant, 4385 NY-23, Cairo. Lunch is at 12:00 p. m. with the meeting called to order promptly at 1:00 p.m. The Greene County Women's League Cancer Patient Aid (GCWL) always welcomes new members. Your membership alone keeps the GCWL operational. 2020 meeting dates are as follows:

June 2

July 7

August - Fundraising Luncheon (Special ticket purchase required)

September 8 October 6 November 3

December - Christmas Party (Special ticket purchase required)

For more information call 518-819-1249 or visit G.C.W.L. at

www.greencountywomensleague.com/become-a-member/,

find us on FACEBOOK or contact us via mail at P.O. Box 341, Round Top, NY 12534.

Original Medicare vs. Medicare Advantage

People with Medicare can get their health coverage through either Original Medicare or a Medicare Advantage Plan. Here's a look at the differences between these two options.



Original Medicare

The traditional program offered directly through the federal government



Medicare Advantage

Private plans that contract with the federal government to provide Medicare benefits

Original Medicare includes Part A (inpatient/hospital coverage) and Part B (outpatient/medical coverage). You will receive a red, white, and blue card to show to your providers when receiving care. Most doctors in the country take your insurance. Additionally, Medicare limits how much you can be charged if you visit participating or non-participating providers.

Medicare Advantage Plans are also known as Medicare private health plans or Part C. Some of the most common types of plans are:

- Health maintenance Organizations (HMOs)
- Preferred provider Organizations (PPOs)
- Private Fee-For-Service (PFFS)

If you join a Medicare Advantage Plan, you will not use the red, white, and blue card when you go to the doctor or hospital. Instead, you will use the membership card your plan sends you to get health services covered. Plans must provide the same benefits offered by Original Medicare, but they may apply different rules, costs, and restrictions. They also may offer certain benefits that Medicare does not cover.

If you sign up for Original Medicare and later decide you would like to try a Medicare Advantage Plan—or vice versa—be aware that there are certain enrollment periods when you are allowed to make changes.

Definitions (for chart on p. 2)

Premium: The monthly fee you pay to have Medicare.

Deductible: What you must pay out of pocket before Medicare starts paying for your care.

Copayment / Coinsurance: The amount you pay for each service.

Participating provider: Provider that accepts Medicare's approved amount as full payment.

Network: Doctors, hospitals, and medical facilities that contract with a plan to provide services.

The table below compares Original Medicare and Medicare Advantage. Remember that there are several different kinds of Medicare Advantage Plan. If you are interested in joining a plan, speak to a plan representative for more information.

	Original Medicare	Medicare Advantage
Costs	You will be charged for standardized Part A and Part B costs, including monthly Part B premium. Responsible for paying a 20% coinsurance for Medicare-covered services if you see a participating provider and after meeting your deductible.	Your cost-sharing varies depending on plan. Usually pay a copayment for in-network care. Plans may charge a monthly premium in addition to Part B premium.
Supplemental insurance	Have the choice to pay an additional premium for a Medigap to cover Medicare cost-sharing.	Cannot enroll in a Medigap plan.
Provider access	Can see any provider and use any facility that accepts Medicare (participating or non-participating).	Typically can see only in-network providers.
Referrals	Do not need referrals for specialists.	Typically need referrals for specialists.
Drug coverage	You must sign up for a stand-alone prescription drug plan	In most cases, plan provides prescription drug coverage (you may be required to pay higher premium).
Other benefits	Does not cover vision, hearing, or dental services.	May cover additional services, including vision, hearing, and/or dental (additional benefits may increase your premium and/or other out-of-pocket costs).
Out-of-pocket limit	No out-of-pocket limit.	Annual out-of-pocket limit. Plan pays the full cost of your care after you reach the limit.

GREENE COUNTY DEPARTMENT of HUMAN SERVICES

CONTRIBUTIONS POLICY



For services under the Older Americans Act and in Community Services for the Elderly 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, Health Insurance Information Counseling and Assistance Program (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 \$15.00/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*).

Health Promotions:

There is no suggested contribution for this service. Donations always accepted.

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.

**Donations
are Greatly
Appreciated!**

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. If you or your family are in a position to do so, please fill out the form below. One hundred percent of your contribution will be used to provide service to another older adult in need.

NAME: _____

ADDRESS: _____

I designate \$ _____ donation in appreciation for services **OR** In memory of _____
to the following:

_____ Round Table News

_____ Homebound transportation

_____ In-home services

_____ Nutrition Program/Home-delivered Meals

_____ Senior Angels Program

_____ Where most needed

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

*Thank
you*



*Dennis & Kathleen Meehan
For your donation to
The Senior Angels Program
In Memory of
Fran & RoseAnn Hanlon*



**SENIOR ANGELS PROGRAM -
SPREADING CHEER 365 DAYS A YEAR**

The Greene County Senior Angels Program operates more than just at holiday time. Under their slogan, "Spreading Cheer 365 Days a Year", funds are used year-round to provide one-time, emergency assistance to senior citizens, when all other funds have been exhausted, and there is no other source to help.

Due to the generous contributions of area residents, businesses and clubs, the Program has been able to help fulfill all qualified requests. Year-round donations can be dropped off or mailed to: Greene County Department of Human Services, ATTN: Senior Angels Fund, 411 Main Street, Catskill, NY 12414.

For more information, please call Greene County Department of Human Services at (518) 719-3555 or toll-free (877) 794-9266

News From the Greene County Youth Bureau



Held each year in July, the Greene County Youth Fair is one of very few fairs around the country that offers 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 Greene County Youth Fair has a long distinguished history of dedication to the youth of Greene County.

Alfred Partridge, leader of the Ashland Blue Ribbon 4-H Club, organized a 4-H Club Fair in 1949 to give his club members an opportunity to display their projects. From this small beginning, the youth fair has developed into the showcase it is today. In 1951, the fair was held in Jewett and other 4-H Club members in the area joined in. From 1952-1956, the 4-H Club Fair, as it was then known, was held at the VFW Hall on Route 23 near Windham. In 1954

the New York State Department of Agriculture and Markets recognized the fair as an agricultural fair. By this time, the fair was officially called the Greene County Youth Fair and open to all youth in Greene County.

By 1957 the fair had expanded to two dairy tents, a poultry and rabbit tent, and a sheep and goat tent. A new home was found at the Durham Central School on Route 145. In addition to the tent space outside, there was ample space in the school for food and clothing exhibits, vegetables, flowers, entomology, arts and crafts. During the late 1960s, a trade tent was added by the local merchants, as was a horse show, and the fair became a three-day event. The Greene County Youth Fair stayed at the Durham School for 38 years, with the exception of 1973 when, due to alterations at the school, the fair was held at the Durham Town Building on Route 81.

In the fall of 1995 a committee was formed to find a new home for the fair. The Town of Cairo was more than willing to offer the use of Angelo Canna Town Park and a new chapter in the fair's history began. With more area to work with, the fair continued to add more activities — kiddie rides, a kiddie tractor pull, bee-keeping exhibit, maple syrup equipment displays and ongoing entertainment.

The fair was extended to a four-day event in 2001. In 2002 the youth fair had a new attraction, an agricultural tent, bustling with activities to educate and entertain visitors of all ages. Part of the tent was filled with youth displays and agriculture, as well as forestry and conservation displays for adults. An activities area for children included a course for youngsters to ride pedal tractors, plus ring toss and sand jar art with livestock grains.

Today, the fair attracts more than 20,000 people and is one of the only fairs in New York State to offer free admission and entertainment. It is impossible to know how many young people have been involved in exhibiting and participating in the Greene County Youth Fair over the years. There are statistics indicating more than 2,000 exhibits had been made numerous years. The pride of achievement, the wonderful fun times and the friendships made are all great memories for those who participated.

If all goes well, the Greene County Youth Fair will celebrate 66 years this summer. Join us, Thursday, July 23 through Sunday, July 26, and come to the fair!

For further information and updates,
visit the Fair's web site at <http://www.thegreencountyyouthfair.com/>



GREENE COUNTY CHILDREN, YOUTH AND COMMUNITY ADVISORY BOARD

The Greene County Children, Youth & Community Advisory Board is made up of residents of Greene County with a purpose of developing and directing policy/procedures and funding priorities for youth.

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.



NOMINATIONS SOUGHT for 2020 YOUTH AWARDS

The Greene County Children, Youth & Community Advisory Board is sponsoring the annual Greene County Youth Awards (Youth of the Year, Chairman's Choice & Director's Choice) for 2020. The purpose of the awards are to recognize the achievements of Greene County youth who have made outstanding contributions in serving his/her community through leadership, knowledge, skill and/or service. The dedication of these young people help make Greene County a better place for us all.

If you know a young person, in Grade 9 - 12, who deserves this recognition, contact the Greene County Department of Human Services at (518) 719-3555 for an official nomination form. From the nominations received, the youth will be evaluated by the selection committee to determine this year's winner. Winners will be recognized at the annual Greene County Youth Fair.

Any inquiries, for further information, may also be directed to the department. Deadline for entries is May 15, 2020.

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

1:30 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 GOLDEN AGE CLUB

1st & 3rd monthly Monday

1:30 p.m.

Hensonville Town Bldg.

IMPORTANT NOTE:

NEITHER GREENE COUNTY NOR 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.

IN LIGHT OF COVID-19, PLEASE CHECK WITH THE SPECIFIC SPONSORING CLUB TO SEE IF A TRIP IS STILL ON SCHEDULE.



**Mountaintop
Golden Agers
2020 Trip Schedule**

- JUNE 24 **MACHAYDN THEATRE**
 “MAN OF LAMANCHA”
 LUNCH AT KOZEL’S & SHOW
 \$65 MEMBERS \$70 NON-MEMBERS
- JULY 15 **WESTCHESTER DINNER THEATER**
 “9 TO 5, THE MUSICAL”
 BASED ON 1980 HIT MOVIE
 \$63 MEMBERS \$68 NON-MEMBERS

TO MAKE RESERVATIONS,
CALL CHRISTOPHER @ 518-589-5815

**WAJPL
Golden Age Club
2020 Trip Schedule**



- JUNE 18 **SPRINGFIELD, MASS. \$15**
 ARMORY NATIONAL HISTORIC SITE
 & MGM CASINO
- LOG CABIN (HOLYOKE, MASS.) - 2 TRIPS**
- JULY 28 **ROD STEWART TRIBUTE \$65**
- AUGUST 4 **BILLY JOEL TRIBUTE \$62**

TO MAKE RESERVATIONS,
CALL MARY LOUISE 518-622-3397
OR VICKY 518-734-4164

CATSKILL SILVER LININGS BUS TRIP
MGM SPRINGFIELD CASINO



JUNE 8, 2020

\$24 PER PERSON

**MOTOR COACH TRANSPORTATION
CASINO PACKAGE**

FOR FURTHER INFORMATION OR TO MAKE A RESERVATION,
CALL GEORGIANNA RAMSAY AT 518-622-3257

GREENVILLE GOLDEN YEARS BUS TRIP

**“SONNY & CHER
VARIETY SHOW”**
FEATURING TOMMY WALKER & RYAN KELLY



THE BROWNSTONE, PATERSON, N. J.



JUNE 9, 2020

\$60 INCLUDES

LAUGH WITH COMIC, UNCLE FLOYD

FAMILY STYLE MEAL:
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

**CATSKILL SILVER LININGS BUS TRIP
WINDSOR, ONTARIO**



SEPTEMBER 14 - 19, 2020

\$850 PER PERSON/DOUBLE OCCUPANCY
\$1,130 PER PERSON/SINGLE OCCUPANCY
\$820 PER PERSON/TRIPLE OCCUPANCY

\$25 deposit due with reservation - Valid passport required when traveling into Canada

MOTOR COACH TRANSPORTATION
OVERNIGHT LODGING TO/FROM WINDSOR, ONTARIO
3 NIGHTS LODGING AT CAESAR'S WINDSOR CASINO
W/ MARKET PLACE BUFFET DINNER & TWO \$15 MEAL VOUCHERS
4 BREAKFASTS & 1 LUNCH WINDSOR RIVER CRUISE
ROCK 'N' ROLL HALL OF FAME MOTOWN-HITSVILLE USA

ROARING TWENTIES RUM RUNNERS TOUR

(Greeting by Legendary Bertha Thomas at a riverfront roadhouse, visit church made famous by the Fighting Parson, meet "King Canada" & buffet lunch at a speakeasy)

ROAD THAT LED TO FREEDOM TOUR

(Underground Railroad sites of Sandwich Baptist Church,

John Freeman Walls Underground Railroad Site/Museum, North Buxton National Historic Site & Uncle Tom's Historic Site)

CHARLES H. WRIGHT MUSEUM OF AFRICAN AMERICAN HISTORY
SOUVENIR GIFT, LUGGAGE HANDLING IN ONTARIO, TAX & MEAL GRATUITIES

FOR FURTHER INFORMATION OR TO MAKE A RESERVATION,
CALL GEORGIANNA RAMSAY AT 518-622-3257

MOUNTAINTOP GOLDEN AGERS BUS TRIP

**CAPE COD, MASSACHUSETTS
INCLUDING CHATHAM & PLYMOUTH**



SEPTEMBER 8 - 11, 2020

\$534 PER PERSON, DOUBLE OCCUPANCY
\$673 PER PERSON, SINGLE OCCUPANCY

\$100 DUE WITH RESERVATION, \$300 DUE JUNE 5, BALANCE DUE BY JULY 20
MAIL RESERVATION TO: MOUNTAIN TOP GOLDEN AGERS

PO BOX 818
TANNERSVILLE, NY 12485

MOTORCOACH TRANSPORTATION
3 NIGHTS LODGING W/ BREAKFAST & DINNER

ESCORTED TOURS OF:

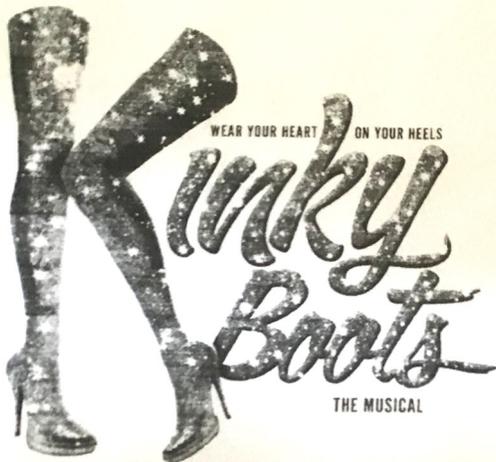
PROVINCETOWN, CHATHAM, HYANNIS
PLYMOUTH & PLYMOUTH ROCK
HISTORIC SANDWICH

HYANNIS HARBOR CRUISE W/ VIEW OF KENNEDY COMPOUND
BEACH TIME - SOUVENIR GIFT - LUGGAGE HANDLING
MEAL GRATUITIES

FOR FURTHER INFORMATION, CALL CHRISTOPHER AT 518-589-5815

**WESTCHESTER BROADWAY
THEATRE**

September 30, 2020



WEAR YOUR HEART ON YOUR HEELS

THE MUSICAL

BOOK BY
HARVEY FIERSTEIN

MUSIC AND LYRICS BY
CYNDI LAUPER

lunch included

CAIRO GOLDEN AGERS
Anna Ruth Greer
226 Brown Road
East Durham, NY 12423
(518) 239-4048

\$65.00 members
\$70.00 non-members

CATSKILL SILVER LININGS SENIOR CLUB BUS TRIP



AQUA TURF CLUB - PLANTSVILLE, CT

Aqua Turf style German food accompanied by German, Polka & American Music!
Daigle's Beer Hall Boys have been playing nationwide since 2001.
Show them how you can dance!

OCTOBER 19, 2020

\$71 PER PERSON

TRANSPORTATION
COMPLIMENTARY COFFEE & DONUTS

LUNCHEON:

Salad, Pasta, Lemon Chicken, Pork Schnitzel,
Kartoffelgratin, Sauerkraut & Dessert
COMPLIMENTARY GLASS OF BEER OR WINE
SHOW & DANCING

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

save the date!

The Northeastern Association of the Blind at Albany
will be hosting the

12TH ANNUAL LOW VISION TECH & HEALTH FAIRS

9:30AM to 2:00PM

October 13, 2020

St. Sophia's Greek Orthodox Church
440 Whitehall Road, Albany



Chris Gabriels, MD
Gabriels Eye MDs
Albany
Topic: Glaucoma



Adnan Mallick, MD
RetinaCare Consultants
Latham
Topic: Macular Degeneration

October 14, 2020

Saratoga City Center
511 Broadway, Saratoga Springs



Jeffrey H. Stern, MD PhD
Capital Region Retina, PLLC
Albany & Wilton
Topic: Retina Regeneration



Christopher R. Zieker, MD
Zieker Eye
Wilton
Topic: Cataracts

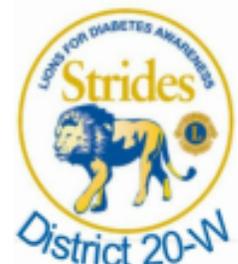
Free to the Public!

The latest in low vision technologies for reading, computers & adaptive vision aids * Expert speakers present the latest in eye health & treatments * Adaptive living experts on living successfully with low vision, vision rehabilitation therapy ... & more!

NABA

Northeastern Association
of the Blind at Albany

Questions? Contact Lisa Jordan
Coordinator of Outreach Services
(518) 463-1211 x 225 or
ljordan@naba-vision.org



@Northeasternassociationoftheblindatalbany under Events for all updates and event developments!



GREENE COUNTY ROUND TABLE NEWS
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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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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 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 **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.