



**ANNOUNCING THE AVAILABILITY OF
NYS SENIOR FARMERS' MARKET
NUTRITION PROGRAM CHECKS
AT THE GREENE COUNTY DEPARTMENT
OF HUMAN SERVICES' MAIN OFFICE
BEGINNING MONDAY, AUGUST 3**



PRE-REGISTRATION REQUIRED

NO WALK-INS

**PICK-UP BY APPOINTMENT ONLY
REMEMBER TO BRING ID**

**TO REGISTER,
CALL MAUREEN
518-719-3555**



Greene County Public Health Department is pleased to announce dates for this year's Flu clinics for adults over age 18:

Tues. September 22, 2020
Thurs. September 24, 2020
Tues. September 29, 2020
Thurs. October 1, 2020

Riverside Park, Coxsackie
Windham Waste Water Plant
Dutchman's Landing, Catskill
Angelo Canna Park, Cairo

All clinics will run from 9:30 a.m. - 12:00 p.m.

The cost of the Senior Flu dose (65 y/o and older) is \$80 and the Quadrivalent Flu (18 - 64 y/o) is \$51. Greene County Public Health accepts the following insurances: (non-managed) Medicare, Senior Blue, Blue Shield of NENY, Empire Plan (NYSHIP), CDPHP, and Medicaid HMO's: CDPHP/Fidelis.

All Clinics will be done as Drive-Thru Clinics due to COVID-19.

Pre-registration is required.

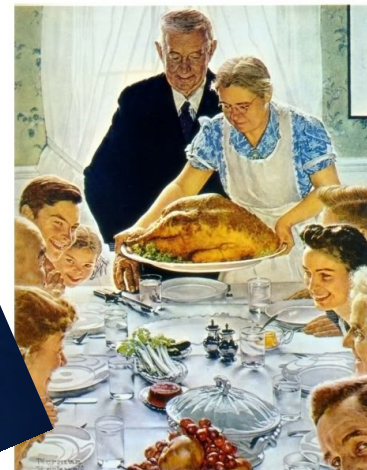
**For more information or to pre-register,
contact the Greene County Health Department
518-719-3600.**



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



***SENIOR ANGELS' 5th ANNUAL
COMMUNITY THANKSGIVING DINNER***



CANCELED

Greene County Department of Human Services regrets to announce the cancellation of their annual Senior Angels Community Thanksgiving Dinner for this year. This was not an easy decision to make and saddens us as much as it does you.

But there is sunshine at the end of the rainbow.



We are hoping to have a new event in Spring 2021. Several options are being considered . . .

Dinner-Dance? Easter Dinner? A themed dinner? Senior Prom?

Please if you have an idea, we welcome you sharing it with us. Please email to aging@discovergreene.com or call 518-719-3555 & ask for Ken.



VOLUNTEERS ARE AMERICA



PLEASE!!!!!!



WE DON'T WANT TO BEG BUT . . .

The Greene County Department of Human Services is desperately looking for volunteer drivers to assist Homebound Senior Citizens by delivering meals and/or provide transportation to medical appointments.

Volunteers can tell us what days and/or times available and we will schedule you appropriately. You will even receive mileage reimbursement!



**Contact Ruth Pforte,
Greene County RSVP Volunteer Coordinator
518-719-3555**



HOMEBOUND MEDICAL TRANSPORTATION

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

Appointments must be scheduled for Monday - Friday, 8:30 a.m. through 3:00 p.m.

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

During inclement weather or other emergencies when the Department closes the senior nutrition sites, medical transportation may be affected. Drivers are asked to call the office for information under those circumstances.

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

**DOES THIS SOUND LIKE SOMETHING
YOU WOULD LIKE TO VOLUNTEER TO DO AS A DRIVER?**

ARE YOU A SENIOR CITIZEN WHO COULD USE THIS SERVICE?

**IF SO, PLEASE CALL OUR OFFICE
AT 518-719-3555
AND ASK FOR RUTH.**



NOTE:

If you are a current medical transportation volunteer driver or a client of the service, effective Monday, July 6, Rose Bundy no longer handles the service for our office. Please contact Ruth to schedule appointments & rides, or with questions.



**Attention
Greene County Seniors
living in
Catskill, Coxsackie-Athens
or Greenville**

HELPING HANDS PROGRAM

Greene County Department of Human Services'
Senior Angels Program
has teamed up with local Rotary Clubs
on the **"HELPING HANDS"** program.

If you need some minor repairs done around the home
(i.e.: changing light bulbs,
changing out screens to storm windows, etc.)
please let the Greene County Senior Angels know.

Please call: 518- 719-3555
and ask for the Helping Hands Coordinator.

*Note: Large jobs requiring a contractor
(i.e.: new roof, deck or fencing)
will not be considered.*



NEW YORKERS TO BE VIGILANT AGAINST COVID-19 SCAMS

Scammers Continuing to Use Variety of Methods Tied to Coronavirus Targeting Older Adults



New York State Office for the Aging reminds New Yorkers of all ages, to be aware of scams regarding the novel coronavirus. Scams have become even more sophisticated in recent years, and although COVID-19 cases are currently on the decline across the state, scammers continue to seek to take advantage of uncertainty surrounding the virus. “The impact of social distancing has resulted in a rise in scams that prey on vulnerable individuals, particularly socially isolated older adults,” said NYSOFA Acting Director Greg Olsen. It is well known that social isolation disproportionately affects older adults. While social distancing was put in place to slow the spread of COVID-19, it also has had the unintended effect of heightening the risk of loneliness even more, ultimately leaving people more vulnerable to scams and financial exploitation.

Scammers are using email, text messages, social media, and the telephone to steal and defraud. Examples of COVID-19 scams include:

- Phishing and supply scams – Scammers impersonate health organizations to gather personal information or sell fake test kits, supplies, vaccines or cures for COVID-19.
- Contact tracing scams – Scammers pretend to be COVID contact tracers and trick people into providing personal information.
- Economic relief and government grant scams –The government will NOT ask for a fee to receive any funds, nor will they ask for your personal or account information.
- Charity scams – Scammers seek donations for illegitimate or non-existent organizations.
- Delivery of malware – Often through “virus-tracking apps” or sensationalized news reports to gain access to all your information.
- Provider scams – Scammers impersonate doctors and hospital staff, claim to have treated a relative or friend of the intended victim for COVID-19 and demand payment for treatment.
- Bank/FDIC scams – Scammers impersonate FDIC or bank employees and falsely claim that banks are limiting access to deposits or that there are security issues with bank deposits.
- Shopping scams – Many new shopping scams are related to safety products and hard to find household goods. Scammers sell emergency preparedness materials, but never deliver the promised goods.

New Yorkers should **follow these best practices** to keep their money and information safe:

- Do not open emails or respond to texts from people or companies you do not know.
- Never click on links or attachments in an email or a text you do not 100% trust.
- If you receive an email or a text from your bank or retailer that makes you feel skeptical, call the customer service number on their official website.
- When shopping online, only purchase from sites that begin with “HTTPS”, which means the site is considered secure.
- Watch for spelling errors on websites—many scams originate in foreign countries.

What to Do if You Have Been Scammed

Report it. Reporting scams to law enforcement is important to help establish accurate statistics on how many people have been affected, which determines how many resources the FBI and other law enforcement will devote to breaking up fraud rings.



ANDREW M. CUOMO
Governor

Department
of Health

HOWARD A. ZUCKER, M.D., J.D.
Commissioner

LISA J. PINO, M.A., J.D.
Executive Deputy Commissioner

NEW YORK STATE DEPARTMENT OF HEALTH ANNOUNCES RESUMPTION OF LIMITED VISITATION TO NURSING HOMES

NYS State Department of Health Commissioner Dr. Howard Zucker today announced nursing homes and long term care facilities in New York will be allowed to resume limited visitations for facilities that have been without COVID-19 for at least 28 days, a threshold set by the federal Centers for Medicare & Medicaid Services. Residents in these facilities will be allowed two visitors at a time, and the visitors must undergo temperature checks, wear face coverings and socially distance during the visit. At least one of the two visitors must be at least 18 years of age or older. For each facility, only 10 percent of the residents can be allowed visitors at any time; for example, in a 100-bed facility no more than 10 residents can have visitors per day in order to maintain proper social distancing and ensure safe compliance. Nursing Homes accepting visitors will be required to send their visitation plan to NYSDOH and affirmatively attest that they are following the guidance outlined here.

The Health Commissioner also announced the resumption of on-site visitation for the state's Long-Term Care Ombudsman program, which provides additional support to residents of nursing homes and long-term care facilities, effective July 15, 2020. Ombudsman staff must utilize appropriate PPE for the duration of the visit, and must be screened as if they were a staff person of such nursing home, including having to present a verified negative test result to the nursing home within the past week.

The Department of Health will make adjustments to the visitation policy as appropriate based on facts and data following this initial phase to ensure the health and safety of residents, staff and visitors. View State DOH guidance for resumption of limited visitation at nursing homes, adult care facilities and pediatric skilled nursing facilities.

“With the knowledge we now have about how COVID-19 came into nursing homes – mainly through asymptomatic staff and visitors through no fault of their own – it is critical that as we resume visitations to these facilities we do it in a smart and cautious way to ensure the health and safety of residents and staff,” **State Health Commissioner Dr. Howard Zucker said.** “We will continue to closely monitor the situation in each facility, and make adjustments based on the facts and data moving forward. I know how painful it has been for residents of these facilities to endure such a long period of time without seeing family and loved ones, and my hope is that this adjustment to the visitation policy will provide some comfort to everyone.”

The federal Centers for Medicare & Medicaid Services issued guidance saying: "Nursing homes should continue to follow CMS and CDC guidance for preventing the transmission of COVID-19, and follow state and local direction. Because nursing home residents are especially vulnerable, CMS does not recommend reopening facilities to visitors (except for compassionate care situations) until phase-3 when there have been no new nursing home onset cases in the facility for 28 days."

REMEMBER TO MAINTAIN YOUR PERS UNIT

No matter what system you choose, a personal emergency response device (PERS) requires regular maintenance to ensure that it's always working correctly. Without routine maintenance, you or your loved one could find themselves stranded with no way of calling for help in an emergency. Here are a few things that are recommended to help you keep your system operational for years to come.



1. RUN A FULL SYSTEM CHECK EVERY TWO WEEKS

Running a whole system check allows your unit to detect issues on its own so that you may troubleshoot if necessary. To run a full system check, press the test button on the back or bottom of the pendant and hold it until you hear a DOUBLE BEEP. You should then hear a dial tone and "All functions are ok." If you hear any message other than that, call your unit provider.

2. CHECK THE BATTERY LIFE ON YOUR UNIT EVERY TWO WEEKS

Checking the battery life of your unit every two weeks helps you always to have a good idea of what battery level you are at currently. Without reviewing your batteries, you put you or a loved one at risk for being stranded in an emergency if the pendant or the base has died.

To check your batteries, press the test button on the pendant one time until you hear a single beep then let the button go. The pendant will perform a battery check. It should say "Battery is okay." If the message states "Battery is low and needs to be replaced" or "Battery is low and needs to charge", it is time to change your battery or place in a charger.

3. REPLACE THE BATTERIES EVERY YEAR

Most units have a battery lifespan of 1.5 to 2 years before they need to be completely replaced. If you continue to run system tests and battery checks every two weeks, you shouldn't need to replace the batteries every year. However, if you don't run the system checks, we recommend you replace them once a year to be safe.



HOW TO APPLY

If you do not have Medicaid, Supplemental Security Income (SSI), or a Medicare Savings Program (MSP), you can apply for the Extra Help program through the Social Security Administration (SSA), using either the agency's print or online application. (If you have Medicaid, SSI, or an MSP, you should be automatically enrolled in Extra Help.)

This application can also serve to screen you for a Medicare Savings Program, which helps pay your Medicare costs. Be sure to complete the entire application and provide accurate information so you get all the benefits for which you qualify.

For questions, or help with completing the paper copy of the Extra Help application, call our office at 518-719-3555 for assistance . To complete the application online, visit www.ssa.gov.

Remember, Extra Help reduces your prescription drug costs only for drugs covered by your Part D plan. If you do not have a Part D plan but are eligible for Extra help, you can use the Special Enrollment period (SEP) to enroll in Part D coverage.

WHAT TO WATCH FOR AS SIGNS OF HEALTH PROBLEMS

By Mayo Clinic Staff



As your loved ones get older, how can you be sure they're taking care of themselves and staying healthy? Watch for these signs:

Pay attention to physical appearance. Failure to keep up with daily routines such as bathing and brushing teeth which could indicate dementia, depression or physical impairments. Note your loved one's moods and ask how they're feeling. Are they connecting with friends? Have they maintained interest in hobbies and other daily activities? Are they involved in organizations, clubs or faith-based communities? If he/she gives up on being with others, it could be a sign of a problem. A drastically different mood could be a sign of depression or other health concerns.

Pay attention to how he/she walks. Are they reluctant or unable to walk usual distances? Have they fallen recently? Would a cane or walker help? Issues such as muscle weakness and joint pain can make it difficult to move around as well. If unsteady on their feet, they might be at risk of falling, a major cause of disability among older adults.

Losing weight without trying could be a sign that something's wrong. Weight loss could be related to many factors, including difficulty cooking (difficulty finding the energy to cook, grasping the necessary tools, or reading labels or directions on food products); a loss of taste or smell causing a lack of interest in eating; a difficulty shopping or financial concerns might limit buying groceries or underlying conditions, such as malnutrition, dementia, depression or cancer.

The home environment. Are the lights working? Is the heat on? Is the yard overgrown? Any changes in the way things are around the house could also provide clues to their health. For example, scorched pots could mean forgetting about food cooking on the stove. Issues such as failing to pay bills, having problems shopping and neglecting housework also might be signs of depression, dementia or other concerns. Take a look around the home to keep an eye out for any red flags. Does your loved one have difficulty navigating a narrow stairway? Has he/she fallen recently? Can directions on medication containers be clearly read and are they understood?

Are there signs of memory loss? Everyone forgets things from time to time. Modest memory problems are a fairly common part of aging, and sometimes medication side effects or underlying conditions contribute to memory loss. There's a difference, though, between normal changes in memory and the type of memory loss that makes it hard to do everyday things such as driving and shopping. Signs of this type of memory loss might include: asking the same questions over and over again; getting lost in familiar places; not being able to follow instructions and/or becoming confused about time, people and places.

What about driving? Driving can be challenging for older adults. If he/she become confused while driving or you're concerned about their ability to drive safely, especially if they have experienced a moving violation or an accident, it might be time to stop driving.

THE DEPARTMENT OF HUMAN SERVICES' NY CONNECTS PROGRAM CAN HELP CONNECT YOU WITH SERVICES IN & OUTSIDE OF OUR AGENCY. FOR INQUIRIES, CALL 518-719-3555.

Nutrition Notes



This year, with the COVID 19 pandemic, it has been like no other year. It is especially important to maintain a good immune system to help you stay healthy.

The major function of your immune system is to fight off and prevent infection. As we age, this just happens to get a little bit more difficult. The best way to boost your immune system is with nutrition!

- ☆ Eat hot foods when they are hot, and cold foods when they are cold! Micro-organisms grow at room temperature and increase your risk for getting sick.
- ☆ Increase your intake of cooked leafy green vegetables, which provide “B” vitamins and Iron.
- ☆ Increase your intake of fruits, which provide lots of vitamins and antioxidants.
- ☆ Add spices such as ginger, black pepper and garlic while cooking as they offer anti-inflammatory properties.
- ☆ Drink plenty of water as this helps to flush the toxins from the body.
- ☆ Add probiotics, like yogurt, into your diet. Probiotics help maintain what is called a “healthy gut”.
- ☆ Eat a well-balanced healthy diet.
- ☆ Exercise, exercise!
- ☆ And always **WASH YOUR HANDS** to help avoid illness

Before you know it, winter and flu season will be here, so stay healthy!



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 (Home Delivered Meals only) & 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 lunch from 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.

AS WE ARE STILL UNDER COVID GUIDELINES, CENTERS ARE NOT OPEN FOR CONGREGATE MEALS BUT TAKE-OUT ONLY. PLEASE REMEMBER TO CALL THE CENTER AT LEAST A DAY IN ADVANCE TO ORDER.

ACRA

Acra Community Center,

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

Elaine Cherrington
Anna Thurman

ATHENS

Rivertown Senior Center

39 Second Street, Athens
(518) 945-2700

Shane Dillon,
Senior Center Manager

Carol Harnett
JoanAnn Rouse
Lana Marrone
James Murphy

CATSKILL

Robert C. Antonelli
Senior Center

15 Academy Street, Catskill
(518) 943-1343

Annette Wagenbaugh
(Temporary)

JEWETT

Jewett Municipal Building
3547 Route 23C, Jewett
(518) 263-4392

Gayle Ruvolo
Meal Site Manager

Sal Alberti
MaryAnn Brink



Greene County Dept. of Human Services would like to wish Abby Schweter & Martha Schilling a fond farewell.



Abby has served as the Cossackie Senior Service site manager for over a year but is leaving the Department.

Martha has been with the Nutrition Department for over 21 years and has decided to retire.


We wish both ladies a bright & sunny future.

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 - TARTAR SAUCE SERVED WITH FISH

LUNCH RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
3 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES PEARS	4 BATTERED FISH SCALLOPED POTATOES CARROTS CHOCOLATE CHIP COOKIE	5 ITALIAN SAUSAGE w/ TORTELLINI ITALIAN MIXED VEGETABLES PEACHES	6 PULLED PORK BAKED BEANS COLESLAW COLLARD GREENS FRUITED GELATIN w/ Whipped Topping	7  CHICKEN SALAD FRESH SALAD w/ Tomatoes & Chick Peas POTATO SALAD MARINATED CARROTS LOCAL FARM FRESH FRUIT FROM STORY FARMS
10 CHICKEN DIJON RICE PILAF SPINACH PINEAPPLE CHUNKS	11 SALISBURY STEAK w/ Gravy CAULIFLOWER SWEET POTATO TAPIOCA PUDDING w/ FRUIT	12 ROAST TURKEY w/ Gravy CRANBERRY SAUCE MASHED POTATOES MONACO MIXED VEGETABLES PEACH CRISP	13 TUNA SALAD PLATE MACARONI SALAD FRESH GREENS w/ Cucumbers & Sliced Tomatoes FRUIT COCKTAIL	14  VEGETABLE LASAGNA ITALIAN BEANS FRESH SALAD LOCAL FARM FRESH FRUIT FROM BLACK HORSE FARMS
17 BAKED ZITI ITALIAN MIXED VEGETABLES BRUSSELS SPROUTS PEACHES	18 MEATLOAF w/ Gravy MASHED POTATOES SPINACH VANILLA PUDDING w/ Granola Topping	19 BBQ CHICKEN THIGHS BROWN RICE PILAF CALIFORNIA MIXED VEGETABLES PINEAPPLE CHUNKS	20 BAKED PORK CHOPS w/ Gravy FRESH SALAD BRAISED CABBAGE SWEET POTATO OATMEAL RAISIN COOKIE	21  SEAFOOD SALAD PLATE FRESH GREENS POTATO SALAD LOCAL FARM FRESH FRUIT FROM STORY FARMS
24 AMERICAN GOULASH GREEN BEANS FRUIT COCKTAIL	25 BAKED SALMON w/ Lemon Sauce RICE PILAF CALIFORNIA MIXED VEGETABLES YOGURT w/ Fruit & Granola	26 BIRTHDAY CELEBRATIONS BAKED CHICKEN w/ Gravy MASHED POTATOES SPINACH PUFF APPLE CAKE 	27 CHEF'S CHOICE CAULIFLOWER PEARS 	28  CHEF'S SALAD (Ham, Cheese, Egg, Tomatoes, Fresh Greens & Kidney Beans) LOCAL FARM FRESH FRUIT FROM BLACK HORSE FARMS
31 BROCCOLI & CHEDDAR QUICHE WAX BEANS PEAS & CARROTS PEARS	<div style="text-align: center;">  <p>AUGUST</p> </div>			

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 - TARTAR SAUCE SERVED WITH FISH

LUNCH RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
	1 TACO CASSEROLE SPANISH RICE LIMA BEANS, CORN & CARROTS MIX BUTTERSCOTCH PUDDING w/ Raisins	2 ROAST PORK w/ Gravy MASHED POTATOES PARISIAN MIXED VEGETABLES APPLE CRISP	3 TUNA MACARONI SALAD HARD BOILED EGG FRESH GREENS w/ Pinto Beans SLICED TOMATOES MARINATED CARROTS FRESH FRUIT	4 BBQ CHICKEN SWEET CORN POTATO SALAD COLLARD GREENS WATERMELON
7 MAIN OFFICE & ALL SENIOR NUTRITION SITES CLOSED LABOR DAY 	8 CHICKEN DIVAN BROWN RICE HARVARD BEETS CHOCOLATE MOUSSE w/ Granola Topping	9 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES FRUITED GELATIN	10 MEATLOAF w/ Gravy MASHED POTATOES SPINACH FRESH APPLE	11 CRANBERRY CHICKEN SALAD FRESH GREENS CUCUMBERS TOMATOES POTATO SALAD MARINATED CARROTS OATMEAL RAISIN COOKIE 
14 SWEET & SOUR CHICKEN BROWN RICE BROCCOLI PINEAPPLE CHUNKS	15 EGGPLANT PARME- SAN LINGUINI ITALIAN MIXED VEGETABLES PEARS	16 BEEF STEW BARLEY BRUSSELS SPROUTS TAPIOCA PUDDING w/ Fruit	17 ROAST PORK w/ Gravy & Applesauce BRAISED CABBAGE MASHED POTATOES FRESH FRUIT	18 CRAB TOPPED COD RICE PILAF SPINACH FRESH FRUIT
21 MUSHROOM & SWISS QUICHE BEETS CALIFORNIA MIXED VEGETABLES FRUIT COCKTAIL	22 BAKED FISH w/ Lemon Sauce RICE SPINACH PUFF PINEAPPLE CHUNKS	23 BAKED CHICKEN w/ Gravy BRUSSELS SPROUTS MASHED POTATOES WINTER SQUASH BIRTHDAY CUPCAKE 	24 BAKED LASAGNA ITALIAN GREEN BEANS GREEN SALAD w/ White Beans FRUITED GELATIN	25 ROAST BEEF w/ Gravy FRESH GREEN SALAD w/ Pinto Beans MASHED POTATOES PEAS & PEARL ONIONS FRESH FRUIT
28 BATTERED FISH HASH BROWNS CARROTS PEARS	29 BEEF PATTY w/ Onion Gravy ORIENTAL MIXED VEGETABLES MASHED POTATOES RICE PUDDING w/ Raisins	30 ITALIAN SAUSAGE TORTELLINI ITALIAN MIXED VEGETABLES PEACHES		

September



Friday, August 7, 2020

Chicken Salad Plate
Fresh Salad w/ Tomatoes & Chick Peas
Potato Salad
Marinated Carrots
LOCAL FARM FRESH FRUIT
from Story Farms



Friday, August 14, 2020

Vegetable Lasagna
Italian Beans
Fresh Salad
LOCAL FARM FRESH FRUIT
from Black Horse Farms

Friday, August 21, 2020

Seafood Salad Plate
Fresh Greens
Potato Salad
LOCAL FARM FRESH FRUIT
from Story Farms



Friday, August 28, 2020

Chef's Salad
(Ham, Hard Boiled Egg, Fresh Greens, Tomatoes & Kidney Beans)
LOCAL FARM FRESH FRUIT from Black Horse Farms

Menu will be delivered to all homebound meal clients.

Those wishing to order a take-out lunch, must call the center at least a day in advance.

Rivertown Senior Center:	39 Second Street, Athens 518-945-2700
Jewett Senior Service Center:	Jewett Municipal Building, 3547 Route 23C 518-263-4392
Acra Senior Service Center:	Acra Community Center, Old Route 23, Cairo, 518-622-9898
Catskill Senior Nutrition Site:	Robert C. Antonelli Sr. Center, 15 Academy Street 518-943-1343

GREENE COUNTY SENIOR ANGELS
Spreading Cheer 365 Days a Year



*Greene County Department of Human Services invites you
to become a Senior Angel*

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

To purchase clothing, small appliances and household necessities

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

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

To purchase gifts for elderly clients in Nursing Homes

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

PLEASE RETURN THIS SECTION WITH YOUR DONATION

_____ *I would like my name published.*

_____ *I wish to be listed as "Anonymous"*

_____ *I would like the donation to read:*

In Memory/Honor of: _____

Donations may be dropped off or mailed to:

Greene County Department of Human Services, Attn: Senior Angels

411 Main Street, Catskill, NY 12414

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

Email us at aging@discovergreene.com

ROUND TABLE NEWS GOING GREEN!

In an effort to **Go Green**, the Greene County Round Table News offers alternate ways of receiving the newsletter.

Sign up to receive it electronically by email. Simply email us at aging@discovergreene.com. Be sure to provide your name & email address, Subject: RTN. You will receive a full-color version of the newsletter & before it gets mailed to others.

Don't have email? You can still help **GO GREEN** by picking up a copy at a senior nutrition sites or one of the many convenient locations we have throughout the county. Give us a call & we will help you find your most convenient location.

*Thank
you*



*Your kind and generous donations
will be used to provide service
to an older adult in need.*

*Anonymous Donation
In Memory of
Phyllis Beechert
for Senior Angels Program*

*Co-workers at
In Flight, Inc.
In Memory of
Diane Lamanec
for Nutrition Program*

*Anonymous Donation
In Memory of
Richard Harvey Sr.*



Greene County Department of Human Services would like to thank Dean Macarelli of Greene County Highway Department; Tom Hoyt, Greene County Safety Officer, and Penny Martinez from Greene County Public Health Emergency Preparedness for all their assistance at the recent Farmers Market distribution sites.

Generosity
changes everything



As the number of seniors grows, so does the need for our vast array of services.

The Department of Human Services encourages and appreciates your donations. If you or your family are in a position to do so, please fill out the form below. Know that 100% of your contribution will be used to provide services to a Greene County older adult in need.

THANK YOU FOR YOUR SUPPORT.

NAME: _____

ADDRESS: _____

I designate a \$ _____ donation
In appreciation for services received

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 **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 per hour*).

LEGAL SERVICES

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

NUTRITION:

- **Senior Congregate Meal or Home Delivered Meals:**

The suggested level of contribution is \$4.00 (*Actual cost \$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*).

TRANSPORTATION:

- **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*)

GREENE COUNTY SENIOR CITIZENS CLUBS

Please note: Due to COVID-19, clubs may not be meeting at this time.



ATTENTION ALL CLUBS:

Do you have anything to announce about your club?

Put it in print in the Round Table News!

Contact Maureen at the Department of Human Services

ATHENS:

ATHENS SENIOR CITIZENS

2nd & 4th monthly Monday

1:15 p.m.

Rivertown Senior Center

CAIRO:

CAIRO GOLDEN AGERS

2nd & 4th monthly Wednesday

1:30 p.m.

Acra Community Center

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

SENIOR CITIZENS of COXSACKIE

1st & 3rd monthly Monday

1:00 p.m.

Town of 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 Fire Hall

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

1st & 3rd Monday

1:30 p.m.

Hensonville Town Bldg.



Calling All Seniors!

News From the Greene County Youth Bureau

GREENE COUNTY RECOGNIZES OUTSTANDING AREA YOUTH

The Greene County Children, Youth & Community Advisory Board is pleased to announce their selections for the annual Greene County Youth Awards.

A description of the activities and involvement within the community for each youth nominated was submitted to the Advisory Board portraying a caring, dedicated individual whose efforts and accomplishments should be recognized. Selecting the awardees out of the many excellent nominations was a very difficult task. However, they are confident that the awards are being made to very deserving young members of our county:



Sage Murphy, Coxsackie-Athens High School – 2020 Greene County Youth of the Year
**Aizlyn O’Connell, Catskill High School – Children, Youth & Community Advisory Board
Chairman’s Award**

**Kane & Killian Schrader, Coxsackie-Athens High School – Greene County Department of
Human Services Director’s Award.**



Sage Murphy, daughter of Missy Fitzpatrick, is a member of St. Mary’s Church in Coxsackie. She has been involved in the church’s Youth Ministry, as well as Children’s Liturgy by helping young children understand the daily readings from a child’s viewpoint. She assists with the church’s coffee hour in any capacity that she can. She has played an active role within the parish by helping the Pyramid Life Center, at the parish Game & Family Night, and Keeping Families Together which helps peers with problems to find solutions. In addition, she is a member of the Youth Task Force which works with community organizations to better serve area youth. She recently joined Unbridled Thoroughbreds which is a care program for horses. As a student at Coxsackie-Athens High School, she has served as her class treasurer, as well as treasurer for the Student

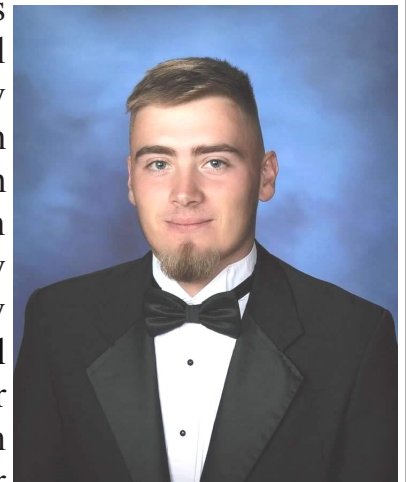
Council. She has been active in several clubs and has participated on the track team, and the soccer team, earning 2018 MVP. In addition, she has volunteered in the Coxsackie-Athens School District mentoring younger children, and assisted at the Middle School in the library & art program. Being a fan of dance, she volunteered her time to serve as an assistant coach & teacher. She has run in the American Cancer Society’s Relay for Life to help raise money. In 2017, she was named Rotary Club Student of the Month and also received the Knights of Pythias Award. Her continued learning is not limited to school as she has earned her Lifeguarding License, has gained college credits from Columbia-Greene Community College, and has learned Sign Language. In 2019, she attended the National Catholic Youth Conference in Indiana. Quite a list of achievements for a young woman.

Aizlyn O'Connell, daughter of James & Megan O'Connell, is an active member of Greene County 4H. She has served in the Banana Club, as a Teen Ambassador for 4H, belongs to Flora & Fauna, and helps with the 4H & Can Drive. She has served as a judge for various 4H presentations in Greene County, as well as Columbia Ag-Fest County. This year, she was named Outstanding 4H Member for Columbia-Greene Counties. She has volunteered to bake goods & make ornaments for the county's home delivered meal program, and the Salvation Army; make cards for residents of local nursing homes; helped maintain a garden at the Town of Cairo Park, and has done roadside trash clean-up. As a CHS student, she has given her time to Santa's Helpers and serves on the school's Suicide Prevention Program. In 2018, she was named a youth member of the Greene County Children, Youth & Community Advisory Board, and has volunteered at the Senior Angels Community Thanksgiving Dinner. She has served as a speaker for Questar III Criminal Justice Program. Over the years, Aizlyn has been the recipient of numerous awards on the local as well as regional level. These include Presenter Public 4H (Sectional), Coaches Choice Awards in Varsity Cross Country, JV Basketball & Girls Basketball; Skills USA, Speech (2nd place Regional), and Section II Scholar Athlete. She has been named to the High Honor Roll at CHS and serves as President of the National Honor Society and also Questar II Skills USA Program. She was named Captain of the Varsity Track & Field team, Cross County and Basketball teams. She is an amazing young lady and role model.



Kane & Killian Schrader are the twin sons of Melissa Vail and Ryan Schrader. As the boys do everything together, they were jointly named recipients of the award. Both boys played for PAL basketball, as well as on the Cossackie-Athens Basketball and Baseball teams. They have both made the school's Honor/High Honor Roll over the years and shared the title of Varsity Basketball Team captain this past season. Kane received Most Improved and the Indian Award in baseball, as well as was named NYS Section 2 Most Homeruns in a Game holder, and named to the Senior All-Star Basketball Team this past season. They have been supporters of the Autism Connection of Greene County; Make-a-Wish

Foundation, and the American Cancer Society by participating in numerous walks and events. Both boys attended Questar's Heavy Equipment Program and plan to work in the construction field with heavy equipment. They hold several certificates from OSHA (Occupational Safety and Health Administration) and NCCER (National Center for Construction Education and Research). Kane & Killian proudly follow in a family tradition back to their great-grandfather by serving as volunteer firefighters with the West Athens-Lime Street Fire Company.



All of the youth are to be commended and were honored at the July Greene County Legislature's meeting for their accomplishments.

HOUSING JUSTICE TECH LEAGUE



**LOCATED AT 361 MAIN STREET IN CATSKILL.
MONDAYS AND WEDNESDAYS. 2-6 PM.**

Join us for a teen and young adult centered space
(ages 13+), led by our 19-year-old organizer Jamar:

- Gaming tournaments
- Movie nights
- Mentorship programs
- Group discussions
- Media production workshops for storytelling
- Graphic design workshops for outreach

This space will integrate recreational activities with housing justice centered education, consciousness raising, and activism. The issues, needs and ideas that emerge from Housing Justice Tech League will determine the programs and services HCHC provides for youth in the future.

T: 518-291-9415

E: HCHC@HUDSONCATSKILLHOUSING.ORG

WWW.HUDSONCATSKILLHOUSING.ORG





Greene Walks Contest

Bigger and Better Than Ever
with chances to win prizes **EVERY WEEK!**

What is the Greene Walks Contest?

- ⇒ It's a **FREE 8 week program** to help you create lifelong habits to reduce obesity and other chronic diseases
- ⇒ You will receive **support and motivation** throughout the contest and a weekly tracker will help you log your successes
- ⇒ Complete the **Walking Challenge** to be entered to win one of four **\$125 cash prizes!**
- ⇒ Complete the **Walk & More Challenge** to be entered to win one of two **\$50 weekly cash prizes AND** at the end of the 8 weeks, one of four **\$250 cash prizes!**
- ⇒ All participants who complete the program will receive a Greene Walks t-shirt!

READY, SET, WALK!



Registration for Greene Walks is Now Open
Contest begins on Sept 6 and runs until Oct 31
and is open to all Greene County residents.

For more information, please contact Toni Carroll at tcarrollrhnm@gmail.com



No one should face Alzheimer's alone.

Register for one of our free virtual programs for information and resources about Alzheimer's and other dementias from the safety of your own home. View all listings at alz.org/events.

Meaningful Engagement, Activities at Home

- July 13, 2020 | 2 p.m.
- August 19, 2020 | 12:30 p.m.

Understanding Alzheimer's and Dementia

- July 14, 2020 | 12:30 p.m.
- August 6, 2020 | Noon

Understanding Dementia Related Behaviors

- July 28, 2020 | 12:30 p.m.
- August 20, 2020 | 4 p.m.

Coffee with a Consultant: 1:1 Conversation

- July 24, 2020 | 9 a.m.
- August 19, 2020 | 10 a.m.

Know the 10 Warning Signs

- July 21, 2020 | 5 p.m.
- August 14, 2020 | Noon

Recognizing and Coping with Caregiver Stress

- August 17, 2020 | 2 p.m.

Effective Communication Strategies

- July 21, 2020 | 12:30 p.m.
- August 13, 2020 | 2 p.m.

Understanding & Responding to Dementia Related Behaviors

- July 28, 2020 | 12:30 p.m.
- August 20, 2020 | 4 p.m.

Healthy Living for Your Brain and Body: Practical Strategies to Live Well

- August 11, 2020 | 11:15 a.m.

Legal and Financial Planning

- August 24, 2020 | 5 p.m.

Research Update & Understanding Alzheimer's Disease

- August 27, 2020 | 6 p.m.

Registration is Required. You will receive a video conference link to access and can sign in as a guest to enter the virtual program.

RSVP at alz.org/CRF, via our 24/7 Helpline at 800.272.3900, or by contacting Jon Weaver at 518.675.7216

ALZHEIMER'S ASSOCIATION: LIVING WITH ALZHEIMER'S FOR CAREGIVERS VIRTUAL PROGRAM SERIES

JULY-SEPTEMBER 2020



Early Stage Part 1

Wednesday, July 15 2:30 p.m.-4 p.m.

Early Stage Part 2

Wednesday, July 22 2:30 p.m.-4 p.m.

Early Stage Part 3

Wednesday, July 29 2:30 p.m.-4 p.m.

Middle Stage Part 1

Wednesday, August 12 2:30 p.m.-4 p.m.

Middle Stage Part 2

Wednesday, August 19 2:30 p.m.-4 p.m.

Middle Stage Part 3

Wednesday, August 26 2:30 p.m.-4 p.m.

Late Stage Part 1

Wednesday, September 16 2:30 p.m.-4 p.m.

Late Stage Part 2

Wednesday, September 23 2:30 p.m.-4 p.m.

Visit alz.org/CRF to explore additional education programs in your area.

Registration is Required. You will receive a video conference link to access and can sign in as a guest to enter the virtual program.

RSVP at alz.org/CRF, via our 24/7 Helpline at 800.272.3900, or by contacting Jon Weaver at 518.675.7216

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The office is open 8:30 a.m. - 5:00 p.m. Monday thru Friday. Under COVID, staff are available by appointment only. Please call our main office telephone number to schedule an appointment if you need to meet with a staff member.

