



NOMINATIONS OPEN **For 2021 GREENE COUNTY** **SENIOR CITIZEN AWARDS**

The Advisory Council to the Greene County Department for the Aging (Human Services), announces that nominations are being accepted for the Greene County Senior Citizen Awards. The two awards, presented annually, are Senior Citizen of the Year and Outstanding Contribution by a Senior Citizen. The purpose of the awards is to recognize the outstanding achievements of senior citizens who have volunteered their time and energy to help other people, their communities, and/or special projects. The dedication of these volunteers help to make Greene County a better place for all of us. The individuals chosen on the county level will then represent Greene County for recognition for New York State awards. Recently, the New York State Office for the Aging (NYSOFA) celebrated Older New Yorkers' Day virtually, recognizing 87 volunteers from across the state who demonstrate their extraordinary value every day to their family, friends, and community. The celebration traditionally takes place each year in May in Albany; however, due to the COVID-19 pandemic, this year it was premiered as a virtual event. To view the event video, please visit: <https://bit.ly/ONYD2020>.

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

If you know someone who deserves this recognition, contact the Greene County Department of Human Services at (518) 719-3555 for an official nomination form. Incomplete forms will not be considered as eligible. Any inquiries for further information may also be directed to the department. **Deadline for entries is January 29, 2021.**

*FOR YOUR DONATIONS
TO THE
2020 SENIOR ANGELS PROGRAM*



CORPORATE SPONSORS:

Hudson ShopRite

Ocean State Job Lot

*Nancy Allen
Athens Senior Citizens Club
Coxsackie-Athens Rotary Club
Tom and Linda Gentalen
Steve Goldberg & Greggor Petrovic
Heart of Catskill Association
Mary R. Hutson
Anne Marie Killourhy
Lake and Mountain Realty
Pat Lemmon
Lioness Club of Catskill
Peter & Ann Markou
Kathleen & Dennis Meehan
National Bank of Coxsackie
Rotary Club of Catskill
P Schneider & Associates PLLC
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Walenta & Co. Agency Inc.*

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Lillian Moore
Darlene Ramm
Rotary Club of Greenville
Senior Citizens of Coxsackie
Gary & Barbara Slutzky
Lou Smith
Tom & MaryAnn Tompkins
Terry Ward*

IN HONOR OF

*First Responders Lee Lupsa The Steinhauer Family
All essential employees of Greene County Department of Human Services
The dedicated & hard working staff & volunteers at the Rivertown Senior Center*

*THANK YOU FOR YOUR DONATIONS
TO THE SENIOR ANGELS PROGRAM*



IN MEMORY OF

<i>Phyllis Beechert</i>	<i>Robert D. Carl (x2)</i>
<i>Kathy Decker</i>	<i>Mary Donahue</i>
<i>Helen Mary Eckler</i>	<i>Doris L. Farruqia</i>
<i>Robert Frank</i>	<i>Brian Golden</i>
<i>Rosemary Graham</i>	<i>Richard Harvey Sr.</i>
<i>Bishop Capistran Heim, OFM</i>	<i>Karen Sprague Johnson</i>
<i>Ruth Kallman</i>	<i>Mary C. Killourhy</i>
<i>John and Margaret Kordich</i>	<i>John LoPresti</i>
<i>Helen Lee</i>	<i>Pat M. McBride</i>
<i>Patrick Joseph Thomas McLaughlin</i>	
<i>Tippy McPartland and Mary Hallenbeck</i>	
<i>Lucille & Richard Ogden</i>	
<i>Sarah & Jack Ormerod/Chester W. Tompkins</i>	
<i>Doris Ormsbee</i>	<i>Elisabeth Pirkel</i>
<i>Agnes M. Rowen</i>	<i>Patricia Steinhauer</i>
<i>Patricia J. VanValkenburg</i>	<i>Harry & Theresa VanWormer</i>
<i>Rose & Chet VanZandt</i>	<i>Rev. Henry Verdaasdonk</i>
<i>Shirley Wase</i>	<i>Ronald and Mary Westman</i>



THANK YOU to Emblem Health for their most generous donation to our Senior Angels Program.

Seen in photo is Robin Williams from Emblem Health with Senior Angels Program members Ken Brooks and MJ Pomilla.



Americans 55+ have a lifetime of experience to share and the desire to make a real difference in their world. Now they are ready to put their unique talents and expertise to work in their communities, and enrich their own lives in the process. AmeriCorps Seniors can help those connect with others that need them the most.

Senior volunteers make a contribution that suits their talents, interests and availability. Some serve in teams while others go it alone. Everyone has unique gifts to share and our volunteers make significant contributions by putting their best talents to work. The high number of senior volunteers and their level of commitment make them an essential resource in meeting critical community needs.

AmeriCorps Seniors volunteers must be 55 years of age or older and willing to serve on a regular basis. They can choose how, where, and when they want to serve, with time commitments starting from as little as an hour a week. As a volunteer, you will receive pre-service orientation and training from your volunteer station. AmeriCorps Seniors volunteers are not paid any wage or stipend, but can be reimbursed for mileage expenses incurred.

When you volunteer, you're not just helping others - you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies have shown that volunteering helps you live longer and promotes a positive outlook on life. Research suggests that volunteering is particularly beneficial to the health of older adults serving 100 hours annually. It also suggests that volunteering leads to lower rates of depression in individuals 65 and older. Helping others make people healthier and happier. Of course, please note, we welcome volunteers of any age!

Through the Department of Human Services, AmeriCorps Seniors offers the following volunteer opportunities :

Homebound Meal Delivery

Telephone Reassurance

Rivertown Thrift Shop

Homebound Transportation Driver

Congregate meal sites volunteer

Crafters' Groups

Greene County Youth Bureau

The Department of Human Services sponsors the county's AmeriCorps Seniors and is always looking for new volunteers. Giving of your time to help others is extremely satisfying. Volunteers play a vital role in area communities by contributing their talents and experience.

If you think you may be interested in becoming a volunteer, take the next step. You can find our registration application on the department's web site under Volunteer Services/Forms. Please complete it & return to our mailing address or email address. Once we have received your application, it will be reviewed and a background check will be completed. Shortly thereafter, you will be notified of the decision to accept you as a volunteer for the Greene County Department of Human Services, AmeriCorps Seniors.



AmeriCorps Seniors

THANK YOU

GREENE COUNTY SHERIFF'S OFFICE

Greene County Correction Officers Marchi and Alvarez recently assisted with the delivery of Home Delivered Meals to residents in the Acra area



PIECEMAKERS OF CAIRO

Quilters Patricia Trifaro and Julie Angevine recently made and donated several quilts to be used by the Greene County Department of Human Services Senior Angels Program.



COVID VACCINE SCAM—BEWARE



Though there has been one COVID-19 vaccine scam at this point, but this type of fraud will move very quickly, very soon, and will take many forms. Scammers rapidly alter their tactics and adapt their schemes to the changing landscape, and it is anticipated that they will leverage the pending COVID-19 vaccine to prey on unsuspecting beneficiaries. At this point, it is essential to alert the public of likely schemes and provide them with information on how they can protect themselves.

- ◆ You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- ◆ You cannot pay to put your name on a list to get the vaccine.
- ◆ You cannot pay to get early access to the vaccine.
- ◆ No one from Medicare or the Health Department will contact you.
- ◆ No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.
- ◆ Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- ◆ If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the vaccine, STOP. That's a scam.

As you receive specific vaccine fraud case information, **please notify the SMP Mailbox (smp@acl.hhs.gov) and marissa.whitehouse@acl.hhs.gov** via email ASAP. Additionally, if you have a beneficiary who you believe might be willing to speak about their experience with being approached/contacted about this type of fraud, please email me directly.

Marissa Whitehouse

Program Manager, Senior Medicare Patrol
Office of Healthcare Information and Counseling
Administration for Community Living
U.S. Department of Health and Human Services

A vaccine to prevent Coronavirus (COVID-19) is perhaps the best hope for ending the pandemic. A number of biopharmaceutical companies have applied for U.S. Food and Drug Administration (FDA) emergency use authorization for a new COVID-19 vaccine and a limited number of vaccines will be available. It is likely that you have heard claims about the COVID-19 vaccine on social media or from people in your life. You may have hesitancy about its safety or effectiveness. Let's set the record straight on circulating myths about the COVID-19 vaccine.

Myth: The COVID-19 vaccine is not safe because it was rapidly developed and tested.

Fact: Many pharmaceutical companies invested significant resources into quickly developing a vaccine for COVID-19 because of the world-wide impact of the pandemic. The safety of COVID-19 vaccine be closely monitored by the Centers for Disease Control and Prevention (CDC) and the FDA.

Myth: I already had COVID-19 and recovered, so I don't need to get a COVID-19 vaccine.

Fact: There is not enough information currently available to say if or for how long after infection someone is protected from getting COVID-19 again. This is called natural immunity. Early evidence suggests natural immunity from COVID-19 may not last very long, but more studies are needed to better understand this. Mayo Clinic recommends getting the COVID-19 vaccine, even if you've had COVID-19 previously. However, those that had COVID-19 should delay vaccination until about 90 days from diagnosis. People should not get vaccinated if in quarantine after exposure or if they have COVID-19 symptoms.

Myth: There are severe side effects of the COVID-19 vaccines.

Fact: There are short-term mild or moderate vaccine reactions that resolve without complication or injury. The early phase studies of the Pfizer vaccine show that it is safe. About 15% of people developed short lived symptoms at the site of the injection. 50% developed systemic reactions primarily headache, chills, fatigue or muscle pain or fever lasting for a day or two. Keep in mind that these side effects are indicators that your immune system is responding to the vaccine and are common when receiving vaccines.

Myth: I won't need to wear a mask after I get the COVID-19 vaccine.

Fact: It may take time for everyone who wants a COVID-19 vaccination to get one. Also, while the vaccine may prevent you from getting sick, it is unknown at this time if you can still carry and transmit the virus to others. Until more is understood about how well the vaccine works, continuing with precautions such as mask-wearing and physical distancing will be important.



NEW YORK STATE OFFICE FOR THE AGING REMINDS OLDER NEW YORKERS TO GET THEIR FLU SHOT

The New York State Office for the Aging (NYSOFA) is reminding older adults and caregivers about the importance of getting their flu vaccination as soon as possible. Flu season is already underway—and can last as late as May. The flu shot is an essential preventive care service that should not be delayed because of the COVID-19 pandemic.

“Staying healthy is more critical than ever, particularly for older adults, who are at greater risk for the flu and COVID-19,” said NYSOFA Acting Director Greg Olsen. “Our immune systems are more easily compromised as we age, and older adults, especially those with chronic health conditions, have an increased risk of becoming seriously ill. In addition to following all safety and social distancing guidelines to reduce the spread of COVID, getting a flu shot is vital to protect the health and wellbeing of older adults and caregivers.”

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Some people may have vomiting and diarrhea. People infected with the flu may also have respiratory symptoms without a fever. The flu can cause mild to severe illness. Older adults, people with certain chronic medical conditions, young children, and pregnant women are among those who are at highest risk of serious flu complications, possibly requiring hospitalization and sometimes resulting in death.

Getting a flu shot is particularly important for those at increased risk for severe illness from COVID-19, which can mimic flu symptoms. While the flu vaccine does not specifically protect against COVID-19, it is highly recommended to maintain overall health and protect against other respiratory illnesses. Understanding the risks and impact of the COVID-19 virus is critical for all New Yorkers to protect themselves and their loved ones.

With COVID cases continuing to increase across the United States, the Centers for Disease Control and Prevention (CDC) recommends the following:

- ◆ **Practice good health and safety habits**, including wearing a mask in public, practicing social distancing by keeping at least six (6) feet of distance between yourself and others, even when outdoors; avoiding close contact such as shaking hands or hugging; washing hands often or using an alcohol-based hand sanitizer with at least 60% alcohol when soap and water are not available; and avoiding unnecessary contact with surfaces that are often touched, such as doorknobs and handrails.
- **Get your annual flu shot.** Everyone six months of age and older, particularly those at greater risk, should get an annual flu vaccine. High-dose flu shots are also available for adults age 65 and older.
- **Get pneumococcal vaccines.** People 65 years and older should also be up to date with the pneumococcal vaccination to protect against other respiratory illnesses such as pneumonia, meningitis, and bloodstream infections.
- **Seek medical advice quickly** if you develop COVID or flu symptoms. People with COVID-19 have reported a wide range of symptoms from mild to severe illness, many which mimic flu symptoms.

Name/Nombre
JOHN L SMITHMedicare Number/Número de Medicare
1EG4-TE5-MK72

Entitled to/Con derecho a	Coverage starts/Cobertura empieza
HOSPITAL (PART A)	03-01-2016
MEDICAL (PART B)	03-01-2016

2021 MEDICARE AMOUNTS

The standard Medicare Part B monthly premium will increase from \$144.60 in 2020 to \$148.50 in 2021.

Social Security has a “hold harmless” provision whereby a beneficiary’s Social Security check cannot be reduced from one year to the next because of an increase in the Part B premium. So, for people with Medicare Part B who are also collecting Social Security, the premium cannot be increased any more than their Social Security COLA amount to avoid the Social Security benefit decreasing.

Due to a 1.3% Social Security COLA for 2021, the premium for most beneficiaries will increase to \$148.50. But if the 1.3% COLA is not enough to cover the increase in premium to \$148.50, the premium will only increase up to the amount of the benefit increase, and the beneficiary’s net Social Security benefit will remain the same.

Note: The income thresholds for the higher Part B premium in 2021 will increase from \$87,000 for an individual and \$174,000 for a couple, to \$88,000 for an individual and \$176,000 for a couple, and beneficiaries paying a higher Part B premium based on income in 2021 will pay between \$207.90 and \$504.90.

The Part B annual deductible will increase from \$198 in 2020 to \$203 in 2021.

The Part A cost-sharing amounts increase every year and 2021 will be no exception. The Part A deductible will be increasing from \$1,408 to \$1,484; coinsurance days (61-90) from \$352 to \$371; lifetime reserve days from \$704 to \$742; and skilled nursing facility coinsurance (days 21-100) from \$176 to \$185.50.

Those who do not qualify for premium-free Part A based on their own or a spouse’s work history will be able to purchase Part A but at a higher premium in 2021 than this year. People with Medicare with fewer than 30 quarters of Medicare-covered employment can get Part A for \$471 per month in 2021, up from \$458 in 2020, while those with between 30 and 39 quarters would pay \$259 per month in 2021, an increase from \$252 in 2020.

MEDICARE COVERAGE: DIABETES SCREENINGS AND SUPPLIES



Medicare Part B covers an annual diabetes screening, including a fasting blood glucose test and/or a post-glucose challenge test, if you have one of the following risk factors:

- High blood pressure (hypertension)
- History of high blood sugar
- History of abnormal cholesterol levels (dyslipidemia)
- Obesity

Part B also covers an annual diabetes screening if at least two of the following apply:

- You are age 65+
- You are overweight
- Your family has a history of diabetes
- Your family has a history of diabetes during pregnancy (gestational diabetes), or you have had a baby weighing nine pounds or more

If you qualify, Original Medicare covers diabetes screenings at 100% of the Medicare approved amount when you receive the service from a participating provider. This means you pay nothing (no deductible or coinsurance). Medicare Advantage Plans are required to cover diabetes screenings without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service. During the course of your screening, your provider may discover and need to investigate or treat a new or existing problem. This additional care is considered diagnostic, meaning your provider is treating you because of certain symptoms or risk factors. Medicare may bill you for any diagnostic care you receive during a preventive visit.

Part B also covers certain diabetic supplies, including:

- Glucose monitors & control solutions
- Blood glucose test strips
- Lancet devices and lancets

Most diabetic supplies are covered as durable medical equipment (DME), not as preventive services. To receive coverage, you must meet Medicare's eligibility requirements for DME.

Part D may cover insulin and related medical supplies used to inject insulin (syringes, gauze, and alcohol swabs) if you have a prescription from your doctor. Your drug plan should cover medications and supplies you need to treat your diabetes at home as long as they are on the plan's formulary. If you use an insulin pump, the insulin and the pump may be covered under Part B as DME.

If have questions about Part B's coverage of insulin and your insulin pump is covered by Medicare's DME benefit, call 1-800-MEDICARE. Otherwise, you should contact your Part D plan for information about its cost and coverage rules for insulin and related supplies.



NUTRITION NOTES

The holidays are behind us and now it is time to clear the slate and focus on our health and wellness!

Salt also known as sodium chloride is the top seasoning for roughly 95% of the population but as we age it leads to health issues. Our bodies need salt to regulate blood pressure and to assist in the proper function of our nerves and muscles, but in moderation! Consuming salt at an excessive amount leads to fluid retention and elevated blood pressure with a possibility of the end result of a stroke and heart failure.

The best way to reduce salt/sodium in your diet is to cook meals at home and try and stay away from the pre package and processed food items. Some cooking suggestions are:

- Don't add salt while you are cooking.
- Add herbs and spices, try lemon or lime juice!
- If you use canned vegetables, always rinse them first.
- Choose lower sodium protein options fresh or frozen meats , eggs, chicken seafood or dried beans
- Use low-sodium or sodium free condiments and seasoning blends
- Read the food labels!

So how much sodium should you consume? A sufficient amount of sodium is 1500 milligrams per day but we typically consume more than that and need to be mindful of what we are doing. Empty the salt shaker and put it in the cabinet – remember just because you may be taking blood pressure pills doesn't give the okay to overdo it on the salt. You actually get all the salt or sodium you need in foods without adding any extra at all.



Your Registered Dietician is available if you have questions!

GREENE COUNTY SENIOR SERVICE CENTERS

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. IT IS TAKE-OUT ONLY. PLEASE REMEMBER TO CALL THE CENTER AT LEAST A DAY IN ADVANCE TO ORDER.

Centers are closed on legal holidays and inclement weather.

ACRA

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

Anna Thurman
Meal Site Manager

Elaine Cherrington

ATHENS

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

Shane Dillon,
Senior Center Manager

JoJo Rouse

Carol Harnett

CATSKILL

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

Annette Wagenbaugh
(Temporary)

COXSACKIE

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



JEWETT

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

Gayle Ruvolo
Meal Site Manager

Sal Alberti
MaryAnn Brink

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 & OLDER (AND SPOUSES) ARE INVITED TO RECEIVE - SUGGESTED DONATION IS \$4.00
SERVED DAILY: BREAD WITH PROMISE SPREAD - TARTAR SAUCE SERVED WITH FISH
LUNCH RESERVATIONS FOR TAKE-OUT 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
4 SLOPPY JOES DILLED CARROTS BROCCOLI TROPICAL FRUIT	5 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES PEACHES	6 CHICKEN DIJON MASHED POTATOES WINTER SQUASH LEMON MOUSSE	7 BEEF BURGUNDY OVER NOODLES CALIFORNIA MIXED VEGETABLES APPLE CRISP	8 SWEET & SOUR CHICKEN BROWN RICE FRESH GREEN SALAD ORIENTAL MIXED VEGETABLES FRESH FRUIT
11 BAKED LEMON FISH BROWN RICE PILAF BROCCOLI CHOCOLATE MOUSSE	12 CHICKEN PARMESAN PASTA W/ SAUCE CAULIFLOWER FRUIT COCKTAIL	13 MEATLOAF W/ GRAVY MASHED POTATOES GLAZED CARROTS VANILLA CUPCAKE	14 CHILI CON CARNE BROWN RICE FRESH GREEN SALAD FRESH FRUIT	15 PORK CHOP W/ GRAVY BRAISED CABBAGE SWEET POTATO FRESH FRUIT
18 <i>DHS MAIN OFFICE & ALL SENIOR NUTRITON SITES CLOSED</i>  Martin Luther King Jr. Day	19 BAKED FISH MASHED POTATOES CARROTS TAPIOCA PUDDING W/ RAISINS	20 BEEF STEW CORN BRUSSELS SPROUTS FRUITED JELL-O	21 VEGETABLE LASAGNA GREEN SALAD BROCCOLI FRESH FRUIT	22 ROAST PORK W/ GRAVY GREEN & YELLOW BEANS MASHED POTATOES SPICED APPLESAUCE & COOKIES
25 AMERICAN GOULASH GREEN BEANS BRUSSELS SPROUTS PEARS	26 CHICKEN DIVAN BROWN RICE CALIFORNIA MIXED VEGETABLES TROPICAL MIXED FRUIT	27 SALISBURY STEAK W/ GRAVY HARVARD BEETS BAKED POTATO W/ SOUR CREAM CARROT CAKE W/ CREAM CHEESE FROSTING	28 ROAST TURKEY W/ GRAVY STUFFING CRANBERRY SAUCE MASHED POTATOES CARROTS PINEAPPLE DELIGHT	29 BAKED SALMON W/ DILL SAUCE COLE SLAW RED POTATOES SPINACH FRESH FRUIT

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 & OLDER (AND SPOUSES) ARE INVITED TO RECEIVE - SUGGESTED DONATION IS \$4.00
SERVED DAILY: BREAD WITH PROMISE SPREAD - TARTAR SAUCE SERVED WITH FISH
LUNCH RESERVATIONS FOR TAKE-OUT 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
1 SWEET & SOUR PORK BROWN RICE ORIENTAL MIXED VEGETABLES MANDARIN ORANGES	2 MEATLOAF w/ GRAVY MASHED POTATOES GLAZED CARROTS VANILLA PUDDING w/ STRAWBERRIES	3 CHICKEN PARMESAN w/ WHOLE WHEAT PASTA CAULIFLOWER PEACHES	4 LINGUINI w/ WHITE CLAM SAUCE FRESH SALAD w/ CANNELLINI BEANS SPINACH OATMEAL RAISIN COOKIE	5 CHICKEN & BISCUITS MASHED POTATOES BRUSSEL SPROUTS FRESH FRUIT
8 BBQ CHICKEN THIGHS GREEN BEANS PARSLEY POTATOES PEACHES	9 STUFFED SHELLS w/ SAUSAGE ITALIAN MIXED VEGETABLES AMBROSIA SALAD	10 ROAST PORK w/ GRAVY BRAISED CABBAGE SWEET POTATO TIRAMISU	11 BATTERED FISH SCALLOPED POTATOES SPINACH FRESH FRUIT	12 ROAST TURKEY w/ GRAVY MASHED POTATOES CARROTS STUFFING CHOCOLATE MOUSSE w/ BERRIES
15 MAIN OFFICE & ALL SENIOR NUTRITION SITES CLOSED 	16 CHICKEN DIJON MASHED POTATOES BROCCOLI RICE PUDDING w/ RAISINS	17  SHRIMP SCAMPI w/ LINGUINI SPINACH TROPICAL FRUIT	18 SWEDISH MEATBALLS BUTTERED WHOLE WHEAT NOODLES RED CABBAGE FRESH FRUIT	19 VEGETABLE LASAGNA w/ WHITE SAUCE FRESH GREEN SALAD w/ CARROTS ITALIAN MIXED VEGETABLES YOGURT PARFAIT
22 BAKED FISH w/ LEMON SAUCE BROWN RICE PEAS & CARROTS MANDARIN ORANGES	23 BAKED CHICKEN w/ GRAVY MASHED POTATOES GLAZED CARROTS FRUIT COCKTAIL	24 ROAST PORK w/ GRAVY PARISIAN MIXED VEGETABLES SWEET POTATO APPLESAUCE SPICED CAKE w/ RAISINS	25 LASAGNA w/ MEAT SAUCE ITALIAN GREEN BEANS CAULIFLOWER BUTTERSCOTCH PUDDING w/ GRANOLA TOPPING	26 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES FRESH FRUIT



**GREENE COUNTY
LEGISLATURE
REAPPOINTS 2021
ADVISORY COUNCIL
TO GREENE COUNTY
DEPT. FOR THE AGING**

- ☆ Ed Bloomer Legislator,
 Greene County Services Committee
- ☆ Lynn Brunner Athens
- ☆ Bea Clappin Greene County DS
- ☆ Michelle Deyo Greene County
 Veterans Service Agency
- ☆ Richard Golden Coxsackie
- ☆ Lawrence Krajieski Catskill Mtn. Housing
- ☆ Judith LoPresti Ashland, Jewett,
 Prattsville & Windham
- ☆ Lillian Moore AmeriCorps Seniors
- ☆ Beverly Myers Greenville
- ☆ Florence Ohle Community Action of
 Greene County
- ☆ Dorothy True Cairo
- ☆ Linda VanEtten Halcott, Hunter
 & Lexington
- ☆ Dawn Wallant Common Ground
- ☆ **We are still seeking representatives
 from the towns of Durham
 & New Baltimore.**

If interested, please contact our office at
518-719-3555.

The Advisory Council is comprised of Greene County residents, age 60 years or older, as well as agencies serving the elderly. The purpose of the Council is to advise the Greene County Department of Human Services in their efforts to serve the County's elderly residents.

The Council will 1) develop and administer the service plan; 2) conduct public hearings; 3) represent the interest of the older person; and 4) review and comment on all community policies, programs and actions which affect older persons.

DO YOU SUSPECT SOMEONE OF
COMMITTING FRAUD, WASTE,
OR ABUSE AGAINST
SOCIAL SECURITY?

REPORTING FRAUD TO THE
SSA OFFICE OF THE INSPECTOR
GENERAL IS EASY, SAFE, AND
SECURE.

REPORT SOCIAL SECURITY
SCAMS AT
[HTTPS://SECURE.SSA.GOV/IPFF/
HOME](https://secure.ssa.gov/ipff/home)

REPORT OTHER SOCIAL
SECURITY FRAUD, WASTE,
AND ABUSE AT
[HTTPS://SECURE.SSA.GOV/PFRF/
HOME](https://secure.ssa.gov/pfrf/home)

OTHER WAYS TO
REPORT FRAUD

U.S. MAIL:

SOCIAL SECURITY FRAUD
HOTLINE
PO BOX 17785
BALTIMORE, MD 21235

FAX:
(410) 597-0118

PHONE:
(800) 269-0271
10:00 A.M. TO 4:00 P.M. ET,
MONDAY TO FRIDAY,
EXCEPT FEDERAL HOLIDAYS

(866) 501-2101 TTY



GREENE COUNTY DEPARTMENT of HUMAN SERVICES
CONTRIBUTIONS POLICY

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

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

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

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

LEGAL SERVICES: The suggested level of contribution is \$10.00 per 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:

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.

THANK YOU FOR YOUR SUPPORT and GENEROSITY

Contributions



As the number of seniors grows, so does the need for our vast array of services. The Department of Human Services encourages and appreciates contributions. 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 a \$ _____ contribution in appreciation for services

OR In memory of _____

to the following:

_____ Round Table News _____ In-home services _____ Where most needed
_____ Senior Angels Program _____ 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



***For In-home Services
From Josephine Mangano
In Memory of Dick & Alfred Mangano***

Donations to Home Delivered Meals

Barbara Caldara

In Memory of John LoPresti from many friends

In Memory of Edward H. Lorenz

Judith Knoll

Carol & Chris Pfister

Frank & Linda Pocerobba

Wayne Neiss In Memory of Cliff Gross

Lillian A. Smythe In Memory of Kay & Norman T Smythe



JANUARY IS HUMAN TRAFFICKING AWARENESS MONTH

*By Megan Thomas, Communications Specialist
National Sexual Violence Resource Center*

During the month of January, advocates, organizations, and individuals unite to raise awareness about the issue of human trafficking. While crimes like sexual harassment and sexual assault are now out of the shadows, human trafficking largely remains hidden. Putting an end to human trafficking starts with acknowledging its existence. Learn the facts about human trafficking by using available resources so you can help shed light on the issue. By sharing what you learn and speaking up, you can join the movement to put an end to this exploitation.

What is human trafficking?

According to the Department of Homeland Security, human trafficking is “modern-day slavery and involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act.” Human trafficking is not the same as human smuggling, which involves illegal transportation of a person across a border.

Victims of human trafficking are of all genders, ages, races, countries, socioeconomic statuses, and so on. While human trafficking can happen to anyone, people who are already in vulnerable situations – such as people experiencing homelessness – may be more likely to be targeted.

What is sex trafficking?

The different kinds of human trafficking include sex trafficking, forced labor, and domestic servitude. Sex trafficking victims may be forced, threatened, or manipulated by promises of love or affection to engage in sex acts for money. Any person under the age of 18 involved in a commercial sex act is considered a victim of human trafficking.

What can you do to get involved?

Human trafficking is an issue that touches every community, but there is something each of us can do to help prevent it.

The Department of Homeland Security’s Blue Campaign provides opportunities for individuals to raise awareness about human trafficking. This is a national public awareness campaign, designed to educate the public to recognize the indicators of human trafficking, and how to appropriately respond to possible cases. Blue Campaign works to create general awareness training and materials to increase detection of human trafficking, and to identify victims. Blue Campaign’s educational awareness objectives consists of two foundational elements, prevention of human trafficking and protection of exploited persons. The Blue Campaign’s Tools That Teach are highly visual, easy-to-comprehend resources explaining what human trafficking is and what you can do to stop it.

News From the Greene County Youth Bureau

GREENE COUNTY LEGISLATURE REAPPOINTS GREENE COUNTY CHILDREN, YOUTH & COMMUNITY ADVISORY BOARD

The following have been reappointed to serve on the Advisory Board for 2021:

Pam Coloton	Service Provider/HTC School District
MaryJo Jaeger	Greene County Liaison
Debra Kingman	Greene County Probation Department
Larry Krajeski	Service Provider/Catskill Mountain Provider
Penny Martinez	Greene County Public Health
Aizlyn O'Connell	Youth member
William O'Connor	EMT/General Public
Brenna Rustick	Youth member
John Scalera	General Public/Retired
MaryAnn Scalera	General Public/Retired
Angelo Scaturro	Greene County Public Defender
Don Smith	General Public/Retired



***NO ONE IS
TRULY FREE
WHILE
OTHERS ARE
OPPRESSED.***



VOTING CHANGES!

Did you know that 16 & 17 year olds can Pre-register to vote?

Based on NYS Legislature (A.774/S.1100) Chapter 2 of the Laws of 2019, upon an individual turning 18 years of age, they will become automatically registered to vote.

REMEMBER – you must REGISTER to vote.

Also remember that voting is your **RIGHT** but it comes with responsibilities:

- Notify the Board of Elections if you have a name change
- Notify the Board of Elections of any address change
- Research each candidate and their platforms so you know who and what you are voting for.
- Before the election check to make sure you are registered if this is the first time you will be voting.



Vote!





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.

JANUARY

Facilitating Storytelling for Caregivers: presented with SUNY Oswego

- January 14, 2021 | 10am
Register at RecollectionProject.net

Effective Communication Strategies

- January 20, 2021 | 3pm

Meaningful Engagement, Activities at Home

- January 21, 2021 | 2:30pm

1:1 Conversation: Coffee with a Consultant

- January 21, 2021 | 3:30pm

Managing Difficult Behaviors

- January 26, 2021 | 4pm

COVID Tips for Caregivers

- January 28, 2021 | 11am

Know the 10 Warning Signs

- January 25, 2021 | 6:30pm

FEBRUARY

Hard Conversations: presented with Helios Care

- February 4, 2021 | 2pm

1:1 Conversation: Coffee with a Consultant

- February 4, 2021 | 3pm

Effective Communication Strategies

- February 5, 2021 | Noon

Legal and Financial Planning: presented with Burke & Casserly, PC

- February 9, 2021 | 4:30pm

Managing Difficult Behaviors

- February 12, 2021 | Noon

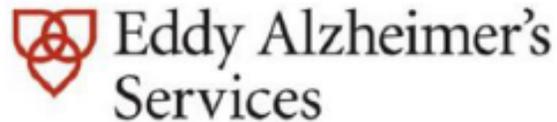
Meaningful Engagement, Activities at Home

- February 23, 2021 | 10am

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 Sierra Snoddy at 518.675.7214.

Programs are supported, in part, by a grant from the New York State Department of Health.



ST PETER'S HEALTH PARTNERS

Eddy Alzheimer's Services provides free services to caregivers and families impacted by Alzheimer's disease or a related dementia.

- ❖ **Care Navigation:** Linking You with Programs & Services
- ❖ **Respite:** Temporary Relief from Caregiving
- ❖ **Education:** Understanding the Progression of the Disease
- ❖ **Volunteer Care Teams:** Non-Medical Companionship & Socialization
- ❖ **Social Engagement:** Creating Meaningful Memories with Your Loved One
- ❖ **Support Groups:** A Platform to Share Strategies & Successes for Caregivers

**For more information or questions, please call
Alaina Shanley, Care Navigator, 518.410.3946
SusanBeth Olsen, Coordination of Volunteers, 518.369.3886
or Sarah Cuva, Office Supervisor, 518.238.4164**

SAVVY CAREGIVER PROGRAM



This **free** six-week program is designed to give family caregivers the skills and knowledge necessary to successfully care for a loved one with dementia.

Topics include:

- Defining the role of the Savvy Caregiver
- Exploring dementia
- Caregiver self-care
- The impact of dementia on behaviors
- Managing behavioral issues
- Communication techniques
- Providing structure and support for your loved ones
- Other available resources

Savvy Caregiver Program 2021 CLASSES

SESSION 1 | *January 11 - February 15*

Mondays, 6 – 8 pm

SESSION 2 | *March 8 - April 12*

Mondays, 6 – 8 pm

SESSION 3 | *June 14 - July 19*

Mondays, 6 – 8 pm

SESSION 4 | *September 24 - October 29*

Fridays, 3 – 5 pm

To participate, you will need a computer and a phone.

The instructor will connect with you before the start of the program to provide guidance on how to participate virtually.

Classes are free, however, space is limited.

Please call **(518) 238-4164** to reserve your seat.

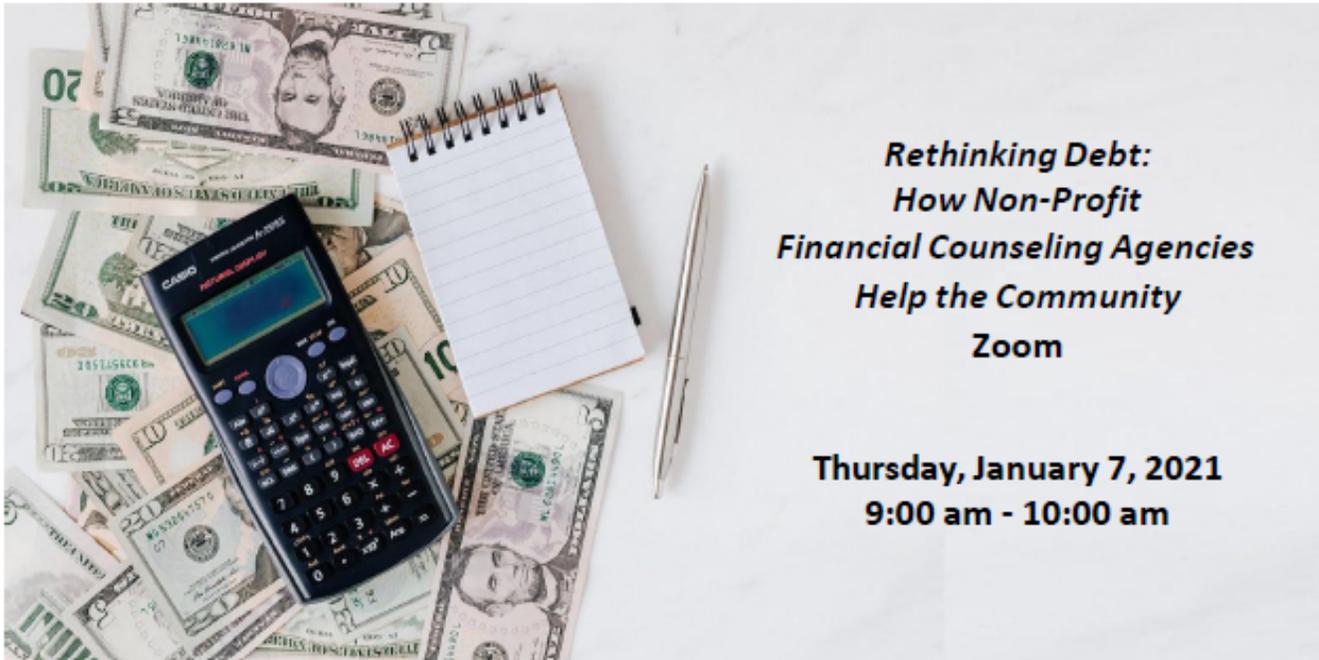
This program is supported by Eddy Alzheimer's Services and grants from the New York State Department of Health.



ST PETER'S HEALTH PARTNERS

421 Columbia Street, Cohoes, NY 12047
sphp.com/alzcare

A Member of Trinity Health



***Rethinking Debt:
How Non-Profit
Financial Counseling Agencies
Help the Community
Zoom***

**Thursday, January 7, 2021
9:00 am - 10:00 am**

Are you working with clients that are dealing with mountains of debt that they are struggling to pay back? This program will feature an overview of how Rethinking Debt – a non-profit consumer credit counseling agency based in Rochester, NY that provides coverage across the state – can help consumers better manage their credit card (unsecured) debt.

Andrea Colline holds the position of Outreach Coordinator with Consumer Credit Counseling Services, also based in Rochester. She has been with the organization since 1998 and has over 20 years of experience working with individuals to become debt free and reach their financial goals. As outreach coordinator, Andrea works with local agencies to conduct financial literacy and informational sessions. It will also include an update on the personal financial management programs offered by CCE Albany County and CCE Columbia Greene Counties, co-sponsors of this event.

To register, visit <https://cornell.zoom.us/meeting/register/tJwrDOGhrD0tGtAR5ZTMsVNbsNd3rJOPESLZ>

For more information, contact Maria DeLucia Evans, CCE Albany County, at mkd59@cornell.edu or Theresa Mayhew, CCE Columbia and Greene Counties, at tcm5@cornell.edu.

RethinkingDebt. 

Cornell Cooperative Extension

Cornell Cooperative Extension Albany County
24 Martin Road, Voorheesville, NY 12186

518-765-3500 • FAX 518-765-2490 • www.ccealbany.com • www.facebook.com/ccealbany

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.
Please contact the Cornell Cooperative Extension Albany County office if you have any special needs.
If you have a disability and are having trouble accessing information or need materials in an alternate format, contact albany@cornell.edu for assistance.



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facebook®

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Follow us on Facebook for up-to-date information at

GREENE COUNTY DEPARTMENT of HUMAN SERVICES

<https://www.facebook.com/GCNYHumanServices/>

FOR MORE INFORMATION ON OUR DEPARTMENT
& ALL WE HAVE TO OFFER, GO TO:



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



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

BUSINESS MANAGER: Ken Brooks

AGING DEPARTMENT COORDINATORS:

Aging Services - Connie Bentley
Nutrition - Tezera Pulice
Volunteer Services - Ruth Pforte

Staff:

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Cortney Carlson
Danielle Kane-Wade

ADMINISTRATIVE ASSISTANT:

Maureen Murphy

AGING SERVICES AIDE:

Rose Bundy

RECEPTIONIST:

Mary Jean Pomilla

NUTRITION VAN CHAUFFEUR:

Patrick Murphy

YOUTH SERVICES WORKERS:

Carrie E. Wallace
Laura Anderson



The office is open 8:30 a.m. - 5:00 p.m. Monday thru Friday, though staff are unavailable between 12:00 p.m. and 1:00 p.m. Agency staff specialize in a variety of subjects. **During 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.**

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

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

GREENE COUNTY ROUND TABLE NEWS is published monthly by the Greene County Department of Human Services. If you would like to be added to or removed from our subscriber list, please call Maureen at 518-719-3555 or email aging@discovergreene.com. Issues are available in black & white print and mailed via the U. S. Postal Service or full color via electronic mail.