



HERE-YE, HERE-YE

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 "*Communities of Strength*", 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 2021 as:

GREENE COUNTY OLDER AMERICANS MONTH

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

GREENE COUNTY OLDER AMERICAN'S MONTH

In April 1963, President John F. Kennedy designated the month of May as Senior Citizen month. Later in 1980, President Jimmy Carter changed the name to Older Americans month. The Administration on Aging, part of the Administration for Community Living, is pleased to announce the theme for Older Americans Month 2021. The theme, Communities of Strength, 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.

The 2021 theme shines a light on many important issues and trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. They expect to continue to live their lives to the fullest, and they're insisting on changes that make that possible. What it means to age has changed, and Older Americans Month 2021 is a perfect opportunity to recognize and celebrate what getting older looks like today.

Here in Greene County, the county Legislature proclaims May as Greene County Older Americans Month when it expresses appreciation for the commitment and valuable service of outstanding senior citizens throughout Greene County. In conjunction with this, the Advisory Council to the Greene County Department for the Aging conducts a search for local senior citizens to be recognized for their dedicated and hard work to make our communities a better place to live. In recognition of these significant contributions to the Greene County community, the Legislature will honor all nominees for the senior awards. Two dedicated individuals are chosen to receive special recognition from Greene County Legislature in the categories of Senior Citizen of the Year and Outstanding Contribution by a Senior Citizen. These two county winners will also be submitted to NYS for special recognition.

This year, Barbara Caldera of Earlton has been honored as the 2021 Senior Citizen of the Year and Duncan Macpherson of Freehold will receive the Outstanding Contribution by a Senior Citizen award.



Barbara Caldera is the mother of two children and a lifelong Greene County resident. She served in the U.S. Army Nurse Corps in Vietnam and rose to the rank of Lt. Colonel. She later had a long career as a R.N. and Nurse Practitioner, having served as the Administrator of Greene County Family Planning for over 10 years. She served the county for a total of 20 years, retiring in 2009. In the early years of her retirement, she volunteered for Meals on Wheels and Community Hospice, both in NY and Florida; and she continues to belong to a knitting group which meets weekly to knit hats to donate to homeless shelters and Greene

County Family Planning. At the age of 72, Barbara saw a need for her expertise when the COVID pandemic hit and she stepped up to volunteer in any way she could by creating a spreadsheet of other volunteers, providing contact tracing, assisted with weekly testing for COVID. She continues to assist at vaccine PODs while on the front lines wearing full PPE and has assisted Greene County Public Health staff in any way possible. In addition, she belongs to a poetry workshop that began during the pandemic. Barbara brings her humor and kindness to each and every interaction and has been a source of inspiration to younger volunteers.

Duncan Macpherson was born in 1941, one of 6 children. He is an avid golfer and runner, having ran in the Boston Marathon. He worked for NYS DMV for nearly 42 years and retired as Director of Data Processing. After that, he took a position with NADSF (North American Drivers Safety Foundation) where he oversaw CDL rules, restrictions and data processing. He is an avid bowler and was involved with the American Bowling Congress for more than 50 years, serving as Vice-President in 1997 and President in 1998. He is married (wife, Linda) and has 3 children, 2 daughters, Kate and Ali, and a son, Scott. Duncan serves the Greene County Region Blue Star Mothers, as a father of a military personnel, in any capacity needed since it was organized in 2014. He has served his community as a Boy Scout troop leader, a Food Pantry volunteer, a member of the Greenville Rotary, and a regular blood donor for whole blood and platelets through the American Red Cross since 1990. He was elected by the taxpayers of the Greenville School District to serve on their Board of Education, and in such capacity worked on technology for district sub-committees, and was the school's Baseball, Cross Country and Wrestling coach 2006 – 2011. He is a member of St. John the Baptist Church in Greenville and serves as an Acolyte, Eucharist Minister and general parish supporter. He has been a Greene County Department of Human Services RSVP volunteer since 2014 by delivering meals to the homebound and providing medical transportation. Even without an organization, Duncan volunteers his time for others. He assisted a neighbor, whose husband passed away from cancer, in all her daily routines and even housekeeping, as well as her own health issues. Per his parish pastor, Fr. Steve Matthews, "Duncan is always a go-to person, always willing to jump in. Many times he sees a need before even being asked & handles without hesitation".



Anne Heim of Leeds will receive a Certificate of Merit from Greene County. She has been a volunteer for Greene County Department of Human Services since 2001. She has provided nearly 4100 hours of service by delivering meals to the homebound and providing medical transportation.

All three will receive special recognition from the Greene County Legislature at their May meeting. In addition, Caldara and Macpherson will represent Greene County in the New York State Older New Yorkers Day in the future.



COVID-19 VACCINE: ANSWERS FOR DEMENTIA CAREGIVERS & PEOPLE LIVING WITH ALZHEIMER'S

from The Alzheimer's Association

The Food and Drug Administration (FDA) approval of multiple COVID-19 vaccines brings hope to many, especially those living with Alzheimer's and dementia and their caregivers who have been critically impacted by the pandemic.. Here are some questions many have asked.

- **Are the vaccines safe for people Alzheimer's and other dementias?** COVID-19 vaccines were tested in large clinical trials to make sure they meet safety standards. Many people were recruited to participate in these trials to see how the vaccines protected people of different ages, races and ethnicities, as well as those with different medical conditions.
- **Are there potential side effects?** In clinical trials, side effects reported were mild and temporary, including fever and muscle pain. If your family member living with dementia is vaccinated and severe side effects occur or persist for more than a week, contact their health care provider immediately.
- **Should people with Alzheimer's and other dementias get the COVID vaccine?** Vaccines are an important step in protecting the health and safety of loved ones in our care. It is important that you consult with health care providers about questions related to an individual and the vaccine.
- **What if the person living with dementia is unable to provide consent for vaccination?** Consent for the coronavirus vaccine should be considered in the same manner as other vaccines and health care decisions. If a resident cannot consent, health care providers will talk to the individual's dedicated power of attorney or other determined family member.
- **As a caregiver, should I get vaccinated?** Caregivers are encouraged to get vaccinated as soon as they are able to do so. Even with widespread vaccination on the horizon, it is important to consider the risks and take additional safety precautions for people living with dementia.

The Association recognizes that ending social isolation and reuniting families is of the utmost importance and we now have the tools and resources to make this possible. We believe vaccinations are a very important step in protecting the health and safety of long-term care residents and staff. Even as vaccines are used, other protocols including PPE, rapid point of care testing and other safety measures must continue to be implemented to ensure a secure and safe environment for visitation.

Greene County offers vaccine clinics throughout the county. They are open to anyone age 18 or older. You do not have to be a resident of Greene County. The second dose date will be announced once you have received your first dose. Pre-registration is required by going to the Greene County web site or calling 518-719-3600.

CRISIS COUNSELING PROGRAM OFFERS FREE, CONFIDENTIAL SUPPORT DURING COVID-19

NY Project Hope helps New York understand their reaction and emotions during the COVID-19 pandemic. Through an emotional support helpline, educational materials, and trusted referrals, NY Project Hope supports people so they can manage the changes brought on by COVID-19.

Whether you want to learn about reliable community resources that can help you or you just want to talk ... maybe it's both. Whatever it is that you need as you work to navigate your way through these very unusual times, NY Project Hope is here for you during COVID-19. If you decide to call our Emotional Support Helpline, you will reach someone who has been trained to hear what you are saying and give you the kind of support that works best for you during the pandemic...whether it's coping strategies, resources or a chance to talk - the call is always free, confidential, and anonymous. NY Project Hope's Emotional Support Helpline number is 1-844-863-9314. Trained crisis counselors are available every day from 8am to 10pm. For coping tips, relaxation exercises and much more, log onto NY Project Hope's website, [NYProjectHope.org](https://www.NYProjectHope.org)



NY Project Hope
Coping with COVID



New York's free and confidential COVID-19
Emotional Support Helpline

8am - 10pm / 7 Days

1-844-863-9314

www.NYProjectHope.org

A program of the NYS Office of Mental Health | Funded by the Federal Emergency Management Agency



AmeriCorps Seniors

Thank You Volunteers

Just want to update you as to what **YOU** accomplished during COVID-19 and the one year period since our last volunteer recognition luncheon.

From October 1, 2019 through September 30, 2020, Homebound Meal delivery volunteers delivered 82,826 meals to 1037 Homebound Meal clients. Homebound Medical Transportation provided 1344 rides to 109 clients. Crafters continued to donate teddy bears for the Sheriff's office, scarves, and lap robes for local organizations for distribution, and sleeping mats for the homeless.

Although COVID-19 made changes in our programs, you as volunteers were able to adapt and continue to provide service to those who needed it in our community.

Thank you all for dedicated service to our programs. I am so proud that the AmeriCorps Senior program has been able to weather the COVID-19 storm and continue to thrive. I am looking forward to all of our programs restarting.

Ruth Pforte, GCDHS AmeriCorps Seniors Coordinator



**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

Greene County Legislator, Edward Bloomer, is seen reading a county proclamation naming April as Greene County Department of Human Services' AmeriCorps Seniors Volunteer Month. Looking on is Ruth Pforte, Coordinator for the program.

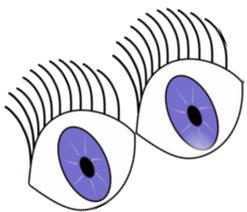


Coming Soon



**ON LINE CLASSES
VIRTUAL LEARNING**

KEEP YOUR EYES OPEN



FOR FUTURE

ANNOUNCEMENTS





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

SLOW AND STEADY WINS THE RACE



Greene County Department of Human Services, together with their Nutrition staff, is currently working on plans to reopen the county's senior nutrition sites for congregate meals!

There are many little details to work out in order to do it right and most of all, do it safely due to COVID-19. Some of those details include seating capacity and table arrangements specific for each site, reservations will now be required, temperature checks as guests arrive, sanitizing protocol, etc. This will be a gradual reopening process as Greene County wants to do this right the first time, right out of the gate.

We are well aware that the county's older adults are anxious to get out and attend the congregate sites. At the same time, there also may be people who are not comfortable coming back and that's perfectly understandable. This is a personal choice for each individual.

Your patience with this reopening plan is greatly appreciated.

Stay tuned for more details as we move forward.

NUTRITION NOTES



By: Nicole Gehman, MS, RD, CD-N

SALMON: FARM RAISED vs. WILD CAUGHT

Salmon consumption continues to rise in the United States. The health benefits of salmon have been well documented, contributing to a rapid rise in both consumption and fish farming techniques. Rich in omega-3 fatty acids (hence the nickname fatty fish), salmon is a lean source of protein packed with nutrition - *plus it's delicious*. Studies show omega-3s in fish help lower inflammation and can help protect against heart disease.

In the seafood department of most grocery stores, both farm raised and wild salmon varieties are usually available, along with the location of origin. There are select differences in the two options and most would wonder which is the better choice.

Farmed salmon are grown commercially and fed a highly concentrated feed consisting of fish meal and small oily fish, thus making farmed salmon higher in omega-3s, but unfortunately higher in contaminants including pesticides and mercury. The diet of wild salmon includes various shrimp, fish, mollusks and crustations. Because they feed higher on the food chain, certain contaminants do accumulate and are present in wild salmon, but in smaller quantities.

Wild salmon varieties are often leaner and contain less saturated fat than farmed salmon (although both are mainly composed of unsaturated fat). These filets tend to require less cooking time and more seasoning. The color is also much more red, as farmed salmon color is enhanced by their diet.



Research has been conducted to compare the benefits and risks of eating farmed vs. wild salmon. There are certain populations that may be more susceptible to health risks from contaminants in farmed salmon, such as pregnant and nursing women and those at high risk for disease. Some studies show the benefits of salmon (both farmed and wild) outweigh the potential risks involved with moderate consumption and this is being researched. There has also been new feed developed for salmon that is less concentrated in fish oils and more concentrated in plant oils.

Overall, consumers should eat farmed salmon in moderation. The American Heart Association recommends eating at least 2 servings (3.5 oz.) of fatty fish like salmon every week. As a Registered Dietitian, I would recommend selecting wild salmon on a regular basis (if feasible) and limiting farmed salmon to 1-2 times per month. Those high risk groups should also speak with their doctor or dietitian regarding the recommendations for fish and shellfish intake. Great news- the salmon served on the monthly menu is wild caught! □

Additional information and nutrition counseling are always available. Please call me at the main office at (518) 719-3555.

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. Centers are closed on legal holidays and inclement weather.

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.

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,
Central Kitchen Cook

JEWETT

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

Gayle Ruvolo
Meal Site Manager

Sal Alberti
Carol Harnett

COXSACKIE

Town of Coxsackie
Senior Center
127 Mansion Street,
Coxsackie

**TEMPORARILY
CLOSED**

**We hope to
reopen
real soon.**



CATSKILL

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

Annette Wagenbaugh
(Temporary)

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
3 MACARONI & CHEESE CAULIFLOWER STEWED TOMATOES PINEAPPLE	4 CHICKEN DIJON MASHED POTATOES MONACO VEGETABLES FRESH FRUIT	5 STUFFED SHELLS MARINARA w/ SAUSAGE PEAR CUP SAUTÉED MIXED VEGETABLES CHOCOLATE CHIP COOKIES	6 ROAST BEEF w/ GRAVY MASHED POTATOES GREEN BEANS FRESH FRUIT	7 SALMON w/ DILL SAUCE NOODLES SPINACH SALAD BROCCOLI BROWNIE
10 BEEF CHILI RICE BROCCOLI TROPICAL FRUIT	11 CHICKEN FLORENTINE OVER BOWTIE NOODLES MIXED VEGETABLES PEANUT BUTTER COOKIE	12 ROAST PORK w/ GRAVY PEAS & CARROTS SWEETS POTATOES APPLESAUCE BIRTHDAY CUPCAKE	13 BAKED HAM w/ RAISIN SAUCE SCALLOPED POTATOES GREEN BEANS FRESH FRUIT <u>LOW SODIUM DIET SUBST.</u> HAMBURGER w/ WHOLE WHEAT ROLL	14 MEATLOAF w/ GRAVY MASHED POTATOES SPINACH CHOCOLATE MOUSSE
17 ROASTED CHICKEN w/ CHICKEN GRAVY MASHED SWEET POTATOES BEETS STUFFING TROPICAL FRUIT	18 SHRIMP SCAMPI w/ LINGUINI GLAZED CARROTS MANDARIN ORANGES	19 KIELBASA w/ SAUERKRAUT WAX BEANS BAKED BEANS APPLE CRISP w/ WHIPPED TOPPING <u>LOW SODIUM DIET</u> COTTAGE CHEESE PEACHES CRACKERS NO BAKED BEANS	20 CHICKEN BREAST SALAD OVER TOMATOES, MIXED GREENS, CUCUMBERS & CROUTONS w/ BALSAMIC VINAIGRETTE BEET SALAD VANILLA PUDDING w/ STRAWBERRIES	21 LASAGNA w/ MEAT SAUCE TOSSED SALAD ITALIAN MIXED VEGETABLES FRESH FRUIT
24 BROCCOLI CHEDDAR QUICHE HASH BROWN POTATOES OLD FASHIONED MIXED VEGETABLES MIXED GREEN SALAD FRUIT COCKTAIL	25 BBQ CHICKEN THIGHS MASHED POTATOES COLLARD GREENS PEACH COBBLER	26 FISH FLORENTINE SCALLOPED POTATOES CAULIFLOWER OATMEAL RAISIN COOKIE	27 ROASTED TURKEY w/ GRAVY & CRANBERRY SAUCE PEAS & CARROTS MASHED POTATOES STUFFING APPLE SPICE CAKE	28 SEAFOOD PASTA SALAD MARINATED CARROTS GARDEN SALAD FRESH FRUIT
31 <u>MEMORIAL DAY</u>  ALL SENIOR NUTRITION SITES & MAIN OFFICE CLOSED				

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
	1 BBQ CHICKEN THIGHS MASHED POTATOES BROCCOLI APPLESAUCE w/ COOKIES	2 TORTELLINI w/ SAUSAGE ITALIAN GREEN BEANS PEARS RICE PUDDING w/ WHIPPED TOPPING	3 ROAST PORK w/ GRAVY APPLESAUCE PARISIAN MIXED VEGETABLES SWEET POTATO VANILLA MOUSSE w/ BLUEBERRIES	4 LINGUINI w/ WHITE CLAM SAUCE TOSSED SALAD SPINACH FRESH FRUIT
7 CHICKEN DIVAN WHITE RICE CARROTS PEACHES	8 SHRIMP PRIMAVERA PENNE TOMATOES & ZUCCHINI CHOCOLATE MOUSSE	9 STUFFED PEPPERS BROWN RICE CALIFORNIA MIXED VEGETABLES MANDARIN ORANGES COOKIES	10 AMERICAN CHEESEBURGER POTATO SALAD LIMA BEANS, CORN & CARROT MEDLEY STRAWBERRY SHORTCAKE <i>(Berries from Story Farms)</i> 	11 CRANBERRY CHICKEN SALAD MARINATED CARROTS MIXED GREENS w/ CUCUMBERS & TOMATOES FRESH FRUIT
14 MACARONI & CHEESE ZUCCHINI STEWED TOMATOES FRUIT COCKTAIL 	15 SEAFOOD STUFFED COD BROWN RICE PILAF SPINACH DICED PEARS	16 MEATLOAF w/ GRAVY BRUSSELS SPROUTS SCALLOPED POTATOES HUMMINGBIRD CAKE	17 CHICKEN DIJON MASHED POTATOES MONACO VEGETABLES FRESH SEASONAL FRUIT <i>(from Story Farms)</i> 	18 SLOPPY JOES CAULIFLOWER GREEN BEANS BANANA PUDDING FRESH FRUIT
21 HAM, PEPPER & ONION QUICHE HASH BROWNS PEAS & MUSHROOMS TAPIOCA PUDDING	22 CHICKEN PARMESAN WHOLE WHEAT SPAGHETTI ITALIAN MIXED VEGETABLES PINEAPPLE DELIGHT	23 BIRTHDAY CELEBRATION SEAFOOD SCAMPI WHITE RICE SPINACH CAULIFLOWER VANILLA BIRTHDAY CUPCAKE 	24 ROASTED TURKEY w/ GRAVY CRANBERRY SAUCE MASHED POTATOES GLAZED CARROTS STUFFING LEMON MOUSSE w/ GRANOLA TOPPING	25 BEEF BURRITO w/ SOUR CREAM SPANISH RICE LETTUCE/TOMATOES CORN STRAWBERRIES w/ WHIPPED TOPPING
28 CHICKEN FLORENTINE MASHED POTATOES WINTER BLEND VEGETABLES TROPICAL FRUIT	29 TERIYAKI BEEF & BROCCOLI WHITE RICE ASIAN CARROTS AMBROSIA	30 BAKED SALMON w/ DILL SAUCE BROWN RICE PINEAPPLE CALIFORNIA VEGETABLE MEDLEY BROWNIE		

Catskill Food Pantry



The Catskill Food Pantry, operating under The Catskill Community Center, moved to St. Luke's Episcopal Church, 50 William Street in Catskill, where it is open on Wednesdays from 1:30 p.m. - 6:00 p.m.

How the CCC Food Pantry started:

A couple of years ago, a volunteer approached the Catskill Community Center with an offer of regular food donations. It began operating a small Food Pantry then, usually on Wednesday afternoons. With so many people out of work due to the COVID-19 crisis, the need spiked and kept rising. It was decided to enhance the Food Pantry program, making the hours more regular and better matching the food offered with the community's need.

The Catskill Food Pantry is especially grateful to the Catskill Community Garden for donating fresh produce, to the Coxsackie Community Food Pantry for helping access a wide variety of staple foods, and to the Rubin Community Health Fund, the A. Lindsay & Olive B. O'Connor Foundation, and the Greene County Rural Health Network for their financial support which made it possible for to provide fresh, healthy food to so many people.

The Catskill Community Center is thrilled and grateful that St. Luke's Episcopal Church has come forward to take over the Food Pantry with no gap in service, and with the same crew of friendly volunteers. A refrigerator, freezer and related equipment has been donated to St. Luke's, so it will continue to keep food fresh or frozen for Food Pantry recipients. For more information, please see the new Food Pantry website or call Megan Henry at 518-303-2393.

GREENE COUNTY DEPARTMENT of HUMAN SERVICES
CONTRIBUTIONS POLICY

Contributions



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:** Door-to-door service is provided directly by the Department. 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. (*Actual cost is \$29.62 one-way trip, maximum 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

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

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

**Donations
are Greatly
Appreciated!**

*Thank
you*



*Nelta Beojekian
In Memory of Jake Beojekian*

*Madeline Greene
In Memory of Arthur Mayo
For Nutrition Program*

*Wynne Neiss and Eastern Star
In Memory of Cliff Gross*

*Dr. Elena Suditu
In Memory of John Goettsche
For Nutrition Program*

Medicare and Changes in Residence

Moving within state

- If you have Original Medicare, **notify the Social Security Administration (SSA)** of your move to update your address.
- If you have a Medicare Advantage Plan or Part D plan, **notify the plan** of your change of address and see if you will still be in your plan's area of coverage.
 - If not, you will have a Special Enrollment Period (SEP) to change plans. You can **call Medicare to use your SEP** and change plans.
 - You can use Medicare's **Plan Finder tool** to compare plans.
- If you have a Medigap, call the plan to ask if the cost of your premium will change.

Moving out of state

- If you have Original Medicare, **notify SSA** of your move.
- If you have a Medicare Advantage Plan or Part D plan, **notify the plan** of your change of address and see if you will still be in your plan's area of coverage.
 - If not, you may have a Special Enrollment Period (SEP) to change plans. You can **call Medicare to use your SEP** and change plans.
 - You can use Medicare's **Plan Finder tool** to compare plans.
- If you have a Medigap, learn about your new state's rules around Medigaps. You can **call your SHIP** to learn about Medigaps in your state in case you want to make changes in the future
 - You can also call your Medigap plan to see if the cost of your premium will change.
- If you have a Medicare Savings Program (MSP), learn about the eligibility rules in the state to which you are moving. For assistance with a new MSP application, contact that state's SHIP.
- If you were automatically enrolled in Extra Help because of your state's Medicaid or MSP, you may need to actively enroll after your move to another state. You can call SSA to learn about the status of your Extra Help.

Important Contact Information

Social Security Administration (SSA): 800-772-1213 or www.ssa.gov

Medicare: 1-800-MEDICARE (1-800-633-4227, TTY 1-877-486-2048)

State Health Insurance Assistance Program (SHIP): 877-839-2675

- Visit www.shiptacenter.org to find the number for a specific state.

Moving abroad

- If you have a Medicare Advantage Plan or Part D plan, **contact your plan to disenroll**, since you will no longer be eligible for these plans while living abroad.
 - If you move back to the U.S., you will have an SEP to enroll in a Medicare Advantage or Part D plan again.
- If you have premium-free Part A, **you should keep Part A**. If you become eligible for premium-free Part A while abroad, you should enroll. To enroll while abroad, request forms from the U.S. Embassy or Consulate of the country you live in.
- If you plan to move back to the U.S. or travel back frequently, **you may want to enroll in or keep Part B** to ensure you have medical coverage during your stays, and to avoid potential gaps in coverage or late enrollment penalties. You might consider delaying or dropping Part B if:
 - You or your spouse work outside the U.S. for a company that provides you with health insurance, or you or your spouse work in a country with a national health system. This will qualify you for a SEP to enroll in Part B without penalty.
 - You volunteer internationally for at least 12 months for a tax-exempt non-profit organization and have health insurance during that time. You will have an SEP to enroll in Medicare without gaps or penalties.
- If you plan to move abroad permanently and not visit the U.S., you might consider dropping Part B, but **be aware of the consequences** you could face if you wish to enroll later (gaps in coverage and late enrollment penalties).

Being incarcerated

- If you are incarcerated, you should **keep or enroll in Parts A and B**. To enroll in Medicare while in prison or jail, send a signed and dated letter to SSA that includes your name, Social Security number, clear statement that you want to enroll, the date the coverage should be effective, and your signature.
- If you have a Medicare Advantage Plan or Part D plan, **contact your plan to disenroll**, since you will no longer be eligible for these plans while incarcerated.
 - If you are released from incarceration, you will have an SEP to enroll in a Medicare Advantage or Part D plan again.
- If you cannot afford to keep Part B while incarcerated, you should **actively withdraw** from Part B. Then you can **apply for a Medicare Savings Plan (MSP)** the two months before your release (or as soon as you are released in certain states in which you cannot apply while incarcerated).

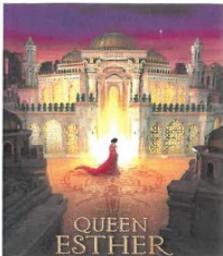
MICHAELS OFFERING FREE ONLINE CRAFTING CLASSES



Online crafting tutorials are fun, but they aren't the same as having an instructor walk you through the steps in real-time. Luckily, Michaels is trying to fix that. The retailer is currently offering a stacked lineup of virtual art classes and events - perfect for these COVID days. Think: a date night craft competition for you and your partner or a bird house-making class for the spring. The best part? **They're all free!**

To view all of the classes and fun online events Michaels has available, you can head to their web site. Classes and or programs are all one hour and offered at various times during the day - on some days, multiple classes are offered. Unfortunately, each class is only available at that set time which means if you miss it that day, it won't be offered at a different hour. However, with so many different class options and times, there's sure to be at least one craft that excites you and fits your schedule.

All classes are family-friendly and most are open to all ages. The skill level is also noted (although most are open to all levels). To complete each class or event, you will need to bring your own materials. A list of what you'll need will be posted on each description page.



Sight and Sound Theater



Hershey's Factory Tour Ride



Dutch Apple Dinner Theater



Bird-in-Hand Farmers Market

PENNSYLVANIA AMISH LANDS

With Sight & Sound's "Queen Esther"
& Dutch Apple's "On Your Feet!"

3 DAYS - 2 NIGHTS

SEPTEMBER 15 - 17, 2021

\$420.00 Per Person Double Occupancy
\$555 Single Occupancy

\$25 Per person deposit due with reservation
Balance due by July 15, 2021

PACKAGE INCLUDES:

- 2 Nights Lodging
- 2 Breakfasts
- 2 Dinners Including an Amish Farm Family-style Dinner
- Performance of "Queen Esther" at Sight & Sound Theatre
- Performance of "On Your Feet! - The Story of Emilio & Gloria Estefan" at Dutch Apple Theater
- Kitchen Kettle Village
- Hershey's Chocolate World & Chocolate Tour Ride
- Bird-in-Hand Farmers Market
- Souvenir Gift
- Luggage Handling
- Taxes & Meal Gratuities
- Motorcoach Transportation

Cancellation insurance available; see reverse side for details

FOR INFORMATION AND RESERVATIONS CONTACT:

CATSKILL SILVER LININGS
Georgianna Ramsay
P.O. Box 162
Round Top, NY 12473
(518) 622-3257

26 E. Lancaster Avenue, Reading PA 19607 * 610-775-5000 * 800-437-2323 * www.whitestartours.com



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 assistance with getting groceries
or some minor repairs done around the home
(i.e.: changing light bulbs, changing out screens to storm windows,
and any minor repairs)
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)



alzheimer's  association

Northeastern New York Chapter

presents

Early
Alzheimer's
Support &
Education

Partnered learning to **EASE** the journey.

EASE is an 8 week interactive learning program for people with early stage memory loss and their care partners. Participants will have the opportunity to learn about Alzheimer's disease and other forms of dementia as well as current research and treatment plans. Other topics covered during the 8 weeks include legal and financial preparation, communication and compensatory strategies, home safety and community resources. A support group is also offered at the end of each session.

Appropriate audience:

Persons with Early Stage Alzheimer's and their care partners.

When:

Every Thursday, beginning May 20th through July 8th

10 a.m. - Noon

Where:

This is a **VIRTUAL PROGRAM**.

Registration and a pre-screening is required. See contact below.

To schedule a pre-screening, please call **Meagan DeMento** at

(518) 888-5563 OR **mdemento@alz.org**

The EASE meeting topics are described below:

Week 1: Meeting Other Travelers- Getting to know each other and an overview of Alzheimer's disease.

Week 2: Partnering with your Physician- Current information on the disease, research and treatment.

Week 3: Check Points- Insight into legal issues and preparing for the future.

Week 4: Traveling Together- Enhancing communication to meet the challenges of present and future change brought on by a memory disorder.

Week 5: A Day At A Time- Dealing with everyday events; tips for dealing with memory loss.

Week 6: Managing Change- Maintaining a healthy attitude; dealing with feelings about recent changes.

Week 7: For Safety's Sake- Tips on how to stay safe within and outside of your home.

Week 8: The Road Ahead- Learning about relevant community resources.

This program is supported in part by a grant from the New York State Department of Health.

News From the Greene County Youth Bureau

There WILL be a 2021 Greene County Youth Fair!!!

While it is still unsure of how it will look, what will be able to be done, and what precautions will have to be followed, plans are moving ahead to bring a fair to all of you!

As updates become available, they will be shared on the Greene County Youth Fair Facebook page as well as website.



MARIJUANA LEGALIZATION: PROS and CONS

NOTE: NYS Gov. Andrew Cuomo signed legislation in late March legalizing recreational marijuana for adults. This is an article for information only. This does not reflect the views, opinions or policy of the Department of Human Services or Greene County Government. Information as it pertains to Greene County will be published in a future article.

PROS

1. **BOOST IN REVENUE:** As governments struggle with decreased revenue and rising costs, they look for creative ways to boost income to fund projects. The legalization of marijuana could be a revenue generator in new taxes applied to its sale and distribution. Taxes on cannabis raised more than \$1.9 billion in 2019, a jump of 33% compared to the previous year, according to research from the Institute on Taxation and Economic Policy. Colorado, for example, used the first \$40 million it received in taxes on retail marijuana in fiscal year 2017-2018 to aid the state's public school system, law enforcement, substance abuse programs, and health education. If marijuana were legalized and regulated, the industry could generate up to \$106.7 billion annually for local, state, and federal governments.

2. **MORE EFFECTIVE CRIMINAL JUSTICE AND LAW ENFORCEMENT:** Legalization advocates claim the move will provide police officers more money and time to go after criminals committing other violent crimes. They argue that it would create room in the criminal justice system to allow judges and prosecutors to focus more on violent crimes, while crowded prisons are freed of space. According to the **FBI Unified Crime Statistics**, marijuana accounted for 3.3% of sale/manufacturing drug crime arrests and 36.8% of possession and use drug crime arrests in 2018. As a result, marijuana arrests place a significant burden on our judicial system. Drug busts of youth for marijuana offenses often carry harsh penalties that can cause undue social harm with lifelong consequences.

3. **JOB CREATION:** Because cannabis is not federally legal, the Bureau of Labor Statistics does not calculate job growth within this sector. In Colorado, direct employment in the marijuana sector has contributed 5.4% of job gains since legalization in January 2014.

4. **SAFETY CONTROLS:** When a person buys marijuana off the street, there is no way to if dangerous substances are cut into it. Current legalization will create a framework for a safety control system.

5. **MEDICAL BENEFITS:** It has been reported that marijuana brings about a number of medical benefits. Interest in cannabidoil (CBD) - a component of the marijuana leaf - has grown. As medical marijuana becomes legal within some states, there is more research available on what components of the plant can do. Patients and users of CBD have found relief from insomnia, anxiety, and pain, as well as more serious relief from life-threatening conditions like epilepsy and cancer.

6. **LOSS OF BUSINESS FOR DRUG DEALERS:** Crime and violence, both within the U.S. and at the U.S.-Mexico border, are greatly increased due to illegal selling and buying of marijuana and drug cartels.

CONS

1. **SIDE EFFECTS:** Addiction treatment specialists have seen firsthand that long term marijuana use does lead to addiction. Like in other substance abuse cases, stopping marijuana use will lead to withdrawal symptoms, which range from anxiety to irritability. Marijuana is a drug, which by definition changes the way the human works. Its use would lead users to experience a high that alters their perception while under influence.

2. **GATEWAY DRUG STATUS:** Addiction treatment specialists believe that marijuana is a gateway drug that introduces users to more serious abused substances. In a study, teenage boys who abused marijuana, along with using alcohol & cigarettes, were found to be 2 - 3 times more likely to abuse prescription drugs when they become an adult.

Marijuana legalization could increase treatment costs of those introduced to heavier drugs. The National Institute on Drug Abuse considers marijuana an addictive drug. Studies show that 30% of those who use the drug are addicted, this is especially true for teens. In Colorado, reported marijuana use among 18 - 25 year olds increased from 21% in 2006 to 31% in 2014, the year the drug was legalized in the state. Reported usage among adults also increased, rising 7% in the same time period.

3. **LEGAL ISSUES:** Marijuana use cannot be considered a “victimless crime”, knowing crimes might be committed when users are under the influence. While drunk driving is a major problem, despite all the stiff penalties and education, equally dangerous is “driving high”. This is difficult to detect, unless the user has been smoo in the car and is known to cause traffic accidents. Studies show that marijuana is one of the most prevalent illegal drugs found in fatally injured and impaired drivers. Harder crimes can also be caused by the lapse in judgment due to smoking marijuana.

4. **HEALTH ISSUES, INCLUDING MENTAL HEALTH:** The dangers of second-hand smoke from cigarettes are well publicized, so common sense would tell us that the smoking of marijuana will increase the likelihood that other people would suffer the same damage of inhaling smoke. Humorous stories about users having a horrible memory are not an urban legend. In fact, one study has shown that brain blood vessels of a marijuana smoker experience restricted flow, which can continue even after a month of abstinence.

While tobacco and cigarettes are known for pumping carcinogens into the lungs, marijuana is estimated to have levels that are almost double. This is because marijuana smokers tend to inhale more deeply than cigarette smokers, which increases the amount of time the lungs are exposed to cancer causing chemicals.

Marijuana use raises the heart rate from 20 – 100% up to three hours after smoking, increasing the risk of other health problems, such as arrhythmia, heart palpitations and heart attack. The effects on the cardiovascular system can make smoking marijuana a high-risk activity for seniors or for people with cardiac conditions.

Research has discovered a link between marijuana use and mental illnesses, such as schizophrenia and depression. After legalization, marijuana usage increased and as a result, hospitalization related to the drug’s use also rose because the strength of the active ingredients in marijuana isn’t regulated. Another is that the potency of THC, the active ingredient in marijuana, has been increasing in recent decades.

5. **ILLEGAL FEDERALLY:** Marijuana is still illegal on the federal level.

ARTICLE SOURCES

States Where Pot Is Legal: Pros and Cons (thebalance.com)

19 Primary Pros and Cons of Legalizing Marijuana | NYLN.org

Pros and Cons of Legalizing Marijuana in the U.S (thoughtco.com)



GREENE COUNTY DEPARTMENT of HUMAN SERVICES

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aging@discovergreene.com

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Nutrition - Tezera Pulice
Volunteer Services - Ruth Pforte

Staff:

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Tami Bone
Danielle Kane-Wade
Cortney Carlson

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.