

Greene County Round Table News

Published by Greene County Department of Human Services since 1976

NOVEMBER 2021

AN IMPORTANT SEASONAL REMINDER

As we will soon be entering the winter season, we are asking for the help and cooperation of the people we serve, especially those who receive home delivered meals and use our medical transportation service.



During snow or ice storms, it may be necessary for us to close our senior nutrition sites and cancel meals for the day because of hazardous driving conditions. We may also need to cancel medical transportation service for the day.

When the centers are closed, we announce it on TV channels 6, 10, and 13, and on radio stations WHUC 1230 AM, WGY 810 AM, WCZR 93.5 FM, WCTW 98.5 FM, and WRIP 97.9 FM. You will also receive a Swift 911 telephone call announcing the closure. Please note, if the centers are closed, you need to contact our office regarding Medical Transportation appointments for the day.

Our volunteers are the cornerstone of our home delivered meals and medical transportation services. Most of these volunteers are senior citizens themselves and use their own vehicles. We keep this in mind when the roads are bad or there has been a heavy snowfall the night before. We will close the service for the day before we put any volunteers or staff in danger.

We must also consider the danger of asking someone to deliver a meal to a home when the driveway or sidewalk is not cleared and/or passable. If the volunteer cannot safely get to the home, we will not deliver the meal. It is important that you keep this in mind.

We hope you understand that we want to provide our clients with the services they need, but we cannot endanger the safety of our volunteers and our staff in the process. We thank you for your assistance and your cooperation.



TUESDAY, NOVEMBER 2, 2021

IS ELECTION DAY

Polls open 6 a.m. - 9 p.m.

If you have questions regarding this year's election, please contact the Greene County Board of Elections at (518) 719-3550.



ANNUAL PLAN OF SERVICE FOR 2022



The goal of the Greene County Department of Human Services is to ensure a network of supportive services to assist the County's senior residents maintain their dignity and independence.

The Department of Human Services entered its Four Year Plan of Services for the period of April 1, 2020 through March 31, 2024. The Four Year Plan projects service needs for the future and sets appropriate goals to ensure that the needs of Greene County's older residents will continue to be addressed effectively and efficiently.

Future Public Hearings will be addressing the plan of service for 2022. In an effort to give the most accurate, complete answers possible, we will be accepting questions or comments in advance. Comments could include answers to one or more of the following questions.

- 1. What new services would you like to see provided by Department of Human Services Aging?
- 2. Are there any changes you'd like to see in existing DHS services?
- 3. Any other general comments related to future services for seniors?

Anyone interested may submit advance questions or comments by stopping by the office, calling 518-719-3555, mailing them to Greene County Department of Human Services, 411 Main Street, Catskill, NY 12414, or sending us a message via email or through our Facebook page.

As of press time, the locations/dates/times for the Public Hearings were not confirmed. Please watch the local newspaper, as well as our web site and Facebook page, to learn once dates have been set. Attendees may still submit written comments or questions on the day of the hearing. Your comments are important and are used in the planning process for 2022. Please come and share your ideas and ask questions.

Overview

The Department of Human Services provides a network of distinct services designed to meet the needs of the more than 11,800 older residents of Greene County. These services are offered through a combination of subcontracted programs and direct services provided by the Department staff and volunteers. The Department operates from six locations situated throughout the county, our main office at 411 Main Street, Catskill, NY, our county Senior Center located at Rivertown Senior Center, 39 Second Street, Athens, or one of our Senior Nutrition sites located in Acra and Jewett. Due to the pandemic and staffing issues, our sites in Catskill and Coxsackie are temporarily closed.

The Department of Human Services/Aging consists of 23 full time, part time and per diem employees and over 200 active volunteers that provide services. A fleet of vehicles is utilized for transportation of seniors, food and staff.

The Department's main office is located at 411 Main Street, Catskill. We provide information and assistance, legal services, caregiver support, energy assistance, entitlement and health insurance counseling, transportation and the operation of volunteer programs. An additional supportive service coordinated through the main office is transportation to medical appointments. Long term care services such as case management, homemaker/personal care services, home delivered meals; respite services, and personal emergency response systems provide necessary support to homebound older persons. Over 100 seniors per day enjoy a noon-time dinner at our nutrition sites at which various social, health, recreational and educational activities are scheduled. Over 225 meals are prepared and delivered daily to the homes of homebound seniors from these locations.

Over 4,743 senior citizens received one or more services from the Department of Human Services in 2020, for 143,002 units of service. Our requests for Home Delivered Meals alone went up by almost 87% in 2020.

In addition to the services provided to seniors, the Department targets services to the caregivers of seniors, i.e. family and friends who are caring for an older person. The Department also educates and assists people under 60 with information about long term care. This program is called NY Connects. This program creates a No Wrong Door approach to services for seniors and the disabled.

The Department's revenues are received from a variety of sources including federal and state grants, fund-raising and client contributions. There is no fee for any of our services if you are age 60 or older and no older person is denied a service due to inability or unwillingness to pay. The only exception is for homemaking and personal care services for individuals who based on their income level are required to share in the cost of the care. As part of the Older Americans Act provisions, however, we provide an opportunity to contribute to the cost of the services we provide.

Aside from this abstract, copies of the 2020 annual report have been posted on the county website's home page. Go to www.greenegov.com for an online copy or to view any county departments' report.

uman Services



GREENE COUNTY SENIOR ANGELS Spreading Cheer 365 Days a Year



Sponsored by Greene County Department of Human Services
We would like to invite you to become a Senior Angel

2021 continues to be a heck of a year. COVID-19 has caused us to see so many changes. We are gradually getting back to some kind of "normal".

This has been a difficult year all around. We are slowly moving forward. As you can imagine, it has been a very difficult time for the senior citizens of Greene County who have been confined to their homes.

The department has many elderly, limited-income clients who would greatly appreciate a special gift during the holiday season. These gifts lift their spirits, brings a smile to their faces and fulfill a need. Monetary donations will be placed in the department's Senior Angels Fund and be used to purchase gifts for needy senior citizens. 100% of this money goes to benefit the senior citizens of Greene County and nowhere else.

We understand that this year may be a difficult one for you to donate and we can appreciate that. So, if you can't donate, that's okay. Instead, maybe you can reach out to a senior you know via phone or mail and let them know you are thinking about them. If you can donate, this year more than ever, it would be appreciated. This year will certainly be a year that Senior Angels will be a vital source of help. We want to thank you, in advance, for any donation you are able to make or any phone call/contact you can do.

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

| PLEA | SE RETURN THIS SECTION WITH YOUR DONATION |
|-------------------|--|
| I would like n | ny name published to read: |
| I wish to be la | sted as "Anonymous" |
| Instead of my | name, I would like the donation to read: |
| In Memory/Honor o | f: |
| - | Donations may be dropped off or mailed to: |
| | Greene County Department of Human Services |
| | 411 Main Street Catskill, NY 12414 |

For more information, please call 518-719-3555 or Toll-free (877) 794-9266 Email any questions to kenbrooks@discovergreene.com



SENIOR ANGELS PROGRAM -SPREADING CHEER 365 DAYS A YEAR



SPONSORED BY GREENE COUNTY DEPARTMENT OF HUMAN SERVICES



2021 SENIOR ANGEL ORNAMENT \$5.00 EACH

Due to COVID-19, many locations and events are closed/cancelled but we are still planning to bring holiday cheer to many Senior Citizens of Greene County.

If you would like a 2021 Senior Angels ornament, simply complete below and mail to Greene County Dept. of Human Services' Senior Angels Fund, 411 Main St., Catskill NY 12414 along with your payment and we will gladly mail an angel to you.

If you would like us to mail an ornament to a family member or a friend, please list their name and address and we will send it directly to them along with a gift card.

Thank you.

| Please send me ornament(s) at \$5.00 each. |
|--|
| My name and mailing address is: |
| |
| Please mail the ornament to the following person/people: |
| Name and mailing address: |
| Inscription on card: |

If you would like to order more than one gift Angel, please list above information for each additional ornament on a separate sheet.

Total: # of gifts: _____: (\$5.00 each)

All sale proceeds benefit Greene County Senior Angels Fund.

For Your Donations to the Senior Angels Program



Diane Capobianco

Peggy Hester

P. Schneider & Associates PLLC

Robin W. Smith

Terry McGee Ward

Kathleen and Dennis Meehan in Memory of Hanlon and Meehan Families

Lillian Moore in Memory and Honor of Loved Ones

Julianne Schofield in Memory of Robert Frank

Marie Walker in Memory oif her husband, Garth Walker

In Memory of

Phyllis Beechert

Bill Cash and Rosemary Graham

Helen & Brian Golden

Robert Kallman

Dick and Alfred Mangano

Ed Lorenz and John Morgese

Rob O'Connell

Rev. Henry Verdaasdonk

Deceased Members of Ladies Aucient Order Hibernians Div. #32, Our Lady of Knock

Medicare & Immunizations

FLU VACCINE:

Medicare covers a flu vaccine once every flu season. Flu shots are covered at 100%, meaning there should be no additional cost to the beneficiary, for deductible, copayment or coinsurance.

COVID-19

Medicare Part B covers the COVID-19 vaccine with no cost sharing, regardless of whether and individual has Original Medicare or Medicare Advantage. Part B will also cover booster vaccines, which the FDA has recommended for certain at-risk populations



VACCINES YOU NEED AS AN ADULT (CDC)

You may not realize that you need vaccines throughout your life. Adults need to keep their vaccinations up to date because immunity from childhood vaccines can wear off over time. You are also at risk for different diseases as an adult. Vaccination is one of the most convenient and safest preventive care measures available.

All adults need:

- Influenza (flu) vaccine every year
- Tetanus, Diphteria, Pertusis

You may need other vaccines based on your age, health conditions, job, lifestyle, or travel habits. Learn more about what other vaccines may be recommended for you and talk to your healthcare professional about which vaccines are right for you. The chart below is a list as recommended by the CDC.

| Vaccine | 50 – 64 years old | > 65 years old |
|---|--|--------------------------|
| Influenza (IIV or RIV) | l dose annually | |
| Tetanus, Diphteria, Pertusis | l dose Tdap, then Td or | Tdap booster every 10 |
| (Tdap or Td) | | years |
| Measles, Mumps, Rubella | 1 or 2 doses depending | |
| (MMR) | (if born in | 1957 or later) |
| Varicella (VAR) | 2 doses | |
| Zoster recombinant | 2 doses | |
| (RDZ) (Preferred) | | |
| OR | OR | |
| Zoster live (ZVL) | *age 60 and older | l dose |
| Pneumococcal conjugate | l dose | |
| (PCV13) | | ** |
| Pneumococcal | 1 or 2 doses depending on | l dose |
| polysaccharide (PPSV23) | indication | |
| Hepatitis A (HepA) | 2 or 3 doses depending | on vaccine |
| Hepatisis B (HepB) | | |
| Meningococcal A, C, W, Y | l or 2 doses depending | |
| (Men ACWY) | Booster recommendations | may apply |
| Maninga gagal D (ManD) | O or 2 dogga domandina | on indication |
| Meningococcal B (MenB) | 2 or 3 doses depending Booster recommendations | |
| | Booster recommendations | iliay appiy |
| Haemophilus Influenzae | l or 3 doses depending | on indication |
| type b (Hib) | | |
| | Recommended for adults with | ** Recommended |
| who meet age requirement, | an additional risk factor or | vaccination based on |
| lack documentation of | other indication | shared clinical decision |
| vaccination or lack evidence of past infection. | | making. |
| or past infection. | | |



Do you enjoy driving? Would you like to help your community? GCDHS could use you as a Volunteer Medical Transportation Driver!



Our Medical Transportation volunteers drive ambulatory seniors, over the age of 60, to their medical appointments in Albany, Columbia, Greene, Schoharie and Ulster Counties. Drivers are able to choose the trips they can provide, making it more convenient for them. We are able to provide mileage reimbursement at a rate of 50 cents per mile.

Please consider volunteering to help out your community.

For more information or to get an application to become a RSVP volunteer, please call Ruth Pforte, AmericCorps Volunteer Coordinator, at 518-719-3555.



Even during these challenging COVID days, we take time in November to sit back & reflect on our lives and what we are thankful to have. Here at the Department of Human Services, we are no different.

We would like to take this opportunity to express our deepest gratitude to our many volunteers, especially those who have served during this pandemic. Our community experienced a crisis & you freely gave your time to help members of our senior community in need.

THANK YOU!



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) will not be considered.







MEDICARE'S OPEN ENROLLMENT IS NOW GOING ON!

You can enroll in Medicare health and drug plans from October 15 – December 7. Get ready with these 5 tips:

- 1 Check your mail. You may get important notices from Medicare or Social Security. If you're in a Medicare plan, you'll get an Annual Notice of Changes (ANOC). Remember to note any 2021 changes to your health coverage or any assistance you may get to pay for prescription drugs.

 You may also get health plan marketing materials, like brochures, from insurance companies that offer Medicare health and prescription drug plans. Remember plans aren't allowed to call or come to your home without an invitation from you.
- 2. Review your 2021 "Medicare & You" handbook. It has information about Medicare coverage, as well as Medicare plans in your area. If you get your handbook by mail and want to get your next copy electronically, choose to go paperless next fall.
- 3. Think about your Medicare coverage needs for 2022. Carefully review your Medicare coverage materials during Medicare Open Enrollment. Note any changes in 2022 costs or benefits. Decide if your current Medicare coverage will meet your needs for the year ahead. If you like your current coverage and it's still available for 2022, you don't need to take any action.
- 4. Preview 2022 health and prescription drug plans. Medicare Plan Finder makes it easy to compare coverage options and shop for health plans. For a personalized search, log in or create an account (if you have a Medicare Number) to create or access a list of your drugs, compare your current Medicare plan to others, and see prices based on any help you get with drug costs.
- 5. Get personalized help in your community. You may find free information and events online. Greene County Department of Human Services have health insurance counselors available to assist you. Call Rachel at 518-719-3555 to schedule an appointment.



Every Day - Pinochle, Pool, Card Games & FUN!!!

Every Monday Ageless Grace 10:00 a.m.

Line Dancing

Crafters 1:00 p.m.

Every Tuesday Pool Game 10 a.m. - 1 p.m.

Check It Out w/ Catskill Library 11:00 a.m. - 1:00 p.m

Every Wednesday Chorus 10:00 a.m. - 11:00 a.m.

Painters' Club 10:00 a.m. - 12:00 p.m.

10:30 a.m.

Every Thursday Intro To Tech 11:00 a.m.

Chair Yoga with Elisabeth 12:30 p.m.

Every Friday Rummikub 10 a.m.

Movie 10 a.m.

Chair Dance Aerobics 10 a.m.

SPECIAL EVENTS:

Sat. Nov. 6 Nickel Social 11:00 a.m.

Tues. Nov. 9 Kindness Rock Workshop 11:00 a.m.

Must sign-up by November 1

Mon. Nov. 22 Center Friendship Lunch 11:40 a.m.

Sponsored by Garden Gate

Limited Space; Must sign-up by November 15

DAILY LUNCH: GREENE COUNTY DEPT. OF HUMAN SERVICES

The Department of Human Services has resumed van transportation for seniors without a means of personal transportation, so they can enjoy a nourishing hot noontime meal in a friendly, social setting.

TO RECEIVE TRANSPORTATION, you MUST CALL, at least a day in advance, 518-719-3555 and ask for Rose, to request a ride to the Antonelli Center.



November Nutrition Notes

Written by Nicole Gehman, MS, RD, CD-N



Rituals of fasting and feasting became quite common when the Pilgrims and Puritans migrated to North America from England in the 1600s. Thanksgiving traditions were based on various ethnic, cultural, and religious beliefs and values. Although celebrations were carried out for at least a century prior to George Washington's presidency, he declared it a day of gratitude, prayer and public thanks, with many delicious feasting customs. Subsequent presidents honored the annual day, until Lincoln ultimately declared it a national holiday.

Today, friends and families often come together and honor Thanksgiving with a large meal. Turkeys were often hunted during Autumn, and served with fall produce in the historical feasts. The food traditions are delicious, and bring many people great joy through cooking and eating. Some of the typical thanksgiving staples are also quite healthful, and have unique nutrition content. I will outline some of the most popular choices, and also give tips on building a colorful plate at your Thanksgiving meal.



<u>Turkey:</u> Hard to imagine a holiday feast without turkey. White and dark meat are both lean sources of protein, with dark meat having slightly more fat and calories. It is rich in B vitamins, zinc, and selenium, and the dark meat has a slightly higher vitamin and mineral content. If you are watching cholesterol, try and choose a skinless serving of white meat, or just enjoy dark meat in moderation. Tryptophan is a naturally occurring amino acid (protein) in turkey, which can cause sleepiness in larger quantities (likely not from a serving or two on turkey day). Most often, we feel drowsy after a large feast due to the carbohydrate content of the meal.

Potatoes: Mashed, roasted, baked, or scalloped, sweet and white potatoes are a great accompaniment to turkey. Both are root vegetables, high in potassium, phosphorous, and vitamin C. The pigment in sweet potatoes is an antioxidant, and also supports eye function. Both potatoes are a generous source of dietary fiber, and even higher if you enjoy the skin. Leaving the skin on also helps keep blood sugar in check, as the fiber allows our sugar to be raised more gradually at the meal.

<u>Green Beans:</u> A low carbohydrate vegetable, 1 cup of green beans is only 30 calories and contains 25% of our daily need for Vitamin C. Also rich in vitamin K and both types of fiber, soluble and insoluble, which help regulate digestion. They are best harvested within 45-65 days after planted and readily available year round. Stored well in the refrigerator, they can be enjoyed numerous ways on Thanksgiving.

Stuffing: Yes, stuffing is high in carbohydrates and often has added butter and salt, but it is so enjoyable and there are ways to make it more nutritious. If you can avoid the box, making homemade stuffing with corn bread, or dried wheat bread cubes will make the dish higher in fiber and whole grains. Adding vegetables such as celery, carrot, mushrooms, and onions will add bulk to stuffing without raising the carbohydrate content. Moistening the dish with a lower sodium broth will help control the sodium content. If you like to add meat, you can always use a leaner substitution such as crumbled turkey sausage to decrease saturated fat. Otherwise, a ½ cup is a reasonable serving size.

To add nutrition and color to your plate at Thanksgiving, you can enjoy a variety of other vegetables such as brussels sprouts, squash, salads, corn, and mushrooms. I encourage all foods in moderation, but if you are trying to watch your calories around the holidays, aim for $1/4^{th}$ of your plate to be lean protein, $1/4^{th}$ of the plate carbohydrate, and half a plate of colorful vegetables. Our love of food is human nature, so enjoy your holiday meal with many thanks and gratitude.

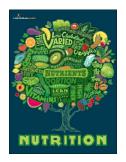


GOOD NEWS! GCDHS is pleased to announce the return of Nutrition Education!

MONDAY, NOVEMBER 1 11:45 a.m. RIVERTOWN SENIOR CENTER, ATHENS

TUESDAY, NOVEMBER 23 12:00 p.m. ACRA SENIOR NUTRITION CENTER

TUESDAY, DECEMBER 14 12:00 p.m. JEWETT SENIOR NUTRITION CENTER



Come meet our new Dietitian - Nicole Gehman, MS, RD, CD-N Learn about healthy nutrition habits & feel free to ask questions.



If you need specific dietary guidance or advice, please contact the Greene County Department of Human Services main office at (518) 719-3555 for an individual nutrition referral. Your Registered Dietitian, Nicole, is available for assistance.

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 & Dessert. Menu is subject to change based on product availability and circumstance. Centers are closed on legal holidays and inclement weather.

If you wish lunch from any of the nutrition sites, you must make sure to sign-up or call the center at least a day in advance. 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. Also, if you have been receiving a home delivered meal due to COVID & now decide to go to a center for lunch, please be sure to notify the center to make the change.

ACRA

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

> Anna Thurman Meal Site Manager

Elaine Cherrington

NUTRITION EDUCATION: Tues. Nov. 23 - 12:00 p.m.

ATHENS

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

Shane Dillon, Senior Center Manager

JoJo Rouse, Central Kitchen Manager

Greg Brunner

NUTRITION EDUCATION: Mon. Nov. 1 - 11:45 a.m.

JEWETT

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

> Gayle Ruvolo Meal Site Manager

> > Sal Alberti

NUTRITION EDUCATION: Tues. Dec. 14 - 12:00 p.m.

CATSKILL

Robert C. Antonelli Senior Center 15 Academy Street, Catskill





COXSACKIE

Town of Coxsackie Senior Center 127 Mansion Street, Coxsackie



GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 & OLDER (AND SPOUSES) ARE INVITED TO ATTEND SUGGESTED DONATION IS \$4.00

SERVED DAILY: BREAD WITH PROMISE SPREAD - TARTAR SAUCE SERVED WITH FISH LUNCH RESERVATIONS ARE REQUIRED 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 PORK CHOP W/ Gravy SWEET POTATO CORN, LIMA BEAN & CARROT MEDLEY MANDARIN ORANGES NUTRITION EDUCATION: ATHENS, 11:45 A.M. | 2 NO MEALS MAIN OFFICE & ALL MEAL SITES CLOSED VOTE TOTAY * * * * * | 3 CHICKEN PARMESAN WHOLE WHEAT PENNE SPINACH ITALIAN MIXED VEGETABLES TIRAMISU | 4 MEATLOAF w/ Gravy MASHED POTATOES GREEN BEANS FRESH FRUIT | 5 VEGETABLE LASAGNA GARDEN SALAD ITALIAN VEGETABLES FRESH FRUIT | | |
| 8 TACO BAKE w/ Sour Cream CORN SPANISH RICE PEACHES | 9 BAKED SALMON w/ Dill Sauce SPINACH BROCCOLI BROWN RICE PILAF APPLESAUCE | 10 ROAST PORK w/ Gravy SWEET POTATO BRAISED CABBAGE APPLESAUCE CHOCOLATE CHIP BANANA BREAD | 11 NO MEALS MAIN OFFICE & ALL MEAL SITES CLOSED THANK YOU VETERANS VOICED THANK | 12 CHEESEBURGER w/ Mushrooms & Onion POTATO SALAD CARROTS FRESH FRUIT | | |
| 15 BEEF CHILI WHITE RICE MIXED VEGETABLES CORN BREAD FRUIT COCKTAIL | 16 CHICKEN DIJON MASHED POTATOES CAULIFLOWER APPLE CRISP W/ WHIPPED TOPPING | 17 SEAFOOD SCAMPI LINGUINI SPINACH WAX BEANS BIRTHDAY CUPCAKE | ROAST TURKEY W/ Gravy CRANBERRY SAUCE MASHED POTATOES BUTTERNUT SQUASH STUFFING PUMPKIN PIE W/ Whipped Topping | 19 EGGPLANT PARMESAN WHOLE WHEAT SPAGHETTI ITALIAN MIXED VEGETABLES FRESH APPLE | | |
| 22 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES TROPICAL FRUIT | 23 RAVIOLI MARINARA SAUSAGE ITALIAN MIXED VEGETABLES SPINACH PEAR NUTRITION EDUCATION: ACRA, 12:00 P.M. | 24 CHICKEN & BISCUITS w/ Gravy GREEN BEANS MASHED POTATOES BANANA MOUSSE | 25 NO MEALS LAPPY THANKSGIVING! DEPARTMENT & ALL MEAL SITES CLOSED | 26 FISH FLORENTINE MIXED VEGETABLES SCALLOPED POTATOES FRESH FRUIT | | |
| 29 CHICKEN DIVAN WHITE RICE MONACO VEGETABLE MIX TROPICAL FRUIT | 30 BAKED MANICOTTI w/ Meatball SONOMA VEGETABLES BRUSSELS SPROUTS RICE PUDDING w/ Raisins | | | | | |

GREENE COUNTY SENIOR NUTRITION PROGRAM

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| DECE | ABER | 1 PORK CHOP w/ Gravy Mashed Potatoes Butternut Squash Applesauce Peach Cobbler | 2 HUNGARIAN GOULASH EGG NOODLES SPINACH TOSSED SALAD FRESH FRUIT | 3 BEER BATTERED FISH CAULIFLOWER AU GRATIN POTATOES FRESH FRUIT |
| 6 SLOPPY JOES CAULIFLOWER CORN TROPICAL FRUIT | 7 CHICKEN & BISCUITS BROCCOLI MASHED POTATOES PEARS | 8 ROAST TURKEY DINNER w/ Gravy CRANBERRY SAUCE STUFFING SWEET POTATO PUMPKIN PIE | 9 FISH FLORENTINE ITALIAN MIXED VEGETABLES SCALLOPED POTATOES FRESH FRUIT | 10 LASAGNA GREEN BEANS CARROT COINS GRAPE YOGURT PARFAIT |
| 13 BEEF CHILI BROCCOLI CORN BREAD BROWN RICE TROPICAL FRUIT | 14 CHICKEN QUARTERS w/ Gravy MASHED POTATOES GREEN BEANS COOKIES | 15 SHRIMP PRIMAVERA PENNE TOMATOES & ZUCCHINI SPINACH CHOCOLATE CHIP PUDDING | 16 ROAST PORK w/ Gravy APPLESAUCE SWEET POTATO BUTTERNUT SQUASH FRUITED JELL-O | 17 BAKED SALMON w/ Dill Sauce CALIFORNIA VEGETABLE MEDLEY WHITE RICE FRESH FRUIT |
| 20 CHICKEN DIJON CALIFORNIA MEDLEY MASHED POTATOES FRUIT COCKTAIL | 21 VEAL PARMESAN SPINACH STEWED TOMATOES ROTINI PEARS | 22 MEATLOAF W/ Gravy BRUSSELS SPROUTS MASHED POTATOES CHOCOLATE BIRTHDAY CAKE | CHRISTMAS HOLIDAY DINNER BAKED HAM W/ Raisin Sauce* SCALLOPED POTATOES GLAZED CARROTS CHEESECAKE W/ Cherry Topping * LOW SALT DIET SUBST: BAKED CHICKEN W/ Gravy | DEPARTMENT CLOSED NO MEALS |
| 27 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES FRUIT COCKTAIL | 28 LEMON BAKED COD SPINACH CARROT COINS RICE PILAF PEACHES | 29 STUFFED SHELLS SAUSAGE ITALIAN VEGETABLES BROCCOLI BUTTERSCOTCH PUDDING | 30 NEW YEAR'S DINNER ROAST BEEF W/ Gravy MASHED POTATOES CARROTS APPLE PIE | 31 DEPARTMENT CLOSED NO MEALS |



Building relationships. One cup at a time.

The mission of *Coffee with a Cop* is to break down the barriers between police officers and the citizens they serve. The program brings together police officers and community members – over coffee – to discuss issues and learn more about each other. Taking time to meet at neutral locations provides the opportunity for real conversations about issues that matter.

Greene County is no different from the rest of the nation and observed the day on Wednesday, October 6. Greene County Sherriff Pete Kusminsky; Captain Tracy Quinn and Sgt. Andrew Overbaugh stopped by the Rivertown Senior Center, the Acra Senior Nutrition site and the Robert C. Antonelli Senior Center in Catskill.







This was a pilot project that proved so popular, we are planning on doing it again.

The Greene County Women's League Cancer Patient Aid November Membership meeting will be held on Tues., Nov. 9 at 12:00 p.m. at the Red Rooster, Cairo, NY. Lunch is at 12:00 p.m. followed at 1:00 p.m. with the meeting. NOTE: Christmas party reservations and pre-payment are due at this meeting. Any question, please call 518-819-1249 or e-mail GreeneCountyWomensLeague@gmail.com



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

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 of contribution 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).

In-home Contact & Support: Suggested level of contribution is \$1.00 per visit (Actual cost \$1 - \$5 per visit)

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

NUTRITION:

Contributions

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).

MEDICAL 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)

ADULT DAY CARE SERVICES: The suggested level of contribution is \$30.00 per day (Actual cost \$99.00 per day).



As the number of seniors grows, so does the need for our vast array of services. The Department of Human Services encourages and appreciates your donations. If you or your family are in a position to do so, please fill out the form below. Please note that one hundred percent of your donation will be used to provide services to Greene County older adults in need.

THANK YOU FOR YOUR SUPPORT.

| NAME: | |
|--------------------------|--|
| ADDRESS: | |
| I designate \$ donation | |
| In memory of | |
| to the following: | |
| Round Table News | In-home services |
| Where most needed | Senior Angels Fund |
| Homebound transportation | Nutrition Program/Home-delivered Meals |
| Greene Cour | ecks payable & mail to: nty Dept. of Human Services Street, Catskill, NY 12414 |



For your donations to our Nutrition Program

Rose Lennon
In Memory of Frank and Grace Dorpfeld

WAJPL Golden Age Club



ONLINE CLASSES STILL AVAILABLE

NYSOFA Launches Partnership With The Association On Aging In New York And Tech Platform **Getsetup** To Provide 300+ Live Online Classes

www.getsetup.org/partner/NYSTATE

Albany, NY—The New York State Office for the Aging (NYSOFA) announced a partnership with The Association on Aging in New York (AgingNY) and *GetSetUp* to offer 50,000 classes, featuring more than 300 different course options developed by and for older adults. The *GetSetUp* curriculum and community are designed to combat social isolation and promote independence through live, interactive classes and online connectivity with a community of more than 650,000 older adult learners from more than 160 countries around the globe. Additionally, all guides and instructors are retired educators/professionals/technologists, promoting economic empowerment, healthy lifestyles, and a purpose driven life. Instructors are trained to help older adults learn by doing, not just watching, and all learners are encouraged to become creators by leading their own interest groups.



GetSetUp classes are organized into four broad categories:

Digital Divide/Connectivity (orientation to Zoom and how to use various devices)

Physical Health (i.e. Tai Chi/Yoga/Healthy Cooking)

Mental Health (i.e. Dementia/Coping with Stress/Meditation),

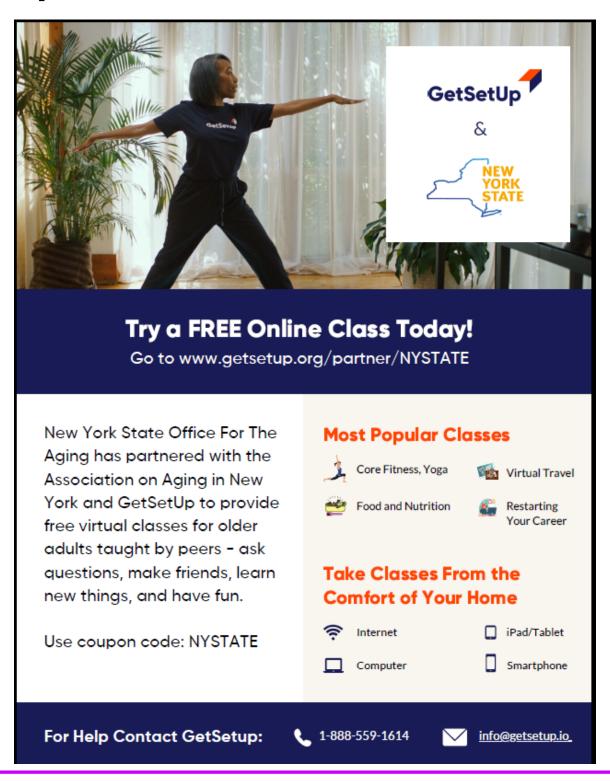
Social Health (i.e. Book club/Gardening/Pets/Travel/Brain Games)

The *GetSetUp* platform offers more than 40 classes each weekday, and more than ten classes each weekend. They recently launched "*GetSetUp TV*" for hesitant older adults to get a flavor of the *GetSetUp* platform without having to fully participate. Classes are rotated regularly to offer the widest variety of programming for older adults in the four main categories.

Technology solutions have grown dramatically over the past year and platforms such as *GetSetUp* will be part of the new normal. Connecting older adults to an online forum of their peers empowers engagement, continual learning, and even access to employment opportunities outside of the traditional brick and mortar approach.

About GetSetUp

GetSetUp is an online community of people who want to learn new skills, connect with others, and unlock new life experiences. Their safe, social, and interactive learning environment has been specifically designed for older adults. Classes are taught by older adults and kept small to ensure everyone can actively participate. The platform helps older adults stay mentally and physically fit, creates economic opportunities through jobs and reskilling, and provides a community where people find meaning and purpose by helping each other and forming new connections. Learn more at https://www.getsetup.io/.





Medigap Policies

Medigap plans

Medigaps are health insurance policies that offer standardized benefits to work with Original Medicare (not Medicare Advantage). They are sold by private insurance companies. If you have a Medigap, it pays part or all of certain remaining costs after Original Medicare pays first. Medigaps may also cover health care costs that Medicare does not cover at all, like care received when traveling abroad.

Remember, Medigaps only work with Original Medicare. If you have a Medicare Advantage Plan, you cannot buy a Medigap.

Choosing a Medigap policy

Insurance companies may offer up to 10 different Medigap policies to choose from: A, B, C, D, F, G, K, L, M, and N. Each lettered policy is standardized. This means that all policies labeled with the same letter have the same benefits, no matter which company provides them, though prices vary. Companies are not required to offer all 10 standardized Medigap policies, meaning some may be unavailable in your state.

Listed below are things you should consider when choosing a Medigap plan. Make sure to review the Medigap plan benefits chart for additional information. Note: Massachusetts, Minnesota, and Wisconsin have different Medigap plans.

- Plan A offers the most basic coverage, covering a core set of coverage gaps, but it is often the least expensive.
- Plans F, C, and G are the three most comprehensive Medigaps, but they generally cost more.
- Plans F and C are only available to you if you were newly eligible for Medicare before January 1, 2020.
- Medigap plans are guaranteed renewable. That means that as long as you pay
 the premium, you can keep your plan. However, premiums may change yearly.
- Shop around. Different insurance companies charge different premiums for the exact same policy.
- Contact your State Health Insurance Assistance Program (SHIP) to learn when you can purchase a Medigap in your state. Call 877-839-2675 or visit www.shiphelp.orq to contact your local SHIP.

| | | | | | | | | | | 1 |
|---|----------|----------|----------|----------|----------|----------|----------|----------|----------|---|
| | Α | В | С | D | F* | G* | K** | L** | М | N |
| Hospital copayment Copays for days 61-90 (_) and days 91- 150 () in hospital; Payment in full for 365 additional lifetime days. | √ | ~ | ~ |
| Part B coinsurance Coinsurance for Part B services such as doctors' services, laboratory and x-ray services, durable medical equipment, and hospital outpatient services. | ~ | ~ | ~ | ~ | ~ | ~ | 50% | 75% | √ | Except \$20 for doctors visits and \$50 for emergency visits |
| First three pints of blood | ✓ | 1 | ✓ | 1 | 1 | ✓ | 50% | 75% | ✓ | ✓ |
| Hospice care Coinsurance for respite care and other Part A-covered services | ~ | ~ | 1 | ~ | 1 | ~ | 50% | 75% | √ | √ |
| Skilled nursing facility (SNF) copay Covers a day for days 21-100 each benefit period. | | | 1 | ~ | ~ | ~ | 50% | 75% | √ | √ |
| Hospital deductible Covers in each benefit period. | | 1 | ~ | ~ | ~ | ✓ | 50% | 75% | 50% | ✓ |
| Part B annual deductible Covers (Part B deductible) | | | ~ | | ~ | | | | | |
| Part B excess charges 100% of Part B excess charges (Under federal law, the excess limit is 15% more than Medicare's approved charge when provider does not take assignment) | | | | | √ | ~ | | | | |
| Preventive care 100% of coinsurance for Part B-covered preventive care services after the Part B deductible has been met | √ | √ | √ | ~ | √ | √ | ✓ | √ | √ | ✓ |
| Emergency care outside the U.S. 80% of emergency care costs during the first 60 days of each trip, after an annual deductible of \$250, up to a maximum lifetime benefit of \$50,000. | | | ~ | ~ | ~ | ~ | | | √ | ~ |

Plans C and F are only available to you if you became newly eligible for Medicare before January 1, 2020.

This chart doesn't apply to Massachusetts, Minnesota, and Wisconsin. Those states have their own Medigap systems.

© 2021 Medicare Rights Center Helpline: 800-333-4114 <u>www.medicareinteractive.org</u>
These materials made possible by support from the Capital District Physicians' Health Plan.

^{*}Plans F & G also offer a high-deductible option. You pay a \$2,370 deductible in 2021 before Medigap coverage starts.

^{**}Plans K and L pay 100% of your Part A and Part B copays after you spend a certain amount out of pocket. The 2021 out-of-pocket maximum is \$6,220 for Plan K and \$3,110 for Plan L.

News From the Greene County Youth Bureau



Meet Our Staff

Carrie Wallace grew up in Catskill. She graduated from Catskill High School and later received her Bachelor of Science degree in Children and Family Services from SUNY Plattsburgh. She has been with the Greene County Youth Bureau (now under

DHS) for twenty-five years as a Youth Services Caseworker. Carrie likes to empower youth and their families, advocating for them at school and in the community and thoroughly enjoys what she does.

In her spare time Carrie enjoys seeing live music, skiing and spending time with her two sons.



LAURA ANDERSON, Youth Services Caseworker, started with the Greene County Youth Bureau in 2018. She has been in the area for 12 years and her first job in Catskill was at the Catskill Community Center as their youth programs coordinator. After that she co-founded the Catskill Wheelhouse School, later ran their after school program, and continues to serve on their board. Laura received a BA in Community Education from Goddard College and recently obtained a certificate in horticultural therapy from Colorado State University. She has been implementing gardening programs as part of her work with the Youth Bureau for the last two years and is excited to continue bringing health and healing to Catskill youth through gardening. Laura currently lives in Saugerties in the woods with her daughter and their puppy.



TIPS FOR SUPPORTING TEENS' MENTAL HEALTH

Teens heading back to school are rebounding from a uniquely challenging time and reemerging into a new normal. Getting back into the swing of academic and social life may be daunting, especially as so many teens are dealing with the mental health impacts of the pandemic.

Here are some suggestions for caregivers looking to help teens cope:

- Be aware of the common challenges: Anxiety, Depression, Academic loss or stress, Grief, Race/Identity-related trauma, Economic hardship.
- Watch for big changes in behavior, mood and habits. If your teen suddenly seems
 different, take extra care to check in. Watch for common signs of a mental health
 challenge like school avoidance, not wanting to see friends, losing interest in things
 they used to enjoy, changes in eating or sleeping habits, and disruptive behavior or
 aggression.
- **Keep the lines of communication open.** Check in with your child regularly. Ask how they are, even when nothing seems wrong. Let them know you're there to talk if ever there is a problem.
- **Validate their emotions.** When your child is upset, don't downplay their feelings or jump right into problem-solving mode. Instead, let them know you hear them and that it's normal to feel sad, anxious or angry sometimes.
- **Prioritize social emotional support.** Think creatively about ways your child can meet academic demands without sacrificing their mental health. While academics are key, students may need additional support. Put your child's emotional needs first. Look for ways to support them when they hit rough spots reengaging in normal life.
- Make space for grief. If your teen has lost a loved one, provide opportunities for them to talk about it. Mark milestones like birthdays and anniversaries together and share your own experiences with grief and loss.
- Help teens reemerge with new routines. Teens may feel disconnected or struggle to engage with friends, school events and other parts of their pre-pandemic lives. Caregivers can help by suggesting new routines and committing the family to supporting this structure.
- **Model self-care.** Looking out for your own mental health is an important part of caring for your child. And when teens see you taking time for yourself, they learn to do the same.
- Reach out for help. If you're worried about your child, you don't have to go it alone.
 Talk with a counselor or teacher at school, ask their doctor for advice, or connect with a local therapist.
- Take action if you think your teen is considering suicide. Some people worry that talking about suicide makes it more likely, but the opposite is true. If you're worried or if your teen mentiones self-harm or suicide, talk to them about your concerns in a calm, non-judgmental way. If you think your teen is in immediate danger, call 911 or the National Suicide Prevention Lifeline at 800-273-8255.

GREENE COUNTY SENIOR CITIZENS CLUBS

Please note: Some clubs may not have resumed meetings due to COVID-19.



ATHENS:

ATHENS SENIOR CITIZENS

2nd & 4th monthly Monday 1:15 p.m. Rivertown Senior Center

CAIRO:

CAIRO GOLDEN AGERS

2nd & 4th monthly Wednesday 1:30 p.m. Acra Community Center

CATSKILL

CATSKILL SILVER LININGS

2nd monthly Thursday 1:00 p.m. Robert C. Antonelli Senior Center

COXSACKIE:

COXSACKIE AREA SENIORS

2nd & 4th monthly Wednesday

1:00 p.m.

Van Heest Hall, Bethany

SENIOR CITIZENS of COXSACKIE

1st & 3rd monthly Monday

2:00 p.m.

Town of Coxsackie Senior Center

GREENVILLE: GREENVILLE GOLDEN YEARS

1st monthly Wednesday 1:30 p.m. American Legion Hall

MOUNTAIN-TOP:

MOUNTAIN TOP GOLDEN AGERS

4th monthly Thursday 1:30 p.m.
Tannersville Fire Hall

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

1st & 3rd Monday

1:00 p.m.

Windham Town Building

ATTENTION ALL CLUBS:



Do you have anything to announce about your club?

Put it in print in the Round Table News!

Contact Maureen at the Department of Human Services

alzheimer's % association%

VIRTUAL

Early Stage Support Group

This group is for both people with Mild Cognitive Impairment (MCI) / Early Stage Memory Loss and their Care Partners.

3rd Tuesday of the Month: Alzheimer's Association NENY Virtual Support Group Via Zoom

1:30-2:15 pm Care Partners Support Group 2:15-3pm MCI/Early Stage Support Group

Facilitator: Katie Keary

*All participants must be pre-screened to participate and will then receive the Zoom Link to participate.

For more information or to schedule a pre-screening for one of the above groups contact: Sierra, at (518) 518.675.7214 ssnoddy@alz.org or go to http://www.communityresourcefinder.org/ Click on Alzheimer's Association Programs and Events

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

COMMUNICATION AND INTIMACY



Close relationships are built on shared experiences, emotional intimacy and physical expressions of love. While your relationship with your spouse or partner who has Alzheimer's will change as the disease progresses, you can still maintain a meaningful connection. This program will help care partners to:

- Better understand the changes in communication that occur with disease progression,
- Identify ways to connect with your partner at every stage of the disease, and
- Learn to nurture your relationship during changes.

Featured Speaker: E. Louise Choroser, BSN, RN, BC-RN, Dementia Care Manager, Syracuse VA Medical Center

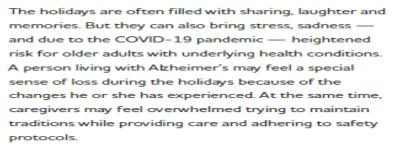
Time: Tues., Nov. 9, 6 p.m. Cost: Free

Registration: Register by calling 800.272.3900 or visiting alz.org/newyork.

Each program is 90 minutes long and includes a presentation from a local expert and a Q&A session at the end. It is presented online using Zoom. You will receive the link to join after you register.

DEMENTIA CAREGIVER EDUCATION SERIES

HELPFUL HOLIDAY HINTS FOR DEMENTIA CAREGIVERS DURING COVID-19



Join us as we explore tips and tools caregivers can use to manage responsibilities and keep yourself and your loved ones safe and connected during the holiday season and beyond.

Featured Speaker: Gregory Drapkin, MPH, CDP, Care and Support Program Manager, Alzheimer's Association, New York City Chapter

The dementia caregiver education series is a joint presentation of the Alzheimer's Association chapters in New York.



Time: Wed., Nov. 17, 12 p.m. Cost: Free

Registration: Register by calling 800.272.3900 or visiting <u>alz.org/newyork</u>.

Each program is 90 minutes long and includes a presentation from a local expert and a Q&A session at the end. It is presented online using Zoom. You will receive the link to join after you register.



Northeastern New York Chapter

presents



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 Friday, beginning October 22nd through December 17th (with exception of November 26th due to Thanksgiving holiday)

10 a.m. - Noon

Where:

This is a VIRTUAL PROGRAM.

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

Please call or email Sierra Snoddy at **518.675.7214** or **ssnoddy@alz.org**, so she can connect you with your local dementia care specialist for a pre-screening.

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.



GREENE COUNTY ROUND TABLE NEWS

is published monthly by

GREENE COUNTY DEPARTMENT of HUMAN SERVICES

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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. Staff are available by appointment only. Please call our main office 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.

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