



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 "*Age My Way*", which focuses on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible and be involved with their communities. Planning, participation, accessibility, and making connections all play a role in aging in place – emphasizing that what each person needs and prefers is unique.

NOW, THEREFORE, we, the members of the Greene County Legislature, hereby proclaim the month of May 2022 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 2022. The theme, ***Age My Way***, is an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities

Under the 2022 theme, there will be discussions on how planning, participation, accessibility, and making connections all play a role in aging in place – emphasizing that what each person needs and prefers is unique. Older Americans Month 2022 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 (Human Services) 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, Mary Lou Nahas of Oak Hill has been honored as the 2022 Senior Citizen of the Year and Linda Sutton of Cornwallville will receive the Outstanding Contribution by a Senior Citizen award.



Mary Lou Nahas has lived in Greene County for over 30 years and is well known in Durham and surrounding communities due to her many contributions to the area. She is an active member of many organizations that serve the Durham, Oak Hill area. These include the Greene County Historic Society since 1998, where she has opened her house for tours, organized tours of Durham and has served on several committees, as well as the Durham Task Force since 2000. In 2000, she organized the Durham Historical Preservation Committee and served as secretary

for 20 years. Since 2004, she has served the Oak Hill Preservation Association and was elected to several offices; organized Oak Hill Day; maintains a Facebook page, and writes articles for historic registers. She has been a member of the Clematis Garden Club since 2008 and served as an officer between 2010 and 2014, as well as the Federated Garden Clubs of NY. In 2014, she joined the Durham Chamber of Commerce and served as Secretary. In 2016, she originated the Durham Book Club and the Homesteading Groups. Mary Lou is a trustee at the Durham-Oak Hill Methodist Church where she secured grant funding, helps to maintain the property and manages the church's Facebook page. In 2020, under COVID, she joined the Durham Connect History Working Group and has worked on a map project and cemetery stone cleaning program. She annually serves on the Irish Cultural Center's Memorial Day Festival committee and was the organizer of the 9-11 Memorial Program. Under the Durham Community Center, she has organized several programs. She is passionate about preserving the history of her community. Mary Lou can be found at almost any community event, town meeting and always with a smile and kind word.

Linda Sutton has given tirelessly of her time for decades to improve the town of Durham. She was active in creating the Patrick Kellegher Field at the Irish Cultural Center. Since 1989, she has been a member of the Association of the Preservation of the Durham Valley. In 1990, she organized the Durham Historic Preservation Commission, as well as joined the Durham Task Force, of which she has served as Chairperson since 2014. Since 1997, she has served on the July 4th parade committee, and in the role of Chairperson. She has been the Chairperson of the Reading Room since 2010. Another community event she helped is the St. Patrick's Day fundraising dinner. She has been chair of this delicious activity since 2011. In 2015, she took over the Christmas in Durham so all families in the town had a fun community event to attend. In addition to her volunteer service to the community, she has been employed as a dispatcher for the Durham Police Department since 1975.



In May, Mary Lou and Linda will be recognized at the Greene County Legislature meeting. Later this year, in November, they will be recognized by NYS at a special ceremony as part of the 2022 Older New Yorkers Day celebration in Albany.



Terry McGee Ward Retires as DHS Executive Director

On Thursday, March 31, Terry McGee Ward walked out of her office as GC DHS Executive Director, for the last time . The next day she began her retirement. Her shoes will be hard to fill but we wish her much happiness as she begins a new chapter in her life. Those who frequent the Greene County Youth Fair will still see her smiling face as she plans to stay on the committee as a private citizen.

On Friday, March 25, elected officials, including Assemblyman Chris Tague, fellow Greene County Department heads, staff and well wishers joined together to give her a send-off with delicious refreshments and kindness.





As we get ready to go to press on this issue, just want to take a brief moment to welcome some new staff members:
Richard “Ricky” Lyons: Executive Director
Bonnie Snyder: Aging Services Specialist
Ashley Reynolds: Acra Senior Nutrition Site Manager
Penny Konstalid will be relocating to our Catskill site once Ashley has been trained.



At the same time, we say goodbye to MJ Pomilla who has been our receptionist for nearly seven years. Much happiness to her in her new life of leisure.



NY Connects: Choices for Long Term Care

NY Connects is your trusted place to go for free, unbiased information about long term services and supports in New York State for people of all ages or with any type of disability. Long term services and supports include medical and non-medical services a person needs to improve or maintain

health and independence. They may be provided in a nursing home, the individual’s home or other community-based settings.

Greene County Department of Human Services is your local NY Connects office for assistance. Staff can help link you to long term services and supports, such as home care, transportation and meals. Our goal is to help you live as independently as you wish to while meeting your medical, social and functional needs that arise from aging or disability.

How can we help you?

- Connect to long term services and supports regardless of diagnosis, age or how you will pay for services.
- Receive guidance and coordination as you go through assessment and eligibility processes.
- Help with completing applications and enrollment, including public assistance benefits such as Medicaid, HEAP, SNAP and Medicare

Need more help?

Searching for resources can be confusing and overwhelming. Call 518-719-3556 to make an appointment with a local NY Connects representative for personalized assistance. Our staff will be glad to assist you!



AmeriCorps Seniors

Greene County Legislator Ed Bloomer presents AmeriCorps Seniors Greene County Coordinator, Ruth Pforte, with a Legislative proclamation naming April 2022 as Greene County Department of Human Services AmeriCorps Seniors Volunteer Month. Looking on is Terry McGee Ward, former Executive Director of Greene County Department of Human Services.

The County recognizes and thanks the many volunteers within Greene County who lend their time, talent and voice to meet the critical needs of our communities. With great pleasure, Greene County honors all our county volunteers, not just those affiliated with AmeriCorps Seniors, and convey the sincere gratitude and appreciation of our citizens for the dedicated, selfless and compassionate efforts of these volunteers.



HOMEBOUND MEAL DELIVERY

Needed to deliver noon-time meals to homebound seniors.

HOMEBOUND MEDICAL TRANSPORTATION

Needed to provide transportation for seniors to medical appointments.

NEW MOUNTAIN TOP PROGRAM

Needed to provide transportation for Mtn.Top seniors to pick-up medications from pharmacy.

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

All applicants will be required to complete a volunteer registration and consent to a background check.



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 out screens to storm windows, changing light bulbs, 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 are not eligible (i.e.: new roof, deck or fencing)



39 SECOND STREET, ATHENS

STORE HOURS:

MONDAY 9:00 A.M. – 11:30 A.M.

WEDNESDAY 9 A.M. – 11:30 A.M. & 12:30 P.M. – 2:00 P.M.

SPRING & SUMMER ITEMS AVAILABLE - MEN'S CLOTHING AVAILABLE

PLEASE BRING YOUR OWN SHOPPING BAG

DONATIONS GREATLY APPRECIATED

**WE DO NOT ACCEPT MEDICAL SUPPLIES, GAMES,
CHILDREN'S TOYS, ELECTRONICS, DISHES*



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

Will you be alone for Thanksgiving? Come join us . . .

***SENIOR ANGELS PROGRAM
ANNUAL
COMMUNITY THANKSGIVING DINNER****

Open to all seniors age 60 and older
Seating limited

**Thanksgiving Day November 24, 2022
12:00 p.m. - 4:00 p.m. Dinner served 1:00 p.m.**

Rivertown Senior Center
39 Second Street, Athens
For more information or to make reservations,
contact Ken Brooks at (518) 719-3555



Want to volunteer to help? Call to speak to Ken

* Funded in part by Athens Community Foundation

THANK YOU GREENE COUNTY LEGISLATURE SPEENBURGH GRANT

Greene County Legislator Ed Bloomer is seen presenting a \$1000 check on behalf of the Greene County Legislature's Speenburgh grant. The funds will be used towards the DHS Senior Angels Program annual Thanksgiving Dinner. Accepting the grant is Senior Angels Chairman, Ken Brooks.

In addition, Greene County Children, Youth & Community Advisory Board was awarded \$500 for the annual Greene County Youth Awards.

Thank you Greene County Legislature.





Swift911™ is Greene County's Emergency Notification System that provides the county with a mechanism to rapidly deliver recorded notification via telephone, email or text message to targeted homes and businesses in the event that an emergency takes place. Such situations may include water main breaks, flooding,

terrorist threats, hazardous material emergencies, weather emergencies or natural disasters. Non-emergency contact may be made in the event of situations critical to certain municipalities only, e.g. boil water alerts. **At the Greene County Department of Human Services, it is used as a vital connection to inform our senior citizens and volunteers of center closings, and the cancellation of services due to emergency conditions and other circumstances.**

Swift911™ integrates world-class Emergency Alerting, Incident Management, Public Contact Registration, and Contact Lookup into one easy to use application. It is utilized by over 1,500 organizations nationwide, consisting of numerous industries, including government, and provides a user friendly system to alert residents regarding emergencies and other time-sensitive events.

Swift911™ is used to keep its residents informed during power outages, floods, hurricanes, evacuations, road closures and much more. All notifications are delivered via the Notification Delivery Network™ (NDN), with a sole purpose of delivering emergency messages. It delivers time sensitive, mission critical information with unmatched speed and reliability. Organizations of all sizes ranging from 100 people to more than 2 million depend on Swift911™ to deliver messages every day.

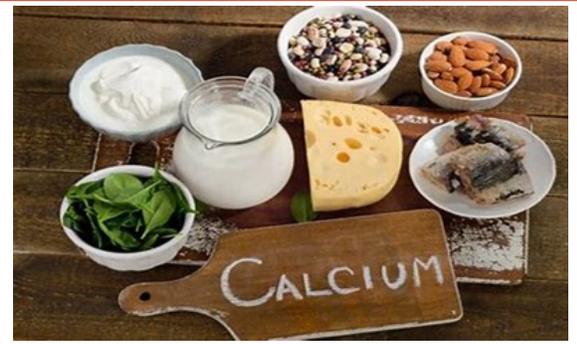
Greene County Human Services will automatically register clients who receive meals or other services, attend a center as a congregante, or serve as a volunteer. The Swift911™ Web Portal does allow individuals not receiving DHS services to register for notification during a county emergency or official outreach by going to: **<http://greengovernment.com/departments/emergency-services/swift-911-registration>**

Swift911™ can send alerts across most communication platforms, including land lines, cell phones, and email. Alerts can be sent via phone call, email or text message. After signing up for the service, you can add all forms of contact you wish to receive, services such as TTY/TDD, specifying whether the phone(s) you have added are voice only or voice and text/SMS capable. Only include those telephone numbers, text/SMS number (include service provider) and e-mail address at which you wish to be contacted. Greene County will attempt to contact you through the system provided in the event of an emergency notification. Any calls you receive will have the Caller ID of "Greene County" and the respective telephone number. **Seniors who do not wish to receive service may be removed from notification database at any time by calling DHS.**

For further general information, please contact Dan King, *Emergency Manager Specialist*, at Greene County Emergency Services (518-622-3643).

NUTRITION NOTES

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



As humans age and enter their elder years, the risk for calcium deficiency significantly increases. Multiple factors contribute including lower dietary calcium intake over time, overall decreased absorption in our intestine (some medications can also affect this), decreased sun exposure and therefore decreased Vitamin D (which helps our body absorb calcium), and impaired kidney function (which can cause vitamin D deficiency).

When the body has low blood calcium for any reason, it compensates by removing calcium from our bones to stabilize the blood level. Subsequently, bones are weakened which can lead to osteoporosis - a condition we are all generally familiar with. Osteoporosis includes decreased bone mass and bone density, causing fragile bones and increased risk of fractures. As we age over 40, our bone mass decreases naturally, putting us at risk for osteoporosis. Couple this risk with calcium deficiency, and there's an increased likelihood for bone loss.

The dietary approach to prevent weak bones is complex. Too little calcium will hurt your bones. Low vitamin D and we won't be able to absorb calcium. Many other vitamins and minerals play a part in prevention; therefore, it is important to eat a balanced diet, rich in calcium sources. The highest sources of calcium come from dairy including yogurt, milk, and cheese. Nondairy sources include dark green vegetables such as spinach, mustard greens, collard greens, Bok choy and kale, small fish with bones such as sardines or anchovies, tofu, or fortified products where calcium is added in processing (such as orange juice). The recommended daily allowance (RDA) for calcium in elder adults is 1200 milligrams (mg) per day. To give perspective, this includes 3 strong sources of calcium daily which can range around 400 mg each (milk, yogurt, cheese).

In addition to dietary prevention, weight bearing exercises such as walking, or strength training can help slow bone loss. Healthy stress on our bones stimulates them to absorb more calcium. Some studies even show bone cells can be regenerated from exercise.

Speak to your doctor or registered dietitian about your diet and exercise routine. Have routine blood work done by your medical professional. If you are not able to reach adequate dietary calcium or have absorption issues, appropriate supplementation can be beneficial, but always discuss any supplements with a professional.

Additional information on this topic and/or nutrition counseling is always available. Please call the main office for a referral 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 & 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 by calling 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.

If you would like lunch at either Athens or Catskill & need transportation, please call Rose at the main office to schedule.

ACRA

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

Ashley Reynolds
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

CATSKILL

Robert C. Antonelli
Senior Center
15 Academy Street,
Catskill

Penny Konstalid
Meal Site Manager

NUTRITION EDUCATION with Nicole Gehman, MS, RD, CD-N



TUESDAY, MAY 3 11:45 a.m.
RIVERTOWN SENIOR CENTER,
ATHENS

FRIDAY, MAY 13 12:00 p.m.
ACRA SENIOR
NUTRITION CENTER

TO BE ANNOUNCED
JEWETT SENIOR
NUTRITION CENTER

*Come learn about
healthy nutrition habits.
Feel free to ask questions.
Recipe and tasting to follow.*

COXSACKIE

Town of Coxsackie
Senior Center
127 Mansion Street,
Coxsackie

Dorothy Barkman
Faye VanDyke
Co-Meal Site Managers



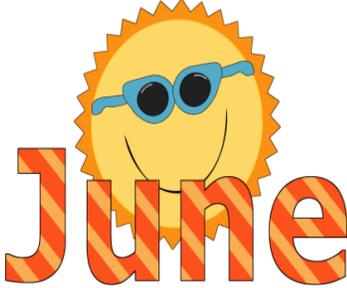
GREENE COUNTY SENIOR NUTRITION PROGRAM

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">2</p> <p align="center">BBQ CHICKEN THIGHS</p> <p align="center">BAKED BEANS</p> <p align="center">CORN</p> <p align="center">TROPICAL FRUIT</p>	<p align="center">3</p> <p align="center">TORTELLINI MARINARA w/ SAUSAGE</p> <p align="center">ITALIAN MIXED VEGETABLES</p> <p align="center">FRUIT CUP w/ COOKIE</p> <p align="center">NUTRITION EDUCATION: RIVERTOWN 11:45 A.M.</p>	<p align="center">4</p> <p align="center">BEER BATTERED FISH</p> <p align="center">SCALLOPED POTATOES</p> <p align="center">GREEN BEANS</p> <p align="center">PINEAPPLE</p>	<p align="center">5</p> <p align="center">SWISS CHEESEBURGER</p> <p align="center">POTATO SALAD</p> <p align="center">CARROTS</p> <p align="center">FRESH FRUIT</p>	<p align="center">6</p> <p align="center">BAKED PORK CHOP w/ Gravy & Applesauce</p> <p align="center">MONACO VEGETABLE MIX</p> <p align="center">MASHED POTATOES</p> <p align="center">FRESH FRUIT</p>
<p align="center">9</p> <p align="center">MACARONI & CHEESE</p> <p align="center">3 BEAN SALAD</p> <p align="center">STEWED TOMATOES</p> <p align="center">FRUIT COCKTAIL</p>	<p align="center">10</p> <p align="center">CHICKEN DIVAN</p> <p align="center">TUSCAN VEGETABLES</p> <p align="center">WHITE RICE</p> <p align="center">PEARS</p>	<p align="center">11</p> <p align="center">BEEF STEW</p> <p align="center">POTATOES</p> <p align="center">GREEN BEANS</p> <p align="center">TROPICAL FRUIT</p>	<p align="center">12</p> <p align="center">EGGPLANT PARMESAN</p> <p align="center">WHOLE WHEAT PENNE</p> <p align="center">SPINACH</p> <p align="center">LOW SODIUM V8</p> <p align="center">PUDDING</p>	<p align="center">13</p> <p align="center">KNOCKWURST* SAUERKRAUT</p> <p align="center">COLD BEAN SALAD</p> <p align="center">MACARONI SALAD</p> <p align="center">FRESH FRUIT</p> <p align="center">* Low SODIUM DIET SUBST: TURKEY/SWISS BURGER</p> <p align="center">NUTRITION EDUCATION: ACRA 12:00 P.M.</p>
<p align="center">16</p> <p align="center">FISH FLORENTINE</p> <p align="center">SCALLOPED POTATOES</p> <p align="center">BROCCOLI</p> <p align="center">TROPICAL FRUIT</p>	<p align="center">17</p> <p align="center">VEAL PARMESAN</p> <p align="center">PENNE</p> <p align="center">SPINACH</p> <p align="center">LOW SODIUM V8</p> <p align="center">PEARS</p>	<p align="center">18</p> <p align="center">MEATLOAF w/ Gravy</p> <p align="center">BRUSSELS SPROUTS</p> <p align="center">MASHED POTATOES</p> <p align="center">CHOCOLATE CAKE</p>	<p align="center">19</p> <p align="center">CHICKEN DIJON</p> <p align="center">MASHED POTATOES</p> <p align="center">MONACO VEGETABLES</p> <p align="center">FRESH FRUIT</p>	<p align="center">20</p> <p align="center">CHICKEN CAESAR SALAD</p> <p align="center">COLD BEAN SALAD</p> <p align="center">MACARONI SALAD</p> <p align="center">FRESH FRUIT</p>
<p align="center">23</p> <p align="center">SLOPPY JOES</p> <p align="center">CALIFORNIA VEGETABLE MIX</p> <p align="center">WHITE RICE</p> <p align="center">PINEAPPLE</p>	<p align="center">24</p> <p align="center">SALMON w/ Dill Sauce</p> <p align="center">MASHED POTATOES</p> <p align="center">GREEN BEANS</p> <p align="center">BROWNIE</p>	<p align="center">25</p> <p align="center">PORK CHOP w/ Gravy & Applesauce</p> <p align="center">SWEET POTATOES</p> <p align="center">PEAS & CARROTS</p> <p align="center">COOKIES</p>	<p align="center">26</p> <p align="center">STUFFED PEPPERS</p> <p align="center">CARROT COINS</p> <p align="center">FRESH FRUIT</p>	<p align="center">27</p> <p align="center">ALL-AMERICAN HOT DOG*</p> <p align="center">COLESLAW</p> <p align="center">BAKED BEANS</p> <p align="center">FRESH FRUIT</p> <p align="center">* Low SODIUM DIET SUBST: TURKEY/SWISS BURGER</p>
<p align="center">30</p>  <p align="center">MEMORIAL DAY</p> <p align="center">Thank you to all our soldiers who given of themselves for our freedom!</p> <p align="center">99/0480548 www.pgoraph.com</p> <p align="center">ALL SENIOR NUTRITION SITES & MAIN OFFICE CLOSED</p>	<p align="center">31</p> <p align="center">SWEET & SOUR CHICKEN</p> <p align="center">ORIENTAL MIXED VEGETABLES</p> <p align="center">WHITE RICE</p> <p align="center">PEACHES</p>	 <p align="center">MAY</p>		

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 BAKED BEANS BUTTERNUT SQUASH COOKIES w/ APPLESAUCE	2 SEAFOOD SCAMPI GREEN BEANS LINGUINI FRESH FRUIT	3 CRANBERRY CHICKEN SALAD MARINATED CARROTS MIXED GREENS MACARONI SALAD FRESH FRUIT
6 MACARONI & CHEESE 3 BEANS SALAD STEWED TOMATOES TROPICAL FRUIT	7 PORK CHOP w/Gravy APPLESAUCE PEAS & CARROTS MASHED SWEET POTATOES PUDDING CUP	8 STUFFED SHELLS SAUSAGE SPINACH FRUIT COCKTAIL	9 AMERICAN CHEESEBURGER LIMA BEANS, CORN & CARROT MEDLEY POTATO SALAD FRESH FRUIT	10 CHICKEN & BISCUITS w/Gravy GREEN BEANS MASHED POTATOES FRESH FRUIT
13 CHICKEN DIVAN TUSCAN VEGETABLES WHITE RICE PLUMS	14 BAKED SALMON w/ Dill Sauce BROCCOLI SCALLOPED POTATOES MANDARIN ORANGES	15 VEAL PARMESAN ITALIAN MIXED VEGETABLES STEWED TOMATOES ROTINI PASTA CHEESECAKE w/ Strawberry Sauce	16 MEATLOAF w/ Gravy MASHED POTATOES MONACO VEGETABLE MIX FRESH FRUIT	17 CHEF SALAD w/ Ham & Swiss 3 BEAN SALAD MACARONI SALAD YOGURT PARFAIT w/ Fresh Berries
20 FISH FLORENTINE PRUNE JUICE BROCCOLI RICE PILAF FRUIT CUP	21 SALISBURY STEAK w/Onion Gravy AU GRATIN POTATOES SPINACH PEARS	22 BIRTHDAY CELEBRATION CHICKEN DIJON MASHED POTATOES BRUSSELS SPROUTS BIRTHDAY CAKE 	23 KNOCKWURST w/ Sauerkraut* CARROTS BAKED BEANS STRAWBERRY SHORTCAKE <i>* Low Sodium Diet Subst: BBQ Chicken</i>	24 TUNA MACARONI SALAD over Mixed Greens CUCUMBERS & TOMATOES COLESLAW FRESH FRUIT
27 STUFFED PEPPERS CORN LIMA BEAN MIX PEACH CUP	28 LEMON BAKED COD SPINACH CARROT COINS RICE PILAF PEARS	29 HUNGARIAN GOULASH RED CABBAGE GREEN BEANS EGG NOODLES PUDDING	30 TORTELLINI w/ Meatball ITALIAN VEGETABLES FRESH FRUIT	



DEMENTIA VS. ALZHEIMER'S DISEASE

From Caregiver Pit Stop: A Resource Guide for Dementia Caregivers

DEMENTIA is a group of symptoms affecting intellectual and social abilities to interfere with daily functioning.

ALZHEIMER'S DISEASE develops slowly and gradually, impairing most parts of the brain including memory, thinking, language, problem solving, judgement, personality, and movement.

Dementia and Alzheimer's Disease are not a normal part of the aging process.

Mild Cognitive Impairment Due to Alzheimer's Disease

- Mild changes to memory and thinking.
- Lapses in memory, especially about things that used to be easily recalled.

Mild Dementia Due to Alzheimer's Disease

- Significant changes with memory and thinking that impact daily functioning.
- Loss of memory of recent events, difficulty with problem solving, changes in personality, difficulty expressing thoughts, getting lost, and misplacing things.

Moderate Dementia Due to Alzheimer's Disease

- More forgetful, needs more assistance with daily activities and self-care.
- Shows deepened confusion, poor judgement, and more memory loss with significant change in personality and behavior

Severe Dementia Due to Alzheimer's Disease

- Mental functioning declines and the disease impacts movement and physical abilities.
- Loss of coherent communication, daily self-care, and decline in physical abilities.

*If you know one person with Alzheimer's disease or dementia,
you know one person with Alzheimer's disease or dementia.*

⇒ *The rate of progression widely varies from person to person.*

⇒ *The average person lives with the diagnosis for 3 - 11 years, with some living as long as 20 years.*

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*



*Judith Rundell
to the Senior Angels Program
In Memory of Phyllis Beechert*

*Wilhelmina Neiss
In Memory of Cliff Gross*

Rich & Stacey Ruby

Enrolling in Medicaid or a Medicare Savings Program in New York

If you live in New York and have a limited income, you may be able to get assistance with your health care costs through a **Medicare Savings Program (MSP)** or **Medicaid**. MSPs, also known as Medicare Buy-In programs or Medicare Premium Payment Programs, help pay your Medicare costs if you have limited income and savings. Medicaid is health coverage for certain people with limited income and assets.

1. Qualifying Individual (QI)

- Pays for your Part B premium
- May receive up to three months retroactive reimbursement for Part B premiums (Note: only for premiums paid up to three months before your MSP effective date, and within the same year of that effective date)
- You cannot have both QI and Medicaid

2. Specified Low-Income Medicare Beneficiary (SLMB)

- Pays for your Part B premium
- May receive up to three months retroactive reimbursement for Part B premiums
- You can have both SLMB and Medicaid

3. Qualified Medicare Beneficiary (QMB)

- Pays for Medicare premiums
- Providers are prohibited from charging you for Medicare cost-sharing (deductibles, coinsurance, and copayments). This means you should not be billed for any Medicare-covered services you receive from Original Medicare providers or providers in your Medicare Advantage Plan's network
- You can have both QMB and Medicaid

4. Medicaid

- Health coverage for certain people with limited income and assets
- For services covered by Medicare and Medicaid, Medicare will pay first and Medicaid may cover your Medicare cost-sharing, including coinsurance and copayments
- May cover services that Medicare does not, such as dental and/or vision
- You may also qualify for QMB, which will pay for your Part B premium
- To apply, contact your local Medicaid office
- If you need Medicaid coverage and your income is above the income guidelines, you may be eligible for the Medicaid spend-down. Contact your local Medicaid office for more information.

Note: If you receive a denial and are told that you do not qualify for an MSP, you have the right to request a fair hearing to challenge the decision.

2022 New York gross monthly income limits

2022 New York asset limits

Program	Individuals	Couples	Individuals	Couples
QI	\$1,549	\$2,080	No limit	No limit
SLMB	\$1,379	\$1,851	No limit	No limit
QMB	\$1,153	\$1,546	No limit	No limit
Medicaid	\$954	\$1,387	\$16,800	\$24,600

These income limits are based on the 2022 federal poverty level (FPL), and include a standard \$20 disregard. You may qualify even if your income is slightly higher. Ask a Medicaid counselor about whether you can subtract certain expenses from your income.

Note: New York disregards/excludes the cost of certain health insurance premiums from your income. For example, if you are over the income limit for an MSP but pay a premium for a Medigap or other secondary health insurance, you may deduct the premium from your gross monthly income to qualify. Sometimes a portion of your Part D premium can also be deducted from your income. The Part B premium (\$170.10) deducted from your Social Security award) cannot be used as a disregard.

Applying for a Medicare Savings Program

If you meet the income guidelines above, Greene County Department of Human Services can help you apply for a Medicare Savings Program.

Call **518-719-3555** and ask to speak to an insurance counselor.

Note: If you enroll in an MSP, you will also automatically get **Extra Help**, the federal program that helps pay your Medicare prescription drug (Part D) plan costs.

If you apply, you will be required to submit a signed application and copies of the following documents:

- Social Security card
- Medicare card
- Birth certificate, passport, or green card
- Proof of address (e.g., electric or phone bill)
- Proof of income (e.g., Social Security Administration award letter, income tax return, pay stub)

Si desea esta información en español, comuníquese con nuestra oficina al 518-719-3555 para solicitar un folleto en español. Gracias.

UNDERSTANDING MEDICARE AND MEDICAID

From Caregiver Pit Stop: A Resource Guide for Dementia Caregivers



Often, when referring to insurance you may hear terms such as Medicare or Medicaid. You may ask yourself, what do these terms mean? What do they cover? It is helpful to have a basic understanding of the terminology and eligibility requirements when planning for your long-term needs.

MEDICARE:

- Federal health insurance program for individuals 65 or older or individuals under 65 who have a disability
- Not dependent on income
- Does not cover custodial care at home (limited home care coverage)
 - ◆ Part A - Covers inpatient hospital stays, short term care in a skilled nursing facility after a hospitalization, hospice care
 - ◆ Part B - Covers some doctors' services, outpatient care, and medical supplies
 - ◆ Part C - Combines Part A and Part B. resulting in a Medicare Advantage plan
 - ◆ Part D - Helps to cover the cost of prescription drugs

MEDICAID:

- State and federal health insurance program. Guidelines and eligibility vary by state
- Coverage for low-income individuals
- Will cover long-term care services
 - ◆ Chronic Long-Term Care Medicaid - Covers care in a skilled nursing facility
 - ◆ Community Medicaid - Helps individuals age in place by paying for home care, adult day care, and transportation
 - ◆ Managed Long-Term Care (MLTC) - Medicaid program that provides long-term care services for individuals who wish to remain at home and in the community. Individual must require 120 days or more of long-term care services.
 - ◆ Nursing Home Transition and Diversion (NHTD) - Medicaid waiver program that offers individuals who are eligible for nursing home placement the opportunity to receive services in the home and community.

GREENE COUNTY SENIOR CITIZENS CLUBS



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

Contact person: President Sheila Pedersen, 518-719-5361

COXSACKIE:

COXSACKIE AREA SENIORS

Not meeting due to COVID

2nd & 4th monthly Wednesday

1:00 p.m.

Van Heest Hall, Bethany Village

SENIOR CITIZENS of COXSACKIE

1st & 3rd monthly Monday, 2:00 p.m.

Town of Coxsackie Senior Center

Contact person:

President Yale Frank, 518-731-8855

GREENVILLE

GREENVILLE GOLDEN YEARS

1st monthly Wednesday, 1:00 p.m.

American Legion Hall

Contact person: President Beverly Myers, 518-966-8482

MOUNTAIN-TOP:

MOUNTAIN TOP GOLDEN AGERS

4th monthly Thursday, 1:00 p.m.

Tannersville Fire Hall

Contact person:

President Margaret Robinson, 518-589-4091

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

1st & 3rd Monday, 1:00 p.m.

Windham Town Building

Contact person:

President Lula Anderson, 518-734-5360

CAPE COD, MASSACHUSETTS

4 DAYS - 3 NIGHTS

SEPTEMBER 12 - 15, 2022
Monday-Thursday

\$549.00 per person double occupancy
\$688.00 per person single occupancy

PACKAGE INCLUDES:

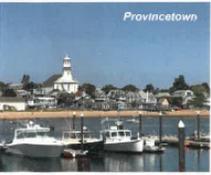
- * 3 Nights lodging
- * 3 Breakfasts
- * 3 Dinners
- * Fully escorted tours of:
 - Provincetown
 - Chatham
 - Plymouth & Plymouth Rock
 - Historic Sandwich
 - Hyannis area, including Kennedy Memorial & Main Street
 - Hyannis Harbor Cruise with view of Kennedy Compound
- * Free time at the beach
- * Meet & Greet Welcome
- * Souvenir gift
- * Luggage handling
- * All taxes and meal gratuities
- * Motorcoach transportation

\$100 due w/reservation **\$300 due 6/10**
\$149 due by 7/25

FOR INFORMATION AND RESERVATIONS CONTACT:

MOUNTAINTOP GOLDEN AGERS
P.O. Box 818
Tannersville, NY 12485
Christopher - (518) 589-5815

WHITE STAR TOURS 26 E. Lancaster Avenue, Reading PA 19607 * 610-775-5000 * 800-437-2323 * www.whitestarstours.com



W A J P L GOLDEN AGE TRIP

TUESDAY, JUNE 14, 2022



SARATOGA CASINO



SARATOGA MUSEUM OF RACING
& HALL OF FAME



\$20 per person
VETERANS FREE



For reservation, please contact
Mary Louise @ 518-622-3397

or

Vicky @ 518-734-4164

PHILADELPHIA

Featuring the
Museum of the American Revolution

3 DAYS - 2 NIGHTS
AUGUST 22 - 24, 2022

\$ 370.00 per person double occupancy
\$ 510.00 per person single occupancy

\$25 pp deposit, Balance due June 17



PACKAGE INCLUDES:

- * 2 Nights lodging
- * 2 Breakfasts
- * 1 Dinner
- * Guided tour of historic Philadelphia including Independence Hall (based on availability)
- * Liberty Bell Center
- * Museum of the American Revolution
- * National Constitution Center, including performance of "Freedom Rising"
- * Betsy Ross House
- * Visit to a Philadelphia Casino
- * Reading Terminal Market
- * Souvenir gift
- * Luggage handling
- * Taxes and meal gratuities
- * Motorcoach transportation

Cancellation insurance available; see reverse side for details

FOR INFORMATION AND RESERVATIONS CONTACT:

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



WHITE STAR TOURS 26 E. Lancaster Avenue, Reading PA 19607 * 610-775-5000 * 800-437-2323 * www.whitestarstours.com

The WAJPL Golden Age presents

3 Day Boothbay Harbor, Maine

with a Lobster Bake on Cabbage Island!



July 26-28, 2022
Seats Limited, Book Early!



Package Includes:

- Roundtrip Deluxe Motorcoach
- 2 Nights at the Fisherman's Wharf Inn
- 2 Buffet Breakfast and 2 Dinners
- Narrated Boat Ride on the "Bennie Alice" with an authentic Lobster Bake on Cabbage Island
- Lovely Dinner Included
- Entertainment at Inn
- Dinner & Show at the Carousel Dinner Theatre
- Free time in Boothbay Harbor
- Boothbay Botanical Gardens
- Visit to the lovely seaside city of Portland, ME
- Baggage Handling & All Meal Tips & Taxes
- Driver's Gratuity



\$535 per person double
\$525 Triple \$685 Single

\$100 Deposit at Sign Up
Balance due:
June 19, 2022

Cancellation Protection is available
for \$49 per person at Sign Up only.

For reservations contact:

Mary Louise
(518) 622-3397
Or Vicky @
(518) 734-4164



Voted Best
Blueberry Pie



Lobster Clam Bake on
Cabbage Island



Bus Departs: 6:30 a.m.
St Theresa's Church
Windham, NY
Returns at Approx. 9:45 p.m.

W A J P L GOLDEN AGE TRIP

TUESDAY, JULY 19, 2022



at



PATERSON, NJ

\$70 per person

For reservation, please contact
Mary Louise @ 518-622-3397

or

Vicky @ 518-734-4164

MountainTop Golden Agers Trip



THURSDAY, JULY 21, 2022

AT THE



**BUFFET LUNCH
PRIOR
TO THE SHOW**



\$69 PER PERSON

For reservation, please contact
Christopher at 518-589-5815



PIONEER VALLEY OF WESTERN MASSACHUSETTS

Featuring a FIREPLACE FEAST
at the SALEM CROSS INN

4 DAYS - 3 NIGHTS
SEPTEMBER 19 - 22, 2022

\$ 595.00 Per Person Double Occupancy
\$ 860.00 Per Person Single Occupancy

\$25 pp deposit; Balance due July 22

PACKAGE INCLUDES:

- * 3 Nights lodging in Chicopee, MA area
- * 3 Breakfasts
- * 2 Dinners, including a light dinner & Fireplace Feast Dinner at the Salem Cross Inn
- * Admission to Magic Wing Conservatory & Gardens
- * Visit to Yankee Candle Flagship Store
- * Admission to the Springfield Museums at the Quadrangle
- * Visit to MGM Springfield Casino
- * Souvenir Gift
- * Luggage Handling
- * Taxes & Meal Gratuities
- * Motorcoach Transportation



Cancellation insurance available upon request; see reverse side.

SPRINGFIELD MUSEUMS
ART • THEATRE • GARDENS • HISTORY • RECREATION

FOR INFORMATION AND RESERVATIONS CONTACT:

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

WHITE STAR TOURS 26 E. Lancaster Avenue, Reading PA 19607 * 610-775-5000 * 800-437-2323 * www.whitesartours.com



Greenville Golden Years presents.



Neil & Billy together on Stage!

"NEIL DIAMOND meets BILLY JOEL"

vs. TWIN LOBSTERS or PRIME RIB

at the Log Cabin, Holyoke, MA

Enjoy the beautiful Views overlooking Mt Tom

at the elegant Log Cabin Banquet Facility

THURSDAY, JULY 28, 2022

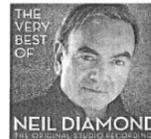
The talented Charlie Lask is back with his Tribute to Neil Diamond, to play all his Classics such as Sweet Caroline, Forever Blue Jeans and Love on the Rocks. "Neil" will be met by no other than the Piano Man performed by the dead ringer look alike John Cozolino. He will perform Just the Way You Are, She's Always a Woman to Me and our course "Piano Man".
Enjoy a delicious meal & show at the very popular Log Cabin!

PACKAGE INCLUDES:

- Roundtrip Motor Coach Transportation
- TWIN LOBSTERS freshly steamed with Drawn Butter OR Prime Rib of Beef
- Neil Diamond & Billy Joel Tribute Show
- Meal Taxes and Gratuities
- Drivers Gratuities

Delicious Luncheon
Hors D' Oeuvre's
Signature Bread
Clam Chowder

TWIN LOBSTERS
or PRIME RIB
Baked Potato & Corn
Dessert, Coffee or Tea



Music



\$79.00 PP

For Reservations Call:

Phyllis Wissert
518-943-9028

Bus Pick Ups:
#1 Greenville
#2 Exit 21 Catskills

News From the Greene County Youth Bureau



Lead. Impact. Advocate. Engage.

New York State Governor's Youth Council Application Guidance Document

Purpose

The New York State Governor's Youth Council (Youth Council) provides an effective way to engage youth in state government and creates a platform for their voices to be heard by policymakers. This is an incredible opportunity for New York's youth to represent their county on a statewide level! Members of the NYS Governor's Youth Council will offer their solutions to key issues facing young people in NYS to the Governor and other policymakers, including how to have better outreach and communication strategies to young people. Youth voice is recognized through this initiative; if you would like your voice heard apply today!

Online Application at: nysylc.secure-platform.com/a

Please Note: Youth must be a New York State resident to apply. You will need to first create a user profile with first name, last name, and email before starting the application.

The NYS Youth Council creates opportunities for youth to participate in regional and state level activities to better inform State government on issues and challenges. Below is a sampling of topics:

1. Influence of Positive Role Models & Mentors
2. Mental Health Challenges on Youth
3. Substance Use and Prevention
4. Justice, Equity, Diversity, and Inclusion
5. Gender-based Violence Prevention & Response
6. Creating Positive Interactions between Youth & Law Enforcement
7. Youth Programming in a Virtual World
8. Youth Voice & Engagement: Creating Opportunities
9. Addressing Identity and Community Needs



DON'T BE THE DEALER



Find a Medication Drop Box
In Greene or Columbia:
GreeneHealthNetwork.com

SAFELY DISPOSE
of **UNUSED & EXPIRED**
MEDICATIONS

GREENE COUNTY DROPBOXS

Greene County Sheriff
45 Haverly Drive, Coxsackie
ph: 518-943-3300
9am–5pm

Cairo Police Department
16 Railroad Ave, Cairo
ph: 518-622-2324
Daily, 8am-4pm
Best to call first but not necessary.

Coxsackie Police Department
119 Mansion Street, Coxsackie
ph: 518-731-8121
8am–12am

Durham Police Department
7309 NY Route 81, East Durham
ph: 518-731-6310
Call prior to dropping off

Windham Police Department
371 State Route 296, Hensonville
ph: 518-734-3030
Daily, 9am-3pm or call for an appointment

Kelly's Pharmacy
4852 State Route 81, Greenville
ph: 518-966-4800

Kelly's Pharmacy
Hope Plaza, West Coxsackie
ph: 518-731-4800

M-F 9am-5pm. Sat 9am-3pm



GREENE COUNTY DEPARTMENT of HUMAN SERVICES

411 Main Street, Catskill, NY 12414
(518) 719-3555 Toll Free (877) 794-9266
aging@discovergreene.com

EXECUTIVE DIRECTOR - RICHARD "RICKY" LYONS

BUSINESS MANAGER: Ken Brooks

AGING DEPARTMENT COORDINATORS:

Aging Services - Connie Bentley

Nutrition - Tezera Pulice

Volunteer Services - Ruth Pforte

Staff:

CASE MANAGERS:	Tami Bone Christopher Lewoc	Danielle Kane-Wade
ADMINISTRATIVE ASSISTANT:	Maureen Murphy	
AGING SERVICES SPECIALISTS:	Bonnie Snyder	Rachel Wright
AGING SERVICES AIDE:	Rose Bundy	
RECEPTIONIST:	Aniston Keff	
NUTRITION VAN CHAUFFEUR:	Patrick Murphy	
<u>YOUTH SERVICES WORKERS:</u>	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.