



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

JULY 2023

2023 SENIOR FARMERS' MARKET NUTRITION PROGRAM

This yearly program assists seniors in eating healthy, stretching their food dollars, while supporting local farmers.

- Are you a New York State senior citizen (aged 60 years or older)?
- Is your monthly income at or below \$2,248 for one; \$3,040 for two or an additional \$792 per person for larger households?
- Would you like to receive a booklet with SFMNP coupons that can be used to purchase local, fresh, unprocessed vegetables and fruits at participating farmers' markets and farm stands?



**If YES to all above & haven't already received this year
CONGRATULATIONS – YOU'RE ELIGIBLE!!**

Coupon booklets distributed first come, first served basis at these locations:

**GREENE COUNTY DEPARTMENT OF HUMAN SERVICES, MAIN OFFICE
MON. – FRI., 9:00 A.M. – 11:45 A.M. AND 2:00 P.M. – 4:45 P.M.**

GREENE COUNTY SENIOR SERVICE CENTERS

Initial Date below and after, MON. – FRI., 12:30 P.M. – 1:00 P.M.

| | | |
|------------|---------------------------|---|
| ATHENS: | RIVERTOWN SENIOR CENTER | MON. JULY 10, 11:30 A.M. – 12:30 P.M. |
| CAIRO: | ACRA COMMUNITY CENTER | TUES. JULY 11, 11:00 A.M. – 11:30 A.M. |
| COXSACKIE: | COXSACKIE SENIOR CENTER | WED. JULY 12, 10:30 A.M. – 11:00 A.M. |
| CATSKILL: | ANTONELLI SENIOR CENTER | THURS. JULY 13, 11:30 A.M. – 12:30 P.M. |
| JEWETT: | JEWETT MUNICIPAL BUILDING | MON. JULY 17, 11:30 A.M. – 12:00 P.M. |

SENIOR HOUSING - **TENANTS ONLY**

| | | |
|------------|-----------------------------|--|
| ATHENS: | RIVERTOWN SENIOR APARTMENTS | MON. JULY 10, 11:00 A.M. – 11:30 A.M. |
| CAIRO: | FAIRGROUND ESTATES | TUES. JULY 11, 10:00 A.M. – 10:30 A.M. |
| COXSACKIE: | BETHANY VILLAGE APTS. | WED. JULY 12, 9:30 A.M. – 10:00 A.M. |
| CATSKILL: | AUTUMN GROVE | FRI. JULY 14, 10:00 A.M. – 10:30 A.M. |
| | ORCHARD ESTATES | 10:30 A.M. – 11:00 A.M. |
| | KAATERSKILL MANOR | 11:30 A.M. – 12:00 P.M. |

OTHER GREENE COUNTY LOCATIONS

| | |
|--|--|
| GREENVILLE GOLDEN YEARS MEETING | WED. JULY 5, 12:30 P.M. – 1:00 P.M. |
| TANNERSVILLE LIBRARY | THURS. JULY 7, 11:00 A.M. – 11:30 P.M. |
| SENIOR CITIZENS OF COXSACKIE MEETING | MON. JULY 17, 1:30 P.M. – 2:00 P.M. |
| CAIRO GOLDEN AGERS MEETING @ TOWN PARK | WED. JULY 19, 11:30 A.M. – 12:00 P.M. |
| WAJPL MEETING | MON. JULY 24, 12:30 P.M. – 1:00 P.M. |

GREENE COUNTY YOUTH FAIR: THURS. JULY 28 - SUN. JULY 30

In Greene County, the following are authorized market locations:

Black Horse Farms, Athens Catskill Farmers' Market Fromer Market Gardens, Tannersville

The Farmer's Market Coupon program is sponsored by

*N.Y.S. Dept. of Agriculture and Markets N.Y.S. Dept. of Health N.Y.S. Office for Aging
Cornell Cooperative Extension U. S. Department of Agriculture Food and Nutrition Service*

GREENE COUNTY DEPARTMENT OF HUMAN SERVICES' AGING SERVICES - WHERE CARING PEOPLE HELP

OUR SERVICES

Our goal is to

- ♥ Assist older adults in maintaining and/or improving their social, economic, health, safety and nutritional status;
- ♥ Help older adults stay independent & safely age in place for as long as possible
- ♥ Ensure a network of supportive services to assist Greene County's residents age 60 and older and their caregivers
- ♥ Advocate for the elderly.

CAREGIVERS SUPPORT:

- ♥ Caregivers Information, Assistance, and Support.

EISEP (IN-HOME):

- ♥ Case Management
- ♥ Homemakers & Personal Care Aides
- ♥ Personal Emergency Response System

HEAP

Home Energy Assistance Program
(Application Assistance)

HIICAP

Health Insurance Information Counseling & Assistance

LEGAL SERVICES

Private attorney available by appointment only for phone consultations.

VOLUNTEER SERVICES:

- ♥ Volunteer Recruitment and placement within the Department and various Community Agencies

NUTRITION:

- ♥ Home-delivered Meals to eligible individuals
- ♥ Congregate Meals at our Greene County River-town Senior Center in Athens, as well as Senior Nutrition Sites in Acra, Catskill, Coxsackie and Jewett
- ♥ Nutrition Education and Counseling
- ♥ NYS Farmer's Market Checks

TRANSPORTATION:

- ♥ For homebound seniors to scheduled medical appointments
- ♥ Shopping Bus: Door to door service
- ♥ To select Senior Nutrition sites enabling seniors social interaction with their noontime meals
- ♥ Senior discount coupon books for utilizing Greene County Transit

We inform Seniors & Caregivers of news via:

- ♥ Local Area newspapers
- ♥ Greene County Round Table News
- ♥ Senior Citizen Clubs
- ♥ Facebook page
- ♥ Greene County web page

HELP US HELP OTHERS

There are qualifications for some of our programs. Aging services users have the right to make confidential contributions to the costs of the service so that programs may be expanded. No one shall be denied services due to the inability or unwillingness to make a contribution. (There may be a sliding fee for any in-home services.)

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 notify the appropriate center by noon, 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 the Nutrition office to schedule.

ACRA

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

Ashley Reynolds
Meal Site Manager

Elaine Cherrington
Cook

ATHENS

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

Roxanne Slater
Senior Center Manager

Shane Dillon,
Central Kitchen Manager

Nettie Santiago
Cook

Bonnie Farrell
Food Service Helper

CATSKILL

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

Penny Konstalid
Meal Site Manager

Senior



Nutrition Program

COXSACKIE

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

Dorothy Barkman
Meal Site Manager

JEWETT

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

Gayle Ruvolo
Meal Site Manager

DEPARTMENT of HUMAN SERVICES MEAL COUPON BOOKLETS AVAILABLE



MEAL COUPON BOOKS ARE ALWAYS AVAILABLE FOR PURCHASE FOR BOTH CONGREGATE AND HOMEBOUND MEAL CLIENTS.

BOOKLETS CONTAIN 10 COUPONS,
AT A COST OF \$30.00,
TO USE FOR MEAL CONTRIBUTIONS.

* IF YOU RECEIVE A HOME DELIVERED MEAL AND WISH TO PURCHASE A BOOKLET, PLEASE CALL THE MAIN OFFICE AT 518-719-3555 AND ASK FOR THE NUTRITION DEPARTMENT. WE WILL MAKE ARRANGEMENTS FOR A BOOKLET TO BE DELIVERED DIRECTLY TO YOU.



* CONGREGATE DINERS CAN REQUEST A BOOKLET AT THEIR FAVORITE NUTRITION SITE.

SPUDS *By Nicole Gehman, MS, RD, CDN*

Carbohydrate vegetables (AKA starchy vegetables) include potatoes (both sweet and white), yams, pumpkin, corn, peas, beans & legumes, and winter squashes such as acorn and butternut. There always seems to be confusion amongst white vs. sweet potatoes, the benefits, nutrient differences, and which one we should choose most often.

Calorically, a serving of each potato is the same. If you are watching calories and nondiabetic, enjoy white potatoes and sweet potatoes in moderation.

There is a rating system for carbohydrate foods called the “Glycemic Index” (GI) which ranks the food on a scale of 1-100 based on how much the food raises blood glucose. We all know carbohydrates raise our blood glucose. When a carbohydrate is paired with fiber or protein, blood sugar rises gradually, as opposed to spiking. Although the carb content of each potato is similar, sweet potatoes are lower on the GI than white potatoes because they contain more fiber per serving. When looking to better control blood glucose, choosing a serving of sweet potato over white potato would be recommended.

| SWEET POTATO | WHITE POTATO |
|---|---|
|  |  |
| <i>Per 2/3 cup serving</i> | <i>Per 2/3 cup serving</i> |
| Calories: 65 | Calories: 64 |
| Protein: 2 g | Protein: 2.3 g |
| Fat: .1 g | Fat: .1 g |
| Carbohydrates: 14 g | Carbohydrates: 13 g |
| Vitamin C: 30 mg | Vitamin C: 31 mg |
| Folate: 10 ug | Folate: 10 ug |
| Potassium: 250 mg | Potassium: 450 mg |
| Beta-carotene: 6600 ug | Beta-carotene: 0 ug |
| Fiber: 3 g | Fiber: 1.8 g |
| Glycemic Index: 61 | Glycemic Index: 85 |

The nutritional profile of each is quite similar with the exception of potassium, Vitamin A, and beta-carotene (yellow orange pigment in plants which gives them their color). The potassium content of white potatoes is nearly double what a sweet potato



contains. If you need to watch your potassium intake for any reason, choosing a serving of sweet potato would be 200 mg less. Beta carotene is the rich orange color of sweet potatoes, which our body converts to vitamin A supporting eye health. It is also an antioxidant.

Both potatoes are an acceptable choice for the carbohydrate portion of your meal. Overall, sweet potatoes have more nutritional value. Swapping out white potatoes for sweet potatoes the nutrient content of your plate - just watch the portion size. If you are diabetic, sweet potatoes are the healthier choice to control blood sugar. A carb vegetable serving is about ½ cup.



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

Sponsored by Greene County Department of Human Services

THURS. JULY 13 12:00 p.m.

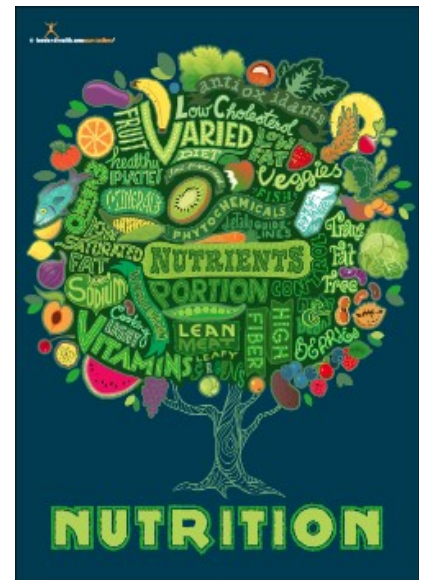
THURS. JULY 27 12:00 p.m.

RIVERTOWN SENIOR CENTER, ATHENS

945-2700

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

*If you would like lunch that day at the site,
please call at least a day in advance to reserve.*





As a registered dietitian, I am always available to help you reach your health goals. For a specific meal plan or clarification of your personal nutrition needs, always consult a registered dietitian.

Additional information is always available. Please call the main office at (518) 719-3555 to request an individual nutrition referral. I will respond via telephone to provide additional information and answer any dietary questions you may have.

Nicole

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 & OLDER (AND SPOUSES) ARE ELIGIBLE - SUGGESTED DONATION IS \$4.00
SERVED DAILY: BREAD WITH PROMISE SPREAD - TARTAR SAUCE SERVED WITH FISH
CONGREGATE DINING 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 |
|---|---|---|--|--|
| <p align="center">3</p> <p align="center">AMERICAN CHEESEBURGER POTATO SALAD COLD BEET SALAD STRAWBERRY SHORTCAKE</p> | <p align="center">4</p> <p align="center">CLOSED IN HONOR OF INDEPENDENCE DAY</p>  | <p align="center">5</p> <p align="center">STUFFED SHELLS w/ Sausage ITALIAN MIXED VEGETABLES PEACHES</p> | <p align="center">6</p> <p align="center">CHICKEN SALAD MIXED GREENS w/ Cucumbers & Tomatoes CRANBERRY JUICE MACARONI SALAD FRESH FRUIT</p> | <p align="center">7</p> <p align="center">LEMON PEPPER FISH GREEN BEANS/CARROT MIX RICE PILAF CHOCOLATE MOUSSE</p> |
| <p align="center">10</p> <p align="center">MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES PINEAPPLE/MANDARIN ORANGES</p> | <p align="center">11</p> <p align="center">CHICKEN DIVAN MONACO VEGETABLE MEDLEY WHITE RICE TROPICAL FRUIT</p> | <p align="center">12</p> <p align="center">HOT DOG BAKED BEANS CARROTS ICE CREAM STICKS</p> | <p align="center">13</p> <p align="center">MEATLOAF w/ Gravy MASHED POTATOES BRUSSELS SPROUTS FRESH BERRIES w/ Whipped Topping</p> <div style="background-color: #d4edda; padding: 5px; text-align: center;"> <p>Nutrition Education: Athens 12:00 pm</p> </div> | <p align="center">14</p> <p align="center">SEAFOOD PASTA SALAD MIXED GREENS w/ Cucumbers & Tomatoes COLD BEET SALAD FRUITED JELL-O</p> |
| <p align="center">17</p> <p align="center">BEER BATTERED FISH MASHED POTATOES SPINACH TROPICAL FRUIT</p> | <p align="center">18</p> <p align="center">FRENCH ONION CHICKEN BAKE MONACO VEGETABLE MIX BUTTERED NOODLES PEARS</p> | <p align="center">19</p> <p align="center">PORK CHOP w/ Gravy APPLESAUCE MASHED POTATOES PEAS & CARROTS CHOCOLATE CHIP COOKIES</p> | <p align="center">20</p> <p align="center">ROASTED TURKEY w/ Gravy & Cranberry Sauce GREEN BEANS SWEET POTATO STUFFING VANILLA MOUSE w/ Fresh Blueberries</p> | <p align="center">21</p> <p align="center">EGG SALAD PLATE w/ Lettuce & Tomatoes LOW SODIUM V8 JUICE MEXICALI SALAD CROISSANT FRESH FRUIT</p> |
| <p align="center">24</p> <p align="center">BEEF CHILI MIXED VEGETABLES WHITE RICE TROPICAL FRUIT</p> | <p align="center">25</p> <p align="center">CHICKEN DIJON MASHED POTATOES GREEN BEANS CHOCOLATE CHIP COOKIES</p> | <p align="center">26</p> <p align="center">BBQ PULLED PORK CARROTS BAKED BEANS CONFETTI CAKE w/ Vanilla Icing</p> | <p align="center">27</p> <p align="center">BEEF & BROCCOLI STIR FRY ORIENTAL MIXED VEGETABLES WHITE RICE FRESH FRUIT</p> <div style="background-color: #d4edda; padding: 5px; text-align: center;"> <p>Nutrition Education: Athens 12:00 pm</p> </div> | <p align="center">28</p> <p align="center">CHEF'S SALAD w/ HAM & SWISS ASIAN MARINATED CARROTS MACARONI SALAD WATERMELON</p> |
| <p align="center">31</p> <p align="center">TORTELLINI w/ MEATBALLS ITALIAN MIXED VEGETABLES PB BROWNIES</p> |  | | | |

ADOPT A PET - A COMPANION PET



The Greene County Department of Human Services has a number of companion pets looking for loving homes with homebound seniors who may be lonely and looking for a little something to bring a smile to their face.

Companion pets are designed to bring comfort, companionship and fun to elderly, lonely, loved ones. Our interactive puppies, kittens and birds are all about an ease-of-care and convenience that pairs with technology for the best possible experience. The dogs have all of their love to give, but they won't chew your furniture. The cats will bring a smile to your face, but there's no litter box to clean. And the birds will sing

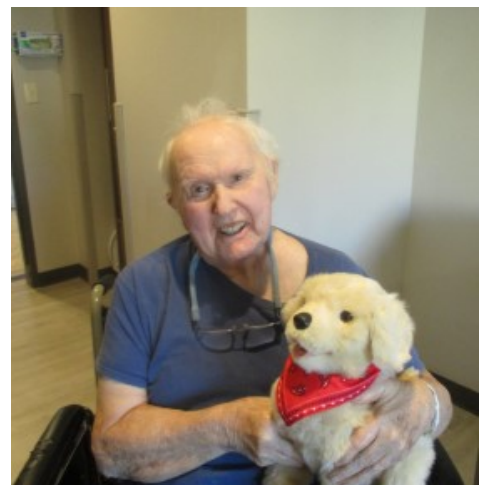
a beautiful song to you.

Live animals require a lot of special attention and care. Animatronic pets offer you all of the benefits, without all of the special needs involved.

The Joy for All Companion dog reacts to touch and voice - barking and whining, moving its eyes, wagging its tail and turning its head in response to your voice. When you snuggle, you can feel the heart beating. The cats respond to petting, hugging and motion, even rolling over on its back; similar to what live cats do.

The department previously placed several companion pets with residents of Greene County and the benefits have been immeasurable. Companion pets have been a useful tool in our arsenal for bringing comfort to older, homebound adults

If you or a loved one could benefit from one of our furry companion pets, and help ease the social isolation of a senior citizen, we have a limited supply available. Please contact a Case Manager at 518-719-3555 for more information.





**AmeriCorps
Seniors**

**GREENE COUNTY DEPARTMENT OF HUMAN SERVICES
AMERICORPS SENIORS PROGRAM
REPORT OF 2022 VOLUNTEER CONTRIBUTIONS**

189 VOLUNTEERS GAVE A TOTAL OF 10, 654 HOURS OF SERVICE

*According to the Independent Sector,
this has a value of \$29.95 per hour,
for a total of \$319,087.30*

*** 17 OF THESE VOLUNTEERS ARE VETERANS ***

**124 HOMEBOUND MEAL DELIVERY VOLUNTEERS
DELIVERED 90,432 MEALS TO 633 RECIPIENTS**

*** 41 OF THE RECIPIENTS WERE VETERANS***

**20 MEDICAL TRANSPORTATION VOLUNTEER DRIVERS PROVIDED
1,463 TRIPS TO MEDICAL APPOINTMENTS FOR 120 SENIORS**

*** 5 OF THE SENIORS RECEIVING RIDES WERE VETERANS ***





**AmeriCorps
Seniors**



GREENE COUNTY
DEPARTMENT OF HUMAN SERVICES
ALWAYS HAS OPPORTUNITIES
FOR VOLUNTEERS
Help Us Help Others!

***Do you drive? Consider delivering meals to homebound seniors.
Or you could drive a senior without transportation to a medical appointment.***

DELIVER HOMEBOUND MEALS

The department provides healthy, balanced meals to Greene County residents, age 60 and older, who cannot prepare meals for themselves. Volunteers deliver these meals and check on the senior. Drivers needed for routes throughout Greene County.

HOMEBOUND MEDICAL TRANSPORTATION

Homebound Medical Transportation Service is available through the Department to county residents, age 60 and older, that do not have other options for needed transportation. The program will arrange for a volunteer driver to transport seniors to medical appointments and to special entitlement agencies.

***Are you willing to drive seniors to appointments in a neighboring county?
We especially could use you.***

Mileage reimbursement is available for all miles driven for both programs.

**Give Ruth Pforte, AmeriCorps Senior Volunteer Coordinator,
a call at 518-719-3555
for information on these opportunities
and the many others we have to offer.**

*“As we express our gratitude,
we must never forget that the highest appreciation
is not to utter the words, but to live them.”
John F. Kennedy*

3 WAYS VOLUNTEERING BENEFITS MENTAL HEALTH



- 1 **84%** of AmeriCorps Seniors volunteers reported improved health.
- 2 **88%** of AmeriCorps Seniors volunteers felt less isolated after volunteering.
- 3 **78%** of AmeriCorps Seniors volunteers felt less depressed since volunteering.

#OlderAmericansMonth



Are you a business owner looking for ways your staff can be community service minded?

Are you a civic organization or senior club that allows guest speakers?

If you answered yes to either or both questions, GCDHS could use your assistance.

We are in desperate need for volunteers to bring home-delivered meals and/or provide medical transportation to our county senior citizens.



Contact Ruth Pforte, AmeriCorps Senior Coordinator, (518)719-3555, to schedule a recruitment presentation to your business or club.



39 Second Street
Athens

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.



ALL SUMMER CLOTHES: 1/2 PRICE DURING JULY! MENS & WOMENS SIZES XS - 4X
NICE SELECTION OF JEWELRY!

CASH ONLY - WE DO NOT ACCEPT CHECKS OR CREDIT CARDS

NOTE: Donations always accepted during business hours only.

VETERANS...ARE YOU INTERESTED IN FARMING?

Whether you dream of starting your own family farm or simply want to the chance to enjoy the peace and serenity that farming and nature offer, the Homefront Harvest program will be your connection to agricultural opportunities.



Homefront Harvest

Veteran Agriculture Program

Our goal is to create a nonprofit agriculture program for veterans that provides them with access to land, equipment, resources and mentoring so that they can explore farming in a safe, nurturing environment. The program is in the planning stages now. We would appreciate any comments, questions, feedback, etc.

For further information, please contact us at (518) 945-1622

Homefront Harvest

529 County Route 49 Coxsackie, New York 12051



ATTENTION U. S. VETERANS AND CURRENT MILITARY PERSONNEL
July Events of Interest in Greene County



| | | |
|------------------------------|------------------------|--|
| Thurs. July 6 | 7:00 p.m. 7:00 p.m. | Greenville American Legion meeting Catskill American Legion meeting @ Elks Lodge |
| Sat. July 8 | 9:00 a.m. | Catskill Legion cleaning headstones Thompson St. Cemetery |
| | 10:00 a.m. | Prattsville Tag Day |
| Wed. July 12 | 7:00 p.m. 7:00 p.m. | Athens American Legion meeting Windham VFW Meeting |
| Sat. July 15 | 11:00 a.m. | Catskill VFW meeting |
| Sun. July 16 | 10:00 a.m. | Motorcycle Ride for Veterans Red Rooster, Cairo |
| Mon. July 17—Sat. July 22 | | Empire State A.L. Convention Tarrytown |
| Tues. July 18 | 7:00 p.m. | New Baltimore American Legion @ Cornell Hook & Ladder firehouse |
| Thurs. July 27 - Sun July 30 | | Cairo A.L. @ Youth Fair |
| Fri. July 28 | 10:00 a.m. - 7:00 p.m. | Blood Drive Greeneville Legion |

VET2VET PROGRAMS



| | | |
|--------------------|-----------------------|--|
| Every Monday | 10:30 a.m. | Veterans Coffee Hour @ Cairo Library |
| Every Tuesday | 1:00 p.m. | Veteran & Family Support Group @ 905 Greene County Bldg., Cairo |
| Every 2nd Thursday | 5:30 p.m. - 6:30 p.m. | Veteran Support Group @ 905 Greene County Bldg., Cairo |

GREENE COUNTY WEEKLY GROUPS

VETERAN AND FAMILY SUPPORT GROUP

TUESDAYS @ 1:00PM

Join us for our weekly discussion group. Coffee and pastries provided.

**Vet2Vet of Greene County,
905 Greene County Office Bldg,
Cairo NY 12413**

Phone: (518) 719-0020
email: Anthony.derrico@hvncvr.org

Zoom Link:
<https://us02web.zoom.us/j/82580593518>

WWW.HVNCVR.ORG



HVNCVR
THE HUDSON VALLEY
NATIONAL CENTER FOR
VETERAN REINTEGRATION



VET2VET OF GREENE COUNTY COFFEE HOUR WITH VETERANS



*Cairo Town Library @ 1030 AM-
Every Monday, Located at 15
Railroad Ave, Cairo NY, 12413*

POC:
*Anthony.Derrico@hvncvr.org
518-719-0020*



HVNCVR
THE HUDSON VALLEY
NATIONAL CENTER FOR
VETERAN REINTEGRATION

Vet2Vet of Greene County VETERAN SUPPORT GROUP EVERY 2ND THURSDAY OF THE MONTH 5:30-6:30 PM

• COME JOIN THE VET2VET OF GREENE COUNTY FOR AN OPEN DISCUSSION AND VETERAN SUPPORT. THIS GROUP IS FOR VETERANS ONLY

*****If you want to attend via zoom email arin.vandemark@hvncvr.org for the ZOOM link*****

**905 GREENE COUNTY BLDG
CAIRO, NY 12413**

POC:
**CHRISTIAN.LAPPIES@HVNCVR.ORG
(518) 719-0020**



HVNCVR
THE HUDSON VALLEY
NATIONAL CENTER FOR
VETERAN REINTEGRATION

GREENE COUNTY DEPARTMENT of HUMAN SERVICES
CONTRIBUTIONS POLICY



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. 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, 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/hr.*).

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: The 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

| | |
|---------------|--------------------|
| 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*)



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 donation will be used to provide service to an older adult in need.

NAME: _____

ADDRESS: _____

I designate \$ _____ in appreciation of services **OR** In memory of _____

to the following:

- _____ Consultation & Assistance _____ In-home services _____ Legal Services
- _____ Nutrition Program (Congregate/Home Delivered/Nutrition Counseling)
- _____ Transportation (Shopping Bus, Senior Center van, Medical)
- _____ Round Table News _____ Senior Angel Program _____ Where most needed

Make checks payable & mail to:
Greene County Dept. of Human Services
411 Main Street, Catskill, NY 12414



*Carolyn Nusko In Memory of Lost Loved Ones
to the Senior Angel Program*

Pauline Palmateer to our Nutrition Program

Sharon Hillman

Bella and Jerry Adinolfi In Memory of Bill Hotter



On Wednesday, June 14, several staff at the Department of Human Services received Certificates of Recognition by the Greene County Legislature in sincere appreciation of years of service as a dedicated employee of Greene County.

Seen in photo is Ruth Pforte honored for 20 years accepting her certificate from Legislator Ed Bloomer.

Also honored were Maureen Murphy, 20 years, and Ken Brooks (retired) for 10 years.

CONNECT TO PROTECT GREENE GUARDIANS



GREENE COUNTY SUICIDE PREVENTION & AWARENESS DAY

The Greene County Veterans Service Agency will be hosting the 2nd Annual Active and Veteran Military, and First Responders Suicide Prevention Awareness Day on Thursday, August 10 in the Warehouse at the Historic Catskill Point starting at 10 a.m.

The purpose of the event is to provide education to our Active Military and Veterans, First Responders, and their families on resources available to help combat career-related mental health conditions and crisis that lead to the elevated suicide rate affecting these demographics.

These resources can address a wide range of issues that affects our nation's heroes, from financial planning, education, career development or training, assistance with transportation, peer support programs and traditional mental health therapies. There are so many factors that contribute to and exacerbate job stress.

For more information, or if you would like to be a vendor, please call 518-943-3703, Greene County Veterans Services Agency.

GREENE COUNTY SENIOR CITIZENS CLUBS



Fun for Seniors

ATHENS

ATHENS SENIOR CITIZENS

2nd & 4th monthly Monday

1:15 p.m.

Rivertown Senior Center

Contact person: President Al Ramm, 518-945-1061

CAIRO:

CAIRO GOLDEN AGERS

2nd & 4th monthly Wednesday, 1:30 p.m.

Acra Community Center

Contact person: President Pat Asaro, 518-821-6508

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

2nd & 4th monthly Tuesday, 1:00 p.m.

Van Heest Hall, Bethany Village

Contact: Mary Kibbey, 518-634-7524

SENIOR CITIZENS of COXSACKIE

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

Town of Coxsackie Senior Center

Contact: Pres. Dawn M. Smith, 518-857-4780

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, 1:30 p.m.

Tannersville Fire Hall

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

W-A-J-P-L Golden Age Club Trip

WEDNESDAY, JULY 12, 2023



**Turning Stone
Casino**

and

**Fort Stanwix
National Monument**



\$25 per person

Includes \$25 Free Play & \$5 Food Voucher

**For reservation, please contact
MaryLouise (518) 622-3397
Vicky (518) 734-4164**

Mountaintop Golden Agers



**FRESH HORSES
GARTH BROOKS TRIBUTE**

WEDNESDAY, JULY 12, 2023

**The Log Cabin,
Holyoke, MA**

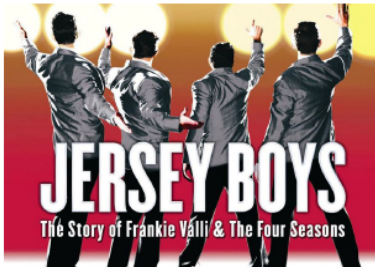


\$80 per person

Lunch Choice: Twin Lobsters or Prime Rib

**For reservation, please contact
Patty (518) 821-8670**

Mountaintop Golden Agers



WEDNESDAY, AUGUST 23, 2023

**The Mac-Haydn
Theatre**

Buffet Lunch at KOZEL'S

\$70 per person

**For reservation, please contact
Patty (518) 821-8670**

HOLIDAY SIGHTS & SOUNDS OF LANCASTER, PENNSYLVANIA

*Featuring Sight & Sound's "Miracle of Christmas"
& "The First Noel" at American Music Theatre*



**3 DAYS - 2 NIGHTS
NOVEMBER 15 - 17, 2023**

**\$499 Per Person Double Occupancy
\$648 Per Person Single Occupancy**

PACKAGE INCLUDES:

- * 2 Nights Lodging
- * 2 Breakfasts
- * 2 Dinners including a Smorgasbord Dinner
- * Guided Tour of the Amish Countryside, including stops at an Amish Craft Farm & Bake Shop
- * "The First Noel" at the American Music Theatre
- * "Miracle of Christmas" at Sight & Sound
- * Tanger Outlets
- * Kitchen Kettle Village
- * Souvenir Gift
- * Luggage Handling
- * All Taxes & Meal Gratuities
- * Motorcoach Transportation

*\$25 Deposit at Sign Up
Balance Due No Later than Sept. 1, 2023*

Cancellation insurance available upon request; see reverse side



FOR INFORMATION AND RESERVATIONS CONTACT:

CAIRO GOLDEN AGERS
Pam O'Reilly Patty Asaro
11 Rolling Meadow Rd. (518) 821-6508
Cairo, NY 12413
(518) 634-7303



RIDING THE RAILS WEST VIRGINIA



3 DAYS - 2 NIGHTS
SEPTEMBER 27 - 29, 2023

\$ 585.00 per person *double occupancy*
\$ 760.00 per person *double occupancy*

PACKAGE INCLUDES:

- * 2 Nights lodging
- * 2 Breakfasts
- * 1 Lunch
- * 2 Dinners, including an evening of entertainment
- * Cass Scenic Railroad
- * Seneca Caverns
- * Blackwater Falls State Park
- * Souvenir gift
- * Luggage handling
- * Taxes and meal gratuities
- * Motorcoach transportation

Cancellation insurance available; see reverse side for details

FOR INFORMATION AND RESERVATIONS CONTACT:

COXSACKIE SENIORS
Linda Wilkinson
80 Saco Mill Rd.
Coxsackie, NY 12051
(518) 731-8648
(518) 225-1611
or
Lorrie Dudley
(518) 424-8099



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

Mountaintop Golden Agers



Wednesday, September 27, 2023

LAKE GEORGE DINNER THEATRE

Lunch Choice of Medallions of Beef, Chicken Piccata,
Seared Salmon or Vegetarian

\$72 per person

For reservation, please contact
Patty (518) 821-8670

Mt Top Golden Agers presents

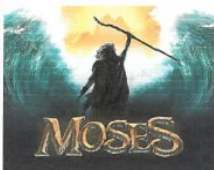
"MOSES" in Lancaster, PA

Set adrift as a baby, Moses is an unlikely hero – until God calls him to lead His people out of Egypt and into the promised land. Experience one of the Bible's most epic stories as MOSES comes to life with massive sets, special effects, and live animals in this original stage production from Sight & Sound Theatres.

2 Day Tour - October 3-4, 2023



\$375. Double
\$365 Triple \$465 Single
DEPOSIT of \$50 at SIGN UP
Balance due: 9/1/23
Cancellation Protection
Only \$39 per person



Package Includes:

- Roundtrip Deluxe Motor Coach
- 1 Night at the EDEN RESORT
- 1 Breakfast Buffet at the Hotel
- Dutch Apple Dinner Theatre
- "MOSES" at Sight Sound Theater
- *RESERVED Great Orchestra Seats!
- Longwood Gardens admission (1st Day)
- Bird in Hand Farmers Market
- Baggage Handling
- All Hotel and Meal Tax

For Reservations:
Patty at
(518) 821-8670



Make Checks Payable to:
Mt. Top Golden Agers
Mail to:
P.O. Box 818
Tannersville, NY 12485



BUS DEPARTS at 7am:
Windham, NY
Tannersville, NY
Catskills, NY
Approx. return at 8:00pm



The Mt Top Golden Agers Present log cabin

Legends & Crooners of Music

Tribute to Frank Sinatra & Dean Martin

Jimmy Mazz & Patrick Tobin at Log Cabin, Holyoke, MA

at the elegant Log Cabin Banquet Facility overlooking Mt Tom

Thursday November 9, 2023



Veterans Acknowledged and Remembered

This Legends & Crooners Show is a Musical journey through Jimmy's favorite songs by a wide variety of performers from the classics to today's contemporary artists hot off the Las Vegas Strip over the years. Jimmy's high energy and enthusiasm is tempered only by his ultra smooth vocals as he creates his impressions of Rod Stewart, Joe Cocker, The Beatles, Tom Jones, Engelbert Humperdinck, The Temptations, Tony Orlando, Prince, Bobby Darin, Michael Jackson and David Bowie. Jimmy will have Patrick Tobin on hand to do his best Frank Sinatra. Jimmy and Patrick will do some Dean and Frank together, what a day it will be!

PACKAGE INCLUDES

- Family Style Luncheon of Loin of Pork & Broiled Salmon at the famous Log Cabin
- Matinee "Jimmy Mazz" Legends of Music show along with Patrick Tobin as Sinatra
- Meal Taxes and Gratuities

\$75.PP

Arrive 11:30 am
Depart 3:00 pm



Frank Sinatra



For Reservations:
Patty at
(518) 821-8670

Make Checks Payable to:
Mt. Top Golden Agers
Mail to:
P.O. Box 818
Tannersville, NY 12485

Elegant Log Cabin Luncheon

Crudit' & Hot Soup Du Jour

Loin of Pork

With Apple Cider Demi-Glace

&

Salmon

With Bourbon Glaze

Family Style

Vegetable & Potato

Scrumptious Homemade Dessert



Bus Pick Ups:
8:00 am Windham
Tann.
Palenville
9:15 am Catskills
Return Approx. 6pm

News From the Greene County Youth Bureau



THURSDAY, JULY 27 - SUNDAY, JULY 30, 2023
9 a.m. - 9a.m. (Fireworks on Saturday evening)
Sunday, 9 a.m. - 3 p.m.

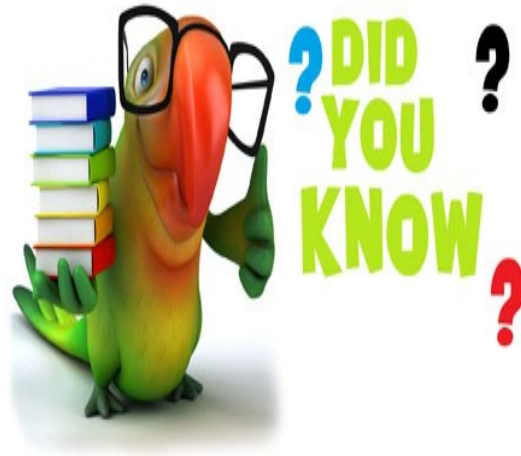
Angelo Canna Park in Cairo

The Greene County Youth Fair is a celebration of the talents of Greene County's youth, enabling them to strive for higher goals and receive encouragement for their efforts. The fair is family oriented and offers kids of all ages exciting music, displays and entertainment, along with a hands-on agricultural education.

Saturday - Fireworks at 9:15 p.m.,
Sunday - Closing ceremonies at 2:30 p.m.
Admission is free!

Come out for Opening Day Ceremony on Thursday at 9:30 a.m. and meet our Greene County Youth Awards winners!

Visit our web site at: <https://www.thegreencountyouthfair.com>



. . . The **GREENE COUNTY ROUND TABLE NEWS** is published monthly by the Greene County Department of Human Services

. . . You can pick up an issue at one of the following locations:

- * Our main office
- * On our Shopping Bus
- * Area senior housing, assisted living and nursing homes
- * Local libraries
- * One of our Senior Nutrition sites
- * Area US Post Offices
- * Senior citizen club meetings

. . . If you don't see a location listed, we can make arrangements to have a bundle delivered, upon request of the location's manager (e.g. bank, business, etc.)

. . . If you receive a home-delivered meal, one is include at the start of each month with your meal

. . . Call Maureen at 518-719-3555 or email mmurphy@discovergreene.com to arrange to be added to our subscriber list..

. . . Issues are available via electronic mail. If you don't have internet capability, a hard copy can be mailed to you

. . . Additionally, you can keep up with information important to senior citizens not only via our Round Table News but on our web site, [Human Services in Greene County | Greene Government](#) or on our Facebook page, www.facebook.com/GCNYHumanServices/

. . . You are more than welcome to contact us at 518-719-3555 anytime you have a question regarding senior citizen programs

INFORMATION BULLETIN

TO: First Responders

FROM: New York State Sheriffs' Association



Look for the **YELLOW DOT**



Yellow Dot is a life-saving program, started in Connecticut in 2002, which has spread across the country. The New York State Sheriffs' Association is working to make the **Yellow Dot** program available to help all New York citizens and First Responders.

Over 2 million Yellow Dot kits have been distributed in New York State and we want you to know the meaning if you see one.

Yellow Dot kits are available for free at:
www.nysheriffs.org/yellowdot

Or contact Greene County Sheriff's Office
or Greene County Dept. of Human Services



Yellow Dot is a free program designed to help First Responders provide life-saving medical attention during that first "golden hour" after a crash or other emergency. The **Yellow Dot** kit contains a medical information card and a Yellow Dot decal.

DRIVERS:

- Complete the card.
- Place it in car glove box.
- Place the Yellow Dot decal on the rear driver's side window.



At HOME, participants:

- Place a Yellow Dot decal near the front door.
- Place a completed card in the freezer compartment of the refrigerator.

FIRST RESPONDERS:

At the scene of a vehicle emergency, look for the Yellow Dot on the rear driver's side window and find vital medical information in the glove compartment. Transport the card with the patient to the hospital.



At the scene of an emergency in a home,

look for the Yellow Dot on or near the front door and find vital medical information in the freezer. Transport the card with the patient to the hospital.

Spread The Word

Yellow Dot only works if First Responders know to look for it. Please share this information with your colleagues. You can also go to www.nysheriffs.org/yellowdot for more information.

COMMUNITY SERVICE AGENCIES



CATHOLIC CHARITIES OF COLUMBIA-GREENE COUNTIES

66 William St. Catskill, NY 12414

518-943-1462

Services: Provides emergency assistance, WIC, supportive counseling and supervised visitation. SNAP, Caregiver Support

COMMON GROUND

11 William Street, Catskill, NY 12414

518-943-0523

info@commongroundinc.org

Provides a range of services to the community. Offers mediation and co-parenting classes; training; conflict coaching; Raise the Age Restorative Services.; Surrogate Court mediation .

COMMUNITY ACTION OF GREENE COUNTY

7856 Route 9W, Catskill, NY 12414

518-943-9205

Community Action of Greene County, Inc. is dedicated to community wellness and betterment through a wide variety of programs and services. Resources are diverse, ranging from GED instruction and income tax preparation assistance to domestic violence intervention and supportive housing. The goal is to improve the lives of low-income citizens and their families, helping them on the path to self-sufficiency so that they may achieve their full potential.

CORNELL COOPERATIVE EXTENSION

479 Route 66, Hudson, New York 12534

518-828-3346

Cornell Cooperative Extension Columbia and Greene Counties puts knowledge to work in pursuit of economic vitality, ecological sustainability, and social well-being. We bring local experience and research-based solutions together, helping y families and communities thrive in our rapidly changing world.

HUDSON VALLEY AMERICAN RED CROSS

845-471-0200

NYS OFFICE for NEW AMERICANS

800-566-7636

Helps new Americans fully participate in NYS civic and economic life. Helps prepare for naturalization process, increasing access to English language learning, and providing a network of neighborhood-based opportunity centers.

