



## *IN RECOGNITION OF NATIONAL SENIOR CITIZENS DAY 2023*

*Please join  
the Greene County Legislature,  
together with the Dept. of Human Services  
for a special luncheon  
at each of the county's Senior Nutrition Sites*

*THURS. AUGUST 17, 2023, 12:00 P.M.\**

**Roast Turkey w/Gravy & Cranberry Sauce  
Mashed Potatoes - Green Bean Casserole  
Special Celebration Cake (Cupcakes for HDM)  
Punch**

**Presentation from County Legislature  
in recognition of day**

**Call your favorite Senior Nutrition site  
to make a reservation by Monday, August 14**

*\* Celebration for Rivertown Center only  
Thurs. Aug. 10 – See calendar for menu  
RSVP for Rivertown lunch due by Mon. Aug. 7*

## 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.



**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**

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
	<b>1</b> BBQ CHICKEN THIGHS BAKED BEANS CARROTS PEARS	<b>2</b> SHRIMP SCAMPI SPINACH LINGUINI PINEAPPLE DELIGHT	<b>3</b> MEATLOAF w/ Gravy BAKED POTATO GREEN BEANS FRESH FRUIT  Nutrition Education Cossackie 12:00 p.m.	<b>4</b> CHICKEN SALAD PLATE MIXED GREENS w/ Cucumbers & Tomatoes PASTA SALAD MIXED BERRIES w/ Whipped Topping
<b>7</b> MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES FRUIT COCKTAIL	<b>8</b> CHICKEN DIVAN MONACO VEGETABLE MIX WHITE RICE TROPICAL FRUIT	<b>9</b> FISH FLORENTINE SONOMA VEGETABLES MASHED POTATOES CHOCOLATE MOUSSE	<b>10 NTL. SR. CITIZEN                      RECOGNITION</b> ROAST PORK w/ Gravy SWEET POTATO GREEN BEANS * CELEBRATORY CAKE BROWNIE *Rivertown cong. only	<b>11</b> CHICKEN CAESAR SALAD CUCUMBER & TOMATO SALAD POTATO SALAD FRESH FRUIT
<b>14</b> CHILI DOGS BAKED BEANS CARROTS TROPICAL FRUIT	<b>15</b> CHICKEN PARMESAN ITALIAN GREEN BEANS ZITI PEARS	<b>16</b> SALMON w/ Dill Sauce BRUSSELS SPROUTS RICE PILAF BANANA PUDDING	<b>17 NTL. SR. CITIZEN DAY                      RECOGNITION</b> ROAST TURKEY w/ Gravy & Cranberry Sauce MASHED POTATOES GREEN BEAN CASSEROLE CELEBRATORY CAKE * CUPCAKE: RIVERTOWN CONG. /ALL HDM  Nutrition Education Acra 12:00 p.m.	<b>18</b> SEAFOOD PASTA SALAD MIXED GREENS COLESLAW MACARONI SALAD CRANBERRY JUICE FRESH FRUIT
<b>21</b> SLOPPY JOES BROCCOLI WHITE RICE TROPICAL FRUIT	<b>22</b> TURKEY BURGER w/ Peppers & Onions POTATO SALAD CARROT COINS CHOC. CHIP COOKIES	<b>23</b> PORK CHOP w/ Gravy MASHED POTATOES PEAS & CARROTS FRUITED JELL-O	<b>24</b> TORTELLINI w/SAUSAGE ZUCCHINI & DICED TOMATOES FRESH FRUIT	<b>25</b> CRANBERRY CHICKEN SALAD MIXED GREENS BEET SALAD MACARONI SALAD FRESH FRUIT
<b>28</b> BEER BATTERED FISH CALIFORNIA MIXED VEGETABLES ROASTED RED POTATOES PEARS	<b>29</b> SWEET & SOUR CHICKEN ORIENTAL MIXED VEGETABLES WHITE RICE MANDARIN ORANGES & PINEAPPLE	<b>30</b> MEATBALL PARMESAN SUB ITALIAN MIXED VEGETABLES ITALIAN PASTA SALAD VANILLA MOUSSE w/ Mixed Berries	<b>31</b> CHICKEN DIJON MASHED POTATOES WINTER MIX VEGETABLES PB COOKIE  Nutrition Education Catskill 12:00 p.m.	



# August Nutrition Notes

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

Fresh herbs are in their prime season. Fragrant and colorful flavor enhancers, herbs expand the taste of foods without adding salt, calories, carbohydrates or fat. Summer herbs include oregano, parsley, rosemary, mint, basil, cilantro, dill, thyme and many more!



Concentrated flavors of fresh rosemary, oregano, and thyme taste best when cooked in a recipe, rather than eaten raw. They are often used for simmering in sauces and the stems are removed when the dish is done, or finely chopped and cooked to work in their unique flavors. Softer herbs such as chives, parsley, basil, cilantro, mint and dill can be sprinkled over dishes, eaten raw or in salads, and chopped/added while cooking.

In addition, herbs are an excellent salt free way to season foods if you need to reduce your sodium intake. They also make beautiful garnishes. For instance, chop chives and sprinkle them over soft scrambled eggs for a pop of color and crispy bite.



Two of my favorites include basil and dill. They can be used in endless recipes. Try using fresh dill in your next pickling recipe, potato salad, or tzatziki (Greek yogurt dip). Basil is a staple in Italian cooking. It pairs best in a mozzarella caprese salad, can be used to make pesto, and simmers nicely when making homemade tomato sauce.

Herbs are exceptionally easy to grow. They also make beautiful additions to gardens and bring color to potted plants on your patio. They love sun and require water 1-3 times per week. If you have excess, herbs can also be bundled and hung to dry. They can also be frozen and used straight from the freezer. Typically, they can last 1-2 months.



You can even dry out your fresh herbs and jar them. Dried herbs can be utilized year round. Jazzing up your spice rack is always a fun project. Most dried herbs lose freshness over 1 year. Storage in a cool pantry is best, and swap out with a fresh supply as needed.



When cooking with dried herbs, typically use 1 part dried for 3 parts fresh. For instance, if a sauce called for 3 tablespoons of fresh basil, you could substitute 1 tbsp. dried basil as the dried flavor is very concentrated. Always taste as you cook. It is better to under season and adjust the flavors at the end of cooking.

### ASK THE DIETICIAN . . .



If you have specific questions or need individual guidance, please call the main line at (518) 719-3555 to place a nutrition referral. I will continue to visit monthly for lunch presentations. All are welcome to attend. Typically, there is a brief education and food samples to follow.

Don't these fresh, garden salads look yummy? Proud to say that all of the vegetables were out of the garden at the Rivertown Senior Center!



## SENIOR FARMER'S MARKET NUTRITION Program



The NYS Senior Farmer's Market Nutrition Program (SFMNP) helps low income seniors, aged 60 and over, buy locally-grown fresh fruits and vegetables at participating Farmer's Markets. Monthly income must be at or below \$2,248 for one; \$3,040 for two or an additional \$792 per person for larger households to be eligible.

Eligible seniors will receive one coupon booklet, which consists of five \$5.00 coupons, for a total of \$25.00. This yearly program assists seniors in eating healthy, stretching their food dollars, and supporting local farmers.

If eligible, have you gotten your booklet for this summer? If not, we still have some available! Stop in our main office or any one of our Senior Nutrition sites to get yours.



# AmeriCorps Seniors

## **URGENT NEED FOR VOLUNTEERS IN GREENE COUNTY**

Greene County Department of Human Services is in need of volunteers for our **Homebound Meal Delivery Program** (meals are delivered Monday – Friday with routes generally 1 - 2 hours to complete) and our **Homebound Medical Transportation Program** (volunteers drive ambulatory, homebound clients to medical appointments). Volunteers for both of these programs are eligible to receive mileage reimbursement at the current IRS rate for all miles while volunteering.

The number of homebound senior clients in need of services in Greene County has dramatically increased. This is making it necessary to increase the number of volunteers needed to provide all services.

If you or someone you know would be interested in volunteering under the Department, please contact Ruth Pforte, Volunteer Coordinator at 518-719-3555 for more information.





**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 some minor repairs done around the home  
(i.e.: changing light bulbs,  
changing out screens to storm windows, etc.)  
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.*



**39 Second Street  
Athens**

**HOURS:**

**Monday: 9:00 a.m. – 11:30 a.m.**  
**Wednesday: 9:00 a.m. – 11:30 a.m. and 12:30 p.m. – 2:00 p.m.**

**CHECK US OUT FOR DAILY SPECIALS!  
NICE SELECTION OF JEWELRY**



**CASH ONLY - WE DO NOT ACCEPT CHECKS OR CREDIT CARDS**  
*Note: Donations accepted during business hours only.*



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



Tues. Aug. 1	7:00 p.m.	Legion Riders Meeting, Greenville
Wed. Aug. 2	7:30 p.m.	Tannersville Legion meeting @ Rescue Squad Bldg
Thurs. Aug. 3	7:00 p.m. 7:00 p.m.	Greenville American Legion meeting Catskill American Legion meeting @ Elks Lodge
<b>Fri. Aug. 4</b>		<b>Coast Guard 233rd Birthday</b>  VFW Golf Outing @ Windham Country Club
<b>Mon. Aug. 7</b>		<b>Purple Heart Day</b> 
Wed. Aug. 9	7:00 p.m. 7:00 p.m.	Athens American Legion meeting Windham VFW Meeting
Thurs. Aug. 10	10 a.m. - 4 p.m.	Greene Guardian Suicide Prevention & Awareness Day @ Catskill Point
	7:00 p.m. 7:00 p.m.	Prattsville Legion meeting S. A. L. Meeting @ Greenville
Sat. Aug. 12	1:00 p.m.	BBQ for Troops @ Lynch's Pot of Gold
Sat. Aug. 19	11:00 a.m.	Catskill VFW meeting
Sat. Aug. 26	1:00 p.m.	Windham VFW Memorial Ceremony
Thurs. Aug. 31	1:00 p.m.	Athens Legion Blood Drive

***Are you a Veteran? Why not join your local Legion or VFW post?  
 Stop in at a nearby meeting to sign-up.***

**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](mailto:arin.vandemark@hvncvr.org) for the ZOOM link\*\*\*\*\*

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

POC:  
[CHRISTIAN.LAPIES@HVNCVR.ORG](mailto:CHRISTIAN.LAPIES@HVNCVR.ORG)  
**(518) 719-0020**



**HVNCVR**  
THE HUDSON VALLEY  
NATIONAL CENTER FOR  
VETERAN REINTEGRATION

**GREENE COUNTY**

**CONNECT TO  
PROTECT  
GREENE  
GUARDIANS**

• **10 AUG 2023** •

• **10am – 4pm** •

• **The Warehouse** •

**On the Historic Catskill Point –  
1 Main St. Catskill, New York**

**11:00 AM – Opening Ceremony with Special  
Announcements!**

**Multiple Vendors from Gov't Agencies to  
NFPs who provide services directly to Active  
and Veteran Military and First Responders!**

**Equine Therapy Demo – Service Dog Demo  
Educational Programs from local colleges!**

**FREE COOKOUT & LIVE MUSIC!**

**RAFFLES! GIVE AWAYS! COUPONS!  
FUNDRAISERS!**

**2:30 PM RAFFLE DRAWINGS!**

**Sponsored by: Greene County Veterans  
Service Agency | 159 Jefferson Heights  
Suite D303 | Catskill NY 12414  
(518) 943-3703**

**Find event on Facebook  
<https://fb.me/CEP1076C>**





## Summertime Tips for Caregivers

Summer is here, and it's a wonderful time for family caregivers to create special memories with their loved ones. However, it also comes with unique challenges that require careful planning and attention. While pools and beaches may be off limits for some, there are plenty of opportunities for families to get together outdoors.

### • **Staying Hydrated**

Summer is synonymous with heat, and it's crucial to maintain health and hygiene during this time. Staying hydrated is essential, especially for older adults who are more prone to dehydration. There are many creative ways to encourage frequent water intake. Make sure to purchase a refillable water bottle (perhaps in a fun, bright color!), and feel free to infuse the water with fruit or an electrolyte powder. To switch things up, you can occasionally offer Gatorade or coconut water (but only if a loved one can tolerate sugar). Hydration breaks should be scheduled, which can be done with a phone timer or app. Finally, caregivers must be on the lookout for signs of dehydration, including dark-colored urine, fatigue, dizziness and confusion.

### • **Sun Protection**

Protect a loved one from the sun's harmful rays by using suitable sunscreen products, as most skin cancer is found in individuals over age 65, according to the Centers for Disease Control (CDC). It's also always a good idea to wear a hat for extra protection; consider one that also protects the neck and ears. If you want to take more steps toward sun protection, try purchasing clothing with UV protection, and sunglasses to protect eyes.

### • **Staying Cool**

Dressing comfortably in light-colored, lightweight and breathable clothing can help prevent discomfort on a hot summer day. Stay away from dark colors that absorb sunlight and heat, and make people hotter. Fabrics like linen and cotton are breathable, but beware that cotton absorbs moisture and stays wet from sweat. Moisture-wicking clothing made from materials such as polyester, however, is recommended as it enables the sweat to evaporate from the outer layer of the clothing, keeping clothing dry in the heat. In addition to clothing, personal fans or neck fans can provide a cool breeze when needed.

### • **Safety in the Sun**

When venturing outdoors, take precautions to ensure safety. Falls are a major concern for older adults, especially when they are not familiar with an environment. Ensure that well-fitting footwear with good traction is worn, and consider using walking aids if necessary. When planning an excursion, do some research to make sure there are flat walking paths and plenty of benches or seating areas. Visiting parks, gardens, or having a picnic can be great experiences, but stay prepared for accidents by keeping a first aid kit handy, knowing basic first aid techniques and knowing nearby hospitals or urgent care centers.

**GREENE COUNTY DEPARTMENT of HUMAN SERVICES**  
**CONTRIBUTIONS POLICY**



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

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

**CONSULTATION and ASSISTANCE:** This includes such client assistance activities as case assistance, HIICAP, help with public benefit applications, etc.

The suggested level is \$5.00 per office visit (*Actual cost \$20.00/hour*).

**IN-HOME SERVICES:** This is discussed with the client by the case manager at the time of assessment.

The suggested level of contribution is \$3.00 per hour (*Actual cost \$21.56 per 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*).

**TRANSPORTATION:**

- **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*)

3/2020



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. Know that 100% of your contribution will be used to provide services to a Greene County older adult in need.

**THANK YOU FOR YOUR SUPPORT.**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

I designate a \$ \_\_\_\_\_ donation in appreciation for services received;

**OR** In memory of \_\_\_\_\_

**OR** In honor 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, N.Y. 12414

**GREENE COUNTY SENIOR ANGELS**  
**Spreading Cheer 365 Days a Year**



*Greene County Department of Human Services  
invites you to become a Senior Angel*

*Senior Angels does not just operate at holiday time and provide gifts for senior citizens who are alone. 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. Please consider becoming someone's Senior Angel by donating. Thank you.*

*For more information, please call (518) 719-3555 or toll-free (877) 794-9266*

**PLEASE RETURN THIS SECTION WITH YOUR DONATION**

*I would like my name published.*                       *I wish to be listed as "Anonymous".*

*I would like the donation to read:*

*In Memory/Honor of:* \_\_\_\_\_

*Donations may be dropped off or mailed to:*

*Greene County Department of Human Services, Attn: Senior Angels  
411 Main Street, Catskill, NY 12414*

*Thank  
you* 

*For your kind and generous donations.  
They will be used to provide service  
to an older adult in need.*

*Joan DiStefano, Gerri Mills & Cathy Murphy  
To our Senior Nutrition Program  
In Memory of Lee Lupsa*

*Nancy Linger*

*Josephine Mangano  
To the Senior Angel Program  
In Memory of Dick and Ali Mangano*

*Maureen & Patrick Murphy  
To our Senior Nutrition Program  
In Honor of Dot Chast's 99th Birthday*

# News From the Greene County Youth Bureau

June 5, 2023

## **U.S. SURGEON GENERAL ISSUES ADVISORY ON SOCIAL MEDIA AND YOUTH MENTAL HEALTH**

U.S. Surgeon General Dr. Vivek Murthy has issued an advisory about social media's impact on youth mental health. It notes that while social media can provide benefits for some children and youth, there is a growing body of research about potential harms social media use poses.

Children and adolescents on social media are commonly exposed to extreme, inappropriate, and harmful content and frequent social media use can contribute to poor mental health, including depression and anxiety. The advisory outlines action steps that policymakers, technology companies, researchers, and families can take to mitigate the risk of harm and make social media safer and healthier for children and youth.

Office of Juvenile Justice and Delinquency Prevention (OJJDP), in partnership with the National Center for Missing & Exploited Children (NCMEC), provides resources to keep youth safe online, including NCMEC's NetSmartz program. In addition, OJJDP's mentoring programs support youth mental health and its National Mentoring Resource Center is dedicated to enhancing mentoring practices that support positive youth outcomes.



# GREENE COUNTY SENIOR CITIZENS CLUBS



## 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***

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

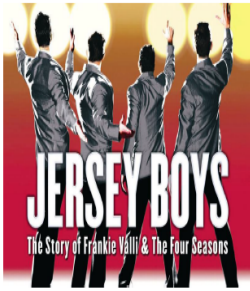
Contact person:

President Lula Anderson

518-734-5360



## 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



### 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

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

Cancellation insurance available upon request; see reverse side

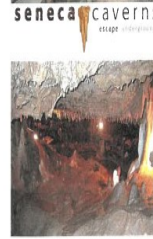
WHITE STAR TOURS 28 E. Lancaster Avenue, Reading PA 19607 \* 610-775-5000 \* 800-437-2323 \* www.whitestartours.com

## 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 28 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

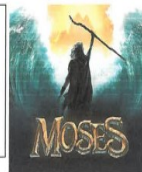
### "MOSES" in Lancaster, PA

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



\$375.00 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

EDEN RESORT & SUITES



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



LONGWOOD GARDENS



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



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

Elegant Log Cabin Luncheon  
Crauté & Hot Soup Du Jour  
**Loin of Pork**  
With Apple Cider Demi-Glace  
&  
**Salmon**  
With Bearbon Glaze  
Family Style  
Vegetable & Potato  
Seasonal Homemade Dessert





# BLOOD PRESSURE SELF-MONITORING PROGRAM



The Blood Pressure Self-Monitoring (BPSM) program is a four-month evidence-based health intervention designed to help persons with high blood pressure better manage their blood pressure by developing the habit of routine self-monitoring and tracking their blood pressure. Upon the completion of the four-month program, participants may experience the following:

- 1.Reduction in their blood pressure
- 2.Development of new skills to manage their blood pressure
- 3.Ability to identify and control triggers that elevate their blood pressure
- 4.More confidence in their ability to adopt healthier eating habits

Participants will work with trained Healthy Heart Ambassadors for the four-month duration of the program, and are encouraged to:

- Measure and record their blood pressure on their own (self-monitor) at least two times per month
- Attend at least two personalized office consultations with a Healthy Heart Ambassador per month
- Attend monthly nutrition education seminars

OFFERED AT THE GREENE COUNTY YMCA  
AUGUST 14 - DECEMBER 1, 2023  
COST: FREE



CAPITAL DISTRICT YMCA | [cdymca.org](http://cdymca.org)

Contact us at [families@ltccc.org](mailto:families@ltccc.org)



# FAMILY EMPOWERMENT with LTCCC

When families and friends of nursing home residents join together, they can be a powerful force for improving care and ensuring dignity.

LTCCC's Family Empowerment Team supports families in their advocacy of residents in nursing homes, assisted living, and long-term care settings. To learn more about family councils and family empowerment, contact [families@ltccc.org](mailto:families@ltccc.org) or check out free advocacy resources at [nursinghome411.org/families](https://nursinghome411.org/families).

Register for LTCCC's next  
Family Empower Programs



[nursinghome411.org/families/empower](https://nursinghome411.org/families/empower)

Sign up for updates from LTCCC:  
[nursinghome411.org/join](https://nursinghome411.org/join)  
or scan the QR code below:





## 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 STEPHANIE SCHLEUDERER

**DEPUTY DIRECTOR:** Tami Bone

**SENIOR CASE MANAGER:** Danielle Kane

**NUTRITION COORDINATOR:** Tezera Pulice

**OFFICE MANAGER:** Maureen Murphy

<b>CASE MANAGERS/WORKERS:</b>	<b>AGING:</b>	Brooke Bergeron Christopher Lewoc	Christine Jackson
	<b>YOUTH:</b>	Carrie Wallace	Laura Anderson

**AMERICORPS SENIORS VOLUNTEER COORDINATOR:** Ruth Pforte

**AGING SERVICES SPECIALISTS:** Bonnie Snyder - Medical Transportation  
Rachel Wright - NY Connects

**AGING SERVICES AIDE:** Rose Bundy

**RECEPTIONIST:** Racine Wallace

**SHOPPING BUS DRIVER:** Robert Laird

**NUTRITION VAN CHAUFFEUR:** Patrick Murphy

The office is open 9:00 a.m. - 5:00 p.m. Monday thru Friday, though staff are unavailable between 12:00 p.m. and 1:00 p.m. As agency staff specialize in a variety of subjects, it is recommended that you call the main office to schedule an appointment to discuss services available. Walk-ins are always welcome but will be seen only if we are able to accommodate at the time.

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.