



Mark Your Calendars ...

**The Return of
GREENE COUNTY
SENIOR CITIZENS' DAY**

**Friday, September 22, 2023
12:00 Noon - 3:00 p.m.**

**The Warehouse,
Historic Catskill Point
Main Street, Catskill**

***If you need transportation,
please sign-up
at your local senior nutrition site***

DEADLINE: Fri. Sept 8



OUR MISSION

AGING: To ensure a network of supportive services to assist Greene County's senior citizens (those age 60 and older) to maintain their dignity and independence within their communities. To ensure older adults stay independent for as long as possible and have a network of supportive services in the county.

YOUTH: To help coordinate youth services for children and young people, birth to 21, in Greene County, by providing technical assistance to municipalities, private agencies and groups in program development, evaluation, financial planning, program management and training.

Our goals are to

- ♥ Assist older adults in maintaining and/or improving their social, economic, health, safety and nutritional status so they can safely age in place
- ♥ Help older adults stay independent for as long as possible
- ♥ Ensure a network of supportive services to assist Greene County's residents, young and old alike, and their caregivers
- ♥ Advocate for young and old alike.
- ♥ Work together with the Advisory Council to the Greene County Department for the Aging, and the Greene County Youth Advisory Board to recommend ways to provide opportunities that improve the lives of senior citizens and youth of the County.

GREENE COUNTY DEPARTMENT OF HUMAN SERVICES'

WHERE CARING PEOPLE HELP

We inform the Greene County Community of our programs, events & emergency notices via:

- ♥ Greene County web page
- ♥ Facebook page
- ♥ Our own newsletter, The Greene County Round Table News
- ♥ Local Area newspapers & media outlets
- ♥ Greene County's REGROUP program (Emergency Alert system)

OUR AGING SERVICES

NUTRITION:

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

CAREGIVERS

SUPPORT:

- ♥ Caregivers Information, Assistance, and Support.
- ♥ Respite Workers

EISEP (IN-HOME):

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

HEAP

Application Assistance

HIICAP

Health Insurance Information Counseling & Assistance

LEGAL SERVICES

Private attorney available by appointment only for phone consultations.

TRANSPORTATION:

- ♥ For homebound seniors to get to scheduled medical appointments
- ♥ Shopping Bus: Door-to-Door service for local shopping & errands
- ♥ To select Senior Nutrition sites enabling seniors social interaction with a noontime meals

- ♥ Discount coupon books for seniors utilizing Greene County Transit

VOLUNTEER

SERVICES:

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

YOUTH SERVICES

- Work with agencies and schools to assist with youth in need of supervision (**Pre-PINS, PINS**)
- Conduct ongoing research to determine the changing needs of our youth & develop a comprehensive plan for youth services in Greene County.
- Work with youth-serving agencies to improve the quality of services provided in the county.
- Oversees the allocations of funds for programs that benefit Greene County youth under the NYS OCFS Youth Development Program and Sports Education Funding.

NATIONAL SENIOR CITIZENS DAY PROCLAIMED BY COUNTY LEGISLATURE

In 1988, President Ronald Reagan took the initiative to honor seniors by signing a proclamation marking the 3rd Sunday of August as the day to celebrate seniors. “Throughout our history, older people have achieved much for our families, communities, and country. For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute.”

National Senior Citizens Day recognizes senior citizens contributing to society and have impacted everyone’s lives for the better. Improved healthcare has changed demographics and increased productivity of older citizens, allowing them to be more active than ever before. With more opportunities available, many senior citizens now begin second careers and set examples for younger generations. The country’s foundation is the result of the hard work of our senior citizens and they deserve our gratitude. President Reagan’s words have withstood the test of time and are now, years later, more important than ever as older people are leading more productive lives.

As Greene County benefits greatly from the dedication and community awareness of its senior residents, the Greene County Legislature, hereby join America is recognizing Sunday August 20, 2023 as National Senior Citizens Day. With great pleasure, we honor all of our Greene County senior citizens and encourage them to recognize their accomplishments as they continue to play a vital role in the Greene County community. For all they do and have achieved for the good of their communities, we say thank you!



Athens Legislator Ed Bloomer at Rivertown Senior Center with Executive Director Stephanie Schleuderer.



Jewett Legislator Jim Thornington with DHS Bus Driver, Robert Laird. Missing from photo Legislator Daryl Legg.



Robert Antonelli Senior Center, Catskill site with Legislators Matt Luvera & Jay Lucas.



Town of Coxsackie Senior Center, Athens Legislator Bloom and Executive Director Schleuderer with Dorothy Barkman, Senior Nutrition site manager, staff and volunteers.

You Never Know Where You Might Run Into Us . . .

The staff at Greene County Department of Human Services has been busy this past month holding informational booths at various county events. Our biggest one was the Greene County Youth Fair.



Next, on August 1, National Night Out, Volunteer Coordinator, Ruth Pforte, was busy encouraging others to sign-up and become a volunteer for the Department



We again made an appearance - this time on August 10 at the Greene County Veterans Services Agency's Connect to Protect Greene Guardians event.



VOLUNTEERS NEEDED

TO HELP HOMEBOUND SENIORS

Home Delivered Meals – Deliver meals county wide
Medical Transportation – Transport clients to appointments in nearby counties

Your schedule will be made around YOUR availability! Mileage reimbursement available at current IRS mileage reimbursement rate!

CONTACT RUTH PFORTE // (518) 719-3555

Made with PosterMyWall.com





39 Second Street
Athens

COME CHECK US OUT!

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

**NICE SELECTION OF JEWELRY, CLOTHING
& HOUSEWARES! LINENS – MORE!**

CASH ONLY

WE DO NOT ACCEPT CHECKS OR CREDIT CARDS

*Note: We accept donations, including children’s clothing,
during business hours only.
We do not accept medical supplies, electronics,
or single dishes & glassware.*



**Attention Greene County Seniors living in Catskill, Coxsackie-Athens
or Greenville**



HELPING HANDS
PROGRAM

Greene County Department of Human Services 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 Angel Program 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.***



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*



For your Donations to the Senior Angel Program

Coxsackie-Athens Rotary Club

Karin DeNat

In Memory of Mark DeNat

Emily DiSalvo

In Memory of Leonard DiSalvo

LOOKING FOR A FUN, NEW WAY TO BE MORE ACTIVE?

TRY BINGOCIZE®



BINGOCIZE® NUTRITION WORKSHOP

A 10-week health promotion program that combines the game of bingo with inclusive exercises for everyone!

Come play and meet new people while learning about nutrition!

For further information, contact Michele Johnson, Wellness Director, Capital District YMCA Greene County at 518-731-7529, ext 1640

GREENE COUNTY SENIOR NUTRITION SITES STARTING SEPTEMBER 5

ACRA: Tuesdays
11 - 12

ATHENS: Wed. 1 - 2
& Fri. 12:30 - 1:30

CATSKILL: Tues. & Thurs.
12:30 - 1:30

COXSACKIE:
Tues. & Thurs., 10 - 11

JEWETT: Tues. & Thurs.
12 - 1

*Limited to 20 individuals. Sign-up at the Center
For this FREE workshop!*

*Sponsored by Capital District YMCA
& Greene County Department of Human Services*

JOIN THE FUN!



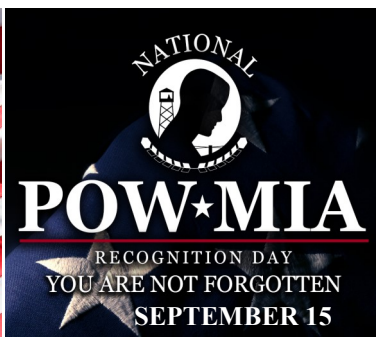


ATTENTION U. S. VETERANS AND CURRENT MILITARY PERSONNEL
September Events of Interest in Greene County



Tues Sept. 5	7:00 p.m.	Legion Riders Meeting, Greenville
Wed. Sept. 6	7:30 p.m.	Tannersville Legion meeting @ Rescue Squad Bldg.
Thurs. Sept. 7	7:00 p.m. 7:00 p.m.	Greenville American Legion meeting Catskill American Legion meeting @ Elks Lodge
Fri. Sept. 8	4:30 p.m. - 7:00 p.m.	Greenville Post Spaghetti Dinner
Sun. Sept. 10	9 a.m. - 4 p.m.	Athens Legion Fall Fling Craft Fair
Tues. Sept. 12	7:00 p.m.	Cairo Legion meeting
Wed. Sept. 13	7:00 p.m. 7:00 p.m. 7:00 p.m.	Athens Legion meeting Windham VFW Meeting Coxsackie Legion meeting
Thurs. Sept. 14	7:00 p.m. 7:00 p.m.	Prattsville Legion meeting S. A. L. Meeting @ Greenville
Fri. Sept. 15	6:00 p.m.	GCAL Meeting - Prattsville Hotel
Sat. Sept. 16	8 a.m. - 11 a.m. 11:00 a.m. 1 p.m. - 4 p.m.	Tannersville Lgn. Breakfast (Rescue Bldg.) Catskill VFW meeting Legion Riders Pig Roast, Greenville
Tues. Sept. 19	7:00 p.m.	New Baltimore Legion m'ting: Cornell F.D.
Sat. Sept. 23	4:00 p.m.	Greenville Legion Member Appreciation
Sun. Sept. 24	9:00 a.m.	Vet2Vet Breakfast @ Athens Legion Hall
Wed. Sept. 27	7:30 p.m.	Marine Corps meeting; East Durham F.D.
Thurs. Sept. 28	7:00 p.m.	Greenville Legion Auxiliary meeting

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



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



EVERY MONDAY, 10:30 A.M.
CAIRO LIBRARY
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 PUBLIC HEALTH 2023 FLU CLINICS

All clinics will take place from 9:30 a.m. to 11:00 a.m.

FRI. SEPT. 29

**Jewett Municipal Building (*Jewett Senior Nutrition site*),
Beaches Corners, Jewett**

MON. OCT. 2

**Acra Community Center (*Acra Senior Nutrition site*),
Old Route 23B, Acra**

TUES. OCT. 3

Coxsackie Senior Center, 127 Mansion Street, Coxsackie

WED. OCT. 4

Rivertown Senior Center, 39 Second St, Athens

FRI. OCT. 6

Robert Antonelli Senior Center, 15 Academy St, Catskill

Participate in most insurances:
Medicare, Medicaid, Senior Blue,
United Health Care, NYS Empire Plan, BSNENY,
Empire BC/BS, Fidelis and CDPHP

For further information, please call 518-719-3600

Meet ElliQ – Companionship & Entertainment



ElliQ is a friendly presence in your daily life by engaging you in conversation, motivating you to adopt healthier habits, surprising you with jokes and suggestions. ElliQ is the first ever proactive, voice-operated care companion designed to empower independence while supporting you in taking control of your social, mental and physical well-being.

How is ELLIQ different from other devices on the market?

- ElliQ doesn't wait to be called on - like a real person. It will initiate interaction, ask you questions, suggest activities, provide reminders, and more.
- As you get to know ElliQ, it gets to know you by remembering some of the things you shared, giving context to make the next conversation even more personalized.
- With a no-fuss set up, intuitive voice interactions, movement and content on the screen, ElliQ is designed to get you up and running without needing to learn a new program or download any apps.
- ElliQ is there for you throughout the day--from checking in to say "good morning," to letting loved-ones know you're ok, to helping you track health care, and making sure you get a good night's rest. ElliQ makes managing life and maintaining peace of mind so much easier.
- You'll be surprised by how empathetic ElliQ comes across by taking an interest in how you are doing, bring a smile to your face, and try to enrich and improve each day.

What can ElliQ help me with?

- ☐ Entertainment: News, Weather, Music, Jokes, Sports, Holidays, Inspirational Quotes & Games
- ☐ Health & Wellness: Daily check-ins; Wellness goals, Physical activity videos, Assessment of general health including sleep, pain, anxiety & depression, Cognitive games for memory, Stress reduction, and breathing activities
- ☐ Connection to Loved Ones: Messaging and notification on health matters, Video calls Memory sharing; Digital greeting cards; Picture frame
- ☐ Assistance with Daily Activities: Reminders, Timers, Local search for professionals Booking transportation

Am I a good fit for ElliQ? ElliQ is best suited for older adults who spend most of their day alone and would enjoy some company throughout the day. Older adults that feel they can use the extra companionship and the right encouragement to be more active throughout their day would benefit.

For more information, contact Greene County Department of Human Services' Case Manager, Chris Lewoc at 518-719-3555.

NOTE: ElliQ requires a Wi-Fi and electrical connection

September

NUTRITION NOTES

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



All living organisms require protein as an essential part of the diet. In our bodies, protein is the macronutrient responsible for the growth and repair of tissues including muscle. There are gradual losses in muscle mass as we age, increasing risk for falls and fractures, and decreasing mobility. It becomes more difficult for muscle tissue to regenerate with age, therefore increasing the body's need for protein. Protein needs vary based on age, sex, health

conditions, and physical activity. A registered dietitian can easily calculate your individual protein needs.

Protein is found in both animal products and plant-based foods. Lean sources of protein fit in to a heart healthy diet. These include skinless poultry, lean cuts of pork and beef, fish and seafood, eggs, and low-fat dairy such as milk, yogurt, and cottage cheese. Plant based proteins include nuts and seeds, nut butters, beans and legumes, lentils, soy, and meat alternatives including vegetarian burgers or tofu.



Hand Portion Sizes: Proteins



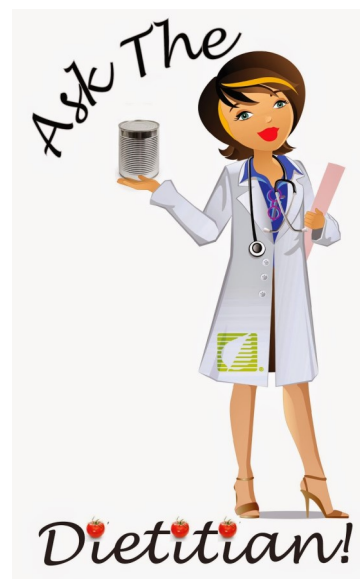
1 palmful = 1 serving/3 oz of protein

A 3-ounce portion of protein looks like a deck of playing cards or the palm of your hand and provides about 20-25 grams of protein. Other 1-ounce equivalents include 1 egg, 1 oz. of cooked meat (matchbook size), 1 Tbsp. nut butter, or $\frac{1}{4}$ cup cooked beans/legumes. I encourage protein at all 3 meals, and protein snacks. For instance, aim to eat 1-2 ounces of protein at breakfast, and 3 ounces at lunch and dinner to reach your daily goals. If a meal is skipped, or it contains very little protein, it is easy to fall behind on your intake.

Protein also takes a longer time to digest than carbohydrate foods, therefore increasing your sense of fullness at meals and in between meals. It also plays a vital role in metabolic processes, immune function, fluid balance, and muscle function.

Research shows most elderly adults do not consume enough protein. This can stem from loss of appetite, decreased calories needs/therefore eating much smaller portions, food avoidances, gastrointestinal problems, or changes in food preferences. Luckily a small portion of animal protein provides a strong source. It is very difficult to reach daily protein needs if you are a vegetarian or eat more plant-based meals. For instance, a Tbsp. of peanut butter is 3 grams of protein, but a can of tuna fish is 28 grams.

If you struggle to reach your protein goal, discuss supplemental forms with your dietitian or doctor. I recommend protein drinks and bars containing less than 10 grams of sugar. If these products are applicable to raise your intake, they can be very useful to supplement the day. For instance, a scoop of vanilla whey protein powder containing 20 grams of protein mixed with $\frac{3}{4}$ c frozen fruit, and 1 cup of low-fat milk provides nearly 30 grams of total protein. This could be used to replace a meal, or as a snack/supplemental form. It is possible to overdue your intake from food or supplements, therefore important to know your protein needs.



Greene County Department of Human Services provides a registered dietitian to help you reach your health goals, calculate protein needs, or for more ways to incorporate more protein into your diet.

Nicole Gehman, MS, RD, CD-N, will continue to visit the county's senior Nutrition sites monthly for lunch presentations. All are welcome to attend. In the month of September, she will be at the Jewett Senior Nutrition site on Wednesday September 13. On Thursday, September 21, she will be at the Rivertown Senior Center in Athens.

Typically, there is a brief education and food samples to follow. If you need an individual nutrition referral, or information on the dates she will be at a nutrition site, please call the main office at (518) 719-3555. Nicole will respond via telephone to provide additional information and answer any dietary questions.

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
				<p align="center">1</p> <p align="center">PHILLY CHEESESTEAK (SUB ROLL) GREEN BEANS MACARONI SALAD FRESH FRUIT</p>
<p align="center">4</p> <p align="center">MAIN OFFICE & ALL SENIOR NUTRITION SITES</p> <p align="center">LABOR DAY</p> 	<p align="center">5</p> <p align="center">BBQ PULLED PORK BAKED BEANS CARROTS BANANA PUDDING</p>	<p align="center">6</p> <p align="center">LEMON PEPPER FISH RICE PILAF CALIFORNIA VEGETABLE MEDLEY CHOCOLATE MOUSSE</p>	<p align="center">7</p> <p align="center">MEATLOAF w/ Beef Gravy MASHED POTATOES GREEN BEANS FRESH FRUIT</p>	<p align="center">8</p> <p align="center">CRANBERRY CHICKEN SALAD BEET SALAD TOSSED SALAD FRESH FRUIT</p>
<p align="center">11</p> <p align="center">CHICKEN & BISCUITS MASHED POTATOES CALIFORNIA VEGETABLES FRUIT COCKTAIL</p> 	<p align="center">12</p> <p align="center">BAKED ZITI w/ Meat Sauce ITALIAN MIXED VEGETABLES LEMON MOUSSE</p>	<p align="center">13</p> <p align="center">BEEF STEW BROCCOLI RICE PUDDING w/ Raisins</p> <div style="border: 1px solid black; background-color: yellow; padding: 5px; text-align: center;"> <p>NUTRITION EDUCATION: JEWETT NUTRITION SITE</p> </div>	<p align="center">14</p> <p align="center">BAKED HAM w/ Pineapple Sauce SWEET POTATOES BRUSSELS SPROUTS APPLE CRISP</p>	<p align="center">15</p> <p align="center">SWISS MUSHROOM BURGER AU GRATIN POTATOES CARROT COINS FRESH FRUIT</p>
<p align="center">18</p> <p align="center">MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES TROPICAL FRUIT</p>	<p align="center">19</p> <p align="center">FRENCH ONION CHICKEN BAKE MASHED POTATOES BROCCOLI PEAR CUP</p>	<p align="center">20</p> <p align="center">HUNGARIAN GOULASH RED CABBAGE CARROTS EGG NOODLES BIRTHDAY CUPCAKE</p> <div style="text-align: center;">  <i>Happy Birthday</i> </div>	<p align="center">21</p> <p align="center">CHICKEN DIVAN SONOMA VEGETABLE MIX WHITE RICE CHOCOLATE PUDDING FRUIT CUP</p> <div style="border: 1px solid black; background-color: yellow; padding: 5px; text-align: center;"> <p>NUTRITION EDUCATION: RIVERTOWN SENIOR CENTER</p> </div>	<p align="center">22</p> <p align="center">SENIOR CITIZEN DAY MAIN OFFICE & ALL SENIOR NUTRITION SITES CLOSED</p> 
<p align="center">25</p> <p align="center">SLOPPY JOES MONACO MIXED VEGETABLES RICE BROWNIE</p>	<p align="center">26</p> <p align="center">SWEET & SOUR CHICKEN ORIENTAL MIXED VEGETABLES WHITE RICE MANDARIN ORANGES & PINEAPPLE</p>	<p align="center">27</p> <p align="center">PORK CHOP w/ Gravy APPLESAUCE MASHED POTATOES PEAS & CARROTS VANILLA MOUSSE</p>	<p align="center">28</p> <p align="center">CHEF SALAD w/ TURKEY, CHEESE, BOILED EGG PASTA SALAD CUCUMBER & TOMATOES FRESH FRUIT</p>	<p align="center">29</p> <p align="center">BEER BATTERED COD CARROT/CORN MEDLEY ROASTED RED POTATOES w/ Garlic & Rosemary FRESH FRUIT</p>



**thru Regional Food Bank
of NENY**

Non-perishable food donations,
essential personal care items,
and monetary donations
are always appreciated.

ATHENS

Community Food Pantry 518-567-5868

102 N. Washington St, Athens

Hours: Tues 2:00 pm -3:00 pm;
Wed 2:00 p.m. - 2:30 p.m.
Thurs. 4:30 pm - 5:30 pm

High Hill Food Pantry 518-291-4789

1467 Schoharie Turnpike, Athens

Hours: Wed 3pm - 4:30pm and Fri 11 am - 12pm

CAIRO

Resurrection Lutheran Church 518-622-3286

Route 23B & 32, Cairo

Hours: Tues 5:30 pm - 6:30pm

CATSKILL

Catholic Charities 518-943-1462

66 William Street, Catskill

Hours: Tues 9:00 a.m. - 12:00 p.m.

Catskill Food Pantry 518-302-2393

50 William Street, Catskill

Hours: Friday 1:00 pm - 4:00 pm

Community Action of Greene County 518-943-9205

7856 Route 9W, Catskill

Hours: Mon, Thurs, Fri 1:30 pm - 3:30

God's Storehouse Food Pantry 518-943-2709

3 Bogardus Avenue, Catskill

Hours: Tues 2:30 pm - 4:00 pm and 6:00 pm - 7:30 pm

Matthew 25 518-943-5890

8 Union Street

Hours: Wed 6 pm - 8pm and Sun 1:00pm - 3:00 pm

COXSACKIE (TOWNS OF COXSACKIE/NEW BALTIMORE ONLY)

Bethel AME Church Food Pantry 845-750-5202
123 Mansion St
Hours: Thurs. and Thurs. 10:00 a.m. - 11:00 a.m.

Coxsackie Area Food Pantry 518-731-8603
117 Mansion Street, Coxsackie
Hours: Tues 1-2 pm
Thurs 7-8 pm
Sat 10 am - 11 am
Home Delivery available by calling 518-731-2718

GREENVILLE

25 Town Park Drive, Greenville 518-966-5640
Hours: Wed 9:30 am -12:00 pm

PRATTSVILLE

14464 Route 23, Prattsville 518-299-3321
Hours: Tuesday, 4:00 p.m. - 6:00 pm.

ROUND TOP

Prabhuj Mission Food Pantry 518-303-6390
332 Rte. 31
Fri 11:00 am - 12 pm

WINDHAM

Restoration Christian Fellowship 518-943-4405
117 Route 296, Windham
Hours: Thursday 5:00 pm - 7:30 pm
Saturday 9:00 am - 12:00 pm



Freehold Church - Camp Grace Soup Kitchen 518-249-7009
310 Main Street, Catskill Tues - Fri, 12:00 p.m.

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, Health Insurance Information Counseling Assistance Program (HIICAP), help with public benefit applications, etc. The suggested contribution is \$5.00 per office visit (*actual cost \$20.00/hour*).

IN-HOME SERVICES: This is discussed with the client by the case manager at the time of assessment. The suggested contribution is \$3.00 per hour (*actual cost \$21.56 per hour*).

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

NUTRITION:

- **Senior Congregate Meal or Home Delivered Meals:** The suggested contribution is \$4.00
- **Nutrition Counseling** - Clients requesting diet counseling from the Registered Dietitian are provided with an opportunity to contribute. The suggested contribution is \$5.00. (*actual cost \$65.00/hour*).

TRANSPORTATION:

- **Shopping Bus:** This door-to-door service is provided directly by the Department. The suggested contribution is \$3.00 per round trip (*actual cost \$15.08/one way*).
- **Senior Center Transportation:** The suggested contribution is \$1.00 per 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

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 donation will be used to provide service to Greene County older adults in need.

NAME: _____

ADDRESS: _____

I designate a \$ _____ donation in appreciation for services

OR

In memory of _____

to the following:

_____ Homebound transportation _____ In-home services

_____ Nutrition Program/Home-delivered Meals

_____ Round Table News _____ Senior Angels Fund

_____ Where most needed

Please make checks payable & mail to:
Greene County Dept. of Human Services
411 Main Street
Catskill, N.Y. 12414

News From the Greene County Youth Bureau

Greene County Youth Fair 2023

Thursday, July 27, 2023 was a bright and sunny day - not only with the weather but for the atmosphere at the Opening Ceremony of the annual Greene County Youth Fair. Agricultural Society President Alex Johnk welcomed all those in attendance. As part of the ceremony, Greene County Legislature Chairman Pat Linger, along with Sal Massa, Vice-Chairman Greene County Youth Advisory Board, had the honor of presenting the county proclamations and awards. The fair ran from Thursday through Sunday, July 30 and was a big success, despite the weather. So many were happy to see it return & congratulations to all the youth involved, especially the winners in the various show classifications.



*Greene County Agriculture Society
President Alex Johnk*



*Greene County Youth Advisory Board
Vice-Chairman Sal Massa presenting
award to Teagan Story, on behalf of her
cousin, Maeve Lampman, winner of
Director's Award.*





NYS Assemblyman Christopher Tague presents proclamation to Micah Doig, winner of the Youth Chairman's Award.

NYS Senator Michelle Hinchey presents proclamation to Ella Schoenborn, winner of the 2023 Youth of the Year Award.



Greene County Legislature and Sherriff Pete Kusminsky with the award winners

Greene County Youth Advisory Board members with award winners.





SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

The life you've built is worth protecting.

Prepare for disasters to create a lasting legacy for you and your family.

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

Now is the time for senior citizens and people with disabilities to think about personal disaster preparedness. FEMA suggests four steps you can take:

- **STAY INFORMED** to mentally and logistically increase your ability to handle an emergency and reduce the fear, anxiety, and losses that disasters often bring.
- **MAKE A PLAN:** Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find. Consider specific needs for your household - Keep in mind factors such as age, dietary needs, medical needs, pets, disabilities and functional needs.

- **BUILD A KIT**

When building a kit, consider items used daily, as well as life-sustaining items.

- ◆ Personal disaster preparedness if a medical device to assist mobility - Add spare tires and an air compressor to your emergency kit to make sure you can stay mobile in the event of an emergency.
- ◆ If you have a disability and use an electronic device to communicate, charge and keep back-up batteries in your emergency kit so you can converse with emergency responders and stay mobile.
- ◆ If hard of hearing - Put a portable cell phone charger in your kit so you can communicate in case of an emergency.
- ◆ If you use medical equipment in your home that requires electricity, e.g. oxygen, talk to your doctor or health care provider about how to keep it running during a power outage. You can also ask your power provider to put you on a list for priority power restoration.
- ◆ Keep a contact list of people who can help you in a disaster, as well as all emergency medical information, in a watertight container in your emergency kit or on your electronic devices.

- **GET INVOLVED:** During disaster response, affected communities depend heavily on local and national volunteer organizations to provide trained volunteers and much-needed donated supplies. Get involved today by donating to or volunteering with a reputable organization.

WHEN TO CALL 9-1-1

The 9-1-1 emergency number is an important way for emergency personnel to ensure that everyone is safe.

The following list shows some of the times you can call 9-1-1

- If your house is on fire
- If someone has passed out and/or is not breathing
- If someone is hurting someone else
- If someone has chest pain
- If someone is stealing
- If someone is badly burned or injured
- If there is a car accident
- If someone is bleeding and it won't stop

Please remember to only use 9-1-1 in an emergency. If you don't, someone might not be able to get through in a real emergency.

Here are some times when **YOU DON'T CALL** 9-1-1

- For information
- For your pet
- When the power, cable or internet is out
- When a water pipe bursts
- To report a broken fire hydrant
- To get a ride for a doctor's appointment
- To pay a ticket
- As a prank
- When you need a helping hand in your house



CARING FOR LOVED ONES IN CASES OF EMERGENCY

BY STACEY COLINO, AARP



No one wants to contemplate the possibility of a natural disaster striking the area where an older loved one lives — but it's wise to consider what to do in such instances before an emergency happens.

After all, hurricanes, tornados, fires, floods and other disasters could happen at any time. And given the increasing frequency and severity of intense weather-related events and other so-called natural disasters, it may not be a case of if, but when.

It's a mistake to assume someone else has established a disaster preparedness plan ahead of time. In a 2015 study involving more than 1,300 older adults, researchers from the University of Iowa found that only 34 percent reported participating in an educational program or reading information about disaster preparedness. More recently, a 2018 study by Rand Health found that most age-friendly communities and senior villages in the U.S. do not place a high priority on promoting disaster preparedness.

While most public health departments have conducted disaster preparedness programs, these aren't necessarily designed to address the needs and challenges of older adults. And yet, older adults are especially vulnerable during and after disasters, whether because they have chronic health conditions or mobility challenges.

That's why it's smart to “take preparatory steps in non-emergent times, so that when an emergency does occur, there's a plan in place for what older adults and family caregivers should do,” says Andrew B. Crocker, a gerontology and health specialist at the Texas A&M AgriLife Research and Extension Service in Amarillo. Here are key steps to take, depending on where your loved one lives:

IF A LOVED ONE LIVES IN HIS OR HER OWN HOME:

- Start by making a list of friends, neighbors, faith leaders and other acquaintances who can check on your loved one if you live far away, and figure out how they will stay in touch with you during an emergency. Exchange phone numbers, emails and other contact information with these folks; create a call list and post this info near your loved one's phone.
- Call the non-emergency number for the police department and ask them to do a well-being check. But it's better to have a list of people who could help,” says Ruth Drew, director of information and support services at the Alzheimer's Association. Team help is critical in a local disaster when police may be inundated with calls for assistance.
- Figure out an evacuation route in case your loved one needs to relocate before, during or after an emergency. Determine how he or she can leave home safely, where he or she should go and what the best route is (including a plan for transportation). This is especially important if a loved one lives in an area that's susceptible to hurricanes and other damaging storms, Drew says.

- Encourage your loved one to listen to the radio or TV for advice about whether to evacuate or remain in place. Also, figure out the safest way for your loved one to shelter in place during an extreme weather event such as a tornado. Practice the evacuation or shelter-in-place drill with your loved one every six months.
- Create a portable emergency supply kit that your loved one can carry or roll easily. It should include at least a three-day supply of medications, nonperishable foods and water, medical devices (such as hearing aids and batteries, glasses or contacts), a flashlight and batteries, personal hygiene items and chargers for cellphones. Review the contents every three to six months to make sure the supplies are up to date; replace items that have expired and add new ones as needed.
- Make copies of important documents and place them in a waterproof bag for safekeeping. **The Department of Human Services has such a kit, “First 48 Hours” for such a purpose. Call the office if you should need one.** First 48 Hours has sections where you can enter all insurance information, a photo ID, power of attorney documents, a list of health conditions and all medications, as well contact information. A heavy duty magnet is included so you can hang on your refrigerator but grab & go before evacuating.
- Develop a communication plan before it's needed. Discuss with your loved one how he or she feels most comfortable letting family members know where and how he or she is — whether it's through a group text, email or a phone call. Also, be sure to select an out-of-town contact person in case it becomes easier to make a long-distance call than a local one during an extreme weather event.

IF A LOVED ONE LIVES IN AN ASSISTED LIVING COMMUNITY OR NURSING HOME:

The most important steps involve making an appointment with someone from the management team to discuss the facility's disaster preparedness and evacuation plans. It's really incumbent to know what plans are in place for emergencies and whether they review, test and update them regularly. .

To learn about specifics, ask the following questions:

- How are power outages handled there — does the facility have backup generators and are they maintained regularly?
- Who will administer medications and tend to special needs like oxygen therapy during an emergency?
- Who will be responsible for evacuating your loved one?
- How will the staff handle people who are ambulatory versus those who are not?
- What's the ratio of caregivers to care recipients during an emergency?
- How will the staff communicate to family members what's being done to care for loved ones during an emergency?

"It can't be overemphasized that folks who are caring for older adults need to remain calm, kind and reassuring," Drew says. "Getting rushed and frantic only makes things worse, especially if the person has a brain disease." Creating a plan for handling emergencies ahead of time can help everyone involved stay calm, cool, collected and safe if or when one does occur.

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



Calling All Seniors!

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



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*

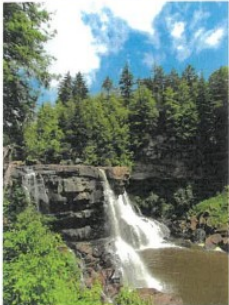
PACKAGE INCLUDES:

- * 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



seneca caverns
escape adventures



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

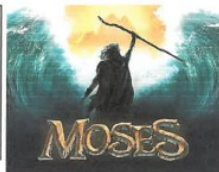
"MOSES" in Lancaster, PA

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 \$485 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



Musical
Theatres



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
log cabin
WE'RE ON TOP OF IT

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
Cruite' & 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

**NEVER
FORGET
9/11**

Please Join Us
for a
Remembrance
Ceremony
on
9/11/2023
at
11:00AM
Greene County
Emergency
Services
25 Volunteer
Drive, Cairo



***Special Performance
by
The 2nd Marine
Aircraft Wing Band***



**TGM American Legion Post 187
94 Second Street, Athens**

FILEA MARKET



SUNDAY, SEPTEMBER 10, 2023 9:00 A.M. – 4:00 P.M.

Proceeds go towards our kitchen renovation project

VENDORS WELCOME!!!

Indoor spaces: \$25 (6' x 8')

Outdoor spaces: \$35 (10' x 10')

**Applications available on Legion Facebook page,
at the Post**

or by calling 518-965-1550 after 6:00 p.m.

Set-up from 7:30 a.m. on that day

**Payment for vendor space is only accepted via check through
the US Mail. Anyone attempting to take payment via any other
means over the Internet is a fraud.**



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

PARTNERS IN HEALING

**LIVESTRONG® AT THE YMCA
CAPITAL DISTRICT YMCA—GREENE COUNTY BRANCH**

In partnership with the LIVESTRONG Foundation, the YMCA has developed a small-group cancer survivorship program for those who are living with, through or beyond cancer.

Our 12-week program includes:

- Two 75-90 minute sessions per week
- Cardiovascular conditioning, strength training, balance and flexibility exercises
- Fitness and quality of life assessments before and after participation
- YMCA-certified instructors helping every step of the way
- Participants and their families receive free memberships during the course of the program and are able to use any of the YMCA branches in the Capital District

WHEN: Tues & Thurs 9/12-12/7/2023
TIME: 1:00—2:30PM
COST: FREE
LOCATION: GREENE COUNTY YMCA
35 Route 81
West Coxsackie, NY 12192



FOR MORE INFORMATION OR TO REGISTER, call 518-731-7529



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

CASE MANAGERS/WORKERS:	AGING:	Brooke Bergeron Christopher Lewoc	Christine Jackson
	YOUTH:	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. Our knowledgeable and capable staff can assist you or the person you are caring for in accessing a wide variety of human service resources available in Greene County. 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.