



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

OCTOBER 2023

Greene County Senior Citizens' Day 2023





TO SEE ALL THE DAY'S PHOTOS, GO TO OUR FACEBOOK PAGE OR COUNTY WEB SITE.

Thank you
to the Catskill Crafters
for making
the beautiful flowers
for Senior Day.



HOME ENERGY ASSISTANCE PROGRAM (HEAP)

If your heating bills are more than you can handle and your source of heat is Electricity, Propane, Natural Gas, Wood/Wood Pellets, Oil, Kerosene, Coal, or Corn, HEAP may be able to help you.

To be eligible for HEAP, applicants must be US citizens or qualified aliens; meet HEAP income guidelines (see below) and pay directly for heating costs or pay rent that includes heating costs. HEAP benefit amounts will vary depending on your household income and may be available if your heat is included in your rent. HEAP benefits will assist in paying heating bills and are not intended to be the total source of payment for winter heating expenses.

Income Eligibility Guidelines *		
HH Size	Tier I	Tier II
1	0 - 1,579	1,580 - 3,035
2	0 - 2,136	2,137 - 3,970
3	0 - 2,693	2,694 - 4,904

For larger households, please contact our office.

When applying for HEAP, applicants must provide all required documentation verifying identification of all household members, address, income, SS#, vendor relationship and vulnerability (age or disabled).

Regular HEAP benefits open in November each year with eligibility and benefits based on income, household size, the primary heating source and the presence of a household member who is under age 6, age 60 or older or permanently disabled. An eligible household may receive one regular HEAP benefit per program year. Regular benefits for households that pay directly for heat based on actual usage are paid directly to the vendor that supplies the household's primary source of heat.

A HEAP emergency benefit component assists individuals who are facing an energy related emergency, such as a utility termination notice or less than a quarter tank/ten-day supply of fuel. If you are eligible, a HEAP emergency benefit may be issued in addition to your regular HEAP benefit, if the regular benefit has been exhausted.



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)

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, Cossackie 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

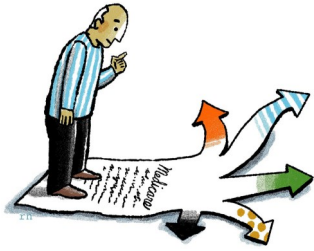
VOLUNTEER SERVICES:

- ♥ 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.

MEDICARE OPEN ENROLLMENT 2024



Medicare is a very important healthcare asset for many seniors and others requiring assistance with health insurance in the United States. Those who are eligible for Medicare can receive assistance and affordable healthcare to deal with the variety of health issues that can crop up as we age. Enrolling in Medicare can give you peace of mind for yourself or other aging family members for whom you may be caring.

Medicare Enrollment 2024, also known as the **Medicare OEP 2024**, runs between **October 15 and December 7, 2023**. During this annual enrollment period, individuals who qualify for Medicare can renew or change their Medicare policies.

If you miss your initial enrollment period and the annual open enrollment period for Medicare, you might have to pay more to obtain Medicare coverage. Additionally, you might spend more because of pre-existing conditions that you have. If you enroll during your initial enrollment period or during an annual open enrollment period, you won't have to worry about your insurance rates increasing because of pre-existing conditions.

DO YOU HAVE MEDICARE?

IF YES, THE TIME TO MAKE A CHANGE IS APPROACHING

There are many important choices to make about your Medicare health care coverage. **Greene County Department of Human Services' counselors are available to assist you through the process of enrolling for the first time or in changing your existing plan.** We can review options with you so that you can make an informed decision and choose a plan that best meets your current needs. **We will have the new rates and updates for the plans in our area.**

Call the Department of Human Services at 518-719-3555 for further information and/or to schedule an appointment with our HIICAP (Health Insurance Information and Assistance) counselor.

New York State does not endorse nor recommend any specific insurance product or insurer; this program is solely intended to educate consumers about their choices.

MEDICAID/MSP ELIGIBILITY HAS EXPANDED!

What does this mean?

There are new income and resource limits for people age 65 and over

Non-MAGI Medicaid Levels (SSI and SSI-Related Consumers With or Without A Surplus)

Family Size	1	2 - 4	5	6 - 10	Over 10
Monthly Income	\$1,677	\$591 each additional person	\$4042	\$591 each additional person	\$592 each additional person

CHANGES TO MEDICARE SAVINGS PROGRAM

QMB 138% of Federal Poverty Limit	Income		
		Family of 1	Family of 2
	Annual	\$20,121	\$27,214
Monthly	\$1,677	\$2,268	

Contact
Greene County NY Connects
for more information!
(518) 719-3556



NY Connects
 Your Link to Long Term
 Services and Supports



GREENE COUNTY SENIOR ANGEL PROGRAM

Spreading Cheer 365 Days a Year



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

2023 has been a difficult year all around. As you can imagine, it has been a very difficult time for the senior citizens of Greene County, especially those alone and on low-incomes.

Our Department has many elderly, limited-income clients who would greatly appreciate a special gift during the holiday season. These gifts lift their spirits, bring a smile to their faces and fulfill a need. Monetary donations are placed in the Department's Senior Angel Fund and is used to purchase gifts for needy senior citizens. Staff then play Santa Claus and deliver these gifts to the seniors.

Year round, Senior Angel 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 a Senior Angel and helping our less fortunate senior citizens. We thank you and know that there is always an angel watching over you for your generosity.

PLEASE RETURN THIS SECTION WITH YOUR DONATION

_____ *I would like my name published to read:*

_____ *I wish to be listed as "Anonymous"*

_____ *Instead of my name, 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 Angel Program
 411 Main Street
 Catskill, NY 12414*

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

2023 SENIOR ANGEL ORNAMENT

\$3.00 EACH/ 2 for \$5.00



If you would like a 2023 Senior Angel ornament, simply complete below and mail to Greene County Dept. of Human Services' Senior Angel Program, 411 Main St., Catskill NY 12414 along with your payment and we will gladly mail an angel ornament to you.

If you would like us to mail one to a family member or a friend, please list their name and address and we will send it directly to them. Thank you.

Please mail the ornament to the following:\

Name and mailing address:

If you would like to order more than one Angel, please list above information on an attached sheet of paper if different mailing address.

All sale proceeds benefit
Greene County Senior Angel Program.

For your donation

*Gerry and Isabella Adinolfi
in memory of Phyllis Beechert
to the Senior Angel Program*



Thank You
ZWANI.COM



URGENT HELP NEEDED

Looking for something to do with your free-time?
Want to help others as your help yourself?

**Greene County has an urgent need
for volunteer help.**

We need volunteers
to help with delivery of
Home Delivered Meals.
from our sites in
Acra, Athens, Catskill, Coxsackie & Jewett

Maybe delivering food isn't your cup of tea . . .
What about volunteering to drive
a homebound individual to a medical appointment?

Volunteers can set their availability for both.
Mileage stipend offered.

For further information,
call Greene County Department of Human Services,
and ask for the AmeriCorps Seniors Volunteer Coordinator.
Ruth Pforte at 518-719-3555.



AmeriCorps Seniors RSVP Volunteer, Michael Pirrone, teaches a recent AARP Driver Safety Class at the Rivertown Senior Center.



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.

SUMMER BLOW-OUT SALE!
FALL CLOTHING AVAILABLE!

CASH ONLY - NO CHECKS/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.

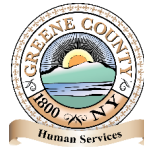
Attention Greene County Seniors living in Catskill, Coxsackie-Athens or Greenville

HELPING HANDS PROGRAM

Greene County Dept. 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 please let notify the Greene County Senior Angel Program. 518-719-3555

Note: Large jobs requiring a contractor (i.e.: new roof, deck or fencing) will not be considered.



All Senior Nutrition sites will be closed on Thursday, October 5 so that the Department can honor our dedicated volunteers. All home-delivered meal clients are asked to make necessary arrangements for a meal for the day. There will be no medical transportation that day.





ATTENTION U. S. VETERANS AND CURRENT MILITARY PERSONNEL

October Upcoming Events of Interest in Greene County



Thurs. Oct. 5	7:00 p.m.	Catskill American Legion meeting @ Catskill Elks Lodge
		Greenville American Legion meeting
Fri. Oct. 6	7:30 p.m.	Irish Music @ Athens Legion Hall
Tues. Oct. 10	7:00 p.m.	Cairo American Legion meeting
Wed. Oct. 11	7:00 p.m.	Athens American Legion meeting Windham VFW meeting
Thurs. Oct. 12	7:00 p.m.	Prattsville American Legion meeting @ Prattsville Hotel
Fri. Oct. 13	4:30 to 7 p.m.	Greenville Legion Spaghetti Dinner
Sat. Oct. 14	12:00 p.m.	Flag Retirement Ceremony @ Athens Legion Hall; Open to public
Thurs. Oct. 17	7:00 p.m.	New Baltimore American Legion meeting @ Cornell Hook & Ladder firehouse
Fri. Oct. 20	6:00 p.m.	Greene County American Legion Hall @ Tannersville
Sat. Oct. 21	11:00 a.m.	Catskill VFW meeting
Wed. Oct. 25	7:30 p.m.	Marine Corps League meeting @ East Durham firehouse



JEWETT MOVES TO ERECT MONUMENT TO HONOR VETERANS

A respectful salute to veterans etched in stone is in the works for the Town of Jewett. The planned monument would honor all known military servicepeople in Jewett history. In an effort to leave no one behind, John Giordano is seeking names and pertinent information of respective veterans. People can contact Blue Mountain Excavation (Route 23, Ashland) at 518-734-5173 or email giorbluemtnexcavation@gmail.com.

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.LAPIES@HVNCVR.ORG
(518) 719-0020**



HVNCVR
THE HUDSON VALLEY
NATIONAL CENTER FOR
VETERAN REINTEGRATION

October



Nutrition Notes

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

Fall months always draw me to the seasonal pumpkin family. In addition to being baked in our favorite pie or used as holiday décor, pumpkin is a nutritional powerhouse that can be eaten in many forms. This fibrous fruit is high in fiber, vitamins, minerals, and the rich pigment beta-carotene, which provides anti-inflammatory properties and supports our eye health. Enjoy purees in recipes, baked goods, soups, stews and chilis, sides, casseroles and more. Pair this plump treat with fall spices to expand its nutty flavor. Many winter squashes fall into the pumpkin family, creating a variety of ways to enjoy it this season.

Butternut Squash: The nutritional content is great for skin and hair, and healthy digestion. Halve, stuff, cube, and roast to cook up this fall favorite. Use puree in sauce to make a seasonal lasagna or spice it up to make roasted butternut squash soup. Pro tip! Use a sharp Y peeler to remove the skin, or microwave for 30 seconds which loosens the skin for peeling or cutting.



Acorn Squash: Try this in the orange variety! I just found some at the farmer's market today. Quartered, drizzled with olive oil, and roasted with a sprinkling of thyme, salt, and brown sugar is how I enjoy this acorn shaped treat. The pigments provide endless health benefits. Roast the seeds instead of tossing them. They are a great source of healthy omega 3 fats. Winter squashes have a higher starch content than summer squash, meaning the carbs fill you up and slow down digestion time.

Sugar Pumpkin: These little pumpkins are also known as pie pumpkins and are much smaller than those we use for carving. Known for sweeter but dense flesh, making them ideal for pies. You can roast and entire sugar pumpkin and use it for baked goods, in soups or salads, or enjoy it as a side. When roasted, the flavor intensifies as the starch becomes sweeter. One pumpkin typically makes 1.5-2 cups of puree, and sure beats the canned stuff if you're willing to take the time.



Squash and pumpkin are at the local grocery stores, farm stands and markets. Enjoy eating more of it this season. Decorate at home with squashes, mini pumpkins, and gourds! If you need more pumpkin facts, feel free to reach out.

If in need of nutrition counseling, please call the main office at (518) 719-3555 to request an individual nutrition referral



DID YOU KNOW . . .

The Greene County Department of Human Services' Registered Dietitian offers nutrition counseling about healthy eating, wellness and habits to those with questions about nutrition. This includes information on special diets, such as for Diabetics; Low Sodium, and Weight Control. You don't need to receive meals or attend a Nutrition site to receive individual counseling or information from the dietitian.

If you need nutrition information or counseling, please contact the main office at (518) 719-3555 for an individual nutrition referral. Our Registered Dietitian, Nicole Gehman, MS, RD, CD-N will respond via telephone to assist 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

Mary "Nettie" Santiago
Cook

Bonnie Farrell
Food Service Helper

JEWETT

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

Gayle Ruvolo
Meal Site Manager

CATSKILL

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

Penny Konstalid
Meal Site Manager

COXSACKIE

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

Dorothy Barkman
Meal Site Manager








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">2</p> <p align="center">CHICKEN & BISCUITS BROCCOLI MASHED POTATOES PEACHES</p> <p align="center">FLU CLINIC 9:30 - 11 ACRA</p>	<p align="center">3</p> <p align="center">SALMON w/ Dill Sauce AU GRATIN POTATOES CARROTS PINEAPPLE</p> <p align="center">FLU CLINIC 9:30 - 11 COXSACKIE</p>	<p align="center">4</p> <p align="center">MEATLOAF w/ Gravy MASHED POTATOES SONOMA VEGETABLES PUMPKIN PUDDING</p> <p align="center">FLU CLINIC 9:30 - 11 RIVERTOWN</p>	<p align="center">5</p> <p align="center"> VOLUNTEER RECOGNITION ALL SENIOR NUTRITON SITES CLOSED</p> <p align="center">FLU CLINIC 9:30 - 11 CATSKILL</p>	<p align="center">6</p> <p align="center">MEAT LASAGNA w/ Red Sauce TOSSED GARDEN SALAD ITALIAN VEGETABLES APPLE CRISP</p>
<p align="center">9</p> <p align="center">COLUMBUS DAY</p> <p align="center"> MAIN OFFICE & ALL NUTRITION SITES CLOSED</p>	<p align="center">10</p> <p align="center">TORTELLINI MARINARA w/SAUSAGE MIXED VEGETABLES FRUIT COCKTAIL</p>	<p align="center">12</p> <p align="center">KIELBASA SAUERKRAUT CARROTS BAKED BEANS CHOCOLATE MOUSSE</p> <p align="center">NUTRITION ED. COXSACKIE, 12 p.m.</p>	<p align="center">12</p> <p align="center">SHRIMP SCAMPI LINGUINI LOW SODIUM V8 SPINACH FRESH FRUIT</p>	<p align="center">13</p> <p align="center">BBQ CHICKEN THIGHS COLESLAW GREEN BEANS SWEET POTATOES FRESH FRUIT</p>
<p align="center">16</p> <p align="center">SLOPPY JOES WINTER VEGETABLE MIX RICE TROPICAL FRUIT</p>	<p align="center">17</p> <p align="center">CHICKEN DIJON MASHED POTATOES MONACO VEGETABLE MIX COOKIES</p>	<p align="center">18</p> <p align="center">HOT TURKEY DINNER w/ Gravy & Cranberry Sauce GREEN BEAN CASSE- ROLE SWEET POTATO STUFFING PUMPKIN PIE</p>	<p align="center">19</p> <p align="center">LEMON PEPPER FISH CALIF. VEGETABLE MEDLEY RICE PILAF PEACHES</p> <p align="center">NUTRITION ED. JEWETT, 12 p.m.</p>	<p align="center">20</p> <p align="center">MEATBALL SUB ITALIAN VEGETABLES ITALIAN PASTA SALAD FRESH FRUIT</p>
<p align="center">23</p> <p align="center">BEER BATTERED FISH SPINACH MASHED POTATOES MANDARIN ORANG- ES</p>	<p align="center">24</p> <p align="center">PORK CHOP w/ Gravy & Applesauce SWEET POTATOES MONACO VEGETABLE MIX VANILLA MOUSSE</p>	<p align="center">25</p> <p align="center">CHICKEN DIVAN CALIFORNIA VEGETABLE MEDLEY WHITE RICE APPLESAUCE CHOCOLATE CHIP COOKIE</p>	<p align="center">26</p> <p align="center">BEEF BARLEY STEW BROCCOLI FRUITED JELL-O w/ Whipped Topping</p> <p align="center">NUTRITION ED. CATSKILL, 12 p.m.</p>	<p align="center">27</p> <p align="center">ATHENS, CATSKILL, COXSACKIE & JEWETT HALLOWEEN LUNCHEON ROAST BEEF w/ Gravy MASHED POTATOES SONOMA VEGETABLES CUPCAKES</p> <p align="right"></p>
<p align="center">30</p> <p align="center">MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES FRUIT COCKTAIL</p>	<p align="center">31</p> <p align="center"> ACRA HALLOWEEN PARTY ROAST PORK w/ Gravy & Applesauce MASHED POTATOES MIXED VEGETABLES HALLOWEEN CUPCAKE</p>	 <p align="center">OCTOBER</p>		

TIE-DYE DAY



Seniors at the Rivertown Senior Center were all smiles as they recently enjoyed a day of smiles and fun while creating tie-dye projects.



Thank you
to the Catskill Elks Lodge
for purchasing bedding
for our seniors.



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

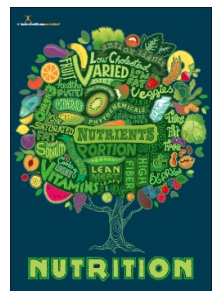
Sponsored by Greene County Department of Human Services

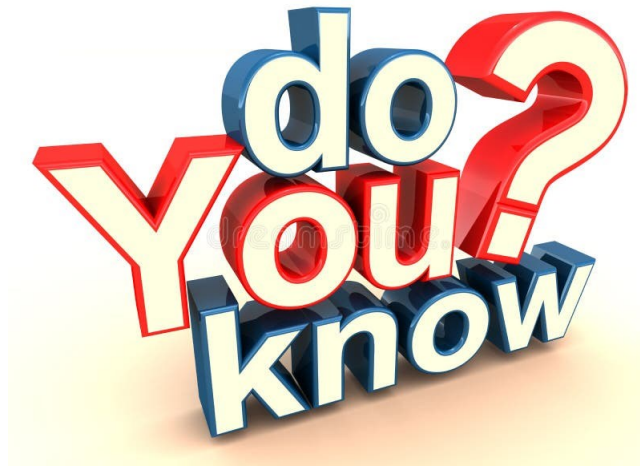
THURS. SEPT. 28	ACRA SENIOR NUTRITION SITE	622-9898
THURS. OCT. 12	COXSACKIE SR. NUTRITION SITE	731-8901
THURS. OCT. 19	JEWETT SENIOR NUTRITION SITE	263-4392
THURS. OCT. 26	CATSKILL SENIOR NUTRITION SITE	943-1343
WED. NOV. 8	RIVERTOWN SENIOR CENTER, ATHENS	945-2700

All sessions at 12:00 p.m.

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.***





. . . 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
- * One of our Senior Nutrition sites
- * On our Shopping Bus
- * Area US Post Offices
- * Area senior housing, assisted living and nursing homes
- * Local libraries
- * 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@greencountyny.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 the Round Table News. In addition, suggestions on how we can improve the Round Table News are always welcome.

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



From the Greene County Youth Bureau

GOOD NEWS

FROM NYS OFFICE OF CHILD AND FAMILY SERVICES

NYS is pleased to announce funding allocations for the October 1, 2023 – September 30, 2024 Program Year.

- Youth Development Programming (YDP)
- Youth Sports and Education Fund (YSEF)
- NEW Team Sports for Youth funding.

The Greene County Youth Bureau will soon be accepting for Youth Development programs, as well as Youth Sports Opportunities that will run October 1, 2023 – September 30, 2024 sponsored by any 501(c)(3) (Non-profit tax-exempt charitable organization per IRS); public youth program sponsored by a municipality or a religious corporation.

Full details have yet to be released by NYS but we will be publicly posting as soon as known. For further information, please feel free to contact the Human Services Department at 518-719-3555.



THE BENEFITS OF IMPROVING YOUR BALANCE

*By MSS Electronics Inc dba LifeFone * (see page 27)*

Statistics show that the primary reason that individuals over the age of 65 go to the emergency room is because of a trip or fall accident. If you have good balance and remain active, the likelihood of falling is reduced.

If you notice your aging loved is struggling with balance, struggling to get up off of the couch or are in need of a cane to help with balance, you may want to talk with their doctor to see about incorporating balance techniques into their day. The reason you want to talk with their doctor is to make sure they're healthy enough to do any of the following exercises to help improve balance.

Physical therapists say that aging may not be the only reason that seniors become "wobbly." They say that our muscles weaken as we age (actually when we hit the age of 30, it begins) and if we don't focus on stability and balance it is easy to lose it – the ability to walk without the risk of falling increases. Remaining active and maintaining balance could actually lead to a longer, more productive life. Health problems related to trips and falls and hip fractures result in the death of more women annually than many other health issues combined.

What can you do to enhance your stability? Here are some easy steps to take:

- Stand on one leg. At various times throughout the day, stand on one leg and try to hold that pose for 30 seconds per leg. If you're wobbly, stand next to a chair. Once you can hold that pose for 30 seconds, make it harder by closing your eyes while you stand on one leg.
- When you're walking, walk heel to toe. Taking 25 steps forward, heel to toe, then backward to help with stability.
- Find a tai chi class that is geared toward seniors. These classes involve slow, measured movements and can help increase stability.
- Do squats because strong leg muscles could help you remain upright in the event you stumble. To do a squat, stand with your feet hip width apart and bend your knees. Slowly lower yourself as if you were going to sit in a chair. Hold your arms out in front of you and do these in sets of ten, working up to 30.
- Propel yourself out of your chair at such force that you take a couple of running steps. Rather than pushing yourself out of your chair with your arms, leap out of it.

Here are some exercises you can do to test your balance and see if you are in need of the balancing exercises above:

- Stand with your feet together, ankles touching, arms folded and close your eyes. You should be able to stand for 60 seconds without having to move your feet. You may sway a little and that is all right.
- Stand on one foot and bend your other knee. Lift your foot off the floor without resting it on your standing leg. You should be able to hold this pose (on each leg) for at least 25 seconds.
- Stand on one foot, put your hands on your hips, place your foot against the inside of your standing leg and hold that pose for 25 seconds. It is a pose that is used in yoga to improve balance.

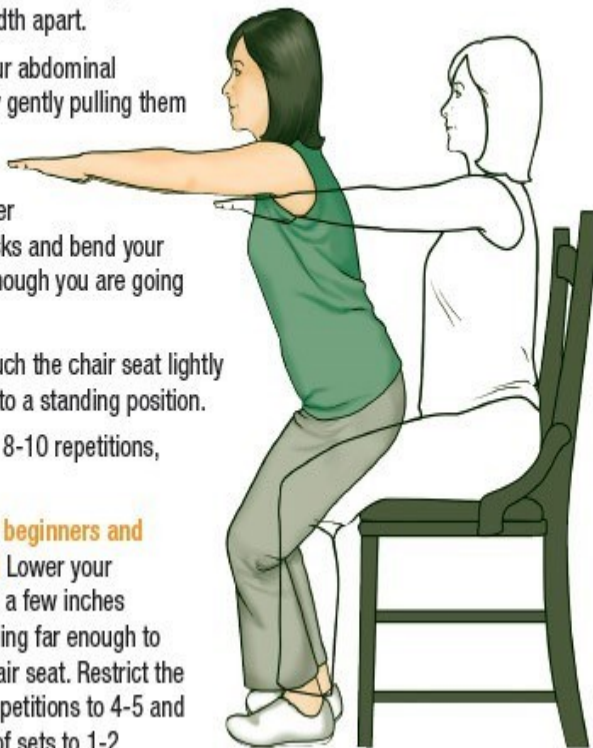
Getting a good night's sleep can go a long way in helping improve not only your balance, but your overall health. It's been shown that lack of sleep can lead to trip and fall accidents.

If you're a caregiver and worry about your aging loved ones taking a tumble, you may want to consider adding a home medical alert device with fall detection. In the event they have a medical emergency, the push of a button will alert the Care Agents and provide access to help when needed. With the addition of fall detection the system will alert the Care Agents in the event a fall is detected, should it occur. Because no fall detection system can detect 100% of all falls, the standard medical alert pendant is a valuable asset.

SEMI-SITS

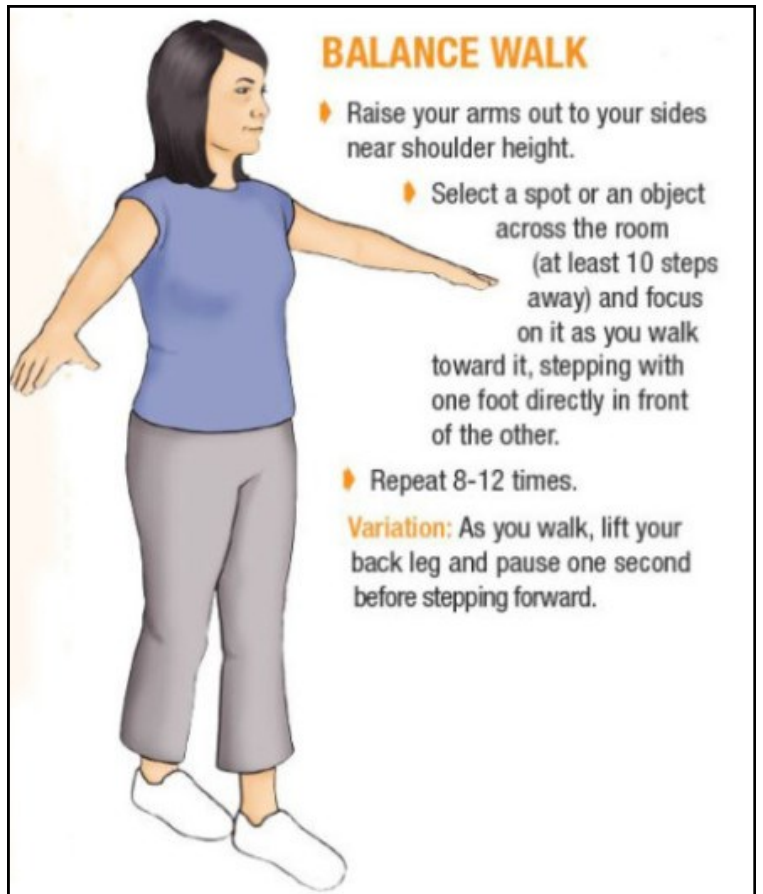
- ♦ Stand in front of a chair, feet hip-width apart.
- ♦ Engage your abdominal muscles by gently pulling them in and up.
- ♦ Slowly lower your buttocks and bend your knees as though you are going to sit.
- ♦ Instead, touch the chair seat lightly and return to a standing position.
- ♦ Work up to 8-10 repetitions, 2-3 sets.

Variation for beginners and older adults: Lower your buttocks just a few inches instead of going far enough to touch the chair seat. Restrict the number of repetitions to 4-5 and the number of sets to 1-2.



BALANCE WALK

- ♦ Raise your arms out to your sides near shoulder height.
 - ♦ Select a spot or an object across the room (at least 10 steps away) and focus on it as you walk toward it, stepping with one foot directly in front of the other.
 - ♦ Repeat 8-12 times.
- Variation:** As you walk, lift your back leg and pause one second before stepping forward.



HOW TO GET UP SAFELY AFTER TAKING A FALL

*By MSS Electronics Inc dba LifeFone **



Falling is a part of life, and it can happen to anyone, regardless of age or physical ability. Whether it occurs due to a momentary lapse of balance, slippery surfaces, or other unforeseen circumstances, knowing how to get up safely after a fall is crucial to minimize the risk of injury. This article provides practical tips and techniques to help you regain your footing and recover safely after taking a fall.

- **Assess the Situation:** After a fall, take a moment to assess your surroundings and your body. Determine if you are in immediate danger or if any injuries have occurred. If you're in a hazardous area, such as a busy street or near sharp objects, it's essential to move to a safer location before attempting to get up.
- **Stay Calm and Breathe:** Remaining calm is crucial after a fall. Take slow, deep breaths to help yourself relax and regain composure. Panic can make it difficult to think clearly and may increase the risk of further injuries.
- **Check for Injuries:** Perform a self-evaluation to identify any potential injuries. Assess your body for pain, tenderness, swelling, or any obvious signs of trauma. Pay particular attention to the head, neck, back, and joints. If you suspect a severe injury, such as a broken bone or head trauma, avoid moving and seek immediate medical attention.
- **Roll to Your Side:** If you're confident that you haven't sustained any serious injuries and feel capable of getting up, start by rolling onto your side. Bend the leg that's closest to the ground, and use your arm to support your upper body. This technique allows you to protect your spine and maintain stability during the transition from the ground to a seated position.
- **Rest and Evaluate:** Once you're on your side, take a moment to rest and assess your physical condition. This break will help you determine if you're able to continue getting up or if you require assistance. Listen to your body and proceed cautiously.
- **Prop Yourself Up:** If you feel ready to proceed, use your arms and hands to prop yourself up into a seated position. Place your hands on the ground and push your upper body off the floor while keeping your head in line with your spine. Take your time, and move slowly to avoid dizziness or further injury.
- **Find Stable Support:** Look for a sturdy object nearby that you can use for support. This could be a chair, a countertop, a wall, or any other stable surface. Use the support to help you rise to a standing position gradually.

- **Use Proper Body Mechanics:** Maintaining good body mechanics during the process of getting up is essential for minimizing strain and preventing additional injuries. Keep your back straight, engage your core muscles, and distribute your weight evenly as you transition from sitting to standing. Avoid sudden movements or jerks that may put unnecessary stress on your joints.
- **Take It Slow:** Moving slowly and deliberately is key to safely getting up after a fall. Rushing or attempting to regain your balance too quickly can lead to a loss of stability and potentially cause a second fall. Use your support and take small steps until you feel confident in your balance.

Seek Medical Attention: Even if you don't initially feel any significant injuries, it's advisable to consult a healthcare professional after a fall, especially if you experience persistent pain, dizziness, or any unusual symptoms. Some injuries may not be immediately apparent, and a medical evaluation can help identify and address any underlying issues.

Knowing how to get up safely after taking a fall is crucial for minimizing the risk of further injury. By staying calm, assessing the situation, and following the step-by-step guidelines outlined in this article, you can navigate the process effectively. Remember, if you're unsure about your condition or experience severe pain, always consult a healthcare professional to ensure your well-being and recovery.

* LifeFone is a Personal Emergency Response System Company that provides medical alert services to older adults who may be a fall risk, live alone, have disabilities or a medical condition where emergency assistance is needed immediately. LifeFone is focused on one purpose: saving lives when seconds count and offers systems for any lifestyle.

At-home systems (landline and cellular) have up to 1,300 ft. of range, with at-home cellular system operating using AT&T's 4G network. Offer an at-home and on-the-go system along with a voice-in-pendant option using either AT&T's or Verizon's 4G networks. Fall detection pendants are available. Caregiver tools are also available, including medication reminders, activity assurance, location service, daily check-in calls, and step tracking.

Our goal is to provide medical alert services to residents of Greene County so they can continue to live independently in their own home while feeling safe knowing that help is just a button push away.

For further information, please call the Department of Human Services at 518-719-3555



OCTOBER PUZZLE PAGES

October Word Scramble

- kmpnpui _____
- veeasl _____
- rtwease _____
- etrahvs _____
- dryhiea _____
- edcri _____
- onrc aezm _____
- sotfr _____
- spelpa _____
- looscr _____

October Trivia

1. What is October's birthstone? (a) opal (b) ruby (c) emerald (d) sapphire
2. What is October's flower? (a) carnation (b) poppy (c) marigold (d) narcissus
3. What holiday do Canadians celebrate in October? (a) Thanksgiving (b) Flag Day (c) Labor Day (d) Independence Day
4. If you were born on October 3rd, what would your zodiac sign be? (a) Pisces (b) Libra (c) Capricorn (d) Cancer
5. What famous singer was born on October 7, 1951? (a) Gene Simmons (b) Elton John (c) John Mellencamp (d) Bruce Springsteen
6. Which president was born on October 4, 1822? (a) Franklin Roosevelt (b) Rutherford B. Hayes (c) John F. Kennedy (d) John Adams
7. Which famous outlaws were killed on October 10, 1892? (a) The Barkers (b) Bonnie and Clyde (c) The Dalton Gang (d) The James Gang
8. What landmark opened to the public on October 9, 1888? (a) Guggenheim Museum (b) Statue of Liberty (c) Washington Monument (d) Yellowstone National Park
9. What fashion item made its debut on October 24, 1939? (a) nylons (b) bras (c) jeans (d) trenchcoat
10. Which radio broadcast aired on October 30, 1938, creating mass panic? (a) Announcement of World War I (b) Bombing of Pearl Harbor (c) War of the Worlds (d) Titanic

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

R A M L U H S T H U N K M
 E N A I U P C A S T I C A
 B S I T I F L T S E K I A
 O C Z D N L R E I Y P T L
 T R E O O U V O A W M S U
 C R A W C R A D L K U M D
 O N E N A O I H S O P O N
 D E S H G L O A B P C O I
 N R I N O E M L L G G R L
 W H E H N E V E A H R B A
 Y L E A L L A F C O F I C
 N I L B O G S A K S F L O
 C I D E R F R U I T W E R

By Jimmy and Evelyn Johnson - www.qets.com

- | | | |
|------------|-----------|---------|
| Black | Fruit | Maize |
| Broomstick | Ghost | Mask |
| Calindula | Goblin | October |
| Cider | Halloween | Orange |
| Colorful | Harvest | Pumpkin |
| Cool | Haunt | Spider |
| Fall | Holiday | Witch |

ANSWER KEY ON PAGE 31

Emergency Food Pantries



The Community Action of Greene County NY has many emergency food pantry locations:

Athens Community Food Pantry

Zion Lutheran Church

102 Washington Street, Athens, NY 12015

Ph. 518-610-1506 (Call first in case of inclement weather)

Tuesday 2:00 p.m. - 3:00 p.m.

Thursday 4:30 p.m. - 5:30 p.m.

Leeds-Athens @ High Hill Fellowship Hall

Schoharie Turnpike, Athens, NY

Ph. 518-821-9889 (Must Call First)

Wednesday 3:00 p.m. - 4:30 p.m.

Friday 11:00 a.m. - 12:00 p.m.

Sunday (by appt) 10:30 a.m. - 11:00 a.m.

Resurrection Lutheran Church

186 Main Street, Cairo NY 12413

Ph. 518-622-3286

Tuesday 5:30 p.m. - 6:30 p.m.

Community Action of Greene County, Inc.

7856 Route 9W, Catskill, NY 12414

Ph. 518-943-9205

Monday 1:00 p.m. - 3:30 p.m.

Thursday 1:00 p.m. - 3:30 p.m.

Friday 1:00-3:30pm

Catholic Charities

66 William Street, Catskill, NY 12414

Ph. 518-943-1462

PLEASE CALL BEFORE COMING

Matthew Twenty 25 Food Pantry

8 Union Street, Catskill, NY 12414

Ph. 518-943-5890

Wednesday 6:00 p.m. - 8:00 p.m.

Sunday 1:00 p.m. - 3:00 p.m.

God's Storehouse-Full Life Church

3 Bogardus Avenue, Catskill, NY 12414

Ph. 518-943-2709 518-943-4280

Tuesdays 3:00 p.m. – 6:00 p.m.

God's Storehouse Food Pantry will be closed when the Catskill Central School District is closed due to poor road conditions. The food pantry is also closed if Tuesday falls on January 1, July 4, or December 25.

First Reformed Church-Camp Grace, Inc.

310 Main Street, Catskill, NY 12414

Ph. 518-249-7009

Tuesday – Friday 12:00 p.m. - 1:00 p.m.

Coxsackie Community Food Pantry

Serving Coxsackie, West Coxsackie, Climax, Earlton, Medway, New Baltimore & Hannacroix

117 Mansion Street, Coxsackie, NY 12051

Ph. 518-731-8603

In the Hamilton Steamer #2 Fire Station , next to McQuade Park

Tuesday 1:00 p.m. - 2:00 p.m.

Thursday 7:00 p.m. - 8:00 p.m.

Saturday 10:00-11:00am

Greenville Town Park

Rt. 32, Greenville, NY 12083

Phone: 518-966-5640

2nd & 4th Wednesdays 9:30 a.m. - 12:00 p.m.

Presbyterian Church-Jewett

53 Church St., Jewett, NY 12444

Sundays 12:00 p.m. - 2:30 p.m.

Hope Resurrection Fellowship-Windham Food Pantry

518-734-3826

117 Route 296, Windham, NY 12496

Thursday 5:00 p.m.- 7:30 p.m.

2nd and 3rd Saturday of every month.

PET FOOD BANKS:

Animal Food Bank

125 Human Society Road, Hudson, NY 12534 (off Route 66)

Ph. 518-828-6044

Pet Food Bank-Second Reformed Church

16 Washington Ave., Coxsackie, NY

Ph: 518- 573-1476

Hours – 9:00 a.m. - 10:00 a.m. Saturdays

GREENE COUNTY SENIOR CITIZENS CLUBS

ATHENS

ATHENS SENIOR CITIZENS

2nd & 4th monthly Monday, 1:15 p.m.
Rivertown Senior Center
President Al Ramm, 518-945-1061

CAIRO:

CAIRO GOLDEN AGERS

2nd & 4th monthly Wednesday, 1:30 p.m.
Acra Community Center
President Pat Asaro, 518-821-6508

CATSKILL

CATSKILL SILVER LININGS

2nd monthly Thursday, 1:00 p.m.
Robert C. Antonelli Senior Center
President Sheila Pedersen, 518-719-5361

GREENVILLE

GREENVILLE GOLDEN YEARS

1st monthly Wednesday, 1:00 p.m.
American Legion Hall
President Beverly Myers, 518-966-8482

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
President Dawn M. Smith, 518-857-4780

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
President Lula Anderson, 518-734-5360



The Mt Top Golden Agers Present 

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



Frank Sinatra


WE'RE ON TOP OF IT

Elegant Log Cabin Luncheon
Crudité & Hot Soup Du Jour
Loin of Pork
With Apple Cider Demi-Glace
&
Salmon
With Bourbon Glaze
Family Style
Vegetable & Potato
Scrumptious Homemade Dessert



ATTENTION ALL CLUBS:

Do you have anything
to announce about your club?

**Put it in print
in the Round Table News!**

Contact Maureen
at the Department
of Human Services



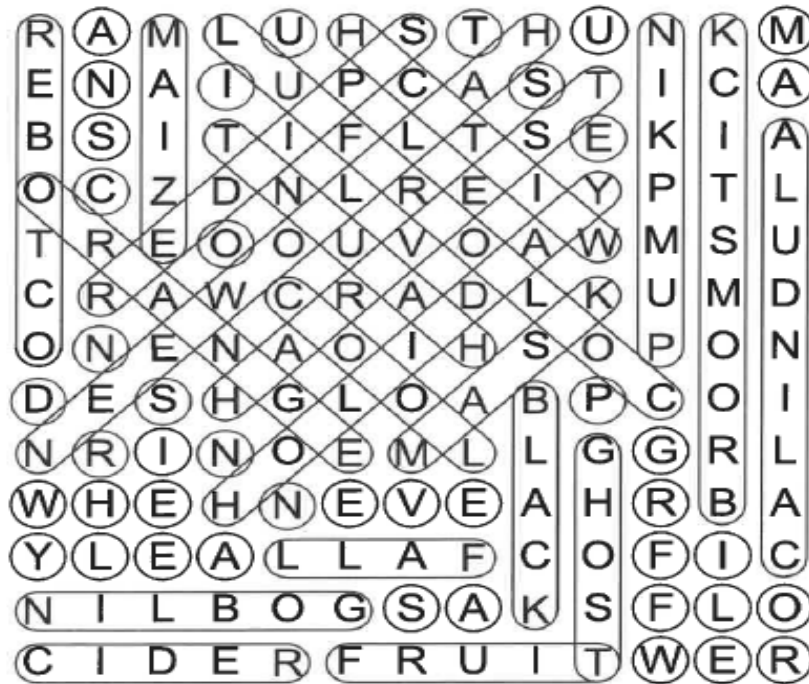
Bus Pick Ups:
8:00 am Windham
Tann.
Palenville
9:15 am Catskills
Return Approx. 6pm

Answer Key for Word Scramble:

- Pumpkin
- Leaves
- Sweater
- Harvest
- Hayride
- Cider
- Corn maze
- Frost
- Apples
- Colors

Answer Key for Trivia:

1. (a) opal
2. © marigold
3. (a) Thanksgiving
4. (b) Libra
5. © John Mellencamp
6. (b) Rutherford B. Hayes
7. © The Dalton Gang
8. © Washington Monument
9. (a) nylons
10. © War of the Worlds



COPY AUTHORIZATION BY THE AUTHORS

You may make unlimited copies of this original large print word search puzzle for personal, senior center, medical facility, or classroom use. Visit www.qets.com for more large print puzzles.

Jimmy and Evelyn Johnson



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

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OFFICE MANAGER: Maureen Murphy

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	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.