

ANNUAL PLAN OF SERVICE FOR 2024

The goal of the Greene County Department of Human Services is to ensure a network of supportive services to assist the County's senior residents maintain their dignity and independence.

The Department of Human Services entered a Four Year Plan of Services for the period of April 1, 2020 through March 31, 2024. This plan projects service needs for the future and sets appropriate goals to ensure that the needs of Greene County's older residents will continue to be addressed effectively and efficiently.

Future Public Hearings will be addressing the plan of service for 2024. In an effort to give the most accurate, complete answers possible, we will be accepting questions or comments in advance. Comments could include answers to one or more of the following questions.

- 1. What new services would you like to see provided by Department?***
- 2. Are there any changes you'd like to see in existing Department services?***
- 3. Any other general comments related to future services for seniors?***

Anyone interested may submit advance questions or comments by stopping by the office, calling 518-719-3555; mailing them to Greene County Department of Human Services, 411 Main Street, Catskill, NY 12414; sending a message via email (sschleuderer@greencountyny.gov) or through our Facebook page. Attendees may still submit written comments or questions on the day of the hearing. Your comments are important and are used in the planning process for 2024. Please come and share your ideas and ask questions.

Dates/Locations:

**Monday November 6, 1pm - WAJPL Senior Club meeting
Windham Town building, 495 South St., Windham**

**Thursday, November 9, 1pm - Catskill Silver Linings meeting
Robert Antonelli Senior Center, 15 Academy St., Catskill**

**Wednesday, December 13, 1:30 p.m. - Cairo Golden Agers meeting
Acra Community Center, Old Rte. 23, Cairo**

Overview

The Dept. of Human Services provides a network of distinct services designed to meet the needs of the more than 11,000 older residents of Greene County. These services are offered through a combination of subcontracted programs and direct services provided by the Department staff and volunteers. The Department operates from six locations situated throughout the county, our main office at 411 Main Street, Catskill, NY, our county Senior Center located at Rivertown Senior Center, 39 Second Street, Athens, or one of our Senior Nutrition sites located in Acra, Jewett, Catskill and Coxsackie.

AN IMPORTANT SEASONAL REMINDER

As we will soon be entering the winter season, we are asking for the help and cooperation of the people we serve, especially those who receive home delivered meals and use our medical transportation service.



During snow or ice storms, it may be necessary for us to close our senior nutrition sites and cancel meals for the day because of hazardous driving conditions. We may also need to cancel medical transportation service for the day.

When the centers are closed, we announce it on TV channels 6, 10, and 13, and on area radio stations. You will also receive a Swift 911 telephone call announcing the closure. Please note, if the centers are closed, you need to contact our office regarding Medical Transportation appointments for the day.

Our volunteers are the cornerstone of our home delivered meals and medical transportation services. Most of these volunteers are senior citizens themselves and use their own vehicles. We keep this in mind when the roads are bad or there has been a heavy snowfall the night before. We will close the service for the day before we put any volunteers or staff in danger.

We must also consider the danger of asking someone to deliver a meal to a home when the driveway or sidewalk is not cleared and/or passable. If the volunteer cannot safely get to the home, we will not deliver the meal. It is important that you keep this in mind.

We hope you understand that we want to provide our clients with the services they need, but we cannot endanger the safety of our volunteers and our staff in the process. We thank you for your assistance and your cooperation.

Please note: Greene County Department of Human Services will be closed on Election Day, Tuesday, November 7, in recognition of Veterans' Day on Friday, November 10, and on Thanksgiving, November 23. There will be no meals or transportation services available through the Department on those days..



TUESDAY, NOVEMBER 7, 2023
IS ELECTION DAY
Polls open 6 a.m. - 9 p.m.

If you have questions regarding this year's election, please contact the Greene County Board of Elections at (518) 719-3550.



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

***GREENE COUNTY ANNUAL COMMUNITY
THANKSGIVING DINNER***

**Thanksgiving Day, November 23, 2023
Dinner served 12:30 p.m.**

**Catskill Elks Lodge
45 North Jefferson Avenue, Catskill**



Delivery of meals available if needed.

RECRUITING VOLUNTEERS!

Volunteers are needed to help prep meals, serve, or deliver!

**For more information, to make reservations, or volunteer.
Contact Community Action at (518) 943-9205**

***Sponsored by Community Action of Greene County,
Catskill Elks Lodge #1341
& Greene County Department of Human Services***



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*

This 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 if confined to their homes.

The department has many elderly, limited-income clients who would greatly appreciate a special gift during the holiday season. These gifts lift their spirits, brings a smile to their faces and fulfill a need. Monetary donations will be placed in the department’s Senior Angels Fund and be used to purchase gifts for needy senior citizens. 100% of this money goes to benefit the senior citizens of Greene County and nowhere else.

We understand that this year may be a difficult one for you to donate and we can appreciate that. So, if you can’t financially donate, that’s okay. Instead, maybe you can reach out to a senior you know via phone or mail and let them know you are thinking about them. If you can donate, it is appreciated. This year will certainly be a year that the Senior Angel Program will be a vital source of help to many senior citizens. We want to thank you, in advance, for any donation you are able to make or any phone call/contact you can do.

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 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



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.



For Your Donations to the Senior Angel Program

Fortnightly Club of Catskill

Emily DiSalvo

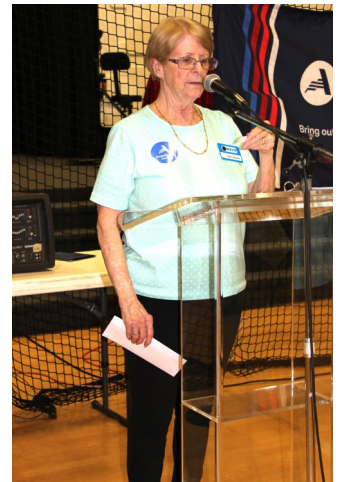
In Memory of Leonard DiSalvo



Annual Volunteer Recognition

On Thursday, October 5, the Greene County Department of Human Services took time-out from their busy schedule to express their gratitude to the many RSVP volunteers at their annual volunteer recognition. We were fortunate in that this year, we could gather together & host a delicious luncheon.





VOLUNTEERS NEEDED

THE HEART OF THE COMMUNITY



The Greene County Department of Human Services is always looking for volunteer drivers to assist Homebound Senior Citizens.

Volunteer Options

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

CONTACT RUTH PFORTE
(518) 719-3555



Greene County Department of Human Services would like to express their deepest sympathies to the family of two dedicated volunteers. Both will be greatly missed.



Carol Knoth served as a Catskill Crafter; on the AmeriCorps Senior RSVP Advisory Council and was on the annual Recognition Committee.

Ila Goodrich volunteered with the Department through the senior nutrition site in Jewett for 24 years and served over 1,600 hours delivering meals and assisting in the kitchen. In addition, she gave to her community by volunteering for the Hunter and Lexington Fire Companies.





39 Second Street
Athens, NY

Happy
Veterans Day!



...to our Veterans
for their Service to
our Country.



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.

FALL CLOTHING AVAILABLE!

HAPPY
THANKSGIVING DAY



*Note: We accept donations, including children's clothing,
during business hours only.*

*We don't accept medical supplies, electronics, glassware, and single
dishes.*

"ATHENS RIVERTOWN THRIFT SHOP"



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

HELPING HANDS PROGRAM

Greene County Department of Human Services' Senior Angel Program
has teamed up with local Rotary Clubs on the **"HELPING HANDS"** program.

If you need assistance with getting groceries or some minor repairs
done around the home (i.e.: changing light bulbs,
changing out screens to storm windows, etc.)
please let the Greene County Senior Angels know.

Please call: 518-719-3555 and ask for
Americorps Seniors Coordinator, Ruth Pforte.

Note: Large jobs requiring a contractor will not be considered.





ATTENTION U. S. VETERANS AND CURRENT MILITARY PERSONNEL

November Upcoming Events of Interest in Greene County



Fri. Nov. 3	7:30 p.m.	Irish Music @ Athens Legion Hall
Sat. Nov. 4	10:00 a.m.	Honor-A-Vet Ceremony honoring Sgt. Enrico Formica, Athens Historic Catskill Point Free brunch at Port-of-Call for all Greene County Veterans to follow ceremony
	11 a.m. - 3 p.m.	Operation Support the Military @ Catskill Elks Lodge
	1:00 p.m.	Catskill Graveyard Ceremony Town of Catskill cemetery
Mon. Nov. 6	9:45 a.m.	Veterans Assembly E. J. Arthur School
Thurs. Nov. 9	9:00 a.m. 1:15 p.m.	Veterans Assembly, CHS WAJ school
Fri. Nov. 10	4:30 to 7 p.m. 5:00 p.m.	Greenville Legion Spaghetti Dinner Marine Corps Ball Vesuvio Resort, Hensonville
Sat. Nov. 11	8 a.m. - 1 p.m.	Windham VFW Pancake Breakfast
VETERANS' DAY CEREMONIES		
Sat. Nov. 11	10:00 a.m.	Greenville Legion
	11:00 a.m.	Coxsackie, Churches Corner
	11:00 a.m.	Cairo, Angelo Canna Park
	12:00 p.m.	Veterans' Lunch, Athens Legion
	6pm - Midnight	Military Ball, Blackthorne Resort
Tues. Nov. 14	9:00 a.m.	Flag Retirement Cemetery Riverside Cemetery, Coxsackie
Thurs. Nov. 16	4 p.m. - 6 p.m.	Veterans Resource Fair, Catskill Elks
Fri. Nov. 17	6:00 p.m.	Greene County American Legion meeting @ New Baltimore firehouse
Thurs. Nov. 23		5K Turkey Walk - Greenville Legion

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**



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VETERAN REINTEGRATIO



CAREGIVING AND THE HOLIDAYS: FROM STRESS TO SUCCESS! *FROM FAMILY CAREGIVER ALLIANCE*

For many caregivers the holiday season gives rise to stress, frustration and anger, instead of peace and good will. Caregivers may feel resentful towards other family members who they feel have not offered enough assistance. Managing care for someone who has a cognitive impairment may leave caregivers feeling that they will not be able to participate as fully as they would like in family gatherings. Already feeling overwhelmed with caregiving tasks, stressed-out caregivers may view traditional holiday preparations as more of a drain of precious energy than a joy. Following are some suggestions that may help make the holidays more enjoyable for you and your loved ones. Keep in mind that the holidays can, in fact, provide unique opportunities to seek better communication, connection and support from family and friends.

An opportunity for communication

It's hard to know how much to communicate about a loved one's decline in cognitive functioning and personal care needs. Whom do you tell? How much do you tell? Although it is understandable to have reservations about discussing a loved one's impairments, honest communication about the realities of the caregiving situation offers others the opportunity to respond with assistance. Sharing the truths of your situation may help reduce some of the feelings of isolation and lack of appreciation common in caregivers.

Holiday greetings and a brief note

Some caregivers have had success in writing a brief note describing the person's condition and enclosing it in a holiday greeting card. This can be a nonthreatening way to inform distant or uninvolved relatives about the realities of the caregiving situation. If written in a tone that's not accusatory or guilt-inducing, family members may be more forthcoming with assistance or, at least, have a better understanding of the effort you are putting into providing care.

Accept the need to adapt

Caregivers often have to adapt their traditional role or experience of the holidays. This may mean allowing another family member to host more time-intensive festivities. You may need to modify the amount of time away from home to match the comfort level of your impaired loved one. You may also have to choose which events to attend based on which would be the simplest, least exhausting and most enjoyable for the person for whom you provide care—and for you.

The visit room

Don't expect the person with cognitive impairment to be able to adapt to all situations; you may need to adapt the environment to their needs. See if you can arrange to have

another room in the house designated as a quiet place for the impaired person. Many people with dementia find multiple conversations and background noise disturbing. To avoid this anxiety, the person may benefit from time in a quieter room with less stimulus where family members could take turns visiting with them.

Share your wish list

- **Respite:** some caregivers ask for time off from caregiving duties as a gift for the holidays. This could mean another family member gives you a break. Sometimes asking for a Saturday off “in the next three months” is more accepted, as family members can then schedule it into their calendars. If this is not possible, perhaps they would consider paying for a home care worker or a stay at a respite facility. Your FCA Family Consultant can help you locate these resources in your area.
- **Home repairs:** Do light bulbs need changing, or grab bars need installation? That maddening pile of junk in the garage needs to go to the dump? Tasks such as these may be the perfect way for a family member to help out if providing personal care is too uncomfortable for them.
- **Care for you!** How about a gift certificate for a massage, facial or manicure? How about an opportunity to spend the day fishing or a walk in the outdoors?

Schedule one-on-one time

While caregiving, it is easy to get caught up in all the tasks of personal care and homemaking chores. Make a point of setting some time aside this holiday season to enjoy the person you care for in a relaxed, one-on-one context. The best activities are those which take advantage of long-term memory—usually less impaired in people with dementia. Try looking through family photo albums or unpacking holiday decorations, which may stimulate memories.

Reflect on the rewards

Reflecting on the rewards of caregiving can help maintain your self-esteem. It may feel very rewarding to know that you are fulfilling a vow or promise you have made to the person for whom you provide care. Your caregiving may be an expression of living up to your personal ideals or religious beliefs. You may also be experiencing a great deal of growth as you learn new skills and meet challenges in ways you never imagined possible.

A little thank you goes a long way

After the holidays, write a thank you note to family members or friends who spent time with your loved one. Emphasize the positive impact their visit or brief time spent with your loved one had on them. This may reinforce positive feelings from their visit and diminish any discomfort they experienced. They may then be more encouraged to visit again or be more supportive of your efforts.



Nutrition Notes

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

Focusing on good nutrition year-round is a challenging task. In November, the weather is chilly, and daylight is lacking, typically increasing inside time, snacks, comfort foods, and decreasing physical activity. It is a good month to set nutrition goals, especially with the holidays and winter season approaching.

Unsure where to start? Begin by balancing your plate. A great resource is the MyPlate icon which replaced the old food guide pyramid. It is a set of simple guidelines set forth by the United States Department of Agriculture (USDA), dividing the plate into four color coded categories, with a side of dairy.



Fruits - Red: Aim for fruit to make up $\frac{1}{4}$ of the plate. Servings include $\frac{1}{2}$ cup – 1 cup of a small fruit the size of a tennis ball, $\frac{1}{2}$ banana, or $\frac{1}{4}$ c dried fruit, or 4 oz 100% fruit juice. Select a serving at meals to boost color and fiber.

Vegetables - Green: Increase vegetables for fiber and satiety. A serving is 1 cup cooked, 2 cups raw such as leafy greens, or $\frac{1}{2}$ cup carb vegetable such as corn, peas, or potatoes, beans/legumes, and winter squash. If it is not on the carb list, it is a lower carb vegetable and can bulk up to $\frac{1}{2}$ your plate. Choose a variety of colors including, red, orange, green and purple.

Grains - Orange: Grains include breads, cereal, rice, pasta, wraps and crackers. Try to select whole grains (brown rice, whole grain products, oatmeal) about 50% of the time. They are measured in 1-ounce servings. 1 serving includes 1 slice of bread, $\frac{1}{2}$ cooked grain (rice, noodle, or oatmeal), 5 crackers, $\frac{3}{4}$ c dry cereal. In general, they should make up $\frac{1}{4}$ of the plate, unless you have uncontrolled diabetes or weight loss goals, then your needs can be discussed with a dietitian or physician.

Protein - Purple: Adequate protein helps preserve muscle mass as you age. One ounce servings include 1 oz nuts or nut butter, 1 egg, 1 oz meat, poultry, or fish, or $\frac{1}{4}$ c cooked beans/legumes. A 3 oz portion will typically make up $\frac{1}{4}$ of the plate. It looks like a deck of poker cards or computer mouse. Protein at the meal digests slower, keeping you fuller longer and better controlling blood glucose.

Dairy - Blue: The best source of dietary calcium. Sources include 1.5 oz of cheese, 5 oz yogurt, 4 oz cottage cheese, or 1 cup low-fat milk. Recommended calcium intake for older adults is 1200 mg per day. This equates to 3 servings per day. Most Americans do not eat enough calcium due to preference/dietary restrictions/allergies. You can always discuss a supplement with your physician, as adequate calcium supports strong bones.

Fats used to be at the top of the food pyramid but did not make it onto the plate icon. Limit saturated fat (from animal sources) and choose more unsaturated sources (nuts, seeds, plant oils, avocados, fish). Additional resources about each food group and more information regarding the plate method is accessible at www.MyPlate.gov.



A registered dietitian is always available to assist with more ways to incorporate healthful foods into your diet. In addition, a professional can guide you with specific recommendations for each food group based on your needs and health history. Please call the main office at (518) 719-3555 to request an individual nutrition referral and I can respond via telephone to provide more 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 main office for further information.

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

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
		1 CHICKEN PARMESAN WHOLE WHEAT PENNE GREEN BEANS FRUIT CUP CHOCOLATE MOUSSE	2 SALMON w/ Dill Sauce AU GRATIN POTATOES CARROTS FRESH FRUIT	3 TURKEY BURGER w/ Peppers & Onions COLE SLAW ROASTED RED POTATOES BROCCOLI FRESH FRUIT
6 CHICKEN DIVAN BROCCOLI CARROTS WHITE RICE PEACHES	7  DEPARTMENT & ALL MEAL SITES CLOSED NO MEALS	8 AMERICAN GOULASH CORN GREEN BEANS COOKIES	9 MEATLOAF w/ Gravy MASHED POTATOES PEAS & CARROTS FRESH FRUIT	10 DEPARTMENT & ALL MEAL SITES CLOSED  NO MEALS
13 BEEF CHILI WHITE RICE MIXED VEGETABLES CORN BREAD FRUIT COCKTAIL	14 SWEET & SOUR CHICKEN ORIENTAL MIXED VEGETABLES WHITE RICE PINEAPPLE & MANDARIN ORANGES	15 SEAFOOD SCAMPI LINGUINI SPINACH WAX BEANS PEANUT BUTTER SWIRL BROWNIE	16  ROAST TURKEY w/ Gravy CRANBERRY SAUCE MASHED POTATOES SQUASH STUFFING PUMPKIN PIE w/ Whipped Topping	17 STUFFED PEPPERS RICE ITALIAN MIXED VEGETABLES FRESH APPLE
20 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES TROPICAL FRUIT	21 FISH FLORENTINE OLD FASHIONED MIXED VEGETABLES SCALLOPED POTATOES PEARS	22 CHICKEN & BISCUITS BROCCOLI MASHED POTATOES CHOCOLATE CAKE	23  DEPARTMENT & ALL MEAL SITES CLOSED NO MEALS	24 BAKED ZITI w/ Meat Sauce ITALIAN MIXED VEGETABLES TOSSED SALAD FRESH FRUIT
27 SLOPPY JOES WHITE RICE MONACO VEGETABLE MIX TROPICAL FRUIT	28 LEMON PEPPER FISH CALIFORNIA VEGETABLE MEDLEY RICE PILAF RICE PUDDING w/ Raisins	29 TORTELLINI ALFREDO w/ CHICKEN SONOMA VEGETABLES CHOCOLATE MOUSSE w/ Mixed Berries	30 POT ROAST CARROTS PARSLEY POTATOES FRESH FRUIT	



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.

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.

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.

LEGAL SERVICES: The suggested contribution is \$10.00 per attorney consultation.

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
- **Senior Center Transportation:** The suggested contribution is \$1.00 per round trip.
- **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. Please note that one hundred percent of your donation will be used to provide services to Greene County older adults in need. Make checks payable & mail to Greene County Dept. of Human Services, 411 Main Street, Catskill, NY 12414

THANK YOU.

NAME: _____

ADDRESS: _____

I designate \$_____ donation in memory of _____

in honor of _____

To the following:

_____ Consultation and Assistance _____ In-home services _____ Legal Services

_____ Nutrition Program: _____ Meals _____ Nutrition Counseling

_____ Transportation: _____ Shopping Bus _____ Nutrition van to center

_____ Homebound Medical Transportation

_____ Round Table News

_____ Where most needed



Thank you for your donations

Peggy Hester

In appreciation of services

Anonymous

In Memory of

Corinna Peckham and Eva Irwin

Geraldynes Hyland

In Memory of

Patricia Steinhauer



Thanksgiving Word Scramble

ntnkavshgiig _____

utraiedtg _____

sevhtra _____

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THANKSGIVING WORD SCRAMBLE

HAPPINESSISHOMEMADE.com

Answers on Page 25

COMMUNITY SERVICE AGENCIES



CATHOLIC CHARITIES OF COLUMBIA-GREENE COUNTIES

66 William St. Catskill, NY 12414

518-943-1462

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

COMMON GROUND

11 William Street, Catskill, NY 12414

518-943-0523

info@commongroundinc.org

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

COMMUNITY ACTION OF GREENE COUNTY

7856 Route 9W, Catskill, NY 12414

518-943-9205

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

CORNELL COOPERATIVE EXTENSION

479 Route 66, Hudson, New York 12534

518-828-3346

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

HUDSON VALLEY AMERICAN RED CROSS

845-471-0200

NYS OFFICE for NEW AMERICANS

800-566-7636

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



**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

TANNERSVILLE *Operated by Kaaterskill and EJ UMC* 518-589-5787
1 Park Lane, Tannersville (parking in municipal lot)
Hours: 2nd and 4th Wednesday 1:00 pm - 3:00 pm
3rd Saturday: Deliveries for mountaintop residents without transportation

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

ANSWERS TO WORD SCRAMBLE ON PAGE 22



**THANKSGIVING
BLESSINGS
PILGRIMS
STUFFING
TURKEY**

**GRATITUDE
CORNUCOPIA
NOVEMBER
THANKFUL
FEAST**

**HARVEST
INDIANS
PUMPKIN
TRADITION
GATHER**

GREENE COUNTY SENIOR CITIZENS CLUBS



ATHENS

ATHENS SENIOR CITIZENS

2nd & 4th monthly Monday
1:15 p.m.
Rivertown Senior Center

CAIRO:

CAIRO GOLDEN AGERS

2nd Wednesday, 1:30 p.m.
Acra Community Center
Contact person: President Pat Asaro, 518-821-6508

CATSKILL:

CATSKILL SILVER LININGS

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

COXSACKIE:

COXSACKIE AREA SENIORS

2nd & 4th monthly Tuesday
1:00 p.m.
Van Heest Hall, Bethany Village

SENIOR CITIZENS of COXSACKIE

1st & 3rd monthly Monday, 2:00 p.m.
Town of Coxsackie Senior Center
Contact person: President Yale Frank, 518-731-8855

GREENVILLE

GREENVILLE GOLDEN YEARS

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

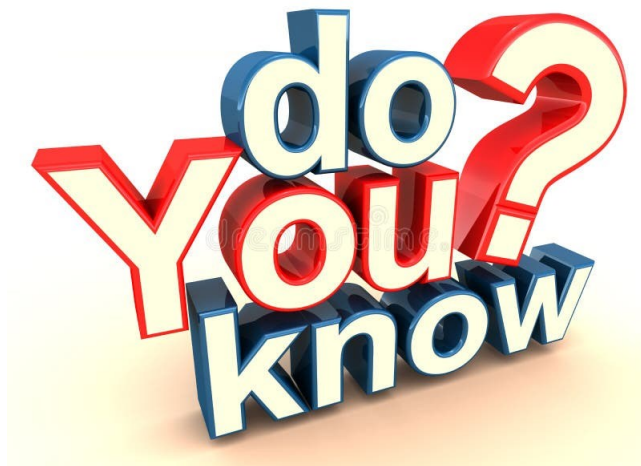
MOUNTAIN-TOP:

MOUNTAIN TOP GOLDEN AGERS

4th monthly Thursday, 1:30 p.m.
Tannersville Fire Hall
Contact person:
President Margaret Robinson, 518-589-4091

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

1st & 3rd Monday, 1:00 p.m.
Windham Town Building
Contact person:
President Lula Anderson, 518-734-5360



. . . 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 included 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

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.