



NOMINATIONS OPEN **For 2024 GREENE COUNTY** **SENIOR CITIZEN AWARDS**

The Advisory Council to the Greene County Department for the Aging (Human Services), announces that nominations are being accepted for the Greene County Senior Citizen Awards. The two awards, presented annually, are Senior Citizen of the Year and Outstanding Contribution by a Senior Citizen. The purpose of the awards is to recognize the outstanding achievements of senior citizens who have volunteered their time and energy to help other people, their communities, and/or special projects. The dedication of these volunteers help to make Greene County a better place for all of us. The individuals chosen on the county level will then represent Greene County for recognition for New York State awards. Recently, the New York State Office for the Aging (NYSOFA) celebrated Older New Yorkers' Day virtually, recognizing 87 volunteers from across the state who demonstrate their extraordinary value every day to their family, friends, and community.

Any Greene County resident, age 60 or older, can be nominated for these awards. Achievements must be voluntary in nature; performed in Greene County and not part of paid employment. Past award winners may be nominated only if seven or more years have passed since last recognized.

If you know someone who deserves this recognition, contact the Greene County Department of Human Services at (518) 719-3555 for an official nomination form. Incomplete forms will not be considered as eligible. Any inquiries for further information may also be directed to the department.

Deadline for entries is February 2, 2024.



411 Main Street, Catskill, NY 12414
(518) 719-3555 Toll Free (877) 794-9266
aging@discovergreene.com

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, 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 & 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.

Volunteer Services

Americans 55+ have a lifetime of experience to share and the desire to make a real difference in their world. Now they are ready to put their unique talents and expertise to work in their communities, and enrich their own lives in the process. AmeriCorps Seniors can help them connect with others that need them the most.

Senior volunteers make a contribution that suits their talents, interests and availability. Some serve in teams while others go it alone. Everyone has unique gifts to share and our volunteers make significant contributions by putting their best talents to work. The high number of senior volunteers and their level of commitment make them an essential resource in meeting critical community needs.

AmeriCorps Seniors volunteers can choose how, where, and when they want to serve, with time commitments starting from as little as an hour a week. As a volunteer, you will receive pre-service orientation and training from your volunteer station. AmeriCorps Seniors volunteers are not paid any wage or stipend, but can be reimbursed for mileage expenses incurred.

When you volunteer, you're not just helping others - you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies have shown that volunteering helps you live longer and promotes a positive outlook on life. Research suggests that volunteering is particularly beneficial to the health of older adults serving 100 hours annually. It also suggests that volunteering leads to lower rates of depression in individuals 65 and older. Helping others makes people healthier and happier. Of course, please note, we welcome volunteers of any age!

Through the Department of Human Services, AmeriCorps Seniors offers the following volunteer opportunities :

Homebound Meal Delivery	Homebound Transportation Driver
Congregate Meal Site Volunteer	Telephone Reassurance
Rivertown Thrift Shop	Crafters' Groups
	Greene County Youth Bureau

We also have numerous volunteer opportunities with other agencies in the community.

The Department of Human Services sponsors the county's AmeriCorps Seniors and is always looking for new volunteers. Giving of your time to help others is extremely satisfying. Volunteers play a vital role in area communities by contributing their talents and experience.

If you think you may be interested in becoming a volunteer, take the next step. You can find our registration application on the department's web site under Volunteer Services/Forms. Please complete it & return to our mailing address or email address. Once we have received your application, it will be reviewed and a background check will be completed. Shortly thereafter, you will be notified of the decision to accept you as a volunteer for the Greene County Department of Human Services, AmeriCorps Seniors.

ARE YOU LOOKING FOR A WAY TO MAKE A DIFFERENCE?

**BE THE
CHANGE**
**VOLUNTEER &
MAKE THE DIFFERENCE**



VOLUNTEER DRIVERS NEEDED

The Greene County Department of Human Services is always looking for volunteer drivers to assist Homebound Senior Citizens. How can you help?

Deliver meals – We have numerous location routes to offer:

Athens; Cairo; Catskill; Coxsackie; Freehold; Greenville; Hunter; Lexington, and Windham

Medical Transportation – For appointments located in Greene County, as well as in the neighboring counties of Albany, Columbia, Delaware, Dutchess, Rensselaer, Schoharie and Ulster.

You can tell us what days, times and location where you would be available and we will schedule appropriately. You will even receive a tax exempt mileage reimbursement at the current IRS rate per mile!

INTERESTED? WANT MORE INFORMATION?

Contact Ruth Pforte (518) 719-3555

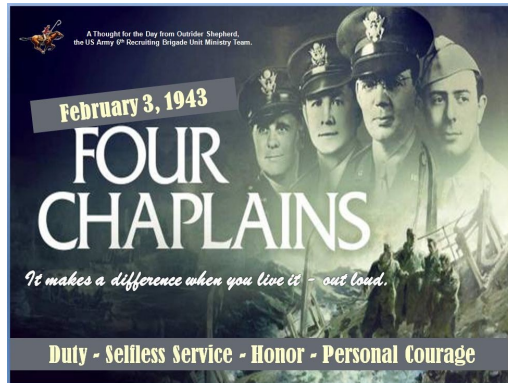
AmeriCorps Seniors Volunteer Coordinator



ATTENTION U. S. VETERANS AND CURRENT MILITARY PERSONNEL
 January Upcoming Events in Greene County



Thursday January 4	7pm 7pm	Catskill American Legion meeting Greenville American Legion meeting
Tuesday January 9	7pm	Cairo American Legion meeting
Wednesday January 10	7pm 7pm 7pm	Athens American Legion meeting Coxsackie American Legion meeting Windham VFW meeting
Friday January 12	4:30pm - 7pm	Greenville American Legion Spaghetti Dinner
Saturday January 13	12pm - 3pm	American Legion Department Visitation Pegasus Restaurant
Tuesday January 16	7pm	New Baltimore American Legion meeting
Friday January 19	6pm	Greene County American Legion meeting @ Athens American Legion Post
Saturday January 20	11am	Catskill VFW meeting



GREENE COUNTY WEEKLY GROUPS

VETERAN AND FAMILY SUPPORT GROUP

TUESDAYS @ 1:00PM

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

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

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

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

WWW.HVNCVR.ORG



HVNCVR

THE HUDSON VALLEY
NATIONAL CENTER FOR
VETERAN REINTEGRATION



VET2VET OF GREENE COUNTY COFFEE HOUR WITH VETERANS



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

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



HVNCVR

THE HUDSON VALLEY
NATIONAL CENTER FOR
VETERAN REINTEGRATION

Vet2Vet of Greene County VETERAN SUPPORT GROUP

EVERY 2ND THURSDAY
OF THE MONTH 5:30-6:30 PM

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

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

905 GREENE COUNTY BLDG
CAIRO, NY 12413

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



HVNCVR

THE HUDSON VALLEY
NATIONAL CENTER FOR
VETERAN REINTEGRATION



*39 Second Street
Athens, NY*



To all our customers - past, present and future:

Thank you for shopping at the Rivertown Thrift Shop during 2023.

Looking forward to seeing all your wonderful, smiling faces in 2024.

Remember to like and follow our Facebook page to see upcoming bargains for 2024 and of course, candid photos.

Happy New Year from all the volunteers at the Athens Rivertown Thrift Shop.

	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.

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

winter

WORD SEARCH



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

Search for these winter words!

COAT 

HOT COCOA

SNOWFLAKE

HAT

WINTER

SNOWMAN

SLEDDING

GLOVES



© Mrs. Merry (www.mrsmerry.com)

ANSWER KEY ON PAGE 23



NUTRITION NOTES

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



Naturally as we begin a new year, there is self-reflection about purpose, new goals, and resolutions. Millions of individuals resolve to improve their health, shed pounds, be more physically active, drink more water, eat more vegetables and the list goes on.

Taking on too many goals or setting unrealistic expectations can make it difficult to follow through, and a common reason most do not stick to their resolutions for too long. I recommend setting one achievable goal, especially if you have already struggled to make consistent, successful progress with diet, health, or exercise in the past. Working in weight loss counseling for nearly 7 years, I always express the importance of starting with small steps.



Mindful eating can play a big part in reaching health goals. This includes paying attention to your body, thoughts during meals and snacks, mood when eating, appreciating food, disassociating foods as “good vs bad”. These strategies help build a better relationship with food and minimize unhealthy eating habits over time. Let’s break down a couple examples and demonstrate how simplistic it can be to set one goal at a time.

- Where do you eat? Are you eating in the car or in front of the tv? Building these associations allows us to quickly lose sight of portion control, and distractions reduce the chance of being able to focus on sense of fullness.
- Goal: I will sit down to eat at the table for meals and snacks to pay more attention to my food. Once per week I will enjoy a snack in front of the TV.
- I want to eat more fiber. I feel like my diet is low in vegetables.
- Goal: Aim to add a ½ cup serving of a fruit and a vegetable daily to your diet. This is not the 3-5 servings per day, but a realistic starting point.



- Stress or emotional eating? Try making a list of other strategies to engage in when you feel emotional, that relax you or reduce stress.
- Goal: 3 times per week I will engage in another coping strategy that is not related to food. Keep track of your progress. If you have health goals, take a moment to zoom in on one area you know you can improve. Set a reasonable expectation that you can stay disciplined with, as motivation comes and goes. Keep track in a journal or get a mindful eating workbook. Build upon the goal once you are succeeding.

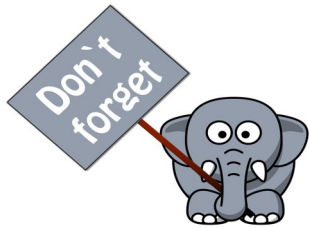
Curious about setting goals, mindful eating strategies or how to stay on track? To request specific guidance or nutrition counseling, please contact the main office at (518) 719-3555 for an individual nutrition referral.

Wishing you all a happy, healthy 2024! Best of luck with any new year endeavors and resolutions.



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.



CONGREGATE DINING: If you wish to attend lunch at any of the nutrition sites, you must notify the appropriate center by noon, a day in advance. We cannot accommodate walk-ins.

If you reserve a meal and are unable to attend, please call us as soon as you can to cancel. This helps to reduce our food waste.

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,
Scentral 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 RECEIVE

SUGGESTED DONATION IS \$4.00

SERVED DAILY: BREAD WITH PROMISE SPREAD - TARTAR SAUCE SERVED WITH FISH

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">1</p>  <p>DHS MAIN OFFICE & ALL SENIOR NUTRITON SITES CLOSED</p>	<p align="center">2</p> <p>SLOPPY JOES MEXICALI VEGETABLES WHITE RICE TROPICAL FRUIT</p>	<p align="center">3</p> <p>SHRIMP SCAMPI ZUCCHINI & TOMATOES BROCCOLI LINGUINI VANILLA MOUSSE</p>	<p align="center">4</p> <p>PORK CHOP w/ Gravy APPLESAUCE MASHED POTATOES GREEN BEANS FRESH FRUIT</p>	<p align="center">5</p> <p>BEEF STEW COLESLAW FRESH FRUIT</p>
<p align="center">8</p> <p>CHICKEN DIJON MASHED POTATOES MONACO VEGETABLE MIX FRUIT COCKTAIL</p>	<p align="center">9</p> <p>RAVIOLI SAUSAGE ITALIAN GREEN BEANS PEARS PB COOKIES</p>	<p align="center">10</p> <p>BAKED SALMON w/ Dill Sauce SONOMA VEGETABLE MIX APPLESAUCE BROWN RICE FRUITED JELL-O</p>	<p align="center">11</p> <p>TURKEY DINNER w/ Gravy CRANBERRY SAUCE MASHED POTATOES GLAZED CARROTS STUFFING CHEESECAKE w/ Strawberry Topping</p>	<p align="center">12</p> <p>MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD FRESH FRUIT</p>
<p align="center">15</p>  <p>DHS MAIN OFFICE & ALL SENIOR NUTRITON SITES CLOSED</p>	<p align="center">16</p> <p>BBQ CHICKEN THIGHS ITALIAN MIXED VEGETABLES COLESLAW PEACHES</p>	<p align="center">17</p> <p>STUFFED PEPPERS CALIFORNIA VEGETABLE MIX BIRTHDAY CUPCAKE</p> 	<p align="center">18</p> <p>CHICKEN & BISCUITS MONACO VEGETABLE MIX MASHED POTATOES CHOCOLATE MOUSSE</p>	<p align="center">19</p> <p>BAKED ZITI BAKED BEANS FRESH FRUIT</p>
<p align="center">22</p> <p>BEER BATTER FISH CALIFORNIA MIXED VEGETABLES TROPICAL FRUIT</p>	<p align="center">23</p> <p>CHICKEN PARMESAN PENNE PASTA ITALIAN MIXED VEGETABLES FRUIT COCKTAIL PB SWIRL BROWNIE</p>	<p align="center">24</p> <p>MEATLOAF w/ Gravy MIXED VEGETABLES BAKED POTATO WHITE RICE COOKIES</p>	<p align="center">25</p> <p>CRAB TOPPED COD MONACO VEGETABLE MIX RICE PILAF FRESH FRUIT</p>	<p align="center">26</p> <p>AMERICAN GOULASH SPINACH AMBROSIA SLAD FRESH FRUIT</p>
<p align="center">29</p> <p>STUFFED CABBAGE GREEN BEANS WHITE RICE APPLESAUCE</p>	<p align="center">30</p> <p>TORTELLINI MEATBALL ITALIAN MIXED VEGETABLES BRUSSELS SPROUTS RICE PUDDING W/ RAISINS</p>	<p align="center">31</p> <p>TURKEY BURGER W/ Peppers & Onions CALIFORNIA VEGETABLE MEDLEY O'BRIEN POTATOES MANDARIN ORANGES</p>		



GREENE COUNTY DEPARTMENT of HUMAN SERVICES
CONTRIBUTIONS POLICY

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

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

CONSULTATION and ASSISTANCE: This includes such client assistance activities as case assistance, HIICAP, help with public benefit applications, etc. The suggested level is \$5.00 per office visit (*Actual cost \$20.00/hour*).

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

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

NUTRITION:

Senior Congregate Meal or Home Delivered Meals: The suggested level of contribution is \$4.00 (*Actual cost \$15.00/meal*).

Nutrition Counseling: Clients requesting diet counseling from the Registered Dietitian are provided with an opportunity to contribute. The suggested level of contribution is \$5.00. (*Actual cost \$65.00/hour*).

TRANSPORTATION:

Senior Center Transportation: The suggested contribution is \$1.00 for round trip (*Actual cost: \$7.34/one way*).

Medical (Homebound) Transportation: The suggested contribution for this service is a sliding scale based on mileage

0 – 10 miles	\$3.00 round trip
11 – 20 miles	\$5.00 round trip
21 – 40 miles	\$9.00 round trip
41+ miles	\$15.00 round trip

(Actual cost is \$29.62 one-way trip, maximum mileage)

Remember to make checks payable to Greene County Department of Human Services & note in memo the service.

THANK YOU FOR YOUR SUPPORT and GENEROSITY

Contributions

As the number of seniors grows, so does the need for services. The Department of Human Services encourages and appreciates contributions. If you or your family are in a position to do so, please fill out the form below. One hundred percent of your contribution will be used to provide service to other in need.



NAME: _____

ADDRESS: _____

I designate a \$ _____ contribution in appreciation for services

OR In memory of _____ to the following:

_____ Round Table News _____ In-home services _____ Where most needed

_____ Senior Angels Program _____ Homebound transportation

_____ Nutrition Program/Home-delivered Meals

Make checks payable & mail to:

Greene County Dept. of Human Services - 411 Main Street, Catskill, N.Y. 12414

For Your Donations to the Senior Angel Program



Anonymous x 2

Athens Senior Citizens Club

Kate and Tom Fitzpatrick

Toomas and Linda Gentalen

Honeyford Memorial American Legion Auxiliary Unit #110

Nancy Kilmer

Mary Ann Kordich

Mountain Top Golden Agers

Janice and Bill Rinaldi

Senior Citizens of Coxsackie

G. and B. Slutzky

Robin Smith

Dolores Sutherland

Teri Van Wormer

Joyce & Rose Verdaasdonk and Sherry L.

Ruth Mary Woodworth

In Memory of

Jean, Anna, Ruth and Lee from Mary Ann Tompkins

Helen Mary Eckler from Bonny Van Vechten and Mitchell Cost

Ziggy (Pat) Giardano from Dorothy Giardano

Karen Sprague Johnson from Eric D Johnson

Thomas A. Martin

Reverend Richard McCandless Parsons, Kansas from Jerry and Isabella Adinolfi



News from the Greene County Youth Bureau

GREENE COUNTY YOUTH BUREAU 2023-2024 FUNDING- REQUEST FOR PROPOSALS

The **Greene County Youth Bureau** is a division of the Greene County Department of Human Services that funds and assists in both the development and implementation of programs and services for children and young people under the age of 21. The major responsibilities of the Youth Bureau include advocacy and the funding of programs aimed at improving & enhancing the welfare of Greene County youth and families. The Greene County Youth Bureau is funded in part by the NYS Office of Children and Family Services, the Greene County Legislature and donations.

Proposals are requested by the Greene County Youth Bureau Funding for youth programs sponsored by any 501(c)(3) (Non-profit tax-exempt charitable organization per IRS). Programs must serve Greene County youth as outlined in the instructions, The funding available in this Request for Proposals (RFP) is for programs that operate between **October 1, 2023 and September 30, 2024**. The full RFP and forms required for the 2023-2024 period are available on <http://greenegovernment.com/departments/human-services/youth-resources> Questions and technical support are available to all potential applicants. Please contact Maureen Murphy, GCDHS Office Manager, (518) 719-3555 or mmurphy@greencountyny.gov for assistance. **Official RFP were released on December 1, 2024.**

Proposals should be submitted to the Department of Human Services by **March 15, 2024**. Funding awards will be made starting May 1, 2024.

New for this period (October 1, 2023 – September 30, 2024), there will be 3 distinct avenues of funding: Youth Development Programs, Youth Sports & Education Funding, and Youth Team Sports Allocation Funding.

Youth Development Programs (YDP) – Programs and initiatives that enable youth to build on their strengths; provide opportunities for youth to gain important life skills and core competencies, and that allow youth to have meaningful roles in their communities; initiatives that benefit young people in their homes and neighborhoods, in schools, as well as in foster care and residential treatment.

Youth Sports & Education (YSEF) - Funded programs that provide a variety of sports for a broad range of youth; encourages a wide and flexible definition of sports that includes organized activities with movement, including physical fitness activities including but not limited to yoga, hiking, dance, and active outdoors pursuits.

Youth Team Sports Allocation (YTS) - Provide awards to support youth team sports programs; intended to provide support to local team sports programs across New York state in communities where such programs may be scarce. Unlike YSEF, YTS has a sole focus on team sports. For the purposes of YTS, a “team sport” is defined as an organized physical activity in which groups of two or more individuals are in competition with two or more opposing individuals. Sporting activities where individuals engage in competition on behalf of an organized group (such as singles tennis, team golf, or racing sports such as swimming or skiing) are included in this definition.

GREENE COUNTY SENIOR CITIZENS CLUBS



ATHENS

ATHENS SENIOR CITIZENS

2nd & 4th monthly Monday, 1:15 p.m.

Rivertown Senior Center

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

CAIRO:

CAIRO GOLDEN AGERS

2nd 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, 1:00p.m.

Van Heest Hall, Bethany Village

Contact: Mary Kibbey, 518-634-7524

President Dawn Smith, 518-857-4780

SENIOR CITIZENS of COXSACKIE

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

Town of Coxsackie Senior Center

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



NIAGARA FALLS, ONTARIO

Including A Day in Toronto

4 DAYS - 3 NIGHTS
MAY 13 - 16, 2024

\$750.00 Per Person
Double Occupancy

\$959.00 Per Person
Single Occupancy



PACKAGE INCLUDES:

- * 3 Nights lodging in Niagara Falls, Canada
- * 3 Breakfasts
- * 3 Full course dinners, including dinner at the Skylon Tower
- * All day tour of Niagara, including Niagara-on-the-Lake
- * All day tour of Toronto, featuring Toronto Harbor Cruise
- * Famous *Horriblower (Maid of the Mist)* Boat Ride & Tour of the Falls
- * Visits to the Welland Canal & the beautiful Floral Clock
- * White Star Escort for entire trip
- * Souvenir gift
- * Luggage handling
- * All taxes & Meal gratuities
- * Motorcoach transportation

Deposit #25.00 due 1/16/24
Balance due by 3/18/24



Valid passport required when traveling into Canada

Cancellation insurance is available & highly recommended; 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

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

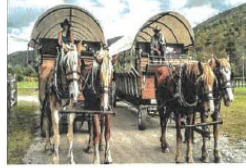


THE GRAND CANYON OF PENNSYLVANIA

Including
A TOUR OF MILLIONAIRES ROW

3 DAYS - 2 NIGHTS
MAY 20 - 22, 2024

\$539 per person *double occupancy*



PACKAGE INCLUDES:

- * 2 Nights lodging
- * 2 Breakfasts
- * 2 Dinners including the historic Peter Herdic House & The Carriage House
- * Susquehanna River Cruise
- * Pennsylvania Grand Canyon Covered Wagon Tour
- * Grand Canyon Overlook
- * Millionaires Row Tour
- * Historic Rowley House
- * Thomas Taber Museum including the Shemp Model Train Exhibit
- * Souvenir gift
- * Luggage handling
- * Taxes and meal gratuities
- * Motorcoach transportation

Cancellation insurance available & highly recommended; see reverse side for details.

FOR INFORMATION AND RESERVATIONS CONTACT:

CATSKILL SILVER LININGS
Sheila Pedersen
81 Five Mile Woods Rd.
Catskill, NY 12414
(518) 719-5361

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

2024 FUTURE WAJPL TRIPS

April 9:
VILLA ROMA



Caesar's Extravaganza Luncheon
& Barry Manilow Tribute \$65

June 12:

MGM CASINO
and



SPRINGFIELD ARMORY
NATIONAL HISTORIC SITE
\$25



The WAJPL Golden Agers Club presents.....
4 Day Getaway - OGUNQUIT, MAINE
June 24-27, 2024



Journey to the Southern
Coast of MAINE



PACKAGE INCLUDES:

- * Roundtrip Deluxe Motor Coach
- * 3 Nights at the lovely Meadowmer Resort in Ogunquit, Maine
- * The Hotel is along the Marginal Way with a nice walkway from the Resort to Perkins Cove (Of course this is optional)
- * 5 Meals - 3 Breakfast & 2 Dinners
- * Dinner at Jonathan's Restaurant
- * Lobster Clambake Dinner at Foster's
- * Scenic Lobster Tour & Harbor Cruise
- * Free time at Kennebunkport Village Shops
- * Free time on Main St Ogunquit, ME
- * Oceanfront time in Portland, ME
- * Len Libby's Chocolate's
- * Victorian Mansion admission
- * LL BEAN in Hampton, NH
- * Baggage Handling and All Tax
- * Ogunquit Playhouse OPTIONAL
- * TBA

\$739. Double Occupancy

Triple \$709 Single \$989.00

Deposit of \$75 pp at SIGN UP
Balance due: May 24, 2024

Cancellation Protection
is an option and available for:
\$59 Per Person (Form on Back)



Make Checks Payable to:
WAJPL Golden Age Club
Mail to:
WAJPL Golden Age
P.O. Box 96
Hensonville, NY 12459

For reservations contact:

Mary Louise
(518) 622-3397
Or **Vicky @**
(518) 734-4164

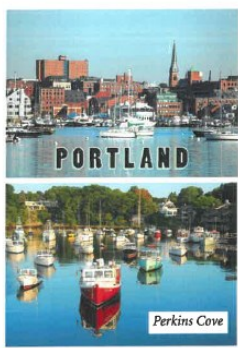


BU'S DEPARTS:
7:00am Windham, NY
7:30am Catskills
Returns at Approx. 9pm

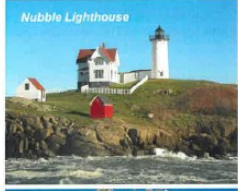
Complete Form and Mail with DEPOSIT to the:

NAME: _____ Traveling With: _____ # in Party _____
Mailing Address: _____ City: _____ Zip: _____
Home Phone: _____ Cell Phone _____
Email Address: _____ Insurance: Yes ___ NO ___

4 Day Ogunquit, Maine - June 24-27, 2024



PORTLAND



Nubble Lighthouse



Perkins Cove



Singer Castle



Boldt Castle



MILLBROOK VINEYARDS & WINERY

MAINE

Featuring Tours of Portland & Kennebunkport

4 DAYS - 3 NIGHTS
SEPTEMBER 9 - 12, 2024

\$709 Per Person
Double Occupancy

\$949 Per Person
Single Occupancy

PACKAGE INCLUDES:

- * 3 Nights Lodging
- * 3 Breakfasts
- * 3 Full Course Dinners, including a "Downeast" Lobsterbake Dinner
- * Tour of Portland, including Portland Head Light
- * Perkins Cove
- * Narrated Harbor Cruise of Casco Bay
- * Boothbay Harbor Tour
- * Eartha - Revolving/Rotating Globe
- * Kennebunkport Tour
- * L. L. Bean & Dexter Factory Outlets
- * Nubble Lighthouse
- * Souvenir Gift
- * Luggage Handling
- * Taxes & Meal Gratuities
- * Motorcoach Transportation



Cancellation insurance is available & highly recommended; see reverse side for details.

Deposit of \$25 due by May 6, 2024

Balance of trip due by July 1, 2024

FOR INFORMATION AND RESERVATIONS CONTACT:

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

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

CASTLES OF NEW YORK

4 DAYS - 3 NIGHTS
SEPTEMBER 23 - 26, 2024

\$754 Per Person Double Occupancy
\$993 Per Person Single Occupancy

PACKAGE INCLUDES:

- 3 Nights Lodging, including 2 Nights at the Edgewood Resort on the St. Lawrence River
- 3 Breakfasts
- 1 Boxed Lunch
- 3 Dinners
- Boldt Castle
- Singer Castle
- St. Lawrence River Cruise
- Turning Stone Casino
- Wing's Castle
- Millbrook Vineyards and Winery Tour
- Souvenir Gift
- Baggage Handling
- Taxes & Standard Gratuities
- Motorcoach Transportation

\$200 deposit due by Tuesday, May 21, 2024
Balance due by Friday, July 19, 2024

Cancellation insurance is available & highly recommended; see reverse side for details.

FOR INFORMATION AND RESERVATIONS CONTACT:

CAIRO GOLDEN AGERS
Pam O'Reilly Pat Asaro
11 Rolling Meadow Rd. (518) 821-6508
Cairo, NY 12413
(518) 821-8048

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



MONTREAL & QUEBEC CITY

CANADA

Featuring Montreal Casino & Montmorency Falls

5 DAYS - 4 NIGHTS
OCTOBER 7 - 11, 2024

\$849 per person
double occupancy

PACKAGE INCLUDES:

- * 4 Nights lodging
- * 4 Breakfasts
- * 4 Dinners
- * Guided tour of Montreal and Old Montreal
- * Guided tour of Quebec City and Old Quebec
- * Montreal Underground
- * Notre Dame Basilica
- * Visit to St. Joseph's Oratory/Shrine
- * Visit to Ste. Anne de Beaupre Shrine
- * Visit to Montreal Casino
- * Albert Gilles Copper Art Museum
- * Montmorency Falls
- * Souvenir gift
- * All taxes and meal gratuities
- * Motorcoach transportation



Passport required

Cancellation insurance is available & highly recommended; see reverse side for details.

FOR INFORMATION AND RESERVATIONS CONTACT:

CATSKILL SILVER LININGS
Sheila Pedersen
81 Five Mile Woods Rd.
Catskill, NY 12414
(518) 719-5328

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

CHRISTMAS AT THE BILTMORE HOUSE

Featuring A Candlelight Christmas Tour

6 DAYS - 5 NIGHTS
DECEMBER 8 - 13, 2024

\$1,119 Per Person
Double Occupancy

PACKAGE INCLUDES:

- * Overnight Lodging To / From Asheville
- * 3 Nights Lodging
- * 5 Breakfasts
- * 3 Dinners, including the Stable Cafe on the Biltmore Estate
- * Grove Arcade
- * Candlelight Christmas Evening Audio Tour of Biltmore House
- * Daytime visit to the Biltmore Grounds, including Antler Hill Village
- * Biltmore Village
- * Guided Tour of Asheville, including the Folk Art Center
- * Evening of Entertainment
- * Souvenir Gift
- * Luggage Handling in Asheville
- * Taxes & Meal Gratuities
- * Motorcoach Transportation

Cancellation insurance available & highly recommended; see reverse side for details.



FOR INFORMATION AND RESERVATIONS CONTACT:

CATSKILL SILVER LININGS
Sheila Pedersen
81 Five Mile Woods Rd.
Catskill, NY 12414
(518) 719-5328

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



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 pm - 2:30 pm 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

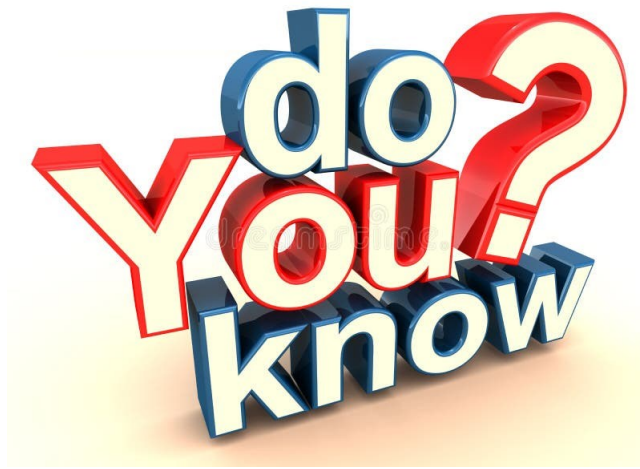
Hours: Tues 2:30 pm - 4:00 pm and 6:00 pm - 7:30 pm

Matthew 25

518-943-5890

8 Union Street

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



. . . 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.

winter

WORD SEARCH



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

Search for these winter words!

- COAT
- HOT COCOA
- SNOWFLAKE
- HAT
- WINTER
- SNOWMAN
- SLEDDING
- GLOVES





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

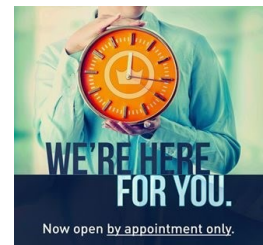
AGING SERVICES SPECIALIST: Rachel Wright (NY Connects)

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.