



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

FEBRUARY 2024

GREENE COUNTY YOUTH BUREAU OPENS 2023-2024 FUNDING



The Greene County Youth Bureau, under the Department of Human Services, funds and assists in both the development and implementation of programs 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 being requested by the 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.

Proposals should be submitted to the Department 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 that enable youth to build on their strengths; gain important life skills, core competencies, allowing youth to have meaningful roles in their communities; homes, neighborhoods, and 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 (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. YTS is defined as a “team sport” for 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 team golf, or racing sports such as swimming or skiing) are included in this definition.



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:

- ♥ Available to Non-Medicaid seniors who are homebound and need 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.

DO YOU KNOW WHAT THE GREENE COUNTY DEPARTMENT FOR THE AGING ADVISORY COUNCIL DOES and WHO YOUR REPRESENTATIVE IS?

Purpose: To advise the Department of Human Services to develop and administer the Aging service plan by conducting public hearings; representing the interest of the county's senior citizens, as well as review and comment on all community policies, programs and actions which affect older persons.

The Advisory Council shall be comprised of not fewer than 15 members with at least 50% over 60 years of age and residents of Greene County, including older persons with greatest economic and social need, minority individuals, and participants of services offered by the Greene County Department of Human Services. Other members shall be representatives of agencies serving the elderly, elected officials and the general public. Representatives of agencies providing contracted services to the Department may not be members of the council but may attend meetings.

Members shall be appointed for a one year term by the Greene County Legislature. Appointments shall maintain the majority of elderly members while striving for representation from the community and area service providers.

MEMBERS:

Community Agencies:

Edward Bloomer	Greene County Legislature
Donald Crespino	Greene County Transit
Ann Kreig	Greene County DSS
Michelle Deyo	Greene County Veterans
Kathy Scanlon	Independent Living Center
Lillian Moore	AmeriCorps Seniors
Florence Ohle	Community Action
Dawn Wallant	Common Ground
Molly Whitbeck	Catskill Mountain Housing
VACANT	Greene County Dept. of Health



Legislative District Representatives:

Catskill # 1	Ernie Armstead
Coxsackie	Richard Golden
Athens	Lynn Brunner
Greenville #4	Beverly Myers
New Baltimore #5	Jeffrey Ruso
Prattsville, Ashland, Windham & Jewett #6	Lula Anderson & Judith LoPresti
Halcott, Lexington, Hunter #7	Linda VanEtten
Cairo #8	Dorothy True
Durham #9	Charlene Mabey



Greene County Seniors 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.



39 Second Street Athens, NY

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.**



STOP BY & SEE OUR WONDERFUL SELECTIONS.

*Note: We accept donations during business hours only.
We do not accept medical supplies, games, toys, electronics or dishes.*

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 (67¢) per mile!

INTERESTED? WANT MORE INFORMATION?

Contact Ruth Pforte (518) 719-3555, AmeriCorps Seniors Volunteer Coordinator



U. S. VETERANS & AND CURRENT MILITARY PERSONNEL

February Events of Interest in Greene County



Thursday February 1	7pm 7pm	Catskill American Legion meeting (Elk's) Greenville American Legion meeting
Friday February 2	7:30pm	Irish Music @ Athens Legion Hall
Saturday February 3		Four Chaplains Day
Sunday February 4	2:00pm	Four Chaplains' Day Ceremony @ Athens Legion
Tuesday February 6	7pm	American Legion Riders meeting @ Greenville Legion
Tuesday February 13	7pm	Cairo American Legion meeting
Wednesday February 14	7pm 7pm	Athens American Legion meeting Windham VFW meeting
Friday February 16	6pm	Greene County American Legion meeting @ Town of Coxsackie Senior Center
Saturday February 17	11am	Catskill VFW meeting
Tuesday February 20	7pm	New Baltimore American Legion meeting @ Cornell Hook & Ladder Firehouse

- Four Chaplains Day -



FEBRUARY 3

Early on Feb. 3, 1943, an enemy torpedo struck the Army transport Dorchester as it carried 902 officers and enlisted men, Navy armed guard, merchant seamen and civilian workers in the North Atlantic. The Coast Guard cutter escorts Comanche and Escanaba rescued 230 men. As Dorchester took on water, four Army chaplains, Lt. George L. Fox (Methodist), Lt. Alexander D. Goode (Jewish), Lt. John P. Washington (Roman Catholic), and Lt. Clark V. Poling (Dutch Reformed), calmed frightened soldiers, aided the wounded and guided the disoriented toward safety. On deck, they opened a storage locker and began distributing life jackets. When there were no more available, the chaplains removed their life jackets and gave them to four young men. As the ship went down, the four chaplains linked arms and braced against the slanting deck, singing hymns and praying. Congress attempted to confer the Medal of Honor on the chaplains but was prevented by strict requirements. It authorized a one-time posthumous Special Medal for Heroism, awarded by President Eisenhower in 1961, which had the same weight and importance as the Medal of Honor.



GREENE COUNTY VETERANS SERVICE AGENCY **HONOR A VET PROGRAM**

GREENE COUNTY HONOR A VET (MAY)

Deadline to Nominate: 3rd Tuesday in March

Ceremony will typically be on Armed Forces Day (Saturday prior to Memorial Day Weekend)

GREENE COUNTY HONOR A VET VETERAN OF THE YEAR CEREMONY (NOV)

Deadline to Nominate: Tuesday after Labor Day

Ceremony will typically be on 1st Saturday of November

ELIGIBILITY AND INSTRUCTIONS

RESIDENCY: Nominee shall be a long-term resident of Greene County who has continued to maintain strong ties to the county up to date of nomination.

MILITARY SERVICE: Veteran must have served honorably in any branch of U.S. Military on Active Duty or activated with the Guard or Reserves.

PROFILE: The packet includes a three-page profile form and two (2) additional lined pages to write out a brief biography of the candidate's military service. Fill in the profile form completely; and, use the blank lined pages to elaborate on the details of the candidate's military career and community service, if applicable: e.g., how he/she decided to join, or if they were drafted, where they went through training, what they did in the military: their job title and description of their duties, geographical locations they went to, war(s) or war era(s) they served in, experiences they had, and an account of how they received any medals or awards; did they participate in community organizations such as the American Legion or VFW, or the Elks, Rotary Club etc. Did they work with youth? Volunteer at Church? You may add any other information you feel is pertinent.

Please ensure that all information provided is true and accurate. Verification must be submitted of military service and all awards, medals, honors etc. that you have claimed to be true and accurate. Any award that cannot be verified by documentation will be omitted from the application before submitted to the Committee for selection. Any application found or known to contain notable inaccuracies will not be submitted to the Committee for selection.

NOMINATIONS: Please send all nominations directly to Greene County Veterans Service Agency at 159 Jefferson Heights, Suite D-303, Catskill, NY 12414, in person, or by mail. Submissions may also be uploaded and e-mailed to veterans@discovergreene.com. For questions or clarification of instructions, please call Greene County Veterans Service Agency at (518) 943-3703. Dates are subject to change

FEBRUARY NUTRITION NOTES

By Nicole Gehman, MS, RD, CD-N



February is American Heart Month. In addition to wearing red this month to support the cause, optimize your nutrition to take care of our heart. Let's review 5 ways you can incorporate dietary changes that have been linked to preventing heart disease.

1. A lower sodium diet can help better control high blood pressure (hypertension). DASH stands for Dietary Approaches to Stop Hypertension. It is a healthier eating plan developed to prevent or treat elevated blood pressure. The DASH plan limits sodium to 2300 mg per day or less, which is also equal to 1 Tsp. of table salt. They also have lower sodium meal plans. Always ask your medical doctor if you have a sodium restriction and find out what it is. If this type of meal plan is appropriate for you, there are many resources available online or through your physician's office. There is a book called *The DASH Diet*, as well as the information at www.dashdiet.org.



2. Increase fruit and vegetable consumption. They provide the vitamins and minerals our body needs, which act as "helpers" inside the body to reduce inflammation, which is linked to increased risk for cardiac events. Many vitamins and minerals are antioxidants. In research studies, these antioxidants have been shown to be beneficial at preventing heart disease and improving heart health. In addition, increasing fruits and vegetables enables you to reduce your consumption of higher calorie foods.

3. Decrease saturated fat consumption. Use less butter and shortening. Opt for unsaturated fats such as nuts and seeds, olive or canola oils, avocados, or plant based spreads. Choose lean proteins. If meat has excessive fat, trim it away. Reduce baked goods as they can contain saturated and trans fats, and both can contribute to increased risk for heart disease. Trans fat can be easily spotted on the nutrition facts label. It also might be in the ingredients list as "partially hydrogenated" or "hydrogenated" oils.



4. Exercise better portion control. Excessive calories from high-sodium, high-fat foods can promote weight gain, high blood pressure, and cardiac risk. Reduce the size of your plate. Look at recommended portion sizes. This is also listed on the nutrition facts label. For instance, a serving of meat or fish is about 3 oz., which looks like a deck of cards. Use measuring cups and spoons until you are familiar with visual portion control. As you measure the serving sizes of high calorie foods, increase nutrient dense foods such as low carbohydrate vegetables.



5. Prep your meals and plan ahead. Restaurant food is loaded with sodium and one meal can be 2000-3000 mg (when the heart healthy goal is 2300 mg per day!). If you prep your own food more often, excessive sodium should not be a concern. Organize weekly menus incorporating more meals with lean or plant based proteins, whole grains, and fruits and vegetables. Exploring new recipes that are heart healthy also adds variety to your diet. DASH recipes are available online and in the books.

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



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

Sponsored by Greene County Department of Human Services

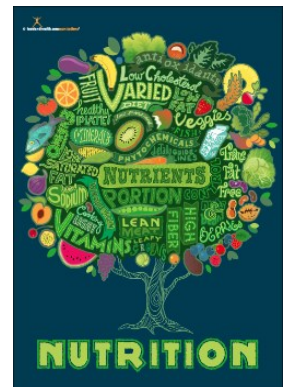
**THURSDAY FEBRUARY 8
CATSKILL SENIOR NUTRITION SITE 943-1343**

**THURSDAY FEBRUARY 15
JEWETT SENIOR NUTRITION SITE 263-4392**

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.***



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. If you have a food allergy, please notify us. Allergen information is available for prepared food items. Menu is subject to change based on product availability and circumstance. Centers are closed on legal holidays and inclement weather. 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.



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.

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

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
Co-Meal Site Manager

Karen Taber
Co-Meal Site Manager



JEWETT

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

Gayle Ruvolo
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
MENU IS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY AND CIRCUMSTANCE.

IF YOU HAVE A FOOD ALLERGY, PLEASE NOTIFY US.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ PULLED PORK CARROTS COLESLAW BAKED BEANS FRESH FRUIT	2 FISH FLORENTINE MIXED VEGETABLES RICE PILAF FRESH FRUIT
5 SLOPPY JOES CAULIFLOWER/ BROCCOLI MEDLEY WHITE RICE TROPICAL FRUIT	6 BAKED SALMON w/ Dill Sauce SPINACH BUTTERNUT SQUASH BROWN RICE PILAF PEARS	7 CHICKEN DIVAN MONACO VEGETABLE MIX WHITE RICE CHOCOLATE CHIP COOKIES	8 HOT TURKEY DINNER w/ Gravy CRANBERRY SAUCE MASHED POTATOES CARROT COINS STUFFING PUMPKIN PIE	9 MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD FRESH FRUIT
12 CHICKEN & BISCUITS w/ Gravy BROCCOLI MASHED POTATOES PRUNES	13 SHRIMP KIELBASA JAMBALAYA CALIFORNIA MEDLEY WHITE RICE APPLESAUCE PB BROWNIE	14 MEAT LESS LASAGNA TOSSED SALAD ITALIAN VEGETABLES FRESH FRUIT	15 VALENTINES DAY LUNCHEON ROAST PORK LOIN w/ Gravy GREEN BEANS AU GRATIN POTATOES STRAWBERRY CREAM PIE w/ Hershey Kiss	16 SHEPHERD'S PIE SONOMA VEGETABLES FRUITED JELL-O
19 DHS MAIN OFFICE & ALL SENIOR UTRITON SITES CLOSED 	20 BBQ CHICKEN THIGHS BAKED BEANS COLLARD GREENS PINEAPPLE CHUNKS	21 FRENCH ONION PORK CHOPS APPLESAUCE SONOMA VEGETABLES EGG NOODLES SNICKERDOODLE COOKIES	22 MEATLOAF w/Gravy GREEN BEANS BAKED POTATO FRESH FRUIT	23 BEER BATTERED FISH O'BRIEN POTATOES MONACO VEGETABLES TOSSED SALAD FRESH FRUIT
26 STUFFED PEPPERS ITALIAN MIXED VEGETABLES WHITE RICE PEARS	27 SWEET & SOUR CHICKEN ORIENTAL MIXED VEGETABLES WHITE RICE MANDARIN ORANGES & PINEAPPLE	28 BEEF STEW BROCCOLI CHOCOLATE MOUSSE	29 CHICKEN DIJON MASHED POTATOES MONACO VEGETABLES YOGURT PARFAIT w/ Blueberries	



DHS SHOPPING BUS

The Greene County Department of Human Services offers a shopping bus to Greene County residents aged 60 or older. Seniors are picked up at their door, driven to Catskill for shopping, and then have lunch at a local Senior Center before returning home. Advanced notice, of at least one day, from the bus driver is required. The schedule is listed below. For further information: 518-719-3568

MONDAY:	Mountaintop (Windham, Ashland, Prattsville, Jewett & Hunter)
TUESDAY:	Cairo/Greenville/Leeds
WEDNESDAY:	Athens/Coxsackie/Catskill

NOTE:

The shopping bus does not run on the following holidays:

New Year's Day	Martin Luther King, Jr. Day
Presidents' Day	Memorial Day
Independence Day	Columbus Day
Election Day (November)	Veterans Day
Thanksgiving	Christmas

During inclement weather, it may be necessary for us to close our senior service centers because of hazardous driving conditions. When we close the centers, transportation services for the day will also be cancelled.

2024: MONTHLY BUS TRIPS TO COLONIE CENTER

Feb. 15	Mar. 21	April 18	May 16	June 20	July 18
Aug. 15	Sept. 19	Oct. 17	Nov. 21	Dec. 19	

\$10 Per person

Payment due at time of departure/boarding. No exceptions.

Call 518-719-3568 to reserve a seat.

Reservations must be made no later.

than 4:30 p.m. the Friday before the trip.

Each person is required to make their own reservation.



MUST HAVE A MINIMUM OF EIGHT RESERVATIONS FOR TRIP OCCUR



FALL PREVENTION

*Presented courtesy of The Pines at Catskill Center for Nursing and Rehabilitation
and Greene County Department of Human Services*

Thursday, February 8

Jewett Senior Nutrition Site

518-263-4392

Jewett Municipal Building, Beaches Corners, Jewett

Thursday, February 22

Acra Senior Nutrition Site

518-622-9898

Acra Community Center, Old Route 23, Acra

All presentations 11:30 a.m. – 12:00 p.m.

If you would like to stay for lunch after the presentation,
please call the appropriate center at least a day in advance.



Thank You for donating to our Senior Angel Program

Nancy Allen

Dena Lawrence

Beckmann Family Charitable Trust

In Memory of Loving Mother, Dorothy A Post

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 cannot be more than the actual cost of the service. The purpose is to offer participants the opportunity to financially contribute and assist 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

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

LEGAL SERVICES: The suggested level of contribution is \$10.00 per consultation

NUTRITION:

Senior Congregate Meal or Home Delivered Meals: The suggested level of contribution is \$4.00

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:

Shopping Bus: The suggested contribution is \$3.00 round trip for door-to-door service for shopping.

Senior Center Transportation: The suggested contribution is \$1.00 for 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

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

THANK YOU FOR YOUR SUPPORT and GENEROSITY

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

NAME: _____

ADDRESS: _____

I designate a \$ _____ contribution in appreciation for services
OR In memory of _____ to the following:
_____ Consultation & Assistance _____ In-home services _____ Legal Services
_____ Nutrition Program/(Meals, Counseling) _____ Senior Angels Program
_____ Transportation (Shopping Bus, Center, Homebound) _____ Where needed most

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



*Thank
You*

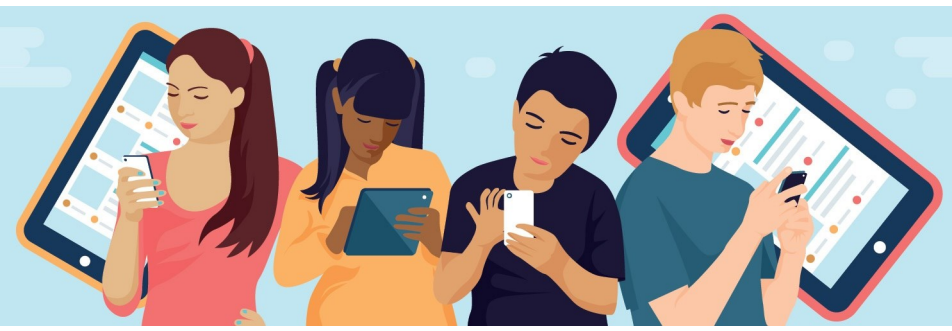
For Your Donations

Sharon Hillman

Patrick and Maureen Murphy & sons

In Memory of Phyllis DePerna

To the Nutrition Program



PROTECTING CHILDREN FROM SOCIAL MEDIA

BY DR. SAL MASSA

Social media use and online security are two issues which are challenging to the development and safety of children and adolescents. Parents, schools, and society in general face the challenge of protecting children from the potential negative effects of these technologies.

There are laws that protect students' safety and privacy when using the internet.

- The Children's Online Privacy Protection Act (COPPA) requires schools to protect students' privacy and safety online at school.
- The Children's Internet Protection Act (CIPA) requires schools to block or filter internet access on school computers to pictures that are inappropriate for minors.

While schools are teaching students how to use technology safely and respectfully, and how to recognize and report cyberbullying if it is seen or experienced, parents also need to do the same at home. There are several resources that can help families talk to their children about these important issues:

- Protecting Kids Online by the Federal Trade Commission (FTC) includes links to several articles about reducing the risks for kids socializing online.
- NetSmartz (from the National Center for Missing & Exploited Children provides information about internet safety and cyberbullying, including what to look for and how to talk to your child about these issues.
- Connecting Families from Common Sense Media is designed to support and empower families in raising kids who think critically, participate responsibly, and behave ethically in their online lives. Common Sense is a nonprofit organization dedicated to helping kids thrive in a world of media and technology.
- What Is Cyberbullying? is a guide that explains what cyberbullying is, how to identify it, and how to avoid it.

More than 200 advocacy groups called on Congress to protect minors from the harmful effects of social media by passing the Kids Online Safety Act. Among the 200 organizations are the American Academy of Pediatrics, the American Psychological Association, the Institute of Digital Media and Child Development, and the Organization for Social Media Safety

Parents Television and Media Council, said, "The burden of protection cannot be placed solely on parents – the challenges are too great. Children are up against social media algorithms that can feed harmful content to children on repeat and against corporate

interests that market explicit content to children without repercussions. The technology and entertainment industries must be held accountable for ensuring protection. Congress should take up and pass the Kids Online Safety Act, designed to hold social media companies accountable and establish a duty of care for protecting children online. The time to act is now.”

A child advocacy group called Fairplay added, “Kids are being exposed to all kinds of harmful content and predators. Families are crying out for help to create a safer internet,” In a letter to congressional leadership, the groups noted concerns about youth mental health, privacy, suicide, eating disorders and child sexual abuse being exacerbated by social media. “All of these groups are standing up today to say to our leaders in Congress it's past time. We need guardrails in place. We need to create safer online experiences for young people. We cannot go another day where kids are at so much risk being online,”

If passed, the Kids Online Safety Act would force social media companies to disable addictive product features and opt out of recommendations produced by algorithms for users who are minors. The bill has bipartisan support but has not been called for a vote on the Senate floor.

The pressure comes just one day after a Facebook whistle blower testified before a Senate subcommittee that executives ignored warnings about negative experiences young users had on their platforms. Former Facebook engineer Arturo Bejar told senators Tuesday that a survey conducted by his team found 22% of young users were the target of bullying and 24% received unwanted sexual advances while using Facebook.

CEO Mark Zuckerberg introduced Meta, which brings together apps and technologies under one new company brand. Bejar testified, “First, Meta knows the harm that kids experience on their platform, and the executives know that their measures fail to address it. Second, there are several steps that Meta could take to address the problem. And third, they are deciding time and again not to tackle these issues”. Meta has rolled out new parental controls and parental time management tools in response to criticism. Bejar said his own 14-year-old daughter filed complaints with Meta about unwanted sexual advances she received on Instagram, but the company did nothing.

Schools, families, and communities must work together to help children learn to use technology safely and respectfully. Everyone has an essential role to play in keeping children safe and secure while online.

NOTE: Dr. Massa is a member of the Greene County Youth Advisory Board.

News From the Greene County Youth Bureau

NOMINATIONS SOUGHT for 2024 YOUTH OF THE YEAR AWARD

The Greene County Children, Youth & Community Advisory Board is again sponsoring the annual Greene County Youth Awards (Youth of the Year, Chairman's Choice, and Director's Choice). The purpose of the awards are to recognize the outstanding contributions and achievements of Greene County youth who have made outstanding contributions in serving his/her community through leadership, knowledge, skill and/or service. The dedication of these young people help make Greene County a better place for us all.

If you know a young person, in Grade 9 -12, who deserves this recognition, you can find a nomination form available on our web site:

<https://www.greenegovernment.com/departments/human-services/youth>

or you can contact the Greene County Department of Human Services at (518) 719-3555. From the nominations received, the youth will be evaluated by the selection committee to determine this year's winner.

Any inquiries for further information may also be directed to the department. Deadline for entries is March 31, 2024.

**YOUTH
RECOGNITION
AWARDS**

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

4th monthly Tuesday, 1:00p.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 Smith, 518-857-4780

GREENVILLE

GREENVILLE GOLDEN YEARS

1st monthly Wednesday, 1:00 p.m.

American Legion Hall

Contact person: President Beverly Myers, 518-966-8482

MOUNTAIN-TOP:

MOUNTAIN TOP GOLDEN AGERS

4th monthly Thursday, 1:30 p.m.

Tannersville Fire Hall

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



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 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

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

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 Meadowmere 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
- TEA

\$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)

FRESH MAINE LOBSTERS

Make Checks Payable to:
WAJPL Golden Age Club
Mail to:
WAJPL Golden Age
P.O. Box 96
Hensonsville, NY 12439

For reservations contact:
Mary Louise
(518) 622-3397
Or Vicky @
(518) 734-4164




BUS 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

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



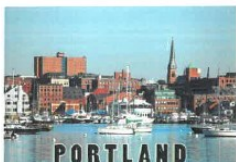
Cancellation insurance is available & highly recommended; see reverse side for details.

Deposit of \$25 due by May 6, 2024

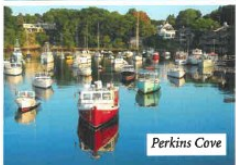
Balance of trip due by July 1, 2024

FOR INFORMATION AND RESERVATIONS CONTACT:

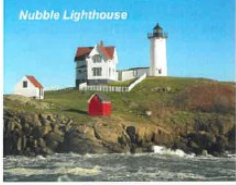
COXSACKIE SENIORS
Linda Wilkinson
80 Saco Mill Rd.
Coxsackie, NY 12051
(518) 731-8648
(518) 225-1611
or
Lorrie Dudley
(518) 424-8099



PORTLAND



Perkins Cove



Nubble Lighthouse



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

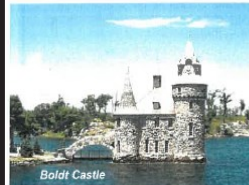
Cancellation insurance is available & highly recommended; see reverse side for details.

FOR INFORMATION AND RESERVATIONS CONTACT:

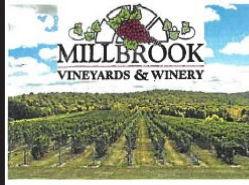
CAIRO GOLDEN AGERS
Pam O'Reilly Pat Asaro
11 Rolling Meadow Rd. (518) 821-6508
Cairo, NY 12413
(518) 821-8048



Singer Castle



Boldt Castle



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



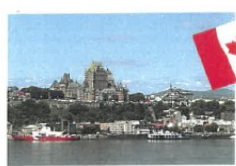
Passport required

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) 719-5361

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:

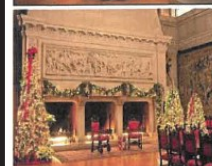
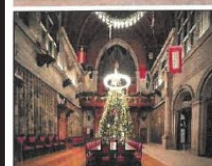
- * Overnight Lodging To / From Asheville
- * 3 Nights Lodging
- * 5 Breakfasts
- * 3 Dinners, including the Stable Cafe on the Biltmore Estate
- * Grove Arcade
- * Candlelight Christmas Evening Audio Tour of Biltmore House
- * Daytime visit to the Biltmore Grounds, including Antler Hill Village
- * 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.

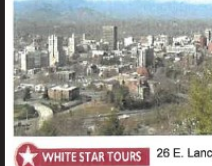


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Catskill, NY 12414
(518) 719-5361



ASHEVILLE, NC



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 551-299-2456
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



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

CASE MANAGERS/WORKERS: **AGING:** Brooke Bergeron Christine Jackson
 Christopher Lewoc

YOUTH: Carrie Wallace Laura Anderson

OFFICE MANAGER Maureen Murphy

JUNIOR ACCOUNTANT James Murphy

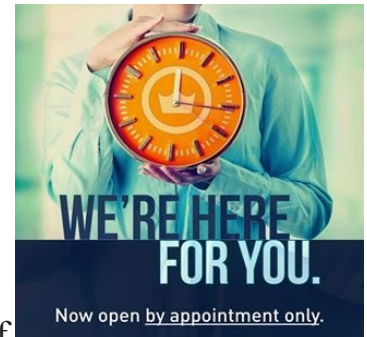
AMERICORPS SENIORS VOLUNTEER COORDINATOR: Ruth Pforte

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.