



## **GREENE COUNTY OLDER AMERICANS MONTH PROCLAMATION:**

WHEREAS, the older residents of Greene County represent a wealth of knowledge and experience and are one of the county's most valuable resources; and

WHEREAS, the Greene County Legislature is committed to supporting its senior citizens by means of a vast array of programs and services offered by the Department of Human Services, Aging division; and

WHEREAS, over one-fifth of the County's total population is comprised of citizens 65 years of age or older; and

WHEREAS, a growing number of baby boomers are rapidly becoming older citizens, and the number of individuals providing care to family members and friends is expanding significantly; and

WHEREAS, Greene County benefits greatly from the dedication and community awareness of its senior residents; and

WHEREAS, the month of May is nationally recognized as Older Americans Month and this year's theme is "**Powered by Connection**", which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes; and

WHEREAS, this Legislature encourages promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and include exploring an array of aging experiences without being boxed in by expectations and stereotypes. We emphasize the positive aspects of growing older, why everyone has a role to play in combating ageism –

**NOW, THEREFORE, we, the members of the Greene County Legislature, hereby proclaim the month of May 2024 as:**

### **GREENE COUNTY OLDER AMERICANS MONTH**

AND FURTHER, with great pleasure, we honor our senior citizens and how we all benefit when older adults remain engaged, independent, and included in their communities, and encourage them to continue to play a vital role in the Greene County community.

**GREENE COUNTY LEGISLATURE**

By: Patrick S. Linger, Chairman



# GREENE COUNTY OLDER AMERICAN'S MONTH

In April 1963, President John F. Kennedy designated the month of May as Senior Citizen month. Later in 1980, President Jimmy Carter changed the name to Older Americans month. The Administration on Aging, part of the Administration for Community Living, is pleased to announce the theme for Older Americans Month 2024. The theme, "**Powered by Connection**", highlights the profound impact that meaningful relationships and social connections have on our senior's health and well-being. Connectedness plays a vital role in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

Here in Greene County, the county Legislature proclaims May as Greene County Older Americans Month when it expresses appreciation for the commitment and valuable service of outstanding senior citizens throughout Greene County. In conjunction with this, the Advisory Council to the Greene County Department for the Aging conducts a search for local senior citizens to be recognized for their dedicated and hard work to make our communities a better place to live. In recognition of these significant contributions to the Greene County community, the Legislature will honor all nominees for the senior awards. Two dedicated individuals are chosen to receive special recognition from Greene County Legislature in the categories of Senior Citizen of the Year and Outstanding Contribution by a Senior Citizen. These two county winners will also be submitted to NYS for special recognition.

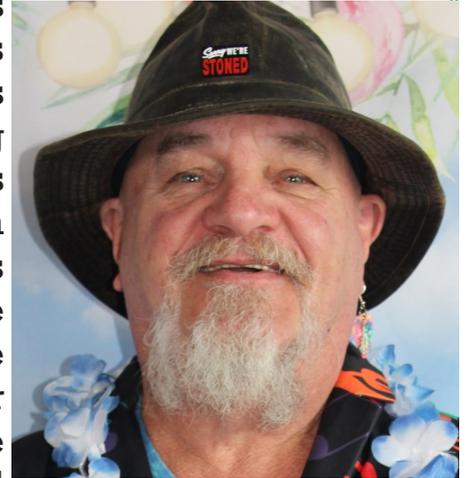
This year, Sylvia Hasenkopf of Cairo has been honored as the 2024 Senior Citizen of the Year and Steve Whateley of Athens will receive the Outstanding Contribution by a Senior Citizen award.

Sylvia Hasenkopf has been a Greene County resident since 1997. She has been a volunteer in her community for the past 13 years. She has been active with the Greene County Historical Society since 2000 and the Cairo Historical Society since 2010. She has served as President of the Cairo society since 2017. Sylvia has been instrumental in the Cairo Hometown Heroes Banner program, and even co-authored a book on the subject back in 2016. In addition, she compiled a dairy of letters, entitled "May God Have Mercy on my Soul" in 2013. Sylvia has been responsible for eleven historical markers within the town of Cairo and has given numerous lectures on Greene County and Cairo's history. She is responsible for the Cairo Historical Society's Capital Campaign and is the editor of the Cairo Herald, their quarterly journal. In 2023, she received the Small Business of the Year for her work with local newspaper, Porcupine Soup. In 2015 she was awarded from Greene County, the Ellen Rettus Planning Achievement Award for her banner work and in 2017 was named Zadock Pratt



Benefit Honoree. In 1999, she created the Tracing Your Roots in Greene County web site to research Greene County history and genealogy.

Steve Whateley has been a Greene County resident for the past 35 years, currently residing in Athens, is a member of the Athens Senior Citizens Club and has volunteered for the past 10 years. He has worked as a radio disc jockey and custodian. He donates his time to the Athens Community Food Pantry by unloading trucks and preparing food orders for others. He volunteers for the Rivertown Senior Center by creating and managing a Facebook page for the center, as well as DJ'ing for various activities at the center. Steve works hard to promote the center making sure that seniors in the community are informed. His kindness and dedication to his fellow senior citizens is reflected in his volunteer service to the center. He believes that he is making a difference by volunteering and that it's the right thing to do.



Later this month, Sylvia and Steve will be recognized at the Greene County Legislature meeting. In addition, the following seniors will be recognized by Greene County with Certificates of Merit: Maggie Apgar of Athens, and Jack and Jan Schane of Hunter for their selfless volunteering.

Later in May, Sylvia and Steve will be invited to a NYS ceremony as part of the 2024 Older New Yorkers Day celebration in Albany.





## **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, Jewett and Coxsackie
- ♥ 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
- ♥ Ageless Innovations - Animatronic Pets
- ♥ ElliQ

**HEAP:** Application Help

#### HIICAP

- Health Insurance Information Counseling & Assistance

#### LEGAL SERVICES

- Private attorney available by appointment only for phone consultations.

#### TRANSPORTATION:

- ♥ Serve Non-Medicaid seniors who are homebound & 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
- ♥ Vouchers 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.
- Oversee the allocations of funds for programs that benefit Greene County youth under NYS OCFS Youth Development Program and Sports Education Funding.

# 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**  
**GREENE DEPARTMENT**  
**OF HUMAN SERVICES**  
**(518) 719-3555**  
**AGING@GREENECOUNTYNY.GOV**

**MILEAGE REIMBURSEMENT AT CURRENT IRS RATE.**





Linda Burke  
 Antonio Calarco  
 Christina Kuever  
 Melissa Levi  
 Gilda Pascuzzi

We thank each one of you,  
 as well as all our volunteers.

### THANK YOU CATSKILL CRAFTERS

A few months ago there was a post on Facebook where a grandmother had made every child a hat that they designed for an elementary class. Jamie, Robert Antonelli Senior Center manager, thought this would be an amazing thing to do for a 2nd grade class at Catskill Elementary School. The Catskill Crafters, as well as Jamie, made over 25 hats. Credit to the kids for being so creative! This is a little gift that they can cherish once they grow out of, knowing that it was their personal design and it was made from the heart. Seen in photo above are volunteer crafters Angela, Sue, Vicky, Janet and Cathy.



39 Second  
 Street, Athens

Don't forget about Mother's Day!



#### STORE HOURS:

MONDAY 9 A.M. – 11:30 A.M.  
 WEDNESDAY 9 A.M. – 11:30 A.M.  
 & 12:30 P.M. – 2 P.M.

Find us on Facebook  
 @ Athens Rivertown Thrift Shop

*Note: Donations accepted during  
 business hours only*

*\*We do not accept medical supplies, games,  
 toys, electronics, or dishes*



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

DHS Senior Angel Program  
 has teamed up with local Rotary Clubs  
 on the **"HELPING HANDS"** program.

If you need assistance with groceries  
 or some minor home repairs  
 please contact Ruth,  
 AmeriCorps Seniors Coordinator  
 518-719-3557





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



Wed. May 1	7:00 p.m.	Tannersville A.L. Meeting
Thurs. May 2	7:00 p.m. 7:00 p.m.	Greenville American Legion meeting Catskill American Legion meeting @ Elks Lodge
Tues. May 7	7:00 p.m.	Greenville Legion Riders meeting
Wed. May 8	7:00 p.m. 7:00 p.m. 7:00 p.m.	Athens American Legion meeting Coxsackie American Legion meeting @ Town of Coxsackie Senior Center Windham VFW Meeting
Thurs. May 9	11:00 a.m. 7:00 p.m.	Operation Firemen's Home, Hudson (Athens Legion) Prattsville American Legion meeting
Tues. May 14	7:00 p.m.	Cairo American Legion meeting @ Masonic Lodge
Fri. May 17	7:00 p.m.	Greene County American Legion meeting @ Cairo
Sat. May 18	10:00 a.m.  11:00 a.m. 1:00 p.m.	Honor-A-Vet Memorial Ceremony Honoring Lawrence Dwon, USMC, Lexington @ The Warehouse, Catskill Point Catskill VFW meeting Farewell Sendoff Ceremony, Catskill Cemetery
Tues. May 21	7:00 p.m.	New Baltimore American Legion meeting @ Cornell Hook & Ladder firehouse
Wed. May 22	7:30 p.m.	Marine Corps League Meeting @ East Durham firehouse
Thurs May 30		Memorial Day Ritual (VFW) @ Windham/Ashland Cemetery

**MEMORIAL DAY PARADES**

*Remember to honor those that made the ultimate sacrifice*

**SUN. MAY 26: 1 p.m. - Tannersville**

**MONDAY, MAY 27**

**Athens - 9 a.m.    Greenville - 10 a.m.    Cairo - 11 a.m.**

**Coxsackie & Prattsville - 1 p.m.    Catskill - 2 p.m.**





# **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, to bus driver is required. Routes are as follows:

**MONDAY:** Mountaintop  
(Prattsville, Ashland, Windham, Jewett, Halcott, Lexington & Hunter)

**TUESDAY:** Greenville/Durham/Cairo/Leeds

**WEDNESDAY:** New Baltimore/Coxsackie/Athens/Catskill

### **NOTE:**

**The shopping bus does not run on the following holidays:**

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

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, we also cancel transportation services for the day.

**FOR FURTHER INFORMATION: CALL 518-719-3568**

## **2024: MONTHLY BUS TRIPS TO COLONIE CENTER**

**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**



# GREENE COUNTY SENIOR SERVICE CENTERS



## 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

Sheila Miller  
Food Service Helper/  
Driver

## 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

**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.**

# NY CONNECTS OUTREACH

*A presentation by Kathie Scanlon, Independent Living Center of the Hudson Valley*



**NY Connects**  
Your Link to Long Term  
Services and Supports

**Monday, May 6      11:30 a.m.**  
**Rivertown Senior Center, Athens**  
**518-945-2700**

**Friday, May 10      11:30 a.m.**  
**Acra Senior Nutrition site**  
**518-622-9898**

**Monday, May 13      11:30 a.m.**  
**Town of Coxsackie Senior Center**  
**518-731-8901**

**Friday, May 17      11:30 a.m.**  
**Jewett Senior Nutrition site**  
**518-263-4392**

**Monday, May 20      11:30 a.m.**  
**Robert Antonelli Senior Center, Catskill**  
**518-943-1343**

**Discussion: Services at ILCHV and other agencies**

*If you would like to attend & stay for lunch,  
please be sure to call the appropriate site at least a day in advance.*

# CHRONIC LOWER RESPIRATORY DISEASE

*A presentation by Teri Osterhout-Paton, RRT, CPFT, AE-C, Pulmonary Disease Educator*



**Wednesday, May 1            11:30 a.m.**  
**Town of Coxsackie Senior Center**  
**518-731-8901**

**Thursday, May 2            11:30 a.m.**  
**Rivertown Senior Center, Athens**  
**518-945-2700**

**Thursday, May 23            11:30 a.m.**  
**Acra Senior Nutrition site**  
**518-622-9898**

**Thursday, May 30            11:30 a.m.**  
**Jewett Senior Nutrition site**  
**518-263-4392**

**Thursday, June 6            11:30 a.m.**  
**Robert Antonelli Senior Center, Catskill**  
**518-943-1343**

**Blood Pressure & Oxygen level readings**

**Discussion: Living with Chronic Lower Respiratory Diseases**

*(Asthma, COPD, Chronic Bronchitis)*

*If you would like to attend & stay for lunch,  
please be sure to call the appropriate site at least a day in advance.*



# NUTRITION NOTES

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

Spring has Sprung! Here are a few tips to work on healthier eating this season and break out of the winter rut.

**Pump up the Fiber!** Seek out Spring vegetables to bulk up half your plate. Did you know an artichoke packs a full 9 grams of fiber? That is just about 1/3 of the recommended daily intake, from one vegetable! Enjoy with lemon and low-calorie dipping sauce. Spring peas, first harvest radishes and asparagus are also in season and make delicious additions to salads or as a side dish. A great spring goal would be to add a fruit or vegetable to each meal to increase dietary fiber, add color, and increase nutrient dense foods on your plate.



**Hydration Station:** Did you know that you can mistake thirst for hunger? Next time you reach for a snack, ask yourself when was the last time you ate? Are you physically hungry or do you need to hydrate? Drink at least 64 ounces of water daily. Caffeine is dehydrating, so try and count decaffeinated sources of fluid in your total. Water is essential for bodily function, regulating temperature, and keeping our electrolytes in check.

**Color at Breakfast:** Most Americans get their fruit and vegetables in at lunch and dinner. Make a point to add a colorful food to your morning meal. Veggies on toast is becoming more popular, such as beets with ricotta and honey, avocado and egg, or cucumber and tomato with a drizzle of balsamic vinegar. Stir vegetables into eggs or omelets. Mix fruit into smoothies or add it to hold or cold cereals. Berries bring only 30 calories per 1 cup, and are chock full of vitamins and minerals, including their beautiful red, blue and purple hues which are powerful antioxidants.



**Snack Smart!** Sometimes snack can add up like “fourth meal” in calories. Check your labels and aim for 150-200 calorie snacks. A balanced snack should be a mix of carbohydrate, healthy fat, fiber, and protein. Examples include a string cheese and 5 Triscuits, 15 almonds and a piece of fruit, or a boiled egg with raw vegetables and light dip or hummus. A great snack tip:

Make selections from the fridge over the cupboard. Stock your fridge with dairy, hummus, fruits, and vegetables. Set a goal to eat less processed snacks from the cabinets.



Spring can also be a fun season to plant an herb garden, make 1-2 new diet changes, or try to be more physically active. Enjoy the season as it's been a long winter. If you have any questions on addition more nutritious foods to your diet, please feel free to contact the office at (518) 719-3555 for nutrition information.



The Department of Human Services offers nutrition counseling about healthy eating, wellness and healthy habits. You don't need to get meals to discuss with the dietitian. Any senior wishing specific guidance or nutrition counseling is encouraged to call and ask for me, Nicole Gehman, MS, RD, CD-N, at the main office, 518-719-3555.

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. A posting of upcoming dates is below.

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

*Sponsored by Greene County Department of Human Services*

THURSDAY MAY 9  
JEWETT SENIOR NUTRITION SITE 263-4392

THURSDAY MAY 30  
COXSACKIE SR. NUTRITION SITE 731-8901

THURSDAY JUNE 6  
ACRA SENIOR NUTRITION SITE 622-9898

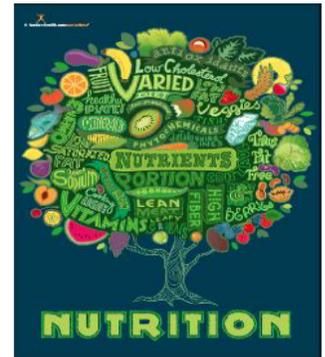
THURSDAY JUNE 20  
RIVERTOWN SENIOR CENTER, ATHENS 945-2700

THURSDAY JUNE 27  
CATSKILL SENIOR NUTRITION SITE 943-1343

All sessions at 11:30 a.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 NUTRITION PROGRAM**

ALL PERSONS, AGE 60 & OLDER ARE INVITED TO JOIN FOR LUNCH. THE SUGGESTED DONATION IS \$4.00  
SERVED DAILY: BREAD WITH PROMISE SPREAD - TARTAR SAUCE WITH FISH ENTRÉE - COFFEE, TEA  
 MENU IS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY AND CIRCUMSTANCES.  
 IF YOU HAVE A FOOD ALLERGY, PLEASE NOTIFY US.  
 ALLERGEN INFORMATION IS AVAILABLE FOR PREPARED FOOD ITEMS.

Monday	Tuesday	Wednesday	Thursday	Friday
		<p align="center"><b>1</b></p> <p>SALMON w/ Dill Sauce                      MASHED POTATOES                      GREEN BEANS                      PB SWIRL BROWNIE</p> <p><b>11:30, Lung Pres'tion:                      Coxsackie Site</b></p>	<p align="center"><b>2</b></p> <p>SALISBURY STEAK                      MEATBALLS                      OLD FASHIONED MIXED                      VEGETABLES                      EGG NOODLES                      FRESH FRUIT</p> <p><b>11:30, Lung Pres'tion:                      Rivertown</b></p>	<p align="center"><b>3</b></p> <p>CHICKEN CAESAR                      SALAD                      COLD BEAN SALAD                      MACARONI SALAD                      FRESH FRUIT</p>
<p align="center"><b>6</b></p> <p>TURKEY BURGER                      w/ Peppers &amp; Onions                      SCALLOPED POTATOES                      ITALIAN GREEN BEANS                      PEACHES</p> <p><b>11:30, NY Connects:                      Rivertown</b></p>	<p align="center"><b>7</b></p> <p>MACARONI &amp; CHEESE                      3 BEAN SALAD                      STEWED TOMATOES                      FRUITED JELL-O</p>	<p align="center"><b>8</b></p> <p>CHICKEN QUARTERS                      w/ Gravy                      MASHED POTATOES                      BROCCOLI                      CHOCOLATE CHIP                      COOKIES</p>	<p align="center"><b>9</b></p> <p> <b>ROAST PORK LOIN</b>                      w/ Gravy                      APPLESAUCE                      MASHED SWEET                      POTATOES                      GREEN BEANS                      LEMON CREAM CAKE</p> <p><b>11:30, Nutrition Ed:                      Jewett site</b></p>	<p align="center"><b>10</b></p> <p><b>CHEF'S CHOICE</b></p>  <p><b>11:30, NY Connects:                      Acra site</b></p>
<p align="center"><b>13</b></p> <p> CHICKEN DIVAN                      CARROT/GREEN BEANS                      WHITE RICE                      TROPICAL FRUIT</p> <p><b>11:30, NY Connects:                      Coxsackie site</b></p>	<p align="center"><b>14</b></p> <p>TORTELLINI                      W/ SAUSAGE                      ITALIAN MIXED                      VEGETABLES                      CHOCOLATE MOUSSE                      w/ Whipped Topping</p>	<p align="center"><b>15</b></p> <p>KNOCKWURST                      W/ SAUERKRAUT                      CARROTS                      BAKED BEANS                      MACARONI SALAD                      PINEAPPLE DELIGHT</p>	<p align="center"><b>16</b></p> <p>CRANBERRY CHICKEN                      SALAD                      POTATO SALAD                      MARINATED                      VEGETABLE SALAD                      FRESH FRUIT</p>	<p align="center"><b>17</b></p> <p>FISH FLORENTINE                      SCALLOPED POTATOES                      BROCCOLI                      FRESH FRUIT</p> <p><b>11:30, NY Connects:                      Jewett site</b></p>
<p align="center"><b>20</b></p> <p>SLOPPY JOES                      GREEN BEANS                      WHITE RICE                      TROPICAL FRUIT</p> <p><b>11:30, NY Connects:                      Catskill site</b></p>	<p align="center"><b>21</b></p> <p>CHICKEN DIJON                      BRUSSELS SPROUTS                      MASHED POTATOES                      VANILLA MOUSSE                      w/ Whipped Topping</p>	<p align="center"><b>22</b></p> <p>MEATLOAF w/ Gravy                      BAKED POTATO                      CALIFORNIA VEGETABLE                      MEDLEY                      CARROT CAKE</p>	<p align="center"><b>23</b></p> <p>SEAFOOD PASTA                      over Mixed Greens                      COLD BEAN SALAD                      POTATO SALAD                      FRESH FRUIT</p> <p><b>11:30, Lung Pres'tion:                      Acra site</b></p>	<p align="center"><b>24</b></p> <p>BACON CHEDDAR                      BURGER                      POTATO SALAD                      CARROTS                      ICE CREAM STICKS                      (Congregate diners)                      OR                      PUDDING                      (HDM)</p>
<p align="center"><b>27</b></p> <p><b><u>MEMORIAL DAY</u></b>                      ALL SENIOR                      NUTRITION SITES &amp;                      MAIN OFFICE CLOSED</p>  <p align="center">All gave some...                      Some gave all                      Remember them this                      Memorial Day</p>	<p align="center"><b>28</b></p> <p>LEMON PEPPER FISH                      AU GRATIN POTATOES                      WINTER MIXED VEGS                      BUTTERSCOTCH                      PUDDING</p>	<p align="center"><b>29</b></p> <p>SHEPHERD'S PIE                      GREEN BEANS                      APPLESAUCE                      COOKIES</p>	<p align="center"><b>30</b></p> <p>HUNGARIAN GOULASH                      RED CABBAGE                      CARROT COINS                      EGG NOODLES                      STRAWBERRY                      SHORTCAKE</p> <p><b>11:30, Lung Pres'tion:                      Jewett site</b>  <b>11:30, Nutrition Ed:                      Coxsackie site</b></p>	<p align="center"><b>29</b></p> <p>MEAT RAVIOLI                      SAUSAGE                      TOSSED SALAD                      ITALIAN MIXED                      VEGETABLES                      FRESH FRUIT</p>

# MERRY MONTH OF MAY

## Word Search

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

- BASEBALL
- BLOSSOM
- BUMBLEBEE
- BUTTERFLY
- CINCO DE MAYO
- FLOWERS



- GARDEN
- GEMINI
- GREEN
- LADYBUG
- LAWN MOWER
- MAYPOLE
- MEMORIAL DAY
- MOM
- MOTHER'S DAY
- PIÑATA
- PLANT
- SEEDS
- SPRING
- SUNSHINE
- TAURUS
- TEACHER

**ANSWER KEY ON PAGE 27**

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GCDHS Executive Director, Stephanie Schleuderer, and Greene County Legislator Edward Bloomer, Athens, are seen at the Eclipse Event at Rivertown Senior Apts. The event was organized by staff and volunteers from D. R. Evarts Library.

*Thank you Deputy Director, Tami Bone, for serving as photographer.*

# News From the Greene County Youth Bureau



## A RESILIENCE GUIDE FOR PARENTS AND GUARDIANS

*By Dr. Sal Massa*

We tend to look at childhood as a stress free time of playing and learning. But, there are challenges, traumas, and emotional situations facing most children just as a part of everyday life. There are many challenges which children face daily ranging from struggles at home, to interacting with peers, to adapting to school demands. Added to these are the challenges brought on by living in our complex society. Even in the best situation, childhood can be anything but carefree. Helping our children to thrive despite these challenges is possible when we teach them to be resilient.

Resilience is the ability to thrive despite these challenges. Building resilience - the ability to adapt well to adversity, trauma, tragedy, threats, or even significant sources of stress - can help our children manage stress and feelings of anxiety and uncertainty. However, being resilient does not mean that children won't experience difficulty or distress. Emotional pain, sadness, and anxiety are common when we have suffered major trauma or personal loss, or even when we hear of someone else's loss or trauma.

Here are some suggestions for building resilience in children and teens:

- **Help your child build connections.** Connecting with others provides social support and strengthens resilience. Teach your child the importance of engaging and connecting with family members as well as their peers, including the skill of empathy and listening to others. Find ways to help children foster connectivity by suggesting they connect to family members and peers in-person or through phone, video chats, and texts. Building a strong family network helps to foster resilience.
- **Help your child by having them help others.** Children who may feel helpless can feel empowered by helping others. Engage your child in age-appropriate volunteer work or ask them to help you with tasks that they can master.
- **Have your child maintain a daily routine.** Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Work with your child to develop a routine, and highlight times that are for school work and play. Particularly during times of distress or transition, you might need to be flexible with some routines. At the same time, schedules and consistency are important to maintain and are comforting to children.

- **Teach your child self-care.** This may include making time to eat properly, exercise, and get sufficient sleep. Make sure your child has time to have fun, and participate in activities they enjoy. Caring for oneself and even having fun will help children stay balanced and better deal with stressful times.
- **Teach your child to set and move toward goals.** Teach your child to set reasonable goals and help them to move toward them one step at a time. Establishing goals will help children focus on a specific task and can help build the resilience to move forward in the face of challenges.
- **Encourage your child to develop a positive self-view.** Help your child remember ways they have successfully handled hardships in the past and help them understand that these past challenges help build the strength to handle future challenges. Help your child learn to trust themselves to solve problems and make appropriate decisions.
- **Help your child to keep things in perspective and maintain a hopeful outlook** Even when your child is facing very painful events or failure, help them look at the situation in a broader context and keep a long-term perspective. Although your child may be too young to consider a long-term look on their own, help them see that there is a future beyond the current situation and that the future can be good. An optimistic and positive outlook can enable children to see the good things in life and keep going even in the hardest times. And remember, failure is a natural part of the journey to success. While difficult, it presents invaluable opportunities for growth if handled constructively. The key is to acknowledge and accept failures when they happen, rather than ignore them.
- **Encourage you child to see that difficulty times are opportunities for self-discovery.** Tough times are often when children learn the most about themselves. Help your child take a look at how whatever they're facing can teach them "what am I made of."
- **Help your child to accept change.** Change often can be scary for children and teens. Help your child see that change is part of life and new goals can replace goals that have become unattainable. It is important to examine what is going well, and to have a plan of action for what is not going well.

*This article was adapted from information obtained from the American Psychological Association.*



## ANNUAL YOUTH FUNDING

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.

The Youth Bureau is supported by the Greene County Youth Advisory Board (YAB) who develop and recommend policies and procedures that guide the activities of the Youth Bureau in providing opportunities that improve the lives of the youth and families in Greene County. The Advisory Board reviews youth program applications and makes funding recommendations based on the guidance provided by NYS OCFS. for youth programs sponsored by any 501(c)(3).

For this period (Oct. 1, 2023 – Sept. 30, 2024), there are 4 distinct avenues of funding: Youth Development Programs, Youth Sports & Education Funding, Youth Sports & Education Funding Infrastructure, 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.
- **Youth Sports & Education Infrastructure (YSEFI)** - These funds were appropriated based on online gambling revenue and divided evenly among the state's 58 social services districts, with the rounding difference going to NYC. Eligible expenses include one-time investments in infrastructure for physical activity. Examples include improvements to sport fields or courts, building a storage unit to maintain equipment, the purchase of sporting equipment or uniforms, or similar costs.
- **Youth Team Sports Allocation (YTS)** - Provide awards to support youth 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.

The YAB is presently reviewing all the applications received for each funding category and anticipate announcing the awards sometime later in May. Good luck to all who applied. We wish we could grant full funding to all these worthy youth organizations but unfortunately have to make difficult decisions based on the amount of money allocated to each category.



## SUMMER YOUTH EMPLOYMENT PROGRAM (SYEP) YOUTH OPPORTUNITY FOR JULY - AUGUST 2024

The Columbia Greene Workforce Investment Office has begun the recruiting process for youth between the ages of 14-20 in Columbia and Greene counties for the Summer Youth Employment Program. Eligible participants will be provided meaningful work experience, while receiving financial literacy education, career guidance and a summer income. All participants will be required to attend a mandatory in-person orientation at Columbia-Greene Community College.

The Summer Youth Employment Program (SYEP) is funded by the Office of Temporary Disability and Assistance (OTDA). The Columbia Greene Workforce Investment Office (WIO) anticipates funding for both Columbia and Greene counties. Typically, the program runs for six weeks throughout July and into August. WIO provides the worksite and youth participants with an in-person orientation prior to the start date.

Eligible participants work for approximately 20 hours per week, earning minimum wage (\$15) per hour. More hours may be offered depending on funding received. The Workforce Office provides an interest profile form listing general career clusters for participants to indicate their preference.

**The application deadline is May 3, 2024**, which may be extended depending on the number of applications received. **Every school district in Columbia and Greene Counties has been sent the SYEP application. You can contact your guidance office, or Rebecca Preusser at WIO, for eligibility information and an application.**

Please contact Rebecca Preusser if there are any questions regarding the application process:

Rebecca Preusser, Assistant Director /Youth Services- CGCC WIO  
Phone (518) 697-6514 Email: [rebecca.preusser@columbiagreneworks.org](mailto:rebecca.preusser@columbiagreneworks.org)

The SYEP is also seeking local businesses to provide summer youth work experience to eligible youth. The Columbia Greene Workforce Investment Office has begun recruiting businesses to serve as a host worksite for youth ages 14-20 for the 2024 Summer Youth Employment Program (SYEP). Youth wages and workman's compensation are paid by Columbia Greene Community College. **Together, WIO and the Worksite strive to enhance the employability of participants by providing a well-structured and meaningful work experience, while learning work readiness skills.** The scheduled start date is July 8, 2024 and end date is August 16, 2024. These dates are dependent on the amount funding received. Please contact Rebecca Preusser for a worksite agreement and more details.

**Columbia Greene Workforce Office \* 4400 Route 23, Hudson, NY 12534  
(518) 697-6510**

*The Greene County Youth Advisory Board thanks Rebecca Preusser at the Workforce Office for sharing this information.*

# MARK YOUR CALENDARS NOW



**FAIR DATES & TIMES: THURS. JULY 25, FRI. JULY 26 and SAT., JULY 27  
9 A.M. - 9 P.M.**

**SUN. JULY 28 9 A.M. - 3 P.M.**

**For further information:**

**[Greene County Youth Fair \(thegreencountyyouthfair.com\)](http://thegreencountyyouthfair.com)**

**Or email [greenecountyagsociety@gmail.com](mailto:greenecountyagsociety@gmail.com)**

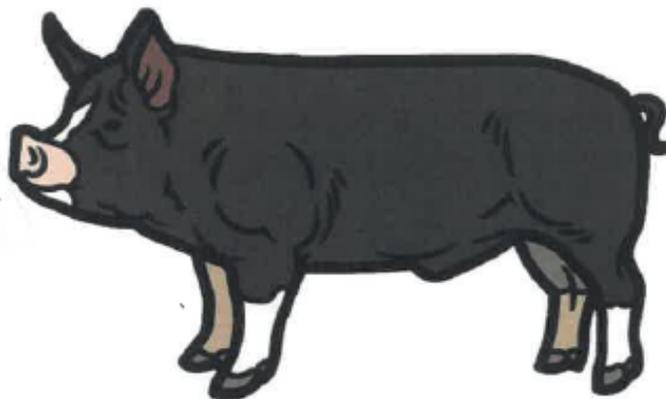
# GREENE COUNTY YOUTH FAIR PIG RAFFLE

WHOLE HOG WITH PROCESSING

## \$10 PER TICKET

**ONLY 500 TICKETS SOLD!**

FOR MORE INFO EMAIL  
[GREENECOUNTYAGSOCIETY@GMAIL.COM](mailto:GREENECOUNTYAGSOCIETY@GMAIL.COM)



**TICKETS AVAILABLE AT  
GREENE COUNTY DEPT.  
OF HUMAN SERVICES**

**DRAWING WILL BE HELD JULY 28TH, 2024**

**WHOLE HOG APPROXIMATELY CONSISTS OF:**

**2 HAMS**

**BACON, 16-20 LBS.**

**28-30 PORK CHOPS**

**2 BOSTON BUTTS & 2 PORK SHOULDERS**

**BULK SAUSAGE, ABOUT 16 LBS.**

**SPARERIBS, TENDERLOIN**

**HOG DONATED BY JOHNK FAMILY FARM LLC**

**PROCESSING DONATED BY EAGLE BRIDGE CUSTOM MEATS**

**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 of 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 level of contribution is \$3.00 per hour

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

**NUTRITION:**

- **Home Delivered Meals, Senior Congregate Dining or Mom's 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.

**TRANSPORTATION:**

- ◆ **Shopping Bus**

The suggested level of contribution is \$3.00 round trip

- ◆ **Senior Center Transportation**

The suggested contribution is \$1.00 for round trip

- ◆ **Medical (Homebound) Transportation**

All tolls are to be paid directly by the passenger. 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





As the number of seniors grows, so does the need for our vast array of 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 an older adult in need.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

I designate \$ \_\_\_\_\_ in appreciation of services **OR** In memory of \_\_\_\_\_  
to the following:

- \_\_\_\_\_ Consultation & Assistance      \_\_\_\_\_ In-home services      \_\_\_\_\_ Legal Services  
\_\_\_\_\_ Nutrition Program (Congregate/Home Delivered/Nutrition Counseling)  
\_\_\_\_\_ Transportation (Shopping Bus, Senior Center van, Medical)  
\_\_\_\_\_ Round Table News      \_\_\_\_\_ Senior Angel Program      \_\_\_\_\_ Where most needed

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

*Thank  
you*



*Delores Mazzola  
to the Greene County Round Table News*

*Ann T. Oliver to the Nutrition Program*

*Judy Hotaling  
to the Rivertown Senior Center  
In Memory of Frances Miller*



# Powered by Connection

[ACL.gov/OAM](https://acl.gov/OAM)  
#OlderAmericansMonth



Older Americans Month is observed every May in the United States as a time to recognize and celebrate the contributions of older adults to society. This year, the theme for Older Americans Month 2024 is ***“Powered by Connection.”*** The theme highlights the profound impact that meaningful relationships and social connections have on our health and well-being. By combatting isolation, loneliness, and other issues, connectedness plays a vital role in supporting independence and aging in place.

**Let’s celebrate the wisdom, resilience, and vitality of older Americans!**

# 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 monthly Wednesday, 1:30 p.m.

Acra Community Center

Contact person: President Pat Asaro, 518-821-6508

## CATSKILL:

### **CATSKILL SILVER LININGS**

2nd monthly Thursday, 1:00 p.m.

Robert C. Antonelli Senior Center

Contact person: President Sheila Pedersen, 518-719-5361

## COXSACKIE:

### **COXSACKIE AREA SENIORS**

2nd & 4th monthly Tuesday, 1:00 p.m.

Van Heest Hall, Bethany Village

Contact: Mary Kibbey, 518-634-7524

### **SENIOR CITIZENS of COXSACKIE**

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

Town of Coxsackie Senior Center

Contact: Pres. Dawn M. Smith, 518-857-4780

## GREENVILLE

### **GREENVILLE GOLDEN YEARS**

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

American Legion Hall

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

## MOUNTAIN-TOP:

### **MOUNTAIN TOP GOLDEN AGERS**

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

Tannersville Fire Hall

Contact person: Margaret Robinson

518-299-0218

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

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

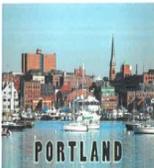
Windham Ambulance Building

Contact person: Lula Anderson

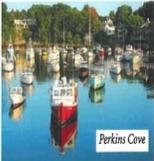
518-734-5360

# MAINE

Featuring Tours of Portland & Kennebunkport



**PORTLAND**



Perkins Cove

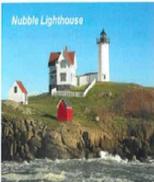
**4 DAYS - 3 NIGHTS**  
**SEPTEMBER 9 - 12, 2024**

\$708 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



Nubble Lighthouse





**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

## CASTLES OF NEW YORK

**4 DAYS - 3 NIGHTS**  
**SEPTEMBER 23 - 26, 2024**

\$754 Per Person Double Occupancy

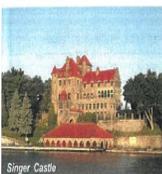
\$993 Per Person Single Occupancy

**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



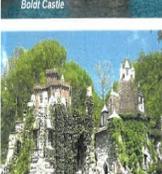
Singer Castle



Boldt Castle



MILLBROOK  
VINEYARDS & WINERY



**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

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

## 2024 WAJPL TRIP

August 21  
**COOPERSTOWN**  
*Cruising Otsego Lake  
on Glimmerglass Queen,  
Fly Creek Cider Mill  
& choice of local museums*





**\$40**

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

### MOUNTAINTOP GOLDEN AGERS

#### BUS TRIPS & ACTIVITIES for 2024 - RESERVE ASAP!!

**Sat. May 18<sup>th</sup> - "Menopause, The Musical 2: Cruising Through "The Change"**  
at The GE Theatre at Proctors - Schenectady, NY \$56  
A hilarious and heartfelt look at the joys of menopause & friendship - plus hot flashes, mood swings and memory lapses!! (Some tickets still available!)  
Lunch, on your own, at The Blue Ribbon Family Restaurant & Bakery prior to the show  
Bus p/u: Windham - 8:30; Hunter - 8:45; Tann - 9:00; Palen - 9:15; Catskill - 9:30

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**Thurs. July 4<sup>th</sup> - "Sister Act" Show - MacHady Theatre - Chatham \$78**  
Buffet Lunch at Whitestone Cafe before the show, included

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**Thurs. July 18<sup>th</sup> - AARP Defensive Driving Class w/lunch, Haines Falls Firehouse**  
\$37 member AARP & \$42 non-AARP members 8:30 am - 3:30 pm  
(Reservation Required - Max 20 people)

---

**Wed. July 24<sup>th</sup> - Lake George Luncheon Cruise \$65**  
after - Nettle Meadow Farms w/ self guided tour, goat cheeses & gift shop

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**Tues. August 6<sup>th</sup> - Tribute to Simon & Garfunkel, The Log Cabin - Holyoke, MA**  
Lunch: Twin Lobsters OR Prime Rib \$97

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**Overnight Trip: Wed. Oct. 30<sup>th</sup> - Thurs. Oct. 31<sup>st</sup>, 2024 (2 Days/1 Night)**  
LANCASTER, PENNSYLVANIA (\$80 Deposit)  
"Daniel" at Sight & Sound & "Hairspray" at Dutch Apple Theatre  
Wind Creek Casino visit - Lunch & shopping (\$30pp Bonus) on way down  
Bird in Hand Farmers Market, after "Daniel" for lunch w/ browsing  
Eden Resort accommodations including luggage service & breakfast buffet  
\$379 - (Double) \$359 - (Triple) \$469 - (Single)  
Flyers will be available at each meeting....call if need one mailed

---

Call Patty at: (518) 821-8670 for Reservations ASAP  
Send \$ in to keep reservation - No partial \$ on day trips, please!

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  
Hendonville, NY 12439



**OGUNQUIT PLAYHOUSE**



**BUS DEPARTS:**  
7:00am Windham, NY  
7:30am Catskills  
Returns at approx. 9pm

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

**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



**THE CAIRO GOLDEN AGERS  
WILL BE HOSTING A BUS TRIP  
JULY 31, 2024**

**LAKE GEORGE DINNER THEATER**

**I LOVE YOU, YOU'RE PERFECT, NOW CHANGE**

THIS MUSICAL COMEDY HIGHLIGHTS EVERYTHING YOU HAVE EVER SECRETLY THOUGHT ABOUT DATING, ROMANCE, MARRIAGE, LOVERS, HUSBANDS, WIVES AND IN-LAWS BUT WERE AFRAID TO ADMIT! IT IS THE SECOND LONGEST RUNNING OFF-BROADWAY MUSICAL AND HAS PLAYED ALL OVER THE WORLD.

BOOK & LYRICS BY JOE DIPIETRO – MUSIC BY JIMMY ROBERTS  
DIRECTED BY JAREL DAVIDOW

LUNCH SELECTION MUST BE PROVIDED AT THE TIME OF RESERVATION. TO MAKE A RESERVATION PLEASE CALL:

PAM O'REILLY (518) 821-8048 OR  
PATTY ASARO (518) 821-6508  
HANDICAPPED ACCESSIBLE

**LUNCHEON**

**CHICKEN FRANCAISE WITH SUPREME SAUCE** – Seared egg-battered chicken served with garlic mashed potatoes and market vegetables

**AROE ISLAND SALMON** – w/garlic lemon Dijon sauce. Baked 7-ounce center cut salmon served with garlic mashed potatoes and market vegetables

**CENTER CUT BONE IN PORK CHOP** – All natural 8-ounce chop lightly blackened w/pineapple mango mint chutney served with garlic mashed potatoes 7 market vegetables GF

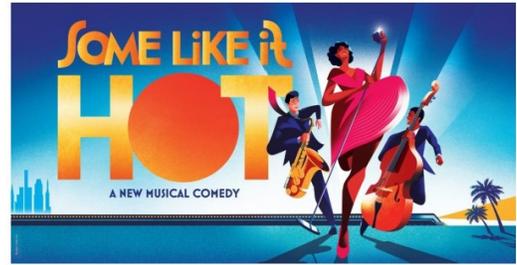
**PASTA PRIMAVERA** – w/fresh vegetables tossed in basil pesto sauce GF upon request  
NO SUBSTITUTIONS OR SPECIAL REQUESTS AVAILABLE

ALL ENTREES SERVED WITH SALAD, WARM ROLLS, ULTIMATE CHOCOLATE CAKE, COFFEE & HOT TEA

COST IS \$78 PER PERSON YOU MAY MAIL YOUR PAYMENT TO:  
CAIRO GOLDEN AGERS CLUB  
PAM O'REILLY  
11 ROLLING MEADOW ROAD  
CAIRO NY 12413

THE BUS WILL DEPART FROM CATSKILL THRUWAY AT 9:15

**WAJPL Golden Age Club  
BUS TRIP TO PROCTORS  
w/ brunch @ Cracker Barrel (on your own)**



**Super-Sized, All-Out, Song and Dance Spectacular!  
Thursday, September 19, 2024**

Departure time starts at 8:15 a.m. in Prattsville  
and  
based on pick-up location (Windham or Catskill) after

To make reservation, call:  
Mary Louise: 518-622-3397 or Vicky: 518-734-4164

Cost: \$70

Mail payment to:  
WAJPL Golden Age Club, PO Box 96,  
Pensenville NY 12439



**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



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



**CHRISTMAS AT  
BILTMORE HOUSE**

Featuring A Candlelight Christmas Tour

**5 DAYS - 4 NIGHTS**

**DECEMBER 9 - 13, 2024**

**\$879 Per Person**  
Double Occupancy

1203 Single

**PACKAGE INCLUDES:**

- Overnight Lodging To & From Asheville
- 2 Nights Lodging in Asheville
- 4 Breakfasts
- 2 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, incl. 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) 943-4253



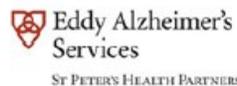
26 E. Lancaster Avenue, Reading PA 19607 \* 610-775-5000 \* 800-437-2323 \* www.whitestartours.com



# Alzheimer's Community Forum

Alzheimer's disease, dementia and memory loss

**Friday, June 7th | 11:30**



**Capital District YMCA – Greene County Branch**  
**35 NY-81 | West Coxsackie 12192**

Hear a brief overview on Alzheimer's, dementia and memory loss. Bring a friend who has been affected by the disease. Share your thoughts about how we can help people in your community.

Special guest Beth Smith-Boivin to offer a research update. Light lunch will be served.

**RSVP by June 3rd- [alz.org/CRF](https://alzheimer.org/CRF) or 518.675.7214 or [tarivera@alz.org](mailto:tarivera@alz.org)**

alzheimer's  association®



## **SUPPORT GROUP NAME: Hearthstone Support Group**

**Presented by:**  
**Alzheimer's Association**  
**Northeastern New York**

**DATE:** 4th Thursday each month

**TIME:** 10 — 11 a.m.

**ADDRESS:** Hearthstone Adult Day Care  
1187 NY-23A  
Catskill, NY 12414

For more information call 518.675.7214 or  
email [tarivera@alz.org](mailto:tarivera@alz.org)

### **Build a support system with people who understand.**

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.



**thru Regional Food Bank of NENY**

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

**ATHENS**

Community Food Pantry 518-610-1506

102 N. Washington St, Athens

Hours: Tues 2:00 pm -3:00 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: Mon. 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 1:00 pm - 4:00 pm

God's Storehouse Food Pantry 518-925-8826

3 Bogardus Avenue, Catskill

Hours: Tues 3 pm - 6 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: Tues. and Thurs. 10:00 a.m. - 11:00 a.m.

**COXSACKIE (CON'T)**

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: 2nd & 4th 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**

Prabhuji Mission Food Pantry 518-303-6390  
332 Rte. 31  
Hours: 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: 2<sup>nd</sup> and 4<sup>th</sup> Wednesday 1:00 pm - 3:00 pm  
3<sup>rd</sup> Saturday: Deliveries for mountaintop residents without transportation

**WINDHAM**

Windham Community Food Pantry 518-734-3826  
117 Route 296, Windham  
Hours: 2nd & 3rd Saturday 9:00 am - 12:00 pm  
Thursday in between Saturdays 5pm - 7pm





## GREENE COUNTY TAXI SERVICES

It is the Greene County Department of Human Services intention to provide useful information to the community. **This list has been compiled by the department for informational purposes only.**

***Greene County does not endorse or recommend any company. Greene County does not make any warranties, either express or implied, regarding the below-reference companies.***

***Greene County Department of Human Services does not provide any financial assistance for taxi services.***

- **COXSACKIE LOGISTICS:** (Coxsackie)  
Phone # (518) 731 – 3300  
Hours of Operation: Monday – Friday: 6 a.m. – 5 p.m.      Closed Saturday & Sunday
  
- **LEE'S TAXI:** (Greenville)  
Phone # (518) 966-4861  
Hours of Operation: Monday – Sunday: 4 a.m. – 8 p.m.
  
- **QUALITY RIDES TRANSPORTATION:** (Catskill)  
Phone # (518) 510 – 0406 or (518) 249 – 8138  
Hours of Operation: Monday – Saturday: 6 a.m. – 11 p.m.      Closed Sunday
  
- **S & M TAXI SERVICE** (Catskill)  
Phone: (518) 666 - 0388  
Hours of Operation: 24/7 7 days a week
  
- **SMILEY'S TRANSPORT:** (Tannersville)  
Phone # (518) 589 – 6533  
Hours of Operation: Monday – Friday: 9 a.m. – 4:30 p.m.  
Saturday: Appointment Only      Closed Sunday

# WORD SEARCH PUZZLE ANSWERS

