



# SENIOR CITIZEN'S ROUNDTABLE NEWS

JUNE 2013

*Published by Greene County Department for the Aging since 1976*

## UNLEASH THE POWER of AGE

Every year since 1963, May has been a month to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities. The theme for Older Americans Month 2013, *Unleash the Power of Age*, has never been more fitting. Older Americans are productive, active, and influential members of society, sharing essential talents, wisdom, and life experience with their families, friends, and neighbors.

Here in Greene County, the sentiments were echoed. At the May 15<sup>th</sup> Greene County Legislature's meeting, the month of May was proclaimed **GREENE COUNTY SENIOR CITIZEN'S MONTH**. At that time, the legislature recognized the older residents of Greene county as representing a wealth of knowledge; experience and are one of the County's most valuable resources. Today, over one-fifth of the County's total population is comprised of citizens 60 years of age or older and Greene County benefits greatly from the dedication and community awareness of its senior residents.

As part of that meeting, special recognition was given to several area seniors who were nominated for the annual Greene County Senior Citizen Awards. The awards recognize the outstanding contributions and achievements of senior citizens who have volunteered their time and energy to help other people, their communities, or special projects. Their dedication helps make Greene County a better place for us all. Receiving Certificates of Merit were Michael Battaglini and Cynthia Greene (Catskill) and Randall Finley (Coxsackie). Joseph Thornton of Durham was recognized for Outstanding Contribution by a Senior. Also honored but unable to attend were Bertha Jurcik (Athens); Ernie Armstead (Catskill); James Rulison (Coxsackie) and Richard Ferriolo (Greenville).



Receiving the highest award of Senior of the Year was Alice Schubert of Coxsackie. Alice has been a volunteer for "as far back as I can remember." She has been a volunteer with RSVP since 1986 by delivering meals and providing transportation to the homebound seniors, as well as volunteering at the Rivertown Thrift Shop in Athens. In addition she has served as a trustee to the D. R. Everts Library in Athens and has served as a board member to Rivertown Housing in Athens. At 90 years young, Alice enjoys the time she spends volunteering and receives satisfaction in helping others. She wishes more county residents, especially the young, would volunteer.



On Thursday, May 16, the 3rd Annual Senior Day was held at the historic point in Catskill. The event was started to honor senior award nominees and winners, as well as provide information on all the programs that the Department for the Aging has to offer county seniors. Since then it has grown to a day of fun and entertainment for the seniors while learning all that is available to them from not only Greene County, but other agencies and businesses. Entertainment was provided by the Catskill High School Choral group; Catskill Senior Center singers and Jim Riddle Line Dancers. Isabel Alvarez was the winner of the door prize, a beautiful potted plant and Joyce Raffeale won the raffle drawing.



**SENIOR CITIZEN'S  
ROUNDTABLE NEWS**

is published monthly by

**GREENE COUNTY**

**DEPT. of HUMAN SERVICES**

**411 Main St. Catskill, NY 12414**

**719-3555 TollFree (877)794-9266**

**aging@discovergreene.com**

**CONTACT US:**

**EXECUTIVE DIRECTOR**

**Therese McGee Ward**

**Aging Department Coordinators:**

**Aging Services - Connie Bentley**

**Nutrition - Tezera Hoovler**

**Office Staff:**

**Andrea Benjamin-Legg**

**Ken Brooks Rose Bundy**

**Cortney Carlson**

**Danielle Kane-Wade**

**Maureen Murphy**

**Sheila Ormerod**

**Ruth Pforte Carol Provost**

**Gwen Starke Carrie Vedder**

**Drivers:**

**Hamlet Bus Sue Ormerod**

**Nutrition Vans Janet Osborn**

**Patrick Murphy**

**Bethany Village Case Manager**

**Patricia Gessner**

The office is open 8:30am - 5pm Monday thru Friday. Agency staff each specializes in a variety of subjects. While walk-ins can sometimes be seen, the person who can best assist you may be unavailable at that time. We recommend you call ahead for an appointment

**TO SUBSCRIBE**

To receive electronically, please email **aging@discovergreene.com**

Mail delivery: Please contact or office at the address/phone number above.

**TO ADVERTISE:**

To help defray costs for printing & mailing, the RoundTable News accepts paid advertisements. Acceptance of ads does not constitute an endorsement of any type. For further information, call the office.

Greene County Department for the Aging operates five congregate

Senior service centers throughout the county:

**\* Rivertown Senior Citizens Center**

**Tami Bone, Senior Center Manager**

**2nd & Warren St., Athens**

**(518) 945-2700**

**Staff:**

**JoanAnn Rouse**

**John Lawrence**

**Shane Dillon**

**Lana Marrone**

**\* Acra Senior Service Site**

**Sandra Sherman, Meal Site Manager**

**Acra Community Center,**

**Old Rte. 23B, Acra**

**(518) 622-9898**

**Staff: Elaine Cherrington**

**\* Coxsackie Senior Nutrition Site**

**at Town of Coxsackie Senior Center**

**Renee Raffiani, Meal Site Manager**

**Mansion Street, Coxsackie**

**(Former Knights of Columbus Hall)**

**(518) 731-8901**

**\* Catskill Senior Nutrition Site**

**at Washington Irving Senior Center**

**Gethen Proper, Meal Site Manager**

**15 Academy Street, Catskill**

**(518) 943-5820**

**Staff: Martha Schilling**

**\* Jewett Senior Service Site**

**Pat Merwin, Meal Site Manager**

**Jewett Municipal Building**

**Route 23C, Jewett**

**(518) 263-4392**

**Staff: MaryAnn Brink**

**Gayle Ruvolo**

**CONGREGATE MEALS**

Each senior service center serves a hot noon-time lunch, Monday - Friday for a suggested donation of \$3.00. They are closed on legal holidays and inclement weather.

All congregate meals include:

**Meat or Alternative Entrée Vegetables & Fruit Bread & Milk Dessert**

We ask that you call at least one day ahead to make sure you are included in the lunch count.



Greene County Department for the Aging, a division of Greene County Department of Human Services, is pleased to provide area seniors with various services available through program funding provided by the Administration on Aging, New York State office for the Aging and Greene County. Additional confidential and voluntary donations received assist in expanding programs and services within Greene County. No one is ever denied services due to an inability to pay.

Possibly a family member or a friend may have received services from us, such as Home-delivered meals, in-home care or medical transportation. If so, what better way to remember that loved one than to make a donation in their memory for a program that assisted them in remaining in their own home. Charitable donations will help enable the department to assist others just as we have assisted your loved one. Any amount will be greatly appreciated.

Donations can be mailed to:

**Greene County Dept. for the Aging; 411 Main Street; Catskill, NY 12414.**

***Thank you very much!***



# GREENE COUNTY SENIOR SERVICE CENTERS

## ACRA SENIOR NUTRITION SERVICE CENTER ACRA COMMUNITY CENTER OLD ROUTE 23B, ACRA 622-9898

DFA Information & Assistance:  
2nd monthly Wednesday  
11 am

Cairo Crafters:  
1st & 3rd monthly Wednesday  
1 pm

## CATSKILL SENIOR NUTRITION SITE 943-5820

At Washington Irving Senior Center  
15 Academy Street, Catskill  
DFA Information & Assistance  
2<sup>nd</sup> Thurs of month, 11am

### CENTER ACTIVITIES

*Sponsored by Town of Catskill*

- \* **Mon:** Crafters - 1 pm
- \* **Tues:** Line Dancing - 10:30 am  
Weight Watchers - 11am  
Cards & Games - 1 pm
- \* **Wed:** Water Colors - 10am  
BINGO - 10:30 am  
Movie of Week - 1pm
- \* **Fri:** Exercise Class - 11 am

## JEWETT SENIOR NUTRITION SERVICE CENTER JEWETT MUNICIPAL BUILDING ROUTE 23C, JEWETT 263-4392

DFA Information & Assistance:  
4th monthly Fri - 11 am

Blood Pressure:  
2nd monthly Tues - 11am

## COXSACKIE SENIOR NUTRITION SITE 731-8901

At the Town of Coxsackie Senior Center  
127 Mansion St., Coxsackie

DFA Information & Assistance:  
3rd monthly Mon, 11 am

Blood Pressure: 2nd monthly Mon., 11 am

Exercise Class: Tuesday/Thursday, 10:30 am

Knitting: Tuesday, 11am

Line Dancing: Friday, 10am

## RIVERTOWN SENIOR CENTER 2ND & WARREN STS., ATHENS 945-2700

DFA Information & Assistance: 2nd Mon, 11am

BINGO: Wednesdays, 10:30 am

Blood Pressure: 3rd Thurs, 10:30

Crafters: 2nd & 4th Tues, 1pm

Exercise Class: Tues & Fri, 10:30

Games & Cards: Thurs: 1:15—4pm



The Rivertown Center in Athens recently sponsored Tai Chi and Zumba Gold classes. Both were a smashing success with a great turnout and favorable feedback. The instructor for Tai Chi was David Haines and classes ran for 9 weeks. Zumba Gold classes run until June 12 and are conducted by Cynthia Young. After the workouts, many seniors decided to stay for lunch.





## GREENE COUNTY SENIOR SERVICE CENTERS NUTRITION PROGRAM

**ALL PERSONS OVER AGE 60 CAN ATTEND LUNCH at ANY SITE**

**SUGGESTED DONATION IS \$3.00**

**All meals include Bread with Promise spread; Milk; Coffee and Tea**

	Monday	Tuesday	Wednesday	Thursday	Friday
JUNE 3 - 7	Liver & Onions Mashed Potatoes Carrots Mandarin Oranges & Pineapple	BBQ Chicken Potato Salad Broccoli Salad Apricot Juice Chocolate Mousse <i>Diet Dessert subst</i>	Seafood Pasta Salad Mexicali Veg. Salad Slice Tomatoes Orange Juice Brownies <i>Diet Dessert subst</i>	Pork Roast w/gravy Whipped Potatoes Old Fashioned Mixed Vegetables Cinnamon Applesauce	Spaghetti & Meatballs Spinach Tossed Salad Italian Bread Fresh seasonal Fruit
JUNE 10 - 14	Baked Chicken quarter w/gravy Mashed Potato Cranberry Juice Old Fashioned Vegetables Peaches	Ham Confetti salad <i>Low-Salt Diet Subst:</i> <i>Chicken for Ham</i> Marinated Carrots 3 Bean Salad Orange Juice Rye Bread Pineapple chunks	Beef Stew Green Peas Chocolate Chip Cookies <i>Diet Dessert subst</i>	Fresh Tilapia w/Tartar Sauce Baked Potato California Mixed Vegetables Tropical Fruit	Lasagna Brussels sprouts Tossed salad Italian Bread Red, White & Blue Parfait <i>Diet Dessert subst</i> 
JUNE 17 - 21 	Pork Chops w/Red Cabbage Whipped Potatoes Fresh Butternut Squash Apple	Macaroni-Tuna Salad Beet & Onion Salad V-8 juice Sliced Tomatoes & Cucumbers Fruit Cocktail	Salisbury Steak w/gravy Potatoes O'Brien California Mixed Vegetables Birthday Cake <i>Diet Dessert subst</i>	Roast Turkey w/Gravy Dressing Cranberry Sauce Whipped Potatoes Carrots Rice Pudding <i>Diet Dessert subst</i>	Chicken Caesar Salad Potato Salad 3 bean salad Dinner roll Fresh seasonal fruit
JUNE 24 - 28	Chicken Cacciatore Linguine California Blend Vegetables Fruit Cocktail	Kielbasa w/sauerkraut <i>Low-salt Diet Subst</i> German Potato Salad Marinated Carrots Hot-Dog Bun Pineapple Delight <i>Diet Dessert subst</i>	Lemon Pepper Fish w/tartar sauce Rice Pilaf Old Fashioned Mixed Vegetables Oatmeal Raisin Cookies <i>Diet Dessert subst</i>	Chicken Dijon Mashed Potato Mixed Beans & Carrots Mandarin Oranges	Sliced Turkey w/Swiss Cheese on Romaine Lettuce Pasta Salad Sliced Tomatoes & Red Onions V-8 Juice Strawberry Shortcake

# NUTRITION NOTES



## JUNE: NATIONAL DAIRY MONTH

National Dairy Month started out as National Milk Month in 1937 as a way to promote drinking milk. It was initially created to stabilize the dairy demand when production was at a surplus, but has now developed into an annual tradition that celebrates the contributions the dairy industry has made to the world. Eventually, the name changed to "Dairy Month."

National Dairy Month is a great way to start the summer with "3-A-Day" - three daily servings of milk, cheese, yogurt, or other nutrient-rich dairy foods. From calcium to potassium, dairy products like milk contain nine essential nutrients which may help to better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. Those are just a few of the reasons that you should celebrate dairy not just in June, but all year long.

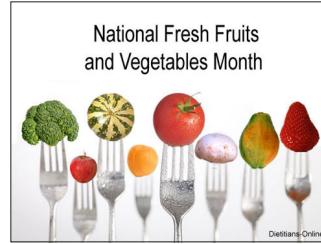
Consuming 3-A-Day of Dairy is an easy way to get a powerful punch of nutrients to help build stronger bones and healthy bodies and reduce the risk of osteoporosis. In addition, a growing body of research suggests that enjoying three servings of dairy foods a day as part of a nutrient-rich, balanced diet may help maintain a healthy weight. Incorporating three servings of low-fat or fat-free milk, cheese or yogurt can be easy and enjoyable with delicious meal, beverage, and snack solutions.

Here is great-tasting, wholesome recipe that offers 20% of the Daily Value for calcium and 10% of the Daily Value for protein per serving.

### Strawberry Frozen Yogurt Squares

- 1 cup crunchy wheat and barley cereal
- 3 cups fat-free strawberry yogurt
- 1 (10-ounce) bag frozen unsweetened strawberries (about 2 1/2 cups)
- 1 cup fat-free sweetened condensed milk
- 1 cup light or fat-free whipped topping (optional)

Line an 8x8-inch baking pan with foil. Sprinkle cereal evenly on the bottom of the pan; set aside. Place yogurt, strawberries and condensed milk in a blender; cover and blend until smooth. Pour the mixture over top of cereal, gently smoothing yogurt mixture to edges of pan. Cover with foil (or plastic wrap) and freeze for 8 hours or until firm. Use edges of foil to loosen and remove from pan; let recipe thaw for 5 to 10 minutes. Cut into squares, top with whipped topping, if desired, and serve.



National Fresh Fruits  
and Vegetables Month

We could all add more fruits and vegetables to our diets so why not use National Fruit and Vegetable Month as an excuse to do so? Unlike other foods, fruits and vegetables contain all of the nutrients

that the human body requires. They are packed with essential vitamins, minerals and fibers, contain disease-fighting phytochemicals, protect our health and accommodate weight management and they provide convenient snacking options which is essential these days with our busy lives. Whether it's an apple, some celery, carrots or a peach a fruit or veggie snack will appease both the taste buds and the appetite. That said, use this occasion to jump start your mission for nutritional success and make up for lost time not eating enough fruits and veggies. There are many ways to celebrate this nationally celebrated event - below are just a few you may want to try.

- **Plant a small garden:** June is the perfect month to start a small vegetable garden. There are even several small vegetables that can be grown right in a moderately-sized plant pot. So go ahead, and start an herb garden to add some flair to those summer dishes. If space allows, try growing carrots, cucumbers, peppers, tomatoes and spinach to add some vibrant colors to your salads from your garden.
- **Visit a local Farmer's Market or a farmer's roadside stand:** Buying fruits and vegetables locally grown is not only better for the environment but you will taste the difference and get more of the nutrients due to the reduction in travel and storage time. More than that, your local farmers will thank you for the support.
- **Try new recipes, like Grilled Corn**

4 ears of corn	Water
Olive Oil	Seasonings

*Peel the husk back far enough to remove the silk. Pull husk over the corn and dampen with a little water. Cook for about 10 - 15 minutes on a hot grill, turning occasionally. Brush with olive oil as it cooks. The corn is done when it turns a darker yellow and the kernels break when lightly pressed with a knife point. Serve with a variety of seasonings like chili pepper, Italian or one you like.*





## HYDRATION IN ELDERS: MORE THAN JUST A GLASS OF WATER

by Rita Miller-Huey

As we enter the warmer part of the year, it is more important than ever to drink enough fluids. This is particularly true for persons 65 and older - which could be both the caregivers and their loved ones. Not drinking enough fluids can cause unwanted symptoms, complications from existing disease conditions and may account for many hospitalizations of our elders. Water and juices are the best; coffee, tea and colas with caffeine as well as alcoholic drinks cause the body to lose fluids and are recommended only in small amounts.

Elders are at risk for dehydration for many reasons:

- Age related. There is less water in the older body, greater difficulty for the older kidney to maintain fluid balance and less thirst sensations in older folks in general.
- Disease-related reasons for dehydration range from the complex to the simple. Infections such as pneumonia, chronic obstructive pulmonary disease (COPD) and urinary tract infections increase the need for fluids due to fevers and the overproduction of mucus. Some diseases, such as congestive heart failure, renal disease, stroke or other neurological disorders

and diabetes cause changes in the function of various hormones that regulate the fluid balance in the body. Also, there are acute reasons for dehydration such as prolonged vomiting or diarrhea, over-aggressive diuretic therapy and poor compliance to medication regimens.

- Environmental reasons. A decrease in mobility for those with arthritis, diminished vision or confined to bed rest who cannot as easily meet their own needs. Those with diminished appetite or reluctance to bother others for something as simple as assistance in getting a sip of water are definitely at risk.
- Medication reasons. May cause increased fluid losses through the kidneys. Diuretics, sedatives and laxatives are common, necessary drugs that require close attention to fluid intake. Other drugs and alcohol can cause the kidneys to work harder, and may damage them, making it harder to maintain fluid balance.
- Psychosocial reasons. This is the elder who is cognitively impaired, and possibly unable to drink without full assistance, or those who may intentionally restrict fluid intake in the hopes of decreasing the risk of incontinence.
- Economic reasons. This may include the lack of financial resources to maintain nutritional and fluid intake, extreme or prolonged weather fluctuations and the possibility of elder abuse.

How could you tell if your loved one might be becoming dehydrated? Ask yourself if they have any of the above mentioned risk factors. If they complain of nausea, are lethargic, have headaches, vomiting or dizzi-

ness, these could all be signs of dehydration. Call your doctor if your loved one had any or all of these symptoms.

Keep track of how much your loved one actually drinks in a day. A simple way to do this would be to put two quarts of water in the refrigerator first thing in the morning. Give all fluids for your loved one from his or her special pitcher. By the end of the day, they should have drunk most of the 2-quart pitcher. It could be plain water, water with lemon or other fruit juices made with water. Regular tea and coffee do not count because they promote fluid loss. Decaffeinated teas and coffees are OK (if your loved one will not drink plain water or juices) because they are less likely to promote urination. Foods that melt at room temperature, such as gelatin or ice cream also have a lot of water content. Serve foods with sauces, juices and gravies - every little bit helps.

There are some diseases for which it is not appropriate to offer so many fluids: congestive heart failure, cirrhosis of the liver and kidney disease. However, for most of us, young and older, the rule of thumb is to drink, drink, drink to keep the body hydrated, and stay away from the hospital and all the tubes and therapy needed if dehydration does occur.





**RSVP**  
Lead With Experience

# VOLUNTEERS LIGHT THE WAY



## THANK YOU . . .

The Department for the Aging RSVP would like to thank all those who helped make their Nickel Social a success!



"Patriotism is not a frenzied outburst but the steady dedication of a lifetime."

*Adlai Stevenson*



## AMERICAN RED CROSS

Volunteers needed to work with American Red Cross's Disaster Action Team (DAT) which provides relief to victims of disaster 24 hours per day, 365 days per year. When alerted of a local disaster, DAT Volunteers respond to the site to provide relief services to clients who have suffered a loss. All new Red Cross volunteers go through an interview and application process that includes a background check and Orientation. DAT required training is provided including: Disaster Services Overview & Client Casework.

## HOMEBOUND TRANSPORTATION:

Do you enjoy driving? Would you like to help homebound seniors get to their medical appointments? Volunteer drivers choose the trips that they are available for - be it local or long distance trips. We offer mileage reimbursement to our volunteers to help defray expenses.

## FRIENDLY VISITORS:

Visit homebound clients in their homes on a regular schedule to chat, play cards, discuss the news, etc. This program provides companionship to clients who would otherwise be alone for great lengths of time.

## HOME DELIVERED MEALS:

This program is always in need of volunteers to deliver meals to homebound county seniors. You can be a significant help to us and brighten the day of these seniors with a commitment of approximately one hour one day, as many days as you are able. A personal vehicle is necessary. There is no age requirement - anyone can volunteer!

If interested in these opportunities or the many more we have to offer, please call Ruth Pforte at 719-3555 for more information.



*Located at the  
Rivertown  
Senior Center  
in Athens*

## Hours:

**Monday & Tuesday**

**9am - 11:30am    12:30pm - 2pm**

**Wed - Fri    9am - 11:30am**



## 2013 Driver Safety Programs

Carroll Watson, AARP Instructor 945-3301

*Become a safer driver!  
Possible discount on auto insurance premium!*



*To register for an upcoming class below,  
Call Maureen Sullivan 943-3291*

**To be eligible for course:**  
Must be age 50 or older (or spouse of such)  
and possess a valid NYS driver's license

## CLASS DATES & LOCATIONS/ All Classes are 1 - 4 pm

Tues June 11/Wed June 12	Rivertown Senior Center 2 <sup>nd</sup> & Warren Street, Athens
Thurs June 13/Fri June 14	Acra Senior Service Center Acra Community Center, Old Rte 23B, Acra
Wed Sept 4/Thurs Sept 5	Jewett Senior Service Center Jewett Town Bldg, Beaches Corners, Jewett
Tues Sept 17/Wed Sept 18	Town of Coxsackie Senior Center 127 Mansion St., Coxsackie
Tues Wed Oct 15/Wed Oct 16	Rivertown Senior Center
Thurs Oct 17/Fri Oct 18	Acra Senior Service Center

**COST FOR COURSE:**    **\$17.00 for AARP members**  
   **\$19.00 for non-members**



## RSVP CRAFTERS



In May, the RSVP Crafters held their annual tea at the Town of Coxsackie Senior Center with crafters from Athens, Cairo, Catskill and Coxsackie attending. The ladies worked on a project while enjoying an afternoon of exchanging patterns and ideas with refreshments. A great time was had by all.

Recently, the Crafters partnered with the “Hats for Hope” project. The crafters have completed more than 300 hats that are available free of charge to patients receiving chemotherapy in the area. For more information about the project, contact Ruth Pforte at 719-3555. Pictured are a few of the volunteers with some of the many hats. L to R: Jean Martin, Maybelle Winbush, Liz Jarvis, Joyce Raffaele, Dolores McPherson, Doris Patterson, Joyce Pelicano, Marie Walker and Joanne Sommers.

## **GREENE COUNTY SENIOR CITIZENS CLUBS**



### **ATHENS:**

**ATHENS SR. CITIZENS**  
2nd & 4th Monday, 1:15pm  
Rivertown Senior Center

### **COXSACKIE:**

**BETHANY VILLAGE  
TENANTS ASSOC.**  
3rd Wednesday, 1:15pm  
Van Heest Hall

### **CAIRO:**

**CAIRO GOLDEN AGERS**  
2nd & 4th Wednesday, 1:30pm  
Acra Community Center

### **COXSACKIE AREA SRS.**

2nd & 4th Wednesday, 1:15pm  
Van Heest Hall,  
Bethany Village

### **MOUNTAIN-TOP:**

**MTN. TOP  
GOLDEN AGERS**  
4th Thursday, 1:30pm  
Tannersville Village Hall

### **CATSKILL**

**CATSKILL SENIOR  
FELLOWSHIP**  
3rd Thursday, 1:00pm  
Washington Irving Center

### **SR. CITIZENS of COXSACKIE**

1st & 3rd Monday, 1:30pm  
Coxsackie Center

### **W-A-J-P-L**

**GOLDEN AGERS**  
1st & 3rd Monday, 1:30pm  
Hensonville Town Bldg.

**RIP VAN WINKLE  
SENIOR CITIZENS**  
2nd Thursday, 1:00pm  
Washington Irving Center

### **GREENVILLE:**

**GREENVILLE  
GOLDEN YEARS**  
1st Wednesday, 1:30pm  
American Legion Hall