SENIOR CITIZEN'S ROUNDTABLE NEWS

SEPTEMBER 2013

Published by Greene County Department for the Aging since 1976

IT'S ALMOST THAT TIME OF YEAR - HEAP SEASON

The Home Energy Assistance Program (HEAP) is a federally funded energy program intended to provide assistance to low income households in meeting their immediate home energy needs. In New York State, HEAP is comprised of Regular HEAP (including Early Outreach) and Emergency HEAP.

Regular HEAP will open on November 18, 2013. The Early Outreach mail out begins at the end of August. Early Outreach is for only those clients who received HEAP benefits last season. No notices, payments or guarantee of Regular HEAP benefits will be issued prior to the program opening.

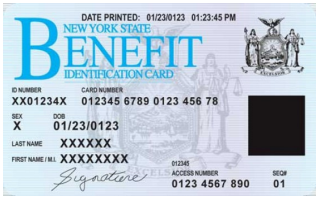
Emergency HEAP will open on January 2, 2014. No emergency benefits will be issued prior to that date and must follow a regular HEAP benefit.

To be eligible for HEAP, applicants must be US citizens or US Non-citizen National or qualified aliens; meet HEAP income guidelines (see below) and pay directly for heating costs or pay rent that includes heating costs.

Income guidelines for 2013 - 2014 HEAP are:	
Household Size	Income Limit* * Total gross monthly income
1	$2,175
2	$2,844
3	$3,513
For households of 4 or more, please contact our office	

When completing an application, remember to sign where requested and provide all pertinent documentation.

For further information, please contact:
Greene County Department of Human Services
Aging Department
411 Main Street, Catskill
719-3555



HOME DELIVERED MEALS & CONGREGATE MEAL SITES ACCEPTING EBT

Electronic Benefits Transfer (EBT) is an electronic system that allows a recipient to authorize transfer of their government benefits from a Federal account to a retailer account to pay for products received.

Greene County Department of Human Services (DHS) has now established an EBT link. Those that wish to use their NYS Benefit Identification Card to make a suggested meal cost donation can now do so.

THIS WILL ALL BE DONE CONFIDENTIALLY

If you would like to use the system, please contact Ken Brooks at the DHS office. He will mail you a voucher to complete (Name, Card number, Amount you wish charged to the card and Date). Be sure to sign and mail back to DHS. We will take it from there.

If you have any questions, please feel free to contact the office at:
Greene County Department of Human Services
Aging Department
411 Main Street, Catskill
719-3555

DEPARTMENT of HUMAN SERVICES ANNUAL MEETINGS

A series of meetings to review & comment on the Greene County Department of Human Services' plan for 2014 services to the elderly is being planned. These meetings are not only of interest to senior citizens but also to families, community agencies & policy makers who have questions or concerns about services to the elderly. They will be part of the agenda of several county Senior Citizens' Clubs at their October meetings. As of press time, specific clubs & dates were not finalized. Please check with the office (719-3555) for updates. The public is invited and encouraged to attend.

SENIOR CITIZEN'S ROUNDTABLE NEWS
is published monthly by
GREENE COUNTY
DEPT. of HUMAN SERVICES
411 Main St. Catskill, NY 12414
719-3555 Toll Free (877)794-9266
aging@discovergreene.com

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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, with the exception of July & August (4:30pm). Agency staff specialize in a variety of subjects. **While walk-ins can sometimes be seen, staff who can best assist you may be unavailable. 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, RoundTable News will accept 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 the Rivertown Senior Center in Athens, as well as Senior service/Nutrition Sites throughout the county:

*** Rivertown Senior Citizens Center**
Tami Bone, Senior Center Manager
2nd & Warren St., Athens
(518) 945-2700
Staff:
JoanAnn Rouse
Shane Dillon
John Lawrence
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**
Jewett Municipal Building
Route 23C, Jewett
(518) 263-4392
Staff: Gayle Ruvolo (Site contact)
MaryAnn Brink
Patricia Merwin

CONGREGATE MEALS

Each site 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.

THANK YOU FOR YOUR SUPPORT and GENEROSITY

As the number of seniors grows, so does the need for our vast array of services. The Department of Human Services/Aging Department 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 contribution will be used to provide service to another older adult in need. Thank you!

NAME: _____
ADDRESS: _____
_____

I designate a $ _____ donation in appreciation for services **OR** in memory of_____
for the following:

_____ Use where most needed
_____ Home-delivered meals
_____ Homebound transportation
_____ Nutrition Program/Congregate
_____ RoundTable News
_____ In-home services

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

GREENE COUNTY SENIOR SERVICE CENTERS

ACRA SENIOR 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
2nd 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 Town of Coxsackie Sr. Center
127 Mansion St., Coxsackie
DFA Information & Assistance:
3rd monthly Mon, 11 am

Blood Pressure: 2nd 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

Stop in & check out our great bargains!

AARP

2013 Driver Safety Programs

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

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

To register for an upcoming class, call AARP Instructors
Maureen Sullivan 943-3291
or
Carroll Watson, 281-1628

Must possess valid NYS driver's license
or
NYS learner's permit

CLASS DATES/LOCATIONS
All Classes are 1 – 4 pm

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 Sr. Center** *127 Mansion St., Coxsackie*
Tues Wed Oct 15/Wed Oct 16	**Rivertown Senior Center** *2nd & Warren Street, Athens*
Thurs Oct 17/Fri Oct 18	**Acra Senior Service Center** *Acra Community Center, Old Rte 23B, Acra*

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
SEPT 2 - 6	LABOR DAY ALL SENIOR SERVICE CENTERS CLOSED NO MEALS SERVED or DELIVERED	BRATWURST on a Hotdog bun w/SAUERKRAUT *Low-Salt Diet Subst* BAKED BEANS OLD FASHIONED MIXED VEGETABLES PINEAPPLE JUICE APPLESAUCE & COOKIES *Diet Dessert Subst*	BEEF STEW GREEN BEANS ORANGE BLOSSOM PUDDING *Diet Dessert Subst*	BAKED CHICKEN w/Gravy CRANBERRY SAUCE BRUSSEL SPROUTS WHIPPED POTATOES DINNER ROLL BROWNIE *Diet Dessert Subst*	CHEESE LASAGNA SPINACH TOSSED GREEN SALAD ITALIAN BREAD FRESH PEAR
SEPT 9 - 13	CHICKEN CHOW MEIN over Brown Rice PEAS & CARROTS FRENCH CUT GREEN BEANS TROPICAL FRUIT	HUNGARIAN GOULASH over Noodles OLD FASHIONED MIXED VEGGIES PINEAPPLE JUICE APPLESAUCE & COOKIES *Diet Dessert Subst*	ROAST PORK w/Gravy SWEET & SOUR CABBAGE OVEN ROASTED POTATOES FRESH SQUASH DINNER ROLL BIRTHDAY CAKE *Diet Dessert Subst*	MEATLOAF w/Gravy MASHED POTATOES BRUSSEL SPROUTS APRICOTS	CHICKEN & BISCUITS WHIPPED POTATOES BROCCOLI CANTALOUPE
SEPT 16 - 20	MACARONI & CHEESE STEWED TOMATOES 3-BEAN SALAD CRANBERRY JUICE APRICOTS	LEMON PEPPER FISH w/Tartar Sauce EXCALLOPED POTATOES CALIFORNIA MIXED VEGETABLES APRICOT NECTAR TROPICAL FRUIT	CORNED BEEF w/Cabbage *Low-Salt Diet Subst* PARSLEY POTATOES SLICED CARROTS CHOCOLATE PUDDING w/Whipped Topping *Diet Dessert Subst*	SWEDISH MEATBALLS over Egg Noodles OLD FASHIONED MIX VEGETABLES ORANGE JUICE APPLE CRISP Diet Dessert Subst	WHITE CHICKEN CHILI over Brown Rice CARROTS GREEN BEANS CRANBERRY JUICE CORNBREAD FRESH SEASONAL FRUIT
SEP 23 - 27	CHICKEN PARMESAN ROTINI in Tomato Sauce ITALIAN MIXED VEGETABLES TROPICAL FRUIT	SHEPHERD'S PIE BROCCOLI ORANGE JELL-O w/Mandarin Oranges *Diet Dessert Subst*	PORK CHOP w/Gravy SAUERKRAUT FRESH SWEET POTATOES CAULIFLOWER PARMESAN OATMEAL RAISIN COOKIE *Diet Dessert Subst*	ROAST TURKEY w/Stuffing & Gravy CRANBERRY SAUCE WHIPPED POTATOES CALIFORNIA MIXED VEGETABLES PUMPKIN PUDDING w/Whipped Topping *Diet Dessert Subst*	BAKED TILAPIA w/Lemon & Tartar sauce BAKED POTATO BRUSSEL SPROUTS V8 JUICE FRESH GRAPES
SEP 30	CHICKEN DIJON RICE PILAF SPINACH ORANGE JUICE PEACHES				

NUTRITION NOTES

SEPTEMBER:
NATIONAL CHOLESTEROL EDUCATION MONTH

Too much cholesterol in the blood is one of the main risk factors for heart disease and stroke—leading causes of death in the United States. One way to prevent these diseases is to detect cholesterol and treat it when it is found. And yet, most adults with high cholesterol don't have their condition under control.

What is cholesterol? Cholesterol is a waxy, fat-like substance that your body needs. But, when you have too much in your blood, it can build up on the walls of your arteries. This can lead to heart disease and stroke.

There are two kinds of cholesterol, high density lipoprotein (HDL). It is also called "good" cholesterol. There is also low density lipoprotein (LDL) cholesterol. It is also called "bad" cholesterol. Two out of 3 adults have high cholesterol—or high LDL "bad" cholesterol.

Here are ten best ways to lower your LDL.

1. **Consume foods that are naturally high in fiber**, especially soluble fiber. Soluble fiber is found in legumes, fruits and root vegetables, as well as oats, barley and flax. For every 1 or 2 grams of soluble fiber you consume daily, you will lower your LDL by 1%. Try to consume 10—25 grams of soluble fiber per day. Psyllium husk may help those who have trouble consuming enough; talk to your physician if this is the case.

2. **Eat 6 to 8 small meals daily** instead of 1 or 2 large ones.

3. **Use only nonfat dairy products.** Regular dairy products like whole milk, butter, cheese, cream cheese and ricotta cheese are very high in saturated fat. Cheese is the number one source of saturated fat in the American diet.

4. **Accumulate 30 minutes of moderate physical activity** on most days of the week to help raise HDL. Ideally, try to walk at least 2 - 3 miles per day at least 5 - 6 days a week. Start gradually and work up slowly.

5. Limit the amount of saturated fat you consume from red meat, restaurant meals, frozen foods and tropical oils. Ideally, you should consume no more than 5% of your daily calories from saturated fat (around 10 - 11g for most people.)

6. **Avoid foods with added trans-fat.** This fat comes from partially hydrogenated vegetable oils often found in fried foods and processed foods like crackers, baked goods and desserts. Choose foods with 0g trans fat on the label and be aware of foods that contain partially hydrogenated oils because they contain up to .49g per serving and still claim 0g.

7. Per the National Cholesterol Education Program, **limit your daily cholesterol intake to no more than 200 mg.** Cholesterol is found in high amounts in egg yolks and animal organs like liver.

8. **If you are overweight, lose weight.** This will help lower your total cholesterol and raise your HDL. The best way to lose weight and keep it off is to exercise and eat a diet that is high in fiber and low in fat and added sugar.

9. **Limit your intake of sugar and fructose.** This should lower triglycerides, aid weight loss and will help lower LDL.

10. **Consider using foods that have added sterols.** These include margarine, yogurt and orange juice. The National Cholesterol Education Program's Adult Treatment Panel III (ATP III) says "daily intakes of two to three grams per day of plant sterol/stanol esters will help reduce LDL cholesterol by 6 to 15 percent"
You can find plant sterols and stanol esters in plant foods like these:

- Brussels sprouts
- Legumes
- Rye bread
- Whole wheat (in the wheat bran and wheat germ)
- Sunflower and sesame seeds
- Almonds, cashews, macadamias and peanuts
- Canola, corn and olive oil

And here's a health benefit bonus: these plant components aren't just helpful for the heart; some evidence shows that they can help reduce the risk of certain cancers, including breast and prostate.

Remember to base most of your meals on fruits, vegetables, whole grains and legumes, with a minimum of animal protein foods low in saturated fat like nonfat dairy, fish and egg whites.

EMERGENCY SHELTER PREPAREDNESS for CAREGIVERS

Day-to-day coping is challenging enough – dealing with a disaster as well as Alzheimer's or other primary care giving responsibilities can be devastating for everyone.

Planning ahead can make all the difference. Your goal as caregivers is to identify potential challenges and take the steps necessary to guard against, and prepare for disasters, in order to reduce the confusion and disruption that can distress and alarm family members requiring care giving assistance.

The first step is to take time now to think about your daily routine – the foods you eat, the medications you take, the people you rely on, and so forth. Think about the ways in which these items might change if you were a victim of a disaster. Ask yourself: What kind of disaster could affect us? Where would we stay? What would we eat and drink? How would we communicate, get information, deal with medical emergencies, acquire supplies, and replace our belongings and medications?

Post the plan in a prominent place where you, family, friends, or neighbors can easily find it when an emergency strikes. Also, keep a copy with you. You may not be home when an emergency strikes, or you may not be able to return to your home. Your plan will have important information, such as phone numbers, and other details you will need to access.

Make sure everyone involved in your plan has a copy. Once you have developed your plan, discuss it with everyone involved, and make sure they have copies as well. Make sure this list gets any updates or changes to your plan.

Depending on the timing and nature of the disaster, you may find yourself sheltering at home. Certain storms may not be severe enough to warrant advance evacuations. Think about what you would need to do to cope at home. Excessive heat or extreme cold might be a factor. If you have a generator and feel comfortable using and maintaining it, you and your loved one may have fewer issues with confusion if you stay in your home's familiar environment. Or, you may decide that you would be better off staying with family. Now is the time to identify the need, locate the safe house and discuss the plan with family or friends.

Sometimes staying in your home is not an option. Tornadoes, house fires, and floods all might damage your house, or prevent you from returning home if you are away. You need to anticipate this happening and have a backup plan for shelter. Family or friends will most likely be your first choice, but they might also be affected, requiring that you stay in an emergency shelter.

Regardless if home or away, you must have food and water. Begin now to stock up on foods that you like, that meet your nutritional requirements (i.e. low sugar, low salt, high protein) and do not require cooking or refrigeration. Make sure you have a manual can opener.

Some good items to have on hand:
Granola bars; Peanut butter; Crackers; Tuna; and Cans of fruit or applesauce

Plan to have enough food for three days and take it with you if you have to evacuate to a shelter to ensure that you will have food you can eat.

Also, store one gallon of water per person per day for three days for drinking, cooking and washing. You will not have to take water to a shelter.

Rotate your supplies every six months to ensure freshness.

COLUMBIA-GREENE WALK to END ALZHEIMER'S

SATURDAY OCTOBER 5
DUTCHMAN'S LANDING, CATSKILL

Contact Bill Hinrichs

876-4999, ext 203

for further information

alzheimer's association®

ALZHEIMER'S CAREGIVER SUPPORT

Designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. Help participants develop methods and skills to solve problems. Encourages caregivers to maintain their own personal, physical and emotional health, as well as care for the person with dementia.

1st Wednesday of each month, 6:30pm
The Pines at Catskill
154 Jefferson Heights, Catskill
Contact: Karla Flegel
943-2042

RSVP
Lead With Experience

VOLUNTEERS LIGHT THE WAY

$500 FUEL RAFFLE

Sponsored by

Greene County Dept of Human Services RSVP

Drawing: December 12, 2013

$5.00 a chance

(Winner will need to provide Dept. with name of fuel provider & account number)

To obtain a ticket,
Contact any RSVP Advisory Council member
or call Ruth at 719-3555

Proceeds will help offset costs of Nutrition Services to area Homebound Seniors

2ND ANNUAL MOUNTAINTOP SENIOR HEALTH DAY

This event is free & open to the general public

Sponsored by:
Greene County Dept. of Human Services RSVP

September 12, 2013 10:00am – 4:00pm
Hunter Mountain Ski Bowl
Main Lodge, Colonel's Hall
Route 23 A - Hunter, NY

Shuttle service available from parking lot to entrance.

This is an educational outreach event, whose mission is to improve our communities' quality of life, by providing knowledge of resources & supportive services and to encourage health, safety, and well being.

For more information or to register for a booth,
please respond by September 6, 2013
by contacting Ruth Pforte (518) 719-3555
Rpforte@discovergeene.com

Please contact Ruth Pforte at (518) 719-3555 to volunteer for these positions and the many more we have to offer or further volunteer information. Please help us help others!

HOMEBOUND TRANSPORTATION

Do you enjoy driving? Would you like to help homebound seniors get to their 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.

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 per day, as many days as you are able. A personal vehicle is necessary. There is no age requirement - anyone can volunteer!

MARK YOUR CALENDARS NOW . . .
Annual Volunteer Recognition Luncheon
"Volunteers Reap What They Sow"

Thursday October 3, 2013
Community Life Church of Catskill

RSVP volunteers -
Make sure you have submitted your time
Watch your mailbox for your invite!

Deadline for reservations: September 23

Get your Flu Shot!

Mon. Sept. 23	Rivertown Senior Center, Athens
Tues. Sept. 24	Town of Coxsackie Senior Center
Wed. Sept. 25	Acra Community Center
Mon. Sept. 30	Town of Jewett Building

All clinics will run from 9:30am - 11:30am

Any senior citizen wishing to stay for lunch at the Senior Service Center after the clinic is invited to do so.

Kindly call the location at least a day in advance

Rivertown: 945-2700 *Coxsackie: 731-8091*
Acra: 622-9898 *Jewett: 263-4392*

GREENE COUNTY AGING SERVICES FOUNDATION, INC. *assuring dignified aging*

Please consider a contribution to the Greene County Aging Services Foundation

Seniors Helping Seniors

The Greene County Aging Services Foundation, Inc. raises funds to support some of the essential programs of the Department of Human Services.

The Foundation reimburses the kind, generous volunteers who transport local seniors to medical appointments. With cutbacks at all levels of government and the costs associated with Hurricane Irene, the County is in need of our support more than ever.

Volunteers provide this essential benefit out of goodness of their hearts, but very few of these wonderful people can afford to carry out this effort without some reimbursement for vehicle costs.

We, as seniors, recognize the value that such programs bring to our communities. Let us remember that many of our loved ones, friends and families have received personal benefits from this important service.

Please select one of the donation levels listed below:

___$5 Senior Friend ___$10 Senior Supporter
___$20 Senior Benefactor ___$50 Senior Patron
___Other

Please make checks payable to the Greene County Aging Services Foundation Inc., and mail to the Foundation c/o Department of Human Services, 411 Main Street, Catskill, NY 12414

Thank you
for your donation
to the
Greene County
Department
of Human Services.

Your kind
support and
generosity
will help
provide services
to an older adult
of the county.

Nancy Lagas:
In Memory of
Louis H Lagas

Vera Crewell
In Memory of
Susan Kniffen

GREENE COUNTY SENIOR CITIZENS CLUBS

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

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

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

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

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

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

SR. CITIZENS of COXSACKIE
1st & 3rd Monday, 1:30pm
Coxsackie Center

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

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

W-A-J-P-L GOLDEN AGERS
1st & 3rd Monday, 1:30pm
Hensonville Town Bldg.