

# SENIOR CITIZEN'S ROUNDTABLE NEWS

FEBRUARY 2014

*Published by Greene County Department of Human Services since 1976*



## GREENE COUNTY FOOD PANTRIES & SOUP KITCHENS

Should you be in need of assistance, please contact your local pantry.

TOWNSHIP	PANTRY NAME & ADDRESS	CONTACT PHONE #	HOURS
<b>ATHENS</b>			
	Community Food Pantry 2 First St, Athens	755-8395 or 731-1190	Tuesdays 2 - 3pm Thursday 4:30 - 5:30
	High Hill Church Schoharie Turnpike, Athens	821-3391	Wed 3 - 4:30; Fri 11 - 12 Thursday - By appt only
<b>CAIRO</b>			
	Resurrection Lutheran Church Route 23 B, Cairo	622-3286	Tues 6:30 - 7:30 Fri 10 - 11 & 11:30 - 2:30
<b>CATSKILL</b>			
	Community Action of Greene County 7856 Rte 9W, Catskill	943-9205	Mon, Thurs & Fri 2 - 4 pm
	God's Storehouse 3 Bogardus Avenue, Catskill	943-2709	Tuesday 6 - 7:30pm Wednesday 2:30 - 4pm
	Matthew 25 8 Union Street, Catskill	943-5890 or 821-7298	Sun 1 - 3pm; Wed 6 - 8pm Tues & Thurs 4 - 6pm
<b>COXSACKIE</b>			
	Coxsackie Food Pantry First Reformed Church, Mansion St	731-8603	Tues 1 - 2 pm; Thurs 7 - 8pm Sat 10 - 11am
<b>GREENVILLE</b>			
	Town Park Rte 32, Greenville	966-5226	2nd & 4th Wed 9:30 - 12
<b>JEWETT</b>			
	Presbyterian Church of Jewett 53 Church Street, Jewett	734-4473	Sundays 12 - 2:30pm
<b>WINDHAM</b>			
	Hope Resurrection Fellowship 117 Route 296, Windham	734-3826	Saturdays 11am - 2pm
	<b>SOUP KITCHENS</b>		
<b>CATSKILL</b>	2nd Baptist Church Main Street		Wednesday & Friday 12 Noon
	The Lions Den 310 Main Street	678-9041	Tuesday & Thursday 11:30am - 12:30pm
<b>FREEHOLD</b>	Freehold Church Route 67		Thursdays 4pm - 6pm

**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**

**CONTACT US:**

**EXECUTIVE DIRECTOR**

**Therese McGee Ward**

Aging Department Coordinators:

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Nutrition - Tezera Hoovler

Office Staff:

Andrea Benjamin-Legg

Ken Brooks Rose Bundy

Cortney Carlson

Danielle Kane-Wade

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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** with your name & email address

**US Postal delivery:** Please contact the address/phone number above.

**TO ADVERTISE:**

To help defray costs of publishing, the RoundTable News will accept paid advertisements. For further information, contact Ken at 719-3555.

Greene County Department of Human Services operates the Rivertown Senior Center in Athens, as well as Senior 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

**\* Cossackie Senior Nutrition Site**

*at Town of Cossackie Senior Center*

Renee Raffiani, Meal Site Manager

Mansion Street, Cossackie

*(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) 943-1343

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 622-9898



**Acra Community Center  
Old Route 23B, Acra**

DFA Information & Assistance:  
2nd monthly Wednesday, 11 am

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

## COXSACKIE SENIOR SERVICE CENTER 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: Tues/Thurs 10:30 am  
Knitting: Tuesday, 11am  
Line Dancing: Friday, 10am

## JEWETT SENIOR SERVICE CENTER 263-4392



**Jewett Municipal Building  
Route 23C, Jewett**

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

Blood Pressure:  
2nd monthly Tues - 11am

## CATSKILL SENIOR NUTRITION SITE



**at Washington Irving Senior Center  
15 Academy Street, Catskill  
943-1343**

*(Effective 1/2014: 943-5820 has been disconnected)*

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

## RIVERTOWN SENIOR CENTER 945-2700



**2ND & WARREN STS., ATHENS**

Info. & Assistance: 2<sup>nd</sup> 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

# GREENE COUNTY SENIOR SERVICE CENTERS NUTRITION PROGRAM

**ALL PERSONS OVER AGE 60 CAN ATTEND LUNCH at ANY SITE - SUGGESTED DONATION: \$3.00**

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

2014	Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEB 3 - 7</b>	<b>CHICKEN DIVAN RICE V-8 JUICE PINEAPPLE DELIGHT*</b> <i>* Diet Dessert Subst</i>	<b>MEATLOAF w/Pan Gravy BAKED POTATO SPINACH TROPICAL FRUIT</b>	<b>BAKED HAM w/Pineapple Sauce*</b> <i>*Low salt diet subst</i> <b>ESCALLOPED POTATOES BRUSSEL SPROUTS APRICOTS</b>	<b>MACARONI &amp; CHEESE CARROT COINS STEWED TOMATOES BIRTHDAY CAKE*</b> <i>* Diet Dessert Subst</i>	<b>CHILI con Carne OLD FASHIONED MIXED VEGGIES MANDARIN ORANGES</b>
<b>FEB 10 - 14</b>	<b>VEAL PARMESAN w/Linguini MIXED VEGETABLES PEACHES</b>	<b>BEEF STEW GREEN BEANS TROPICAL FRUIT</b>	<b>BROCCOLI CHEESE FISH FILLET w/Tartar Sauce MASHED POTATOES CALIFORNIA MIXED VEGETABLES PEARS</b>	<b>PORK CHOP w/Gravy STUFFING OVEN ROASTED RED POTATO CARROTS CRANBERRY JUICE CHOCOLATE CHIP COOKIES</b>	 <b>BAKED CHICKEN QUARTERS w/Cranberry Sauce FRESH SWEET POTATOES BROCCOLI STRAWBERRY PARFAIT</b>
<b>FEB 17 - 21</b>	 <b>PRESIDENTS' DAY</b>  <b>ALL SENIOR SERVICE CENTERS CLOSED</b>  <b>NO MEALS SERVED OR DELIVERED</b>	<b>TURKEY BURGER w/Peppers &amp; Onions SCALLOPED POTATOES BROCCOLI CHOCOLATE MOUSSE*</b> <i>* Diet Dessert Subst</i>	<b>BAKED CHICKEN PICCATA w/Orzo BABY CARROTS &amp; BEANS CRANBERRY JUICE TROPICAL FRUIT</b>	<b>ROAST PORK w/Gravy SWEET &amp; SOUR CABBAGE OVEN BROWNED POTATOES FRESH BUTTERNUT SQUASH LIME JELL-O with Pears</b>	<b>LEMON PEPPER FISH HERBED RICE SPINACH ORANGE JUICE SEASONAL FRUIT</b>
<b>FEB 24 - 28</b>	<b>SHEPHERD'S PIE BRUSSEL SPROUTS PEACHES</b>	<b>CHICKEN DIJON ROASTED RED POTATOES PEAS CRANBERRY JUICE MANDARIN OR- ANGES &amp; PINE- APPLE</b>	<b>HUNGARIAN GOULASH over Noodles GREEN BEANS APRICOT NECTAR BUTTERSCOTCH PUDDING*</b> <i>* Diet Dessert Subst</i>	<b>ROAST TURKEY w/ Cranberry Sauce DRESSING w/Gravy WHIPPED POTATOES CALIFORNIA MIXED VEGETABLES CHERRY JELL-O w/ STRAWBERRIES &amp; BANANAS*</b> <i>* Diet Dessert Subst</i>	<b>LASAGNA SPINACH TOSSED SALAD SEASONAL FRUIT</b>





# NUTRITION NOTES

## TEN COMMON HEALTH & FITNESS MISTAKES

Mistake management can be tricky. Stop mistakes before they start by sidestepping these common health and fitness errors. And if you do make a mistake, do your best to learn from it and get back to your goals right away.

**Skiping Meals:** Breakfast jump starts your metabolism. Avoiding lunch or dinner can cause calorie-loading late at night, when your body is slowing down. Eat sensibly, with three balanced meals and at least two snacks daily. It will help you maintain a healthy body weight.

**Avoiding gluten:** While people with celiac disease or gluten sensitivities have to avoid gluten, many others banish gluten in the name of weight loss. This can lead to nutrient deficiencies. Think about it . . . Grains that contain gluten (like wheat, barley, rye, etc.) also contain beneficial micronutrients like iron, magnesium, folate and fiber.

**Eating huge snacks:** Keep snacks to between 150 and 200 calories. Large snacks may cause weight gain.

**Overdoing fiber:** Get fiber from real foods like whole grains, beans, legumes, nuts and seeds, fruits and vegetables. Limit the processed inulin-fiber enhanced products - too much can stress your intestines.

**Focusing on the scale:** Skip the daily weigh in. Instead, focus on how your clothes fit. You can also measure the inches on your waistline instead of the pounds on the

scale.

**Dining Out Instead of Cooking at Home:** Learn how to whip simple and healthful meals. Dining out offers large portions and myriad temptations to overeat.

**Relying on Packaged Foods:** Although packaged meals can be calorie-controlled, encourage only occasional use of processed foods. Instead, foster a greater reliance on whole foods.

**Fasting or “cleansing”:** A three-day fast may be beneficial for some (as long as they are adequately hydrated), but what happens when it’s over? If people are juicing and getting nutrients in that way, that may be fine - but have a plan once the fast or cleanse is over. Without healthful habits, successful weight management is extremely difficult.

**Believing that the gym is only place to exercise:** Get moving wherever you are - physical activity counts anywhere. A bout of 10 minutes of stretch bands or 20 push-ups or even squats while you wash dishes - it all counts in the long run.

**Skimping on sleep:** Shut-eye is such an important part of your health routine. In fact, good sleep can help with weight loss. Try to aim for at least 7 - 9 hours every night.

*By Victoris Shanta Retelny, RD, LDN, author of The Essential Guide to Healthy Healing Foods*

## **FEBRUARY: National Hot Breakfast Month**



February has been named National Hot Breakfast Month.

The history of celebrating breakfast in the month of February was actually created by the Jimmy Dean Foods division of the Sara Lee Corporation. Jimmy Dean foods are known for producing heat-and-serve breakfast dishes (most notably with Jimmy Dean Brand Sausage) and found that over 60% of Americans eat cold cereal or another non-hot breakfast each day. This is why they started a month-long holiday to promote interest in hot breakfast options.

Today we always hear that breakfast is considered the most important meal of the day, but why? First, breakfast starts your day off right and gives you needed energy to get your body going for the day. Second in regards to weight loss, having a complete diet also gives the body balance and weight control. Not only can it help improve the way your body functions, but it also helps with improving focus and performance at school and at work.

The benefits to this wonderful meal is enormous and can be a wonderful start to anyone's day. Make breakfast a part of your morning routine!



## **EMERGENCY ROOM VISITS: A CAREGIVER'S GUIDE**

Your family member may someday have a medical emergency and need to go to a hospital Emergency Room (ER), which is also called an Emergency Department (ED).

An ER visit can be necessary but also stressful. It helps a lot to plan ahead to help you manage any emergency. This is one of the best ways you can help your family member.

### **What is an Emergency?**

An ER is the best place to be in a true emergency but it is not the best place for routine or non-urgent care. Sometimes it is hard to decide what to do when your family member is very ill.

Call your family member's doctor if you think there is an emergency and do not know where to go. If your doctor is unavailable, call 911. Be ready to answer questions that the 911 operator will ask.

Stay as calm as you can during the 911 call. Speak clearly about the problem. Listen closely so you can follow all instructions. The 911 operator may send an ambulance while you are talking. When the ambulance arrives, Emergency Medical Technicians (EMTs) will assess your family member. They may start giving oxygen, IV fluids, or other emergency care.

EMTs will take your family member to the nearest ER if his/her condition is very serious. You may ask to go to a different ER only if your family member is in less danger.

You may be able to go in the ambulance with your family member. If not, the EMTs will tell you which ER they are going to. You then must get there on your own.

Always go straight to the ER or call 911 if your family member has

any of these symptoms:

- \*Trouble breathing
- \*Pain or pressure in the chest or upper abdomen
- \*Fainting, feeling dizzy, or weak
- \*Sudden changes in vision
- \*Being confused, or delirious, having slurred speech, or demonstrating other sudden changes in mental status
- \*Sudden or severe pain
- \*Bleeding that cannot be controlled
- \*Diarrhea or vomiting that is severe or does not stop
- \*Coughing or vomiting blood
- \*Problems speaking or moving arms or legs (whether it just started, or got worse)
- \*An accident or serious fall

### **ER Visits Can Take a Long Time**

Most patients are in the ER for many hours. Your family member may stay a lot longer or be sent home more quickly. ER visits tend to take longer than going to a doctor's office. This is because patients may arrive all at once, unlike a doctor's office where patients have appointments throughout the day. Also, patients in an ER may need to wait for test results or a bed (if being admitted to the hospital).

You can help by telling staff if your family member needs extra care or seems to be getting sicker. From time to time, you can also ask for an update about your family member's health.

Speak up if you feel that the wait has gone on too long. The nurse may explain that this is due to tests,

Let the doctor or nurse know any special information to help with your family member's care. This might be about allergies, recent treatments, or changes in medication. The doctor, nurse, or other ER staff member may ask questions regarding your ER visit.

### **How Can Caregivers Help**

Support and comfort your family member. This might be asking for a blanket or just talking with him/her.

Trust your judgment. Tell the ER staff if you think that something is wrong or not going as well as it should. Be polite, but clear and firm, about these problems.

Speak up on behalf of your family member. Tell the ER staff all they need to know to care for your family member. This includes how to contact your family member's primary care doctor. Make sure to listen as well as talk.

Stay calm. Yes, this can be hard to do. The best way you can help is by calmly speaking up for your family member's needs. Ask to speak with a patient representative if you think your family member is not being treated fairly or with enough respect.

Do not leave your family member alone. You or someone else should stay with your family member until ER staff decides on a treatment plan. Staff may even ask you to step-out if the ER is very crowded. You can still wait in the waiting room.

Tell the staff if your family member is confused, frightened, has dementia or Alzheimer's disease. If so, it is extra important that you stay in the ER with your family member.

Write down important information, including your questions, as well as what the staff says about discharge and medications. It also helps to take notes when the staff gives updates about your family member's health.

Stay focused. You are in the ER because your family member needs medical care. Stay focused on what he or she needs, not other events going on in the busy ER.



# Volunteers Reap What They Sow



Lead With Experience



## SANTA'S LITTLE HELPERS

The ladies of the Cairo Crafters were as busy as elves during the holiday season. They made 60 lap robes for veterans; blankets and caps for newborn babies at St. Peter's Hospital and Columbia Memorial Hospital; chemo caps for the Greene County Womens Cancer League; children's hats for Head Start, Early Childhood and the Cairo Rotary, and tins of cookies for seniors receiving home delivered meals.

*Thank you ladies so very much!  
You exemplify true volunteer spirit!*



## PLEASE HELP US HELP OTHERS!

Please contact Ruth Pforte at (518) 719-3555 to volunteer for one of these positions or the many more we have to offer, or if you would like further volunteer information. We offer mileage reimbursement to help defray expenses or if you prefer, we can provide you with a receipt that you can use to claim on your income taxes.

### 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.

### HOME DELIVERED MEALS

This program is always in need of volunteers to deliver meals to homebound county seniors. Currently, we have a specific need for drivers for routes in Catskill and Coxsackie. 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.

### 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.





## **2014 DRIVER SAFETY PROGRAMS**

*Become a safer driver!*

*Reduce auto insurance premium!*

### **COST FOR COURSE:**

**\$20.00 for AARP members**

**\$25.00 for non-members**

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

### **CLASS DATES & LOCATIONS**

**6 hr class**

**Classes are for 2 days from 1 – 4 pm**

**Wed Apr 9 & Thurs Apr 10  
Wed Sept 17 & Thurs Sept 18**

**Town of Coxsackie Senior Center  
*Mansion Street, Coxsackie***

**Wed Apr 16 & Thurs Apr 17  
Wed Sept 3 & Thurs Sept 4**

**Town of Jewett Municipal Building  
*Beaches Corners, Jewett***

**Tues May 6 & Wed May 7  
Tues Oct 7 & Thurs Oct 8**

**Rivertown Senior Center  
*2<sup>nd</sup> & Warren Street, Athens***

**Thurs May 15 & Fri May 16  
Thurs Oct 16 & Fri Oct 17**

**Acra Community Center  
*Old Rte 23B, Acra***

*To register for an upcoming class or further information,  
Call Maureen Sullivan, 943-3291 or Mike Pirrone, 945-2122*



Your kind support  
and generosity  
by donating to the  
Greene County  
Dept. of Human Services.  
will help provide  
services to an older adult  
of the county.

The Carlsen Gallery  
in honor of  
Pearl Bower

Joseph & Katherine Izzo  
in honor of  
Joe & Glenna Moy

Anna Summers  
in memory of  
Charles Yungling

## **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



*Calling All Seniors!*

### **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.