SENIOR CITIZEN'S ROUNDTABLE NEWS

APRIL 2014

Published by Greene County Department of Human Services since 1976

GREENE COUNTY LEGISLATURE PROCLAIMS APRIL AS VOLUNTEER APPRECIATION MONTH

WHEREAS, the Greene County Department of Human Services relies upon volunteers to provide and assist with vital services to the elderly residents of Greene County; and

WHEREAS, volunteers are crucial to many of the department's Aging services, including home-delivered meals; transportation for medical appointments, and as Ombudsmen in area assisted living/long-term care facilities, and

WHEREAS, it has long been a tradition for the county's RSVP volunteers to perform work of a high quality and to brighten the lives of others while making Greene County a better place in which to live by serving community locations; and

WHEREAS, volunteers give freely of their energy, time, ability and experience; and

WHEREAS, the week of April 6 – April 13, 2014 is recognized throughout the United States as National Volunteer Appreciation Week

NOW THEREFORE, we, the members of the Greene County Legislature, do hereby proclaim the month of April as:

GREENE COUNTY DEPARTMENT of HUMAN SERVICES' VOLUNTEER MONTH

AND FURTHER, with great pleasure, we honor these volunteers and convey the sincere gratitude and appreciation of all our citizens for the dedicated, selfless and compassionate efforts of these volunteers.

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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Carol Provost Gwen Starke
Carrie Vedder - Youth Case Worker

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, 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

*** 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) 943-1343
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
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

RIVERTOWN SENIOR CENTER 945-2700

2ND & WARREN STS., ATHENS

Monday: 1st Mon. of month, "Movie Time" - 12:30

Tuesday & Friday: Exercise 11:00 – 11:30

2nd & 4th Tues. of month: Crafters 12:45 – 3:00

Wednesday: Certified Zumba Gold classes, 10am
Karaoke 10:30 – 11:00

Thursday: Cards, Games, Billiards 1:00 - done

Friday: Group games ("Mind Your Mind", "Name That Tune", etc.) 11:30 – lunchtime

Ballroom Dance Classes:

Taught by Ballroom Dance Instructor, Guy Apicella
Friday April 4th, 11th, 18th & 25th 1:30 – 2:30 p.m.

GREENE COUNTY 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

	Monday	Tuesday	Wednesday	Thursday	Friday
APRIL 1 - 4		MACARONI & CHEESE CALIF. MIXED VEG-ETABLES BEET SALAD FRUIT COCKTAIL	MEATLOAF w/Gravy BAKED POTATOES BROCCOLI PARMESAN APRICOT JUICE PINEAPPLE DELIGHT* *Diet Dessert subst	CHICKEN PICATA w/Orzo CARROT COINS CRANBERRY JUICE CHOCOLATE CHIP COOKIES* *Diet Dessert subst	VEGETABLE LASAGNA ITALIAN MIXED VEGETABLES TOSSED GREEN SALAD FRESH SEASONAL FRUIT
APRIL 7 - 11	KIELBASA *Low-Salt Diet Subst* BAKED BEANS SAUERKRAUT SLICED CARROTS ORANGE JUICE HOTDOG BUN FRUIT COCKTAIL	HUNGARIAN GOULASH RED CABBAGE OLD FASHIONED MIXED VEGETABLES CRANBERRY JUICE BROWNIE* *Diet Dessert subst	CHICKEN & BISCUITS MASHED POTATOES GREEN BEANS TROPICAL FRUIT	ROAST PORK w/Gravy APPLESAUCE OVEN BROWNED POTATOES FRESH WINTER SQUASH BANANA PUDDING *Diet Dessert subst*	LEMON PEPPER FISH BROCCOLI RICE au Gratin STEWED TOMATOES ROMAINE SALAD FRESH SEASONAL FRUIT
	NATIONAL VOLUNTEER WEEK – *Thank you Greene County volunteers!*				
APRIL 14 - 18	LEMON HERBED CHICKEN WHIPPED POTATOES OLD FASHIONED MIXED VEGETABLES PEARS	VEAL PARMESAN LINGUINI SLICED CARROTS ORANGE JELL-O w/MANDARIN ORANGES* *Diet Dessert Subst*	SALISBURY STEAK w/Pan Gravy POTATOES O'BRI-EN BROCCOLI APRICOTS	ROAST TURKEY w/ Gravy & Stuffing CRANBERRY SAUCE WHIPPED POTATOES BRUSSELS SPROUTS EASTER CAKE *Diet Dessert Subst*	BROCCOLI/ CHEESE FISH FILLET RICE PILAF SPINACH FRESH FRUIT
APRIL 21 – 25	BAKED CHICKEN QUARTER w/ Gravy WHIPPED POTATOES OLD FASHIONED MIXED VEGGIES CHOCOLATE MOUSSE* *Diet Dessert Subst*	SPAGHETTI & MEATBALLS WINTER MIX VEGGIES APRICOTS	BEEF POT ROAST w/Gravy OVEN BROWNED POTATOES CARROTS w/Orange Sauce CRANBERRY JUICE TROPICAL FRUIT	BAKED TILAPIA w/ Lemon Butter RICE PILAF SPINACH DINNER ROLL BIRTHDAY CAKE* *Diet Dessert Subst*	PORK CHOPS w/Stuffing & Gravy APPLESAUCE FRESH BAKED SWEET POTATO BROCCOLI FRESH FRUIT
APRIL 28 - 30	TURKEY BURGER w/Peppers & Onions on a Bun MACARONI SALAD TOMATOES & ZUCCHINI APRICOTS	SWEDISH MEATBALLS EGG NOODLES CALIF. MIXED VEG-ETABLES MANDARIN ORANGES	BAKED CHICKEN QUARTER w/Gravy WHIPPED POTATOES SPINACH BROWNIES* *Diet Dessert Subst*		

NUTRITION NOTES

TOP INGREDIENTS FOR A HEALTHFUL KITCHEN

Putting together a healthful kitchen and not sure where to start? Check out our top ten list of key ingredients to keep on hand. When in count, add bags of ready-to-eat fruits and veggies!

LETTUCE: It's a great idea to have lettuce on hand at all times. Even if you bring home takeout for dinner, you'll still have the building blocks for a side salad. Remember, My Plate insists that people fill half their plates with fruits and veggies at each meal. The easiest way for most people to eat more veggies is by eating more salad.

VINEGAR: Vinegar is a prefect dressing for salad because it adds tons of zest and flavor without any fat or sodium. Our go-to-vinegar is balsamic syrup, also know as balsamic reduction. Sure, it costs a bit more than regular vinegar, but a little of it goes a long way and really amps up the flavor of grilled chicken, cooked veggies, and salads.

CANOLA and OLIVE OILS: These oils contain unsaturated "good" fats, which makes them a more healthful choice than butter and other foods that contain saturated "bad" fats. However, these oils are still very calorie-dense. Use them sparingly in salads and brush just a few drops on vegetables before grilling.

KEY SEASONINGS -- GARLIC POWDER, ITALIAN SEASONING and BLACK PEPPER:

These three versatile seasonings add serious flavor and can get any cook out of a pinch. Spice and herbs are like shoes—you can never have too many! For example, Parmesan cheese delivers real cheese flavor in very small doses.

RICE: Rice is a great way to increase your whole grain consumption, replace some of the refined grains and processed foods in your diet, and add staying power to a plant-based meal. Try long grain brown rice, short grain brown rice, and black rice.

PASTA: Pasta is another mainstay of a healthful kitchen. It's perfect for a quick dinner - just add a few fresh herbs and sautéed vegetables and you will have a healthful and balanced meal. Stick to the whole grain varieties, but choose a range of different shapes. That will help dinner stay interesting for everyone.

BROTH: Broth can be used to cook soups, rice, veggies and pasta dishes. Choose low-sodium options for optimal heart health.

GREEK YOGURT: Greek yogurt is packed with protein and stays creamy even when it is made without fat. Eat nonfat light yogurt as a quick snack or dessert, and use nonfat plain yogurt as a replacement for sour cream or in other cooking projects.

CANNED TOMATOES: These can be added to pasta or beans, or you can make them into salsa or soup. Remember to use the ones without added salt.

CANNED BEANS: Prepared beans are a perfect base for chili, pasta, soups, and dip. Again, remember to use the ones without added salt.

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

ARE YOU A LOW-INCOME SENIOR? INTERESTED IN MEDICARE SAVINGS PROGRAMS?

There are several programs available to assist low-income individuals with Medicare premiums that Social Security takes out from individual checks each month. Programs are listed below with the income guidelines & coverage available. Please contact the Department of Human Services at (518) 719-3555 for specific information.

Qualified Medicare Beneficiary (QMB) - $978 monthly income for an individual, $1313 for a couple
Covers Medicare premiums, deductibles and coinsurance

Specified Low Income Medicare Beneficiary (SLMB) - $1169 monthly for an individual, $1571 for a couple
Covers Medicare Part B premiums only

Qualified Individual (QI-1) - $1313 monthly for an individual, $1765 for a couple
Covers Medicare Part B premiums only, available on a first-come/first-serve basis until funding is exhausted

No resource limit for NY residents—Automatically qualifies for Part D Extra Help

Medicare Preventive Services Checklist

See www.Medicare.gov for more specific information on your covered preventive services.

	Services	How Often?	Cost to Beneficiary
	Annual Wellness Exam	Once every 12 months after your first full year of Medicare Part B enrollment	Medicare pays 100%
	"Welcome to Medicare" Preventive Visit	Once within the first 12 months that you have Medicare Part B	Medicare pays 100%
	Alcohol Misuse Screening and Counseling	One screening per year. If doctor recommended, up to 4 face-to-face visits per year with qualified doctor	Medicare pays 100%
	Abdominal Aortic Aneurysm Screening	One-time screening ultrasound. Referral provided at their Welcome To Medicare visit	Medicare pays 100%
	Bone Mass Measurement	Once every 24 months for those with certain medical conditions	Medicare pays 100%
	Cardiovascular Disease Behavioral Therapy	One visit per year	Medicare pays 100%
	Cardiovascular Disease Screening	Once every 5 years	Medicare pays 100%
	Cervical Cancer Screening (Pap Smear and Pelvic Exam)	Once every 24 months or every 12 months for those at-risk	Medicare pays 100%
	Colorectal Cancer Screening	Frequency based on test for those age 50 and older. Ask your Doctor	Medicare pays 100% for most tests
	Depression Screening	One screening per year done in a primary care setting (like a doctor's office) that can provide follow-up treatment and referrals	Medicare pays 100%
	Diabetes Screening	One to two per year based on risk factors Ask your Doctor	Medicare pays 100%
	Diabetes Self-Management Training	Education for those with diabetes--doctor must provide written order	20% of Medicare approved amount (subject to deductible)
	Flu Shot	Once per Flu Season	Medicare pays 100%
	Glaucoma Screenings	Once every 12 months for those at-risk	20% of Medicare approved amount (subject to deductible)
	Hepatitis B Shot	Based on risk factors Ask your Doctor	Medicare pays 100%
	HIV Screening	Once every 12 months, or up to 3 times per year during pregnancy	Medicare Pays 100%
	Mammogram Screening	Every 12 months for women age 40 and older	Medicare pays 100%
	Medical Nutrition Therapy	Three hours per year for people with diabetes, renal disease or kidney transplant. Two hours per year after that	Medicare pays 100%
	Obesity Screening and Counseling	Counseling is covered for anyone found to have a body mass index of 30 or more	Medicare pays 100%
	Pneumococcal Shot	Usually once in lifetime	Medicare pays 100%
	Prostate Cancer Screening	Once every 12 months	Medicare pays 100% based on test
	Smoking and Tobacco Cessation	Up to 8 face-to-face visits per year	Medicare pays 100%
	Sexually Transmitted Infection (STI) Screening/Counseling	Once every 12 months for those at risk	Medicare pays 100%

Volunteers Reap What They Sow

RSVP
Lead With Experience

CelebrateService
National Volunteer Week
April 6-13, 2014

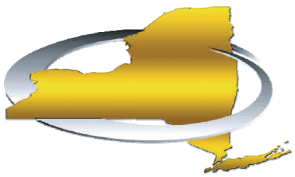
Thank you volunteers!

National Volunteer Week, April 6-13, 2014, is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It's about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals.

National Volunteer Week is about taking action and encouraging individuals and their respective communities to be at the center of social change – discovering and actively demonstrating their collective power to make a difference.

National Volunteer Week, a program of Points of Light was established in 1974 and has grown exponentially each year. This year marks the 40th anniversary of National Volunteer Week, demonstrating the enduring importance of recognizing our country's volunteers for their vital contributions.

You may not have saved a lot of money in your life, but if you have saved a lot of heartaches for other folks, you are a pretty rich man.
Seth Parker



IN THESE TRYING TIMES, WOULD YOU LIKE TO MAKE A DIFFERENCE IN THE LIVES OF OLDER ADULTS?

Volunteer Ombudsmen are needed for area nursing homes & adult care facilities.

Ombudsmen help give vulnerable seniors a stronger voice!

Ideal volunteers for this important position:

- ☆ are over the age of 21
- ☆ can commit to 2 - 4 hours each week for a 1 year period
- ☆ will take the 36 hour training course that is provided
- ☆ have good communication & interpersonal skills

If you would like to have additional information concerning this exciting volunteer position, call Ruth Pforte at 518-719-3555

IMPORTANT NOTICE:

The ALI Long Term Care Ombudsman program scheduled for March 13 was cancelled due to weather and was rescheduled to Thurs. April 10th at 10am.

Meals for the Homebound

HELP US HELP OTHERS!

Drivers needed to deliver meals one day a week to elderly, homebound seniors in Catskill & Athens area.

This takes approximately one hour.

Contact Ruth Jones Pforte
Greene County Department of Human Services
(518) 719-3555 or Toll free at (877) 794-9266

alzheimer's association
Northeastern New York Chapter
24-Hour Helpline 800-272-3900

Thursday, April 10
8 am-3 pm
Albany Marriott

$35 for Family Caregivers
$95 for Professionals

Register online at www.alz.org/northeasternny

at the caregivers conference ...

- **GET ANSWERS to your questions about Alzheimer's disease and dementia**
- **HEAR from local & nationally-recognized experts**
- **GAIN skills to improve caregiving**
- **VISIT over 50 exhibitors**
- **SHARE your experiences with other caregivers**

Keynote Speaker
G. Allen Power, MD

Geriatrician, author, and educator on models of care for older adults

Call 518-867-4999, ext. 200
for more information or to register

Scholarships & free respite available

PET FOOD PANTRY

If you are in need of pet food
or would like to donate,
Please contact
Jeffrey, 478-5414
Second Reformed Church
16 Washington Avenue, Coxsackie

SOCIAL SECURITY FIELD OFFICE SERVICE CHANGES

To meet increasing service demands despite shrinking budgets, Social Security has invested in technological innovations offering more convenient, cost-effective and secure options for the public. Considering these factors, Social Security is making some service changes in field offices across the country.

On **August 1, 2014, Social Security will stop offering Social Security number printouts.** Also, on **October 1, 2014, offices no longer will issue benefit verification letters.**

Social Security has collaborated with other federal, state and local agencies to build hundreds of robust data exchanges during the past few years. Today, Social Security provides more than 1.6 billion electronic verifications of Social Security numbers or benefit information to employers, state and local agencies, and other authorized third parties.

People needing proof of their Social Security or Supplemental Security Income benefits can get verification letters online instantly through a my Social Security account at www.socialsecurity.gov/myaccount. They also can get one mailed to them by calling the toll-free number, 1-800-772-1213 (TTY 1-800-325-***0778***).

WALK THE GREENE COUNTY RED CARPET

Vendor displays! Entertainment! Refreshments!
Dress as your favorite Hollywood personality!
Prizes for best costume! Door prizes!

If needing transportation,
sign-up at your area center or call 719-3555

Bring your camera & be part of the paparazzi!

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.