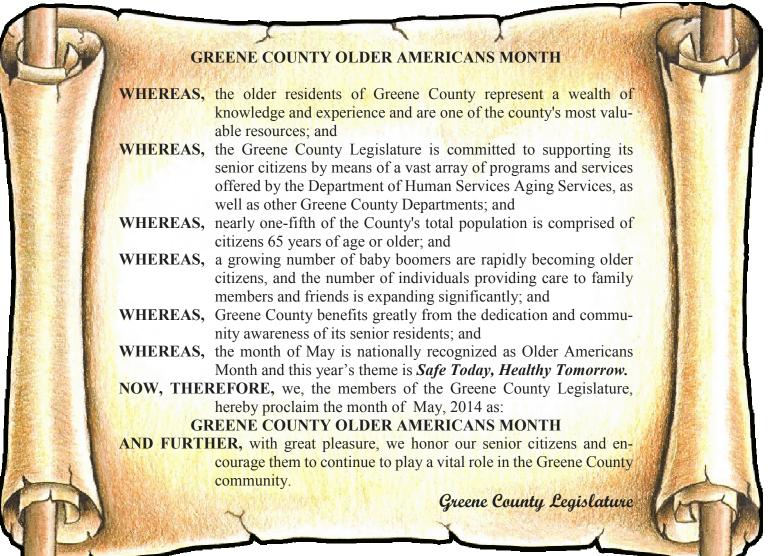


ENIOR CITIZEN'S ROUNDTABLE NEVVS MAY 2014

Published by Greene County Department of Human Services since 1976







REBECCA SHIELDS 2014 Greene County Senior Citizen of the Year





STEPHEN TUOMEY 2014 Greene County Outstanding Contribution by a Senior

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: Aging Services - Connie Bentley Nutrition - Tezera Hoovler

Office Staff: Andrea Benjamin-Legg Ken Brooks Rose Bundy Cortney Carlson Danielle Kane-Wade Maureen Murphy Ruth Pforte Carol Provost Gwen Starke Carrie Vedder - Youth Case Worker

Drivers:

Hamlet Bus Nutrition Vans Sue Ormerod 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 <u>US Postal delivery:</u> 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

* Catskill Senior Nutrition Site at Washington Irving Senior Center Gethen Proper, Meal Site Manager 15 Academy Street, Catskill (518) 943-1343 Staff: Martha Schilling

* 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

* 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.

IN MEMORY OF SHEILA A. (BENJAMIN) ORMEROD



The Greene County Department of Human Services would like to express their deepest sympathy to the family of Sheila Ormerod.

Sheila was an "angelic" member of the department for 10 years and will be missed. She always knew to place the client as #1 over all else.

Though death has taken Sheila from this world and we are apart, she will always be with us. She gave this department something that cannot be taken away . . . a treasure chest of happy memories and moments shared together.



GREENE COUNTY SENIOR SERVICE CENTERS

ACRA Senior Service Center 622-9898



Acra Community Center Old Route 23B, Acra

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

Cairo Crafters: 1st & 3rd monthly Wednesday 1 pm COXSACKIE Senior Service Center 731-8901



Town of Coxsackie Sr. Center 127 Mansion St., Coxsackie

Aging 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

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

> Blood Pressure: 2nd monthly Tues - 11am

CATSKILL SENIOR NUTRITION SITE



Washington Irving Senior Center 15 Academy Street, Catskill 943-1343 Aging 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 St. Athens

Aging Information & Assistance 2^{nd} Mon of month, 11am

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

<u>GREENE COUNTY NUTRITION PROGRAM</u> 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
MAY 1 - 2 2014	Memorial Day Never Forget Ever Honor			Baked Ham w/ Pineapple Sauce Low Salt Diet Subst: Low Salt Turkey Fresh Sweet Potatoes Brussels Sprouts Tapioca Pudding Diet Dessert subst	Chili Con Carne w/Rice Carrots Tossed Green Salad Cornbread Fresh Seasonal Fruit
MAY 5-9	Lemon Pepper Fish Fillet w/tartar sauce Wild Rice Carrots Mandarin Oranges	Chicken Dijon Whipped Potatoes Broccoli Peaches	Beef Stew Green Beans Cranberry Juice Lemon Mousse Diet Dessert subst	Roast Pork w/Gravy Applesauce Fresh Oven Browned Potatoes California Mixed Vegetables Chocolate Chip Cookie Diet Dessert Subst	Cheese Lasagna Spinach Tossed Green Salad Italian Bread Fresh Seasonal Fruit
MAY 12 - 16 Happy Mother's Day	Macaroni & Cheese Stewed Tomatoes California Mixed Vegetables Applesauce & Cookies Diet Dessert subst	Tilapia in Lemon Butter Sauce Baked Potato Zucchini Apricot Nectar Mandarin Or- anges	Roast Beef w/Gravy Mashed Potatoes Whole Baby Car- rots w/Orange Glaze Peanut Butter Brownies Diet Dessert Subst	SENIOR DAY at the POINT ALL SENIOR CENTERS CLOSED NO CONGEGATE MEALS OR HOME DELIVERED MEALS	Creole Pork Rice Green beans Romaine Salad Fresh Seasonal Fruit Armed Forces Day
MAY 19 - 23	Shepherd's Pie Broccoli Chocolate Pudding w/Whipped Topping Diet Dessert subst	Baked Chicken qtr w/gravy Mashed potatoes Spinach Ambrosia Diet Dessert subst	Pork Chop w/ Stuffing & gravy Oven browned potatoes Green Beans, Waxed Beans & Baby Carrots Cinnamon applesauce	Meatloaf w/gravy Scalloped Potatoes California Mix Vege- tables Sugar Cookies Diet Dessert subst	Roast Turkey w/ Stuffing & Gravy Cranberry Sauce Sweet Potatoes Brussels Sprouts Fresh Seasonal Fruit
MAY 27 - 31	MEMORIAL DAY ALL SENIOR CENTERS CLOSED No Congregate or Home Delivered meals	Broccoli Cheese Fish Filet w/Tartar Sauce Whipped Pota- toes Green Beans, Wax Beans & Baby Carrots Mandarin Or- anges	Turkey Burgers w/Onions & Peppers on a bun Scalloped Potatoes Zucchini & Tomatoes Peaches	American Goulash Broccoli Apricot Nectar Lemon Mousse Diet Dessert subst	Chicken Chow Mein Rice Oriental Vegetables Fresh Seasonal Fruit

STATES

May Is Egg Month



National Egg Month is celebrated in May to declare and remind people that eggs aren't just an Easter thing, but a nutritional food that can be enjoyed all year long. Eggs are a source of complete protein and are "nutrient-dense," containing only 75 calories while providing over 20 nutrients. Two carotenoids, lutein and zeaxanthin, are both abundant in egg yolks. These carotenoids help prevent the increasingly common eye disorder of age related macular degeneration that can lead to blindness.

Did you know ... today's eggs are lower in cholesterol and higher in vitamin D? Recent nutritional data from USDA researchers indicates the yolk of a large egg contains 41 IU of Vitamin D which is 64 percent more than in 2002. Cholesterol is down 14 percent to 185 milligrams from a previous level of 220 milligrams.

The Dietary Guidelines for Americans recommend individuals consume less than 300 milligrams of cholesterol a day. Independent of other dietary factors, evidence suggests that one egg (i.e., egg yolk) per day does not result in increased blood cholesterol levels, nor does it increase the risk of cardiovascular disease in healthy people. Consuming less than 300 mg per day of cholesterol can help maintain normal blood cholesterol levels. Consuming less than 200 mg per day can further help individuals at high risk of cardiovascular disease.

STRAWBERRY MONTH

May is National Strawberry Month. Strawberries are low in calories and high in Vitamin C. They contain antioxidants and may reduce the risk of heart disease and cancer. Research indicates strawberries may help improve memory. Remember to pick up a basket of strawberries for reasons of health and taste. These easy tips will help you get those berries from the basket to the table.

Pick market strawberries that are plump, bright red and have fresh green leafy caps. Refrigerate unwashed berries immediately. Wash them in cool water and pull off the green cap just before eating. Promptly throw out soft or moldy strawberries.

If you're watching your weight and have put ice cream on your "don't eat" list, think again ... Instead of a big dish of ice cream TOPPED by a handful of strawberries, enjoy a bowl of berries capped with a small scoop (about 1/2 cup) of ice cream.

ONE cup of strawberries provides about 50 calories and a generous amount of fiber, folate, potassium, vitamin C and antioxidants. A half cup of a light ice cream adds about 100 calories, as well as calcium. With a combined total of around 150 calories your taste buds AND your waistline can be happy!

Or how about a shake? Blend together 2 cups of strawberries, 2 cups

plain lowfat yogurt, 1 cup of ice cubes and 1 cup of lowfat milk until smooth.



GREENE COUNTY'S OWN LEPRECHAUN



On March 17, 2014, Greene County Legislator Gene Hatton, (District #3, Athens) participated in the 2014 March for Meals Community Champion Project.

Being of proud Irish heritage, and in honor of St. Patrick's Day, Gene helped serve a delicious Corned Beef and Cabbage dinner to the seniors that day at the Rivertown Senior Center in Athens.

Gene stated "I was the only "Ham" in the place, and enjoyed sharing smiles with my constituents."

In closing, the Greene County Department of Human Services says to Gene:

Go raibh maith agat ("Thank you" in Gaelic)





Volunteers Reap What They Sow



AARP



2014 DRIVER SAFETY PROGRAMS

Become a safer driver! Reduction on your auto insurance premium!

COST FOR COURSE:

\$20.00 for AARP members \$25.00 for non-members

To register for an upcoming class, call Maureen Sullivan 943-3291 or Mike Pirrone 945-2122

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

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

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

Thurs May 15 & Fri May 16 Thurs Oct 16 & Fri Oct 17 **Town of Coxsackie Senior Center** *Mansion Street, Coxsackie*

Town of Jewett Municipal Building *Beaches Corners, Jewett*

Rivertown Senior Center 2nd & Warren Street, Athens

Acra Community Center Old Rte 23B, Acra

NEW RSVP OFFICERS

Congratulations to Lillian Moore, Chairwoman; Anna Sutherland, Vice Chairperson, and Terri Brett, Secretary on their installation as officers for RSVP.



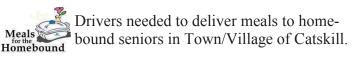
7th ANNUAL HEALTH FAIR in CATSKILL

Thank you to all of the vendors and seniors who came out to support RSVP's Annual Health Fair at the Washington Irving Senior Center in Catskill. The day was a big success!









Medical Transportation

Do you enjoy driving? Would you like to help homebound seniors get to medical ap-

pointments? Volunteer drivers can choose the travel/ distance they are available to provide.

If interested, contact Ruth Jones Pforte Greene County Dept. of Human Services (518) 719-3555 or Toll free at (877) 794-9266



Do you have computer access? Want to help Greene County save money?

Then Go Green(e) with the RoundTable News!

The RoundTable News is available electronically!

By going Green(e), you would help us save printing & mailing costs each month - thus allowing the Department to redirect the money to core services. Plus you would receive a FULL-COLOR VERSION of the RoundTable News!

If interested, just send a note with your name & email address to: aging@discovergreene.com

SUBJECT: RTN email subscription



Clifford & Marie Couchman In Memory of Sheila Ormerod

Your kind support and generosity by donating to the Greene County Department of Human Services will help provide services to a needy, older adult of the county.



FLAGS OF OUR HEROES

The newest initiative of Honor Flight, conceived by Dave Bauer, a Vietnam Veteran

& recipient of the Purple Heart, is "Flags of Our Heroes". This program is designed to show the respect so richly deserved to deceased WWII veterans. Even though they will never see their memorial, Honor Flight wants to provide the families with the opportunity to know that their loved one was shown the highest regard and respect at their memorial.

In order to do this, Honor Flight requests from the family of the deceased, a 5x7 photo of the veteran and a copy of the obituary notice, if available. A flag of a deceased WWII Veteran has been donated and is taken along with your Veteran's photo on a tour to the memorial in Washington, D.C. The flag & and veteran's photo are placed in front of the memorial with a photo taken. The family receives back an 8x10 photo with a certificate from Honor Flight honoring the veteran. All items taken to Washington are returned to the family after the trip.

For further information, please contact Honor Flight at <u>flags@honorflight.org</u>.

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

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.

