



Recently, the Greene County Legislature proclaimed the month of April as

## **GREENE COUNTY DEPARTMENT of HUMAN SERVICES' VOLUNTEER MONTH**

In the above photo, County Legislator Larry Gardner is shown presenting the proclamation to Terry McGee Ward, GCDHS Executive Director; Ruth Pforte, Volunteer Coordinator; Lillian Moore, RSVP Chairperson, and Marjorie Gildersleeve and Rosemary Graham, RSVP Advisory Council members.

## **HAPPY 100<sup>TH</sup> BIRTHDAY ANNE FETH**

Anne Feth of Bethany Village in Cossackie recently marked a milestone, her 100th birthday - though to see her you would never know it!

Anne was born in Saskatchewan, Canada on May 14, 1914 and was the eldest of four children. She grew up on a family farm and attended a one-room school. "Times were hard but life was very good."

Being of Hungarian background, she learned to write and speak the language but later in life, she worked hard to learn English. Today, she has perfect diction.

At age 20, she married Ignatius Feth ("Rex") and moved to the U.S., settling in Cossackie. Together they raised three children. At the young age of 72, she decided to get a drivers license and passed the test on the first time.

Today, at 100, she still cooks for herself. Though she has a walker, she is quick to abandon it and still get around.

Feth has seen a lot in her 100 years, and though life was tough early on, she has no harsh memories. "I don't get angry" she said which must be a key to her good health & long life. Happy Birthday Anne & many more.



*Seen in photo: The birthday girl, Anne Feth, with daughters Dorothy McCarthy and Margaret Matter*



**SENIOR CITIZEN'S  
ROUNDTABLE NEWS**  
is published monthly by  
**GREENE COUNTY  
DEPT. of HUMAN SERVICES**  
411 Main St. Catskill, NY 12414  
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   Danielle Kane-Wade  
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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 excep-  
tion 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  
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**TO ADVERTISE:**  
To help defray costs of publishing,  
the RoundTable News will accept  
paid advertisements. For further in-  
formation, 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 do-  
nation 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.



On Friday, May 2nd, the Rivertown Senior Center in Athens hosted a Hoe-  
Down. Lunch, assorted desserts, games and live music by Judy Polkow  
were provided to the seniors in attendance. Seen in above photo are center  
staff Shane Dillon, John Lawrence, JoJo Rouse, Lana Marrone, volunteer  
Theresa Balturitis, and Center manager Tami Bone



# GREENE COUNTY SENIOR SERVICE CENTERS

## ACRA SENIOR SERVICE CENTER 622-9898



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

DFA Information & Assistance,  
ōMedicare Minuteö  
2nd Wednesday, 11 am

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

## COXSACKIE SENIOR SERVICE CENTER 731-8901



**at Town of Cossackie Sr. Center  
127 Mansion St., Cossackie**

DFA Information & Assistance,  
ōMedicare Minuteö  
3rd monthly Mon, 11 am

Blood Pressure: 1st Mon., 11 am  
Genealogy Class: Mon/Wed 10:30am  
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  
ōMedicare Minuteö  
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  
ōMedicare Minuteö  
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**

DFA Information & Assistance  
ōMedicare Minuteö  
2nd Mon of month, 11am

Monday: 1st Mon. of month, ōMovie Timeö - 12:30

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

2nd & 4th Tues. of month: Crafters 1pm - 2pm

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

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

Friday: Group games (ōMind Your Mindö, ōName That  
Tuneö, etc.) 11:30 ó lunchtime






## GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS OVER 60 (and spouses) ARE INVITED TO ATTEND

SUGGESTED DONATION IS \$3.00

SERVED DAILY: BREAD with PROMISE SPREAD; MILK, COFFEE and TEA

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>JUNE 2 - 6</b>	Liver & Onions Mashed Potatoes Carrots Mandarin Oranges & Pineapple	BBQ Chicken Potato Salad Broccoli Salad Apricot Juice Chocolate Mousse <i>Diet Dessert subst</i>	Spaghetti & Meatballs Spinach Tropical Fruit	Seafood Pasta Salad Mexicali Vegetable Salad Sliced Tomatoes Orange Juice Brownie* <i>*Diet Dessert subst</i>	Pork Roast w/gravy Whipped Potatoes Old Fashioned Mixed Vegetables Fresh Seasonal Fruit
<b>JUNE 9 - 13</b>	Chicken Dijon 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 Pineapple chunks	Beef Stew Green Peas Chocolate Chip Cookies* <i>*Diet Dessert subst</i>	Fresh Tilapia w/ Lemon Butter Sauce Baked Potato California Mixed Vegetables Tropical Fruit	Lasagna Brussels sprouts Tossed salad Fresh seasonal fruit
<b>JUNE 16 - 20</b> 	Pork Chops w/Red Cabbage Whipped Potatoes Fresh Butternut Squash Apple	Macaroni-Tuna Salad Beet & Onion Salad V-8 juice Mandarin Oranges	Salisbury Steak w/gravy Potatoes O'Brien California Mixed Vegetables Birthday Cake* <i>*Diet Dessert subst</i>	Roast Turkey w/Dressing Cranberry Sauce Whipped Potatoes Carrots Rice Pudding* <i>*Diet Dessert subst</i>	Chicken Caesar Salad Potato Salad 3 bean salad Fresh seasonal fruit
<b>JUNE 23 - 27</b>	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 Rice Pilaf Old Fashioned Mixed Vegetables Oatmeal Raisin Cookies* <i>*Diet Dessert subst</i>	Chicken qtr Mashed Potato Mixed Beans & Baby Carrots Mandarin Oranges	Sliced Turkey w/Swiss Cheese on Romaine Lettuce Pasta Salad Sliced Tomatoes & Red Onions V-8 Juice Fresh Strawberry Shortcake  
<b>JUNE 30</b>	Chicken Rice Chinese Veggies Orange Juice Apricots				SUPPORT LOCAL FARMERS ... ENJOY STRAWBERRIES FRESH FROM STORY'S FARM



# NUTRITION NOTES

## JUNE: FRESH FRUIT & VEGETABLE MONTH

June is the best time to celebrate fruits and vegetables because grocery stores, farmer's markets and roadside produce stands are filling up with an abundance of seasonal favorites like tomatoes, melons, strawberries, lettuce and squash.

Challenge you and your family to a mystery basket dinner. Bring out a basket of fresh vegetables and have everyone help think of ways to make them into dinner. It might help to get a head start and get them thinking a few days in advance.

Here are a few recipes you might like to try:

### Chicken Fajita Salad

*Ingredients:*

1 teaspoon canola oil  
1/2 cup sliced onion  
1 sliced mild chili pepper  
1 cup sliced bell pepper  
8 oz. raw chicken tenders, sliced thin  
1 teaspoon chili powder  
1 teaspoon dried oregano leaves  
6 cups chopped romaine lettuce  
1 cup sliced fresh tomato  
1/4 cup sliced green onions  
1 cup sliced cucumbers  
1 tablespoon oil  
3 tablespoons vinegar

Sauté onions & peppers in oil until golden, about 3 minutes. Add the chicken & spices. Be sure to cook till chicken is fully cooked. Arrange the lettuce, tomatoes, green onions and cucumbers on a platter and place the cooked ingredients on top. Serve immediately, with oil & vinegar on the side.

### Lemon Glazed Fruit

*Ingredients:*

4 cups strawberries, hulled & halved  
2 cups seedless red grapes  
2 tablespoons sugar  
2 teaspoons finely chopped fresh mint  
Juice and zest of 1 lemon

Combine all ingredients in large bowl and toss gently. Serve immediately or refrigerate up to 4 hours before serving.

**Chef's Tip:**

If you don't have a lemon zester, use a vegetable peeler to remove the peel from the fruit, slicing off any bitter pith that remains. Then it's easy to slice the peel into very thin matchsticks.

This recipe is a great way to showcase summer fruit. Grab whatever appeals to you and give it a try.

## Tie-Dye Day

**Tuesday, June 24, 2014 9:30am**

**Town of Cossackie Senior Center**

**Come Tie-Dye your own shirt,  
shorts, socks, whatever**

*(Cotton works best)*

**Turn your wardrobe  
into a rainbow!**



### **TAMING THE PAPER TIGER: ORGANIZING HOUSEHOLD RECORDS**

*With Theresa Mayhew*

**Cornell Cooperative Extension**

*Sponsored by Greene County Department of Human Services*

If you are overwhelmed with piles of paper at home, this program can help you put your financial and personal records in order.

Topics to be covered include

- ◆ Ways to get started,
- ◆ Pros and cons of safe deposit boxes or home safes,
- ◆ Setting up home filing systems,
- ◆ What you should carry in your wallet.

Attendees will leave with resources that list what documents and records need to be kept, where they should be stored and for how long.

❖ Jewett Senior Nutrition Site	Thursday, June 5 <sup>th</sup>	11:30am
❖ Rivertown Senior Center	Thursday, June 12 <sup>th</sup>	11:30am
❖ Town of Cossackie Senior Center	Thursday, June 19 <sup>th</sup>	11:30am
❖ Washington Irving Senior Center	Friday, June 20 <sup>th</sup>	12:15pm
❖ Acra Senior Nutrition Site	Monday, June 30 <sup>th</sup>	12:15pm

If you wish to join us for noon time lunch, please call the center at least one day ahead of time to make sure you are included in the lunch count.



## Durable Medical Equipment

**Durable medical equipment (DME)** is equipment that helps you complete your daily activities. DME includes items such as walkers, wheelchairs, certain diabetes supplies, and oxygen tanks.

### DME Requirements

Medicare usually only covers DME that is prescribed by your doctor and is:

- Durable, meaning you can use it again;
- Designed to help a medical condition or injury;
- Suitable to use in the home, although you can also use it outside the home; and
- Likely to last for three years or more.

### DME Costs

- DME may be purchased or rented. In some cases you have a choice.
- If you have Original Medicare, it will usually cover 80 percent of the cost of your DME as long as you use approved suppliers. You or your supplemental insurance will be responsible for the remaining 20 percent.
- If you have a Medicare Advantage plan, your plan can set its own costs.
- Contact Medicare or your plan to find out the rules and cost for your DME.

### Where to Order Your DME

**If you have Original Medicare:**

- Which supplier you use depends on your area and what item you are ordering.
  - In some areas, called competitive bidding regions, Medicare only pays for most DME from a select group of suppliers known as contract suppliers. In other areas, you can use any supplier that has signed up to bill Medicare.
- Call 800-Medicare or go to [www.medicare.gov/supplier](http://www.medicare.gov/supplier) to find out which suppliers you can order your DME from.

**If you have a Medicare Advantage plan:**

- Contact your plan to find out the rules you must follow and the suppliers you can use.

© 2014 Medicare Rights Center | [www.medicareinteractive.org](http://www.medicareinteractive.org) | National Helpline: 800-333-4114  
These materials made possible by support from the Capital District Physicians' Health Plan.

May 2014 Handout

### 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: \_\_\_\_\_

\$ \_\_\_\_\_ donation \_\_\_\_\_ in appreciation for services **OR** \_\_\_\_\_ in memory of \_\_\_\_\_

for the following:

\_\_\_\_\_ Use where most needed      \_\_\_\_\_ In-home services      \_\_\_\_\_ Homebound transportation  
\_\_\_\_\_ Nutrition Program/Congregates      \_\_\_\_\_ Home-delivered meals      \_\_\_\_\_ RoundTable News

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



# Volunteers Reap What They Sow



Lead With Experience



## NEW YORK STATE SENIOR DAY CELEBRATION HONORS AGING VOLUNTEERS

Senior Citizens' Day 2014 was held on Tuesday, May 6 at the Hart Theater in the Egg at the Empire State Plaza in Albany. Annually, May is recognized as Older American's Month and this year's theme was *Safe Today. Healthy Tomorrow.*

At the ceremony, the New York State Office for the Aging (NYSOFA), along with county offices for the aging, honored older citizens from around New York State, with a focus on those who have lent their expertise to their communities through volunteerism. Representing Greene County at the ceremony were Rebecca Shields of Catskill and Stephen Tuomey of Tannersville.

Governor Andrew M. Cuomo said "It is a pleasure to greet everyone gathered for this special celebration of Senior Citizens' Day. Our senior community is valued as a special generation from which we can all learn. We admire and respect our older Americans for their wisdom and experience, and for continuing to enrich our lives in meaningful ways. Today, we honor a group of wonderful seniors who are dedicated to serving their communities. They illustrate the positive and power that volunteering can have on the life of one person or on the quality of life for an entire neighborhood. I applaud and congratulate your honorees for their spirit of volunteerism, civic involvement and accomplishments over many years."

Later that month, the Greene County Legislature presented proclamations to both winners, as well as Certificates of Merit to all the senior award nominees.

In addition, the Greene County Department of Human Services recognized the outstanding contributions to the community by all of the area senior citizens with the 4th Annual Senior Citizen Day on May 15, 2014 with festivities at the Historic Catskill Point. As we were going to press prior to both of these last events, stories and photos will appear in a special July issue of The Round-Table News.



## 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 Sept 17 & Thurs Sept 18	Town of Coxsackie Senior Center Mansion Street, Coxsackie
Wed Sept 3 & Thurs Sept 4	Town of Jewett Municipal Building Beaches Corners, Jewett
Tues Oct 7 & Thurs Oct 8	Rivertown Senior Center 2 <sup>nd</sup> & Warren Street, Athens
Thurs Oct 16 & Fri Oct 17	Acra Community Center Old Rte 23B, Acra

## Volunteers Needed



Drivers needed to deliver meals to home-bound seniors in Town/Village of Catskill.

### **Medical Transportation**



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

**PAID ADVERTISEMENT**

**APPLICATIONS NOW AVAILABLE**

**For Senior Apartments**

**Autumn Grove Apartments - Catskill**

**Orchard Estates - Catskill**

**Kaaterskill Manor - Catskill**

**Fairground Estates - Cairo**

**Windham Willows - Windham**

**Hemlock Nob - Tannersville**

One Bedroom Apartments of Subsidized Housing

For elderly and/or Disabled

Income Restrictions Apply

Rental Assistance and Universally Accessible Units

Applicants will be on waiting list

*Call or Write*

**Catskill Mountain Housing Development Corporation**

P.O. Box 473 • 448 Main Street

Catskill, New York 12414

**(518)943-6700**

**TTD# (800)662-1220**



**PAID ADVERTISEMENT**



The Greene County Department of Human Services would like to thank Ann Huetter for her recent donation. Your kind support and generosity by donating to the Department will help provide services to a needy, older adult of the county.

***Community Action  
Of Greene County, Inc.***

7856 Route 9W, Catskill, New York 12414

Telephone: (518) 943-9205 Fax: (518) 943-0343

Community Action of Greene County, Inc. would like to invite income eligible homeowners and or landlords in Greene County to apply for the free Weatherization Assistance Program. Energy efficient light bulbs, weather stripping, caulking, insulation, smoke detectors, & Carbon Monoxide detector, and furnace repair or replacement are just some examples of what Community Action of Greene County may be able to do for your home. Not income eligible? Try weatherization+PLUS. This program allows you to have small home repairs completed by highly trained techs for a minimal fee. Call for an estimate or application. 518-943-9205

**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.**

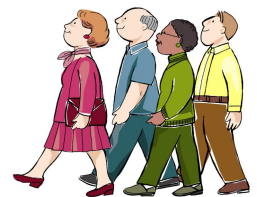
3rd Wednesday, 1:15pm  
Van Heest Hall

**COXSACKIE AREA SRS.**

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

**SR. CITIZENS of COXSACKIE**

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



*Calling All Seniors!*

**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.