

SENIOR CITIZEN'S ROUNDTABLE NEWS

AUGUST 2014

Published by Greene County Department of Human Services since 1976

DO YOU NEED HELP WITH MEDICARE COSTS?

For people on Medicare and living on a limited income, there is a program to help pay for some of your costs. The **Medicare Savings Program (MSP)** can help pay some or all of the Medicare premiums, co-payments and deductibles. To qualify for an **MSP**, you must have **Medicare Part A** and meet income guidelines. Eligibility varies per program, and a Health Insurance Counselor from Greene County Department of Human Services (Aging Department) will help you determine your eligibility, and, if you qualify, will assist you with an application.

The following documentation is required:

- Social Security card
- Medicare card
- Proof of address
- Proof of income
- Proof of date of birth
- Proof of insurance and premium

*Call 719-3555
to schedule an
appointment with a
HIICAP counselor*

Qualified Medicare Beneficiary (QMB): Pays for Medicare Part A & B premiums, deductibles and co-pays. If you have QMB, you will have no coinsurance or copayment for Medicare-covered services you get from doctors who participate in Medicare or who are in your Medicare private health plan's network. To qualify, gross monthly income must be below \$993 for a single person, \$1331, if married.

Specified Low- Income Beneficiary (SLMB): Pays for Medicare's Part B premium for people whose gross monthly income is below \$1,187 if single; \$1,593 if married.

Qualified Individual (QI): Pays for Medicare's Part B premium, but it is a limited program, and is available on a first-come, first- serve basis. Gross monthly income amounts: \$1,333 if single; \$1,790 if married. Resource amounts: under \$7,160 if single; \$10,750 if married.

Medicare Savings Program (MSPs)	Payment Assistance Provided
Qualified Medicare Beneficiary (QMB)	Medicare A Premium Medicare B Premium Deductibles for both Part A and B Coinsurance under both Part A and B
Specified Low-Income Medicare Beneficiary (SLMB)	Medicare B Premium
Qualified Individual Program	Medicare B Premium



Summer is finally here! What better ways to enjoy the sun and warm weather than with a dip in the pool, a baseball game, or neighborhood BBQ! And while summer is a great time to sit back and enjoy the weather, heat hazards can turn a picnic into panic.

Heat can be harmful because it pushes the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature. It's important to always be prepared, so that the only heat you're feeling is off the grill!

According to Ready.gov, here are a few simple things you can do inside and outside of your home to beat the heat:

- Build an emergency supply kit;
- Check air-conditioning ducts for proper insulation;
- Cover windows that receive morning or afternoon sun with drapes or awnings;
- Never leave children or pets, older adults or disabled persons alone in closed vehicles; even for a minute, because it could be deadly; and
- Drink plenty of water, even if you aren't feeling thirsty.

Local weather forecasts are a great way to stay aware of upcoming temperature changes. Learn how to get tuned into local alerts and warnings with American's PrepareAthon! Be Smart - Know Your Alerts and Warnings guide.

For more information on keeping it cool this summer, visit the National Weather Service's Beat the Heat website.

**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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Nutrition Vans Janet Osborn
Patrick Murphy
Dave Mokszycki

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
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 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.



**THANK YOU
FOR YOUR SUPPORT and GENEROSITY**

As the number of seniors grows, so does the need for our vast array of ser-
vices. 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

Aging Information & Assistance/
Medicare Minute:
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/
Medicare Minute:
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/
Medicare Minute:
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/
Medicare Minute:
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/
Medicare Minute:
2nd Mon of month, 11am

1st Mon. of month - "Movie Time" - 12:30
Tuesday & Friday: Exercise 11:00 ó 11:30
2nd & 4th Tues. of month: Crafters 1pm ó 2pm
Wednesday: Certified Zumba Gold classes, 10am
Karaoke 10:30 ó 11:00
Thursday: Cards, Games, Billiards 1:00 - done

Friday: Group games
(“Mind Your Mind”, “Name That Tune”, etc.)
11:30 ó lunchtime

BALLROOM DANCE:
(Must register as partners)
Friday August 8, 15, 22 & 29
1:30pm—2:30pm

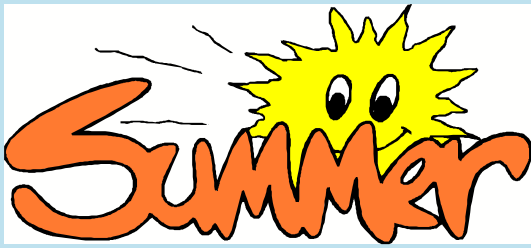


GREENE COUNTY NUTRITION PROGRAM

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
AUG. 1					CHICKEN CAESAR SALAD w/Romaine POTATO SALAD GARDEN VEGETABLE SALAD TROPICAL FRUIT
AUG. 4 - 8	CHICKEN TERIYAKI over RICE OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	BAKED HAM PINEAPPLE SAUCE <i>Low-Salt Diet Subst: Low Salt Turkey</i> FRESH BAKED SWEET POTATO BROCCOLI PARMESAN FRUIT COCKTAIL	BROCCOLI CHEESE FISH FILLET POTATOES O'BRIEN GREEN BEANS V-8 JUICE CHOCOLATE PUDDING w/ whipped topping <i>Diet Dessert Subst</i>	CHICKEN SALAD on Romaine Lettuce PASTA VEGETABLE SALAD TOMATO WEDGES ORANGE JUICE STRAWBERRY JELLO w/Sliced Strawberries & Pineapple <i>Diet Dessert Subst</i>	CHILI DOGS w/Onions & Sauerkraut on a bun <i>Low-Salt Diet Subst: Ham- burger on bun</i> BAKED BEANS CARROTS GERMAN CUCUMBER SALAD HONEYDEW MELON
AUG. 11 - 15	VEAL PARMESAN w/Linguine SPINACH CRANBERRY JUICE PEACHES	CHICKEN DIVAN RICE CARROT COINS APRICOT NECTAR LEMON MOUSSE <i>Diet Dessert subst</i>	MEATLOAF w/Gravy MASHED POTATOES OLD FASHIONED MIXED VEGGIES MANDARIN ORANGES	HAM CONFETTI SALAD <i>Low-Salt Diet Subst: Chicken Salad</i> 3 BEAN SALAD SLICED CUCUMBERS w/dressing APRICOT JUICE BROWNIE <i>Diet Dessert Subst</i>	BBQ CHICKEN QUARTERED OVEN ROASTED POTATOES FARM-TO-TABLE FRESH, LOCAL CORN on the COB CANTALOUPE
AUG. 18 - 22	MACARONI & CHEESE ITALIAN VEGETABLES STEWED TOMATOES CHOCOLATE MOUSSE <i>Diet Dessert subst</i>	TUNA SALAD PLATE POTATO SALAD CARROT RAISIN SALAD MANDARIN ORANGES & PINEAPPLE	PORK CHOPS w/Gravy STUFFING APPLESAUCE MASHED POTATOES SPINACH TROPICAL FRUIT	CHICKEN PICCATA w/Orzo CALIFORNIA BLEND VEGETABLES ORANGE CAKE <i>Diet Dessert subst : 2» square w/o icing</i>	CHILI CON CARNE W/RICE CARROTS TOSSED ROMAINE SALAD CORNBREAD FRESH SEASONAL FRUIT
AUG. 25 - 29	STUFFED SHELLS in Tomato Sauce OLD FASHIONED MIXED VEGETABLES SPINACH SLICED PINEAPPLE	IRISH PORK CHOPS w/Potato Stuffing PEAS & CARROTS CRANBERRY JUICE DINNER ROLL CHOCOLATE CHIP COOKIE <i>Diet Dessert subst</i>	BEEF POT ROAST w/Gravy WHIPPED POTATOES SLICED CARROTS BIRTHDAY CAKE	CHEF SALAD (Turkey, Roast Beef & Provolone on let- tuce w/tomato) POTATO SALAD GARDEN VEGETA- BLE SALAD CRANBERRY JUICE PEACHES	SALISBURY STEAK w/Gravy BAKED POTATO BRUSSEL SPROUTS SEASONAL FRUIT



NUTRITION NOTES

NATIONAL FARMERS MARKET WEEK

AUGUST 3 – AUGUST 9, 2014

Farmers markets are a mouth-watering journey through locally grown fruits & vegetables piled high on tables and tempting shoppers to stop & buy. The variety of fruits & vegetables grown and offered by farmers is an amazing sight of color, texture & smell. Where else will you find different varieties of eggplant, tomatoes and rainbow colored carrots?!? No one can resist the colors, shapes & sizes of the foods. You can buy in quantities to save dollars, and preserve the foods for the winter. Or buy just enough for dinner & nibble on the way home, too.

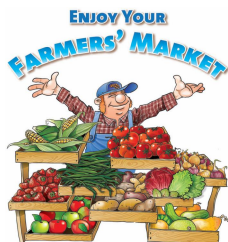
Farmers Market Nutrition Program Checks

Once a market season, a booklet of 5/\$4 checks are available to low income seniors. The checks are valid for fresh fruits & vegetables from participating farmers at markets throughout New York State. The checks give a nutritional boost to seniors, but also help to introduce people to the availability and affordability of farmers markets.

Here in Greene County, the Riverside Farmers' Market (Riverside Park, Coxsackie) and Bulich's Creekside Farm (Route 23B, Leeds) participate in the NYS Senior Farmers Market Nutrition Program. The Coxsackie Market operates from 4pm - 7pm on Wednesdays, May thru September. Bulich's is open Monday - Friday, Noon - 6pm and weekends 10am - 6pm. **Consumers are reminded that coupons are not accepted by all farmers at the Riverside Farmers' Market. They can only be redeemed with a participating farmer.** When wishing to use a FMNP coupon, look for the sign that states the booth is a participating farmer or be sure to ask if there is no sign.

To be eligible for the coupons, applicants must be at least 60 years of age with a household monthly income less than \$1,772 for an individual or \$2,392 for a couple, or receiving benefits through SSI, Public Assistance, or Section 8 Housing. In addition, they cannot receive Farmers Market checks from any other location to be eligible. **Checks must be picked up in person at a designated location.**

The party applying for the coupons **MUST** complete the application & receive the coupons. Proxies are not accepted, and coupons cannot be delivered to a home or done through the mail. Booklets can still be picked up at the DFA office (411 Main St, Catskill) weekdays between 9am and 4pm.



HOPE OR HYPE?

By Dr. Jo, aka Joanne Lichten, PhD, RD

Every day it seems that there's a new supplement on the market, promising to increase your stamina, decrease your weight, or help you put on more muscle mass. Do they work, or are they just a waste of money? Check out the rundown on the latest supplements - green coffee bean extract, raspberry ketones, and garcinia. Do they bring you hope or all just hype?



Green coffee bean extract, a compound found in unroasted coffee beans is supposed to help you lose body fat. But what's the science behind the claim? It turns out that there was only one study of 16 people, and that's what proponents of the extract are relying on. Plus the same thing is found in roasted coffee and black tea. **The Verdict: HYPE.**

Raspberry ketones are what give red raspberries their distinctive aroma. The ads for raspberry ketones assert that they will increase fat loss . . . even though no human clinical trials



have been conducted so nothing to support this claim? **The Verdict: HYPE**

Carcinia cambogia (aka HCA) is from the tamarind, a fruit that's commonly used as a condiment in Thai & Indian cuisine. The claim is that HCA will help weight loss by suppressing appetite, increasing metabolism and reducing body fat. However, three studies found that HCA doesn't help decrease weight or increase metabolism, in obese people. **The Verdict: HYPE**



So, if there's not enough solid evidence behind these supplements, why do people buy them? Because it is assumed that companies couldn't make the claims unless true. Unfortunately, the vitamin and supplement industry isn't regulated by the FDA and thus false claims are made. People may also use them because a friend used them successfully. Most of these results are from the placebo effect - people tend to make other changes that can improve their health but assume it was all due to the supplements.

TIP: Watch out for 2 signs of hype . . . the words "miracle", "secret", etc. and the promise that no change in diet or lifestyle is needed for dramatic results.

To enhance the lives of individuals with Alzheimer's disease and other dementias

Caregiver Support Group

The Alzheimer's Association's Caregiver Support Groups are designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. They help participants develop methods and skills to solve problems. The groups encourage caregivers to maintain their own personal, physical and emotional health, as well as optimally care for the person with dementia.

**Call (518) 867-4999, ext. 303 or (800) 272-3900, or visit us at
www.alz.org/northeasternny**

- To attend this support group
- To find a support group in another area
- To learn about other Alzheimer's Association programs and services
- To access our services day or night
- To volunteer your time and energy to achieve a world without Alzheimer's disease

Presented by Northeastern New York Chapter Alzheimer's Assoc.

LOCATION: The Pines at Catskill
154 Jefferson Heights
Catskill, NY
(Please use back entrance)

DATE/TIME:
1st Wednesday of month
6:30 p.m.

CONTACT: (518) 943-2042

Facilitator: Karla Flegel

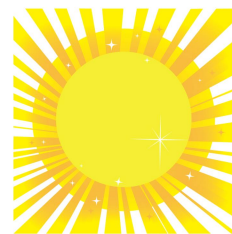


Volunteers Reap What They Sow



Lead With Experience

Save The Date



VOLUNTEERS BRING A RAY OF SUNSHINE

Greene County Department of Human Services
37TH ANNUAL RSVP RECOGNITION LUNCHEON
THURSDAY OCTOBER 9TH

All registered volunteers who have submitted their hours will receive an invitation in the mail.
Watch for it . . . If you don't receive yours, please call the office.

Volunteers Needed

Drivers needed to deliver meals to homebound seniors in Town/Village of Catskill.



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.

Volunteers are needed for the information desk at Greene Medical Arts Center in Catskill on Tuesday afternoons, and mornings on Wednesday and Thursday. Duties include assisting clientele with locating physicians' offices, diagnostic testing areas and more.



If interested in one of these positions
or the many more available,
contact Ruth Jones Pforte
Greene County Dept. of Human Services
(518) 719-3555 or Toll free at (877) 794-9266

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

CELEBRATING THE **RED, WHITE and BLUE**



On Thursday, July 3, a celebration in recognition of our nation's independence was held at Rivertown Senior Center in Athens. A delicious BBQ was served to all the guests.

Music was provided by Michael Siciliano for listening & dancing pleasure.

All agreed it was a great way to celebrate minus the fireworks.



GREENE COUNTY SENIOR CITIZENS CLUBS

ATHENS:

ATHENS SR. CITIZENS

2nd & 4th Monday, 1:15pm

Rivertown Senior Center

COXSACKIE:

BETHANY VILLAGE

TENANTS ASSOC.

3rd Wednesday, 1:15pm

Van Heest Hall

GREENVILLE:

GREENVILLE GOLDEN YEARS

1st Wednesday, 1:30pm

American Legion Hall

CAIRO:

CAIRO GOLDEN AGERS

2nd & 4th Wednesday, 1:30pm

Acra Community Center

COXSACKIE AREA SRs.

2nd & 4th Wednesday, 1:15pm

Van Heest Hall,

Bethany Village

MOUNTAIN-TOP:

MTN. TOP

GOLDEN AGERS

4th Thursday, 1:30pm

Tannersville Village Hall

CATSKILL

CATSKILL SENIOR

FELLOWSHIP

3rd Thursday, 1:00pm

Washington Irving Center

SR. CITIZENS of COXSACKIE

1st & 3rd Monday, 1:30pm

Coxsackie Center

W-A-J-P-L

GOLDEN AGERS

1st & 3rd Monday, 1:30pm

Hensonville Town Bldg.

RIP VAN WINKLE

SENIOR CITIZENS

2nd Thursday, 1:00pm

Washington Irving Center



Calling All Seniors!