



SENIOR CITIZEN'S ROUNDTABLE NEWS

SEPTEMBER 2014

Published by Greene County Department of Human Services since 1976



GREENE COUNTY
RURAL HEALTH NETWORK

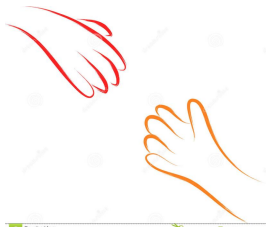
GREENE COUNTY RURAL HEALTH NETWORK TO SPONSOR RURAL HEALTH FAIR

Come & receive free information & testing on the following services:

BLOOD TESTS	BONE DENSITY
DENTAL SCREENINGS	BLOOD PRESSURE
HEALTH INSURANCE & PRESCRIPTION MEDICATION PROGRAMS	
MAMMOGRAMS	FOOD STAMPS & WIC
WEIGHT LOSS	STOP SMOKING
AND MANY MORE!!!!!!	

**SATURDAY SEPTEMBER 6, 2014
NOON—3PM**

**GREENE MEDICAL ARTS CENTER
159 JEFFERSON HEIGHTS, CATSKILL**



Attention Coxsackie-Athens Seniors:

HELPING HANDS

Greene County Department of Human ServicesøSenior Angels have teamed up with the Coxsackie - Athens Rotary Club to get the øHELPING HANDSö program back up and running again.

If you need some minor repairs done around the home (i.e.: changing light bulbs, changing screens to storm windows, or any other minor repairs), please let Greene County Human ServicesøSenior Angels know.

For further information, call 719-3555 and ask for the Helping Hands Coordinator.

*Note: Large jobs requiring a contractor
(i.e.: new roof, new deck or new fencing)
will not be considered.*



**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

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Aging Services - Connie Bentley

Nutrition - Tezera Hoovler

Volunteer Services - Ruth Pforte

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Carrie Vedder - Youth Case Worker

Drivers:

Hamlet Bus

Janet Osborn

Nutrition Vans

Patrick Murphy

Dave Mokszycki

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 Service Center Manager

2nd & Warren St., Athens (518) 945-2700

Staff:

JoanAnn Rouse

Shane Dillon

John Lawrence

Lana Marrone

*** Acra Senior Service Site**

Sandra Sherman, Aging Services Aide

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, Cook

MaryAnn Brink

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.



**Please
consider a
contribution
to the Greene
County Aging
Services
Foundation**

Seniors Helping Seniors

The Greene County Aging Services Foundation, Inc. raises funds to support some of the essential programs of the Department of Human Services.

The Foundation reimburses the kind, generous volunteers who transport local seniors to medical appointments. With cutbacks at all levels of government and the costs associated with Hurricane Irene, the County is in need of our support more than ever.

Volunteers provide this essential benefit out of goodness of their hearts, but very few of these wonderful people can afford to carry out this effort without some reimbursement for vehicle costs.

We, as seniors, recognize the value that such programs bring to our communities. Let us remember that many of our loved ones, friends and families have received personal benefits from this important service.

Please select one of the donation levels listed below:

___\$5 Senior Friend ___\$10 Senior Supporter
___\$20 Senior Benefactor ___\$50 Senior Patron
___Other

Please make checks payable to the Greene County Aging Services Foundation Inc., and mail to the Foundation c/o Department 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:
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
Genealogy class: Mon/Wed 10:30am,
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
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
3rd Thursday, 11am: Blood Pressure Screening




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

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
SEPT 1 - 5	 <p>LABOR DAY</p> <p>ALL SENIOR SERVICE CENTERS CLOSED</p> <p>NO MEALS SERVED or DELIVERED</p>	BRATWURST w/SAUERKRAUT <i>Low-Salt Diet Subst</i> BAKED BEANS OLD FASHIONED MIXED VEGETABLES PINEAPPLE JUICE APPLESAUCE & COOKIES <i>Diet Dessert Subst</i>	BEEF STEW GREEN BEANS ORANGE BLOSSOM PUDDING <i>Diet Dessert Subst</i>	BAKED CHICKEN QUARTERS w/Gravy & Cranberry Sauce BRUSSEL SPROUTS WHIPPED POTATOES DINNER ROLL BROWNIE <i>Diet Dessert Subst</i>	CHEESE LASAGNA SPINACH TOSSED GREEN SALAD FRESH SEASONAL FRUIT
SEPT 8 - 12	CHICKEN CHOW MEIN over Rice PEAS & CARROTS TROPICAL FRUIT	BAKED ZITI OLD FASHIONED MIXED VEGGIES MANDARIN ORANGES	ROAST PORK w/Gravy SWEET & SOUR CABBAGE OVEN ROASTED POTATOES WINTER SQUASH BIRTHDAY CAKE <i>Diet Dessert Subst</i>	MEATLOAF w/Gravy MASHED POTATOES BRUSSEL SPROUTS APRICOTS 	CHICKEN & BISCUITS WHIPPED POTATOES BROCCOLI SEASONAL FRUIT
SEPT 15 - 19	MACARONI & CHEESE STEWED TOMATOES 3-BEAN SALAD CRANBERRY JUICE APRICOTS	LEMON PEPPER FISH EXCALLOPED POTATOES CALIFORNIA MIXED VEGETABLES TROPICAL FRUIT	CORNED BEEF & CABBAGE <i>Low-Salt Diet Subst</i> PARSLEY POTATOES SLICED CARROTS CHOCOLATE PUDDING w/Whipped Topping <i>Diet Dessert Subst</i>	SWEDISH MEATBALLS over Egg Noodles OLD FASHIONED MIX VEGETABLES ORANGE JUICE APPLE CRISP <i>Diet Dessert Subst</i>	CHICKEN JAMBALAYA MEXICALI VEGETABLES CORNBREAD FRESH SEASONAL FRUIT
SEPT 22 - 26	CHICKEN PARMESAN ROTINI in Tomato Sauce ITALIAN MIXED VEGETABLES TROPICAL FRUIT	SHEPHERD'S PIE BROCCOLI MANDARIN ORANGES <i>Diet Dessert Subst</i>	PORK CHOP w/Gravy SAUERKRAUT FRESH SWEET POTATOES CAULIFLOWER PARMESAN OATMEAL RAISIN COOKIE <i>Diet Dessert Subst</i>	SALISBURY STEAK w/Gravy SCALLOPED POTATOES GREEN & WAXED BEANS w/BABY CARROTS STRAWBERRIES, PINEAPPLE & BANANNA in JELL-O	ROAST TURKEY w/Gravy & Cranberry Sauce STUFFING WHIPPED POTATOES CALIFORNIA MIXED VEGETABLES FRESH SEASONAL FRUIT
SEPT 29 - 30	CHICKEN DIJON RICE PILAF SPINACH ORANGE JUICE PEACHES	BROCCOLI CHEESE FISH FILET w/Tartar Sauce SCALLOPED POTATOES OLD FASHIONED VEGETABLE MIX ORANGE JUICE PEACHES			



NUTRITION NOTES

SEPTEMBER: NATIONAL BREAKFAST MONTH



For many people, breakfast is a low priority or not one at all. If you think you are saving time or cutting calories by skipping breakfast, think again. Making a healthy breakfast a part of your morning can help get you on track to make healthier choices throughout the day, increase your physical activity, and help curb over-indulging on convenience foods and overeating at lunch. A healthy breakfast replenishes your body and can have a positive impact on your general health. Check out these tips on why a healthy breakfast is important and how to make it happen.

Skipping Breakfast and Weight Gain

- Skipping breakfast may increase your chances for weight gain as it may leave you feeling famished - leaving the door open for temptations such as candy, chips and other foods

Health Benefits of Breakfast

- ☆ Research shows that those who eat breakfast regularly are more likely to have a healthier overall diet.
- ☆ Having a nutrient-packed start in the day gives you energy to perform better, both mentally and physically.
- ☆ Breakfast is one of the best times to eat whole grains, fruits and milk - three of the food groups encouraged by the new Dietary Guidelines.
- ☆ Healthy options include whole grains (oatmeal, whole grain cereals and breads), low-fat protein (peanut butter, lean slices of meat), low-fat dairy (milk, cheeses or yogurt), and fruits and vegetables (fresh or frozen or 100% juices)

Some Healthy Breakfast Ideas

- * Small whole wheat bagel with peanut butter, a banana and a glass of skim or low-fat milk
- * Fresh pineapple chunks mixed with low-fat cottage cheese & a slice of whole-wheat toast
- * Oatmeal, a whole-grain or bran cereal with skim or low-fat milk topped with dried or fresh fruit, chopped nuts and/or a sprinkle of brown sugar
- * An egg-white omelet, loaded with peppers & low-fat cheddar cheese, with turkey bacon on a whole grain English muffin

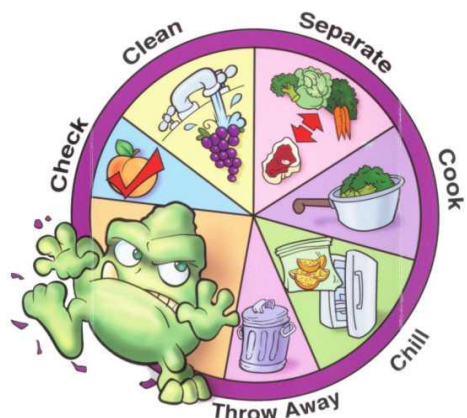
If you are one of the many people who skip breakfast, start eating breakfast this month and make it a routine. Plan ahead to eat breakfast to save time in the morning.

SEPTEMBER: NATIONAL PREPAREDNESS MONTH

Are You Equipped for a Healthy Feast?

With the holidays quickly approaching, will you soon be planning a big meal or family buffet? Use the Kitchen Safety Checklist from www.HomeFoodSafety.org to make sure your kitchen is prepared with the tools and resources you need to be safe before the big day.

- ☆ **Two cutting boards:** Keep one for raw meats and seafood and the other for ready-to-eat foods.
- ☆ **Food thermometer and cooking temperature guide:** Ensure foods have reached the safe minimum internal temperature with a food thermometer.
- ☆ **Shallow containers:** Store leftovers in shallow, covered containers to reduce their temperatures faster and help them stay safer longer.
- ☆ **Soap:** Have plenty of soap nearby so everyone helping in the kitchen can wash their hands thoroughly before and after handling foods. While lathering up, sing two choruses of "Happy Birthday" to make sure you wash your hands for 20 seconds.
- ☆ **Paper towels:** Sponges and kitchen towels soak up bacteria and cross-contaminate kitchen surfaces and hands. When a crowd is coming over and food prep gets hectic, it can be better to use disposable paper towels.
- ☆ **Keep It Cool: Food storage chart:** Find the shelf-life of leftovers at HomeFoodSafety.org





On Tuesday, June 24, the Cossackie Senior Nutrition Site hosted a Tie-Dye Day. At that time, the seniors in attendance tie-dyed various shirts, shorts, socks and whatever. All enjoyed the time and look forward to doing again.



Mon. Sept. 22	Town of Cossackie Senior Center
Tues. Sept. 23	Rivertown Senior Center, Athens
Wed. Sept. 24	Jewett Municipal Building
Thurs. Sept. 25	Acra Community Center

All clinics will run from 9:30am - 11:30am

Any senior citizen wishing to stay for lunch after the clinic is invited to do so.

Kindly call the appropriate Senior Nutrition site at the above location at least a day in advance

Rivertown: 945-2700	Cossackie: 731-8091
Acra: 622-9898	Jewett: 263-4392

FALLS PREVENTION AWARENESS DAY

The 7th annual Falls Prevention Awareness Day will be observed on September 23, 2014 the first day of fall. This year's theme, *Strong Today, Falls Free® Tomorrow*, seeks to raise awareness about how to prevent fall-related injuries among older adults. Greene County Department of Human Services will be sponsoring informational sessions on what seniors should do to prevent being the victim of a fall. Dates for the sessions have yet to be finalized so watch for further information posted at your favorite nutrition site.



GREENE COUNTY SENIOR CITIZENS:

**GREENE COUNTY DEPARTMENT
of HUMAN SERVICES
IS DOING A TRIAL EXPERIMENT
& WANTS YOUR SUPPORT**

Effective September 2014, the Hamlet Bus service of Greene County Department of Human Services will be undergoing some route changes.

NEW ROUTES! LUNCH AT LOCAL CENTER!

If response is favorable - will become permanent

MONDAY: Mountaintop (Jewett, Windham, Hunter, Ashland & Prattsville)

TUESDAY: Cairo/Catskill

WEDNESDAY: Athens/Cossackie

THURSDAY: Greenville

We ask that you call at least one (1) business day in advance to make arrangements to be picked up: (518) 719-3559. As the bus is wheelchair accessible and can only hold 16 passengers, it is first come, first served with limit of 2 wheelchairs. Please specify if you are a wheelchair rider.



Volunteers Reap What They Sow



Lead With Experience

ATTENTION VOLUNTEERS:

Have you had some changes
in your home contact information recently?

Maybe a new address?

A new telephone number or cell number?



Please keep your records up-to-date.

If you have had any changes in the above
or any contact information we require on file,
please contact Ruth Pforte
Greene County Department of Human Services
Volunteer Coordinator
(518) 719-3555

ATTENTION VOLUNTEERS:

Great news . . . RSVP of Greene County Human Services Department has been selected to participate in a national survey to show the importance of volunteering!

Some volunteers will receive a telephone call from a California research company. If you have Caller ID, it should show **RSVP Volunteer Survey**. You will be asked to answer a few basic questions (gender, age, etc.) and also questions regarding your personal volunteer experience. Please cooperate with the research assistant so they can collect the data needed.

This is a great opportunity to help make the country aware of rural volunteers.

TELEPHONE SURVEY PROCESS



Volunteers are needed
to help deliver meals to homebound seniors
in Windham and in Coxsackie.

If interested,
please contact Ruth Pforte
Greene County Department of Human Services
Volunteer Coordinator
(518) 719-3555



3RD ANNUAL MOUNTAIN TOP SENIOR HEALTH DAY

Sponsored by:
Greene County Department of Human Services RSVP

October 7, 2014
10am – 4pm

Hunter Mountain Ski Bowl
Main Lodge (Colonel's Hall)
Route 23A
Hunter, NY



This is an educational outreach event,
whose mission is
to improve our communities' quality of life
by providing knowledge of resources
& supportive services
that encourage health, safety, and well being.

For more information or to register for a table,
please contact Ruth Pforte (518) 719-3555

This event is free & open to the general public



ATTENTION
GREENE COUNTY SENIORS:

HOME GARBAGE PICK-UP JUST GOT CHEAPER!

**NOT JUST FOR ONE MONTH OR TWO
BUT YEARS TO COME!**

**GREENE COUNTY SANITATION
WILL SUPPLY YOU WITH
A WHEELED GARBAGE CAN
FOR ONLY \$19.95 PER MONTH!**

***CALL GREENE COUNTY SANITATION, 622-3000
FOR FURTHER INFORMATION***

House clean-outs Attics Basements

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!