

# SENIOR CITIZEN'S ROUND TABLE NEWS



JANUARY 2015

Published by Greene County Department of Human Services since 1976



## NOMINATIONS NEEDED for 2015 GREENE COUNTY SENIOR CITIZEN AWARDS

Nominations are being accepted for the annual Greene County Senior Citizen Awards, according to Richard Golden, Chairperson of the Citizens Advisory Council for the Greene County Department of Human Services. The two awards presented are the Senior Citizen of the Year and Outstanding Contribution by a Senior Citizen. The purpose of the awards is to recognize the outstanding contributions and achievements of senior citizens who have volunteered their time and energy to help other people, their communities, or special projects. The dedication of these volunteers helps make Greene County a better place for us all.

The individuals chosen on the county level will in turn be nominated for recognition for New York State awards.

Any Greene County resident over the age of 60 can be nominated for this award. Achievements must be voluntary in nature and not part of paid employment, and performed in Greene County. Past award winners may be nominated again only if seven years or more have passed since last awarded.

If you know someone who deserves this recognition, contact the Greene County Department of Human Services for an official nomination form.

Greene County Department of Human Services  
Greene County Office Building  
411 Main Street  
Catskill, New York 12414

DEADLINE IS JANUARY 13, 2015

## SUGGESTED DONATIONS FOR AGING SERVICES

After careful consideration and a robust discussion, the Citizens Advisory Council for Greene County Department of Human Services has voted to raise the suggested donation for some services. Please refer to below for the new suggested donations levels as of January 1, 2015.

Service	Suggested Donation	Actual Cost
Congregate Meals	\$4.00 per meal	\$10.01/meal
Home Delivered Meal	\$4.00 per meal	\$10.01/meal
Nutrition Counseling	\$5.00/hour	\$33.15/hour
Consultation & Assistance	\$5.00 per visit	\$18.00/visit
Legal Services	\$10.00/hour	\$149.00/hour
In-Home	\$3.00/hour	L1: \$20.05/hr L2: \$20.17hr
Transportation		
Hamlet Bus	\$3.00 round trip	\$30.16 rnd/trp
Center Vans	\$1.00 round trip	\$14.68 rnd/trp
Homebound (Medical) Sliding Scale**		\$44.32 rnd/trp
0 - 10 miles	\$3.00 round trip	
11 - 20 miles	\$5.00 round trip	
21 - 40 miles	\$9.00 round trip	
41+ miles	\$15.00 round trip	



## Making Sense of Your Medicare Statements

You should get regular statements from Medicare or your private plan that list the health care services you received and their costs. **These statements are not bills.** The statements may vary, depending on whether you have Original Medicare, a Medicare Advantage plan, or a Part D plan.

### Tips for Understanding Your Medicare Summary Notice (MSN)

If you have Original Medicare, you typically receive an MSN from Medicare every three months. To understand your MSN:

- Read the definitions and descriptions of services carefully.
- Check the notes section. This is where Medicare may further explain its payment decisions or give you other important information.
- If a service you received is not covered, you should appeal. Instructions and deadlines regarding appeals will be on the final page of your MSN, titled "How to Handle Denied Claims or File an Appeal."
- If you are unsure of anything on your MSN, call 800-MEDICARE (800-633-4227).

The date you received the service. Keep your bills and compare them to your MSN to check that you received all services listed.

This is the total amount that your provider could bill you. You will receive a separate bill from your provider for any charges you owe. Remember, your MSN is not a bill.

January 21, 2013

Craig I. Secosan, M.D., (555) 555-1234  
Looking Glass Eye Center PA, 1888 Medical Park Dr, Suite C, Brevard, NC 28712-4187

Service Provided & Billing Code	Service Approved?	Amount Provider Charged	Medicare Approved Amount	Amount Medicare Paid	Maximum You May Be Billed	See Notes Below
Eye and medical examination for diagnosis and treatment, established patient, 1 or more visits (92014)	Yes	\$143.00	\$107.97	\$86.38	\$21.59	
Destruction of skin growth (17000)	NO	\$8.56	0.00	0.00	\$8.56	A
<b>Total for Claim #02-10195-592-390</b>		\$211.56	\$107.97	\$86.38	\$90.15	B

This column says if your claim was approved or denied.

### Tips for Understanding Your Explanation of Benefits (EOB)

If you have a Medicare Advantage plan or a Part D prescription drug plan, you typically receive an EOB from your plan each month. Although each insurance plan has its own format for an EOB, there is certain information that must be included in each notice. To understand your EOB:

- Read the information and the services listed in the notice carefully.
- Check the notes section, including any footnotes. This is where the plan may explain its payment decisions.
- If a service you received is not covered, you should appeal. Instructions on appealing the plan's decision are either listed at the end of the EOB, or sent to you in a separate notice called "Notice of Denial of Payment."
- If you are unsure of anything on your EOB, call your insurance plan using the phone number on the back of your plan insurance card.

This claim was for services received at an out-of-network doctor, which can cause higher out-of-pocket costs or denials.

This column lists the total amount your provider is able to bill you. This also describes the coinsurance for in-network providers for this Medicare Advantage plan.

Susan Washington, M. D.

Claim Number: 12345678 (Out of Network Provider)	Date of service	Amount the provider billed the plan	Total cost (amount the plan approved)	Plan's share	Your share
Introductory visit, endocrinologist	11/2/2014	\$375.00	\$0.00 DENIED (Look below for information about your appeal rights)	\$0.00	Maximum potential liability

John Smith, M.D.

Claim Number: 12345678 (In Network Provider)	Date of service	Amount the provider billed the plan	Total cost (amount the plan approved)	Plan's share	Your share
Physical therapy services to strengthen leg functioning, 45 minutes	11/1/2014	\$250.00	\$75.00	\$83.75	\$11.25 (You pay 15% of the total amount at an in-network provider)

This column lets you know if your claim was approved or denied.

**SENIOR CITIZEN'S ROUNDTABLE NEWS**  
is published monthly by  
**GREENE COUNTY DEPT. of HUMAN SERVICES**  
411 Main Street, Catskill, NY 12414  
719-3555 Toll Free (877)794-9266  
aging@discovergreene.com

**EXECUTIVE DIRECTOR: Therese McGee Ward**  
Business Manager - Ken Brooks

Aging Department Coordinators:  
Aging Services - Connie Bentley

Nutrition: Tezera Pulice Volunteer Services: Ruth Pforte

Office Staff:

Andrea Benjamin-Legg	Rose Bundy
Cortney Carlson	Danielle Kane-Wade
Maureen Murphy	Carol Provost
Gwen Starke	Carrie Vedder - Youth Case Worker

Bethany Village Case Manager: Patricia Gessner

Drivers:

Hamlet Bus	Janet Osborn
Nutrition Vans	Patrick Murphy & Dave Mokszycki

The office is open 8:30a.m. - 5p.m. Monday thru Friday, with the exception of July & August (close at 4:30p.m.). 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.**

*Thank You*

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.

**In Memory of Rosemarie Alberti**  
**From**  
**John & JoAnn Nocella**

For your kind-hearted donations  
to the Senior Angel Fund:



*In Memory of*  
*Mr. Peter Conelias*  
*from Cynthia, George & Aryiana Telles*

*In Honor of parents*  
*and those who deliver Homebound Meals*  
*from Allison Smith*

**To subscribe to the RTN:**

**Electronically:** Please email your name & email address to aging@discovergreene.com

**Postal Mail:** Please contact the office & ask for Maureen.



*In a county emergency, including the closing of senior centers and canceling transportation services due to extreme weather, Greene County would activate . . .*

**CODE RED**

Keeping citizens informed.

**Please sign up if you haven't already.**

**USES**

The CodeRED® system will be used to send critical communications, from evacuation notices to missing child alerts.

**CALLER ID**

When you see the following displayed, you will know the call is from us. If you would like to hear the last message delivered to your phone, simply dial the number back.

- **EMERGENCY NOTIFICATIONS**  
1-866-419-5000 or Emergency Comm
- **GENERAL NOTIFICATIONS**  
1-855-969-4636 or ECN Community

**PRIVACY**

Your contact information remains private and will only be used for community notifications.

**JOIN OUR DATABASE**

To make sure you receive notifications, please register at

<http://www.greene.gov> or call 518-635-5120



**VOLUNTEERS NEEDED!**

**RSVP**  
Lead With Experience

**DELIVER HOMEBOUND MEALS**

Some seniors need meals for a short time because they just got out of a hospital and can't make meals until after recovering. Or, they may need meals for a longer time because they can't do many of the things they use to do on their own. For Greene County residents, age 60 or older, who can't prepare meals for themselves, the Department provides healthy, nutritious, balanced meals delivered to their residence, up to five days a week. **Current volunteer shortages are throughout the county.**

**Also, volunteers are needed to assist with meals at the Jewett Nutrition site.**

**HOMEBOUND TRANSPORTATION**

Homebound Transportation Service is available through the Department to county residents over age 60 that do not have other options for needed transportation. The program arranges for a volunteer driver for medical appointments and special entitlement agencies. **Are you willing to drive out-of-town (e.g. Kingston or Albany)? We especially could use you.**

*If interested, please contact  
Ruth Pforte, Volunteer Coordinator  
719-3555*

**Volunteers are a Ray of Sunshine** 



**From the Desk of Ruth Pforte,  
GCDHS Volunteer Coordinator**

Each year most of us make a list of resolutions - little promises we make but don't always keep. Last year I read about some interesting resolutions. You might want to add them to your list:

1. Read a book a month.
2. Try different veggies this year.
3. Smile and be more outgoing.
4. Give more time to helping others.
5. Enjoy the little things in life - birds singing, a hot mug of tea, a hug, laughter.
6. Compliment someone every day.
7. Be more confident. Be healthier.
8. Have more patience with people.
9. Keep a journal.
10. **VOLUNTEER!** In fact, tell a friend and maybe they will too!

Resolutions or not, I wish you all a wonderful & healthy new year.

*Congratulations to Diane Rolfs on being the winner of the RSVP Fuel raffle. Thank you to all who sold tickets & especially to those who took a chance. You may not have won the prize but you are all winners in the eyes of RSVP.*



**Senior Angels:  
Spreading Cheer 365 Days a Year**

Greene County Department of Human Services would like to thank all the individuals, organizations & businesses that made a donation to our 2014 Senior Angel Program. Through your generous donation during the holidays, we were able to make a difference in the lives of several elderly county residents. For some, the item purchased may have been the only gift they received this holiday. Some of the recipients were so overwhelmed by the gifts and couldn't believe how generous complete strangers were to them.



*Sending  
You Angel  
Blessings*

On behalf of the seniors whose day was brightened by your generosity, and the staff at the Department of Human Services, we wish many blessings on you for being such wonderful Senior Angels.

*Merry Christmas & Happy New Year  
from the Rivertown Senior Center*



On Wednesday December 3, volunteers at the Rivertown Senior Center in Athens were busy as elves decorating their tree & the center for Christmas.

Joining in the festivities of the day was this group of lovely ladies from the Cossackie center who traveled there via the department's bus.



**GREENE COUNTY SENIOR 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
<p>HAPPY NEW YEAR 2015</p> <p>JAN. 1 - 2</p>				 <p>MAIN OFFICE CLOSED - ALL SENIOR SERVICE CENTERS CLOSED NO MEALS SERVED OR DELIVERED</p>	<p>SPAGHETTI in Meat Sauce SPINACH TOSSED SALAD FRESH SEASONAL FRUIT</p>
JAN 5 - 9	<p>LEMON PEPPER FISH BAKED POTATO ZUCCHINI, CARROTS &amp; GREEN BEANS TANGERINE</p>	<p>MACARONI &amp; CHEESE STEWED TOMATOES 3 BEAN SALAD APRICOTS</p>	<p>MEATLOAF w/Gravy MASHED POTATOES SPINACH BIRTHDAY CAKE <i>(Diet Dessert Subst)</i></p>	<p>CHICKEN &amp; BISCUITS WHIPPED POTATOES BROCCOLI V-8 JUICE CHOCOLATE MOUSSE <i>(Diet Dessert Subst)</i></p>	<p>CHEESE LASAGNA OLD FASHIONED MIXED VEGETABLES TOSSED SALAD FRESH SEASONAL FRUIT</p>
JAN 12 - 16	<p>KNOCKWURST <i>(Low-salt Diet Subst)</i> SAUERKRAUT BAKED BEANS CARROTS TROPICAL FRUIT</p>	<p>CHICKEN DIJON MASHED POTATOES CALIFORNIA BLEND VEGETABLES APPLESAUCE &amp; COOKIES <i>(Diet Dessert Subst)</i></p>	<p>BAKED ZITI SPINACH BANANA PUDDING <i>(Diet Dessert Subst)</i></p>	<p>ROAST PORK w/gravy OVEN BROWNED POTATOES WINTER SQUASH STRAWBERRIES, BANANAS &amp; PINEAPPLE in Jell-O <i>(Diet Dessert Subst)</i></p>	<p>SALISBURY STEAK w/Gravy POTATOES O'BRIEN CARROTS &amp; PEAS FRESH SEASONAL FRUIT</p>
JAN 19 - 23	 <p>MARTIN LUTHER KING JR HOLIDAY</p> <p>ALL SENIOR CENTERS CLOSED - NO MEALS SERVED OR DELIVERED</p>	<p>CHICKEN CACCIATORE over Linguine OLD FASHIONED MIXED VEGETABLES PEARS</p>	<p>BAKED HAM W/Raisin Sauce <i>(Low-salt Diet Subst)</i> FRESH SWEET POTATO CAULIFLOWER Au GRATIN PINEAPPLE DELIGHT <i>(Diet Dessert Subst)</i></p>	<p>BROCCOLI CHEESE FISH RICE PILAF CALIFORNIA BLEND VEGETABLES CRANBERRY JUICE OATMEAL RAISIN COOKIE <i>(Diet Dessert Subst)</i></p>	<p>ROAST BEEF w/Gravy MASHED POTATOES GLAZED WHOLE BABY CARROTS FRESH SEASONAL FRUIT</p>
JAN 26 - 30	<p>CHICKEN DIVAN CARROTS &amp; PEAS TROPICAL FRUIT</p>	<p>PORK CHOP w/Gravy RED CABBAGE OVEN BROWNED POTATO WINTER SQUASH CINNAMON APPLESAUCE</p>	<p>BEEF STEW GREEN BEANS ORANGE JUICE PINEAPPLE UPSIDE DOWN CAKE <i>(Diet Dessert Subst)</i></p>	<p>ROAST TURKEY w/Gravy &amp; Cranberry Sauce STUFFING MASHED POTATOES OLD FASHIONED MIXED VEGETABLES PEACHES</p>	<p>VEGETABLE LASAGNA ITALIAN VEGETABLES TOSSED SALAD FRESH SEASONAL FRUIT</p>



	Monday	Tuesday	Wednesday	Thursday	Friday
FEB 2 - 6	VEAL PARMESAN w/Linguini SPINACH PEARS	CHICKEN CHOW MEIN over Rice ORIENTAL MIXED VEGETABLES PEACHES	CORNE BEEF <i>(Low-salt Diet Subst)</i> CABBAGE PARSLIED POTATOES CARROTS BROWNIE <i>(Diet Dessert Subst)</i>	LEMON PEPPER FISH SCALLOPED POTATOES BROCCOLI APRICOTS	POT ROAST w/Gravy OVEN BROWNE POTATOES CALIFORNIA MIXED VEGETABLES FRESH SEASONAL FRUIT
FEB 9 - 13	TURKEY BURGER w/Peppers & Onions SCALLOPED POTATOES OLD FASHIONED MIXED VEGETABLES APPLESAUCE	PORK CHOP w/Gravy STUFFING FRESH SWEET POTATO GREEN BEANS CRANBERRY JUICE TROPICAL FRUIT	BAKED CHICKEN QUARTERS w/Gravy WHIPPED POTATOES CALIFORNIA MIXED VEGETABLES BIRTHDAY CAKE <i>(Diet Dessert Subst)</i>	HUNGARIAN GOULASH over Noodles WHOLE BABY CARROTS AMBROSIA <i>(Diet Dessert Subst)</i>	STUFFED PEPPERS over Rice CORN ROMAINE LETTUCE FRESH SEASONAL FRUIT  <i>Coxsackie Site Valentines Party, 10am</i>
FEB 16 - 20	 PRESIDENTS' DAY  MAIN OFFICE and ALL SENIOR SERVICE CENTERS CLOSED  NO MEALS SERVED OR DELIVERED	CHICKEN PICCATA MASHED POTATOES CARROTS MANDARIN ORANGES	 BROCCOLI CHEESE FISH RICE PILAF OLD FASHIONED MIXED VEGETABLES TROPICAL FRUIT	ROAST PORK w/Gravy SPICED APPLE RING BROCCOLI FRESH SWEET POTATO BREAD PUDDING	CHEESE LASAGNA CALIFORNIA BLEND VEGETABLES ROMAINE SALAD FRESH SEASONAL FRUIT
FEB 24 - 27	CHICKEN DIJON WHIPPED POTATOES CARROTS PINEAPPLE CHUNKS	BAKED HAM w/Pineapple sauce <i>(Low-salt Diet Subst)</i> FRESH SWEET POTATO BRUSSEL SPROUTS MANDARTIN ORANGES	SHEPHERD'S PIE BROCCOLI SPICE CAKE <i>(Diet Dessert Subst)</i>	ROAST TURKEY w/ Cranberry Sauce DRESSING w/Gravy MASHED POTATOES CALIFORNIA MIXED VEGETABLES CINNAMONGRAPE DESSERT	CHEF'S CHOICE  

## GREENE COUNTY SENIOR SERVICE CENTERS

Each site serves the noon-time menu item for the day, Monday - Friday, for a suggested donation of \$4.00. All meals include: Meat/Alternative Entrée, Vegetables & Fruit, Bread, Milk & Dessert. We ask that you call at least one day ahead if you wish to be included in the lunch count. Centers are closed on legal holidays and inclement weather. In addition, each center offers the following programs and activities.

### ACRA SENIOR SERVICE CENTER

Acra Community Center,  
Old Rte. 23B, Acra

(518) 622-9898

Staff: Sandra Sherman,  
Aging Services Aide

Elaine Cherrington

Aging Information & Assistance/  
Medicare Minute:  
2nd monthly Wednesday, 11 a.m.

Cairo Crafters:  
1st & 3rd monthly Wednesday  
1 p.m.

### COXSACKIE SENIOR SERVICE CENTER

at Town of Coxsackie Senior Center  
Mansion Street, Coxsackie  
(Former Knights of Columbus Hall)

(518) 731-8901

Staff: Renee Raffiani,  
Meal Site Manager

Aging Information & Assistance/  
Medicare Minute  
3rd monthly Monday, 11 a.m.

Genealogy class: Mon./Wed.  
10:30a.m.

Blood Pressure: 2<sup>nd</sup> Monday, 11a.m.

Exercise Class: Tues./Thurs.  
10:30 a.m.

Knitting: Tuesday, 11a.m.

Line Dancing: Friday, 10am

### JEWETT SENIOR SERVICE CENTER

Jewett Municipal Building  
Route 23C, Jewett

(518) 263-4392

Staff: Gayle Ruvolo,  
Meal Site Manager

MaryAnn Brink

Aging Information & Assistance/  
Medicare Minute:  
4th monthly Friday, 11 a.m.

Blood Pressure:  
2nd monthly Tuesday  
11a.m.

### CATSKILL SENIOR NUTRITION SITE

at Washington Irving Senior Center

15 Academy Street, Catskill

(518) 943-1343

Staff: Gethen Proper, Meal Site Manager

Martha Schilling

Aging Information & Assistance/Medicare Minute  
2<sup>nd</sup> Thurs of month, 11a.m.

#### CENTER ACTIVITIES

*Sponsored by Town of Catskill*

- \* **Mon. & Wed.**      **Senior Choir - 10:30 a.m.**
- \* **Mon.:**            **Crafters - 1 p.m.**
- \* **Tues.:**           **Line Dancing - 10:30 a.m.**  
                         **Weight Watchers - 11a.m.**
- \* **Wed.:**            **Paint with Bill - 10 a.m.**  
                         **BINGO - 10:30 a.m.**
- \* **Thurs.:**          **Qiqong - 10:45 a.m.**
- \* **Fri.:**              **Exercise Class - 11 a.m.**

### GREENE COUNTY RIVERTOWN SENIOR CENTER

2nd & Warren Sts., Athens

(518) 945-2700

Tami Bone, Senior Service Center Manager

Staff: JoanAnn Rouse

Shane Dillon

John Lawrence

Lana Marrone

Aging Information & Assistance/Medicare Minute  
2<sup>nd</sup> Mon of month, 11 a.m.

1st Mon. of month - "Movie Time" - 12:30 p.m.

Tuesday & Friday: Exercise 11:00 a.m. ó 11:30 a.m.

2nd & 4th Tues. of month: Crafters 1 p.m. ó 2 p.m.

Wednesday: Certified Zumba Gold classes, 10 a.m.  
Karaoke 10:30 a.m. ó 11:00 a.m.

Thursday: Cards, Games, Billiards 1:00 p.m. - done  
3rd Thursday, 11a.m.: Blood Pressure Screening

Friday: Group games  
(“Mind Your Mind”, “Name That Tune”, etc.)  
11:30 a. m. ó Lunch served



# NUTRITION NOTES

## 12 SHOPPING STEPS FOR THE NEW YEAR

Complete one of the following as a New Year's resolution each time you shop.



- ◆ **5 veggies per cart** - Many people fly through the store and pick up packages of snacks and prepared foods and they forget the vegetables. Buy at least five and use them up by the end of the week. When purchasing, try the bagged steamer vegetables. They cost a little more money but they are already trimmed and ready to go in the microwave. For extra value, choose items that are usually more time consuming to prepare like winter squash or green beans.
- ◆ **5 fruits per cart** - See if you can buy more fruit and have more on hand than crackers, cookies, snack bars and chips.
- ◆ **Compare sodium** - Take a few weeks to start reading food labels and see if you can collect more items that have 5% or less of the daily value for sodium (2300 mg or about 1 tsp.) or say no added salt.
- ◆ **Make it** - Use one week to make food from whole ingredients and cook more recipes from scratch. See how easy it is to skip out.
- ◆ **Beans** - Make a meal each week that uses dried beans. Buy some and then find or make favorite recipes.
- ◆ **Kitchen makeover** - A good cutting board, good knives, more measuring cups and spoons. This doesn't mean expensive, it just means you start collecting the right tools so it is easier to cook.
- ◆ **Healthy pantry** - Do you need to add more whole grains, better cereals, brown rice and pasta? Take stock of your pantry and shop for these items once a month.
- ◆ **Protein better** - What about lean poultry, fish, beans or nuts? Eliminate fatty red meats and processed items that are high in sodium and chemicals. See the tips below regarding frozen fish.
- ◆ **Beverages without sugar** - Focus on buying items that are low in calories and without added sugar.
- ◆ **Herbs and spices** - Check out the list below and start collecting these in your shopping cart.
- ◆ **Potatoes** - Buy several different kinds and find great low-fat ways to serve the real thing.
- ◆ **Condiments and dressings** - Go for low sodium and higher flavor so you have a good collection of these.

### Herbs and Spices Every Kitchen Should Have:

- Black Pepper
- Garlic parsley mix
- Italian seasoning
- Chili powder
- Cinnamon
- Bay leaves
- Cumin
- Coriander
- Nutmeg
- Apple pie spice



### FROZEN SEAFOOD:

According to Supermarket News.com, the sales of frozen fish and seafood have risen.



It is easy to make frozen fish or seafood taste delicious and it is actually preferred to previously frozen/thawed options in the grocery seafood counter. Here's how: Keep it frozen! That is right. It is best to take your fish or seafood straight from the freezer to the oven. Season with lemon, garlic, herbs and add a little water. Cover with foil for the first ten minutes of baking and then bake until done, usually 20 - 25 more minutes.



## Day Trip to Colonie Center

Greene County Dept. of Human Services  
announces the start  
of a Colonie Center shopping trip  
for Senior Citizens (60 years and older) only

**PRICE PER PERSON: \$10.00**

Payment due at time of departure/boarding. No exceptions please.

Bus holds 16 people - First come, First served  
Reservations are to be made Monday – 3pm Wednesday  
the week of the specific Friday trip.  
No EARLY BIRD RESERVATIONS  
Each person is required to make their OWN reservation.

Leave your name, phone number and the date you want to go.  
**MUST HAVE A MINIMUM OF EIGHT (8) RESERVATIONS FOR TRIP**

\*\*\*\*\* LIMIT: Two shopping bags per person \*\*\*\*\*

### SCHEDULE FOR JANUARY AND FEBRUARY 2015

January 9, 2015	Hunter/Catskill	Reservations Jan. 5 – Jan. 7
January 23, 2015	Coxsackie/Athens	Reservations Jan. 19 – Jan. 21
February 20, 2015	Cairo/Greenville	Reservations by Feb. 16 - 18

Look for future months' schedule in the Roundtable News!

To make your reservation  
or for further information,  
call Janet at 719-3559.

## GREENE COUNTY SENIOR CITIZENS CLUBS

### **Athens:**

Athens Senior Citizens

### **Cairo:**

Cairo Golden Agers

### **Catskill:**

Catskill Senior Fellowship  
Rip Van Winkle Senior Citizens

### **Coxsackie:**

Bethany Village Tenants Assoc.  
Coxsackie Area Seniors  
Senior Citizens of Coxsackie

### **Greenville:**

Greenville Golden Agers

### **MountainTop:**

MountainTop Golden Agers  
W-A-J-P-L Golden Agers

*Call the Department for Human Services  
for meeting dates & locations.*



**Greene County Department of Human Services  
411 Main Street  
Catskill, NY 12414**

Mailing label