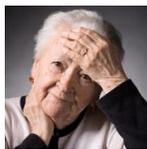


SENIOR CITIZEN'S ROUNDTABLE NEWS



FEBRUARY 2015

Published by Greene County Department of Human Services since 1976



WAYS TO EVALUATE SENIOR LIVING OPTIONS ASSISTED LIVING or HOME CARE?

What to look at when evaluating your best living option. This quick checklist is a great place to start when evaluating assisted living and home care options. Consider the following seriously:

1. Current Location - If you are living independently at home, remember as you age the circumstances will change. Here are a few things to consider in terms of accessibility to the current living situation: How far is it from medical facilities, mass transit--if you can no longer drive, shopping, entertainment, and other services? Can the home be modified? Are you living in one story home or will you need help climbing to the second floor? Is the yard large and in need of regular maintenance?

2. Level of Care Needed - If the person has a chronic medical condition that will worsen over time, the first thing to think about is how they intend to handle health issues and mobility problems. What are the common complications of the chronic condition? Is the person at a point where they need help now and how often?

3. Obtain a professional care assessment - A Geriatric care manager can provide a home care assessment as well as assistance with managing your situation, including crisis management, interviewing in-home help, or assisting with placement in an assisted living facility.

4. Care Support - As you age, you will need help and assistance whether it's at home or in an assisted living community. Is the family willing to help out when you need care? If they are unable to help you out full-time, can they fill in the gap if medical needs become risky? Look at the current healthcare needs as well as the future ones too, especially if you are living with a chronic illness.

5. Social Life and Entertainment - From where you live now, how easy is it to visit family, friends, and neighbors? What about your hobbies? It's important to remain engaged socially and maintain physical fitness. Ask yourself: If it becomes difficult to leave the home, how will you get around?

6. Funds - Anticipated the expenses and create a monthly budget. Assisted living is costly but so are extensive home care services. Have you purchased long-term care insurance? If so, understand what it provides and does not provide. If not, check into purchasing a policy now to help offset costs. But before you sign the dotted line, remember LTC policies vary greatly. So, know what you are signing up for. Consider asking a licensed geriatric care manager to assist you.

AssistedLivingFacilities.org

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

**RIP VAN WINKLE
SENIOR CITIZENS**
2nd Thursday, 1:00pm
Washington Irving Center

CATSKILL SENIOR FELLOWSHIP

3rd 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.



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 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 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.

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
- _____ Senior Angel Fund

Make checks payable & mail to:
 Greene County Dept. of Human Services
 411 Main Street Catskill, N.Y. 12414



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.

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

*In Memory of
 Ruth Passe
 from Jayme & Barbara Kuhn.*



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.

HAMLET SHOPPING BUS



The Greene County Department of Human Services offers a hamlet shopping bus to Greene County residents over age 60 living in the towns of Ashland, Athens, Catskill, Cairo, Coxsackie, Greenville, Hunter, Jewett, and Prattsville. Our friendly driver will pick seniors up at their door and bring them to Catskill for shopping and then take them to a local Senior Center for lunch.

All trips are limited to 16 people. **First come, First served**
 ***** LIMIT: Two shopping bags per person *****

We ask that you call at least one (1) business day in advance to make arrangements to be picked up: (518) 719-3559.

MONDAY: Mountaintop (Jewett, Windham, Hunter, Ashland & Prattsville) includes Lunch at local Center

TUESDAY: Cairo/Catskill includes Lunch at local Center

WEDNESDAY: Coxsackie includes Lunch at local Center

THURSDAY: Greenville includes Lunch at local Center

FRIDAY TRIP TO COLONIE CENTER

February 20, 2015 Cairo/Greenville area

Reservations accepted between Feb. 16 and 3pm on Feb. 18

PRICE PER PERSON: \$10.00

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

Each person is required to make their OWN reservation and should leave your name & phone number and the date you want to go.

MUST HAVE A MINIMUM OF EIGHT (8) RESERVATIONS FOR TRIP

Look for future months' schedule in the Roundtable News!

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

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: 2nd 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
2nd 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.*

CLUB 39

(FORMERLY 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
2nd Mon of month, 11 a.m.

1st Mon. of month - ðMovie Timeö - 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
11:30 a. m. ó Lunch served

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
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 BROWNED 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  <i>Mardi Gras Lunch Club 39 - 11:30am</i>



March

	Monday	Tuesday	Wednesday	Thursday	Friday
MARCH 2 - 6	LEMON PEPPER FISH BAKED POTATO ZUCCHINI, CARROTS & GREEN BEANS TANGERINE	MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD APRICOTS	MEATLOAF w/Gravy MASHED POTATOES SPINACH BIRTHDAY CAKE <i>(Diet Dessert Subst)</i>	CHICKEN & BISCUITS WHIPPED POTATOES BROCCOLI V-8 JUICE CHOCOLATE MOUSSE <i>(Diet Dessert Subst)</i>	CHEESE LASAGNA OLD FASHIONED MIXED VEGETABLES TOSSED SALAD FRESH SEASONAL FRUIT
MARCH 9 - 13	KNOCKWURST <i>(Low-salt Diet Subst)</i> SAUERKRAUT BAKED BEANS CARROTS TROPICAL FRUIT	CHICKEN DIJON MASHED POTATOES CALIFORNIA BLEND VEGETABLES APPLESAUCE & COOKIES <i>(Diet Dessert Subst)</i>	SALISBURY STEAK w/Gravy POTATOES O'BRIEN CARROTS & PEAS FRESH SEASONAL FRUIT)	ROAST PORK w/gravy OVEN BROWNED POTATOES WINTER SQUASH STRAWBERRIES, BANANAS & PINEAPPLE in Jell-O <i>(Diet Dessert Subst)</i>	BAKED ZITI SPINACH BANANA PUDDING <i>(Diet Dessert Subst)</i>
MARCH 16 - 20	CHICKEN CACCIATORE over Linguine OLD FASHIONED MIXED VEGETABLES PEARS	CORNED BEEF w/ CABBAGE <i>Low-Salt Diet Subst: Chicken</i> PARSLEY POTATOES CARROTS CHOCOLATE MINT PUDDING w/Whipped Topping <i>Diet Dessert Subst</i>	PORK CHOP w/gravy FRESH SWEET POTATO CAULIFLOWER Au GRATIN PINEAPPLE DELIGHT <i>(Diet Dessert Subst)</i>	ROAST BEEF w/Gravy MASHED POTATOES GLAZED WHOLE BABY CARROTS FRESH SEASONAL FRUIT	BROCCOLI CHEESE FISH RICE PILAF CALIFORNIA BLEND VEGETABLES CRANBERRY JUICE FRESH SEASONAL FRUIT
MARCH 23 - 27	CHICKEN DIVAN CARROTS & PEAS TROPICAL FRUIT	PORK CHOP w/Gravy RED CABBAGE OVEN BROWNED POTATO WINTER SQUASH CINNAMON APPLESAUCE	BEEF STEW GREEN BEANS ORANGE JUICE PINEAPPLE UPSIDE DOWN CAKE <i>(Diet Dessert Subst)</i>	ROAST TURKEY w/Gravy & Cranberry Sauce STUFFING MASHED POTATOES OLD FASHIONED MIXED VEGETABLES PEACHES	VEGETABLE LASAGNA ITALIAN VEGETABLES TOSSED SALAD FRESH SEASONAL FRUIT
MARCH 30 - 31	VEAL PARMESAN w/Linguini SPINACH PEARS	CHICKEN CHOW MEIN over Rice ORIENTAL MIXED VEGETABLES PEACHES	 <p style="text-align: center;"><i>"St. Patrick's Day in the Morning"</i></p>		



NUTRITION NOTES

10 FACTS ABOUT CHOCOLATE

By Hollis Bass, Med, RD, LD

Conversation hearts, truffles galore and heart-shaped boxes of chocolates— these are the symbols of Valentine’s Day for many lovers around the world. But did you know these facts about chocolate . . .

1. **Chocolate has promising health benefits.** Most studies to date are small, short-term, and use different types and amounts of chocolate.
2. **Chocolate gets credit for lowering blood pressure and cholesterol,** improving blood flow to the brain and heart, preventing blood clots and more. It may even improve insulin resistance and lower body mass index.
3. Chocolate is made from cocoa beans, which are actually seeds from the fruit of the cacao tree. **Chocolate’s health benefits come from flavanols,** antioxidants found in the cocoa bean. Other foods rich in flavanols include red wine, tea, onions, peanuts, berries, apples and cranberries.



4. To make chocolate, **cocoa beans are fermented, dried and roasted.** Then the shells are removed and the insides (nibs) are ground up and pressed to produce chocolate liquor. Chocolate liquor contains the two main ingredients in chocolate: cocoa butter (the natural fat of the cocoa bean) and cocoa solids. The leftover nibs are ground into cocoa powder.



5. Cocoa solids and cocoa powder are rich in flavanols. **To tame the bitter flavor of flavones, cocoa often undergoes “Dutch” or alkali processing.** This improves the taste but removes the flavanols - and their health benefits. This makes choosing a heart-healthy chocolate a challenge.

6. Experts often recommend choosing dark chocolate that is at least 60 - 70% cocoa to get the health benefits. Unfortunately, it’s not that simple. **The health benefits depend on how the cocoa is processed.** Natural cocoa powder that is not Dutch or alkali processed has the most flavanols, followed by unsweetened baking chocolate, and then dark and semisweet chocolate.

7. When choosing chocolate, **make sure that the added fat is cocoa butter,** not palm, coconut, or hydrogenated oils. Cocoa butter contains a mixture of saturated fat and mono-unsaturated fats. Saturated fat is bad for the heart, but more than half of the saturated fat in cocoa butter is stearic acid. Stearic acid does not raise LDL cholesterol levels like other saturated and trans fats do.



8. Dark chocolate may provide health benefits **but even small amounts still add calories, fat and sugar to your diet.**
9. Unfortunately, we don’t know exactly how much dark chocolate you need to eat for the health benefits. Most experts recommend **one ounce of dark chocolate daily,** as long as you stay within your overall calorie limits.



10. We need longer-term, well-designed studies to confirm chocolate’s health benefits. In the meantime, **choose wisely and eat all chocolate in moderation.**

The Greene County Rivertown Senior Center in Athens is changing their name to *CLUB 39*

But only the name is changing . . .

- ◆ Delicious meals will still be served by the friendly staff in the dining room each weekday at noon.
- ◆ Join in on the fun of billiards, cards, games, Wii bowling, karaoke, exercise & dancing classes, and much more.
- ◆ Informative nutritional & educational programs will continue to be offered through the Dept. of Human Services

For further information, call either

DHS Nutrition Dept (719-3555) or Tami Bone, Senior Service Center Mngr. (945-2700)



Volunteers are a Ray of Sunshine



RSVP
Lead With Experience

**VOLUNTEERS!
NEEDED!**

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 (518) 719-3555*



I am interested in volunteering. Please contact me.

Please complete this form and return by mail to our office or drop it off at a local Senior Service Center.

Name: _____

Address: _____

Phone #: _____

Email: _____

Area (s) of interest: _____

Senior Angels: Spreading Cheer 365 Days a Year



The Greene County Senior Angel Program would like to say:

Thank you!!!

to EVERYONE that donated to this year's Christmas Campaign.

Because of your overwhelming generosity,
we exceeded all years past in donations and raised \$9,563.00!!!!

We were able to provide gifts to 165 seniors,
some of whom would have received nothing this year if it wasn't for YOUR generosity.

We continue throughout the year to provide help to our seniors
with our emergency funds that we get from donations as well.

Happy New Year and God Bless! í

The Senior Angel Committee:

Ken Brooks, Andrea Benjamin-Legg, Rose Bundy, Patricia Gessner & Tezera Pulice.

Greene County Department of Human Services
411 Main St. Suite 247 Catskill, NY 12414
518-719-3555

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

Mailing label