

SENIOR CITIZEN'S ROUNDTABLE NEWS

MARCH 2015



Published by Greene County Department of Human Services since 1976



From the desk of the Executive Director

March was always associated with the expression: in like a lion, out like a lamb. I write this letter on the day that our wind chill is predicted to be 25 degrees below zero. Brrrrr! Hopefully the weather has warmed up a little as you sit to read this newsletter.

Starting with this issue, our department has been forced to make some changes regarding our publication method. We can no longer use the Daily Mail press in Catskill for our printing needs. They shut down operations. We are actively looking for an alternate printer but for the time being we will be publishing our newsletter in house.

Due to the increased cost associated with changing our printing method, we will no longer be delivering multiple copies to libraries, banks and post offices. We can either mail a copy to you or we can send it to you though email. Email is our preferred method and the fastest way to receive your copy.

We will have signup sheets available at all of our senior centers and at the senior club meetings for those individuals that would like a copy sent to them. You may also call our office at 719-3555 or email Maureen with your request. She can be reached mmurphy@discovergreene.com.

Stay warm and remember, spring, otherwise known as the Vernal Equinox is not that far away. It falls on March 20 at 6:45 P.M this year.

Thérèse McGee Ward

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. On designated Fridays, we offer a trip to Colonie Center.

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.

- ☆ **MONDAY:** Mountaintop (Jewett, Windham, Hunter, Ashland & Prattsville)
- ☆ **TUESDAY:** Cairo/Catskill
- ☆ **WEDNESDAY:** Coxsackie
- ☆ **THURSDAY:** Greenville

☆ **FRIDAY TRIP TO COLONIE CENTER:**

PRICE PER PERSON: \$10.00 Payment due at time of departure/boarding. No exceptions please.

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

| | | |
|----------|---------------------------|---|
| March 6 | Hunter & Town of Catskill | Reservations accepted March 2 to March 4 at 3pm |
| March 20 | Athens/Coxsackie | Reservations accepted March 16 to March 18 at 3pm |
| April 10 | Cairo/Greenville area | Reservations accepted April 6 to April 8 at 3pm |

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

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

SENIOR CITIZEN'S ROUNDTABLE NEWS
is published monthly by
GREENE COUNTY DEPARTMENT
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:

Case Managers: Cortney Carlson
Carol Provost

Aging Services Specialists: Andrea Benjamin-Legg
Gwen Starke
Danielle Wade

Aging Services Aide: Rose Bundy

Administrative Assistant: Maureen Murphy

Youth Case Worker: Carrie Vedder

Drivers:

Hamlet Bus: Janet Osborn

Nutrition Vans: Patrick Murphy
Dave Mokszycki

Bethany Village Case Manager: Patricia Gessner

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.**



Your kind support and generosity by
donating to the Greene County Depart-
ment of Human Services will help pro-
vide services to a needy, older adult of
the county.

Karen Sprague Johnson & Eric Johnson
in memory of
Rosemary Monahan



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 contribu-
tion will be used to provide service to another older
adult in need.

NAME: _____

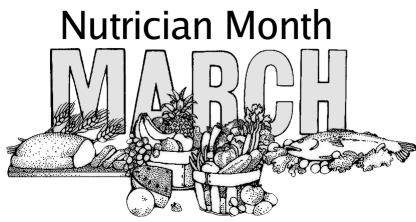
ADDRESS: _____

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




GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS OVER 60 ARE INVITED TO ATTEND

SUGGESTED DONATION IS \$4.00

Served Daily: Bread w/Promise Spread;

Low-fat milk; Coffee or Tea. Tartar sauce served on fish days.

| 2015 | 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 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 BANANA PUDDING <i>(Diet Dessert Subst)</i> | ROAST PORK w/Gravy OVEN BROWNED POTATOES WINTER SQUASH STRAWBERRIES, BANANAS & PINEAPPLE in Jell-O <i>(Diet Dessert Subst)</i> | BAKED ZITI SPINACH FRESH SEASONAL FRUIT |
| MARCH 16 - 20 | CHICKEN CACCIATORE over LINGUINE OLD FASHIONED MIXED VEGETABLES PEARS | CORNED BEEF w/ CABBAGE 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 OATMEAL-RAISIN COOKIE <i>(Diet Dessert Subst)</i> | BROCCOLI CHEESE FILET 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 | 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/Linguine SPINACH PEARS | CHICKEN CHOW MEIN OVER Rice ORIENTAL MIXED VEGETABLES PEACHES |  | | |






GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS OVER 60 ARE INVITED TO ATTEND

SUGGESTED DONATION IS \$4.00

Served Daily: Bread w/Promise Spread; Low-fat milk; Coffee or Tea. Tartar sauce served on fish days.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|--|
| APRIL 1 - 3  | | | POT ROAST w/Gravy OVEN BROWNED POTATOES CALIFORNIA MIXED VEGETABLES BROWNIE <i>(Diet Dessert Subst)</i> | BAKED HAM w/Pineapple Sauce WHIPPED POTATOES ASPARAGUS LEMON MERINGE PIE | LEMON PEPPER FISH SCALLOPED POTATOES BROCCOLI FRESH SEASONAL FRUIT |
| APRIL 6 - 10  | 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 | 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 |
| APRIL 13 - 17 | 2 HOT DOGS w/Sauerkraut <i>(Low-salt Diet Subst)</i> BAKED BEANS PEAS & CARROTS FRUIT COCKTAIL | 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 <i>(Diet Dessert Subst)</i> | CHEESE LASAGNA CALIFORNIA BLEND VEGETABLES ROMAINE SALAD FRESH SEASONAL FRUIT |
| APRIL 20 - 24 | 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 PEACHES | CHEF'S CHOICE  |
| APRIL 27 - 30 | 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> | |

SENIOR SERVICE CENTERS in GREENE COUNTY

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

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

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.

Blood Pressure: 2nd Monday, 11a.m.

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

Knitting: Tuesday, 11a.m.

Line Dancing: Friday, 10a.m.

JEWETT

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

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.*

ATHENS

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 - òMovie 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



It's the annual **National March Frozen Food Month** and the National Frozen & Refrigerated Foods Association (NFRA) is encouraging everyone to think about the freezer aisle in a fresh way: **Take a Fresh Look at Frozen!**

FROZEN FOODS: THE NUTRITIOUS CHOICE

Courtesy of U.S. Cold Storage

Freezing is the best known means of food preservation. Commercial quick freezing processes preserve the nutritional value, freshness, flavor and color of foods.

All available experimental data shows that frozen products often contain more nutrients than fresh foods. That's because produce destined for commercial freezing is harvested at the height of ripeness and nutritive value. It is taken directly to nearby freezing plants for immediate processing which preserves the nutrient content. Fresh fruits and vegetables from the market are often gathered in an immature state and allowed to ripen "off the vine." Because they frequently are transported long distances and stored before they even go on sale in the supermarket, they have lost vitamins by the time they are purchased. Nutrient depletion even continues while produce is stored in the refrigerator. Unless vegetables and fruits are truly "garden fresh," frozen are a better buy nutritionally.

Freezing preserves nutrients

Scientists at the Wisconsin Alumni Research Foundation analyzed 51 different frozen foods regularly found in grocery stores and supermarkets. Their research proved that foods retain their nutritional value during freezing. Substantial and highly beneficial amounts of no less than 21 essential vitamins, minerals and other nutrients were found in these products.

Freezing, per se, does not injure vitamins. Air exposure is much more destructive, particularly to volatile nutrients such as vitamin C and thiamine. For example, a four-ounce serving of frozen Florida orange juice contains nearly the whole amount of the U.S. Recommended Daily Allowance (RDA) of vitamin C as well as folic acid, thiamine, potassium and other essential nutrients.

Frozen dinners

According to studies, the standard 11-ounce frozen chicken dinner supplies from 42.58 percent to 54.22 percent of the minimum average daily requirement of protein for an adult. The average frozen chicken dinner provides more than 100 percent of the RDA of vitamin A and contains substantial amounts of thiamine, riboflavin, vitamin C, niacin, iron and calcium. It contains only 1/35th as much cholesterol as a single egg.

The average 11-ounce frozen beef dinner provides the following amounts of U.S. RDA of nutrients for an adult: nearly 50 percent of protein, 25 percent of phosphorus, 60 percent of iron, 14 percent of vitamin A, 25 percent of thiamine, 30 percent of riboflavin and 95 percent of niacin.

Storage

Frozen foods must be stored at 0°F. or lower to retain vitamins and other nutrients. Kept at 0°F. storage for six months, peas will retain approximately 90 percent of their original vitamin C.

Proper cooking

Proper cooking of frozen vegetables is essential to preserving their nutritional value, as well as their bright color and crisp texture. Careless cooking, especially in large amounts of water, cause loss of many water-soluble nutrients such as vitamins. Also, the shorter the cooking time, the greater the nutrient retention. Whether steamed, stir-fried or boiled, frozen vegetables should be cooked just tender-crisp. If they are boiled, use only a small amount of water. Follow package directions closely and test vegetables to see if they are done for best results.

A balanced diet

Because no single food contains all the necessary nutrients in sufficient amounts, variety in your menu is essential to a healthy well balanced diet. A wide range of seasonless fruits, juices, vegetables, breads and potato products, seafood, meats, snacks and desserts are available from the freezer case to help the homemaker plan nutritionally balanced meals everyday.



Volunteers are a Ray of Sunshine

RSVP

Lead With Experience



DELIVER HOMEBOUND MEALS

The department provides healthy, balanced meals to Greene County residents age 60 and older who cannot prepare meals for themselves. Volunteers deliver these meals and check on the senior.

**Current volunteer shortages are throughout the county
but desperately needed in Catskill & Windham.**

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 will arrange for a volunteer driver. Rides are arranged 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*



Annual Senior Corps MLK Health Fair

Sponsored by:

Greene County Department of Human Services RSVP

March 26, 2015 9:00 a.m. - 2:00 p.m.

Washington Irving Senior Center
15 Academy Street
Catskill, NY

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



The Greene County Department of Human Services
RSVP would like to say welcome and thank you to the
following new volunteers:

Debbie Clickman

Johanna D'Aleo

Phillip Miller

Christopher Morley

Michael Ryan

*Unless we think of others and do something for them, we
miss one of the greatest sources of happiness
Ray L. Wilbur*

SAVE THE DATES BELOW ...



*Invites you to join us for two educational workshops
presented by JulieAnn Calareso, Esq.*



Monday, March 9, 2015, 4pm-6pm: *The Need for Advance Directives:
Understanding Powers of Attorney, Health Care Proxies, and Living Wills*

Monday, March 23, 2015, 4pm-6pm: *Medicaid Myths and Realities*

Attendance at either or both workshops is free, but
space is limited. To register, please contact Nancy
at 518-264-1047 or CumminN@mail.amc.edu
before March 6, 2015

Hosted by Christ Church Episcopal
431 Union Street
Hudson, NY

Light dinner will be provided.

Attorney Advertising



2015 SMART DRIVER™ COURSE

*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
Mike Pirrone 945-2122 Cell (917) 656-0425
Email: kokomomike@hotmail.com
Or
Maureen Sullivan 943-3291*

Must possess valid NYS driver's license

CLASS DATES & LOCATIONS
6 hr class Classes are for 2 days from 1 – 4 pm

Thurs. April 16 & Fri. April 17 Town of Coxsackie Senior Center
Wed. Sept 16 & Thurs. Sept 17 Mansion Street, Coxsackie

Mon. April 20 & Tues. April 21 Town of Jewett Municipal Building
Wed. Sept. 2 & Thurs. Sept. 3 Beaches Corners, Jewett

Tues. May 5 & Wed. May 6 Club 39 (Rivertown Senior Center)
Tues. Oct. 6 & Wed. Oct. 7 2nd & Warren Street, Athens

Wed. May 20 & Thurs. May 21 Acra Community Center
Thurs. Oct. 15 & Fri. Oct. 16 Old Rte 23B, Acra



Ho'olu komo la kaia

(Translated from Hawaiian - Please join us)



5th Annual Greene County Senior Day

Friday May 15, 2015 12PM – 2PM

Freightmaster's Building
Main Street, Catskill

Vendor Booths with information pertaining to senior citizens

Special Laua Themed Lunch



Special Recognition of 2015
Senior Citizen of the Year
and
Outstanding Contribution
by a Senior Citizen
winners



SAVE THE DATE!

EMPIRE STATE

Senior Games

2015

June 1st-7th

CORTLAND NY

A complete list of sports & registration information available at
www.nyseniorgames.com

CORTLAND REGIONAL SPORTS COUNCIL Cortland County
Champion of the Adirondack Park