

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 Citizens' Roundtable News

Published by Greene County Department of Human Services since 1976

MAY 2015

CONGRATULATIONS 2015 GREENE COUNTY SENIOR AWARD WINNERS

LEON GOODRICH  
2015 SENIOR CITIZEN OF THE YEAR

Leon Goodrich of Hunter is a selfless man with a caring heart for his fellow human beings. He has volunteered almost all of his life, including 64 years with the Hunter Fire Company. During that time he served as President of the Fire Company, was on many committees including fundraising, convention and Block Party, and filled in whenever a need arose. Leon is a Life Member of the Greene County Volunteer Firemen's Association and is a Past President and committee member on various association committees. Leon has volunteered his time with Little League and the Boy Scouts. He has served as a volunteer for the Greene County Department of Human Services (Aging) for nearly 21 years and has dedicated over 1500 hours with the Homebound Meal Program. Mr. Goodrich builds hand-cranked, 3-wheel wheelchairs for P.E.T. (Personal Energy Transportation). These units are then shipped to Africa to be distributed to survivors of polio and land mine accidents.



Leon is a U.S. army veteran from the Korean War. He has been married to his wife, Ila, for 64 years and they have 2 children, four grandchildren and five great-grandchildren. Leon is an excellent horseshoe player and has won several county tournaments. Leon is a consummate volunteer and has raised his children the same way.

MICHAEL PIRRONE  
OUTSTANDING CONTRIBUTION BY A SENIOR



Michael Pirrone has been volunteering his time and energy in Greene County since taking up residence in Athens. He is a Greene County RSVP driver for homebound meals and medical transportation. He serves on the Athens Community Foundation Board which awards grant money to organizations that benefit Town of Athens residents. He has served as the Treasurer for the Aging Services Foundation and most recently was elected President. He is a volunteer AARP Safe Driver program instructor. Mike is an active volunteer at his church, St. Patrick's of Athens; is a member of the Sleepy Hollow Tenants Association, and serves as the President of the Athens Senior Citizens Club.

He is a retired accountant and together with his wife, Anne, raised 3 children and have 3 grandchildren.

On Tuesday May 5th, Leon and Michael will be recognized by NYS at a special ceremony in Albany for their achievements.



Receiving Certificates of Merit from Greene County are Richard Muggeo of Leeds and Maria Thompson of Windham. All the nominees will be recognized at the May Greene County Legislature meeting.

On Friday, May 15<sup>th</sup>, the Department of Human Services will recognize these seniors at the 5<sup>th</sup> Annual Senior Citizen Day at the Historic Point in Catskill. Festivities will run from 12:00 p.m. to 2:00 p.m..

GCDHS  
411 Main Street  
Catskill NY 12414

SEAL  
HERE

SEAL HERE

**SENIOR CITIZENS' 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 - Thérèse McGee Ward**

Business Manager - Ken Brooks

Aging Department Coordinators:  
Aging Services - Connie Bentley

Nutrition - Tezera Pulice

Volunteer Services - Ruth Pforte

Office Staff:

Administrative Assistant: Maureen Murphy

Case Managers: Cortney Carlson  
Carol Provost

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

Aging Services Aide: Rose Bundy

Hamlet Bus Driver: Janet Osborn

Nutrition Van Chauffeurs: Patrick Murphy  
Dave Mokszycki

Bethany Village Case Manager: Patricia Gessner

Youth Bureau :

Youth Service Worker: Carrie Vedder

The office is open 8:30 am -5:00 pm Monday  
thru Friday, with the exception of July & August  
(close at 4:30 pm). 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 contri-  
bution will be used to provide service to an older adult in  
need.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

I designate a \$ \_\_\_\_\_ donation

in appreciation for services \_\_\_\_\_

**OR**

In memory of \_\_\_\_\_  
for the following:

- \_\_\_\_\_ Roundtable News
- \_\_\_\_\_ Use where most needed
- \_\_\_\_\_ Nutrition Program: Home-delivered meals
- \_\_\_\_\_ Homebound transportation
- \_\_\_\_\_ 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 & generosity by donating to the  
Greene County Department of Human Services will  
help provide services to Senior Citizens in need.

*In Memory of Rose Greene  
from Christine Ward*

**APPLICATIONS NOW AVAILABLE**

**For Greene County  
Trailer Replacement Program**

Catskill Mountain Housing  
is looking for families  
who want to replace  
severely deteriorated mobile homes or trailers.  
We have grant funds available for replacement costs.  
The trailers must be on land you own  
and you must be income qualified.

**Call or Write**

**Catskill Mountain Housing Development Corp.**  
**P.O. Box 473**  
**448 Main Street**  
**Catskill, New York 12414**  
**(518) 943-6700**  
**TDD # (800) 662-1220**



**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*

**APPLICATIONS NOW AVAILABLE**

**For Senior Apartments**

One Bedroom Apartments of Subsidized Housing  
for Elderly and/or Disabled

Income Restrictions Apply  
Rental Assistance and Universally Accessible Units

**Catskill: Autumn Grove Apartments  
Orchard Estates  
Kaaterskill Manor**

**Cairo: Fairground Estates**

**Tannersville: Hemlock Nob**

**Windham: Windham Willows**

**Applicants will be placed on a waiting list**

**Call or Write  
Catskill Mountain Housing Development Corp.  
P.O. Box 473  
448 Main Street  
Catskill, New York 12414  
(518) 943-6700 TDD # (800) 662-1220**

**\*\*\*\*ADVERTISERS\*\*\*\***

Have you been trying to reach  
the senior citizens of Greene County  
that might be interested in your product/service ?  
Why not, try advertising in the Roundtable News!

The Newsletter is distributed throughout the county  
at all of the Senior Nutrition Sites  
(Acra, Coxsackie, Catskill & Jewett),  
at the county's Rivertown Senior Center in Athens  
and various other locations where seniors congregate.

Our rates are VERY reasonable.

By advertising, you will help decrease  
the cost of printing our newsletter  
which in turn will allow the Department  
to appropriate funds  
to benefit our Seniors more directly.

GIVE IT A TRY!

For further information,  
contact Ken Brooks at (518) 719-3555.

## MEDICATION DROP BOXES - HELP REDUCE PRESCRIPTION DRUG ABUSE

Three Greene County law enforcement agencies have announced a joint effort to help address the abuse of prescription drugs in the area. Greene County is one of the few counties in the State to offer three sites. The boxes were purchased by the Greene County Rural Health Network.

**Use the Drop Box.** All three agencies have installed "medication drop boxes" in which anyone can deposit discontinued, expired or unwanted medications, especially controlled substances.

**First** ...Safeguard your medications... **Second** ... dispose of the ones that are no longer needed or outdated. **No Questions asked and No Paperwork required.** Just put your medications in these boxes, including prescription narcotics.

### Greene County Sheriff's Office, 943-3300

☆ The box is located inside the office.

☆ Monday - Friday, 9 AM - 5 PM Just go in the front door and you'll see the box.

### Coxsackie Village Police Department, 756-6128

☆ Located at the Police Department in Village Hall

☆ Sunday - Saturday, 8 AM - Midnight.

### Town of Windham Police Department, 734-3151

☆ Located at the Police Department in Hensonville.

☆ Call and set up a time to ensure that the Officer will be in the office. There is no access to the drop box if the Officer is not available.

☆ 9 AM - 3 PM, Sunday - Saturday.



## ARE YOU or DO YOU KNOW A WWII or KOREAN WAR VETERAN?



Leatherstocking Honor Flight, a hub of the national Honor Flight Network, is an all-volunteer organization dedicated to taking veterans, *at no cost*, to Washington, D.C. to experience the World War II Memorial and other landmarks. Veterans are flown on a "first-come, first-served basis." Priority is given to World War II veterans and all other veterans with a terminal illness. A second priority is given to veterans of the Korean War.

All trips for the Veterans are paid for through donations. Volunteer Guardians, pay for their own trip, and are responsible for accompanying & chaperoning the Veterans for that trip. Leatherstocking Honor Flight which covers Greene County has taken 711 WWII Veterans; the oldest was 99 years old.

The Honor Flight program was developed after the 2004 dedication of the long overdue World War II Memorial so that anyone who served during that time could experience first hand this lasting tribute to their sacrifice. On June 5<sup>th</sup>, 2010 thirteen World War II vets took Greene County's initial trip and had what one veteran called "a truly memorable experience." Since then, there have been several other flights. **Upcoming Flights are scheduled for September 12<sup>th</sup> and October 17<sup>th</sup>, 2015.**



Veterans interested in participating may contact the Greene County Department of Human Services at 719-3555 or the Greene County Veterans Services Agency at 943-3703 for an application. All efforts and accommodations will be made for those with infirmities. Every effort will be extended (including wheelchairs and assistive devices) to make sure that veterans will be comfortable.



# Ho'olu komo la kaula

(Translated from Hawaiian - Please join us)



## 5<sup>th</sup> Annual Greene County Senior Day

### It's a Lu'au

**Friday May 15, 2015 12:00 PM – 2:00 PM**

**Freightmaster's Building**

**The Point (Main Street) Catskill**

**Vendor Booths with information pertaining to senior citizens**

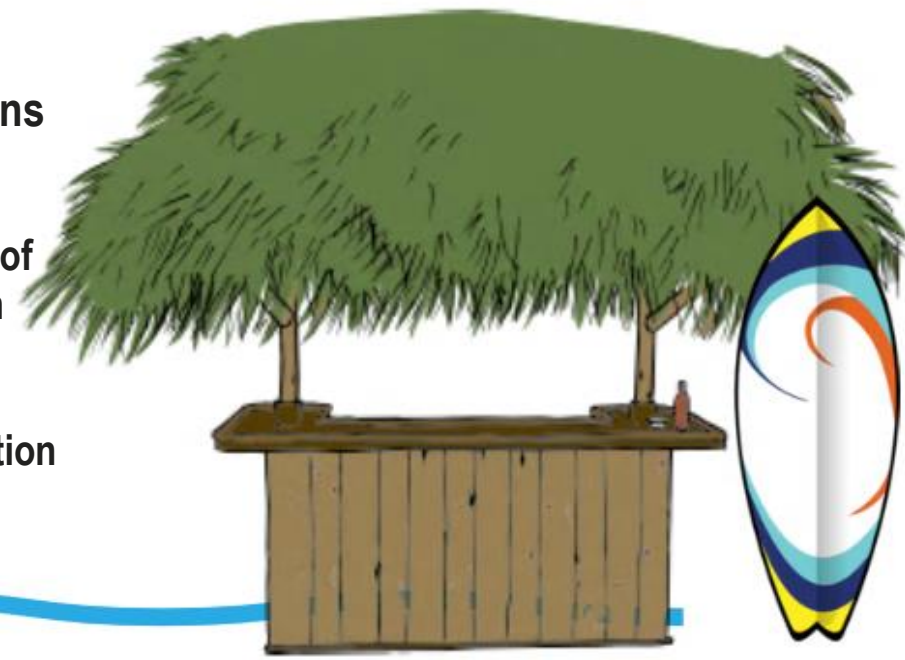
**Special Lu'au Themed Lunch**

**Sweet & Sour Pork over Rice - Cole slaw - Pineapple Delight - Beverages**

**Transportation available  
Call 719-3555 for reservations**



**Special Recognition of  
2015 Senior Citizen  
of the Year  
And  
Outstanding Contribution  
by a Senior Citizen  
Awardees**



SENIOR SERVICE CENTERS in GREENE COUNTY

Each site serves a noon-time meal, Monday - Friday, for a suggested donation of \$4.00. All meals include: Meat/Alternative Entrée, Vegetables and 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.

<p><b><u>ACRA</u></b> Acra Community Center, Old Rte. 23B, Acra</p> <p>(518) 622-9898 Staff: Sandra Sherman, Aging Services Aide II Elaine Cherrington</p> <p>Aging Information &amp; Assistance/ Medicare Minute: 2nd monthly Wednesday, 11:00 am</p> <p>Cairo Crafters: 1st &amp; 3rd monthly Wednesday 1:00 pm</p>	<p><b><u>COXSACKIE</u></b> Town of Coxsackie Senior Center Mansion Street, Coxsackie <i>(Former Knights of Columbus Hall)</i> (518) 731-8901 Staff: Renee Raffiani, Meal Site Manager</p> <p>Aging Information &amp; Assistance/ Medicare Minute: 3rd monthly Monday, 11:00 am</p> <p>Exercise Class:Tues./Thurs.10:30 am</p> <p>Knitting: Tuesday, 11:00 am</p> <p>Zumba: Thursday, 10:15 am</p> <p>Line Dancing: Friday, 10:00 am</p>	<p><b><u>JEWETT</u></b> Jewett Municipal Building Route 23C, Jewett</p> <p>(518) 263-4392 Staff: Gayle Ruvolo, Meal Site Manager MaryAnn Brink</p> <p>Aging Information &amp; Assistance/ Medicare Minute: 4th monthly Friday, 11:00 am</p>
---	---	---

<p><b><u>ATHENS</u></b> Club 39 <i>(Formerly Greene County Rivertown Senior Center)</i> 2nd &amp; Warren Sts., Athens (518) 945-2700 Tami Bone, Senior Service Center Manager Staff: JoanAnn Rouse      Shane Dillon John Lawrence      Lana Marrone</p> <p>Aging Information &amp; Assistance/Medicare Minute: 2<sup>nd</sup> Mon of month, 11:00 am</p> <p>Tuesday &amp; Friday: Exercise 11:00 am ó 11:30 am</p> <p>2nd &amp; 4th Tues. of month: Crafters 1:00 pm ó 2:00 pm</p> <p>Wednesday: Certified Zumba Gold classes, 10:00 am Karaoke 10:30 am ó 11:00 am</p> <p>Thursday: Cards, Games, Billiards 1:00 pm</p> <p>Friday: Group games 11:30 am ó Lunch served</p>
--

**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:  
2<sup>nd</sup> Thurs of month, 11:00 am

---

**CENTER ACTIVITIES**  
*Sponsored by Town of Catskill*

\* *Mon. & Wed.*                      *Senior Choir - 10:30 am*

\* *Monday:*                              *Crafters - 1:00 pm*

\* *Tuesday:*                            *Line Dancing - 10:30 am*  
   *Weight Watchers - 11:00 am*

\* *Wednesday:*                        *Paint with Bill - 10:00 am*  
   *BINGO - 10:30 am*

\* *Thursday:*                            *Qiqong - 10:45 am*

\* *Friday:*                                *Exercise Class - 11:00 am*



**WE DESPERATELY NEED YOU TO VOLUNTEER!**

**You can serve as little as an hour a month, or volunteer to help everyday . . . your choice. Volunteers are eligible for mileage reimbursement.**

**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 drivers are desperately needed in Catskill & on the Mountaintop.**

**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**



**SAVE THE DATE . . . Annual RSVP Volunteer Recognition Luncheon . . . Thursday October 1**  
***Volunteers . . . The Essential Puzzle Piece of Our Program***

Volunteers, please remember to sign-in when volunteering at a station and to submit your hours to the office.

**THANK YOU HOMEBOUND TRANSPORTATION DRIVERS**

The Department’s Homebound Transportation Drivers were recently recognized for their service to the program with a luncheon. Pictured left to right are (back row): Aging Services Aide for Homebound Transportation Rose Bundy; RSVP Volunteer Coordinator Ruth Pforte; Drivers Joe Ellis, Carole Muggeo, Mike Pirrone and Ron Evans; (front row) Julia Willenbucher, Maria Thompson, Liz Galle, Evelyn Thein-Guldenstern and John McLear.





## Volunteers are a Ray of Sunshine

### RSVP INSTALLS ADVISORY COUNCIL OFFICERS

Recently, officers were elected for the RSVP Advisory Council for 2015-16. A special luncheon was held, at which time they were installed. Sworn in were Lillian Moore as Chairperson, Cliff Gross as Vice Chairperson and Terri Brett as Secretary.

Pictured left to right are Gross and Brett with Anna Sutherland, outgoing Vice-Chairperson.



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

*Mary Boushor*

*Carole Kennedy*

*Jean Martin*

*Christine Sally*

### CLUB 39 MAY ACTIVITIES:

(Rivertown Senior Center)  
39 Second St. Athens

### TAI CHI CLASSES

May 5<sup>th</sup> - May 12<sup>th</sup>  
May 19<sup>th</sup> - May 26<sup>th</sup>  
10:30 a.m.



### BALLROOM DANCE CLASSES

*taught by Guy Apicella.*



*Ballroom dancing is fun, great exercise  
and a wonderful way to meet new people.*

*Join us and learn the basics  
of Rumba, Foxtrot, Cha-Cha,  
Swing and Waltz*

May 8<sup>th</sup> - May 22<sup>nd</sup> - May 29<sup>th</sup> 1:30 p.m.

**ALL CLASSES ARE FREE  
REGISTRATION REQUIRED**

Please call Tami Bone, 945-2700,  
for more information.



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

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

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

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



## IMPORTANT TRAINING SESSION

for

## Home Delivered Meal Volunteers

Sponsored by Greene County Dept. of Human Services' RSVP

**May 13, 2015 2:30 PM**

**Rivertown Senior Center**  
(Corner of Second St. & Warren St., Athens)

**All** home delivered meal volunteers are  
requested to attend this special training.

Refreshments will be served.



### GREENE COUNTY'S ICE AGE



In March, RSVP hosted a presentation at the Washington Irving Senior Center in Catskill on the Ice Industry in Greene County. Those who attended enjoyed hearing Volunteer Richard Muggeo speak on one of the first commercial industries in Greene County. Left to right: Richard Muggeo & Corky Schloss holding an ice saw.



LOCATED AT CLUB 39  
(RIVERTOWN SENIOR CENTER)  
ATHENS

### Hours:

**Monday 9am - 2pm**

**Tuesday, Wednesday & Friday  
9am - 11:30am**

**Closed Thursdays**



**Would you be interested in  
a day trip to North-South  
Lake Campground in  
Haines Falls?** The outing  
will include transportation  
and lunch.

As of yet, a date has not been set as we are merely  
looking to see if there is enough interest.

If this trip sounds like something you would like to do,  
please call 719-3559 & speak to Janet with the  
Department of Human Services.



The nation's mayors and county executives are increasingly turning to national service as a cost-effective strategy to address local challenges. By unleashing the power of citizens, AmeriCorps and Senior Corps programs have a positive and lasting impact on making our cities and counties better places to live.

Mayors and county executives across the country participated in the third-annual Mayors Day of Recognition for National Service on **April 7, 2015**. In order to spotlight the impact of national service and thank those who serve, mayors and county executives held public events and used traditional and social media to highlight the value of national service to the nation's cities. Last year, 1,760 mayors representing more than 110 million citizens participated in the second-annual Mayors Day of Recognition for National Service. The initiative is being led by the Corporation for National and Community Service, the National League of Cities, and Cities of Service.

Greene County stepped up to the plate and did their part. County Legislators, as well as Town and Village elected officials assisted the department's senior nutrition program by volunteering for the day. Participating were Greene County Legislator Gene Hatton (Athens), Town of New Baltimore Supervisor Nick Dellisanti and Councilperson Shelly Van Etten, Village of Athens Mayor Chris Pfister, Town of Hunter Historian Diann-Terns Thorpe and Town of Greenville Supervisor Paul Macko.



*Rivertown Senior Center Manager, Tami Bone, is seen being assisted by County Legislature Gene Hatton as they prepare meals to be delivered to homebound seniors.*

*Legislator Hatton serves the daily lunch to MaryJane Zanchelli & Ricky Martin.*



### HAMLET SHOPPING BUS

The Greene County Department of Human Services offers a hamlet shopping bus to Greene County residents age 60 and older living in the towns of Ashland, Athens, Cairo, Catskill, Coxsackie, Greenville, Hunter, Jewett, Prattsville and Windham. Our friendly driver will pick up seniors at their door, take them to Catskill for shopping, and then to a local Senior Center for lunch, before returning home. All trips are limited to 16 people.

**First come, First served** Please call at least one (1) business day in advance to make arrangements to be picked up. \*\*\*\* LIMIT: Two shopping bags per person \*\*\*\*

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

**TUESDAY:** Cairo/Catskill

**WEDNESDAY:** Athens/Coxsackie

**THURSDAY:** Greenville

**FRIDAY TRIP TO COLONIE CENTER PRICE PER PERSON: \$10.00**

**Payment due at time of boarding. No exceptions please.**

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

**May 1, 2015** Cairo/Greenville area  
**Reservations accepted April 27 through 3pm on April 29**

**May 8, 2015** Hunter/Catskill area  
**Reservations accepted May 4 through 3pm on May 6**

**STARTING MEMORIAL DAY WEEK: The Colonie Center bus run will be on THURSDAYS**

**May 28, 2015** Cairo/Greenville area  
**Reservations accepted May 26 through 3pm on May 27**

For further Hamlet Bus information or to make a Colonie Center trip reservation, call Janet at 719-3559.



**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

The Greene County Aging Services Foundation promotes services for the elderly residents of Greene County through the Greene County Department of Human Services/Aging.

At their April 2015 meeting, the following were elected to serve as officers for the coming year.

President - Michael Pirrone  
Vice President - Regine Petrosky  
Secretary - Doris Jenkins  
Treasurer - Ken Brooks

The Foundation is managed by nine (9) Board of Directors. This consists of the Executive Director of the Greene County Department for the Aging and eight (8) community members.

Presently there are two (2) vacancies on the Foundation. Interested candidates should be able to recognize older adults' needs in the community and take an active role in working toward the continuation of services. If interested, please contact the Department of Human Services at 719-3555 for further information.

The 8<sup>th</sup> Annual MLK Health Fair sponsored by Greene County Department of Human Services' RSVP was held on March 26<sup>th</sup> at the Washington Irving Senior Center in Catskill. Attendees were able to gather information from over 30 agencies in attendance. The health fair strives to improve our communities' quality of life by providing knowledge of resources & supportive services to encourage health, safety and well being.



**DON'T LEAVE MEDICARE BENEFITS ON THE TABLE. USE THEM!**  
by Medicare Made Clear



Medicare is not just for when you're sick or injured. Some Medicare benefits are designed to help you get and stay healthy. Your annual Medicare Wellness Visit is one such benefit you don't want to pass up. It's covered by Medicare Part B. You pay no deductible and no copay for the visit.

When you feel well, going to the doctor may be the last thing on your mind. But it's one of the best things you can do for your health. Want to know why? Your **Medicare Wellness Visit** is time for you and your doctor to discuss your health concerns and create a personal prevention plan together. Your plan may include recommendations for other preventive services, such as exams, screenings, shots and lab tests. There may be a charge for some of these other services.

***Getting the Most from Your Visit***

The more prepared you are for your Medicare Wellness Visit, the more time you and your doctor may have to discuss your health. Think about any questions or concerns you have ahead of time. Even things that may seem unimportant to you could help your doctor get a complete picture of your health and well-being. Here are some things you may want to take with you to your appointment:

- All the medications you take (prescription, non-prescription, vitamins, supplements and herbal); it may be easiest to just put the bottles in a bag and take them with you.
- A list of all the health care providers you see, including names and contact information.
- Your completed health history form and health risk assessment, if sent to you by your doctor's office ahead of time.

***Focus on Prevention***

Your Medicare Wellness Visit is a preventive care visit. It's not the same as an annual physical. It's a good idea to ask your doctor right upfront what the visit includes and what it doesn't. That way you and your doctor can stay focused and not go into areas that may incur charges. In general, the visit includes:

- A review of your medical and family history.
- Developing or updating a list of current prescriptions and providers.
- Height, weight, blood pressure and other routine measurements.
- Detection of any cognitive impairment (memory loss, confusion, etc.).
- Personalized health advice.
- A list of your health risk factors and treatment options.
- A checklist of the preventive services recommended for you

Medicare Part B covers one Medicare Wellness Visit every 12 months. The same is true if you have a Medicare Advantage plan. Check your plan materials to see if any additional preventive services are covered.

***Are You Due for a Medicare Wellness Visit?***

Preventive care may help you improve your health and stay healthier longer. It can help find health problems early, when they are most treatable. It may even help protect you from getting certain diseases. Check the date of your last Medicare Wellness Visit. If you are due, make an appointment today. Your Medicare benefits are meant to be used!

For more information, explore [MedicareMadeClear.com](http://MedicareMadeClear.com) or contact the Medicare helpline 24 hours a day, seven days a week at 1-800-MEDICARE (1-800-633-4227), TTY 1-877-486-2048.



Celiac Awareness Month is held throughout the United States each May and is supported by the National Foundation for Celiac Awareness (and other relevant organizations). The month raises awareness about celiac disease, and highlights the work of the National Foundation for Celiac Awareness (NFCA) which provides support for those affected. The NFCA, in

collaboration with scientists and other organizations, also supports research into celiac disease.

**What Is Celiac Disease?**

Celiac disease is a genetic autoimmune disease which damages the small intestine. The small intestine is part of the gut which digests & absorbs nutrients from food. When the small intestine is damaged, the rate of nutrient absorption from food is reduced. Celiac disease can affect people in many different ways and symptoms vary in severity.

In many cases, where there are no noticeable symptoms, a person has '*silent celiac disease*'. People with 'minor celiac disease' have minor symptoms. These can include a wide range of symptoms such as indigestion, bloating, weight loss, and mild abdominal pain. People with '*major celiac disease*' have severe symptoms which can be of great discomfort. These may include 'minor celiac disease' symptoms which are more severe, and other symptoms such as stomach cramps, diarrhea and muscle spasms. People with celiac disease are sensitive to gluten which triggers these symptoms. Gluten is a protein found in grains such as barley, wheat and rye. Consumption of gluten can affect the whole body.

Celiac Awareness Month raises awareness about sensitivity to gluten. Treatment for celiac disease and gluten intolerance is straight forward; those affected are advised to avoid foods which contains gluten. This awareness event helps educate and inform the public about gluten free foods. However, it is not always easy to determine if a food item is gluten free; this event also encourages appropriate labeling on food items.

**Many People Are Not Aware They May Have Celiac Disease**

In the United States, approximately 3 million people have celiac disease; 21 million people have this disease or are sensitive to gluten. Of the 3 million who have this disease only 5% know they have it. This awareness month aims, in part, to make more people aware that they may have this disease and that by eating gluten free foods, they can eliminate their symptoms.

For more information visit the NFCA [Celiac Awareness Month webpage](http://CeliacAwarenessMonthwebpage).

**EAT RIGHT . . .Food, Nutrition & Health Tips from the Academy of Nutrition and Dietetics**

Dedicate yourself to a healthy lifestyle with these food, nutrition and exercise tips.

1. **Eat Breakfast** - Try oatmeal cooked with low-fat milk, sliced almonds & berries or top a toaster waffle with low-fat yogurt & fruit.
2. **Make half your plate fruits & vegetables** - Make 2 cups of fruit and 2<sup>1</sup>/<sub>2</sub> cups of vegetables your daily goal.
3. **Watch Portion Sizes** - Get out the measuring cups and see if your portions are at the recommended serving.
4. **Be Active** - Regular physical activity lowers blood pressure and helps your body control stress and weight.
5. **Fix Healthy Snacks** - Make your snacks combinations snacks such as nuts with an apple or banana, or low-fat yogurt with fruit.
6. **Consult an RD** - Registered dietitians can help by providing easy-to-follow personalized nutrition advice
7. **Dine Out without Ditching Your Goals** - Plan ahead, ask questions & choose foods carefully. Think about nutritious items and look for grilled, baked, steamed or broiled dishes.
8. **Drink More Water** instead of sugary drinks. Older adults are encouraged to drink plenty of water.
9. **Explore Foods & Flavors** - Expand your range of food choices. Try a new version of a familiar item such as red leaf lettuce.
10. **Eat Fish Twice a Week** - Fish are a lean, healthy source of protein. The oily kinds, such as salmon and tuna, deliver heart and brain-healthy omega-3 fats you should be getting in your diet.





## GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS 60 AND OLDER 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
MAY 1				5 <sup>th</sup> Annual Senior Citizens Day  It's a Lu'au  Friday May 15 12 p.m. - 2 p.m. The Point, Catskill	ROAST TURKEY w/Gravy & Cranberry Sauce DRESSING MASHED POTATOES CALIFORNIA MIXED VEGGIES FRESH SEASONAL FRUIT
MAY 4 - 8	CHILI CON CARNE w/Rice CORN ORANGE JUICE APRICOTS	CHICKEN QUARTERS w/Gravy WHIPPED POTATOES SPINACH ORANGE BLOSSOM PUDDING <i>Diet Dessert Subst</i>	BEEF TIPS w/Mushrooms over Egg Noodles CARROT COINS TROPICAL FRUIT	ROAST PORK w/Gravy OVEN BROWNED POTATOES WINTER SQUASH STRAWBERRIES, PINEAPPLE & BANANA w/Jell-O <i>Diet Dessert Subst</i>	CHEESE LASAGNA OLD FASHIONED MIXED VEGETABLES TOSSED GREEN SALAD FRESH SEASONAL FRUIT
MAY 11 - 15 	KNOCKWURST <i>Low-salt Diet subst</i> w/Sauerkraut BAKED BEANS CARROTS TROPICAL FRUIT	CHICKEN DIJON MASHED POTATOES CALIFORNIA BLEND VEGETABLES APPLE SAUCE w/2 small cookies <i>Diet Dessert Subst</i>	SALISBURY STEAK w/Gravy POTATOES O'BRIEN CARROTS & PEAS BANANA PUDDING <i>Diet Dessert Subst</i>	BAKED ZITI SPINACH MANDARIN ORANGES	SENIOR DAY AT THE POINT  ALL SENIOR NUTRITION SITES CLOSED  NO CONGREGATE OR HOME DELIVERED MEALS
MAY 18 - 22	BROCCOLI CHEESE FISH FILET w/Tartar Sauce RICE PILAF CALIFORNIA BLEND VEGETABLES CRANBERRY JUICE FRUIT COCKTAIL	SHEPHERD'S PIE BROCCOLI PEACHES	BAKED HAM <i>Low-salt Diet Subst</i> w/Raisin Sauce FRESH SWEET POTATO CAULIFLOWER AU GRATIN OATMEAL RAISIN COOKIE <i>Diet Dessert subst</i>	CHICKEN CACCIASTORE over Linguine OLD FASHIONED MIXED VEGETABLES PEARS	ROAST BEEF w/Gravy MASHED POTATOES WHOLE BABY CARROTS w/ORANGE GLAZE FRESH SEASONAL FRUIT
MAY 25 - 29	<u>MEMORIAL DAY</u> ALL SENIOR NUTRITION SITES CLOSED  NO CONGREGATE OR HOME DELIVERED MEALS	CHICKEN DIVAN over Rice CARROTS & PEAS PEACHES	PORK CHOP RED CABBAGE OVEN BROWNED POTATOES WINTER SQUASH CINNAMON APPLE- SAUCE	ROAST TURKEY w/Gravy & Cranberry Sauce STUFFING MASHED POTATOES PINEAPPLE UPSIDE DOWN CAKE <i>Diet Dessert subst</i>	VEGGIE LASAGNA ITALIAN VEGETABLES TOSSED SALAD FRESH SEASONAL FRUIT




## GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS 60 AND OLDER 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
JUNE 1 - 5	Liver & Onions Mashed Potatoes Carrots Mandarin Oranges & Pineapple	BBQ Chicken Potato Salad Broccoli Salad Apricot Juice Chocolate Mousse <i>Diet Dessert subst</i>	Seafood Pasta Salad Mexicali Vegetable Salad Sliced Tomatoes Orange Juice Brownie* <i>*Diet Dessert subst</i>	Pork Roast w/gravy Whipped Potatoes Old Fashioned Mixed Vegetables Cinnamon Applesauce	Spaghetti & Meatballs Spinach Tossed Green Salad Fresh Seasonal Fruit
JUNE 8 - 12	Potato Encrusted Cod Rice California Mixed Vegetables Tropical Fruit	Ham Confetti Salad <i>Low-Salt Diet Subst: Chicken for Ham</i> Marinated Carrots 3 Bean Salad Orange Juice Pineapple chunks	Beef Stew Green Peas Chocolate Chip Cookies* <i>*Diet Dessert subst</i>	Baked Chicken Quarter w/Gravy Mashed Potato Cranberry Juice Old-fashioned Vegetables Peaches	Lasagna Brussels sprouts Tossed salad Red, White & Blue Parfait
JUNE 15 - 19	Pork Chops w/Red Cabbage Whipped Potatoes Butternut Squash Apple	Macaroni-Tuna Salad Beet & Onion Salad V-8 juice Sliced Tomatoes & Cucumbers Fruit Cocktail	Salisbury Steak w/gravy Potatoes O'Brien California Mixed Vegetables Birthday Cake* <i>*Diet Dessert subst</i>	Roast Turkey w/Dressing Cranberry Sauce Whipped Potatoes Carrots Rice Pudding* <i>*Diet Dessert subst</i>	Chicken Caesar Salad Potato Salad 3 bean salad Strawberry Shortcake* <i>*Diet Dessert</i>
JUNE 22 - 26 	Chicken Cacciatore Linguine California Blend Vegetables Fruit Cocktail	Kielbasa w/sauerkraut <i>Low-salt Diet Subst</i> German Potato Salad Marinated Carrots Hot-Dog Bun Pineapple Delight* <i>*Diet Dessert subst</i>	Lemon Pepper Fish Rice Pilaf Old Fashioned Mixed Vegetables Oatmeal Raisin Cookies* <i>*Diet Dessert subst</i>	Chicken Dijon Mashed Potato Mixed Beans & Baby Carrots Mandarin Oranges	Sliced Turkey & Ham <i>Low-salt diet subst: No Ham w/Swiss Cheese on Romaine Lettuce Pasta-Broccoli Salad Sliced Tomatoes &amp; Red Onions V-8 Juice Fresh seasonal fruit</i>
JUN 29 - 30	Chicken Chow Mein Rice Peas Orange Juice Apricots  COXSACKIE TYE-DYE DAY	Seafood Pasta Salad Marinated Carrots Garden Vegetable Salad Tropical Fruit	<p><i>National Dairy Month is a great way to start the summer with nutrient-rich dairy foods. From calcium to potassium, dairy products like milk contain nine essential nutrients. Dairy products are a natural nutrient powerhouse.</i></p> 		