MICHAEL PIRRONE
OUTSTANDING CONTRIBUTION BY A SENIOR

Michael Pirorone 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; he 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 15th, the Department of Human Services will recognize these seniors at the 5th Annual Senior Citizen Day at the Historic Point in Catskill. Festivities will run from 12:00 p.m. to 2:00 p.m.
EXECUTIVE DIRECTOR - Thérèse McGee Ward
Business Manager - Ken Brooks
Aging Department Coordinators: Aging Services - Connie Bentley
Nutrition - Tezeria Pulice
Volunteer Services - Ruth Pforte
Offices:
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 Mokszczyki
Bethany Village Case Manager: Patricia Gessner
Youth Bureau: Carrie Vedder
The office is open 8:30 am -5:00 pm Monday through 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.

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

The Newsletter is distributed throughout the county at all of the Senior Nutrition Sites (Aera, Coxackie, 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.

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 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

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

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

APPLICATIONS NOW AVAILABLE
For Greene County
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(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
(Aera, Coxackie, Catskill & Jewett),
at the county\'s Rivertown Senior Center in Athens
and various other locations where seniors congregate.

Our rates are VERY reasonable.

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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.

In Memory of Rose Greene
from Christine Ward
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 5th, 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 12th and October 17th, 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.

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.

(Translated from Hawaiian - Please join us)

5th 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

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.

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

ATHENS
Club 39 (Formerly Greene County Rivertown Senior Center)
2nd & Warren Sts., Athens
(518) 945-2700
Tami Bone, Senior Service Center Manager
Staff: Joan Ann Rouse, Shane Dillon, John Lawrence, Lana Marrone

Aging Information & Assistance/Medicare Minute:
1st Mon of month, 11:00 am
Tuesday & Friday: Exercise 11:00 am – 11:30 am
2nd & 4th Tues. of month: Crafters 1:00 pm – 2:00 pm
Wednesday: Certified Zumba Gold classes, 10:00 am
Karaoke 10:30 am – 11:00 am
Thursday: Cards, Games, Billiards 1:00 pm
Friday: Group games 11:30 am – lunch served

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, 11:00 am

CENTER ACTIVITIES
Sponsored by Town of Catskill
* Monday: Seniors – 10:30 am
* Monday: Crafters – 1:00 pm
* Tuesday: Line Dancing – 10:30 am
* Monday: Weight Watchers – 11:00 am
* Wednesday: Paint with Bill – 10:00 am
* Wednesday: BINGO – 10:30 am
* Thursday: Qi Gong – 1:00 am
* Friday: Exercise Class – 11:00 am

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.

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.
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

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.

RSVP INSTALLS ADVISORY COUNCIL OFFICERS

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Mary Boushor  
Carole Kennedy  
Jean Martin  
Christine Sally

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.

CLUB 39 MAY ACTIVITIES:
(Rivertown Senior Center) 39 Second St. Athens

TAI CHI CLASSES
May 5th - May 12th  
May 19th - May 26th  
10:30 a.m.

BALLROOM DANCE CLASSES taught by Gay 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 8th - May 22nd - May 29th  1:30 p.m.

ALL CLASSES ARE FREE REGISTRATION REQUIRED
Please call Tami Bone, 945-2700, for more information.

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(Rivertown Senior Center) 39 Second St. Athens

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

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.

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.

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

GREENE COUNTY’S ICE AGE

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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 in 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-Thorpe and Town of Greenville Supervisor Paul Macko.

**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, 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.

- **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

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 1, 2015</td>
<td>Cairo/Greenville area</td>
<td>$10.00</td>
</tr>
<tr>
<td>May 8, 2015</td>
<td>Hunter/Catskill area</td>
<td>$10.00</td>
</tr>
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**STARTING MEMORIAL DAY WEEK:** The Colonic Center bus run will be on THURSDAYS

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 28, 2015</td>
<td>Cairo/Greenville area</td>
<td>$10.00</td>
</tr>
</tbody>
</table>

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

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 straightforward; those affected are advised to avoid foods which contain 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.
## May

**1st Annual Senior Citizens Day**

Tuesday, May 15
- 12 p.m. - 2 p.m.
- The Point, Catskill

**Food Offered:**
- Roast Turkey w/Gravy & Cranberry Sauce
- Mashed Potatoes
- California Mixed Vegetables
- Fresh Seasonal Fruit

**Dept. of Agriculture**

**MONDAY**
- Chicken Divan over Rice
- Carrots & Peas
- Peaches

**TUESDAY**
- Pork Chop w/Red Cabbage
- Oven Browned Potatoes
- Winter Squash
- Cinnamon Apple Sauce

**THURSDAY**
- Seafood Pasta
- Salad
- Mediterranean Salad
- Stuffed Tomatoes
- Orange Juice
- Brownie*

**FRIDAY**
- Beef Stew
- Green Peas
- Chocolate Chip Cookies*

**June 1-5**
- Chicken Caesar Salad
- Linguine
- California Mixed Vegetables
- Tropical Fruit

**June 8-12**
- Pork Chops w/Red Cabbage
- Butternut Squash
- Apple Sauce

**June 15-19**
- Chicken Cacciatore
- Linguine
- California Mixed Vegetables
- Fruit Cocktail

**June 22-26**
- Chicken Chow Mein
- Rice
- Peas
- Orange Juice
- Apricots

**June 29-30**
- Seafood Pasta Salad
- Marinated Carrots
- Garden Vegetable Salad
- Tropical Fruit

---

**Flag Day**

**June 14**

**Food Offered:**
- Seafood Pasta
- Salad
- Mediterranean Salad
- Stuffed Tomatoes
- Orange Juice
- Brownie*

**FRIDAY**
- Beef Stew
- Green Peas
- Chocolate Chip Cookies*

---

**June 5 & 22**

**Food Offered:**
- Roast Turkey w/Gravy & Cranberry Sauce
- Mashed Potatoes
- Cabbage
- Fresh Seasonal Fruit

**Dept. of Agriculture**

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- Tropical Fruit

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**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.**

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**National Nutrition Month**

**March**

**Food Offered:**
- Roast Turkey w/Gravy & Cranberry Sauce
- Mashed Potatoes
- California Mixed Vegetables
- Fresh Seasonal Fruit

**Dept. of Agriculture**

**MONDAY**
- Chicken Divan over Rice
- Carrots & Peas
- Peaches

**TUESDAY**
- Pork Chop w/Red Cabbage
- Oven Browned Potatoes
- Winter Squash
- Cinnamon Apple Sauce

**THURSDAY**
- Seafood Pasta
- Salad
- Mediterranean Salad
- Stuffed Tomatoes
- Orange Juice
- Brownie*

**FRIDAY**
- Beef Stew
- Green Peas
- Chocolate Chip Cookies*

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**June 1-5**
- Chicken Caesar Salad
- Linguine
- California Mixed Vegetables
- Tropical Fruit

**June 8-12**
- Pork Chops w/Red Cabbage
- Butternut Squash
- Apple Sauce

**June 15-19**
- Chicken Cacciatore
- Linguine
- California Mixed Vegetables
- Fruit Cocktail

**June 22-26**
- Chicken Chow Mein
- Rice
- Peas
- Orange Juice
- Apricots

**June 29-30**
- Seafood Pasta Salad
- Marinated Carrots
- Garden Vegetable Salad
- Tropical Fruit

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