

Senior Citizens' Roundtable News

Published by Greene County Department of Human Services since 1976

AUGUST 2015

ROBOCALL SCAM

TARGETS OLDER NEW YORKERS

The New York State Office for Aging has been made aware of a new robocall scam that attempts to lure older New Yorkers into providing their personal information over the phone. The voice on the robocall identifies itself as the New York State Office for the Aging and asks the individual answering the phone to press a button if someone in the home is over age 65 and would be interested in receiving a free Medic Alert pin and \$3,000 in coupons for food or other items.

This is a SCAM. The New York State Office for the Aging does not give away items, money or coupons and will **NEVER** solicit personal information over the phone.

If you receive a similar call, you should **HANG UP IMMEDIATELY**. Reports of financial scams should be reported to the Consumer Protection Division of the NYS Attorney General's Office at (800)771-7755; NYS Department of Financial Services at (800) 697-1220 or the NYS Department of State (518) 474-8583.



Your Opinion Counts

We have made some layout changes to the Roundtable News. One thing we now have is the menu calendar available as a separate sheet. We hope this will make it easier for you to hang it on your refrigerator or keep handy.

Do you like it this way? Do you have any other suggestions we can do to make the Roundtable more user friendly for you? Please tell us what you think.

For those with computer access, email your suggestions and comments to:

mmurphy@discovergreene.com

If you do not have a computer, you can mail your input to Senior Citizens Roundtable News, c/o GCDHS, 411 Main Street, Catskill, N. Y. 12414 or call the office at 719-3555 and ask for Maureen.

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If you like what you see and do not already receive the Roundtable News at home, we will be glad to send it to you on a monthly basis. Call us to set this up.



See page 2 for story

ROSIE THE RIVETER DAY HONORING THE HOME FRONT

SATURDAY, AUGUST 29, 2015

4:00 PM TO 8:00 PM

HISTORIC CATSKILL POINT



*** USO SHOW FEATURING
GOOD TIMES BAND**

*** DANCE FEATURING
MICHAEL BENEDICT
& BOPITUDE**

*** ROSIE LOOK-A-LIKE CONTEST**

*** GREAT FOOD**

*** 50/50 RAFFLE**

*** & MORE!!!**

We Can Do It!



Would you like to sponsor, participate or donate?

**Please contact Tami Bone at 518-945-2700
for more information.**

Presented by Greene County Department of Human Services & Greene County Veteran's Service Agency



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, Cairo, Catskill, Coxsackie, Greenville, Hunter, Jewett, Prattsville and Windham. Seniors are picked up at their door, driven to Catskill for shopping, and then have lunch at a local Senior Center before returning home. Special trips on a periodic basis.

<u>MONDAY:</u>	Mountaintop/Catskill (Windham, Ashland, Prattsville, Jewett & Hunter)
<u>TUESDAY:</u>	Cairo/Catskill
<u>WEDNESDAY:</u>	Athens/Coxsackie
<u>THURSDAY:</u>	Greenville

SPECIALS: *(First come—first served basis)*



TO COLONIE CENTER
(PRICE PER PERSON:
\$10.00)

*Payment due at time
of departure/boarding.*

*Reservations must be made no later than
3pm of the Wednesday before trip.*

Thurs. August 6	Cairo/Greenville
Thurs. August 20	Athens/Coxsackie
FRIDAY Sept. 11	Cairo/Greenville
FRIDAY Sept. 25	Athens/Coxsackie

**Residents on the Mountaintop run (Monday) can
sign-up for any of the above trips.**

NORTH SOUTH LAKE DAY TRIP

Donations accepted)

**Thursday August 13
From Mountaintop**

**Pick-up time begins at 9am
Return time of 2:30pm**



**Boxed lunch consists of Chicken Salad sandwich,
Macaroni salad, Cookies, Watermelon, Lemonade
& Water included.**

Remember to bring your own chair

**For further information or to make a reservation,
call Janet at 719-3559**



ROSIE the RIVETER DAY

On Saturday, August 29th from 4:00 p.m. thru 8:00 p.m., Greene County Department of Human Services and the Greene County Veterans Service Agency will present "Rosie the Riveter Day" at the Freightmaster's Building on the Historic Catskill Point. There is no charge for admission.

The idea for a celebration comes from Edward Bloomer of Athens. His mother, Irene was a Rosie the Riveter & member of the American Rosie the Riveter Association. The original idea resonated with Terry McGee Ward, Executive Director of the Department of Human Services, who suggested it being a county-wide event. "I think this is a great idea. This will give us the opportunity to honor those who served as well as those who kept the home fires burning," said McGee Ward.

A collaboration with Greene County Veterans Services Agency was formed and plans were put in motion for the event. "I was thrilled when Terry McGee Ward asked Veterans Services to collaborate in planning a fun celebration honoring the home front and the economic power of women throughout history," says Michelle Romalin Black, Director of the Veterans Services Agency. "Greene County, once again, proves to be a shining example for all American Patriots. I am so proud to be a part of this."

In addition to celebrating the 70th anniversary of the end of World War II, this event will honor the courage, self-sacrifice, service and national unity displayed by service members and civilians alike during this period in our nation's history. "We have so much to learn from this generation and so much for which to be grateful to them. They are truly the greatest generation and it is privilege to have the opportunity to honor them," said committee member Tami Bone.

Activities will include a U.S.O show, a dance, a Rosie the Riveter Look-Alike contest, food vendors and a display of World War II era vehicles. According to McGee Ward, "It will be an event where people have fun but also learn about that time in our country's history where people came together for the common cause."

A compilation of photographs and biographies of local people who served during World War II either in the armed forces or on the home front will be displayed. Photographs and information must be submitted by Friday, August 7th to be included in the display.

Volunteers are needed to assist in various capacities before, during and after the event. Anyone interested in sharing their talents is encouraged to volunteer. For more information on this event, to submit photographs or to volunteer, please contact Tami Bone at (518) 945-2700 or tbone@discovergreene.com.



BALLROOM DANCE CLASSES

Rivertown Senior Center
39 Second Street, Athens

*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
taught by Guy Apicella.*

September 11th - September 18th
September 25th - October 2nd
2:30 p.m.

CLASSES FREE - REGISTRATION REQUIRED

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

Funded by a grant from the Athens Community Foundation

HONOR OUR VETS CAR SHOW

6th Annual

August 1, 2015
113 Holland Ave.
Albany NY 12208
* At the Albany Veterans Hospital *

To benefit the patients at the VA hospital
10am - 3pm

All Years, Makes & Models WELCOME

PRESENTED BY:
Vietnam Veterans of America Chapters 8 & 79

Registration \$10 Minimum
Please be generous to our Vets

TROPHIES
Food & Music
Top 25 Favorites
People's Choice
Kid's Choice
DJ's Choice
Best of Show
Best Paint
Best Under the Hood
Best Motorcycle
Ladies Pick
Longest Distance
Veterans Picks
Silent Auction
Door Prizes
Dash Plaques

DJ Andy

CAPITAL CAR SHOWS

Professional Adjustment Services
www.ProAdjser.com
Gerald C. Linen

Rain cancellation THIS show
and to see all the Car Shows in
the Capital District visit:
www.CapitalCarShows.com



SMART DRIVER™ COURSE



COST FOR COURSE:
\$20.00/AARP members
\$25.00/Non-members



To register for an upcoming class,
Call Mike Pirrone 945-2122 Cell (917) 656-0425
Email: kokomomike@hotmail.com
or call Maureen Sullivan 943-3291

CLASS DATES & LOCATIONS

Must attend both days

TIME: 1 p.m. – 4 p.m.

Sept. 2 & 3	Town of Jewett Building <i>Beaches Corners, Jewett</i>
Sept. 16 & 17	Town of Cossackie Sr. Center <i>Mansion Street, Cossackie</i>
Oct. 6 & 7	Club 39 (Rivertown Senior Center) <i>39 Second Street, Athens</i>
Oct. 15 & 16	Acra Community Center <i>Old Rte. 23B, Acra</i>
Nov. 5 & 6 8:30 a.m. – 11:30 a.m.	Washington Irving Sr. Center CALL M. SULLIVAN ONLY



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."

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, 2010, thirteen World War II vets from Greene County took the initial local 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 and October 17, 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.



Volunteers are a Ray of Sunshine

ATLANTIC CLUSTER SENIOR CORP



In May, Ruth Pforte from Greene County Department of Human Servicesø RSVP attended the Atlantic Cluster Senior Corp Training in Hartford, CT. Seen in photo are Rosari Samudio, RSVP Westchester County, JoAnne Hickman, RSVP Dutchess County, Wendy Spence, CEO National Corporation for Community Service, Ruth Pforte, and Gerri Zabuski, RSVP Rockland County.

Save the Date

38th Annual RSVP Volunteer Recognition Luncheon

Thursday, October 1, 2015

All volunteers are asked
to remember to turn in
time sheets
in order to receive
a personal invitation.



WE DESPERATELY NEED YOU TO VOLUNTEER!

You can volunteer as little as an hour
a month or do it every day!

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 on the Mountaintop and in Catskill.

HOMEBOUND MEDICAL TRANSPORTATION

Homebound Medical Transportation Service is available through the Department to county residents, age 60 and older, that do not have other options for needed transportation. The program will arrange for a volunteer driver. Rides are arranged to medical appointments and to special entitlement agencies.

Are you willing to drive seniors to appointments in a neighboring county?

We especially could use you.

If interested, please contact Ruth Pforte, Volunteer Coordinator (518) 719-3555

FARM to TABLE

Friday August 14

BBQ Chicken (Quartered)

Oven Roasted Potatoes

LOCAL FARM FRESH

CORN on the COB

from BLACK HORSE FARM in ATHENS

Cantaloupe



Friday August 28

Salisbury Steak

Baked Potato

Brussels Sprouts

LOCAL FARM FRESH SEASONAL FRUIT

from BULICH'S FARM in LEEDS



The menu will be served at all of the county's senior nutrition sites, and delivered to all homebound meal clients. Those wishing to attend lunch are required to call the respective location at least a day in advance.

Acra Senior Service Center: 622-9898

Rivertown Senior Center: 945-2700

Catskill Senior Nutrition Site: 943-1343

Coxsackie Senior Nutrition Site: 731-8901

Jewett Senior Service Center: 263-4392

ADVISORY COUNCIL to GREENE COUNTY DEPARTMENT for the AGING and RSVP COUNCIL MEET



On Tuesday, July 14, two area councils serving the seniors of Greene County held a joint picnic/meeting at Dutchmen's Landing in Catskill.

Members of the Advisory Council are Chairman Richard Golden, Vice-chairperson Linda VanEtten, Secretary Florence Ohle, Phyllis Beechert, Michelle Black, Lynn Brunner, Larry Gardner, Ernest Harris, Kim Kaplan, Larry Krajewski, Lillian Moore, Walter Thompson, Dorothy True and Dawn Wallant.

RSVP members are Chairman Cliff Gross, Vice-chairperson Anna Sutherland, Secretary Terri Brett, Marge Gildersleeve, Rosemary Graham, Liz Jarvis, Lillian Moore, Rev. John Capen, Doris Rolfs, Karla Tyson and Carol Voeks.



- Carrie Deyo and Ronnie Griffin began their friendship back in 1977 while working at the Athens Knitting Mill. In 1982, Carrie moved to Virginia.

- Now, in 2015, she just recently moved back to the area. One of the first things Carrie did was look up her old friend. The two women decided to meet for lunch to catch up on their lives. Carrie suggested they meet at the Rivertown Senior Center in Athens.

- Isn't that sweet? After all these years, they picked Rivertown for their reunion.

TAI CHI

When the Western world thinks of "martial arts," images of kicking, punching, fighting, and body contact come to mind. Yet, the martial art of Tai Chi consists of slow, rhythmic, and meditative body movements designed to enhance relaxation, inner calm, and peace. As part of a grant from the Athens Community Foundation, Tai Chi classes were offered to the seniors at the Rivertown Senior Center in Athens. Seen below are Tai Chi instructor David Haines with students Darlene Ramm, Joann Sommers, and Marjorie Gildersleeve.



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,
Meal Site Manager
Elaine Cherrington

Aging Information & Assistance/
Medicare Minute:
2nd monthly Wednesday, 11:00 a.m.

Cairo Crafters:
1st & 3rd monthly Wednesday
1:00 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, 11:00 a.m.

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

Knitting: Tuesday, 11:00 a.m.

Zumba: Thursday, 10:15 a.m.

Line Dancing: Friday, 10:00 a.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, 11:00 a.m.

ATHENS

Club 39
(Formerly Greene County Rivertown Senior Center)
39 Second Street, Athens
(518) 945-2700

Staff:
Tami Bone, Senior Service Center Manager
JoanAnn Rouse Shane Dillon
John Lawrence Lana Marrone

Aging Information & Assistance/Medicare Minute:
2nd monthly Monday, 11:00 a.m.

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

2nd & 4th monthly Tuesday:
Crafters 1:00 p.m. ó 2:00 p.m.

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

Thursday: Cards, Games, Billiards 1:00 p.m. - done

Friday: Group games
11:30 a.m. ó 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 monthly Thursday, 11:00 a.m.

CENTER ACTIVITIES *Sponsored by Town of Catskill*

- * *Mon./Wed.:* *Senior Choir - 10:30 a.m.*
- * *Mon.:* *Crafters - 1:00 p.m.*
- * *Tues.:* *Line Dancing - 10:30 a.m.*
 Weight Watchers - 11:00 a.m.
- * *Wed.:* *Paint with Bill - 10:00 a.m.*
 BINGO - 10:30 a.m.
- * *Thurs.:* *Qigong - 10:45 a.m.*
- * *Fri.:* *Exercise Class - 11:00 a.m.*

GREENE COUNTY SENIOR NUTRITION PROGRAM

All Persons 60 and older are invited to attend - Suggested donation \$4.00

Served Daily: Whole Grain Bread, unless otherwise noted, w/Promise Spread;

1% Milk; Coffee or Tea

Tartar Sauce served on fish days

Reservations are required at least one day in advance by calling the appropriate center



	Monday	Tuesday	Wednesday	Thursday	Friday
AUG. 3 - 7	CHICKEN TERIYAKI over RICE OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	BAKED HAM PINEAPPLE SAUCE <i>Low-Salt Diet Subst:</i> <i>Low Salt Turkey</i> FRESH BAKED SWEET POTATO BROCCOLI PARMESAN FRUIT CUP	BROCCOLI CHEESE FISH FILLET POTATOES O'BRIEN GREEN BEANS V-8 JUICE BUTTERSCOTCH PUDDING w/whipped topping <i>Diet Dessert Subst</i>	CHICKEN SALAD on Romaine Lettuce PASTA VEGETABLE SALAD TOMATO WEDGES ORANGE JUICE STRAWBERRY JELLO w/Sliced Bananas, Strawberries & Pineapple <i>Diet Dessert Subst</i>	CHILI DOGS w/Onions & Sauerkraut on a bun <i>Low-Salt Diet Subst:</i> <i>Hamburger on bun</i> BAKED BEANS CARROTS GARDEN VEGETABLE SALAD HONEYDEW MELON
AUG. 10 - 14	VEAL PARMESAN w/Linguine SPINACH CRANBERRY JUICE PEACHES	CHICKEN DIVAN RICE CARROT COINS LEMON MOUSSE <i>Diet Dessert subst</i>	MEATLOAF w/Gravy MASHED POTATOES OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	SEAFOOD PASTA SALAD 3 BEAN SALAD SLICED CUCUMBERS, RADISHES & CARROT CURLS APRICOT JUICE BROWNIE <i>Diet Dessert Subst</i>	BBQ CHICKEN (QUARTERED) OVEN ROASTED POTATOES <u>FARM-to-TABLE</u> LOCAL CORN on the COB CANTALOUPE
AUG. 17 - 21	MACARONI & CHEESE ITALIAN VEGETABLES STEWED TOMATOES CHOCOLATE MOUSSE <i>Diet Dessert subst</i>	TUNA SALAD PLATE POTATO SALAD CARROT RAISIN SALAD MANDARIN ORANGES & PINEAPPLE	PORK CHOPS w/Gravy STUFFING APPLESAUCE MASHED POTATOES SPINACH TROPICAL FRUIT	CHICKEN PICCATA w/Orzo CALIFORNIA BLEND VEGETABLES ORANGE CAKE <i>Diet Dessert subst :</i> <i>2» square w/o icing</i>	CHILI CON CARNE W/Rice CARROTS TOSSED ROMAINE SALAD CORNBREAD WATERMELON
AUG. 24 - 28	STUFFED SHELLS in Tomato Sauce OLD FASHIONED MIXED VEGETABLES 3-BEAN SALAD SLICED PINEAPPLE	IRISH PORK CHOPS w/Potato Stuffing PEAS & CARROTS CRANBERRY JUICE DINNER ROLL CHOCOLATE MOUSSE <i>Diet Dessert subst</i>	BEEF POT ROAST w/Gravy WHIPPED POTATOES GLAZED WHOLE BABY CARROTS BIRTHDAY CAKE	SUB (Turkey, Roast Beef & Provolone on Lettuce & Tomato) POTATO SALAD GARDEN VEGETABLE SALAD CRANBERRY JUICE PEACHES	SALISBURY STEAK w/Gravy BAKED POTATO BRUSSEL SPROUTS <u>FARM-to-TABLE</u> CANTALOUPE
AUG. 31	LEMON PEPPER FISH w/Tartar Sauce RICE PILAF ZUCCHINI, CARROTS & GREEN BEANS TANGERINE				



GREENE COUNTY SENIOR NUTRITION PROGRAM

All Persons 60 and older are invited to attend - Suggested donation \$4.00
 Served Daily: Whole Grain Bread, unless otherwise noted, w/Promise Spread;
 1% Milk; Coffee or Tea Tartar Sauce served on fish days
 Reservations are required at least one day in advance by calling the appropriate center

	Monday	Tuesday	Wednesday	Thursday	Friday
SEPT 1 - 4 2015		MACARONI & CHEESE STEWED TOMATOES 3-BEAN SALAD CRANBERRY JUICE 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 GREEN SALAD FRESH SEASONAL FRUIT
SEPT 7 - 11	LABOR DAY ALL SENIOR SERVICE CENTERS CLOSED NO MEALS SERVED or DELIVERED	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>	ROAST PORK w/Gravy OVEN BROWNED POTATOES WINTER SQUASH STRAWBERRIES, BANANAS & PINEAPPLE in Jell-O <i>(Diet Dessert Subst)</i>	BAKED ZITI SPINACH TOSSED SALAD FRESH SEASONAL FRUIT
SEPT 14 - 18	CHICKEN CACCIATORE over Linguine OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	BAKED HAM w/Raisin Sauce <i>LOW-SALT Diet Subst</i> SWEET POTATOES CAULIFLOWER AU GRATIN PINEAPPLE DELIGHT <i>(Diet Dessert Subst)</i>	BROCCOLI CHEESE FISH FILLET RICE PILAF CALIFORNIA BLEND VEGETABLES CRANBERRY JUICE OATMEAL RAISIN COOKIE	CHICKEN QUARTER w/Gravy MASHED POTATOES SPINACH FRUIT COCKTAIL	ROAST BEEF w/Gravy MASHED POTATOES GLAZED WHOLE BABY CARROTS FRESH SEASONAL FRUIT
SEPT 21 - 25	CHICKEN DIVAN w/Rice 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	CHEF'S CHOICE TOSSED SALAD CANTALOUPE
SEPT 28 - 30	VEAL PARMESAN w/Linguine SPINACH PEARS	CHICKEN CHOW MEIN over Rice ORIENTAL MIXED VEGETABLES PEACHES	POT ROAST w/Gravy OVEN BROWNED POTATOES CALIFORNIA MIXED VEGETABLES BROWNIE <i>(Diet Dessert Subst)</i>		



Nutrition Notes

WHY SHOP at a FARMERS' MARKET?

Here are some of the best reasons why you might consider shopping at a farmer's market:

- ◆ **Freshly picked, in season produce at its peak in flavor and nutrition.** Check out a Seasonal Produce Guide to learn what fruits and vegetables are in season.
- ◆ **Supports your local farmers and economy.** You can help new and smaller farmers be successful and save farmland in your area.
- ◆ **Fresh fruits and vegetables are full of antioxidants and phytonutrients.**
- ◆ **Supporting your local farmers market strengthens your community.** Meet your local farmers, learn about the foods grown in your area and maybe even catch up with friends and neighbors while stocking up with local goods.
- ◆ **Farmers' markets offer foods that align with MyPlate guidelines.** Visit different booths to pick up seasonal fruit and vegetables, as well as local dairy, grain and protein products so you can build your healthy plate.
- ◆ **Farmers often have recommendations for preparing their products.**
- ◆ **You can try a new fruit or vegetable!** Have you ever tasted gooseberries or rhubarb? Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious.

As Farmers' Markets have grown more popular, there have been more and more questions about the safety of the foods purchased there. Many markets have their own food safety rules, and vendors must comply with them, as well as any applicable government regulations. But, there are also basic guidelines that you should follow to ensure that the farm-fresh food is safe.

Produce

- Before and after preparing fresh produce, wash your hands for 20 seconds with warm water and soap.
- Wash fruits and vegetables thoroughly under running water just before eating, cutting or cooking. We don't recommend washing fruits and vegetables with soap or detergent or using commercial produce washes.
- Even if you plan to peel the produce before eating, it is still important to wash it first. Any bacteria present on the outside of items like melons can be transferred to the inside when you cut or peel them.
- Be sure to refrigerate cut or peeled fruits and vegetables within two hours after preparation.

Juices and Cider

- Check to see whether the juice or cider has been treated (pasteurized) to kill harmful bacteria. Older adults, pregnant women, children, and people with weakened immune systems should drink only pasteurized or treated juice.

Milk and Cheeses

- Don't buy milk at a farmer's market unless you can confirm that it has been pasteurized. Raw milk can harbor dangerous microorganisms, such as *Salmonella*, *E. coli*, and *Listeria*, that can pose serious health risks to you and your family.
- Older adults, pregnant women, and people with weakened immune systems are at higher risk for illness. One source for the bacteria caused by *Listeria* is soft cheese made from unpasteurized milk. If you buy soft cheese (including feta, Brie, Camembert, blue-veined cheeses, queso blanco, queso fresco, and panela), check the label to make sure that it's made from pasteurized or treated milk.

Eggs

- Make sure that eggs are properly chilled at the market. FDA requires that untreated shell eggs must be stored and displayed at 45°F.
- Before buying eggs, open the carton and make sure that the eggs are clean and the shells are not cracked.

Meat

- Make sure that the meat is properly chilled at the market. Meat should be kept in closed coolers with adequate amounts of ice to maintain cool temperatures.
- Bring an insulated bag or cooler with you to the market to keep meat cool on the way home.
- Be sure to keep meat separate from your other purchases, so that the juices from raw meat (which may contain harmful bacteria) do not come in contact with produce and other foods.

alzheimer's  association™



LAUGHTER AS MEDICINE

A program to help you learn how laughter engages the brain and helps promote overall health.

Wednesday, August 26th at 6:30 p.m.

Location: Heermance Memorial Library
1 Ely St., Coxsackie NY 12051

To register please contact the library at 518-731-8084



CONVERSATIONS ABOUT DEMENTIA

Tips to Help with Family Conversations

This workshop will offer tips on how to have honest and caring conversations with family members about:



Going to the doctor



Deciding when to stop driving



Making legal and financial plans

AUGUST 18 at 6:30 pm

HUNTER PUBLIC LIBRARY

7965 Main Street

Hunter, NY 12442

This program is free and open to the public, but registration is required.

Please contact the library at (518) 263-4655

alzheimer's  association

Presented by **Northeastern New York Chapter**

alzheimer's  association™

healthy habits for a healthier you



an education program by the alzheimer's association

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

TUESDAY, SEPTEMBER 8 AT 10:00 AM

Hunter Public Library

7965 Main Street, Hunter, NY 12442

The program is free, but registration is required.

To register contact the library at (518) 263-4655

ENDURING
EMPATHY



GENUINE
COMPASSION

ALZHEIMER'S

SUPPORT GROUP

1st monthly Wednesday

3:00 p.m.

The Pines

Jefferson Heights, Catskill

MEDICARE & ABDOMINAL AORTIC ANEURYSM SCREENING

The aorta is the largest artery in your body, and it carries blood away from your heart. When it reaches your abdomen, it is called the abdominal aorta.

The abdominal aorta supplies blood to the lower part of the body. When a weak area of the abdominal aorta expands or bulges, it is called an abdominal aortic aneurysm. Aneurysms develop slowly over many years and often have no symptoms. If an aneurysm expands rapidly, tears open (ruptured aneurysm), or blood leaks along the wall of the vessel (aortic dissection), serious symptoms may suddenly develop.

For a one-time screening ultrasound, you must get a referral from your physician, physician's assistant, nurse practitioner, or clinical nurse specialist.

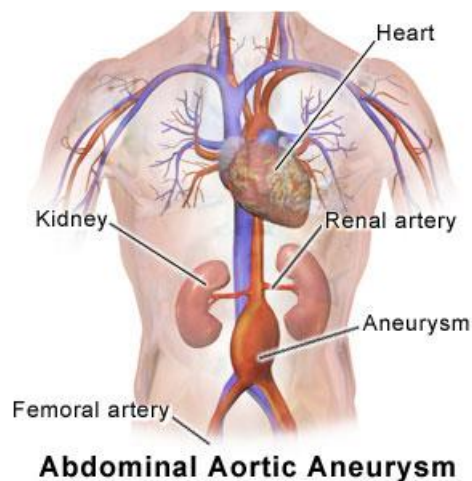
Effective January 1, 2014, you no longer need to get a referral during the Welcome to Medicare Preventive Visit for an Abdominal Aortic Aneurysm Screening. You will need to get a referral from either a physician, physician's assistant, nurse practitioner, or clinical nurse specialist, but it won't have to be during your Welcome to Medicare Preventive visit. All other eligibility and frequency limitations remain the same.

You are considered at risk if you:

- ◆ Have a family history of abdominal aortic aneurysms
- ◆ Are a man age 65 to 75 and have smoked at least 100 cigarettes in your lifetime

If either of these apply to you, Medicare covers ultrasound screening for abdominal aortic aneurysms with no deductible or copayment, if the doctor accepts assignment.

Centers for Medicare & Medicaid Services




GREENE COUNTY AGING SERVICES FOUNDATION

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

The Foundation is managed by nine (9) Board of Directors which 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 Chairman Michael Pirrone (945-2122) for further information.



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

Please consider a contribution to the Greene County Aging Services Foundation

MEDICARE SAVINGS PROGRAM ENROLLMENT



Monday August 24 1pm - 3pm
Greenville Public Library

Come & meet with a HIICAP counselor from the Greene County Department of Human Services

Call Gwen at 719-3555 to set-up an appointment

Free Captioned Telephones

No Monthly Fees or
Contracts Required



To receive your free CapTel telephone,
contact your local Outreach Rep:

Kassey Granger | 518-681-9445
Kassey.Granger@oeius.org

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The Ultimate Phones for People with Hearing Loss

CapTel®
Captioned Telephone

Captioned Telephones

Free with verified hearing loss*

Ideal for people with hearing loss, a captioned telephone works like any other telephone, with one important addition: it displays captions of every word the caller says. Users can listen to the caller, and can also read the written captions for added clarity.

Benefits

**Answering Machine
Voice & Captions
of messages**

Large Display Screen
Easy to read
for a variety of
vision needs

**Amplified Sound and
Tone Control**
Up to 4 times louder
than a regular phone with
improved clarity

Speed Dial Buttons
One touch dialing



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* Free phone with valid third-party certification
promotion is subject to change without notice.
Terms and conditions apply.

To receive your complimentary phone,
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Education &
Installations

Kassey Granger
Outreach Representative
Phone: 518-681-9445
kassey.granger@oeius.org

903-532500KG

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Third Party Certification of Eligibility for IP CapTel Service



INSTRUCTIONS

In order to receive a CapTel IP-based telephone at no charge, applicants must obtain independent third-party certification of their hearing loss and their need to use IP-based CapTel service in order to be able to communicate over the telephone in a functionally equivalent manner.

This certification must be signed by a third-party professional who is qualified to evaluate an individual's hearing loss in accordance with applicable professional standards, and must be either a physician, audiologist, or other hearing related professional.

Please have a third-party professional, as described above, complete this form or provide a statement on his or her letterhead that includes the same information, then submit your certification to CapTel, Inc.

Send to:

By Email: Register@CapTel.com

By Fax: (608) 238-3008

By Mail: CapTel, Inc.
450 Science Drive
Madison, Wisconsin 53711

Questions?

Contact Registration Help at 1-877-202-9578
or email to Register@CapTel.com.

— I do not have a phone already,
please ship to my address.

— I received a phone from OEI rep.
Date Received: _____

Kassey Granger, OEI
(518) 681-9445
kassey.granger@outreachexpertsinc.com

Internal Use Only: H/S

This certification applies to IP-CTS (Internet-based) CapTel models only. Not applicable for CapTel models that do not require an Internet connection.

Per FCC requirements: to use the free captioning service, IP-CTS users must register - including providing name, contact information, birthdate, and the last four digits of their social security number - before captions feature can be activated. Per FCC regulations, all user information is kept confidential.

Customer's Information *(Please print)*

Name: _____

Address: _____ Apt # _____

Telephone Number: _____

Email: _____

CapTel Model: *(circle one)* 800i 840i 880i 2400i

CapTel Serial Number/ESN (if available):
(located on bottom of CapTel)

Certifying Professional *(Please print)*

Name: _____

Title: _____

☐ Physician ☐ Hearing Related Professional

☐ Audiologist _____
(please specify)

Address: _____

Telephone Number: _____

Email: _____

Under penalty of perjury, I certify that, in my professional opinion, the IP-CTS User is an individual with hearing loss that necessitates use of captioned telephone service. I understand that the captioning on captioned telephone service is provided by a live communications assistant and is funded through a federal program.

I have not been referred to the IP-CTS User, either directly or indirectly, by any provider of TRS or any officer, director, partner, employee, agent, subcontractor, or sponsoring organization or entity (collectively "affiliate") of any TRS provider. I do not have a business, family, or social relationship with the TRS provider or any affiliate of the TRS provider.

Signature _____

Date _____



SENIOR CITIZENS' ROUNDTABLE NEWS
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GREENE COUNTY DEPARTMENT of HUMAN SERVICES
411 Main Street, Catskill, NY 12414
719-3555 Toll Free (877)794-9266 aging@discovergreene.com



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Carol Provost

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Aging Services Specialists: Andrea Benjamin-Legg

Gwen Starke

Danielle Wade

Administrative Assistant: Maureen Murphy

Aging Services Aide: Rose Bundy

***WELCOME TO OUR NEW RECEPTIONIST:* MaryJean Pomilla**

Hamlet Bus Driver: Janet Osborn

Nutrition Van Chauffeurs: Patrick Murphy

Dave Mokszycki

Youth Bureau Case Worker: **Carrie Vedder**

The office is open 8:30 a.m.- 5:00 p.m. Monday thru Friday, with the exception of July & August (close at 4:30 p.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.

GCDHS
411 Main Street
Catskill, N. Y. 12414

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