

Senior Citizens' Roundtable News

Published by Greene County Department of Human Services since 1976

September 2015

IT'S HERE and READY TO SERVE YOU!

The Greene County Department of Human Services is pleased to announce that their new Hamlet Bus is now in service. The bus is available to all Greene County residents age 60 and older, living in the towns of Ashland, Athens, Cairo, Catskill, Coxsackie, Greenville, Hunter, Jewett, Prattsville and Windham. For bus schedule, see page 2.



PUBLIC HEARINGS

GREENE COUNTY DEPARTMENT of HUMAN SERVICES 2016 PLAN for SERVICES

The Greene County Department of Human Services announces a series of Public Hearings to review and comment on its plan for services to the elderly for 2016.

These meetings are not only of interest to senior citizens and their families, but also to community agencies and policy makers who have interest, questions and/or concerns about services in support of the elderly.

The public is invited and encouraged to attend. The tentative agenda is listed below. Our thanks go to the municipalities/organizations listed for hosting our annual meetings.

AGENDA:

Greeting & Introductions - 2016 Plan - Question, Answer & Comment Period

MEETING DATES/LOCATIONS:

Monday, September 21, 1:00 p.m.	Town of Windham Building, Hensonville
Monday, September 21, 6:45 p.m.	Grange Hall, Town of Halcott
Thursday, September 24, 1:00 p.m.	Village of Tannersville Building
Monday, October 5, 1:00 p.m.	Town of Coxsackie Senior Center
Wednesday, October 7, 1:00 p.m.	Greenville American Legion Hall
Wednesday, October 14, 1:00 p.m.	Acra Community Center

Greene County Public Health Department announces the dates for this year's Flu clinics for adults age 18 and older. All clinics will run from 9:30 a.m. - 11:30 a.m.

Monday, September 28	Town of Coxsackie Senior Center
Tuesday, September 29	Jewett Senior Nutrition Site
Wednesday, September 30	Rivertown Senior Center, Athens
Friday, October 2	Washington Irving Senior Center, Catskill
Tuesday, October 6	Acra Senior Nutrition Site



The cost of the Flu vaccine is \$44.50 and the Pneumovax is \$96.00. Greene County Public Health accepts the following insurances: (non-managed) Medicare, Senior Blue, Blue Shield of NENY, Empire Plan (NYSHIP), CDPHP, and Medicaid HMO's: CDPHP/Fidelis. For more information, contact the Greene County Health Department at 518-719-3600.

Any senior citizen wishing to stay for lunch is invited to do so.

Kindly call the appropriate congregate site for the above location at least a day in advance

Coxsackie: 731-8091

Jewett: 263-4392

Rivertown: 945-2700

Acra: 622-9898

Catskill: 943-1343

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. 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 are scheduled on a periodic basis.

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

SPECIAL TRIPS:

First come—first served basis



COLONIE CENTER (PRICE PER PERSON: \$10.00)

Payment due at departure/boarding.

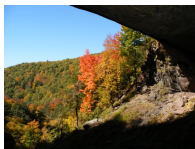
No exceptions please.

*Reservations must be made no later than 3:00 pm
of the Wednesday before trip.*

Fri. Sept. 11 & Oct. 9 **Cairo/Greenville**
Fri. Sept. 25 & Oct. 23 **Athens/Coxsackie**
*Residents on the Mountaintop run
can sign-up for any of the above trips.*

FALL SCENERY TRIPS

*Pick-up time will be announced
just prior to trip.*
Lunch served at
Jewett Senior Nutrition Site.



Friday, October 2 **Athens/Coxsackie**
Thursday, October 8 **Cairo/Greenville**

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

alzheimer's  association®

the compassion to care, the leadership to conquer®

SUPPORT GROUP MEETINGS

1st monthly Wednesday 3:00 p.m.
The Pines - Jefferson Heights, Catskill

WALK TO END ALZHEIMERS

Saturday October 24, 2015 10:00 a.m.
Dutchman's Landing, Catskill



We thank you for your kind support and generosity by donating to the Greene County Department of Human Services. We're proud that 100% of contributions received are used to provide services to senior citizens in need.

Ann Huetter

In Memory of Rupert Huetter

DETOX YOUR HOME

by Theresa Mayhew, Cornell Cooperative Extension

Rivertown Senior Center Mon. Sept. 14, 11:15 a.m.
Coxsackie Senior Center Tues. Sept. 15, 11:15 a.m.

Learn about what you can substitute for popular household cleaning chemicals to reduce the number of hazardous products in your kitchen, bathroom, and other household areas. Will include how to select less toxic alternatives, general safety & proper disposal.



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 services to another older adult in need.

NAME: _____

ADDRESS: _____

I designate a \$ _____ donation
in appreciation for services **OR**
In memory of _____

for the following:

- _____ Use where most needed
- _____ Home-delivered meals
- _____ Homebound transportation
- _____ Nutrition Program/Congregate
- _____ Roundtable News
- _____ In-home services
- _____ Senior Angel Fund

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



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 11 September 18
September 25 October 2
2:30 p.m.

CLASSES FREE - REGISTRATION REQUIRED

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

Funded by a grant from the Athens Community Foundation



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: 1:00 p.m. – 4:00 p.m.

Sept. 2 & 3	Town of Jewett Building <i>Beaches Corners, Jewett</i>
Sept. 16 & 17	Town of Cocksackie Sr. Center <i>Mansion Street, Cocksackie</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



November 3, 2015
General Election

Did you know that Greene County Department of Human Services participates in the National Voter Registration Act? This means, you can register to vote through the department. To vote in the November General Election, registration applications must be received no later than **October 9**. Applications sent through the mail must be postmarked by **October 9** and received no later than **October 14**.

Qualifications to Register to Vote

- be a United States citizen;
- be 18 years old by December 31 of the year in which you file this form (note: you must be 18 years old by the date of the general, primary or other election in which you want to vote);
- live at your present address at least 30 days before an election;
- not be in prison or on parole for a felony conviction and;
- not be adjudged mentally incompetent by a court;
- not claim the right to vote elsewhere.



ATTENTION WWII or KOREAN WAR VETERANS?

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, 13 World War II vets from Greene County took the initial local trip and had what one veteran called ña truly memorable experienceö. 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.

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
SEPT 1 - 4 2015		MACARONI & CHEESE STEWED TOMATOES 3-BEAN SALAD CRANBERRY JUICE APRICOTS	MEATLOAF w/Gravy MASHED POTATOES SPINACH BIRTHDAY CAKE (Diet Dessert Subst)	CHICKEN & BISCUITS WHIPPED POTATOES BROCCOLI V-8 JUICE CHOCOLATE MOUSSE (Diet Dessert Subst)	CHEESE LASAGNA OLD FASHIONED MIXED VEGETABLES TOSSED GREEN SALAD FRESH SEASONAL FRUIT
SEPT 7 - 11	 ALL SENIOR SERVICE CENTERS CLOSED NO MEALS SERVED or DELIVERED	KNOCKWURST (Low-salt Diet Subst) SAUERKRAUT BAKED BEANS CARROTS TROPICAL FRUIT	CHICKEN DIJON MASHED POTATOES CALIFORNIA BLEND VEGETABLES APPLESAUCE & COOKIES (Diet Dessert Subst)	ROAST PORK w/Gravy OVEN BROWNED POTATOES WINTER SQUASH STRAWBERRIES, BANANAS & PINEAPPLE in Jell-O (Diet Dessert Subst)	BAKED ZITI SPINACH TOSSED SALAD <u>FARM to TABLE</u> FRESH SEASONAL FRUIT 
SEPT 14 - 18	CHICKEN CACCIATORE over Linguine OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	BAKED HAM w/Raisin Sauce (Low-Salt Diet Subs)t SWEET POTATOES CAULIFLOWER AU GRATIN PINEAPPLE DELIGHT (Diet Dessert Subst)	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 POTATOES <u>FARM to TABLE</u> WINTER SQUASH CINNAMON APPLE- SAUCE	BEEF STEW GREEN BEANS ORANGE JUICE PINEAPPLE UPSIDE DOWN CAKE (Diet Dessert Subst)	ROAST TURKEY w/Gravy & Cranberry Sauce STUFFING MASHED POTATOES OLD FASHIONED MIXED VEGETABLES PEACHES	CHEF'S CHOICE TOSSED SALAD FRESH SEASONAL FRUIT
SEPT 28 - 30	VEAL PARMESAN w/Linguini SPINACH PEARS COXSACKIE FLU CLINIC 9:30 a.m. - 11:30 a.m.	CHICKEN CHOW MEIN over Rice ORIENTAL MIXED VEGETABLES PEACHES JEWETT FLU CLINIC 9:30 a.m. - 11:30 a.m.	POT ROAST w/Gravy OVEN BROWNED POTATOES CALIFORNIA MIXED VEGETABLES BROWNIE (Diet Dessert Subst) RIVERTOWN FLU CLINIC 9:30 a.m. - 11:30 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

2015	Monday	Tuesday	Wednesday	Thursday	Friday
Oct 1 - 2				 RECOGNITION LUNCHEON ALL SENIOR NUTRITION SITES CLOSED	LEMON PEPPER FISH SCALLOPED POTATOES OLD FASHIONED MIXED VEGETABLES FRESH SEASONAL FRUIT CATSKILL FLU CLINIC 9:30 a.m. - 11:30 a.m.
Oct 5 - 9	PORK CHOP w/Gravy FRESH SWEET POTATO GREEN BEANS CRANBERRY JUICE STUFFING TROPICAL FRUIT PUBLIC HEARING 1:00 P. M. TOWN of COXSACKIE SENIOR CENTER	TURKEY BURGERS w/Peppers & Onions on Hamburger Bun SCALLOPED POTATOES OLD FASHIONED MIXED VEGETABLES BUTTERSCOTH PUDDING <i>(Diet Dessert Subst)</i> ACRA FLU CLINIC 9:30 a.m. - 11:30 a.m.	CHICKEN QUARTER w/Gravy WHIPPED POTATOES CALIFORNIA MIXED VEGETABLES APPLE CRISP <i>(Diet Dessert Subst)</i>	HUNGARIAN GOULASH over Noodles WHOLE BABY CARROTS AMBROSIA <i>(Diet Dessert Subst)</i>	STUFFED PEPPERS over Rice CORN ROMAINE LETTUCE DINNER ROLL FRESH SEASONAL FRUIT
Oct 12 - 16	 COLUMBUS DAY ALL SENIOR SERVICE CENTERS CLOSED NO MEALS SERVED or DELIVERED	LEMON HERBED CHICKEN RICE BROCCOLI V-8 JUICE CHOCOLATE MOUSSE <i>(Diet Dessert Subst)</i>	MEATLOAF w/Gravy MASHED POTATOES SPINACH BROWNIE <i>(Diet Dessert Subst)</i> PUBLIC HEARING 1:00 P.M. ACRA COMMUNITY CENTER	ROAST PORK w/Gravy OVEN BROWNED POTATOES WINTER SQUASH RYE BREAD STRAWBERRIES, PINEAPPLE & BANANAS IN JELL-O	SPAGHETTI w/Meat Sauce ITALIAN MIXED VEGETABLES TOSSED SALAD DINNER ROLL FARM to TABLE FRESH APPLE
Oct 19 - 23	CHICKEN DIJON WHIPPED POTATOES CARROTS PINEAPPLE CHUNKS	BAKED HAM w/Pineapple Sauce <i>(Low-Salt Diet Subst)</i> FRESH SWEET POTATOES BRUSSELS SPROUTS RYE BREAD MANDARIN ORANGES	SHEPHERD'S PIE BROCCOLI SPICE CAKE <i>(Diet Dessert Subst)</i>	BAKED SPANISH STEAK SPANISH RICE FRENCH CUT GREEN BEANS ROMAINE SALAD TROPICAL FRUIT	ROAST TURKEY & DRESSING w/Gravy MASHED POTATOES CALIFORNIA MIXED VEGETABLES FRESH SEASONAL FRUIT
Oct 26 - 30	LEMON PEPPER FISH RICE PILAF ZUCCHINI, CARROTS & GREEN BEANS MANDARIN ORANGES	MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD APRICOTS	MEATLOAF w/Pan Gravy FARM to TABLE FRESH BAKED POTATO OLD FASHIONED MIXED VEGETABLES BIRTHDAY CAKE <i>(Diet Dessert Subst)</i>	CHICKEN & BISCUITS WHIPPED POTATOES BROCCOLI V-8 JUICE CHOCOLATE MOUSSE <i>(Diet Dessert Subst)</i>	CHEESE LASAGNA OLD FASHIONED MIXED VEGETABLES TOSSED SALAD DINNER ROLL FRESH SEASONAL FRUIT



Nutrition Notes

PACKED LUNCHES CAN PACK A NUTRITIONAL PUNCH

By Beth Rosen, MS, RD, CDN

Yes, packing your own lunch can help save money - but the savings don't stop there! Bringing a bagged lunch, wherever you are going, can also save you from unwanted ingredients and excess calories.

Grains

Sandwiches are great lunch options. Pack a nutritional punch by choosing whole grain breads, flatbreads, tortilla wraps or pita pockets as the base. Check the ingredient list for 100% whole grain/wheat/etc. and try to choose a product that doesn't contain high fructose corn syrup. If you are not a sandwich person, you can include whole grains in a pasta salad (with lots of veggies and beans) or crackers with natural cheeses.

Fruits and Vegetables

Instead of heading to an expensive salad bar, make your own salad for lunch! Include dark, green, leafy vegetables like Romaine lettuce and kale, then add your favorite toppings from different vegetable families. Try carrots, cucumbers, broccoli, beets and sprouts. It's also fun to add nuts, berries, and avocados to cover your protein, fruit, and healthy fat needs in one bowl. If you aren't adding fruit to your salad, you can always have it as a juicy snack on the side. Pack a different fruit every day to keep your lunch fun and full of variety. Apples, bananas, and oranges are all hearty options.

Dairy

Adding a dairy product to your lunch will provide you with bone-building calcium. Choose low-fat milk as your beverage, or add natural cheeses to your sandwich or salad. If you're making a cold pasta salad, adding chunks of reduced-fat cheese can pack a protein punch to keep you feeling full for hours.

Meat and Meat Alternatives

Leftovers make a delicious and nutritious lunch option! Use last night's chicken or steak in your sandwich or salad. No leftovers? No problem! Try a meat alternative, such as a hearty bean soup with lots of veggies, or edamame and tofu cubes tossed in a spicy vinaigrette over a chopped salad, or have hummus with carrot sticks and pita bread wedges.

Healthy Fats

Don't forget to add a little bit of healthy fat to your lunch. It will keep you satiated throughout the afternoon while also adding flavor and texture to your meal. Consider including avocado slices in your sandwiches, or sprinkling chopped olives and using homemade dressings on your salads.

Whatever you pack in your lunch, make sure it packs a nutritional punch by including as many food groups as you can. There are tons of combinations to choose from, so a boring lunch will never be an option!

GARDEN POTATO SALAD

Recipe Source: *Stay Young At Heart*



Low-fat cottage cheese is the secret to the dressing in this delicious low-fat, low-cholesterol, and low-sodium mixture of vegetables and herbs.

3 lbs. potatoes (Peeled, cut into 1/2 inch cubes & boiled)

1 cup chopped celery

1/2 sliced green onion

1/2 cup chopped parsley

1 cup low-fat cottage cheese

3/4 cup low-fat milk

3 Tbsp. lemon juice

2 Tbsp. cider vinegar

1/2 tsp. celery seed

1/2 tsp. dill weed

1/2 tsp. dry mustard

1/2 tsp white pepper

In a large bowl, place the potatoes, celery, green onion and parsley.

Blend cottage cheese (in a blender or food processor) with milk, lemon juice, vinegar, celery seed, dill weed, dry mustard and white pepper until smooth. Chill for one hour.

Pour chilled cheese mixture over vegetables & mix well.

Chill at least 30 minutes before serving.

Makes 10, 1-cup servings

Per Serving: 151 Calories; 1g Total Fat; 1g Saturated Fat; 2mg Cholesterol & 118mg Sodium.

RSVP AT YOUTH FAIR



At the recent Greene County Youth Fair, RSVP volunteers held a sale of home-made crafts. The volunteers also assisted with Butterfly making for the Greene County Department of Human Services booth. Seen in the photo are Vicky Cramer, RSVP Chairperson, Anna Sutherland and Doris Rolfs.

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

*Unless we think of others and do something for them,
we miss one of the greatest sources of happiness ~*

Ray L. Wilbur



HOSPITAL DISCHARGE PLANNING

Planning ahead for a hospital discharge helps to make sure leaving the hospital goes safely, smoothly and you get the right care after that. Here are some key points to remember:

Getting started & planning ahead:

1. Know who your discharge planner is.
 - ◆ Be sure to talk to him/her & know what to do before leaving the hospital.
2. Make plans for care after leaving the hospital.
 - ◆ Set up your home for needed medical equipment. Obtain a list of local and national agencies that may be able to help.
 - ◆ Find out what services are covered by your health insurance, and know how much you will have to pay.
3. If going to another health care setting:
 - ◆ Understand why and where you're going, and know what are your choices regarding the type of care you will be getting and for how long.

Health concerns

1. Know what problems to watch for and what to do.
 - ◆ Know the symptoms, side effects, or other problems to expect, and what to do about these problems.
 - ◆ Know when and who to call for emergencies and problems.
2. Understand your medicines & any medical equipment.
 - ◆ Know which medicines are new, which medicines you have to stop taking, and any changes in taking your present medications.
 - ◆ Know what each medicine does, why you are taking it, and what side effects to watch for.
 - ◆ Know how and when to take the medicines., and how to get your medicine.
 - ◆ Know how to use medical equipment & who to call if you have any questions.
3. Know about future tests and doctor's visits.
 - ◆ What tests are needed, when they need to be done & how to prepare for them. Don't forget transportation to & from tests.
 - ◆ Know any diet restrictions, how active you can be and any special instructions.

Help at home

- ◆ Know the type of help you might need with dressing and personal hygiene, shopping and housework.
- ◆ Know the signs of stress and depression and how to deal with it. Don't forget that a caregiver may need a break.

The discharge plan

- ◆ Be sure to receive a written discharge plan listing all medications needed, health tasks to do, and contact information for all doctors.
- ◆ Agree with the plan, and if not, know how to challenge it.

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

Presents

Holiday Hints for Caregivers



Wednesday, November 4, 2015

6:30 p.m.

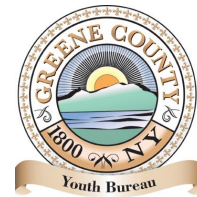
**Heermance Memorial Library
1 Ely Street
Coxsackie, NY 12051**

Wondering whether it's possible to maintain a pleasant, meaningful, calm holiday season? Worried that changes to the normal routine could lead to feelings of anxiety, loneliness, and frustration? If you said "YES!" then come learn how family and friends can help create a joyful, safe holiday season by being prepared in advance, enjoying the moment, and keeping in mind some other Helpful Holiday Hints!

For registration contact the library at 731-8084



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

Staff:

Case Managers: Cortney Carlson Carol Provost

Bethany Village Case Manager: Patricia Gessner

Aging Services Specialists: Andrea Benjamin-Legg

Gwen Starke

Danielle Wade

Administrative Assistant: Maureen Murphy

Aging Services Aide: Rose Bundy

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
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