

Senior Citizens' Roundtable News

Published by Greene County Department of Human Services since 1976

October 2015



PUBLIC HEARINGS

GREENE COUNTY DEPARTMENT of HUMAN SERVICES PLAN for SERVICES

Thérèse McGee Ward, Executive Director of the Greene County Department of Human Services, announces a series of Public Hearings to review and comment on its service plan for the years 2016 through 2020. 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 or concerns about services in support of the elderly.

The public is invited and encouraged to attend. Our thanks to the municipalities/organizations listed for hosting these meetings.

AGENDA:

Greeting & Introductions

2016 - 2020 Plan

Question, Answer & Comment Period

MEETING DATES/LOCATIONS:

Monday, October 5, 1 p.m. Town of Coxsackie Senior Center

Wednesday, October 7, 1 p.m. Greenville American Legion Hall

Wednesday, October 14, 1 p.m. Acra Community Center



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

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 HMOs: 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.

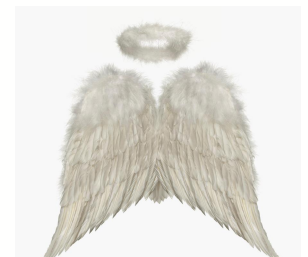
Kindly call the appropriate congregate site for the above location at least a day in advance

Acra: 622-9898

Catskill: 943-1343



Senior Angels Program
Spreading Cheer 365 Days a Year
Sponsored by
Greene County Department
of Human Services



***Greene County Department of Human Services
announces the kickoff of the 2015 Senior Angel Program
and would like to invite you to become a Senior Angel***

The department has elderly, limited-income clients who could use a special gift during the holiday season. These gifts lift their spirits and fulfill a need. Monetary donations will be placed in the department's Senior Angel Fund and be used to purchase a gift for needy senior citizens.

Some of the ways we use the funds:

Purchase clothing and household necessities

Purchase small appliances or amplified phones

Purchase other items that will enable seniors to live with dignity and independence

Monetary supplement to help with rising energy costs, when all other sources have been expended

Gifts for Elderly clients in Nursing Homes

Year round, funds are used to provide one-time, emergency assistance to senior citizens when all other funds have been exhausted and there is no other source to help.

***Donations may be dropped off or mailed to:
Greene County Department of Human Services
411 Main Street, Catskill, NY 12414***

***For more information, please call
Greene County Department for the Aging
719-3555 or toll-free (877) 794-9266***

If you have any questions or suggestions to help make this year's Senior Angel Program a huge success, please contact at (518) 719-3555, one of the following:

Andrea Benjamin-Legg

Ken Brooks

Rose Bundy

MJ Pomilla

Tezera Pulice

ANGEL ORNAMENT/PENDANT

As part of the department's Senior Angel Program fundraising, this Angel Ornament/Pendant with a Red Ribbon that reads "SENIOR ANGELS 2015" will be for sale at the cost of \$3.00. They will be available at our Main Office, our Senior Centers and at all our events.



2015 SENIOR ANGEL CALENDAR OF EVENTS

Annual Bake Sale:

Thursday November 12 10:00 a.m. to 2:00 p.m.

Athens Victorian Stroll:

Saturday December 12 1:00 p.m. - 4:30 p.m.

Coffee & Hot Chocolate Table
Rivertown Senior Center

Gift Wrapping:

Tuesday, December 8th - Thursday, December 10th
10:00 a.m. - 12:00 p.m.

Senior Angels will come together for light refreshments while wrapping & addressing all the gifts for the seniors.

Gift Delivery: Friday December 18

Will be loading up the bus to deliver gifts to the Seniors in the local Nursing Homes & assisted living locations.

If anyone would like to bake items for the Bake Sale or volunteer at any of the above events, please contact Ken Brooks at 719-3555 or email him at kenbrooks@discovergreene.com



BAKE SALE

Thurs. Nov. 12, 2015



**2nd Floor Lobby, Greene County Office Building
10 AM - 2 PM**

All proceeds will benefit the:
GREENE COUNTY SENIOR ANGEL PROGRAM
Sponsored by
the Greene County Department of Human Services



Come and support a VERY good cause.
Helping to remember our Seniors during the Holidays
and all year long.

Spreading Cheer 365 Days a Year !!!

HAMLET SHOPPING BUS

The Greene County Department of Human Services offers a hamlet shopping bus to Greene County residents age 60 & 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



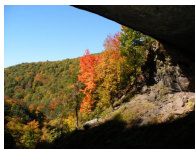
COLONIE CENTER **(PRICE PER PERSON: \$10.00)**

*Payment due at departure/boarding.
No exceptions please.*

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

Friday October 9 Cairo/Greenville
Friday October 23 Athens/Coxsackie
*Residents on the Mountaintop run
can sign-up for any of the above trips.*

FALL SCENERY **DAY 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**

EVELYN STEARNS DEDICATION



On September 24, family and friends came together to honor the late Evelyn Stearns in a special way. When Evelyn passed away, her family asked that donations be made to the Rivertown Senior Center in lieu of flowers. Thanks to an overwhelming generosity, the department was able to purchase a top of the line PA system for the new hamlet bus. A plaque honoring Evelyn was permanently affixed to the front of the bus. So the next time you are on the bus, please take notice. Seen in photo standing in front of the plaque are Mrs. Stearns' children, Ronald Stearns, Jeanie Del Vecchio and Frances Matter.



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 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

DETOX YOUR HOME

By Theresa Mayhew, Cornell Cooperative Extension



Participants will learn about what they can substitute for popular household cleaning chemicals to reduce the number of hazardous products in kitchens, bathrooms, laundry rooms and garages.

This program will cover how to manage toxic household products, how to select less toxic alternatives, the proper disposal of household hazardous products and general safety and prevention measures.

Rivertown Senior Center
Wednesday, October 14th, 11:15am

Coxsackie Senior Center
Thursday, October 15th, 11:15am



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, thirteen 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.

Next upcoming Flight: 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.



Rivertown Senior Center
39 Second Street, Athens

Thursday, October 15, 2015
11:30 a.m.

Menu:

Pork Loin w/Gravy	Sauerkraut
German Potato Salad	Winter Squash
Rye Bread	Dessert Buffet

50/50 drawing Music & Dancing

**Dress in your favorite
Oktoberfest outfit!**



HALLOWEEN PARTY

Town of Coxsackie Senior Center
Mansion St., Coxsackie

Friday, October 30
9:30 a.m.

Come in your favorite costume!



Photo from previous year party.

A RIVETING SUCCESS!

The first Rosie the Riveter Day was held on Saturday August 29, 2015. The day was the brain-child of Tami Bone, Manager of the Rivertown Senior Center in Athens. The event was a way to honor "The Greatest Generation" and the people who kept the home fire burning.

The festivities included music by Good Times Band, Squeeze-Play, and the Michael Benedict Trio. There were various exhibits pertaining to the era, and supporting our troops nowadays.

A 50/50 raffle was held. The winner was Beckyn Doerer, who graciously donated her winnings to the Rivertown Senior Center in appreciation for all they do for her. A second raffle for a Rosie the Riveter painting by Bry Hammond was won by Harold Kelly.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW YMCA CLASS

CHAIR YOGA

WITH CELESTA KRAMER-WEST

Experience a yoga practice designed for those times in our lives when we are faced with physical challenges. Chairs and props will be used to assist each person in variations of postures that are appropriate to promote their comfort. This is a great class for seniors and those with health challenges.

WHEN: Thursdays beginning , October 8th
(8 Weeks)

TIME: 1:00 - 2:00 p.m.

LOCATION: Rivertown Senior Center
39 Second Street
Athens, NY

Call 719-3555 for reservations

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

Sandra Sherman, Meal Site Manager
Elaine Cherrington

Aging Information & Assistance/
Medicare Minute:

COXSACKIE

Town of Coxsackie Senior Center
Mansion Street, Coxsackie
(Former Knights of Columbus Hall)
(518) 731-8901

Renee Raffiani, Meal Site Manager

Aging Information & Assistance/
Medicare Minute:
3rd monthly Monday, 11:00 a.m.

JEWETT

Jewett Municipal Building
Route 23C, Jewett
(518) 263-4392

Gayle Ruvolo, Meal Site Manager
MaryAnn Brink

Aging Information & Assistance/
Medicare Minute:
4th monthly Friday, 11:00 a.m.

ATHENS

Rivertown Senior Center
39 Second Street, Athens
(518) 945-2700

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.

CATSKILL

Washington Irving Senior Center
15 Academy Street, Catskill
(518) 943-1343

Gethen Proper, Meal Site Manager
Martha Schilling

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

CALL YOUR LOCAL SENIOR CENTER FOR ACTIVITY INFORMATION

GREENE COUNTY SENIOR CITIZENS CLUBS



ATHENS:

ATHENS SR. CITIZENS
2nd & 4th monthly Monday
1:15 p.m.
Rivertown Senior Center

CAIRO:

CAIRO GOLDEN AGERS
2nd & 4th monthly Wednesday
1:30 p.m.
Acra Community Center

CATSKILL

EFFECTIVE NOVEMBER 2015
THE SILVER LININGS
2nd monthly Thursday
12:45 p.m.
Washington Irving Center

COXSACKIE:

**BETHANY VILLAGE
TENANTS ASSOC.**
3rd monthly Wednesday
1:15 pm
Van Heest Hall

COXSACKIE AREA SRS.

2nd & 4th monthly Wednesday
1:15 p.m.
Van Heest Hall,
Bethany Village

SR. CITIZENS of COXSACKIE

1st & 3rd monthly Monday
1:30 p.m.
Coxsackie Center

GREENVILLE:

GREENVILLE GOLDEN YEARS
1st monthly Wednesday
1:30 p.m.
American Legion Hall

MOUNTAIN-TOP:

**MTN. TOP
GOLDEN AGERS**
4th monthly Thursday
1:30p.m.
Tannersville Village Hall

W-A-J-P-L

GOLDEN AGERS
1st & 3rd monthly Monday
1:30 p.m.
Hensonville Town Bldg.




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 BUTTERSCOTCH PUDDING (Diet Dessert Subst) ACRA FLU CLINIC 9:30 a.m. - 11:30 a.m.	CHICKEN QUARTER w/Gravy WHIPPED POTATOES CALIFORNIA MIXED VEGETABLES APPLE CRISP (Diet Dessert Subst)	HUNGARIAN GOULASH over Noodles WHOLE BABY CARROTS AMBROSIA (Diet Dessert Subst)	STUFFED PEPPERS over Rice CORN ROMAINE SALAD 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 (Diet Dessert Subst)	MEATLOAF w/Gravy MASHED POTATOES SPINACH BROWNIE (Diet Dessert Subst) 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 (Diet Dessert Subst)	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 (Low-Salt Diet Subst) FRESH SWEET POTATOES BRUSSELS SPROUTS RYE BREAD MANDARIN ORANGES	SHEPHERD'S PIE BROCCOLI SPICE CAKE (Diet Dessert Subst)	BAKED SPANISH STEAK SPANISH RICE FRENCH CUT GREEN BEANS DINNER ROLL 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 CRANBERRY JUICE APRICOTS	MEATLOAF w/Pan Gravy FARM to TABLE FRESH BAKED POTATO 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 SALAD DINNER ROLL FRESH SEASONAL FRUIT

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

2015	Monday	Tuesday	Wednesday	Thursday	Friday
Nov. 2 - 6	KNOCKWURST on a BUN w/SAUERKRAUT <i>(Low Salt Diet Subst)</i> BAKED BEANS CARROTS TROPICAL FRUIT	 ELECTION DAY MAIN OFFICE & ALL NUTRITION SITES CLOSED NO MEALS	CHICKEN DIJON MASHED POTATOES CALIFORNIA BLEND VEGETABLES APPLESAUCE w/2 small cookies <i>(Diet Dessert Subst)</i>	BAKED ZITI SPINACH ROMAINE SALAD DINNER ROLL STRAWBERRIES, BANANAS, and PINEAPPLE in JELL-O <i>(Diet Dessert Subst)</i>	ROAST PORK w/Gravy OVEN BROWNED POTATOES WINTER SQUASH RYE BREAD FRESH SEASONAL FRUIT
Nov. 9 - 13	CHICKEN CACCIATORE W/Linguine OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	BAKED HAM w/Raisin Sauce SWEET POTATOES CAULIFLOWER au GRATIN RYE BREAD PINEAPPLE DELIGHT <i>(Diet Dessert Subst)</i>	VETERANS DAY  MAIN OFFICE & ALL NUTRITION SITES CLOSED NO MEALS	BROCCOLI CHEESE FISH FILLET RICE PILAF CALIFORNIA BLEND VEGETABLES CRANBERRY JUICE OATMEAL RAISIN COOKIE <i>(Diet Dessert Subst)</i>	SALISBURY STEAK w/Gravy POTATOES O'BRIEN CARROT COINS FRESH SEASONAL FRUIT
Nov. 16 - 20	CHICKEN DIVAN w/Rice CARROTS & PEAS TROPICAL FRUIT	PORK CHOP w/Gravy RED CABBAGE OVEN BROWNED POTATOES WINTER SQUASH RYE BREAD CINNAMON APPLESAUCE	BEEF STEW GREEN BEANS ORANGE JUICE BIRTHDAY CAKE <i>(Diet Dessert Subst)</i>	ROAST TURKEY w/Gravy & Cranberry Sauce STUFFING WHIPPED POTATOES OLD FASHIONED MIXED VEGETABLES PUMPKIN PIE <i>(Diet Dessert Subst)</i>	CHEF'S CHOICE TOSSED SALAD DINNER ROLL FRESH SEASONAL FRUIT
Nov. 23 - 27	VEAL PARMESAN over 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>	THANKSGIVING  MAIN OFFICE CLOSED ALL NUTRITION SITES CLOSED NO MEALS	LEMON PEPPER FISH FILLET MASHED POTATOES OLD FASHIONED VEGETABLES FRESH SEASONAL FRUIT
Nov. 30	TURKEY BURGERS w/Peppers & Onions SCALLOPED POTATOES OLD FASHIONED MIXED VEGETABLES TROPICAL FRUIT	 <h1 style="display: inline; font-family: serif;">November</h1> 			



Nutrition Notes

AN APPLE A DAY (From www.foodandhealth.com)

It's true . . . An apple a day just may keep the doctor away. Apples are rich in antioxidant phytochemicals as well as fiber. Researchers think apples may help prevent cancer, stroke, and heart disease when they are part of a low-fat, high-fiber plant based diet. While some varieties are available only in the fall, you'll find others in the supermarket year-round. Find the most popular apples in the word search. Then try them all!

- **Braeburn:** As a snack or in a salad, this apple is crisp, sweet and tart.
- **Cameo:** Sweet, tart, and firm flesh makes it versatile.
- **Cortland:** Sweet flavor makes it the perfect dessert apple.
- **Criterion:** Juicy and sweet, this apple resists browning when cut, making it perfect for salads and fruit plates.
- **Empire:** Bake it, toss it in a salad, or eat it as a snack.
- **Fuji:** Sweet and crisp, makes good applesauce or snack.
- **Gala:** A crisp, sweet snack or addition to salad.
- **Golden Delicious:** Sweet taste. Good for just about every use - baking, pies, applesauce, salads and snacks.
- **Ida Red:** Large, tangy and tart. Great in applesauce, pies, and baking.
- **Jonagold:** Tangy sweet taste is good for cooking as well as munching out of hand.
- **Jonathan:** Spicy tang makes it good as a snack, in a pie, or for applesauce.
- **McIntosh:** Slightly tart and juicy with a smooth texture that is good raw or cooked. Bruises easily.
- **Newton-Pippin:** A tangy tasting apple for pies or applesauce.
- **Pink Lady:** Salads, pies and applesauce shine with this sweet, tart, crisp, and firm variety.
- **Red Delicious:** Crisp, juicy, and sweet - a favorite for snacking and in salads. But beware - it doesn't cook well.
- **Rome Beauty:** Firm flesh and sweet taste - a good baking apple.
- **Winesap:** Mildly tart and juicy, good for all uses. Spicy, too - a great choice for cider.
- **York:** Holds its shape well when baked. Yellow, moderately juicy flesh.



Success Tips:

- Store apples in the refrigerator.
- Keep them in a drawer or other closed container away from foods with strong odors.
- Handle carefully to avoid bruising.
- Cut just before serving to minimize browning.
- Experiment with different varieties to find your favorites.



Volunteers: The Essential Puzzle Piece of our Program



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

Vincentina Berger

Jean Close

Patricia Elsbee

Gayle Jensen

Cheryl Mattice

Kathy Palatier

Dorothy Psomiades

Gertie Sliker

Donna Winans-Ingalls

MY BEE KEEPING EXPERIENCE

A Presentation by Richard Muggeo

**Washington Irving Senior Center
15 Academy Street, Catskill**

**Thursday October 29
12:00 p.m.**



**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



On behalf of the Rivertown Senior Center, Greene County Department of Human Services would like to extend their sincere appreciation to the Rivertown Thrift Shop Volunteers for their unending devotion running the Thrift Shop. Thanks to the efforts of Martha Bush, Charles D'Agostino, Marge Gildersleeve, Liz Jarvis, Ellen Pulice, Joanne Sommers, Karla Tyson, Greg Walker, and Marie Walker.

The proceeds that have been brought in over the years have been used for the following:

Flat Screen TV	Treadmill	Commercial Dishwasher
Shed	Bathroom Renovations	New Windows
Air Conditioner	Vacuum Cleaner	Curtains & Shelving
Unending supply of Water		Many miscellaneous supplies
	Donation towards the NEW Hamlet Bus	

So, stop in and thank the volunteers.

Thrift Shop Hours:

Monday 9 a.m. to 2 p.m.

Tues & Weds 9 a.m. to 11:30 a.m.

Fri 9 a.m. to 11:30 a.m.

If you would like to volunteer at the Thrift Shop,
call Ruth Pforte at 719-3555



**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.

Oct. 6 & 7 **Rivertown Senior Center**
39 Second Street, Athens

Oct. 15 & 16 **Acra Community Center**
Old Rte. 23B, Acra

Nov. 5 & 6 **Washington Irving Sr. Center**
15 Academy Street, Catskill
8:30 a.m. – 11:30 a.m.
CALL M. SULLIVAN ONLY

**RED CROSS
PRESENTS
CITIZEN PREPAREDNESS**



Linda Brandt, of the American Red Cross, did a presentation of Citizen Preparedness at the Rivertown Senior Center in Athens. The training gave a comprehensive overview on how to prepare for, respond to, and recover from various disasters. It also covered what to do if you see someone collapse due to a cardiac emergency with the opportunity to practice. Those who attended learned about registering to have free smoke alarms installed in their home.



ENROLLMENT PERIODS THAT HAPPEN EACH YEAR

Each year, you have a chance to make changes to your Medicare Advantage or Medicare prescription drug coverage for the following year. There are two separate enrollment periods each year. See the table below for specific information and dates.

ENROLLMENT PERIOD	WHAT YOU CAN DO
<p>October 15 - December 7</p> <p>Medicare Open Enrollment Period</p> <p>(Changes will take effect on January 1)</p>	<ul style="list-style-type: none"> ◆ Change from Original Medicare to a Medicare Advantage Plan. ◆ Change from a Medicare Advantage Plan back to Original Medicare. ◆ Switch from one Medicare Advantage Plan to another Medicare Advantage Plan. ◆ Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage. ◆ Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage. ◆ Join a Medicare Prescription Drug Plan. ◆ Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan. ◆ Drop your Medicare prescription drug coverage completely.
<p>January 1 - February 14</p>	<ul style="list-style-type: none"> ◆ If you're in a Medicare Advantage Plan, you can leave your plan and switch to Original Medicare. Your Original Medicare coverage will begin the first day of the following month. ◆ If you switch to Original Medicare during this period, you will have until February 14 to also join a Medicare Prescription Drug Plan to add drug coverage. Your prescription drug coverage will begin the first day of the month after the plan gets your enrollment form. <p>NOTE: During this period you can't:</p> <ul style="list-style-type: none"> • Switch from Original Medicare to a Medicare Advantage Plan. • Switch from one Medicare Advantage Plan to another. • Switch from one Medicare Prescription Drug Plan to another. • Join, switch, or drop a Medicare Medical Savings Account Plan.

BONE MASS MEASUREMENT

Medicare covers bone mass measurement to measure bone density. These test results help you and your doctor choose the best way to keep your bones strong.

Osteoporosis is a disease in which your bones become weak and more likely to break. It is a silent disease, meaning that you may not know you have it until you break a bone.

A bone density scan is a low-dose x-ray which checks an area of the body such as the hip, hand or foot for signs of mineral loss and bone thinning



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Bone mass measurement is covered once every 24 months, or more often if medically necessary, if you fall into at least one of the following categories:

- A women who is estrogen-deficient and at risk for osteoporosis, based on her medical history
- Individuals with vertebral abnormalities
- Individuals receiving (or expecting to receive) steroid therapy for more than 3 months
- Individuals with hyperparathyroidism, or
- Individuals being monitored to assess their response to Food and Drug Administration approved osteoporosis drug therapy

There is no deductible or copayment with Original Medicare.

Visit MyMedicare.gov



Visit MyMedicare.gov

Register at MyMedicare.gov to get your personalized Medicare information:

- Complete your "Initial Enrollment Questionnaire" (IEQ) so your bills can get paid correctly.
- Manage your personal information (like medical conditions, allergies, and implanted devices).
- Manage your personal drug list and pharmacy information.
- Search for, add to, and manage a list of your favorite providers and access quality information about them.
- Track Original Medicare claims and your Part B deductible status.
- Order copies of your "Medicare Summary Notice" (MSN).

CENTERS FOR MEDICARE & MEDICAID SERVICES



WINTER IS JUST AROUND THE CORNER:
GET YOUR HOME READY

Community Action of Greene County, Inc. would like to invite income eligible homeowners and or landlords in Greene County to apply for the free Weatherization Assistance Program. Energy efficient light bulbs, faucet aerators, weather stripping, caulking, insulation, exhaust fans, smoke detectors, CO detectors, and furnace repair or replacement are just some examples of what Community Action of Greene County may be able to do for your home. Interested residents can learn what they can do to save energy costs.

For additional information call 518-943-9205.



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 a.m.
Dutchman's Landing, Catskill



Presents

**Holiday Hints
for Caregivers**



Wednesday, November 4, 2015

6:30 p.m.

Heermance Memorial Library
1 Ely Street
Coxsack, 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



People over the age of 65 are at great risk of dying or being harmed in a fire. On average, over 900 Americans age 65 and over die in home fires and 2,000 are injured in fire-related incidents. Cooking is the leading cause of home fires. However, there are a number of precautionary steps older Americans can take to dramatically reduce their chances of becoming a fire victim.

The Firemen's Association of New York has created a booklet designed with the intention of reducing injuries by providing prevention information and tips. There are ways to protect yourself and your home. Be aware of the dangers present in your home and use a safe approach to your daily routine. You can obtain a copy of the "Fire Safety Booklet for Older Adults" from the Greene County Department of Human Services main office or any one of the senior nutrition sites.

The booklet features valuable information on what to do in case of a fire, smoke alarms, and carbon monoxide detectors. It also includes home safety for heating, electrical, cooking, and social aspects of smoking and the use of candles. The dangers of microwave cooking and using a propane grill are also addressed. There are tips on gasoline safety, fire safety while traveling, and for the holiday season. An extra feature is on childproofing your home.

Senior citizens have worked all their life and these should be the best years of your life. Spend more time with your grandchildren, travel, begin a new hobby, meet new people and have new experiences. Don't let these years go up in smoke. Think and practice fire safety.

Bridge Street Theatre

44 W. Bridge Street Catskill NY

BOND

THE STORY OF A SOLDIER AND HIS DOG

Written and Performed by Logan Black
The chronicle of a year in Iraq and the incredible bond
between a handler and his dog.



Nov 6 - 15
Fridays and Saturdays @ 7:30 pm
Sundays @ 2 pm
Tickets \$15, \$10 Students/Seniors
BrownPaperTickets.com or 800-838-3006

And on Thursday, Nov 12 from 6 - 9 pm
STARS AND STRIPES A Fundraiser for Bridge Street Theatre
Lasagna Dinner, USO Entertainment and
A Special Appearance by Logan Black and his dog Diego
Tickets at BrownPaperTickets.com
Information: 518-943-3818 or BridgeSt.org

Coming to Bridge Street Theatre, November 6 – 15, the weekends before and after Veterans Day. Written and performed by Logan Black, **BOND** is based on Black's experiences as Specialized Search Dog Handler and the year he spent in the Al Anbar province of Iraq with Diego, the yellow Labrador retriever who served beside him. The show played to sold-out audiences at the Kansas City Fringe Festival, and we have the privilege of bringing this special story to Catskill for its East Coast premier.

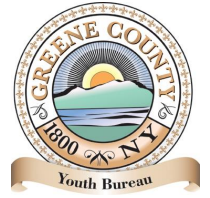
[Bridge Street Theatre](#)

[44 W. Bridge Street, Catskill, NY 12414](#)

Tickets: BrownPaperTickets.com
or 800-838-3006



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719-3555 Toll Free (877)794-9266 aging@discovergreene.com



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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.**

6772
GCDHS
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