Senior Citizens' Roundtable News

Published by Greene County Department of Human Services since 1976

January 2016



PLEASE NOTE:

Greene County Department of Human Servicesø
Office & all Nutrition Sites
will be closed on:
Friday, January 1 for the New Years holiday
Monday, January 18 for Martin Luther King Day



NOMINATIONS NEEDED for 2016 GREENE COUNTY SENIOR CITIZEN AWARDS

Nominations are being accepted for the annual Greene County Senior Citizen Awards, according to Richard Golden, Chairperson of the Citizens Advisory Council for the Greene County Department of Human Services. The two awards presented are the Senior Citizen of the Year and Outstanding Contribution by a Senior Citizen. The purpose of the awards is to recognize the outstanding contributions and achievements of senior citizens who have volunteered their time and energy to help other people, their communities, or special projects. The dedication of these volunteers helps make Greene County a better place for us all.

The individuals chosen on the county level will in turn be nominated for recognition for New York State awards.

Any Greene County resident age 60 or older can be nominated for this award. Achievements must be voluntary in nature, not part of paid employment and performed in Greene County. Past award winners may be nominated again only if seven years or more have passed since last awarded.

If you know someone who deserves this recognition, contact the Greene County Department of Human Services at 719-3555 for an official nomination form. Or go to our web site at http://greenegovernment.com/departments/human-services/services-resources/news-events/

Greene County Department of Human Services Greene County Office Building 411 Main Street Catskill, New York 12414

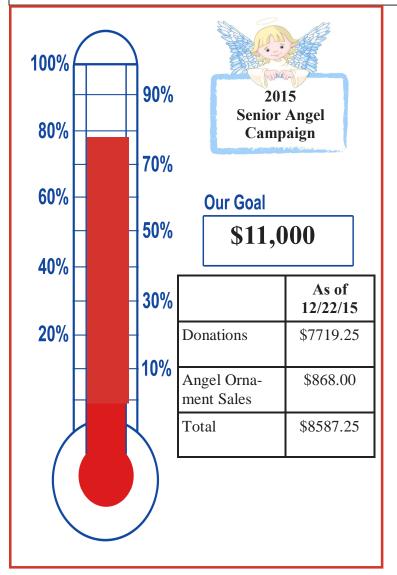


DEADLINE IS JANUARY 31, 2016



SENIOR ANGELS PROGRAM SPREADING CHEER 365 DAYS A YEAR SPONSORED BY GREENE COUNTY DEPARTMENT OF HUMAN SERVICES





CONGRATULATIONS to PATRICK BALDWIN.

winner of the Hunter Mountain Ski Package Raffle

Thank you to all who supported the raffle by purchasing a chance.

Thank you for the generous donation from Hunter Mountain which made the raffle possible.

THANK YOU



Ken Brooks, Business Manager for the Greene County Department of Human Services is seen accepting a generous \$200 donation to the Senior Angels fund from Officer Eric J. Colon of the Catskill Police Association.

Seen in the photo is one of the two Singer Fashion Mate sewing machines that was donated to the Eliot with Senior Angel contributions. An engraved plaque of the two machines reads "This sewing machine was graciously donated by the Greene County Senior Angel Program, December 2015."





Your kind support & generosity by donating to the Greene County Department of Human Services Senior Angel program will help bring a smile to a lonely senior at Chirstmas.

Bonny VanVechten in memory of her late grandmother, Helen Mary Eckler

SENIOR ANGELS HAVE TABLE AT ATHENS VICTORIAN STROLL







On Saturday, December 12, Ken and MJ from the department Senior Angel committee participated in the Town of Athens annual Victorian Stroll. They had a table set up at the Rivertown Senior Center and were selling hand-made afghans, and Beanie Babies. All proceeds from the sale went to the benefit of the Senior Angels program.

RIVERTOWN SENIOR CENTER FILLED WITH ACTIVITIES DURING ANNUAL TOWN of ATHENS VICTORIAN STROLL













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 on a periodic basis.

> **MONDAY:** Mountaintop/Catskill

> > (Windham, Ashland, Prattsville, Jewett & Hunter)

TUESDAY: Cairo/Catskill

WEDNESDAY: Athens/Coxsackie

THURSDAY: Cairo/Greenville

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

Payment due at time of departure/boarding. No exceptions please. Reservations must be made no later than 3pm of the Wednesday before trip.

Cairo/Greenville

Friday, January 8 Friday January 22 Athens/Coxsackie



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

In December, the Department of Human Services sponsored two bus trips to enjoy the Capital Holiday Lights in Albany. Seen here is the bus driver, Janet Osborn, with the Lights mascots, P.A.L. Holiday Bear and a friendly Gingerbread Person.

Boscovs

Sears

AVOIDING THE HAZARDS OF WINTER FOR OLDER ADULTS

Winter is a special time for celebration. It should also be a time for added caution if you or someone in your family is an older adult. It is the season for falls, slips on icy streets and other dangers that can be especially harmful for older adults. "Something as simple as a fall can be devastating for older men and women," says Dr. Evelyn Granieri, Chief of Geriatric Medicine and Aging at NewYork-Presbyterian/The Allen Hospital and Assistant Professor of Medicine at Columbia University Medical Center. "Before the cold weather arrives, it is important to prepare."

Dr. Granieri addresses some of the most pressing concerns mature adults have about their health and safety during the winter:

- The flu. Influenza is a serious illness that can be fatal in older adults, who often have chronic medical conditions. The vaccine offers some, if not complete, protection against the flu and its consequences and can be administered as early as September. The flu season begins in mid-October and runs through March.
- **Hypothermia.** Keep your thermostat set to at least 65 degrees to prevent hypothermia. Hypothermia kills about 600 Americans every year, half of whom are 65 or older, according to the Centers for Disease Control and Prevention. Also, keeping the temperature at 65 or higher, even when you are not at home, will help prevent pipes from freezing.
- **Icy streets.** Navigating through icy streets can be intimidating. Wear comfortable shoes with anti-slip soles. If you use a cane, replace the rubber tip before it is worn smooth and becomes slippery on the wet ice. It may be a good idea to have someone walk with you during those days.
- **House fires.** Make sure your smoke alarms are working. You should also have working carbon monoxide alarms.
- Falling in the home. Winter means fewer hours of daylight. Older people often need brighter lights in the home. You may also have difficulty adjusting to changes in light, and different levels of lighting may increase the risk of slips and falls. Make sure there are no great lighting contrasts from one room to another. Also, use night lights, especially in the bathroom, and don't have loose extension cords lying aroundô tape them to the floor. Make sure rugs are not wrinkled or torn in a way that can trip you as you walk.
- **Strenuous activities.** Try to avoid strenuous activities like shoveling snow. You should ask your doctor if this level of activity is advisable. If you must shovel, warm up your body with a few stretching exercises before you begin and be sure to take frequent breaks throughout.
- **Dehydration.** Drink at least four or five glasses of fluid every day. This should not change just because it is winter. You may not feel as thirsty as you do in the summer months, but as you get older, your body can dehydrate more quickly, putting you at greater risk for complications from a number of illnesses and also changing how your body responds to some medications.
- Winter itch. This usually occurs because of dry skin. Wear more protective creams and lotions to prevent the dry and itchy skin commonly experienced in the colder months when humidity levels are lower. You should apply them after bathing and then daily.
- **Home emergencies.** For older persons living alone, it is a good idea to have a way to communicate quickly with other persons or medical personnel. If you have a cell phone, keep it handy. Another option is a personal emergency response systemô a device worn around the neck or on a bracelet that can summon help if needed.
- If you are a caregiver, please remember to check on your loved one frequently. Offer to shop for her or him and check on medications when the weather is very cold and snowy. Remind any person who interacts with her/him to get a flu shot.

Source: NewYork-Presbyterian Hospital

BIGHEWS 1

GREENE COUNTY SENIOR CITIZENS

ATTENTION ALL CLUBS:

Do you have anything to announce about your club?

Put it in print in the Roundtable News!

Contact Maureen at the Department of Human Services

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



Calling All Seniors!

CATSKILL

CATSKILL SILVER LINING SENIORS

2nd monthly Thursday 1 p.m. Washington Irving Center

COXSACKIE:

BETHANY VILLAGE TENANTS

3rd monthly Wednesday 1:15 p.m.

Van Heest Hall

COXSACKIE AREA SENIORS

2nd & 4th monthly Wednesday

1:15 p.m.

Van Heest Hall, Bethany Village

SENIOR CITIZENS of COXSACKIE

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

GREENVILLE:

GREENVILLE GOLDEN YEARS

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

MOUNTAIN-TOP:

MTN. TOP GOLDEN AGERS

4th monthly Thursday 1:30 p.m.

Tannersville Village Hall

W-A-J-P-L GOLDEN AGERS

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

Hensonville Town Bldg.

JANUARY is OATMEAL MONTH

ALL ABOUT OATS

Get to know this gluten-free whole grain.

Do you know there are different types of oats?



Oat groats are whole oat kernels with the hull removed. These need to be cooked for a long time but can be used in pilafs or in soups.

Rolled oats, a.k.a. õold fashioned oatsö are probably the most well-known variety of oats. Theyøre oat groats that have been steamed, roasted, steamed again, then rolled flat.



Steel cut oats are basically oat groats that are steamed, roasted, and cut into thirds. These oats take longer to cook and are chewier in texture than rolled oats.



Instant oats are basically the same as rolled oats except they are cut into thirds before they are steamed and rolled again.

Oat flour is made from rolled oats that are pulverized into a fine whole-grain flour that s great for hearty baking.



Oats and Your Health

1 cup of rolled oats contains

- 147% of your daily value (DV) for manganese
- 33% DV dietary fiber and phosphorus
- 28% DV magnesium
- 25% thiamin
- 21% DV protein
- 20% DV zinc
- 19% DV iron

That is quite a lot of nutrients! Oats are one of the highest-protein whole grains, and their vitamin and mineral count can it be beat.

Of course, those nutrients arenot just there to make oats look impressive. They are also key to good health. You see, oats are rich in soluble fiber, which plays an important role in your body. For example, it can help you lower your blood pressure and your cholesterol levels. Oats can help reduce your risk of diabetes too. What a great grain food!



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:

CALL YOUR LOCAL SENIOR CENTER FOR ACTIVITY INFORMATION

ACRA

Acra Community Center,

Old Rte. 23B, Acra (518) 622-9898

Sandra Sherman Meal Site Manager

Elaine Cherrington

Aging Information & Assistance
Medicare Minute:

2nd monthly Wednesday 11:00 a.m.

COXSACKIE

Town of Coxsackie Senior Center Mansion Street, Coxsackie (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

John Orso, Senior Center Manager

Joan Ann 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.

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS OVER 60 (and spouses) ARE INVITED TO ATTEND - SUGGESTED DONATION IS \$4.00

SERVED DAILY: BREAD (unless otherwise noted) with PROMISE SPREAD, MILK, COFFEE & TEA

LUNCH RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE BY CALLING APPROPRIATE CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy New Year 2016 Jan. 1					MAIN OFFICE CLOSED ALL SENIOR SERVICE CENTERS CLOSED NO MEALS SERVED OR DELIVERED
JAN 4 - 8	CHICKEN CACCIATORE w/Linguine OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	BAKED HAM w/Raisin Sauce (Low Sodium Diet Subst) SWEET POTATOES CAULIFLOWER au Gratin RYE BREAD PINEAPPLE DELIGHT (Diet Dessert Subst)	LEMON PEPPER FISH FILLET RICE PILAF CALIFORNIA BLEND VEGETABLES CRANBERRY JUICE OATMEAL RAISIN COOKIE (Diet Dessert Subst)	CHICKEN QTRS w/Gravy WHIPPED POTATOES SPINACH RICE PUDDING w/Cinnamon (Diet Dessert Subst)	ROAST BEEF W/Gravy OVEN BROWNED POTATOES ORANGE GLAZED CARROTS DINNER ROLL FRESH SEASONAL FRUIT
JAN 11 - 15	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 (Diet Dessert Subst)	ROAST TURKEY w/Gravy & Cranberry Sauce STUFFING WHIPPED POTATOES OLD FASHIONED MIXED VEGETABLES PUMPKIN PUDDING (Diet Dessert Subst)	CHEF'S CHOICE TOSSED SALAD DINNER ROLL FRESH SEASONAL FRUIT
JAN 18 - 22	MARTIN LUTHER KING JR HOLIDAY MAIN OFFICE CLOSED ALL SENIOR CENTERS CLOSED - NO MEALS SERVED OR DELIVERED	CHICKEN CHOW MEIN over Rice ORIENTAL MIXED VEGETABLES PEACHES	VEAL PARMESAN over Linguine SPINACH BROWNIE (Diet Dessert Subst)	LEMON PEPPER FISH FILLET SCALLOPED POTATOES BROCCOLI APRICOTS	POT ROAST w/Gravy OVEN BROWNED POTATOES CALIFORNIA MIXED VEGETABLES DINNER ROLL FRESH SEASONAL FRUIT
JAN 25 - 29	TURKEY BURGERS w/Peppers & Onions SCALLOPED POTATOES OLD FASHIONED MIXED VEGETABLES TROPICAL FRUIT	PORK CHOP w/Gravy FRESH SWEET PO- TATO STUFFING GREEN BEANS CRANBERRY JUICE BUTTERSCOTCH PUDDING (Diet Dessert Subst.)	CHICKEN QUARTERS w/Gravy WHIPPED POTATOES CALIFORNIA MIXED VEGETABLES APPLE CRISP (Diet Dessert Subst.)	HUNGARIAN GOULASH over Noodles WHOLE BABY CAR- ROTS AMBROSIA (Diet Dessert Subst.)	STUFFED PEPPER over Rice CORN ROMAINE SALAD FRESH SEASONAL FRUIT

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS OVER 60 (and spouses) ARE INVITED TO ATTEND - SUGGESTED DONATION IS \$4.00

SERVED DAILY: BREAD (unless otherwise noted) with PROMISE SPREAD, MILK, COFFEE & TEA

LUNCH RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE BY CALLING APPROPRIATE CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday
FEB 1 - 5, 2016	LEMON PEPPER FISH FILLET RICE PILAF CALIFORNIA BLEND VEGETABLES CRANBERRY JUICE FRUIT COCKTAIL	CHICKEN & BISCUIT WHIPPED POTATOES BROCCOLI V-8 JUICE CHOCOLATE MOUSSE (Diet Dessert Subst)	MEATLOAF w/Gravy MASHED POTATOES SPINACH BROWNIE (Diet Dessert Subst)	ROAST PORK w/Gravy OVEN BROWNED POTATOES WINTER SQUASH RYE BREAD ICE CREAM SUNDAES (In Center Only) HDM: JELL-O w/ Whipped Topping (Diet Dessert Subst)	SPAGHETTI w/Meat Sauce ITALIAN MIXED VEGETABLES TOSSED SALAD DINNER ROLL FRESH APPLE
FEB 8 - 12	CHICKEN & RICE CASSEROLE ITALIAN MIXED VEGETABLES PINEAPPLE CHUNKS	BAKED HAM w/Pineapple Sauce (Low-Salt Diet Subst) FRESH SWEET POTATOES BRUSSELS SPROUTS RYE BREAD MANDARIN ORANGES (Diet Dessert Subst)	LEMON PEPPER FISH RICE PILAF TUSCAN VEGETABLES PEACHES	ROAST BEEF w/Gravy MASHED POTATOES GLAZED WHOLE BABY CARROTS SUGAR COOKIE (Diet Dessert Subst)	BAKED ZITI SPINACH TOSSED SALAD FRESH SEASONAL FRUIT
FEB 15 - 19	PRESIDENTS' DAY MAIN OFFICE and ALL SENIOR SERVICE CENTERS CLOSED NO MEALS SERVED OR DELIVERED	SHEPHERD'S PIE BROCCOLI APRICOTS	MEATLOAF MASHED POTATO SPINACH BUTTERSCOTCH PUD- DING (Diet Dessert Subst)	BBQ CHICKEN ROSEMARY BAKED RED POTATOES FRENCH CUT GREEN BEANS V-8 JUICE BIRTHDAY CAKE (Diet Dessert Subst)	MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD CRANBERRY JUICE APRICOTS
FEB 22 - 26	KNOCKWURST SAUERKRAUT CARROTS TROPICAL FRUIT	CHICKEN DIJON MASHED POTATOES CALIFORNIA BLEND VEGETABLES CINNAMON APPLESAUCE	PORK CHOPS w/Gravy RED CABBAGE SCALLOPED POTA- TOES ORIENTAL VEGETA- BLES BREAD PUDDING (Diet Dessert Subst)	ROAST TURKEY w/Gravy & Cranberry Sauce MASHED POTATOES STUFFING PEACHES	CHEESE LASAGNA OLD FASHIONED MIXED VEGETABLES TOSSED SALAD FRESH SEASONAL FRUIT
Feв 29	CHICKEN CACCIATORE LINGUINE OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	Fet	oruary		



Nutrition Notes

JANUARY is FIBER FOCUS MONTH

A well-balanced diet rich in fiber is an important part of healthy living. Fiber is found in plants and many of the foods we eat come from plants. Fiber helps to regulate bowel movements, makes us feel full, lowers blood sugar and cholesterol, and may reduce the risk of getting certain types of cancer.

Insoluble Fiber: There are two types of dietary fiber, insoluble and soluble. Insoluble fiber is also called õroughageö or õbulkö and is not soluble in water. The main job of insoluble fiber is to keep your intestinal tract healthy by reducing the amount of time that food sits in your intestinal tract. If food sits in your intestinal tract too long it can cause constipation. Food sources of insoluble fiber are wheat bran, whole grains, fruits, and vegetables.

Soluble Fiber: Soluble fiber may be helpful in removing cholesterol from the blood. Lowering cholesterol can reduce your risk for heart disease. Food sources of soluble fiber include dried beans, peas, lentils, oats, barley, fruits, and vegetables like carrots and squash.

10 Ways to Add Fiber to Your Diet

- 1. Eat berries.
- 2. Eat more legumes, such as dried beans.
- 3. Choose romaine lettuce or spinach instead of iceberg lettuce.
- 4. Enjoy 100% whole-wheat or whole-grain bread.
- 5. Eat high-fiber breakfast cereals.
- 6. Choose brown rice instead of white.
- 7. Eat the skins on fruits and vegetables, such as apples and potatoes.
- 8. Eat corn, including popcorn.
- 9. Snack on dried fruit.
- 10. Eat whole fruits and vegetables instead of drinking 100% juice.

Get Enough Fiber in Your Diet - Choose a diet of 25-35 grams of dietary fiber each day.

- 1. Eat at least 3 servings of vegetables each day.
- 2. Eat at least 2 servings of fruits each day.
- 3. Eat at least 3 servings of whole grains each day.

Successful Tips for Adding Fiber

- 1. Add fiber gradually
- 2. Drink fluids. Drink at least 8 cups of water, juice, or other decaffeinated, non-alcoholic beverages every day.

CHEESY BEAN SALAD (Makes 4 servings)

- 2 cups cooked pinto beans
- ½ cup diced celery
- ½ cup green pepper (optional)
- ½ cup low-fat or fat-free mayonnaise ó type salad dressing
- ½ cup low-fat cheese (cubed)
- 2 Tablespoons minced onion
- 2 hard-cooked eggs, diced

Combine all ingredients in a large bowl and refrigerate several hours before serving.

Nutrition Information per Serving: 300 calories, 13 g fat, 5 g saturated fat, 120 mg cholesterol, 730 mg sodium, 29 g carbohydrates, 7 g fiber, 3 g sugar, 13 g protein, vitamin A 10%, vitamin C 15%, calcium 20%, iron 15%





INTRODUCTION to HIGH-INTENSITY SWEETENERS

By Lynn Grieger RDN, CDE, CPT, CWC

Whether you call them sugar substitutes, non-nutritive sweeteners or high-intensity sweeteners, you're looking at substances that impart a sweet taste to foods and beverages. They do this either without calories or with only a few calories, and they have little to no impact on blood glucose levels.

High-intensity sweeteners are much sweeter than sugar and are regulated as food addictives by the Food and Drug Administration (FDA). The FDA establishes an acceptable daily intake (ADI) for every approved high-intensity sweetener. The ADI is the amount considered safe for adults to consume every day over the course of an entire lifetime. In addition to the six high-intensity sweeteners that are FDA-approved as food additives, GRASD (a.k.a. generally recognized as safe) notices have been submitted for two sweeteners currently in use.

FDA-APPROVED SUGAR SUBSTITUTES:



Saccharin was first discovered and used in 1879, before the current additive approval process came into effect in 1958. Brand names include Sweet and Low®, Sweet Twin®and Necta Sweet®, It is 200 to 700 times sweeter than table sugar and contains no calories.

In the early 1970s, saccharin was linked to bladder cancer in lab rats, which lead to a warning label on saccharin-containing foods until scientific research could establish safety. Since then, more than 30 human studies demonstrated that saccharin is safe for human use, and that the association with cancer found in rats does not happen in humans. Foods containing saccharin no longer are required to carry the warning label.

Saccharin is currently approved for use in beverages, fruit juice drinks, as a sugar substitute for cooking or table use, and in processed foods.

Aspartame was first approved for use in 1981. Brand names include Nutrasweet®, Equal®, and Sugar Twin®. Aspartame is made from two amino acids, phenylalanine and aspartic acid. People with a rare hereditary disease known as phenylketonuria (PKU) have a difficult time metabolizing phenylalanine, and must control their intake of phenylalanine from all sources, including aspartame.



Although it contains 4 calories per gram of weight, aspartame is 200 times sweeter than sugar and only very small amounts need to be used so that the calorie contribution is almost zero. Long exposure to heat causes aspartame to break down, reducing its sweetening power. Therefore, it is not recommended for use in baking or in cooking methods that require extended exposure to high temperatures.

Acesulfame potassium was first approved for use in 1988. It is also known as acesulfame K or Ace-K because :Køis the chemical shorthand for potassium. Brand names include Sunett® and Sweet One®. It is about 200 times sweeter than sugar and is often combined with other sweeteners. Acesulfmae K is heat stable and is typically used in frozen desserts, candies, beverages, and baked goods.



Sucralose was first approved for use in 1998. Commonly known as Splenda, it is 600 times sweeter than sugar. Sucralose is heat stable and was developed from a sugar molecule. It has been used in a variety of foods including baked goods, beverage, chewing gum, gelatins, and frozen dairy desserts.

Neotame was approved in 2002. The brand name is Newtame, and it is 7,000 - 13,000 times sweeter than sugar. Neotame is made from a combination of phenylalanine and aspartic acid. Because it is so much sweeter than sugar, the amount of phenylalanine present is very low and does not pose a risk to people with PHU. Neotame is typically used in combination with other high-intensity sweeteners and is not available as a tabletop sweetener.

Advantame is the newest high-intensity sweetener, approved in 2014. It does not yet have a brand name. Advantame is heat stable and 20,000 times sweeter than sugar. Since advantame is so much sweeter than aspartame, only a tiny amount is used to produce a similar level of sweetness, and this amount does not contain significant amounts of phenylalanine and is safe for people with PKU.

Advantame has been approved by the FDA for use as a general-purpose sweetener and flavor enhancer and can be used in baked goods, non-alcoholic beverages (including soft drinks), chewing gum, confections and frostings, frozen desserts, gelatins and puddings, jams and jellies, processed fruits and fruit juices, toppings and syrups.

GRAS HIGH-INTENSITY SWEETENERS



Whole **stevia** leaves contain a number of active components, not all of them sweet. The leaves are considered supplements, and are not permitted to be sold within the United States as sweeteners. In 2008 the FDA allowed GRAS status for purified stevia components rebaudiside A and stevioside that provide a sweet taste 200ô 400 times sweeter than sugar. Brand names include Truvia®, PureVia® and Enliten®.

Monk fruit extract or luo han guo is 150ô 300 times sweeter than table sugar, and was approved for GRAS status in 2010. Brand names include Nectresse®, Monk Fruit in the Raw® and PureLo®.





Do you have Computer access? Want to help Greene County save money?

Then Go Green(e) with the Round Table News!

The Round Table News is available electronically!

By going Green, you would help us save on printing & mailing costs each monthô thus allowing the Department to redirect the money to core services.

Plus, you would receive a FULL-COLOR version of the Round Table News and before those who receive via the postal service.

If interested, send an email with your name & email address to:

mmurphy@discovergreene.com SUBJECT: RTN email subscription

Of course, if you are unable to receive electronically but would still like to receive the Round Table News, contact our office & we will arrange to have it mailed to your home.

SUPPORT GROUP MEETINGS

1st monthly Wednesday 3:00 p.m.

The Pines Jefferson Heights Catskill

alzheimer's \bigcap association°

the compassion to care, the leadership to conquer®





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

Albert Hulick III
David Kaufman
Patrick O'Gara
Cherly Pushman
David Todd

As always, we thank all our volunteers for what they do.

\$500 FUEL RAFFLE

Benefit of Greene County Department of Human Services RSVP









Drawing: December 10, 2015

Winner: Kathy Palmatier New Baltimore, NY

Thank you to everyone for their support



Exercise more - Eat more fresh foods Get a checkup - Attend church more Do these sound familiar?

These are all good New Year's resolutions to have, but you may also want to consider making volunteering a priority in the New Year!

GREENE COUNTY DEPARTMENT OF HUMAN SERVICES ALWAYS HAS OPPORTUNITIES FOR VOLUNTEERS.

Do you drive?

Consider delivering meals to homebound seniors.

Or you could drive a senior without transporation to a medical appointment.

Don't drive? Maybe you would like to make telephone calls to lonely isolated seniors?

Need more socializing? How about volunteering at a congregate meal site?

Haven't seen what you're looking for listed?
Give Ruth Pforte, Volunteer Coordinator, a call at 719-3555
for information of these opportunities and the many others we have to offer.

<u> Thank You Cairo Crafters</u>



During 2015, this dedicated group of crafters knitted/crocheted & donated the following:

- Columbia Memorial Hospital: 12 blankets, 26 baby hats & bootie sets, & 8 hats
- Cavel House: 11 hats
- Community Action: 7 lap robes, 16 hats & 9 pairs mittens
- Ronald McDonald House: 22 blankets, 18 hats, 2 scarfs, mittens and a sweater
- Catskill Veterans (Elks): 35 lap robes
- Cairo American Legion & Auxiliary: 20 lap robes & 30 hats
- **Grandmas for Troops:** 12 hats

Your services are appreciated far more than any words can express.



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, the County is in need of our support more than ever. With cutbacks at all levels of government, 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.

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Greene County Aging Services Foundation c/o Greene County Department of Human Services 411 Main Street Catskill, NY 12414

Please consider a contribution to the Greene County Aging Services Foundation.

MOVING IN WITH FAMILY: ISSUES TO CONSIDER

By Helen Hunter, ACSW, CMSW

Too often, the decision to move into a family member before home is made when a crisis develops or as a last resort. Sudden illness or injury strikes and the family is left without a plan for long-term care for their loved one. Experts suggest that all families discuss the possibility of the need for long-term care, and the possibility of family members living together as a solution to the daily care situation. The following are some items to discuss with all members of the family before making such a move.

Accessibility

Is the home õelder friendlyö? It is necessary to review the setup of the home, in terms of stairs, additional bedrooms, bathrooms and general safety issues. If home modifications are needed, they should be completed prior to the move.

Care

How much care will the relative require? Daytime supervision, medication management, meal preparation and entertainment are just a few examples of important issues to consider. Assess the level of assistance needed now and in the foreseeable future. If the relative is in poor health, who will be in charge of providing the care? Will other family members share in the caregiving duties? Establish basic rules and a care routine to help prevent conflicts and caregiver burnout.

Emotions

How do family members get along with each other? How are conflicts dealt with? All families have their share of problems and each family handles them differently. The loss of independence is difficult for anyone and reactions or behavior change is to be expected. It is important to be able to talk about how everyone is feeling and encourage the relative to continue with a life of their own. Communication skills, including active listening, are necessary in handling and resolving conflicts successfully.

Finances

How will the change in household expenses be handled? An increase in family size usually means an increase in family expenses. Will the relative contribute? Are there other family members who can help with financial support?

Responsibilities

What is expected of the relative? What responsibilities will they have for care of the home? If there is a separate apartment, will everyone dine together? What about family outings ó will the relative always be included? Avoid the feeling that the situation is permanent.

Start with a limited otrial period, of then review the situation.

Once the move has been made to live together, it is very important for all family members to have continual open and honest communication with each other on all matters. Dongt hold in your feelings of both positive and negative feelings need to be shared.

If the health condition of the relative changes, and additional care is needed, it is crucial for the family to review the daily plan. If the situation requires help outside the family, there are a number of alternatives that the family and the relative can explore together. Make sure that the relative is included in decision making, if they are able. Some other options for care include: daily home health aide or homemaker care, which would also provide respite relief for family caregivers, home based community care programs, friends and neighbors, church outreach programs and dividing the care responsibilities among the family by rotating care, with the relative going to othersø homes, or by allowing other relatives to come into the home to provide the daily care.

Families who maintain open and honest communication and are willing to share in the financial and caregiver responsibilities for a needy relative can successfully reside together in the same home. Support can and should be a two-way street. Where better to get the daily support that we all need than from our family!

Helen Hunter, ACSW, LSW, GCM is an independent geriatric social worker consultant and trainer and spiritual director. She is also a published author, focusing on elder care and family care issues. Licensed in the states of New Jersey, Florida, New York and Connecticut, she currently lives in Middlesex, New Jersey.



The Greene County Department of Human Services would like to thank the Greene County Aging Services Foundation, Inc. for their recent generous contribution of \$5,800 to the department. These funds will be used to

foster the usage and availability of the array of services and special programs for the elderly residents of Greene County through the department. Seen in photo below is ASF President Michael Pirrone presenting the check to department Business Manager, Ken Brooks.





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The Greene County Department of Human Services would like to thank the Athens Community Foundation for their continued support of programs at the Rivertown Senior Center Athens. Their continued support helps to keep our seniors active by sponsoring Tai Chi classes and exercise classes through the YMCA.



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



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