



# Greene County Round Table News

Published by Greene County Department of Human Services since 1976

MAY 2016

## Proclamation

*WHEREAS*, the older residents of Greene County represent a wealth of knowledge and experience and are one of the county's most valuable resources; and

*WHEREAS*, the Greene County Legislature is committed to supporting its senior citizens by means of a vast array of programs and services offered by the Department of Human Services' aging services, as well as other Greene County Departments; and

*WHEREAS*, nearly one-fifth of the County's total population is comprised of citizens 65 years of age or older; and

*WHEREAS*, a growing number of baby boomers are rapidly becoming older citizens, and the number of individuals providing care to family members and friends is expanding significantly; and

*WHEREAS*, Greene County benefits greatly from the dedication and community awareness of its senior residents; and

*WHEREAS*, the month of May is nationally recognized as Older Americans Month and this year's theme is "*Blaze A Trail*".

*NOW, THEREFORE*, with great pleasure, we honor our senior citizens and encourage them to continue to play a vital role in the Greene County community.

*Greene County Legislature*

### DORIS JENKINS

2016 Greene County Senior Citizen of the Year



### DOROTHY TRUE

Outstanding Contribution by a Senior 2016





## SHOPPING BUS

The Greene County Department of Human Services offers a 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/Greenville/Catskill

**WEDNESDAY:** Athens/Coxsackie

### SPECIAL 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 3:00 p.m. of the Wednesday before trip.*



<b>Mountaintop/Cairo/Greenville:</b>	<b>Friday, May 6</b>	<b>Thursday, June 2</b>
<b>Catskill/Athens/Coxsackie:</b>	<b>Friday, May 13</b>	<b>Thursday, June 16</b>

### NOTE:

The shopping bus does not run on the following holidays:

<b>New Years Day</b>	<b>Martin Luther King, Jr. Day</b>
<b>Presidents' Day</b>	<b>Memorial Day</b>
<b>Independence Day</b>	<b>Columbus Day</b>
<b>Election Day (November)</b>	<b>Veterans Day</b>
<b>Thanksgiving</b>	<b>Christmas</b>

**In addition,** during snow or ice storms, it may be necessary for us to close our senior service centers because of hazardous driving conditions. When we close the centers, we also cancel our bus & van services for the day.

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

## WELCOME ULSTER-GREENE ARC

We are pleased to inform you that effective June 1, 2016 there will be some changes to the Greene County Public Transportation system. At that time, the service will be a partnership between Greene County and Ulster-Greene ARC.

NEW! There will now be six daily routes and two weekly routes with more opportunities to utilize the service. The new route schedule is included in this issue of the Greene County Round Table News. It will also appear on our website.

NEW! You may be able to transfer from your original destination to the shuttle bus, enabling you to do more errands around town. You may be able to go from your initial pick-up station to Point A (e.g. Price Chopper) and later get another bus to take you to Point B (e.g. Greene Medical Arts Center) and then “home” to your initial pick-up location. A transfer will be provided upon request.

Qualifying seniors, 60 and over, will continue to have their regular fare subsidized by Greene County. In order to receive this, seniors will present a coupon from a special county-issued coupon booklet. **The bus ID card will be voided as of 6/1/16. Until that date, please continue to use your current ID card.** Effective June 1, 2016, simply present the driver with a coupon from the booklet you received. Regular riders of the former bus service should have already received their coupon booklet already in the mail.

Contribution envelopes for the Department of Human Services are available for you to use. This way YOUR contribution will get to our Agency. Remember, as always, if you are unwilling or unable to contribute, your services will not be denied.

**CHANGES! Deviation fees will no longer be covered** and will be the responsibility of the rider (\$10 fee each way).

There is a two (2) bag limit for the bus.

Please note that the driver is not being rude and/or disrespectful when he/she does not assist you. His/her job is to drive the bus – just that – and nothing else.

Remember, we are happy to take all compliments on the system, and are open to all complaints. All we ask is that you put it in writing.

Should you have any questions, please feel free to contact the Department of Human Services at 719-3555.

# GREENE COUNTY TRANSIT

## Office Hours

9:00AM - 5:00PM Monday - Friday  
Phone - (518) 943-3625

## Wheelchair Accessible Service

### Fares

Regular Route \$3.00

*(One Way Trip)*

*Includes Daily Shuttle Pass*

Catskill Shuttle \$2.00

*(Daily Pass)*

Monthly Pass 10%

Discount

### Route Deviation

The bus will deviate from its regular route up to 3/4 mile for an additional fare of \$10.00 one way. Reservations must be made 24 hours prior to the close of the day before the ride is needed. Call for details. (518) 943-3625

### Flag Stops

You may flag the bus along its regular route for pickup. The bus will stop at a safe location for pickup or departure.

### Catskill Shuttle

Monday - Friday Service

**DESTINATION**

Price Chopper Plaza

Greene Medical Arts Center

Greene County Office Building

Catskill Senior Center

Hop-O-Nose Apts.

Catskill PO

Catskill Community Action

428 West Main

Mental Health (West Bridge St., Catskill)

Autumn Grove Apts.

Catskill Commons Area

Price Chopper Plaza

### DAILY PASS

AM Run

Mid day

9:00 AM

11:00 AM

9:05 AM

11:05 AM

9:10 AM

11:10 AM

9:15 AM

11:15 AM

9:20 AM

11:20 AM

9:25 AM

11:25 AM

9:30 AM

11:30 AM

9:35 AM

11:35 AM

9:40 AM

11:40 AM

9:45 AM

11:45 AM

9:50 AM

11:50 AM

10:00 AM

12:00 PM

2:00 PM

### \$2.00

PM Run

1:00 PM

1:05 PM

1:10 PM

1:15 PM

1:20 PM

1:25 PM

1:30 PM

1:35 PM

1:40 PM

1:45 PM

1:50 PM

2:00 PM

# GREENE COUNTY TRANSIT (Pg. 2)

ROUTE 700 (Blue)		ROUTE 701 (Purple)	
Monday - Friday Service		Monday - Friday Service	
STOP ID	DESTINATION	STOP ID	DESTINATION
1	Arc Catskill	1	Price Chopper Plaza
2	Price Chopper Plaza	2	Rt. 9W Catskill Flag Stop
20	Mental Health (West Bridge St., Catskill)	3	New Baltimore Rest Area
3	Landon Ave.	4	Cedar Dr. & Rt. 144, New Baltimore
4	Malden Rest Area	5	Independence Rd. & Rt. 144, New Baltimore
5	Dollar General, Rt. 32A, Palenville	6	9W-New Baltimore
6	Rt. 23A, Palenville	7	Howard Dr. & Appleblossom Ln., Coxsackie
7	Story Farms, 4640 Rt. 32, Kiskatom	8	Bethany Village, Mansion St., W. Coxsackie
8	Brookside Campground	9	Rt. 385 & Sutton Pl.
9	B & B Lounge, Rt. 32, Kiskatom	10	Sleepy Hollow Lake Entrance, Rt. 385
10	Winter Clove Rd., Round Top	11	Olivette Ln., Athens
11	Purling Roller Rink, Mountain Ave.	12	Athens PO, 64 N. Washington St.
12	Cairo Library, 512 Main St., Cairo	13	N. Warren St. - Rivertown Center
13	Jerome Ave., Cairo	14	2nd St. & S. Montgomery, Athens
14	Eastview Garden Apts., Klिंगerman Rd.	15	Rivertown Apts., 19 3rd St., Athens
15	Fairground Estates, 777 Main St., Cairo	16	Mental Health (West Bridge St., Catskill)
16	Hannaford, 223 Main St., Cairo	17	Arc Catskill
17	Rt. 32, Cairo	1	Price Chopper Plaza
18	Int. Rt. 23 & Five Mile Woods Rd.	ON REQ Bus will stop on Request only (Let your driver know)	
19	Int. Five Mile Woods Rd. & Rt. 23B		
20	Greene Medical Arts Center		
21	Mental Health (West Bridge St., Catskill)		
2	Price Chopper Plaza		
1	Arc Catskill		
***	Stop Not Available		

ROUTE 700 (Blue)		ROUTE 701 (Purple)	
Monday - Friday Service		Monday - Friday Service	
STOP ID	DESTINATION	STOP ID	DESTINATION
1	Arc Catskill	1	Price Chopper Plaza
2	Price Chopper Plaza	2	Rt. 9W Catskill Flag Stop
20	Mental Health (West Bridge St., Catskill)	3	New Baltimore Rest Area
3	Landon Ave.	4	Cedar Dr. & Rt. 144, New Baltimore
4	Malden Rest Area	5	Independence Rd. & Rt. 144, New Baltimore
5	Dollar General, Rt. 32A, Palenville	6	9W-New Baltimore
6	Rt. 23A, Palenville	7	Howard Dr. & Appleblossom Ln., Coxsackie
7	Story Farms, 4640 Rt. 32, Kiskatom	8	Bethany Village, Mansion St., W. Coxsackie
8	Brookside Campground	9	Rt. 385 & Sutton Pl.
9	B & B Lounge, Rt. 32, Kiskatom	10	Sleepy Hollow Lake Entrance, Rt. 385
10	Winter Clove Rd., Round Top	11	Olivette Ln., Athens
11	Purling Roller Rink, Mountain Ave.	12	Athens PO, 64 N. Washington St.
12	Cairo Library, 512 Main St., Cairo	13	N. Warren St. - Rivertown Center
13	Jerome Ave., Cairo	14	2nd St. & S. Montgomery, Athens
14	Eastview Garden Apts., Klिंगerman Rd.	15	Rivertown Apts., 19 3rd St., Athens
15	Fairground Estates, 777 Main St., Cairo	16	Mental Health (West Bridge St., Catskill)
16	Hannaford, 223 Main St., Cairo	17	Arc Catskill
17	Rt. 32, Cairo	1	Price Chopper Plaza
18	Int. Rt. 23 & Five Mile Woods Rd.	ON REQ Bus will stop on Request only (Let your driver know)	
19	Int. Five Mile Woods Rd. & Rt. 23B		
20	Greene Medical Arts Center		
21	Mental Health (West Bridge St., Catskill)		
2	Price Chopper Plaza		
1	Arc Catskill		
***	Stop Not Available		

# GREENE COUNTY TRANSIT (Pg 3)

ROUTE 702 (Orange)				\$3.00
Monday - Friday Service				
STOP ID	DESTINATION	Arrival AM	Arrival PM	
1	Arc Catskill	****	4:55 PM	
2	Price Chopper Plaza	6:10 AM	4:50 PM	
3	Diederich's Trailer Park, Coxsackie	6:40 AM	4:35 PM	
4	McDonald's, Coxsackie	6:50 AM	4:30 PM	
5	Tops Plaza, Coxsackie	6:55 AM	4:25 PM	
6	Pine Ave. & Schoharie Tpke.	7:05 AM	4:15 PM	
7	Xtra Mart, 9763 Rt. 9W, Athens	7:10 AM	4:10 PM	
8	Mental Health (West Bridge St., Catskill)	****	3:55 PM	
9	West Bridge St., Catskill	****	3:50 PM	
10	Autumn Grove Apts., Embought Rd.	7:30 AM	3:45 PM	
11	Landon Ave., Catskill	7:33 AM	3:42 PM	
12	Walmart/Catskill Commons	7:45AM	3:30 PM	
1	Arc Catskill	8:05 AM	3:20 PM	
2	Price Chopper Plaza	8:10 AM	3:15 PM	
***	Stop Not Available			

ROUTE 705 (Green)				\$3.00
Monday - Friday Service				
STOP ID	DESTINATION	Arrival AM	Arrival PM	
1	Price Chopper Plaza	6:20 AM	4:45 PM	
2	Flag stops along Rts. 23 & 32	6:40 AM	4:30 PM	
3	Freehold PO	6:45 AM	4:27 PM	
4	Four Corners, Greenville	6:50 AM	4:22 PM	
5	Tops Plaza, 11573 Rt. 32, Greenville	7:10 AM	4:15 PM	
6	Flag Stops along Rt. 45	7:25 AM	3:45 PM	
7	Greene Medical Arts Center	8:00 AM	3:30 PM	
8	Arc Catskill	8:10 AM	3:20 PM	
1	Price Chopper Plaza	8:15 AM	3:15 PM	
ROUTE 706 (Brown)				
Monday - Friday Service				
STOP ID	DESTINATION	Arrival AM	Arrival PM	
1	Price Chopper Plaza	6:10 AM	4:55 PM	
2	Earlton Firehouse	6:30 AM	4:32 PM	
3	Corner Of Rt. 81 & Potic Creek Rd.	6:32 AM	4:30 PM	
4	Rt. 402 & County Rt. 351, Medusa	7:05 AM	3:55 PM	
5	Oak Hill PO	7:35 AM	3:25 PM	
6	East Durham PO	7:45 AM	3:15 PM	
7	Rt. 145, Cairo	8:00 AM	3:00 PM	
8	Cairo Day Hab	8:05 AM	2:55 PM	
9	South Cairo PO	8:20 AM	2:40 PM	
10	Leeds PO	8:25 AM	2:35 PM	
11	Greene Medical Arts Center	8:30 AM	2:30 PM	
12	Arc Catskill	8:35 AM	2:25 PM	

# GREENE COUNTY TRANSIT (Pg. 4)

ROUTE 708 (White)		ROUTE 709 (RED)		\$3.00
Wednesday Service		Friday Service		
STOP	DESTINATION	STOP	DESTINATION	Arrival AM / Arrival PM
1	Walmart/Catskill Commons	1	Walmart	8:20 AM / 4:45 PM
2	Story Farms, 4640 Rt. 32, Kiskatom	2	Windham PO/ Valero - Rt. 23	8:40 AM / 4:10 PM
3	Dollar General, Rt. 32A, Palenville	3	Windham Firehouse - Rt. 23	8:45 AM / 4:05 PM
4	Haines Falls Fire Company/Stewart's -Rt. 23A	4	Ashland Firehouse - Rt. 23	8:55 AM / 4:00 PM
5	Kaaterskill United Methodist, 5936 Main St.	5	Great American, Prattsville	9:05 AM / 3:50 PM
6	Tannersville PO	4	Ashland Firehouse - Rt. 23 (Across Street)	9:15 AM / 3:35 PM
7	Tops Plaza, 6350 Main St., Tannersville	6	Chicken Run Corner of South Rd. & Rt. 23	9:22 AM / 3:28 PM
8	Central Mall, Rt. 23A, Hunter	2	Windham PO/ Valero - Rt. 23	9:25 AM / 3:25 PM
9	Jewett Fire House, Main St.	7	Windham Willow Apts. - Mitchell Hollow Rd.	9:35 AM / 3:20 PM
10	Mountain View Apartments, 7974 Main St.	8	Alpine Village/Rt. 296- South Rd.	9:45 AM / 3:10 PM
11	Jewett Senior Service Center	9	Hensonville PO	9:50 AM / 3:05 PM
12	Lexington PO	10	Main Care/Corner County Route 65	10:00 AM / 2:55 PM
8	Central Mall, Rt. 23A, Hunter	11	Acra Senior Center	10:10 AM / 2:45 PM
13	Bloomer Rd. & Rt. 23A	12	Acra PO - Acra Manor -County Rt. 20, Acra	10:15 AM / 2:40 PM
7	Tops Plaza, 6350 Main St., Tannersville	13	Pine Tree Apts - County Rt. 20, Acra	10:20 AM / 2:35 PM
14	Selena's Diner, Rt. 23A, Tannersville	14	Stewart's Shop	10:25 AM / 2:30 PM
4	Haines Falls Fire Company/Stewart's -Rt. 23A	15	Greene Medical Arts Center	10:35 AM / 2:20 PM
3	Dollar General, Rt. 32A, Palenville	16	Catskill Commons Area	10:40 AM / 2:15 PM
2	Story Farms, 4640 Rt. 32, Kiskatom	17	Price Chopper Plaza	10:45 AM / 2:10 PM
15	Price Chopper Plaza			
1	Walmart/Catskill Commons			

ROUTE 708 (White)		ROUTE 709 (RED)		\$3.00
Wednesday Service		Friday Service		
STOP	DESTINATION	STOP	DESTINATION	Arrival AM / Arrival PM
1	Walmart/Catskill Commons	1	Walmart	8:30 AM / 4:40 PM
2	Story Farms, 4640 Rt. 32, Kiskatom	2	Windham PO/ Valero - Rt. 23	8:45 AM / 4:35 PM
3	Dollar General, Rt. 32A, Palenville	3	Windham Firehouse - Rt. 23	8:55 AM / 4:25 PM
4	Haines Falls Fire Company/Stewart's -Rt. 23A	4	Ashland Firehouse - Rt. 23	9:05 AM / 4:15 PM
5	Kaaterskill United Methodist, 5936 Main St.	5	Great American, Prattsville	9:10 AM / 4:10 PM
6	Tannersville PO	4	Ashland Firehouse - Rt. 23 (Across Street)	9:12 AM / 4:08 PM
7	Tops Plaza, 6350 Main St., Tannersville	6	Chicken Run Corner of South Rd. & Rt. 23	9:15 AM / 4:00 PM
8	Central Mall, Rt. 23A, Hunter	2	Windham PO/ Valero - Rt. 23	9:25 AM / 3:50 PM
9	Jewett Fire House, Main St.	7	Windham Willow Apts. - Mitchell Hollow Rd.	9:28 AM / 3:45 PM
10	Mountain View Apartments, 7974 Main St.	8	Alpine Village/Rt. 296- South Rd.	9:35 AM / ON REQ
11	Jewett Senior Service Center	9	Hensonville PO	9:45 AM / 3:35 PM
12	Lexington PO	10	Main Care/Corner County Route 65	9:55 AM / 3:25 PM
8	Central Mall, Rt. 23A, Hunter	11	Acra Senior Center	10:05 AM / 3:10 PM
13	Bloomer Rd. & Rt. 23A	12	Acra PO - Acra Manor -County Rt. 20, Acra	10:10 AM / 3:05 PM
7	Tops Plaza, 6350 Main St., Tannersville	13	Pine Tree Apts - County Rt. 20, Acra	10:20 AM / 3:00 PM
14	Selena's Diner, Rt. 23A, Tannersville	14	Stewart's Shop	10:30 AM / 2:50 PM
4	Haines Falls Fire Company/Stewart's -Rt. 23A	15	Greene Medical Arts Center	10:32 AM / 2:48 PM
3	Dollar General, Rt. 32A, Palenville	16	Catskill Commons Area	10:40 AM / 2:35 PM
2	Story Farms, 4640 Rt. 32, Kiskatom	17	Price Chopper Plaza	10:45 AM / 2:30 PM
15	Price Chopper Plaza			10:55 AM / 2:15 PM
1	Walmart/Catskill Commons			11:00 AM / 2:10PM

**ON REQ** Bus will stop on Request only (Let your driver know)



# SENIOR ANGELS PROGRAM - SPREADING CHEER 365 DAYS A YEAR



*SPONSORED BY  
GREENE COUNTY DEPARTMENT OF HUMAN SERVICES*

## Coming in November

*Will you be alone for Thanksgiving? Come join us . . .*

### **SENIOR ANGELS 1st COMMUNITY THANKSGIVING DINNER**

Open to all seniors age 60 and older  
Seating limited to 175, first come basis

Thanksgiving Day, November 24, 2016  
12:00 p.m. - 4:00 p.m. Dinner served 1:00 p.m.

Rivertown Senior Center, Athens

Entertainment by Mike Siciliano

For more information or to make reservations,  
Contact Ken Brooks at 719-3555



***Want to volunteer to help? Call our office & ask to speak to Ken***



### **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

\_\_\_\_\_ to the following:

- Round Table News       In-home services
- Where most needed       Senior Angels Fund
- Homebound transportation
- Nutrition Program/Home-delivered Meals

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

*Thank  
you*



*to Vincent Robinson  
of Tannersville*

*Your kind and generous donation will be used to provide service to another older adult in need.*

Do you have yarn, material or other craft supplies that you are looking to get rid of and don't know where to turn?

**WE CAN HELP!**



Greene County Department of Human Services and RSVP will gladly take your supplies & turn them over to area crafting groups who are in need of what you have. They will be used to make items for area nursing homes, Veterans, etc.

Contact Ruth at 719-3555 if you can help.

# **6th ANNUAL SENIOR CITIZEN DAY at the HISTORIC CATSKILL POINT**

*Sponsored by Greene County Dept. of Human Services*

**FRIDAY MAY 20, 2016**

**12PM – 3PM**

**FREIGHT MASTER'S BUILDING  
Main Street, Catskill**



**Special Cowboys' Chow at the Chuck Wagon:**

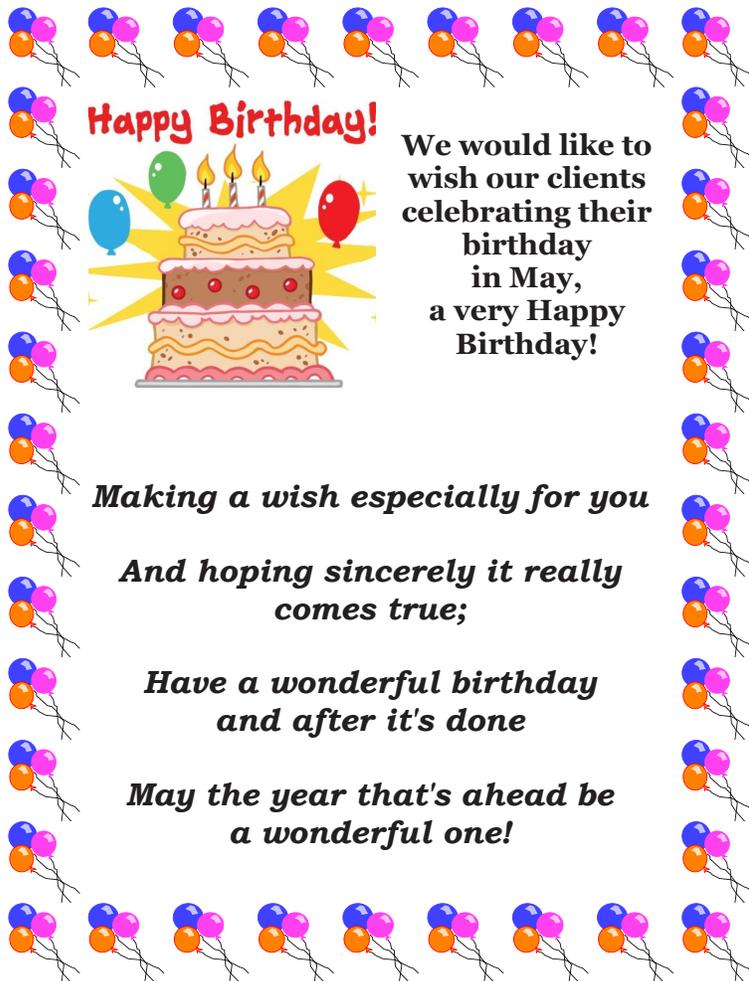
**Hot Dogs, Beans, Sauerkraut, Broccoli Salad, Potato Salad  
Ice Cream & Sarsaparilla (AKA Root Beer Soda)**

**Vendor Booths with information pertaining to Older Americans.**

**Entertainment & Line Dancing**

***"Horseless carriages"* available for those needing transportation.**

**Call 719-3555 to sign-up or do so at your local Senior Center**



**Happy Birthday!**

**We would like to  
wish our clients  
celebrating their  
birthday  
in May,  
a very Happy  
Birthday!**

***Making a wish especially for you***

***And hoping sincerely it really  
comes true;***

***Have a wonderful birthday  
and after it's done***

***May the year that's ahead be  
a wonderful one!***

***2016 marks the 40th year  
of the Greene County  
Department for the Aging  
(Human Services)  
and  
the Round Table News***

***Mark your calendar now  
to join us in celebrating***

***Friday, July 15th  
Special lunch to be served 12:00 p.m.  
at all centers***

***Anniversary cake cutting 1:00 p.m.  
at main office & each center***



# NEW YMCA CLASS

## CHAIR AEROBICS

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

With Jennifer Wood

**A class designed to improve cardiovascular health,  
muscular endurance and strength.  
Light weights, bands or tubing may be used.**

**WHEN: THURSDAYS, 6/2/16 - 7/21/16 (8 classes)**

**TIME: 1:00 p.m. - 1:45 p.m.**

**LOCATION: Rivertown Senior Center  
39 Second Street, Athens**

**Sign up sheets available at Rivertown Center**

LOOKING FOR  
LOVE IN ALL THE  
WRONG PLACES

*Now that I have your attention . . .*

The Greene County Department of Human Services Nutrition Program has been looking for your love of a good noontime meal but in all the wrong places. As a result, we are now forming a new

### **MENU COMMITTEE**

We are looking for fresh faces for this committee from seniors who regularly eat at any of our Nutrition sites. It is the hope that new & different people will be interested in joining. The committee will give input on the food being served, new menu ideas, and the hope of bringing our menu to a higher level.

As the committee size will be small, the Nutrition Coordinator will select members from those who expressed interest so all centers have a voice.

If interested, contact Tezera Pulice at 719-3555. You might just find “*everything you’ve been looking for*” . . . in a meal from the center, at least!

# Nutrition Notes

## WAYS TO CUT 100 CALORIES

Maintaining a healthy weight depends on achieving energy balance. This is accomplished by balancing the amount of energy burned and food consumed in your day.

To stop weight gain, most Americans need to do just two simple things:

- ◆ Add 2000 more steps each day
- ◆ Eat 100 fewer calories daily

Small changes in the types of foods you eat and in the portion sizes you choose will quickly add up to 100 reduced calories, or even more!

Just make small changes each day and you'll see how easy it can be to achieve energy balance. No one tip below will equal 100 calories exactly, but selecting a few of your favorite each day will get you well on your way!

### Breakfast

Select nonfat or 1% milk instead of whole milk.

Use a small glass for your juice and a small bowl for your cereal.

Savor a bowl of bananas, berries, low-fat milk and sugar substitute instead of a sweet roll.

Select lean ham or Canadian bacon in place of regular sausage or bacon.

Use a nonstick skillet & cooking spray in place of butter or margarine to prepare eggs.

Fill your omelets with vegetables instead of cheese or meat.

### Lunch/Dinner

Make a sandwich with light, whole wheat bread.

Pick water-packed tuna instead of tuna packed in oil.

Trim all fat from beef, pork and chicken.

Bake, broil or grill chicken and fish rather than frying.

Remove the skin from chicken.

Grill portabella mushrooms as a main or side dish in place of meat.

Season steamed vegetables with fresh lemon & herbs and not butter.

### Desserts

Satisfy your sweet tooth with a bite or taste of dessert instead of a full portion.

Freeze blended fresh fruit into a sorbet for a refreshing dessert.

Have a single dip ice cream scoop in a cup rather than a big dip cone.

Enjoy a dish of fresh fruit in season instead of custard or pudding.

Make your own root beer float with sugar-free root beer soda and sugar free, fat-free ice cream.

Choose a piece of sheet cake from the middle so there is less icing.

### Beverages

Pay attention to serving sizes of cans or bottles - some contain more than just one serving.

Quench your thirst with bottled water or diet iced tea instead of soda.

Lighten up your favorite coffee drink by requesting nonfat milk & using half the sugar or flavored syrup.

Choose light beer or a wine instead of frozen or fruit-based alcoholic drinks.

Select nonfat or 1% milk instead of whole milk.

### Snacks

Freeze grapes or watermelon wedges for a popsicle-like treat.

Replace cookies with cubed and whole fresh fruit kebobs.

Try baked chips in place of the regular variety.

Satisfy your chocolate craving by opting for 1 "fun-size" candy bar.

Munch on a small bag of microwave popcorn without butter.

Control your portions by pouring an individual serving of pretzels or chips into a bowl rather than eating from the bag.

### Dining Out

Ask for a cup of soup rather than a bowl.

Skip the super-size portions.

Choose a side salad rather than fries and order a vinaigrette dressing rather than a mayonnaise-based dressing.

Substitute steamed vegetables for the potato, rice, or pasta.

Select grilled chicken in place of breaded and fried.

Ask for sauce on the side; eat enough to enjoy the flavor but leave some behind.

## 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 Aging Information & Assistance/Medicare Minute each month.

### 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.

#### ATHENS

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

John Orso  
Senior Center Manager

Shane Dillon      JoanAnn Rouse  
John Lawrence      Lana Marrone

Aging Information  
& Assistance  
Medicare Minute:

2nd monthly Monday  
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



#### ***TAI CHI CLASSES***

Monday & Wednesdays

9:30 a.m. - 10:30 a.m.

Eight weeks beginning June 13

#### 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.



***Special Presentation:***  
***The History of Western Movies***  
***May 11, 10:45 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, AGE 60 & OLDER (and spouses) ARE INVITED TO ATTEND - SUGGESTED DONATION IS \$4.00  
SERVED DAILY: BREAD with PROMISE SPREAD, MILK, COFFEE & TEA - TARTAR SAUCE SERVED WITH FISH  
 LUNCH RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday
MAY 2 - 6, 2016	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 PEACHES	CHEESE LASAGNA ITALIAN MIXED VEGETABLES TOSSED SALAD FRESH SEASONAL FRUIT
MAY 9 - 13  	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>	CORNED BEEF & CABBAGE PARSLIED POTATOES CARROT COINS RYE BREAD VANILLA PUDDING <i>(Diet Dessert Subst.)</i>	LEMON PEPPER FISH FILLET MASHED POTATOES OLD FASHIONED VEGETABLES FRESH SEASONAL FRUIT
MAY 16 - 20	TURKEY BURGERS w/Peppers & Onions HAMBURGER BUN SCALLOPED POTATOES CALIFORNIA BLEND VEGETABLES TROPICAL FRUIT	PORK CHOP w/Gravy PARSLIED POTATO WINTER SQUASH CRANBERRY JUICE STUFFING BUTTERSCOTCH PUDDING <i>(Diet Dessert Subst.)</i>	CHICKEN QUARTERS w/Gravy WHIPPED POTATOES WHOLE BABY CARROTS AMBROSIA <i>(Diet Dessert Subst.)</i>	BAKED HAM w/Pineapple Sauce SWEET POTATOES BRUSSEL SPROUTS PINEAPPLE SLICES	 <b>SENIOR DAY</b> <u>AT THE POINT</u>  <u>ALL SENIOR CENTERS CLOSED</u>  NO CONGREGATE MEALS OR HOME DELIVERED MEALS
MAY 23 - 27	MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD MANDARIN ORANGES	CHICKEN & BISCUITS WHIPPED POTATOES BROCCOLI V-8 JUICE CHOCOLATE MOUSSE <i>(Diet Dessert Subst.)</i>	MEATLOAF w/Gravy MASHED POTATOES SPINACH BROWNIE <i>(Diet Dessert Subst.)</i>	ROAST PORK w/Gravy OVEN BROWNED POTATOES WINTER SQUASH RYE BREAD ICE CREAM SUNDAES <i>(Center Only)</i> HDM: JELL-O w/ Whipped Topping <i>(Diet Dessert Subst.)</i>	SPAGHETTI w/Meat Sauce ITALIAN VEGETABLES TOSSED SALAD FRESH APPLE
MAY 30 & 31	<u>MEMORIAL DAY</u> ALL SENIOR CENTERS CLOSED    NO CONGREGATE OR HOME DELIVERED MEALS	LIVER & ONIONS MASHED POTATOES CARROTS MANDARIN ORANGES			

**GREENE COUNTY SENIOR NUTRITION PROGRAM**

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 SERVED DAILY: BREAD with PROMISE SPREAD, MILK, COFFEE & TEA - TARTAR SAUCE SERVED WITH FISH  
 LUNCH RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday
JUNE 1-3 2016			SEAFOOD PASTA SALAD MEXICALI VEGETABLE SALAD SLICED TOMATOES ORANGE JUICE BROWNIE <i>(Diet Dessert subst)</i>	PORK OSSO BUCO BUTTERED NOODLES OLD FASHIONED MIXED VEGETABLES CINNAMON GRAPE DESSERT	CHICKEN & BISCUITS MASHED POTATOES MONACO VEGETABLES FRESH SEASONAL FRUIT
JUNE 6-10	FISH FLORENTINE RICE CALIFORNIA MIXED VEGETABLES TROPICAL FRUIT	HAM CONFETTI SALAD <i>(Low-Salt Diet Subst: Chicken for Ham)</i> MARINATED CARROTS 3 BEAN SALAD ORANGE JUICE PINEAPPLE CHUNKS	BEEF STEW GREEN PEAS CHOCOLATE CHIP COOKIES <i>(Diet Dessert subst)</i>	BAKED CHICKEN QUARTER w/Gravy MASHED POTATOES CRANBERRY JUICE OLD-FASHIONED VEGETABLES PEACHES	LASAGNA BRUSSELS SPROUTS <b>BLACK HORSE FARM TO-TABLE FRESH SPINACH &amp; MUSHROOM SALAD</b> FRESH FRUIT
JUNE 13-17	PORK CHOPS RED CABBAGE WHIPPED POTATOES BUTTERNUT SQUASH FRESH FRUIT	MACARONI-TUNA SALAD BEET & ONION SALAD V-8 JUICE SLICED TOMATOES & CUCUMBERS RED, WHITE & BLUE PARFAIT <i>(Vanilla Yogurt w/ Strawberries &amp; Blueberries)</i>	SALISBURY STEAK w/Gravy POTATOES O'BRIEN CALIFORNIA MIXED VEGETABLES BIRTHDAY CAKE <i>(Diet Dessert subst)</i>	ROAST TURKEY w/Gravy DRESSING CRANBERRY SAUCE WHIPPED POTATOES CARROTS TROPICAL FRUIT	CHICKEN CAESAR SALAD POTATO SALAD 3 BEAN SALAD <b>STORY'S FARM TO-TABLE FRESH STRAWBERRY SHORTCAKE</b> <i>(Diet Dessert subst)</i>
JUNE 20-24 	CHICKEN CACCIATORE LINGUINE CALIFORNIA BLEND VEGETABLES FRUIT COCKTAIL	KIELBASA w/SAUERKRAUT <i>(Low-salt Diet Subst)</i> GERMAN POTATO SALAD CARROT COINS HOTDOG BUN PINEAPPLE DELIGHT <i>(Diet Dessert subst)</i>	LEMON PEPPER FISH RICE PILAF OLD FASHIONED MIXED VEGETABLES OATMEAL RAISIN COOKIES <i>(Diet Dessert subst)</i>	CHICKEN MARSALA MASHED POTATOES MONACO VEGETABLES MANDARIN ORANGES	SLICED TURKEY & HAM <i>(Low-salt diet subst: No Ham)</i> w/Swiss Cheese on Romaine Lettuce PASTA-BROCCOLI SALAD SLICED TOMATOES & RED ONIONS V-8 JUICE FRESH SEASONAL FRUIT
JUN 27-30	CHICKEN CHOW MEIN RICE PEAS ORANGE JUICE APRICOTS	SEAFOOD PASTA SALAD MARINATED CARROTS GARDEN VEGETABLE SALAD TROPICAL FRUIT	ROAST BEEF w/Gravy WHIPPED POTATOES <b>BLACK HORSE FARM TO-TABLE BROCCOLI PARMESAN</b> CHOCOLATE CHIP COOKIE <i>(Diet Dessert subst)</i>	TURKEY BURGER w/Peppers & Onions POTATOES AU GRATIN OLD FASHIONED MIXED VEGETABLES CHOCOLATE MOUSSE	



## RIVERTOWN SPONSORS APRIL FOOLS DAY DINNER/DANCE

The room was crowded but the seniors that were in attendance were no fools. They knew that the place to be on April 1 for a delicious meal and good entertainment was the Rivertown Senior Center in Athens.



## GREENE COUNTY LEGISLATURE PROCLAIMS APRIL AS VOLUNTEER MONTH

At the April 20, 2016 meeting of the Greene County Legislature, Chairman Kevin Lewis proclaimed the month of April as Greene County Department of Human Services' Month. Legislator Larry Gardner, Chairman of the County Services Committee, presented the proclamation to, from left to right, Marjorie Gildersleeve, RSVP Advisory Council Co-chairwoman Lillian Moore, Doris Rolfs, RSVP Volunteer Coordinator Ruth Pforte and Carol Voeks. In photo on the right are members of the County Legislature, RSVP members and departmental staff in attendance.





# 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:

- Dorothy Barkman*
- April Bogert*
- Jann Carroll*
- Dolores Chimato*
- Shirley Cooper*
- Kathleen Gibson*
- Amy Kahn*
- Stephen Smith*

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

## RSVP Installs Officers



Recently the RSVP Advisory Council installed their officers for 2016. Seen in photo are the officers and several members of the Council.

Back row: Secretary Terri Brett, Anna Sutherland, Vice-chairperson Lillian Moore, Chairman Cliff Gross, and Rev. John Capen.

Front row: Greene County Volunteer Coordinator Ruth Pforte, Rosemary Graham, Liz Jarvis and Carol Voeks.

## **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 transportation 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?*

**Give Ruth Pforte, Volunteer Coordinator, a call at 719-3555  
for information on these opportunities and the many others we have to offer.**

### **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.**





## MEDICARE NOTICES AND APPEALS

Medicare notices help you understand your coverage, track the care you receive, monitor your out-of-pocket costs, and identify billing errors and fraudulent claims.

### **Point 1: Know what to do if your health service or item is denied by Medicare or your plan.**

If you have been denied coverage for a health service or item you may file an appeal. An appeal is a formal request to ask Medicare, or your plan, to reconsider its coverage decision. How you appeal depends on whether you have coverage under Original Medicare or a Medicare Advantage Plan. If you have Original Medicare you can file a standard appeal if you have already received care, or an expedited appeal if your hospital, skilled nursing, home health, outpatient rehabilitation, or hospice care is set to end due to Medicare coverage rules. If you have a Medicare Advantage Plan, a standard appeal can be filed either before or after you receive care. There are two circumstances when you may file an expedited appeal. First, you can file one before you receive care, if you need a faster decision than that offered in the standard appeals process. Second, you can file one if your hospital, skilled nursing, home health, outpatient rehab, or hospice care is set to end because of the plan's or provider's interpretation of Medicare coverage rules.

### **Point 2: Understand the notices you should receive about your coverage.**

Medicare notices contain information about the care you have received, its costs, your appeal rights, and who to contact for more information and assistance. If you have Original Medicare, you may receive the following notices:

- ◆ **Advance Beneficiary Notice (ABN):** Also known as a waiver of liability, an ABN is the notice you receive when a provider or supplier offers you a service or item they believe Medicare will not cover. Note that an ABN is not required for items or services that Medicare **never** covers, such as cosmetic surgery, acupuncture, routine foot care, and dentures.
- ◆ **Medicare Summary Notice (MSN):** Not a bill, but rather a quarterly summary of your health care services. The MSN lists your services and shows if Medicare has paid for them and how much you may owe your provider. If your MSN says that Medicare did not pay for a service that you think should have been paid for, call your provider to make sure there was not a billing error before appealing the decision.

If you have a Medicare Advantage or Part D plan, you may receive the following notices:

- ◆ **Notice of Denial of Medical Coverage:** An official written decision from your Medicare Advantage Plan explaining that it will not cover a service or item.
- ◆ **Notice of Denial of Prescription Drug Benefits (Coverage Determination):** An official written decision from your Part D plan explaining that it will not cover a specific drug.
- ◆ **Explanation of Benefits (EOB):** Not a bill, but rather a summary of health care services or prescriptions you have received and whether your plan paid for them. EOBs are sent to you by your Medicare Advantage Plan or Part D drug plan, typically every month or after you have received services. If your EOB says that your plan did not pay for a service, call your provider to make sure there was not a billing error before appealing the decision.

### **Point 3: Know how to start an appeal.**

Before you start your appeal, make sure you carefully read your Medicare notices. If a claim was denied, first contact your provider's office to make sure there was not a billing error leading to the denial. Then contact Medicare or your plan to find out the reason for the denial, if the information is not provided in your MSN or EOB. The reason for denial will help determine your next steps. In your request for an appeal, you should respond to the reason for the denial. For example if Medicare or your plan denies coverage of a health care service due to lack of medical necessity, you will want to include information from your provider about why you need this care.

**Take Action:** If your health service or item is denied, you may file an appeal, asking Medicare or your plan to reconsider its decision. Review your notices carefully, and stay within the timeframe of the appeal process.



## **QUESTIONS & ANSWERS** **REGARDING YOUR MEDICARE COVERAGE**

### **Q. What is Extra Help?**

**A.** Getting “Extra Help” means Medicare helps pay your Medicare prescription drug coverage monthly premium, a yearly deductible, coinsurance, and copayments. It is also called the Low-Income Subsidy. If you have limited income and resources, you may get Extra Help paying for your Medicare prescription drug costs.

If you have the lowest income and resources, you’ll pay no premiums or deductible, and have small or no copayments. If you have slightly higher income and resources, you’ll have a reduced deductible and pay a little more out of pocket.

If you qualify for Extra Help, you won’t have a coverage gap or late enrollment penalty. You’ll also have a continuous Special Enrollment Period and can switch plans at any time, with the new plan going into effect the first day of the next month.

### **Q. Where can I get more information on Extra Help and other Medicare insurance questions?**

**A.** HIICAP (Health Insurance Information Counseling and Assistance Program) is available to Greene County residents who have Medicare as their health insurance. New York State certified counselors provide information to help you make informed decisions regarding health insurance related issues. Counseling focuses on your specific situation during a one-on-one confidential session.

Here are some examples of the services they offer:

- Interpret Medicare Part A, B, C and D and explain benefits.
- Assist with Medicare reviews and/or appeals process.
- Explain the Medicare Savings Program and Extra Help.
- Assist with plan enrollment.
- Help to prevent Fraud & Abuse.
- Help compare private insurance policies, including HMO’s, Medicare Drug Plans and Supplemental insurances.
- Provide information regarding the EPIC program (Elderly Pharmaceutical Insurance Coverage) and help you apply.
- Make referrals to supporting agencies, if needed.

**For further information,  
contact our office at (518) 719-3555  
and ask to speak to a Health Insurance Counselor**

# GREENE COUNTY SENIOR CITIZENS CLUBS



## ATHENS:

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

## COXSACKIE:

**BETHANY VILLAGE TENANTS**  
3rd monthly Wednesday  
1:15 p.m.  
Van Heest Hall

## GREENVILLE:

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

## CAIRO:

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

## COXSACKIE AREA SENIORS

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

## MOUNTAIN-TOP:

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

## CATSKILL

**CATSKILL SILVER  
LINING SENIORS**  
2nd monthly Thursday  
1:00 p.m.  
Washington Irving Center

## SENIOR CITIZENS of COXSACKIE

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

## W-A-J-P-L GOLDEN AGERS

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

## W-A-J-P-L GOLDEN AGERS BUS TRIPS



**SIGHT & SOUND  
THEATRE**  
Lancaster, PA &  
a visit through  
Amish country

May 17<sup>th</sup> - 18<sup>th</sup> *Departure times to be announced*  
**Cost \$250 per person, Double**  
**\$299 Single \$249 Triple/Quad**  
*\$50 deposit due with reservation*

### Includes:

Motor coach transportation  
Tickets to "SAMSON" at Sight & Sound Theatre  
Amish Family Style Dinner  
at Good 'n Plenty Restaurant  
Overnight stay with  
Full Breakfast Buffet  
at Bird-in-Hand Family Inn  
2 hr. Tour w/stops at Amish homes  
Lunch at Shady Maple Smorgasbord  
Baggage handling, taxes & tips

To make reservations, call Mary Louise at 622-3397

## FLY ME TO THE MOON *A Tribute to Frank Sinatra*



**Royal Manor**  
New Jersey

**Wednesday June 1**  
Departure times:  
8:00 a.m. Prattsville  
8:05 a.m. Ashland  
8:15 a.m. Windham

**Cost: \$54**  
Includes Family-style menu  
and two complimentary drinks

To make reservations,  
call trip coordinator,  
Mary Louise at 622-3397



# 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.

Kind, generous volunteers transport local seniors to medical appointments out of the goodness of their hearts. But very few of these wonderful people can afford to carry out this effort without some reimbursement for vehicle costs. With cutbacks at all levels of government, the County is in need of our support more than ever. The Foundation assists in reimbursing the volunteers who perform this service.

We, as seniors, recognize the value that such programs bring to our communities. Let us remember that many of our loved ones, friends and families have received personal benefits from this important service.

Please select one of the donation levels listed below:

\_\_\_\_\_ \$ 5 Senior Friend      \_\_\_\_\_ \$10 Senior Supporter      \_\_\_\_\_ \$20 Senior Benefactor  
 \_\_\_\_\_ \$50 Senior Patron      \_\_\_\_\_ Other

Please make checks payable to the Greene County Aging Services Foundation Inc., and mail to:

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

## ATTENTION VETERANS:

Are you in need of a little help getting your lawn spruced up??

Are you in need of a Haircut and shave?????????



**Greene County Region NY13  
 Blue Star Mothers**  
 would like to help you!

We are looking for Veterans in need of some help with trimming, raking, lawn mowing, planning, etc. to get your lawn spruced up for the summer season.

We are also looking for Veterans who might enjoy a Spring haircut and shave. We will pay for your haircut & shave, as well as provide transportation if needed.

**Please call Peggy Snyder, BSM President,  
 at 945-1325, for details & further information.**

## ATTENTION GREENE COUNTY HOMEOWNERS 60 YEARS OF AGE OR OLDER



ROOF LEAKING?



FURNACE DONE FOR?

**Grant money for emergency home repairs  
 is now available for senior income eligible  
 owner occupied homes.**

**Applications are now available at:  
 Catskill Mountain Housing Dev. Corp.  
 448 Main Street  
 Catskill, NY 12414**

**For further information, please call 943-6700**  
*Funding for this program is provided by  
 NYS Housing Trust Fund Corp.*

## SUPPORT GROUP MEETINGS

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

**alzheimer's association®**

*the compassion to care, the leadership to conquer®*

