



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

JULY 2016



2016 SENIOR FARMERS MARKET NUTRITION PROGRAM

Are you 60 years of age or older?

*Is your monthly income below \$1,832 for one or \$2,470 for two
OR do you receive SSI, Public Assistance or Section 8 Housing?*

*Would you like to receive a booklet containing twenty dollars (\$20) worth of checks
redeemable for fresh fruits and vegetables from participating New York State farmers?*

**If you answered yes to the questions above and
you have not already received a booklet this year . . .**

CONGRATULATIONS – YOU ARE ELIGIBLE!!

Important Policy Change:

**The party or their designated Power of Attorney applying for a booklet
MUST complete an application to receive a booklet.
Proxies will not be accepted.**

PROGRAM RUNS THROUGH NOVEMBER 30, 2016

BOOKLETS CAN BE OBTAINED AT:

GREENE COUNTY DEPARTMENT OF HUMAN SERVICES

WEDNESDAY, JULY 13 ACRA SENIOR CENTER 11:00 a.m.

THURSDAY, JULY 14: WASHINGTON IRVING SR. CENTER 11:00 a.m.

FRIDAY, JULY 29: JEWETT SENIOR CENTER 11:00 a.m.

Participating locations in Greene County:

Catskill Farmers Market

Black Horse Farms - Athens

Coxsackie Riverside Farmers Market

Bulich's Creekside Farm – Catskill



The Farmer's Market Coupon program is sponsored by NYS Department of Agriculture and Markets

NYS Department of Health

Cornell Cooperative Extension

New York State Office for Aging

U. S. Department of Agriculture Food and Nutrition Service



**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***

Rivertown Senior Center, Athens

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.
Entertainment by Mike Siciliano 2:00 p.m. - 4:00 p.m.

For more information/to make reservations

OR

volunteer services

OR

*if you would like to donate to help offset costs,
contact the Department of Human Services*

Call our office (719-3555) & ask to speak to Ken.



**TO THE
GREENE COUNTY DEPARTMENT OF HUMAN SERVICES
SENIOR ANGELS COMMITTEE
ON RECEIVING
GREENE COUNTY'S CHAIRMAN AWARD FOR 2016**

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!*

40th anniversary
celebration

*2016 marks the 40th anniversary
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 15

Anniversary lunch at all centers – 12 p.m.

Anniversary Cake at centers & Main Office – 1p.m.



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.

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

SPECIAL TRIPS:



COXSACKIE RIVERSIDE FARMERS MARKET Wednesday July 13, 4:00 p.m.



COLONIE CENTER (\$10.00 PER PERSON)

Payment due at time of departure/boarding, no exceptions please.

From Mountaintop/Cairo/Greenville
From Catskill/Athens/Coxsackie

Thursday, July 14
Thursday, July 28

NOTE:

The shopping bus does not run on the following holidays:

New Year's Day
Presidents' Day
Independence Day
Election Day (November)
Thanksgiving

Martin Luther King, Jr. Day
Memorial Day
Columbus Day
Veterans Day
Christmas

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
(Must be made no later than 3pm the Tuesday prior to special trip),
call Janet at 719-3559

2016 NORTH SOUTH LAKE DAY TRIP

SPONSORED BY GREENE COUNTY DEPARTMENT OF HUMAN SERVICES



Thursday, July 21
***From Cairo, Greenville
& Mountaintop***

Pickup time will start at 9:00 a.m. Return time will be 2:30 p.m.

***Boxed lunch consisting of:
Chicken Salad sandwich, Macaroni salad,
Cookies, Watermelon, Lemonade & Water***

Please bring your own lawn chair & towel

FIRST COME - FIRST SERVED

To reserve a seat, please call Janet (719-3555)
between 9:00 a.m. Monday, July 18
and 3:00 p.m. Tuesday, July 19

Donations accepted



July 22, 2016 11:30 a.m.

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

MENU:

**Hamburgers
Hot Dogs
Baked Beans
Potato Salad
Cole Slaw**



Suggested Contribution: \$4.00
Call 945-2700 to make a reservation

DHS STAFF RECEIVE RECOGNITION

On Monday, June 13, 2016, several staff members from the Greene County Department of Human Services were recognized for their years of service to the residents of Greene County.

Receiving certificates and pins were Andrea Benjamin-Legg (Aging Services Specialist) and Tezera Pulice (Nutrition Coordinator) for 10 years, and Rose Bundy (Aging Services Aide) and Terry McGee Ward (Executive Director) for 15 years.

Seen in photo are Greene County Legislator Gene Hatton of Athens and County Administrator Shaun Groden with Tezera Pulice.



2016 SMART DRIVER™ COURSE

Become a safer driver!

Reduction on your auto insurance premium!



COST FOR COURSE:

\$20.00 for AARP members \$25.00 for non-members
Must possess valid NYS driver's license

CLASS DATES & LOCATIONS (*Must attend both days*) - TIME: 1:00 p.m. – 4:30 p.m.

Tuesday, Sept. 27 & Wednesday, Sept. 28

**Town of Coxsackie Senior Center
Mansion Street, Coxsackie**

Wednesday, Sept. 14 & Thursday, Sept. 15

**Town of Jewett Municipal Building
Beaches Corners, Jewett**

Thursday, Oct. 20 & Friday, Oct. 21

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

Tuesday, Oct. 25 & Wednesday, Oct. 26

**Acra Community Center
Old Rte. 23B, Acra**

*To register for an upcoming class, call Mike Pirrone
945-2122 Cell (917) 656-0425
Email: kokomomike@hotmail.com*

Nutrition Notes

JULY IS NATIONAL GRILLING MONTH

Get outside and start the grill- It's National Grilling Month!

Not only do you get to experience being outside in the sunshine while you cook, you also get to enjoy the health benefits that result from grilling your food. Grilled foods are known to be healthier than foods cooked on the stove or in the oven. This is because fewer vitamins and minerals are lost when food is grilled compared to other methods such as baking or frying. Also, grilling allows food to retain moisture while the fat contained in or on the food drips out of it, decreasing the fat content.

***Remember: Not all grilled food is healthy. Adding toppings like sauces and butter increase calories and fat. Luckily, there are plenty of healthy grilling options that everyone can enjoy.**

Healthy grilling options:

- Choose lean meats such as, ground beef, sirloin, skinless chicken, fish, or tofu.
- Instead of using marinade or oil to flavor the meat, try using a dry or low sodium seasoning.
- Grilled vegetables such as corn on the cob, zucchini, broccoli, asparagus, or sweet potatoes are always a delicious option.
- Another benefit to grilling is that even grilled bananas, peaches, and pineapples taste great!
- Just like cooking indoors, there are some precautions to consider. Make sure to follow these safe grilling tips to ensure that your grilled food reaches the table safely.

Safe grilling tips:

- Marinate foods in the refrigerator (never on the counter or outdoors).
- Cook food thoroughly.
- The grill should be placed well away from the home, deck railings, and out from under leaves and overhanging branches.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.

Fun facts about grilling:

- 63% of the U.S. population grills monthly.
- 62% of Americans own an outdoor grill (63% gas grill; 51% charcoal grill).
- The four foods grilled most often are: #1 Hamburgers, #2 Steak, #3 Hot dogs, #4 Chicken.
- In the U.S., North-Easterners grill the most, followed by those who inhabit the North-Central, the South, and the West.
- The 4th of July is the largest grilling holiday, followed by Memorial Day, and Labor Day.

What better time to grill than the summertime? Grilling is a great way to eat well while hanging outside with friends and family.



GRILLED CORN ON THE COB

An easy method for grilling corn on the cob that is very tasty & tender.

Preheat an outdoor grill for high heat and lightly oil grate.

Peel back corn husks and remove silk.

Place one tablespoon butter, with salt & pepper on each ear of corn & close husks. Wrap corn tightly in aluminum foil and place on the prepared grill for approximately 30 minutes, turning occasionally, until corn is tender.

THE MORE YOU SWAY, THE LESS YOU FALL –

Moving for a Better Balance begins July 5!

Moving For Better Balance is a fall-prevention program that uses the principles and movements of Tai Chi to help older adults increase their strength, improve their balance, and increase their confidence in doing everyday activities. This is a 12-week program that will meet at the Greene County YMCA on Tuesdays 1:30 p.m. - 2:30 p.m. and Thursdays 11:30 p.m. – 12:30 p.m. and is coming this fall to the Washington Irving Senior Center in Catskill.



Coming Late Summer...

Join us for EnhanceFitness, a proven senior fitness and arthritis management program that improves your endurance, strength, balance and flexibility. It reduces your arthritis symptoms with safe, low impact exercises led by certified instructors in a relaxed atmosphere that promotes fun, laughter, friendship and smiles. Classes will be held on Mondays, Wednesdays and Thursdays at the Greene County YMCA. Times TBD



No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk With Ease program can teach you how to safely make physical activity part of your everyday life.

Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk With Ease is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

LED BY A CERTIFIED WALK WITH EASE LEADER, groups will begin meeting in September in Cossackie, Athens, Catskill and the Mountain Top.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MOVING FOR BETTER BALANCE

@ GREENE COUNTY YMCA

THE MORE YOU SWAY, THE LESS YOU FALL!

- Moving For Better Balance is a 12-week fall-prevention program that uses the principles and movements of Tai Chi to help older adults increase their strength, improve their balance, and increase their confidence in doing everyday activities.
- Pre-registration required
- **WHEN:** Begins Tuesday, July 5th
- **TIME:** Tuesdays 1:30 p.m. - 2:30 p.m..
Thursdays 11:30 a.m. - 12:30 p.m.
- **LOCATION:** GREENE COUNTY YMCA
Hope Plaza, 35 Route 81
West Cossackie

Contact Toni Carroll, Wellness Coordinator, Phone: 731-7529

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.

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.

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

JoanAnn Rouse Shane Dillon
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, 11:00 a.m.

Tie-Dye Day: Tuesday, July 12, 9:00 a.m.

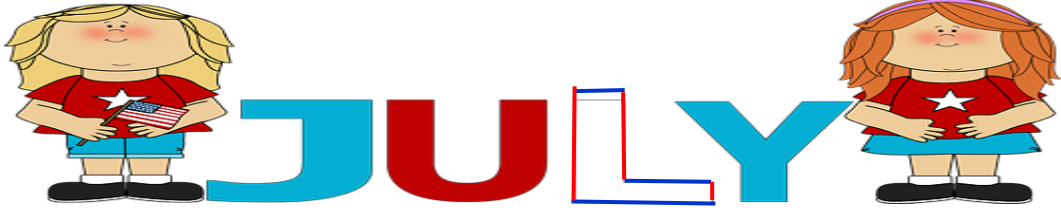

**Pre wash clothing, do not use fabric softener
& cotton works best.**

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS AGE 60 AND OLDER ARE INVITED TO ATTEND - SUGGESTED DONATION IS \$4.00

DAILY: Whole Grain Bread (unless otherwise noted) w/Promise Spread, and 1% Milk, Coffee or Tea

RESERVATIONS ARE REQUIRED AT LEAST ONE DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER


	Monday	Tuesday	Wednesday	Thursday	Friday
JULY 1, 2016					MEATLOAF w/Gravy BAKED POTATO SPINACH FRESH SEASONAL FRUIT
JULY 4 - 8	INDEPENDENCE DAY ALL NUTRITION SITES CLOSED 	SPAGHETTI w/Meat Sauce BROCCOLI APPLESAUCE & COOKIES	BAKED CHICKEN QUARTERS w/Gravy WHIPPED POTATOES FRENCH CUT GREEN BEANS V8 JUICE TROPICAL FRUIT	SAMPLER PLATTER: COTTAGE CHEESE, TUNA SALAD & EGG SALAD over Romaine Lettuce w/Tomato Garnish PASTA VEGETABLE SALAD CARROT RAISIN SALAD FARM-TO-TABLE BLUEBERRY COBBLER <i>Diet Dessert subst</i>	SALISBURY STEAK w/Gravy SCALLOPED POTATOES CALIFORNIA MIXED VEGGIES FRESH FRUIT
JULY 11 - 15	STUFFED CABBAGE w/Tomato Sauce NOODLES OLD FASHIONED MIXED VEGETABLES PEACHES	CHICKEN FLORENTINE MASHED POTATOES BEANS, BROCCOLI, CAULIFLOWER & CARROTS OATMEAL COOKIE	BAKED HAM w/Pineapple Sauce <i>Low-Salt Diet Subst</i> FRESH SWEET POTATOES FARM-TO-TABLE GREEN BEANS MANDARIN ORANGES	CHICKEN CRANBERRY APPLE SALAD over Romaine Lettuce MACARONI SALAD MARINATED TOMATO, CUCUMBER & ONION SALAD HONEYDEW MELON	40TH ANNIVERSARY CELEBRATION ROAST BEEF w/Gravy MASHED POTATOES CARROT COINS w/Orange Sauce ANNIVERSARY CAKE
JULY 18 - 22	BROCCOLI CHEESE FISH FILET RICE PILAF OLD FASHIONED MIXED VEGETABLES CRANBERRY JUICE SLICED PEACHES	BAKED CHICKEN CUTLET w/Fajita Seasoning, Peppers & Onions POTATO AU GRATIN FARM-TO-TABLE FRESH SQUASH CORNBREAD APRICOTS	MACARONI TUNA SALAD w/Tomato Wedges MARINATED CARROTS 3 BEAN SALAD MANDARIN ORANGES	PORK CHOPS w/Gravy STUFFING APPLESAUCE WHIPPED POTATOES SPINACH BIRTHDAY CAKE <i>Diet Dessert subst</i>	BAKED ZITI CALIFORNIA MIXED VEGETABLES TOSSED SALAD CANTALOUPE
JULY 25 - 29	CHICKEN DIVAN RICE BUTTERNUT SQUASH MANDARIN ORANGES	LEMON PEPPER FISH POTATOES O'BRIEN SPINACH CHOCOLATE MOUSSE <i>Diet Dessert subst</i>	ROAST PORK w/Gravy SWEET POTATO BROCCOLI RICE PUDDING <i>Diet Dessert subst</i>	CHEESE LASAGNA ITALIAN BLEND VEGETABLES TOSSED SALAD TROPICAL FRUIT	CHICKEN CAESAR SALAD w/Romaine POTATO SALAD WATERMELON

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS AGE 60 AND OLDER ARE INVITED TO ATTEND - SUGGESTED DONATION IS \$4.00

DAILY: Whole Grain Bread (unless otherwise noted) w/Promise Spread, and 1% Milk, Coffee or Tea

RESERVATIONS ARE REQUIRED AT LEAST ONE DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday
Aug. 1 - 5	CHICKEN TERIYAKI over RICE OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	BAKED HAM PINEAPPLE SAUCE <i>Low-Salt Diet Subst:</i> <i>Low Salt Turkey</i> FRESH BAKED SWEET POTATO BROCCOLI PARMESAN FRUIT CUP	BROCCOLI CHEESE FISH FILLET POTATOES O'BRIEN GREEN BEANS V-8 JUICE BUTTERSCOTCH PUDDING w/whipped topping <i>Diet Dessert Subst</i>	CHICKEN SALAD on Romaine Lettuce PASTA VEGETABLE SALAD TOMATO WEDGES ORANGE JUICE SUGAR COOKIE <i>Diet Dessert Subst</i>	CHILI DOG w/Onions & Sauerkraut on a bun <i>Low-Salt Diet Subst:</i> <i>Hamburger on bun</i> BAKED BEANS CARROT COINS HONEYDEW MELON
Aug. 8 - 12	VEAL PARMESAN LINGUINE w/Tomato Sauce SPINACH CRANBERRY JUICE PEACHES	CHICKEN DIVAN RICE CARROT COINS LEMON MOUSSE <i>Diet Dessert subst</i>	MEATLOAF w/Gravy MASHED POTATOES OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	SEAFOOD PASTA SALAD over Romaine Lettuce w/Tomato wedge 3 BEAN SALAD SLICED CUCUMBERS, RADISHES & CARROT CURLS APRICOT JUICE BROWNIE <i>Diet Dessert Subst</i>	BBQ CHICKEN OVEN ROASTED POTATOES FARM-TO- TABLE LOCAL CORN on the COB CANTALOUPE
Aug. 15 - 19	MACARONI & CHEESE ITALIAN VEGETABLES STEWED TOMATOES CHOCOLATE MOUSSE <i>Diet Dessert subst</i>	TUNA SALAD PLATE POTATO SALAD CARROT RAISIN SALAD MANDARIN ORANGES & PINEAPPLE	PORK CHOPS w/Gravy STUFFING APPLESAUCE MASHED POTATOES SPINACH TROPICAL FRUIT	CHICKEN PICCATA w/Orzo CALIFORNIA BLEND VEGETABLES ORANGE CAKE <i>Diet Dessert subst :</i> <i>2 inch square w/o icing</i>	CHILI CON CARNE w/Rice CARROTS TOSSED ROMAINE SALAD CORNBREAD WATERMELON
Aug. 22 - 26	STUFFED SHELL in Tomato Sauce OLD FASHIONED MIXED VEGETABLES SPINACH SLICED PINEAPPLE	IRISH PORK CHOPS w/Potato Stuffing PEAS & CARROTS CRANBERRY JUICE CHOCOLATE MOUSSE <i>Diet Dessert subst</i>	BEEF POT ROAST w/Gravy WHIPPED POTATOES SLICED CARROTS BIRTHDAY CAKE <i>Diet Dessert subst :</i> <i>2 inch cake w/o icing</i>	SUB (Turkey, Roast Beef & Provolone on lettuce & tomato) POTATO SALAD GARDEN VEGETABLE SALAD CRANBERRY JUICE PEACHES	SALISBURY STEAK w/Gravy BAKED POTATO BRUSSEL SPROUTS SEASONAL FRUIT
Aug. 29 - 31	LEMON PEPPER FISH w/Tartar Sauce BAKED POTATO ZUCCHINI, CARROTS & GREEN BEANS TANGERINE	MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD ORANGE JUICE APRICOTS	MEATLOAF w/Gravy MASHED POTATOES SPINACH BIRTHDAY CAKE	 <h1 style="text-align: center;">AUGUST</h1>	

FARM to TABLE

Thursday, July 7

**COTTAGE CHEESE - TUNA SALAD - EGG SALAD
PASTA VEGETABLE SALAD - CARROT RAISIN SALAD**

BLUEBERRY COBBLER (*Diet Dessert substitute*)

LOCAL FARM FRESH BLUEBERRIES
from **STORY FARMS** in **KISKATOM**



Wednesday, July 13

BAKED HAM w/Pineapple Sauce (*Low-Salt Diet substitute*)

FRESH SWEET POTATOES

LOCAL FARM FRESH GREEN BEANS
from **BLACK HORSE FARM** in **ATHENS**

MANDARIN ORANGES



Tuesday, July 19

BAKED CHICKEN CUTLET

w/Fajita Seasoning, Peppers & Onions

POTATO AU GRATIN

LOCAL FARM FRESH SQUASH (Yellow & Zucchini)
from **STORY FARMS** in **KISKATOM**



CORNBREAD

APRICOTS

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

- Acra Senior Service Center: Acra Community Center, Old Route 23B, Cairo 622-9898
- Rivertown Senior Center: 39 2nd St, Athens, 945-2700
- Catskill Senior Nutrition Site: Washington Irving Senior Center, 15 Academy St., Catskill, 943-1343
- Coxsackie Senior Nutrition Site: Town of Coxsackie Senior Center, Mansion St, Coxsackie, 731-8901
- Jewett Senior Service Center: Jewett Municipal Building, Route 23C, Jewett, 263-4392



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:

Raphaella Giugliano
Robert Main
David Post
Geri Shultz

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

*To know even one life has breathed easier
because you have lived
is to have succeeded.*

Ralph Waldo Emerson



Greene County Department of Human Services 39th Annual RSVP Volunteer Luncheon

Volunteers are Sweet as Honey!
October 6, 2016



*Remember to sign in when you volunteer.
Volunteers will receive their invitation by mail.*

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?

**Haven't seen what you're looking for listed?
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 in Catskill, especially on Fridays.

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.**



To the Athens Crafters

Between August 2013 and May 2016, this dedicated group of crafters knitted/crocheted and donated the following:

- ☆ **Hats for Hope: Cavell Cancer Center and Ronald McDonald House:** 1,750 chemo hats
- ☆ **Columbia Memorial Hospital Birthing Center:** 150 Newborn caps
- ☆ **Stratton VA Medical Center:** 83 lap blankets & hats
- ☆ **Columbia/Greene Domestic Violence Program:**
 - Crocheted dolls with blankets
 - No Sew Fleece blankets & pillows
 - Quillows (blanket with pillow)
 - Christmas stockings & decorated cookie cans filled with toys & cookies
- ☆ **Bethany Village:** Handmade bags for books

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

ATHENS CRAFTERS

Area crafters meet on the 2nd & 4th Tuesday of each week from 1:00 p.m. to 2:00 p.m. at the Rivertown Senior Center in Athens. On Tuesday, March 8, the group met to sort and tag Hats for Hope for cancer patients. The hats, in turn, were delivered to the Cavelle House in Hudson and the Ronald McDonald House in Albany.

A special thank you to all who donate their time, and to all who donate supplies.



Seen in photo with hats are Joyce Pelicano, Darlene Ramm, Lynn Brunner, Rivertown Manager John Orso, Joanne Sommer and Liz Jarvis. Missing from photo are Terri Baker, Ann Pirrone & Marie Walker.

Volunteers at the Rivertown Thrift Shop in Athens were surprised with a small reception to thank them for their dedicated service. Recent proceeds from the shop have been used to provide improvements to the Rivertown Senior Center, as well as the department's shopping bus.

Donations of gently used items are welcome when the shop is open. The shop is unable to accept furniture and electronics. For shop hours, please call the Rivertown Senior Center at (518) 945-2700.

Shown in the photo are (Back row) Marie Walker, Greg Walker, Liz Jarvis, Ellen Pulice and Rivertown Senior Center Manager, John Orso, and (front row) Martha McPartland, Gayle Jensen, Martha Bush, Joanne Sommer and Charlie D'Agostino. Missing from the photo is Judy McClung, Marjorie Gildersleeve and Diane Eastwick.





***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 your 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

_____ Where most needed

_____ Homebound transportation

_____ In-home services

_____ Senior Angels Fund

_____ Nutrition Program/Home-delivered Meals

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



for your kind and generous donations

*Mr. & Mrs. Dennis Meehan of Cairo
Kathleen Meehan
in memory of
John Keenan
to our Nutrition Program*

*Harold & Susan Seisler
Daniel & Annette Casey
Gary & Barbara Curnow
in memory of
Harry Schmidt*



In order to have your wishes respected should you become no longer mentally capable to make decisions for yourself, you must complete state approved forms with instructions regarding:

- ◆ Who you would appoint to make Health Care decisions for you.
- ◆ What care you would want to receive or not receive.

An advance directive is a legal document which allows people to indicate treatment preferences and designate someone to make decisions on their behalf, if they are unable to do so. Two specific forms in New York State that serve as advance directives are the **Health Care Proxy** form and the **MOLST (Medical Orders for Life Sustaining Treatment)** form. A living will is a document that contains specific instructions by the patient for end of life treatment. It does not include a designation of an individual to act on your behalf.

The legal form to indicate your wishes in New York State is a Health Care Proxy form. Lawyers, doctors, hospitals and other providers have these forms which allow you to designate a person or Health Care Agent to act on your behalf should you not be capable of making health care decisions. The Agent would have the power to make all Health Care decisions for you once a doctor determines that you are unable to do so. Here are a few things to note when filling out the Proxy form:

- Anyone 18 years of age or older can be designated as your Health Care Agent.
- The form should be completed with two adult witnesses, other than the Agent and **does not** need to be notarized.
- Should you be able to resume making your own decisions, the Agent's authority to make decisions for you ends.
- You can designate an alternate Agent should the primary Agent be unavailable.
- You can change your New York State Health Care Proxy form or appoint a new Health Care Agent, at any point, by filling out a new form.

It is important to discuss your wishes with your appointed Agent regarding treatments for a life-threatening illness or whether or not you wish to be on life support systems. If your wishes are unknown, the Agent can act to serve your best interests.

The Agent cannot make decisions in regard to artificial nutrition and hydration unless he/she knows your wishes or you have provided written instructions. An Agent cannot go against any decisions and instructions you have clearly detailed. Doctors, hospitals, and nursing homes are legally required to provide your Agent with the same health information about your conditions as they would provide you. An Agent has the power to act on your behalf, after your death but only regarding whether to donate your organs or tissue. You can also make your donation wishes known on your Health Care Proxy form.

Download a Health Care Proxy form at: www.health.ny.gov/forms/doh-1430.pdf

In New York State, the Medical Orders for Life-Sustaining Treatment (MOLST), provides details of the patient's wishes for end of life care, particularly cardiopulmonary resuscitation (CPR) and other life-sustaining treatment. MOLST is another form of a living will and is specifically intended for patients with serious health conditions who:

- Want to avoid or receive any or all life-sustaining treatment;
- Reside in a long-term care facility or require long-term care services;
- Might die within the next year.

The MOLST form encourages a discussion between the patient, their Agent and a qualified, trained health care professional. The form defines the patient's goals for care, reviews possible treatment options on the entire MOLST form, and ensures shared, informed medical decision-making.

IMPORTANT: MOLST is the only authorized form in New York State for documenting non-hospital Do Not Resuscitate (DNR) orders.

New York State Wide Senior Action Council, Inc.

MEDICARE PART A-COVERED SERVICES

Medicare Part A (Hospital Insurance) covers most medically necessary inpatient hospital, skilled nursing facility, home health, and hospice care. Medicare Part A benefits are either administered directly by the federal government through Original Medicare, or by private insurance companies through Medicare Advantage Plans. Medicare Advantage Plans must cover the same level of services as Original Medicare, but each plan has its own coverage policies and costs. If you have a Medicare Advantage Plan, contact your plan to learn about your hospital care costs and your plan's coverage rules.

Inpatient Hospital Care

Note: Being in the hospital under observation status is not the same as being an inpatient, and observation services are billed under Part B. Part A covers hospital care if you are **formally admitted as an inpatient** and includes:

- A semi-private hospital room and meals
- Most medications administered during your hospital stay
- General nursing
- Equipment the hospital provides for you to use during your hospital stay

Part A covers Skilled Nursing Facility (SNF) Care

- If you have been a hospital inpatient for three consecutive days prior to your SNF stay
- If you entered a Medicare-certified SNF within 30 days of leaving the hospital
- If you need skilled nursing care seven days per week or therapy at least five days per week
- Semi-private room and meals
- Skilled nursing care and Therapy
- Medications, and Medical supplies and equipment
- Medical social services and dietary counseling
- Ambulance transportation when medically necessary

Part A covers Home Health Care

- If you have a three-day inpatient hospital stay, prior to your home health care need
- If you are considered homebound
- If you need skilled nursing services and/or therapy
- If you have a face-to-face meeting with a health care professional within 90 days before receiving home care or 30 days after beginning to receive care
- If your doctor certifies a plan of home health care every 60 days
- If you receive care from a Medicare-certified home health agency
- Intermittent skilled nursing care—intermittent means you need care as little as once every 60 days to as much as once per day for three weeks
- Therapy: Physical and Speech; Occupational therapy, if you need skilled care or other therapies
- Durable medical equipment (DME) and medical supplies
- Medical social services
- Home health aide services

Note: If you don't meet the three-day hospital inpatient requirement, your home health care is covered under Part B.

Part A covers Hospice Care:

- If your doctor certifies that you are terminally ill (your life expectancy is six months or less)
- If you sign a statement electing hospice care instead of curative care
- If you receive care from a Medicare-certified hospice agency
- Doctor services and nursing care
- Physical and Occupational therapy
- Short-term inpatient care and respite care
- Hospice aide and homemaker services
- Drugs for pain management or symptom control
- Grief and loss counseling

Note: Part A covers hospice services related to your terminal illness. These services are covered under Original Medicare, even if you have a Medicare Advantage Plan. There is no deductible for hospice care, however there are small copayments for outpatient drugs and inpatient respite care.

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:

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

GREENVILLE:

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

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

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.

WAJPL GOLDEN AGE CLUB BUS TRIP to AQUA TURF CLUB, PLANTSVILLE, CT.



A TRIBUTE TO THE GRAND OLE' OPRY

Featuring Dave Colucci

TUESDAY, AUGUST 16
\$50.00 PER PERSON

COFFEE & DONUTS
DOOR PRIZES
COMPLIMENTARY BEVERAGE
FAMILY STYLE MEAL:

Salad, Pasta, Chicken Francais, Pan Seared Salmon, Vegetable, Potato & Dessert

Call Mary Louise at 622-3397 to make a reservation; for pick-up times & locations or for further information
Need not be a member to attend.



Hearthstone Care - Senior Social Day Care

Invites you to our OPEN HOUSE on Friday, July 8th at 2pm



Hearthstone Care Senior Social Day Care offers quality care, companionship and life enrichment through a structured (yet flexible) program full of meaningful activity based on each person's interests. Our caring support staff is CPA/HHA certified to offer assistance with activities for daily living. We offer transportation if needed and we welcome full and part time schedules. Our large, newly renovated building accommodates future endeavors such as medical/therapeutic/personal services as well as the start up of a child care center to offer intergenerational bonds between the ages.

A typical day at Hearthstone Care begins with a **Meet and Greet** & group game. Followed by **Morning Movement** - stretching, chair exercises, on patio-weather permitting. Midmorning hours are filled with activities of your liking:

Book Club - resource books and pleasure reading, topic study & follow up

Mind stretchers - word games, trivia, puzzles, board games, riddles

Computer lesson - such as email, social media, u-tube, cognitive computer games

Build on your Creativity - coloring, painting, crafting, collages, jewelry making



Lunch is served in our media/dining room followed by a brief personal break & music. Afternoon hours are designed for special interest time as suggested by our elders - such as guest presenters; sing a song, pet therapy, storytelling, movies and more.

★★★★★★★★★★

Hearthstone Care, 1187 Route 23A, Catskill, NY 12414

For info contact Donna Christensen, (518) 678-2030

★★★★★★★★★★



"Dancing at the Crossroads in the Irish Catskills"

A presentation by Kevin Ferguson

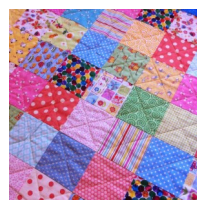
Sunday July 10, 2:30 p.m.
Cairo Public Library

Free

Light Refreshments

Sponsored by Cairo Public Library Friends

The Piecemakers of Cairo 2016 Quilt Show



Saturday, August 13
10:00 a.m. - 4:00 p.m.

Cairo Public Library
15 Railroad Ave
Cairo

Admission \$2.00

*Proceeds help defray expenses
of charity projects and educational programs.*

Stroll among beautiful quilts
See the "2016 Guild Challenge"
Visit our vendors

Stop by the boutique & purchase homemade items



ROOF LEAKING?

FURNACE DONE FOR?



ATTENTION GREENE COUNTY HOMEOWNERS

Grant money is now available for income eligible owner occupied homes needing home repairs.

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

**For further information, please call 943-6700
Or visit us on the web at CMHDC.org**



Funding for this program is provided by NYS Housing Trust Fund Corp.



the compassion to care, the leadership to conquer®

SUPPORT GROUP MEETINGS

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

**3rd monthly Wednesday, 6:00 p.m.
Heermance Memorial Library
1 Ely Street, Coxsackie**

www.alz.org



GREENE COUNTY WOMEN'S LEAGUE

A NOT-FOR-PROFIT ORGANIZATION TO ASSIST GREENE COUNTY RESIDENTS WHO HAVE BEEN DIAGNOSED WITH CANCER.

AID WILL BE PROVIDED FOR CANCER-RELATED MEDICAL COSTS NOT COVERED BY INSURANCE, INCLUDING PROSTHESIS AND CO-PAYS FOR PHARMACY, DOCTOR AND/OR HOSPITAL BILLS.

**PLEASE CONTACT US VIA MAIL:
GREENE COUNTY WOMEN'S LEAGUE, CANCER PATIENT AID, P. O. BOX 341, ROUND TOP, NY 12473**

WEBSITE: WWW.GREENECOUNTYWOMENSLEAGUE.COM



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411 Main Street, Catskill, NY 12414
719-3555 Toll Free (877)794-9266 aging@discovergreene.com



EXECUTIVE DIRECTOR - Thérèse McGee Ward

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Volunteer Services - Ruth Pforte

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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
411 Main Street
Catskill, NY 12414