

# Greene County Round Table News

Published by Greene County Department of Human Services since 1976

JUNE 2016



## DORIS JENKINS NAMED 2016 GREENE COUNTY SENIOR CITIZEN of the YEAR

## DOROTHY TRUE RECEIVES OUTSTANDING CONTRIBUTION by a SENIOR AWARD

In April 1963, President John F. Kennedy designated the month of May as Senior Citizen month. Later in 1980, President Jimmy Carter changed the name to Older Americans month. The theme this year is *"Blaze a Trail"*. Locally, the Greene County Legislature proclaims May as Greene County Senior Citizens Month when the county expresses its appreciation for the commitment and valuable service of outstanding senior citizens throughout Greene County. In conjunction with this, the Advisory Council to the Greene County Department for the Aging conducts a search for local senior citizens to be recognized for their volunteer services. In recognition of these significant contributions to the Greene County community, the Legislature will honor all nominees for the senior awards. Two dedicated individuals are chosen to receive special recognition from the county Legislature in the categories of Senior Citizen of the Year and Outstanding Contribution by a Senior Citizen. These two county winners are also submitted to NYS for special recognition.

This year, Doris Jenkins of Athens has been honored as the 2016 Senior Citizen of the Year and Dorothy True of Round Top received the Outstanding Contribution by a Senior Citizen award.

Doris Jenkins was born and raised on a vegetable farm in Albany. She married DuBois Jenkins in 1944 and they moved to Catskill in 1946, when DuBois joined Dr. L. L. Parker's veterinary practice. Doris is the mother of three children; eight grandchildren and four great-grandchildren. She has served the Greene County community for over 65 years providing her experience and wisdom to enrich her community. Doris has volunteered her time with the Greene County Aging Services Foundation (currently as secretary); the Catskill Reformed Church; Greene County Department for the Aging delivering meals to the homebound; the Catskill Fortnightly Club; BOCES School Board and was the first woman on the Catskill School District Board of Education. She has served as President of the NYS Veterinary Women's Auxiliary and has volunteered with the Girl Scouts and Boy Scouts as a leader. She proudly attended games, concerts and musicals for all her children and grandchildren. The CHS wrestling matches are still one of her favorite outings! Doris has a heart of gold and is dedicated to helping others. In her own words, "Volunteering is very satisfying. You get back much more than you give."

Dorothy True is also a native New Yorker and at 81 years old is still very active. She was married for 49 years to the late George True, Jr. and together they had three children and two grandchildren. Dorothy has always been community minded and has volunteered as a Literacy Volunteer, a Senior Counsel, and serves on the Advisory Council to the Greene County Department for the Aging. She belongs to the road improvement committee and was one of the forces that helped get the Cairo Library built and serves on the library board. Dorothy has always encouraged others to get involved with community activities as they are both rewarding and beneficial to the community. "One person can make a difference", she stated.

Other nominees receiving Certificates of Merit from Greene County are Edward Bloomer of Athens, John Bowen of Catskill, Robert Jaffe of Catskill and Carol Metz of Athens.

On Tuesday May 10, Doris and Dorothy were recognized by NYS for their achievements at a special ceremony in Albany. These two winners, as well as all of the nominees, were recognized at the May Greene County Legislature meeting. In addition, on Friday, May 20, the Department of Human Services paid tribute to them, as well as all past honorees, at the 6<sup>th</sup> Annual Senior Citizen Day at the Historic Point in Catskill.



*Dorothy & Doris (center) surrounded  
by Dorothy's daughters & Doris' daughter & sons.*



# 6th Annual Senior Citizens' Day



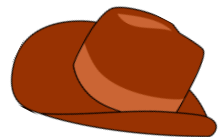
2016 Greene County Senior Citizen of the Year, Doris Jenkins of Athens, being honored by NYS Assemblyman Pete Lopez, and Greene County Legislators Gene Hatton & Aidan O'Connor







NYS Senator George Amedore presents Dorothy True of Cairo with a commendation for being named 2016 Outstanding Contribution by a Senior winner.



Merit Winners Ed Bloomer of Athens (L) and John Bowen of Catskill (R) are seen being congratulated by Senator Amedore and Assemblyman Lopez.





## 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, Cossackie, 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/Cossackie

## 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 Tuesday before trip.*



<b>Mountaintop/Cairo/Greenville:</b>	<b>Thursday, June 2</b>	<b>Thursday, July 14</b>
<b>Catskill/Athens/Cossackie:</b>	<b>Thursday, June 16</b>	<b>Thursday, July 28</b>

## NOTE:

The shopping bus does not run on the following holidays:

New Year's Day	Martin Luther King, Jr. Day
Presidents' Day	Memorial Day
Independence Day	Labor Day
Columbus Day	Election Day (November)
Veterans Day	Thanksgiving

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 transportation services for the day.

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

## GREENE COUNTY TRANSIT INFORMATION



Please note that there have been changes to the schedule for the new Greene County Transit system. Times of the PM Catskill Shuttle; Route 700 (Blue) and Route 702 (Orange) have been changed and new stops have been added to Route 705 (Green). For the most recent schedule, please feel free to contact the Department of Human Services.

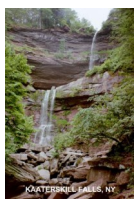
Also, please note, the new bus **DOES NOT** run on the above holidays, with the exception of MLK Day, Presidents Day, Veterans Day & Election Day. The bus will be operational on the days of those exceptions. The bus **DOES NOT RUN** on the day after Thanksgiving or on Christmas Eve.



# HISTORICAL TOUR OF GREENE COUNTY

*Sponsored by Greene County Department of Human Services*

**Thursday, June 9, 2016**



9:45 a.m. *Kaaterskill Falls Overlook, Haines Falls*  
*(5/10<sup>th</sup> of a mile walk)*



11:00 a.m. *All Souls Church, Tannersville*

2:00 p.m. *Durham Center Museum, Durham*



Lunch at the Jewett Senior Service Center: Baked Chicken      Return time approximately 3:30 p.m.

**\*\*Must be able to walk on your own. Comfortable walking shoes recommended  
Wheelchairs and walkers not permitted.**

Reservations required. **FIRST COME - FIRST SERVED**  
Call Janet (719-3559) on Monday, June 6 or Tuesday, June 7.  
Pick up time determined at time of reservations.  
Donations accepted

## 2016 NORTH SOUTH LAKE DAY TRIPS

*SPONSORED BY GREENE COUNTY DEPT. OF HUMAN SERVICES*

**Thurs., June 23**  
***From Catskill,  
Athens  
& Coxsackie***



**Thurs., 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***

**FIRST COME - FIRST SERVED**  
To reserve a seat, please call Janet (719-3559) on the Monday or Tuesday  
prior to chosen trip (6/20 & 21 and 7/18 & 19)

*Donations accepted  
Bring your own lawn chair & towel*



**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 or to make reservations, contact Ken Brooks at 719-3555

***Want to volunteer to help? Call our office at 719-3555 & ask to speak to Ken***



***THANK YOU FOR YOUR SUPPORT and GENEROSITY***

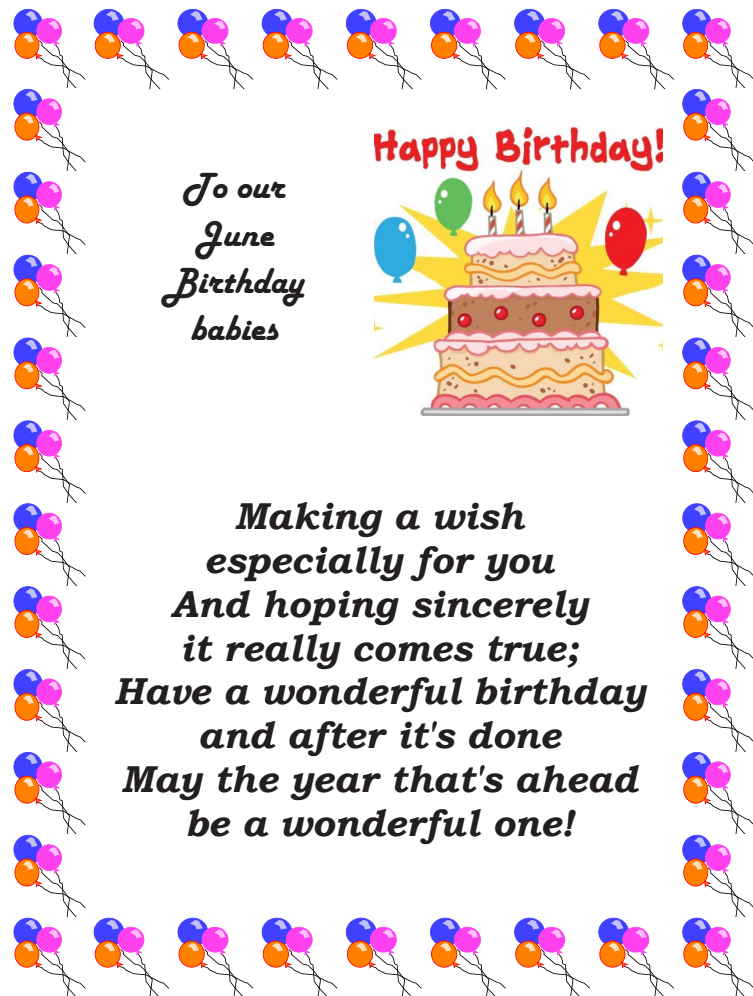
As the number of seniors grows, so does the need for our vast array of services. The Department of Human Services encourages and appreciates donations. If you or your family are in a position to do so, please fill out the form below. One hundred percent of your contribution will be used to provide service 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 \_\_\_\_\_ Senior Angels Fund  
\_\_\_\_\_ Homebound transportation \_\_\_\_\_ Nutrition Program/Home-delivered Meals \_\_\_\_\_ Where most needed

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



## **2016 SMART DRIVER™ COURSE**

*Become a safer driver!*

*Reduction on your auto insurance premium!*

### **COST FOR COURSE:**

**\$20.00 - AARP members    \$25.00 - Non-members**

Must possess valid NYS driver's license

### **2 DAY CLASS - DATES & LOCATIONS**

**TIME: 1:00 p.m. – 4:30 p.m.**

**Town of Cossackie Senior Center**

**Tues. Sept. 27 & Wed. Sept. 28**

**Town of Jewett Municipal Building**

**Tues. Sept. 13 & Wed. Sept. 14**

**Rivertown Senior Center**

**Thurs. Oct. 20 & Fri. Oct. 21**

**Acra Community Center**

**Tues. Oct. 25 & Wed. Oct. 26**

*To register for an upcoming class, call Mike Pirrone*

*945-2122    Cell (917) 656-0425*

*Email: kokomomike@hotmail.com*



## **WHAT IS PERS?**

PERS (Personal Emergency Response System) are home devices that connect older adults to a 24-hour call center with the push of a button. The transmitter is typically worn on a neck pendant or wristband, and it sends a signal to a receiver that's connected to the home telephone line. When pushed, the button will alert staff at the call center. In turn, they evaluate the situation, deciding whether to call an ambulance or a designated friend or family member. With most PERS setups, a loved one can talk with the call center staff from anywhere in the house. By simply pushing a button, individuals can get emergency help 24 hours a day.

### ***What's included in a personal emergency response system?***

A basic PERS package consists of two things: the equipment and a call service. The equipment includes a receiver console that plugs into a regular telephone jack and a small battery-operated push-button transmitter, usually attached to a pendant or wristband. When your loved one pushes the transmitter's help button from anywhere in the house, it signals the receiver console to call the system's emergency response center.

In most systems, the console functions as a communication system between the response center and the home, like a powerful version of the speaker mode on a telephone. If your Dad falls in the bathroom and pushes his PERS button, for example, he can converse with the response center staff even if the console is yards away in the living room. As with any speaker-phone system, the range of communication depends on conditions such as the size and design of the house. Larger homes may need more than one console.

With numerous PERS on the market, it can be daunting to figure out which system is right for your loved one. As with any service or product, there's a range of features, pricing and quality available. Arming yourself with a little information can help you shop wisely.

For further information, call the Department of Human Services (719-3555) and ask for a Case Manager who will assist you.

# Nutrition Notes



## TAKE PRECAUTIONS: SUMMER HEAT CAN SNEAK UP ON YOU

Very high temperatures can be more than uncomfortable. High temperatures force the body into “overdrive” as it tries to stay cool. The effects of very high temperatures increase heat, which can cause a problem for seniors. This can occur so slowly and subtly that the dangers aren’t noticed until it’s too late.

It is important to **KEEP COOL**. Here are some guidelines to follow:

- ☆ Stay indoors and avoid extreme temperature.
- ☆ No air conditioner? Stay on the lowest floor, out of the sunshine.
- ☆ Keep electric fans running.
- ☆ Drink additional fluids often, especially water or juice, even if you do not feel thirsty.
- ☆ Eat less more often; smaller meals more frequently.
- ☆ Keep pets indoors and refill their water bowls often. **Never leave pets in a vehicle.**
- ☆ Do not sit in a closed vehicle. Deadly heat levels occur in just minutes.
- ☆ Wear lightweight, light-colored clothing outdoors. Natural fabrics, like cotton, are best.
- ☆ Wear a wide brimmed hat to protect your face and head. Cover all exposed skin with a high SPF sunscreen.
- ☆ Never take a cool shower immediately after becoming overheated. You may cool down too quickly and become ill, nauseous and/or dizzy.
- ☆ Have a family member, friend or neighbor check on you daily. If possible, arrange to have more than one person check with you.

It is especially important during warm seasons like summertime, to know what medical situations can occur and how to treat them. Conditions such as heat stroke and heat exhaustion are very common culprits. It is essential to learn the differences between the two.

Heat exhaustion is often the prologue of a heat stroke. It is the milder condition compared to the latter. When one becomes overly dehydrated most especially when engaging in a strenuous activity under the heat of the sun, then it is expected that this person is likely to suffer from heat exhaustion. From the term itself, heat exhaustion is really a person being exhausted or burned out after the body has released too much sweat but is still not having enough replenishment in the form of fluids, to compensate for those fluid losses. The most noticeable signs are: being thirsty, nauseated, headache, or feeling light headed, excessive sweating, having some muscle cramps and cool, moist, pale or flushed skin.

The initial intervention for someone who is experiencing heat exhaustion is to seek some cover. An immediate action is to transfer the person to a shadier location to rest; preferably an air-conditioned room. When the victim is in place, it is ideal to loosen clothing, elevate his/her feet a bit and apply a cold compress to the neck or armpit regions. Afterwards, they can steadily take some fluids, at 15 minute intervals to replenish those lost fluids from the body. Half a cup is just enough. If vomiting occurs, seek medical attention.

In the case of a heat stroke, also known as sunstroke, the body can no longer use its normal temperature regulation control because it’s already shut off. Sweating doesn’t help and doesn’t occur anymore. The most common signs or symptoms are hot, red and dry skin, changes in consciousness, eventually fainting. The victim can have a rapid but weak pulse and rapid, shallow breathing that can lead to seizures. If these conditions surface, remove the victim’s clothing and use a cool sponge or a fan to attempt to lower the body temperature. **This is a true emergency, call 911 immediately.**

**REMEMBER:** Heat exhaustion usually happens first before heat stroke. Heat exhaustion is less serious than heat stroke. The person who’s suffering from a heat stroke will feel much hotter than the one who is having heat exhaustion.





# New YMCA class

## CHAIR AEROBICS

with JENNIFER WOOD

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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, NY 12015

Sign up sheets available at Rivertown Center

*\*\*\*\* These classes were made available through a generous grant  
from the Athens Community Foundation \*\*\*\**



**June 17, 2016 11:30 a.m.**

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

### MENU:

**Chicken Caesar Salad  
Potato Salad  
3-Bean Salad**

**Fresh Strawberry Shortcake  
Made with fresh strawberries  
from Story Farms**



**Call 945-2700 to make a reservation**



## 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 & 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
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 w/RED CABBAGE WHIPPED POTATOES BUTTERNUT SQUASH FRESH FRUIT	MACARONI-TUNA SALAD BEET & ONION SALAD V-8 JUICE SLICED TOMATOES & ONIONS 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 w/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 HOT-DOG 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 POTATO 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 <i>(Diet Dessert subst)</i>	



# 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
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 PO- TATOES 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 <i>Diet Dessert subst</i>	BAKED HAM w/ Pineapple Sauce <i>Low-Salt Diet Subst</i> FRESH SWEET POTATOES GREEN BEANS MANDARIN ORANGES	CHICKEN CRANBERRY APPLE SALAD over Romaine Lettuce MACARONI SALAD MARINATED TOMATO, CUCUMBER & ONION SALAD HONEYDEW MELON	40 <sup>TH</sup> ANNIVERSARY CELEBRATION ROAST BEEF w/Gravy MASHED POTATOES CARROT COINS w/ Orange Sauce CAKE
JULY 18 - 22	BROCCOLI CHEESE FISH FILET RICE PILAF OLD FASHIONED MIXED VEGETABLES CRANBERRY JUICE SLICED PEACHES	BAKED CHICKEN CUT- LET w/ Fajita Seasoning, Peppers & Onions POTATOES AU GRATIN FARM-TO-TABLE FRESH ZUCCHINI 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

# FARM to TABLE

## Friday, June 10

Lasagna

Brussels Sprouts

**LOCAL FARM FRESH SPINACH**

**from BLACK HORSE FARM in ATHENS**

in a Spinach & Mushroom Salad

Fresh Fruit



## Friday, June 17

Chicken Caesar Salad

Potato Salad

3-Bean Salad

**LOCAL FARM FRESH STRAWBERRIES**

**from STORY FARMS in KISKATOM**

in Strawberry Shortcake

*\*Diet Dessert substitute*



## Wednesday, June 29

Roast Beef w/Gravy

Whipped Potatoes

**LOCAL FARM FRESH BROCCOLI**

**from BLACK HORSE FARM in ATHENS**

in Broccoli Parmesan

Chocolate Chip Cookie

*\*Diet Dessert substitute*



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 2<sup>nd</sup> 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

**LOOK FOR OTHER FARM-TO-TABLE FEATURES EACH MONTH!**



# 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:

***Steven Blader***

***Mare Jenas***

***Rebecca Main***

***Janice Post***

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

*One person can make a difference and everyone should try.*  
***John F. Kennedy***



## **OMBUDSMAN VOLUNTEERS**

The Hudson Valley Long Term Care Ombudsman Program (HVLTCOP) is the agency for providing Ombudsman Services to long term care residents and families. The Ombudsman is an advocate for residents within nursing homes, assisted living, adult homes and family type homes located in Columbia, Dutchess, Greene, Orange, Sullivan & Ulster Counties.

The Ombudsman program is currently seeking professional and dedicated volunteers within all six counties to spend a minimum of two hours per week in a facility advocating for residents. Certification training will be provided as well as in-service training throughout the year to keep Ombudsman up to date on regulations and issues relating to long term care residents.

If you are interested in volunteering as an advocate for residents in the Hudson Valley, please contact Gloria Murray, Director of Hudson Valley Long Term Care Ombudsman @ 845-229-4680 x102, or email: [gloria@hudsonvalleyltcop.org](mailto:gloria@hudsonvalleyltcop.org).

## **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 are 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.**





The Corporation for National and Community Service provides Federal funding which supports Greene County Department of Human Services RSVP.

### CATSKILL CRAFTERS HOST SOCIAL



The Catskill Crafter's recently hosted the Annual RSVP Crafters' Tea at the Washington Irving Senior Center in Catskill. This year's theme was "A Cozy Cup of Tea with Lavender and Lace". The Crafters enjoyed a brief history lesson on crocheting, a few minutes of comic relief and a display of beautiful antique handwork and lace. Members shared patterns, showed some of their own handcrafts and enjoyed a variety of delicious desserts.

Seen in the photo are Catskill Crafters (left to right): Caroline Knoth, Geri Shultz, Mary Oettinger, Janet DelVecchio, Sue Adsit, Phyllis Wissert, Ruth Geib and Carole Seager.



The local "Hats for Hope" project has been in existence since August 2013 when two concerned RSVP volunteers recognized the need for hats for cancer patients. Those volunteers asked their fellow crafters to help make soft, fashionable hats for cancer patients. Since then, over 1,750 hats have been made and distributed through the project.

Seen in photo is Wendy Stickley-Ocker, Program Manager for the American Cancer Society, Inc., with 50 "Hat's for Hope". These will be distributed at an upcoming "Feel Better Day" for cancer patients.

How can you help? If you knit or crochet and would like to receive a hat pattern for both knitting/crocheting, or to donate supplies (yarn or needles), call Ruth at the Department of Human Services at (518) 719-3555.





Getting Medicare right

**Need help paying for  
Medicare?**  
**Ask your New York Medicaid office  
about these programs.**

### 1. Medicaid

- Medicaid is health insurance for people with low incomes. Even if you have Medicare, you can also get Medicaid to lower your health care costs. Medicaid pays your Medicare deductibles and coinsurances if you see doctors who participate in Medicare and Medicaid or who are in your Medicare private health plan's network. These doctors can't charge you anything for Medicare-covered services.
- To apply for Medicaid, mail in an application or go to your local Department of Social Services office.
- If you have Medicaid, you probably also qualify for the Qualified Medicare Beneficiary Program (QMB). The government will pay your premiums if you are enrolled in the QMB program. (See below.)
- Medicaid covers additional benefits, such as dental, vision, and long-term care.
- If your income seems a little too high, contact your local Medicaid Office. You may qualify for **Medicaid spend-down**.

### 2. QMB — Qualified Medicare Beneficiary Program

- Pays your Medicare premiums. Also, if you enrolled in the QMB program, providers can't charge you Medicare deductibles or cost-sharing for Medicare-covered services if you see providers who participate in Medicare or are in your Medicare private health plan's network.
- You can have both QMB and Medicaid.

### 3. SLMB — Specified Low-Income Medicare Beneficiary Program

- Pays your Medicare Part B premium.
- You can have both SLMB and Medicaid.

### 4. QI — Qualifying Individual Program

- Pays your Medicare Part B premium.
- You can't have both QI and Medicaid.

#### Important Tips

- QMB, SLMB and QI are often called **Medicare Savings Programs**. They are sometimes also called the **Medicare Buy-In** or **Medicare Premium Payment**.
- If you are applying for Medicaid and need help paying your Medicare premiums, be sure to apply for a Medicare Savings Program.
- If you think you were wrongly turned down for one of these programs, ask for a State Fair Hearing by the appeal deadline in your denial letter.



Getting Medicare right

## Need Help Paying for Medicare?

**Medicare Savings Programs (MSPs)**, also known as Medicare Buy-In programs, are programs that help pay your Medicare premiums and sometimes also coinsurance and deductibles. There are three main Medicare Savings Programs: **Qualified Medicare Beneficiary (QMB)**, **Specified Low-Income Medicare Beneficiary (SLMB)** and **Qualifying Individual (QI)** program. Each program has different eligibility limits.

2016 New York Gross Monthly Income Limits			2016 New York Asset Limits	
Program	Individuals	Couples	Individuals	Couples
QI	\$1,357	\$1,823	No limit	No limit
SLMB	\$1,208	\$1,622	No limit	No limit
QMB	\$1010	\$1,355	No limit	No limit
Medicaid	\$845	\$1,229	\$14,850	\$21,750

These income limits are based on 2016 federal poverty limits, and include a standard \$20 disregard. You may qualify even if your income is slightly higher. Ask a Medicaid counselor about whether you can subtract certain expenses from your income.

**Note:** In New York State, the money you spend each month on health insurance premiums other than the Part B premium will not be counted. Specifically, the Part B premium (typically the \$104.90 or \$121.80 that you pay monthly or is deducted from your Social Security check) will count toward your total income. This is because once you have the MSP, the Part B premium will be paid by the state, not you. However, if you also pay for a Medigap or some other secondary insurance premium, you can deduct that amount from your monthly income to qualify for the MSP in NY. Sometimes a portion of your part D premium can also be deducted from your income.

**If you meet the income limit in New York State, the Medicare Rights Center can help you apply for a Medicare Savings Program. Call 800-333-4114 for more information or to apply.**

You can also contact your local Medicaid office (Department of Social Services) and ask for a copy of the application to mail in, or go to apply in person. You can call 800-541-2831 for the phone number. If you enroll in a Medicare Savings Program, you will also automatically get Extra Help, the federal program that helps pay most of your Medicare Part D drug plan costs.

**If you decide to apply for a Medicare Savings Program, you will be asked to send an original, signed application and copies of these documents:**

- Social Security card
- Medicare card
- Proof of date of birth
- Proof of address where you live
- Proof of income

## MEDICARE SAVINGS PROGRAM ENROLLMENT

*Gwen Starke from*

*Greene County Department of Human Services Health Insurance Counseling Program will give a brief presentation on how to save money on Medicare.*

**Preventive and Medicare insurance options**

**Prattsville Arts Center - Main Street, Prattsville**

**Friday June 10 10 a.m. to 3 p.m.**

**For a prescreening call 719-3555**





## ARE YOU CONCERNED ABOUT AN ERROR OR POTENTIAL FRAUD? CALL 1-877-678-4697

### New York Senior Medicare Patrol (SMP)

LiveOn NY is now the New York Senior Medicare Patrol. SMP is part of a nationwide, grassroots education and assistance program working to empower seniors and caregivers to protect personal information and Medicare benefits by learning to detect mistakes or potential fraud in Medicare payments. You can report suspected problems to SMP. LiveOn NY staff and trained volunteers work to correct errors and report abuse of the Medicare system to government authorities.

#### ***New York Senior Medicare Patrol advises you to Protect, Detect, and Report....***

**Protect** your personal information to shield yourself from identity theft and financial scams. Guard your Medicare card and Social Security card just like your checkbook and credit cards. Don't carry them with you unless you expect to need them that day. Identity theft can lead to Medicare fraud.

**Detect** mistakes or potential fraud in Medicare payments by tracking your medical services in a Personal Health Care Journal and look for:

- Something billed twice
- A service you did not receive
- A medical provider you didn't see or wasn't involved in your care

Most Medicare audits are done after payment is made to the medical provider. By reading your Medicare Summary Notice you are in the best position to identify and report errors early.

**Report** by asking your doctor, clinic or hospital to explain the Medicare payment showing on your Medicare Summary Notice. Don't be shy to ask; you pay for your Medicare coverage and you want the payments to be right! If you aren't satisfied with the assistance you receive, contact the SMP hotline at 1-877-678-4697.

## 1-877-678-4697

*This project was funded by grant number 90MP0228-01-00 by the US Administration for Community Living*



Greene County Public Health Department  
411 Main Street, Suite 300  
Catskill, NY 12414  
Phone (518) 719-3600  
Fax (518) 719-3783

Kimberly Kaplan, MA, RN  
Interim Director of Public Health

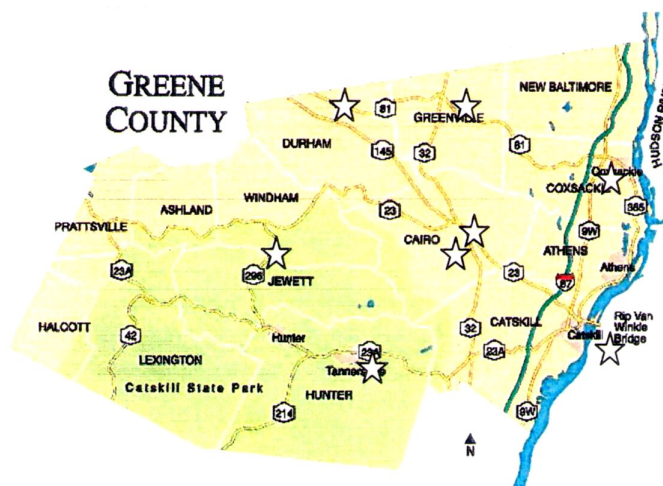
## Syringe Disposal Kiosk Program – Greene County Public Health and Project Needle Smart

Project Needle Smart serves as a community safe sharps collection program in support of alternative needle/syringe disposal throughout the Capital Region.

Project Needle Smart offers awareness on proper access and disposal of needles and syringes and with Project Needle Smart you can help prevent injury, illness and pollution.

Greene County Public Health Department was recognized as a 2014 Model Practice Award recipient by the National Association of County & City Health Officials (NACCHO) for a program that demonstrates exemplary and replicable qualities in response to a critical local public health need.

If you have used or unwanted needles, or would like free sharps containers, please visit one of our drop-off kiosk locations. All kiosks are outside and have 24/7 access unless otherwise noted.



Visit one of our convenient locations around Greene County:



1. **Greene County Office Building** – Water Street Side, Catskill
2. **Windham Pharmacy** – 68 Route 296, Windham
3. **CVS Pharmacy** – Routes 23 & 32, Cairo
4. **EmUrgent Care Cocksackie** – 11835 Route 9W, Cocksackie
5. **Kelly's Pharmacy** – 4852 Route 81, Greenville  
(inside; M-F 9a-7p; Sat-Sun 9a-3p)
6. **Hannaford Supermarket & Pharmacy** – 223 Main Street, Cairo
7. **Hunter Ambulance** – 5740 Route 23A, Tannersville
8. **Town of Durham Town Hall** – 7309 Route 81, East Durham  
(COMING SOON)

# GREENE COUNTY SENIOR CITIZENS CLUBS



## 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

### CATSKILL

**CATSKILL SILVER LINING SENIORS**  
2nd monthly Thursday  
1:00 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.



*Calling All Seniors!*





alzheimer's  association®

the compassion to care, the leadership to conquer®

## SUPPORT GROUP MEETINGS

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



## 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

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



**SENIOR CITIZENS' ROUNDTABLE NEWS**  
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**GREENE COUNTY DEPARTMENT of HUMAN SERVICES**  
411 Main Street, Catskill, NY 12414  
719-3555 Toll Free (877)794-9266 aging@discovergreene.com



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Nutrition - Tezera Pulice

Volunteer Services - Ruth Pforte

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Bethany Village Case Manager: Patricia Gessner

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Gwen Starke

Danielle Wade

Aging Services Aide: Rose Bundy

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Nutrition Van Chauffeurs:

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Dave Mokszycki

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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  
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