

Greene County Round Table News

Published by Greene County Department of Human Services since 1976

AUGUST 2016

GREENE COUNTY DEPARTMENT OF HUMAN SERVICES AGING DIVISION CELEBRATES 40 YEARS

Akra Sr. Nutrition Site



Town of Coxsackie Senior Center



Jewett Sr. Nutrition Site



Main Office, Catskill



Rivertown Senior Center, Athens



Washington Irving Senior Center, Catskill





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

39 SECOND STREET, ATHENS NY

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,
call our office (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 _____ 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

*Greene County Department of Human Services
announces the kickoff of the 2016 Senior Angels Program
and would like to invite you to become a Senior Angel*



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

Some of the ways we use the funds:

- To sponsor the Community Thanksgiving Dinner*
- Purchase clothing, small appliances and household necessities*
- Purchase other items that will enable seniors to live with dignity and independence*
- Monetary supplement to help with rising energy costs, when all other sources have been expended*
- Gifts for Elderly clients in Nursing Homes and/or Assisted Living Facilities*

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

This year we would like to publish our contributors' names in the Greene County Round Table News.

PLEASE RETURN THIS PORTION WITH YOUR DONATION

_____ I would like my name published: _____

_____ I wish to stay "Anonymous"

_____ Instead of my name, I would like the money to be donated in memory or in honor of:

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

*For more information, please call
Greene County Department of Human Services
719-3555 or toll-free (877) 794-9266*



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, August 17 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, August 4
Thursday, August 18



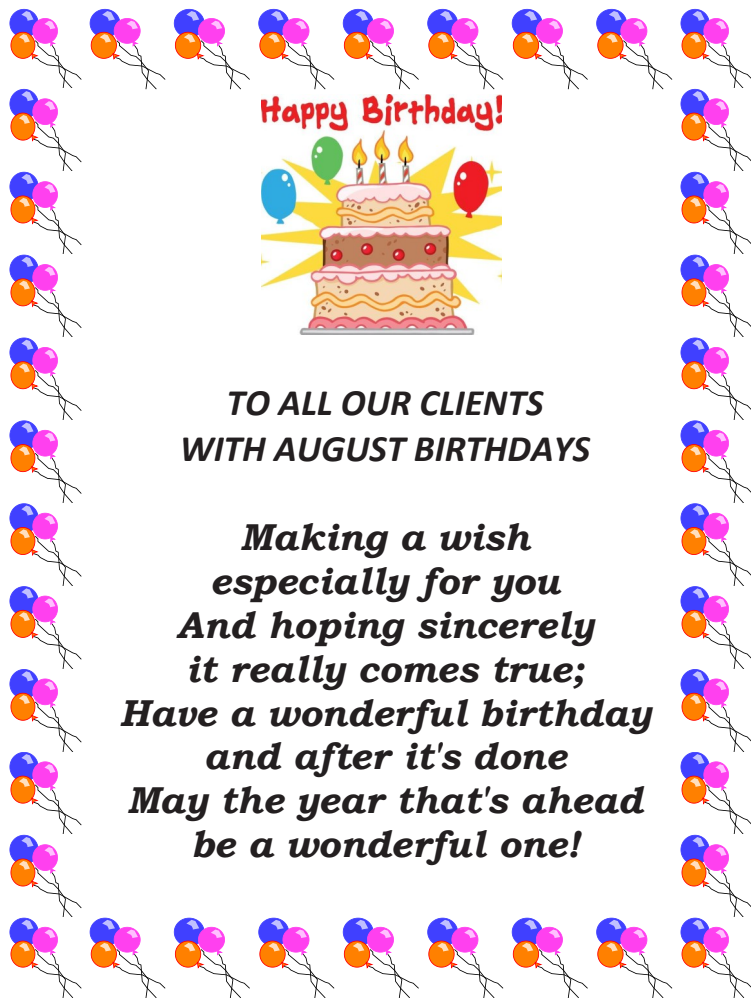
NOTE:

The shopping bus does not run on the following holidays:

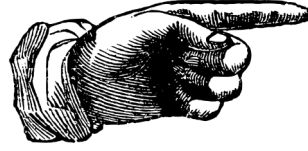
New Year's Day	Martin Luther King, Jr. Day
Presidents' Day	Memorial Day
Independence Day	Columbus Day
Election Day (November)	Veterans Day
Thanksgiving	Christmas

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 bus & van services for the day.

For further information or to make a reservation
(Must be made no later than 3:00 p.m. the Tuesday prior to special trip),
call Janet at 719-3559



Please Notice This When making a contribution for the service you receive, whether it is for meals, aide services, or simply a donation . . .



**Please make all checks payable to:
Greene County Dept. of Human Services.
NEVER make checks payable to cash.**

If you have any questions,
please feel free to contact our office at 719-3555.

**THE MORE YOU SWAY,
THE LESS YOU FALL
*Moving for a Better Balance
coming to Catskill September 29th!***

“Moving For Better Balance” is a falls-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 twelve week program that will meet at the Washington Irving Senior Center, Catskill on Tuesdays from 1:30 p.m. - 2:30 p.m. and Thursdays from 11:30 a.m. – 12:30 p.m.

WALK WITH EASE

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 Athens, Catskill, Coxsackie, and Jewett.



Jonathan & Jennifer Schmidt
for their generous donation
In Memory of
Harry Schmidt

Sandra Sherman
for your donation
In Memory of her Husband,
Ronnie Sherman



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW YMCA CLASS CHAIR YOGA

WITH CELESTA KRAMER-WEST

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

WHEN: **Thursdays, 8/4/16 - 9/22/16 (8 Weeks)**
TIME: **1:00 p.m. - 2:00 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 ****



Nutrition Notes

AUGUST IS NATIONAL PEACH MONTH

Here are some interesting facts about peaches you might not know.

NUTRITION:

- Peaches are a good source of vitamins A, B and C.
- A medium peach contains only 37 calories.
- You can ripen peaches by placing them in a brown paper bag for two to three days.
- Sliced, fresh peaches should be tossed in lemon or lime juice to prevent browning.
- Nectarines are a variety of peach with a smooth skin, *not* a cross between a peach and a plum.
- The juice from peaches makes a wonderful moisturizer, and it can be found in many brands of cosmetics.
- A peach pit contains hydrocyanic acid, which is a poisonous substance.
- Like the plum and the apricot, the peach is a member of the rose family (*Rosaceae*), distinguished by its velvety skin. It is classified as a drupe, a fruit with a hard stone.
- Peaches contain two to three grams of fiber per piece, plus lots of cell-protecting antioxidants.

JUST FOR FUN:

- The term, “you’re a real peach” originated from the tradition of giving a peach to the friend you liked.
- Most peaches are cultivated by grafting different combinations of rootstocks to scions.
- There are over 700 varieties of peaches-some Chinese varieties are even flat like hockey pucks!
- Peaches are the third most popular fruit grown in America.
- The United States provides about one-fourth (25%) of the world’s total supply of fresh peaches.
- The World’s Largest Peach is located in Gaffney, South Carolina, and weighs over 10,000 pounds. The city of Gaffney, near Greenville, built a water tower in the shape of a peach back in 1981.
- Many stories have been written about Peaches including *James and the Giant Peach*, which was eventually made into a movie of the same name, and *Momotaro, the Peach Boy*; a Japanese Fairy Tale.

HISTORY:

- The peach originated in China and has been cultivated at least since 1000 B.C.E. It has special significance in Chinese culture: the peach has mystical attributes, and supposedly brings luck, abundance and protection. The peach tree is considered to be the tree of life and peaches are symbols of immortality and unity. Peach blossoms are carried by Chinese brides.
- True wild peaches are only found in China. Unlike the cultivated fruit, the wild fruit is small, sour and very fuzzy.
- The Romans called the peaches “Persian Apples” naming them after the country that introduced peaches to the West.
- Spaniards brought peaches to South America and the French introduced peaches to Louisiana. The English took them to their Jamestown and Massachusetts colonies. Columbus brought peach trees to America on his second and third voyages.
- China is the largest world producer of peaches, with Italy second.
- California produces more than 50% of the peaches in the United States (and grows 175 different varieties).
- So many peaches are grown in Georgia that it became known as the Peach State.

PEACHY RECIPE IDEAS

- Combine with chopped tomato, onion, lime, jalapeno, and cilantro for a killer salsa.
- Make a classic peach melba: poached peaches, vanilla ice cream and raspberry sauce.
- Peel, slice, and freeze for smoothies.
- Heat on the grill.



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.

COXSACKIE

Town of Coxsackie
Senior Center
Mansion Street, Coxsackie
(518) 731-8901

Renee Raffiani
Meal Site Manager

Aging Information
& Assistance
Medicare Minute:

3rd monthly Monday
11:00 a.m.

JEWETT

Jewett Municipal Building

Route 23C, Jewett
(518) 263-4392

Gayle Ruvolo
Meal Site Manager

MaryAnn Brink

Aging Information
& Assistance
Medicare Minute:

4th monthly Friday
11:00 a.m.

ATHENS

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

John Orso, Senior Center Manager

JoanAnn Rouse Shane Dillon
John Lawrence Lana Marrone

Aging Information & Assistance
Medicare Minute:

2nd monthly Monday, 11:00 a.m.

CATSKILL

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

Gethen Proper, Meal Site Manager

Martha Schilling

Aging Information & Assistance
Medicare Minute:


2nd monthly Thursday, 11:00 a.m.

COUNTY SENIOR NUTRITION PROGRAM GREENE

ALL PERSONS AGE 60 OR OVER 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: 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: Hamburger on bun</i> BAKED BEANS CARROT COINS FARM-TO- TABLE 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 & Tomato wedge THREE 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 : 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 : 2 inch cake w/o icing</i>	SUB (Turkey, Roast Beef & Provolone w/ lettuce & tomato) POTATO SALAD GARDEN VEGETABLE SALAD CRANBERRY JUICE PEACHES	SALISBURY STEAK w/ Gravy BAKED POTATO BRUSSEL SPROUTS FARM-TO- TABLE PLUM
AUG. 29 - 31	LEMON PEPPER FISH w/ Tartar Sauce BAKED POTATO ZUCCHINI, CARROTS & GREEN BEANS TANGERINE	MACARONI & CHEESE STEWED TOMATOES THREE BEAN SALAD ORANGE JUICE APRICOTS	MEATLOAF w/ Gravy MASHED POTATOES SPINACH BIRTHDAY CAKE	 <h1 style="text-align: center;">AUGUST</h1>	

COUNTY SENIOR NUTRITION PROGRAM GREENE

ALL PERSONS AGE 60 OR 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
SEPT. 1 - 2 2016				TURKEY STROGANOFF EGG NOODLES FRESH BROCCOLI V-8 JUICE CHOCOLATE MOUSSE <i>(Diet Dessert Subst)</i>	STUFFED SHELLS OLD FASHIONED MIXED VEGETABLES TOSSED SALAD (Salad Bar at Centers) FRESH FRUIT
SEPT. 5 - 10	LABOR DAY  ALL SENIOR SERVICE CENTERS CLOSED NO MEALS SERVED or DELIVERED	KNOCKWURST <i>(Low-salt Diet Subst)</i> SAUERKRAUT BAKED BEANS CARROTS TROPICAL FRUIT	PORK DIJON MASHED POTATOES CALIFORNIA BLEND VEGETABLES APPLESAUCE & COOKIES <i>(Diet Dessert Subst)</i>	ROAST TURKEY w/ Gravy OVEN BROWNED POTATOES WINTER SQUASH CRANBERRY JUICE CINNAMON GRAPE DESSERT	BAKED ZITI SPINACH TOSSED SALAD (Salad Bar at Centers) PEARS
SEPT. 12 - 16	CHICKEN CACCIATORE over Linguine OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	BAKED HAM w/ Raisin Sauce <i>(Low-Salt Diet Subst)</i> SWEET POTATOES CAULIFLOWER AU GRATIN PINEAPPLE DELIGHT <i>(Diet Dessert Subst)</i>	FISH FLORENTINE RICE PILAF CALIFORNIA BLEND VEGETABLES CRANBERRY JUICE OATMEAL RAISIN COOKIE <i>(Diet Dessert Subst)</i>	SALISBURY STEAK w/ Gravy MASHED POTATOES SPINACH FRESH FRUIT	ROAST BEEF w/ Gravy MASHED POTATOES GLAZED WHOLE BABY CARROTS FRESH SEASONAL FRUIT
SEPT. 19 - 23	CHICKEN DIVAN w/ Rice CARROTS & PEAS TROPICAL FRUIT	PORK CHOP w/Gravy RED CABBAGE OVEN BROWNED POTATOES WINTER SQUASH CINNAMON APPLESAUCE	BEEF STEW FRESH GREEN BEANS ORANGE JUICE PINEAPPLE UPSIDE DOWN CAKE <i>(Diet Dessert Subst)</i>	ROAST PORK w/ Gravy & Applesauce MASHED POTATOES OLD FASHIONED MIXED VEGETABLES FRESH FRUIT	CHEESE RAVIOLI TOSSED SALAD (Salad Bar at Centers) FRESH SEASONAL FRUIT
SEPT. 26 - 30	VEAL PARMESAN w/ Linguini ITALIAN BLEND VEGETABLES PEARS	PORK CHOW MEIN over Rice ORIENTAL MIXED VEGETABLES PEACHES	POT ROAST w/ Gravy OVEN BROWNED POTATOES CALIFORNIA MIXED VEGETABLES PEANUT BUTTER SWIRL BROWNIE <i>(Diet Dessert Subst)</i>	CHEESE CALZONE w/ Tomato Sauce SPINACH TOSSED SALAD (Salad Bar at Centers) FRESH FRUIT	LEMON PEPPER FISH FILLET SCALLOPED POTATOES PEAS FRESH SEASONAL FRUIT

FARM to **TABLE**

Friday, August 5

HOMEMADE CHILI-DOG

w/ ONIONS & SAUERKRAUT ON A BUN
(LOW-SALT DIET SUBST: HAMBURGER ON BUN)

BAKED BEANS

CARROT COINS

LOCALLY GROWN HONEYDEW MELON
from STORY FARMS, KISKATOM



Friday, August 12

BBQ CHICKEN

QUARTERED OVEN ROASTED POTATOES

LOCALLY GROWN CORN ON THE COB
from BLACK HORSE FARM, ATHENS

CANTALOUPE



Friday, August 26

SALISBURY STEAK W/ GRAVY

BAKED POTATO

BRUSSEL SPROUTS

LOCALLY GROWN PLUM
from BLACK HORSE FARM, ATHENS



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 Second 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



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.*

WHY SUBMITTING VOLUNTEER HOURS IS IMPORTANT TO RSVP

RSVP volunteers tend to “hide their light under a basket”. When asked why they volunteer, the responses are as unique as the individual. What you will never hear is “I do it for the recognition”.

The logging and reporting of RSVP volunteer hours by all provides a summary of how the volunteers are making a positive impact in programming. The hours also measure the success and effectiveness of each program and offer valuable insight into the specific needs of our community.

Volunteer hours are a significant resource which assists RSVP in securing ongoing, necessary funding through grants, county support and program donations. This funding allows us to help strengthen our communities, problem-solve important issues & encourage volunteering on a local level.

The RSVP coordinator, with assistance from the RSVP Advisory Council, organize the department’s annual volunteer recognition luncheon. This is a way to thank the volunteers for their hard work, dedication and accomplishments throughout the year. Volunteer hours are used in preparing the recognition invitation list.

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.

Currently shortages are in Jewett and 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.**



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.

Wed., Sept. 14 & Thurs., Sept. 15

Town of Jewett Municipal Building
Beaches Corners, Jewett

Tues., Sept. 27 & Wed., Sept. 28

Town of Coxsackie Senior Center
Mansion Street, Coxsackie

Thurs., Oct. 20 & Fri., Oct. 21

Rivertown Senior Center
39 Second Street, Athens

Tues., Oct. 25 & Wed., 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

ADVISORY COUNCIL to GREENE COUNTY DEPARTMENT for the AGING **and RSVP ADVISORY COUNCIL HOLD PICNIC**

On Tuesday, July 12, the Advisory Councils to Greene County Department for the Aging and RSVP got together for a joint business meeting while enjoying social camaraderie at a picnic. Members brought a covered dish to share with the others while the Department of Human Services provided the hotdogs and hamburgers. All enjoyed the afternoon while sitting in a relaxing atmosphere at Dutchmen's Landing in Catskill.





VISION LOSS AFFECTS OUR ABILITY TO COMMUNICATE

By Danielle Myers-Rickard, Program Coordinator, Council on Aging Silicon Valley

Did you know that by age 70, fewer than 30% of elderly people have 20/20 vision? Normal age-related visual impairments such as macular degeneration, cataracts and glaucoma can impact day-to-day functioning. They can affect our ability to drive, read prescription bottles, safely maneuver an uneven sidewalk, or recognize a friend at church.

Visual impairments can also affect our ability to communicate effectively with others. We observe our partners to see if they “get” what we are saying when we talk to them. Consider the visual clues that we look for during a conversation:

- ☆ Facial cues, which indicate mood or emotion
- ☆ Hand gestures, which can indicate size or direction
- ☆ Turn-taking cues, including raised eyebrows
- ☆ Feedback, such as head nodding

These types of non-verbal messages may be lost or misunderstood by people with poor vision. Both people in the conversation are then prone to misinterpretation. Imagine not being able to see someone roll his eyes when making a sarcastic remark. You might think that he is rude and he might think that you don’t have a sense of humor!

Here are some simple things you can do when talking to someone who has visual impairments:

- ☆ Identify yourself when going to visit. *“Hi Grandma. It’s me, Mary.”*
- ☆ Describe what you mean with words in addition to hand gestures. *“The fish was two feet long.”*
- ☆ Sit in a well-lit area, but avoid sitting directly in front of bright windows or standing in doorways. This backlighting causes a silhouette effect and people cannot see your face clearly.
- ☆ Eliminate distracting background noise. When someone has poor vision, he/she may rely more on his/her sense of hearing to make up for the loss.
- ☆ Use bright table or floor lamps whenever possible and ensure cords are out of the way to avoid falls. Overhead fluorescent lighting causes glare on linoleum and hardwood floors.
- ☆ Install nightlights in hallways, bedrooms and bathrooms.
- ☆ Offer your arm for support when you are out together and tell him/her about upcoming curbs or stairs.

These tips can help keep your loved ones involved in meaningful conversations and ensure their safety at home.



FAREWELL PATRICIA GESSNER...

Recently, Patricia Gessner, the Department of Human Services Case Manager at Bethany Village, retired after many years of dedicated service to Greene County and more recently, Bethany Village. Shortly thereafter, Andrea Benjamin-Legg, Aging Services Specialist, was named to temporarily fill the position. We wish much happiness and success to both women in their new ventures.

... HELLO ANDREA BENJAMIN-LEGG



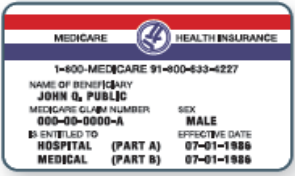
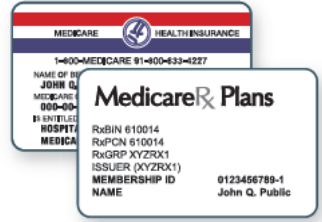




WHAT KIND OF MEDICARE COVERAGE DO YOU HAVE? IT'S IN THE CARDS

Posted by Medicare Made Clear

You arrive for an appointment with your doctor and the receptionist asks for your insurance card. The card you hand over could tell you a lot about your Medicare and other coverage. Your red, white and blue Medicare card is proof that you have Medicare coverage. It acts as your insurance card when you have Original Medicare (Parts A and B). You may also have other cards depending on additional coverage you may have. Remember to keep your Medicare card in a safe place. You don't need to carry it with you if you have a Medicare Advantage plan.

Which of the following is in your wallet?

(The cards shown here are just for illustration, your actual cards may look different from these.)

	<p>Card: You use your Medicare card whenever you get medical care.</p> <p>Coverage: You probably have Original Medicare (Parts A and B), which is provided by the federal government.</p>
	<p>Card: You have a separate card for prescription drugs.</p> <p>Coverage: You may have a standalone Medicare Part D prescription drug plan from a private insurance company. These plans help with the cost of medications. Original Medicare does not cover prescription drugs.</p>
	<p>Card: You use your Medicare card plus another card for medical care.</p> <p>Coverage: You probably have a Medicare supplement insurance plan (Medigap) from a private insurance company. This plan helps pay some costs not paid by Original Medicare Parts A and B, such as co-pays.</p>
	<p>Card: You have three health insurance cards.</p> <p>Coverage: You may have Original Medicare, a standalone Medicare Part D prescription drug plan, and a Medicare supplement insurance plan. Together, these three may cover most of your health care costs.</p>
	<p>Card: You use a separate insurance card instead of your Medicare card when you get medical care.</p> <p>With Medicare Rx Card: You use the same card when you get medical care.</p> <p>Coverage: You probably have a Medicare Advantage plan from a private insurance company approved by Medicare.</p> <p>With Medicare Rx Card: You probably have a Medicare Advantage plan that includes prescription drug coverage</p>
	<p>Card: You use one card when you get medical care and a separate card for prescription drugs.</p> <p>Coverage: You may have a special type of Medicare Advantage plan. It could be a Private Fee-For-Service plan or a Medical Savings Account plan. You may also have a standalone Medicare Part D prescription drug plan.</p>

GREENE COUNTY SENIOR CITIZENS CLUBS



ATTENTION ALL CLUBS:

Do you have anything to announce about your club?

Put it in print in the Round Table 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!



& the Greene County Department

of Human Services present...



Arthritis affects one in five American adults and is the most common form of disability. It's a disease affecting 52.5 million U.S. adults.

Enhance Fitness is a chronic disease prevention program designed to help those living with arthritis improve flexibility, range of motion, and to learn coping mechanisms for improved daily living.

- Works the cardio & strength systems
- Utilizes wrist and ankle weights in both seated & standing exercises
- Has a warm up & cool down
- Features specially trained instructors
- Evidence-based & backed by studies



Classes begin August 22 at the Greene County YMCA

Mondays 10:30 a.m. – 11:30 a.m.

Wednesdays 12:00 p.m. – 1:00 p.m.

Fridays 10:30 a.m. – 11:30 a.m.

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

3rd monthly Wednesday, 6:00 p.m.

Heermance Memorial Library

1 Ely Street, Coxsackie

www.alz.org



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, Inc.

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.



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



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Nutrition - Tezera Pulice

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Cortney Carlson

Carol Provost

Aging Services Specialists: Gwen Starke

Danielle Wade

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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 when we 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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