



# Greene County Round Table News

Published by Greene County Department of Human Services since 1976

SEPTEMBER 2016

## SEPTEMBER IS NATIONAL PREPAREDNESS MONTH



The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared. There are commonsense measures older Americans can take to start preparing for emergencies before they happen.

Create a network of neighbors, relatives, and/or friends to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment.

The first step is to consider how an emergency might affect your individual needs. Plan to make it on your own, for at least three days. It's possible that you will not have access to disaster assistance, a medical facility or even a drugstore. It is crucial that you and your family think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

**Basic Supplies:** Think first about the basics for survival - food, water, clean air and any life sustaining items you require to maintain your health, safety and independence. Consider two kits. In one kit put everything you will need to stay where you are and make it on your own for a period of time. The other kit should be a lightweight, smaller version you can take with you if you have to leave your home.

Some recommended basic emergency supplies include: water (one gallon per person per day for at least three days, for drinking and sanitation); non-perishable food and a hand-operated can opener for any canned food; a battery powered radio with weather radio & tone alert; a flashlight; a first aid kit and a whistle to signal if help is needed. Also helpful are extra batteries, a dust mask in the event of contaminated air, moist towelettes, garbage bags and plastic ties for personal sanitation, and even a wrench or pliers to turn off utilities

Seniors should keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items you might need. Keep a list of the type and model numbers of the medical devices you require. Be sure to make provisions for medications that require refrigeration. Make arrangements for any assistance to get to a shelter.

If you take medicine or use medical supplies on a daily basis, be sure you have what you need on hand to make it on your own for at least a week. You should also keep a copy of your prescriptions as well as dosage or treatment information. If it is not possible to have a week-long supply of medicines and supplies, keep as much as possible on hand and talk to your pharmacist or doctor about what else you should do to prepare.

If you undergo routine treatments administered by a clinic or hospital or if you receive regular services at home such as home health care, meals, oxygen or door-to-door transportation, talk to your service provider about their emergency plans. If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about what you can do to prepare for its use during a power outage. Depending on your needs, remember such items as:

- \* Extra eyeglasses and extra batteries for hearing aids
- \* Medical alerts or written descriptions of your disability and support needs, in case you are unable to describe the situation in an emergency. Remember to include a list your allergies and health history.
- \* Medical insurance cards and physician contact information
- \* A personal communication board, if you might need assistance with being understood or understanding others

For more information, read Ready.gov's [Preparing Makes Sense For Older Americans](#) or visit the Red Cross website.



**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,  
volunteer services***

***OR if you would like to donate to help offset costs,  
call our office (719-3555) & ask to speak to Ken.***



## SHOPPING BUS

The Greene County Department of Human Services offers a shopping bus to Greene County residents age 60 and older, living in the towns of Ashland, Athens, Cairo, Catskill, Coxsackie, Greenville, Hunter, Jewett, Prattsville and Windham. Seniors are picked up at their door, driven to Catskill for shopping, and then have lunch at a local Senior Center before returning home. Special trips on a periodic basis.

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

## SPECIAL TRIPS:

### 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, September 1**  
**Friday, September 16**



### SCENIC FALL RIDE w/Lunch at Jewett Senior Nutrition Site

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

**Friday, September 23**  
**Thursday, September 29**

### 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**

## LINE DANCING in COXSACKIE



Several seniors have attended the Town of Coxsackie Senior Center to learn various line dances under the direction of Jim Riddle. To show his appreciation, Jim made shirts for those students that came every Friday.



Seen in photo modeling their shirts:

(FRONT ROW): Tom Palmatier, Kathy Palmatier, Diane Stuart, Jim Riddle (instructor), Charity Brauchler, Kathy Gasper.

(BACK ROW): Renee Raffiani, Joyce Raffaele, Cathy Frank, Buddy Melick, Lorraine McCumber, Evelyn Lein, Jean Martin, Karen O'Dell.



## TAI CHI COMES TO COXSACKIE

The Coxsackie Senior Nutrition site recently completed a Tai Chi class under the supervision of Renee Raffiani, site manager, and RSVP volunteer Carol Meltz. Feedback has been overwhelmingly favorable.

Student Kaaren Kiernan said, *"The Tai Chi class taught at the Coxsackie Senior Center I found beneficial. As a result I have been doing Tai Chi nearly every morning . . . job well done!"* Linda Polverelli added

*"My husband and I took the beginning Tai Chi class at the Coxsackie Senior Center and found it to be educational, relaxing to the mind and increased our sense of balance. It has become addictive as a stress reliever and also increased self assurance in our movements with less fear of losing balance and falling. We had two great instructors with patience with all of us and well informed on class presentation."* Dolores McPherson commented *"I enjoyed taking the Tai Chi class. It improved my balance, energy, mind, patience, and has made me stronger. Our instructors were excellent. They illustrated & demonstrated each movement. Thank you Renee and Carol. Please continue with our Tai Chi classes at Coxsackie Senior Center."* Lorraine McCumber stated *"I really enjoyed the Tai Chi at the Coxsackie Senior Center it was relaxing and I have better balance. The instructors were amazing. Would like more activities for the seniors at the center."*



Seen in photo above are Renee Raffiani, Dolores McPherson, Evelyn Lein, Donna Pike, Lorraine McCumber, Doris Horn, Kathy Palmatier, Tom Palmatier, Linda Polverelli, Jim Polverelli, Kaaren Kiernan, and Carol Meltz.

## IMPORTANT VOTER DEADLINES:

### REGISTRATION:

- ☆ **MAIL** (N.Y. Election Law Section 5-210(3)): Applications must be postmarked no later than **October 14th** and received by a board of elections no later than **October 19th** to be eligible to vote in the General Election.
- ☆ **IN PERSON** (N.Y. Election Law Sections 5-210, 5-211, 5-212): You may register at your local board of elections or any state agency participating in the National Voter Registration Act, on any business day throughout the year but, to be eligible to vote in the General Election, your application must be received no later than **October 14th**.
- ☆ **CHANGE OF ADDRESS** (N.Y. Election Law Section 5-208(3)): Notices of change of address from registered voters received by **October 19th** by a county board of elections must be processed and entered in the records in time for the General Election.

### VOTING BY ABSENTEE BALLOT DEADLINES (For General Election):

Date	Deadline Information
Nov. 1	Last day to postmark an application or letter of application by mail for an absentee ballot.
Nov. 7	Last day to apply IN-PERSON for absentee ballot.
Nov. 7	Last day to postmark ballot. Must be received by the local board of elections no later than Nov. 15th. Military Voter Ballots must be received no later than Nov. 21st.
Nov. 8	Last day to deliver ballot IN-PERSON to the local board of elections (by someone other than the voter)



# MOVING FOR BETTER BALANCE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

***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.
- Class size is limited. Pre-registration required (see contact below).

When: Wednesdays and Fridays, beginning September 28

Time: 10:00 a.m. - 11:00 a.m.

Location: Washington Irving Senior Center  
15 Academy Street  
Catskill, NY 12414

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

*Sponsored by Greene County Department of Human Services  
& Capital Region YMCA*



Greene County Public Health Department is pleased to announce dates for this year's Flu clinics for adults over age 18:

<b>Mon. Sept. 26</b>	<b>Rivertown Senior Center, Athens</b>
<b>Tues. Sept. 27</b>	<b>Acra Senior Nutrition Site</b>
<b>Wed. Sept. 28</b>	<b>Town of Coxsackie Senior Center</b>
<b>Thurs. Sept. 29</b>	<b>Jewett Senior Nutrition Site</b>
<b>Fri. Sept. 30</b>	<b>Washington Irving Senior Center, Catskill</b>

**All clinics will run from 9:30 a.m. - 11:30 a.m.**

The cost of the Flu vaccine is \$44.50 and the Pneumovax is \$96.00. Greene County Public Health accepts the following insurances: (non-managed) Medicare, Senior Blue, Blue Shield of NENY, Empire Plan (NYSHIP), CDPHP, and Medicaid HMO's: CDPHP/Fidelis. For more information contact the Greene County Health Department at 518-719-3600.

**Any senior citizen wishing to stay for lunch is invited to do so.  
Kindly call the appropriate congregate site for the above location  
at least a day in advance**

*Coxsackie: 731-8091*

*Jewett: 263-4392*

*Rivertown: 945-2700*

*Acra: 622-9898*

*Catskill: 943-1343*

# Nutrition Notes



## HEALTHY EATING AS WE AGE

As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Eating healthy has benefits that can help older adults:

### **Nutrients**

- Obtain nutrients needed by the body such as potassium, calcium, vitamin D, vitamin B12, minerals, and fiber.
- Lose weight or maintain a healthy weight
- Reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. If you have a chronic disease, eating well can help to manage the disease.
- Meet individual calorie and nutrition needs.
- Help to maintain energy levels.

### **Special Nutrition Concerns for Older Adults**

- Our daily eating habits change as our bodies get older. Make small adjustments to help you enjoy the foods and beverages you eat and drink.
- Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetable to your meals and snacks. Look for pre-sliced fruits and vegetables if slicing and chopping is a challenge.
- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.
- Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.
- Consume foods fortified with vitamin B12, such as fortified cereals.

### **Be Active Your Way**

- Focus on maintaining a healthy body weight. Being physically active can help you stay strong and independent as you grow older. If you are overweight or obese, weight loss can improve your quality of life and reduce the risk of disease and disability.
- Adults at any age need at least 2 ½ hours or 150 minutes of moderate-intensity physical activity each week. Being active at least 3 days a week is a good goal.
- Find an activity that is appropriate for your fitness level. If you are not active, start by walking or riding a stationary bike. Strive for at least 10 minutes of exercise at a time and be as active as possible.
- Include activities that improve balance and reduce your risk of falling such as lifting small weights. Add strength building activities at least 2 times per week. If you are not sure about your level of fitness, check with your doctor before starting an intense exercise program or vigorous physical activity.

## SEPTEMBER: WHOLE GRAINS MONTH



September is a time for renewal and starting fresh. It is also National Whole Grain Month - a great time to try a new whole grain. Whole grains have all of the original parts of the grain's kernel: the germ, endosperm and bran. Whole grains offer a number of tasty health benefits and add interesting flavors to meals. Examples of common whole grains include corn (like popcorn), oats (oatmeal), whole wheat, brown rice and barley. Here are some quick and delicious ways to get more whole grains onto your menu:

**Breakfast:** Try oatmeal or whole wheat toast, pancakes, waffles, cereals or cereal bars made with whole grains.

**Lunch:** Consider sandwiches made on whole wheat bread or other whole grains.

**Dinner:** Serve side dishes and casseroles made with regular or instant brown rice;.

**Snacks:** Reach for popcorn; whole grain crackers and chips (e.g., whole grain tortilla chips).

## 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 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				<p>TURKEY STROGANOFF EGG NOODLES FRESH BROCCOLI V-8 JUICE CHOCOLATE MOUSSE <i>(Diet Dessert Subst)</i></p>	<p>STUFFED SHELLS OLD FASHIONED MIXED VEGETABLES TOSSED SALAD (Salad Bar at Centers) FRESH FRUIT</p>
SEPT. 5 - 9	<p><b>LABOR DAY</b>  ALL SENIOR SERVICE CENTERS CLOSED  NO MEALS SERVED or DELIVERED</p>	<p>KNOCKWURST <i>(Low-salt Diet Subst)</i> SAUERKRAUT BAKED BEANS CARROTS TROPICAL FRUIT</p>	<p>PORK DIJON MASHED POTATOES CALIFORNIA BLEND VEGETABLES APPLESAUCE &amp; COOKIES <i>(Diet Dessert Subst)</i></p>	<p>ROAST TURKEY w/ Gravy OVEN BROWNED POTATOES WINTER SQUASH CRANBERRY JUICE CINNAMON GRAPE DESSERT</p>	<p>BAKED ZITI SPINACH TOSSED SALAD (Salad Bar at Centers) PEARS</p>
SEPT. 12 - 16	<p>CHICKEN CACCIATORE over Linguine OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES</p>	<p>BAKED HAM w/ Raisin Sauce <i>(Low-Salt Diet Subst)</i> SWEET POTATOES CAULIFLOWER AU GRATIN PINEAPPLE DELIGHT <i>(Diet Dessert Subst)</i></p>	<p>FISH FLORENTINE RICE PILAF CALIFORNIA BLEND VEGETABLES CRANBERRY JUICE OATMEAL RAISIN COOKIE <i>(Diet Dessert Subst)</i></p>	<p>SALISBURY STEAK w/ Gravy MASHED POTATOES SPINACH FRESH FRUIT</p>	<p>ROAST BEEF w/ Gravy MASHED POTATOES GLAZED WHOLE BABY CARROTS FRESH SEASONAL FRUIT</p>
SEPT. 19 - 23	<p>CHICKEN DIVAN w/ Rice CARROTS &amp; PEAS TROPICAL FRUIT</p>	<p>PORK CHOP w/Gravy RED CABBAGE OVEN BROWNED POTATOES WINTER SQUASH CINNAMON APPLESAUCE</p>	<p>BEEF STEW FRESH GREEN BEANS ORANGE JUICE PINEAPPLE UPSIDE DOWN CAKE <i>(Diet Dessert Subst)</i></p>	<p>ROAST PORK w/ Gravy &amp; Applesauce MASHED POTATOES OLD FASHIONED MIXED VEGETABLES FRESH FRUIT</p>	<p>CHEESE RAVIOLI TOSSED SALAD (Salad Bar at Centers) FRESH SEASONAL FRUIT</p>
SEPT. 26 - 30	<p>VEAL PARMESAN w/ Linguini ITALIAN BLEND VEGETABLES PEARS</p>	<p>PORK CHOW MEIN over Rice ORIENTAL MIXED VEGETABLES PEACHES</p>	<p>POT ROAST w/ Gravy OVEN BROWNED POTATOES CALIFORNIA MIXED VEGETABLES PEANUT BUTTER SWIRL BROWNIE <i>(Diet Dessert Subst)</i></p>	<p>CHEESE CALZONE w/ Tomato Sauce SPINACH TOSSED SALAD (Salad Bar at Centers) FRESH FRUIT</p>	<p>LEMON PEPPER FISH FILLET SCALLOPED POTATOES PEAS FRESH SEASONAL FRUIT</p>

## 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

2016	Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 3 - 7	<p><b>NEW!!!</b></p> <p>APPLE GLAZED PORK CHOP w/ Gravy FRESH SWEET POTATO GREEN BEANS CRANBERRY JUICE STUFFING TROPICAL FRUIT</p>	<p>HOT DOG w/ Sauerkraut (Low salt diet substitute) BAKED BEANS CARROT COINS BUTTERSCOTCH PUD- DING (Diet dessert substitute)</p>	<p>CHICKEN QUARTERS w/ Gravy WHIPPED POTATOES CALIFORNIA MIXED VEGETABLES APPLE CRISP</p>	<p>VOLUNTEER RECOGNITION</p>  <p>ALL SENIOR NUTRITION SITES CLOSED</p> <p>NO MEALS</p>	<p>STUFFED PEPPER RICE CORN ROMAINE SALAD (SALAD BAR @ CENTERS) FRESH SEASONAL FRUIT</p>
Oct. 10 - 14	 <p>Columbus Day</p> <p>ALL SENIOR NUTRITION SITES CLOSED</p> <p>NO MEALS</p>	<p>LEMON HERBED CHICKEN over Rice BROCCOLI V-8 JUICE PINEAPPLE CHUNKS</p>	<p>BEEF TIPS w/ Mushrooms &amp; Gravy EGG NOODLES SPINACH BROWNIE (Diet dessert substitute)</p>	<p>ROAST PORK w/ Gravy OVEN BROWNED POTATOES WINTER SQUASH STRAWBERRIES, PINEAPPLE &amp; BANANAS in Jell-O (Diet dessert substitute)</p>	<p><b>NEW!!!</b></p> <p>EGGPLANT ROLLATINI w/ Tomato Sauce ITALIAN VEGETABLES TOSSED SALAD (SALAD BAR @ CENTERS) <u>FARM-TO-TABLE:</u> FRESH APPLE</p>
Oct. 17 - 21	<p>MEATLOAF w/ Gravy WHIPPED POTATOES CARROTS CHOCOLATE MOUSSE (Diet dessert substitute)</p>	<p>BAKED HAM w/ Pineapple Sauce (Low salt diet substitute) FRESH SWEET POTATOES BRUSSEL SPROUTS MANDARIN ORANGES</p>	<p>SHEPHERD'S PIE BROCCOLI SPICE CAKE (Diet dessert substitute)</p>	<p><b>NEW!!!</b></p> <p>TORTELLINI BAKE ITALIAN VEGETABLES TOSSED SALAD (SALAD BAR @ CENTERS) TROPICAL FRUIT</p>	<p>ROAST TURKEY w/ Gravy &amp; Cranberry Sauce CHEESY POTATO BAKE CALIFORNIA MIXED VEGETABLES STUFFING FRESH SEASONAL FRUIT</p>
Oct. 24 - 28	<p><b>NEW!!!</b></p> <p>SALMON BURGERS w/ Lettuce &amp; Tomato RICE PILAF ZUCCHINI, CARROTS &amp; GREEN BEANS MANDARIN ORANGES</p>	<p>MACARONI &amp; CHEESE STEWED TOMATOES 3 BEAN SALAD CRANBERRY JUICE APRICOTS</p>	<p>MEATLOAF w/ Gravy <u>FARM-to-TABLE</u> BAKED POTATO SPINACH BIRTHDAY CAKE (Diet dessert substitute)</p>	<p>CHICKEN DIVAN w/ Rice OLD FASHIONED VEGETABLES V-8 JUICE CHOCOLATE MOUSSE (Diet dessert substitute)</p>	<p>CHEESE LASAGNA OLD FASHIONED VEGETABLES TOSSED SALAD (SALAD BAR @ CENTERS) FRESH SEASONAL FRUIT</p>
Oct. 31	<p>KNOCKWURST (Low salt diet substitute) SAUERKRAUT BAKED BEANS CARROTS TROPICAL FRUIT</p>				

# **FARM** to **TABLE**

**Friday September 9**

**BAKED ZITI - SPINACH**

**TOSSED SALAD**

**LOCAL FARM FRESH PEARS**

**from**

**BLACK HORSE FARMS**

**in ATHENS**



**Tuesday September 22**

**PORK CHOP w/Gravy - RED CABBAGE**

**OVEN BROWNED POTATO**

**LOCAL FARM FRESH**

**WINTER SQUASH**

**from**

**STORY FARMS in KISKATOM**

**CINNAMON APPLESAUCE**



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



# Volunteers: The Essential Puzzle Piece of our Program



## GREENE COUNTY YOUTH FAIR

NYS Assemblyman Peter D. Lopez, Assembly District 102, paid a visit to the recent Greene County Youth Fair in Cairo. Seen below with him at the Greene County Department of Human Services booth are RSVP Coordinator Ruth Pforte with RSVP volunteer Vicky Cramer.



## **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 on the Mountaintop and in Catskill.**

### HOMEBOUND MEDICAL TRANSPORTATION

Homebound Medical Transportation Service is available through the Department to county residents, age 60 and older, that do not have other options for needed transportation. The program will arrange for a volunteer driver. Rides are arranged to medical appointments and to special entitlement agencies.

**Are you willing to drive seniors to appointments in a neighboring county?  
We especially could use you.**



# **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.**

**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*



## **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  
39<sup>th</sup> Annual RSVP Volunteer Luncheon*

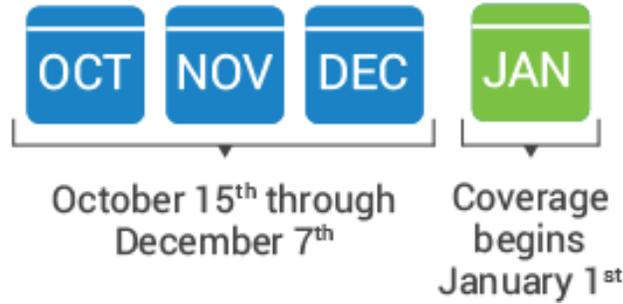
*Volunteers are Sweet as Honey!*

*October 6, 2016*



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

# When Is the Open Enrollment Period?



Current beneficiaries can change their Medicare coverage choices once a year during Medicare Open Enrollment. It starts on October 15 and ends on December 7 every year. Medicare Open Enrollment is sometimes called the Annual Enrollment Period, or AEP.

During Medicare Open Enrollment, you can switch between Original Medicare and Medicare Advantage, change your Medicare Advantage or prescription drug plan and more.

## ***What can you do during Medicare Open Enrollment?***

Medicare Open Enrollment is similar to open enrollment for health care insurance you may have had through an employer. Each year, you get to explore all your Medicare choices to make sure that you have the right coverage for you. If what you already have is working for you, then great! You can relax and let Medicare Open Enrollment pass by. However, if your health status or life circumstances have changed, then you may need to change your Medicare coverage, too.

It's a good idea to review your current coverage in the weeks leading up to Medicare Open Enrollment. Then you can be ready to take action as needed to ensure that you have the coverage you need for the coming year.

Here's what you can do during Medicare Open Enrollment.

- ◆ Change from Original Medicare to a Medicare Advantage plan.
- ◆ Change from a Medicare Advantage plan back to Original Medicare.
- ◆ Switch from one Medicare Advantage plan to a different Medicare Advantage plan.
- ◆ Switch from a Medicare Advantage plan that doesn't offer drug coverage to one that does.
- ◆ Switch from a Medicare Advantage plan that offers drug coverage to one that doesn't.
- ◆ Join a Medicare prescription drug plan.
- ◆ Switch from one Medicare prescription drug plan to a different Medicare prescription drug plan.
- ◆ Drop your Medicare prescription drug coverage completely. You may be charged a premium penalty if you want to get this coverage again later and you do not have creditable coverage, Prescription drug coverage from a health plan other than Medicare Part D standalone plan or a Medicare Advantage plan that includes prescription drug coverage and that meets certain Medicare standards for prescription drugs at the time.



## WELCOME MOLLY McCANN

Are you caring for a loved one with Alzheimer's Disease? Would you like someone to talk to about everyday happenings? Do you have questions regarding what to expect as time goes on?

If so, Molly McCann from the Northeast Alzheimer's Association will be happy to meet with you at the Department of Human Service's office. She is here on most Fridays. Please call Molly directly at (518) 867-4999, ext. 224 to schedule an appointment.



# WANTED!

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## “WALK WITH EASE” CERTIFIED LEADERS

The YMCA and Greene County Department of Human Services are looking for individuals to lead walking groups at the Jewett & Rivertown senior sites.

“Walk With Ease” is an evidence-based program that has been proven to help people with arthritis or other related conditions:

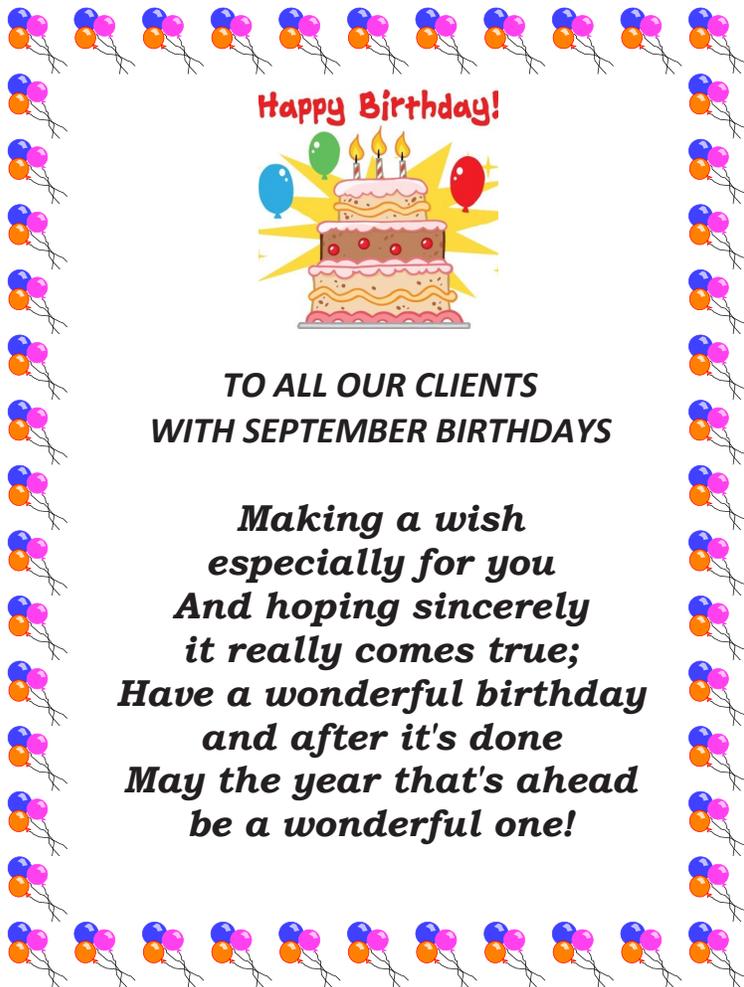
- reduce pain
- increase balance, strength and walking pace
- improve overall health



### FREE TRAINING:

- After completing a 4hr online course, leaders receive an Arthritis Foundation certification, a leader's manual filled with exercise illustrations, health education information, and a 6-week walking plan.

For more details, contact Toni Carroll, Wellness Coordinator  
Greene County YMCA  
35 Route 81 Hope Plaza, West Coxsackie, NY 12192  
(518) 731-7529      [www.cdymca.org](http://www.cdymca.org)



Happy Birthday!



**TO ALL OUR CLIENTS  
WITH SEPTEMBER BIRTHDAYS**

*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!*

# 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](http://www.alz.org)

# 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 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!*



COME ON IN  
**OPEN HOUSE** MONDAY, SEPTEMBER 26  
12:00 P.M.

common ground

Common Ground Dispute Resolution Inc. Presents

**Save the Date!**

September 13, 2016  
10:00 am—3:00 pm

Columbia Greene Community College

Elder Abuse: A Conference on Preventing, Addressing and Raising Awareness in our Community.

Seating limited to fifty participants. Presenters include Lou Pierro, Elder Attorney; NYS Office for the Aging; Law Enforcement; Department of Social Services, Adult Protective Unit. Materials and lunch included. Vendor tables. Watch for Registration Information

Suggested Donation: \$10.00.



Common Ground Dispute Resolution Inc

A place to settle differences

11 William St  
Catskill NY 12414  
V. 518 943 0523  
F. 518 943 4915  
E. info@commongroundinc.org



**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.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**FUN NEVER RETIRES**

**ENHANCE FITNESS**

Treating Arthritis through Fun, Laughter, and Friends  
GREENE COUNTY YMCA

Enhance Fitness is a proven community-based senior fitness and arthritis management program. The program consists of low-impact exercise classes that are safe and challenging for older adults of all fitness levels.



**Class size is limited to 25 participants.**

**WHEN:** Mon., August 22 - Fri., December 9

**TIME:** Mon. & Fri. 10:30 a.m. - 11:30 a.m.  
Wed. 11:30 a.m. - 12:30 p.m.

**LOCATION:** Greene County YMCA  
Hope Plaza, 35 Rte. 81  
West Coxsack

Contact Toni Carroll, Wellness Coordinator  
Phone: 731-7529



**GREENE COUNTY  
WOMEN'S LEAGUE**

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

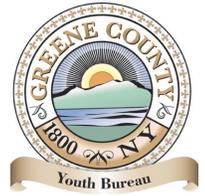
AID WILL BE PROVIDED FOR CANCER-  
RELATED MEDICAL COSTS NOT COVERED BY  
INSURANCE, INCLUDING PROSTHESIS AND  
CO-PAYS FOR PHARMACY, DOCTOR AND/OR  
HOSPITAL BILLS.

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



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



**EXECUTIVE DIRECTOR - Thérèse McGee Ward**

Business Manager - Ken Brooks

Aging Department Coordinators:

Aging Services - Connie Bentley      Nutrition - Tezera Pulice      Volunteer Services - Ruth Pforte

Staff:

Case Managers:	Cortney Carlson		Carol Provost
Aging Services Specialists:	Andrea Benjamin-Legg	Gwen Starke	Danielle Wade
Administrative Assistant:	Maureen Murphy		
Aging Services Aide:	Rose Bundy	Receptionist:	MaryJean Pomilla
Shopping Bus Driver:	Janet Osborn	Nutrition Van Chauffeurs:	Patrick Murphy Dave Mokszycki

Youth Bureau Case Worker: Carrie Vedder

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