



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

OCTOBER 2016



PUBLIC HEARINGS

GREENE COUNTY DEPARTMENT of HUMAN SERVICES 2017 PLAN for SERVICES

Thérèse McGee Ward, Executive Director of the Greene County Department of Human Services, announces a series of Public Hearings to review and comment on its service plan for the years 2017 through 2020. These meetings are not only of interest to senior citizens and their families, but also to community agencies and policy makers who have interest, questions or concerns about services in support of the elderly.

The public is invited and encouraged to attend. Our thanks to the municipalities and organizations listed for hosting these meetings.

The Schedule of Hearings is as follows:

AGENDA:

Greeting & Introductions

2017 – 2020 Plan

Question, Answer & Comment Period

MEETING DATES/LOCATIONS:

Wednesday, November 9 12:45 p.m.

Bethany Village, VanHeest Hall, Coxsackie

~~**Thursday, November 10 12:45 p.m. CANCELLED**~~

~~**Washington Irving Senior Center**~~

~~**15 Academy Street, Catskill**~~

Monday, November 14 12:45 p.m.

Rivertown Senior Center, 39 Third Street, Athens

Tuesday, November 15 7:00 p.m.

Durham Town Hall, 7309 State Rte. 81, East Durham



Greene County
Department of Human Services
is undergoing
major changes
to our phone system.



At the same time,
we are switching over to the
Statewide Client Data System
maintained by



New York State Office for the Aging.

You may experience delays.

**PLEASE BE PATIENT WITH US
DURING THIS TRANSITION PERIOD.**

WE APOLOGIZE FOR ANY INCONVENIENCES.



Do you need assistance with the
**Health Insurance Information Counseling
and Assistance Program (HIICAP)**



or

Home Energy Assistance Program (HEAP)?

While walk-ins can sometimes be seen
at the Department of Human Services' main office,
counselors who can best assist will most likely be unavailable.

**We recommend you call ahead (518) 719-3555
to schedule an appointment.**

Please remember to bring with you all required documentation.

This may include:

HIICAP - Medicare & any supplemental insurance cards; List of current medications

HEAP - Proof of residency; Social security card; Driver's license;

Proof of income; Fuel bill



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. One-day notice to driver is required.

MONDAY: Mountaintop/Catskill
(Windham, Ashland, Prattsville, Jewett & Hunter)

TUESDAY: Cairo/Greenville/Catskill

WEDNESDAY: Athens/Coxsackie

SPECIAL TRIPS:



COLONIE CENTER - Friday, October 21

\$10.00 PER PERSON - *Payment due at time of departure/boarding, no exceptions please.*



**SCENIC FALL TRIP - Friday, October 7
From Cairo/Greenville/Catskill**

Reservations for special trips MUST BE made no later than 3pm the Tuesday prior to trip

OTHER PERIODIC TRIPS OFTEN SCHEDULED

NOTE:

The shopping bus does not run on the following holidays:

New Year's Day

Presidents' Day

Independence Day

Election Day (November)

Thanksgiving

Martin Luther King, Jr. Day

Memorial Day

Columbus Day

Veterans Day

Christmas

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

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



SENIOR ANGELS PROGRAM - SPREADING CHEER 365 DAYS A YEAR



*SPONSORED BY
GREENE COUNTY DEPARTMENT OF HUMAN SERVICES*

2016 Senior Angel Program Kickoff

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:

Sponsoring the Thanksgiving Day Dinner

To purchase clothing, small appliances and household necessities

To purchase items that will enable seniors to live with dignity and independence

A monetary supplement to help with rising costs when other sources have been expended

Gifts for Elderly clients in Nursing Homes

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.

We invite you to become a Senior Angel!



Thank You

2016 Senior Angels

Joan & Robert Carl
Patricia Meyers, Lake and Mountain Realty LLC
Chris & Carol Pfister
P. Schneider & Associates, PLLC

Martha M. Hartman
National Bank of Cossackie
Rip Van Winkle Realty
Zoom Flume Water Park

IN HONOR OF :

Martha McPartland & her delicious cinnamon cake

IN MEMORY OF

Irene Bloomer from Ed Bloomer & Tami Bone

Orlando F. Greco Sr.

Rose Ann Hanlon

Noel Keegan

Rev. Alfred Liberatore

Bill & Grace Moak

R. G. Peck

Judy Brown Polk

J. B. Powazi

Walter Shakun

Coming in November

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

SENIOR ANGELS

1st COMMUNITY THANKSGIVING DINNER



Rivertown Senior Center, Athens

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

Thanksgiving Day, November 24, 2016

12:00 p.m. - 4:00 p.m. Dinner served 1:00 p.m.

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

For more information/to make reservations

OR to volunteer services

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



Energy Assistance Program

*Only open during
the winter heating season, November - March.*

HEAP helps low-income New Yorkers pay their energy bills. If your bills are more than you can handle and your source of heat is Electricity, Propane, Natural Gas, Wood/Wood Pellets, Oil, Kerosene, Coal, or Corn, HEAP may be able to help you.

To be eligible for HEAP, applicants must be US citizens or qualified aliens **and** meet HEAP income guidelines (see below) and pay directly for heating costs or pay rent that includes heating costs. HEAP benefit amounts will vary depending on your household income and may be available if your heat is included in your rent. HEAP benefits will assist in paying heating bills and are not intended to be the total source of payment for winter heating expenses. **Income guidelines are subject to change annually.**

When applying for HEAP, applicants must provide all required documentation verifying identification of all household members, address, income, SS#, vendor relationship and vulnerability (age or disabled).

2016 – 2017 Income Guidelines	
Household Size	Income Limit* * Total gross monthly income
1	\$2,300
2	\$3,007
3	\$3,715
For households of 4 or more, please contact our office	

Regular HEAP benefits open in November each year with eligibility and benefits based on income, household size, the primary heating source and the presence of a household member who is under age 6, age 60 or older or permanently disabled. An eligible household may receive one regular HEAP benefit per program year. Regular benefits for households that pay directly for heat based on actual usage are paid directly to the vendor that supplies the household's primary source of heat.

A HEAP emergency benefit component assists individuals who are facing an energy-related emergency, such as a utility termination notice or less than a quarter tank/ten-day supply of fuel. If you are eligible, a HEAP emergency benefit may be issued in addition to your regular HEAP benefit, if the regular benefit has been exhausted.

HOW CAN I GET FURTHER INFORMATION OR APPLY?

Contact your local Department of Social Services. Individuals, age 60 or older, can contact the Greene County Department of Human Services at 719-3555 for assistance.



Nutrition Notes



OCTOBER IS NATIONAL APPLE MONTH

There are more than 7,500 different varieties of apples grown worldwide, and in the United States, 100 apple varieties are grown commercially. With flavors ranging from super-sweet to tart, a variety of colors, and a multitude of uses, there certainly is an apple for everyone! To help you celebrate National Apple Month, we would like to share five must-try apple varieties and a few of the attributes that make them unique.

- **Fuji:** This crisp, juicy, and bi-colored apple consistently has the highest brix, or sugar levels, of any apple. The super-sweet flavor of Fuji is reminiscent of freshly pressed apple juice. Fuji apples tend to be larger in size than most and are fantastic for snacking, salads, and baking.
- **Granny Smith:** This apple sits at the other end of the sweet-tart spectrum. Granny Smith is crisp and tart, with a lemon-like flavor that is bound to make your mouth water. It's the famously green apple that people are fond of for fresh eating and all types of baking and cooking.
- **Honeycrisp:** This apple likely needs no introduction as it has quickly become the most sought-after fall apple. Just like its name implies, Honeycrisp apples are crisp (they fracture like no other apple) and have a honey-like sweetness. This is a great snacking apple when it's in season. Also, be on the lookout for SweeTango® apples in stores. SweeTango is part Honeycrisp and part Zestar and has a bold sweet-tart flavor with hints of fall spices. Its season is even shorter than Honeycrisp.
- **Gala:** This bi-colored apple variety has a mellow sweet flavor with hints of vanilla. It tends to be smaller in size than most apples, which means it's the perfect snacking apple. Add slices of Gala to a green salad or enjoy the apple with peanut butter or cheese, you really can't go wrong with this great apple.
- **Piñata!®:** Piñata is a new variety with heirloom parentage. It's a combination of Golden Delicious, Cox's Orange Pippin, and Duchess of Oldenburg. This apple trio combines to create a crisp and juicy apple with balanced sweet and tart flavors and a tropical twist. Though you might not see it in stores until November or December, it's still one to be on the lookout for.

No matter what variety you choose, you can always feel great about eating apples. They are naturally free of fat, cholesterol, and sodium, low in calories, and a good source of dietary fiber. Apples are also a great baking fruit.

OCTOBER IS NATIONAL CRANBERRY MONTH TOO!

National Cranberry Month was established in 2002. Cranberries have lots of nutritional values, mostly know for maintaining urinary tract health. Research and studies show that cranberries offer other health benefits such as being a great source of antioxidants. According to the largest USDA study of the antioxidant content of food, cranberries are among the top five foods with the highest antioxidant content per serving. Antioxidants are substances that protect cells from oxidative stress and the effects of free radicals. Experts believe free radicals play a role in heart disease, and other diseases. Enjoy cranberries in different forms like dried cranberries, cranberry juice, fresh or frozen, and cranberry sauce.

APPLE-CRANBERRY SALAD



- | | | |
|--------------|-----------------------------------|---|
| INGREDIENTS: | 1 cup toasted walnuts | 2 crisp apples |
| | 6 cups Butter or Red Leaf Lettuce | 3/4 cup dried cranberries |
| | 1 cup crumbled blue cheese | |
| VINAIGRETTE: | 1/4 cup balsamic vinegar | 1 clove garlic, minced |
| | 2 Tbsp. sugar | 1/2 tsp. each of salt, pepper & olive oil |

In a dry skillet over medium high heat, toast the walnuts, about 6-7 minutes. Set aside to cool. Slice the apples into thin slices. Combine the apples, lettuce, walnuts, cranberries, and blue cheese in a large bowl.

Mix the vinaigrette, by adding the vinegar, garlic, sugar, salt, and pepper in a small bowl. Slowly add the olive oil while whisking constantly. Serve the salad on individual small plates. Pass the dressing at the table.

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.

GREENE COUNTY SENIOR NUTRITION PROGRAM

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

GREENE COUNTY SENIOR NUTRITION PROGRAM

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
Nov. 1 - 4		STUFFED CABBAGE BUTTERED RICE OLD FASHIONED MIXED VEGETABLES RYE BREAD TROPICAL FRUIT	PORK DIJON MASHED POTATOES CALIFORNIA BLEND VEGETABLES APPLESAUCE w/ 2 small cookies <i>(Diet Dessert Substitute)</i>	NEW!!! BAKED MANICOTTI ITALIAN MIXED VEGETABLES TOSSED SALAD SALAD BAR @ CENTERS ITALIAN BREAD BLUEBERRY PINEAPPLE PARFAIT	ROAST PORK w/ Gravy OVEN BROWNED POTATOES WINTER SQUASH RYE BREAD FRESH SEASONAL FRUIT
Nov. 7 - 11	CHICKEN CACCIATORE w/ Linguine OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	 ELECTION DAY MAIN OFFICE & ALL SENIOR NUTRITION SITES CLOSED	NEW!!! CHEESEBURGERS w/ Ketchup, Mustard, Pickles & Onions BAKED BEANS POTATO SALAD ICE CREAM <i>HDM: Jell-O w/ Whipped Topping</i>	NEW!!! GRILLED SALMON RICE PILAF CALIFORNIA BLEND VEGETABLES CRANBERRY JUICE OATMEAL RAISIN COOKIE <i>(Diet Dessert Substitute)</i>	VETERANS DAY  MAIN OFFICE & ALL SENIOR NUTRITION SITES CLOSED
Nov. 14 - 18	PORK CHOP w/ Gravy RED CABBAGE OVEN BROWNED PO- TATOES WINTER SQUASH RYE BREAD TROPICAL FRUIT	CHICKEN DIVAN w/ Rice CARROTS & PEAS CINNAMON APPLESAUCE	NOVEMBER BIRTHDAY CELEBRATION BEEF STEW GREEN BEANS ORANGE JUICE BIRTHDAY CAKE w/ Ice Cream <i>(Diet Dessert Substitute: 2 inch plain cake, no icing)</i>	THANKSGIVING DINNER Relishes ROAST TURKEY w/Gravy & Cranberry Sauce STUFFING MASHED POTATOES GREEN BEAN CASSE- ROLE PUMPKIN PIE <i>(Diet Dessert Substitute: 1/10 slice pie w/ Whipped Topping)</i>	CHEF'S CHOICE TOSSED SALAD SALAD BAR @ CENTERS DINNER ROLL FRESH SEASONAL FRUIT
Nov. 21 - 25	VEAL PARMESAN over Linguine SPINACH PEARS	PORK CHOW MEIN over Rice ORIENTAL MIXED VEGETABLES PEACHES	POT ROAST w/ Gravy OVEN BROWNED POTATOES CALIFORNIA MIXED VEGETABLES BROWNIE <i>(Diet Dessert Substitute)</i>	 MAIN OFFICE & NUTRITION SITES CLOSED SENIOR ANGELS THANKSGIVING DINNER @ RIVERTOWN FOR THOSE WITH RESERVATIONS ONLY.	NEW!!! CRAB CAKES POTATO PUFFS OLD FASHIONED MIXED VEGETABLES COLE SLAW FRESH SEASONAL FRUIT
Nov. 28 - 30	NEW !!! TURKEY POT PIE WHIPPED POTATOES OLD FASHIONED MIXED VEGETABLES TROPICAL FRUIT	PORK CHOP w/ Gravy FRESH SWEET POTATO GREEN BEANS CRANBERRY JUICE STUFFING BUTTERSCOTCH PUDDING <i>(Diet Dessert Substitute)</i>	CHICKEN QUARTERS w/ Gravy WHIPPED POTATOES CALIFORNIA MIXED VEGETABLES CORN BREAD APPLE CRISP <i>(Diet Dessert Substitute)</i>		

FARM to TABLE

Friday, October 14

NEW!!! EGGPLANT ROLLATINI

w/ Tomato Sauce

ITALIAN VEGETABLES

TOSSED SALAD

FARM to TABLE

LOCAL FARM FRESH APPLE

from BOEHM FARM

in CLIMAX



Wednesday, October 26

MEATLOAF w/ Pan Gravy

FARM to TABLE

LOCAL FARM FRESH BAKED POTATO

from BLACK HORSE FARMS

in ATHENS

OLD FASHIONED MIXED VEGGIES

BIRTHDAY CAKE (*Diet Dessert Subst*)



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 Are as Sweet as Honey



The Greene County Department of Human Services RSVP would like to welcome and say thank you to the following new volunteers:

Edward Campbell
Ronnie Campbell
Marlene Fisher
Nancy Johansen
Victor Johnson
Carol Maisonave
Russell Pope
William Von Atzingen

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

VOLUNTEERS ARE MANY THINGS

- ◆ Volunteers are like Maxwell House Coffee – They are good to the last drop.
- ◆ Volunteers are like Ma Bell – They reach out and touch someone.
- ◆ Volunteers are like Hallmark – They care enough to send the very best.
- ◆ Volunteers are like Fords – They have better ideas.
- ◆ Volunteers are like Coke – They are the real thing.
- ◆ Volunteers are like GE – They bring good things to life.

But most of all
Volunteers are like Frosted Flakes -
They are GRRReal!

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.**

AARP 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.

Rivertown Senior Center
39 Second Street, Athens

Thursday, October 20 & Friday, October 21

Acra Community Center
Old Rte. 23B, Acra

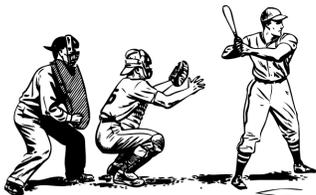
Tuesday, October 25 & Wednesday, October 26

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

Special Presentations by Ron Gabrielle

*If you would like to attend the presentation & stay for lunch,
please call the appropriate center at least a day in advance.*

THE HISTORY OF BASEBALL



Thursday, October 13

11:00 a.m.

Town of Coxsackie
Senior Center

Mansion Street, Coxsackie

731-8901

OLD TIME RADIO



Tuesday, October 25

11:00 a.m.

Washington Irving
Senior Center

15 Academy Street, Catskill

943-1343

THE HISTORY OF WAR DOGS



Thursday, October 27

11:00 a.m.

Jewett Senior
Nutrition Site

Route 23C, Jewett

263-4392

IT'S COMING . . . MEDICARE OPEN ENROLLMENT

Here are some beneficial questions and answers

Q: When's the Medicare Open Enrollment Period?

A: Every year, Medicare's open enrollment period is **October 15 - December 7**.

Q: What's the Medicare Open Enrollment Period?

A: Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

Q: How do people know if they need to change plans?

A: People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

Q: When can people get information about next year's Medicare plans?

A: Information for next year's plans are available beginning in October.

Q: Where can people find Medicare plan information or compare plans?

A: By calling 1-800-MEDICARE or go to Medicare.gov.

Locally, the Greene County Department of Human Services has a Health Insurance Information Counseling and Assistance Program (HIICAP). Call the department at (518) 719-3555 or toll-free at (877) 794-9266. HIICAP is available to Greene County residents with Medicare as their health insurance. New York State certified counselors provide information to help you make informed decisions regarding health insurance related issues.

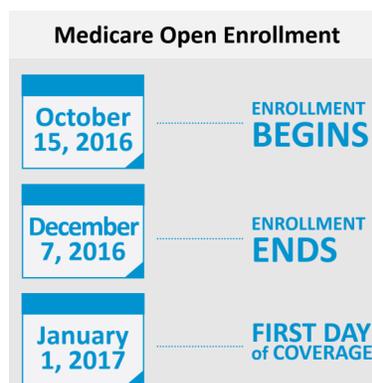
Q: How can the counselor help me?

A: Counseling focuses on your specific situation during a one-on-one confidential session. This can be in the office, or in your home, if you are unable to drive or get transportation to the office. Here are some examples of the services they offer:

- Interpret Medicare Part A, B, C and D and explain benefits.
- Assist with Medicare reviews and/or appeals process.
- Explain the Medicare Savings Program and Extra Help.
- Assist with plan enrollment.

Our counselors can additionally provide information on health insurance, such as:

- Help to prevent Fraud & Abuse.
- Help compare private insurance policies, including HMO's, Medicare Drug Plans and Supplemental insurances.
- Provide information regarding the EPIC (Elderly Pharmaceutical Insurance Coverage) program and help you apply.
- Make referrals to supporting agencies, if needed.



SAVE THE DATE!

2016 Low Vision Technology Fair

Presented by

NABA

Northeastern Association
of the Blind at Albany

www.naba-vision.org

DATE: OCTOBER 19, 2016
TIME: 9am - 4pm
LOCATION: St. Sophia's Greek
Orthodox Church
440 Whitehall Road, Albany, NY



DIRECTIONS:

<http://mapq.st/1hK3AEF>



FREE TO THE PUBLIC!

- The latest in low vision technologies for reading, computers & adaptive vision aids
- Medical expert speakers present the latest in eye disease research & treatments
- Adaptive living experts on living successfully with low vision, vision rehabilitation therapy and *more!*
- *Door prizes & light refreshments!*



**FOR MORE INFORMATION, CONTACT CHERYL LAWYER
(518) 463-1211 X234 or via email at clawyer@naba-vision.org**

Join us on [Facebook](#)

"NABA'S Low Vision Technology Fair 2016"



DEMENTIA CONVERSATIONS

Driving, Doctor Visits, Legal & Financial Planning

This workshop will offer tips on how to have honest and caring conversations with family members about:



Going to the doctor



Deciding when to stop driving



Making legal and financial plans

DATE: Thursday, October 13th, 2016

TIME: 4:30-5:30pm

LOCATION: Windham Public Library, 5379 NY-23, Windham, New York

For more information contact: Tonya at 518.867.4999 Ext. 200 or by email at tgarmley@al.z.org.

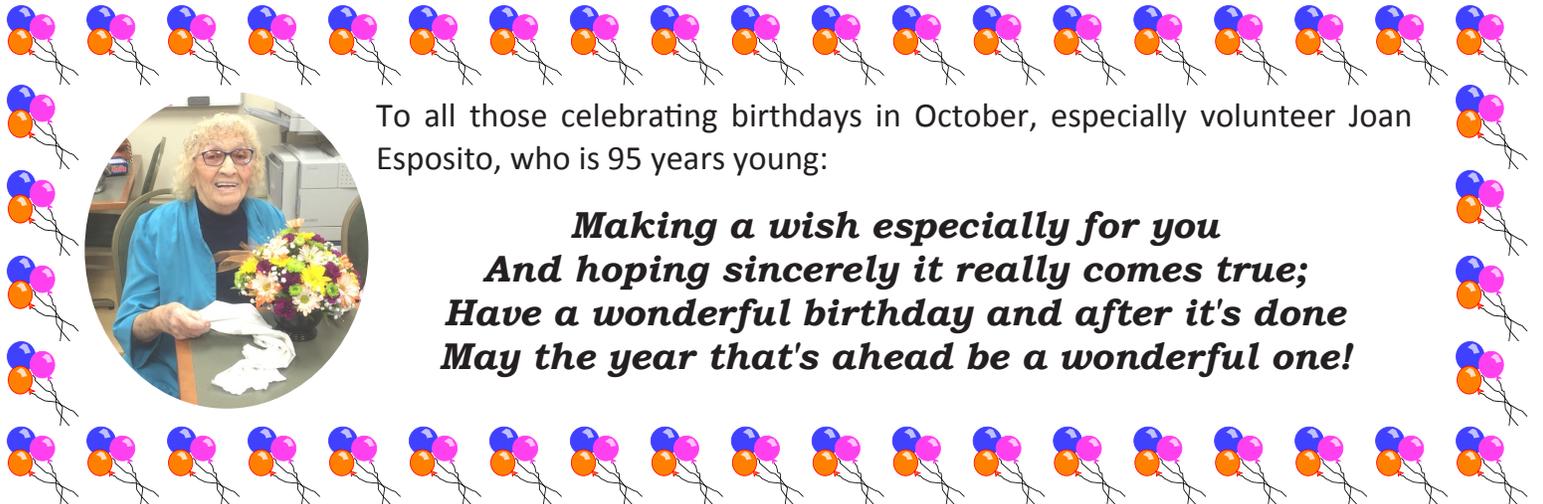
alzheimer's association

800.272.8800 | alz.org

To all those celebrating birthdays in October, especially volunteer Joan Esposito, who is 95 years young:



***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!***



GREENE COUNTY SENIOR CITIZENS' CLUBS

ATHENS:

ATHENS SR. CITIZENS

2nd & 4th monthly Monday

1:15 p.m.

Rivertown Senior Center

CAIRO:

CAIRO GOLDEN AGERS

2nd & 4th monthly Wednesday

1:30 p.m.

Acra Community Center

CATSKILL

CATSKILL SILVER LINING SENIORS

2nd monthly Thursday

1:00 p.m.

Washington Irving Center

GREENVILLE:

GREENVILLE GOLDEN YEARS

1st monthly Wednesday

1:30 p.m.

American Legion Hall

COXSACKIE:

BETHANY VILLAGE TENANTS

3rd monthly Wednesday

1:15 p.m.

Van Heest Hall

COXSACKIE AREA SENIORS

2nd & 4th monthly Wednesday

1:30 p.m.

Van Heest Hall, Bethany Village

SENIOR CITIZENS of COXSACKIE

1st & 3rd monthly Monday

1:30 p.m.

Coxsackie Senior Center

MOUNTAIN-TOP:

MTN. TOP GOLDEN AGERS

4th monthly Thursday

1:30 p.m.

Tannersville Village Hall

W-A-J-P-L GOLDEN AGERS

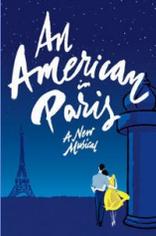
1st & 3rd monthly Monday

1:30 p.m.

Hensonville Town Bldg.



Calling All Seniors!



Bus Trip to Proctors in Schenectady
Sponsored by the WAJPL Golden Age Club

Thursday, October 20, 2016

Showtime: 1:30 p.m.

Departure Times:

8:15 a.m. Prattsville

9:00 a.m. NYS Thruway, Exit 21, Catskill

Lunch at Buca di Beppo Italian Restaurant

MENU: Caesar Salad, Apple Gorgonzola Salad,
Cheese Manicotti, Eggplant & Chicken Parmigiana,
Cheesecake, and Beverage (Soda, coffee or tea)

Cost is \$75.00

To make reservations, call Mary Louise at 622-3397

COXSACKIE AREA SENIORS



Wednesday, October 12, 12:30 p.m.

Covered Dish/Pot Luck Luncheon

Wednesday, October 26, 12:30 p.m.

Italian Food Fest

Free to members who sign up



Wednesday, October 26, 1:30 p.m.

Regular meeting

Following the meeting,
there will be drawings for

door prizes of epic proportions!

SUPPORT GROUP MEETINGS

alzheimer's  association®

the compassion to care, the leadership to conquer®

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



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 Angel 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

When making a contribution for the service you receive from the Department of Human Services, whether it is for meals, aide services, or simply a donation . . .

Please make all checks payable to:

GREENE COUNTY DEPARTMENT OF HUMAN SERVICES

NEVER make checks payable to cash.

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



COMMUNITY ACTION
of Greene County, Inc.

P: 518.943.9205 F: 518.943.0343
7856 Route 9W, Catskill, NY 12414

Visit us @ cagcny.org

OCTOBER IS NATIONAL WEATHERIZATION MONTH!

This October will be the 40th anniversary for the Weatherization Assistance Program. Community Action of Greene County is celebrating weatherization day on October 12, 10:00 a.m. to 3:00 p.m. at the Pay It Forward thrift store parking lot on Route 9W in Catskill.

Come meet the weatherization team and learn about the process of making your home more affordable to heat. Our team will have actual testing equipment set up to demonstrate what happens at an actual energy audit. Stop by and pick up an application. You may qualify for our free program.

Community Action of Greene County is a regular, twice-daily, stop for the Greene County Transit.

We will have free hot cider and doughnuts. See you there.

Can't make it on weatherization day?? Call to have an application sent to your home any time. Don't wait until your cold. Get the application process going!



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

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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 (closes 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