



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

NOVEMBER 2016



REMEMBER TO VOTE:
TUESDAY, NOVEMBER 8, 2016
Greene County Polling Sites
Hours 6:00 a.m. to 9:00 pm



ASHLAND		Town Hall, Route 23
ATHENS	1 & 3 2 & 4	Rivertown Senior Citizens Center, 2nd & Warren St. W. Athens-Lime St. Fire District, 921 Schoharie Tpke.
CAIRO	1-4 5-7	Cairo Public Library Cairo Town Hall
CATSKILL	1-6 7, 8 & 13 9 & 14 10 11 & 12	Washington Irving Senior Center, 15 Academy St. Catskill Firehouse, Central Ave. Kiskatom Firehouse, Route 32 Palenville Firehouse, 719 Route 32A Leeds Firehouse, 970 Route 23B
COXSACKIE	1, 2, 3, 5 & 6 4	Coxsackie Village Bldg., 119 Mansion St. Earlton Firehouse, Route 81
DURHAM	1 & 2	East Durham Firehouse, Route 145
GREENVILLE	1, 2 & 3	St John the Baptist Church Hall, 4982 Route 81
HALCOTT		Grange Hall, Route 3
HUNTER	1 & 4 2 3	Tannersville Village Hall, Main St. Hunter Village Hall, Main St. Haines Falls Firehouse, Route 23A
JEWETT		Municipal Bldg., Route 23C
LEXINGTON	1 & 2	Municipal Bldg., Route 42
N. BALTIMORE	1 2 & 4 3	New Baltimore Firehouse, Gill Rd. Town Hall, Route 51 Medway-Grapeville Firehouse, Route 51
PRATTSVILLE		Prattsville Firehouse, Route 23
WINDHAM	1 & 2	Windham Wastewater Plant, 491 South St.



**SENIOR ANGELS PROGRAM -
SPREADING CHEER 365 DAYS A YEAR**

***SPONSORED BY
GREENE COUNTY DEPARTMENT OF HUMAN SERVICES***



***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.***



COXSACKIE—ATHENS ROTARY CLUB **DONATES TO SENIOR ANGELS FUND**

Recently, Ed Bloomer, President of the Cossackie-Athens Rotary Club, presented two checks to the Senior Angels Fund on behalf of the club. One check was for the general work that the Program does and the second check is to be used towards the upcoming Community Thanksgiving Dinner. Seen in photo accepting the donations are Senior Angels' committee members, Rose Bundy and Ken Brooks.



2016 Senior Angels

The Fortnightly Club of Catskill
Dr. Christine M. Scrodanus, O.D.
P. Schneider & Associates, PLLC
Rev. Henry & Joyce Verdaasdonk
Greene County Legislator, Gene Hatton

Patricia Meyers, Lake and Mountain Realty LLC	
Barbara Semeiks	Bethany Village Tenants Association
Catskill Animal Hospital	Chris & Carol Pfister
Clesson and Jean Bush	Cossackie-Athens Rotary Club
Daniel J. Killourhy	Dolores E. Sutherland
Greenville Rotary Club	Hotel Vienna
Joan & Robert Carl	Keith Valentine, Valentine Insurance
Martha M. Hartman	National Bank of Cossackie
Rip Van Winkle Realty	Shook-Porto Insurance Agency
Windham Mountain Resort	Zoom Flume Water Park
Karen & Bill Ormerod	Louise Begley
Margaret M. Donahue	

IN HONOR OF :

Martha McPartland & her delicious cinnamon cake
NYS Trappers Association

IN MEMORY OF

Estella Kisselburgh & Gary Proper	
Irene Bloomer from Ed Bloomer & Tami Bone	
Bill & Grace Moak	Corrina Peckham (1917 - 2015)
Donald D'Agostino	Doris Ormsbee
Gordon L. Gibson	J. B. Powazi
Judy Brown Polk	Mae Dudley
Marguerite Masselli	Noel Keegan
Orlando F. Greco, Sr.	Rev. Alfred Liberatore
Richard Carl	Rose Ann Hanlon
Ruth Kallman	Walter Shakun
Phyllis R. Snyder	Tippy McPartland
Mr. & Mrs. Ed Hallenbeck	Art Beecher



Thurs., Nov. 10, 2016

**Greene County Office Building
2nd Floor Lobby
10:00 a.m. - 2:00 p.m.**

**All proceeds will benefit the:
GREENE COUNTY
SENIOR ANGELS PROGRAM
Sponsored by the Greene County
Department of Human Services**



Come and support a VERY good cause.

SENIOR ANGELS RECEIVE GRANT



John Orso, M. J. Pomilla and Ken Brooks are seen accepting a check from the Greene County Legislature and Wayne Speenburgh Grant Foundation. This grant is available for youth, senior, veteran and other not-for-profit organizations that benefit Greene County residents. Funds may be used for projects and events, in this case the Community Thanksgiving Dinner, that enhance the quality of life for residents.



PUBLIC HEARING
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, Cossackie

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

**AN IMPORTANT MESSAGE
FROM THE EXECUTIVE DIRECTOR**

As we enter the winter season, we are asking for the help and cooperation of the people we serve, especially those who receive home delivered meals and use our transportation services.

During snow or ice storms, it may be necessary for us to close our senior service centers and cancel meals for the day because of hazardous driving conditions. When we close the centers, we also cancel our transportation services for the day, which includes the vans to the centers, the Shopping Bus, and medical transportation. When the centers are closed, we announce it on TV channels 6, 10, and 13, and on radio stations WHUC 1230 AM, WGY 810 AM, WCZR 93.5 FM, WCTW 98.5 FM, and WRIP 97.9 FM.

Our volunteers are the cornerstone of our services, especially for home delivered meals and medical transportation. Most of these volunteers are senior citizens themselves and use their own vehicles. We keep this in mind when the roads are bad or there has been a heavy snowfall the night before. We will close the service for the day before we put any volunteers or staff in danger.

We must also consider the danger of asking someone to deliver a meal to a home when the driveway or sidewalk is not cleared and/or passable. If the volunteer cannot safely get to the home, we will not deliver the meal.

We hope you understand that we want to provide our clients with the services they need, but we cannot endanger the safety of our volunteers and our staff in the process. We thank you for your assistance and cooperation.

Thérèse McGee Ward
Executive Director





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/Catskill
<u>WEDNESDAY:</u>	Athens/Coxsackie
<u>THURSDAY:</u>	Cairo/Greenville

NOTE:

The Hamlet Shopping Bus does not run on the following holidays observed in New York State government:

New Years Day	Martin Luther King 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 transportation services for the day, which includes the Hamlet Bus.

FRIDAY TRIPS TO COLONIE CENTER **(PRICE PER PERSON: \$10.00)**

Payment due at time of departure/boarding.

No exceptions please.

November 18, 2016

December 2, 2016

December 16, 2016



Reservations must be made no later than 3:00 p.m. of the Wednesday before trip.

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

Holiday Bus Trip

(Open to all Greene County residents age 60 and older)



*Sponsored by
Greene County Department of Human Services*

WEDNESDAY, DECEMBER 7
(CATSKILL, ATHENS & COXSACKIE)

WEDNESDAY, DECEMBER 14
(CAIRO, ACRA, GREENVILLE & MOUNTAINTOP)

COST: \$12.00 PER PERSON

Payment due at time of boarding

Trip includes a stop at McDonald's to eat - NOT included in cost

Departure time: Approximately 4:00 p.m.

For further information or to reserve a seat,
call Janet at 719-3555

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.

NUTRITION EDUCATION:
November 7, 11:30 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.

NUTRITION EDUCATION:
November 10, 11:30 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.

NUTRITION EDUCATION:
November 23, 11:30 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.

NUTRITION EDUCATION:
November 14, 11:30 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.

NUTRITION EDUCATION:
November 10, 11:30 a.m.



Recently, NYS Senator George A. Amedore Jr. paid a visit to the Rivertown Senior Center in Athens. He spent the time visiting with those present for lunch & discussing issues of which they are most concerned.









COUNTY SENIOR NUTRITION PROGRAM GREENE

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

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

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




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 (Diet Dessert Subst)	NEW!!! BAKED MANICOTTI ITALIAN MIXED VEGETABLES TOSSED SALAD <i>Salad Bar @ Centers</i> 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 HDM: Jell-O	NEW!!! GRILLED SALMON RICE PILAF CALIFORNIA BLEND VEGETABLES CRANBERRY JUICE OATMEAL RAISIN COOKIE	VETERANS DAY  MAIN OFFICE & ALL SENIOR NUTRITION SITES CLOSED
Nov. 14 - 18	PORK CHOP w/ Gravy RED CABBAGE OVEN BROWNED POTATOES WINTER SQUASH RYE BREAD TROPICALL FRUIT	CHICKEN DIVAN w/ Rice CARROTS & PEAS CINNAMON APPLESAUCE	NOVEMBER BIRTHDAY CELEBRATION  BEEF STEW GREEN BEANS ORANGE JUICE BIRTHDAY CAKE w/ Ice Cream (Diet Dessert Subst : 2 inch plain cake,	THANKSGIVING DINNER Relishes ROAST TURKEY w/ Gravy & Cranberry Sauce STUFFING MASHED POTATOES GREEN BEAN CASSEROLE PUMPKIN PIE (Diet Dessert Subst : 1/10 slice pie	CHEF'S CHOICE TOSSED SALAD <i>Salad Bar @ Centers</i> 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 (Diet Dessert Subst)	THANKSGIVING  MAIN OFFICE & ALL NUTRITION SITES CLOSED*	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 (Diet Dessert Subst)	CHICKEN QUARTERS w/ Gravy WHIPPED POTATOES CALIFORNIA MIXED VEGETABLES CORN BREAD APPLE CRISP (Diet Dessert Subst)	* The Rivertown Senior Center will be closed for daily meals. It will be open only to those with a reservation for the Community Thanksgiving dinner.	

COUNTY SENIOR NUTRITION PROGRAM GREENE

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

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

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

	Monday	Tuesday	Wednesday	Thursday	Friday
DEC. 1 - 2				HUNGARIAN GOULASH over Noodles WHOLE BABY CARROTS AMBROSIA <i>(Diet Dessert Subst.)</i>	STUFFED PEPPER over Rice CORN ROMAINE SALAD SALAD BAR @ CENTERS FRESH SEASONAL FRUIT
DEC. 5 - 9	GRILLED SALMON w/ Lemon Sauce RICE PILAF CALIFORNIA BLEND VEGETABLES CRANBERRY JUICE CHOCOLATE MOUSSE <i>(Diet Dessert Subst)</i>	TURKEY DIVAN BROWN RICE OLD FASHIONED VEGETABLES V-8 JUICE FRUIT COCKTAIL	MEATLOAF w/ Gravy BAKED POTATO SPINACH SMORES BROWNIE <i>(Diet Dessert Subst)</i>	ROAST PORK w/ Gravy & Applesauce OVEN BROWNED POTATOES WINTER SQUASH RYE BREAD ICE CREAM SUNDAES (In Center Only) HDM: JELL-O w/Whipped Topping <i>(Diet Dessert Subst)</i>	BAKED MANICOTTI ITALIAN MIXED VEGETABLES TOSSED SALAD SALAD BAR @ CENTERS FRESH APPLE
DEC. 12 - 16	STUFFED CABBAGE RICE OLD FASHIONED MIXED VEGETABLES PINEAPPLE CHUNKS	BAKED HAM w/ Pineapple Sauce <i>(Low-Salt Diet Subst)</i> FRESH SWEET POTATOES BRUSSELS SPROUTS MANDARIN ORANGES	FISH SANDWICH w/ Lettuce, Tomato & Tartar Sauce COLESLAW POTATO PUFFS VANILLA MOUSSE <i>(Diet Dessert Subst)</i>	RELISH TRAY ROAST BEEF w/ Gravy MASHED POTATOES GLAZED WHOLE BABY CARROTS CANNOLI PIE <i>(Diet Dessert Subst)</i>	PORK CHOW MEIN ORIENTAL MIXED VEGETABLES FRUIT SEASONAL FRUIT
DEC. 19 - 23	LEMON PEPPER FISH RICE PILAF TUSCAN VEGETABLES MANDARIN ORANGES	MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD CRANBERRY JUICE APRICOTS	DECEMBER BIRTHDAY CELEBRATION  MEATLOAF BAKED POTATO SPINACH BIRTHDAY CAKE <i>(Diet Dessert Subst)</i>	CHICKEN PARMESAN LINGUINE POTATOES ITALIAN VEGETABLES V-8 JUICE SUGAR COOKIES <i>(Diet Dessert Subst)</i>	COOK'S CHOICE TOSSED SALAD SALAD BAR @ CENTERS FRESH FRUIT
DEC. 26 - 30	 D. H. S. DEPARTMENT & ALL NUTRITION SITES CLOSED NO HOME DELIVERED MEALS	CHICKEN DIJON MASHED POTATOES CALIFORNIA BLEND VEGETABLES CINNAMON APPLESAUCE	PORK CHOPS w/ Gravy SCALLOPED POTATOES ORIENTAL VEGETABLES BREAD PUDDING <i>(Diet Dessert Subst)</i>	HOT DOGS w/ SAUERKRAUT BAKED BEANS CARROTS BUTTERSCOTCH PUDDING <i>(Diet Dessert Subst)</i>	COOK'S CHOICE TOSSED SALAD SALAD BAR @ CENTERS FRESH FRUIT

Nutrition Notes



NOVEMBER—AMERICAN DIABETES MONTH

NUTRITION GUIDELINES FOR DIABETES MANAGEMENT

If you have diabetes, it is important to eat well to help keep yourself healthy. Nutrition care should be personalized for each person based on blood glucose (sugar) level, blood lipid (fat) levels, risk factors for heart disease and high blood pressure, exercise habits, and food preferences.

For most people, general guidelines for diabetes are as follows:

- Aim to maintain a healthy weight
- Exercise moderately for about 30 minutes at least five times per week
- Get your carbohydrates mainly from fruits, vegetables, whole grains, legumes, and low-fat or skim dairy products
- Limit saturated fats, trans fats, and dietary cholesterol
- Consider using sugar substitutes
- Do not use low-carbohydrate diets to control diabetes

If you currently have prediabetes, controlling your weight can help prevent you from getting type 2 diabetes. If you already have diabetes, controlling your weight can help you improve your blood sugar levels. A healthy eating pattern, combined with regular physical activity, can help people who are overweight lose weight and keep it off. Frequently, this will also lead to improvements in blood lipid levels.

Individuals must find a healthy eating pattern that they can continue for a lifetime in order to successfully achieve weight loss and weight maintenance. No best diet exists because different things work for different people. However, changing eating and exercise behaviors is essential for successful weight loss.

To lose weight, a deficit (decrease) of approximately 500 calories per day is generally recommended. A combination of eating and drinking fewer calories, and burning more calories through physical activity can create this deficit, and help you lose weight. Generally, about one hour per day of moderate-intensity aerobic exercise, such as brisk walking, along with small calorie restrictions will produce weight loss.

It is true that everyone, including those with diabetes, should try to get most of their carbohydrates from foods that also contain other nutrients, such as whole-grain breads and cereals, legumes, low-fat or skim milk, fruits, and vegetables. A healthy diet can include refined carbohydrates, such as white bread, white rice, and regular pasta, as long as you also include whole grains and monitor portion sizes. You can substitute sugary foods and drinks for other carbohydrates in your meal plan every now and then. On your birthday, for example, you could substitute a small piece of birthday cake for the roll you usually eat at dinner. Remember, most sweets, such as cakes, cookies, pies, and candy, will raise your blood sugar more quickly, and they have very few valuable nutrients. It is best to get most of your carbohydrates from the more nutritious foods previously mentioned.

Carbohydrates are important to good health. In fact, your body needs at least 130 grams (g) of carbohydrates each day to work correctly. Foods that contain carbohydrate often are good sources of energy, fiber, vitamins, and minerals. One key to diabetes management is choosing most of your carbohydrates from whole-grain breads and cereals, fruits, vegetables, legumes, and low-fat or skim milk, rather than avoiding carbohydrates altogether.

People with diabetes are at risk for heart disease. For that reason, you should limit your intake of saturated fat and trans fat, which can raise your blood cholesterol and increase your risk for heart disease. Saturated fat is usually found in animal foods, such as: fatty cuts of beef, pork, and chicken; processed meats, such as bacon, sausage, and luncheon meats and whole milk products. Trans fats may be found in fried foods, and snack foods including commercial baked goods; cookies; fried foods and margarine. Look for the words “partially hydrogenated” on the ingredients label to identify foods that contain trans fats. Limiting these types of foods may help prevent heart or circulatory problems as a result of your diabetes. Fat is also very high in calories. Eating too much fat makes it very difficult to maintain a healthy weight.

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:

Wilbur Bogardus, Jr.

Edward Campbell III

Ronnie Campbell

Nancy Johansen

Russell Pope

William VonAtzingen

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

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.

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.**

39th ANNUAL RSVP VOLUNTEER RECOGNITION LUNCHEON

Thursday, October 6, 2016

Community Life Church, Catskill

Greene County Legislator Gene Hatton graciously offered to serve as the Master of Ceremonies for the luncheon. After a brief moment of silence in memory of departed volunteers, Rosemary Graham sang "God Bless America". This was followed by a delicious lunch prepared by the staff at Community Life Church and served to those in attendance by Catskill High School's Future Career and Community Leaders of America. During lunch, music was provided by "Dusk to Dawn" and a few souls even got up to dance. Following lunch, commendations to Greene County RSVP were made by Congressman Chris Gibson; Senator George Amedore & Assemblyman Peter Lopez. This was followed by a presentation by Ken Brooks, Chairman of the Greene County Senior Angels committee, kicking off the annual fund drive and inviting those who would be alone for Thanksgiving to join us in a Community Thanksgiving Dinner. The afternoon closed with the drawing of the 50/50 and the awarding of Door Prizes. Thanks to all who helped make the day as sweet as honey!



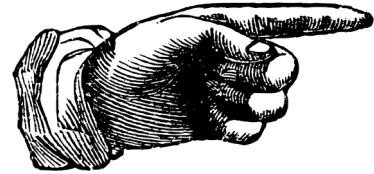
Happy Birthday!



**TO ALL OUR CLIENTS
WITH NOVEMBER 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!***

Please Notice This



When making a contribution
for the service you receive,
whether it be 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.



To Kathleen & Dennis Meehan
of Cairo
for their donations
to the Nutrition Program & Home-delivered Meals
In Memory Of
Karl Dratz
Ignatius Hagan
William S. Freeman

To Esther Shakun
of West Kill
for her donation
to help a senior in need



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 your 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 make checks payable to the Greene County Aging Services Foundation Inc., and mail to:
Greene County Aging Services Foundation
c/o Greene County Department of Human Services
411 Main Street
Catskill, NY 12414



NEW YORK STATE OFFICE FOR THE AGING **REMINDS OLDER NEW YORKERS TO GET FLU SHOT** **AS SOON AS POSSIBLE**

Older adults among those at greater risk for serious complications from influenza

Albany, NY (October 12, 2016)—**New York State Office for the Aging Acting Director Greg Olsen** reminds older New Yorkers about the importance of getting their flu vaccination as soon as possible. “Flu season” in the United States can begin as early as October and last as late as May. The Centers for Disease Control and Prevention (CDC) recommends that everyone six months of age and older, particularly those at greater risk, get their annual flu vaccine by the end of October, if possible.

Influenza symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People infected with the flu may also have respiratory symptoms without a fever. The flu can cause mild to severe illness. Adults aged 65 years and older, people with certain chronic medical conditions, young children, and pregnant women are among those who are at highest risk of serious flu complications, possibly requiring hospitalization and sometimes resulting in death.

“The best way to protect against the flu is to get an annual flu shot,” **said Olsen**. “Our immune systems are more easily compromised as we age, and older adults, especially those with chronic health conditions, have an increased risk of developing serious complications from the flu. Getting the flu vaccine helps prevent the spread of the virus and offers vital protection for older adults and their caregivers.”

“Getting a flu shot is essential to staying healthy during the colder months, when the flu virus is most active,” **said Commissioner of Health Dr. Howard Zucker**. “We urge all New Yorkers to get an annual flu shot, but especially older adults, who are at greater risk for serious illness.”

Federal health officials have noted that fewer older adults have been getting vaccinated each year. According to the CDC, about 45 percent of the US population got vaccinated against the virus last year, down 1.5 percent overall from the previous year. Vaccinations among people aged 50 and older decreased by more than 3 percent. The CDC also reports that a study conducted in 2016 showed that those people 50 years and older who got a flu vaccine reduced their risk of getting hospitalized from flu by 57 percent.

The CDC recommends the following actions for older adults:

- **Get your annual flu shot** by the end of October, if possible. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later.
- **Practice good health habits**, including covering coughs, washing hands often, and avoiding people who are sick.
- **Seek medical advice quickly, if you develop flu symptoms**, to see whether you might need medical evaluation or treatment with antiviral drugs. It's very important that antiviral drugs be used early to treat flu in people who are very sick with flu (for example, people who are in the hospital), and people who are sick with flu and have a greater chance of getting serious flu complications, like people aged 65 and older. A full list of high risk factors is available at “People at High Risk of Developing Flu-Related Complications.”
- **Get pneumococcal vaccines**. People aged 65 years and older should also be up to date with pneumococcal vaccination to protect against pneumococcal disease, such as pneumonia, meningitis, and bloodstream infections. Talk to your doctor to find out which pneumococcal vaccines are recommended for you.

About the New York State Office for the Aging

The mission of the New York State Office for the Aging (NYSOFA) is to help older New Yorkers be as independent as possible, for as long as possible, through advocacy, development and delivery of person-centered, consumer-oriented, and cost-effective policies, programs, and services that support and empower older adults and their families, in partnership with the network of public and private organizations that serve them.

TEN COMMON QUESTIONS ABOUT MEDICARE



Medicare decisions are highly personal. And there may be as many different questions about Medicare as there are beneficiaries—maybe more. But certain questions seem to come up more often than others. Here are some with the answers.

1. How do I know what Medicare coverage is right for me?

The answer to this may be easy to say and maybe not as easy to do. You need to understand your personal needs and choose Medicare coverage to help meet them. Use this simple tool to get a quick idea of the type of coverage that might work for you.

2. How much does Medicare cost?

Your costs will depend on the type of coverage you choose. You will likely pay the Part B premium to Medicare. Beyond that, you may pay other premiums, deductibles, co-pays and co-insurance. The total amount will depend on the Medicare coverage you choose and the health care services you use.

3. What do I do about Medicare if I work past age 65?

Many people enroll in just Part A when they turn 65 and have employer coverage. Generally, Part A is premium free if you or your spouse worked and paid Medicare taxes for at least 10 years. You may be able to delay enrolling in Part B without penalty if your employer provides creditable coverage.

4. How can I get dental and vision coverage with Medicare?

Original Medicare (Parts A and B) does not cover routine dental or vision care, however, some private Medicare Advantage plans do. Plans include all the coverage provided by Parts A and B, and often additional benefits, all in one plan.

5. What's the difference between Medicare supplement insurance and Medicare Advantage?

Medicare supplement insurance is also known as Medigap. It's private insurance you can buy to help pay for some costs not paid by Original Medicare (Parts A and B). Medicare Advantage is an alternative to Original Medicare. It's a different way to get your Medicare benefits.

6. What's the difference between a Medicare Advantage HMO and a PPO?

A Medicare Advantage HMO plan usually helps pay only for care you receive from providers in the plan network. A PPO plan will generally help pay for care received outside the plan network, but it may pay less than for the same care received within the network.

7. Where can I get help paying for Medicare?

Financial assistance programs for people with limited income and assets include Extra Help for prescription drugs, the Medicare Savings Program and Medicaid, to name a few. Qualifications for each program and the level of help offered vary.

8. How does Medicare automatic renewal work?

Your Medicare coverage choices will stay in place year after year unless you make a change. This ensures that your coverage continues, but plan benefits and costs may change. It's a good idea to review your Medicare choices every year during Medicare Open Enrollment, Oct. 15 – Dec. 7, to make sure you have the Medicare coverage that fits with your needs.

9. What's the difference between Medicare and Medicaid?

Medicare and Medicaid are both government health care programs but they are very different. Medicare is generally for people who are older or disabled. Medicaid is for people with limited income and resources.

10. I'm disabled. When can I get Medicare?

In general, you are eligible for Medicare after receiving Social Security disability benefits for 24 months. There are exceptions for people with certain medical conditions.

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

1:30 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

MOUNTAINTOP:

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!



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The office is open 8:30 a.m.- 5:00 p.m. Monday thru Friday, **with the exception of July & August (close at 4:30 p.m.)**. Agency staff specialize in a variety of subjects. **While walk-ins can sometimes be seen, staff who can best assist you may be unavailable. We recommend you call ahead for an appointment.**

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