NOMINATIONS SOUGHT for

2017 GREENE COUNTY SENIOR CITIZEN AWARDS

According to Richard Golden, Chairperson of the Advisory Council to the Greene County Department for the Aging (Human Services), nominations are being accepted for the annual Greene County Senior Citizen Awards. The two awards presented annually are the Senior Citizen of the Year and Outstanding Contribution by a Senior Citizen. The purpose of the awards is to recognize the outstanding contributions and achievements of senior citizens who have volunteered their time and energy to help other people, their communities, or special projects. The dedication of these volunteers helps make Greene County a better place for us all. The individuals chosen on the county level will in turn be nominated for recognition for New York State awards.

Any Greene County resident, age 60 or older, can be nominated for these awards. Achievements must be voluntary in nature; performed in Greene County and not part of paid employment. Past award winners may be nominated only if seven years or more have passed since last awarded.

If you know someone who deserves this recognition, contact the Greene County Department of Human Services at (518) 719-3555 for an official nomination form. Incomplete forms will not be considered as eligible. Any inquiries for further information may also be directed to the department.

Deadline for entries is January 31, 2017.
THANK YOU 2016 SENIOR ANGELS

Honeyford Memorial American Legion Auxiliary Unit 110
Lexington - Westkill United Methodist Church & United Methodist Women (UMW)

Athens Senior Citizens Club  Louise Begley  Clesson & Jean Bush
Joan & Robert Carl  Catskill Animal Hospital  Margaret M. Donahue
GWRRA NY Chapter L  Tom & Linda Gentalen  Greenville Rotary Club
Martha M. Hartman  Hotel Vienna  Daniel J. Killourhy
Robert & Dena Lawrence  Lioness Club of Catskill  Dodie Maxwell
Karen & Bill Ormerod  Ostrander Physical Therapy  Chris & Carol Pfister
Rip Van Winkle Realty  Sawyer Chevrolet  Barbara Semeiks
Shook-Porto Insurance Agency  Dolores E. Sutherland  Windham Mountain Resort
Zoom Flume Water Park

Bethany Village Tenants Association  Catskill Silver Linings Senior Club
Coxsackie-Athens Rotary Club  Margaret C Dallas & Elvina Whitney Mader
Durham Oak Hill United Methodist Church  Steve Goldberg & Greggor Petrovic
Greene County Legislator, Gene Hatton  Greenville Unit #291 Auxiliary
Patricia Meyers, Lake and Mountain Realty LLC  National Bank of Coxsackie
P. Schneider & Associates, PLLC  Dr. Christine M. Scrodanus, O.D.
Senior Citizens of Coxsackie  The Fortnightly Club of Catskill
Town of Lexington Ladies Auxiliary  Keith Valentine, Valentine Insurance
Rev. Henry & Joyce Verdassdonk

HAPPY THANKSGIVING from VNSNY

“KEEP SPREADING THE CHEER” - Tammy Brooks

IN HONOR OF
Martha McPartland & her delicious cinnamon cake
NYS Trappers Association

IN MEMORY OF

Arthur Beecher  Richard Carl  Donald D’Agostino
Janice Derbyshire  Mae Dudley  Helen Mary Eckler
Gordon L. Gibson  Orlando F. Greco Sr.  Rose Ann Hanlon
Ruth Kallman  Noel Keegan  Mary C. Killourhy
Rev. Alfred Liberatore  Marguerite Masselli  Tippy McPartland
Bill & Grace Moak  Doris Ormsbee  R. G. Peck
Judy Brown Polk  J. B. Powazi  Kathryn Reed
Walter Shakun  Phyllis R. Snyder  Patricia J. Van Valkenburg
The Dash & Sprague Families
Mr. & Mrs. Ed Hallenbeck
Ethel Kugler & Sylvester Families
Anthony & Angelina Pulilli
Irene Bloomer from Ed Bloomer & Tami Bone

IN MEMORY OF

Ethel Carl
Janice Derbyshire
Gordon L. Gibson
Ruth Kallman
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William Moak
Judy Brown Polk
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The Dash & Sprague Families
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IN MEMORY OF

Donna D’Agostino
Helen Mary Eckler
Rose Ann Hanlon
Mary C. Killourhy
Tippy McPartland
R. G. Peck
Kathryn Reed
Patricia J. Van Valkenburg
Alice Grabowski & Peter Janiec
Estella Kisselburgh & Gary Proper
Corrinda Peckham (1917 - 2015)
“My Parents and Aunt”
To: Greene County Department for the Aging Senior Angels Fund

I am the appreciative daughter of one of your past Homebound Meals recipients: Mrs. Mary C. Killourhy of Leeds, N.Y.

For many years, before my mother’s passing in November 2014, she looked forward each day to the arrival - always around 12:30 p.m. - of her cheerful and dependable meal volunteers. Mom got to know them all - her kind and enthusiastic “Angels” on a first name basis. She was very grateful for their kind commitment to senior service - as were myself and my brothers and sisters.

My Mom was a deeply faithful woman and I know she would want our family to support the charitable mission of the Greene County Department for the Aging Senior Angels Fund.

Please accept this gift with our best wishes and eternal thanks for the kindness shown to our Mother over many years. We hope it can assist another deserving senior of Greene County.

Happy Holidays! Thank you again for your commitment & compassionate mission.

Anne Marie Killourhy

AMERICAN LEGION AUXILIARY DONATES to SENIOR ANGELS FUND

Ken Brooks, Chairman of the Greene County Senior Angels Program, is seen accepting a donation from members of the Honeyford Memorial American Legion Auxiliary Unit 110 of Catskill for the annual fund drive. Seen in photo are Helen Dykeman, Helen Hack and Joy Andreassen.

ATHENS SENIOR CITIZENS CLUB DONATES TO ANGEL FUND

Pat McLoughlin, Secretary of the Athens Senior Citizens Club, is seen presenting a donation from the club membership to Senior Angels Chairman, Ken Brooks.
**Our goal is to**

- Assist older adults in maintaining and/or improving their social, economic, health, safety and nutritional status;
- Help older adults stay independent for as long as possible;
- Ensure a network of supportive services to assist the County’s residents age 60 and older and their caregivers;
- Advocate for the elderly.

**OUR SERVICES:**

<table>
<thead>
<tr>
<th><strong>NUTRITION:</strong></th>
<th>Home-delivered Meals to eligible homebound individuals</th>
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<tbody>
<tr>
<td><strong>HIICAP:</strong> Health Insurance Counseling &amp; Assistance including Medicare assistance</td>
<td>Congregate Meals at our Greene County Rivertown Senior Center in Athens, as well as our Senior Nutrition Sites in AcrA, Catskill, Coxsackie and Jewett</td>
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<tr>
<td><strong>HEAP:</strong> Home Energy Assistance Program</td>
<td>Nutrition Education; Diet Counseling &amp; Recreational Programs</td>
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<td><strong>Legal Services</strong></td>
<td>Transportation to certain Centers so seniors can have social interaction with their noontime meals</td>
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<tr>
<td><strong>EISEP (IN-HOME):</strong></td>
<td>Shopping Bus: Door-to-Door service for local shopping &amp; errands - Special trips to Colonie, North Lake, Capitol Holiday Lights</td>
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<tr>
<td>Case Management</td>
<td>Farmer’s Market Coupons</td>
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<tr>
<td>Homemakers &amp; Personal Care Aides</td>
<td>VOLUNTEER SERVICES: Volunteer Recruitment and placement within the Department and various Community Agencies</td>
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<tr>
<td>Personal Emergency Response System</td>
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**CAREGIVERS SUPPORT:**

- Caregivers Information, Assistance, and Support.
- Respite Workers

**HOMEBOUND TRANSPORTATION:**

- Transportation for Medical Appointments & Entitlements - Two (2) week advance notice required

**HELP US HELP OTHERS**

The Department for the Aging neither charges a fee nor applies a means test for its services. Service users, however, have the right to make confidential donations to the costs of the service so that programs may be expanded. No one shall be denied services due to the inability or unwillingness to make a donation. (NOTE: There may be a sliding fee for in-home services.)
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 __________________________________

Please select one of the donation levels listed below:

_____ $ 5 Senior Friend
_____ $10 Senior Supporter
_____ $20 Senior Benefactor
_____ $50 Senior Patron
_____ Other

Please make checks payable to: 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.

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

Tha...
SHOPPING BUS

The Greene County Department of Human Services offers a shopping bus to Greene County residents age 60 or 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/Catskill

WEDNESDAY: Athens/Coxsackie

THURSDAY: Cairo/Greenville

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

- New Years Day
- Presidents’ Day
- Independence Day
- Columbus Day
- Veterans’ Day
- Martin Luther King Jr. Day
- Memorial Day
- Labor Day
- Election Day (November)
- 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.
Friday, January 5, 2017
Friday, January 19, 2017

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
HAPPY NEW YEAR!! The holidays are behind us, resolutions have been made and now some of us are feeling exhausted and run down. Now is the time we pamper ourselves and “Boost Our Immunity” to help keep us healthy through the rest of the winter season.

January brings us **National Soup Month**, probably because of the cold winter weather. A little history: soup has been traced back as far as 6000 B.C. and from what I have learned Hippopotamus was the first meat to be used in soups.

January also bring us **National Tea Month**, tea has been consumed for a thousand years originating within China. There are benefits to adding tea to our diets: fight infections, fortify the body and soothe the nerves before bed for a restful sleep.

### Creamy Tomato Basil Soup

**Ingredients:**
- 2 tablespoons minced garlic
- 2 tablespoons olive oil
- 14 oz can whole tomatoes
- 1 tsp sugar
- 1/3 cup heavy cream
- 2 tablespoons diced onion
- 28 oz. can crushed tomatoes
- 2 cups low-salt chicken stock
- 1/2 teaspoon black pepper
- 4 tablespoons of chopped basil

In a medium to large saucepan add olive oil, over medium heat sauté garlic and onion for three minutes or until onions are translucent. Stir in the crushed tomatoes. Add in the whole tomatoes one at a time, breaking them up by squeezing them as you put them into the pan. Make sure to stir in the juice from the tomatoes as well.

Stir in chicken stock, pepper and sugar and allow to cook over medium for 10 minutes, stirring occasionally.

Reduce heat to low and stir in heavy cream and chopped basil.

Simmer for a few minutes, then serve.
### 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

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
<th>Manager(s)</th>
<th>AGING INFORMATION &amp; ASSISTANCE/MEDICARE MINUTE</th>
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<tbody>
<tr>
<td><strong>ACRA</strong></td>
<td>Acra Community Center, Old Rte. 23B, Acra</td>
<td>(518) 622-9898</td>
<td>Sandra Sherman, Elaine Cherrington</td>
<td>Aging Information &amp; Assistance/Medicare Minute: 2nd monthly Wednesday, 11:00 a.m.</td>
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<td><strong>COXSACKIE</strong></td>
<td>Town of Coxsackie Senior Center Mansion Street, Coxsackie</td>
<td>(518) 731-8901</td>
<td>Renee Raffiani, Meal Site Manager</td>
<td>Aging Information &amp; Assistance/Medicare Minute: 3rd monthly Monday, 11:00 a.m.</td>
</tr>
<tr>
<td><strong>JEWETT</strong></td>
<td>Jewett Municipal Building Route 23C, Jewett</td>
<td>(518) 263-4392</td>
<td>Gayle Ruvolo, Meal Site Manager</td>
<td>Aging Information &amp; Assistance/Medicare Minute: 4th monthly Friday, 11:00 a.m.</td>
</tr>
<tr>
<td><strong>ATHENS</strong></td>
<td>Rivertown Senior Center 39 Second Street, Athens</td>
<td>(518) 945-2700</td>
<td>John Orso, Senior Center Manager, JoanAnn Rouse, Shane Dillon, John Lawrence, Lana Marrone</td>
<td>Aging Information &amp; Assistance/Medicare Minute: 2nd monthly Monday, 11:00 a.m.</td>
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<tr>
<td><strong>CATSKILL</strong></td>
<td>Washington Irving Senior Center 15 Academy Street, Catskill</td>
<td>(518) 943-1343</td>
<td>Gethen Proper, Meal Site Manager, Martha Schilling</td>
<td>Aging Information &amp; Assistance/Medicare Minute: 2nd monthly Thursday, 11:00 a.m.</td>
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# 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.**

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<th>Monday</th>
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<th>Wednesday</th>
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</table>
| **Jan. 9 - 13** | **Happy New Year 2017**
MAIN OFFICE & ALL SENIOR SERVICE CENTERS CLOSED NO MEALS SERVED OR DELIVERED | BAKED HAM (Low Salt Diet Subst.: Fresh Roast Pork) STEAMED CABBAGE MASHED SWEET POTATOES PINEAPPLE CHUNKS | VEGETABLE LASAGNA CORN SALAD SPINACH HOMEMADE COOKIES | CHICKEN BREAST LEMON GARLIC GREEN BEANS & RED POTATOES APPLE CRISP | OVEN BAKED FISH RICE PILAF FRESH SALAD CALIFORNIA MIXED VEGETABLES CHOCOLATE PUDDING |
| **Jan. 16 - 20** | **Martin Luther King Jr. Holiday**
MAIN OFFICE & ALL SENIOR CENTERS CLOSED NO MEALS SERVED OR DELIVERED | SWEDISH MEATBALLS HOT BEETS KALE & MASHED POTATO HOMEMADE COOKIES | ROAST BEEF w/ Gravy MASHED POTATOES GARLIC CARROTS PEACH CRISP | PULLED PORK w/ Hamburger Bun COLESLAW CAULIFLOWER HOMEMADE RICE PUDDING Diet Dessert: Sugar Free Pudding | BAKED CHICKEN w/ Gravy ORIENTAL MIXED VEGETABLES FRESH SALAD BUTTERNUT SQUASH RISOTTO & MUSHROOMS |
| **Jan. 23 - 27** | **White Chicken Chili Braised Kale Peaches** | TUNA NOODLE CASSEROLE BROCCOLI FRUIT COCKTAIL | BEEF POT ROAST w/ Gravy ROASTED POTATOES CARROTS LEMON PUDDING Diet Dessert: Sugar Free Pudding | ASIAGO CHICKEN w/ Sun Dried Tomatoes RED POTATOES SPINACH APPLE/CANBERRY CRISP | SALISBURY STEAK w/ Gravy WAX BEANS FRESH SALAD BAKED POTATO APRICOTS |
| **Jan. 30 - 31** | **Macaroni & Cheese w/ Winter Squash 3 Bean Salad Stewed Tomatoes Cookies** | BEEF BURGUNDY w/ Noodles HONEY BALSAMIC BRUSSELS SPROUTS APRICOT CRISP | ROASTED PORK CHOP w/ Applesauce V-8 JUICE THYME ROASTED WINTER SQUASH BIRTHDAY CAKE | SALMON w/ Dill Sauce FRESH SALAD PARSLEY BOILED POTATO BROCCOLI FRESH FRUIT | SPAGHETTI w/ Meatballs ITALIAN MIXED VEGETABLES FRESH SALAD HOMEMADE TAPIOCA PUDDING Diet Dessert: Sugar Free Pudding |

**January**

![January Calendar Image]
# 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

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<tr>
<td><strong>FEB 1 - 3, 2017</strong></td>
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<td>MEATLOAF w/ Gravy&lt;br&gt;MASHED POTATOES&lt;br&gt;ORANGE CARROTS&lt;br&gt;TROPICAL MIXED FRUIT</td>
<td>COOKS CHOICE&lt;br&gt;FRESH SALAD&lt;br&gt;MANDARIN ORANGES</td>
<td>PORK SCHNITZEL&lt;br&gt;w/ Mushroom Gravy&lt;br&gt;EGG NOODLES&lt;br&gt;FRESH SALAD&lt;br&gt;ROASTED CABBAGE&lt;br(APPLE SWEET POTATO COMPOTE)</td>
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<td><strong>FEB 6 - 10</strong></td>
<td>FISH &amp; CHIPS&lt;br&gt;(STEAK FRIES)&lt;br&gt;MIXED VEGETABLES&lt;br&gt;FRUIT COCKTAIL</td>
<td>STUFFED SHELLS in Tomato Sauce&lt;br&gt;COLESLAW&lt;br&gt;SPINACH PUFF&lt;br&gt;BROWNIE&lt;br&gt;<em>Diet Dessert Subst: Pears</em></td>
<td>SWEET &amp; SOUR PORK over Rice&lt;br&gt;FRANCE CUT GREEN BEANS&lt;br&gt;MANDARIN ORANGES</td>
<td>AMERICAN GOULASH&lt;br&gt;WAX BEANS&lt;br&gt;FRESH SALAD&lt;br&gt;APRICOT CRISP</td>
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<td><strong>FEB 13 - 17</strong></td>
<td>STUFFED CABBAGE&lt;br&gt;CASSEROLE&lt;br&gt;BOILED POTATOES&lt;br&gt;CARROTS&lt;br&gt;PEARS</td>
<td>ROASTED CHICKEN&lt;br&gt;QUARTERS&lt;br&gt;w/ Cranberry Sauce&lt;br&gt;WHIPPED POTATOES&lt;br&gt;BRUSSELS SPROUTS&lt;br&gt;MASHED WINTER SQUASH&lt;br&gt;APPLE CRISP&lt;br&gt;<em>Diet Dessert Subst: Sugar Free Chocolate Pudding</em></td>
<td>PORK LOIN w/ Gravy&lt;br&gt;APPLESAUCE&lt;br&gt;BRUSSELS SPROUTS&lt;br&gt;MASHED WINTER SQUASH&lt;br&gt;APPLE CRISP&lt;br&gt;<em>Diet Dessert Subst: Sugar Free Chocolate Pudding</em></td>
<td>LEMON PEPPER&lt;br&gt;FISH&lt;br&gt;FRESH SALAD&lt;br&gt;BAKED POTATO&lt;br&gt;SPINACH&lt;br&gt;PEACHES</td>
</tr>
<tr>
<td><strong>FEB 20 - 24</strong></td>
<td>PRESIDENTS’ DAY</td>
<td>MEATLOAF w/ Gravy&lt;br&gt;HOT BEETS&lt;br&gt;MASHED POTATOES&lt;br&gt;FRUIT COCKTAIL</td>
<td>PORK CHOP&lt;br&gt;w/ Onion Gravy&lt;br&gt;ROASTED RED POTATO&lt;br&gt;BRUSSELS SPROUTS&lt;br&gt;w/ Carrots&lt;br&gt;BIRTHDAY CAKE</td>
<td>COOKS CHOICE&lt;br&gt;FRESH SALAD&lt;br&gt;BROCCOLI&lt;br&gt;APRICOT CRISP</td>
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<tr>
<td><strong>FEB 27 - 28</strong></td>
<td>TURKEY TETRAZINI&lt;br&gt;SPINACH&lt;br&gt;FRESH ORANGE</td>
<td>VEGETABLE LASAGNA&lt;br&gt;CORN SALAD&lt;br&gt;SPINACH&lt;br&gt;HOMEMADE COOKIE</td>
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*FEB 1 - 3, 2017: Happy Valentine’s Day*

*FEB 20 - 24: Presidents’ Day*

*FEB 27 - 28: Happy Christmas*
New Year’s resolutions are a bit like babies: They’re fun to make but extremely difficult to maintain. Each January, roughly one in three Americans resolve to better themselves in some way. A much smaller percentage of people actually make good on those resolutions. While about 75% of people stick to their goals for at least a week, less than half (46%) are still on target six months later, a 2002 study found. It’s hard to keep up the enthusiasm months after you've swept up the confetti, but it's not impossible. This year, pick one of the following worthy resolutions, and stick with it. Here’s to your health!

Lose weight
The fact that this is perennially among the most popular resolutions suggests just how difficult it is to commit to but you can succeed if you don’t expect overnight success. "You want results yesterday, and desperation mode kicks in," says Pam Peeke, MD, author of *Body for Life for Women*. "Beware of the valley of quickie cures." Also, plan for bumps in the road. Use a food journal to keep track of what you eat and have a support system in place. "Around week four to six...people become excuse mills," Dr. Peeke says. "That’s why it’s important to have someone there on a regular basis to get you through those rough times."

Quit smoking
Fear that you’ve failed too many times to try again? Talk to any ex-smoker, and you’ll see that multiple attempts are often the path to success. Try different methods to find out what works. Think of the cash you’ll save! (We know you know the ginormous health benefit.) "It’s one of the harder habits to quit," says Merle Myerson, MD, director of the Cardiovascular Disease Prevention Program at St. Luke’s and Roosevelt Hospitals, in New York City. "But I always tell people to think of how much money they will save."

Volunteer
We tend to think our own bliss relies on bettering ourselves, but our happiness also increases when we help others, says Peter Kanaris, PhD, coordinator of public education for the New York State Psychological Association. And guess what? Happiness is good for your health. A 2010 study found that people with positive emotions were about 20% less likely than their gloomier peers to have a heart attack or develop heart disease. Other research suggests that positive emotions can make people more resilient and resourceful. "Someone who makes this sort of resolution is likely to obtain a tremendous personal benefit in the happiness department," Kanaris says.

Cut back on alcohol
While much has been written about the health benefits of a small amount of alcohol, too much tippling is still the bigger problem. In fact, binge drinking seems to be on the rise. Drinking alcohol in excess affects the brain’s neurotransmitters and can increase the risk of depression, memory loss, or even seizures. Chronic heavy drinking boosts your risk of liver and heart disease, hypertension, stroke, and mental deterioration, and even cancers of the mouth, throat, liver, and breast.

Get more sleep
You probably already know that a good night’s rest can do wonders for your mood and appearance. But sleep is more beneficial to your health than you might realize. A lack of sleep has been linked to a greater risk of obesity and type 2 diabetes. And sleep is crucial for strengthening memories (a process called consolidation). So take a nap and don’t feel guilty about it.

Cut your stress
A little pressure now and again won’t kill us; in fact, short bouts of stress give us an energy boost. But if stress is chronic, it can increase your risk of—or worsen—insomnia, depression, obesity, heart disease, and more. Long work hours, little sleep, no exercise, poor diet, and not spending time with family and friends can contribute to stress, says Roberta Lee, MD, an integrative medicine specialist at Beth Israel Medical Center, in New York City, and the author of *The Super Stress Solution*. "Stress is an inevitable part of life," she says. "Relaxation, sleep, socializing, and taking vacations are all things we tell ourselves we deserve but don’t allow ourselves to have."
YOU could be the sunshine on a cloudy day in the life of a senior citizen.

We are looking for volunteers to deliver meals or drive to medical appointments homebound seniors in Greene County.

You could help bring a ray of sunshine into their daily lives

Call Ruth Pforte, Greene County RSVP Coordinator, (518) 719-3555 to see how you can help
RSVP members Lillian Moore, Doris Rolfs, Anna Sutherland and Vickie Cramer are seen standing next to the Christmas tree they decorated in the lobby of the Greene County Office Building. The tree was dedicated to the many volunteers who serve throughout the county for RSVP.

On Tuesday, December 13, members of the RSVP Council got together with the Advisory Council to Greene County Dept. for the Aging to celebrate the holidays with a special luncheon at Pegasus Restaurant. Good times and good cheer was shared by all. Seen in photo are those who attended that day and serve as Santa’s elves year-round bringing goodwill to our county seniors.
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

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

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.
Foreclosure Prevention Project

The Legal Aid Society of Northeastern New York has a Foreclosure Prevention Project to help low and moderate income homeowners at risk of foreclosure. Homeowners may be entitled to a settlement conference. If you have been served with a summons and complaint for a foreclosure lawsuit, or are notified about a possible settlement conference before a judge, please call the Legal Aid Society right away.

Where you live determines which Legal Aid Society Office you should contact.

**Albany Office,**
1-800-462-2922, 518-462-6765
**Albany, Columbia, Greene, Schenectady and Rensselaer Counties**

**Amsterdam Office,**
1-800-821-8347
**Fulton, Montgomery and Schoharie Counties**

**Saratoga Office,**
1-800-870-8343
**Saratoga, Washington, and Warren Counties**

More information about the Legal Aid Society of Northeastern New York and the Foreclosure Prevention Project may be found on our website at [www.lasnny.org](http://www.lasnny.org).

Homeowners are also urged to contact housing counselors, including our partners listed below:

**Affordable Housing Partnership of the Capital Region**, 518-434-1730
**Albany and Surrounding Counties**

**Albany County Rural Housing Alliance**, 518-765-2425
**Albany, Columbia, Greene, Saratoga, and Schoharie Counties**

**Better Neighborhoods, Inc.,** 518-372-6469
**Fulton, Montgomery, and Schenectady Counties**

**Housing Assistance Program of Essex County**, 518-873-6888
**Warren and Washington Counties**

**Housing Resources of Columbia County, Inc.,** 518-822-0707
**Columbia and Greene Counties**

**Rural Ulster Preservation Company**, 845-331-9860, Ext. 220
**Ulster, Greene, Orange, and Dutchess Counties**

**Schoharie County Rural Preservation Corp.,** 518-234-7604
**Schoharie County**

**Troy Rehabilitation and Improvement Program**, 518-690-0020
**Rensselaer and Saratoga Counties**

**Valley Rural Housing Corporation**, 518-843-7137
**Fulton and Montgomery Counties**

Funded through the New York State Attorney General Homeownership Protection Program
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.

WHEN: 16 weeks beginning Monday, January 9, 2017 thru Friday, April 28, 2017

TIME: Mondays 10:30 a.m. - 11:30 a.m.
      Wednesdays 11:30 a.m. - 12:30 p.m.
      Fridays 10:30 a.m. - 11:30 a.m.

Location: GREENE COUNTY YMCA
          35 Route 81, Hope Plaza
          West Coxsackie

Contact Toni Carroll, Wellness Coordinator
Phone: 731-7529
www.cdymca.org

Class size is limited to 25 participants
Sign-Up Required
Let the Weatherization Team at Community Action of Greene County, Inc. make your home better this New Year. **Weatherization Assistance Program is a free program for income eligible home owners.**

**WE FOLLOW THE SAME INCOME GUIDELINES AS HEAP.**

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Monthly Income</th>
<th>Annual Income</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>$2,300</td>
<td>$27,597</td>
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<tr>
<td>2</td>
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<tr>
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<td>11</td>
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<td>$106,740</td>
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<tr>
<td>11+</td>
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</tbody>
</table>

*If your home has never been weatherized by the Weatherization Assistance Program, call for an application.*

**Insulation, Air Sealing, Ventilation, Light Bulbs, Refrigerator, Smoke Detectors and CO Detectors** are just some of the things that the Weatherization Assistance Program may be able to do for your home.

**Call 518-943-9205 today for an application.**
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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Staff:
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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