



## **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.**



**SENIOR ANGELS PROGRAM -  
SPREADING CHEER 365 DAYS A YEAR  
SPONSORED BY  
GREENE COUNTY DEPARTMENT OF HUMAN SERVICES**



## **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
GWRRRA 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. VanValkenburg
The Dash & Sprague Families		Alice Grabowski & Peter Janiec
Mr. & Mrs. Ed Hallenbeck		Estella Kisselburgh & Gary Proper
Ethel Kugler & Sylvester Families		Corrina Peckham (1917 - 2015)
Anthony & Angelina Pulilli		“My Parents and Aunt”
Irene Bloomer from Ed Bloomer & Tami Bone		



**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.



# GREENE COUNTY DEPARTMENT OF HUMAN SERVICES'

## DEPARTMENT FOR THE AGING

*Our knowledgeable and capable staff can assist you or the person you are caring for, in accessing a wide variety of human service resources available in Greene County. Appointments recommended. For more information, please call (518) 719-3555 or toll free (877) 794-9266.*

### 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.

### The Department informs Seniors & Caregivers of news via:

- ♥ Local Area newspapers
- ♥ Greene County Round Table News
- ♥ Senior Citizen Club Monthly Updates

### 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.)

## OUR SERVICES:

- ♥ Information and Assistance (Outreach visits) to senior centers & in-home; "**Medicare Minute**"

- ♥ **HIICAP:** Health Insurance Counseling & Assistance including Medicare assistance

- ♥ **HEAP:** Home Energy Assistance Program

- ♥ Legal Services

### EISEP (IN-HOME):

- ♥ Case Management
- ♥ Homemakers & Personal Care Aides
- ♥ Personal Emergency Response System

### CAREGIVERS SUPPORT:

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

### HOMEBOUND TRANSPORTATION:

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

### NUTRITION:

- ♥ Home-delivered Meals to eligible homebound individuals
- ♥ Congregate Meals at our Greene County Rivertown Senior Center in Athens, as well as our Senior Nutrition Sites in Acra, Catskill, Cossackie and Jewett
- ♥ Nutrition Education; Diet Counseling & Recreational Programs
- ♥ Transportation to certain Centers so seniors can have social interaction with their noontime meals
- ♥ Shopping Bus: Door-to-Door service for local shopping & errands - Special trips to Colonie, North Lake, Capitol Holiday Lights
- ♥ Farmer's Market Coupons

### VOLUNTEER SERVICES:

- ♥ Volunteer Recruitment and placement within the Department and various Community Agencies

**THANK YOU  
FOR YOUR SUPPORT  
and GENEROSITY**

As the number of seniors grows, so does the need for our vast array of services. The Department of Human Services encourages and appreciates donations. If you or your family are in a position to do so, please fill out the form below. One hundred percent of your contribution will be used to provide service to another older adult in need.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

I designate a \$ \_\_\_\_\_ donation  
In appreciation for services **OR**  
In memory of \_\_\_\_\_  
to the following:

\_\_\_\_\_ Round Table News      \_\_\_\_\_ In-home services  
\_\_\_\_\_ Where most needed      \_\_\_\_\_ Senior Angels Fund  
\_\_\_\_\_ Homebound transportation  
\_\_\_\_\_ Nutrition Program/Home-delivered Meals

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

**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 All Our Clients  
Celebrating Birthdays  
In January*

To Regine Petrosky  
for her donation  
to the Aging Services Foundation  
In Memory of her husband, Anthony Petrosky



To Gertrude Beecher  
for her donation to the Department  
In Memory of Arthur Beecher



## Seniors Helping Seniors

The Greene County Aging Services Foundation, Inc. raises funds to support some of the essential programs of the Department of Human Services.

Kind, generous volunteers transport local seniors to medical appointments out of the goodness of their hearts. But very few of these wonderful people can afford to carry out this effort without some reimbursement for vehicle costs. With cutbacks at all levels of government, the County is in need of our support more than ever. The Foundation assists in reimbursing the volunteers who perform this service.

We, as seniors, recognize the value that such programs bring to our communities. Let us remember that many of our loved ones, friends and families have received personal benefits from this important service.

Please select one of the donation levels listed below:

\_\_\_\_\_ \$ 5 Senior Friend      \_\_\_\_\_ \$10 Senior Supporter      \_\_\_\_\_ \$20 Senior Benefactor  
\_\_\_\_\_ \$50 Senior Patron      \_\_\_\_\_ Other

Please make checks payable to the Greene County Aging Services Foundation Inc., and mail to:

Greene County Aging Services Foundation  
c/o Greene County Department of Human Services  
411 Main Street  
Catskill, NY 12414

**Please consider a contribution to the Greene County Aging Services Foundation.**



## **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.

<b><u>MONDAY:</u></b>	Mountaintop/Catskill (Windham, Ashland, Prattsville, Jewett & Hunter)
<b><u>TUESDAY:</u></b>	Cairo/Catskill
<b><u>WEDNESDAY:</u></b>	Athens/Coxsackie
<b><u>THURSDAY:</u></b>	Cairo/Greenville

### **NOTE:**

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

New Years Day	Martin Luther King Jr. Day
Presidents' Day	Memorial Day
Independence Day	Labor 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.*

**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**



# NUTRITION NOTES



**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  
 $\frac{1}{3}$  cup heavy cream

2 tablespoons diced onion  
28 oz. can crushed tomatoes  
2 cups low-salt chicken stock  
 $\frac{1}{2}$  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

#### 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

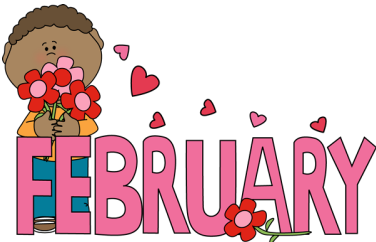

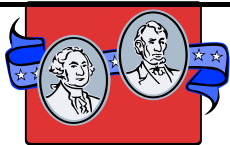

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY NEW YEAR 2017 JAN. 2 - 6	  MAIN OFFICE & ALL SENIOR SERVICE CENTERS CLOSED NO MEALS SERVED OR DELIVERED	BAKED HAM <i>(Low Salt Diet Subst.: Fresh Roast Pork)</i> STEAMED CABBAGE MASHED SWEET POTATOES PINEAPPLE CHUNKS	VEGETABLE LASAGNA CORN SALAD SPINACH 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 9 - 13	SWEDISH MEATBALLS HOT BEETS KALE & MASHED POTATO HOMEMADE COOKIES	TORTELLINI w/ CHICKEN SPINACH PEARS	ROAST BEEF w/ Gravy MASHED POTATOES GARLIC CARROTS PEACH CRISP	PULLED PORK w/ Hamburger Bun COLESLAW CAULIFLOWER HOMEMADE RICE PUDDING <i>Diet Dessert: Sugar Free Pudding</i>	BAKED CHICKEN w/ Gravy ORIENTAL MIXED VEGETABLES FRESH SALAD BUTTERNUT SQUASH RISOTTO & MUSHROOMS
JAN 16 - 20	 MARTIN LUTHER KING JR. HOLIDAY  MAIN OFFICE & ALL SENIOR CENTERS CLOSED NO MEALS SERVED OR DELIVERED	TUNA NOODLE CASSEROLE BROCCOLI FRUIT COCKTAIL	BEEF POT ROAST w/ Gravy ROASTED POTATOES CARROTS LEMON PUDDING <i>Diet Dessert: Sugar Free Pudding</i>	ASIAGO CHICKEN w/ Sun Dried Tomatoes RED POTATOES SPINACH APPLE/CRANBERRY CRISP	SALISBURY STEAK w/ Gravy WAX BEANS FRESH SALAD BAKED POTATO APRICOTS
JAN 23 - 27	WHITE CHICKEN CHILI BRAISED KALE PEACHES	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 <i>Diet Dessert: Sugar Free Pudding</i>
JAN 30 - 31	MACARONI & CHEESE w/ Winter Squash 3 BEAN SALAD STEWED TOMATOES COOKIES	ROASTED CHICKEN THIGHS BEET SALAD LEMON ROSEMARY ROASTED POTATO PUMPKIN PUDDING <i>Diet Dessert: Sugar Free Pudding</i>			

## 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

	Monday	Tuesday	Wednesday	Thursday	Friday
FEB 1 - 3, 2017			MEATLOAF w/ Gravy MASHED POTATOES ORANGE CARROTS TROPICAL MIXED FRUIT	COOKS CHOICE FRESH SALAD MANDARIN ORANGES	PORK SCHNITZEL w/ Mushroom Gravy EGG NOODLES FRESH SALAD ROASTED CABBAGE APPLE SWEET POTATO COMPOTE
FEB 6 - 10	FISH & CHIPS (STEAK FRIES) MIXED VEGETABLES FRUIT COCKTAIL	STUFFED SHELLS in Tomato Sauce COLESLAW SPINACH PUFF BROWNIE <i>Diet Dessert Subst:</i> <i>Pears</i>	SWEET & SOUR PORK over Rice FRENCH CUT GREEN BEANS MANDARIN ORANGES	ROAST TURKEY w/ Gravy & Cranberry Sauce FRESH SALAD BROCCOLI SWEET POTATO PUDDING	AMERICAN GOULASH WAX BEANS FRESH SALAD APRICOT CRISP
FEB 13 - 17	STUFFED CABBAGE CASSEROLE BOILED POTATOES CARROTS PEARS	ROASTED CHICKEN QUARTERS w/ Cranberry Sauce WHIPPED POTATOES BROCCOLI CASSEROLE STRAWBERRY CREAM PIE w/ Chocolate Kiss 	PORK LOIN w/ Gravy APPLESAUCE BRUSSELS SPROUTS MASHED WINTER SQUASH APPLE CRISP	MEATBALLS w/ Gravy MASHED POTATOES w/ Kale ORIENTAL MIXED VEGETABLES FRESH SALAD CHOCOLATE PUDDING <i>Diet Dessert Subst:</i> <i>Sugar Free Chocolate            Pudding</i>	LEMON PEPPER FISH FRESH SALAD BAKED POTATO SPINACH PEACHES
FEB 20 - 24	 <p style="text-align: center;">PRESIDENTS' DAY</p> <p style="text-align: center;">MAIN OFFICE and ALL SENIOR NUTRITION SITES CLOSED</p>	MEATLOAF w/ Gravy HOT BEETS MASHED POTATOES FRUIT COCKTAIL	PORK CHOP w/ Onion Gravy ROASTED RED POTATO BRUSSELS SPROUTS w/ Carrots BIRTHDAY CAKE	COOKS CHOICE FRESH SALAD BROCCOLI APRICOT CRISP	TUNA MELT GREEN BEANS FRESH SALAD CAULIFLOWER APPLESAUCE w/ Cinnamon
FEB 27 - 28	TURKEY TETRAZINI SPINACH FRESH ORANGE	VEGETABLE LASAGNA CORN SALAD SPINACH HOMEMADE COOKIE			



# Top 10 Healthiest New Year's Resolutions

By Alyssa Sparacino, Health.com

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 tipping 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."



# Volunteers Are as Sweet as Honey



**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**  
**DECORATES**  
**CHRISTMAS TREE**



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.

**RSVP COUNCIL & ADVISORY COUNCIL to GREENE COUNTY DEPARTMENT**  
**for the AGING SHARE SOME HOLIDAY CHEER**



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



## 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

## 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!*



# Foreclosure Help—*FREE*

## 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*



**Legal Aid  
Society**

NORTHEASTERN NEW YORK



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



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **FUN NEVER RETIRES**

## **ENHANCE FITNESS**

**Treating Arthritis through Fun, Laughter, and Friends**

### **GREENE COUNTY YMCA**

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

**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 Cossackie



Contact Toni Carroll, Wellness Coordinator  
Phone: 731-7529  
[www.cdymca.org](http://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.***

2016-17 WEATHERIZATION PROGRAM  
INCOME THRESHOLD

Household Size	Monthly Income	Annual Income
1	\$ 2,300	\$ 27,597
2	\$ 3,007	\$ 36,088
3	\$ 3,715	\$ 44,580
4	\$ 4,423	\$ 53,071
5	\$ 5,130	\$ 61,562
6	\$ 5,838	\$ 70,054
7	\$ 6,122	\$ 73,460
8	\$ 6,815	\$ 81,780
9	\$ 7,508	\$ 90,100
10	\$ 8,202	\$ 98,420
11	\$ 8,895	\$106,740
11+		

***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

Aging Department Coordinators:

Aging Services - Connie Bentley

Nutrition - Tezera Pulice

Volunteer Services - Ruth Pforte

Staff:

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

Youth Bureau Case Worker: Carrie Vedder

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

6772  
GCDHS  
411 Main Street  
Catskill, NY 12414