Greene County Round Table News

Published by Greene County Department of Human Services since 1976

MAY 2017

Proclamation

WHEREAS, the older residents of Greene County represent a wealth of knowledge and experience and are one of the county's most valuable resources; and

WHEREAS, the Greene County Legislature is committed to supporting its senior citizens by means of a vast array of programs and services offered by the Department of Human Services' aging services, as well as other Greene County Departments; and

WHEREAS, nearly one-fifth of the County's total population is comprised of citizens 65 years of age or older; and

WHEREAS, a growing number of baby boomers are rapidly becoming older citizens, and the number of individuals providing care to family members and friends is expanding significantly; and

WHEREAS, Greene County benefits greatly from the dedication and community awareness of its senior residents; and

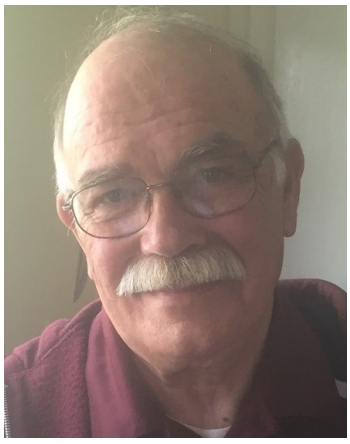
WHEREAS, the month of May is nationally recognized as Older Americans Month and this year's theme is ***"Age Out Loud"***, intending to give a new voice - one that reflects what today's older adults have to say about aging.

NOW, THEREFORE, with great pleasure, we honor our senior citizens and encourage them to continue to play a vital role in the Greene County community.

Greene County Legislature

RICHARD BROOKS

2017 Greene County Senior Citizen of the Year



EDWARD BLOOMER

Outstanding Contribution by a Senior 2017

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:	Mountain Top/Catskill (Windham, Ashland, Prattsville, Jewett & Hunter)
TUESDAY:	Greenville/Cairo/Catskill
WEDNESDAY:	Athens/Coxsackie

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 Shopping Bus.

SPECIAL TRIPS TO COLONIE CENTER
(PRICE PER PERSON: $10.00)

Payment due at time of departure/boarding.
No exceptions please.

THURSDAY, May 11 and May 25, 2017

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

For further information or to make a reservation, call Janet at (518) 719-3559

UNDER THE SEA . . .

On Thursday, March 30 the Greene County Department of Human Services sponsored a bus trip to the VIA Aquarium in Rotterdam. This was the second trip to the aquarium that month. All enjoyed the day and thanked bus driver, Janet, for a pleasant ride. To learn more about "Special Trips" sponsored by the department, contact Janet at (518) 719-3559.

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

Your kind and generous donations will be used to provide service to an older adult in need.

Loretta Rapatski
In Memory of her daughter,
Mary Ann Elizabeth Hameck

Dr. Elena Suditu
In Memory of
Glen Hapeman and Marge Davis

For the Senior Angels Fund
Anonymous
In Memory of Janice Derbyshire

Wally & Maria Thompson
In Memory of Evelina Clark

7TH ANNUAL GREENE COUNTY SENIOR CITIZEN DAY

Sponsored by Greene County Dept. of Human Services

Friday, May 19, 2017 12:00 pm – 3:00 pm
Freightmaster's Building
Main Street, Catskill

Various vendor booths with information important to "Baby Boomers" and older.

Recognition of 2017 Senior Award nominees.

Come dressed in your favorite outfit of the 50s

Special Guest Appearance by "Elvis Presley"

Lunch – Hot off the grill from *"Jo-Jo's Diner"*

Hot Dogs and Hamburgers
Potato Salad
Cherry Pie a la Mode

***"Hot rods"* available for those needing transportation, call 719-3555 to sign-up or do so at your local Senior Site.**

Do you have your senior photo from the period available?
Share it with the department. We will be posting all that are submitted.
Drop off at your area senior site or the main office.
Be sure to include information so we can return to you.

ADULT LEARNING INSTITUTE (ALI)

The Adult Learning Institute has announced its program for May 2017.
All are held at Columbia - Greene Community College, 4400 NY RT 23, Hudson, NY.
Please call the ALI Office @ 518-828-4181, ext. 3431 or email ali@sunycgcc.edu to register.

All classes held in Faculty/Staff Lounge unless otherwise noted:

5/1	Open Pinochle Group	1:30 p.m. – 4:00 p.m.
5/2	Bridge Group	1:30 p.m. – 4:00 p.m.
5/3	Mahjongg	1:30 p.m. – 4:00 p.m.
	Family History/Cultural Heritage Workshop **Room 105B – Glenn Fisher**	2:30 p.m. – 4:00 pm
5/4	Climate Change and Birds of the Hudson Valley	10:30 a.m. – 12:00 noon
5/9	Bridge Group **Creekside Restaurant, 16 W. Main St., Catskill**	Lunch at 12:00 noon, followed by Bridge
5/15	Open Pinochle Group	1:30 p.m. – 4:00 p.m.
5/16	Bridge Group	1:30 p.m. – 4:00 p.m.
5/17	The Best of TED Talks **Room 105B – Glenn Fisher**	2:30 p.m. – 4:00 pm
5/23	Bridge Group	1:30 p.m. – 4:00 p.m.
5/24	Mahjongg Class	1:30 p.m. – 4:00 p.m.
5/25	Listen & Learn: Tories in the American Revolution by Dave Dorpfeld (Some Emphasis on Events in Greene County)	10:30 a.m. – 12:00 noon
5/30	Bridge Group	1:30 p.m. – 4:00 p.m.

The Adult Learning Institute is looking for NEW MEMBERS. If you are interested, please contact the ALI Office @518-828-4181 ext. 3431 or email ali@sunycgcc.edu

IN MEMORY OF DORIS JENKINS

On Sunday, April 9, 2017, our Lord called home to heaven His angel on earth, Doris Jenkins. For many years, Doris was a devoted volunteer to the Greene County Department of Human Services, having served as a Homebound Meal driver, together with her husband, Dr. DuBois Jenkins, and continuing after his death in 2010. She served as a member and the secretary for the Greene County Aging Services Foundation. For this and the countless other ways she volunteered to the Greene County community, she was honored as the 2016 Senior Citizen of the Year.

We will miss her smiling face and wish to extend our deepest sympathy to her children and their spouses, Richard & Sandy, Nancy & Larry, and David & Patrice; her grandchildren and great-grandchildren. Thank you, Doris, for all you did for this department.

WALKERS AND WHEELCHAIRS AND BRACES, OH MY!

Join the fight against Durable Medical Equipment fraud

Have you ever received a postcard in the mail saying you're eligible for a free back brace? Maybe someone has called to tell you that your doctor has approved you for a free knee brace - all you need to do is provide your Medicare number! Sounds like a good deal, right? Maybe ***too*** good?

Unfortunately, it is. Durable Medical Equipment (DME) scams are some of the most common forms of healthcare fraud. But what exactly is DME? And why are these considered scams?

First, DME is designed to mainly be used in your home. It could be a walker, a wheelchair, a hospital bed, or some kind of brace. These pieces of equipment are intended to uniquely fit ***you!*** For example, a knee or back brace will require your measurements, and a wheelchair will not only fit your body, but be specially measured to ensure that you can move throughout your home. A DME supplier is required not only to thoroughly gather this information, but also to ensure a perfect fit.

Secondly, there are several reasons these phone calls and postcards are considered scams. To start, Medicare representatives are not allowed to solicit by mail or phone. And in order for Medicare to cover a piece of DME in the first place, you need a prescription from your doctor stating why you need it. Lastly, DME is covered by your Part B plan and almost always has a copay.

So, "What's in it for the scammer?" Two things: Personal Information and Money! With these scams, the person on the phone will almost always ask for your Medicare number, which also happens to be your Social Security number. That information in the wrong hands could be really harmful. Most of the time, scam artists will then bill Medicare for a piece of equipment - sometimes more expensive than the one they may have sent you - and collect the money for themselves. Not only can they wrongfully use your Medicare benefits, but they could, and often do, commit identity theft. With your Social Security number, they are able to open bank accounts, credit cards, and request loans in your name - all without your knowledge or permission.

A salesperson who calls you on the phone **CANNOT**:

- **Diagnose or assess your health care needs***:* This is your doctor's job. Your health care provider knows you and your medical history. Don't let a sales person talk you into something you do not need.
- **Prescribe DME for you:** Would you take medicine from a person other than your health care provider? Of course not! The same holds true for DME. Only your doctor can order DME for you.
- **Fit you for DME over the phone:** It is impossible for someone calling on the phone to make sure equipment will fit you, and that is the job of the DME supplier. A good DME supplier will work with you until the equipment fits you just right and works properly for you.

This sounds bad. How can I protect myself? Glad you asked . . .
Knowledge is power. By knowing how scammers operate, you can stop them in their tracks. It's important to be wary of any offers that promise "free" products or services. After all, there's no such thing as a free lunch! So, don't be afraid to hang up the phone or toss that postcard in the trash.

However, you don't just have to play defense . . .YOU can help fight fraud! You can report Medicare scams and fraud by being proactive and reporting any suspicious activity to the New York Senior Medicare Patrol at (877) 678-4697. By reporting this information, not only does it show if scammers are targeting a specific neighborhood, zip code, or city, but it also helps in reporting fraud trends to the proper authorities.

If you ever have any questions or concerns, don't hesitate to contact the NY Senior Medicare Patrol program. **They're there to help you.**

Nutrition Notes

MAY IS HIGH BLOOD PRESSURE MONTH

High blood pressure is a simple term for Hypertension and is known as “the silent killer”.

Did you know that one in three adults have hypertension? Less than 50% of them have it controlled.

High blood pressure has no symptoms but can cause problems such as stroke, heart failure, heart attack and kidney failure.

GET TESTED

KNOW YOUR NUMBERS!

Systolic Blood Pressure (top number)
Less than 120: Normal
120-139: Prehypertension
140-159: Stage 1 high blood pressure
160 or more: Stage 2 high blood pressure

Diastolic Blood Pressure (bottom number)
Less than 80: Normal
80- 89: Prehypertension
90-99: Stage 1 high blood pressure
100 or more Stage 2 high blood pressure

TIPS TO REDUCE BLOOD PRESSURE:

Less Salt, More Spice

StayActive

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.

ATHENS

Rivertown Senior Center
39 Second Street, Athens
(518) 945-2700

John Orso
Senior Center Manager

Shane Dillon
John Lawrence
JoanAnn Rouse
Lana Marrone

AGING INFORMATION
& ASSISTANCE
MEDICARE MINUTE:
2nd monthly Monday
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 Wednesday
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.

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.

COMING SOON . . . FARM to TABLE

June - Strawberries and Broccoli from Story Farms in Kiskatom

July - Tomatoes, Cucumbers, Cantaloupe and Summer Squash from Black Horse Farm in Athens

August - Green Beans and Peaches from Bulich's Creekside Farm in Catskill; Corn and Watermelon from Black Horse Farm and Potatoes from Story's

September - Plums from Bulich's; Kale from Story's and Pears and Cauliflower from Black Horse

October - Apples and Winter Squash from Boehms in Climax and Black Horse Farm, and Onions and Peppers from Story's

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
1 Baked Cod with Dill Sauce Parsley Boiled Potato Broccoli and Carrots Tropical Fruit	**2** Teriyaki Pork Brown Rice Stir Fry Vegetables Garden Salad Pineapple Chunks	**3** Roasted Red Pepper Quiche Brussels Sprouts Mixed Vegetables Tapioca Pudding	**4** Pot Roast with Gravy Butternut Squash Cauliflower with Cheese Sauce Angel Food Cake & Berries	**5** Chips and Salsa Taco Bar with Black Beans, Corn, & Shredded Lettuce Mexican Rice Mock Margaritas Lime Sherbet
8 Stuffed Shells with Tomato Sauce Wax Beans Broccoli Oatmeal Cookies	**9** Swedish Meatballs Hot Beets Mashed Potato with Chopped Kale Pears	**10** Tortellini & Turkey in Tomato Sauce Spinach Lemon Fruited Gelatin	**11** ***Mother's Day Lunch*** Roasted Pork Loin with Gravy Roasted Potatoes Glazed Baby Carrots Hummingbird Cake	**12** Salmon Loaf with Creamed Peas Baked Potato Green Beans Garden Salad Peaches
15 White Turkey Chili Brussels Sprouts Apricots	**16** Fish and Chips Tartar Sauce Harvard Beets Pineapple	**17** Beef Burgundy over Noodles California Mixed Vegetables Mandarin Oranges	**18** Ziti with Meat Sauce Italian Green Beans Fresh Salad Rice Pudding	**19** **GREENE COUNTY SENIOR CITIZEN DAY** **No Meals**
22 Macaroni & Cheese Stewed Tomatoes Three Bean Salad Fruit Cocktail	**23** Breaded Chicken Cauliflower with Cheese Sauce Butternut Squash Fresh Fruit	**24** Baked Cod with Dill Sauce Buttered Tortellini Broccoli & Carrots Apple Crisp	**25** Teriyaki Beef Brown Rice Stir Fry Vegetables Pineapple Chunks	**26** Spinach & Swiss Quiche Zucchini Cauliflower Garden Salad Tapioca Pudding
29 **Office &** **all Nutrition Sites** **Closed** 	**30** Sweet & Sour Pork Brown Rice Broccoli Mandarin Oranges	**31** Cooks Choice Brussels Sprouts Lemon Pudding 		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Roast Turkey w/ Gravy & Cranberry Sauce Cole Slaw Mashed Potatoes Spinach Pineapple Chunks	**2** Herb Baked Fish Fresh Salad Parsley Potatoes Carrot Coins Apple Crisp
5 Pork Chop Red Cabbage Mashed Potatoes Butternut Squash Applesauce	**6** Tuna Salad Potato Salad Marinated Carrots Tropical Fruit Mix	**7** Italian Meatballs Spaghetti Broccoli Rice Pudding	**8** Beef Patty w/Gravy Rice Pilaf Beets Mandarin Oranges	**9** Baked Chicken w/ Gravy Fresh Salad Parsley Potato Monaco Mixed Vegetables
12 Lemon Pepper Fish Potatoes O'Brien Spinach Fruit Cocktail	**13** Broccoli Quiche Parsley Potato Monaco Mixed Vegetables Chocolate Pudding* **Dessert subst. :* *Sugar Free* *Chocolate Pudding*	**14** Beef Pot Roast w/ Gravy Mashed Potatoes Tuscan Mixed Vegetables Oatmeal Cookies 	**15** **SPECIAL LUNCHEON:** Chicken Cordon Bleu w/ Honey Mustard Sauce Broccoli Roasted Red Skin Potatoes w/ Red Peppers Ice Cream Sundaes	**16** Salisbury Steak w/ Gravy Braised Cabbage Fresh Salad Baked Potato Fresh Fruit
19 Chicken Marsala Parsley Potato Braised Chopped Kale Mandarin Oranges	**20** Meatloaf w/ Gravy Mashed Potatoes Butternut Squash Cubes Fruit Cocktail	**21** Kielbasa* Sauerkraut German Potato Salad Carrot Coins Birthday Cake ** Low-salt diet:* *Hamburger*	**22** Roast Pork w/ Gravy Old Fashioned Mixed Vegetables Sweet Potato Apple Crisp	**23** Turkey, Roast Beef & Provolone Subs w/ Lettuce & Tomato Marinated Cauliflower Salad Fresh Fruit
26 Liver & Onions Green Beans Mashed Potatoes Pears	**27** Cheese Lasagna Romaine Salad Italian Mixed Vegetables Peanut Butter Cookies	**28** Salmon w/ Dill Sauce Confetti Rice Asparagus Watermelon	**29** **FARM-to-TABLE** **Story Farms** Turkey Pasta Salad Fresh Salad Marinated **BROCCOLI** **STRAWBERRY** Shortcake	**30** Cooks Choice Fresh Salad Spinach Pineapple Chunks

CAREGIVER TIPS FOR TRAVELING

Traveling long distances with a person in the early stage of dementia may still be quite enjoyable. As dementia advances, however, traveling becomes unpredictable as the person becomes more confused. Plan ahead for a trip by gathering important documents: insurance cards, passports, your physician's phone number, refills on medications and a copy of medical records in case the person with dementia needs to see a physician while away. Make sure you keep track of all the documents and medications. Packing them in carry-on bags so they will not get lost in route is a good idea. Remember to bring sufficient funds or a credit card with you in case you must change your plans suddenly and return home. Also, you may want to bring along a brief letter from your physician to the airline or hotel to expedite a change in plans.

When traveling, try to follow the routine that is followed at home. Even minor changes in routine can be distressing to your loved one, and may cause unexpected delays in the delivery of care. So, be sure to allow plenty of time for everything. Plan for rest periods throughout the day. For example, if you are taking a tour by bus, you may want to remain in the bus so the person can take a nap instead of visiting all the sights.

Remember the person who is at risk of wandering when at home, may also do so in an unfamiliar place. If this is the case with your loved one, try using an identity bracelet or necklace that clearly explains that she has a dementia illness. Put a card with the name and address of the hotel where you are staying in the person's pocket. You may want to carry a recent photo of the person in case she gets lost.

Traveling may also make the person more anxious. Bring along an anti-anxiety medicine just in case. Toileting is an issue that requires some forethought when you are traveling. If you are driving, stop at the rest-area toilets every couple of hours. If the person needs assistance in the bathroom and you may be in there for a while, bring along an "OCCUPIED" sign for the washroom door. Have on hand a full change of clothing. Be sure to keep the way to the toilet well lighted in hotel rooms, and keep a light turned on at night in the bathroom.

A few more travel tips to keep in mind: If you are traveling by car, never leave your loved one with dementia alone in the car. Try to bring along a relative or friend to share in the driving. And if you are traveling by plane, you may want to notify the airline ahead of time, so you can ask for any assistance.

Manual of Caregivers by Rush Alzheimer's Disease Center. Information for this article was obtained from the Rush Alzheimer's Disease Center.

Roof Leaking?

Furnace Done For?

Attention: Greene County Homeowners

Grant money for home repairs is now available for income eligible owner occupied homes.

Applications are available at:
Catskill Mountain Housing Development Corp.
448 Main Street
Catskill, NY 12414

For further information please call 518-943-6700 or visit us on the web at CMHDC.ORG

Funding for this program is provided by NYS Housing Trust Fund Corp.

COMMUNITY ACTION of Greene County, Inc.

We Are BUSY BEES!!!

Small Home repairs / Painting / Yard work-Spring Planting / Dump runs / Spring Cleaning / and more.

Weatherization Plus is our fee for service program. We can do what you may not be able to do, for a fee that others may charge more for doing.

Our crew are trustworthy, trained, and insured.

Call 518-943-9205 for an estimate today.

Creating Opportunities... Fighting Poverty... Changing Lives

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:

Louise Calamari
Richard Cazter
Mary Dadrowski
Kathleen Drake
Dean Houle
Nancy Koeper
Rose Petrella-Wilson
James Quackenbush

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

GREENE COUNTY LEGISLATURE PROCLAIMS APRIL AS VOLUNTEER MONTH

Greene County Legislator Larry Gardner is seen reading the proclamation to RSVP Coordinator Ruth Pforte, and Advisory members Liz Jarvis and Lillian Moore.

AARP

2017 SMART DRIVER™ COURSE

Become a safer driver!
Reduction on your auto insurance premium!
Must possess valid NYS driver's license

COST FOR COURSE:
$20.00 for AARP members $25.00 for non-members

CLASS DATES & LOCATIONS, *Must attend both days*

TIME: 1:00 PM – 4:30 PM

Tuesday, May 30 & Wednesday, May 31
Town of Coxsackie Senior Center, *Mansion Street, Coxsackie*

Tuesday, June 6 & Wednesday, June 7
Rivertown Senior Center, *39 Second Street, Athens*

Tuesday, May 2 & Wednesday, May 3
Town of Jewett Municipal Building *Beaches Corners, Jewett*

To register for any of the above classes,
Call Mike Pirrone 945-2122
Cell (917) 656-0425

SURPRISE APPEARANCE

On Friday, February 24, 2017, the Rivertown Senior Center received a surprise from John Braun, son-in-law of Athens senior, Liz Jarvis. John is a member of the East Northport Pipe and Drum Corps and entertained the seniors by playing several songs on the bagpipes.

Corporation for NATIONAL & COMMUNITY SERVICE

COMMUNITY RESOURCE DAY

On Thursday, March 23rd the Greene County Department of Human Services RSVP sponsored their annual Community Resource Day at the Washington Irving Senior Center in Catskill. This is an educational outreach event and was well attended. Various vendors, whose mission is to improve our community's quality of life by providing knowledge of resources & supportive services to encourage health, safety, and well being were present.

MAYOR & COUNTY RECOGNITION DAY For NATIONAL SERVICE

The nation's mayors and county officials are increasingly turning to national service as a cost-effective strategy to address local challenges. By unleashing the power of citizens, AmeriCorps and Senior Corps programs have a positive and lasting impact – making our cities and counties better places to live. To spotlight the impact of national service, elected officials participated in the 4th Annual Mayor and County Recognition Day for National Service on Tuesday, April 4, 2017.

Locally, Greene County Legislator Aidan O'Connor, of East Durham, volunteered at the Acra Senior Center, while Legislator Gene Hatton, of Athens, delivered meals from Rivertown. Paul Macko, Greenville Town Supervisor, delivered meals in Greenville while Coxsackie Town Supervisor, Richard Hanse volunteered in Coxsackie. Thank you one and all!

Here Comes Peter Cottontail . . .

Recently, the Catskill Crafters made Easter Baskets for clients of Community Action of Greene County.

Seen in the photo, with their baskets, are Mary Dabrowski, RSVP Coordinator Ruth Pforte, Caroline Knoth, Janet Del Vecchio, Phyllis Wissert, Mary Oettinger, and Ruth Geib

Do you have expired or unused medications in your home?

Stop by from 11:00 a.m. to 1:00 p.m.
May 3rd – Acra Community Center
May 4th – Washington Irving Senior Center, Catskill
May 10th – Rivertown Senior Center, Athens
May 11th – Town of Coxsackie Senior Center
May 18th – Jewett Municipal Building

To dispose of your medications for FREE!

Provided by Greene County Public Health
and Greene County Sheriffs' Office

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

the YMCA

CHAIR YOGA

Experience a yoga practice designed for those times in our lives when we are faced with physical challenges. Chairs and props will be used to assist each person in variations of postures that are appropriate to promote their comfort. This is a great class for seniors and those with health challenges.

WHEN:	**Thursdays** **6/8/17 - 9/21/17 (16 Weeks)**
TIME:	**10:30 a.m. - 11:30 a.m.**
LOCATION:	**Rivertown Senior Center** **39 Second Street** **Athens, NY 12015**

Sign up sheets available at Rivertown Center

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.

"What good is sitting alone in your room? Come here the music play, Come to the Cabaret"

WAJPL GOLDEN AGE CLUB BUS TRIP TO PROCTORS, SCHENECTADY, NY

THURSDAY, MAY 11, 2017 (Departure times based on pick-up location)

LUNCH AT BUCA di BEPPO ITALIAN RESTAURANT
Caesar Salad, Apple Gorgonzola Salad
Ravioli al Pomodoro, Eggplant and Chicken Parmigiana
Chocolate Chip Cannoli Soda, Coffee & Tea

$75 PER PERSON - TO MAKE A RESERVATION, CALL MARY LOUISE 622-3397 OR OPAL 750-8380

MOUNTAIN TOP GOLDEN AGERS BUS TRIP

WESTCHESTER BROADWAY THEATRE
AN EVENING OF GREAT THEATRE AND DINING

WEDNESDAY, MAY 24, 2017
Departure times based on pick-up location
Lunch at the Theater prior to show

$62 PER PERSON - TO MAKE A RESERVATION, CALL CHRIS AT 589-5815

WAJPL GOLDEN AGE CLUB BUS TRIP
HILDENE (THE LINCOLN FAMILY HOME), MANCHESTER, VT

WEDNESDAY, JUNE 14, 2017
Departure times based on pick-up location

LUNCH AT

MT. ANTHONY COUNTRY CLUB 1897

Warm Sour Dough Rolls w/ Butter
Plated Organic Green Salad w/ Maple Balsamic Vinaigrette
Choice of Entrée w/ Potato or Rice
Asparagus w/ Red Pepper Confetti
Choice of Dessert

$60 PER PERSON - TO MAKE A RESERVATION, CALL MARY LOUISE 622-3397 OR OPAL 750-8380

Athens Senior Citizens Club
Sponsors Trips to Saratoga Race Track

SARATOGA

Monday, July 31, 2017
Monday, August 21, 2017

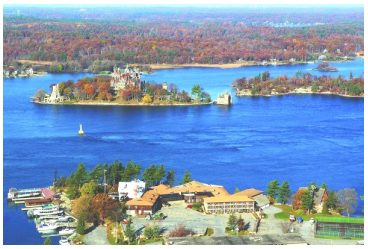
Cost: $25.00
Includes bus transportation,
Grandstand admission

Leaves Rivertown Senior Center, Athens
at 9:30 a.m.
Returns approximately 9:30 p.m.

Dinner stop:
Delmonico's Italian Steakhouse
Clifton Park*
** Cost of meal not included in trip cost*

To make reservation, call John at 945-1150

WAJPL Golden Age Club Bus Trip
1,000 ISLANDS*
Alexandria Bay, NY



August 21 - 24, 2017

$525 per Person For Double/$675 For Single
Paid in full by May 8, 2017

Motor Coach Transportation
3 nights stay at Bonnie Castle Resort
with breakfast and dinner
Winery tour Museum tours
Boat tours Sightseeing
Baggage handling & all tips

For further information
or to make A Reservation,
Call Mary Louise 622-3397 or Opal 750-8380

Catskill Silver Linings Bus Trip
Smoky Mountain Entertainer, TN

September 24 - 29, 2017

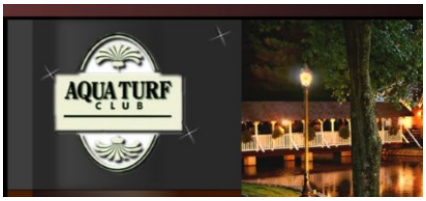
$655 Per Person For Double/$845 For Single
$25 deposit due with reservation
Balance due July 27, 2017

Motor Coach Transportation
5 nights lodging with breakfast & 3 dinners
5 Spectacular Shows

Admission to Dollywood
Smoky Mountain tours including
Ole Smoky Tennessee Moonshine, The Island,
Old Mill Complex and Downtown Gatlinburg
Baggage handling, taxes & meal gratuities

For further information
or to make A Reservation,
Call Georgianna Ramsay 622-3257

Catskill Silver Linings Bus Trip
Polka at the Aqua Turf Club
Plantsville, CT.



Tuesday, October 17, 2017

$50 per Person
(Transportation, Lunch & Entertainment)

Chicken Rice Soup - Tossed Salad
Pierogies - Galumpkis
Roast Pork Loin
Potato - Vegetable
Cheesecake

LET'S POLKA

For further information
or to make A Reservation,
Call Georgianna Ramsay 622-3257

GREENE COUNTY ROUND TABLE NEWS
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GREENE COUNTY DEPARTMENT of HUMAN SERVICES
411 Main Street, Catskill, NY 12414
(518) 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	Danielle Wade
Bethany Village Case Manager:	Andrea Benjamin-Legg		
Aging Services Specialist:	Gwen Starke	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 E. Wallace

The office is open 8:30 a.m.- 5:00 p.m. Monday thru Friday, **with the exception of July & August (Close 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