

SENIOR CITIZEN'S ROUNDTABLE NEWS



DECEMBER 2013

Published by Greene County Department of Human Services, Aging Department since 1976



PLEASE BECOME A SENIOR ANGEL

The Greene County Department of Human Services would like to invite you to become a Senior Angel. The department has several elderly, limited-income clients who could use a special gift during the holiday season. These gifts lift their spirits and fulfill a need.

The department is requesting monetary donations. These funds will be placed in our Senior Angel Fund and be used to purchase a gift for a needy older person. Department staff will deliver the gifts mid December.

The following are some of the ways we use the funds:

- ☆ Purchase clothing and household necessities
- ☆ Provide an emergency response unit to persons at risk of falling
- ☆ Purchase small appliances or amplified phones
- ☆ Purchase other items that will enable seniors to live with dignity and independence

In addition, year round, funds are used to provide one-time, emergency assistance to senior citizens when all other funds have been exhausted and there is no other source to help.

Please call the Greene County Department for the Aging at (518) 719-3555 or toll free at (877) 794-9266 for more information. Please make checks payable to Greene County Department for the Aging Senior Angel Fund. Donations may be dropped off or mailed to Greene County Department of Human Services, Greene County Office Building, 411 Main Street, Catskill, NY 12414.

Please note that due to confidentiality we cannot give out the names of our recipients. Thank you for your understanding.

AN IMPORTANT MESSAGE FROM GREENE COUNTY DEPARTMENT OF HUMAN SERVICES

As we enter the winter season, we are asking for the help and cooperation of the people we serve, primarily those who receive home delivered meals and/or rely on our transportation services.

During winter storms, it may be necessary for us to close the Rivertown Senior Center in Athens, as well as the meal sites in Acra, Catskill, Coxsack and Jewett, because of hazardous conditions. This closing will cancel the congregate center meals and the home-delivered meals for that day. In addition, if the centers are closed then all senior transportation services are also cancelled - the vans to the centers, the Hamlet Bus, and medical transportation.

With this in mind we are recommending that all seniors have at least 72 hours worth of supplies on hand just in case.

If we decide to close the centers, an announcement will be made on:

TV Stations: 6 (WRGB), 10 (WTEN), and 13 (WNYT)
Radio stations: AM - WHUC 1230, WGY 810
FM - WCZR 93.5, WCTW 98.5 and WRIP 97.9

Our volunteers are the cornerstone of our services, especially for home delivered meals and medical transportation. Most of these volunteers are senior citizens themselves and drive their own vehicles. We keep this in mind when the roads are bad or there has been a heavy snowfall the night before and we cancel services for the day. We will not put any volunteers in danger due to weather conditions.

We must also consider the danger of asking someone to deliver a meal to a home where snow and/or ice has not been cleared and may be unsafe. If the volunteer cannot safely get to a home, we will not have the service available.

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

Terry McGee Ward, Executive Director

**SENIOR CITIZEN'S
ROUNDTABLE NEWS**

is published monthly by

GREENE COUNTY

DEPT. of HUMAN SERVICES

411 Main St. Catskill, NY 12414

719-3555 Toll Free (877)794-9266

aging@discovergreene.com

CONTACT US:

EXECUTIVE DIRECTOR

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Aging Services - Connie Bentley

Nutrition - Tezera Hoovler

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Ruth Pforte Carol Provost

Gwen Starke Carrie Vedder

Drivers:

Hamlet Bus Sue Ormerod

Nutrition Vans Janet Osborn

Patrick Murphy

Bethany Village Case Manager

Patricia Gessner

The office is open 8:30am - 5pm Monday thru Friday, with the exception of July & August (4:30pm). 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.**

TO SUBSCRIBE

To receive electronically, please email **aging@discovergreene.com**
US Postal delivery: Please contact the address/phone number above.

TO ADVERTISE:

To help defray costs for printing & mailing, RoundTable News will accept paid advertisements. Acceptance of ads does not constitute an endorsement of any type. For further information, contact Ken at 719-3555.

Greene County Department for the Aging operates the Rivertown Senior Center in Athens, as well as Senior service/Nutrition Sites throughout the county:

*** Rivertown Senior Citizens Center**

Tami Bone, Senior Center Manager

2nd & Warren St., Athens

(518) 945-2700

Staff:

JoanAnn Rouse

John Lawrence

Shane Dillon

Lana Marrone

*** Acra Senior Service Site**

Sandra Sherman, Meal Site Manager

Acra Community Center,

Old Rte. 23B, Acra

(518) 622-9898

Staff: Elaine Cherrington

*** Cossackie Senior Nutrition Site**

at Town of Cossackie Senior Center

Renee Raffiani, Meal Site Manager

Mansion Street, Cossackie

(Former Knights of Columbus Hall)

(518) 731-8901

*** Catskill Senior Nutrition Site**

at Washington Irving Senior Center

Gethen Proper, Meal Site Manager

15 Academy Street, Catskill

(518) 943-5820

Staff: Martha Schilling

*** Jewett Senior Service Site**

Jewett Municipal Building

Route 23C, Jewett

(518) 263-4392

Staff: Gayle Ruvolo (Site contact)

MaryAnn Brink

Patricia Merwin

CONGREGATE MEALS

Each site serves a hot noon-time lunch, Monday - Friday for a suggested donation of \$3.00. They are closed on legal holidays and inclement weather.

All congregate meals include:

Meat or Alternative Entrée Vegetables & Fruit Bread & Milk Dessert

We ask that you call at least one day ahead to make sure you are included in the lunch count.



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/Aging Department 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. Thank you!

NAME: _____

ADDRESS: _____

I designate a \$ _____ donation in appreciation for services **OR** in memory of _____

for the following:

- _____ Use where most needed _____ Home-delivered meals
- _____ Homebound transportation _____ Nutrition Program/Congregate
- _____ RoundTable News _____ In-home services

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

GREENE COUNTY SENIOR SERVICE CENTERS

**ACRA
SENIOR SERVICE CENTER
622-9898**



**Acra Community Center
Old Route 23B, Acra**

DFA Information & Assistance:
2nd monthly Wednesday, 11 am

Cairo Crafters:
1st & 3rd monthly Wednesday
1 pm

**COXSACKIE
SENIOR SERVICE CENTER
731-8901**



**at Town of Coxsackie Sr. Center
127 Mansion St., Coxsackie**

DFA Information & Assistance:
3rd monthly Mon, 11 am

Blood Pressure: 2nd Mon., 11 am
Exercise Class: Tues/Thurs 10:30 am
Knitting: Tuesday, 11am
Line Dancing: Friday, 10am

**JEWETT
SENIOR SERVICE CENTER
263-4392**



**Jewett Municipal Building
Route 23C, Jewett**

DFA Information & Assistance:
4th monthly Fri - 11 am

Blood Pressure:
2nd monthly Tues - 11am

**CATSKILL SENIOR NUTRITION SITE
943-5820**



**at Washington Irving Senior Center
15 Academy Street, Catskill**

DFA Information & Assistance
2nd Thurs of month, 11am

CENTER ACTIVITIES

Sponsored by Town of Catskill

- * **Mon:** Crafters - 1 pm
- * **Tues:** Line Dancing - 10:30 am
Weight Watchers - 11am
Cards & Games - 1 pm
- * **Wed:** Water Colors - 10am
BINGO - 10:30 am
Movie of Week - 1pm
- * **Fri:** Exercise Class - 11 am

**RIVERTOWN SENIOR CENTER
945-2700**



2ND & WARREN STS., ATHENS

DFA Info. & Assistance: 2nd Mon, 11am
BINGO: Wednesdays, 10:30 am
Blood Pressure: 3rd Thurs, 10:30
Crafters: 2nd & 4th Tues, 1pm
Exercise Class: Tues & Fri, 10:30
Games & Cards: Thurs 1:15 - 4pm

DECORATING & TREE-TRIMMING PARTY



Friday, December 6th 12:45 pm
Join with good friends for great food
and holiday cheer!

Please bring a dessert to share.
For more information, call Tami.

GREENE COUNTY SENIOR SERVICE CENTERS NUTRITION PROGRAM

ALL PERSONS OVER AGE 60 CAN ATTEND LUNCH at ANY SITE - SUGGESTED DONATION: \$3.00

All meals include Bread with Promise spread; Milk; Coffee and Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
DEC. 2 - 6	LEMON PEPPER FISH FILLETS MASHED POTATOES SCANDINAVIAN VEGETABLES TANGERINE	MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD ORANGE JUICE APRICOTS	MEATLOAF w/Gravy SCALLOPED POTATOES SPINACH SLICED PEACHES	CHICKEN & BISCUITS WHIPPED POTATOES BROCCOLI V-8 JUICE BIRTHDAY CAKE	CHEESE LASAGNA OLD FASHIONED MIXED VEGETABLES TOSSED GREEN SALAD DINNER ROLL
DEC. 9 - 13	CHICKEN PICCATA w/Orzo MIXED BEANS & BABY CARROTS MANDARIN ORANGES	KNOCKWURST w/Sauerkraut <i>(Low Salt Diet Subst)</i> BAKED BEANS CARROTS ORANGE JUICE FRUIT COCKTAIL	SHEPHERD'S PIE GREEN BEANS PUMPKIN BAR	BAKED HAM w/Pineapple <i>(Low Salt Diet Subst)</i> ESCALLOPED POTATOES BROCCOLI APRICOTS	STUFFED SHELLS in To- mato Sauce ITALIAN MIXED VEGETABLES ROMAINE SALAD DINNER ROLL APPLE
DEC. 16 - 20	VEAL PARMESAN over Rotini OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	BROCCOLI CHEESE FISH FILLET WHIPPED POTATOES SPINACH ORANGE JUICE PEACHES	BAKED CHICKEN QUARTERS w/Gravy CRANBERRY SAUCE FRESH SWEET POTATOES GREEN BEANS OLD FASHIONED BREAD PUDDING <i>(Diet Dessert Subst)</i>	ROAST PORK LOIN w/Gravy CANDIED APPLE RING WHIPPED POTATO CRAN-APPLE SALAD PEAS & PEARL ONIONS DINNER ROLL APPLE PIE	AMERICAN GOULASH CARROT COINS TOSSED SALAD TROPICAL FRUIT
DEC. 23 - 27	SLOPPY JOES on Bun CALIFORNIA MIXED VEGGIE 3 BEAN SALAD TROPICAL FRUIT	BAKED TILAPIA in/Lemon Butter w/Tartar Sauce BAKED POTATO WINTER MIXED VEGETABLES SUGAR COOKIES	ALL CENTERS CLOSED NO MEALS DELIVERED 	CHICKEN DIJON MASHED POTATOES CARROT COINS BUTTERSCOTCH PUDDING	CHILI over Brown Rice GREEN BEANS w/BROCCOLI, CAULIFLOWER, BABY CARROTS and PEPPERS CORNBREAD FRESH ORANGE
DEC. 30 - 31	TURKEY BURGERS w/Bun SCALLOPED POTATOES OLD FASHIONED MIXED VEGGIES TROPICAL FRUIT	PORK CHOPS w/Gravy SAUERKRAUT OVEN BROWNED POTATOES FRESH BUTTERNUT SQUASH VANILLA PUDDING w/Sprinkles <i>(Diet Dessert Subst)</i>			



NUTRITION NOTES

NUTRITION TIPS FOR THE HOLIDAYS

Does the word "holidays" conjure up images of cookies and pies, gorging yourself on turkey and all the trimmings, packing on the pounds? It doesn't have to! Healthy eating **can** be a realistic goal during the holiday season; however, this goal requires careful planning. Thanks to nutrition experts, here are "Top 10" tips for healthy, guilt-free holidays.

1. **Be realistic.** The average American gains 6 pounds between Thanksgiving and New Year's Day. Trying to lose weight during the holidays will be an uphill battle. Instead, setting your goal at maintaining your weight during the holidays will be more realistic.

2. **Do not arrive at holiday parties hungry!** Nine out of 10 individuals will overeat if they skip meals. Our bodies are designed to eat every four to five hours. Skipping meals to "save calories" for party eating will set you up for failure. Eat a light meal before a party and you will arrive in control of your appetite and actually eat less.

3. **Make time for exercise during the holidays.** Even the best-derived plans leave room for error. Exercise will help burn off some additional calories. Keep in mind, however, that you have to walk approximately 30 minutes at 4 miles per hour to burn off one small slice of pumpkin pie.

4. **Limit your alcohol intake to one to two drinks.** Calories from alcohol add up quickly, particularly if you are consuming mixed drinks.

5. **Be a social butterfly.** Holidays are a time to be sociable. Spend time enjoying the company of others. The more you talk, the less you will eat.

6. **Do not wear loose-fitting clothes during the holidays.**

7. **Fill up on vegetables and fruits.** They are loaded with vitamins, minerals and disease-fighting phytochemicals, while low in calories. The fiber in these foods may help you feel full and leave less room for high-calorie, tempting treats.

8. **Donate food gifts to a food pantry.** Don't even tempt yourself by bringing holiday favorites home.

9. **Offer to bring a dish to holiday gatherings.** If you can, bring a healthy dish with you.

10. **Lighten up meals that you prepare.** You can try some of the following ideas:

- * Make a list before grocery shopping. (And be sure you don't shop when you're hungry!)

- * Serve meals on smaller plates.

- * When preparing turkey, choose a plain bird, rather than a self-basting bird. Remove the skin before eating.

- * Use a gravy cup or refrigerate the pan juices and skim the fat off the top before making gravy. (It can remove up to 56 grams of fat per cup of gravy.)

- * When preparing dressing, use a little less bread and add more onions, celery, vegetables and even such fruits as cranberries and apples.

- * Leave out the margarine and marshmallows when preparing yams. Instead, sweeten the dish with fruit juice, such as apple, and flavor it with cinnamon.

- * When preparing mashed potatoes, use skim milk, garlic powder and a little parmesan cheese instead of whole milk and butter.



We all have experienced a time when a loved one or close friend experiences a sudden illness. When that happens, it seems the phone rings day and night - family, friends and neighbors want to help. Many offer to bring meals. The family can feel overwhelmed by the amount of food, possibly all at one time, but accept the offers for help.

Meal assistance is done not just when tragedy strikes, but when babies are born, when friends are receiving medical treatments, and in so many other situations. As a result, a web site has been designed that eliminates the need for making and receiving time-consuming phone calls regarding donations of food.

The use of TakeThemAMeal.com can help do just that. Families can post a link to their TakeThemAMeal.com account and a meal schedule for several months can be filled overnight. What once helped one family can be used so others may be helped as well.

Be Prepared for Winter Weather



TIPS FOR THE OVER 60 CROWD

Many seniors live alone and that independence is important but winter weather can be a challenge. Weather forecasts have been known to be wrong or ignored, so seniors need to be prepared for whatever winter brings. Here is a list of things to remember every winter.

1. Dress warmly when going outside, even it's just for a few minutes to fill the bird feeders. Button coats, wear boots, gloves, and something on your head.

2. Have a cordless phone or cell phone and keep it in your pocket when going outside. It takes just a minute to stick it in a pocket and if you should happen to fall or need assistance, you can phone for help.

3. Keep the melting salt near the front door. It's too heavy to drag around. Use a decorative can if you think the bag looks tacky. Be sure there is something to use as a scoop.

4. Keep the snow shovel inside, or if you insist on it being outside, be sure it's within arm's reach of the door.

5. Push the snow to the side of the porch, don't lift and toss it off. You just need to clear a path.

6. Better yet, make arrangements for someone else to clear the snow. It can be a neighbor, a nearby school child, or someone else who is able to get out and clear your always and/or driveway. Arrange in advance, not when the storm hits.

7. Hold on to the railing when going down the steps. Sprinkle salt on it if it's icy.

8. Don't turn the thermostat below 65 degrees and risk hypothermia. Frugal is one thing, freezing is another.

9. Is there sufficient fuel in the tank? It doesn't have to be full but you don't want to risk running out either.

10. Has the furnace been serviced since last year? Or if you have a fireplace, has the chimney been cleaned since last year?

11. Is there wood for the fireplace or if you have a wood stove? Is the wood on the deck, covered, or clear across the yard? Keep a few pieces inside so they'll be good and dry.

12. Do you know where a flashlight is handy to use? Do you have extra batteries for the flashlights? Do you know where they are?

13. Do you have a few extra gallons of drinking water on hand? Store one gallon of water per person per day for three days for drinking, cooking and washing. Rotate your food and water supplies every six months to ensure freshness.

14. What about food ... is there enough for three to five days in case you're snowed in? Begin now to stock up on foods that you like, that meet your nutritional requirements (i.e. low sugar, low salt, high protein), that do not require cooking or refrigeration. Make sure you have a manual can opener just in case the power is out.

Here are some good items to have on hand:

Granola bars Peanut butter
Crackers Cans of tuna
Appropriate cookies
Cans of fruit or applesauce
Plan to have enough food on hand.

15. Prescription medications ... We all know how critical it is that certain medications be taken on a regular schedule. This could become even more important in a disaster, especially for anyone on a maintenance prescription. Be sure to order refills so they arrive before running out. Keep copies of your prescriptions in your purse or day bag. Also, maintain a week's supply of all medications in an emergency kit, in case you are away from home when disaster strikes.

16. If the weather looks iffy, don't drive if you don't have to. Be sure to put a blanket or two in the car in case you have to drive. Again, a cell phone is good to have so you can be reached if you do need to drive. This way, you can call someone in an emergency. Plus don't forget to call loved ones when you leave the house and arrive at your destination.

17. Do you or a loved one use a cane? Replace the rubber tip if it's worn. An ice pick, found at health care stores or pharmacies, can be fitted to the end of the cane for added stability in icy weather.

While many of these tips are common sense, some older people have trouble accepting that they may not be able to do what they did last year. Don't treat the seniors in your life as if they're old, infirm, and forgetful even if they are. Take a light and caring approach when reminding them of winter hazards. And phone them every day, especially when severe weather is expected.



Volunteers Reap What They Sow



Lead With Experience

To all Greene County
Department of Human
Services Volunteers:



Here's wishing you
and yours
a very happy
and
healthy holiday season.

Ruth Pforte
Volunteer Services Coordinator

V aluable is the work you do.
O utstanding is how you always come through.
*L*oyal, sincere and full of good cheer,
U ntiring in your efforts throughout the year.
N otable are the contributions you make.
T rustworthy in every project you take.
E ager to reach your every goal.
E ffective in the way you fulfill your role.
R eady with a smile like a shining star,
S pecial and wonderful—that's what you are.



\$500 FUEL RAFFLE

Sponsored by

Greene County Dept of Human Services RSVP

Drawing: December 12, 2013

HURRY . . . TIME IS RUNNING OUT!

\$5.00 a chance

(Winner will need to provide Dept.
with name of fuel provider & account number)

To obtain a ticket,
Contact any RSVP Advisory Council member
or call Ruth at 719-3555

Proceeds will help offset
costs of Nutrition Services
to area Homebound Seniors



Please contact Ruth Pforte at (518) 719-3555 to volunteer for these positions and the many more we have to offer or further volunteer information. Please help us help others!

HOMEBOUND TRANSPORTATION

Do you enjoy driving? Would you like to help homebound seniors get to their appointments? Volunteer drivers choose the trips that they are available for - be it local or long distance trips. We offer mileage reimbursement to our volunteers to help defray expenses.

HOME DELIVERED MEALS

This program is always in need of volunteers to deliver meals to homebound county seniors. Currently, we have a specific need for drivers in the Catskill area (various routes) and in Acra (Wednesdays). You can be a significant help to us and brighten the day of these seniors with a commitment of approximately one hour per day, as many days as you are able. A personal vehicle is necessary. There is no age requirement - anyone can volunteer!

FRIENDLY VISITORS

Visit homebound clients in their homes on a regular schedule - to chat, play cards, discuss the news, etc. This program provides companionship to clients who would otherwise be alone for great lengths of time.

DO YOU WEAR A HEARING AID?

Recently a small quantity of hearing aid batteries was donated to our Department. Please contact the office if you can use

Miracle Ear Size 13 (ME8Z)

or

Ray-O-Vac Proline 312A

Quantities are extremely limited.



ALZHEIMER'S CAREGIVER SUPPORT

Designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. Help participants develop methods and skills to solve problems. Encourages caregivers to maintain their own personal, physical and emotional health, as well as care for the person with dementia.

1st Wednesday of each month, 6:30pm

The Pines at Catskill

154 Jefferson Heights, Catskill

Contact: Karla Flegel, 943-2042



Victorian Christmas Stroll in the Village of Athens

Saturday December 14, 2013

**Rivertown Senior Center will be open
1pm – 4pm**

**Refreshments,
including a Chocolate Fountain**

Handbell Choir performance at 3pm

**The center will be a stop for
Horse-drawn sleigh rides
through the Village**

*Thank
You*

Your kind support and generosity by donating to the Greene County Department of Human Services. will help provide services to an older adult of the county.

Cecelia M Rinaldi in appreciation of services provided

Holly Vorraro in appreciation of services provided to Albert Vorraro

GREENE COUNTY SENIOR CITIZENS CLUBS

ATHENS:

ATHENS SR. CITIZENS
2nd & 4th Monday, 1:15pm
Rivertown Senior Center

CAIRO:

CAIRO GOLDEN AGERS
2nd & 4th Wednesday,
1:30pm
Acra Community Center

CATSKILL

**CATSKILL SENIOR
FELLOWSHIP**
3rd Thursday, 1:00pm
Washington Irving Center

**RIP VAN WINKLE
SENIOR CITIZENS**
2nd Thursday, 1:00pm
Washington Irving Center

COXSACKIE:

**BETHANY VILLAGE
TENANTS ASSOC.**
3rd Wednesday, 1:15pm
Van Heest Hall

COXSACKIE AREA SRs.

2nd & 4th Wednesday,
1:15pm
Van Heest Hall,
Bethany Village

SR. CITIZENS of COXSACKIE

1st & 3rd Monday, 1:30pm
Coxsackie Center

GREENVILLE: GREENVILLE

GOLDEN YEARS
1st Wednesday, 1:30pm
American Legion Hall



Calling All Seniors!

MOUNTAIN-TOP: MTN. TOP

GOLDEN AGERS
4th Thursday, 1:30pm
Tannersville Village Hall

**W-A-J-P-L
GOLDEN AGERS**
1st & 3rd Monday, 1:30pm
Hensonville Town Bldg.