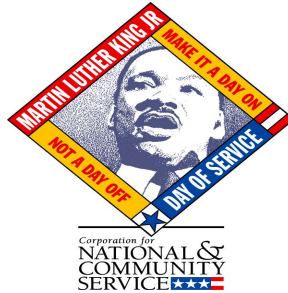


Senior Citizens' Roundtable News

Published by Greene County Department of Human Services since 1976

March 2016



Senior Corps MLK Community Resource Day

Sponsored by

Greene County Department of Human Services' Retired Senior Volunteer Program

March 24th, 2016

9:00 a.m. - 3:00 p.m.

**Washington Irving Senior Center
Academy Street, Catskill, NY 12414**

Free Admission

Open to the General Public

Visit the booths of numerous support services
that are available in our community.

To schedule transportation,
call (518) 719-3555 and ask for the shopping bus.

For more information, contact
Ruth Jones Pforte (518) 719-3555
Rpforte@discovergreene.com



SENIOR ANGELS PROGRAM - SPREADING CHEER 365 DAYS A YEAR



SPONSORED BY
GREENE COUNTY DEPARTMENT OF HUMAN SERVICES

COMING IN NOVEMBER

*Will you be alone for Thanksgiving?
Come join us . . .*



SENIOR ANGELS 1st COMMUNITY THANKSGIVING DINNER

Open to Seniors 60 years & older

Rivertown Senior Center
39 Second Street, Athens

Further details
to be announced in the future.

Want to volunteer to help?
Call our office & ask to speak to Ken



Barbara Smith

In Memory of

Helen & George Zini

Your kind support & generosity by donating to the Greene County Department of Human Services to use where most needed will help provide services to area Senior Citizens.



**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:

- _____ Roundtable News _____ In-home services
- _____ Where most needed _____ Senior Angel 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



SHOPPING BUS

The Greene County Department of Human Services offers transportation for shopping trips to Greene County residents, 60 years & older, living in the towns of Ashland, Athens, Cairo, Catskill, Coxsackie, Greenville, Hunter, Jewett, Lexington, Prattsville and Windham. Seniors are picked up at their door, driven to Catskill to shop, and then have lunch at a local Senior Center before returning home. Special trips on a periodic basis.

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

SPECIALS: *(First come— first served basis Limit 2 bags)*

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

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

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

1st Monthly Friday
Fri. March 5 **Mountaintop/Cairo/Greenville**

3rd Monthly Friday
Fri. March 18 **Catskill/Athens/Coxsackie**

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

Happy Birthday!



*Making a wish especially for you
And hoping sincerely it really comes true;
Have a wonderful birthday and after it's done
May the year that's ahead be a wonderful one!*

Happy March Birthday to the following Nutrition clients.

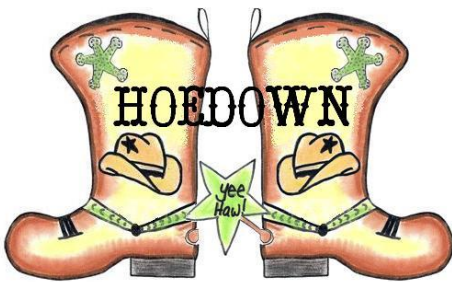
Joan Borfitz
Marjorie Carpenter
Paul Chiesa
Frank Corratti
Anita DeGiovine
Odile Dwyer
Patricia Esposito
Frank Floria
Jeanne Heiberg
Shirley Horowitz
Kenny Hudacek

Richard Jezykowski
Rose Juliano
Henry Kollar
Eve Lampman
Eleanor Lane
Winifred Liberatore
Morelia Lozano
Mary Mallory
Helen Matson
Wilfred Neuner

Kathy Palmatier
Thomas Palmatier
Regina Peck
Gethen Proper
Eugenia Romanokles
Martha Schilling
Mamie Shivers
William Springer
Joseph Vasta
Judith Williamson
Antoinette Wilson



*Happy 100th Birthday
Nick Meola*



**6th Annual Greene County
Senior Citizen Day**

Friday May 20, 2016

Historic Catskill Point

**Watch for
further information
to be announced**



COMING SOON



**June 2016: Chair Aerobics
August 2016: Chair Yoga**

**Contact the
Rivertown Senior Center
for further information
at 945-2700**

*Made possible by a generous grant from
Athens Community Foundation*

GREENE COUNTY SENIOR CITIZENS CLUBS



ATTENTION ALL CLUBS:

Do you have anything to announce about your club?

Put it in print in the Roundtable 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 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
1:15 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!

Nutrition Notes



FOUR TYPES of FOODS to HELP BOOST YOUR MEMORY

By Marisa Moore, MBA, RDN, LD

If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons including genetics, level of physical activity, and lifestyle and environmental factors. However, there's no doubt that diet plays a major role in brain health.

The best menu for boosting memory and brain function encourages good blood flow to the brain - much like what you'd eat to nourish and protect your heart. A recent study found that the Mediterranean Diet helps in keeping aging brains sharp, and a growing body of evidence links foods like those in the Mediterranean diet with better cognitive function, memory and alertness.

Strengthen Recall by Adding These Foods to the Rotation

Eat Your Veggies: You're not likely to forget this message. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve your memory. Try a raw kale salad or substitute collard greens for the tortilla in your next sandwich wrap. Broccoli stir-fry is also an excellent option for lunch and dinner.

Be sweet on berries and cherries: Berries - especially dark ones such as blackberries, blueberries and cherries - are a rich source of anthocyanins and other flavonoids that may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

Get adequate omega-3 fatty acids: Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid (DHA) in particular, may help improve memory in health young adults, DHA is the most abundant fatty acid in the brain. It makes sense that you have higher levels of DHA in the blood, then the brain will operate more efficiently, says Andrea Giancoli, RD, registered dietitian and past Academy of Nutrition and Dietetics spokesperson.

Seafood, algae and fatty fish - including salmon, blue fin tuna, sardines and herring - are some of the best sources of omega-3 fatty acids. Substitute fish for meat a couple of times each week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and health. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss supplementation with your doctor or registered dietitian nutritionist. You can get omega-3 fatty acids from fish oil, seaweed or microalgae supplements.

Work in walnuts: Well known for a positive impact on heart health, walnuts also may improve working memory. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or salad for crunch or mix them into a vegetable stir-fry for extra protein.

These foods are not just good for the brain, they sustain a healthy heart and all parts of the body. While there is no guarantee that these foods will help you to remember tomorrow where you put your car keys, over time they can support lifelong good health.



Academy of Nutrition
and Dietetics

TAI CHI for ARTHRITIS



Congratulations to Renee Raffiani, Cossackie Nutrition Site Manager (right end, back row), and Carol Metz, Volunteer (left end, front row) for attending the Tai Chi for Arthritis instructor training.

Classes will be announced for the centers in the future. Watch the Roundtable News for information.

Cossackie Easter Party

*Thursday March 24, 2016
10 a.m.*

Town of Cossackie Senior Center

Entertainment

Lunch:

Baked Ham w/Pineapple Sauce

Sweet Potatoes

Green Beans Almondine

Dinner Roll

Easter Cake

To make a reservation,

Call Renee at

731-8901



DINNER DANCE

**RIVERTOWN SENIOR CENTER
39 2ND STREET, ATHENS**

DINNER 1 P.M. MUSIC 2 P.M. – 3:30 P.M.

MENU:

SHRIMP COCKTAIL - TOSSED SALAD

ROAST BEEF

RED-SKINNED MASHED POTATOES

GREEN BEAN MEDLEY

LEMON CREAM CAKE

PUNCH

DONATION: \$7

RESERVATIONS REQUIRED BY MARCH 21

OPEN TO ALL SENIORS

CALL 945-2700 TO MAKE



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

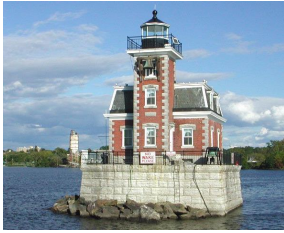
ALL PERSONS, AGE 60 & OLDER (and spouses) ARE INVITED TO ATTEND - SUGGESTED DONATION IS \$4.00
SERVED DAILY: BREAD with PROMISE SPREAD, MILK, COFFEE & TEA - TARTAR SAUCE SERVED WITH FISH
 LUNCH RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER

2016	Monday	Tuesday	Wednesday	Thursday	Friday
MARCH 1 - 4		BAKED HAM w/Raisin Sauce <i>(Low-salt diet subst.)</i> SWEET POTATOES CAULIFLOWER au GRATIN PINEAPPLE DELIGHT <i>(Diet Dessert subst)</i>	CHICKEN QUARTER w/Gravy WHIPPED POTATOES SPINACH RICE PUDDING <i>(Diet Dessert subst)</i>	ROAST BEEF w/Gravy OVEN BROWNED POTATOES ORANGE GLAZED CARROTS OATMEAL RAISIN COOKIE	LEMON PEPPER FISH FILLET RICE PILAF CALIFORNIA BLEND VEGETABLES CRANBERRY JUICE FRESH SEASONAL FRUIT
MARCH 7 - 11	CHICKEN DIVAN w/Rice CARROTS & PEAS TROPICAL FRUIT	PORK CHOP w/Gravy RED CABBAGE OVEN BROWNED POTATOES WINTER SQUASH RYE BREAD CINNAMON APPLESAUCE	BEEF STEW GREEN BEANS ORANGE JUICE BIRTHDAY CAKE <i>(Diet Dessert Subst.)</i>	ROAST TURKEY w/Gravy & Cranberry Sauce STUFFING WHIPPED POTATOES OLD FASHIONED MIXED VEGETABLES PEACHES	CHEESE LASAGNA ITALIAN MIXED VEGETABLES TOSSED SALAD FRESH SEASONAL FRUIT
MARCH 14 - 18	VEAL PARMESAN over Linguine SPINACH PEARS	CHICKEN CHOW MEIN over Rice ORIENTAL MIXED VEGETABLES PEACHES	POT ROAST w/Gravy OVEN BROWNED POTATOES CALIFORNIA MIXED VEGETABLES BROWNIE <i>(Diet Dessert Subst.)</i>	CORNED BEEF & CABBAGE PARSLIED POTATOES CARROT COINS IRISH SODA BREAD KILLARNEY CAKE <i>(Diet Dessert Subst)</i>	LEMON PEPPER FISH FILLET MASHED POTATOES OLD FASHIONED VEGETABLES FRESH SEASONAL FRUIT
MARCH 21 - 25	TURKEY BURGERS w/Peppers & Onions HAMBURGER BUN SCALLOPED POTATOES CALIFORNIA BLEND VEGETABLES TROPICAL FRUIT	PORK CHOP w/Gravy PARSLIED POTATO WINTER SQUASH CRANBERRY JUICE STUFFING BUTTERSCOTCH PUDDING <i>(Diet Dessert Subst)</i>	CHICKEN QUARTERS w/Gravy WHIPPED POTATOES WHOLE BABY CARROTS AMBROSIA <i>(Diet Dessert Subst)</i>	BAKED HAM w/Pineapple Sauce SWEET POTATOES GREEN BEANS ALMONDINE DINNER ROLL EASTER CAKE <i>(Diet Dessert Subst0)</i>	FLORENTINE FISH FILLET MONACO VEGETABLES TOSSED SALAD FRESH ORANGE
 MARCH 28 - 31	MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD MANDARIN ORANGES	CHICKEN & BISCUIT WHIPPED POTATOES BROCCOLI V-8 JUICE CHOCOLATE MOUSSE <i>(Diet Dessert Subst.)</i>	MEATLOAF w/Gravy MASHED POTATOES SPINACH BROWNIE <i>(Diet Dessert Subst.)</i>	ROAST PORK w/Gravy OVEN BROWNED POTATOES WINTER SQUASH RYE BREAD ICE CREAM SUNDAES <i>(Center Only)</i> HDM: JELL-O w/ Whipped Topping <i>(Diet Dessert Subst.)</i>	

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 & OLDER (and spouses) ARE INVITED TO ATTEND - SUGGESTED DONATION IS \$4.00
SERVED DAILY: BREAD with PROMISE SPREAD, MILK, COFFEE & TEA - TARTAR SAUCE SERVED WITH FISH
 LUNCH RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday
					SPAGHETTI w/ Meat Sauce ITALIAN VEGETABLES TOSSED SALAD DINNER ROLL FRESH APPLE
APRIL 4 - 8	BAKED ZITI SPINACH PINEAPPLE CHUNKS	BAKED HAM w/Pineapple Sauce <i>(Low-Salt Diet Subst)</i> FRESH SWEET POTATOES BRUSSELS SPROUTS MANDARIN ORANGES	SHEPHERD'S PIE BROCCOLI SPICE CAKE <i>(Diet Dessert Subst)</i>	BAKED SPANISH STEAK SPANISH RICE FRENCH CUT GREEN BEANS ROMAINE SALAD CINNAMON GRAPE DESSERT	ROAST TURKEY w/Gravy & Cranberry Sauce STUFFING WHIPPED POTATOES CALIFORNIA MIXED VEGETABLES FRESH SEASONAL FRUIT
APRIL 11 - 15	LEMON PEPPER FISH RICE PILAF TUSCAN VEGETABLES MANDARIN ORANGES	MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD CRANBERRY JUICE APRICOTS	MEATLOAF BAKED POTATO SPINACH BIRTHDAY CAKE <i>(Diet Dessert Subst)</i>	BBQ CHICKEN BAKED ROSEMARY QUARTERED RED POTATOES BROCCOLI V-8 JUICE SUGAR COOKIES	CHEESE LASAGNA OLD FASHIONED MIXED VEGETABLES TOSSED SALAD FRESH SEASONAL FRUIT
APRIL 18 - 22	KNOCKWURST SAUERKRAUT BAKED BEANS CARROTS TROPICAL FRUIT	CHICKEN MARSALA over Egg Noodles CALIFORNIA BLEND VEGETABLES CINNAMON APPLESAUCE	BAKED ZITI SPINACH TOSSED SALAD BROWNIE <i>(Diet Dessert Subst)</i>	PORK ROAST w/Gravy RED CABBAGE OVEN BROWNED POTATOES WINTER SQUASH ICE CREAM SUNDAES <i>(Diet Dessert Subst)</i> Jell-o for HDM	SALISBURY STEAK W/GRAVY PEAS & CARROTS POTATOES O'BRIEN FRESH SEASONAL FRUIT
APRIL 25 - 29	CHICKEN CACCIATORE w/Linguine OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	BAKED HAM w/Raisin Sauce <i>(Low Sodium Diet Subst)</i> SWEET POTATOES CAULIFLOWER au Gratin PINEAPPLE DELIGHT <i>(Diet Dessert Subst)</i>	FLORENTINE FISH FILLET RICE PILAF CALIFORNIA BLEND VEGETABLES OATMEAL RAISIN COOKIE <i>(Diet Dessert Subst)</i>	CHICKEN QTRS w/Gravy WHIPPED POTATOES SPINACH RICE PUDDING w/Cinnamon <i>(Diet Dessert Subst)</i>	ROAST BEEF w/Gravy OVEN BROWNED POTATOES ORANGE GLAZED CARROTS DINNER ROLL FRESH SEASONAL FRUIT



RIVERTOWN SENIOR CENTER
FUN FIT THURSDAYS



David Haines, Instructor
10 Weeks, March 24 - May 26, 2016
10:30 a.m. - 11:30 a.m.

After class, stay for a nutritional lunch

Sign-up sheets will be available at the center
Call 945-2700 for further information

These classes are funded by a generous grant from the Athens Community Foundation.

OFFICIAL'S DAY for MEALS

On March 22, 1972, President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. For nearly 45 years, these critical programs ó commonly referred to as Meals on Wheels - have delivered more than just nutritious meals to homebound seniors in virtually every community across the country. And, the dedicated staff and volunteers who deliver these meals each week provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our senior neighbors at home, where they want to be.

Across the county, hundreds of local home-delivered meal programs will reach out once a year to their elected officials to build the support to enable them to deliver nutritious meals, friendly visits and safety checks to America's seniors all year long. Locally, here in Greene County, our government officials will be doing just that on April 5. By volunteering and donating their time, they will help ensure that area seniors can live more healthy, happy and independent lives at home, where they want to be.

Our department has contacted the area elected officials, of all levels, to do an actual meal run with one of the RSVP volunteers, and see firsthand what the volunteers do on a regular basis. In past years, the officials have expressed that the event has allowed them to recognize serious concerns that plaque seniors in their community.

So if you receive a home-delivered meal or have lunch at one of our nutrition centers, don't be surprised if your county legislator or town supervisor serves you that day!



*Photo from a previous year
Village of Athens Mayor Chris Pfister
helping at Rivertown Senior Center*



Volunteers: The Essential Puzzle Piece of our Program



Volunteers Needed

*Will You Lend
a Hand?*



GREENE COUNTY DEPARTMENT OF HUMAN SERVICES ALWAYS HAS OPPORTUNITIES FOR VOLUNTEERS

*Do you drive? Consider delivering meals to homebound seniors.
Or you could drive a senior without transportation to a medical appointment.
Need more socializing? Do you like meeting and talking to people?*

DELIVER HOMEBOUND MEALS

The department provides healthy, balanced meals to Greene County residents, age 60 and older, who cannot prepare meals for themselves. Volunteers deliver these meals and check on the senior.

Current volunteer shortages are on the Mountaintop and in Catskill.

HOMEBOUND MEDICAL TRANSPORTATION

Homebound Medical Transportation Service is available through the Department to county residents, age 60 and older, that do not have other options for needed transportation. The program will arrange for a volunteer driver. Rides are arranged to medical appointments and to special entitlement agencies.

**Are you willing to drive seniors to appointments in a neighboring county?
We especially could use you.**

INFORMATION DESK

Volunteers are needed to help man the information desk in the lobby at the Greene Medical Arts Center (159 Jefferson Heights) in Catskill.

**Haven't seen what you're looking for listed?
Give Ruth Pforte, Volunteer Coordinator, a call at 719-3555
for information of these opportunities and the many others we have to offer.**

WHY SHOULD I DO VOLUNTEER WORK?

Everybody can benefit from volunteer work, but volunteering can be even more beneficial for seniors. Senior volunteer work is becoming even more popular lately, because many seniors have realized how beneficial volunteering can be for everyone involved. If you have been considering if you should volunteer these are three great reasons why volunteering might be the perfect choice for you.

- ◆ **A Great Way to Spend Free Time:** Now that you are retired and not spending long hours working you might find you have a lot of free time on your hands. Volunteering is a productive way to spend your day that you will enjoy. When you are doing senior volunteer work it gives you a reason to get out of the house. Volunteer work lets you do something new and different each day.
- ◆ **The Chance to Make New Friends:** Volunteering is a great way to spend time with other seniors that have similar interests. You can make many great friends while volunteering. When you meet new people, and make new friends in has a positive effect on every part of your life. It always feels great to be around people and to be having fun doing something that you love doing.
- ◆ **Making a difference in someone's life:** When you volunteer you are getting chance to help someone who really needs you. As a senior you have had a lot of life experiences that you can use to help someone else. Whether you are a senior volunteer to drive a senior to a medical appointment, or a senior delivering a meal to a homebound senior you will be making a direct impact on someone life. After a day of volunteering you will go home feeling like you made a difference in someone's life, and that is a very special feeling.



2016 SMART DRIVER™ COURSE

Become a safer driver!

Reduction on your auto insurance premium!



COST FOR COURSE:

\$20.00 for AARP members \$25.00 for non-members

Must possess valid NYS driver's license

CLASS DATES & LOCATIONS (*Must attend both days*) - TIME: 1p.m. – 4:30 p.m.

Tues. April 5 & Wed. April 6
Tues. Sept. 27 & Wed. Sept. 28

Town of Coxsackie Senior Center
Mansion Street, Coxsackie

Tues. April 19 & Wed. April 20
Tues. Sept. 13 & Wed. Sept. 14

Town of Jewett Municipal Building
Beaches Corners, Jewett

Tues. May 3 & Wed. May 4
Thurs. Oct. 20 & Fri. Oct. 21

Rivertown Senior Center
39 Second Street, Athens

Mon. May 16 & Tues. May 17
Tues. Oct. 25 & Wed. Oct. 26

Acra Community Center
Old Rte. 23B, Acra

To register for an upcoming class, call Mike Pirrone

945-2122 Cell (917) 656-0425

Email: kokomomike@hotmail.com



The Greene County
Department of Human Services RSVP
would like to welcome and say thank you
to the following new volunteer:

Mario Hernandez

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

*I always wondered why somebody
didn't do something about that.
Then I realized I was somebody.*

Joyce Flaugher

WANTED!

AMAZING VENDORS

SENIOR CORPS MLK COMMUNITY RESOURCE DAY

*Sponsored by Greene County
Department of Human Services'
Retired Senior Volunteer Program*

March 24th, 2016 9:00 a.m. - 3:00 p.m.

**Washington Irving Senior Center
Academy Street, Catskill, NY 12414**

*If you offer a service that is beneficial
to the local community
and would like to have a table,
please contact Ruth Jones Pforte (518) 719-3555
Rpforte@discovergreene.com*

Medicare enrollment periods are special times when you can change your Medicare health or prescription drug coverage. This tip sheet is designed to help you learn more about your coverage options.

	Part A	Part B	Medicare Advantage	Part D
Initial Enrollment Period (IEP)	This is the first time you become eligible for Medicare. It is a 7-month period that includes 3 months before you turn 65, the month you turn 65, and 3 months after you turn 65. You also have an IEP after you have been receiving Social Security Disability Insurance (SSDI) for 24 months.			
General Enrollment Period (GEP): 1/1 - 3/31	This enrollment period can be used if you declined Part B and would like to enroll, or if you cancelled Part B and would like to reenroll. Coverage starts July 1.		If you enroll in Medicare during the General Enrollment Period, you can enroll in a Medicare Advantage Plan or Medicare Part D plan April to June. Coverage starts July 1.	
Medicare Advantage Disenrollment Period (MADP): 1/1 - 2/14	N/A		You can switch to Original Medicare with or without a stand-alone prescription drug plan.	
Fall Open Enrollment Period: 10/15 - 12/7	If dissatisfied with Original Medicare, you can switch to a Medicare Advantage Plan during this time. Coverage starts January 1.		You can change Medicare Advantage Plans and Part D plans during this time, or switch to Original Medicare with a stand-alone Part D plan. Coverage starts January 1.	
Special Enrollment Period (SEP)*	Can be used if you did not enroll in Medicare Part B when you were first eligible because you had qualifying employer health coverage. Lasts eight months from the date that your employer coverage ends.		Can be used if you have a qualifying life event. The length of your SEP will vary depending upon the circumstances.	

*Contact your State Health Insurance Assistance Program (SHIP) to learn if you qualify for an SEP. To find your SHIP, visit www.shiptacenter.org or call

Medicare Preventive Services Checklist

See www.Medicare.gov for more specific information on your covered preventive services.

Services	How Often?	Cost to Beneficiary
Annual Wellness Exam*	Once every 12 months after your first full year of Medicare Part B enrollment	Medicare pays 100%
"Welcome to Medicare" Preventive Visit	Once within the first 12 months that you have Medicare Part B	Medicare pays 100%
Alcohol Misuse Screening and Counseling	One screening per year. If doctor recommended, up to 4 face-to-face visits per year with qualified doctor	Medicare pays 100%
Abdominal Aortic Aneurysm Screening	One-time screening ultrasound. Referral provided at their Welcome To Medicare visit	Medicare pays 100%
Bone Mass Measurement	Once every 24 months for those with certain medical conditions	Medicare pays 100%
Cardiovascular Disease Behavioral Therapy	One visit per year	Medicare pays 100%
Cardiovascular Disease Screening	Once every 5 years	Medicare pays 100%
Cervical Cancer Screening (Pap Smear and Pelvic Exam)	Once every 24 months or every 12 months for those at-risk	Medicare pays 100%
Colorectal Cancer Screening	Frequency based on test for those age 50 and older. Ask your Doctor	Medicare pays 100% for most tests
Depression Screening	One screening per year done in a primary care setting (like a doctor's office) that can provide follow-up treatment and referrals	Medicare pays 100%
Diabetes Screening	One to two per year based on risk factors Ask your Doctor	Medicare pays 100%
Diabetes Self-Management Training	Education for those with diabetes--doctor must provide written order	20% of Medicare approved amount (subject to deductible)
Flu Shot	Once per Flu Season	Medicare pays 100%
Glaucoma Screenings	Once every 12 months for those at-risk	20% of Medicare approved amount (subject to deductible)
Hepatitis B Shot	Based on risk factors Ask your Doctor	Medicare pays 100%
Hepatitis C Screening	One-time for adults who do not meet the high risk definition, but were born from 1945 through 1965	Medicare Pays 100%
HIV Screening	Once every 12 months, or up to 3 times per year during pregnancy	Medicare Pays 100%
Lung Cancer Screening	Once every 12 months for ages between 55-77, current smoker or quit smoking within the last 15 years	Medicare Pays 100%
Mammogram Screening	Every 12 months for women age 40 and older	Medicare pays 100%
Medical Nutrition Therapy	Three hours per year for people with diabetes, renal disease or kidney transplant. Two hours per year after that	Medicare pays 100%
Obesity Screening and Counseling	Counseling is covered for anyone found to have a body mass index of 30 or more	Medicare pays 100%
Pneumococcal Shot	Usually once in lifetime	Medicare pays 100%
Prostate Cancer Screening	Once every 12 months	Medicare pays 100% based on test
Smoking and Tobacco Cessation	Up to 8 face-to-face visits per year	Medicare pays 100%
Sexually Transmitted Infection (STI) Screening/Counseling	Once every 12 months for those at risk	Medicare pays 100%

New for 2016 ó Advanced Care Planning (ACP): During a person's Annual Wellness Visit, a Medicare patient can discuss advance directives, with or without completing relevant legal forms. An advance directive is a document appointing an agent and/or recording the wishes of a patient pertaining to his/her medical treatment at a future time should he/she lack decisional capacity at that time. There is no deductible or co-insurance for the ACP when furnished as an optional element of the Annual Wellness Visit. The doctor must code this optional service correctly.



CATSKILL MOUNTAIN HOUSING
DEVELOPMENT CORPORATION

APPLICATIONS NOW AVAILABLE

Senior Apartments

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WINDHAM: Windham Willows

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and/or Disabled, regardless of Age

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448 Main Street, P. O. Box 473

Catskill, New York 12414

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alzheimer's  association®

the compassion to care, the leadership to conquer®

SUPPORT GROUP
MEETINGS

1st monthly Wednesday

3:00 p.m.

The Pines

Jefferson Heights, Catskill

GREENE COUNTY HAS A PROBLEM!

DRUGS

Whether **ALCOHOL**, prescription drugs such as

PAIN KILLERS or street drugs like **HEROIN**

Drugs are unraveling adults and killing

kids in every town and village.

Do you know what you need to? Want to learn more?

Come learn what law enforcement, the court system, substance abuse counselors, mental health providers, public health professionals and others can teach you about the extent and impact of drugs on our community, and what you can do for yourself, your loved ones and neighbors.

Cairo
Community Forum

Tuesday, March 15 6:00pm - 8:00pm

Cario Town Hall Main Street, Cairo, New York

Prevention Awareness Solutions

Sponsored by P.A.S. It On, a volunteer group helping

our community meet the challenge through

Prevention, Awareness and Solutions!

For more information, please call

(518) 719-3581 or (518) 943-2036





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



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

6772
GCDHS
411 Main Street
Catskill, NY 12414