



## **WE ARE RESUMING CONGREGATE DINING ON MONDAY, AUGUST 2, 2021**

However, there are a few ground rules that will need to be followed:

- If you have not been fully vaccinated, you must wear a mask (with exception of while seated & eating).
- Reservations **MUST** be made by calling the center, at least a day in advance, to register for meal. No walk-ins.
- Social distancing rules will apply
- All CDC/NYS guidelines & updates will be adhered.



WE LOVE  
OUR VOLUNTEERS

## GOOD NEWS!!!

The staff and I wanted to take another opportunity to say “Thank you” for all of the work our volunteers have done delivering meals. We experienced an 86.75% increase in the number of clients that needed meals during the height of the COVID-19 pandemic. We literally could not have done this without them. As we start to get back to normal, I wanted to bring a few things to your attention:



**MOST IMPORTANT: WE’RE PLANNING ON REOPENING THE ACRA, ATHENS AND JEWETT SENIOR NUTRITION SITES TO IN-PERSON DINING ON AUGUST 2<sup>ND</sup>**, if all goes according to plan. These are our three cooking sites. Reservations are going to be required. No walk-in diners will be permitted. All rules for dining-in will be observed based on CDC guidelines. We regret that the Catskill and Coxsackie

sites will remain closed. This is due to not having enough staff to fill those positions. We normally have a minimum of 14 staff in our Nutrition sites but we are down to 7. If you know anyone that is looking for work, please have them call us.

We will continue to offer contactless, home delivery of meals as long as the Major Disaster Declaration (MDD) is in effect in NYS. The rule of never leaving a meal without confirming the person is home will continue to be observed. The process to call the main office if the person does not answer the door will always be in effect. This rule is essential but over the past 12 months it proved invaluable in getting help to clients that needed it. Thank you for your diligence in this matter.

As always, volunteer mileage sheets are due on the 25<sup>th</sup> of each month. Please give them to the center staff or bring to the office. Please do not use the Business Reply Envelopes (BRE). That increases our cost by a factor of 3.

Many clients have a Case Manager. If a client has a problem, they should call the office and speak to their Case Manager. Please do not cultivate the idea that they should call you, the volunteer. The Case Managers are trained and certified to do this work.

If you have any questions or concerns please call the office, read the Round Table news and/or visit our page on the county website; [www. greenegovernment.com](http://www.greenegovernment.com).

We are all looking forward to things returning to “normal”. As the song says; “Five hundred twenty five thousand six hundred minutes . . . How do you measure? Measure a year?” This experience shows us that it is measured by the unselfish work of our volunteers. It takes all of us doing our part to be successful. Thank you.

Therese M. McGee Ward, Executive Director



## **LET US REMEMBER THESE RULES** **AS WE GET BACK TO** **“NORMAL”**

- Home-delivered meals follow a “no-contact” delivery system
  - ⇒ Employees/volunteers should not hand food containers or bags directly to consumer/participants and are discouraged from entering the consumer/participant’s place of residence.
- Never leave a meal without confirming the person is home.
  - ⇒ Call the main office if the person does not answer the door/phone. This rule is essential but during COVID, it proved invaluable in getting help to clients that needed it.
- Many clients have a Case Manager. If they have a problem, the client should call the office and speak to their Case Manager. Please do not cultivate the idea that they should call you, the volunteer.
- Business Reply Envelopes are to be used for contributions.
- DHS may determine if additional meal delivery provisions are appropriate for consumer/participants on a case-by-case basis (e.g., frozen versus hot meals, increased/decreased delivery frequency)
- Home delivered meal drivers are encouraged to continue to conduct cleaning and sanitization of their vehicle’s high-touch areas before and after doing route. (e.g., steering wheel, door handle)
- Senior Nutrition site staff are to regularly clean and sanitize all items (coolers) used in the delivery of meals

*"You don't need to be the best there is to volunteer; you just need to offer your best."*

Byron Pulsifer



**GREENE COUNTY**  
**DEPARTMENT OF HUMAN SERVICES**  
**ALWAYS HAS OPPORTUNITIES**  
**FOR VOLUNTEERS**

Help Us Help Others!

***Do you drive? Consider delivering meals to homebound seniors.  
Or you could drive a senior without transportation to a medical appointment.***

**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. Drivers needed for routes in towns of Athens, Cairo, Catskill, Coxsackie and Greenville.

**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 to transport seniors 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.***

**Mileage reimbursement is available for all miles driven for both programs.**

**Give Ruth Pforte, Volunteer Coordinator,  
a call at 518-719-3555  
for information on these opportunities  
and the many others we have to offer.**

# Attention Greene County Seniors living in Catskill, Coxsackie-Athens or Greenville

## HELPING HANDS PROGRAM

Greene County Department of Human Services'  
Senior Angels Program  
has teamed up with local Rotary Clubs  
on the **"HELPING HANDS"** program.



If you need assistance with getting groceries  
or some minor repairs done around the home  
(i.e.: changing light bulbs, changing out screens to storm windows,  
and any minor repairs)  
please let the Greene County Senior Angels know.

Please call: 518-719-3555  
and ask for the Helping Hands Coordinator.

*Note: Large jobs requiring a contractor  
(i.e.: new roof, deck or fencing)*



# Greene County Initiates Broadband Survey



Greene County has initiated a broadband and cellular communications project to identify households and businesses without access to fiber or coaxial broadband service and to formulate a technical solution and its estimated cost to providing service.

The First Phase of the project requires extensive mapping and data collection of existing broadband networks throughout the county. Greene County is currently working with the local broadband providers operating within the county who have shared their individual network systems to support the project. Years of working with the local broadband providers through the Greene County Broadband Consortium has enabled the partnership necessary to assist the county in this effort.

Access to Broadband Internet Connectivity has never been more important to the daily lives of residents, and the operations of businesses across Greene County. Greene County Legislature is initiating a joint Broadband Availability & Adoption (BAAT) Campaign to identify needs and opportunities for Broadband Internet growth across the county. The Campaign encourages all residents and business owners to go to [GreeneBroadband.com](http://GreeneBroadband.com) to take a short online survey. For those without access to the Internet, paper surveys will also be available by calling 518-719-3270. The survey can be accessed until August 31st, 2021.

"We know we have gaps, a lack of options and not enough competition in the market – and fixing this is essential to our economic recovery," says Shaun Groden, Greene County Administrator. "With the results from this survey Greene County Government will have the tools we need to combat the broadband shortage in our community. "

"With more day-to-day functions moving online, whether it's for business, education, or personal use, we must do all we can to ensure coverage across our rural communities," says Warren Hart, Deputy County Administrator. "High-speed broadband has become as essential as water and electricity for a good quality of life. We're using the BAAT Campaign to collect information on services residents currently have, currently need, and where service is lacking. We can then use this data to come up with a plan to move forward and improve our broadband county-wide."

The broadband survey is tailored to ask questions, based on response, pertinent to homes and businesses both with and without access. Respondents will need to enter an address and indicate whether it is for a home or business and will proceed to a survey designed to collect information on demand for services unique to their location. Residents who also have an at-home business should take the business survey as well as the home survey.

# 2021 SENIOR FARMERS' MARKET NUTRITION PROGRAM



Are you a New York State senior citizen (aged 60 years or older)?

**AND**

Is your monthly income at or below \$1986 for one; \$2686 for two or an additional \$700 per person for larger households?

Would you like to receive a booklet containing twenty dollars (\$20) worth of checks to be used to purchase local, fresh, unprocessed vegetables and fruits at participating farmers' markets and farm stands throughout NYS?

If you answer YES to the above and you have not already received this year . . .

**CONGRATULATIONS – YOU ARE ELIGIBLE!!**

Checks are distributed on a first come, first served basis.

## BOOKLETS CAN BE OBTAINED AT THE FOLLOWING LOCATIONS

**GREENE COUNTY DEPARTMENT OF HUMAN SERVICES, MAIN OFFICE**  
ANY DAY, 9:00 A.M. – 12:00 P.M. AND 2:00 P.M. - 4:30 P.M.

**GREENE COUNTY YOUTH FAIR: THURS. JULY 22 - SUN. JULY 25**

### GREENE COUNTY SENIOR SERVICE CENTERS

<b>CATSKILL:</b>	<b>ANTONELLI SENIOR CENTER</b>	<b>TO BE ANNOUNCED</b>
<b>COXSACKIE:</b>	<b>TOWN OF COXSACKIE SR. CNTR.</b>	<b>WED. JULY 14, 9:00 A.M. – 10:00 A.M.</b>

### **AFTER AUG. 2 REOPENING**

<b>ATHENS:</b>	<b>RIVERTOWN SENIOR CENTER</b>	<b>MON. – FRI., 1:00 P.M. – 3:00 P.M.</b>
<b>CAIRO:</b>	<b>ACRA COMMUNITY CENTER</b>	<b>MON. – FRI., 12:30 P.M. – 1:30 P.M.</b>
<b>MOUNTAIN TOP:</b>	<b>JEWETT SENIOR NUTRITION SITE</b>	<b>MON. – FRI., 1:00 P.M. – 3:00 P.M.</b>

### SENIOR HOUSING TENANTS ONLY

<b>CATSKILL:</b>	<b>AUTUMN GROVE</b>	<b>MON. JULY 12, 10:00 A.M.</b>
	<b>ORCHARD ESTATES</b>	<b>MON. JULY 12, 10:30 A.M. - 11:00 A.M.</b>
	<b>KAATERSKILL MANOR</b>	<b>MON. JULY 12, 11:15 A.M. – 12:00 P.M.</b>
<b>ATHENS:</b>	<b>RIVERTOWN SENIOR APARTMENTS</b>	<b>TUES. JULY 13, 10:30 A.M. – 11:15 A.M.</b>
<b>CAIRO:</b>	<b>FAIRGROUND ESTATES</b>	<b>TUES. JULY 13, 3:00 P.M. – 4:00 P.M.</b>
<b>COXSACKIE:</b>	<b>BETHANY VILLAGE APTS.</b>	<b>WED. JULY 14, 10:30 A.M. – 11:15 A.M.</b>

*The Farmer's Market Coupon program is sponsored by*  
*N.Y.S. Dept. of Agriculture and Markets      N.Y.S. Dept. of Health      N.Y.S. Office for Aging*  
*Cornell Cooperative Extension      U. S. Department of Agriculture Food and Nutrition Service*

# NUTRITION CORNER

Written by Nicole Gehman, MS, RD, CD-N



Summer is upon us, and fresh, local produce is available at local farm stands and area farmers' markets. Back in April, I wrote about "seasonal foods" meaning fresh food, ready to eat, during its preferred harvesting season. Summer berries, melons, tomatoes, and peaches are some tasty examples of seasonal fruits which grow abundantly on our northeast farms. Vegetables harvested during summer months include beans/peas, cucumbers, summer squashes, asparagus, crispy lettuces, and a familiar favorite – *CORN!* Enjoying foods in season is a top reason to visit your local farmers' market.

There is no doubt that fruits and vegetables bought from local farms and markets taste sweeter, crispier, fresher, and overall better than produce from the grocery stores. Fresh from the farm, these foods have not suffered through long-distance shipping trips and many months in storage for preservation. Decreased food transport preserves natural resources, decreases emissions and pollution, and contributes to environmental protection.

Local farmers also use less pesticides, hormones, and crop modifications, making the crops better for your overall health. Organic options are also more readily available at most farmers' markets. If in doubt, you can always chat with the farmers at the market. They tend to be quite pleasant and happy to help! The markets are great places to visit with friends and family and socialize within the community.

As we know, small farms can also have a difficult time competing with the commercial food industry. Especially with the pandemic, family farms have suffered. Buying produce from local farms is an excellent way to support local agriculture, small businesses, and boost the area economy.

So - let us gear up for a summer season of buying local goods and fresh produce! Farmers' Market Checks will be available through Greene County Department of Human Services in July. Local farm stands in Greene County include Black Horse Farms, Bulich Creekside Farm, Stoneledge, and Fromer Market Gardens. The Coxsackie Farmers' Market is held on Wednesday's from 4 pm – 7 pm.



Additional details, contact information, and locations of the farm stands and farmers' market are provided below. Please enjoy the tastiest produce of the season and support your local, family farms!

**Coxsackie Farmers' Market**

Coxsackie Boat Launch 1 Betke Blvd  
Wednesday 4pm-7pm  
May 19-September 29  
FMNP & FCC Accepted  
<http://www.coxsackiefarmersmarket.org>

**Black Horse Farms**

10094 Rt. 9W Athens  
Daily 9am-6pm  
Year-round  
FMNP, FCC & SNAP Accepted  
<http://www.blackhorsefarms.com>

**Bulich Creekside Farm**

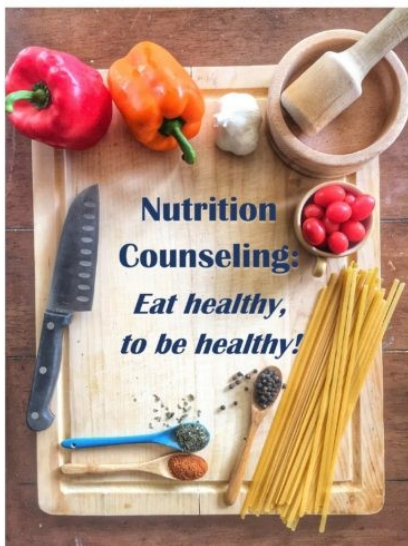
1682 Route 23B Leeds  
Daily 10am-5pm  
May 1-October 31  
FMNP & FCC Accepted

**Fromer Market Gardens**

6120 Main St. Tannersville  
Sat 9am-3pm, Wed 3pm-6pm  
Year-round  
FMNP, FCC & SNAP Accepted  
<http://www.fromermarketgardens.com>

**Stoneledge Farm Stand**

145 Garcia Lane Leeds  
Sat/Sun 9am-3pm  
January 4-October 10  
FMNP & FCC Accepted  
<http://www.stoneledge.farm>



If you need nutritional assistance, healthy eating information, or nutrition counseling, please contact Nicole at the main office, (518) 719 - 3555.



# JULY FAVORITES: FARM FRESH FRUIT & VEGETABLES

**Thursday, July 1, 2021**

**Chicken Salad - Pasta Salad**

**Cranberry Juice**

**Mixed Greens**

*Fresh Seasonal Fruit from Story Farms*



**Friday, July 9, 2021**

**Seafood Pasta Salad - Mixed Greens**

*Fresh Cucumbers & Tomatoes from Stoneledge Farm*

**Fresh Fruit**



**Friday, July 16, 2021**

**Cranberry Chicken Salad - Mixed Greens**

**Marinated Carrots**

*Farm Fresh Cherries from Boehms*



**Friday, July 30, 2021**

**Chicken Caesar Salad - Macaroni Salad**

*Marinated Fresh Cucumbers from Stoneledge Farm*

**Fresh Fruit**



The menu will be delivered to all homebound meal clients. Those seniors wishing to order a take-out lunch are required to call the respective location at least a day in advance.

- Acra Senior Service Center: Acra Community Center, Old Route 23B, Cairo  
518-622-9898
- Rivertown Senior Center: 39 Second St, Athens  
518-945-2700
- Jewett Senior Service Center: Jewett Municipal Building, Route 23C, Jewett,  
518-263-4392



# Senior



# Nutrition Program

**Senior Home Delivered Meals  
& Take-out Clients:**

**PLEASE NOTE THAT THERE WILL BE  
NO MEALS  
ON THURSDAY, JULY 29, 2021.**

**Our staff will be attending an all-day workshop  
meeting that day in preparation for the  
reopening of our Senior Nutrition sites in Acra,  
Athens & Jewett on Monday, August 2, 2021.**

**Please be sure to prepare for this day in  
advance and have a source of nutrition on hand.**

**Thank you for your cooperation.**

## GREENE COUNTY SENIOR SERVICE CENTERS

Each site serves the noon-time menu item for the day, Monday - Friday, for a suggested contribution of \$4.00. All meals include: Meat/Alternative Entrée, Vegetables & Fruit, Bread, Milk (Home Delivered Meals only) & Dessert. Menu is subject to change based on product availability and circumstance. Centers are closed on legal holidays and inclement weather.

Please make sure that you sign-up, at least a day in advance, if you wish lunch from any of the nutrition sites. We also ask if you have signed up and become unable to show, please call us as soon as you can to cancel. This helps to reduce our food waste.

**AS WE ARE STILL UNDER COVID GUIDELINES, CENTERS ARE NOT OPEN FOR CONGREGATE MEALS. IT IS TAKE-OUT ONLY. PLEASE REMEMBER TO CALL THE CENTER AT LEAST A DAY IN ADVANCE TO ORDER.**

### ACRA

Acra Community Center,  
Old Rte. 23, Acra  
(518) 622-9898

Anna Thurman  
Meal Site Manager  
Elaine Cherrington

### ATHENS

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

Shane Dillon,  
Senior Center Manager  
JoJo Rouse,  
Central Kitchen Cook  
Carol Harnett

### JEWETT

Jewett Municipal Building  
3547 Route 23C, Jewett  
(518) 263-4392

Gayle Ruvolo  
Meal Site Manager  
Sal Alberti



seniornutrition

### CATSKILL

Robert C. Antonelli  
Senior Center  
15 Academy Street, Catskill

**TAKE-OUT MEALS  
RECEIVED FROM  
GCDHS  
MAY BE EATEN  
IN CENTER  
AFTER JULY 6**

### **How would you like to join our team?**

We are currently looking to hire a Full-time Cook, and Part-time and Per Diem Food Service Helpers/Drivers for our Nutrition sites.

Contact Greene County Human Resources at 518-719-3775 for further information.

### COXSACKIE

Town of Coxsackie  
Senior Center  
127 Mansion Street,  
Coxsackie

**TEMPORARILY  
CLOSED  
We hope to  
reopen  
soon.**



**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 - TARTAR SAUCE SERVED WITH FISH**

LUNCH RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER

MENU IS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY AND CIRCUMSTANCE.

Monday	Tuesday	Wednesday	Thursday	Friday
			<p align="center"><b>1</b></p> <p>CHICKEN SALAD PLATE PASTA SALAD CRANBERRY JUICE MIXED GREENS FRESH FRUIT</p>	<p align="center"><b>2</b></p> <p>ALL AMERICAN HOT DOG  POTATO SALAD CORN STRAWBERRY SHORTCAKE <b><u>LOW SODIUM SUBST:</u></b> Cheeseburger in lieu of Hot Dog</p>
			<p align="center"><b>5</b></p> <p align="center"><b>CLOSED IN HONOR OF INDEPENDENCE DAY</b></p> 	<p align="center"><b>6</b></p> <p>BROCCOLI CHEDDAR QUICHE W/ SAUSAGE PATTY HASH BROWNS LOW SODIUM V8 JUICE PINEAPPLE</p>
<p align="center"><b>12</b></p> <p>MACARONI &amp; CHEESE STEWED TOMATOES TROPICAL FRUIT</p>	<p align="center"><b>13</b></p> <p>TORTELLINI W/ SAUSAGE ITALIAN GREEN BEANS AMBROSIA</p>	<p align="center"><b>14</b></p> <p>HUNGARIAN GOULASH W/ EGG NOODLES GREEN BEANS GLAZED CARROTS BIRTHDAY CUPCAKE</p>  <p align="center"><i>Happy Birthday</i></p>	<p align="center"><b>15</b></p> <p>ROAST PORK w/ Gravy APPLESAUCE CORN, LIMA BEANS &amp; CARROT MIX VANILLA MOUSSE W/ FRESH BLUEBERRIES</p>	<p align="center"><b>16</b></p> <p><b><u>FARM TO TABLE DAY</u></b> </p> <p>CRANBERRY CHICKEN SALAD MIXED GREENS MARINATED CARROTS POTATO SALAD FRESH FRUIT</p>
<p align="center"><b>19</b></p> <p>FISH FLORENTINE RICE PILAF CAULIFLOWER RICE PUDDING w/ Raisins</p>	<p align="center"><b>20</b></p> <p>VEGETABLE LASAGNA ITALIAN MIXED VEGETABLES TIRAMISU</p>	<p align="center"><b>21</b></p> <p>HOT TURKEY w/ Gravy MASHED POTATOES GLAZED CARROTS STUFFING CHOCOLATE CHIP COOKIE</p>	<p align="center"><b>22</b></p> <p>BBQ PULLED PORK COLESLAW BAKED BEANS FRESH FRUIT</p>	<p align="center"><b>23</b></p> <p>TUNA SALAD MACARONI SALAD BEET SALAD MIXED GREENS CHOCOLATE MOUSSE W/ MIXED BERRIES</p>
<p align="center"><b>26</b></p> <p>TACO BAKE SPANISH RICE CORN PEACHES</p>	<p align="center"><b>27</b></p> <p>BBQ CHICKEN THIGHS MASHED POTATOES COLLARD GREENS CHOCOLATE CAKE</p>	<p align="center"><b>28</b></p> <p>MUSHROOM &amp; ONION CHEESEBURGER GREEN BEANS LOW SODIUM V8 JUICE TAPIOCA PUDDING w/ Whipped Topping</p>	<p align="center"><b>29</b></p> <p align="center"><b>ALL NUTRITION SITES CLOSED NO MEALS</b></p>	<p align="center"><b>30</b></p> <p><b><u>FARM TO TABLE DAY</u></b> </p> <p>CHICKEN CAESAR SALAD MACARONI SALAD MARINATED CUCUMBERS FRESH FRUIT</p>

**GREENE COUNTY SENIOR NUTRITION PROGRAM**

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> BBQ CHICKEN THIGHS BAKED BEANS COLLARD GREENS WHEATBERRY BREAD APPLESAUCE	<b>3</b> TORTELLINI MARINARA ITALIAN MIXED VEGETABLES FRUIT COCKTAIL ITALIAN BREAD PEANUT BUTTER COOKIE	<b>4</b> SEAFOOD SCAMPI SPINACH LINGUINI WHOLE WHEAT DINNER ROLL PINEAPPLE	<b>5</b> HOT ROAST BEEF w/ Gravy MASHED POTATOES GLAZED CARROTS WHOLE WHEAT BREAD FRESH FRUIT	<b>6</b> CHICKEN SALAD PLATE MIXED GREENS PASTA SALAD WHOLE WHEAT DINNER ROLL STRAWBERRIES W/ WHIPPED TOPPING
<b>9</b> MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES WHOLE WHEAT BREAD FRUIT COCKTAIL	<b>10</b> CHICKEN DIVAN MONACO VEGETABLE MIX WHITE RICE WHOLE WHEAT BREAD TROPICAL FRUIT	<b>11</b> FISH FLORENTINE CAULIFLOWER MASHED POTATOES WHOLE WHEAT BREAD PEACHES CHOCOLATE MOUSSE	<b>12</b> BAKED HAM w/ Raisin Sauce SCALLOPED POTATOES FARM FRESH  GREEN BEANS  WHEATBERRY BREAD BROWNIE LOW SODIUM DIET: Baked Chicken Breast in lieu of Ham	<b>13</b> CHICKEN CAESAR SALAD CUCUMBER/TOMATO SALAD MARBLE RYE FRESH FRUIT 
<b>16</b> HAM, PEPPER & ONION QUICHE HASH BROWNS BROCCOLI WHEATBERRY BREAD TROPICAL FRUIT	<b>17</b> VEAL PARMESAN SPINACH STEWED TOMATOES ZITI DINNER ROLL PEAR CUP CHOCOLATE CAKE	<b>18</b> MEATLOAF w/ Gravy BRUSSELS SPROUTS SCALLOPED POTATOES WHOLE WHEAT BREAD FRUITED AMBROSIA	<b>19</b> CHICKEN DIJON MASHED POTATOES MONACO VEGETABLES MARBLE RYE FRESH TART CUP	<b>20</b> SEAFOOD PASTA SALAD TOSSED SALAD WHOLE WHEAT BREAD FRESH FRUIT 
<b>23</b> BEEF CHILI BROCCOLI CORN BREAD BROWN RICE TROPICAL FRUIT	<b>24</b> TURKEY BURGER w/ Peppers & Onions GERMAN POTATO SAL- AD CARROT COINS HAMBURGER ROLL BIRTHDAY CUPCAKE 	<b>25</b> ROAST PORK w/ Gravy MASHED POTATOES PEAS & CARROTS WHOLE WHEAT DINNER ROLL OATMEAL RAISIN COOKIE	<b>26</b> EGGPLANT PARMESAN GREEN BEANS ZUCCHINI & DICED TOMATOES ITALIAN BREAD LINGUINI FRESH FRUIT	<b>27</b> CRANBERRY CHICKEN SALAD BEET SALAD WHOLE WHEAT WRAP FRESH FRUIT 
<b>30</b> BEER BATTERED FISH CALIFORNIA MIXED VEGETABLES WHITE RICE HAMBURGER ROLL PEARS	<b>31</b> CHICKEN PRIMAVERA ITALIAN MIXED VEGETABLES PENNE PASTA WHOLE WHEAT DINNER ROLL PEACHES W/ WHIPPED TOPPING	 <p align="right"><small>philipmartin.info</small></p>		

**GREENE COUNTY DEPARTMENT of HUMAN SERVICES**  
**CONTRIBUTIONS POLICY**



For services under the Older Americans Act and in Community Services for the Elderly which propose contributions, such contributions must be used for costs allowable under applicable regulations and incurred during the budget period that contributions were received. The suggested contributions will not be more than the actual cost of the service. The purpose is to offer participants the opportunity to contribute and to increase the units of services, particularly to those in greatest need. Envelopes are provided to participants that desire to make voluntary and confidential contributions. Remember to make checks payable to Greene County Department of Human Services & note in memo the service. **Services will not be denied to anyone unable or unwilling to make a contribution.**

**CONSULTATION and ASSISTANCE:** This includes such client assistance activities as case assistance, Health Insurance Information Counseling and Assistance Program (HIICAP), help with public benefit applications, etc. The suggested level is \$5.00 per office visit (*Actual cost \$20.00/hour*).

**IN-HOME SERVICES:** This is discussed with the client by the case manager at the time of assessment. The suggested level of contribution is \$3.00 per hour (*Actual cost \$21.56/hour*).

**LEGAL SERVICES:** The suggested level of contribution is \$10.00 per attorney consultation (*Actual cost \$149.00/hr*).

**NUTRITION:**

**Senior Congregate Meal or Home Delivered Meals:** The suggested level of contribution is \$4.00 (*Actual cost \$15.00/meal*).

**Nutrition Counseling:** Clients requesting diet counseling from the Registered Dietitian are provided with an opportunity to contribute. The suggested level of contribution is \$5.00. (*Actual cost \$65.00/hour*).

**Health Promotions:** There is no suggested contribution for this service. Donations always accepted.

**TRANSPORTATION:**

**Shopping Bus:** The suggested level of contribution is \$3.00 round trip (*Actual cost \$15.08/one way*).

**Senior Center Transportation:** The suggested contribution is \$1.00 for round trip (*Actual cost: \$7.34/one way*).

**Medical (Homebound) Transportation:** The suggested contribution for this service is a sliding scale based on mileage

0 – 10 miles	\$3.00 round trip
11 – 20 miles	\$5.00 round trip
21 – 40 miles	\$9.00 round trip
41+ miles	\$15.00 round trip

(*Actual cost is \$29.62 one-way trip, maximum mileage*)



**Greene County Department of Human Services  
Senior Angels Program  
invite you to become a Senior Angel**

The department works with limited-income senior citizens who could use one-time, emergency assistance when all other funds have been exhausted and there is no other source to help. The program also sponsors a special gift during the Christmas season for those who might be alone. These gifts lift their spirits and fulfill a need.

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

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

I designate a \$ \_\_\_\_\_ donation to the Senior Angels Program

In Memory of \_\_\_\_\_

In Honor Of \_\_\_\_\_

\_\_\_\_\_ Please publish my name as a donor \_\_\_\_\_ I wish to donate Anonymously

Donations may be mailed to:

Greene County Department of Human Services  
411 Main Street, Catskill, NY 12414

Email any questions to [kenbrooks@discovergreene.com](mailto:kenbrooks@discovergreene.com)



As the number of seniors grows, so does the need for our vast array of services. The Department of Human Services encourages and appreciates your contributions. If you or your family are in a position to do so, please fill out the form below. Know that one hundred percent of your contribution will be used to provide service to Greene County older adult in need. **THANK YOU FOR YOUR SUPPORT.**

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

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

I designate a \$ \_\_\_\_\_ donation in appreciation for services **OR**

In memory of \_\_\_\_\_ to the following:

\_\_\_\_\_ In-home services \_\_\_\_\_ Round Table News \_\_\_\_\_ Homebound transportation

\_\_\_\_\_ General fund where needed most \_\_\_\_\_ Nutrition Program/Home-delivered Meals

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





*Dorothy Giordano In Memory of brother, Clarence H. Soule*

*To Our Senior Angel Program*

*Geraldine Hylan In Honor of Ann Uzzilia,  
who turned 100 in February*

*Stephen Nicaastro In Memory of Grandma, Minnie Nicaastro*

*to our Senior Nutrition Program/Aera*

*John & Marilyn Telga In Memory of John Morgese*

*To our Senior Nutrition Program*

*Brenda J. Chewins In Memory of Patricia A. Leach*

*Wilhelmina Neiss In Memory of Clifford Gross*

*To our In-Home Services and Senior Nutrition Program*

*Mary Ann Kordich In Memory of John & Margaret Kordich  
and Marge Stabile*

# MEDICARE INFORMATION

MEDICARE.GOV



Medicare is the federal health insurance program for:

- People who are 65 or older
- Certain younger people with disabilities
- People with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD)

## **What are the parts of Medicare?**

The different parts of Medicare help cover specific services:

- **Medicare Part A (Hospital Insurance)** - Covers inpatient hospital stays, care in a skilled nursing facility, hospice care, and some home health care. You usually don't pay a monthly premium for Part A if you or your spouse paid Medicare taxes for a certain amount of time while working. This is sometimes called "premium-free Part A."
- **Medicare Part B (Medical Insurance)** - Covers certain doctors' services, outpatient care, medical supplies, and preventive services. Most people will pay the standard Part B premium amount. The standard Part B premium amount is \$144.60. If your modified adjusted gross income as reported to IRS 2 years ago is above a certain amount, you'll pay the standard premium amount and an Income Related Monthly Adjustment Amount (IRMAA).
- **Medicare Part D (prescription drug coverage)** - Helps cover the cost of prescription drugs (including many recommended shots or vaccines).

Getting Medicare is a major milestone. Here are 5 important facts:

1. Some people get Medicare automatically, and some have to sign up. You may have to sign up if you're 65 (or almost 65) and not getting Social Security.
2. There are certain times of the year when you can sign up or change how you get your coverage.
3. If you sign up for Medicare Part B when you're first eligible, you can avoid a penalty.
4. You can choose how you get your Medicare coverage.
5. You may be able to get help with your Medicare costs.

It's important to understand some basic information about Medicare and how it can help you cover the costs of your health care. It might be different than you think! Find out how Medicare works and what it covers, and compare the 2 main ways to get your Medicare coverage - Original Medicare (Part A and Part B) and Medicare Advantage.

Once you've enrolled in Medicare and decided how you want to get your coverage, it's time to make a plan to get your health off to a good start. For further assistance, Greene County Department of Human Services participates in the NYS **Health Insurance Information Counseling and Assistance Program (HIICAP)** and have trained counselors who can help you. Call the office if needed.

**IMPORTANT NOTE:**

NEITHER GREENE COUNTY OR THE DEPARTMENT OF HUMAN SERVICES ENDORSES SENIOR CLUB ACTIVITIES. WE MERELY PASS THE INFORMATION ALONG AS A COURTESY TO THE SENIOR CLUBS. FOR FURTHER INFORMATION, CONTACT THE SPECIFIC CLUB SPONSORING.



**ATTENTION SENIOR CITIZEN CLUBS:**

Have you resumed meetings now that we are attempting to return to normal? Do you have trips or activities planned? **LET US KNOW!!!** We would be more than happy to help get the word out to other Greene County senior citizens.

**MOUNTAIN TOP GOLDEN AGERS IS HAPPY TO ANNOUNCE**



**MEETINGS**

4<sup>th</sup> Thursday of each month, 1:30 p.m., Tannersville Firehouse

**UPCOMING TRIPS:**

Tuesday, July 20 – Cooperstown, NY  
Farmers Museum  
OR Fenimore Art Museum,  
Lunch in Cooperstown Village (on own)  
\$15 Members \$20 Non-members



- \*Monday, August 16 – Schenectady, NY  
Aquarium with lunch at Rivers Casino
- \*Tuesday, September 14 – Botanical Gardens, NYC
- \*Wednesday, October 6 – Lake George, NY  
Luncheon Cruise & shopping stop
- \*Costs and more details will be forthcoming.

Call, prior to 8:30 p.m., Christopher at 518-589-5815



NOTE: Verification of vaccination required. Mask **MUST** be worn if you have not been vaccinated.



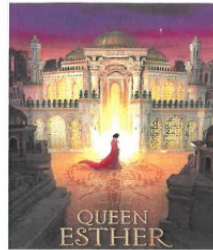
**GREENVILLE GOLDEN YEARS SENIOR CLUB**

**We are resuming our meetings!  
Please come join us!**

**Pizza Picnic Meeting**

**Wednesday, July 7, 2021  
Greenville American Legion Hall  
Arrive at Noon; Pizza at 1:00  
Bring your own drink**

**Call Beverly 518-966-8482  
or Sonia at 518-966-4436  
if attending**



Sight and Sound Theater



Hershey's Factory Tour Ride



Dutch Apple Dinner Theater



Bird-in-Hand Farmers Market

**PENNSYLVANIA AMISH LANDS**

**With Sight & Sound's "Queen Esther"  
& Dutch Apple's "On Your Feet!"**

**3 DAYS - 2 NIGHTS**

**SEPTEMBER 15 - 17, 2021**

**\$420.00 Per Person Double Occupancy  
\$555 Single Occupancy**

*\$25 Per person deposit due with reservation  
Balance due by July 15, 2021*

**PACKAGE INCLUDES:**

- 2 Nights Lodging
- 2 Breakfasts
- 2 Dinners including an Amish Farm Family-style Dinner
- Performance of "Queen Esther" at Sight & Sound Theatre
- Performance of "On Your Feet! - The Story of Emilio & Gloria Estefan" at Dutch Apple Theater
- Kitchen Kettle Village
- Hershey's Chocolate World & Chocolate Tour Ride
- Bird-In-Hand Farmers Market
- Souvenir Gift
- Luggage Handling
- Taxes & Meal Gratuities
- Motorcoach Transportation

Cancellation insurance available; see reverse side for details

**FOR INFORMATION AND RESERVATIONS CONTACT:**

**CATSKILL SILVER LININGS  
Georgianna Ramsay  
P.O. Box 162  
Round Top, NY 12473  
(518) 622-3257**

## **POST-COVID CAREGIVING QUESTIONS**

*JUNE 2021, CAREGIVER.COM*

It was a little over a year ago now that we all hunkered down in quarantine wondering when we would be free to do the things we want to do and see the people we want to see without worry. This period of time has been exponentially more stressful for family caregivers with loved ones in long-term care facilities not knowing when they would be allowed to see their loved one again and how their life was behind closed doors.



Now, a little more than a year later, we're all on the cusp of "normalcy," yet there are a lot of hesitations about the next steps. We've been left with vague answers to questions about when and how to re-introduce ourselves and our loved ones back into a more normal routine. And, with long-term care residents, we have questions about when it's safe to see them or give them a hug again.

- **Senior living communities are beginning to allow in-person visitation again in many states. What are some things caregivers should think about before visiting their loved one?**

Getting vaccinated! There is new meaning to the words "in-person" thanks to the vaccine. Seniors have been thrilled to welcome loved ones back. Fully vaccinated individuals can again break bread with their loved one or join them for a quiet in-apartment chat. If not vaccinated, continue to follow CDC guidelines of wearing a mask and social distancing. Of course, some CDC precautions will still exist in certain places, such as health care facilities, regardless, but what a difference a year makes.

- **Have there been specific visits or 'reunions' between residents and families or friends that have stuck in ones mind?**

A number of spouses, sons and daughters would visit their loved one a few times a week prior to the pandemic. Being physically separated for a year was a test of fortitude. Although they dearly missed seeing their loved ones in person, Zoom calls, FaceTime, and outside visits kept them going and reassured. As part of one special reunion with both mom and daughter fully vaccinated and they could finally hold each other in their arms, the tears flowed! The pure JOY brought by this event, and many like it, have been felt throughout the community as families have come back together again, in person. That particular reunion was captured on video, which has since gone viral among other families.

- **What are some specific concerns family caregivers should keep in mind when visiting a loved one who is living with dementia, after such a long time away?**

Time elapsed is not as much of a factor in the lives of those living with dementia. Having short-term memory loss means that residents don't usually recall how much time has passed between visits. So to answer the question, families are seeing each

other face-to-face with huge hugs and picking up right where they left off.

- **What advice can you share for family members visiting a loved one who is living with dementia for the first time post-lockdown?**

When reuniting with arms full of flowers, a favorite keepsake, or a box of candy or cookies, it is like coming back from “vacation.” With those who experience memory loss, it’s important to focus on the “now.” Talk about “how great it is to see you mom,” “you look beautiful! Dad, you are handsome as ever” or “I love you so much!” Seniors with memory loss do not feel that they have been in “lockdown” so there’s no need for a family member to feel guilty about being away for so long. Enjoy the moment, and many more to come.

- **What can a family member do if their loved one who is living with dementia becomes anxious or overwhelmed during the visit?**

It may be best to keep the first visit or visits short and simple - 15 to 30 minutes. If a resident becomes overwhelmed by the emotional experience of the visit and becomes anxious, it’s OK to go ahead and wrap it up knowing that you will be back soon. It is understood that it may be hard to do after such a long length of time, but don’t want to create a negative experience. Best suggestion is to take it slowly and keep a watchful eye on the resident’s reaction and demeanor. Do not take it personally if they get tired or anxious after 15 minutes, this is an adjustment for them too. When visiting, your excitement to see them may cause emotions to run high. Try to dial it down a little, take a deep breath, and proceed more slowly. If you are anxious, then they may sense it and become anxious as well.

- **Do you have any further advice for family caregivers at this time?**

YES, be thankful. We’ve all learned so much and there is a renewed bond of respect and support for one another. It is very impressive to see the resilience in our loved ones and the devotion of families.

The pandemic has also reinforced some things that we as care providers already knew about the challenges and risks associated with isolation, especially in the case of our seniors. Physical and mental decline have occurred at a more rapid pace for those living for long periods of time in isolation at home than for those who are surrounded by peers and have daily interactions. We’re also hearing from families now about the stress and strain of being the sole or primary caregiver during this prolonged period of disruption and limitations. Though we were all affected, one of the things that helped our residents and staff make it through was the support from having a team and a community behind them, and it gave our families peace of mind as well.

Now is a good time to assess your experience and your situation to determine what is truly best for your elderly loved one and your family to thrive. There are so many choices available within community living to provide the support, socialization, and care needed for your loved one and the peace of mind and security that your family needs as well.

# News From the Greene County Youth Bureau



The Greene County Youth Fair is a celebration of the talents of Greene County's youth, enabling them to strive for higher goals and receive encouragement for their efforts. The fair is family oriented and offers kids of all ages exciting music, displays and entertainment, along with a hands-on agricultural education.

Attention exhibitors and vendors - the 2021 forms have been uploaded! Here's your chance to get a head start on filling out your forms for the fair! Go to [www.thegreencountyyouthfair.com](http://www.thegreencountyyouthfair.com) for forms.

The fair will be held at the Angelo Canna Park in Cairo. It opens Thursday, July 22 at 9:30 a.m. and is open daily through Sunday, July 25. Operating hours are Thursday & Friday, 9:30 a.m. - 7:30 p.m.; Saturday 9:00 a.m. ending with fireworks at 9:15 p.m., and Sunday from 9:00 a.m. and closing ceremonies at 2:30 p.m. Admission is free!

## 2021 GREENE COUNTY YOUTH AWARD WINNERS ANNOUNCED

The Greene County Children, Youth & Community Advisory Board is pleased to announce the following as winners of the 2021 Greene County Youth Awards.

Congratulations to



Paige Swartout  
2021 Greene County Youth of the Year

Sarah Leipman (No photo available)  
2021 Advisory Board Chairman's Award

Scott Baker  
2021 Greene County Human Services Director's Award



Also receiving Merit Recognition were Morgan Fancher and James Mutinsky.

All will receive their commendations at the opening ceremony of the Greene County Youth Fair on Thursday, July 22.



## SUMMER VACATION & KIDS

### FREE EDUCATIONAL RESOURCES FOR KIDS STUCK AT HOME

*Looking for ideas to keep the kids busy during summer vacation?  
Check out this list of suggestions of free educational resources and activities.*

- \* [Oxford Owl](#) - Free e-books and math games and activities for ages 3-11
- \* [BrainPop Junior](#) - Learning tools for STEM, social studies, reading/writing, health & arts, K – Gr. 3
- \* [Mystery Science](#) - Science lessons for grades K – Gr. 5
- \* [Children's Museum Houston](#) - Weather and Science videos and activities for grades PreK – Gr. 5
- \* [Carnegie Mellon University Computer Science Academy](#) - Interactive middle & high school computer science curriculum
- \* [ABCYa](#) - Reading and math games and activities for grades PreK – Grade 6
- \* [Zearn.org](#) - Math lessons for grades K – Grade 5
- \* [Disneynature](#) - Movies and complimentary educational materials for Grades 2 - 6
- \* [Scratch](#) - Interactive story, game and animation design from the MIT Media Lab, ages 8 - 16
- \* [STMath](#) - Math lessons for Grades PreK - 8
- \* [Prodigy Math](#) - Math programs for Grades 1- 8
- \* [Curriculum Associates](#) - Math and reading activity packs for Grades K-8
- \* [DK Find Out!](#) - Lessons in subjects such as history, science and coding
- \* [Listenwise](#) - Non-fiction audio stories covering ELA, social studies and science for Grades 2 - 12
- \* [CommonLit](#) - Reading and writing lessons for Grades 3 - 12
- \* [Codecademy](#) - Data science and coding lessons for high school and college students
- \* [National Geographic Kids Science Lab](#) - Science experiments, videos and articles
- \* [National Ocean Service \(NOAA\) Kids](#) - Science activities and resources for kids and educators
- \* [Scholastic Learn-At-Home Resources](#) - Learning experiences for K-9
- \* [Greg Tang Math](#) - Math games and resources for all ages
- \* [SciShow Kids](#) - Videos explaining scientific concepts for young, curious minds
- \* [Frontiers for Young Minds](#) - Science articles written by scientists and reviewed by kids
- \* [BBC Bitesize](#) - Lessons covering math, English, science and more for ages 3-16+
- \* [BrainPop](#) - Learning tools covering a variety of subjects
- \* [BreakoutEDU](#) - Immersive learning games for grades K-12
- \* [Wonderopolis](#) - Educational articles for grades K-12
- \* [XtraMath](#) - Math programs for students, parents and teachers
- \* [How Stuff Works](#) - Educational videos exploring the world around us
- \* [Code.org](#) - Computer science lessons for grades K-12
- \* [Typing.com](#) - Keyboarding, digital literacy, and coding lessons for all ages
- \* [IXL](#) - Lessons in math, language arts, science, social studies and Spanish for grades PreK-12
- \* [Greatminds.org](#) - Math, ELA and science for grades K-12
- \* [Bill Nye the Science Guy](#) - Educational videos covering life, physical and planetary sciences
- \* [NASA STEM @ Home for Students](#) - STEM articles and activities for grades K-12+
- \* [Gizmos](#) - Simulations exploring concepts in math and science for grades 3-12
- \* [PhET Interactive Simulations](#) - Interactive simulations for science and math
- \* [Khan Academy](#) - Lessons on grammar, science, history and math for grades K-12
- \* [Professor Egghead Science Academy](#) - Interactive lessons on science and engineering
- \* [Quill.org](#) - Writing and grammar activities for grades K-12

*Courtesy of abc7*



## **JULY IS UV SAFETY AWARENESS MONTH**

*Contributed by Tami Bone, GCDHS Case manager*

Everyone loves the warm summer weather but it is important to protect your skin and eyes from sun damage. Prolonged and unprotected exposure to the sun's UV rays can increase your risk for skin cancer and cause damage to your vision.

Skin cancer is the most common cancer worldwide. One in five Americans will develop skin cancer by age 70. Having five or more sunburns doubles your risk for melanoma.

Long and short-term exposure to UV rays can harm your eyes and affect your vision. Eye diseases such as Macular Degeneration, Cataracts, Pterygium (a pink, non-cancerous growth that forms on the conjunctiva of the eye) and skin cancer in and around the eyelids can be caused or aggravated by UV exposure.

*The good news is...* There are things you can do to minimize the risk associated with sun exposure:

- **Cover up.** Wear a wide brimmed hat, long-sleeved shirts, pants and sunglasses.
- **Stay in the shade.** The sun is strongest at midday so staying in the shade between 10:00 a.m. and 4:00 p.m. will help protect you. Remember, the sun can cause damage on cloudy days or even in the winter so it's important to protect yourself year round.
- **Choose the right sunscreen.** The FDA recommends that you use sunscreen that has an SPF of 15 or higher.
- **Use the right amount of sunscreen.** Apply at least one ounce (a palmful) of sunscreen every two hours. (More often if you are swimming or sweating, even if the sunscreen is waterproof.)

***Enjoy the outdoors this summer and remember to protect your skin and eyes!***

Sources:

Quality of Care: UV Safety Awareness Month, 2021 [www.va.gov/health](http://www.va.gov/health)

Skin Cancer Foundation, 2021 [www.skincancer.org](http://www.skincancer.org)



# New York State Emergency Rental Assistance Program

The Emergency Rental Assistance Program assists households behind on their rent that have experienced financial hardship due to COVID-19 and are at risk of homelessness or housing instability. In addition, the program can provide temporary rental assistance and assistance with unpaid utility bills.

## DO I QUALIFY?

Eligible residents must meet the following criteria:

- Household gross income at or below 80 percent of area median income, which varies by county and household size.
- A member of the household received unemployment benefits or experienced a reduction in income, incurred significant costs or experienced financial hardship, directly or indirectly, due to the COVID-19 pandemic.
- The applicant owes past due rent at their current residence.

## HOW DOES IT WORK?

This assistance can pay up to 12 months of past due rent and for some households, pay up to 3 months for future rent. The program can also pay for up to 12 months of overdue electric or gas bills. Please note, payments will always be issued directly to the landlord or utility provider.

## HOW CAN I APPLY?

Applications can be submitted online beginning June 1.

## Local Community Organization Information:



**Legal Aid  
Society**

NORTHEASTERN NEW YORK

[www.lasnny.org/ERAP](http://www.lasnny.org/ERAP)

**Legal Line: 833-628-0087**

*Mon thru Friday from 9 to 5*

For more information, visit [otda.ny.gov/ERAP](http://otda.ny.gov/ERAP) or call **844-NY1RENT** (844-691-7368)



Office of Temporary  
and Disability Assistance

(Rev.05/21)



## GREENE COUNTY ROUND TABLE NEWS

is published monthly by

### GREENE COUNTY DEPARTMENT of HUMAN SERVICES

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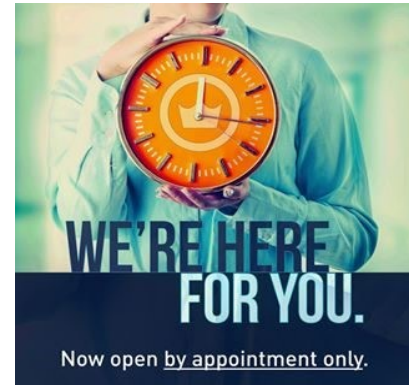
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Patrick Murphy

#### YOUTH SERVICES WORKERS:

Carrie E. Wallace

Laura Anderson



The office is open 8:30 a.m. - 5:00 p.m. Monday thru Friday, though staff are unavailable between 12:00 p.m. and 1:00 p.m. Agency staff specialize in a variety of subjects. **Staff are available by appointment only. Please call our main office telephone number to schedule an appointment if you need to meet with a staff member.**

Programs are made possible through funds from the NY State Office for the Aging, NY Connects, Administration for Community Living, NY State Office of Children and Family Services, and the generous support of the Greene County Legislature. Contributions are gratefully accepted and used to expand programs and services. **No person will be denied service if they are unable or unwilling to contribute.** All contributions are confidential.

For individuals with disabilities or language interpretation needs, requests for reasonable accommodations should be made with at least five days notice.

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