



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

SEPTEMBER 2022

Greene County Youth Fair 2022

Thursday, July 28, 2022 was a bright and sunny day - not only with the weather but for the atmosphere at the Opening Ceremony of the annual Greene County Youth Fair. Agricultural Society President Alex Johnk welcomed all those in attendance. As part of the ceremony, Greene County Legislature Chairman Pat Linger had the honor of presenting the annual Greene County Youth Awards, sponsored by the Greene County Children, Youth & Community Advisory Board. In attendance were various Greene County Legislators, Assemblyman Christopher Tague & Senator Michelle Hinchey. The fair ran from Thursday through Sunday, July 31 and was a big success. So many were happy to see it return & congratulations to all the youth involved, especially the winners in the various show classifications.



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

***SENIOR ANGELS PROGRAM
ANNUAL
COMMUNITY THANKSGIVING DINNER****



Open to all seniors age 60 and older
Seating limited

Thanksgiving Day November 24, 2022
DOORS OPEN AT 11:00 a.m. - NO EARLY BIRDS
12:00 p.m. - 4:00 p.m. Dinner served 1:00 p.m.

Rivertown Senior Center
39 Second Street, Athens

For more information or to make reservations,
contact Ken Brooks at (518) 719-3555

Want to volunteer to help? Call to speak to Ken

* Funded in part by Athens Community Foundation

GREENE COUNTY SENIOR ANGELS
Spreading Cheer 365 Days a Year



*Greene County Department of Human Services
invites you to become a Senior Angel*

Senior Angels does not just operate at holiday time and provide gifts for senior citizens who are alone. 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 consider becoming someone's Senior Angel by donating. Thank you.

For more information, please call (518) 719-3555 or toll-free (877) 794-9266

PLEASE RETURN THIS SECTION WITH YOUR DONATION

I would like my name published.

I wish to be listed as "Anonymous".

I would like the donation to read:

In Memory/Honor of: _____

Donations may be dropped off or mailed to:

*Greene County Department of Human Services, Attn: Senior Angels
411 Main Street, Catskill, NY 12414*



**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 some minor repairs done around the home
(i.e.: changing light bulbs,
changing out screens to storm windows, etc.)
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) will not be considered.*



GREENE COUNTY HUMAN SERVICES



VOLUNTEERS NEEDED

TO HELP HOMEBOUND SENIORS

Home Delivered Meals – Deliver meals county wide
Medical Transportation – Transport clients to appointments in nearby counties

Your schedule will be made around YOUR availability! Mileage reimbursement available at current IRS mileage reimbursement rate!

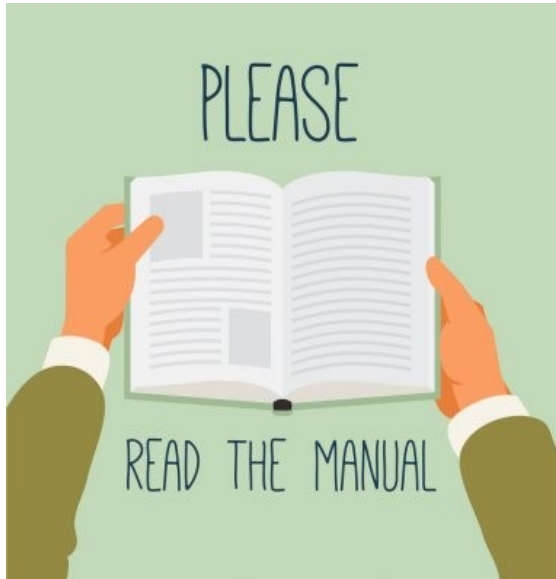
CONTACT RUTH PFORTE // (518) 719-3555

Made with PosterMyWall.com



ATTENTION HOMEBOUND MEAL DELIVERY VOLUNTEERS

If you attended the Volunteer Training please remember to read the training booklet and return the signed last page.



Welcome New Volunteers

John Breen

Barbara Coryell

Rodger Coryell

Peggy Hester

Gary Holmes

José Marrero

Dawn Marie Smith



**AmeriCorps
Seniors**



39 Second Street
Athens

HOURS:

Monday: 9:00 a.m. – 11:30 a.m.
Wednesday: 9:00 a.m. – 11:30 a.m.
12:30 p.m. – 2:00 p.m.

**STOP BY AND SEE OUR WONDERFUL SELECTION
OF CLOTHING FOR LITTLE ONES TO SENIORS!
ACCESSORIES: JEWELRY, PURSES, BELTS, SHOES**

HOUSEHOLD ITEMS – LINENS – MORE!

*Note: We accept donations during business hours.
We do not accept medical supplies, games, toys, electronics or dishes.*



ECONOMIC INSUFFICIENCY

No one is immune from noticing the recent impacts of inflation and other factors on our economy resulting in increased costs for necessities such as fuel and food. These increasing costs burden older adults living on fixed incomes. Sometimes older adults need some assistance, but do not know what might be available to them. Here are just a few of the resources that may help.



**CONTACT GREENE COUNTY DEPARTMENT OF HUMAN SERVICES
AT 518-719-3555 FOR FURTHER INFORMATION ON ANY BELOW.**

NUTRITON:



- You may need meals for a short time because you were recently discharged from a health facility and can't make meals until you recover. Or you may need meals for a longer time because you can't do many of the things you did for yourself before. For these individuals, **HOME-DELIVERED MEALS** provide healthy, nutritious, balanced meals to a participant's residence up to five days a week. Up-to-date information about wellness and healthy eating habits through our Registered Dietitian offers private nutrition counseling to older people with questions about diabetes, weight loss or gain, and healthy eating.

Senior Dining

- COMMUNITY DINING** (AKA Congregate Meals) offers healthy, nutritious, balanced meals at our senior nutrition sites. Our Registered Dietitian can help any older person with questions about diabetes, weight loss or gain and healthy eating through nutrition counseling and presentations.



Fellowship, Food & Fun

- Once a year, the **SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP)** gives eligible, low-income older adults \$25 in coupons to buy locally-grown fresh fruits and vegetables at participating farmers' markets in New York State. Booklets are available each year, from July - September 30 and may be used through November 30. They are given out on a first-come, first-served basis.



HEAP can help eligible New Yorkers heat and cool their homes. If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off.



Understanding insurance options can save you money;
HEALTH INSURANCE INFORMATION COUNSELING

ASSISTANCE PROGRAM (HIICAP) counselors at the

Department of Human Services are available to answer questions about Medicare, Medicare Advantage programs (managed care), Medicare prescription drug coverage, Medigap, and other health and long-term care insurance issues.





HOME ENERGY ASSISTANCE PROGRAM

Open during the winter heating season, Nov. 1 through Mar. 15

**If you have received HEAP previously,
the early outreach mailing was scheduled to begin
during the week of August 29, 2022.**

HEAP helps low-income New Yorkers pay their energy bills. If your bills are more than you can handle and your source of heat is Electricity, Propane, Natural Gas, Wood/Wood Pellets, Oil, Kerosene, Coal, or Corn, HEAP may be able to help you.

To be eligible for HEAP, applicants must be US citizens or qualified aliens, meet HEAP income guidelines (below) and pay directly for heating costs or pay rent that includes heating costs. HEAP benefit amounts will vary depending on your household income and may be available if your heat is included in your rent. HEAP benefits assist in paying heating bills and are not the total source of payment for heating expenses.

Household Size	Annual	Monthly
1	\$25,142	\$2,096
2	33,874	2,823
For each additional member, add:	+\$8,732	+\$728

** Federal HEAP Income Eligibility Guidelines are subject to change annually.
For the most recent guidelines, please contact our office.*

When applying for HEAP, applicants must provide all required documentation verifying identification of all household members, address, income, SS#, vendor relationship and vulnerability (age or disabled).

Regular HEAP benefits open in October this year with eligibility and benefits based on income, household size, the primary heating source and the presence of a household member who is under age 6, age 60 or older or permanently disabled. An eligible household may receive one regular HEAP benefit per program year. Regular benefits for households that pay directly for heat based on actual usage are paid directly to the vendor that supplies the household's primary source of heat.

A HEAP emergency benefit component assists individuals who are facing an energy related emergency, such as a utility termination notice or less than a quarter tank/ten day supply of fuel. If you are eligible, a HEAP emergency benefit may be issued after January 3, 2023, in addition to your regular HEAP benefit, if the regular benefit has been exhausted.

**If you are a senior citizen & wish further information,
please call GC DHS at 518-719-3555.**

September

NUTRITION NOTES

Written By: Nicole Gehman MS, RD, CD-N

I was scanning my local farmers market yesterday and bought numerous end of season vegetables. Contemplating what to make, my annual memory of delicious ratatouille popped into my head. Separate from the adorable children's book and subsequent movie about a chef mouse cooking up ratatouille in 2007, most have never heard of, cooked, or enjoyed this delicious French dish.



Ratatouille has culinary roots in Provence and consists of a dish of stewed vegetables. Recipes and cooking times differ greatly, but common ingredients include onion, garlic, tomatoes, squash (green and yellow), eggplant, bell peppers and tons of fresh herbs. I found all these items locally, including this fascinating yellow squash variety shaped like a flying saucer, otherwise known as patty pan squash. The skin seems somewhat thicker than traditional yellow squash, but no need to peel it, as it cooks down and is edible!

The vegetables can be prepared sliced (traditional French preparation), diced or coarsely chopped, and cooked in a Dutch oven, casserole dish, or even a sheet pan. I prefer to cook mine in my Dutch oven, as it roasts nicely with the ceramic lid.

Ingredients:

- | | |
|------------------------|-------------------------------|
| 1 eggplant | 1 patty pan squash |
| 2 medium zucchini | 1 lb. cherry tomatoes |
| 1 - 2 bell peppers | 1 yellow squash |
| 4 - 5 cloves of garlic | ½ yellow onion |
| Large bunch of basil | 4 - 5 sprigs of fresh oregano |
| Salt, coarse pepper | 3 Tbsp. + 1/4 cup Olive oil |



To prepare: Peel and chop the eggplant, patty pan squash, zucchini, cherry tomatoes, bell peppers, yellow squash, garlic, and onion.

Gather the basil, fresh oregano, salt, pepper, and olive oil.



Sauté the garlic, onion, oregano, and eggplant in a Dutch oven or large skillet in olive oil. Add in all the chopped vegetables (minus the cherry tomatoes), and season with salt, pepper, and fresh oregano. Stir to combine. Drizzle with $\frac{1}{4}$ cup more olive oil. Cover the Dutch oven, and place it in a 400° oven for 30 minutes. After 15 minutes, stir and then add in the cherry tomatoes, which will delightfully burst but maintain their texture when the dish is done. Add at least a $\frac{1}{3}$ cup of chopped or torn basil when the dish is removed from the oven, which will wilt as it cools.

Enjoy ratatouille as a side dish, over toasted bread, serve over pasta, paired with your favorite protein, or served at breakfast with poached or baked eggs. Options are endless and the flavor intensifies as it sits overnight. It is a lovely side for a summer party. Reheat over medium heat and enjoy a fibrous, colorful, healthful cuisine from the south of France in your very own kitchen.



I will continue to visit the county's senior Nutrition sites monthly for lunch presentations. All are welcome to attend.

Typically, there is a brief education and food samples to follow. If you need an individual nutrition referral, or clarification on the dates I will visit, please call the main office at (518) 719-3555.



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 & Dessert. Menu is subject to change based on product availability and circumstance. Centers are closed on legal holidays and inclement weather.

If you wish lunch from any of the nutrition sites, you must notify the appropriate center by noon, a day in advance. 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.

If you would like lunch at either Athens or Catskill & need transportation, please call Rose at the main office to schedule.

ACRA

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

Ashley Reynolds
Meal Site Manager

Elaine Cherrington
Cook

ATHENS

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

Shane Dillon,
Senior Center Manager

JoJo Rouse,
Central Kitchen Manager

JEWETT

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

Gayle Ruvolo
Meal Site Manager

NOTE:
CLOSED DURING THE
MONTH OF SEPTEMBER
- NO MEALS -



senior**nutrition**

CATSKILL

Robert C. Antonelli
Senior Center
15 Academy Street,
Catskill
943-1343

Penny Konstalid
Meal Site Manager

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

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

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

COXSACKIE

Town of Coxsackie
Senior Center
127 Mansion Street,
Coxsackie
731-8901

Dorothy Barkman
Faye VanDyke
Co-Meal Site Managers

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">1</p> CHICKEN QUARTERS w/ Gravy MASHED POTATOES PEAS & CARROTS APPLE CRISP	<p align="center">2</p> FISH FLORENTINE ITALIAN MIXED VEGETABLES OVEN BROWNED POTATOES FRESH FRUIT
<p align="center">5</p> MAIN OFFICE & ALL SENIOR NUTRITION LABOR DAY 	<p align="center">6</p> CHICKEN DIJON MONACO VEGETABLE MIX MASHED POTATOES APPLESAUCE COOKIES	<p align="center">7</p> TURKEY BURGERS w/ Peppers & Onions POTATO SALAD V8 JUICE CORN CHOCOLATE MOUSSE	<p align="center">8</p> MEATLOAF w/ Beef Gravy MASHED POTATOES DILLED CARROTS FRESH FRUIT	<p align="center">9</p> CHICKEN CAESAR SALAD COLD BEET SALAD MACARONI SALAD FRESH FRUIT 
<p align="center">12</p> BBQ CHICKEN THIGHS BAKED BEANS CALIFORNIA VEGETABLE MIX VANILLA PUDDING	<p align="center">13</p> TACO BAKE w/ Sour Cream TOMATOES BEANS/CORN SPANISH RICE MANDARIN ORANGES	<p align="center">14</p> STUFFED SHELLS w/ SAUSAGE GREEN BEANS SPINACH PINEAPPLE DELIGHT	<p align="center">15</p> PORK CHOP w/ Gravy MASHED POTATOES BRUSSELS SPROUTS FRESH FRUIT	<p align="center">16</p> BAKED SALMON w/ Dill Sauce CALIFORNIA VEGETABLE MEDLEY BROWN RICE FRESH FRUIT
<p align="center">19</p> MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES TROPICAL FRUIT	<p align="center">20</p> BAKED ZITI w/ Meat Sauce ITALIAN MIXED VEGETABLES PEAR CUP	<p align="center">21</p> HUNGARIAN GOULASH RED CABBAGE PEACHES EGG NOODLES BIRTHDAY CAKE 	<p align="center">22</p> CHICKEN DIVAN CARROTS WHITE RICE CHOCOLATE PUDDING FRESH FRUIT	<p align="center">23</p> TUNA SALAD PLATE w/ HARDBOILED EGG MIXED GREENS MARINATED CARROTS FRESH FRUIT
<p align="center">26</p> SWEET & SOUR CHICKEN ORIENTAL MIXED VEGETABLES WHITE RICE FRUIT COCKTAIL	<p align="center">27</p> CHEESEBURGER w/ Mushrooms & Onions COLESLAW BAKED BEANS BROWNIE	<p align="center">28</p> ROAST PORK w/ Gravy APPLESAUCE MASHED POTATOES PEAS & CARROTS VANILLA MOUSSE	<p align="center">29</p> CHEF SALAD w/ TURKEY & CHEESE CUCUMBER & TOMATO SALAD FRESH FRUIT	<p align="center">30</p> BEER BATTERED COD CARROT/LIMA BEAN MEDLEY OVEN BROWNED POTATOES FRESH FRUIT FLU CLINIC 9:30 - 11 CATSKILL

GREENE COUNTY SENIOR NUTRITION PROGRAM

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Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">3</p> <p align="center">CHICKEN & BISCUITS MIXED VEGETABLES MASHED POTATOES PEACHES</p> <p align="center">FLU CLINIC 9:30 - 11 ACRA</p>	<p align="center">4</p> <p align="center">SALMON w/ Dill Sauce MASHED POTATOES CARROTS PINEAPPLE BROWNIE</p> <p align="center">FLU CLINIC 9:30 - 11 COXSACKIE</p>	<p align="center">5</p> <p align="center">CHICKEN PARMESAN WHOLE WHEAT SPAGHETTI SPINACH GREEN BEANS CHOCOLATE MOUSSE</p> <p align="center">FLU CLINIC 9:30 - 11 RIVERTOWN</p>	<p align="center">6</p> <p align="center">PORK CHOP w/ Gravy BAKED POTATO w/ Sour Cream APPLESAUCE BUTTERNUT SQUASH FRESH FRUIT</p> <p align="center">FLU CLINIC 9:30 - 11 JEWETT</p>	<p align="center">7</p> <p align="center">VEGETABLE LASAGNA w/ White Sauce ITALIAN MIXED VEGETABLES FRESH APPLE</p>
<p align="center">10</p> <p align="center">COLUMBUS DAY DEPARTMENT & ALL NUTRITION SITES CLOSED</p> 	<p align="center">11</p> <p align="center">STUFFED SHELLS MARINARA SAUSAGE PEAR CUP MIXED VEGETABLES TROPICAL FRUIT</p>	<p align="center">12</p> <p align="center">KIELBASA* SAUERKRAUT CORN BAKED BEANS APPLE CRISP w/ Whipped Topping *Low SODIUM SUBST: Grilled Chicken Cutlet</p>	<p align="center">13</p> <p align="center">SHRIMP PRIMAVERA PENNE LOW SODIUM V8 SPINACH PUMPKIN PUDDING</p>	<p align="center">14</p> <p align="center">CHICKEN QUARTERS w/ Gravy MASHED POTATOES GREEN BEANS FRESH FRUIT</p>
<p align="center">17</p> <p align="center">SLOPPY JOES CAULIFLOWER CORN TROPICAL FRUIT</p>	<p align="center">18</p> <p align="center">CHICKEN DIJON MASHED POTATOES MONACO VEGETABLE MIX CHOCOLATE BIRTHDAY CAKE</p> 	<p align="center">19</p> <p align="center">HOT TURKEY DINNER w/ Gravy & Cranberry Sauce GREEN BEAN CASSEROLE SWEET POTATO STUFFING MANDARIN ORANGES</p>	<p align="center">20</p> <p align="center">MEATLOAF w/ Gravy SCALLOPED POTATOES SONOMA VEGETABLES FRESH FRUIT</p>	<p align="center">21</p> <p align="center">RAVIOLI w/ SAUSAGE ITALIAN VEGETABLES LIMA BEANS FRESH FRUIT</p>
<p align="center">24</p> <p align="center">BEER BATTERED FISH SPINACH MASHED POTATOES LEMON PUDDING w/ Graham Cracker Crumbs</p>	<p align="center">25</p> <p align="center">CHICKEN FLOREN- TINE ITALIAN MIXED VEGETABLES LINGUINI CHOCOLATE CHIP COOKIE</p>	<p align="center">26</p> <p align="center">BEEF BARLEY STEW (Carrots & Potatoes in stew) BROCCOLI FRUITED JELL-O w/ Whipped Topping</p>	<p align="center">27</p> <p align="center">CHICKEN DIVAN CALIFORNIA MIXED VEGETABLES ZUCCHINI & DICED TOMATOES FRESH FRUIT</p>	<p align="center">28</p> <p align="center">ROAST PORK w/ Gravy & Applesauce MASHED POTATOES PEAS & CARROTS FRESH FRUIT</p>
<p align="center">31</p> <p align="center">MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES HALLOWEEN CUPCAKE</p> 				



Getting Medicare right

Extra Help Program Income and Asset Limits 2022

If you have Medicare only

Income limit	Asset limit	Program	Copayments
Below \$1,719 (\$2,309 for couples) per month ¹ <ul style="list-style-type: none"> • And your income and/or assets are above Full Extra Help limits 	Up to \$15,510 (\$30,950 for couples) ² <ul style="list-style-type: none"> • And your income and/or assets are above Full Extra Help limits 	Partial Extra Help Premium depends on your income \$99 deductible or the plan's standard deductible, whichever is cheaper	15% coinsurance or the plan copay, whichever is less After \$7,050 in out-of-pocket drug costs, you pay \$3.95/generic and \$9.85/brand-name or 5% of the drug cost, whichever is greater
Up to \$1,549 (\$2,080 for couples) per month ¹	Up to \$9,900 (\$15,600 for couples) ²	Full Extra Help \$0 premium and deductible ³	\$3.95 generic copay \$9.85 brand-name copay No copay after \$7,050 in out-of-pocket drug costs

If you have Medicare and Medicaid and/or a Medicare Savings Program

Enrolled in	Income limit	Program	Copayments
Medicaid and/or a Medicare Savings Program	Above \$1,153 (\$1,546 for couples) per month ¹	Full Extra Help \$0 premium and deductible ³	\$3.95 generic copay \$9.85 brand-name copay No copay after \$7,050 in out-of-pocket drug costs
Medicaid	Up to \$1,153 (\$1,546 for couples) per month ¹	Full Extra Help \$0 premium and deductible ³	\$1.35 generic copay \$4.00 brand-name copay No copay after \$7,050 in out-of-pocket drug costs

Note: Income and asset limits on this chart are rounded to the nearest whole dollar. There's also a \$20 income disregard (factored into the income limits above) that the Social Security Administration automatically subtracts from your monthly unearned income.

¹Income limits are based on the Federal Poverty Level (FPL), which changes every year in February or March. Limits are higher for each additional relative living with you for whom you are responsible.

²Asset limits include \$1,500 per person for burial expenses.

³You pay no premium if you have Full Extra Help and a basic Part D drug plan with a premium at or below the Extra Help premium limit for your area.

GREENE COUNTY DEPARTMENT of HUMAN SERVICES
CONTRIBUTIONS POLICY



For services under the Older Americans Act and in Community Services for the Elderly and Expanded In-Home Services for the Elderly projects 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.

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 Assistance Program (HIICAP), help with public benefit applications, etc. The suggested contribution 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 contribution is \$3.00 per hour (*actual cost \$21.56 per hour*).

LEGAL SERVICES: The suggested contribution is \$10.00 per attorney consultation (*actual cost \$149.00/hour*).

NUTRITION:

- **Senior Congregate Meal or Home Delivered Meals:** The suggested contribution is \$4.00
- **Nutrition Counseling** - Clients requesting diet counseling from the Registered Dietitian are provided with an opportunity to contribute. The suggested contribution is \$5.00. (*actual cost \$65.00/hour*).

TRANSPORTATION:

- **Shopping Bus:** This door-to-door service is provided directly by the Department. The suggested contribution is \$3.00 per round trip (*actual cost \$15.08/one way*).
- **Senior Center Transportation:** The suggested contribution is \$1.00 per 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

3/2020

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 donations. If you or your family are in a position to do so, please fill out the form below. Know that 100% of your donation will be used to provide service to Greene County older adults in need.

NAME: _____

ADDRESS: _____

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

In memory of _____

to the following:

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

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



*In Memory of Florence Roeben
for the Rivertown Senior Center*

Martha McPartland

Marie Walker

Carolyn Yustko

In Memory of Loved Ones



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

2022 Theme: A Lasting Legacy

The life you've built is worth protecting.

Prepare for disasters to create a lasting legacy for you and your family.

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

Now is the time for senior citizens and people with disabilities to think about personal disaster preparedness. FEMA suggests four steps you can take:

- **STAY INFORMED** to mentally and logistically increase your ability to handle an emergency and reduce the fear, anxiety, and losses that disasters often bring.
- **MAKE A PLAN:** Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find. Consider specific needs for your household - Keep in mind factors such as age, dietary needs, medical needs, pets, disabilities and functional needs.
- **BUILD A KIT**

When building a kit, consider items used daily, as well as life-sustaining items.

- ♦ Personal disaster preparedness if a medical device to assist mobility - Add spare tires and an air compressor to your emergency kit to make sure you can stay mobile in the event of an emergency.
- ♦ If you have a disability and use an electronic device to communicate, charge and keep back-up batteries in your emergency kit so you can converse with emergency responders and stay mobile.
- ♦ If hard of hearing - Put a portable cell phone charger in your kit so you can communicate in case of an emergency.
- ♦ If you use medical equipment in your home that requires electricity, e.g. oxygen, talk to your doctor or health care provider about how to keep it running during a power outage. You can also ask your power provider to put you on a list for priority power restoration.
- ♦ Keep a contact list of people who can help you in a disaster, as well as all emergency medical information, in a watertight container in your emergency kit or on your electronic devices.

- **GET INVOLVED:** During disaster response, affected communities depend heavily on local and national volunteer organizations to provide trained volunteers and much-needed donated supplies. Get involved today by donating to or volunteering with a reputable organization.



Many county emergency management agencies maintain voluntary registries for residents to self-identify in order to receive targeted information, and assistance during emergencies and disasters. **Contact Greene County Emergency Management (518-622-3643) or electronically at [Swift 911 Registration](#) | [Greene Government](#) if you are not registered in the county's Swift911 program.**

WHEN TO CALL 9-1-1

The 9-1-1 emergency number is an important way for emergency personnel to ensure that everyone is safe.

The following list shows some of the times you can call 9-1-1

- If your house is on fire
- If someone has passed out and/or is not breathing
- If someone is hurting someone else
- If someone has chest pain
- If someone is stealing
- If someone is badly burned or injured
- If there is a car accident
- If someone is bleeding and it won't stop



Please remember to only use 9-1-1 in an emergency. If you don't, someone might not be able to get through in a real emergency.

Here are some times when **YOU DON'T CALL** 9-1-1

- For information
- For your pet
- When the power, cable or internet is out
- When a water pipe bursts
- To report a broken fire hydrant
- To get a ride for a doctor's appointment
- To pay a ticket
- As a prank
- When you need a helping hand in your house

GREENE COUNTY SENIOR CITIZENS CLUBS



ATTENTION ALL CLUBS:

Do you have anything to announce about your club?

Put it in print in the Round Table News!

Contact Maureen at the Department of Human Services

ATHENS
ATHENS SENIOR 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 LININGS
2nd monthly Thursday, 1:00 p.m.
Robert C. Antonelli Senior Center

Contact person: President Sheila Pedersen, 518-719-5361



Calling All Seniors!

COXSACKIE AREA SENIORS
2nd & 4th monthly Tuesday
1:00 p.m.
Van Heest Hall, Bethany Village

COXSACKIE:

SENIOR CITIZENS of COXSACKIE
1st & 3rd monthly Monday, 2:00 p.m.
Town of Coxsackie Senior Center

Contact person: President Yale Frank, 518-731-8855

GREENVILLE
GREENVILLE GOLDEN YEARS
1st monthly Wednesday, 1:00 p.m.
American Legion Hall

Contact person: President Beverly Myers, 518-966-8482

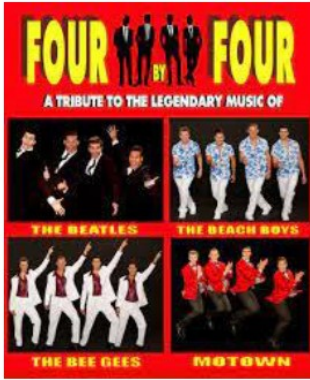
MOUNTAIN-TOP:

MOUNTAIN TOP GOLDEN AGERS
4th monthly Thursday, 1:00 p.m.
Tannersville Fire Hall
Contact person:
President Margaret Robinson, 518-589-4091

W-A-J-P-L GOLDEN AGE CLUB
1st & 3rd Monday, 1:00 p.m.
Windham Town Building
Contact person:
President Lula Anderson, 518-734-5360

MountainTop Golden Agers Trip

THURSDAY SEPTEMBER 29, 2022



AT THE
TURNING STONE CASINO
VERONA, NY



\$70 PER PERSON

For reservation, please contact
Christopher at 518-589-5815

ACE IN THE HOLE'S ELECTRIFYING 2022 SEASON

TRIBUTE TO DIONNE WARWICK & WHITNEY

WISHIN' AND HOPIN'



Marie Dionne Warwick is an American singer, actress, and television show host who became a ... Dionne was named after her aunt on her mother's side. ... joined the Gospelairens from time to time, including Judy Clay, Cissy Houston and Doris ... Her Hits include "That's What Friends are For", "Walk On By", "Do You Know The Way To San Jose" and "Say A Prayer"

Whitney Elizabeth Houston was an American singer, actress, producer, and model. In 2009, Guinness World Records cited her as the most awarded female act of all time. Her Hit songs "I Want To Dance With Somebody", "Saving All My Love For You", "The Greatest Love of All" and "I Will Always Love You"

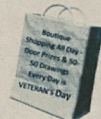
Family-Style Menu

- 2 Complimentary Drinks
- Warm Rolls
- Fresh Garden Salad
- Corn Chowder
- Braised Tips of Beef
- Roast Chicken
- Mashed Potatoes
- Fresh Vegetable Medley
- Dessert
- Coffee, Tea, Decaf



Wilma-Ann

Brownstone - October 18th



Enjoy 2 Complimentary Drinks during our Happy Hour - Free Soda on table all day

CAIRO GOLDEN AGERS

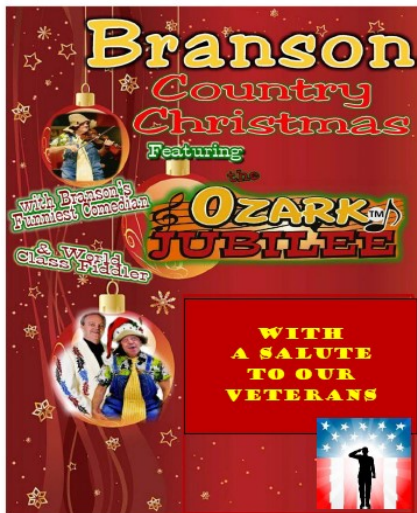
Call: Ruth Anna Greere (518) 239-4048
Joan Brady (212) 759-833

\$70.00 members
\$75.00 non-member

W-A-J-P-L Golden Age Club Trip

to The Log Cabin, Holyoke, MA

THURSDAY, NOVEMBER 10, 2022



\$70 PER PERSON

For reservation, please contact
MaryLouise (518) 622-3397
Vicky (518) 734-4164

MountainTop Golden Agers Trip

THURSDAY NOVEMBER 10, 2022



AT
THE LOG CABIN
HOLYOKE, MA



\$79 PER PERSON

For reservation, please contact
Christopher at 518-589-5815

THE GREENVILLE
AMERICAN LEGION
WANTS YOU
TO KNOW . . .



The Legion collects ambulatory, medical items to distribute to Veterans & the community when needed.

Donated items can be dropped off at the post:

54 Maple Ave, Greenville, NY 12083

Can be left in the pole barn at any time.



alzheimer's association®

Early Stage Monthly Support Group

This group is for people with **Mild Cognitive Impairment (MCI) / Early Stage Memory Loss** and their **Care Partners**.

Starting in August 2022

2nd Tuesday of the Month

10:30am-12pm:

Alzheimer's Association NENY Office

1003 New Loudon Road, Suite 201

Cohoes, NY 12047

*In-person with Virtual Zoom option is available

Facilitators: Katie Keary and Ginger McGehee

*All participants must be pre-screened to participate.

For more information or to schedule a pre-screening for one of the above groups contact: (518) 518.675.7214 or go to <http://www.communityresourcefinder.org/> Click on Alzheimer's Association Programs and Events

This program is supported in part by a grant from the New York State Department of Health

alzheimer's association®

Caregiver Support Group in Columbia County

OPEN TO GREENE COUNTY RESIDENTS

Beginning Wednesday, September 14th

Caring for someone living with Alzheimer's Disease or any other type of dementia?

2nd Wednesday of the Month | 5:30-6:30pm

FASNY Firemen's Home

125 Harry Howard Ave., Hudson, NY 12534

Multipurpose Building

Facilitator: Rachel Dolan, LMSW

To register or for more information contact: Tony at 518.867.4999 x1691 or tarivera@alz.org

THESE
FLOWERS
HAVE A
LOT OF
FIGHT IN
THEM.

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers — each carried by someone committed to raising funds and awareness to help end this disease. It's time to add your flower to the fight.

Visit alz.org/walk for more information about this year's event and to register.



2022 NATIONAL PRESENTING SPONSORS
Edward Jones | CVS Health

2022 NATIONAL DIAMOND TEAMS
BROOKDALE | Edward Jones

SIGMA KAPPA

2022 NATIONAL PLATINUM TEAMS
Service Star | LCB
County of Albany

THANKS TO OUR SPONSORS

Albany - October 1
Hudson - October 15
Queensbury - October 15
Schenectady - October 22
Oneonta - TBD

SEPTEMBER IS . . .



The Intergenerational Foundation launched Intergeneration Month, held each September, to connect generations and to prompt folks from varying age groups to befriend and learn from each other. Intergeneration Month is endorsed by such groups as the American Library Association and American Association of Museums.

WHY INTERGENERATION MONTH IS IMPORTANT

- **Conversation equals learning**

When we talk to each other we learn from each other. Intergeneration Month spurs conversations that can lead to a better understanding of history — as well as the challenges that may separate one generation from the next.

- **Bust the stereotypes**

Marketers like to assign certain traits to different generations to help them think through strategies. While generalities may be helpful, they're not universal. Intergenerational conversations can help shatter assumptions and bring people of different ages together.

- **It leads to unlikely friendships**

The events sponsored during Intergeneration Month spawn unlikely friendships because they bring people together who might not otherwise come in contact with each other. There are countless stories of unlikely friendships being established because of Intergeneration Month activities.

WAYS TO REACH ACROSS GENERATIONS

- **Compromise on communications methods**

Older generations tend to value face-to-face communication while millennials prefer text or instant messaging. In order for successful communication to happen both sides need to make compromises about how they'll come together.

- **Start with an icebreaker**

Especially in group settings, kick off conversations with icebreakers that approach talking about generational difference with a sense of humor.

- **Drop your assumptions**

Don't go into a conversation with someone from a different generation assuming the generalities of what you've read, especially from marketers. Allow the individual you're conversing with to share their story and their experiences without interjecting opinions.

- **Find a shared subject of interest or hobby**

The more you know someone, the more ways you might discover to connect with them. Beneficial relationships are often based on shared interests.

Reach across the ages. You never know what might happen.

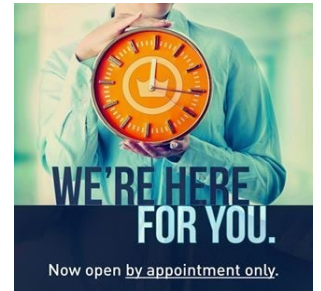
Source: Nationaltoday.com



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Volunteer Services - Ruth Pforte



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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. **During COVID, 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.

GREENE COUNTY ROUND TABLE NEWS is published monthly by the Greene County Department of Human Services. If you would like to be added to or removed from our subscriber list, please call Maureen at 518-719-3555 or email aging@discovergreene.com. Issues are available in black & white print and mailed via the U. S. Postal Service or full color via electronic mail.