



# Greene County Round Table News

Published by Greene County Department of Human Services since 1976

SEPT. 2024

**Mark Your Calendars ...**

## **GREENE COUNTY SENIOR CITIZENS' DAY**

*Sponsored by Greene County Department of Human Services*

**Lunch - Vendors - Music - Door Prize**

**Friday, September 13, 2024**

**12:00 Noon - 3:00 p.m.**

**The Historic Warehouse,  
Historic Catskill Point, Main Street, Catskill**

**If you are without transportation & would like to attend,  
please call 518-719-3568. DEADLINE: Thurs. Sept. 5**

# VOLUNTEERS NEEDED

THE HEART OF THE COMMUNITY



The Greene County Department of Human Services is always looking for volunteer drivers to assist Homebound Senior Citizens.

## Volunteer Options

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

**CONTACT  
GREENE DEPARTMENT  
OF HUMAN SERVICES  
(518) 719-3555**

**AGING@GREENECOUNTYNY.GOV**

**MILEAGE REIMBURSEMENT AT CURRENT IRS RATE.**



*We need your Help!*

## **VOLUNTEERS DESPERATELY NEEDED FOR HOME DELIVERED MEALS**

The number of Home Delivered Meal clients in Athens has grown significantly. We are in need of volunteer drivers so the route can be divided. In addition, we need volunteer drivers for the Windham route. Meals are delivered Monday thru Friday, around 11:30a.m. If you can help, please call our office, 518-719-3555.

Potential volunteers must complete a Volunteer Registration and submit to a background check.



Dianne Bitterman  
Adrienne Cannela  
Mackenzie Sherborne



*39 Second Street, Athens*

MONDAY 9:00 A.M. – 11:30 A.M.  
WED. & FRI. 9:00 A.M. – 11:30 A.M. & 12:30 P.M. – 2:00 P.M.

*Fall is almost upon us.  
Come in & take advantage of our summer bargains while they last.*



# Important Reminder to Volunteers

Please remember that mileage reimbursements **MUST BE SUBMITTED** by **the 1st FRIDAY** of each month. If received after that date, you will not receive your check until the following month.



**ATTENTION U. S. VETERANS AND CURRENT MILITARY PERSONNEL**  
**September Events** of Interest in Greene County



Tues. Sept. 3	7:00 p.m.	A. L. Riders meeting @ Greenville
Wed. Sept. 4	7:00 p.m.	Tannersville American Legion @ Rescue building
Thurs. Sept. 5	7:00 p.m.	Catskill A. L. mtng @ Elks Lodge Greenville A.L. meeting
Sat. Sept. 7	4:00 p.m.	Greenville A.L. Membership Appreciation Day
Sun. Sept 8		Greenville A.L. Bowling starts
Tues. Sept. 10	7:00 p.m.	Cairo American Legion meeting @ Masonic Lodge
	7:00 p.m.	Greenville Sons of A.L. meeting
Wed. Sept. 11	4:30 p.m. - 7:00 p.m.	Spaghetti Dinner @ Greenville Legion
	7:00 p.m.	Athens American Legion meeting
	7:00 p.m.	Coxsackie A.L. meeting @ Village Bldg.
	7:00 p.m.	Windham VFW Meeting
Thurs. Sept. 12	7:00 p.m.	Prattsville American Legion meeting @ Prattsville Hotel
Sat. Sept. 14	8 a.m. - 11 a.m.	Tannersville A.L. Breakfast @ Rescue Bldg
Sun Sept 15	11 a.m. - 3 p.m.	POW/MIA Recognition @ Athens
Tues. Sept. 17	7:00 p.m.	New Baltimore American Legion @ Cornell Hook & Ladder firehouse
Fri. Sept 20	6:00 p.m.	Greene County A.L. mtng @ Prattsville
Sat. Sept. 21	9 a.m. - 4 p.m.	Fall Fling @ Athens Post
	11 a.m. - 4 p.m.	Vet-2-Vet BBQ @ Cairo Park
	11:00 a.m.	VFW, Catskill, meeting
	12:00 p.m.	VFW Auxiliary, Catskill, meeting
Wed. Sept. 25	7:00 p.m.	Marine Corps League Meeting @ East Durham firehouse
Thurs. Sept. 26		Greenville A.L. Chicken Dinner

# POW/MIA RECOGNITION DAY LUNCHEON

Sunday, September 15

11:00 a.m.—3:00 p.m.

Athens American Legion Post TGM 187



Veterans Free  
Guests/Others - \$5.00

## Program:

11 - 12	Meet & Greet Time
12 - 12:30	Welcome Ceremony & Remembrance
12:30 - 3	Lunch

RSVP: Gordon, (518) 567-5529



# VET 2 VET PROGRAMS

**VETERAN COFFEE HOUR**  
CAIRO TOWN PUBLIC LIBRARY  
15 RAILROAD AVE  
CAIRO NY 12413  
MONDAY'S : 10:30 AM  
Contact Arin Van Demark 518-719-0020  
Arin.Vandemark@hvnvcr.org

**Family Support Group**  
**Tuesdays @ 1pm**  
Join us for our weekly discussion group  
coffee and pastries provided  
**905 Greene County Office Bldg,  
Cairo NY 12413**  
**Join Zoom Meeting**  
<https://us02web.zoom.us/j/89639753263>  
**contact Elaina Tysdal @ 518-719-0020**  
**Email: elainatysdal@hvnvcr.org**

**VET 2 VET OF GREENE COUNTY GARDENING CLUB**  
**WEDNESDAY 10:30 AM**  
**@ Vet2Vet Office**  
**905 Greene County Office Bldg**  
**Cairo, NY 12413**  
**Contact arin.vandemark @hvnvcr.org**  
**P: 518-719-0020**

**BOOK CLUB**  
Every Third Thursday of the Month  
@  
**The Veteran's Center**  
**905 GREENE COUNTY OFFICE**  
**BLDG CAIRO, NY 12413**  
**5pm - 6:30 pm**  
Coffee and Pastries to be provided  
**This months books**  
**Join Us On Zoom:**  
<https://us02web.zoom.us/j/82148339800>  
Come Join us as we discuss literature over some good coffee and company...can't come in join us on Zoom!  
**Contact: Elaina Tysdal Peer Support Specialist**  
**Email: elaina.tysdal@hvnvcr.org - Phone: (518) 719 - 0020**

**VET2VET VETERAN'S WRITERS WORKSHOP**  
**FRIDAY'S**  
**@**  
**THE VETERAN'S CENTER**  
**IN**  
**905 GREENE COUNTY OFFICE BLDG**  
**CAIRO NY 12413**  
**STARTS AT 10:00 AM**  
**ZOOM LINK :**  
<https://us02web.zoom.us/j/89359752899>  
**~COFFEE AND JOURNALS ARE PROVIDED~**  
"Any writer worth his salt writes to please himself... It's a self-exploratory operation that is endless."  
~ Harper Lee  
**Contact:**  
Elaina Tysdal - Peer Support Specialist  
(518) 719-0020  
elaina.tysdal@hvnvcr.org

# GREENE COUNTY SENIOR SERVICE CENTERS



senior nutrition

## 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

Roxanne Slater  
Senior Center Manager

Shane Dillon,  
Central Kitchen Manager

Sheila Miller  
Food Service Helper/  
Driver

## CATSKILL

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

Penny Konstalid  
Meal Site Manager

## COXSACKIE

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

Dorothy Barkman  
Co-Meal Site Manager

Karen Taber  
Co-Meal Site Manager

## JEWETT

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

Gayle Ruvolo  
Meal Site Manager

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. If you have a food allergy, please notify us. Allergen information is available for prepared food items. Menu is subject to change based on product availability and circumstance. Centers are closed on legal holidays and inclement weather. If you reserve a meal and are unable to attend, please call us as soon as you can to cancel. This helps to reduce our food waste.



**CONGREGATE DINING:** If you wish to attend lunch at any of the nutrition sites, you must notify the appropriate center by noon, a day in advance.

**GREENE COUNTY SENIOR NUTRITION PROGRAM**

ALL PERSONS, AGE 60 & OLDER ARE INVITED TO JOIN FOR LUNCH. THE SUGGESTED DONATION IS \$4.00  
SERVED DAILY: BREAD WITH PROMISE SPREAD - TARTAR SAUCE WITH FISH ENTRÉE - COFFEE, TEA  
 MENU IS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY AND CIRCUMSTANCES.  
 IF YOU HAVE A FOOD ALLERGY, PLEASE NOTIFY US.  
 ALLERGEN INFORMATION IS AVAILABLE FOR PREPARED FOOD ITEMS.

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><b>2</b></p> <p align="center">MAIN OFFICE &amp; ALL SENIOR NUTRITION SITES CLOSED</p> 	<p align="center"><b>3</b></p> <p align="center">LEMON PEPPER FISH CALIFORNIA VEGETABLE MEDLEY RICE PILAF CHOCOLATE CHIP COOKIE</p>	<p align="center"><b>4</b></p> <p align="center">BBQ PULLED PORK BAKED BEANS CARROTS BANANA PUDDING</p>	<p align="center"><b>5</b></p> <p align="center">MEATLOAF w/ Beef Gravy BAKED POTATO GREEN BEANS FRESH FRUIT</p>	<p align="center"><b>6</b></p> <p align="center">CRANBERRY CHICKEN SALAD COLE SLAW LETTUCE &amp; TOMATO COLD BEET SALAD FRESH FRUIT</p>
<p align="center"><b>9</b></p> <p align="center">CHICKEN &amp; BISCUITS MASHED POTATOES CALIFORNIA VEGETABLE FRUIT COCKTAIL</p>	<p align="center"><b>10</b></p> <p align="center">BAKED ZITI w/ Meat Sauce ITALIAN MIXED VEGETABLES JELL-O</p>	<p align="center"><b>11</b></p> <p align="center">CRAB CAKE w/ Lemon Aioli RICE BRUSSEL SPROUTS APPLE CRISP</p>  <p align="center">Nutrition Education: Coxsackie, 11:30 a.m.</p>	<p align="center"><b>12</b></p> <p align="center">BEEF STEW BROCCOLI RICE PUDDING w/ Raisins</p>	<p align="center"><b>13</b></p> <p align="center"><b>SENIOR CITIZEN DAY</b></p> <p align="center">MAIN OFFICE &amp; ALL SENIOR NUTRITION SITES CLOSED</p> 
<p align="center"><b>16</b></p> <p align="center">MACARONI &amp; CHEESE 3 BEAN SALAD STEWED TOMATOES TROPICAL FRUIT</p>	<p align="center"><b>17</b></p> <p align="center">KIELBASA w/ SAUERKRAUT CARROTS BAKED BEANS PEARS</p>	<p align="center"><b>18</b></p> <p align="center">CHICKEN DIVAN SONOMA VEGETABLE MIX FRUIT CUP WHITE RICE CHOCOLATE PUDDING</p>	<p align="center"><b>19</b></p> <p align="center">HUNGARIAN GOULASH BROCCOLI &amp; CAULIFLOWER EGG NOODLES LEMON CAKE</p> <p align="center">Nutrition Education: Acra, 11:30 a.m.</p>	<p align="center"><b>20</b></p> <p align="center">TUNA SALAD over Mixed Greens POTATO SALAD MARINATED CARROTS FRESH FRUIT</p>
<p align="center"><b>23</b></p> <p align="center">SLOPPY JOES MONACO MIXED VEGETABLES WHITE RICE PEARS</p>	<p align="center"><b>24</b></p> <p align="center">CHICKEN DIJON MASHED POTATOES MIXED VEGETABLES MANDARIN ORANGES w/ PINEAPPLE</p>	<p align="center"><b>25</b></p> <p align="center">PORK CHOP w/ Gravy APPLESAUCE SWEET POTATOES PEAS &amp; CARROTS CARROT CAKE</p>	<p align="center"><b>26</b></p> <p align="center"><b>VOLUNTEER RECOGNITION DAY</b></p> <p align="center">No Meals</p>	<p align="center"><b>27</b></p> <p align="center">SHEPHERD'S PIE BROCCOLI FRESH FRUIT</p>
<p align="center"><b>30</b></p> <p align="center">MEATBALL SUB ITALIAN MIXED VEGETABLES ITALIAN PASTA SALAD PUMPKIN PUDDING</p>	 <p align="center"><b>September</b></p>			



# Nutrition Notes

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

Over 30 years ago, “Healthy Aging Month” began observation in September, when the boomers of Gen X were about to turn 50 years old. The initiative began to bring attention to aging, and focus on positivity, physical and mental wellbeing. As we get older, maintaining a healthy lifestyle is key (but not always easy) given that our health, mind, and body goes through changes.

Some strategies to maintain optimal nutrition/health include:

- **Maintain adequate protein intake in the diet.** Unless there is a medical concern to restrict protein intake, typically the recommendation averages out to be at least 65-75 grams per day for women over 60 years old, and 75-90 grams per day for males. A 3-4 oz. portion looks like a deck of cards, and provides 28 grams of protein. Aim to eat protein at all three meals. Sources include meat, poultry, fish, eggs, dairy (milk, cottage cheese, and Greek yogurt), nuts/seeds/nut butters, and beans/lentils. Protein helps maintain muscle mass, and keeps you fuller longer.
- **Work on a heart healthy eating pattern.** Dietary guidelines recommend half your plate be fruits and vegetables, 1/4 plate be whole grains or complex carbs, and 1/4 plate lean protein. Choose unsaturated fats in moderation.



- **Stay Hydrated.** Drink plenty of fluids, aiming for at least 64 ounces per day from decaffeinated, low calorie sources. Caffeine and alcohol are dehydrating, so consume those in moderation. Keeping a fluid journal can help or using a water bottle measured in ounces to track your intake. Yes, your kidneys will adapt in time to how often you frequent the restroom. Water is key for our body processes and much research links hydration and healthier aging.



•**Maintain physical activity.** Resistance exercise 1-2 times per week can help preserve muscle mass as your age, which improves balance, endurance, and lowers your risk of falls and fractures. This includes activities of daily life such as lifting laundry, groceries, gardening etc. Alternatively, you can structure it by looking up a beginner, exercise video on the internet. This could be with a resistance band, or even seated in the chair for safety. Structure cardio such as swimming, walking, or cycling. Discuss any new exercise goals with your physician.



- **Take care of your health.** Have regularly scheduled visits with your doctors to manage any preexisting disease states and medications, or simply to focus on prevention. Go for annual blood work. Follow up to review any pertinent medications. Work on stress reduction and getting enough sleep. Monitor for cognitive decline or any changes in your brain. Try to socialize- the congregate lunch program is an excellent initiative to promote interaction.



It is never too late to work at improving your health. Several resources are available including senior nutrition programs, access to your physicians or registered dietitian, reading materials in print and online, and community resources.



As a registered dietitian, I am always available to help you reach your health goals or more ways to incorporate colorful foods into your diet.

If you have specific questions or need individual guidance please call the main line at (518) 719-3555 to place a nutrition referral. I will continue to visit monthly for lunch presentations. All are welcome to attend. Typically, there is a brief education and food samples to follow.

*Nicole*



## **SHOPPING BUS**

The Greene County Department of Human Services offers a shopping bus to Greene County residents aged 60 or older. Seniors are picked up at their door, driven to Catskill for shopping, and later, lunch at their local Senior Nutrition site before returning home. Advanced notice, of at least one day, to bus driver is required.

**For further information: call 518-719-3568**

**Routes are as follows:**

<b><u>MONDAY:</u></b>	Mountaintop (Prattsville, Ashland, Windham, Jewett, Halcott, Lexington & Hunter)
<b><u>TUESDAY:</u></b>	Greenville/Durham/Cairo/Leeds
<b><u>WEDNESDAY:</u></b>	New Baltimore/Coxsackie/Athens/Catskill

NOTE: The shopping bus does not run on the following holidays:

New Year's Day	Martin Luther King, Jr. Day	Presidents' Day	Memorial Day
Independence Day	Columbus Day	Election Day (November)	
Veterans Day	Thanksgiving	Christmas	

During inclement weather, it may be necessary for us to close our Nutrition sites because of hazardous driving conditions. When we close the centers, we also cancel transportation services for the day.

---

### **2024: MONTHLY BUS TRIPS TO COLONIE CENTER**

Sept. 19 Oct. 17 Nov. 21 Dec. 19

\$10 per person due at time of departure/boarding. No exceptions.

Reservations must be made no later than 4:30 p.m. the Friday before trip.

Call 518-719-3568 to reserve a seat.



**MUST HAVE  
A MINIMUM EIGHT RESERVATIONS  
FOR TRIP TO OCCUR.**



## **GREENE COUNTY SENIOR ANGELS**



*Sponsored by Greene County Dept. of Human Services  
"Spreading Cheer 365 Days a Year"*

The Senior Angel Program was created in 1998 by Greene County Department for the Aging staff. The case managers noticed that there was a large population of seniors that had no family or close friends to share the holiday. Staff thought it would be nice to remember them, at this joyous time of year. Department staff solicited donations of small gifts that could be delivered along with the client's Home Delivered Meal.

As the Senior Angel concept grew, staff members thought it would be a good idea to reach out to the residents and businesses of Greene County seeking monetary donations. This way they could respond to specific seniors with gifts that they most needed. In the first year, \$2000 was raised and the holidays were brighter for 15 seniors. We were fortunate to provide clothing, personal interest items, gift cards, monetary gifts and other special items to brighten their holiday.

In 2013, a committee was formed to take over the program as it had grown so successful. The committee would oversee all the fundraising and reviews for gift requests. The logo, angel wings with a halo, was chosen in memory of a deceased staff member, Sheila Benjamin-Ormerod, who loved being a part of Senior Angels.

The committee started to think about the Senior Angel Program operating year-round, hence "**Spreading Cheer 365 Days a Year**". In 2016, the Program sponsored a Thanksgiving Dinner for senior citizens who would be alone for the holiday.

Year round, funds are used to provide one-time, emergency assistance to senior citizens when all other funds and means have been exhausted. We are there when there is no other source of help, and the program is the last chance for many. Some avenues have been financial assistance for paying insurance, taxes, rent, fuel, medications and utility bills. We have also covered the cost of appliances, a new septic system replacement, vehicle repair, and a wheelchair, to name a few.

Over the years, not only has the number of senior recipients grown, but so has the amount of donations received thanks to many generous individuals. Due to the generous contributions of the Greene County residents, businesses and clubs we have been able to help fulfill many requests.

Please consider becoming someone's Senior Angel by donating. Donations may be dropped off or mailed to:

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

### **Thank you.**

**Note: Donations received are kept in a separate account & are not part of the County budget.**

For more information, please call (518) 719-3555.



## **GREENE COUNTY PUBLIC HEALTH 2024 FLU CLINICS**

All clinics will take place from 9:30 a.m. to 11:00 a.m.

**MONDAY, SEPTEMBER 30**

**Coxsackie Senior Center, 127 Mansion Street, Coxsackie**

**TUESDAY, OCTOBER 1**

**Rivertown Senior Center, 39 Second St, Athens**

**WEDNESDAY, OCTOBER 2**

**Acra Community Center (*Acra Senior Nutrition site*),  
Old Route 23B, Acra**

**THURSDAY, OCTOBER 3**

**Jewett Municipal Building (*Jewett Senior Nutrition site*),  
Beaches Corners, Jewett**

**FRIDAY, OCTOBER 4**

**Robert Antonelli Senior Center, 15 Academy St, Catskill**

Participate in most insurances:  
Medicare, Medicaid, Senior Blue,  
United Health Care, NYS Empire Plan, BSNENY,  
Empire BC/BS, Fidelis and CDPHP

**For further information, please call 518-719-3600**

# Vaccines – No Longer Just for Kids



Greene County Public Health will speak at several August senior club meetings about the importance of adult vaccines. Registration for upcoming clinics for Respiratory syncytial virus (RSV); Shingles, & Tdap (Tetanus, Diphtheria, Pertussis) vaccines available. Insured and uninsured welcome. No walk-ins allowed at clinics.

## Information & registration:

## Vaccine administered:

- |   |                   |
|---|-------------------|
| ➤ WAJPL Club, Windham Ambulance Building, Aug. 5, 1pm                           | Oct. 7            |
| ➤ Greenville Golden Years, Greenville American Legion, Aug. 7, 1pm              | Sept. 4           |
| ➤ Catskill Silver Linings, Antonelli Senior Center, Aug. 8, 1pm                 | Sept. 12          |
| ➤ Rivertown Senior Citizens, Rivertown Senior Center, Athens, Aug. 12, 1:15pm   | Sept. 9           |
| ➤ Cairo Golden Agers, Acra Community Center, Aug. 14, 1:30pm                    | Sept. 11          |
| ➤ Senior Citizen Club of Coxsackie, Coxsackie Senior Center, Aug. 19, 2pm       | Sept. 16          |
| ➤ Mountain Top Golden Agers, Tannersville Fire Hall, August 22, 1:30pm          | Sept. 26          |
| ➤ Town of Halcott Grange Building ( <b>Call Public Health to Pre-register</b> ) | Sept. 26, 11 a.m. |

*For further information, contact*

*Greene County Department of Human Services, 518-719-3555  
or Greene County Public Health, 518-719-3600*

*This is a joint sponsored event by Greene County Public Health  
and  
Greene County Department of Human Services.*



**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. **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

**LEGAL SERVICES:** The suggested level of contribution is \$10.00 per attorney consultation

**NUTRITION:**

- **Senior Congregate Meal or Home Delivered Meals:** The suggested level of contribution is \$4.00
- **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
- **Senior Center Transportation:** The suggested contribution is \$1.00 for round trip.
- **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*)

*Remember to make checks payable to Greene County Department of Human Services  
& note in memo the service.*



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 donation will be used to provide service to an older adult in need.

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

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

I designate \$ \_\_\_\_\_ in appreciation of services **OR** In memory of \_\_\_\_\_

to the following:

- \_\_\_\_\_ Consultation & Assistance      \_\_\_\_\_ In-home services      \_\_\_\_\_ Legal Services  
\_\_\_\_\_ Nutrition Program (Congregate/Home Delivered/Nutrition Counseling)  
\_\_\_\_\_ Transportation (Shopping Bus, Senior Center van, Medical)  
\_\_\_\_\_ Round Table News      \_\_\_\_\_ Senior Angel Program      \_\_\_\_\_ Where most needed

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



*Josephine Mangano for Medical Transportation*

*In Memory of Dick & Ali Mangano*

*John Conlon for the Nutrition Program*

# News From the Greene County Youth Bureau

On Thursday, July 25, 2024, the 70th annual Greene County Youth Fair opened. Alex Johnk, President of the Greene County Agricultural Society welcomed all in attendance and turned the ceremony over to Greene County Legislature Chairman Patrick Linger. At that time, recognition was paid to our county Youth award winners.



Chairman Linger accompanied by  
NYS Senator Michelle Hinchey  
& NYS Assemblyman Chris Tague



Greene County Youth Director's Award:  
Tatum Lampman, Surprise  
Greenville Central High School

Greene County Youth Advisory  
Chairman's Award  
Andrew Holliday, Catskill  
Catskill High School







2024 Greene County Youth of the Year  
Grace Hoglund, Hannacroix  
Coxsackie-Athens High School

Winners with Greene County Youth Advisory Board



Greene County Legislators, Senator Hinchey & Assemblyman Tague with winners

Proud families - and rightly so!



Thank you Youth Fair committee! Excellent job!





## **GREENE COUNTY YOUTH OPENS UP 2024-2025 FUNDING**

The Greene County Youth Bureau is a division of the Greene County Department of Human Services that assists in both the development and implementation of programs and services for youth to age 21.

The major responsibilities of the Youth Bureau include advocacy and the funding of programs aimed at improving & enhancing the welfare of Greene County youth. It is funded in part by the NYS Office of Children and Family Services, the Greene County Legislature and donations.

The Youth Bureau is supported by the Greene County Youth Advisory Board (YAB) with the purpose of developing and recommending policies and procedures that guide the activities of the Youth Bureau in providing opportunities. In addition, the Advisory Board reviews youth program applications for funding based on the guidance provided by NYS Office of Children and Family Services (OCFS). Requests for funding for Greene County youth programs are open to any 501(c)(3) (Non-profit tax-exempt charitable organization per IRS).

NYS OCFS encourages a wide variety of youth programs including, but not limited to, the following:

- Family, Community, Citizenship and Civic Engagement
- Economic Security and Employment
- Physical, Mental and Emotional Health
- Education (“out-of-school time” programming supporting educational engagement)

Programs eligible for funding must meet the following criteria:

- Serve youth within a specific age based on funding avenue.
- Provide community-level services, opportunities, and supports designed to promote positive youth development.
- Have a non-discrimination policy and not deny youth services based on ethnicity/ race, political affiliation, religion, sexual orientation, gender, gender identity, physical or other disability, national origin, or any protected characteristic under local, state, and/or federal law.
- Collect data, including participant demographic information, as required by OCFS in a manner that allows for accurate reporting of anonymized aggregate data.
- Demonstrate competency in the areas of governance, monitoring and evaluation, partnership, and financial stewardship.
- Sports programs eligible for funding must have a child protection policy in place that includes adherence to local, agency, school district, and state child protection guidelines.

Applications are now being accepted for programs serving Greene County youth that will operate between **October 1, 2024**, and **September 30, 2025**. Interested parties should apply to the Greene County Department of Human Services **by September 30, 2024**. All submitted applications will be reviewed by the Greene County Youth Advisory Board at their fall meetings. Any applications received after the deadline will

be reviewed, in the spring, only if funding remains. **Recipients of 2023-2024 funding will not be considered for 2024-2025 if they have not completed all past requirements for grants.** Applicants will be notified of awards, around mid-November to early December 2024. **Awarded funding is released following the completion of the program, monitoring and all required documentation being submitted.**

All applications must include:

- OCFS-5001 Program Application (*Municipalities to be signed by Chief Elected Official*).
- OCFS-5002 Program Profile
- OCFS-5003 Program Components
- OCFS-5005 Program Budget
- List of current Board members with contact information and employer noted.
- List of board members or staff who are authorized to sign claims.

**YSEF & YTS ONLY:**

OCFS 5011 – Universal Sports Funding Application

The required forms required are available on the county website: [Youth Funding Information | Greene Government](#)

**There are 3 distinct avenues of funding: Youth Development Programs, Youth Sports & Education Funding, and Youth Team Sports Allocation Funding.**

- **Youth Development Programs (YDP)** – Greene County will receive \$44,657 from NYS for programs and initiatives that enable youth to build on their strengths; provide opportunities for youth to gain important life skills and core competencies, and that allow youth to have meaningful roles in their communities; initiatives that benefit young people in their homes and neighborhoods, in schools, as well as in foster care and residential treatment.
- **Youth Sports & Education (YSEF)** - Greene County will receive \$20,000 from NYS for programs that provide a variety of sports for a broad range of youth; encourages a wide and flexible definition of sports that includes organized activities with movement, including physical fitness activities including but not limited to yoga, hiking, dance, and active outdoors pursuits.
- **Youth Team Sports Allocation (YTS)** - Greene County will receive \$18,989 from NYS to provide awards to support youth team sports programs. Unlike YSEF, YTS has a sole focus on team sports (defined as an organized physical activity in which groups of two or more individuals are in competition with two or more opposing individuals). Line-item budgets should focus on programming costs, including, but not limited to, the following:
  - Coaches/instructors/direct service staff/mentors (including training/professional development) necessary to support youth’s ability to participate in team sports.
  - Referee fees.
  - Purchase of equipment or uniforms.
  - Purchase of Automated External Defibrillators (AEDs) by local nonprofit or community-based organizations to support the requirements of Chapter 681 of the Laws of 2023, as amended by Chapter 9 of the Laws of 2024.

Completed applications with signatures should be submitted to Greene County Human Services (Youth Bureau), 411 Main Street, Catskill N. Y. 12414, Attention: Maureen Murphy/Office Manager. If your application packet will be the same as in the past, kindly send us an email & state you wish your 2024 grant “recycled”. In this case, we will only require Form OCFS-5001 with an original signature mailed to: [Greene County Human Services \(Youth Bureau\), 411 Main Street, Catskill N. Y. 12414](mailto:mmurphy@greenecountyny.gov). Response must be made to [mmurphy@greenecountyny.gov](mailto:mmurphy@greenecountyny.gov).

The Greene DHS Office Manager will receive and review all applications submitted to ensure the required paperwork is complete. The Department of Human Services and Greene County Youth Advisory Board reserve the right to reject or to seek modification of any application if it does not meet overall service and performance objectives.

All complete applications will be considered by the Greene County Youth Advisory Board. Applicants, if requested, must present supplemental information clarifying their applications, either in writing or in a presentation. If requests exceed the monetary amount from NYS, a reduction based on available funding will be made. Awards may be appealed by submitting in writing a request to the Executive Director of the Department of Human Services within ten (10) days of the award announcement. All appeals will be reviewed by the Executive Committee of the YAB within fourteen (14) days of receiving the appeal.

**CONTRACT:**

A contract with Greene County will need to be drawn up and executed as part of the award agreement. In the event of termination of the agreement for any reason, applicant must

- (a) Account for and refund to the County, within 30 calendar days, any funds which have been paid to the agency pursuant to its agreement with the County which are in excess of expenses incurred prior to the notice of termination.
- (b) Not incur any further obligations pursuant to this agreement beyond the termination date.
- (c) Submit, within 30 calendar days of termination, a full report, report of receipts, expenditures of funds, program activities and accomplishments, and obstacles encountered relating to this agreement.

Assistance is available to all potential applicants. Please contact Maureen Murphy, Department of Human Services Office Manager at (518) 719-3555, [mmurphy@greenecountyny.gov](mailto:mmurphy@greenecountyny.gov) if questions.

## **HELP YOUR CHILD GET THE SLEEP THEY NEED TO SUCCEED**



*Adapted by Dr. Sal Massa, Greene County Youth Advisory Board  
from: Dement, W.C. The Promise of Sleep. Delacourte Press, NY, NY 1999*

As we approach a new school year, it seems an appropriate time to share information about the importance of sleep. The Centers for Disease Control (CDC) analyzed data from the national and state Youth Risk Behavior Surveys where students were asked how much sleep they usually got on school nights. Students who were 6 to 12 years old and who reported sleeping less than 9 hours were considered to not get enough sleep. Teenagers aged 13 to 18 years who reported sleeping less than 8 hours also were considered to not get enough sleep. In this study, about 6 out of 10 (57.8%) of children in grades 6-8 did not get enough sleep on school nights. This number was even higher for students in grades 7-12 where about 7 out of 10 (72.7%) did not get enough sleep on school nights. Why is this important?

Children and adolescents who do not get enough sleep have a higher risk of obesity, diabetes, injuries, poor mental health, and problems with attention and behavior. A lack of sleep affects their performance and behavior both at home and in school. How much sleep someone needs depends on their age. The American Academy of Sleep Medicine (AASM) has recommended that children aged 6–12 years should regularly sleep 9–12 hours per 24 hours and teenagers aged 13–18 years should sleep 8–10 hours per 24 hours.

Parents and guardians can help their children reach these sleep recommendations by doing the following:

- Sticking to a consistent sleep schedule during the school week and weekends. This means going to bed at the same time each night and getting up at the same time each morning. Adolescents whose parents set bedtimes are more likely to get enough sleep. The AASM has a sleep calculator tool and other information that you can access at: <https://sleepeducation.org/healthy-sleep/bedtime-calculator/>
- Limiting light exposure and technology use in the evenings.
- Parents can limit when their children may use electronic devices (sometimes referred to as a “media curfew”).
- Parents can limit where their children may use electronic devices prior to bedtime (for example, not in their child’s bedroom as the light from devices can prevent sleep).
- The bedroom environment is also an important factor in good sleep. Make sure the temperature in the room is neither too hot or too cold (around 65 degrees is ideal). The room doesn’t need to be entirely dark but curtains should be heavy enough to prevent light from affecting sleep.
- Engage in routines that are relaxing before bedtime.

- Encourage your child to do some reading from a preferred book, or listen to soothing music.
- Avoid video games, watching TV, or other activities that will energize your child.
- Avoid heavy meals before bedtime.
- Talk to your child about sleep; why getting a good night's sleep is important and the routines that will help them sleep better. This helps not only in childhood sleep but in good sleep habits into adulthood.

And, in case you were wondering, the AASM recommends that adults should sleep 7 or more hours per night on a regular basis to promote optimal health. Sleeping less than 7 hours per night on a regular basis is associated with adverse health outcomes. While parents with young children may find this impossible, the good news is that you can recover from “sleep debt” (not getting enough sleep) fairly quickly. So, making arrangements weekly for a friend, relative, or babysitter to be with your children while you catch up on sleep is a good idea that will help you to perform at your best both at home and at work. Sleeping more than 9 hours per night on a regular basis may be appropriate for young adults, individuals recovering from sleep debt, and individuals with illnesses. Individual variability in sleep need is influenced by genetic, behavioral, medical, and environmental factors.

If after all your efforts your child still has problems with sleep, a good source of information on how to improve their sleep is a book by Richard Ferber, M.D. titled “Solve Your Child’s Sleep Problems”.

Paruthi S, Brooks LJ, D’Ambrosio C, et al. Consensus statement of the American Academy of Sleep Medicine on the recommended amount of sleep for healthy children: methodology and discussion. J Clin Sleep Med 2016;12:1549–61.

**GREENE COUNTY  
YOUTH FAIR  
PIG RAFFLE**  
WHOLE HOG WITH PROCESSING  
**\$10 PER TICKET**  
ONLY 500 TICKETS SOLD!  
FOR MORE INFO EMAIL  
GREENECOUNTYAGSOCIETY@GMAIL.COM



DRAWING WILL BE HELD JULY 28TH, 2024  
WHOLE HOG APPROXIMATELY CONSISTS OF:

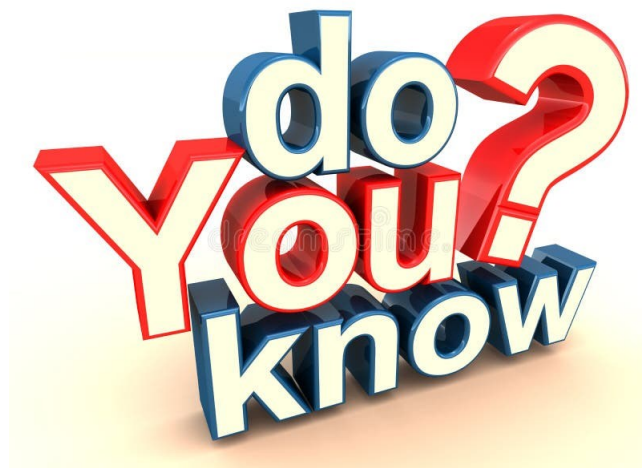
- 2 HAMS
- BACON, 1-20 LBS.
- 28-30 PORK CHOPS
- 2 BOSTON BUTTS & 2 PORK SHOULDERS
- BULK SAUSAGE, ABOUT 16 LBS.
- SPARERIBS, TENDERLOIN

HOG DONATED BY JOHNK FAMILY FARM LLC  
PROCESSING DONATED BY EAGLE BRIDGE CUSTOM MEATS

The winner of the 2024 Pig Raffle is Joan Abrahamsen!

The Greene County Youth Fair Committee hope you enjoy your whole hog, generously donated by [Johnk Family Farm LLC](#)!

Thank everyone that bought a ticket. All of the proceeds went right to our youth fair!!!



. . . The **GREENE COUNTY ROUND TABLE NEWS** is published monthly by the Greene County Department of Human Services

. . . You can pick up an issue at one of the following locations:

- \* Our main office
- \* One of our Senior Nutrition sites
- \* On our Shopping Bus
- \* Area US Post Offices & Libraries
- \* Area senior housing, assisted living and nursing homes
- \* Local businesses
- \* Senior citizen club meetings

. . . If you don't see a location listed, we can make arrangements to have a bundle delivered, upon request of the location's manager (e.g. bank, business, etc.)

. . . If you receive a home-delivered meal, one is included at the start of each month with your meal

. . . Call Maureen at 518-719-3555 or email [mmurphy@greencountyny.gov](mailto:mmurphy@greencountyny.gov) to arrange to be added to our subscriber list.

. . . **Issues are available via electronic mail. You will receive before the issue is out for circulation, and a FULL COLOR version.**

. . . If you don't have internet capability, a hard copy can be mailed to you

. . . Additionally, you can keep up with information important to senior citizens not only via our Round Table News but on our web site, [Human Services in Greene County | Greene Government](#) or on our Facebook page, [www.facebook.com/GCNYHumanServices/](http://www.facebook.com/GCNYHumanServices/)

. . . You are more than welcome to contact us at 518-719-3555 anytime you have a question regarding the Round Table News. In addition, suggestions on how we can improve the Round Table News are always welcome.



# GREENE COUNTY SHERIFF'S OFFICE

Peter J. Kusminsky    Adam M. Brainard    Tracey E. Quinn    Michael J. Overbaugh  
SHERIFF                      UNDERSHERIFF                      CAPTAIN                      SUPERINTENDENT

45 Haverly Memorial Drive    Coxsackie, NY 12051  
518-943-3300    Fax 518-943-6832



## Greene County Sheriff's Office Senior Call-In Program **518-731-4273**

The Greene County Sheriff's Office has implemented a Senior Call-In Program for our local Senior Citizens. This helps ensure their safety and well being as well as peace of mind.

### How the program works:

Members of the program are instructed to call **518-731-4273** daily, between the hours of 7:00 A.M. – 10:00 A.M. and advise the Officer who receives the call that they are O.K.

If a call is not received by an individual on the list by 10:15 A.M. Greene County Sheriff's Office will take the following steps to check on that individual's welfare:

- Call the individual
- Call the emergency contact(s) provided
- A patrol unit will be dispatched to the residence to check the well being of the listed Senior Citizen

Although not required, Seniors are also encouraged to provide any major medical precautionary information which may assist our officers in times of need.

If Seniors will not be calling in due to vacation, hospitalization or any other long term activities it is important to let the Sheriff's Office know the dates and times so that a patrol unit is not dispatched to their home.



## NEED HELP FOR YOURSELF OR A LOVED ONE?

*We can work together to create a plan for individuals struggling with opioids, alcohol and other substances.*

### THE OPIOID EPIDEMIC BY THE NUMBERS



**70,630**  
people died from drug overdose in 2019<sup>2</sup>



**10.1 million**  
people misused prescription opioids in the past year<sup>1</sup>



**1.6 million**  
people had an opioid use disorder in the past year<sup>1</sup>



**2 million**  
people used methamphetamine in the past year<sup>1</sup>



**745,000**  
people used heroin in the past year<sup>1</sup>



**50,000**  
people used heroin for the first time<sup>1</sup>



**1.6 million**  
people misused prescription pain relievers for the first time<sup>1</sup>



**14,480**  
deaths attributed to overdosing on heroin (in 12-month period ending June 2020)<sup>3</sup>



**48,006**  
deaths attributed to overdosing on synthetic opioids other than methadone (in 12-month period ending June 2020)<sup>3</sup>

#### SOURCES

1. 2019 National Survey on Drug Use and Health, 2020.
2. NCHS Data Brief No. 394, December 2020.
3. NCHS, National Vital Statistics System. Provisional drug overdose death counts.

[HHS.GOV/OPIODS](https://www.hhs.gov/opioids)

In response to health concerns from the use of drugs and the resulting overdoses within our country, state and particularly our own Greene County, the Greene County Sheriff's Office has taken an active role in providing help to members of our community.

In coordination and with community providers we have a program called "**Impacted Citizens Program**" (ICP). The goals of the program are for members of the Sheriff's Office to respond to reported overdoses within 24 to 48 hours after being notified of an event. Members of the team will assist the individual with information and the availability of recovery and other services that would help the individual with any difficulties. The team members assist in connecting the individuals with these services and be a conduit to getting vital assistance. Should the individual not want any services at that time, they will have the information and contact of a team member to get in touch with when they desire such assistance. Team members will follow up in either case to assess future needs or progress.

Studies have shown, the individual who had one or more overdoses may not be the only ones in need of support. Support services will also be available to family members and others associated to the individual should they want them as we are aware they may also be going through difficult times.

Other components to our program include training to law enforcement personnel and other first responders on the complexity of this issue and the understanding of how we can best deal with the problem. In addition, we have established a program to help first responders deal with the pressures of first responder duties, events and other problems that may have arisen due to the nature of this type of work.

If you know anyone who needs assistance, please call:  
Kate Murphy LCSW-R, Director of Community Wellness Programs  
518-943-3300 ext. 521 or 518-821-0161

George Tortorelis, Lieutenant.  
518-943-3300 ext. 511 or 518-821-8778



SEPTEMBER IS  
**NATIONAL  
PREPAREDNESS  
MONTH**

Since its inception in 2004, **National Preparedness Month** is observed each September in the USA. It is sponsored by the Federal Emergency Management Agency (FEMA) within the Department of Homeland Security and encourages Americans to take steps to prepare for emergencies in their communities. FEMA's Ready Campaign, the correlating public education outreach campaign, disseminates information to help the general public prepare for and respond to emergencies, natural disasters and potential terrorist attacks.

Weather-related emergencies, fire, and other emergencies mean that people who live in areas prone to these events should have a plan in place. If you're 60 or older, there are things to pay particular attention to. In addition to getting the basics, of water, nonperishable food, a first-aid kit, flashlights, batteries and a full tank of gas, older adults need to think ahead.

Anyone with medical issues going to a shelter should make preparations early - before a weather event hits. Have a minimum three-day supply of medications, along with a cooler and ice packs if requiring refrigeration. Also, remember any needed medical supplies such as syringes, contact lens solution, glasses and/or hearing aids with extra batteries. Remember information about your medical devices, including oxygen, walkers and wheelchairs. Make the preparations early. If you do it at that last minute, it probably won't work well.

Have a plan for where you might go if you need to evacuate your home - whether that means a shelter, hotel or staying with a friend or relative. If you must evacuate, do it early versus later. You don't want to be driving in the snow, rain or other hazardous conditions. Wear an identification band with your full name, a list of any allergies and a family member's contact number.

**Contact Greene County Department of Human Services and request a First 48 Hours kit** which includes a personal care plan; contact information for family members; a medication list; an allergy list; medical insurance and other vital information. If you have a POA and/or Health Care Proxy, be sure to include. Completing this & having ready to grab in an emergency is most beneficial. Remember to bring cash as credit card machines may not be working.

The Department of Homeland Security's Ready.gov site offers emergency resources, including a list of items that should be in a basic emergency kit. Among those suggested:

- 1 gallon of water per day per person for at least three days.
- At least a three-day supply of nonperishable food.
- A battery-powered or hand-crank radio, along with a National Oceanic and Atmospheric Administration weather radio that sends an automatic tone in case of an emergency alert.
- A flashlight and extra batteries.
- A cellphone with chargers and a backup battery.
- A whistle to signal for help.

# GREENE COUNTY SENIOR CITIZENS CLUBS



## ATHENS

### **ATHENS SENIOR CITIZENS**

2nd & 4th monthly Monday

1:15 p.m.

Rivertown Senior Center

Contact person: President Al Ramm, 518-945-1061

## CAIRO:

### **CAIRO GOLDEN AGERS**

2nd monthly Wednesday, 1:30 p.m.

Acra Community Center

Contact person: President Pat Asaro, 518-821-6508

## CATSKILL:

### **CATSKILL SILVER LININGS**

2nd monthly Thursday, 1:00 p.m.

Robert C. Antonelli Senior Center

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

## COXSACKIE:

### **COXSACKIE AREA SENIORS**

2nd & 4th monthly Tuesday, 1:00 p.m.

Van Heest Hall, Bethany Village

Contact: Mary Kibbey, 518-634-7524

### **SENIOR CITIZENS of COXSACKIE**

1st & 3rd monthly Monday, 2:00 p.m.

Town of Coxsackie Senior Center

Contact: Pres. Dawn Smith, 518-857-4780

## 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, 1:30 p.m.

Tannersville Fire Hall

Contact person: Margaret Robinson

518-299-0218

### **W-A-J-P-L GOLDEN AGE CLUB**

1st & 3rd Monday, 1:00 p.m.

Windham Ambulance Building

Contact person: Lula Anderson

518-734-5360

# Mountaintop Golden Agers

## BUS TRIP TO RIVERS CASINO (Schenectady)



**Wed. Aug. 28  
\$40**

**Trip includes lunch at casino**

**Call Patty  
(518) 821-8670  
to reserve your seat!**



## TRANSPORTATION to GREENE COUNTY SENIOR CITIZENS DAY

**Fri. Sept. 13**

**FREE!**

**Sponsored by  
Mountaintop  
Golden Agers**

*Pick-ups in Lexington,  
Hunter, Tannersville,  
Palenville*

*Call Patty (518) 821-8670  
to reserve your seat  
Limit 24 passengers*

## WAJPL Golden Age Club BUS TRIP TO PROCTORS w/ brunch @ Cracker Barrel (on your own)



**Super-Sized, All-Out, Song and Dance Spectacular!**  
**Thursday, September 19, 2024**

Departure time starts at 8:15 a.m. in Erattsville and based on pick-up location (Windham or Catskill) after

To make reservation, call:  
Mary Louise: 518-622-3397 or Vicky: 518-734-4164

Cost: \$70

Mail payment to:  
WAJPL Golden Age Club, PO Box 96,  
Fensville NY 12439

## MONTREAL & QUEBEC CITY CANADA

Featuring Montreal Casino & Montmorency Falls

**5 DAYS - 4 NIGHTS**  
**OCTOBER 7 - 11, 2024**

**\$849 per person**  
*double occupancy*

Passport required

**PACKAGE INCLUDES:**

- \* 4 Nights lodging
- \* 4 Breakfasts
- \* 4 Dinners
- \* Guided tour of Montreal and Old Montreal
- \* Guided tour of Quebec City and Old Quebec
- \* Montreal Underground
- \* Notre Dame Basilica
- \* Visit to St. Joseph's Oratory/Shrine
- \* Visit to Ste. Anne de Beaupre Shrine
- \* Visit to Montreal Casino
- \* Albert Gilles Copper Art Museum
- \* Montmorency Falls
- \* Souvenir gift
- \* All taxes and meal gratuities
- \* Motorcoach transportation

Cancellation insurance is available & highly recommended; see reverse side for details.

**FOR INFORMATION AND RESERVATIONS CONTACT:**

**CATSKILL SILVER LININGS**  
Sheila Pedersen  
81 Five Mile Woods Rd.  
Catskill, NY 12414  
(518) 719-8361

26 E. Lancaster Avenue, Reading PA 19607  
610-775-5000 800-437-2323 www.whitestarstours.com

Mountaintop Golden Agers

## WED. OCT. 30, 2024 (2 DAYS/1 NIGHT) LANCASTER, PA.

Overnight stay at the Eden Resort including breakfast buffet

Wind Creek Casino:  
Lunch & shopping enroute to PA.

"Daniel" at Sight & Sound

Bird in Hand Farmers Market

Hairspray at Dutch Apple Theatre

**\$379 - Double   \$359 - Triple   \$469 - Single**  
\$80 deposit

Call: Patty (518) 821-8670 for Reservations

**REVISED**

## CHRISTMAS AT BILTMORE HOUSE

Featuring A Candlelight Christmas Tour

**5 DAYS - 4 NIGHTS**  
**DECEMBER 9 - 13, 2024**

**\$879 Per Person**  
*Double Occupancy*

1203 Single

**PACKAGE INCLUDES:**

- \* Overnight Lodging To & From Asheville
- \* 2 Nights Lodging in Asheville
- \* 4 Breakfasts
- \* 2 Dinners, including the Stable Cafe on the Biltmore Estate
- \* Grove Arcade
- \* Candlelight Christmas Evening Audio Tour of Biltmore House
- \* Daytime visit to the Biltmore Grounds, incl. Antler Hill Village
- \* Biltmore Village
- \* Guided Tour of Asheville, including the Folk Art Center
- \* Evening of Entertainment
- \* Souvenir Gift
- \* Luggage Handling in Asheville
- \* Taxes & Meal Gratuities
- \* Motorcoach Transportation

Cancellation insurance available & highly recommended; see reverse side for details.

**FOR INFORMATION AND RESERVATIONS CONTACT:**

**CATSKILL SILVER LININGS**  
Sheila Pedersen  
81 Five Mile Woods Rd.  
Catskill, NY 12414  
(518) 943-4253

26 E. Lancaster Avenue, Reading PA 19607 \* 610-775-5000 \* 800-437-2323 \* www.whitestarstours.com

28

On Wednesday, July 31, the Cossackie Senior Citizens Club hosted their annual picnic at the Town of Cossackie Senior Center. Seventy-one members were in attendance and enjoyed a buffet BBQ of hamburgers, hot dogs, barbecue chicken, macaroni & cheese, baked beans, potato salad, broccoli salad, coleslaw, and fruit salad, all catered by Lynn Brockett. The fresh flowers decorating the tables were donated by Doodlebug Flower Farm and the cupcakes for dessert were from The Little Bake Shop in Cossackie. Before lunch, members played trivia questions to earn points for a chance to win a \$50 Stewart's Gift Card, winner was Kathy Fitzpatrick. Multiple door prizes were given out and a good time was had.

*RTN Note: Thank you to Maggie Mabee, club member, for the story & photos.*





**thru Regional Food Bank of NENY**

Non-perishable food donations,  
essential personal care items,  
and monetary donations  
are always appreciated.

**ATHENS**

Community Food Pantry 518-610-1506

102 N. Washington St, Athens

Hours: Tues 2:00 pm -3:00 pm Thurs. 4:30 pm - 5:30 pm

High Hill Food Pantry 518-821-9889

1467 Schoharie Turnpike, Athens

Hours: Wed 3pm - 4:30pm and Fri 11 am - 12pm

**CAIRO**

Resurrection Lutheran Church 518-622-3286

Route 23B & 32, Cairo

Hours: Tues 5:30 pm - 6:30pm

**CATSKILL**

Catholic Charities 518-943-1462

66 William Street, Catskill

Hours: Mon. 9:00 a.m. - 12:00 p.m.

Catskill Food Pantry 551-299-2456

50 William Street, Catskill

Hours: Friday 1:00 pm - 4:00 pm

Community Action of Greene County 518-943-9205

7856 Route 9W, Catskill

Hours: Mon, Thurs, Fri 1:00 pm - 4:00 pm

God's Storehouse Food Pantry 518-925-8826

3 Bogardus Avenue, Catskill

Hours: Tues 3 pm - 6 pm

Matthew 25 518-943-5890

8 Union Street

Hours: Wed 6 pm - 8pm and Sun 1:00pm - 3:00 pm

**COXSACKIE (TOWNS OF COXSACKIE/NEW BALTIMORE ONLY)**

Bethel AME Church Food Pantry 845-750-5202

123 Mansion St

Hours: Tues. and Thurs. 10:00 a.m. - 11:00 a.m.

**COXSACKIE (CON'T)**

Coxsackie Area Food Pantry 518-731-8603  
117 Mansion Street, Coxsackie  
Hours: Tues 1-2 pm    Thurs 7-8 pm    Sat 10 am - 11 am  
Home Delivery available by calling 518-731-2718

**GREENVILLE**

25 Town Park Drive, Greenville 518-966-5640  
Hours:     2nd & 4th Wed 9:30 am -12:00 pm

**PRATTSVILLE**

14464 Route 23, Prattsville 518-299-3321  
Hours:     Tuesday, 4:00 p.m. - 6:00 pm.

**ROUND TOP**

Prabhuji Mission Food Pantry 518-303-6390  
332 Rte. 31  
Hours:     Fri 11:00 am - 12 pm

**TANNERSVILLE** *Operated by Kaaterskill and EJ UMC* 518-589-5787

1 Park Lane, Tannersville (parking in municipal lot)  
Hours: 2<sup>nd</sup> and 4<sup>th</sup> Wednesday 1:00 pm - 3:00 pm  
3<sup>rd</sup> Saturday: Deliveries for mountaintop residents without transportation

**WINDHAM**

Windham Community Food Pantry 518-734-3826  
117 Route 296, Windham  
Hours:     2nd & 3rd Saturday 9:00 am - 12:00 pm  
            Thursday in between Saturdays 5pm - 7pm





## GREENE COUNTY DEPARTMENT of HUMAN SERVICES

411 Main Street, Catskill, NY 12414

(518) 719-3555

aging@greencountyny.gov

**INTERIM EXECUTIVE DIRECTOR    KIM KAPLAN**

**DEPUTY DIRECTOR**

Tami Bone

**SENIOR CASE MANAGER**

Danielle Kane

**NUTRITION COORDINATOR**

Tezera Pulice

**CASE MANAGERS/WORKERS:**

**AGING:**

Brooke Bergeron  
Christopher Lewoc

Christine Jackson

**YOUTH:**

Carrie Wallace

Laura Anderson

**OFFICE MANAGER**

Maureen Murphy

**JUNIOR ACCOUNTANT**

James Murphy

**AMERICORPS SENIORS VOLUNTEER COORDINATOR:** Ruth Pforte

**AGING SERVICES SPECIALIST:**

Rose Bundy

**RECEPTIONIST:**

Racine Wallace

**SHOPPING BUS DRIVER:**

Robert Laird

**NUTRITION VAN CHAUFFEUR:**

Patrick Murphy

The office is open 9:00 a.m. - 5:00 p.m. Monday thru Friday, though staff are unavailable between 12:00 p.m. and 1:00 p.m. Our knowledgeable and capable staff can assist you or the person you are caring for in accessing a wide variety of human service resources available in Greene County. It is recommended that you call the main office to schedule an appointment to discuss services available. Walk-ins are always welcome but will be seen only if we are able to accommodate at the time.

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.