



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

OCTOBER 2024

Greene County Senior Citizens' Day 2024





DOOR PRIZES!



TO SEE ALL THE DAY'S PHOTOS, GO TO OUR FACEBOOK PAGE OR COUNTY WEB SITE.

GREENE COUNTY DEPARTMENT OF HUMAN SERVICES'

WHERE CARING PEOPLE HELP

We inform the Greene County Community of our programs, events & emergency notices via:

- ♥ Greene County web page
- ♥ Facebook page
- ♥ Our own newsletter, The Greene County Round Table News
- ♥ Local Area newspapers & media outlets
- ♥ Greene County's REGROUP program (Emergency Alert system)

AGING SERVICES

NUTRITION:

- ♥ Home-delivered Meals to eligible homebound seniors
- ♥ Congregate Meals at our Greene County Rivertown Senior Center in Athens, as well as our Senior Nutrition Sites in Acra, Catskill, Cossackie and Jewett
- ♥ Nutrition Education and Counseling
- ♥ NYS Farmer's Market Checks

CAREGIVERS SUPPORT:

- ♥ Caregivers Information, Assistance, and Support.
- ♥ Respite Workers

EISEP (IN-HOME):

- ♥ Case Management
- ♥ Homemakers & Personal Care Aides
- ♥ Personal Emergency Response System

HEAP

Application Assistance

HIICAP

Health Insurance Information Counseling & Assistance

LEGAL SERVICES

Private attorney available by appointment only for phone consultations.

TRANSPORTATION:

- ♥ For homebound seniors to get to scheduled medical appointments
- ♥ Shopping Bus: Door-to-Door service for local shopping & errands
- ♥ To select Senior Nutrition sites enabling seniors social interaction with a noontime meals
- ♥ Discount coupon books for seniors utilizing Greene County Transit

VOLUNTEER SERVICES:

- ♥ Volunteer Recruitment and placement within the Department and various Community Agencies

YOUTH SERVICES

- Work with agencies and schools to assist with youth in need of supervision (**Pre-PINS, PINS**)
- Conduct ongoing research to determine the changing needs of our youth & develop a comprehensive plan for youth services in Greene County.
- Work with youth-serving agencies to improve the quality of services provided in the county.
- Oversees the allocations of funds for programs that benefit Greene County youth under the NYS OCFS Youth Development Program and Sports Education Funding.

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

If your heating 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 (see 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 will assist in paying heating bills and are not intended to be the total source of payment for winter heating expenses.

Income Eligibility Guidelines*		
HH Size	Tier I	Tier II
1	0 - 1,631	1,632 - 3,322
2	0 - 2,214	2,215 - 4,345
3	0 - 2,797	2,798 - 5,367
4	0 - 3,380	3,381 - 6,390
5	0 - 3,962	3,963 - 7,412

For larger households, 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 November each 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 in addition to your regular HEAP benefit, if the regular benefit has been exhausted.

2024 GENERAL ELECTION INFORMATION:

YOUR

✓OTE

COUNTS

2024 is an important election year for all Americans. Please remember to exercise your right to vote.

Tuesday, November 5, 2024

Polls open from 6am-9pm

Contact Greene County Board of Elections
if you do not know your Polling Site

Early Voting Hours @ Greene County Office Building

Saturday, October 26, 2024	9:00 am to 5:00 pm
Sunday, October 27, 2024	9:00 am to 5:00 pm
Monday, October 28, 2024	12:00 pm to 8:00 pm
Tuesday, October 29, 2024	9:00 am to 5:00 pm
Wednesday, October 30, 2024	12:00 pm to 8:00 pm
Thursday, October 31, 2024	9:00 am to 5:00 pm
Friday, November 1, 2024	9:00 am to 5:00 pm
Saturday, November 2, 2024	9:00 am to 5:00 pm
Sunday, November 3, 2024	9:00 am to 5:00 p



LifeFone is a Personal Emergency Response System Company that provides medical alert services to older adults who may be a fall risk, live alone, have disabilities or a medical condition where emergency assistance is needed immediately. LifeFone is focused on one purpose: saving lives when seconds count and offers systems for any lifestyle.

At-home systems (landline and cellular) have up to 1,300 ft. of range, with at-home cellular system operating using AT&T's 4G network. Offer an at-home and on-the-go system along with a voice-in-pendant option using either AT&T's or Verizon's 4G networks. Fall detection pendants are available. Caregiver tools are also available, including medication reminders, activity assurance, location service, daily check-in calls, and step tracking.

Our goal is to provide medical alert services to residents of Greene County so they can continue to live independently in their own home while feeling safe knowing that help is just a button push away.

For further information, please call the Department of Human Services at 518-719-3555

MEDICARE OPEN ENROLLMENT 2025



Medicare is a very important healthcare asset for many seniors and others requiring assistance with health insurance in the United States. Those who are eligible for Medicare can receive assistance and affordable healthcare to deal with the variety of health issues that can crop up as we age. Enrolling in Medicare can give you peace of mind for yourself or other aging family members for whom you may be caring.

Medicare Enrollment 2025, also known as the **Medicare OEP 2025**, runs between **October 15 and December 7, 2024**. During this annual enrollment period, individuals who qualify for Medicare can renew or change their Medicare policies.

If you miss your initial enrollment period and the annual open enrollment period for Medicare, you might have to pay more to obtain Medicare coverage. Additionally, you might spend more because of pre-existing conditions that you have. If you enroll during your initial enrollment period or during an annual open enrollment period, you won't have to worry about your insurance rates increasing because of pre-existing conditions.

DO YOU HAVE MEDICARE?

IF YES, THE TIME TO MAKE A CHANGE IS APPROACHING

There are many important choices to make about your Medicare health care coverage. **Greene County Department of Human Services' counselors are available to assist you through the process of enrolling for the first time or in changing your existing plan.** We can review options with you so that you can make an informed decision and choose a plan that best meets your current needs. **We will have the new rates and updates for the plans in our area.**

Call the Department of Human Services at 518-719-3555 for further information and/or to schedule an appointment with our HIICAP (Health Insurance Information and Assistance) counselor.

New York State does not endorse nor recommend any specific insurance product or insurer; this program is solely intended to educate consumers about their choices.

NATIONAL SENIOR CITIZENS DAY

In 1988, President Ronald Reagan took the initiative to honor seniors when he signed Proclamation 5847 as the day seniors will be celebrated. "Throughout our history, older people have achieved much for our families, communities, and country . . . and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land".

Today, National Senior Citizens Day is recognized on August 21. It acknowledges seniors who have spent their lives contributing to society. Improved healthcare has changed demographics and increased productivity of older citizens, allowing them to be more active than ever before. Senior citizens are an example for younger generations. The country's foundation is the result of the hard work of our senior citizens.

The Greene County Legislature, proudly joined America in recognizing, and with great pleasure, honored our Greene County senior citizens with a proclamation at each of the Senior Nutrition sites. The Legislature encourages them to recognize their individual accomplishments as they continue to play a vital role in the Greene County community. For all they do and have achieved for the good of their communities, they, together with DHS, say thank you! Here are a few scenes from the day.

ACRA:



CATSKILL



COXSACKIE





We need your Help!



URGENT HELP NEEDED

Looking for something to do with your free-time?

Want to help others as your help yourself?

Greene County has an urgent need for volunteer 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.

Maybe delivering food isn't your cup of tea . . .

**What about volunteering to drive a homebound individual
to a medical appointment?**

Volunteers can set their availability for both.

Mileage stipend offered.

For further information,
call Greene County Department of Human Services,
and ask for the AmeriCorps Seniors Volunteer Coordinator.
Ruth Pforte at 518-719-3555.

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



39 Second Street
Athens



COME CHECK US OUT!

HOURS:

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

Continuing End of Summer Sale!
Watch for Fall items in Stock.

CASH ONLY - NO CHECKS/CREDIT CARDS

*Note: We accept donations, during business hours only.
We do not accept medical supplies, electronics,
or single dishes & glassware.*

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

HELPING HANDS PROGRAM

Greene County Dept. of Human Services
has teamed up with local Rotary Clubs
on the **“HELPING HANDS”** program.

If you need some minor repairs
done around the home
please let notify the

Greene County Senior Angel Program.
518-719-3555

**Note: Large jobs requiring a contractor
(i.e.: new roof, deck or fencing)
will not be considered.**



Please remember that volunteer mileage
reimbursements **MUST BE RECEIVED BY**
DHS by the 1st FRIDAY of each month.

If received after that date, you will not
receive your check until the following month.

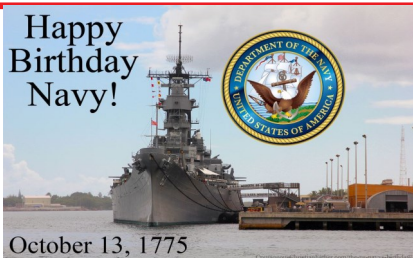


ATTENTION U. S. VETERANS AND CURRENT MILITARY PERSONNEL

October Upcoming Events of Interest in Greene County



Tues. Oct. 1	7:00 p.m.	American Legion Riders @ Greenville
Wed. Oct. 2	7:00 p.m.	Tannersville A. L. meeting @ Rescue Bldg.
Thurs. Oct. 3	7:00 p.m.	Catskill American Legion meeting @ Catskill Elks Lodge Greenville American Legion meeting
Fri. Oct. 4	7:30 p.m.	Irish Music @ Athens Legion Hall
Tues. Oct. 8	7:00 p.m.	Cairo American Legion meeting @ Masonic Lodge
Wed. Oct. 9	7:00 p.m.	Athens American Legion meeting Windham VFW meeting
Thurs. Oct. 10	7:00 p.m.	Prattsville American Legion meeting @ Prattsville Hotel
Fri. Oct. 11	4:30 to 7 p.m.	Greenville Legion Spaghetti Dinner
Sat. Oct. 12	9:00 a.m.	Flag Retirement Ceremony @ Coxsackie Village Building
Thurs. Oct. 15	7:00 p.m.	New Baltimore American Legion meeting @ Cornell Hook & Ladder firehouse
Fri. Oct. 18	6:00 p.m.	Greene County American Legion Hall @ Tannersville
Sat. Oct. 19	11:00 a.m. 12:00 p.m.	Catskill VFW meeting Catskill VFW Auxiliary meeting
Wed. Oct. 23	7:30 p.m.	Marine Corps League meeting @ East Durham firehouse



GREENE COUNTY WEEKLY GROUPS

VETERAN AND FAMILY SUPPORT GROUP

TUESDAYS @ 1:00PM

Join us for our weekly discussion group. Coffee and pastries provided.

**Vet2Vet of Greene County,
905 Greene County Office Bldg,
Cairo NY 12413**

Phone: (518) 719-0020
email: Anthony.derrico@hvncvr.org

Zoom Link:
<https://us02web.zoom.us/j/82580593518>

WWW.HVNCVR.ORG



HVNCVR
THE HUDSON VALLEY
NATIONAL CENTER FOR
VETERAN REINTEGRATION



VET2VET OF GREENE COUNTY COFFEE HOUR WITH VETERANS



*Cairo Town Library @ 1030 AM-
Every Monday, Located at 15
Railroad Ave, Cairo NY, 12413*

POC:
*Anthony.Derrico@hvncvr.org
518-719-0020*



HVNCVR
THE HUDSON VALLEY
NATIONAL CENTER FOR
VETERAN REINTEGRATION

Vet2Vet of Greene County VETERAN SUPPORT GROUP

EVERY 2ND THURSDAY OF THE MONTH 5:30-6:30 PM

- COME JOIN THE VET2VET OF GREENE COUNTY FOR AN OPEN DISCUSSION AND VETERAN SUPPORT. THIS GROUP IS FOR VETERANS ONLY

****If you want to attend via zoom email arin.vandemark@hvncvr.org for the ZOOM link****

**905 GREENE COUNTY BLDG
CAIRO, NY 12413**

POC:
**CHRISTIAN.LAPIES@HVNCVR.ORG
(518) 719-0020**



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THE HUDSON VALLEY
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VETERAN REINTEGRATIO



Nutrition Notes

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

Brussels sprouts - everyone's least childhood favorite, thrive during fall and harvest nicely in the cooler temps. These mini cabbages belong to a group called cruciferous vegetables, named after their 4-petal construction which resembles a cross. Some grow as a bulb or a head atop their stalks, such as broccoli, Brussels and cauliflower, where others are flat including cabbage leaves, kale, collard greens, chard, arugula and watercress.

Their mainly high fiber content makes them harder to digest, and unfortunately eating large portions of these vegetables cause some GI distress including gas and bloating. As the microbes in our gut try and further digest the fibers, gas is produced. They also contain sulfur, another gas producing component.



The wondrous brussels sprout grows in a spiral pattern around the stalk with many leaves at the top. The leaves can also be eaten and taste great sauteed, in a salad, or rolled/stuffed. Most people have never even seen the full stalk, unless you wander around a local farm stand or have grown them yourself. The entire stalk can be roasted in the oven to avoid trimming all of them off, which is timely and tricky without good kitchen shears. Since they are just coming into season, look out for the stalks at produce markets this fall

Nutritionally, Brussels pack a punch and are nutrient dense. Rich in antioxidants, minerals, vitamins K and C, they can be enjoyed shaved in salads, roasted, sauteed, or even grilled. Low calorie and low carb, 1 cup is a hearty serving with about 4 grams of fiber and only 40 calories. They get their fun name after the capital of Belgium where they were grown and harvested widely all the way back to the 16th century.



Aim to increase your vegetable consumption this fall. Dark green cruciferous vegetables have anti inflammatory properties and help boost immunity as we lead into winter months. Non starchy vegetables help keep you full and better control spikes in blood glucose. Try for a serving of vegetables at both lunch and dinner.



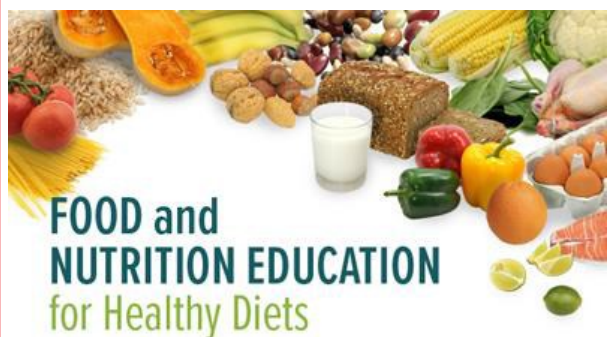
DID YOU KNOW . . .



The Greene County Department of Human Services' Registered Dietitian, Nicole Gehman, MS, RD, CD-N, offers nutrition counseling about healthy eating, wellness and habits to those with questions about nutrition. This includes information on special diets, such as for Diabetics; Low Sodium, and Weight Control. You don't need to receive meals or attend a Nutrition site to receive individual counseling or information from her.

If you need nutrition information or counseling, please contact the main office at (518) 719-3555 for an individual nutrition referral and Nicole will respond to your dietary questions.

NUTRITION EDUCATION with Nicole Gehman, MS, RD, CD-N



THURSDAY OCTOBER 10
RIVERTOWN SENIOR CENTER, ATHENS 945-2700

THURSDAY OCTOBER 24
JEWETT SENIOR NUTRITION SITE 263-4392

THURSDAY NOVEMBER 7
CATSKILL SENIOR NUTRITION SITE 943-1343

All sessions at 11:30 a.m.
Come learn about healthy nutrition habits.
Feel free to ask questions. Recipe and tasting to follow.
***If you would like lunch that day at the site,
please call at least a day in advance to reserve.***

GREENE COUNTY SENIOR SERVICE CENTERS



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. When reserving, please verify the time meal will be served. We cannot accommodate walk-ins.

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>SALMON w/ Dill Sauce AU GRATIN POTATOES CARROTS COOKIES</p> <p>FLU CLINIC 9:30 - 11 ATHENS</p>	<p>2</p> <p>MEATLOAF w/ Gravy MASHED POTATOES SONOMA VEGETABLES TROPICAL FRUIT</p> <p>FLU CLINIC 9:30 - 11 ACRA</p>	<p>3</p> <p>SWEET & SOUR CHICKEN w/Rice ORIENTAL MIXED VEGETABLES WHITE RICE PINEAPPLE/ MANDARIN ORANGES</p> <p>FLU CLINIC 9:30 - 11 JEWETT</p>	<p>4</p> <p>CHEF SALAD w/ HAM & SWISS POTATO SALAD COLD BEAN SALAD FRESH FRUIT</p> <p>FLU CLINIC 9:30 - 11 CATSKILL</p>
<p>7</p> <p>BBQ CHICKEN THIGHS COLESLAW SWEET POTATOES GREEN BEANS APPLE CRISP</p>	<p>8</p> <p>TORTELLINI MARINARA w/SAUSAGE MIXED VEGETABLES FRUIT COCKTAIL</p>	<p>9</p> <p>KIELBASA SAUERKRAUT CARROTS BAKED BEANS CHOCOLATE MOUSSE</p>	<p>10</p> <p>SHRIMP SCAMPI LINGUINI LOW SODIUM V8 SPINACH FRESH FRUIT</p> <p>NUTRITION ED. ATHENS, 11:30 a.m..</p>	<p>11</p> <p>CRANBERRY CHICKEN SALAD MIXED GREENS COLD BEET SALAD MACARONI SALAD FRESH FRUIT</p>
<p>14</p> <p>COLUMBUS DAY</p> <p>MAIN OFFICE & ALL NUTRITION SITES CLOSED</p> 	<p>15</p> <p>MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES FRUITED JELL-O</p>	<p>16</p> <p>PORK CHOP w/ Gravy & Applesauce GREEN BEAN CASSEROLE SWEET POTATO CHOC. CREAM PIE</p>	<p>17</p> <p>SAUSAGE & PEPPERS SUB ITALIAN MIXED VEGETABLES ITALIAN PASTA SALAD FRESH FRUIT</p>	<p>18</p> <p>CHICKEN DIJON MASHED POTATOES MONACO VEGETABLE MIX FRESH FRUIT</p>
<p>21</p> <p>BEER BATTERED FISH SPINACH ROASTED RED POTATOES MANDARIN ORANGES</p>	<p>22</p> <p>CHICKEN DIVAN CALIFORNIA VEGETABLE MEDLEY WHITE RICE VANILLA MOUSSE</p>	<p>23</p> <p>CHEESE LASAGNA w/MEATBALLS ITALIAN MIXED VEGETABLES APPLESAUCE COOKIES</p>	<p>24</p> <p>TURKEY w/ Gravy & Cranberry Sauce SQUASH MASHED POTATOES STUFFING PUMPKIN PIE</p> <p>NUTRITION ED. JEWETT, 11:30 a.m..</p>	<p>25</p> <p>BEEF BARLEY STEW (Carrots & Potatoes in stew) COLESLAW BROCCOLI FRESH FRUIT</p>
<p>28</p> <p>SLOPPY JOES WINTER VEGETA- BLE MIX WHITE RICE TROPICAL FRUIT</p>	<p>29</p> <p>FISDH FLORENTINE BROCCOLI MASHED POTATOES FRUIT COCKTAIL</p>	<p>30</p> <p>CHICKEN PARMESAN ITALIAN MIXED VEGETABLES SPAGHETTI BLONDIES</p>	<p>31</p> <p>ROAST BEEF w/ Gravy MASHED POTATOES SONOMA VEGETABLES CUPCAKES</p>	

Did someone say BINGO?

It's often BINGO time at the Rivertown Senior Center. Call Roxanne at 518-945-2700 to find out the schedule for games. Sorry, no cash prizes but yummy treats!



Thank you, Cocksackie-Athens Rotary Club, for your donation to our Senior Angel Program.

Seen in photo are Case Managers Christine Jackson and Brooke Bergeron, Deputy Director Tami Bone, and Cocksackie-Athens Rotary Board of Directors members Ed Bloomer and Richard Golden.





GREENE COUNTY SENIOR ANGEL PROGRAM

Spreading Cheer 365 Days a Year



Sponsored by Greene County Department of Human Services
We would like to invite you to become a Senior Angel

2024 has been a difficult year all around. As you can imagine, it has been a very difficult time for the senior citizens of Greene County, especially those alone and on low-incomes.

Our Department has many elderly, limited-income clients who would greatly appreciate a special gift during the holiday season. These gifts lift their spirits, bring a smile to their faces and fulfill a need. Monetary donations are placed in the Department's Senior Angel Fund and is used to purchase gifts for needy senior citizens. Staff then play Santa Claus and deliver these gifts to the seniors.

Year round, Senior Angel 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 a Senior Angel and helping our less fortunate senior citizens. We thank you and know that there is always an angel watching over you for your generosity.

PLEASE RETURN THIS SECTION WITH YOUR DONATION

_____ *I would like my name published to read:*

_____ *I wish to be listed as "Anonymous"*

_____ *Instead of my name, 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 Angel Program
 411 Main Street
 Catskill, NY 12414*

*For more information, please call 518-719-3555
 Email any questions to aging@greencountyny.gov*

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 the suggested 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** (Available only in specific locations): 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)

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

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

 Your
donation
is greatly
appreciated

THANKS
for your



DONATIONS

LISA KOVALIK

FOR TRANSPORTATION
MARIA DOLORES CARGIOLI

HARRY FEINEIS


**TO ALL WHO GRACIOUSLY
DONATED TOWARDS
GREENE COUNTY SENIOR DAY**

Ed Bloomer & Tami Bone

Boehm Farm

Greene County Tourism

**Greene County
Buildings & Grounds**

The Murphy Family

Price Chopper

Stewart's

Tom Hoyt

Village of Catskill

West Athens-Lime Street Fire Co.

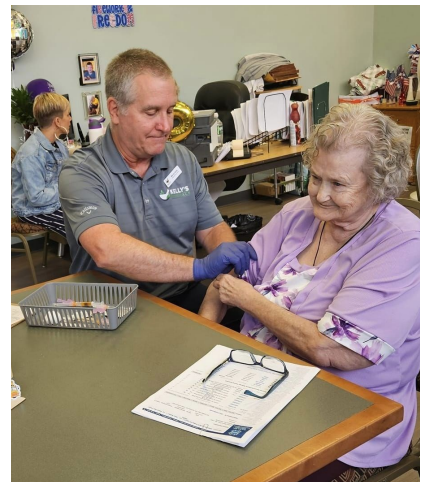
VACCINES!

Greene County Public Health was present at several senior club meetings speaking about the importance of adult vaccines, and sponsored clinics for Respiratory syncytial virus (RSV); Shingles, & Tdap (Tetanus, Diphtheria, Pertussis) vaccines.

Cairo Golden Agers Club



Catskill Silver Linings Club





**GREENE COUNTY PUBLIC HEALTH
2024 FLU CLINICS**

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

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

From the Greene County Youth Bureau

HOUSEHOLD CHORES FOR CHILDREN - GUIDELINES FOR PARENTS

Nat'l Assoc. of School Psychologists; Adapted by Dr. Sal Massa, Greene County Youth Advisory Board member



Even though a vast majority of parents in the United States require their children to complete some chores, they often ask, “Why bother?”. It seems sometimes that it takes more time and effort to supervise a child in completing a chore than take to do it yourself. It is important to understand that completing chores can play a very important role in your child’s development.

First and most obvious, chores teach children basic life skills such as cooking, cleaning, etc. Second, chores help to develop well-trained and efficient helpers. Third, chores help children to develop basic work habits and attitudes such as reliability, responsibility, thoroughness, and persistence. These skills help both in school and are the building blocks for success as adults. Fourth, chores help children to learn that families should work together for the common good of the family. Finally, chores give parents the opportunity to show their appreciation for their children’s help in situations that are real and tangible. This forms the basis of self-confidence and ties the family together in a bond of mutual support and caring. The importance of parental expectations was recently reported in a national survey of 270,000 adolescents. Over 75% of the adolescents that responded said that the key to their success was appropriate and clearly stated expectations/standards provided by their parents.

Children can begin helping with household chores as soon as they have the motor skills to do so, (usually around the age of three). In fact, children of this age often enjoy helping and imitating their parents in household cleaning and tasks. Early chores should involve the mutual cooperation of both the parent and the child. As the child matures in age and abilities, the parent can reduce their direct involvement in the chore. In general, the progression of chores should move from simple to complex as the child ages and also from chores that focus on self-care to those that help the family. Here are some examples of chores by age:

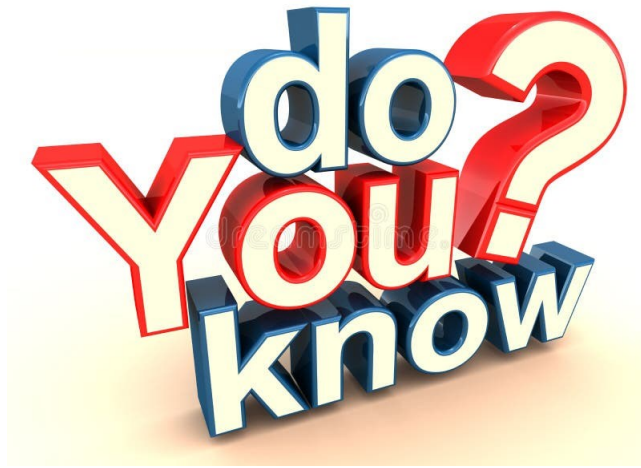
- **Pre-School** (3-5 yrs.)- Focus on immediate self-care and imitation (e.g. dress oneself, pick-up own toys, help clear the table, “help” the parent complete a chore.)
- **Early Elementary** (6-8 yrs.)- Establish routines for self care and expand into tasks for family care (e.g. set and clear the table, empty the garbage, put away clean clothes, pull weeds, etc.)
- **Late Elementary** (9-11 yrs.)- Increase self-management and skill level of chores (e.g. simple food preparation, wash car, sort laundry, simple yard work, walk and groom pets.)
- **Secondary School** (12-16 yrs.)- Focus on skills for independent living and shared or group responsibilities (e.g. cook meals, do laundry, simple repairs to house/ car, heavy yard work.)

Establishing chores that are appropriate to your child’s age and skills level is important. Start with relatively short and simple tasks then move to tasks that offer mild challenge. Demonstrate the task, provide some pointers as to how to successfully complete the task, and as the task is learned, offer more recognition and support than

directions. Even if your child's work is barely adequate, they will feel more motivation to improve their work if they feel proud of and appreciated for their effort.

Should you pay for chore completion with allowance or other rewards? This depends on your beliefs and values. Some parents believe that paying children for chores prepares them to be responsible wage-earning adults. Other parents believe that chores are contributions to family maintenance, not a "job" for pay. Still other parents consider allowance as a means to teach the child money management, and want to keep it separate from chore completion. Any or a combination of these three approaches can be successful in helping your child grow into a responsible adult. Whichever of these ideas you believe, it is important that you form them clearly in your mind and then explain it to your child in terms that they can understand. If you do decide to give an allowance or other tangible reward, it is important that you pair this with verbal praise and specific positive recognition of what was accomplished. The connection between the chore and the payment is important! As a parent you should:

- Recognize that assigning chores is an essential part of parenting. In doing so, you help your child learn that they can make important and useful contributions to their family.
- Acknowledge your children for their work. Give recognition for both the effort and for the outcome. Point out what has been improved by their effort so that they can begin to develop their own self-appraisal skills.
- Begin by assigning only one or two chores. Pick chores that are simple to do and that may be of some interest to the child. Often, children show interest in helping their parents do chores that are beyond their abilities. Even though it may take longer for you to complete a task with them, try to find a way to include your child so that they can develop a sense of contribution.
- Try to find a chore that can be done daily. This helps your child to establish a routine and is easier to remember than a chore that is done weekly. If your child enjoys variety, prepare a list of alternative chores that they can choose each day.
- Don't expect your child to remember to do chores without prompting. This will only lead to frustration for you and discourage your child. Instead, consider ways to cue them about their chores. This might include post-it notes left in common areas, or a chore chart placed on the refrigerator or the child's bedroom door. List the child's name on the chart, the chore(s) to be completed, and spaces to check off the days of the week. Involve your child in evaluating and checking off the work they have done so that they can develop standards for performance as well as a sense of accomplishment.
- Once a chore is assigned, see that it is completed. If you let your child avoid the chore, the importance of the chore is diminished in their eyes and your credibility with them is reduced. Take whatever time is needed to supervise them through the task. Their resistance will reduce over time when they see that you are firm in your expectations and their skill will improve.
- Take the time to explain to your child what you expect successful chore completion to look like. For some children who are visual learners, it pays to take a picture of the completed chore. For example, take and print a picture of what their clean bedroom looks like and post it in the room so that they can compare their work to the picture.
- Chores should be completed before play or "free" time is allowed. This will help you and your child to feel more relaxed and positive. If your child needs a break before starting these tasks, make specific rules for when the chore or homework will begin and stick to the rule.



. . . 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
- * Area senior housing, assisted living and nursing homes
- * Local libraries
- * 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 include at the start of each month with your meal

. . . Call Maureen at 518-719-3555 or email mmurphy@greencountyny.com to arrange to be added to our subscriber list..

. . . Issues are available via electronic mail. 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/

. . . 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 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



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*

1 Park Lane, Tannersville (parking in municipal lot) 518-589-5787
Hours: 2nd and 4th Wednesday 1:00 pm - 3:00 pm
3rd 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

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(518) 719-3555

aging@greencountyny.gov

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Tanya Skinner

SENIOR CASE MANAGER

Danielle Kane

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Tezera Pulice

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Christopher Lewoc

Christine Jackson

YOUTH:

Carrie Wallace

Laura Anderson

OFFICE MANAGER

Maureen Murphy

JUNIOR ACCOUNTANT

James Murphy

AMERICORPS SENIORS VOLUNTEER COORDINATOR: Ruth Pforte

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Rose Bundy

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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.