

AN IMPORTANT SEASONAL REMINDER



As we will soon be entering the winter season, we are asking for the help and cooperation of the people we serve, especially those who receive home delivered meals and use our medical transportation service.

During snow or ice storms, it may be necessary for us to close our senior nutrition sites and cancel meals for the day because of hazardous driving conditions. We may also need to cancel medical transportation service for the day.

When the centers are closed, we announce it on TV, and on area radio stations.

You will also receive a REGROUP telephone call (Greene County's Emergency Mass Notification system) announcing the closure. Please note, if the centers are closed, you need to contact our office regarding Medical Transportation appointments for the day.

Our volunteers are the cornerstone of our home delivered meals and medical transportation services. Most of these volunteers are senior citizens themselves and use their own vehicles. We keep this in mind when the roads are bad or there has been a heavy snowfall the night before. We will close the service for the day before we put any volunteers or staff in danger.

We must also consider the danger of asking someone to deliver a meal to a home when the driveway or sidewalk is not cleared and/or passable. If the volunteer cannot safely get to the home, we will not deliver the meal. It is important that you keep this in mind.

We hope you understand that we want to provide our clients with the services they need, but we cannot endanger the safety of our volunteers and our staff in the process. We thank you for your assistance and your cooperation.

NOTICE TO BIDDERS

The Greene County Department of Human Services (Aging Dept.) is inviting bids for the period of January 1 – June 30, 2025 on:

CANNED GOODS and ASSORTED GROCERIES; FROZEN and REFRIGERATED ITEMS MEAT and MEAT PRODUCTS

Bids must be submitted in sealed envelope, which bears the marking: **SEALED BID - DHS: PROPOSAL FOR CANNED GOODS AND ASSORTED GROCERIES; FROZEN AND REFRIGERATED ITEMS, MEAT AND MEAT PRODUCTS.** Sealed bids must be received by 10:00 a.m. on Tuesday, December 17, 2024, at the office of the Clerk of the Greene County Legislature, 411 Main St., Catskill, NY 12414 and will be opened at 11:00 a.m. At that time, bids will be opened and publicly read as required by Section 103 of the General Municipal Law.

Greene County Department of Human Services (Aging Dept.) is inviting bids for the period of January 1 – December 31, 2025 on:

PAPER GOODS and SUPPLIES

Bids must be submitted in sealed envelope, which bears the marking : **SEALED BID - DHS; PROPOSAL FOR PAPER GOODS AND SUPPLIES.** Sealed bids must be received by 12:00 p.m. on Tuesday, December 17, 2024, at the office of the Clerk of the Greene County Legislature, 411 Main St., Catskill, NY 12414 and will be opened at 1:00 p.m. At that time, bids will be opened and publicly read as required by Section 103 of the General Municipal Law.

Specifications for both proposals can be obtained at the Greene County Department of Human Services, Attn: Nutrition Dept., 411 Main Street, Catskill, NY 12414; tpulice@greencountyny.gov or by calling 519-719-3555.

Bidders may submit quotes on any single or combination of the items listed above. Please bid on Grade A and USA produced products wherever possible. A Non-Collusion certificate must be included with bids, as well as a signed copy of the Greene County Sexual Harassment Prevention Policy and the Greene County Discriminatory Harassment Prevention Policy.

Companies awarded will be responsible for delivery to three Greene County Senior Nutrition Sites located in Athens, NY; Acra, NY, and Jewett, NY. Minimum orders cannot be guaranteed for Acra and Jewett sites.

Orders must be delivered by the Wednesday after order is placed or no more than three (3) business days of order.

Greene County reserves the right to reject any and all bids, and to award the full bid to any bidder that is awarded at least 75% of the items.

By order of the Greene County Department of Human Services.
Kimberly Kaplan, Interim Executive Director



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.

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.

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.

Medicare Savings Programs (MSP) are programs that help pay Medicare premiums and, in some cases, some of your out-of-pocket expenses like your Part A and Part B deductibles, coinsurance, copayments, and prescription drugs. These programs are also sometimes known as Medicare Buy-In Programs or Medicare Premium Payment Programs.

There are four types of Medicare Savings Programs. Depending on your individual circumstances, you may qualify for one or more of the following programs.

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.



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*

This 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 if confined to their homes.

The department has many elderly, limited-income clients who would greatly appreciate a special gift during the holiday season. These gifts lift their spirits, brings a smile to their faces and fulfill a need. Monetary donations will be placed in the department's Senior Angels Fund and be used to purchase gifts for needy senior citizens. 100% of this money goes to benefit the senior citizens of Greene County and nowhere else.

We understand that this year may be a difficult one for you to donate and we can appreciate that. So, if you can't financially donate, that's okay. Instead, maybe you can reach out to a senior you know via phone or mail and let them know you are thinking about them. If you can donate, it is appreciated. This year will certainly be a year that the Senior Angel Program will be a vital source of help to many senior citizens. We want to thank you, in advance, for any donation you are able to make or any phone call/contact you can do.

Year round, funds are used to provide one-time, emergency assistance to senior citizens when all other funds have been exhausted and there is no other source to help.

PLEASE 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 or Toll-free (877) 794-9266



SENIOR ANGEL ORNAMENT

\$3.00 EACH/ 2 for \$5.00

If you would like a Senior Angel ornament, simply complete below and mail to Greene County Dept. of Human Services' Senior Angel Program, 411 Main St., Catskill NY 12414 along with your payment and we will gladly mail an angel ornament to you.

If you would like us to mail one to a family member or a friend, please list their name and address and we will send it directly to them.

Thank you.

Please mail the ornament to the following:

Name and mailing address:

If you would like to order more than one Angel, please list above information on an attached sheet of paper if different mailing address.



For Your Donations to the Senior Angel Program

Coxsackie-Athens Rotary Club

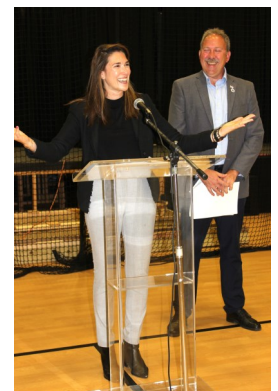
Anonymous In Memory Of Anna Rossmann

Richard Golden In Memory of Helen & Brian Golden



Annual Volunteer Recognition

On Thursday, September 26, the Greene County Department of Human Services took time to express their gratitude to the many RSVP volunteers at their annual volunteer recognition. DHS is grateful to these volunteers who give unselfishly on their time to help our senior community. To see all photos go to DHS web page or our Facebook page.





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 RUTH PFORTE
(518) 719-3555



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.



39 Second Street
Athens, NY

Happy
Veterans Day!



HOURS:

Monday:

9:00 a.m. – 11:30 a.m.

Wednesday & Friday:

9:00 a.m. – 11:30 a.m.

12:30 p.m. – 2:00 p.m.

WE NOW HAVE WINTER CLOTHING AVAILABLE

Note: We accept donations, including children's clothing, during business hours only.

We don't accept medical supplies, electronics, glassware, and single dishes.

**HAPPY
THANKSGIVING DAY**



"ATHENS RIVERTOWN THRIFT SHOP"



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

HELPING HANDS PROGRAM

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

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

Please call: 518-719-3555 and ask for
Americorps Seniors Coordinator, Ruth Pforte.

Note: Large jobs requiring a contractor will not be considered.





ATTENTION U. S. VETERANS AND CURRENT MILITARY PERSONNEL

November Upcoming Events of Interest in Greene County



Sat. Nov. 2	10 a.m.	Greene County Honor-A-Vet Ceremony honoring SMIC Stanley Maltzman @ Historic Catskill Point
	11 a.m. - 3 p.m.	Operation Support Our Military sponsored by Blue Star Mothers @ Catskill Elks Lodge
Tues. Nov. 5	7 p.m.	Greene County A.L. Riders Mtng - Greenville
Wed. Nov. 6	9:45 a.m.	Veterans Recognition - EJ Arthur, Athens
	7 p.m.	Tannersville A.L. mtng - Rescue Squad bldg
Thurs Nov. 7	7 p.m.	Catskill A.L. mtng - Elks Club Greenville A.L. mtng
Fri. Nov. 8	9 a.m.	Veterans Recognition - CHS
	9:30 a.m.	Veterans Recognition - Coxsackie Elementary
	12 p.m.	Free Veterans Lunch @ Coxsackie YMCA
	1 p.m.	Veterans Recognition - WAJ School
	4:30 to 7 p.m.	Greenville Legion Spaghetti Dinner
Sat. Nov. 9	9 a.m.	Veterans Breakfast - Catskill Elks
Sun. Nov. 10	8 a.m. - 1 p.m.	Windham VFW Pancake Breakfast
	9 a.m. - 11 a.m.	Vet-2-Vet Breakfast, Red Rooster Cairo
	12 p.m.- 4 p.m.	Athens A.L. Veterans Lunch
	2:00 p.m.	Marine Corps Ball @ Inn in Leeds
Mon. Nov. 11	11 a.m.	Veterans Recognition - Church's Corner, Coxsackie
Tues. Nov. 12	7 p.m.	Cairo A.L. mtng, Mason Lodge
Wed. Nov. 13	7 p.m.	Athens A.L. mtng Coxsackie A.L. mtng, Village bldg. Windham A. L. mtng 9:00 a.m.
Thurs. Nov. 14	7 p.m.	Prattsville A.L. mtng, Prattsville Hotel
Fri. Nov. 15	6 p.m.	Greene County A.L. mtng, New Baltimore firehouse
Sat. Nov. 16	11 a.m.	Catskill V.F. W. mtng
	12 p.m.	Catskill VFW Aux. mtng
Wed. Nov. 17	7 p.m.	New Baltimore A.L. mtng @ firehouse
Wed. Nov. 27	7 p.m.	Marine Corps League mtng @ East Durham firehouse

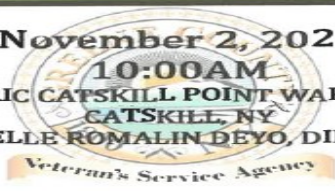
**GREENE COUNTY
HONORING OUR VETERANS**
LEGISLATOR PATRICK LINGER, CHAIRMAN



**UNITED STATES COAST GUARD
SM1C STANLEY MALTZMAN**

November 2, 2024

**10:00AM
HISTORIC CATSKILL POINT WAREHOUSE
CATSKILL, NY**



MICHELLE ROMALIN DEYO, DIRECTOR



GREENE COUNTY YMCA

VETERAN'S DAY LUNCHEON

**Friday, November 8 from 12-1PM
FREE lunch for the veterans of
our community! Space is limited,
must be a veteran to attend.
Register today to save your spot!**



GREENE COUNTY YMCA | 518-731-7529 | cdymca.org



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.LAPPIES@HVNCVR.ORG
(518) 719-0020



HVNCVR
THE HUDSON VALLEY
NATIONAL CENTER FOR
VETERAN REINTEGRATIO



BULLYING AMONG SENIORS

by Tami Bone, GCDHS Deputy Director

Bullying is not limited to young people. In fact, bullying affects between 10 to 20% of older adults. Bullying among senior citizens is increasing, taking place in senior housing and senior centers. Like all bullying, bullying among seniors can have devastating emotional and physical effects on its victims.

The most common type of senior bullying is verbally abusive behavior such as making disparaging comments about another senior's appearance. Ordering another senior around, yelling, making passive-aggressive comments, refusing to allow someone to sit at your table or spreading rumors about another senior are all forms of bullying.

Seniors who are bullied may experience severe consequences to their physical and mental health, social interactions, and general quality of life:

- **Physical:** Severe health problems like increased stress, high blood pressure, disrupted sleep patterns, weakened immune systems. Bullying-related chronic stress can exacerbate existing health conditions.
- **Psychological:** Elevated anxiety, depression, worthlessness & helplessness, low self-esteem, low confidence which all lead to social isolation and loneliness

Our Senior Centers are meant to be a "home away from home", a safe haven for the seniors in our community. Seniors come to the center to socialize and be part of their community. Everyone should be treated with respect and kindness. Remember, everyone is going through some kind of struggle that no one is aware of. Imagine that a senior was in emotional pain on the anniversary of a loved one's death and went to the Senior Center for companionship so as not to spend the day alone, only to be treated unkindly. How do you think that person would feel?

Some things to remember:

- Choose your words carefully. Consider others' feelings before you speak.
- Keep unkind thoughts to yourself. What is the point of making another person feel bad? Put yourself in another person's position. Would you like to be insulted? Bossed around? Criticized?
- Welcome other people and engage them in conversation. Invite them to sit with you.

We must all work together to eliminate bullying in our Senior Centers by creating a welcoming, inclusive, accepting environment for all of our seniors.

Sources:

1. What is Senior Bullying? (10/18/23). Senior Resource Connect
2. Understanding Bullying Among Seniors: It's Not Just a Young Person's Issue. (5/24) Bengil, Paul D. elegantcarevilla.com



Nutrition Notes

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

Our teeth play a very important role in digestion, the joy and safety of eating, and individual welfare. Unfortunately aging heightens the risk of tooth loss, causing many to struggle with this health burden. Enamel can wear in time, causing chips, cavities, and oral health problems. Gum disease, medical concerns and conditions, medication regimens, and loss of bone density can all contribute to losing teeth. Although senior years do not inevitably mean teeth issues, most adults over 65 years have an average of only 20-21 total teeth (as opposed to our full set of 32, 16 on both the bottom and top).



The technical term for no longer having natural teeth is called *edentulism*. In addition, having a few missing teeth would be called *partial edentulism*. Luckily, there are many advances in oral health including dentures, implants, crowns, bridges etc. which can improve nutrition status if chewing is restored. Following up regularly with your dentist is very proactive, as they will encourage oral care and explore all options if necessary.

Diet modification is quite common to accommodate missing teeth, or difficulty chewing. Unfortunately, our nutrient dense foods such as raw vegetables, fibrous fruits, nuts/seeds become harder to eat, which limits intake and can potentially cause deficiencies. Following a softer diet with cooked or mushy vegetables, pureeing fruits or having fruit cups, and having nut/nut butters can all be alternatives to continually enjoy these options. If meat is a struggle due to its toughness, chopping or mincing and serving with a low-fat sauce or gravy is beneficial. Cooking methods including braising, stewing, and tenderizing can moisten meat and make it more tolerable and enable adequate protein intake.

Soft food protein sources





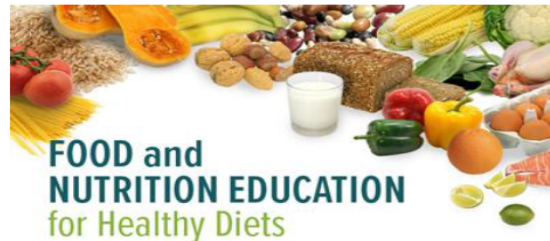
Be proactive to maintain a healthy diet which can help prevent further tooth loss. Choose calcium rich foods including dairy (cheese, yogurt, milk, cottage cheese) or review any necessary supplementation with your doctor/dietitian. Maintain health vitamin D levels. Eat a variety of fruits and vegetables- these contain vitamins and minerals that support oral health. If you already have difficulty chewing, explore ways to maintain intake of fruits and vegetables such as cooking technique, peeling skins, or using a blender to make a fruit/vegetable smoothie. Limit refined carbohydrates, alcohol and sugary drinks which can both wear on the enamel or cause decay.

A Registered Dietitian can provide nutrition therapy for a variety of health issues or disease states, including oral health. Even with dentures it can be difficult to maintain adequate nutrition as there can still be trouble with chewing/ food avoidance. Comprehensive care would include your medical doctor, dentist, and potentially working with a dietitian to provide expertise on modifying your diet. If you have specific questions or need nutrition guidance, please contact the main office at (518) 719-3555 for a referral.



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

Sponsored by Greene County Department of Human Services



THURSDAY NOVEMBER 7
CATSKILL SENIOR NUTRITION SITE

943-1343

Watch for future dates at other sites.

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.



A registered dietitian is always available to assist with more ways to incorporate healthful foods into your diet. In addition, a professional can guide you with specific recommendations for each food group based on your needs and health history. Please call the main office at (518) 719-3555 to request an individual nutrition referral and I can respond via telephone to provide more information and answer any dietary questions.

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

COXSACKIE

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

Dorothy Barkman
Co-Meal Site Manager

Karen Taber
Co-Meal Site Manager

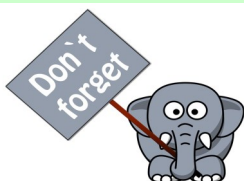
JEWETT

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

Gayle Ruvolo
Meal Site Manager

All persons, age 60 & older (and spouses) are invited to attend a senior service center and receive a congregate dinner. 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.

Centers are closed on legal holidays and inclement weather. If you reserve a meal and are unable to attend, please call 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. We cannot accommodate walk-ins.

GREENE COUNTY SENIOR NUTRITION PROGRAM

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

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>CHEF 'S CHOICE FRESH FRUIT</p>
<p>4</p> <p>CHICKEN DIJON MASHED POTATOES MONACO VEGETABLE MIX PEACHES</p>	<p>5</p>  <p>DEPARTMENT & ALL MEAL SITES CLOSED</p> <p>NO MEALS</p>	<p>6</p> <p>AMERICAN GOULASH CORN GREEN BEANS COOKIES</p>	<p>7</p> <p>LEMON PEPPER FISH SONOMA VEGETABLES RICE PILAF BUTTERSCOTCH PUDDING</p>	<p>8</p> <p>BBQ PULLED PORK BAKED BEANS COLESLAW FRESH FRUIT</p>
<p>11</p> <p>DEPARTMENT & ALL MEAL SITES CLOSED</p>  <p>NO MEALS</p>	<p>12</p> <p>SWEET & SOUR CHICKEN ORIENTAL MIXED VEGETABLES WHITE RICE PINEAPPLE & MANDARIN ORANGES</p>	<p>13</p> <p>SHRIMP SCAMPI LINGUINI SPINACH WAX BEANS PEANUT BUTTER SWIRL BROWNIE</p>	<p>14</p>  <p>ROAST TURKEY w/ Gravy CRANBERRY SAUCE MASHED POTATOES SQUASH STUFFING PUMPKIN PIE w/ Whipped Topping</p>	<p>15</p> <p>STUFFED PEPPERS ITALIAN MIXED VEGETABLES FRESH APPLE</p>
<p>18</p> <p>MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES TROPICAL FRUIT</p>	<p>19</p> <p>SALMON w/Dill Sauce HARVARD BEETS SCALLOPED POTATOES PEARS</p>	<p>20</p> <p>CHICKEN & BISCUITS BROCCOLI MASHED POTATOES CHOCOLATE CAKE</p>	<p>21</p> <p>FRENCH ONION PORK CHOP GREEN BEANS BUTTERED EGG NOODLES VANILLA MOUSSE</p>	<p>22</p> <p>BAKED ZITI w/ Meat Sauce ITALIAN MIXED VEGETABLES TOSSED SALAD FRESH FRUIT</p>
<p>25</p> <p>SLOPPY JOES WHITE RICE MONACO VEGETABLE MIX TROPICAL FRUIT</p>	<p>26</p> <p>TORTELLINI ALFREDO w/ CHICKEN SONOMA VEGETABLES CHOCOLATE MOUSSE w/ MIXED BERRIES</p>	<p>27</p> <p>CRAB TOPPED COD CALIFORNIA VEGETABLE MEDLEY RICE PILAF RICE PUDDING w/ RAISINS</p>	<p>21</p>  <p>DEPARTMENT & ALL MEAL SITES CLOSED NO MEALS</p>	<p>29</p> <p>EGGPLANT PARMESAN ITALIAN GREEN BEANS ZITI FRESH FRUIT</p>



Please note: Greene County Department of Human Services will be closed on Election Day, Tuesday, November 5; in recognition of Veterans' Day on Monday, November 11, and on Thanksgiving, November 28. There will be no meals or transportation services available through the Department on those days.



TUESDAY, NOVEMBER 5, 2024 IS ELECTION DAY
Polls open 6 a.m. - 9 p.m.

EARLY VOTING

Where: Greene County Office Building 4th Floor, Suite 430 411 Main St, Catskill
 Hours : 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 pm

SAMPLE BALLOT

Office	¹ Electors for President and Vice President (Vote for one)	² United States Senator (Vote for one)	³ Representative in Congress 19th District (Vote for one)	⁴ State Senator 41st District (Vote for one)	⁵ Member of Assembly 102nd District (Vote for one)	⁶ County Treasurer (Vote for one)	⁷ County Coroner (Vote for one)	⁸ County Legislator (District 3) (Vote for one)
Democratic A	<input type="radio"/> ¹ Democratic ELECTORS FOR Kamala D. Harris FOR PRESIDENT Tim Walz FOR VICE PRESIDENT	<input type="radio"/> ² Democratic Kirsten E. Gillibrand	<input type="radio"/> ³ Democratic Josh Riley	<input type="radio"/> ⁴ Democratic Michelle Hinchey	<input type="radio"/> ⁵ Democratic Janet S. Tweed			Choices will be based on individual county Legislative District live in
Republican B	<input type="radio"/> ¹ Republican ELECTORS FOR Donald J. Trump FOR PRESIDENT JD Vance FOR VICE PRESIDENT	<input type="radio"/> ² Republican Michael D. Sapraicone	<input type="radio"/> ³ Republican Marcus Molinaro	<input type="radio"/> ⁴ Republican Patrick Sheehan	<input type="radio"/> ⁵ Republican Christopher Tague	<input type="radio"/> ⁶ Republican Keith W. Valentine	<input type="radio"/> ⁷ Republican Alexander J. Begley, Jr.	
Conservative C	<input type="radio"/> ¹ Conservative ELECTORS FOR Donald J. Trump FOR PRESIDENT JD Vance FOR VICE PRESIDENT	<input type="radio"/> ² Conservative Michael D. Sapraicone	<input type="radio"/> ³ Conservative Marcus Molinaro	<input type="radio"/> ⁴ Conservative Patrick Sheehan	<input type="radio"/> ⁵ Conservative Christopher Tague	<input type="radio"/> ⁶ Conservative Keith W. Valentine		
Working Families D	<input type="radio"/> ¹ Working Families ELECTORS FOR Kamala D. Harris FOR PRESIDENT Tim Walz FOR VICE PRESIDENT	<input type="radio"/> ² Working Families Kirsten E. Gillibrand	<input type="radio"/> ³ Working Families Josh Riley	<input type="radio"/> ⁴ Working Families Michelle Hinchey	<input type="radio"/> ⁵ Working Families Janet S. Tweed			
LaRouche E		<input type="radio"/> ² LaRouche Diane Sare						
Write-in	Write-in	Write-in	Write-in	Write-in	Write-in	Write-in	Write-in	Write-in

SAMPL

Remember there is an Amendment Proposition to vote on as well.
If you have questions regarding this year's election, including where your polling site is located, contact the Greene County Board of Elections at (518) 719-3550.

COVID HAS NOT GONE AWAY! HOW CAN OLDER ADULTS STAY SAFE?

Even as COVID hospitalization and death rates decline, older adults continue to be the most at risk because of their age. The disease has been far deadlier for older adults than the rest of the population throughout the pandemic, not only in the United States but worldwide. Underlying health conditions like cancer, chronic lung disease, heart disease, weakened immune system, and sickle cell disease continue to add to the already elevated COVID risk levels for older adults.

Here are some tips on staying safe:

1. Get Vaccinated

As of February, 2024, it is recommended that adults age 65 and older get an additional dose for added protection.

2. Wear a good-quality mask:

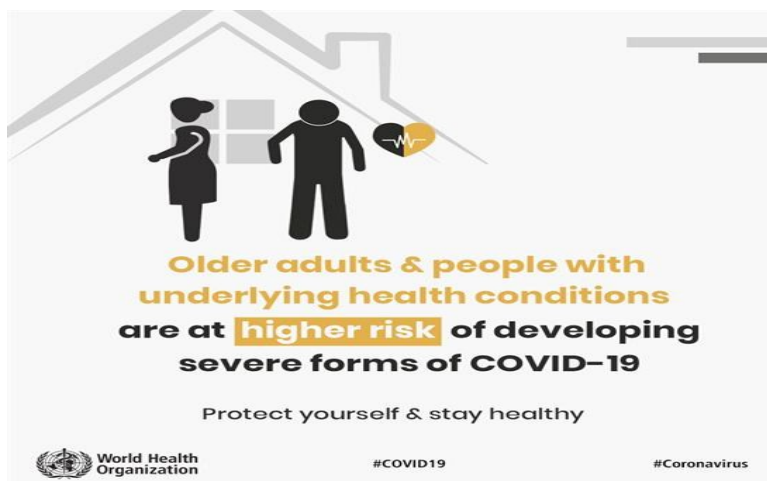
The World Health Organization recommends an N95 mask that fits snugly around your mouth and nose.

3. Wash your hands frequently.

4. Avoid large crowds.

COVID-19 testing can help you know if you have COVID-19 so you can decide what to do next, like getting treatment to reduce your risk of severe illness and taking steps to lower your chances of spreading the virus to others.

Your order of COVID tests is completely free – you won't even pay for shipping. Every U.S. household is eligible to order 4 free at-home tests. Need help placing an order for your at-home tests? Call 1-800-232-0233 (TTY 1-888-720-7489).



GREENE COUNTY DEPARTMENT of HUMAN SERVICES
CONTRIBUTIONS POLICY

For services under the Older Americans Act and in Community Services for the Elderly and Expanded In-Home Services for the Elderly projects which propose contributions, such contributions must be used for costs allowable under applicable regulations and incurred during the budget period that contributions were received. The suggested contributions will not be more than the actual cost of the service. The purpose is to offer participants the opportunity to contribute and to increase the units of services, particularly to those in greatest need. Envelopes are provided to participants that desire to make voluntary and confidential contributions.

Services will not be denied to anyone unable or unwilling to make a contribution.

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

IN-HOME SERVICES: This is discussed with the client by the case manager at the time of assessment. The suggested contribution is \$3.00 per hour.

LEGAL SERVICES: The suggested contribution is \$10.00 per attorney consultation.

NUTRITION:

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

TRANSPORTATION:

- **Shopping Bus:** This door-to-door service is provided directly by the Department. The suggested contribution is \$3.00 per round trip
- **Senior Center Transportation:** The suggested contribution is \$1.00 per 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

3/2020



As the number of seniors grows, so does the need for our vast array of services. The Department of Human Services encourages and appreciates your donations. If you or your family are in a position to do so, please fill out the form below. Please note that one hundred percent of your donation will be used to provide services to Greene County older adults in need. Make checks payable & mail to Greene County Dept. of Human Services, 411 Main Street, Catskill, NY 12414

THANK YOU.

NAME: _____

ADDRESS: _____

I designate \$ _____ donation in memory of _____
in honor of _____

To the following:

- Consultation and Assistance In-home services Legal Services
 Nutrition Program: Meals Nutrition Counseling
 Transportation: Shopping Bus Nutrition van to center
 Homebound Medical Transportation
 Round Table News Where most needed

Thank you for your donations

John A. Conlon
For
Home Delivered Meals





HEALTH & WELLNESS FAIR

NOVEMBER 6TH

10AM-1PM



FREE LUNCH PROVIDED BY



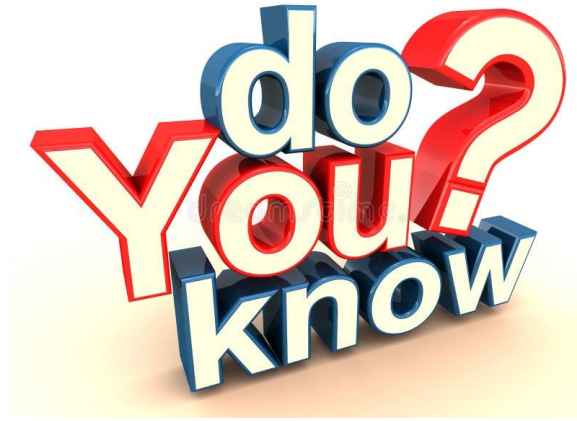
Greene County Rural Health Network
FROM 11:30-1:00

ARRIVE AT 9:45 TO ATTEND OUR FREE AOA CLASS!

Featured Vendors:

- Cairo Library
 - Catskill Valley Chiropractic
 - Elite Massage Therapy
 - Erin Prendergast (Medicare Specialist)
 - Greene County Dept. of Public Health
 - Greene County Women's League
 - Greene Meadows Nursing & Rehab
 - Hearing Boutique
 - Heermance Library
 - Home Sweet Home
 - Greene County Rural Health Network
 - Local Honey
 - Mental Health Association of Columbia Greene
 - Alzheimer's Association
 - Miscellany Greene
- And More!

CDYMCA | 518.731.7529 | www.cdymca.org



. . . 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
- * 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.)

. . . Issues are available via electronic mail. We encourage this! You will receive a full-color version and before it is sent out for distribution. Plus it helps to keep our overhead down.

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

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

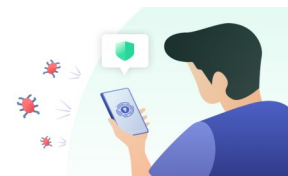
. . . Additionally, you can keep up with information important to senior citizens not only via our Round Table News but on our web site, [Human Services in Greene County | Greene Government](#) or on our Facebook page, www.facebook.com/GCNYHumanServices/

. . . 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.

From the Greene County Youth Bureau

MORE INFORMATION ON PROTECTING YOUR CHILD'S ONLINE ACTIVITY

By Dr. Sal Massa, Greene County Youth Advisory Board



In past months, we have provided information on several topics regarding safely using the internet and social media by way of the articles titled: The Kids Online Safety Act, Safe Practices Using Technology, and Screen Time for Children. Recently, I became aware of a project completed this past summer by a local internet security expert and his teenage daughter that I would like to share with you.

The father-daughter duo, Sean and Emma Atkinson, penned and published *From Both Sides: A Parental Guide to Protecting Your Child's Online Activity*. They came up with 20 different scenarios, including tackling screen time, cyber bullying, privacy concerns, and even inappropriate content.

Parents and children navigating the constant stream of online content now have access to a how-to guide to help better facilitate conversations. The authors say that this publication is meant to provide guidance to parents and children as well as to facilitate conversations regarding online activity. The pages in the guide offer advice and thoughtful ways to open up the conversation about online and social media access and safety. While the constant stream of new online content and social media opportunities may seem like an uphill battle, Sean and Emma are hoping to show what responsible digital citizenship can look like.

Their manual can be accessed at: <https://www.cisecurity.org/insights/white-papers/from-both-sides-a-parental-guide-to-protecting-your-childs-online-activity> and is made available by the Center for Internet Security, East Greenbush, NY.

In case you haven't heard: Instagram is changing the default privacy settings for many U.S. teenagers, as part of an effort to keep them safer and give parents more control over how their kids interact online. The restrictions for those under 16 can be relaxed if a parent provides permission via their own Instagram account.

The new settings will make teen accounts private by default, limit who those users can send private messages to, and put teens in the "most restrictive" tier when it comes to viewing sensitive content. That means the app will block teens from seeing sensitive photos and videos, including posts that show people fighting or certain cosmetic procedures.

On Tuesday 9/17 24, the company said that these more restrictive settings will be turned on automatically for all Instagram users under 18 years of age, though 16 and 17 year-olds can change them on their own. If a younger teen tries to evade the new restrictions by changing their birthday on the service, Meta said it will use artificial intelligence technology to try to "proactively find these teens and place them" into more restrictive accounts.

01

Dangers of sharing personal information online

Scenario

Emily, a curious 12-year-old, enjoys exploring social media and gaming forums. One day, she befriends Jake, a fellow gamer, in an online forum. They often discuss games, and Emily feels she's found a kindred spirit. Excitedly, she shares her gaming experiences, school stories, and favorite hangouts. Gradually, Jake inquires about more personal details like her school's location and, eventually, her home address, promising to send her a game she's been longing for. Trusting and unaware of the risks, Emily shares her address.

Advice

- Never share personal details like your address or phone number with someone you meet online.
- Remember that people online might not be who they say they are.
- Tell a parent or trusted adult if someone asks for your personal information.

A week later, Emily's parents receive a suspicious package addressed to her. Concerned, they ask Emily about it, and she excitedly explains about her new online friend, Jake. Alarmed, her parents explain the dangers of sharing personal information online. Emily realizes her mistake and feels scared, realizing Jake might not be who he claimed to be.

Parental Advice

- 1 **Open Dialogue:** Regularly talk to your child about their online activities and friends.
- 2 **Educate on Risks:** Explain the dangers of sharing personal information online, including addresses, phone numbers, and school details.
- 3 **Supervise Online Interactions:** Monitor who your child interacts with online and discuss any new contacts.
- 4 **Privacy Settings:** Ensure social media and gaming profiles are private.
- 5 **Roleplay Scenarios:** Use hypothetical situations to teach your child how to respond to requests for personal information.
- 6 **Teach Critical Thinking:** Encourage your child to question online friends' intentions and verify their authenticity.
- 7 **Report Suspicious Behavior:** Instruct children to report any unusual or uncomfortable online interactions to you immediately.
- 8 **Regular Check-ins:** Check your child's devices and online accounts for unusual activity.
- 9 **Use Parental Controls:** Implement parental control software to monitor and restrict communications with unknown individuals.



The above content is reproduced with permission from CIS and that the guide is available at <https://www.cisecurity.org/insights/white-papers/from-both-sides-a-parental-guide-to-protecting-your-childs-online-activity>

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: Jeanne Townley

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

RIVERTOWN SENIORS DO T-SHIRT BLEACHING

Everyone knows about tie-dyeing shirts . . . but do you know how to bleach a shirt? On October 8, a group of seniors at the Rivertown Senior Center in Athens took the time to learn how to do while creating some great shirts. It was a fun time for all.

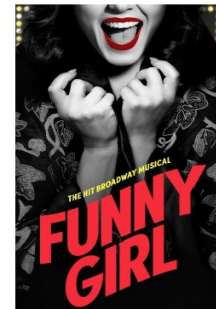


GREENVILLE SENIOR CLUB INSTALLS OFFICERS

On Wednesday, October 2, 2024, DHS Deputy Director, Tami Bone, installed the newly elected officers for the Greenville Golden Age Club. Seen in photo are: Ursula Schuler, Sunshine Club; Deputy Director Bone; Betty Madrian, Vice President; Richard Ceasar, Chaplain; Jeannie Townley, President; Fran Sickles, Secretary; Sonia Greiner, Treasurer, and Beverly Myers, Past President.



WAJPL GOLDEN AGE CLUB BUS TRIP TO PROCTORS



Thursday April 3, 2025

Brunch at  Cracker Barrel
OLD COUNTRY STORE

\$70 (Brunch cost is your own)

RESERVATIONS:
MARY LOUISE @518 622-3397
Or VICKY 518 734-4164

MAIL PAYMENT TO:
WAJPL GOLDEN AGE CLUB - PO BOX 96 - HENSONVILLE NY 12439

GREENE COUNTY DEPARTMENT of HUMAN SERVICES

411 Main Street, Catskill, NY 12414

(518) 719-3555

aging@greenecountyny.gov



INTERIM EXECUTIVE DIRECTOR: KIM KAPLAN
DEPUTY DIRECTOR: TAMI BONE

BUSINESS MANAGER Tanya Skinner
SENIOR CASE MANAGER Danielle Kane
NUTRITION COORDINATOR Tezera Pulice

CASE MANAGERS/WORKERS: **AGING:** Brooke Bergeron Christine Jackson
Christopher Lewoc

YOUTH: Carrie Wallace Laura Anderson

OFFICE MANAGER Maureen Murphy

JUNIOR ACCOUNTANT James Murphy

AMERICORPS SENIORS VOLUNTEER COORDINATOR: Ruth Pforte

AGING SERVICES SPECIALIST/NY CONNECTS: 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.