



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

DECEMBER 2024



NOMINATIONS OPEN **for 2025** **GREENE COUNTY** **SENIOR CITIZEN AWARDS**

The Advisory Council to the Greene County Department for the Aging (Human Services), announces that nominations are being accepted for the Greene County Senior Citizen Awards. The two awards, presented annually, are Senior Citizen of the Year and Outstanding Contribution by a Senior Citizen. The purpose of the awards is to recognize the outstanding achievements of senior citizens who have volunteered their time and energy to help other people, their communities, and/or special projects. The dedication of these volunteers help to make Greene County a better place for all of us. The individuals chosen on the county level will then represent Greene County for recognition for New York State awards. The New York State Office for the Aging (NYSOFA) celebrates Older New Yorkers' Day by recognizing the many volunteers from across the state who demonstrate their extraordinary value every day to their family, friends, and community.

Any Greene County resident, age 60 or older, can be nominated for these awards. Achievements must be voluntary in nature; performed in Greene County and not part of paid employment. Past award winners may be nominated only if seven or more years have passed since last recognized.

If you know someone who deserves this recognition, contact the Greene County Department of Human Services at (518) 719-3555 for an official nomination form. Incomplete forms will not be considered as eligible. Any inquiries for further information may also be directed to the department.

Deadline for entries is Friday, January 31, 2025.

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, bring a smile to their faces and fulfill a need. Monetary donations will be placed in the department's Senior Angel Program 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"*

_____ *I would like the donation to read:*

In Memory/Honor of: _____

from _____

*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



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.

All sale proceeds benefit
Greene County Senior Angel Program.



For Your Donations to the Senior Angel Program

Clesson and Jean Bush

Jane Dardani

Margaret Donahue

Tom and Condy Grunstra

Joyce June

Martinez Auto Body Shop

Janet Oakes

Sheila Powell

Judith Rundell

Pat Schneider

Shook Insurance Agency

James & Delores Tibbetts

Joyce, Rose and Sherry Verdaasdonk

Diane Capobianco

Todd and Valerie Davis

Toomas & Linda Gentalen

Heart of Catskill Association

Nancy Kilmer

Dennis and Kathleen Meehan

William and Karen Ormerod

Margaret Robinson

P. Schneider & Associates

Santra Schwartz

Dede Terns-Thorpe

Dorothy True

In Honor Of

Margaret Leavy from Michael and Marilyn Rausch

The kind volunteers who deliver meals to our Great-Grandmother

from Olive and Millie, David and Christine Gerrain

In Memory Of

Karen Sprague Johnson & Linda Johnson from Eric Johnson

Harry and Theresa Van Wormer (Anonymous)



UNDERSTANDING ALZHEIMER'S AND DEMENTIA

A presentation by Meagan DeMento, NENY Alzheimer's Association



- | | |
|---|--|
| Tuesday, December 3
Coxsackie Senior Nutrition site | 11:30 a.m.
518-731-8901 |
| Wednesday, December 4
Acra Senior Nutrition site | 11:30 a.m.
518-622-9898 |
| Monday, December 10
Rivertown Senior Center, Athens | 11:30 a.m.
518-945-2700 |
| Thursday, December 12
Catskill Senior Nutrition site | 11:30 a.m.
518-943-1343 |



*If you would like to stay for lunch after the presentation,
please call the appropriate center at least a day
in advance to reserve.*

alzheimer's
association



HOMEBOUND MEDICAL TRANSPORTATION:

Needed to provide transportation for seniors to medical appointments.

HOMEBOUND MEAL DELIVERY

Needed to deliver noon-time meals to homebound seniors.

**If you would be interested in volunteering,
please contact Ruth Pforte
(518) 719-3555
or rpforte@greenecountyny.gov**



ED BLOOMER

Ed Bloomer, of Athens, is a lifelong Greene County resident, having retired from Metro North, and he has been a volunteer with the Department for over 25 years. Through his volunteer work in various capacities, he has touched many lives in the community. Ed delivers meals to senior clients, as well as providing medical transportation. He is always willing to help out when DHS is in a pinch for a volunteer. In addition to DHS, Ed volunteers with Literacy Volunteers of America, the Hudson-Athens Lighthouse, and the Athens Cultural Arts Center. He enjoys educating the public about his hometown of Athens' history and culture. He volunteers with the Greene County YMCA and the Cossackie-Athens Rotary Club. In 2017, Ed was the recipient of the Outstanding Contribution by a Senior Citizen award in Greene County, and represents the Town of Athens on the Aging Advisory Board. He has devoted much of his life helping others and is a devoted & appreciated volunteer.

Do you know a community volunteer who deserves to be in our "Volunteer Spotlight"? Send a photo & brief bio to: mmurphy@greencountyny.gov We plan to run as a monthly feature.



*39 Second Street
Athens, NY*

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.



Let the
\$hopping
Begin!



CHECK OUT OUR HOLIDAY ITEMS!

TOWN OF ATHENS VICTORIAN STROLL SAT. DEC. 14 1PM - 5PM

THE CENTER IS A PASSPORT STOP

STOP IN THE THRIFT SHOP & FIND BARGAINS GALORE

DID YOU KNOW
THE DEPT. OF HUMAN SERVICES
PROVIDES TRANSPORTATION
TO ELIGIBLE SENIORS?

HOMEBOUND MEDICAL TRANSPORTATION



The Department of Human Services provides Medical Transportation, courtesy of a volunteer driver, to Greene County residents age 60 or older who do not have any other available options for transportation to medical appointments. This service is available to medical facilities located in Greene County, as well as

Albany, Columbia, Delaware, Dutchess, Rensselaer, Schoharie and Ulster. **Appointments must be scheduled for Monday - Friday, normal business hours and clients must schedule with our office at least two weeks prior to the appointment.** We are unable to transport clients covered by Medicaid.

If covered by Medicaid & in need of transportation to a medical appointment, please call 855-360-3545.

NUTRITION TRANSPORTATION

Our Department chauffeur will transport seniors, without a means of personal transportation, to a Nutrition site to enjoy the noontime meal. This service is only available to seniors who reside within specific Catskill/Athens areas



GREENE COUNTY TRANSIT

Greene County Transit, (GCT), offers safe, affordable, reliable public transportation services throughout Greene County. GCT is very pleased to be able to provide daily service, Monday through Friday, to Athens, Cairo, Catskill, Coxsackie, Greenville, Palenville, as well as weekly service to the areas of Hunter/Tannersville and Windham.

County residents who are 60 years or older can register to ride GCT, at no cost. To register for a senior coupon book: Contact the Greene County Department of Human Services at 518-719-3555 **Or** ride the bus, paying for the fare, and ask the driver for a registration form. You can either return the completed form to the driver or return directly to Greene County Department of Human Services. For further information, call GCT at 518-943-3625.

DHS 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 then have lunch at a local Senior Center before returning home. Advanced notice, of at least one day, to bus driver is required. Routes are as follows:

MONDAY: Mountaintop
(Prattsville, Ashland, Windham, Jewett, Halcott, Lexington & Hunter)

TUESDAY: Greenville/Durham/Cairo/Leeds

WEDNESDAY: 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 senior service centers because of hazardous driving conditions. When we close the centers, we also cancel transportation services for the day.

FOR FURTHER INFORMATION: CALL 518-719-3568

HOLIDAY SHOPPING TRIP TO COLONIE CENTER THURSDAY, DECEMBER 19

\$10 Per person

Payment due at time of departure/boarding. No exceptions.

Call 518-719-3568 to reserve a seat.
Reservations must be made no later
than 4:30 p.m. December 13

Each person is required to make their own reservation.



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

Ashley Wixon
Cook

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

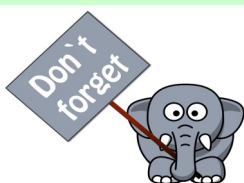
JEWETT

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
2 TURKEY BURGER W/ Peppers & Onions AU GRATIN POTATOES BROCCOLI MANDARIN ORANGES	3 CHICKEN DIVAN CALIFORNIA VEGETABLE MEDLEY WHITE RICE PEARS	4 SHRIMP SCAMPI TOMATOES & ZUCCHINI SPINACH LINGUINI LEMON MOUSSE	5 MEATLOAF w/ Gravy MIXED VEGETABLES BAKED POTATO FRESH FRUIT	6 MEATBALL SUB ITALIAN MIXED VEGETABLES ITALIAN PASTA SALAD FRESH FRUIT
9 BEEF CHILI BROCCOLI BROWN RICE TROPICAL FRUIT	10 CHICKEN PARMESAN ITALIAN MIXED VEGETABLES SPINACH ROTINI MANDARIN ORANGES	11 STUFFED PEPPERS TUSCAN VEGETABLES WHITE RICE PINEAPPLE DELIGHT	12 ROAST PORK w/ Gravy APPLESAUCE MASHED POTATOES GREEN BEANS BANANA BREAD	13 CHEF 'S CHOICE
16 CHICKEN DIJON MONACO VEGETABLE MIX MASHED POTATOES FRUIT COCKTAIL	17 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES TROPICAL FRUIT	18 HOTDOG w/ Sauerkraut BAKED BEANS CARROTS PB SWIRL BROWNIE	19 CHRISTMAS HOLIDAY DINNER  CHEESE & CRACKERS BAKED HAM w/ Chutney SWEET POTATO CAULIFLOWER AU GRATIN CHEESECAKE w/ Cherry Topping	20 FISH FLORENTINE ITALIAN MIXED VEGETABLES RICE PILAF FRESH FRUIT
23 BAKED CHICKEN w/ GRAVY MASHED POTATOES BROCCOLI BUTTERSCOTCH PUDDING	24 TORTELLINI W/ SAUSAGE SPINACH CARROTS PEACHES	25 DEPARTMENT CLOSED NO MEALS  <i>MERRY CHRISTMAS</i>	26  NEW YEARS EVE DINNER CRAB CAKE w/ Lemon Aioli RICE CHOCOLATE SILK PIE	27 EGGPLANT ROLLATINI ITALIAN GREEN BEANS PENNE FRESH FRUIT
30 BBQ CHICKEN THIGHS GREEN BEANS SWEET POTATO COLESLAW APPLESAUCE	31 CRAB STUFFED COD WINTER MIXED VEGETABLES RICE PILAF FRUIT COCKTAIL	DECEMBER  <small>phillipmartin.info</small>		

Halloween Fun at Rivertown Senior Center

Cupcake Decorating



Bingo



Pumpkin Decorating



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

Sponsored by Greene County Department of Human Services

WEDNESDAY DECEMBER 4
RIVERTOWN SENIOR CENTER, ATHENS 945-2700

THURSDAY DECEMBER 12
JEWETT SENIOR NUTRITION SITE 263-4392

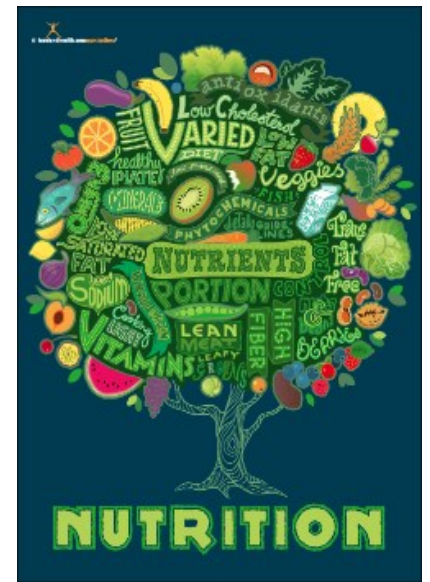
WEDNESDAY DECEMBER 18
CATSKILL SENIOR NUTRITION SITE 943-1343

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.***



HALLOWEEN - NOT JUST FOR LITTLE KIDS BUT THOSE YOUNG AT HEART TOO!



DECEMBER NUTRITION NOTES

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



Unfortunately, many struggle with weight gain during the holiday season and end up setting new year goals to lose weight or follow some type of fad diet to shed those extra pounds. It is human nature to love food and associate it with gatherings, family, love, joy and especially the holidays. It can be difficult to control intake when there are more snacks around, increased social gatherings, and seemingly endless tempting food options. Reminder: a specific holiday is just *one* day. A day to eat mindfully and enjoy some of our favorite dishes. The problem arises when indulgences persist through the entire 6-week season.



There are keyways to prepare when attending parties, family gatherings, and other social events to avoid mindless eating and excessive extra calories. A good code phrase is “scan and plan”. Most of us know the fan favorites at family celebrations, menus at our favorite restaurants, or offerings at a special holiday party. Consider what you will choose and what you will limit by planning ahead. Before approaching a buffet with endless choices, scan all the options prior to building your plate. This will enable you to decide what you really want. Take small portions of higher calorie foods, and larger portions of lean proteins and fibrous vegetables. If a nutritious dish won't be available, plan for this and bring a main/side item. Appetizers galore? Use a small plate to snag a few favorites and walk away from the masses to enjoy. Mindlessness starts to happen when there is no planned intention.

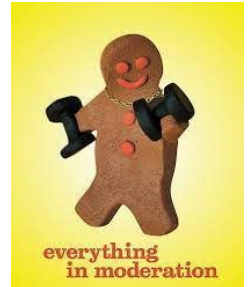


Another way to support weight maintenance is to increase calories burned from physical activity. Of course, the colder weather means less outdoor activity. Make a weekly goal and stick to it. This could include an outdoor walk in a safe setting with no icy spots, an indoor walking video or resistance exercise band video (all accessible online/YouTube for free), an indoor chore or project, stretching, or a low impact swim inside if available.



Lastly, make other activities a priority that are not related to food. It can seem that everything is associated with food during the holidays. Do a puzzle with a holiday theme, decorate with a friend, tackle a do-it-yourself holiday craft. In addition, try and manage stress with coping tools that aren't food. The holidays are joyful but also can be quite a stressful time for many.

This year, set some intentions for weight management. This includes adopting behaviors and lifestyle changes to better maintain your weight. Working with a dietitian to provide expertise when modifying your diet/habits is recommended and often underutilized. If you have specific questions or need nutrition counseling, please contact the main office at (518) 719-3555 for a referral to speak to the dietitian.



Wishing you all a happy, healthy holiday season!



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 Nicole can respond via telephone to provide more information and answer any dietary questions.



ATTENTION U. S. VETERANS AND CURRENT MILITARY PERSONNEL

December Upcoming Events in Greene County



Tuesday, December 3	7pm	Patriot Pen Ceremony - Windham VFW
Wednesday, December 4	7pm	Tannersville Legion meeting
Thursday, December 5	7pm 7pm	Catskill AL meeting @ Elks Lodge Greenville AL meeting
Friday, December 6	4:30 - 7pm 7:30pm	Greenville AL Spaghetti Dinner Irish Music @ Athens AL
Saturday, December 7	11am 2pm	Pearl Harbor Ceremony, Athens Pearl Harbor Ceremony, Greenville
Tuesday, December 10	7pm	Cairo AL meeting
Wednesday, December 11	7pm 7pm	Athens AL Meeting Windham AL meeting
Saturday, December 14	12pm	Wreaths Across America Town of Catskill cemetery
	12 - 4:30pm	Holiday Fair sponsored by Athens AL
Wednesday December 18	7pm 7pm	New Baltimore AL meeting Marine Corps League Meeting @ East Durham Firehouse
Saturday, December 21	11am	Catskill VFW meeting



ONE MISSION. ONE FIGHT.
VET2VET OF
GREENE COUNTY



HVNCVR
THE HUDSON VALLEY
NATIONAL CENTER FOR
VETERAN REINTEGRATION

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@hvncvr.org



HVNCVR
THE HUDSON VALLEY
NATIONAL CENTER FOR
VETERAN REINTEGRATION

ONE MISSION. ONE FIGHT.

VET2VET OF
GREENE COUNTY



VETERAN

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@hvncvr.org



HVNCVR
THE HUDSON VALLEY
NATIONAL CENTER FOR
VETERAN REINTEGRATION

ONE MISSION. ONE FIGHT.
VET2VET OF
GREENE COUNTY



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@hvncvr.org

VET2VET OF GREENE COUNTY

PAINT YOUR 'VET' PARTY
WITH
The Art Hub

DECEMBER 11TH 5PM-8PM

@
RED ROOSTER BAR AND GRILL
CAIRO NY 12413

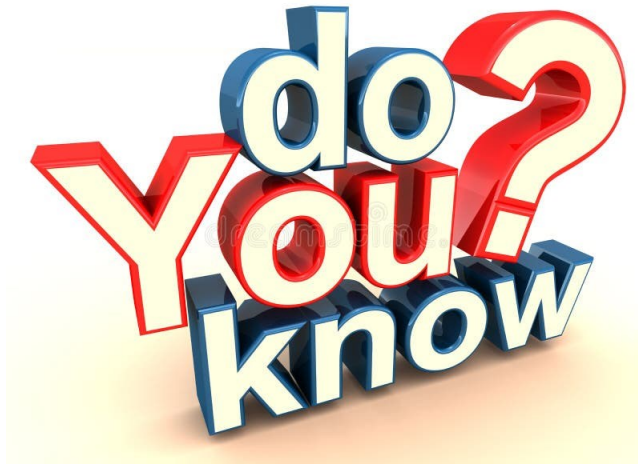
FOOD AND REFRESHMENTS TO BE PROVIDED WITH A CASH BAR OPTION

PLEASE RSVP BY **DEC 1ST** WITH YOUR PHOTO OF YOUR VETERAN TO:
arin.vandemark@hvncvr.org

FOR THOSE WHO DON'T WANT TO PAINT A PORTRAIT THERE WILL BE A FLAG OPTION AVAILABLE JUST LET US KNOW.

FREE FOR VETERANS AND THEIR FAMILIES

WANT MORE INFORMATION CALL 518-719-0020



. . . 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.)

. . . Issues are available via electronic mail. 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.



Medicare open enrollment – also known as the annual election period (AEP) or annual coordinated election period – refers to an enrollment window that takes place each fall, during which Medicare plan enrollees can reevaluate their existing Medicare coverage — whether it’s Original Medicare with supplemental drug coverage, or Medicare Advantage — and make changes if they want to do so.

But this period will end soon! Open enrollment starts October 15 and continues through December 7 each year.

So if you are considering any changes to your Medicare plan, do not delay. Contact our office for assistance.



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

HELPING HANDS PROGRAM

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

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

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



Note: Large jobs requiring a contractor are not eligible (i.e.: new roof, deck or fencing)



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, HIICAP, help with public benefit applications, etc.

The suggested level 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 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*).

TRANSPORTATION:

- **Shopping Bus:** This door-to-door service is provided directly by the Department. The suggested level 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

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

Generosity

changes everything

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 SUPPORT and GENEROSITY



**Arlene Ingalls
In Memory of
Patricia Kellie
To our Nutrition Program**

News from the Greene County Youth Bureau

On behalf of the Greene County Department of Human Services, we are reaching out to you for input on potential youth, school and community representation on **The Greene County Youth Advisory Board**. This is an excellent opportunity for individuals seeking to make an impact on the youth of Greene County.

The Board is a policy making Board that is responsible for the direction of the Greene County Youth Bureau. Members help develop policies and procedures that guide the Greene County Youth Bureau in providing opportunities that improve the lives of the families and youth in Greene County. The Board makes recommendations on funding local youth programs, presents youth recognition awards and serves on the Greene County Youth Fair.

Members are professionals, community members, service providers and youth, ages 16 – 21. We are currently recruiting to fill positions in all aspects and believe the input from all sources is critical to the success of the Advisory Board.

The Board meets six times a year, (2025 schedule below) for roughly 60 - 90 minutes. Board members attend in person at the Greene County Office Building, Staff Training Room, 2nd floor or can join the meeting via Zoom.

Youth Advisory Meeting Schedule for 2025	
Wednesday, April 9, 2025	5:30 p.m.
Wednesday, May 14, 2025	5:30 p.m.
Wednesday, June 11, 2025	5:30 p.m.
Wednesday, September 10, 2025	5:30 p.m.
Wednesday, October 8, 2025	5:30 p.m.
Wednesday, November 12, 2025	5:30 p.m.

Serving on the Board not only gives the schools, community members and youth a voice in their community, but also provides experience in leadership, communication, the value of community service along with an understanding of workings of local government & community.

We are asking your assistance in reaching individuals who may be interested in learning more about the opportunity to serve. Please share this letter with the contact information - we will be happy to connect with anyone who is interested in learning more about serving. Official appointment to the Advisory Board is made by the Greene County Legislature. Thank you.

For more information regarding the Youth Advisory Board, please contact:

Katy Drake Kathleen.drake@gmail.com (518) 965-1421

For an application to serve on the Youth Advisory Board, please contact:

Maureen Murphy mmurphy@greencountyny.gov or (518) 719-3555



**SPONSORED BY
GREENE COUNTY AMERICAN LEGION**

**OPEN TO ALL GREENE COUNTY STUDENTS
IN GRADES 7 – 12**

**THEME:
“WHAT MEMORIAL DAY
MEANS TO ME”**

300 words or less



*Must include cover sheet with Name,
School attends & Grade*
(* School will be notified of winner)*

**Mail, postmarked by May 2, 2025, to:
G.C.A.L. Essay Contest
P. O. Box 21
Athens NY 12015**

**Winning prize keeps going up thanks to the
generosity of individuals & companies involved.**

STAY SAFE THIS HOLIDAY SEASON



From: <https://health.choc.org/keeping-kids-and-teens-safe-this-holiday-season/>

For many families, the holiday season can be one of the busiest times of the year. While filled with many fun family activities, there are some hazards unique to the holidays. Keeping the following safety tips in mind can help ensure your family stays safe while partaking in all the fun and festive experiences the season has to offer.

Practice fire safety

- Real trees become a fire hazard if not watered regularly. Artificial trees should be flame-resistant. Trees should not be placed near a heat source.
- Keep candles away from anything flammable, and store matches and lighters out of reach of children. Lit candles should be placed at least 12 inches away from anything that can burn. Make sure to blow out candles out when you leave the room or before you go to sleep.
- If you are using your fireplace, remove any nearby decorations. It's common to hang up your stockings on the fireplace, which is fine, but just remove them when you plan to use it.
- Don't ever throw wrapping paper in a fire – it can be dangerous due to the chemicals in the wrapping paper.
- Check your smoke alarms. Make sure there is a working smoke alarm on every level of your home, inside bedrooms and near sleeping areas.

Decorate with safety in mind

- Move breakable ornaments with metal hooks to the top of the tree. This leaves room for you to invite your young kids to decorate the bottom of the tree with non-breakable ornaments.
- Be mindful of pretty but poisonous holiday plants like mistletoe and holly – keep them out of reach of children. Poinsettias can upset little one's tummies or cause rashes if consumed. Keep the phone number for Poison Control (1-800-222-1222) in your contacts or visible on the fridge.
- Purchase only strands of lights that have a "UL Listed" mark. UL stands for Underwriters Laboratories Inc., the most relied-on global source for determining the safety standards of products.
- Make sure to inspect your lights for frayed cords or broken bulbs before putting them up, and don't connect more than three strands of lights to one extension cord. Turn off decorative lights before leaving your home or going to sleep.

Safe toys are the best toys

- Check age-appropriate toys for small parts such as button batteries or other choking hazards like strings or small parts before gifting to small children.
- When gifting a wheel-based gift (bike, scooter or skateboard), make sure a properly fitting helmet and safety pads are part of the gift as well.
- Stay up to date on child-related product recalls. Safe Kids Worldwide sends bimonthly email alerts with children's product recalls.

Food and kitchen safety

- Wash hands before, during and after food preparation.
- Cook on the back burner to prevent burns.
- Keep baking ingredients out of reach of kids. Yummy-smelling extracts like vanilla or almond extracts are poisonous if consumed by kids.
- Keep alcohol out of reach of children.
- Create a kid-free zone. Teach young children to stay at least three feet away from cooking surfaces.
- Traveling tips
- Children over age 2 must have their own seat on an airplane.
- Bring your own car seat whenever possible.
- Remember the home you are visiting may not be child-proof, so keep an eye on cabinets, unattended purses, stairways and furniture near windows.

Holiday-time safety reminders for kids and teens

- No playing with matches or lighters! Enjoy candles and fires from a safe distance.
- Be careful with ornaments or decorations that are glass or have sharp edges. If one breaks, don't move! Avoid stepping on broken glass. Let your parent know so they can clean it up safely.
- If you are a teen who drives, drive slowly during the holiday season. Watch for traffic and weather hazards.
- Know where emergency numbers are and how to use them. If something feels off or there's an emergency, let an adult know right away.

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 Wednesday, 1:30 p.m.

Acra Community Center

President Pat Asaro, 518-821-6508

CATSKILL:

CATSKILL SILVER LININGS

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

Robert C. Antonelli Senior Center

President Sheila Pedersen, 518-719-5361

COXSACKIE:

COXSACKIE AREA SENIORS

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

President Dawn Smith, 518-857-4780

GREENVILLE

GREENVILLE GOLDEN YEARS

1st monthly Wednesday, 1:00 p.m.

American Legion Hall

MOUNTAIN-TOP:

MOUNTAIN TOP GOLDEN AGERS

4th monthly Thursday, 1:30 p.m.

Tannersville Fire Hall

Contact person:

President Margaret Robinson

518-589-4091

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

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

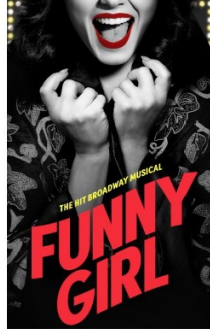
Windham Town Building

Contact person:

President Lula Anderson

518-734-5360

WAJPL GOLDEN AGE CLUB
BUS TRIP TO PROCTORS



Thursday April 3, 2025

Brunch at 

\$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

As the year draws to a close, we would like to wish all our clients and their families a very Happy Hanukkah, blessed Merry Christmas, or a peaceful Winter Solstice.

May 2025 bring you health, happiness and peace. Remember we are here to serve you if the need arises.



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

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.