



# Greene County Round Table News

Published by Greene County Department of Human Services since 1976

JANUARY 2025



Greene County Department of Human Services has many exciting changes to the department, including organizational restructuring adding the Veterans Service Agency under the Human Services umbrella. In addition, we'd like to welcome our new Executive Director, Amanda Lyons. Amanda comes to the Department with many years of experience and knowledge from her previous role as the Deputy Director of Greene County Mental Health. In addition, we would like to welcome the new Veteran Services Director, Tyler Lynch. Greene County Veterans Services is looking forward to the new changes to come. Finally, we would like to extend a heartfelt thank you to Kim Kaplan for stepping in & serving as interim Executive Director during the transition.



## 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 annual awards, are **Senior Citizen of the Year** and **Outstanding Contribution by a Senior Citizen**. The awards are to recognize the outstanding achievements of senior citizens who have volunteered their time and energy to help other people, their communities, and/or to 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 represent Greene County at New York State Office for the Aging's (NYSOFA) annual Older New Yorkers Day Luncheon in Albany.

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 January 31, 2025.**



## *For Your Donations to the Senior Angel Program*

*Nancy Allen                      Athens Senior Citizens Club                      Albin & Vicky Beckmann  
Clesson and Jean Bush                      Diane & Joseph Capobianco  
Catskill BPOE                      Catskill Regional Women's Club  
Catskill Silver Linings Club                      Cossackie-Athens Rotary Club  
Alfred & Jane Dardani                      Todd and Valerie Davis                      Emily DiSalvo  
Margaret Donahue                      Toomas & Linda Gentalen                      Tom and Cindy Grunstra  
Heart of Catskill Assoc.                      Peggy Hester                      Sharon Hillman  
Daniel & Kathleen Joyce                      Joyce June                      Nancy Kilmer  
Dena & Robert Lawrence                      Marie Leslie                      Robert & Elizabeth Mahon  
Louise Marsilio                      Martinez Auto Body Shop                      Dennis & Kathleen Meehan  
Patrice Miller                      Janet Oakes                      William and Karen Ormerod  
Amelia Osborn                      Pauline Palmateer                      Carol Palmer  
Sheila Powell                      Margaret Robinson                      Judith Rundell  
P. Schneider & Associates                      Santa Schwartz                      Senior Citizens of Cossackie  
Shook Insurance Agency                      George & Linda Stacey                      Dede Terns-Thorpe  
James & Delores Tibbetts                      Debbi Traficante                      Dorothy True  
Patti Vaughn                      Joyce, Rose and Sherry Verdaasdonk  
Walenta & Co. Ins. Agency                      WASPL Golden Age Club  
Windham Hensonville United Methodist Women                      Ruthmary Woodworth  
Carol Yaas*



### *In Honor Of*

*Margaret Leavy from Michael and Marilyn Rausch  
Ollie & Millie, the kind volunteers who deliver meals to our  
Great-Grandmother from David and Christine Gervain  
All Veterans from Tom & Joy Andreassen*

*In Memory Of*

*Helen and Brian Golden from Richard Golden  
Regina Davis & Marcella Halligan from Eric Maurer  
Karen Sprague Johnson & Linda Johnson from Eric Johnson  
Anna Rossmann (Anonymous)  
Nancy Truesdell & Bobby Weiss from De-De Thorpe  
Harry and Theresa Van Wormer from Teri VanWormer  
Rose & Chet VanZandt from Darlene & Al Ramm*



Thank you to the area senior citizens' clubs for their generous donations to the Senior Angel Program.



Seen in photos presenting checks are Senior Citizens of Cossackie President Dawn Smith (left), and Athens Senior Citizens President Al Ramm, (right) to Deputy Director, Tami Bone.



**Thank you to our donors for making moments like this happen:**



Home Sweet Home, Catskill



The Pines, Catskill Resident Council



The Eliot, Catskill



Home Sweet Home, Athens

Greene Meadows, Catskill





# Volunteer Services

Americans 55+ have a lifetime of experience to share and the desire to make a real difference in their world. Now they are ready to put their unique talents and expertise to work in their communities and enrich their own lives in the process. AmeriCorps Seniors can help them connect with others that need them the most.

Senior volunteers make a contribution that aligns with their talents, interests and availability. Some serve in teams while others go it alone. Everyone has unique gifts to share and our volunteers make significant contributions by putting their best talents to work. The high number of senior volunteers and their level of commitment make them an essential resource in meeting critical community needs.

AmeriCorps Seniors volunteers can choose how, where, and when they want to serve, with time commitments starting from as little as an hour a week. As a volunteer, you will receive pre-service orientation and training from your volunteer station. AmeriCorps Seniors volunteers are not paid any wage or stipend, but can be reimbursed for mileage expenses incurred.

When you volunteer, you're not just helping others - you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies have shown that volunteering helps you live longer and promotes a positive outlook on life. Research suggests that volunteering is particularly beneficial to the health of older adults serving 100 hours annually. It also suggests that volunteering leads to lower rates of depression in individuals 65 and older. Helping others makes people healthier and happier. Of course, please note, we welcome volunteers of any age!

Through the Department of Human Services, AmeriCorps Seniors offers the following volunteer opportunities :

**Homebound Meal Delivery**

**Homebound Transportation Driver**

**Congregate Meal Site Volunteer**

**Telephone Reassurance**

**Rivertown Thrift Shop**

**Crafters' Groups**

**Greene County Youth Bureau**

We also have numerous volunteer opportunities with other agencies in the community.

The Department of Human Services sponsors the county's AmeriCorps Seniors and is always looking for new volunteers. Giving of your time to help others is extremely satisfying. Volunteers play a vital role in area communities by contributing their talents and experience.

If you think are interested in becoming a volunteer, take the next step. You can find our registration application on the department's web site under Volunteer Services/Forms. Please complete it & return to our mailing address or email address. Once we have received your application, it will be reviewed and a background check will be completed. You will then be notified of the decision to accept you as a volunteer for the Greene County Department of Human Services, AmeriCorps Seniors.

# ***ARE YOU LOOKING FOR A WAY TO MAKE A DIFFERENCE?***

**BE THE  
CHANGE**  
**VOLUNTEER &  
MAKE THE DIFFERENCE**



## **VOLUNTEER DRIVERS NEEDED**

**The Greene County Department of Human Services is always looking for volunteer drivers to assist Homebound Senior Citizens. How can you help?**

**Deliver meals – We have numerous location routes to offer:**

Towns of Athens; Cairo; Catskill; Coxsackie; Greenville; Hunter; Lexington, and Windham

**Medical Transportation** – For appointments located in Greene County, as well as in the neighboring counties of Albany, Columbia, Delaware, Dutchess, Rensselaer, Schoharie and Ulster.

**You can tell us what days, times and location where you would be available and we will schedule appropriately. You can even receive a tax exempt mileage reimbursement at the current IRS rate per mile!**

**INTERESTED? WANT MORE INFORMATION?**

**Contact Ruth Pforte (518) 719-3555**

**AmeriCorps Seniors Volunteer Coordinator**



*39 Second Street  
Athens, NY*



To all our customers - past, present and future:

Thank you for shopping at the Rivertown Thrift Shop during 2024.

Looking forward to seeing all your wonderful, smiling faces in 2025.

Remember to like and follow our Facebook page to see upcoming bargains

Happy New Year from all the volunteers at the Athens Rivertown Thrift Shop.

**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.

*Note: We accept donations, including children's clothing, during business hours only.  
We do not accept medical supplies, electronics, glassware, single dishes or books.*

YUMMY, YUMMY, I'VE GOT TURKEY IN MY TUMMY!

In November, the Nutrition Dept. served a delicious Thanksgiving dinner at all the Senior Nutrition sites.

The **Coxsackie Senior Club** hosted 15 games of Bingo after lunch at the Coxsackie Senior Center.



# JANUARY BINGO



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

January 3 - January 9\* - January 14 - January 24 - January 30  
Games begin at 12:30 p.m.

*\* Special Guest Caller: Kimberly Conlin  
Director of Admissions & Community Relations at the Eliot of Catskill  
Special prizes & goodies*

*If you wish to attend, please call Roxanne at (518) 945-2700  
Please feel free to come & join the crowd for lunch by registering at least a day in advance*





# NUTRITION NOTES

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



One of the most frequent questions asked when I reveal my profession is “What nuts are *good*”? Different varieties contain varying amounts of healthy fat and specific nutrition profiles. Yes, they are high in calories, but also nutrient rich and can be part of a heart healthy diet.

To summarize, nuts are approximately 6 g of protein per 1 ounce. Portions vary between each type, for instance, nine cashews versus 28 almonds. They contain fiber, B vitamins, and antioxidants. Most are higher in unsaturated fat, including omega-3 fats, which support heart health. In addition, they are tasty, satiating, and low in carbohydrates. It is important to watch the serving size, as 1 ounce is typically 160-170 calories, and they can add up quickly.



## Facts about a few favorites:



**WALNUTS** – high in omega-3 fats. Research supports their antioxidant properties may improve brain health, and gut health. 1/4 cup chopped is approximately 1 ounce.

**PEANUTS** – no, this is not a poor choice. A low carb snack, blends well to make nut butter, 2 g of fiber in 1 ounce. They contain unsaturated fat, just less percentage of omega-3 fat



**PISTACHIOS** – 4 calories in one nut! Aim to eat 20 to 25 for portion control. Pair well with dried fruits. Satiating and a good choice to control blood glucose.

**ALMONDS** – lower calorie per serving. 28 is equivalent to 1 ounce. High in heart healthy fats and fiber. Research links them to naturally lowering LDL or the *bad* cholesterol.



**CASHEWS** - 1 ounce is 18 pieces, high in protein. An ounce equivalent is equal to 1 ounce of meat for protein, which is 7 grams. Rich in calcium but very easy to overheat!



It is difficult to enjoy nuts if edentulous, meaning without teeth or only having partial teeth. Consider any dental issues by grinding or finely chopping nuts, enjoying nut butters, eating a few whole ones in moderation, or incorporating them as snacks or in salads. Soaking softer nuts like cashews will soften them after a couple hours, and can be enjoyed chopped into yogurt or oatmeal, blended into smoothies, etc. There are also a variety of nut flours available for baking, such as almond or hazelnut flour (also gluten free). Always discuss any implications with your medical doctor, dentist, or dietitian if you were advised to avoid them. Enjoy in moderation.



If in need of nutrition counseling or ways to optimize your diet, please call the main office at (518) 719-3555 to request an individual nutrition referral. I can respond via telephone to assist and answer any dietary questions. I will continue to visit monthly for lunch presentations. All are welcome to attend. Typically, there is a brief education and food samples to follow.

## DEPARTMENT of HUMAN SERVICES MEAL COUPON BOOKLETS AVAILABLE



**MEAL COUPON BOOKS ARE ALWAYS AVAILABLE FOR PURCHASE FOR BOTH CONGREGATE AND HOMEBOUND MEAL CLIENTS.**

**BOOKLETS CONTAIN 10 COUPONS, AT A COST OF \$30.00, TO USE FOR MEAL CONTRIBUTIONS.**

- \* IF YOU RECEIVE A HOME DELIVERED MEAL AND WISH TO PURCHASE A BOOKLET, PLEASE CALL THE MAIN OFFICE AT 518-719-3555 AND ASK FOR THE NUTRITION DEPARTMENT. WE WILL MAKE ARRANGEMENTS FOR A BOOKLET TO BE DELIVERED DIRECTLY TO YOU.**
- \* CONGREGATE DINERS CAN REQUEST A BOOKLET AT THEIR FAVORITE NUTRITION SITE.**

# 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, Dairy, Grain & 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  |
|--|---|--|---|---|
|   |   | <b>1</b><br><b>DHS MAIN OFFICE<br/>&amp; ALL SENIOR<br/>NUTRITON SITES<br/>CLOSED</b><br> | <b>2</b><br>SLOPPY JOES<br>CORN/CARROT<br>MEDLEY<br>WHITE RICE<br>FRESH FRUIT                       | <b>3</b><br>CHEF'S CHOICE<br>      |
|  | <b>6</b><br>CHICKEN DIVAN<br>WHITE RICE<br>SONOMA<br>VEGETABLE MIX<br>FRUIT COCKTAIL                                    | <b>7</b><br>RAVIOLI<br>SAUSAGE<br>ITALIAN GREEN<br>BEANS<br>CHOCOLATE<br>MOUSSE<br>JUICE   | <b>8</b><br>KIELBASA<br>SAUERKRAUT<br>BAKED BEANS<br>CARROTS<br>JELL-O                              | <b>9</b><br>ROAST PORK LOIN<br>w/ Gravy<br>APPLESAUCE<br>MASHED POTATOES<br>TUSCAN<br>VEGETABLES<br>FRESH FRUIT       |
| <b>13</b><br>BEEF CHILI<br>BROCCOLI<br>BROWN RICE<br>FRUIT COCKTAIL  | <b>14</b><br>LEMON PEPPER FISH<br>GREEN BEANS<br>RICE PILAF<br>PEACHES  | <b>15</b><br>MEATBALL SUB<br>ITALIOAN MIXED<br>VEGETABLES<br>ITALIAN PASTA<br>SALAD<br>CHOCOLATE CAKE  | <b>16</b><br>MEATLOAF<br>w/ Gravy<br>MIXED VEGETABLES<br>BAKED POTATO<br>COOKIES                    | <b>17</b><br>STUFFED<br>PEPPERS<br>CALIFORNIA<br>VEGETABLE MIX<br>WHITE RICE<br>FRESH FRUIT                           |
| <b>20</b><br><br><b>DHS MAIN<br/>OFFICE<br/>&amp; ALL SENIOR<br/>NUTRITON SITES<br/>CLOSED</b> | <b>21</b><br>CHICKEN<br>PARMESAN<br>PENNE PASTA<br>ITALIAN MIXED<br>VEGETABLES<br>PB SWIRL BROWNIE<br>W/ FRUIT COCKTAIL | <b>22</b><br>BEEF BARLEY STEW<br>BROCCOLI<br>PINEAPPLE<br>DELIGHT  | <b>23</b><br>SHRIMP SCAMPI<br>LINGUINI<br>SPINACH<br>CAULIFLOWER<br>FRESH FRUIT                     | <b>24</b><br>TURKEY BURGER<br>W/ Peppers<br>& Onions<br>COLE SLAW<br>BROCCOLI<br>AU GRATIN<br>POTATOES<br>FRESH FRUIT |
| <b>27</b><br>SWEET & SOUR<br>CHICKEN<br>ORIENTAL MIXED<br>VEGETABLES<br>WHITE RICE<br>MANDARIN<br>ORANGES/<br>PINEAPPLE  | <b>28</b><br>ROASTED CHICKEN<br>LEGS<br>w/ Gravy<br>SWEET POTATOES<br>GREEN BEANS<br>RICE PIUDDING<br>w/ Raisins        | <b>29</b><br>HUNGARIAN<br>GOULASH<br>SPINACH<br>RED CABBAGE<br>EGG NOODLES<br>BROWNIE  | <b>30</b><br>FRENCH ONION<br>PORK CHOP<br>CALIFORNIA<br>VEGETABLE MIX<br>EGG NOODLES<br>APPLE CRISP | <b>31</b><br>TORTELLINI<br>MEATBALL<br>ITALIAN MIXED<br>VEGETABLES<br>FRESH FRUIT                                     |





# 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:

|                       |                                    |                        |
|-----------------------|------------------------------------|------------------------|
| <b>New Year's Day</b> | <b>Martin Luther King, Jr. Day</b> | <b>Presidents' Day</b> |
| <b>Memorial Day</b>   | <b>Independence Day</b>            | <b>Labor Day</b>       |
| <b>Columbus Day</b>   | <b>Election Day (November)</b>     | <b>Veterans Day</b>    |
| <b>Thanksgiving</b>   |                                    | <b>Christmas</b>       |

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**

## 2025: MONTHLY BUS TRIPS TO COLONIE CENTER

|                |                |                 |                 |                |                |
|----------------|----------------|-----------------|-----------------|----------------|----------------|
| <b>Jan. 16</b> | <b>Feb. 20</b> | <b>March 20</b> | <b>April 17</b> | <b>May 15</b>  | <b>June 19</b> |
| <b>July 17</b> | <b>Aug. 21</b> | <b>Sept. 18</b> | <b>Oct. 16</b>  | <b>Nov. 20</b> | <b>Dec. 18</b> |

\$10 Per person

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

Call 518-719-3568 to reserve a seat.

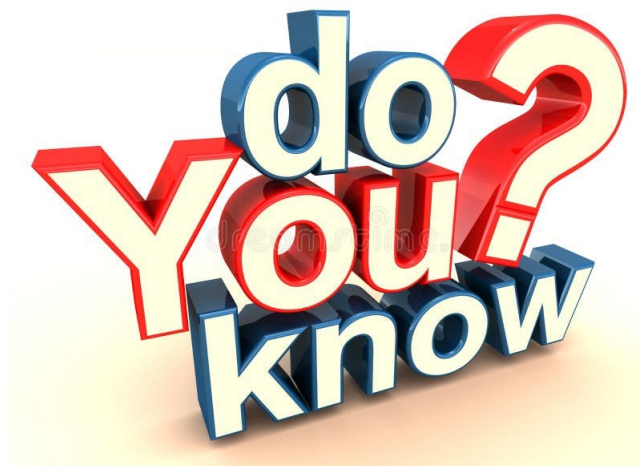
Reservations must be made no later.

than 4:30 p.m. the Friday before the trip.

Each person is required to make their own reservation.

**MUST HAVE A MINIMUM OF EIGHT  
RESERVATIONS FOR TRIP OCCUR**





. . . 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**
- \* **On our Shopping Bus**
- \* **Area senior housing, assisted living and nursing homes**
- \* **Local libraries**
- \* **One of our Senior Nutrition sites**
- \* **Area US Post Offices**
- \* **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.)

. . . Call Maureen at 518-719-3555 or email [mmurphy@greencountyny.com](mailto: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/](http://www.facebook.com/GCNYHumanServices/)

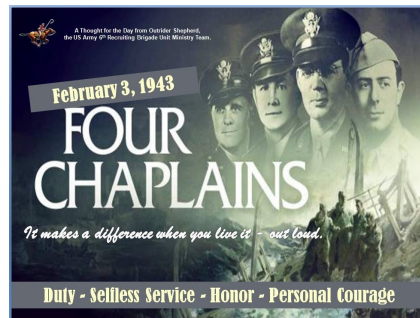
. . . You are more than welcome to contact us at 518-719-3555 anytime you have a question regarding the Round Table News. In addition, suggestions on how we can improve the Round Table News are always welcome.



**ATTENTION U. S. VETERANS AND CURRENT MILITARY PERSONNEL**  
 January Upcoming Events in Greene County



|                     |                   |  |
|---------------------|-------------------|--|
| Thursday January 2  | 7pm<br>7pm        | Catskill American Legion meeting<br>Greenville American Legion meeting                     |
| Friday January 3    | 7:30 pm           | Irish Music @ Athens Legion  |
| Wednesday January 8 | 7pm<br>7pm<br>7pm | Athens American Legion meeting<br>Coxsackie American Legion meeting<br>Windham VFW meeting |
| Friday January 10   | 4:30pm - 7pm      | Greenville American Legion<br>Spaghetti Dinner   |
| Saturday January 11 | 12pm              | NYS American Legion Visitation<br>Pegasus Restaurant                                       |
| Tuesday January 14  | 7pm               | Cairo American Legion meeting  |
| Tuesday January 15  | 7pm               | New Baltimore American Legion meeting  |
| Friday January 17   | 6pm               | Greene County American Legion meeting<br>@ Athens American Legion Post                     |
| Jan 17 - Jan 19     |                   | A. L. Mid-Winter Conference; Desmond Hotel   |
| Saturday January 18 | 11am              | Catskill VFW meeting   |







**HVNCVR**  
THE HUDSON VALLEY  
NATIONAL CENTER FOR  
VETERAN REINTEGRATION

ONE MISSION. ONE FIGHT.

VET2VET OF  
GREENE COUNTY




# BOWLING NIGHT

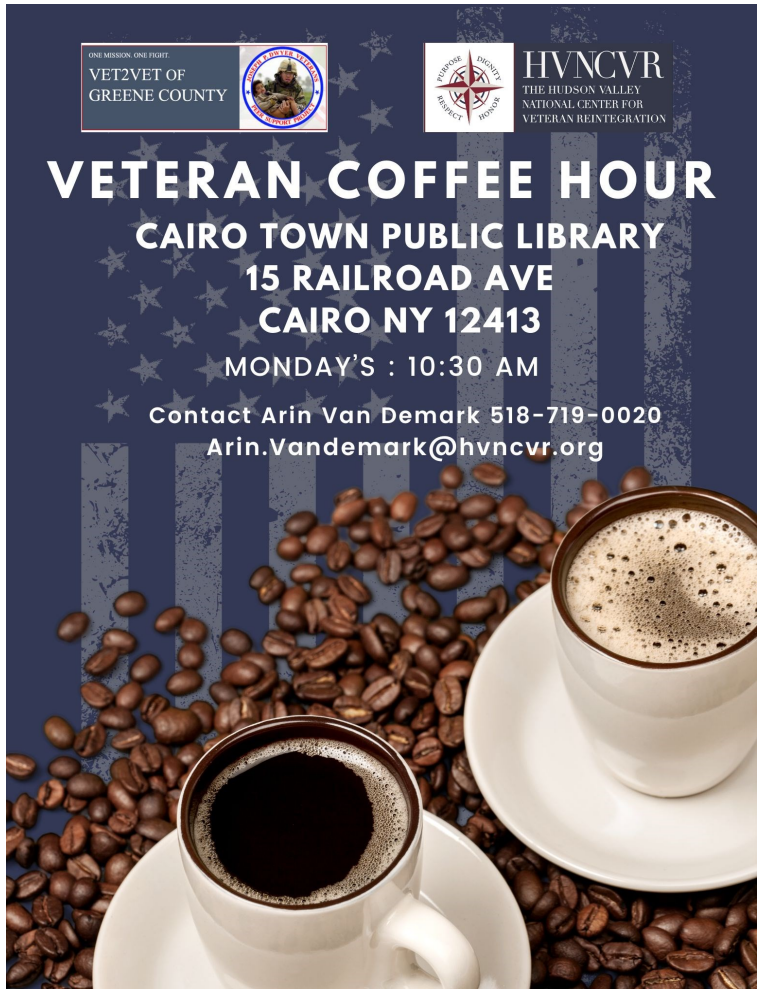
*Veterans and Family Event*  
*2 Games, Shoes and Pizza included*

**SATURDAY**  
**JANUARY 11, 2025**  
**6-8PM**


Hoebowl Bowling Center  
Catskill, NY

**RSVP REQUIRED**  
arin.vandemark@hvncvr.org  
O: 518-719-0020  
C: 518-653-8771






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

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GREENE COUNTY



## VETERAN Family Support Group

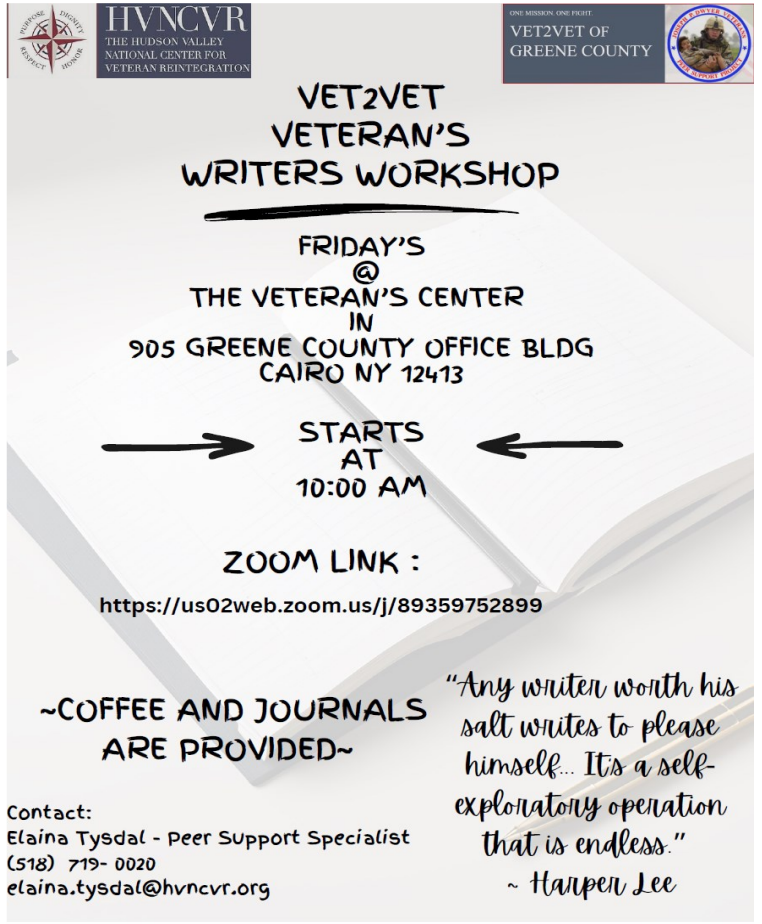
**Tuesdays @ 1pm**

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



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## 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~

Contact:  
Elaina Tysdal - Peer Support Specialist  
(518) 719-0020  
elaina.tysdal@hvncvr.org

*"Any writer worth his salt writes to please himself... It's a self-exploratory operation that is endless."*  
~ Harper Lee



**GREENE COUNTY DEPARTMENT of HUMAN SERVICES**  
**CONTRIBUTIONS POLICY**

Contributions for services funded by the Older Americans Act, Community Services for the Elderly and Expanded In-Home Services for the Elderly programs must be used for costs allowable under applicable regulations and must be 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 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:**

**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.





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: \_\_\_\_\_

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



Karen Alleva-Celic  
In Memory Of Rocco Alleva

Lee & Arlene Brown  
to the Nutrition Department  
& Homebound Transportation

Patricia Cirillo to the Nutrition Program

John A Conlon to the Nutrition Department

Sigrid Coons

Honeyford Mem. Amer. Legion Post 110, Catskill  
In Memory Of Peter Markou

Dede & Ed Thorpe In Memory Of Nancy Byrne Truesdell,  
Charles Thorpe & Barbara (Bobby) Byrne Weiss



**2025 ADVISORY COUNCIL TO THE GREENE COUNTY DEPARTMENT FOR THE AGING**

Patrick Linger, Chairman of the Greene County Legislature reappointed, upon the recommendation of Amanda Lyons, Executive Director of the Greene County Dept. of Human Services (Aging), the following as members of the Advisory Council to the Greene County Department for Aging for 2025:

|                                 |  |
|---------------------------------|--|
| Richard Golden                  | Coxsackie Representative                               |
| Linda VanEtten                  | Halcott, Lexington & Hunter Representative,            |
| Florence Ohle                   | Community Action of Greene County, Director            |
| Ernest Armstead                 | Catskill Representative                                |
| Edward Bloomer                  | Athens Representative                                  |
| <b>VACANT</b>                   | Greenville Representative                              |
| Judith LoPresti & Lula Anderson | Prattsville, Ashland, Windham & Jewett Representatives |
| Dorothy True                    | Cairo Representative                                   |
| Charlene Mabey                  | Durham Representative                                  |
| <b>TO BE NAMED</b>              | AmeriCorps Seniors                                     |
| Molly Whitbeck                  | Catskill Mountain Housing, Director                    |
| Dawn Wallant                    | Common Ground, Director                                |
| Anne Kreig                      | Greene County Dept. of Social Services                 |
| <b>VACANT</b>                   | Greene County Public Health                            |
| <b>TO BE APPOINTED</b>          | Greene County Services Committee, Chairman             |
| Tyler Lynch                     | Greene County Veterans Agency, Director                |

**News from the Greene County Youth Bureau**

**2025 MEMBERS TO THE GREENE COUNTY YOUTH ADVISORY BOARD**

Patrick Linger, Chairman of the Greene County Legislature hereby appoints, upon the recommendation of Amanda Lyons, Executive Director of the Greene County Department of Human Services (Youth Bureau), the following as members of the Greene County Youth Advisory Board for 2025.

|                        |                               |
|------------------------|-------------------------------|
| Margaret Bush          | General Public                |
| Brandie Callahan       | Service Provider, C-A CSD     |
| Kevin Forbes           | Greene County                 |
| Andrew Holliday        | Youth Member                  |
| MaryJo Jaeger          | Greene County                 |
| Amanda Karch           | Columbia-Greene Workforce     |
| Debra Kingman          | Greene County Probation       |
| Maeve Lampman          | Youth Member                  |
| Tatum Lampman          | Youth Member                  |
| Natalie Lipski         | Youth member                  |
| Sal Massa              | Retired                       |
| Betsy Pellitteri       | General Public                |
| Brenna Rustick         | General Public                |
| Angelo Scaturro        | Greene County Public Defender |
| John & MaryAnn Scalera | General Public                |
| <b>VACANT</b>          | Greene County Public Health   |

## 2025 NYS OCFS GRANT RECEIPTS

Congratulations to the following youth programs for being awarded 2025 grants from NYS OCFS for their programs:

- ☆ Cairo Summer Recreation & Sports Program
- ☆ Durham Summer Recreation & Swimming Program
- ☆ Pop Warner Cheerleaders
- ☆ Cossackie-Athens Little League
- ☆ Greene County Flag Football
- ☆ Greenville Soccer Club
- ☆ Rip Van Winkle Soccer
- ☆ Athens Cultural Arts Center
- ☆ Boundless Arts
- ☆ Common Ground
- ☆ Cornell Cooperative Extension
- ☆ CREATE
- ☆ Greene County Pre-PINS
- ☆ Greene County Youth Community Development
- ☆ Greenville Library
- ☆ Girl Scouts of NENY
- ☆ Prattsville Arts
- ☆ YMCA Healthy Kids



**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.**



## How Will Artificial Intelligence (AI) Affect Children & Teens (Part 1)

By Dr. Sal Massa,

adapted from an article by Tiffany Munzer, MD, FAAP

This is the first of three articles which will address issues of Artificial Intelligence (AI) and how it affects the lives of our children and teens. To start with, AI is beginning to affect the way we work, play and communicate. While AI has potential to help solve complex problems, you've likely also heard serious concerns about it—and especially, the ways AI might change the lives of children and teens.

With so many viewpoints out there, how can you make sense of AI and its possible impact on your family? Let's start by looking at how AI works and what issues that parents and families may need to consider as the technology evolves.

AI is modeled on our brains—how we gather facts, descriptions, comments, images and much more and how we make sense of it all to complete a specific task. The difference is that AI draws the input together, sorts it and makes it immediately accessible to us. However, unlike human knowledge, it doesn't have the ability to connect new information to all of our other life experiences.

AI technology has been in development since the mid-1950s. Thanks to recent breakthroughs, though, AI-driven tools are quickly becoming part of our everyday lives. For example, when you contact customer service, AI may help answer your questions. When you explore international news, the words you hear or read may be translated into your preferred language by AI. In your doctor's office, an AI speech recognition program may help the medical team take notes and update your chart. AI is becoming increasingly relied upon by many aspects of our daily lives.

Your children, and your family as a whole, have a digital footprint. This may be made up of every online search, purchase, download, or viewing and listening session you engage in. If you use an AI-driven smart speaker (i.e. Alexa, Siri, etc.) to answer questions about the weather, sports scores and more, you're feeding even more data into this collective footprint.

*Generative AI* is technology that creates content that, in the past, could come only from humans. For example, instead of sitting down to draft a report, a writer might use a program to come up with relevant facts and suggested wording. An artist might create what looks like an original photo or drawing by entering a short description into an AI-driven program.

It's easy to see why some kids use AI to help them with school assignments. They can find facts and search among millions of charts and images to learn more about a subject. AI also powers grammar programs that can check their work to fix writing



errors. Schools have rules about how AI can be used for homework and writing, though, so it's important to check with teachers. Teens also need to learn to be honest about when they used AI with assignments.

Kids around the world use AI almost daily. Most interactive toys, games and internet platforms made for children depend on AI technology. Even though AI is advancing faster than anyone expected, most nations have not considered how AI will affect the social and emotional well-being of children.

Research done at the Harvard Graduate School of Education has shown that children can actually learn effectively from AI, as long as the AI is designed with learning principles in mind. For instance, AI companions that ask questions during activities like reading can improve children's comprehension and vocabulary. However, it cannot fully replicate the deeper engagement and relationship-building that come from human interaction, particularly when it comes to follow-up questions or personalized conversations that are important for language and social development.

There is the excitement that AI has the potential for personalized learning and to help students develop skills for this AI-driven society. But there are concerns as to whether children would become more attached to AI than to the people around them.

Much more research is needed, but early studies on AI and kids point to several concerns:

- Young children may share personal information with AI platforms. Studies show that young children often chat with smart speakers telling personal stories and disclosing details that grownups might consider private.
- They may assume AI platforms are a lot like people. One study found that kids between 3 and 6 years old believed that smart speakers had thoughts, feelings and social abilities. Only a few kids assumed the speakers were actually human. This could affect how kids learn to interact with others.
- They may trust AI more than they trust humans. Another study found that young children thought smart speakers were more reliable than people when it came to answering fact-based questions.
- Many teens use AI daily. Adolescents are big fans of generative AI that helps them write essays and reports and create images and videos for social sharing (among hundreds of other possible uses). However, only 1 in 4 parents whose teens use AI are aware they're doing it, a recent poll shows.

The next installment of this article will discuss what we know so far about how AI impacts children's development and the importance of AI literacy, where children are taught to understand the limitations and potential misinformation from AI, as well as the need for both developers and educators to promote critical evaluation of AI-generated content.

# 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

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, 1:00p.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

Contact person: Beverly Myers, 518-966-8482

## 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.

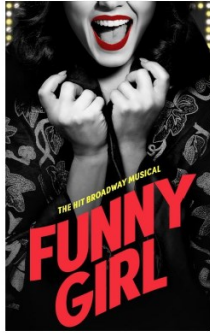
Windham Ambulance Bldg/Comm. Cntr.

Contact person:

President Lula Anderson

518-734-5360

**WAJPL GOLDEN AGE CLUB  
BUS TRIP TO PROCTORS**



**Thursday April 3, 2025**



**\$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

**4 DAY TOUR: HYANNIS/PLYMOUTH, MA – NEWPORT, RI  
JUNE 23-26, 2025**

*Sponsored by WAJPL seniors*

**\$760 DOUBLE OCCUPANCY  
INCLUDES:  
ROUNDTrip DELUXE MOTER COACH  
3 NIGHTS HYANNIS/CAPE COD, MA  
5 MEALS (3 BREAKFASTS & 2 DINNERS)**



Visits to:  
**SANDWICH GLASS MUSEUM  
& GRIST MILL**



**JFK MUSEUM & GUIDED TOUR HYANNIS**



**MAYFLOWER II,  
PLYMOUTH ROCK,  
PLYMOUTH PLANTATION  
& MUSEUM**



**NEWPORT, RI BREAKERS MANSION**



DEPOSIT \$100 AT SIGN UP

CALL MARYLOUISE 518-622-3397 OR VICKY 518734-4164



To all the Greene County employees and community members who graciously played Santa and provided gifts for our Veterans in area nursing homes and assisted living facilities. Vet-2-Vet and Greene County Veterans Services Agency worked with Greene County Department of Human Services to see that over 80 Veterans were remembered during the holiday. Seen in photos are just a small sample of all the gifts and visits.





# GREENE COUNTY DEPARTMENT of HUMAN SERVICES

411 Main Street, Catskill, NY 12414

(518) 719-3555

aging@greenecountyny.gov

**EXECUTIVE DIRECTOR: AMANDA LYONS**

**DEPUTY DIRECTOR: TAMI BONE**

**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.