



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

FEBRUARY 2025



THANK YOU!!!!

The Greene County Department of Human Services Senior Angel Program has been trying to think of the right words to express their gratitude to everyone that supported the 2024 Senior Angel Campaign. The words "Thank you" just don't seem enough but here goes . . .

The overwhelming response we received this year allowed us to brighten up the holidays for many senior citizens, both alone in their own homes and those now residing in a senior facility.

Whether you donated money; stopped by & gave a donation at the Victorian Stroll or bought a lollipop or Angel ornament, we say from the bottom of our hearts, thank you for everything you have done for us.

Remember the Program goes year-round, so it is never too late to donate. 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.

In closing, thank you once again.



For Your Donations to the 2024 Senior Angel Program

Nancy Allen	Athens Senior Citizens Club	Albin & Vicky Beckmann
Catskill BPOE	Clesson and Jean Bush	Diane & Joseph Capobianco
Catskill Regional Women's Club	Catskill Silver Linings Club	Coxsackie-Athens Rotary Club
Alfred & Jane Dardani	Todd and Valerie Davis	Emily DiSalvo
Margaret Donahue	Thomas & Linda Gentalen	Tom and Cindy Grunstra
Heart of Catskill Assoc.	Peggy Hester	Sharon Hillman
Daniel & Kathleen Joyce	Joyce June	Nancy Kilmer
Kiskatom Reformed Church	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 Coxsackie	Shook Insurance Agency	George & Linda Stacey
Dede Terns-Thorpe	James & Delores Tibbetts	Tom & MaryAnn Tompkins
Debbi Traficante	Dorothy True	Patti Vaughn
Joyce, Rose and Sherry Verdaasdonk	Walenta & Co. Ins. Agency	WAJPL Golden Age Club
Windham Hensonville United Methodist Women	Ruthmary Woodworth	Carol Yaas



**With Honor & Gratitude
We Remember**

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 Gerrain

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





**GREENE COUNTY SENIORS
IN CATSKILL, COXSACKIE-ATHENS
OR GREENVILLE
ROTARY 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
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 the Rotary Helping Hands Program



**BE THE
CHANGE**

**VOLUNTEER &
MAKE THE DIFFERENCE**



***ARE YOU LOOKING FOR A WAY
TO MAKE A 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 routes within the county to offer:

Catskill; Coxsackie; Athens; Greenville; the entire MtnTop; Cairo and Durham

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 tell us what days and times you are available and the areas to and from which you're able to travel and we will schedule appropriately. You will even receive a tax exempt mileage reimbursement at the current IRS rate (70¢) per mile!

INTERESTED? WANT MORE INFORMATION?

**Contact Ruth Pforte (518) 719-3555,
AmeriCorps Seniors Volunteer Coordinator**



**AmeriCorps
Seniors**



*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.**

CHECK OUT OUR WINTER CLOTHING!



**VALENTINE'S DAY IS COMING UP . . .
STOP & SEE WHAT WE HAVE
THAT YOUR VALENTINE MIGHT LIKE!**

*Note: We accept donations during business hours only.
We do not accept medical supplies, games, toys, electronics or dishes.*



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, then to a local senior center to enjoy lunch before returning home. Reservations must be made at least one day in advance. 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	Labor 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

2025: MONTHLY BUS TRIPS TO COLONIE CENTER

Jan. 16	Feb. 20	March 20	April 17	May 15
June 19	July 17	Aug. 21	Sept. 18	Oct. 16
Nov. 20	Dec. 18			

\$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



FEBRUARY NUTRITION NOTES

By Nicole Gehman, MS, RD, CD-N

February is annual American heart month, a time to educate about heart health and reducing cardiovascular risk. Dietitians and healthcare professionals tirelessly advocate to raise awareness, as heart disease remains the leading cause of death in the United States each year. Both lifestyle and dietary strategies can help with prevention and treatment of heart disease.



High blood pressure, also known as hypertension, can contribute to significant cardiovascular events. Too much sodium in the diet can elevate blood pressure by causing the body to retain fluid. Subsequently, the heart pumps faster to accommodate the extra volume. Watching your sodium intake can be preventative or significantly improve blood pressure if you've already been diagnosed with hypertension.



A heart-healthy diet is typically under 2300 mg of sodium per day but could be prescribed as low as 1500 mg per day if you have significant hypertension, other cardiac risk/medical conditions. A low sodium diet is difficult to follow given the prevalence of added salt in the highly processed American diet. Concerns go way beyond the saltshaker as 1 teaspoon of table salt is 2300 mg, which would be difficult to consume with a few sprinkles from the shaker. Sodium adds up much more rapidly in canned, frozen, restaurant, and processed foods.

The DASH Diet (Dietary Approaches to Stop Hypertension) is often prescribed to prevent or treat elevated blood pressure. Online resources are available at www.dashdiet.org. The premise supports increasing fruit and vegetable consumption, eating healthier carbohydrates (whole grains/complex choices), decreasing saturated fats, choosing more lean sources of protein, increasing healthy unsaturated fats, and minimizing high sodium/processed foods.



In addition to diet strategies, physical activity can strength the heart, enabling it to pump easier. The current recommendations for exercise to support cardiovascular health including 150 minutes of aerobic activity weekly. For example, 30 minutes, 5 days per week. If you are just setting goals to begin exercise, please always discuss your needs and health history with your physician. Walking, dancing, light resistance



exercise, swimming, and gardening are all examples that can help manage hypertension and reduce cardiac risk.

Lastly, pharmacological agents are often prescribed in conjunction with diet and exercise to better control cardiac issues and treat a variety of heart conditions including hypertension. Often a combination of medications work well alongside weight management, increases in physical activity, and diet/lifestyle changes. Your prescriber or MD would review your health history to better determine the best heart healthy approach.



If in need of nutrition education, low sodium diet education, or adapting a heart healthy plan, please call the main office at (518) 719-3555 to request a nutrition referral. I can respond via phone to assist and answer any dietary questions. Monthly visits will continue for lunch presentations. Typically, there is a short presentation and food samples to follow.

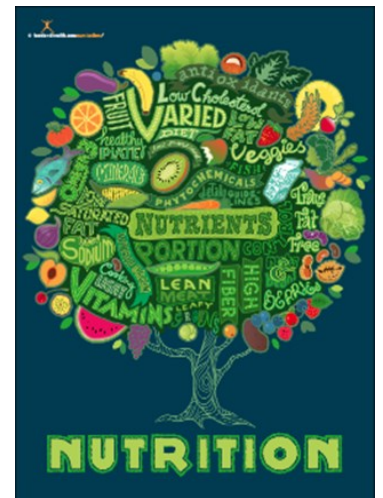
Be sure to wear red on Friday Feb 7, 2025, to support heart awareness.



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

Sponsored by Greene County Department of Human Services

THURSDAY FEBRUARY 6	
ACRA SENIOR NUTRITION SITE	622-9898
THURSDAY FEBRUARY 13	
CATSKILL SENIOR NUTRITION SITE	943-1343
THURSDAY FEBRUARY 27	
JEWETT SENIOR NUTRITION SITE	263-4392
TO BE ANNOUNCED	
COXSACKIE SENIOR NUTRITION SITE	731-8901



All sessions at 11:30 a.m.

Come learn about healthy nutrition habits.
Feel free to ask questions. Recipe and tasting to follow.

***If you would like lunch that day at the site,
please call at least a day in advance to reserve.***

GREENE COUNTY SENIOR SERVICE CENTERS

ACRA

Acra Community Center,
Old Rte. 23, Acra
(518) 622-9898

Ashley Reynolds
Meal Site Manager

Elaine Cherrington
Cook

ATHENS

Rivertown Senior Center
39 Second Street, Athens
(518) 945-2700

Roxanne Slater
Senior Center Manager

Shane Dillon,
Central Kitchen Manager

Ashley Wixon
Cook

Sheila Miller
Food Service Helper/
Driver

CATSKILL

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

Jane Searing
Meal Site Manager

COXSACKIE

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

Dorothy Barkman
Co-Meal Site Manager

Karen Taber
Co-Meal Site Manager

JEWETT

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

Gayle Ruvolo
Meal Site Manager





BACK BY POPULAR DEMAND

Beginning with the March 2025 RTN issue, we will print two months worth of menus in each issue..

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.

GREENE COUNTY SENIOR NUTRITION PROGRAM

SERVED DAILY: BREAD WITH PROMISE SPREAD, MILK, COFFEE & TEA - TARTAR SAUCE SERVED WITH FISH
 MENU IS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY AND CIRCUMSTANCE.

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 SLOPPY JOES CAULIFLOWER/ BROCCOLI MEDLEY WHITE RICE TROPICAL FRUIT	4 BAKED SALMON w/ Dill Sauce SPINACH JUICE BROWN RICE PILAF PEARS	5 CHICKEN DIVAN SONOMA VEGETABLE MIX WHITE RICE CHOCOLATE CHIP COOKIES	6 FRENCH ONION MEATBALLS CARROTS JUICE EGG NOODLES PEACH CRISP w/Whipped Topping	7 MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD FRESH FRUIT
10 CHICKEN & BISCUITS w/ Gravy BROCCOLI MASHED POTATOES MANDARIN ORANGES W/ PINEAPPLE	11 SHRIMP KIELBASA JAMBALAYA CALIFORNIA MEDLEY WHITE RICE JUICE PB BROWNIE	12 CRAB TOPPED COD GREEN BEANS AU GRATIN POTATOES TROPICAL FRUIT	13 MEAT LASAGNA TOSSED SALAD ITALIAN VEGETABLES FRESH FRUIT	14 VALENTINES DAY LUNCHEON HOT TURKEY DINNER w/ Gravy CRANBERRY SAUCE MASHED POTATOES TUSCAN VEGETABLES STUFFING STRAWBERRY CREAM PIE w/ Hershey Kiss
17 DHS MAIN OFFICE & ALL SENIOR NUTRITON SITES CLOSED 	18 BBQ CHICKEN THIGHS BAKED BEANS CARROTS PINEAPPLE	19 PORK CHOP w/Gravy APPLESAUCE OLD FASHIONED VEGETABLES SWEET POTATO RED VELVET COOKIES	20 MEATLOAF w/Gravy GREEN BEANS BAKED POTATO FRESH FRUIT	21 BEER BATTERED FISH O'BRIEN POTATOES BRUSSEL SPROUTS TOSSED SALAD FRESH FRUIT
24 STUFFED PEPPERS ITALIAN MIXED VEGETABLES WHITE RICE PEARS	25 SWEET & SOUR CHICKEN ORIENTAL MIXED VEGETABLES WHITE RICE PINEAPPLE DELIGHT	26 BEEF BARLEY STEW BROCCOLI PEACHES	27 CHICKEN DIJON MASHED POTATOES CALIFORNIA MIXED VEGETABLES YOGURT PARFAIT w/ Blueberries	28 CHEF'S CHOICE

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

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.

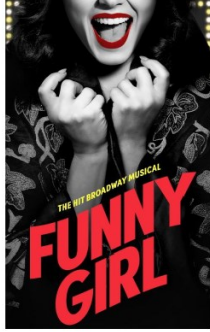
Windham Ambulance Bldg/Comm. Cntr.

Contact person:

President Lula Anderson

518-734-5360

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



Thursday April 3, 2025



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



**Cairo Golden Agers present:
Vanderbilt Mansion & Culinary Institute of America**

Wednesday, May 7, 2025

About

Join us for a delicious gourmet meal at the **Culinary Institute of America** in Hyde Park, NY. With a focus on the seasons and products of the Hudson Valley, contemporary and traditional regional dishes are brought to life at the **American Bounty Restaurant** in an honest and flavorful way. Rounded out with a first-class American wine list and comfortable warm service, this casually elegant restaurant sets the stage for an unparalleled dining experience in New York's Hudson Valley. Menu will be announced about a month before the trip. *Before our meal*, we will enjoy a guided tour of the stunning **Vanderbilt Mansion National Historic Site**. Get a glimpse of estate life, the social stratification of the period, and the world of the American millionaire during the era historians refer to as *The Gilded Age*. This tour involves a 1.4 mile walk and takes places both indoors and outdoors.



Highlights

- Round-Trip Motorcoach Transportation
- Vanderbilt Mansion Admission
- Lunch at American Bounty at Culinary Institute
- Driver Gratuity



Pricing \$125pp *\$125pp sign up*
Balance due March 18, 2025



Departure
Catskill, Exit 21 Park & Ride 8:45am
We will depart after lunch around 1:30pm with an approximate arrival in Catskill at 2:30pm. Non-stop each way.

Contact
Pat Asaro
518-821-6508
Deadline for booking is Wednesday, April 16, 2025

Pam O'Reilly
518-821-8048
518-634-7303



Office: 518.286.2400
Toll Free: 800.822.2400
info@yankeetrails.com

569 3rd Avenue Extension
Rensselaer, NY 12144
yankeetrails.com

TURNING STONE CASINO



**& FORT STANWIX NATIONAL MONUMENT
BUS TRIP**

Sponsored by WAJPL Golden Age Club



WEDNESDAY MAY 14, 2025

Departing Windham: 6:45 a.m.

\$25

FOR INFORMATION OR TO RESERVE A SEAT,
CALL MARY LOUISE 518-622-3397 OR VICKY 518-734-4164

PAYMENTS CAN BE MAILED 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:**

**ROUNDRIP 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

GREENE COUNTY DEPARTMENT of HUMAN SERVICES
AGING SERVICES CONTRIBUTIONS POLICY



Services funded by the Older Americans Act (OAA), Community Services for the Elderly (CSE) and Expanded In-Home Services for the Elderly (EISEP) allow seniors to contribute to the costs incurred. These contributions are used for allowable costs in accordance with regulations. Suggested contributions cannot exceed the actual cost of the service. The policy offers seniors the opportunity to contribute financially and enables the agency to expand services to those in greatest need. Envelopes are provided to participants who wish 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:

Shopping Bus: The suggested contribution is \$3.00 round trip for door-to-door service for shopping. Colonie Trips are \$10 fee Roundtrip (no exceptions).

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

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

THANK YOU FOR YOUR SUPPORT and GENEROSITY

As the number of seniors grows, so does the need for services. The Department of Human Services encourages and appreciates donations. If you or your family are in a position to do so, please fill out the form below. One hundred percent of your donation will be used to provide service to those in need.

NAME: _____

ADDRESS: _____

I designate a \$ _____ contribution in appreciation for services
OR In memory of _____ to the following:
_____ Consultation & Assistance _____ In-home services _____ Legal Services
_____ Nutrition Program/(Meals, Counseling) _____ Senior Angels Program
_____ Transportation (Shopping Bus, Center, Homebound) _____ Where needed most

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



*Thank
You*

For Your Donations

John A Conlon for the Nutrition Program

Carol Gregory

Elaine Holmes to Medical Transportation

Betsy & Jimmy Pellitteri in Memory of Jeanne Soule

Greene County Veterans Service Agency



159 Jefferson Heights, Suite D303 Catskill, NY 12414

About us:

Greene County Human Services now includes the Veterans Service Agency, dedicated to supporting Greene County Veterans and their families. We provide a range of services, including assistance with Department of Veterans Affairs benefits and claims, healthcare enrollment, education benefits, housing support, employment resources, medical transportation and more.

Joseph P. Dwyer Support Project &

Vet2Vet of Greene County:

As part of our commitment to veteran well-being, we offer our Vet2Vet of Greene County Veteran Peer Support Program, funded by the NYS Joseph P. Dwyer Support Project. Our Vet2Vet program provides veterans with peer-to-peer support, helping foster connection and mental well-being. Vet2Vet of Greene County services include:

- Peer group meetings · Wellness workshops · Social events
- Referrals and resources · Transitional support

Upcoming Events:

- **Veterans Roundtable:** February 11, 2025, from 4:00-5:30 pm at Department of Human Services, 411 Main St. Catskill, NY
- **Cards for Veterans:** Now accepting Valentine's Day cards due by 4:00 pm, February 10th, 2025. For more information, please contact Vee Carl at 518-943-3703
- **Honor A Vet:** Now accepting applications for our Memorial Ceremony on May 3rd, 2025. For applications or step-by-step instructions on nominating a veteran please visit our website at www.greenegovernment.com/veterans-service-agency or call the office.

We encourage all veterans in Greene County to participate in these programs and access the support available.

For more information, contact the **Greene County Veterans Service Agency** at:

Phone: 518-943-3703

Email: veterans@greencountyny.gov

For questions regarding **Vet2Vet** services, please reach out to:

Phone: 518-719-0200

RETURN THE F.A.V.O.R. **VETERANS** DISCOUNT PROGRAM

(Find & Assist Veterans of Record)

Sponsored by:

Marilyn Farrell, *Greene County Clerk*

Tyler Lynch, Director, *Veteran's Service Agency*

Return the F.A.V.O.R. is Greene County's Veteran Discount Program. In recognition of the service and sacrifices made by our returning veterans, participating Greene County retailers offer a discount to honorably discharged veterans.

Call (518)943-3703 to make and appointment to register for the program.

In 2022, the Greene County Veteran Service Agency launched their Valentines for Veterans program. Thanks to overwhelming community support, it became a tremendous success. As a result, the program has evolved into a year-round initiative known as **Cards for Vets**. Thank You to the very generous supporters of this program.

The Veterans Service Agency is pleased to announce it will continue this program in the New Year 2025. Year-round we will collect & deliver cards to our Veterans in area senior facilities.

February - Join us in honoring our Veteran Valentine with a card. Please be sure to mark the card's envelope, Attn: U S Veteran. You can either deliver the cards yourself or drop off at our Agency (159 Jefferson Heights, Suite D303, Catskill. Deadline for cards is February 10, with our office delivering on February 13.





U. S. VETERANS & AND CURRENT MILITARY PERSONNEL
February Events of Interest in Greene County



Sunday February 2	2:00pm	Four Chaplains' Day Ceremony @ Athens Legion
Tuesday February 4	7pm	American Legion Riders meeting @ Greenville Legion
Thursday February 6	7pm 7pm	Catskill American Legion meeting (Elk's) Greenville American Legion meeting
Friday February 7	7:30pm	Irish Music @ Athens Legion Hall
Tuesday February 11	7pm	Cairo American Legion meeting
Wednesday February 12	7pm 7pm	Athens American Legion meeting Windham VFW meeting
Friday February 14	4:30 - 7 pm	Spaghetti Dinner @ Greenville Legion
Saturday February 15	11am	Catskill VFW meeting
Wednesday February 19	7pm	New Baltimore American Legion meeting @ Cornell Hook & Ladder
Friday February 21	6pm	Greene County American Legion meeting @ Town of Coxsackie Senior Center

- Four Chaplains Day -



FEBRUARY 3

Early on Feb. 3, 1943, an enemy torpedo struck the Army transport Dorchester as it carried 902 officers and enlisted men, Navy armed guard, merchant seamen and civilian workers in the North Atlantic. The Coast Guard cutter escorts Comanche and Escanaba rescued 230 men. As Dorchester took on water, four Army chaplains, Lt. George L. Fox (Methodist), Lt. Alexander D. Goode (Jewish), Lt. John P. Washington (Roman Catholic), and Lt. Clark V. Poling (Dutch Reformed), calmed frightened soldiers, aided the wounded and guided the disoriented toward safety. On deck, they opened a storage locker and began distributing life jackets. When there were no more available, the chaplains removed their life jackets and gave them to four young men. As the ship went down, the four chaplains linked arms and braced against the slanting deck, singing hymns and praying. Congress attempted to confer the Medal of Honor on the chaplains but was prevented by strict requirements. It authorized a one-time posthumous Special Medal for Heroism, awarded by President Eisenhower in 1961, which had the same weight and importance as the Medal of Honor.



GREENE COUNTY VETERANS SERVICE AGENCY **HONOR A VET PROGRAM**

GREENE COUNTY HONOR A VET (MAY)
Deadline to Nominate: 3rd Tuesday in March
Ceremony is scheduled for May 3rd, 2025

GREENE COUNTY HONOR A VET VETERAN OF THE YEAR CEREMONY (NOV)
Deadline to Nominate: Tuesday after Labor Day
Ceremony is scheduled for November 1st, 2025

ELIGIBILITY AND INSTRUCTIONS

RESIDENCY: Nominee shall be a long-term resident of Greene County who has continued to maintain strong ties to the county up to date of nomination.

MILITARY SERVICE: Veteran must have served honorably in any branch of U.S. Military on Active Duty or activated with the Guard or Reserves.

PROFILE: The packet includes a three-page profile form and two (2) additional lined pages to write out a brief biography of the candidate's military service. Fill in the profile form completely; and, use the blank lined pages to elaborate on the details of the candidate's military career and community service, if applicable: e.g., how he/she decided to join, or if they were drafted, where they went through training, what they did in the military: their job title and description of their duties, geographical locations they went to, war(s) or war era(s) they served in, experiences they had, and an account of how they received any medals or awards; did they participate in community organizations such as the American Legion or VFW, or the Elks, Rotary Club etc. Did they work with youth? Volunteer at Church? You may add any other information you feel is pertinent.

Please ensure that all information provided is true and accurate. Verification must be submitted of military service and all awards, medals, honors etc. that you have claimed to be true and accurate. Any award that cannot be verified by documentation will be omitted from the application before submitted to the Committee for selection. Any application found or known to contain notable inaccuracies will not be submitted to the Committee for selection.

Please send all nominations directly to Greene County Veterans Service Agency at 159 Jefferson Heights, Suite D-303, Catskill, NY 12414, in person, or by mail. Submissions may also be uploaded and e-mailed to veterans@greenecountyny.gov. For questions or clarification of instructions, please call Greene County Veterans Service Agency at (518) 943-3703. Dates are subject to change



**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.



VETERAN COFFEE HOUR

CAIRO TOWN PUBLIC LIBRARY

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CAIRO NY 12413

MONDAY'S : 10:30 AM

Contact Arin Van Demark 518-719-0020

Arin.Vandemark@hvncvr.org



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THE HUDSON VALLEY
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**VET2VET OF
GREENE COUNTY**

**VETERANS
AND
FAMILY
SUPPORT
GROUP**

EVERY TUESDAY - 1 PM

VET 2 VET GREENE COUNTY
905 GREENE COUNTY BLDG
CAIRO NY 12413

Join Us with Zoom:
[HTTPS://us02web.zoom.us/j/89639753263](https://us02web.zoom.us/j/89639753263)

For More Information:
Call- (518)719 0020
Email - elaina.tysdal@hvncvr.org

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**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~**

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*

News From the Greene County Youth Bureau

NOMINATIONS SOUGHT for 2025 **YOUTH OF THE YEAR AWARD**

The Greene County Children, Youth & Community Advisory Board is again sponsoring the annual Greene County Youth Awards (Youth of the Year, Chairman's Choice, and Director's Choice). The purpose of the awards are to recognize the outstanding contributions and achievements of Greene County youth who have made outstanding contributions in serving his/her community through leadership, knowledge, skill and/or service. The dedication of these young people help make Greene County a better place for us all.

If you know a young person, in Grade 9 -12, who deserves this recognition, you can find a nomination form available on our web site:

[News & Events | Greene Government](#)

or you can contact the Greene County Department of Human Services at (518) 719-3555. From the nominations received, the youth will be evaluated by the selection committee to determine this year's winner.

Any inquiries for further information may also be directed to the department. Deadline for entries is March 31, 2025.

**YOUTH
RECOGNITION
AWARDS**



HOW WILL ARTIFICIAL INTELLIGENCE (AI) AFFECT CHILDREN AND TEENS (PART 2)

*By Sal Massa, Greene County Youth Advisory Board,
adapted from an article by Tiffany Munzer, MD, FAAP*

Last month, the topic of Artificial Intelligence (AI) and its impact on children and teens was discussed. In this segment, we will review what is known 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.

To start, there are many ways AI technology can help kids learn and grow.

- It's a valuable tool for learning. AI can be used to tailor lessons and learning experiences to the individual needs of young children and teens. It can help educators and parents find ways to enrich learning for kids of all abilities at different stages of growth and development. And while it's not a good substitute for live conversation, it can help children improve their language skills and even learn new languages.
- It can foster creativity. We live in a visual world, so kids need ways to express their ideas through photos, images, graphs and more. AI is not only valuable to budding artists, but also kids who want to create data displays, charts, simple cartoons and other visuals.
- It may motivate and engage kids in new ways. AI can be interactive and fun for kids, offering new ways to enjoy and explore their world. For some, this may be a life-changing experience that opens new doors, enhances school performance and helps prepare them for the challenges of adult life.
- For all the positive aspects, AI platforms may also be harmful to children and families.
- They can spread hateful ideas, bias, and stereotypes. Because AI "learns" from everything it finds on the internet, AI platforms reflect the same prejudices that threaten to divide and alienate us. Extensive studies show that AI-generated content advances stereotypes and falsehoods. Parents, guardians, and teachers must be ready to talk with kids about what they see online and how it might reinforce negative beliefs and actions. A study conducted on the media's affect on children and their behavior showed that educating children as to how media is created helps protect

children and youth from the negative impact media may have on them.

- They can affect your privacy. AI collects a huge amount of data about us, often without us knowing it. For example, one toy was found to record conversations among parents, kids and anyone else nearby, with the ability to transmit data from these conversations to third parties.

It's hard to keep up with reports on toys and devices that could violate your family's privacy, but parents may want to avoid interactive toys that promise to "talk" with kids.

- They can flood kids with “selling” messages. AI follows us on the internet, making note of what we like and serving us more of the same. Your child's search history may make them the target of constant ad campaigns you would prefer they not see.
- They can be used for bullying and fraud. AI can be used to create false or distorted images of your child or teen, or someone they know. For example, false pictures can be created and used to attack and shame a person. Other AI generated statements can be used to threaten kids into taking actions they ordinarily would never consider, like giving private information or sending money.

It's clear that AI is here to stay. But in the U.S., legislation hasn't kept pace with technological growth. Part 3 of this article will review what our legislators has done to regulate the use of AI on children and teens as well as provide some pointers as to what parents and guardians can do to help children and teens navigate using AI safely and effectively.





GREENE COUNTY DEPARTMENT of HUMAN SERVICES

Serving Greene County's Senior Citizens, Youth Bureau and Veterans

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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.