



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

JULY 2018



2018 SENIOR FARMERS MARKET NUTRITION PROGRAM



Are you over 60 years of age AND



Is your monthly income below \$1,872 for one; \$2,538 for two or \$3,204 for three?



Would you like to receive a booklet containing twenty dollars (\$20) worth of checks redeemable for fresh fruits and vegetables from participating New York State farmers throughout the state?

If you answer yes to the above and you have not already received a booklet this year . . .

CONGRATULATIONS - YOU ARE ELIGIBLE!!

BOOKLETS CAN BE OBTAINED AT THE FOLLOWING LOCATIONS

- | | | |
|----------------------|---|---|
| CATSKILL: | GREENE COUNTY DEPARTMENT OF HUMAN SERVICES | MON. - FRI. 9:00 A.M. - 4:00 P.M. |
| | AUTUMN GROVE | FRIDAY, JULY 6 @ 10:00 A.M. |
| | ORCHARD ESTATES | FRIDAY, JULY 6 @ 10:30 A.M. |
| | KAATERSKILL MANOR | FRIDAY, JULY 6 @ 11:15 A.M. |
| ATHENS: | RIVERTOWN SENIOR APARTMENTS | MONDAY, JULY 9 @ 10:00 A.M. |
| | RIVERTOWN SENIOR CENTER | MONDAY, JULY 9 @ 10:30 A.M. |
| CAIRO: | FAIRGROUND ESTATES | MONDAY, JULY 9 @ 10:00 A.M. |
| | ACRA COMMUNITY CENTER | MONDAY, JULY 9 @ 10:30 A.M. |
| | GREENE COUNTY YOUTH FAIR | HUMAN SERVICES BOOTH |
| CATSKILL: | WASHINGTON IRVING SENIOR CENTER | TUESDAY, JULY 10 @ 10:30 A.M. |
| COXSACKIE: | BETHANY VILLAGE APARTMENTS | TUES. - THURS. 8:30 A.M. - 3:30 P.M. |
| | TOWN OF COXSACKIE SENIOR CENTER | WEDNESDAY, JULY 11 @ 10:30 A.M. |
| MOUNTAIN TOP: | JEWETT MUNICIPAL BUILDING | MON - FRI, 7:30 A.M. TO 3:30 P.M. |

The Farmer's Market Coupon program is sponsored by
N.Y.S. Dept. of Agriculture and Markets N.Y.S. Dept. of Health N.Y.S. Office for Aging
Cornell Cooperative Extension U. S. Department of Agriculture Food and Nutrition Service



**SENIOR ANGELS PROGRAM -
SPREADING CHEER 365 DAYS A YEAR**
*SPONSORED BY
GREENE COUNTY DEPARTMENT OF HUMAN SERVICES*



Coming in November

Will you be alone for Thanksgiving? Come join us . . .

***SENIOR ANGELS' 3rd ANNUAL
COMMUNITY THANKSGIVING DINNER***
Rivertown Senior Center, Athens

Open to all seniors age 60 and older

Thanksgiving Day, November 22, 2018
12:00 p.m. - 4:00 p.m. Dinner served 1:00 p.m.



*For more information
or if you would like to donate to help offset costs,
contact the Department of Human Services
(518) 719-3555 & ask to speak to Ken.*



**WOULD YOU LIKE TO VOLUNTEER
SOME TIME AND HELP AT THE THANKSGIVING DINNER?**

**NO MONETARY PAY
BUT PLENTY OF SMILES AND GOOD TIMES,
PLUS A NICE MEAL, AS BENEFITS! PRICELESS!!**

**IF YOU WOULD LIKE TO HELP,
CALL KEN BROOKS
AT (518) 719-3555**



*Paul Vandermark for your donation
to the Nutrition Program/Home-delivered Meals
In Memory Of Rose Vandermark*

Robert Main for your donation

*Vera Crewell for your donation
In Memory Of Susan Stephens*

*Carolyn Nusko for your donation
In Memory Of Joe Rubinoi*



As the number of seniors grows, so does the need for our vast array of services. The Department of Human Services encourages and appreciates your donations. If you or your family are in a position to do so, please fill out the form below. Know that one hundred percent of your contribution will be used to provide service to Greene County older adult in need. **THANK YOU FOR YOUR SUPPORT.**

NAME: _____

ADDRESS: _____

I designate a \$ _____ donation in appreciation for services **OR**
In memory of _____
to the following:

- | | |
|---|---|
| <input type="checkbox"/> Round Table News | <input type="checkbox"/> In-home services |
| <input type="checkbox"/> Where most needed | <input type="checkbox"/> Senior Angels Fund |
| <input type="checkbox"/> Homebound transportation | <input type="checkbox"/> Nutrition Program/Home-delivered Meals |

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



SHOPPING BUS

The Greene County Department of Human Services offers a shopping bus to Greene County residents age 60 or older, living in the towns of Ashland, Athens, Cairo, Catskill, Coxsackie, Greenville, Hunter, Jewett, Prattsville and Windham. Seniors are picked up at their door, driven to Catskill for shopping, and then have lunch at a local Senior Center before returning home. Special trips are scheduled periodically.

- MONDAY:** Mountain Top/Catskill
(Windham, Ashland, Prattsville, Jewett & Hunter)
- TUESDAY:** Cairo/Greenville/Catskill
- WEDNESDAY:** Athens/Coxsackie

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 |

In addition, during snow or ice storms, 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 our transportation services for the day, which includes the Shopping Bus.

SPECIAL TRIPS:

See next page for our Summer Specials

COLONIE CENTER (\$10.00 PER PERSON)

Payment due at time of departure/boarding, no exceptions please.

THURSDAY, JULY 19, 2018

FRIDAY, AUGUST 16, 2018



For further information or to make a reservation
(Must be made no later than 3pm the Tuesday prior to special trip),
call Janet at 719-3559



SUMMER 2018 BUS TRIP SPECIALS

2018

NORTH - SOUTH LAKE DAY TRIP

SPONSORED BY GREENE COUNTY DEPARTMENT OF HUMAN SERVICES



Thursday, July 12

*Pickup time will be based on rider location
Return time will be 2:30 p.m.*

**Boxed lunch consisting of:
Chicken Salad sandwich, Macaroni salad,
Cookies, Watermelon, Lemonade & Water**

FIRST COME - FIRST SERVED

To reserve a seat, please call Janet 518-719-3559
by the Tuesday prior to trip date

\$4.00 Donation

Please bring your own lawn chair & towel

Once Upon a Time

GREENE COUNTY YOUTH FAIR BUS TRIP

*SPONSORED BY
GREENE COUNTY DEPARTMENT OF HUMAN SERVICES*



**Friday July 27, 2018,
9:30 a.m. to 2:00 p.m.**

Call Janet 518-719-3559 by July 24 to reserve a seat.

Riders will be contacted regarding pick up times

BUS TRIP

Sponsored by Greene County Department of Human Services

Lake George Steamboat - Lac du Saint Sacrement



Thursday, August 23, 2018

Deadline to reserve: August 2, 2018

**Boarding time for boat: 11:00 a.m.
Departure from Lake George to home: 2:00 p.m.
*Notification of pick-up time will be day prior to trip.***

**\$45 - Reservation taken with payment
(Non-refundable)**

Price includes bus transportation and boat ride with lunch

Limit to first 18 passengers with paid reservation

To make a reservation, please mail payment to:
Greene County Department of Human Services
Attn: Ken Brooks, Business Manager
411 Main Street
Catskill, NY 12414

For further information, contact Janet at 518-719-3559



Volunteers: The Essential Puzzle Piece of our Program



Ruth Pforte, Volunteer Coordinator for Greene County Department of Human Services attended the training "Elevating the Role of Senior Corp in Disasters in New York State". The Corporation for National and Community Services, FEMA, the NYS Office for the Aging and NYS Division of Homeland Security and Emergency Services all participated in the training.

Seen in the photo is Jamie Marcella, NYS Division of Homeland Security and Emergency Services.



GREENE COUNTY DEPARTMENT OF HUMAN SERVICES ALWAYS HAS OPPORTUNITIES FOR VOLUNTEERS.

*Do you drive? Consider delivering meals to homebound seniors.
Or you could drive a senior without transportation to a medical appointment.*

Don't drive? Maybe you would like to make telephone calls to lonely isolated seniors?

Need more socializing? How about volunteering at a congregate meal site?

**Haven't seen what you're looking for listed?
Give Ruth Pforte, Volunteer Coordinator, a call at 518-719-3555
for information on these opportunities and the many others we have to offer.**

DELIVER HOMEBOUND MEALS

The department provides healthy, balanced meals to Greene County residents, age 60 and older, who cannot prepare meals for themselves. Volunteers deliver these meals and check on the senior.

HOMEBOUND MEDICAL TRANSPORTATION

Homebound Medical Transportation Service is available through the Department to county residents, age 60 and older, that do not have other options for needed transportation. The program will arrange for a volunteer driver. Rides are arranged to medical appointments and to special entitlement agencies.

**Are you willing to drive seniors to appointments in a neighboring county?
We especially could use you.**

Greene County Department of Human Services
RSVP Recognition Committee

\$100 Stewarts' Gasoline Raffle



\$5.00 a chance

"Five Winners"

5 Tickets will be drawn.
Each winner will receive one
\$100 Stewarts' gasoline gift card.

Drawing will be held on November 8, 2018

Tickets are available from
RSVP Recognition Committee Members,
at any Greene County Senior Nutrition Site
and

The Department of Human Services,
411 Main Street, Catskill.



SAVE THE DATE!

Thursday, October 4, 2018

41st Annual RSVP
Volunteer Recognition
Luncheon

**"VOLUNTEERS BRING
COLOR TO OUR WORLD"**

Volunteers:
Watch your mail for
your personal invite!



RESEARCH SHOWS THAT SENIOR CORPS IS GOOD FOR VOLUNTEERS' HEALTH!

After just one year of service

- More than one-third reported they were initially in good health but had improved health at the end of the one year period.
- Nearly half of all Senior Corps volunteers reported improved health and well-being.
- Almost two-thirds of Senior Corps volunteers reported a decrease in feelings of isolation; and two-thirds who first reported they "often" lack companionship reported improved social connections.
- **70%** of Senior Corps volunteers who initially reported five or more symptoms of depression reported fewer symptoms at the end of the first year; while **63%** of volunteers with three or four symptoms of depression also reported fewer symptoms.

**Consider joining Senior Corps
by volunteering with Greene County
Department of Human Services RSVP**

Call Ruth at 518-719-3555 for further information.

Part D cost-saving checklist

If you are having trouble affording the costs associated with your Part D prescription drugs, consider the following options for reducing your costs:

- ✓ **Apply for Extra Help**
You may qualify if you have limited income and assets. See page 1 for details.
- ✓ **See if your state has a State Pharmaceutical Assistance Program (SPAP)**
Contact your SHIP to find out whether your state has an SPAP, if you are eligible, and how to apply. See page 1 for your SHIP's contact information.
- ✓ **Talk to your doctor about generic drugs**
Generic drugs are often less expensive than brand-name drugs, so you should ask your doctor if a generic drug could work for you
- ✓ **Ask your doctor about samples**
This is only a temporary solution, as your doctor can probably not provide samples for long.
- ✓ **Appeal for a formulary exception or a tiering exception**
If your drug is not covered or covered on a high cost-sharing tier, you can appeal to your plan. Ask your doctor for assistance with appealing.
- ✓ **See if there are any Patient Assistance Programs you might be eligible for**
Some drug manufacturers offer these programs. Your doctor may have to apply for you, and eligibility varies based on the program.
- ✓ **Look for charity programs that help pay drug costs**
- ✓ **See a safety net provider**
Pharmacies in certain government-funded hospitals and community health centers may provide medications at lower costs, depending on your circumstances. Call the hospital or health center directly to learn more.
- ✓ **Ask your pharmacist to waive your copay**
Your pharmacist may be able to waive copays on a case-by-case basis.
- ✓ **Ask your hospital pharmacy about charity care**
Some hospitals can adjust drug copays to be based on income.



CAREGIVERS' SUMMER BUCKET LIST IDEAS

Courtesy of Elizz 6/23/16

When one of you has a health issue, it can be challenging (or downright overwhelming!) to plan what used to be a simple day trip, take a vacation with your spouse, or go to a family celebration. Are you a caregiver daring to live fully this summer? Or do you feel like it's challenging to make summer plans in an "anything can happen this year" situation? The good news is that there are many wonderful opportunities to get out and create lasting happy memories, participate in things that bring joy, and still manage the care. If your plan for this summer is to take it easy because "anything can happen this year", here are some suggestions for making it a summer to remember.

1. Read at least 3 great books

Can you imagine anything better than relaxing on a dock, in your backyard, or on the beach with a great book? Maybe you're in the mood for a breezy light read with great characters, an edge-of-your-seat thriller, or a story about a family that has more drama than yours! Whatever you're in the mood for, carve out some much-needed time to let the world slow down and lose yourself in some great stories.

2. Take that day trip you or the person in your care has been wanting to go on

Take advantage of the beauty that surrounds you and finally do that day trip to the town, lake, or attraction that's been on your must-go list forever. Or, maybe pay a visit to a special location, one that you or the person in your care haven't been to in awhile. Start small if you need to. Small successes build self-confidence. Depending on the situation, it may take a few short local outings to figure out what time of day is best, how to effectively manage a public washroom, what to bring to ensure comfort, and how to navigate crowds, weather, and accessibility issues.

3. Go to an outdoor concert

Summer is a wonderful time to catch an outdoor concert, musical, or play. If you're worried it will be challenging, work up to this summer bucket list idea by first going to the park or a movie theatre.

4. Have a party

Yes, a party. Summer is a time for relaxing with family and friends, however you can. Making new happy memories with the people you love should be an important priority and is a summer bucket list must-have. Do you have a backyard or patio? Then you've got a gathering spot. If you don't have an outdoor space, open all the windows and let the summer breeze in. It doesn't need to be anything complicated — pick up pre-made appetizers or a vegetable tray, BBQ something simple, and buy the dessert. Or better yet, ask everyone to bring one food item and you just provide the space and beverages.

5. Take a break

All caregivers need to take breaks, not only to manage your own stress, but to make you a better and stronger caregiver when you return. Whether it's an hour-long walk in the forest or by a lake, or a weekend getaway with your spouse, it's so important to make the time. Arrange for respite care through other family members or friends to help manage the caregiving while you have that much-needed time to yourself.

6. Reconnect with a friend

Is there someone you haven't been in touch with for a while? Reconnect with them, and ideally, see them in person. Friendships are an incredible source of strength, happiness and support.

7. Meditate for 10 minutes a day

There is no right or wrong way to meditate. Sit in silence, listen to music, draw, journal, or do yoga stretches. Do what feels right for you.

How many of these will you do? What's on your caregiver summer bucket list?

On Thursday, June 14, a two-fold celebration was held at all of the Department's Senior Nutrition sites. Not only was **National Strawberry Shortcake Day** recognized, but it also was a celebration of Father's Day. The meal for the day consisted of Meatloaf, Fresh Salad, Mashed Potatoes, Spinach and of course, Strawberry Shortcake, featuring local home-grown berries from Story Farms. In addition, those attending the Rivertown Senior Center in Athens received an extra bonus of entertainment by Mike Siciliano and his accordion.



Photo taken at Rivertown.

CONGRATULATIONS

The following Greene County Department of Human Services staff were recognized for their years of service in 2017:

10 YEARS

LANA MARRONE
GWEN STARKE (RETIRED)

15 YEARS

MAUREEN MURPHY
RUTH PFORTE

30 YEARS

SANDRA SHERMAN



Seen in photo is Lana Marrone, Rivertown Senior Center, accepting her certificate from Greene County Administrator Shaun Groden.



***THROUGHOUT SUMMER THE THRIFT SHOP WILL BE HAVING "UN-ADVERTISED SPECIALS".
STOP IN. YOU NEVER KNOW WHAT YOU WILL FIND.***

HOURS OPEN:

MONDAY	9:00 A.M. - 11:30 A.M.
TUESDAY	9:00 A.M. - 11:30 A.M.
WEDNESDAY	9:00 A.M. - 11:30 A.M. and 12:30 P.M. - 2:00 P.M.
THURSDAY	CLOSED
FRIDAY	9:00 A.M. - 11:30 A.M.

SENIOR SERVICE CENTERS in GREENE COUNTY

Each site serves the noon-time menu item for the day, Monday - Friday, for a suggested donation of \$4.00. All meals include: Meat/Alternative Entrée, Vegetables & Fruit, Bread, Milk & Dessert. We ask that you call at least one day ahead, if you wish to be included in the lunch count. Centers are closed on legal holidays and inclement weather. In addition, each center offers Aging Information & Assistance/Medicare Minute each month.

CALL YOUR LOCAL SENIOR CENTER FOR ACTIVITY INFORMATION

ACRA

Acra Community Center,

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

Sandra Sherman
Meal Site Manager

Elaine Cherrington

AGING INFORMATION
& ASSISTANCE
MEDICARE MINUTE:
2nd monthly Wednesday
11:30 a.m.

CATSKILL

Washington Irving
Senior Center
15 Academy Street, Catskill
(518) 943-1343

Gethen Proper
Meal Site Manager

Martha Schilling

AGING INFORMATION
& ASSISTANCE
MEDICARE MINUTE:
2nd monthly Thursday
11:30 a.m.

JEWETT

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

Gayle Ruvolo
Meal Site Manager

MaryAnn Brink
Carol Harnett

AGING INFORMATION
& ASSISTANCE
MEDICARE MINUTE:
4th monthly Friday
11:30 a.m.

ATHENS

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

Shane Dillon, Senior Center Manager

JoanAnn Rouse
Lana Marrone

AGING INFORMATION & ASSISTANCE
MEDICARE MINUTE:
2nd monthly Monday
11:30 a.m.

COXSACKIE

Town of Coxsackie
Senior Center
Mansion Street, Coxsackie
(518) 731-8901

Renee Raffiani
Meal Site Manager

AGING INFORMATION & ASSISTANCE
MEDICARE MINUTE:
3rd monthly Wednesday
11:30 a.m.



Friday, July 6
SEAFOOD SALAD
PICKLED BEETS
POTATO SALAD
LOCAL FARM FRESH CANTALOUPE
From Story Farms

Friday, July 13
CHICKEN FRICASSEE
FRESH SALAD
LOCAL FARM FRESH BRUSSELS SPROUTS
From Black Horse Farms
SWEET POTATO
FRESH PINEAPPLE



Tuesday, July 17
AMERICAN GOULASH
PICKLED BEETS
POTATO SALAD
LOCAL FARM FRESH ZUCCHINI
From Story Farms
CHOCOLATE MOUSSE

Friday, July 27
CHEF'S SALAD w/ Turkey & Cheese
LOCAL FARM FRESH TOMATOES
From Black Horse Farms
POTATO SALAD
CHOCOLATE MOUSSE



Menu will be served at all of the county's senior nutrition sites, and delivered to all homebound meal clients.
Those wishing to attend lunch are required to call the respective location at least a day in advance.

Rivertown Senior Center: 39 2nd St, Athens, 518-945-2700

Jewett Senior Service Center: Jewett Municipal Building, Route 23C, Jewett, 518-263-4392

Acra Senior Service Center: Acra Community Center, Old Route 23B, Cairo, 518-622-9898

Catskill Senior Nutrition Site: Washington Irving Senior Center, 15 Academy St., Catskill, 518-943-1343










Coxsackie Senior Nutrition Site: Town of Coxsackie Senior Center, Mansion St, Coxsackie, 518-731-8901

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS AGE 60 AND OLDER ARE INVITED TO ATTEND - SUGGESTED DONATION IS \$4.00

DAILY: Whole Grain Bread (unless otherwise noted) w/Promise Spread, and 1% Milk, Coffee or Tea

RESERVATIONS ARE REQUIRED AT LEAST ONE DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
2 VEAL PARMESAN PENNE in Tomato Sauce SPINACH FRUIT COCKTAIL	3  EAT YOUR BEANS DAY PULLED PORK COLESLAW BAKED BEANS CARROT COINS OATMEAL COOKIE	4 Department office & all Senior Nutrition Sites closed NO MEALS 	5 BEEF POT ROAST w/ Gravy FRESH SALAD BROCCOLI MASHED POTATOES LEMON MOUSSE	 6 SEAFOOD SALAD on Lettuce PICKLED BEETS POTATO SALAD FARM FRESH CANTALOUPE
9 BAKED FISH PARISIENNE BROWN RICE GREEN BEANS MANDARIN ORANGES	10 BROCCOLI & SWISS QUICHE VEGETABLE JUICE YELLOW SUMMER SQUASH HAWAIIAN CAKE	11 ROAST PORK w/ Gravy RED CABBAGE MASHED POTATOES APPLESAUCE	12 TUNA SALAD PLATE MACARONI SALAD on lettuce w/ fresh tomatoes & carrots TAPIOCA PUDDING	 13 CHICKEN FRICASSEE FRESH SALAD FARM FRESH BRUSSELS SPROUTS SWEET POTATO FRESH PINEAPPLE
16 ORANGE PORK MASHED POTATOES BROCCOLI FRUIT COCKTAIL	 17 AMERICAN GOULASH FARM FRESH ZUCCHINI CHOCOLATE MOUSSE	18 CRAB TOPPED COD SCALLOPED POTATOES ANTIQUA MIXED VEGETABLES TROPICAL MIXED FRUIT	 19 BBQ DAY GRILLED HAMBURGER OR HOT DOG MACARONI SALAD BAKED BEANS SPINACH SALAD WATERMELON	20 CHICKEN CHOW MEIN BROWN RICE ORIENTAL VEGETABLES PEANUT BUTTER SWIRL BROWNIE
23 COOKS' CHOICE GREEN BEANS MANDARIN ORANGES	24 MEATLOAF w/ Gravy SWEET POTATOES CALIFORNIA MIXED VEGETABLES PEARS	25 BIRTHDAY CELEBRATIONS PORK CHOP MONTEREY BRAISED CABBAGE AU GRATIN POTATOES BLACK FOREST CAKE 	26 BAKED ITALIAN FISH SPIRAL PASTA GREEN SALAD SPINACH FRESH PEACHES	 27 CHEF'S SALAD: TURKEY CHEESE FARM FRESH TOMATOES POTATO SALAD CHOCOLATE MOUSSE
30 SAUSAGE & PEPPERS GREEN BEANS CAULIFLOWER PEARS	31 LINGUINI in White Clam Sauce SPINACH MANDARIN ORANGES & PINEAPPLE			

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RESERVATIONS ARE REQUIRED AT LEAST ONE DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
		1 SLOPPY JOES CONFETTI CORN V-8 JUICE FRUIT COCKTAIL	2 BALSAMIC TURKEY SALAD PASTA SALAD FRESH SPINACH SALAD w/ Tomatoes RICE PUDDING	 3 ROAST BEEF FRESH SALAD OVEN ROASTED POTATO MONACO MIXED VEGETABLES FARM FRESH WATERMELON
6 BAKED FISH RICE PILAF SPINACH VANILLA MOUSSE	7 LASAGNA WAX BEANS MIXED VEGETABLES PEACHES	8 MEATLOAF w/ Gravy MASHED POTATO BROCCOLI BROWNIE	9 BAKED LEMON CHICKEN GREEN BEANS FRESH SALAD RED POTATOES APPLE CRISP	 10 HAM & TURKEY SUB PASTA SALAD FARM FRESH SLICED TOMATOES CABBAGE SALAD PLUMS
13 SPANISH RICE GREEN BEANS PEARS	14 MEATBALLS in Marinara Sauce ZITI ITALIAN MIXED VEGETABLES OATMEAL COOKIES	15  KIELBASA SAUERKRAUT BOILED POTATOES CARROTS LEMON MERINGUE PIE	16 TUNA SALAD PICKLED BEETS FRESH GREENS POTATO SALAD CHOCOLATE MOUSSE	 17 BAKED CHICKEN w/ Gravy FRESH SALAD BROCCOLI SWEET POTATOES FARM FRESH HONEYDEW MELON
20 BEEF STEW WAX BEANS ICE CREAM STICKS HDM – BUTTERSCOTCH PUDDING	21 PORK CHOP BRAISED RED CABBAGE SWEET POTATO APPLESAUCE	 22 GROUND BEEF STROGANOFF EGG NOODLES BROCCOLI FARM FRESH BLUEBERRY SHORTCAKE	23 ASIAGO CHICKEN Over Pasta BUTTERNUT SQUASH CUBES CANTALOUPE	23 GREEK TORTELLINI SALAD COLESLAW TOMATOES LEMON MOUSSE
27 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES PEANUT BUTTER COOKIES	 28 HAMBURGER FARM FRESH CORN ON THE COB and ROASTED SUMMER SQUASH VEGETABLE JUICE WATERMELON	28 COOKS CHOICE MANDARIN ORANGES	29 CHEF'S SALAD CARROT RAISIN SALAD CHOCOLATE MOUSSE	30 SALMON w/ Dill Sauce FRESH SALAD PARSLEY BOILED POTATO BROCCOLI PUFF FRESH FRUIT



NUTRITION CORNER



JULY IS NATIONAL BLUEBERRY MONTH

Blueberries are a perennial flowering plant with indigo - colored berries

Some often refer to the blueberry as a **Super Food**.

Blueberries are an excellent source of dietary fiber, vitamins and antioxidants.

THERE ARE 2 MOST COMMON TYPES OF BLUEBERRIES:

- The high bush blueberries are more common and are the most commonly grown in the U.S.
- The low bush blueberries are known as the “wild” blueberry. These berries are smaller and richer in some antioxidants.

HEALTH BENEFITS CONSUMING BLUEBERRIES:

- Low in calories, high in fiber, Vitamin C and Vitamin K.
- They are top of the line for antioxidant foods. Antioxidants come primarily from the fresh fruits and vegetables we consume.
- They protect and /or prevent oxidation of other molecules that can damage cells and contribute to diseases like cancer. They also seem to benefit the brain by improving brain function.
- Protect cholesterol in the blood from becoming damaged.
- May assist in lowering blood pressure.
- Consuming blueberries on a regular basis, with your oatmeal in the morning, may help prevent heart disease.
- Diabetic? Blueberries on a regular basis have been known to improve insulin sensitivity and lower blood sugar levels.
- Blueberries like the cranberry also contain substances that may be useful in preventing urinary tract infections.

NUTRITION OF THE BLUEBERRY:

Serving size: 1 cup

Calories:	85	Carbohydrate:	21 gram
Sodium:	1 mg	Total Fat:	0.5 gram
Protein:	1.1 gram	Cholesterol:	0 mg

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 (*actual cost \$20.00/hour*).

IN-HOME SERVICES: This is discussed with the client by the case manager at the time of assessment.

The suggested level of contribution is \$3.00 per hour (*actual cost \$21.56 per hour*).

LEGAL SERVICES

The suggested level of contribution is \$10.00 per attorney consultation (*actual cost \$149.00/hour*).

NUTRITION:

- **Senior Congregate meal or Home Delivered Meals:**

The suggested level of contribution is \$4.00 (*actual cost \$12.01/meal*).

- **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 of contribution is \$3.00 round trip (*actual cost \$15.08/one way*).

- **Senior Center Transportation:**

The suggested contribution is \$1.00 for round trip (*actual cost: \$7.34/one way*)

- **Medical (Homebound) Transportation:** All tolls are to be paid directly by the passenger.

The suggested contribution for this service is a sliding scale based on mileage

0 – 10 miles \$3.00 round trip

11 – 20 miles \$5.00 round trip

21 – 40 miles \$9.00 round trip

41+ miles \$15.00 round trip

(*Actual cost is \$29.62 one-way trip, maximum mileage*)

News From the Greene County Youth Bureau



The Greene County Children, Youth & Community Advisory Board is pleased to announce their selections for their Youth Awards.

A description of the activities and involvement within the community for each youth nominated was submitted to the Advisory Board. The applications portrayed caring, dedicated individuals, whose efforts and accomplishments should be recognized. Selecting the awardees out of the many excellent nominations was a very difficult task. However, they are confident that the awards are being made to very deserving young members of our county: **Justice Middaugh, Cossackie-Athens School District – 2018 Greene County Youth of the Year; Zaia Ivan, Greenville Central School District – Children, Youth & Community Advisory Board Chairman’s Choice Award and Olivia Gorneau, Greenville Central School District– Greene County Department of Human Services Director’s Choice Award.**

Anthony Loughran, Cossackie – Athens teacher and Asst. Varsity Football Coach nominated Justice Middaugh. He states “Justice has had to take a leadership role in school when one of the respected coaches took a job with another district before the start of the football season. Justice stepped up and took a positive outlook to help the team overcome this development. He is a great young man who always looks to help others. Justice, a senior at C-A, is taking college level courses. He has played football for two years, as a leader and team captain, as well as a member of the wrestling, basketball and baseball teams. He is a member of the school Drama Club, Student Council, Outdoors Club and Interact, as well as served on the Prom Committee. Justice has been involved with RAPP (Responsible Adolescent Peer Program) since Grade 10.

Linda Tripp, Cornell Cooperative Extension nominated Zaia Ivan, and stated “Zaia participates in three community organizations which have a strong community service focus.” She has been a 4-H member for ten years, serves on several 4-H panels, and has been actively involved in a number of 4-H projects. Zaia spends time volunteering in support of community organizations such as Hospice, the Historical Society, Cornell Cooperative Extension, the Greene County Youth fair, the Living Water Family Christian Fellowship Church and the Westerlo Baptist Church.

Olivia Gorneau is a senior at Greenville High School. She serves on the Quality Education Committee and is a student representative on the Building Level Team, and is a student trustee for the Greenville Educational Foundation. She has been selected to participate in All-County Band and the Hugh O’Brien Youth Leadership Academy. Olivia was nominated for the Rensselaer Medal Award and the Rochester Institute of Technology Computing Medal. As an involved student, Olivia has volunteered for countless fundraising and community service activities.

Other youth receiving acknowledgement are:

Madison Bidwell – Ravena Coeymans Selkirk (Greene County resident)
Sklyar Coons & Winnie Pan – Hunter Tannersville
Jarrett Field & Claire Tolan – Greenville CSD
Lily Hepperle & Madeline Sharkey – Cairo Durham CSD
Abigail Pacheco – Catskill CSD
Olivia Pedrick – Windham Ashland Jewett CSD

All youth nominated will be recognized by Greene County at the opening ceremonies of the annual Greene County Youth fair.



Greene County YOUTH FAIR

July 26 - 29, 2018 Cairo, NY



Once Upon a Time



For information, go to:

<http://www.thegreencountyouthfair.com/>



COME TO THE OPENING CEREMONY OF THE GREENE COUNTY YOUTH FAIR

THURSDAY, JULY 26, 2018
9:30 A.M.

2018 GREENE COUNTY
YOUTH HONOREES
TO BE RECOGNIZED

Pre-Sale
Tickets
Available!



See you at the
Greene County
Youth Fair!

Frese's Chicken and Pulled Pork Barbeque

Eat In or Take Out!

When: **Friday, July 27th**
4:00 - 7:00pm

Where: Greene County Youth Fair

Prices: Chicken Dinner \$12.00
Pulled Pork Dinner \$13.00

Dinners include:
corn on the cob, potato, cole slaw

Visit: thegreencountyouthfair.com
to see all the fun!!

Please make checks to:
The Greene County Youth fair

TICKETS CAN BE OBTAINED AT GREENE COUNTY DEPARTMENT OF HUMAN SERVICES

Greene County Youth Fair

Pig Raffle

whole Pig with processing

\$10 per Ticket

maximum 500 tickets sold

Drawing July 29th

For more information:

greencountyvagsociety@gmail.com



An average pig yields approximately:

2 HAMS, 20 LBS, SMOKED OR FRESH
2 SLABS OF BACON, 16 LBS, SLICED AND WRAPPED IN 1 LB PACKAGES
2 PORK LOINS, ABOUT 60 PORK CHOPS, CUT 3/4" THICK
2 PORK BUTTS & 2 PORK SHOULDERS ABOUT 6-8 LBS EACH
2 RACKS OF SPARERIBS, 3-3 1/2 LBS EACH
SAUSAGE, ABOUT 16 LBS

Donated by Johnk Family Farm

TICKETS AVAILABLE AT GREENE COUNTY DEPARTMENT OF HUMAN SERVICES

GREENE COUNTY SENIOR CITIZENS CLUBS



ATTENTION ALL CLUBS:

Do you have anything to announce about your club?

Put it in print in the Roundtable News!

Contact Maureen at the Department of Human Services



Calling All Seniors!

ATHENS:

ATHENS SR. CITIZENS

2nd & 4th monthly Monday

1:15 p.m.

Rivertown Senior Center

CAIRO:

CAIRO GOLDEN AGERS

2nd & 4th monthly Wednesday

1:30 p.m.

Acra Community Center

CATSKILL

CATSKILL SILVER LINING SENIORS

2nd monthly Thursday

1:00 p.m.

Washington Irving Center

COXSACKIE:

SENIOR CITIZENS of COXSACKIE

1st & 3rd monthly Monday

1:30 p.m.

Coxsackie Senior Center

COXSACKIE AREA SENIORS

2nd & 4th monthly Wednesday

1:15 p.m.

Van Heest Hall, Bethany Village

GREENVILLE:

GREENVILLE GOLDEN YEARS

1st monthly Wednesday

1:30 p.m.

American Legion Hall

MOUNTAIN-TOP:

MTN. TOP GOLDEN AGERS

4th monthly Thursday

1:30 p.m.

Tannersville Village Hall

W-A-J-P-L GOLDEN AGERS

1st & 3rd Monday

1:30 p.m.

Hensonville Town Bldg.

MOUNTAINTOP GOLDEN AGERS CLUB
BUS TRIP
HERKIMER DIAMOND MINES
BUFFET LUNCH AT VERNON DOWNS CASINO



MONDAY, JULY 9, 2018
DEPARTURE TIME BASED ON LOCATION
RETURN HOME AT 4:30 P.M.

\$25 PER ADULT

INCLUDES
WALKING TOUR OF SOFT-SKILL MINING
& CRYSTALS - MAKE YOUR OWN JEWELRY
FREE PLAY TOKEN WITH VALID ID

FOR FURTHER INFORMATION OR TO MAKE A RESERVATION,
CALL CHRIS AT 518-589-5815



SPONSORED BY MOUNTAINTOP GOLDEN AGERS CLUB

WEDNESDAY, JULY 18, 2018
8:30 A.M. - 2:30 P.M.
HAINES FALL FIREHOUSE

\$32 AARP MEMBERS
\$37 NON-AARP MEMBERS

PRICE INCLUDES LUNCH
CATERED BY DOLPH'S VILLAGE MARKET

FOR FURTHER INFORMATION OR TO REGISTER,
CALL CHRIS AT 518-589-5815

SEATING LIMITED

MOUNTAIN TOP GOLDEN AGERS BUS TRIP

OCEAN CITY, MARYLAND

SEPTEMBER 9 - 12, 2018



\$489 PER PERSON/DOUBLE OCCUPANCY

Due by 7/20/18

PACKAGE INCLUDES:

LODGING AT HOWARD JOHNSON PLAZA HOTEL

W/ BREAKFAST

3 DINNERS INCLUDING PHILLIP'S CRAB HOUSE

OCEANS DOWN CASINO W/ BONUS SCENIC TOURS

MOTORCOACH TRANSPORTATION, LUGGAGE HANDLING, TAXES AND GRATUITIES

**FOR FURTHER INFORMATION OR TO MAKE A RESERVATION,
CALL CHRIS 518-589-5815**

CATSKILL SILVER LININGS SENIOR CLUB BUS TRIP

HAWAIIAN SHOW

HIGHPOINT MONTAGUE, NJ



WEDNESDAY, JULY 25, 2018

DEPARTURE TIME 8:00 A.M.

\$50 PER ADULT

**INCLUDES TRANSPORTATION,
HAWAIIAN SHOW,
FULL BREAKFAST, FULL COURSE DINNER,
4 HOUR OPEN BAR
INDOOR & OUTDOOR ACTIVITIES**

**FOR FURTHER INFORMATION OR TO MAKE A RESERVATION,
CALL GEORGIE AT 518-622-3257**

WAJPL GOLDEN AGE CLUB
ANNUAL SUMMER PICNIC



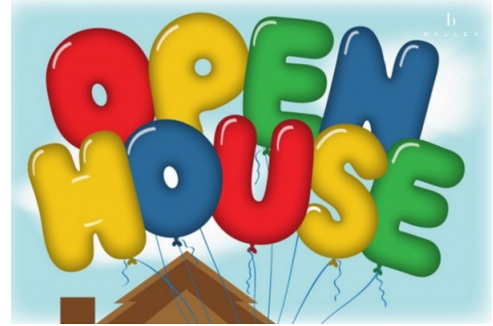
C. D. LANE PARK
MAPLECREST, NY

MONDAY, AUGUST 6, 2018

12:00 NOON

MORE DETAILS TO FOLLOW

WAJPL GOLDEN AGE CLUB
ANNUAL OPEN HOUSE



HENSONVILLE TOWN BUILDING

MONDAY, SEPTEMBER 24, 2018

12:00 NOON

COVERED DISH
CRAFT CLASS ITEMS ON DISPLAY
(Paintings, Ceramics, and Stained Glass)

MOUNTAINTOP GOLDEN AGERS BUS TRIP
BRANSON COUNTRY CHRISTMAS & VETERANS SHOW
"THE OZARK JUBILEE"
LOG CABIN BANQUET IN HOLYOKE, MA



MONDAY, NOVEMBER 19, 2018

\$60 PER ADULT

INCLUDES TRANSPORTATION,
LUNCH AT THE LOG CABIN: CRUDITÉ & HOT SOUP DUJOUR,
CHICKEN PICCATA, YANKEE POT ROAST,
VEGETABLE, POTATO & DESSERT
AFTERNOON OF MUSIC & LAUGHTER WITH THE OZARK JUBILEE FEATURING FIDDLER DOOFUS DOOLITTLE

FOR FURTHER INFORMATION OR TO MAKE A RESERVATION,
CALL CHRISTOPHER AT 518-589-5815



FOR YOUTH DEVELOPMENTSM
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOVING FOR BETTER BALANCE

@ THE HUNTER PUBLIC LIBRARY

THE MORE YOU SWAY, THE LESS YOU FALL!

- Moving For Better Balance is a 12 week falls-prevention program that uses the principles and movements of Tai Chi to help older adults increase their strength, improve their balance, and increase their confidence in doing everyday activities.
- Class size is limited
- Pre-registration required, phone number below

WHEN: Mondays & Wednesdays (July 23rd - October 17th)

TIME: 2pm - 3pm

LOCATION: Hunter Public Library
7965 Main Street
Hunter, NY 12442

QUESTIONS: Contact Toni Carroll, Wellness Coordinator
Phone: 518-731-7529



ADULT LEARNING INSTITUTE (ALI)

July 2018 Programs

All are held at Columbia - Greene Community College
4400 NY RT 23, Hudson, NY.

Please call the ALI Office @ 518-828-4181, ext. 3431
or email ali@sunycgcc.edu to register.

**All classes held in Faculty/Staff Lounge,
1:30 p.m. - 4:00 p.m., unless otherwise noted:**

- Mon. July 9 & 16 Open Pinochle Group
- Tues. July 10, 17, 24 & 31 Bridge Group
- Wed. July 11 & 25 Mahjongg
- Thurs. July 12 **10:30 a.m. - 12:00 Noon**
More Fascinating True Stories from Flip Side of History
- Tues. July 17, 18 & 19 Family History/Local History
Rm. 318, 11:30 a.m.-12:30 p.m. **OR** 1:00 p.m.-2:00 p.m.
- Wed. July 18 **2:30 p.m. - 3:30 p. m.**
Best of TED Talks w/ Glenn Fisher, Room 318
- Thurs. July 26 **10:30 a.m. - 12 Noon**
Listen & Learn: The Basics: Memory Loss, Dementia &
Alzheimer's Disease



DID YOU KNOW?



**Weatherization Assistance Program is a free program
for income eligible home owners.**

We follow the same income guidelines as HEAP.

2017-2018 WEATHERIZATION PROGRAM INCOME THRESHOLD		
Household Size	Monthly Income	Annual Income
1	\$ 2,318	\$ 27,816
2	\$ 3,031	\$ 36,372
3	\$ 3,744	\$ 44,928
4	\$ 4,457	\$ 53,484
5	\$ 5,170	\$ 62,040
6	\$ 5,883	\$ 70,596
7	\$ 6,343	\$ 76,120
8	\$ 7,063	\$ 84,760
9	\$ 7,783	\$ 93,400
10	\$ 8,503	\$ 102,040

Each additional person add \$693

**If your home has never been weatherized
by the Community Action Weatherization Program,
call for an application.**

**Insulation, Air Sealing, Ventilation, Light Bulbs, Refrigerator,
Smoke Detectors and CO Detectors
are just some of the things
that the Weatherization Assistance Program
may be able to do for your home.**

Call 518-943-9205 for an application today.



The Mountain Top Library Hosts:

Senior Citizens Visit the Library!



BRING YOUR OWN BAGGED LUNCH!
Everyone Is Invited To Join Us
For A Day of Puzzles, Crafts, Games
& Educational Programming!

Wednesday, June 27th
10:30 am - 2 pm



alzheimer's association

Healthy living for your brain & body

Wednesday, July 25th
10:30 am - 2 pm



Local History Talk with
Dede Thorpe &
Cyndi LaPierre

Wednesday, August 29th
10:30 am - 2 pm



Chair Yoga &
Pottery

Wednesday, September 26th
10:30 am - 2 pm



Local History Talk with
Jim Planck



This Program Was Made Possible Through The Generosity Of The
Friends Of The Mountain Top Library & A Grant From The Fortnightly Club Of Catskill

Need A Lift? Free transportation to these events can be arranged.
ROUTE 708 Call 518-943-3625 for details.



Mountain Top Library 6093 Main Street, Tannersville NY 518.589.5707

QUILT SHOW

Piecemakers of Cairo Quilt Guild
Saturday, August 11, 2018
10 a.m. to 4 p.m.

Freehold Community Center
9502 Route 32, Freehold, NY 12731

Our annual quilt show features quilts,
wall hangings, and more.
Many handmade items for sale

THERE WILL BE RAFFLES
AND DOOR PRIZES GALORE!

Be sure to visit our guild challenge,
The Boutique, AND the vendors.

Admission Donation - \$3.00

Further information,
contact Debra (518) 622-2270

Purchase

Fresh Produce



with your SNAP Benefits

Choose from Two Sizes!

1-2 People

\$14

3-4 People

\$23

Learn What's in the Bag Friday
Order by Monday Afternoon

Pick-up Thursday from:
Community Action, Catskill

Pick-up Friday from:
Prattville Arts Center

COMMUNITY ACTION
of Greene County, Inc.

will contribute

\$10

to the first 100 orders!

Call
518-943-9205
to place your order today!



Need a
**Helping
Hand?**



COMMUNITY ACTION
of Greene County, Inc.

cagcny.org | 518-943-9205

Don't Forget to Visit Our Pay It Forward Community Thrift
Store for Clothing and Much More!

SUPPORT GROUP MEETINGS

alzheimer's association®

the compassion to care, the leadership to conquer®

1st monthly Wednesday, 3:00 p.m.
The Pines
Jefferson Heights, Catskill

3rd monthly Wednesday, 6:00 p.m.
Heermance Memorial Library
1 Ely Street, Coxsackie

www.alz.org



TRAVEL TRAINING NEWS

Travel Training is Offered All Year Long!

Two delightful residents of Kaaterskill Manor took advantage of travel training in the cooler months and took a shopping trip using the GCT Shuttle bus. The busses have wonderful heat in the winter and great A/C in the summer.



How can you take advantage of the Travel Training program?

Call (518) 943-3625

Speak with the Mobility Manager to schedule a Travel Training session for yourself or your group.



GREENE COUNTY ROUND TABLE NEWS
is published monthly by
GREENE COUNTY DEPARTMENT of HUMAN SERVICES
411 Main Street, Catskill, NY 12414
(518) 719-3555 Toll Free (877) 794-9266
aging@discovergreene.com

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The office is open 8:30 a.m. - 5:00 p.m. Monday thru Friday. Agency staff specialize in a variety of subjects. **While walk-ins can sometimes be seen, staff who can best assist you may be unavailable. We recommend you call ahead for an appointment.**