

# Greene County Round Table News

Published by Greene County Department of Human Services since 1976

JUNE 2018

## 2018 GREENE COUNTY SENIOR AWARDS

DEDE TERNS-THORPE: SENIOR CITIZEN of the YEAR

BERNICE MAE HOYT: OUTSTANDING CONTRIBUTION

by a SENIOR CITIZEN



Each year, the Greene County Legislature proclaims May as Greene County Senior Citizens' Month. They express appreciation for the commitment and valuable service of our outstanding senior citizens. In conjunction with this, the Advisory Council to the Greene County Department for the Aging conducts a search of local senior citizens that can be recognized for their volunteer services. Two dedicated individuals are chosen to receive special recognition from the county Legislature as Senior Citizen of the Year and for Outstanding Contribution by a Senior Citizen.



Dede Terns-Thorpe was born in the Bronx where she lived with her family until she was eleven years old. She then moved to the Forest Inn in Platte Cove. She attended Hunter-Tannersville Central School. Post high school, Dede attended nursing school. She is married to Ed Thorpe and they have five sons. Her work experience includes the U.S. Postal Service as a carrier and clerk, an observer at the Hunter Mountain Fire Tower, summer ranger at Devil's Tombstone campground, Kerns Nursery, and first-aid responder at Hunter Mountain Ski Bowl. Dede has been serving her community as a volunteer for as long as anyone can remember. She served as a member of the Advisory Council to the Greene County Department for the Aging, is a volunteer driver for homebound meals, and volunteers for the Mountain Top Arboretum. Dede serves as the Town of Hunter historian, and organized the Bicentennial celebration with a parade, activities, exhibits and a special postal stamp cancellation. She co-wrote the book, "Around Hunter", which features stories and photos from the Mountaintop Historical Society. She continues her historical stories by writing a column in the Windham Journal. Dede is a member of the historical society and oversaw the annual Open House, and is always looking for ways to help raise funds for the organization. Recently, she produced banners with historical photos on Main Street in Hunter. Another side of Dede is Master Gardener through Cornell Cooperative Extension. She planted flowers in Haines Falls and Tannersville, as well as tends to the flower beds around the MTHS Visitors' Center. Together with her husband and other volunteers, they erected the roadside gazebo on the site of the Wayside Inn, and help maintain it. Both are members of the Hunter Civic Association. As you look around the community, you can see Dede's hand in almost everything.

Bernice Mae Hoyt, AKA Bea, was born in 1927 on the family farmhouse in Hunter. She is the youngest of five children and grew up on the belief system of honesty, integrity, good hard work, and of course, the Lord. At a young age, Bea worked for the phone company in Hunter. After high school, she relocated to Poughkeepsie, working as an operator for New York Telephone and later a well-respected supervisor, retiring after 40 years of service. Bernice, AKA "Confetti", and a few co-workers started the "Telephone Pioneers" – a group dressed as clowns who visited hospitals and nursing homes to brighten their day. In 1985, Bernice returned to Greene County to assist in the care of her parents. From there, her time was spent volunteering with total and complete commitment to her community. Up until a few months back, she volunteered for the Mountain Top Food Pantry. It has been said that if the food pantry was closed due to inclement weather but folks needed food, Bernice would drive and open it up. Bernice will turn 91 years "young" this May. She lives with her older sister, Doris, and they take good care of each other. She never ceases to amaze the family.



Receiving Greene County Certificates of Merit were Nancy Clark of Athens, and Jack & Jan Schane of Hunter.

# Senior Day 2018





Thank you to all the vendors, our sponsors, and those who gave assistance in some way to make the day a true celebration. Thank you to Congressman John Faso for sending a representative to present the winners with official Congressional records, and Legislators Pat Linger and Aidan O'Connor for attending. Last but by no means least, thank you to the senior citizens of Greene County. Where would we be without you? See you next year.

To see all photos from the day, go to:

<https://www.greengovernment.com/departments/human-services/2018-senior-citizen-day-photos>



## **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:** Greenville/Cairo/Catskill

**WEDNESDAY:** Athens/Coxsackie

### **NOTE:**

**The Shopping Bus does not run on the following holidays:**

**New Year's Day  
Presidents' Day  
Independence Day  
Columbus Day  
Veterans Day**

**Martin Luther King Jr. Day  
Memorial Day  
Labor Day  
Election Day (November)  
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.

### **COLONIE CENTER SHOPPING TRIPS**

Price per person: \$10.00  
Payment due at time of departure.

**FRIDAY, JUNE 8, 2018  
THURSDAY, JULY 19, 2018  
FRIDAY, AUGUST 10, 2018**



**Advance notice/reservation required for all shopping bus transportation.**

**For further information or to reserve a seat, call Janet at (518) 719-3559**



## SUMMER 2018 BUS TRIP SPECIALS

### **2018 NORTH - SOUTH LAKE DAY TRIPS**

*SPONSORED BY GREENE COUNTY DEPT. OF HUMAN SERVICES*

*Thursday, June 28      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 chosen trip date  
*\$4.00 Donation*

### **GREENE COUNTY YOUTH FAIR BUS TRIP**

*SPONSORED BY GREENE COUNTY DEPT. OF HUMAN SERVICES*

## *Once Upon a Time*



**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 Are Gems



*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.



## **2018 SMART DRIVER™ COURSE**

*Become a safer driver! Reduction on your auto insurance premium!*  
Must possess valid NYS driver's license & AARP card, if member.  
Remember to bring with you!

### **COST FOR COURSE:**

**\$20.00 for AARP members**  
**\$25.00 for non-members**

*Exact cash amount or check/money order payable to AARP required*

### **CLASS DATES & LOCATIONS, Must attend both days**

*Please arrive 15 minutes before class begins*  
*Seating is limited*

**All classes are 1:00 p.m. – 4:30 p.m.**

**Wednesday, June 13 & Thursday, June 14**  
**Rivertown Senior Center 39 Second Street, Athens**

**Wednesday, June 20 & Thursday, June 21**  
**Town of Cossackie Senior Center Mansion Street, Cossackie**

To register, call Michael Pirrone  
(518) 945-2122 Cell (917) 656-0425  
Email: [kokomomike@hotmail.com](mailto:kokomomike@hotmail.com)



## RSVP CRAFTERS' TEA

The 2018 Crafters' Tea was hosted by the Cairo Crafters at the Acra Senior Center. This year, the program was blessed with several large donations of yarn. The ladies in attendance had a wonderful time selecting yarn for use in future projects. Once again, the ladies outdid themselves with the amazing desserts brought to share.

During 2017, the Crafters provided handmade items to the Capital City Mission, Ronald McDonald House, Miracles at Albany Medical Center, NY Oncology Hematology, the VA and the Fisher House. Thank you ladies for all the time you put into making items for local not-for-profit organizations.



**Make a  
difference**

**ARE YOU LOOKING FOR A WAY  
TO MAKE A DIFFERENCE?  
TRY VOLUNTEERING!**

### 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 several routes to offer:**

Acra (2 routes); Ashland; Athens (2 routes); Cossackie (3 routes); Freehold; Greenville (2 routes); Hunter; Kiskatom; Leeds; Lexington (2 routes); Palenville; South Cairo; Catskill (3 routes); Tannersville & Windham

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

**You can tell us what days and times you are available and we will schedule appropriately.  
You will even receive a tax exempt mileage reimbursement of 50¢ per mile!**

**INTERESTED? WANT MORE INFORMATION?  
Contact Ruth Pforte (518) 719-3555  
Greene County RSVP Volunteer Coordinator**

*Be sure to mention you saw this in the Round Table News!*



# Caregiver Connection

Welcome back to our Caregiver Connection. We hope you find the information beneficial to you as family caregivers. As you read, you'll come across terms commonly used in Human Services & Health Care settings that you may find confusing or have never heard before. Each month, we will offer an alphabetical list of terms with simple explanations.

## Power-of-Attorney

This is a legal term that allows one person to act as someone else's attorney (lawyer) or agent. POA can be just for certain specific responsibilities or it can be more broad issues having to do with financial affairs.

A **Durable Power of Attorney** is a document which names a person who can make financial decisions of behalf of someone else. This power of attorney remains in effect even when a person is disabled or incapacitated.

A **Durable Medical Power of Attorney** is a type of Advance Directive (*Feb. 2018*) and names a person to make health care choices for someone else if he/she becomes incompetent or cannot express wishes.

Less common in elder care legal planning is the **Non-durable Power of Attorney**. This type of POA takes effect immediately upon signing but does not remain effective once the principal is deemed incompetent.

## R - Z

**Respite Care:** Temporary care to offer relief for the family caregiver. Respite care may be given in the patient's home or the patient may have a short stay somewhere else. It can be scheduled regularly (e.g. 2 hours daily) or provided only when needed.

**Restorative Potential:** The level of function (ability to move or do activities of daily living) that a patient is likely to regain, based on the patient's condition and diagnoses. This is issued by Medicare and other insurances to determine rehabilitative needs.

**Skilled Care:** Nursing care given in a patient's home or in a facility. It may include injections, tube feeding, and changing sterile wound dressings. Most insurance plans require patients to need at least some skilled care before they can get other home care services.

**Social Adult Day Services:** Social and recreational activities offered in a group setting. Clients often need help with safety and ADLs, but not much medical attention.

**Speech Therapist:** Licensed healthcare professional who diagnoses and treats people with speech, language, or hearing problems.

**Subacute Care:** Care or monitoring after a hospital stay. This can be in a less intensive setting or in a special unit in a hospital. Subacute care is usually short-term.

**Transition:** A move from one care setting to another. Care during transition involves coordination and communication among patient, providers, and family caregivers.

**Ventilator:** A machine that pushes air into the lungs through a breathing tube inserted into the patient's throat. Also called a respirator or "vent".

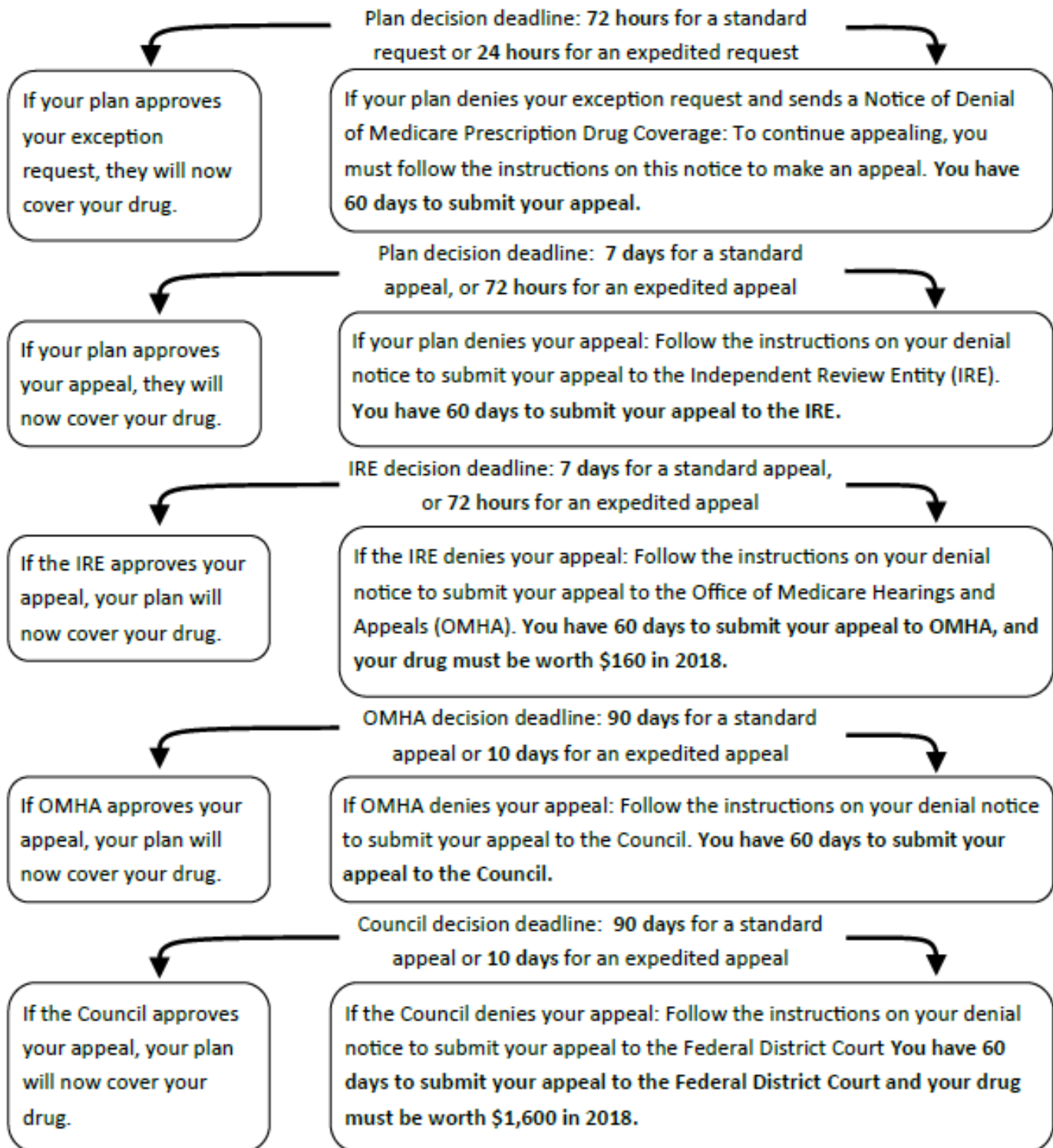
**Visiting Nurse:** A term often used for a nurse who visits patients in their homes. The job of a visiting nurse includes checking vital signs and physical health. The visiting nurse follows a doctor's treatment plan.

For the full list of terms & other valuable information on Family Caregiving, go to [www.nextstepincare.org](http://www.nextstepincare.org)



## The Part D appeals process

To start a Part D appeal, you or your doctor submits an exception request to your plan.



There is no timeline for the Federal District Court to make a decision about your appeal. If they approve your appeal, your plan must cover your drug.

## HAPPY MOTHER'S DAY

On Thursday, May 10, the women attending the Rivertown Senior Center in Athens were treated to special honors in recognition of Mother's Day. A beautiful bouquet of pink carnations was donated by CDPHP to brighten up the room. In addition, the Center's Planning Committee sponsored a raffle for various small potted plants.

*A big thank you to CDPHP  
for their beautiful flowers.*



## OLDER NEW YORKERS' DAY 2018

Each May as part of national Older Americans' Month, NYSOFA celebrates older adults at an Older New Yorkers' Day event in Albany. Many older New Yorkers, chosen by their local offices for the aging, are recognized for their outstanding contributions at this annual event. This year, the Governor proclaimed Tuesday, May 22, 2018 as Older New Yorkers' Day.

Seen in photo are Greene County honorees Wanda Powell (standing in for Bea Hoyt) and Dede Terns-Thorpe with NYS Senator George Amedore.



On Saturday, May 19, Cornell Hook & Ladder of New Baltimore hosted their first Health & Fire Safety Day at the firehouse. Demonstrations were conducted throughout the day on various aspects of home health & safety.

In addition, there were booths with informational supplies, including our own Greene County Department of Human Services. Staff from the department provided "First 48 Hours" booklets, our brochure, and informational sheets on Medicare & scams. Great job New Baltimore!



*Photo compliments of Thomas Marra*

## 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

Meal Site Manager  
Sandra Sherman

Elaine Cherrington

AGING INFORMATION  
& ASSISTANCE

MEDICARE MINUTE:  
2nd monthly Wednesday  
11:30 a.m.

NUTRITION EDUCATION:  
Tuesday, June 12, 12 Noon

#### CATSKILL

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

Meal Site Manager  
Gethen Proper

Martha Schilling

AGING INFORMATION  
& ASSISTANCE

MEDICARE MINUTE:  
2nd monthly Thursday  
11:30 a.m.

NUTRITION EDUCATION:  
Monday, June 11, 12 Noon

#### JEWETT

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

Meal Site Manager  
Gayle Ruvolo

MaryAnn Brink

AGING INFORMATION  
& ASSISTANCE

MEDICARE MINUTE:  
4th monthly Friday  
11:30 a.m.

NUTRITION EDUCATION:  
Monday, June 4, 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.

NUTRITION EDUCATION:  
Tuesday, June 5, 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.

NUTRITION EDUCATION:  
Thursday, June 7, 11:30 a.m.



**Wednesday June 6**

**Meatball Sub**

**Italian Mixed Vegetables**

**LOCAL FARM FRESH BEET GREENS**

*from Black Horse Farms*

**Fruit Cocktail**



**Friday June 22**

**Turkey Tortellini Salad**

**Hard Boiled Egg**

**LOCAL FARM FRESH SPINACH SALAD**

*from Black Horse Farms*

**Cherry Tomatoes & Cucumbers**

**Fresh Fruit**



**Thursday June 28**

**Chicken & Biscuits**

**Green Beans**

**Broccoli**

**LOCAL FARM FRESH STRAWBERRY & BLUEBERRY**

*from Story Farms*

**YOGURT PARFAIT**

**Cherry Tomatoes & Cucumbers**

**Fresh Fruit**



The 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.

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

Rivertown Senior Center: 39 2<sup>nd</sup> St, Athens 518-945-2700




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

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










**GREENE COUNTY SENIOR NUTRITION PROGRAM**

ALL PERSONS, AGE 60 & OLDER (and spouses) ARE INVITED TO ATTEND - SUGGESTED DONATION IS \$4.00  
**SERVED DAILY: BREAD with PROMISE SPREAD, MILK, COFFEE & TEA - TARTAR SAUCE SERVED WITH FISH**  
**LUNCH RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE BY CALLING THE CENTER DESIRED**

Monday	Tuesday	Wednesday	Thursday	Friday
				<p align="center"><b>1</b></p> <p>SAUSAGE &amp; PEPPERS GREEN BEANS CAULIFLOWER PEARS</p>
<p align="center"><b>4</b></p> <p>HERB BAKED FISH AU GRATIN POTATOES SPINACH TROPICAL FRUIT MIX</p>	<p align="center"><b>5</b></p> <p>HAM, PEPPER &amp; ONION QUICHE PEAS &amp; PEARL ONIONS CARROTS CHOCOLATE MOUSSE</p>	<p align="center"><b>6</b></p>  <p>MEATBALL SUB ITALIAN MIXED VEGETABLES <b>FARM FRESH BEET GREENS</b> FRUIT COCKTAIL</p>	<p align="center"><b>7</b></p> <p>CHICKEN SALAD PASTA SALAD FRESH GREENS COLESLAW FRESH FRUIT</p>	<p align="center"><b>8</b></p> <p>BAKED PORK CHOP GREEN SALAD BRAISED CABBAGE SWEET POTATO PEACH CRISP</p>
<p align="center"><b>11</b></p> <p>MACARONI &amp; CHEESE 3 BEAN SALAD STEWED TOMATOES PEARS</p>	<p align="center"><b>12</b></p> <p>TUNA SALAD PLATE POTATO SALAD MARINATED CARROTS LEMON PUDDING</p>	<p align="center"><b>13</b></p> <p>BEEF STRIPS w/ Peppers &amp; Onions BROWN RICE BROCCOLI PINEAPPLE CHUNKS</p>	<p align="center"><b>14</b></p>  <p><b>STRAWBERRY SHORTCAKE DAY</b></p> <p>MEATLOAF FRESH GREEN SALAD MASHED POTATOES SPINACH <b>FARM FRESH STRAWBERRY SHORTCAKE</b></p>	<p align="center"><b>15</b></p> <p>TURKEY DIVAN BROWN RICE PEAS &amp; PEARL ONIONS FRESH ORANGE</p>
<p align="center"><b>18</b></p> <p>SHEPHERD'S PIE GREEN BEANS CAULIFLOWER FRUIT COCKTAIL</p>	<p align="center"><b>19</b></p> <p>SEAFOOD SCAMPI BROWN RICE BROCCOLI VANILLA MOUSSE</p>	<p align="center"><b>20</b></p>  <p><b>ICE CREAM SODA DAY</b></p> <p>PORK LOIN COLESLAW MASHED POTATOES CARROTS ICE CREAM SODAS HDM - FRUIT</p>	<p align="center"><b>21</b></p> <p>HUNGARIAN GOULASH EGG NOODLES CAULIFLOWER ITALIAN MIXED VEGETABLES FRUITED GELATIN</p>	<p align="center"><b>22</b></p>  <p>TURKEY TORTELLINI SALAD HARD BOILED EGG <b>FARM FRESH SPINACH SALAD</b> CHERRY TOMATOES &amp; CUCUMBERS FRESH FRUIT</p>
<p align="center"><b>25</b></p> <p>STUFFED SHELLS w/ Tomato Sauce WAX BEANS MIXED VEGETABLES CHOCOLATE CHIP COOKIES</p>	<p align="center"><b>26</b></p> <p><b>BIRTHDAY CELEBRATIONS</b></p> <p>BEEF BURGUNDY BUTTERED NOODLES BRUSSELS SPROUTS BIRTHDAY CUPCAKE</p> 	<p align="center"><b>27</b></p> <p>LIVER &amp; ONIONS HOT BEETS MASHED POTATOES FRUIT COCKTAIL</p>	<p align="center"><b>28</b></p>  <p>CHICKEN &amp; BISCUITS GREEN BEANS BROCCOLI <b>FARM FRESH STRAWBERRY &amp; BLUEBERRY YOGURT PARFAIT</b></p>	<p align="center"><b>29</b></p> <p>SALMON w/ Dill Sauce FRESH SALAD SUMMER SQUASH PEARS</p>

**GREENE COUNTY SENIOR NUTRITION PROGRAM**

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SERVED DAILY: BREAD with PROMISE SPREAD, MILK, COFFEE & TEA - TARTAR SAUCE SERVED WITH FISH  
LUNCH RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE BY CALLING THE CENTER DESIRED**

Monday	Tuesday	Wednesday	Thursday	Friday
2  VEAL PARMESAN PENNE in Tomato Sauce SPINACH FRUIT COCKTAIL	3  <b>EAT YOUR BEANS DAY</b> PULLED PORK COLESLAW BAKED BEANS CARROT COINS OATMEAL COOKIE	4  <b>Department office &amp; all Senior Nutrition Sites closed NO MEALS</b>   <i>Happy 4th of July</i>	5  BEEF POT ROAST w/ Gravy FRESH SALAD BROCCOLI MASHED POTATOES LEMON MOUSSE	6   SEAFOOD SALAD on Lettuce PICKLED BEETS POTATO SALAD <b>FARM FRESH CANTALOUPE</b>
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 <b>FARM FRESH BRUSSELS SPROUTS</b> SWEET POTATO FRESH PINEAPPLE
16  ORANGE PORK MASHED POTATOES BROCCOLI FRUIT COCKTAIL	17   AMERICAN GOULASH <b>FARM FRESH ZUCCHINI</b> CHOCOLATE MOUSSE	18  CRAB TOPPED COD SCALLOPED POTATOES ANTIQUA MIXED VEGETABLES TROPICAL MIXED FRUIT	 19 <b>BBQ DAY</b>  GRILLED HAMBURGER <b>OR</b> 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 <b>BIRTHDAY CELEBRATIONS</b>  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 <b>FARM FRESH TOMATOES</b> POTATO SALAD CHOCOLATE MOUSSE
30  SAUSAGE & PEPPERS GREEN BEANS CAULIFLOWER PEARS	31  LINGUINI in White Clam Sauce SPINACH MANDARIN ORANGES & PINEAPPLE			

# Nutrition Notes

## JUNE IS DAIRY AND FRESH FRUIT & VEGETABLE MONTH

### Percentage of Daily Value



Dairy products are an excellent source of protein, calcium and vitamins for everyone - children, adults, and seniors. Just one 8 ounce glass of milk offers 8 grams of protein which helps to build and repair muscle. Dairy also contributes to better Bone Health, Heart Health and Blood Pressure Control.

Fruits and vegetables provide our bodies with nutrients vital for health and body maintenance. Individuals who consume more fruits and vegetables as part of a healthy diet are more likely to:

- Reduce their risk for some chronic diseases such as Heart disease including a heart attack or stroke
- Improve protection against certain types of cancer
- Reduce their risk of Heart disease, obesity and Type 2 Diabetes by consuming the fiber in fruits and vegetables
- Help lower blood pressure and reduce the risk of developing kidney stones and help decrease bone loss by eating fruits and vegetables rich in potassium
- Lower their overall calorie intake by consuming more vegetables low in calories versus high calorie foods

So take advantage of the growing season visit your local Farmers Markets and indulge in the freshness of wholesome fruits and vegetables!



## COMING IN JULY . . . NYS FARMERS MARKETS CHECKS

If you are a senior, aged 60 years or older, and low-income, you may be eligible to receive Senior Farmers Market Nutrition Program (SFMNP) checks. Eligible seniors receive a \$20 booklet of SFMNP checks that can be used to purchase local, fresh, unprocessed vegetables and fruits at participating farmers markets and farm stands. The program starts July 1.



Check back for updated information.

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



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

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

**CONSULTATION and ASSISTANCE:** This includes such client assistance activities as case assistance, Health Insurance Information Counseling and Assistance Program (HIICAPZ), 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/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*).

### **Health Promotions:**

There is no suggested contribution for this service. Donations always accepted.

## **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*)

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





**SENIOR ANGELS  
PROGRAM -  
SPREADING CHEER  
365 DAYS A YEAR**

The Greene County Senior Angels Program operates more than just at holiday time. Under their slogan, "Spreading Cheer 365 Days a Year", funds are used year-round to provide one-time, emergency assistance to senior citizens, when all other funds have been exhausted, and there is no other source to help.

Due to the generous contributions of area residents, business and clubs, the Program has been able to help fulfill all qualified requests. Year-round donations can be dropped off or mailed to: Greene County Department of Human Services, ATTN: Senior Angels Fund, 411 Main Street, Catskill, NY 12414.

For more information, please call Greene County Department of Human Services at (518) 719-3555 or toll-free (877) 794-9266

*Thank  
you* 

*Your kind and generous donations  
will be used to provide service  
to an older adult in need.*

*Carolyn Yusko  
In Memory of  
Departed Loved Ones*

*Dennis & Kathleen Meehan  
In Memory of  
Bridget O'Malley*



**THANK YOU FOR YOUR  
SUPPORT and GENEROSITY**

As the number of seniors grows, so does the need for our vast array of 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 contribution will be used to provide service to another older adult in need.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

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

- \_\_\_\_\_ Round Table News
- \_\_\_\_\_ In-home services
- \_\_\_\_\_ Senior Angels Fund
- \_\_\_\_\_ Homebound transportation
- \_\_\_\_\_ Nutrition Program/Home-delivered Meals
- \_\_\_\_\_ Where most needed

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

# News From the Greene County Youth Bureau



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.

The Greene County Children, Youth & Community Advisory Board will be recognizing the nominees for the 2018 Youth Awards. The 2018 Youth of the Year will be honored, as well other award recipients.

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](http://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 29<sup>th</sup>

For more information:

[greenecountyagsociety@gmail.com](mailto:greenecountyagsociety@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

## 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:

**BETHANY VILLAGE TENANTS**  
3rd monthly Wednesday  
1:15 p.m.  
Van Heest Hall

**COXSACKIE AREA SENIORS**  
2nd & 4th monthly Wednesday  
1:15 p.m.  
Van Heest Hall, Bethany Village

**SENIOR CITIZENS of COXSACKIE**  
1st & 3rd monthly Monday  
1:30 p.m.  
Coxsackie Senior Center

## 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 monthly Monday  
1:30 p.m.  
Hensonville Town Bldg.



*Calling All Seniors!*

**IMPORTANT NOTE:**

NEITHER GREENE COUNTY OR THE DEPARTMENT OF HUMAN SERVICES ENDORSES ANY SENIOR CLUB ACTIVITIES. WE MERELY PASS THE INFORMATION ALONG AS A COURTESY TO THE SENIOR CLUBS. FOR FURTHER INFORMATION, CONTACT THE SPECIFIC CLUB ADVERTISING.

**MOUNTAIN TOP GOLDEN AGERS CLUB  
BUS TRIP**



**MACHAYDN THEATER, CHATHAM**

**LUNCH AT KOZEL'S**

**WEDNESDAY, JUNE 13, 2018  
DEPARTURE TIME BASED ON LOCATION**

**\$53 PER ADULT**

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



**CATSKILL SILVER LININGS  
BUS TRIP  
MONTREAL & QUEBEC CITY  
AUGUST 13 - 17, 2018**

**\$630 PER PERSON/DOUBLE OCCUPANCY  
\$830 FOR SINGLE OCCUPANCY  
\$25 deposit due with reservation, Balance by 6/18/18  
No Refunds after July 1, 2018**

**MOTORCOACH TRANSPORTATION  
W/ 4 NIGHTS LODGING WITH BREAKFAST & DINNER  
GUIDED TOURS OF MONTREAL, OLD MONTREAL,  
QUEBEC CITY AND OLD QUEBEC  
VISIT TO SEVERAL SHRINES AND BASILICAS  
VISIT TO MONTREAL CASINO  
AND MORE!!!**

FOR FURTHER INFORMATION OR TO MAKE RESERVATION,  
CALL GEORGIANNA 518-622-3257

**CAIRO GOLDEN AGERS BUS TRIP  
LIVING HISTORY CRUISE AND  
HISTORIC HERKIMER HOME**



**TUESDAY, JUNE 19, 2018  
(Tour is 10:00 a.m. - 4:00 p.m.)**

**\$55 PER ADULT**

**HERKIMER HOME TOUR  
PROMISED LAND BBQ  
CHOCOLATE MAKING DEMONSTRATION  
ERIE CANAL CRUISE (LOCKS 17 & 18)  
GEMS' DOCK**

FOR FURTHER INFORMATION  
OR TO MAKE A RESERVATION,  
CALL ANNA RUTH AT 518-291-2502

**CATSKILL SILVER LININGS BUS TRIP  
DOO WOP SHOW W/ LUNCH  
VILLA ROMA**



**TUESDAY, JUNE 19, 2018, 8:00 A.M.**

**\$50 PER PERSON**



**INCLUDES:  
TRANSPORTATION  
CORVETTES DOO WOP SHOW REVUE  
LUNCH: FRUIT CUP, CHICKEN NOODLE SOUP,  
ROAST LOIN OF PORK, EGGPLANT PARMESAN  
OR TILAPIA FRANCESE  
STARCH, VEGETABLE AND DESSERT**

FOR FURTHER INFORMATION  
OR TO MAKE A RESERVATION,  
CALL GEORGIANNA 518-622-3257

**MOUNTAINTOP GOLDEN AGERS CLUB**

**BUS TRIP**

**HERIKMER 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**

**MOUNTAINTOP 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.**

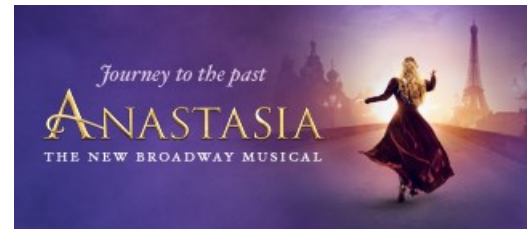
**\$50 PER ADULT**

**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 BUS TRIP**

**PROCTORS THEATER, SCHENECTADY**



**LUNCH AT GLEN SANDERS MANSION**



**THURSDAY, OCTOBER 11, 2018**

**\$75.00**

**TO MAKE A RESERVATION,  
CALL MARYLOUISE AT 518-622-3397  
OR OPAL AT 518-750-8380**

FLAG DAY  
2018 ★

The Mountain Top  
Library hosts an Important  
Community Event In recognition of

JUNE 14  
★ 6PM ★

**WORLD ELDER ABUSE  
AWARENESS DAY**

MAYOR DR. LEE MCGUNNIGLE WILL INTRODUCE THE  
**"SAFE AT HOME" COMMITTEE**

Everyone is invited to attend this vital event to  
Inform, Educate & Prevent the Exploitation of the Vulnerable.



Greene & Columbia County Elder Abuse Prevention & Education Task Force members  
& Attorney Kathryn Salensky, Founder of George's Justice, will be in attendance.

1st Hotline in NYS serves  
Greene • Columbia • Dutchess • Ulster Counties  
518-751-0207 • [www.georgesjustice.com](http://www.georgesjustice.com)

Join the Mayor & the Task Force Team  Mountain Top Library, Main St Tannersville NY

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 609S Main Street, Tannersville NY 518.589.5707

## Caregiver Teleseminar

Senior  
Services  
of Albany  
Offering Choice, Independence  
and Dignity

### Senior Services of Albany Teleseminar:

#### Advance Directives and Estate Planning

Presented by JulieAnn Calareso, Esq.

The Shevy Law Firm, LLC

Participate by Phone from the Comfort of your Home!

Want to know your rights as your loved one's Health Care Proxy Agent?  
Do you know what type of Power of Attorney you have & what you can do?



#### Advance Directives and Estate Planning Teleseminar:

Covers health care proxies, living wills, MOLST, Powers of Attorney,  
and the disposition of assets after death.

Thursday, June 14, 2018  
7:00 p.m.—8:00 p.m.

*Advance Registration Required*

**For More Information or to Register:**  
Call (518) 694-3511

Designed to support Greater Capital Region residents who provide  
assistance and care for elder relatives, partners or friends.

[www.seniorservicesofalbany.com](http://www.seniorservicesofalbany.com)

Funded by the Albany County Department for Aging,  
NYS Office for Aging, the Administration on Aging  
And United Way of the Greater Capital Region

## ADULT LEARNING INSTITUTE (ALI)

The Adult Learning Institute has announced its program for June 2018. 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](mailto:ali@sunycgcc.edu) to register.

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

Mon. June 4 & 18	Open Pinochle Group
Tues. June 5, 12, 19 & 26	Bridge Group
Wed. June 6, 13 & 27	Mahjongg
June 20	Mahjongg in Dining Hall
Tues. June 5 & Wed. June 6	9:00 am - 12:30 p.m.
AARP Defensive Driving, Room 328	
Tues. June 19,	11:30 a.m. - 12:30 p.m.
Wed. June 20	Or 1:00 p.m. - 2:00 p.m.
Thurs. June 21	
Family History/Local History, Room 318	
Wed. June 20	2:30 p.m. - 3:30 p.m.
Best of TED Talks w/ Glenn Fisher, Room 318	
Thurs. June 28	10:30 a.m. - 12:00 Noon
Intro to Tai Chi: Strength for Fall Prevention	

## 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

 **COLUMBIA GREENE** COMMUNITY COLLEGE

Proudly Presents



# AG DAY

• FUN • ANIMALS • FOOD •  
• DEMONSTRATIONS • LOCAL ARTISANS •

10AM - 2PM  
SATURDAY, JUNE 2ND

*Free Admission!*

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?**

[cagcny.org](http://cagcny.org) | 518-943-9205

COMMUNITY ACTION  
of Greene County, Inc.

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

**THIS IS A PAID ADVERTISEMENT (9/18 - 11/18)**

**MVP Health Care®** is here for you!

**Gladys Crawford**  
Medicare Products Advisor

MVP Health Care  
625 State Street, Schenectady, NY 12305  
**518-388-2370** [gccrawford@mvphealthcare.com](mailto:gccrawford@mvphealthcare.com)

 **MVP**  
HEALTH CARE



## 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.*





## **A name you can trust.**

For information, call  
**(518) 641-3400 or 1-888-519-4455**  
**TTY/TDD: 711**



**A plan for life.**

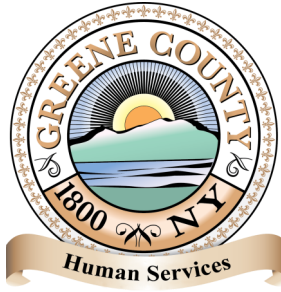
Our hours are 8 a.m. - 8 p.m. seven days a week, October 1 – February 14. From February 15 – September 30, Monday – Friday, our hours are 8 a.m. - 8 p.m. A voice messaging service is used weekends, after-hours, and federal holidays. Calls will be returned within one business day.

CDPHP® is an HMO with a Medicare contract. Enrollment in CDPHP Medicare Choices depends on contract renewal.

Capital District Physicians' Health Plan, Inc. | CDPHP Universal Benefits,® Inc.

This is an advertisement.

Y0019\_17\_1684 Accepted



**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

**EXECUTIVE DIRECTOR - THÉRÈSE MCGEE WARD**

**BUSINESS MANAGER:** Ken Brooks

**AGING DEPARTMENT COORDINATORS:**

Aging Services - Connie Bentley

Nutrition - Tezera Pulice

Volunteer Services - Ruth Pforte

Staff:

**CASE MANAGERS:** Cortney Carlson

Carol Provost

Danielle Wade

**BETHANY VILLAGE CASE MANAGER:**

Andrea Benjamin-Legg

**ADMINISTRATIVE ASSISTANT:**

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**AGING SERVICES AIDE:**

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**RECEPTIONIST:**

Mary Jean Pomilla

**SHOPPING BUS DRIVER:**

Janet Osborn

**NUTRITION VAN CHAUFFEURS:**

Patrick Murphy

Dave Mokszycki

**YOUTH BUREAU CASE WORKER:** Carrie E. Wallace

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.**