



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

MAY 2018

Proclamation

WHEREAS, the older residents of Greene County represent a wealth of knowledge and experience and are one of the county's most valuable resources; and

WHEREAS, the Greene County Legislature is committed to supporting its senior citizens by means of a vast array of programs and services offered by the Department of Human Services' aging services, as well as other Greene County Departments; and

WHEREAS, nearly one-fifth of the County's total population is comprised of citizens 65 years of age or older; and

WHEREAS, a growing number of baby boomers are rapidly becoming older citizens, and the number of individuals providing care to family members and friends is expanding significantly; and

WHEREAS, Greene County benefits greatly from the dedication and community awareness of its senior residents; and

WHEREAS, the month of May is nationally recognized as Older Americans Month and this year's theme is "**Engage at Every Age**", intending to give a new voice - one that reflects what today's older adults have to say about aging.

NOW, THEREFORE, with great pleasure, we honor our senior citizens and encourage them to continue to play a vital role in the Greene County community.

Greene County Legislature

2018 Greene County Senior Citizen of the Year
Dede Terns-Thorpe, Haines Falls



Outstanding Contribution by a Senior, 2018
Bernice Mae Hoyt, Hunter



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 on a periodic basis.

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 observed in New York State government:

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	

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, MAY 11, 2018 **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

2018
NORTH - SOUTH LAKE DAY TRIPS
SPONSORED BY GREENE COUNTY DEPARTMENT 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

Please bring your own lawn chair & towel

BUS TRIP

Sponsored by Greene County Department of Human Services

Lake George Steamboat - Lac du Saint Sacrement



Thursday, July 26, 2018

Deadline to reserve: July 5

Thursday, August 9, 2018

Deadline to reserve: July 19

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

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



Volunteers Are Gems



COMMUNITY RESOURCE DAY

On Thursday, March 22, RSVP sponsored their annual Community Resource Day at the Washington Irving Senior Center in Catskill. On hand were thirty-six vendors who provided information about their agency and services to the community. Thank you to all the vendors for coming that day; to all the seniors who attended and brought home some new knowledge, and to Greene County Legislators Michael Bulich and Aidan O'Connor for attending and helping clean-up after the event.



On **National Service Recognition Day**, April 3, 2018, elected officials honored area volunteers by participating in various community events. Here in Greene County, officials offered their time to help at one of the county's Senior Nutrition sites. CNCS (Corporation for National and Community Service), as well as other national organizations, and, locally, the county's Department of Human Services RSVP, are the coordinators of the idea.

Thank you to Greene County Legislator Aidan O'Connor, Town Supervisors Doreen Davis (Catskill); Rick Hanse (Coxsackie) & Paul Macko (Greenville), Coxsackie Village Trustee Joe Ellis and Town of Jewett Councilman James R. Quackenbush for participating in this year's Recognition Day. What might not be known is that Paul, Joe, Rick and James do this year round, as members of their community, and not just one day as elected officials.



RSVP INSTALLS OFFICERS

On Tuesday, March 27, 2018, the installation of officers for Greene County RSVP Council was held. Seen administering the Oath of Office is DHS Business Manager, Ken Brooks. After installation, a delightful luncheon was held.

The officers for 2018-2019 are:

Chairman - Cliff Gross

Vice Chairwoman - Lillian Moore

(absent, standing in Anna Sutherland)

Secretary - Terri Brett



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

Wednesday, April 4 & Friday, April 6 8:30 a.m. – 11:30 a.m.
Washington Irving Senior Center 15 Academy Street, Catskill
To register, call Maureen Sullivan (518) 943-3291

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

Wednesday, April 11 & Thursday, April 12
Wednesday, June 13 & Thursday, June 14
Rivertown Senior Center 39 Second Street, Athens

Wednesday, April 25 & Thursday, April 26
Wednesday, June 20 & Thursday, June 21
Town of Coxsackie Senior Center Mansion Street, Coxsackie

Thursday, May 10 & Friday, May 11
Acra Community Center Old Rte. 23B, Acra

Wednesday, May 23 & Thursday, May 24
Town of Jewett Municipal Building Beaches Corners, Jewett

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



**39 Second St.
Athens**

**BAG
SALE**

**May 7 thru
May 25,
2018**

**\$2.00 a bag
for all Spring
& Summer
clothes**



**8th ANNUAL
SENIOR CITIZEN DAY
at the HISTORIC CATSKILL POINT**

**FRIDAY, MAY 18, 2018
12PM – 3PM**

**FREIGHTMASTER'S BUILDING
Main Street, Catskill**

**Vendor Booths with information
pertaining to Older Americans**

**Boxed Lunch:
New Orleans Muffuletta*,
Salad & King Cake**

** Round bread with marinated olive salad, salami, ham,
mortadella, and cheese*

Entertainment

Sponsored by Greene County Department of Human Services

**Transportation available if needed:
Call (518) 719-3555 or your nearest Senior Nutrition site by May 11, 2018.**

Please note: If you would prefer not to receive the boxed lunch, you are more than welcome to bring something of your own to enjoy.

**Donations
are Greatly
Appreciated!**

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

_____ Homebound transportation

_____ In-home services

_____ Nutrition Program/Home-delivered Meals

_____ Senior Angels Program

_____ Where most needed

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

*Thank
you* 

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

*For the Nutrition Program
Mary Ann Kordich
In Memory of
John & Margaret Kordich*

*For the Senior Angels Fund
Anonymous
In Memory of
Patricia J. Van Valkenburg*



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



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.

N - P

Nursing Home: A facility that provides 24-hour care to people who are seriously or chronically ill, or otherwise disabled. People who live in skilled nursing facilities (SNF) are often referred to as "residents". Residents must be unable to care for themselves in other settings or need extensive medical care. Often SNFs serve as rehabilitation centers for short-term therapy ("subacute care") after an illness or injury.

Occupational Therapist: Professionals who treat injured, ill, or disabled patients through the therapeutic use of every day activities. They help patients develop, recover, improve, as well as maintain the skills for daily living and working.

OASIS: The Outcome and Assessment Information Set (OASIS) is a series of questions about a home care patient to determine needs and measure outcomes. Medicare requires a home health agency to fill out this survey when opening a case for an adult patient, when there is a significant change in condition, when a patient is transferred to a hospital, when (if) the patient returns home, or when the patient dies or is discharged from the agency services. The questions cover many aspects of the patient's diagnosis, clinical condition, living arrangements, and ability to manage on his/her own. A few questions concern the "primary caregiver" - who that person is, how often the patient receives care from that person, and what kinds of care are provided. Because a patient may not be able to give all the answers or may be unwilling to reveal how much help is needed, it is a good idea for the family caregiver to be present at this initial evaluation.

Palliative Care: Care that focuses on the relief of pain, symptoms, and stress of serious illness. The goal is to improve quality of life for patients and families. Palliative care is appropriate at any point in an illness, not just end-of-life care, and it can include treatments that are intended to cure as well as comfort. Palliative care is given by trained workers in a hospital, home, nursing home or hospice.

Patient Assessment: A way to gather patient information for the purpose of assessing functional needs (what tasks people need help with) and eligibility for services. Information may include health status, financial status, ability to perform ADLs (Activities of Daily Living), mental status, and living situation.

Patient Bill of Rights: Listing of ways a health care facility will treat patients with dignity and respect. It includes how patients can fully participate in making healthcare choices.

Personal Emergency Response System (PERS): An electronic device that allows a person to call for emergency help at home. The device connects to the patient's phone and is programmed to signal a response center when the "help" button is pressed. The patient may wear the button on a necklace or bracelet to allow the person to move freely around the home. There is typically a monthly charge. Many companies offer PERS services. (Feel free to contact our office for further information about PERS).

Physician Assistant (PA): A healthcare professional trained and licensed to perform medical tasks and write prescriptions under the supervision of a medical doctor.

Physical Therapist: A licensed, professional trained to help patients with impaired motor function, from chronic illness or injuries, improve their movement and manage their pain. (i.e. walking). PTs use exercise, massage, and other ways to help improve a person's function and strength.

MORE TERMS NEXT MONTH



CREATE YOUR ALL-STAR CARE TEAM IN 5 STEPS by Ashley Huntsberry-Lett

In this country, there is a growing problem regarding a lack of supportive resources for family caregivers. There are government programs, charities, and nonprofits that might be able to help intermittently, but what caregivers often need most is sound advice, regular respite and an extra set of hands. Friends may scatter when one begins caring for a spouse or parent, and not everyone has siblings or other family members they can depend on to share the load. It is crucial for each caregiver to take inventory of their personal supports in order to utilize their help as efficiently as possible. A carefully selected care team is a necessary complement to a loved one's plan of care. Use these five steps to build your team.

Step 1: Draft a List of Prospective Team Members

Write down the name of all the people that you interact with on a regular basis. Forego any initial judgements or doubts about their usefulness in your care plan. You want to avoid limiting any potential sources of assistance from the very beginning, so just let the ideas flow.

Step 2: Assess Each Individual's Strengths

Now is the time to assess the strong suit of each person on your list. Who is financially savvy? Who can listen to you vent without interrupting or casting judgement? Is there someone to keep an eye on Mom when she is outside gardening? Many people have specific capabilities that can help you execute your care plan, and most have something to contribute. Be sure to factor in each person's attitude before asking them to join your team. Your sister may have plenty of free time to drive Dad to and from doctor's appointments, but if she brings negativity or criticism to your regular routine, then the drawbacks may outweigh the benefits of her involvement.

Step 3: Create Your All-Star Care Team

Revise your remaining list to create a foolproof roster of people who will assist you with hands-on care and day-to-day tasks. Do not include anyone who may make your duties more difficult. This is your go-to tool for getting outside help, whether it is planned well in advance or needed at the last minute. Include each person's contact information and, if possible, an outline of their weekly schedule to help you quickly reference when available.

Step 4: Assign Roles for Each Member

Once you have narrowed down your list to reliable, positive individuals, identify specific tasks in your care plan that would be a good fit for each one. Friends and family often wish they could help, but they are usually unsure of what would be useful to contribute. Individuals who have never walked in a caregiver's shoes tend to have a difficult time understanding all of the responsibilities that are involved. Be very specific about the kinds of assistance appreciated. For example, if you struggle to prepare dinner on Wednesdays (your busiest day of the week), see if Mom's friend from church can pick her up for a weekly dinner date. The goal of creating this team is to be able to meet your loved one's needs (as well as your own) without every single responsibility falling solely on your shoulders. A care plan that lacks meaningful support and respite time is not viable over the long term.

Step 5: Add Some Pros to Your Team

Relatives and friends aren't the only ones to recruit for your care team. You may feel most comfortable with these people helping out because you know them personally, but remember that not everyone can be even a part-time caregiver. Fortunately, there are a number of professionals who can facilitate the technical aspects of providing care. A financial planner can assist with complicated fiscal decisions, an elder law attorney can ensure that you are legally prepared for the future, and a geriatric care manager can coordinate the care your loved one deserves.

Any remaining gaps in your care plan can be filled by paid caregivers and other services. For example, in-home care and adult day care services can provide supervision and stimulation for your loved one when you need to run errands, or enjoy some respite time or go to work. If housekeeping rarely fits into your routine, then hire a cleaning service or arrange to have these tasks added to your home care professional's responsibilities. Healthy meal delivery, pre-sorted prescription medications, and transportation services are some other options that can simplify your schedule and reduce your workload.

A comprehensive team assists with daily duties and can provide valuable back-up care in instances when the primary caregiver cannot see to their responsibilities. The more support a caregiver has, the less likely they are to experience burnout and the more sustainable the care plan will be.



MEDICARE LOW INCOME SUBSIDY: **GET EXTRA HELP PAYING FOR PART D**

Beneficiaries with Medicare who have limited income and assets may qualify for Extra Help with the costs of their prescription drugs. This program is also known as LIS, or the Part D Low Income Subsidy. The Social Security Administration (SSA) and the Centers for Medicare & Medicaid Services (CMS) work together to provide the benefit.

Who qualifies for Extra Help?

Some people get Extra Help automatically. These include people who are enrolled in both Medicaid and Medicare (often called dual eligible), those receiving Supplemental Security Income (SSI), and those who qualify for a Medicare Savings Program. These individuals do not need to apply for the program, though they may still wish to consult a benefits counselor to determine the best Part D plan to suit their situation.

Anyone else who is not already enrolled in the benefits noted above must apply to Social Security to receive Extra Help.

Help Benefits of Extra Help

The amount of Extra Help a beneficiary receives depends on their income and resources. Beneficiaries will receive either a full-subsidy or a partial-subsidy. Most people who qualify for Extra Help will pay:

- No premiums,
- No deductibles (unless receiving the partial subsidy), and
- No more than \$8.35 in 2018 for each drug their plan covers.

In addition to lower out-of-pocket costs, beneficiaries with Extra Help have the following protections:

- A Continuous Special Enrollment Period to join or switch to a Medicare Part D drug plan any time of year. People who get Extra Help do not need to wait for the Annual Open Enrollment Period (Oct. 15 – Dec. 7) to change plans. Any plan changes will become valid for the following month. This is especially helpful to seniors/adults with disabilities who may need to begin medications that are not on their current plan's formulary (approved drug list).
- No Part D late enrollment penalty, even if the beneficiary enrolls late (that is, after they were first eligible to join a Part D plan and if they did not have other drug coverage).

Ways to apply for Extra Help

- Call the Greene County Department of Human Services, 518-719-3555 to schedule an appointment with a Health Insurance Information Counseling and Assistance Program (HIICAP) counselor.
- Apply directly through the Social Security Administration if already have Medicare.

alzheimer's  association®
**Caregiver Support Groups in
Greene County**

1st Wednesday of the month 3:00 p.m.
The Pines at Catskill Center for Health & Rehabilitation
154 Jefferson Heights, Catskill
Facilitator: Molly McCann
Contact 518-867-4999, Ext. 224
mmcann@alz.org

1st Thursday of the month 6:00 p.m.
Heermance Memorial Library
1 Ely Street, Coxsackie
Facilitator: Mary Ann Witt
Contact 518-867-4999, Ext. 224
mmcann@alz.org

Telephone Support Group
1st Wednesday of the month 10:00 a.m.
Tele-support for all 17 counties
712-770-4010, Access code #919600
Facilitator: Jim Hardman 518-915-3115
jhardman@alz.org

For more information or to register for one of the above programs, contact 1-800-272-3900 or alz.org
This program is supported in part by a grant from the New York State Department of Health.



Taught by David Haines

**Rivertown Senior Center
39 Second Street, Athens**

**10 weekly Thursdays
May 3 – July 5, 2018
10:00 a.m. – 11:00 a.m.**

Contact the center, 518-945-2700, to register



*Classes made possible by a grant from
Athens Community Foundation.*

COMMUNITY  ACTION
of Greene County, Inc.

**Columbia Greene Crime Victims
Advocacy Program**

Topics to be discussed include:

- Identity Theft
- Fraud
- Schemes that target seniors
- Other services available through Community Action

Monday, May 7th 11:00 a.m.
Town of Coxsackie Senior Center

Wednesday, May 9th 11:00am
Rivertown Senior Center, Athens

Friday, May 11th 12:00pm
Washington Irving Senior Center, Catskill

**CONGRATULATIONS
and GOOD LUCK**

After several years of employment with Greene County, in the Human Services' Nutrition Department, John Lawrence is moving on to greener pastures. We wish him much happiness in his leisure days ahead.



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.

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.

JEWETT

Jewett Municipal Building
Route 23C, Jewett

(518) 263-4392

Gayle Ruvolo
Meal Site Manager

MaryAnn Brink

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 Service Center Manager
(Provisional)

JoanAnn Rouse
Lana Marrone

AGING INFORMATION & ASSISTANCE
MEDICARE MINUTE:
2nd monthly Monday
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.

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 OR 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
	<p>1</p> <p>CHICKEN & BISCUIT GREEN BEANS BROCCOLI BERRY YOGURT PARFAIT</p>	<p>2</p> <p>BEEF POT ROAST w/ GRAVY MASHED POTATOES ROASTED WINTER SQUASH FRUITED GELATIN</p>	<p>3</p> <p>BEEF BURGUNDY over NOODLES HONEY BALSAMIC BRUSSELS SPROUTS FRESH PEAR</p>	<p>4</p>  <p>PULLED PORK COLESLAW BAKED POTATO CARROT COINS FRESH FRUIT</p>
<p>7</p> <p>MUSHROOM QUICHE WAX BEANS BROCCOLI PEACHES</p>	<p>8</p> <p>BEEF PATTY w/ ONION SAUCE STEWED ZUCCHINI BOILED POTATO APRICOTS</p>	<p>9</p> <p>CHICKEN PARMESAN RIGATONI PASTA in SAUCE BRAISED KALE CHOCOLATE MOUSSE</p>	<p>10</p> <p>ROAST PORK w/ GRAVY RED CABBAGE MASHED POTATOES APPLESAUCE</p>	<p>11</p> <p>FISH JAMBALAYA w/ TOMATOES BROWN RICE GREEN BEANS FRESH FRUIT</p>
<p>14</p>  <p>CHICKEN DANCE DAY</p> <p>CHICKEN CHOW MEIN BROWN RICE ORIENTAL VEGETABLES ICE CREAM STICKS HDM: LEMON PUDDING</p>	<p>15</p> <p>PORK STROGANOFF NOODLES ANTIGUA MIXED VEGETABLES MANDARIN ORANGES</p>	<p>16</p> <p>OVEN BAKED BATTERED FISH OVEN BAKED FRENCH FRIES MIXED VEGETABLES FRUIT COCKTAIL</p>	<p>17</p>  <p>NATIONAL CHERRY COBBLER DAY</p> <p>ROAST TURKEY w/ GRAVY BROCCOLI SWEET POTATO CHERRY COBBLER</p>	<p>18</p>  <p>ANNUAL SENIOR CITIZENS DAY</p>
<p>21</p> <p>MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES PEACHES</p>	<p>22</p> <p>BIRTHDAY CELEBRATIONS MEATLOAF w/ GRAVY MASHED POTATO ORANGE CARROTS BIRTHDAY CUPCAKE</p> 	<p>23</p> <p>PORK CHOP w/ MUSHROOM GRAVY EGG NOODLES BRAISED CABBAGE APPLE/SWEET POTATO COMPOTE</p>	<p>24</p> <p>COOK'S CHOICE</p>  <p>BROCCOLI TROPICAL FRUIT MIX</p>	<p>25</p>  <p>NATIONAL VANILLA PUDDING DAY</p> <p>ROASTED CHICKEN FRESH SALAD LEMON ROSEMARY ROASTED POTATOES ANTIGUA MIXED VEGETABLES VANILLA PUDDING w/ FRESH BERRIES & WHIPPED CREAM</p>
<p>28</p> <p>MEMORIAL DAY ALL SENIOR NUTRITON SITES & MAIN OFFICE CLOSED</p> 	<p>29</p> <p>TURKEY DIVAN over RICE BEET SALAD CHOCOLATE MOUSSE</p>	<p>30</p> <p>ROAST BEEF w/ GRAVY MASHED POTATOES MONACO MIXED VEGETABLES COOKIES</p>	<p>31</p> <p>CRANBERRY CHICKEN SALAD over GREENS POTATO SALAD MARINATED CARROTS FRESH FRUIT</p>	

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 OR 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
				1 SAUSAGE & PEPPERS GREEN BEANS CAULIFLOWER PEARS
4 HERB BAKED FISH AU GRATIN POTATOES SPINACH TROPICAL FRUIT MIX	5 HAM, PEPPER & ONION QUICHE PEAS & PEARL ONIONS CARROTS CHOCOLATE MOUSSE	6  MEATBALL SUB ITALIAN MIXED VEGETABLES FARM FRESH BEEF GREENS FRUIT COCKTAIL	7 CHICKEN SALAD PASTA SALAD FRESH GREENS COLESLAW FRESH FRUIT	8 BAKED PORK CHOP GREEN SALAD BRAISED CABBAGE SWEET POTATO PEACH CRISP
11 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES PEARS	12 TUNA SALAD PLATE POTATO SALAD MARINATED CARROTS LEMON PUDDING	13 BEEF STRIPS w/ Peppers & Onions BROWN RICE BROCCOLI PINEAPPLE CHUNKS	 14 STRAWBERRY SHORTCAKE DAY MEATLOAF FRESH GREEN SALAD MASHED POTATOES SPINACH FARM FRESH STRAWBERRY SHORTCAKE	15 TURKEY DIVAN BROWN RICE PEAS & PEARL ONIONS FRESH ORANGE
18 SHEPHERD'S PIE GREEN BEANS CAULIFLOWER FRUIT COCKTAIL	19 SEAFOOD SCAMPI BROWN RICE BROCCOLI VANILLA MOUSSE	 20 ICE CREAM SODA DAY PORK LOIN COLESLAW MASHED POTATOES CARROTS ICE CREAM SODAS HDM - FRUIT	21 HUNGARIAN GOULASH EGG NOODLES CAULIFLOWER ITALIAN MIXED VEGETABLES FRUITED GELATIN	22  TURKEY TORTELLINI SALAD HARD BOILED EGG FARM FRESH SPINACH SALAD CHERRY TOMATOES & CUCUMBERS FRESH FRUIT
25 STUFFED SHELLS w/ Tomato Sauce WAX BEANS MIXED VEGETABLES CHOCOLATE CHIP COOKIES	26  BIRTHDAY CELEBRATIONS BEEF BURGUNDY BUTTERED NOODLES BRUSSELS SPROUTS BIRTHDAY CUPCAKE	27 LIVER & ONIONS HOT BEETS MASHED POTATOES FRUIT COCKTAIL	28  CHICKEN & BISCUITS GREEN BEANS BROCCOLI FARM FRESH STRAWBERRY & BLUEBERRY YOGURT PARFAIT	29 SALMON w/ Dill Sauce FRESH SALAD SUMMER SQUASH PEARS

NUTRITION NOTES

MAY IS HIGH BLOOD PRESSURE EDUCATION MONTH



So what affects blood pressure when we talk about food? You guessed it - **Sodium!** Our bodies require some sodium. It helps with nerve and muscle function and maintaining the right balance of fluid in the body.

“Table Salt” is the combination of two minerals, sodium and chloride. Most Americans over do it with the salt shaker with sprinkling before tasting.

How much sodium should we consume per day?

The American Heart Association recommends no more than 2,400mg or 800mg/meal.

It is worthy to note that 75% of our sodium consumption comes from processed, prepackaged and restaurant foods.

Using too much table salt adds up:

- ¼ teaspoon 575 mg sodium
- ½ teaspoon 1,150 mg sodium
- ¾ teaspoon 1,725 mg sodium
- 1 teaspoon 2,300 mg sodium

Anyone can develop High Blood Pressure. However, the risk factors increase with:

- Age
65% of Americans over 60 years of age have high blood pressure and some don't even realize it
- Being overweight
Individuals that are overweight are more likely to develop high blood pressure
- Lifestyle
Consuming too much salt, lack of physical activity, too much alcohol and stress all are important factors

Know Your Number!

Top number (Systolic)	Bottom number (Diastolic)	Category	What to do
120	Below 80	Normal	Healthy lifestyle
120-129	Below 80	Elevated normal	Healthy lifestyle
130-139	80-89	Stage 1 hypertension	Adopt a healthy lifestyle Speak with your Physician
140 or higher	90 or higher	Stage 2 hypertension	Adopt a healthy lifestyle Speak with your Physician

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 (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/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.

News From the Greene County Youth Bureau



The Greene County Children, Youth and Community Advisory Board would like to welcome **WILLIAM O'CONNOR** as their newest Youth Member.



Greene County

YOUTH FAIR

July 26 - 29, 2018 Cairo, NY

Once Upon a Time



For information, go to:

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



GREENE COUNTY SENIOR CITIZENS CLUBS



ATTENTION ALL CLUBS:

Do you have anything to announce about your club?

Put it in print in the Round Table News!

Contact Maureen at the Department of Human Services

ATHENS:

ATHENS SR. CITIZENS
2nd & 4th monthly Monday
1:15 p.m.
Rivertown Senior Center



Calling All Seniors!

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:

COXSACKIE AREA SENIORS
2nd & 4th monthly Wednesday
1:30 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.

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.

CHINESE AUCTION *(Benefit of WAJPL Golden Age Club)*

Saturday, May 12, 2018

**Doors open 10:00 a.m. Numbers called 3:00 p.m.
Ashland Community Hall 12094 Route 23, Ashland**



\$6.00 Chili lunch: Homemade chili, Soup, Cornbread & Dessert



MOUNTAIN TOP GOLDEN AGERS CLUB BUS TRIP



**70TH ANNUAL TULIP FESTIVAL
SATURDAY, MAY 12, 2018**

DEPARTURE TIMES BASED ON LOACTION

\$25 PER ADULT

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



W A J P L GOLDEN AGE CLUB BUS TRIP



**THE THOMPSON HOUSE
19 STATE ROUTE 26, WINDHAM**

**THURSDAY, MAY 31, 2018
DOORS OPEN 12:30 P.M. - BUFFET LUNCH AT 1:00 P.M.**

OPEN TO ALL - MEMBERS: \$25.00 NON-MEMBERS: \$30.00

TO MAKE A RESERVATION, CALL OPAL AT 518-750-8380 BY MAY 21



**MOUNTAINTOP GOLDEN AGERS BUS TRIP
OCEAN CITY, MARYLAND
SEPTEMBER 9 - 12, 2018**

\$489 PER PERSON/DOUBLE OCCUPANCY

\$100 deposit due with reservation; \$189 by 6/1/18; Balance 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

MOUNTAINTOP GOLDEN AGERS CLUB BUS TRIP

“FUNNY GIRL“

MAC HAYDN 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 A RESERVATION,
CALL GEORGIANNA 518-622-3257



CAIRO GOLDEN AGERS BUS TRIP

LIVING HISTORY CRUISE/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



MOUNTAIN TOP 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

WAJPL GOLDEN AGE CLUB BUS TRIP

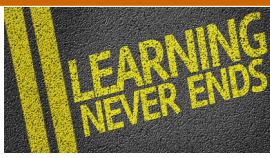


PROCTORS THEATER, SCHENECTADY
LUNCH AT GLEN SANDERS MANSION

THURSDAY, OCTOBER 11, 2018
\$75.00



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



ADULT LEARNING INSTITUTE MAY 2018 PROGRAMS

All are held at Columbia - Greene Community College, 4400 NY RT 23, Hudson
From 1:30 p.m. - 4:00 p.m. in the Faculty/Staff Lounge, unless otherwise noted.
Please call the ALI Office @ (518) 828-4181, ext. 3431, or email ali@sunycgcc.edu to register.

Open Pinochle Group		Mon. May 7 & 21	
Bridge Group		Tues. May 1, 8, 15, 22 & 29	
Mahjongg		Wed. May 2, 9, & 23	
	HRBTF Dining Hall	Wed. May 30	
Family History	Room 507 Arts Building	Tues. May 15, Wed. May 16, & Thurs. May 17	11:30 a.m. - 12:30 p.m. OR 1:00 p.m. - 2:00 p.m.
Ergo Gardening	Room 507	Thurs. May 10	10:30 a.m. - 12:00 Noon
The Best of TED Talks	Room 507	Wed. May 16	2:30 p.m. - 3:30 p.m.
Executive Board Meeting	Room 105A	Thurs. May 17	10:00 a.m. - 11:30 a.m.
Listen & Learn: Hidden Treasures of the Catskills		Thurs. May 24	10:30 a.m. - 12:00 Noon

SUPPORT CANCER PATIENT AID

in Greene County



BECOME A MEMBER!

&... help cancer patients!

Greene County Women's League Cancer Patient Aid is looking for **NEW** members.

It starts with contacting us at www.greenecountywomensleague.com/become-a-member/



• (518) 819-1249 • P.O. Box 341, Round Top, NY 12473

Hearthstone Care

Social Adult Daycare

518 - 678 - 2030

www.hscatskillcare.com



2018 CALENDAR OF EVENTS

May 9	Mother's Day Picnic 10am - 2pm
June 27	Father's Day Brunch
July 25	Summer Carnival
September 5	Grandparent's Day
October 24	Halloween Party
December 12	Christmas Party



COMMUNITY ACTION
of Greene County, Inc.

**Spring is a great time
to Weatherize Your Home!**

**Weatherization Assistance Program is a
FREE PROGRAM for income eligible home owners.**

We follow the same income guidelines as HEAP.

Call 518-943-9205 for an application.



Creating Opportunities... Fighting Poverty... Changing Lives

“SOUND THE ALARM”



The American Red Cross is working to reduce death and injury from home fires by 25% by 2020. The **NY Home Fire Campaign** called “*Sound the Alarm*” helps save lives by installing free smoke alarms in homes that don't have them, and by educating people about home fire safety.

Every day, seven people die in home fires, most in homes that lack working smoke alarms. Sadly, children and the elderly disproportionately lose their lives. The American Red Cross wants to improve the odds and save lives, that's why the Home Fire Campaign was launched back in 2014.

A critical part of the campaign, “*Sound the Alarm*”, is a series of home fire safety and smoke alarm installation events across the country. Red Cross volunteers, along with fire departments and other partners canvass at-risk neighborhoods, installing free smoke alarms, replacing batteries in existing alarms, and providing fire prevention and safety education. In just three years, more than 1 million smoke alarms were installed in homes and more than one million people were prepared against home fires through these home visits.

To learn more or have a smoke alarm installed in your home, contact the Mid-Hudson Valley Chapter of the American Red Cross. They are proud to serve the communities of Greene County. Their address is: 4 Jefferson Plaza, Suite 302, Poughkeepsie, NY 12601. The phone number to reach them is 845-471-0200. To learn more information about the “*Sound the Alarm Campaign*”, please call 845-249-4228.



**SAFE AT HOME/THRIVE AT HOME
COMMUNITY EVENT**

**THURSDAY, JUNE 14, 2018
6:00 P.M. - 8:00 P.M.**

**MOUNTAIN TOP LIBRARY
6093 MAIN STREET
TANNERSVILLE**

SPONSORED BY VILLAGE OF TANNERSVILLE

Attention All Veterans:

BUS TRIP:



**THE VIETNAM TRAVELING MEMORIAL WALL ®
AND LUNCHEON**

Compliments of Greene County Blue Star Mothers

Saturday, July 21, 2018

8:45 a.m.* - 4:00 p.m.

** Exact time will be determined based on pick-up location
of Coxsackie or Catskill*

**Wall will be on display at Cantine Field, Saugerties
Lunch will be catered at
American Legion Hall & Museum, Post #72**

VETERANS – FREE!!! Guest charge – Donation

Call Peggy at 518-945-1325 to reserve a seat



**GREENE COUNTY
MOBILITY MANAGEMENT**

TRAVEL TRAINING NEWS

Mountain Top Golden Agers Did It—So Can You!



I came and spoke to the club about travel training and they took advantage of it. Together we planned the trip, using Route 708, and we rode to a community event. It was a great day—just look at those smiles!

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.

THIS IS A PAID ADVERTISEMENT (3/19)



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



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411 Main Street, Catskill, NY 12414
(518) 719-3555 Toll Free (877) 794-9266
aging@discovergreene.com

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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.**