



New Yorkers, Get Cool

Older adults and people with certain medical conditions are at higher risk of heat-related illness. Spending at least a few hours in air conditioning is one of the best ways to protect yourself. Find out if your household is eligible to receive a free air conditioner through a Home Energy Assistance Program (HEAP) Cooling Assistance Benefit and take steps to get cool.

Households with U.S. Citizens or qualified aliens may be eligible to receive a free air conditioner through a HEAP Cooling Assistance Benefit starting May 1st if:

- Your gross monthly income is at or below HEAP's monthly income limits, or you receive SNAP, Temporary Assistance, or Supplemental Security Income Living Alone
- A household member has a documented medical condition worsened by heat
- You received a Regular HEAP Heating Benefit greater than \$21 this year
- You have no working air conditioners or your air conditioner is at least 5 years old
- You have not received a HEAP-funded air conditioner in 10 years

Learn more about the HEAP Cooling Assistance Benefit at:

www.otda.ny.gov/programs/heap/#cooling-assistance or 1-800-342-3009

If you do not have air conditioning at home, find a place to get cool in your community:

www.health.ny.gov/environmental/weather/cooling



Tips to Get Cool:

- Stay indoors in air conditioning for at least a few hours
- Drink plenty of cool nonalcoholic and caffeine-free liquids
- Talk to your doctor about how to stay hydrated and medications that might make you sensitive to heat
- Avoid working or playing outside during the hottest part of the day (11 a.m. to 4 p.m.)
- Take a cool shower or bath

Find more extreme heat advice at www.health.ny.gov/extremeheat



**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/to make reservations,
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**

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: Cairo/Greenville/Catskill

WEDNESDAY: Athens/Coxsackie

SHOPPING TRIPS TO COLONIE CENTER (\$10.00 PER PERSON)

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

From Mountaintop/Cairo/Greenville Thursday, August 9
From Catskill/Athens/Coxsackie Thursday, August 30



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.

For further information or to make a reservation, call Janet at 719-3559

HOMEBOUND MEDICAL TRANSPORTATION

Greene County Department of Human Services provides Medical Transportation, courtesy of a volunteer driver, is available to Greene County residents age 60 or older who do not have any other available options for transportation to medical appointments, located in Greene County, as well as the neighboring counties of Albany, Columbia, Delaware, Schoharie and Ulster. Appointments must be scheduled for Monday - Friday, 8:30 a.m. through 4:30 p.m.

We require clients to call our office at least two weeks prior to the appointment so that we can schedule the transportation with a volunteer driver.

During inclement weather or other emergencies, it may be necessary for us to close our senior service centers because of hazardous driving conditions. When we need to close the centers, we also cancel transportation services for the day.

We are unable to transport clients covered by Medicaid. If covered by Medicaid & in need of transportation to a medical appointment, are asked to call 855-360-3545.



EFFECTIVE AUG. 1, 2018

All medical transportation for clients will be **restricted to four (4) times a month.**

EFFECTIVE SEPT. 1, 2018

All Medical Transportation to the **Albany Area** will be **on FRIDAYS only.**



Volunteers Are Gems



Make a
difference

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

TRY VOLUNTEERING!

The Greene County Department of Human Services is always looking for volunteer drivers to assist Homebound Senior Citizens by delivering meals and/or provide transportation to medical appointments.

You can tell us what days and/or times you would be available and we will schedule appropriately.

You will even receive mileage reimbursement!

INTERESTED?

WANT MORE INFORMATION?

Contact Ruth Pforte

Greene County RSVP Volunteer Coordinator

(518) 719-3555

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!

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.



COMNGRATULATIONS

Ruth Pforte, Greene County RSVP Coordinator, was recently honored by Greene County for her 15 years of service to the County.



Seen in photo with Ruth are Greene County Administrator Shaun Groden and Greene County Legislator Matt Luvera, Catskill.



SUMMER BLOWOUT
As many summer clothes
you can get in one bag
\$1.00

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.

On Monday, July 2, 2018, Greene County Legislator Matt Luvera (Catskill) stopped in the Greene County Department of Human Services to attend their monthly staff meeting. All staff thanked Legislator Luvera for his presence and support. Seen in photo with the Legislator are Admin Assistant M Murphy, Youth Case worker C. Wallace, Aging Services Case Managers C. Provost & D. Wade, Aging Services Coordinator C. Bentley & Business Manager K. Brooks.



Thursday, July 19 was BBQ day at the DHS Senior Nutrition sites. Seen here is Shane Dillon, Rivertown Senior Center Manager, busy at the grill preparing the hamburgers & hot dogs. The menu also included Macaroni Salad, Baked Beans, Spinach Salad, and Watermelon. The BBQ was served at all congregate meal sites, as well as delivered to the homebound. UM, UM, GOOD!



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 100% of your contribution will be used to provide services to a 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:

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

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



Greene County Public Health Department is pleased to announce dates for this year's Flu clinics for adults over age 18:

- | | |
|-----------------|---------------------------------|
| Mon. Sept. 24 | Town of Coxsackie Senior Center |
| Tues. Sept. 25 | Rivertown Senior Center, Athens |
| Wed. Sept. 26 | Acra Senior Nutrition Site |
| Thurs. Sept. 27 | Jewett Senior Nutrition Site |

All clinics will run from 9:30 a.m. - 11:30 a.m.

The cost of the Flu vaccine is \$44.50 and the Pneumovax is \$96.00. Greene County Public Health accepts the following insurances: (non-managed) Medicare, Senior Blue, Blue Shield of NENY, Empire Plan (NYSHIP), CDPHP, and Medicaid HMO's: CDPHP/Fidelis. For more information contact the Greene County Health Department at 518-719-3600.

Any senior citizen wishing to stay for lunch is invited to do so. Kindly call the appropriate congregate site for the above location at least a day in advance

- | | |
|---------------------|------------------|
| Rivertown: 945-2700 | Acra: 622-9898 |
| Coxsackie: 731-8091 | Jewett: 263-4392 |

WHAT IS DURABLE MEDICAL EQUIPMENT (DME)?

Durable medical equipment (DME) is equipment that helps you complete your daily activities. In most cases, DME is covered by Medicare Part B if it is prescribed by your doctor. If you are an inpatient in a hospital or skilled nursing facility (SNF), DME is covered by Part A.

What kind of DME does Medicare cover?

Medicare usually covers DME if the equipment:

- Is durable, meaning it is able to withstand repeated use
- Serves a medical purpose
- Is appropriate for use in the home, although you can use it outside the home
- And, is likely to last for three years or more

Examples, wheelchairs, walkers, hospital beds, power scooters, portable oxygen equipment, orthotics, prosthetics, certain diabetes supplies.

What kind of equipment does Medicare *not* cover?

There are certain kinds of equipment and supplies that Medicare does not cover. These include:

- Equipment mainly intended to help you outside of the home
- Most items intended only to make things more convenient or comfortable
- Items that get thrown away after use or that are not used with equipment
- Modifications to your home
- Equipment that is not suitable for use in the home

Examples: air conditioners, incontinence pads, surgical facemasks, wheelchair ramps, medical equipment from a hospital or skilled nursing facility like an oscillating bed, a wheelchair or scooter that is only intended for use outside the home.

Your doctor must sign an order, prescription, or certificate after a face-to-face office visit. In this document, your doctor must state that the required office visit occurred, that you need the requested DME to help a medical condition or injury, and that the equipment is for home use.

Your face-to-face office visit must take place no more than six months before the prescription is written. You then must take the prescription to the right kind of supplier.

*Note: There is a different process if you need coverage for a manual or power wheelchair or scooter.

What kind of supplier should I go to?

If you have Original Medicare, the type of supplier you use depends on where you live and the kind of equipment you need.

- If you live in a competitive bidding area, Original Medicare only covers DME from a select group of suppliers, known as contract suppliers. Competitive bidding is a program designed to lower DME costs and improve DME quality in certain parts of the country. Call 1-800-MEDICARE to find out if you live in a competitive bidding area and need to use a contract supplier.
- If you do not live in a competitive bidding area, or the item you need is not part of the program, you should get your DME from a Medicare approved supplier that takes assignment. Taking assignment means that the provider accepts Medicare's approved amount for health care services as full payment.
- In all regions of the United States, if you order your diabetes supplies through mail order, you must use a contract supplier.

If you have a Medicare Advantage Plan, you must follow the plan's rules for getting DME. Your plan may require that you receive approval from the plan before getting your DME, use a supplier in the plan's network, or use a preferred brand. People with Medicare Advantage are not affected by competitive bidding. Contact your plan to learn more about DME rules.



MEDICARE CHANGES FOR 2018 AND 2019

Q: When is Medicare Open Enrollment?

A: The Medicare Open Enrollment period is from October 15 until December 7 each year. For 2019 coverage, open enrollment will run from October 15, 2018, to December 7, 2018.

During the annual enrollment period (AEP) you can make changes to various aspects of your coverage. You can switch from Original Medicare to Medicare Advantage, or vice versa. You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another. And if you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

If you want to enroll in a Medicare Advantage plan, you must meet some basic criteria. You must be enrolled in Medicare Part A and B, and you must live in the plan's service area.

If you're already enrolled in a Medicare Part D prescription plan or a Medicare Advantage Plan and you *don't want to make changes* to your coverage for the coming year, you don't need to do anything during open enrollment, assuming your current plan will continue to be available. If your plan is being discontinued and isn't eligible for renewal, you will receive a non-renewal notice from your carrier prior to open enrollment. If you don't, it means you can keep your plan without doing anything during open enrollment.

But be aware that your benefits and premium could change from one year to the next. So even if you're confident that you want to keep your current coverage for the following year, it's important to make sure you understand any changes that may apply, and that you've double checked to make sure that your current plan is still the best available option. The available plans and what they cover changes from one year to the next, so even if the plan you have now was the best option when you shopped last year, it's important to verify that again before you lock yourself in for another year.

AVOID A MEDICARE PENALTY

Even if you don't plan to receive monthly benefits, be sure to sign up for Medicare *three months before* turning age 65.

If you don't sign up for Medicare Part B (medical insurance) when you're first eligible, your coverage may not start right away and you may have to pay a late enrollment penalty for as long as you have it.

You can apply online.

Visit www.socialsecurity.gov/medicareonly for information and to apply.

EXTRA HELP with MEDICARE

If you or you know someone who is on Medicare and has limited resources and income, Extra Help is available for prescription drug costs.

The Extra Help can help pay the monthly premiums, annual deductions and prescription co-payments.

To learn more or to apply, visit www.socialsecurity.gov or call **1-800-772-1213 (TTY 1-800-325-0778)**

MIPPA

The Medicare Improvements for Patients and Providers Act (MIPPA) of 2008 is a multi-faceted piece of legislation related to Medicare. One important provision of MIPPA was the allocation of federal funding (through Section 119) for State Health Insurance Assistance Programs (SHIPs), Area Agencies on Aging (AAAs), and Aging and Disability Resource Centers (ADRCs) to help low-income Medicare beneficiaries apply for programs that make Medicare affordable.

MIPPA specifically helps low-income seniors and persons with disabilities to apply for two programs that help pay for their Medicare costs:

- **Medicare Part D Extra Help/Low-Income Subsidy** (LIS/Extra Help), which helps pay for the Part D premium and reduces the cost of prescriptions at the pharmacy, and
- **Medicare Savings Programs** (MSPs), which help pay for Medicare Part B.

For further information, contact the Greene County Department of Human Services, 518-719-3555.

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



NUTRITION EDUCATION FOR AUGUST: HOW TO BOOST YOUR EYE HEALTH

See Senior Nutrition Site for date & time

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.

NUTRITION EDUCATION:
WED., AUGUST 8, 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.

NUTRITION EDUCATION:
TUES., AUGUST 7, 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.

NUTRITION EDUCATION:
FRI., AUGUST 10, 11:30 a.m.

ATHENS

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

Shane Dillon, Acting Senior Center Manager

JoanAnn Rouse
Lana Marrone
Sebastianna Thurman

AGING INFORMATION & ASSISTANCE

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

NUTRITION EDUCATION:
THURS., AUGUST 9, 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:
MON., AUGUST 6, 11:30 a.m.

FARM to TABLE

Friday, August 10

LOCALLY GROWN PRODUCE from BULICH CREEKSIDE FARM



Spaghetti and Meatballs w/ Fresh Salad

LOCALLY GROWN GREEN BEANS

LOCALLY GROWN PEACHES



Friday, August 17

LOCALLY GROWN PRODUCE from BLACK HORSE FARMS



Teriyaki Pork w/ Stir Fry Vegetables

LOCALLY GROWN CORN ON THE COB

LOCALLY GROWN WATERMELON



Thursday, August 23

LOCALLY GROWN PRODUCE from STORY'S FARM, KISKATOM

Beef Pot Roast

w/ Fresh Salad & Tuscan Mixed Vegetables

LOCALLY GROWN FRESH POTATOES

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 622-9898

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







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

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

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

GREENE COUNTY SENIOR NUTRITION PROGRAM

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

Monday	Tuesday	Wednesday	Thursday	Friday
AUGUST  <small>philipmartin.com</small>		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 <i>HDM :</i> <i>BUTTERSCOTCH PUDDING</i>	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	24 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 ROASTED SUMMER SQUASH VEGETABLE JUICE WATERMELON	29 COOKS CHOICE MANDARIN ORANGES	30 CHEF'S SALAD CARROT RAISIN SALAD CHOCOLATE MOUSSE	31 SALMON w/ Dill Sauce FRESH SALAD PARSLEY BOILED POTATO BROCCOLI PUFF FRESH FRUIT













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
<p align="center">3</p> <p align="center">MAIN OFFICE & ALL SENIOR NUTRITION SITES CLOSED</p> <p align="center">LABOR DAY</p> 	<p align="center">4</p> <p align="center">BAKED FISH PARISIAN BROWN RICE GREEN BEANS MANDARIN ORANGES</p>	<p align="center">5 – FARM TO TABLE</p>  <p align="center">BROCCOLI SWISS QUICHE VEGETABLE JUICE FARM FRESH YELLOW SUMMER SQUASH HASH BROWN POTATOES HAWAIIAN CAKE</p>	<p align="center">6</p> <p align="center">ROAST PORK w/ Gravy RED CABBAGE MASHED POTATOES APPLESAUCE</p>	<p align="center">7</p> <p align="center">TUNA SALAD PLATE MACARONI SALAD ON LETTUCE w/ Tomato & Carrots TAPIOCA PUDDING</p>
<p align="center">10</p> <p align="center">HOT DOG DAY</p>  <p align="center">2 HOT DOGS SAUERKRAUT BAKED BEANS SPINACH PUFF CHOCOLATE MOUSSE</p>	<p align="center">11</p> <p align="center">CRAB TOPPED COD SCALLOPED POTATOES ANTIGUA MIXED VEGETABLES DICED PEARS</p> 	<p align="center">12</p> <p align="center">CHICKEN CHOW MEIN BROWN RICE ORIENTAL MIXED VEGETABLES CHOCOLATE CHIP COOKIES</p>	<p align="center">13</p> <p align="center">NATIONAL PEANUT DAY</p>  <p align="center">CHEF'S SALAD w/ Turkey, Cheese, Mixed Greens & Tomatoes PEANUT BUTTER SWIRL BROWNIE</p>	<p align="center">14 - FARM TO TABLE</p>  <p align="center">ORANGE PORK RICE BROCCOLI FARM FRESH CANTALOUPE</p>
<p align="center">17</p> <p align="center">NATIONAL LINGUINI DAY</p>  <p align="center">LINGUINI w/ Red Clam Sauce SPINACH PINEAPPLE</p>	<p align="center">18 – FARM TO TABLE</p>  <p align="center">SAUSAGE & PEPPERS GREEN BEANS CAULIFLOWER FARM FRESH PEARS</p>	<p align="center">19</p> <p align="center">NATIONAL BUTTERSCOTCH PUDDING DAY</p>  <p align="center">MEATLOAF w/ Gravy CARROTS MASHED POTATOES BUTTERSCOTCH PUDDING</p>	<p align="center">20</p> <p align="center">PORK CHOP MONTEREY BRAISED CABBAGE APPLESAUCE AU GRATIN POTATOES BLACK FORREST CAKE</p>	<p align="center">21</p> <p align="center">SEAFOOD PLATE PASTA SALAD COLESLAW w/ carrots FRESH FRUIT</p>
<p align="center">24</p> <p align="center">VEAL PARMESAN PENNE SPINACH FRUIT COCKTAIL</p>	<p align="center">25</p> <p align="center">COOK'S CHOICE MANDARIN ORANGES</p> 	<p align="center">26</p> <p align="center">BIRTHDAY CELEBRATION</p>  <p align="center">BEEF POT ROAST w/ Gravy MASHED POTATOES BROCCOLI PUFF BIRTHDAY CAKE</p>	<p align="center">27</p> <p align="center">CHICKEN SALAD PLATE TORTELLINI SALAD FRESH GREENS MARINATED BEETS FRESH ORANGE</p>	<p align="center">28</p> <p align="center">NATIONAL STRAWBERRY CREAM PIE</p>  <p align="center">TURKEY CUTLET FRICASSEE FRESH SALAD BRUSSELS SPROUTS SWEET POTATO STRAWBERRY CREAM PIE</p>



NUTRITION CORNER

AUGUST IS NATIONAL PEACH MONTH!

Peaches are actually native to China. The Chinese believe peaches bring good luck, wealth and protection. China is the number one producer of peaches followed by Italy and California. About fifty percent of our country's peaches are from California but, because so many peaches are grown in Georgia they became known as the "Peach State".

Peaches are grown on trees throughout the warmer temperature. There are more than 2,000 varieties of peaches.

How to find the best peach? First use your nose - a ripe peach will have a sweet fragrance. Next, give a gentle squeeze - a ripe peach will be able to withstand gentle pressure.

Storage: Peaches can be ripened by placing in a brown paper bag for about 2 to 3 days.

To help keep sliced peaches from browning, toss in lemon or lime juice if not being used right away.

Nutrition Facts:

- Peaches are a good source of vitamins A, B and C.
- A medium peach provides 37 calories and equals about 2/3 of a cup.
- Frozen and canned peaches have the same nutritional value as the fresh peach because the preserving process does not omit the nutrients from the fruit.

How to enjoy peaches:

- Grill with a sprinkle of cinnamon.
- Added to your breakfast cereal, waffles or fruit.
- Over grilled chicken or fish, by making a peach salsa.
- In a fruit cobbler.

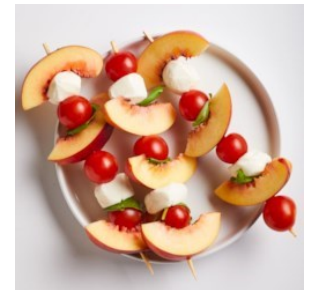
Peach Caprese Skewers

Fresh peaches liven up a classic caprese salad in this super-fast snack.

- 1 medium Peach, slice
- 1/2 cup Cherry Tomatoes
- 1/4 cup baby Mozzarella balls
- 4 fresh Basil leaves

- 3 wooden skewers

Thread peach slices, tomatoes, mozzarella balls and basil alternately onto skewers



Nutritional Information: Serving size: 3 skewers

- *Per serving: 143 calories; 6g fat (3g sat); 3g fiber; 17g carbohydrates; 7g protein; 3mcg folate; 20mg cholesterol; 14g sugars; 0g added sugars; 1,418 IU vitamin A; 20mg vitamin C; 172mg calcium; 1mg iron; 90mg sodium; 467mg potassium*
- *Nutrition Bonus: Vitamin C (33% daily value), Vitamin A (28% dv)*
- *Carbohydrate Servings: 1 Exchanges: 1 fruit, 1/2 vegetable, 1 medium-fat protein*

SNAP SHOTS - Debunking the \$16 Benefit Myth

The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, is a valuable tool for many seniors who experience difficulty affording nutritious meals. Yet many seniors still believe that they will qualify for only the minimum benefit amount of \$16 a month. This inaccurate assumption means that millions of older adults facing food insecurity do not bother to apply for SNAP. Without this assistance, many continue to make choices between paying for food or medicine, and risk their health and independence in doing so.



FACT: \$16 is the minimum monthly benefit. The average benefit is much higher.

The \$16 figure is the minimum benefit that any one or two person household that qualifies would receive. Previously the minimum benefit was \$10, but the 2008 Farm Bill increased the minimum. Only a small percentage of seniors receive the minimum benefit. In 2016, 81% of all senior households received more than \$16 a month. That year, the average senior living alone received \$106 a month in SNAP benefits.

FACT: Maximizing deductions can increase a SNAP benefit amount.

Seniors who qualify for SNAP may be able to deduct the costs of their excess medical and housing expenses to receive a higher amount. The medical expense deduction allows an elderly household member to deduct monthly medical expenses that exceed \$35 from their gross income, as long as those expenses are not paid by insurance or someone else. The excess for housing allows a household to deduct costs that exceed more than half of their other deductions. Allowable expenses include utility costs, rent or mortgage payments, and taxes on the home.

But . . . What if someone only qualifies for the \$16 benefit amount?

Despite the deductions and average benefit amounts noted above, there are some seniors who only qualify for the minimum benefit. How can you convince those seniors that a SNAP application is worth the effort?

- **Let the Benefits accumulate:** SNAP benefits are loaded into an electronic benefits transfer card (EBT) once a month, and they stay in the card, even if a person does not use the benefit that month. Benefits can accrue, so what seemed like a meager \$16 benefit becomes \$32, \$48 or more - a much more realistic amount. Benefit counselors encourage seniors who may be reluctant to take SNAP to consider using the accrued benefits for special occasions, such as a holiday dinner.
- **You wouldn't pass up a coupon for \$16 off groceries, would you?** Most people appreciate a bargain. If a newspaper circular offered a coupon for \$16 off groceries, you can bet that a lot of people would use it. Benefit counselors use this example to show how even the minimum benefit, presented in a different format, would be hard to pass up.
- **Look what \$16 can buy you . . .** While the minimum benefit seems small, it is important to realize that \$16 can buy a fair number of food items at the grocery store. Bananas, pasta and sauce, quick-cooking oats, and frozen vegetables are just a few of the many items that cost just cents per serving.

RESOURCES:

Download your state's SNAP application and find your state's SNAP administering office:

Benefits CheckUp® SNAP Map: <http://www.benefitscheckup.org/cf/snap.cfm>

Find outreach and advocacy materials:

NCOA SNAP Enrollment Toolkit: <http://www.ncoa.org/seniorhunger>

USDA Food and Nutrition Service SNAP Information Page: <http://www.fns.usda.gov/snap/>

Learn more about deductions:

SNAPshots: Maximizing the SNAP Medical Expense Deduction for Older Adults:

<https://www.ncoa.org/wp-content/uploads/SNAPshots-Medical-Deduction.pdf>

Call Greene County/NYConnects for further assistance - 518-719-3556

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

WHAT IS THE GREENE COUNTY YOUTH BUREAU?

The Youth Bureau is a department in local government that funds and assists in both the development and implementation of programs and services for children and young people under 21. Our major responsibilities include advocacy and the funding of programs aimed at improving and enhancing the welfare of Greene County children, youth and families. The staff is always available to work with citizen groups and organizations on issues concerning youth. It is funded in part by NYS Office of Children and Family Services, the Greene County Legislature and donations.



Each month in this space we will highlight an area youth program that receives funding through the Greene County Youth Bureau. This month's featured program is The Town of Durham Summer Recreation.

The program is designed to improve youth's skills in athletic activities, social skills and developing growth. Success is achieved by providing athletic games, including baseball, soccer, tag and swimming, and by arts & crafts. These activities help improve social skills through participation and growth as the older youth help the younger children to learn. The program is held Monday - Friday from 9:30 a.m. until Noon. On Monday - Thursday activities are held at the Brandow Park, and on Fridays, the children have Mine Kill Swim Days. Children ages 5 years and up are welcome to participate. The entire program is under the operation of the Town of Durham and Ruth Fishman serves as the Director. Parents are welcome to remain on-site, as are younger children with a parent or guardian. The ratio of adults to youth is approximately 1:3, an excellent ratio.

In addition to the regular activities, a slip-and-slide is available for the dog days of summer, as are water games. It is recommended that each child bring a water bottle each day.

The children all enjoy the program. Children and families come back year after year and eagerly anticipate the program over the summer.

GREENE COUNTY CHILDREN, YOUTH & COMMUNITY ADVISORY BOARD



The purpose of the Board is to develop and recommend policy and procedures that guide the activities of the Youth Bureau in providing opportunities that improve the lives of families and youth in Greene County.

The Board shall be compromised of not fewer than 13 members and no more than 20 members who are residents of Greene County. At least two members shall be youth between the age of 16 and 21 years of age at date of appointment. The Executive Director of the Greene County Department of Human Services, the County Administrator and the Board with the advice and consent of the Legislature appoint the Advisors.

At this time, we would like to introduce the three youth members on the Board. They are Brenna Rustick of East Durham, Aizlyn O'Connell of Catskill, and William O'Connor of Acra.

Brenna just completed her freshman year at the College of St. Rose, majoring in Forensic Science. While a student at Cairo-Durham High School, she was a member of the Drama Club and participated on the Track & Field team. She has been attending the Durham Town Board meetings for several years. That attendance has spurred her interest in politics, and her desire to become more involved in the community, especially with the Advisory Board..

Next month we will introduce you to Aizlyn O'Connell. In October, we will feature William O'Connor.

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:

COXSACKIE AREA SENIORS

2nd & 4th monthly Wednesday

1:15 p.m.

Van Heest Hall, Bethany

SENIOR CITIZENS of COXSACKIE

1st & 3rd monthly Monday

1:30 p.m.

Village Cocksackie 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 Monday

1:30 p.m.

Hensonville Town Bldg.



Calling All Seniors!

WAJPL GOLDEN AGE CLUB
ANNUAL SUMMER PICNIC



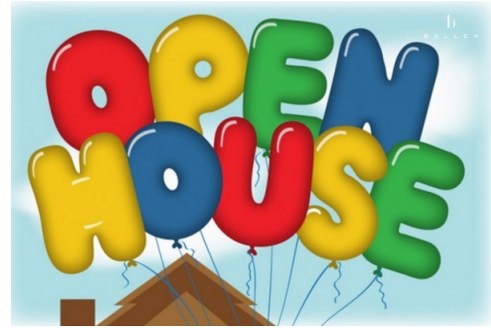
C. D. LANE PARK
MAPLECREST, NY

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)

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



TUESDAY, NOVEMBER 20, 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

QUILT SHOW *Sponsored by 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

WOMEN'S EXPO
Saturday August 18, 2018
10:00 a.m. - 4:00 p.m.

St. Theresa's Roman Catholic Church
5188 State Route 23, Windham, NY 12496

For Information, go to:
www.st-theresas-womens-expo.org OR
womens.expo.8.19.17@gmail.com
or call (347) 393-3649



Our day of fun features plenty to do, see and eat for everyone in the family



GREENE MEADOWS
NURSING AND REHABILITATION CENTER

Veteran Appreciation Cookout 8/18/18
12:00pm – 2:00pm

Greene Meadows will be hosting a Free cookout to honor
Greene and Columbia County Veterans, Active Service
Members and families, Gold Star Mothers and Blue Star
Mothers.

Live music by Lex Grey & Cabaret
and many fun things to do!

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



ADULT LEARNING INSTITUTE (ALI)

The Adult Learning Institute has announced its program for August 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 to register.

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

Monday August 6 & 20

Open Pinochle Group

Tuesday, August 7, 14, 21 & 28

Bridge Group

Wednesday, August 1, 8 & 22

Mahjongg

Wednesday, August 15

Mahjongg in HRBTF Dining Hall

Thursday, August 9, **10:30 a.m. - 12 Noon**

Smart Phone Basics

Tuesday, August 14 - Thursday, August 16
11:30 a.m. - 12:30 p.m. **OR** 1:00 p.m. - 2:00 p.m.

Family & Local History

Wednesday, August 15, **2:30 p.m. - 3:30 p.m.**

The Best of TED Talks, Room 318

Thursday, August 23, **10:30 a.m. - 12 Noon**

Listen & Learn:
Senior Services Offered in Columbia & Greene Counties



Cookies and A Conversation on Transportation with Bethany Village Residents



Do you want to schedule a Cookies and a Conversation get
together on Transportation ?

*Call (518) 943-3625 and speak with the Mobility Manager
to schedule one for yourself or your group.*



GREENE COUNTY ROUND TABLE NEWS
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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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Mary Jean Pomilla

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Janet Osborn

NUTRITION VAN CHAUFFEURS:

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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.**