



# Greene County Round Table News

Published by Greene County Department of Human Services since 1976

DECEMBER 2018

## 3rd ANNUAL COMMUNITY THANKSGIVING DINNER

On Thursday, November 22, Thanksgiving Day, several caring individuals got together to volunteer their time at the 3rd Annual Community Thanksgiving Dinner sponsored by Greene County Senior Angels. This dinner is put on at the Rivertown Senior Center in Athens and helps seniors, who would otherwise be alone that day, to enjoy companionship and a delicious, traditional Thanksgiving dinner. Thank you to the corporate sponsors, DHS staff, all the volunteers, and of course the seniors that attended for making the day a success. A special thank you to Kathy Passaro, owner of The Taste of Catskill, for cooking all the delicious food. To see all photos, go to our web page.







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



*SPONSORED BY  
GREENE COUNTY DEPARTMENT OF HUMAN SERVICES*

*Look for the Senior Angels Table  
at the Town of Athens Victorian Stroll.*

*Saturday, December 8, 2018*

*1:00 p.m. - 4:30 p.m.*

*We will be located at the Rivertown Senior Center  
39 Second Street, Athens*



*Check out the full schedule for the stroll further in this issue*

*To everyone that participated in the Greene County Department of Human Services  
Senior Angels Program's Bake Sale – whether you baked & donated something,  
purchased a homemade item or just made a donation -*



**Thank  
You**

*All helped to make the sale a tremendous success – breaking all past records.  
With your help, the program raised \$800!*



*Thank you to our 2018 Senior Angels . . .*



<i>Louise Begley</i>	<i>C &amp; C Excavating, Inc.</i>
<i>CDPH</i>	<i>Carl's Rip Van Winkle Motor Lodge</i>
<i>Central Hudson Gas &amp; Electric</i>	<i>Coxsackie-Athens Rotary Club</i>
<i>Margaret M. Donohue</i>	<i>Harry Feineis</i>
<i>Fortnightly Club of Catskill</i>	<i>Frisbee Insurance Agency</i>
<i>GNH Lumber</i>	<i>Gary &amp; Boots</i>
<i>Harold &amp; Daniela Goldberg</i>	<i>Clifford Cross</i>
<i>Laura Harwey</i>	<i>Heart of Catskill Association</i>
<i>Hotel Veinna</i>	<i>Honeyford Memorial American Legion Auxiliary Unit #110</i>
<i>Patricia Kenehan</i>	<i>Lake and Mountain Realty LLC</i>
<i>William &amp; Margaret Lawrence</i>	<i>Lioness Club of Catskill</i>
<i>The Mangano Family</i>	<i>Veronika &amp; Wayne Marquoit</i>
<i>Martinez Auto Body Shop, Inc.</i>	<i>Therese McGee Ward</i>
<i>Dennis &amp; Kathleen Meehan</i>	<i>National Bank of Coxsackie</i>
<i>Karen &amp; Bill Ormerod</i>	<i>Chris &amp; Carol Pfister</i>
<i>P. Schneider &amp; Associates PLLC</i>	<i>Shook Insurance Agency</i>
<i>Gail E. Smith</i>	<i>Dr. Elena Suditu</i>
<i>Dee &amp; Chick Sutherland</i>	<i>Tip Top Furniture</i>
<i>Debbi Traficante</i>	<i>Walenta &amp; Co. Agency Inc.</i>

*Greene Meadows Nursing & Rehab. - "Thank you for all that you do"*

*In Memory Of:*

<i>Rosemarie Alberti</i>	<i>Cioci Dombrowski</i>	<i>Helen Mary Eckler</i>
<i>Ziggy Giordano from Dorothy Giordano &amp; family</i>		
<i>Rose &amp; Frank Hanlon from Kathleen &amp; Dennis Meehan</i>		
<i>Betsy Hammond</i>	<i>Karen Sprague Johnson</i>	<i>Ruth Kallman</i>
<i>Mary &amp; Thomas Killourhy from Anne Marie Killourhy</i>		
<i>Louis H. Lagas</i>	<i>Mabel "Mike" Milian</i>	<i>Hazel Murphy</i>
<i>Doris Ormsbee</i>	<i>Carol Ruoff</i>	
<i>Mabel S. &amp; Bertha J.</i>	<i>Rev. Henry Verdaasdonk</i>	



## NOMINATIONS OPEN

For 2019

### GREENE COUNTY SENIOR CITIZEN AWARDS

According to Richard Golden, Chairperson of the Advisory Council to the Greene County Department for the Aging (Human Services), nominations are being accepted for the annual Greene County Senior Citizen Awards. The two awards presented annually are the Senior Citizen of the Year and Outstanding Contribution by a Senior Citizen. The purpose of the awards is to recognize the outstanding contributions and achievements of senior citizens who have volunteered their time and energy to help other people, their communities, and/or special projects. The dedication of these volunteers helps make Greene County a better place for us all. The individuals chosen on the county level will in turn be nominated for recognition for New York State awards.

Any Greene County resident, age 60 or older, can be nominated for these awards. Achievements must be voluntary in nature; performed in Greene County and not part of paid employment. Past award winners may be nominated only if seven years or more have passed since last awarded.

If you know someone who deserves this recognition, contact the Greene County Department of Human Services at (518) 719-3555 for an official nomination form. Incomplete forms will not be considered as eligible. Any inquiries for further information may also be directed to the department.

**Deadline for entries is January 31, 2019.**



Find us on  
**Facebook**

**GREENE COUNTY DEPARTMENT OF HUMAN SERVICES**

**<https://www.facebook.com/Greene-County-Department-of-Human-Services-379577489142216/>**



## 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/Catskill
- WEDNESDAY:** Athens/Coxsackie

### NOTE:

**The Shopping Bus does not run on the following holidays observed in New York State government:**

- |                  |                            |
|------------------|----------------------------|
| New Years 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.

## MONTHLY TRIPS TO COLONIE CENTER

3rd Thursday of month - \$10.00  
*Payment due at time of departure/boarding.*  
 December 20, 2018

### 2019:

- |            |             |              |
|------------|-------------|--------------|
| January 17 | February 21 | March 21     |
| April 18   | May 16      | June 20      |
| July 18    | August 15   | September 19 |
| October 17 | November 21 | December 19  |



*Reservations must be made no later than 3:00 p.m. of the Wednesday before trip.*

**For further information or to make a reservation, call Janet at 518-719-3559**





# “VOLUNTEERS BRING COLOR TO OUR WORLD”



The Greene County Department of Human Services RSVP would like to welcome and say thank you to the following new volunteers:

- Aravelly & Terry Darco*
- Andrea Morabito*
- Kathleen Scherer*
- Vivian White- Sharky*

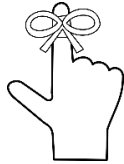
As always, we thank all our volunteers for what they do.



**The Holiday Season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us.**

**Volunteer!**

## Volunteer Driver Reminder



Per volunteer policy, all drivers are required to provide copies of his/her current Driver's License and Auto Insurance Card(s) to our Department. These are maintained in your volunteer file.

Remember to submit these copies whenever renewing your license. Also, submit copies when there are changes to your insurance card(s) due to renewal or other.

You are welcome to bring your documents to any of the following locations to have the required copies made.

- ◆ Greene County Department of Human Services, 411 Main Street, Catskill
- ◆ Robert C. Antonelli Senior Center, 15 Academy Street, Catskill
- ◆ Rivertown Senior Center, 39 Second Street, Athens
- ◆ Jewett Senior Nutrition Site, Route 23 C, Jewett

Thank you  
Ruth Pforte, Volunteer Coordinator



39 SECOND STREET, ATHENS

### HOURS:

Monday, Tuesday, Friday  
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.

**We will be open  
12:00 p.m. - 4:00 p.m.,  
Saturday, December 8  
for the Athens Victorian Stroll.**



**PLEASE STOP IN & SEE OUR  
UNADVERTISED  
HOLIDAY SPECIALS.**



TO THE WINNERS OF THE GASOLINE RAFFLE  
SPONSORED BY THE GREENE COUNTY  
DEPARTMENT OF HUMAN SERVICES RSVP  
RECOGNITION COMMITTEE:

CINDY SMITH  
M. DEVLIN  
KATHY SNOW  
TED LOEFFLER  
JANET DEL VECCHIO

EACH WINNER WILL RECEIVE A \$100 GASOLINE  
GIFT CARD TO STEWARTS.



THE COMMITTEE WOULD LIKE TO EXTEND A BIG  
THANK YOU TO EVERYONE WHO SUPPORTED THE  
RAFFLE.

*Volunteers are the embodiment  
of giving without a thought of getting.*

*They are the spirit of happiness  
because they see joy in people.*

*They forget about themselves  
and find time for others.*

*They discard the meaningless and  
stress the true values of humanity.*



*Anonymous*



### RSVP PARTICIPATES IN FESTIVE OF TREES

Thank you to the members of Greene County RSVP that gave of their time to decorate a tree at the Fortnightly Club's Festival of Trees.





## RETIREE INSURANCE from Medicare.gov

If you're retired and have Medicare and Group health plan (retiree) coverage from a former employer, generally:

- Medicare pays first for your health care bills.
- Your Group health plan coverage pays second.

How your retiree group health plan coverage works depends on the terms of your specific plan. Your employer or union, or your spouse's employer or union, might not offer any health coverage after you retire. If you can get group health plan coverage after you retire:

- It might have different rules.
- It might not work the same way with Medicare.

### **FIVE THINGS TO KNOW ABOUT RETIREE COVERAGE**

1. Find out if you can continue your employer coverage after you retire. Generally, when you have retiree coverage from an employer or union, they control this coverage. Employers aren't required to provide retiree coverage, and they can change Benefits or premiums, or even cancel coverage.
2. Find out the price and benefits of the retiree coverage, including whether it includes coverage for your spouse. Your employer or union may offer retiree coverage for you and/or your spouse that limits how much it will pay. It might only provide "stop loss" coverage, which starts paying your Out-of-pocket costs only when they reach a maximum amount.
3. Find out what happens to your retiree coverage when you're eligible for Medicare. For example, retiree coverage might not pay your medical costs during any period in which you were eligible for Medicare but didn't sign up for it. When you become eligible for Medicare, you will need to enroll in both Medicare Part A and Part B to get full benefits from your retiree coverage.
4. Find out what effect your continued coverage as a retiree will have on both your health coverage and your spouse's health coverage. If you're not sure how your retiree coverage works with Medicare, get a copy of your plan's benefit booklet, or look at the summary plan description provided by your employer or union. You can also call your employer's benefits administrator and ask how the plan pays when you have Medicare. You may want to talk to your State Health Insurance Assistance Program (SHIP) for advice about whether to buy a Medicare Supplement Insurance (Medigap) policy.
5. If your former employer goes bankrupt or out of business, Federal COBRA rules may protect you if any other company within the same corporate organization still offers a group health plan to its employees. That plan is required to offer you COBRA continuation coverage. If you can't get COBRA continuation coverage, you may have the right to buy a Medigap policy even if you're no longer in your Medigap open enrollment period.

Since Medicare pays first after you retire, your retiree coverage is likely to be similar to coverage under Medicare Supplement Insurance (Medigap). Retiree coverage isn't the same thing as a Medigap policy but, like a Medigap policy, it usually offers benefits that fill in some of Medicare's gaps in coverage - like Coinsurance and deductibles. Sometimes retiree coverage includes extra benefits, like coverage for extra days in the hospital.



## MEDICARE ADVANTAGE DISENROLLMENT PERIOD

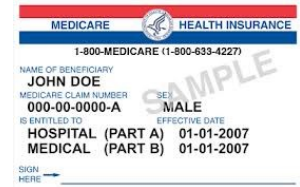
(January 1 - February 14)

If you're in a Medicare Advantage Plan, you can leave your plan and switch to Original Medicare. Your original Medicare coverage will begin the first day of the following month.

If you switch to Original Medicare during this period, you'll have until February 14 to also join a Medicare Prescription Drug Plan to add drug coverage. Your prescription drug coverage will begin the first day of the month after the plan receives your enrollment form.

During this month, you **can't**

- Switch from Original Medicare to a Medicare Advantage Plan.
- Switch from one Medicare Advantage Plan to another.
- Switch from one Medicare Prescription Drug Plan to another.
- Join, switch, or drop a Medicare Savings Account Plan.



## 2019 MEDICARE PARTS A & B PREMIUMS AND DEDUCTIBLES

On October 12, 2018, the Centers for Medicare & Medicaid Services (CMS) released the 2019 premiums, deductibles, and coinsurance amounts for the Medicare Part A and Part B programs.

### **Medicare Part A Premiums/Deductibles**

Medicare Part A covers inpatient hospital, skilled nursing facility, and some home health care services. About 99% of Medicare beneficiaries do not have a Part A premium since they have at least 40 quarters of Medicare-covered employment.

The Medicare Part A inpatient hospital deductible that beneficiaries will pay when admitted to the hospital will be \$1,364 in 2019, an increase of \$24 from \$1,340 in 2018. The Part A inpatient hospital deductible covers beneficiaries' share of costs for the first 60 days of Medicare-covered inpatient hospital care in a benefit period. In 2019, beneficiaries must pay a coinsurance amount of \$341 per day for days 61 through 90 of a hospitalization (\$335 in 2018) in a benefit period and \$682 per day for lifetime reserve days (\$670 in 2018). For beneficiaries in skilled nursing facilities, the daily coinsurance for days 21 through 100 of extended care services in a benefit period will be \$170.50 in 2019 (\$167.50 in 2018).

### **Medicare Part B Premiums/Deductibles**

Medicare Part B covers physician services, outpatient hospital services, certain home health services, durable medical equipment, and certain other medical and health services not covered by Medicare Part A.

The standard monthly premium for Medicare Part B enrollees will be \$135.50 for 2019, an increase of \$1.50 from \$134 in 2018. An estimated two million Medicare beneficiaries (about 3.5%) will pay less than the full Part B standard monthly premium amount in 2019 due to the statutory hold harmless provision, which limits certain beneficiaries' increase in their Part B premium to be no greater than the increase in their Social Security benefits. The annual deductible for all Medicare Part B beneficiaries is \$185 in 2019, an increase of \$2 from the annual deductible \$183 in 2018. Since 2007, a beneficiary's Part B monthly premium is based on his or her income. These income related monthly adjustment amounts (IRMAA) affect roughly 5% of people with Medicare Part B.

Premiums and deductibles for Medicare Advantage and Medicare Prescription Drug plans are already finalized and are unaffected by this announcement.

Enrollees, age 65 and older who have fewer than 40 quarters of coverage and certain persons with disabilities pay a monthly premium in order to voluntarily enroll in Medicare Part A. Individuals who had at least 30 quarters of coverage or were married to someone with at least 30 quarters of coverage may buy into Part A at a reduced monthly premium rate, which will be \$240 in 2019, an \$8 increase from 2018. Certain uninsured aged individuals who have less than 30 quarters of coverage and certain individuals with disabilities who have exhausted other entitlement will pay the full premium, which will be \$437 a month, a \$15 increase from 2018.

For more information on the 2019 Medicare Parts A and B premiums and deductibles (CMS-8068-N, CMS-8069-N, CMS-8070-N), please visit <https://www.federalregister.gov/public-inspection>.

# Nutrition Notes

The holidays are a time of celebration, giving thanks and a time of reflection of the past year. It is a time to also pay attention to ourselves. During this holiday season give yourself special attention; give the gift of health and safety not only to yourself but others as well.

**Wash your hands often:** keeping your hands clean is by far the most important thing you can do for yourself and family. Washing your hands with soap and water for at least 20 seconds can help avoid getting sick and spreading germs to others.

**Stay warm:** cold temperatures can cause serious health issues for young children and older adults. Stay dry and dress in warm layers of loose-fitting clothes.

**Manage stress:** we all know this time of year is not only busy but can be very stressful and can take a toll on one's health. Balance yourself, keep track of over commitment and spending, take time to relax, breathe and enjoy the season.

**Get check-ups and vaccinations:** regular exams and screenings can help find problems before they start. Make sure you get your flu vaccination!

**Be smoke free:** Avoid breathing other peoples smoke and if you smoke, now is a great time to quit! Call 1-800-QUIT-NOW (1-800-784-8669) or speak with your doctor for assistance - you got this!

**Handle and prepare food safely:** Wash hands and prep areas often; keep raw meats, eggs and their juices away from ready to eat foods. Cook foods to the proper temperature and refrigerate promptly. Do not leave foods that are perishable out for more than two hours.

**Eat healthy:** With moderation and portion control you can enjoy the holidays in a healthy way. Choose more vegetables and fruits. Have dessert but choose just one of your favorites not one of each.

Happy  
Holidays!



## SENIORS ENJOY THANKSGIVING LUNCHEON

On Thursday, November 15, the Greene County Senior Nutrition Sites served a delicious Thanksgiving luncheon to all their congregates, as well as all home-delivered meals. Lunch consisted of a Relish Tray, Roast Turkey w/ Gravy & Cranberry Sauce, Green Bean Casserole, Mashed Potatoes and of course, Pumpkin Pie w/ Whipped Cream for dessert.

Seen in photo below are some of the seniors at the Rivertown Center in Athens awaiting their meal.



**THURSDAY, DECEMBER 20, 2018**  
**CHRISTMAS LUNCHEON AT**  
**GREENE COUNTY SENIOR NUTRITION SITES**

**Roast Beef w/ Gravy**  
**Fresh Salad**  
**Peas & Pearl Onions**  
**Mashed Potatoes**  
**Apple Pie**

**Suggested Contribution \$4.00**  
***Remember to sign-up at least one day in advance for meal***

**Town of Coxsackie Senior Center only:**  
**Coxsackie Elementary School Grade 4**  
**will be singing Carols at 10:30 a.m.**



## GREENE COUNTY SENIOR SERVICE CENTERS

Centers are closed on legal holidays and inclement weather.

Each site serves the noon-time menu item for the day, Monday - Friday, for a suggested contribution of \$4.00. All meals include: Meat/Alternative Entrée, Vegetables & Fruit, Bread, Milk & Dessert.

Please make sure that you sign-up, at least a day in advance, if you wish to attend lunch at any of the nutrition sites. We also ask if you have signed up and become unable to show, to please call us as soon as you can to cancel. Your cooperation helps us reduce our food waste.

In addition, each center offers Aging Information & Assistance/Medicare Minute each month.

### **CALL YOUR LOCAL SENIOR CENTER FOR ACTIVITY INFORMATION**

#### ACRA

Acra Community Center,

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

Sandra Sherman  
Meal Site Manager

Elaine Cherrington

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

#### CATSKILL

Robert C. Antonelli  
Washington Irving Sr. Cntr.  
15 Academy Street, Catskill  
(518) 943-1343

Martha Schilling

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

#### JEWETT

Jewett Municipal Building

Route 23C, Jewett  
(518) 263-4392

Gayle Ruvolo  
Meal Site Manager

MaryAnn Brink  
Carol Harnett

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

#### ATHENS

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

Shane Dillon, Acting Senior Center Manager

JoanAnn Rouse  
Lana Marrone  
Sebastianna Thurman

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

#### COXSACKIE

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

Renee Raffiani  
Meal Site Manager





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



**GREENE COUNTY SENIOR NUTRITION PROGRAM**  
**ALL PERSONS, AGE 60 OR OVER, ARE INVITED TO ATTEND**  
**SUGGESTED CONTRIBUTION \$4.00**  
**DAILY: Bread w/Promise Spread, and 1% Milk, Coffee or Tea**

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><b>3</b></p> <p>CHILI CON CARNE BROWN RICE BROCCOLI PEACHES</p>	<p align="center"><b>4</b></p> <p align="center"> <b>NATIONAL COOKIE DAY</b></p> <p>CHICKEN DIJON FRESH SALAD MASHED POTATOES SPINACH PEANUT BUTTER COOKIE</p>	<p align="center"><b>5</b></p> <p>BROCCOLI &amp; CHEDDAR QUICHE PEAS CAULIFLOWER BREAD PUDDING</p>	<p align="center"><b>6</b></p> <p>ROAST PORK W/ GRAVY APPLESAUCE BRUSSELS SPROUTS SWEET POTATO FRUITED GELATIN</p>	<p align="center"><b>7</b></p> <p>BRAISED BEEF TIP &amp; MUSHROOMS NOODLES FRESH SALAD BABY CARROTS FRESH ORANGE</p>
<p align="center"><b>10</b></p> <p>VEGETABLE LASAGNA WAX BEANS ITALIAN MIXED VEGETABLES FRUIT COCKTAIL</p>	<p align="center"><b>11</b></p> <p>SEAFOOD SCAMPI PASTA BROCCOLI PINEAPPLE CHUNKS</p>	<p align="center"><b>12</b></p> <p>MEATLOAF W/ GRAVY MASHED POTATOES SPINACH PUFF RICE PUDDING</p>	<p align="center"> <b>13 NATIONAL COCOA DAY</b></p> <p>PORK CHOP W/ GRAVY RED CABBAGE APPLESAUCE BAKED POTATO APPLESAUCE CAKE <b>CHOCOLATE MILK!</b></p>	<p align="center"> <b>14 NATIONAL BISCUITS &amp; GRAVY DAY</b></p> <p>CHICKEN &amp; BISCUITS W/ GRAVY FRESH SALAD CALIFORNIA MIXED VEGETABLES PEACH CRISP</p>
<p align="center"><b>17</b></p> <p>PORK W/ PEPPERS BROWN RICE BROCCOLI &amp; CAULIFLOWER CHOCOLATE MOUSSE</p>	<p align="center"><b>18</b></p> <p>CRAB TOPPED COD GREEN BEANS OVEN ROASTED RED POTATO PEACHES</p>	<p align="center"> <b>19 NATIONAL OATMEAL MUFFIN DAY</b></p> <p>BROCCOLI &amp; SWISS QUICHE HASH BROWN CUBED BUTTERNUT SQUASH JUICE OATMEAL MUFFIN FRUITED GELATIN</p>	<p align="center"> <b>20 CHRISTMAS MEAL</b></p> <p>ROAST BEEF W/ GRAVY WHIPPED POTATOES PEAS &amp; PEARL ONIONS FRESH SALAD APPLE PIE</p>	<p align="center"><b>21</b></p> <p>COOK'S CHOICE FRESH SALAD FRESH ORANGE</p>
<p align="center"><b>24</b></p> <p>SALMON W/ DILL SAUCE MASHED POTATOES CALIFORNIA MIXED VEGETABLES PEARS</p>	<p align="center"><b>25</b></p> <p align="center"><b>MAIN OFFICE &amp; ALL NUTRITION SITES CLOSED</b></p> <p align="center"> <b>Merry Christmas</b></p>	<p align="center"><b>26</b></p> <p>MACARONI &amp; CHEESE 3 BEAN SALAD STEWED TOMATOES FRUIT COCKTAIL</p>	<p align="center"><b>27</b></p> <p align="center"><b>BIRTHDAY CELEBRATION</b></p> <p>BEEF STEW FRESH SALAD CARROT COINS BIRTHDAY CUPCAKE</p> <p align="center"></p>	<p align="center"><b>28</b></p> <p>PORK CHOP IN APPLE JUICE APPLESAUCE BRAISED CABBAGE SWEET POTATO VANILLA MOUSSE</p>
<p align="center"><b>31</b></p> <p>BAKED HAM W/ RAISIN SAUCE GREEN BEANS AU GRATIN POTATOES LEMON MERINGUE PIE</p>	 <p align="center"><b>DECEMBER</b></p>			

**GREENE COUNTY SENIOR NUTRITION PROGRAM**  
**ALL PERSONS, AGE 60 OR OVER, ARE INVITED TO ATTEND**  
**SUGGESTED CONTRIBUTION \$4.00**  
**DAILY: Bread w/Promise Spread, and 1% Milk, Coffee or Tea**

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>JANUARY</b></p>	<p><b>1</b>  <b>DHS MAIN OFFICE  &amp; ALL SENIOR  NUTRITON SITES CLOSED</b></p>  <p><b>HAPPY  NEW  YEAR</b></p>	<p><b>2</b></p> <p>CHICKEN DIVAN  BROWN RICE  BEET SALAD  PARISIAN MIXED  VEGETABLES  APPLESAUCE  CHOCOLATE MOUSSE</p>	<p><b>3</b></p> <p>MEATLOAF W/ GRAVY  FRESH SALAD  MASHED POTATOES  BROCCOLI  OATMEAL COOKIE</p>	<p><b>4</b>  <b>NATIONAL  SPAGHETTI  DAY</b></p>  <p>SPAGHETTI  W/ MEAT SAUCE  FRESH SALAD  FRESH FRUIT</p>
<p><b>7</b></p> <p>BAKED ZITI W/ CHEESE  ITALIAN GREEN BEANS  PEACHES</p>	<p><b>8</b></p> <p>LEMON HERBED FISH  RICE PILAF  CARROT COINS  ORANGE JUICE  LEMON PUDDING</p>	 <p><b>9</b>  <b>NATIONAL  APRICOT  DAY</b></p> <p>CHICKEN TENDERS  PICKLED BEETS  MASHED POTATOES  SPINACH  APRICOT CAKE</p>	<p><b>10</b></p> <p>BEEF BURGUNDY  OVER NOODLES  FRESH GREEN SALAD  HONEY BALSAMIC  BRUSSELS SPROUTS  GRAPE YOGURT PARFAIT</p>	<p><b>11</b></p> <p>PULLED PORK  COLESLAW  BAKED BEANS  CAULIFLOWER  APPLE CRISP</p>
<p><b>14</b></p> <p>LINGUINI W/WHITE CLAM  SAUCE  FRESH SALAD  BROCCOLI  FRUIT COCKTAIL</p>	<p><b>15</b></p> <p>BAKED CHICKEN  W/ GRAVY  BRUSSELS SPROUTS  SWEET POTATO  CHOCOLATE MOUSSE</p>	<p><b>16</b></p> <p>CHILI CON CARNE  BROWN RICE  PEACH CRISP</p>	<p><b>17</b></p> <p>BATTERED FISH  COLESLAW  OVEN BAKED POTATO FRIES  SPINACH PUFF  SUGAR COOKIES</p>	 <p><b>18</b>  <b>NATIONAL  COFFEE DAY</b></p> <p>SWEDISH MEATBALLS  RED CABBAGE  MASHED POTATOES  TIRAMISU</p>
<p><b>21</b>  <b>DHS MAIN OFFICE  &amp; ALL SENIOR  NUTRITON SITES  CLOSED</b></p>  <p><b>Martin Luther King Jr. Day</b></p>	<p><b>22</b></p> <p>ITALIAN MEATBALLS  SHELLS  IN TOMATO SAUCE  ITALIAN MIXED  VEGETABLES  TAPIOCA PUDDING</p>	<p><b>23</b>  <b>NATIONAL  PIE DAY</b></p>  <p>BEEF POT ROAST  W/ GRAVY  MASHED POTATOES  CALIFORNIA MIXED  VEGETABLES  APPLE PIE</p>	<p><b>24</b></p> <p>PARISIAN BAKED FISH  MIXED GREEN  &amp; WAX BEANS  FRESH SALAD  PARSLEY BOILED POTATO  FRUITED GELATIN</p>	<p><b>25</b></p> <p>TURKEY BURGERS  COLESLAW  SCALLOPED POTATOES  CARROTS  PEARS</p>
<p><b>28</b></p> <p>BAKED ITALIAN FISH  SPIRAL PASTA  ZUCCHINI  FRUIT</p>	<p><b>29</b></p> <p>BEEF POT PIE  MASHED POTATOES  BROWNIES</p>	<p><b>30</b>  <b>BIRTHDAY CELEBRATION</b></p> <p>ROAST TURKEY W/ GRAVY  MASHED POTATOES  WINTER SQUASH  CRANBERRY SAUCE  BIRTHDAY CUPCAKE</p> 	<p><b>31</b></p> <p>PORK CHOP  W/ APPLESauce  FRESH SALAD  BAKED SWEET POTATO  FRESH FRUIT</p>	





# 10 TIPS FOR FAMILY CAREGIVERS



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.

1

2

3

4



Be open to new technologies that can help you care for your loved one.



Watch out for signs of depression and don't delay getting professional help when you need it.



Caregiving is hard work so take respite breaks often.

7

6

5



Organize medical information so it's up to date and easy to find.



Make sure legal documents are in order.



Give yourself credit for doing the best you can in one of the toughest jobs there is!

8

9

10

CAREGIVER ACTION NETWORK CAN

CaregiverAction.org

# 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/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*)

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

**THANK YOU FOR YOUR SUPPORT and GENEROSITY**



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

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

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

I designate \$ \_\_\_\_\_  
In appreciation for services

**OR**

In memory of \_\_\_\_\_

to the following:

- \_\_\_\_\_ Round Table News      \_\_\_\_\_ In-home services  
\_\_\_\_\_ Where most needed      \_\_\_\_\_ Senior Angel 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



*Carol Moller  
for her donation  
to the Department*

*Barbara Alley Simon  
for her donation  
to Home-Delivered Meals  
In Memory of Karl Plattner*



*For their donations  
to the Home-Delivered Meal Program  
In Memory of Mary Battaglino Sinnott*



*Margaret Hariri & family  
Mutsumi Kaneda  
Maureen & Patrick Murphy & sons  
Oak Knoll School of the Holy Child, Class of 2020  
Bonnie & Michael Ryan*



# Greene County Transit



The Greene County Transit, (GCT), system offers safe, affordable, reliable public transportation services throughout Greene County, NY. GCT is very pleased to be able to provide service, Monday through Friday, to Athens, Cairo, Coxsackie, Greenville, Palenville, up and down the 9W corridor and through the interior of Catskill, to name just a few! And weekly service to the beautiful mountain areas of Hunter/Tannersville and Windham. In August of this year, a new route from Greene County to Columbia County was offered.

## New to Public Transit ?

If you are new to riding public transit, you are not alone. There are many people, old and young alike, that have never used public transportation before. Give us a call here at GCT (518-943-3625) and let us help you get started by answering every question you have and assisting you in finding the best match to meet your transportation needs for the day.

For those who are 60 years or older, you are able to ride Greene County Transit, fully subsidized. Now that's budget friendly! To get set-up to receive your first coupon book:

1. Fill out a registration form, print it and mail to the address specified on the form **OR**
2. Contact the Greene County Department of Human Services at (518) 719-3555 **OR**
3. Ride the bus, paying for the fare, and ask the driver for a registration form. You can also give the driver a completed form.

Some general information about the senior coupons:

- The coupons in the book will have your name on it and can not be used by anyone else.
- If you are riding the shuttle it is just one (1) coupon to ride all day long.
- If you are riding one of the routes. it is just one (1) coupon, **each way**, and you will get a free shuttle pass to use.

When you come to the green coupon in your book, use it just like any other coupon. The colored coupon is used as an indicator for the Department of Human Services to let them know that you will be running out of coupons soon. If all goes smoothly, you should receive a full coupon book in the mail before your current one runs out.

# 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 SENIOR 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.

Robert C. Antonelli Senior 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

2:00 p.m.

Coxsackie Senior Center

## GREENVILLE:

### ***GREENVILLE GOLDEN YEARS***

1st monthly Wednesday

1:30 p.m.

American Legion Hall

## MOUNTAINTOP:

### ***MOUNTAIN 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.

# News From the Greene County Youth Bureau



TO OUR NEW STAFF!

Say hi to our new Youth Case Workers, Laura Anderson and Jasmine Morris.

Laura is a graduate of Goddard College with a degree in Community Education. She has worked with children and families in diverse settings for over 15 years, most recently at the Catskill Community Center and Catskill Wheelhouse School. She is passionate about positive youth development in Greene County and is excited to join the Department of Human Services.

Jasmine has a Bachelors Degree in Human Services from the Metropolitan College of New York. She has worked with children and families for 13 years in New York City. She became a Substitute Teacher and Teacher Assistant for the Catskill School District in 2017. "There is a light at the end of the tunnel if you trust those that are for you, not against you."

## GREENE COUNTY PEER COURT



GREENE  
COUNTY  
PEER  
COURT

GIVING FIRST TIME OFFENDERS  
A SECOND CHANCE

### Why Join Peer Court?

- Community service hours
- Hear real court cases
- Learn about the Criminal Justice system
- Scholarship opportunities
- Build your college resume
- Give back to your community

### Court cases held on Wednesday Evenings

- For more info or to become a Peer Court Member/ Juror, please contact the Peer Court Counselor:  
Heather Daley  
[hdaley@cagcny.org](mailto:hdaley@cagcny.org)  
518-943-9205 ext 110

### What Happens in Peer Court?

A youth, who has admitted guilt to a crime or an offense, appears for a sentencing hearing before a jury of their peers. The jury is presented with evidence and then the Peer Court Jury sentences the youthful offender. Peer Court takes a Restorative Justice approach, meaning there is an emphasis on accountability and creating positive relationships and bonds within the community.

★ Greene County Peer Court is working in collaboration with Greene County Departments of Human Services, Probation, Mental Health, Social Services, Public Health, District Attorney's Office, Public Defender's Office, local Police Agencies and Judges.

Are you interested in hearing real court cases?

Have you ever thought about becoming an attorney or a police officer?

Do you need community service hours?

Join Greene County's Peer Court Program!  
Contact the Peer Court Coordinator:  
[hdaley@cagcny.org](mailto:hdaley@cagcny.org)  
for an application or for more information.



# GREENE COUNTY, NEW YORK



**When Disaster Strikes  
YOU  
Can Make a Difference**

**Help your community in times of need:**

**\*Natural Disasters**

**\*Disease Outbreaks**

**\*Major Incidents**

Immediately following disasters many volunteers come forward to help. It can be challenging for response organizations such as Fire, EMS, Emergency Management, and Local Government to utilize these volunteers in an organized fashion without a vetting and response framework. Here in Greene County, New York we have adopted a chapter of the national Medical Reserve Corps (MRC) to assist in volunteer organization.

The mission of the Greene NY Medical Reserve Corps (MRC) is to mobilize trained medical and non-medical volunteers to effectively support public health operations and foster community resiliency within Greene County through training, exercises and response to real-world events.

Volunteers are needed from medical and non-medical backgrounds. Volunteers with certain skills and experiences are especially needed: second language proficiency, security, data management, social media, reception, teaching, radio operation, packaging and distribution, or any medical licensure.

Advance registration of medical and non-medical volunteers will provide Greene County immediate access to volunteers who may be needed in the event of an emergency in Greene County - increasing the effectiveness of volunteers and overall emergency management efforts.

**Any Questions, Please Contact:**

Greene County Public Health Dept.  
Emergency Preparedness Coordinator  
Penny Martinez  
411 Main Street, Suite 300  
Catskill, NY 12414  
PH: 518-719-3611

Email: [pmartinez333@discovergreene.com](mailto:pmartinez333@discovergreene.com)



**Saturday, December 8th -Starting at Noon!**

## **Athens Victorian Stroll**

**FREE activities for the entire family!**

Tentative schedule, please pick up a final schedule and map at the Athens Cultural Center on Dec. 8th

### **On-going Activities:**

Free Horse-Drawn Trolley, Hay Wagon & Motorized Trolley Rides from 1 to 5pm

Historic House Tours:

30 S. Franklin St. 1-3pm with pianist Dr. Greenberg

35 S. Franklin St. 1-3 pm with harpist Ann Carter

98 Second St. 1-4:30 pm with Meadow Suite at 3 pm

Strolling Mime/Clown starts at the Library 1:45 pm

Strolling Magician Sean The Prankster Doolan

### **Athens Cultural Center, 24 Second St**

Noon Athens Community Chorus

12-4:45 Arts and Craft Vendors

1-1:30 Strolling Pocket Lady

1-4:45 Rob Halley's Holiday Past Display

1-4:45 Holiday Cottages Village Display

*Judging and Prize awarded at 3:15pm*

1-4:45 Refreshments

2:00 Wreath Making Demonstration

2:45 Victorian Voices Carolers

3-4:00 Visit with Victorian Santa

3:30 Hudson River Bells Grace Notes Ensemble

4:30 Selection of Passport Raffle winner

### **Athens Senior Center, Second & Warren**

12-4:00 Senior Center Thrift Shop - Open

1-2:45 Adirondack Baroque Consort Performance

1:30-4:00 Free Chocolate Fountain Station

2:45 Michael Farrell School of Irish Dance

3:30 Victorian Voices Carolers

### **Athens Municipal Building Second Floor**

1-4:00 Athens Museum Open-(See it before they close in 2019!)

### **Municipal Building Gym**

1:30 EJA Third and Fourth Grande Chimes Choir

2:00 Michael Farrell School of Irish Dance

2:30 Kimberly's School of Dance

4:00 Presques Ballet Performance

### **National Bank of Coxsackie, 1 N. Washington**

1-2:45 Frosty's Estimation Station  
*(winner selected at 2:45pm)*

1-2:30 Face Painting with Tami Bone

2-3:00 Balloon Twisting with Christine Doolan

### **Crossroads Brewery, 21 Second St**

1-4:00 Brewery Tours

1:30 Ice Sculpture Demonstration (outside)

4:00 BJ the Clown

### **Building Blocks Pre-School, 30 Second St**

1-3:00 Make Holiday Cottages



### **Bonfiglio & Bread, 44 Second St**

2:00 Live Music with Frank Cuthbert

3:00 Light House Church Nativity Play (outside)

### **First Reformed Church of Athens**

1-2:15 Coxsackie-Athens Community Band's Annual Holiday Concert

3:30 Athens Cemetery Tour with Jonathan Palmer

### **D. R. Evarts Library, 80 Second St**

11:30 Polar Express reading by John McInerney

1:00 "It's A Wonderful Life"

1-3:30 Lego MakerSpace

1:45-2:15 BJ the Clown-Antics for Kids

2:15 Glowing Campfire Craft with Fran Martino

### **Stewart House, Second & Water St**

1-5:00 Wine Tasting

1-5:00 Live Music

2:30-4:45 Free Vintage Photo Booth

### **Athens Firehouse, 39 Third St**

1-2:00 Visit with Victorian Santa

1-4:45 Craft & Food Vendors

1-4:45 Firemen's Lunches For Sale

2-2:30 Strolling Pocket Lady

2:30 BJ the Clown

4:00 Victorian Voices Carolers

### **American Legion 94 Second St**

1-4:30 Vendors & Refreshments

1-4:30 Tree Trimming - trim with tags and ribbons with the names of Veterans

### **Light House Church, 18 N. Franklin St**

1-4:00 Refreshments

1-4:30 Drawings by Caricaturist Phil Singer

1-4:45 Art & Craft Vendors

3:15-4:30 Balloon Twisting with Christine Doolan

### **FINALE IN THE RIVERFRONT PARK!!**

4:00 Ice Sculpture Demonstration

4:45 Caroling & Tree Lighting

5:00 Boy Scouts' Bonfire & S'mores





## ADULT LEARNING INSTITUTE (ALI)

The Adult Learning Institute has announced its program for December 2018. All are held at Columbia - Greene Community College, 4400 NY RT 23, Hudson. Please call the ALI Office @ 518-828-4181, ext. 3431, or email [ali@sunycgcc.edu](mailto:ali@sunycgcc.edu) to register.

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

Mon. Dec. 3 & 17		Open Pinochle Group
Tues. Dec. 4 & 18		Bridge Group
Wed. Dec. 5 & 12		Mahjongg
Thurs. Dec. 6	10:30 - 12:00	Estate Planning - It's Not Just Wills!
Sun. Dec. 9	2:00	A Christmas Carol, Arts Center Theater
Tues. Dec. 11	1:00 - 4:00	Holiday Party & Games
Thurs. Dec. 20	10:00 - 11:30	Executive Board Meeting, Room 105A

alzheimer's association

### healthy living for your brain and body

tips from the latest research



an education program by the alzheimer's association

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

DATE: Wednesday December 12th, 2018

TIME: 1 pm

LOCATION: Hearthstone Care 1187 Route 23A Catskill NY 12414

To register contact: Victor at 518.867.4999 x200 or vicoles@alz.org or go to <http://www.communityresourcefinder.org/> Click on Alzheimer's Association Programs and Events

This program is supported in part by a grant from the New York State Department of Health.

Coxsackie Grief Support Group  
2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of Every Month  
6:00 p.m. – 7:00 p.m.

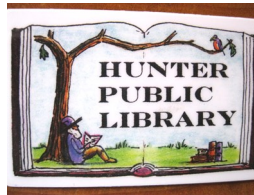
Bethany Village, Van Heest Hall, Coxsackie, NY



Contact Jeffrey at (518) 478-5414  
[jhaasrph@aol.com](mailto:jhaasrph@aol.com)

On Facebook at Coxsackie Grief Support Group

*\* Note: This is a "people to people" support group, not sponsored by a professional individual or organization.*



## WHAT'S NEW AT HUNTER PUBLIC LIBRARY

Brain Games  
Every Tuesday at 11:30 a.m.

Rip's Stitchers  
Knitting & Crocheting Group  
Every Thursday  
3:00 p.m. to 5:00 p.m.  
All levels welcome.

For further information,  
email [hunterpubliclibrary@gmail.com](mailto:hunterpubliclibrary@gmail.com)

**Hearthstone Care**  
1187 Route 23A Catskill NY 12414  
(518) 678-2030

**Merry Christmas**

**Open House**

Join us for a day of fun, family and celebration on Wednesday Dec 12th, 2018. We gather and celebrate with games, music and much more.

Providing services of supervised respite care in-home and in our home-style modern recreational center. Where a fun, smart and compassionate atmosphere is waiting for you!!!





# *Weatherization Works In Greene County!*

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

***We follow the same income guidelines as HEAP.***

2017-2018  
WEATHERIZATION PROGRAM  
INCOME THRESHOLD

Household Size	Monthly Income	Annual Income
1	\$ 2,318	\$ 27,816
2	\$ 3,031	\$ 36,372
3	\$ 3,744	\$ 44,928
4	\$ 4,457	\$ 53,484
5	\$ 5,170	\$ 62,040
6	\$ 5,883	\$ 70,596
7	\$ 6,343	\$ 76,120
8	\$ 7,063	\$ 84,760
9	\$ 7,783	\$ 93,400
10	\$ 8,503	\$ 102,040
<b>Each additional person add \$693</b>		

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

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

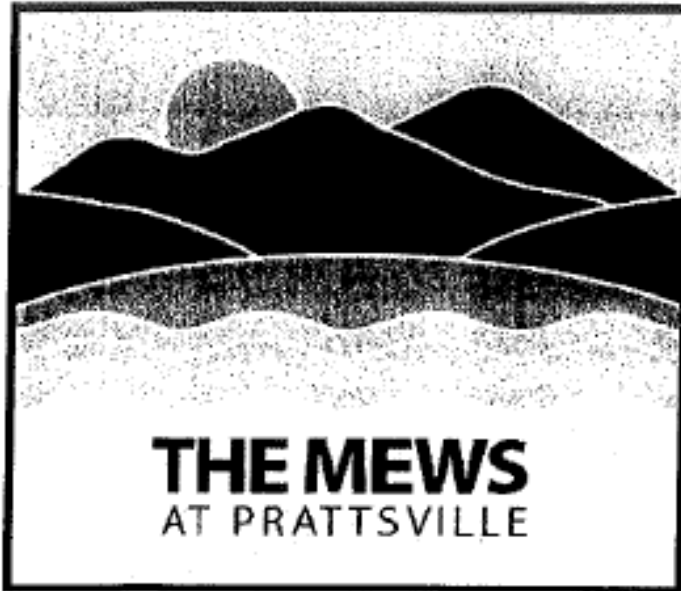
***Call 518-943-9205 for an application today.***

5456 Washington Street, Prattville NY 12468



**YOUR NEXT HOME COULD BE HERE!**

*The Mews offers apartments with rental assistance to both families & seniors 62 and over. In addition there are several apartments available to qualified families (see table for qualifying earnings)*



Your family size	With rental assistance you can earn up to:	Without rental Assistance you can earn up
1 person	\$23,650	\$28,230
2 person	\$27,000	\$32,400
3 person	\$30,400	\$36,480
4 person	\$33,750	\$40,500
5 person	\$36,450	\$43,740
6 person	\$39,150	\$46,980

**Example of Rental Assistance:**

*1 person earning \$22,000 per year qualifies for a rent of \$550, which is equal to 30% of the households monthly income*

The Mews has a total of 44 rental units. The senior building consists of 32 one-bedroom apartments, all of which come with rental assistance & 4 two-bedroom affordable apartments for seniors 62 and over. All senior apartments are one floor with no stairs, and the senior building has an elevator. There are also several fully handicap accessible units available.

In separate buildings there are 4 two-bedroom and 4 three-bedroom apartments for families of any age.

Community Amenities include an on-site superintendent, multiple activity rooms, a health and fitness room, energy-efficient appliances, and on site laundry.

**DOWNLOAD AN APPLICATION TODAY**

**WWW.RUPCO.ORG**

**OR CALL 845-331-2140 EXT 237**

*This housing opportunity is also posted on NYSHousingSearch.gov*



Homes and Community Renewal



**KEARNEY**  
GROUP

Strengthening Homes  
Communities  
And Lives





**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:

<b>CASE MANAGERS:</b> Cortney Carlson	Carol Provost	Danielle Wade
<b>BETHANY VILLAGE CASE MANAGER:</b>	Andrea Benjamin-Legg	
<b>ADMINISTRATIVE ASSISTANT:</b>	Maureen Murphy	
<b>AGING SERVICES SPECIALIST:</b>	Nicole Noll	
<b>AGING SERVICES AIDE:</b>	Rose Bundy	
<b>RECEPTIONIST:</b>	Mary Jean Pomilla	
<b>SHOPPING BUS DRIVER:</b>	Janet Osborn	
<b>NUTRITION VAN CHAUFFEURS:</b>	Dave Mokszycki	Patrick Murphy
<b><u>YOUTH SERVICES WORKERS:</u></b>	Carrie E. Wallace	
	Laura Anderson	Jasmine Morris

The office is open 8:30 a.m. - 5:00 p.m. Monday thru Friday, though staff are unavailable to be seen between 12:00 p.m. and 1:00 p.m.

**Agency staff specialize in a variety of subjects. While walk-ins can sometimes be seen, staff who can best assist you may be unavailable at times. We recommend you call ahead for an appointment. Appointments ARE NOT scheduled between 12:00 p.m. and 1:00 p.m.**