



# Greene County Round Table News

*Published by Greene County Department of Human Services since 1976*

**FEBRUARY 2019**

## THANK YOU FOR ANOTHER SUCCESSFUL YEAR

Greene County businesses and residents have done it again. With all the negativity going on around the world, you should all be proud for helping to make the 2018 Senior Angels Campaign another one of our GREAT accomplishments.

Whether you volunteered at our Thanksgiving Dinner, (by the way, another huge success; 111 people attended and enjoyed a great day), worked at our bake sale (raising \$800 - a RECORD BREAKER), came to our table at the Victorian Stroll, helped us shop and/or wrap presents, or simply wrote a check, we **THANK YOU**.

We would especially like to thank, the Legislators for their continued support through The Wayne C. Speenburgh Grant, CDPHP, Coxsackie-Athens Rotary Club and the members of the 4H Evarts Engineers, 4H Greene Earth, Library Science Club. A special thank you to the D.R. Evarts Library for contributing the delicious muffins that were made with 8 fresh pumpkins from the Athens pumpkin parade.

As of the writing of this letter, we have raised \$16,706.65. A NEW RECORD. Thanks to your generosity, we have broken all past records. With your continued help, we look forward to breaking this year's record in 2019. If you would like to continue to help Greene County Senior Citizens, we accept contributions at any time for our Emergency Fund that we make available to our Senior Citizens year round.

It is such a pleasure for us to help our Senior Citizens year after year. This holiday season, we delivered gifts to over 250 Senior Citizens throughout Greene County. The smiles on their faces when we show up with their very own wrapped gift is PRICELESS.

So we would like to wish each and every one of you a happy, healthy and prosperous 2019. Always remember to thank a Senior Citizen. If it wasn't for them paving the way, we would have no roads to guide us.

God Bless,  
Greene County Senior Angels Program Co-Chairs

Ken Brooks  
Andrea Benjamin-Legg  
Rose Bundy  
Maureen Murphy  
Mary Jean Pomilla





## SENIOR ANGELS PROGRAM - "SPREADING CHEER 365 DAYS A YEAR"



SPONSORED BY  
GREENE COUNTY DEPARTMENT OF HUMAN SERVICES

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

*Nancy Allen*  
*Louise Begley*                      *C & C Excavating, Inc.*  
*Carl's Rip Van Winkle Motor Lodge*  
*Central Hudson Gas & Electric*  
*Margaret M. Donohue*  
*Durham-Oak Hill United Methodist Church*  
*Fortnightly Club of Catskill*  
*Arthur Fullerton*                      *GNH Lumber*  
*Harold & Daniela Goldberg*  
*Greene County Democratic Committee*  
*Clifford Gross*                      *Laura Harvey*  
*Hotel Veinna*                      *Honeyford Memorial American Legion Auxiliary Unit #110*  
*Patricia Kenehan*                      *Kiskatom Reformed Church*  
*Lake and Mountain Realty LLC*  
*William & Margaret Lawrence*  
*Lexington-Westkill United Methodist Church*  
*Rebecca & Robert Main*  
*Veronika & Wayne Marquait*  
*Dodie Maxwell*                      *Therese McGee Ward*  
*Carol Miller*                      *Frances F. Monahan*  
*Karen & Bill Ormerod*  
*Greggor Petrovic & Steve Goldberg*  
*Chris & Carol Pfister*  
*Senior Club of Coxsackie*  
*Gail E. Smith*                      *Frances R. Spark & Michael Goldberg*  
*Dr. Elena Suditu*                      *Dee & Chick Sutherland*  
*Debbi Traficante*                      *Walenta & Co. Agency Inc.*  
*Windham-Hensonville United Methodist Women*

*Athens Senior Citizens Club*  
*CDPH*  
*Catskill Silver Linings Seniors*  
*Coxsackie-Athens Rotary Club*  
*Harry Feineis*  
*Frisbee Insurance Agency*  
*Gary & Boots*  
*Greenville Rotary Club*  
*Heart of Catskill Association*  
*Robert & Dena Lawrence*  
*Lioness Club of Catskill*  
*The Mangano Family*  
*Martinez Auto Body Shop, Inc.*  
*Dennis & Kathleen Meehan*  
*National Bank of Coxsackie*  
*P. Schneider & Associates PLLC*  
*Shook Insurance Agency*  
*Tip Top Furniture*

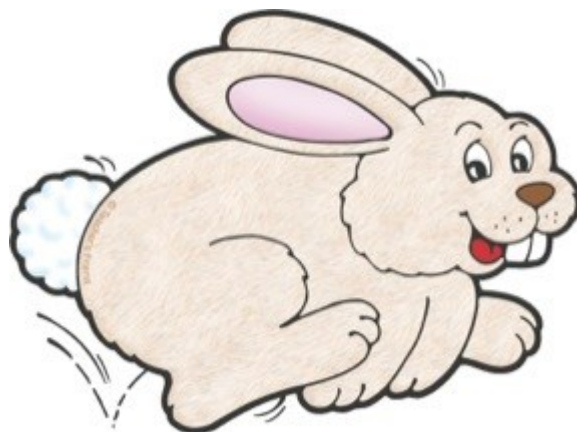
*Greene Meadows Nursing & Rehab. - "Thank you for all that you do"*

Senior Angels In Memory Of:



*Rosemarie Alberti*                      *Phyllis Beechert*  
*Irene Bloomer from Ed & Tami*    *Cioci Dombrowski*  
*Bea Capen from the RSVP Recognition Committee*  
*Helen Mary Eckler*  
*Ziggy Giordano from Dorothy Giordano & family*  
*Rose & Frank Hanlon from Kathleen & Dennis Meehan*  
*Betsy Hammond*                      *Karen Sprague Johnson*  
*Ruth Kallman*                         *Selma Labuda*  
*John King of Cornwallville*  
*Mary & Thomas Killourhy from Anne Marie Killourhy*  
*Louis H. Lagas*                         *Mabel "Mike" Milian*  
*Hazel Murphy*                         *Doris Ormsbee*  
*Carl Ruoff*                               *Mabel S. & Bertha J.*  
*Vitus Stablein*                         *Rev. Henry Verdaasdonk*

**Here Comes Peter Cottontail,  
Hopping Down the Bunny Trail,  
Straight to the Greene County Office Building!**



**The Senior Angels Program's Bake Sale  
has been so successful in the fall,  
we have decided to do one for Easter!**

**Watch for an announcement  
with the date and time.**



## 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.

## SPECIAL TRIPS

**COLONIE CENTER (PRICE PER PERSON: \$10.00)**

*Payment due at time of departure/boarding. No exceptions please.  
Reservations must be made no later than 3:00 p.m. of the Wednesday before trip.*



### Tentative Dates for 2019:

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

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





**Mark Your Calendars ...**

**9<sup>th</sup> ANNUAL  
SENIOR CITIZENS' DAY**

**FRIDAY, MAY 17, 2019**

**“A Salute to our Military”**

**Many new features to come!**

**Watch for future announcements  
with information.**





# “VOLUNTEERS BRING COLOR TO OUR WORLD”

## THANK YOU JOHN

Ruth Pforte, RSVP Coordinator, recently presented John Goettsche with a Certificate of Appreciation in recognition of his 25 years delivering meals to area homebound seniors.

John recently celebrated his 90th Birthday and has decided to stop volunteering.

Thank you, John for your dedicated service to RSVP .



*39 Second Street, Athens  
518 - 945 - 2700*

## HOURS

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

***CHECK OUT OUR UNADVERTISED SPECIALS***



Free to the  
General Public



Lots of great information & give away items  
Stop in to learn how area vendors can assist you.

# SENIOR CORPS - MLK COMMUNITY RESOURCE DAY

March 28, 2019  
9:00 a.m. - 2:00 p.m.

**Robert C. Antonelli Center**  
*(formerly the Washington Irving Senior Center)*  
**15 Academy Street, Catskill, NY 12414**



Sponsored by  
Greene County Department  
for Human Services RSVP



**NY Connects**  
Your Link to Long Term  
Services and Supports

For more information:  
Contact: Ruth Jones Pforte 518-719-3555

## What's New in 2019?



### Part A: hospital insurance

<b>Part A premium</b>	Free if you've worked 10 years or more \$240 per month if you've worked 7.5 to 10 years \$437 per month if you've worked fewer than 7.5 years
<b>Part A hospital deductible</b>	\$1,364 each benefit period
<b>Part A hospital coinsurance</b>	\$0 for the first 60 days of inpatient care each benefit period \$341 per day for days 61-90 each benefit period \$682 per <b>lifetime reserve day</b> after day 90 in a benefit period (You have 60 lifetime reserve days that can only be used once. They're not renewable.)
<b>Skilled nursing facility coinsurance</b>	\$0 for the first 20 days of inpatient care each benefit period \$170.50/day for days 21-100 each benefit period



### Part B: medical insurance

<b>Part B premium (for those with incomes below \$85,000)</b>	\$135.50 is the standard premium
<b>Part B deductible</b>	\$185 per year
<b>Part B coinsurance</b>	20% on most services Part B covers



### Part D: prescription drug coverage

<b>Part D premium</b>	Average is \$33.19 per month
<b>Part D maximum deductible</b>	\$415 per year





**Beginning in 2019, Medicare Advantage Plans have increased flexibility in their plan offerings.** This means that plans may be able to reduce cost-sharing for certain covered benefits, offer specific extra benefits, or charge different deductibles for some enrollees who meet specific medical criteria. Plans are also gaining the ability to offer new supplemental benefits that are not directly considered medical treatment, like nutrition services, in-home supports, and home modifications. These changes mean that there may be more Medicare Advantage Plan options available in 2019, and it may become more complicated to compare these options. Remember to carefully review your Medicare Advantage Plan's Evidence of Coverage and any other materials from your plan.

**During the Medicare Advantage Open Enrollment Period (MA OEP),** you can switch from your Medicare Advantage Plan (excluding Medical Savings Accounts, cost plans, and PACE) to another Medicare Advantage Plan or to Original Medicare with or without a stand-alone prescription drug plan. The MA OEP occurs each year from January 1 through March 31. Remember, you can only use this enrollment period if you have a Medicare Advantage Plan. Changes made during this period are effective the first of the following month.



**If you have Extra Help in 2019, you have a Special Enrollment Period (SEP) to enroll in a Part D plan or switch between plans.** This SEP is available once per calendar quarter for the first three quarters of the year (January-March, April-June, and July-September). If you use the Extra Help SEP to change your coverage, the change will become effective the first of the month following the month that you make the change. This is a change to the Extra Help SEP, which previously could be used once per month. If you have Extra Help, these new limits may mean that you are locked into a drug plan at certain times of the year.



# Scam Pyramid

Report Scams for Optimal Outcomes



[www.liveon-ny.org/senior-medicare-patrol](http://www.liveon-ny.org/senior-medicare-patrol)  
1-877-678-4697

A Healthy Serving of Prevention



Red Flags: Stop! It's a Scam!



**INSISTENCE** that you wire money asap  
**DEMANDS** Act now or will miss out  
**REFUSAL** to stop calling after you request it  
**SECRETS** Scammers tell you not to tell family or friends  
**UNPROFESSIONAL** Bad grammar and misspellings  
**PROMISES** you can win \$, make \$, borrow \$ easily

Common Scams



Grandparent Scam



Lottery Scam



Medicare Fraud



Romance Scam



Identity Theft

## COMMON SCAMS

### GRANDPARENT SCAM

The fraudsters call and claim your grandchild is in trouble and needs money to help with an emergency, such as getting out of jail, paying a hospital bill, or leaving a foreign country. Scammers play on your emotions and trick concerned grandparents into wiring money.

### SWEEPSTAKES/LOTTERY SCAM

Scammers will generally contact victims by phone, mail, or email to tell them that they have won or have been entered to win a prize. Scammers then require you to pay a fee to either collect supposed winnings or improve the odds of winning the prize. Scammers may say that you have won a lottery or a brand new car and that you must wire a few hundred dollars for upfront processing fees or taxes for winnings to be delivered.

### ROMANCE SCAM

Scammers create fake online profiles using photos of other people — even stolen pictures of real military personnel. They profess their love quickly and tug at your heartstrings with made-up stories about how they need money — for emergencies, hospital bills, or travel. They're looking to steal your money. Scammers may also reach out through your email or Facebook. An online love interest who asks for money is almost certainly a scammer.

### IDENTITY THEFT/MEDICARE FRAUD

Someone gets your personal information and runs up bills in your name. They might use your Social Security or Medicare number, your credit card, or your medical insurance — along with your good name. How would you know? You could get bills for things you didn't buy or services you didn't get. Your bank account might have withdrawals you didn't make. You might not get bills you expect. Or, you could check your credit report and find accounts you never knew about.

## SCAM PREVENTION TIPS

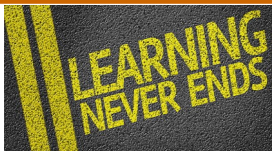
- **Don't answer the phone** if you don't recognize the number. If it's someone who needs to talk to you for a legitimate reason, they will leave a message.
- **Don't wire money** to cover travel, medical emergencies, hotel bills, hospital bills, visas, losses from a temporary financial setback. In fact, it's a good idea to never wire money period, unless you know for sure that your family or friend is abroad and needs it.
- **Don't send money** to tide someone over after a mugging or robbery, and don't do anyone a favor by making an online purchase or forwarding a package to another country for them.
- **Don't use public Wi-Fi** to check sensitive financial information, or to make purchases using your credit card.
- **Social media:** If you are on sites like Facebook, make sure that your privacy settings don't allow strangers to view your information.
- **Reach out:** Get involved in your community. Call a friend. Talk to your neighbors.
- **Ask someone:** Run offers and deals by people you trust to see if they are legitimate.
- **Check your statements** including credit cards and Medicare statements to ensure that there are no unauthorized charges or service not provided.



[www.liveon-ny.org/senior-medicare-patrol](http://www.liveon-ny.org/senior-medicare-patrol)  
1-877-678-4697

## SCAMMED? REPORT IT!

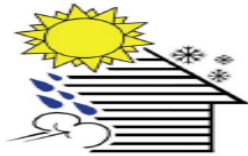
- **Local Law Enforcement**  
It's important to report all scams to your local police or sheriff's station.
- **FBI**  
Takes reports on all scams.  
[www.ic3.gov](http://www.ic3.gov)
- **Federal Trade Commission (FTC)**  
Takes reports on all types of scams.  
1-877-382-4357
- **US Postal Inspectors**  
Takes reports on scams that use the mail.  
1-877-876-2455
- **Senior Medicare Patrol (SMP)**  
If your Medicare account information has been misused.  
1-877-678-4697
- **Department of Consumer Protection**  
Report any suspected incidents of scams.  
1-800-697-1220



# ADULT LEARNING INSTITUTE (ALI) FEB. 2019 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](mailto:ali@sunycgcc.edu) to register.

Monday, February 4, & 11		Open Pinochle Group
Tuesday, February 5, 12, 19 & 26		Bridge Group
Wednesday, February 6, 13 & 27		Mahjongg
Thursday, February 7	10:30 a.m. - 12:00 Noon	Smart Phones for Dummies
Thursday, February 28	10:30 a.m.—12:00 Noon	Spotlight on New Orleans
	6:30 p.m. - 8:30 p.m. Location: Arts Center Theater	CGCC Gets Ticked Off



## DID YOU KNOW?



**Weatherization Assistance Program is a free program for income eligible home owners.**  
*We follow the same income guidelines as HEAP.*

2018-2019 WEATHERIZATION PROGRAM		
INCOME THRESHOLD		
Household Size	Monthly Income	Annual Income
1	\$ 2,318	\$ 27,816
2	\$ 3,031	\$ 36,372
3	\$ 3,744	\$ 44,928
4	\$ 4,457	\$ 53,484
5	\$ 5,170	\$ 62,040
6	\$ 5,883	\$ 70,596
7	\$ 6,343	\$ 76,120
8	\$ 7,063	\$ 84,760
9	\$ 7,783	\$ 93,400
10	\$ 8,503	\$ 102,040

**Each additional person add \$693**

**If your home has never been weatherized by the Community Action Weatherization Program, call for an application. Insulation, Air Sealing, Ventilation, Light Bulbs, Refrigerator, Smoke Detectors and CO Detectors are just some of the things that the Weatherization Assistance Program may be able to do for your home.**

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



# NUTRITION NOTES

## FEBRUARY: AMERICAN HEART MONTH



A well balanced, healthy diet can help you maintain heart health.

Consuming fish, in place of meat, more frequently, or using olive oil to replace butter in cooking, can be just as important as monitoring your sodium (or salt) intake.

High blood pressure the “silent killer”, if left untreated, can lead to a stroke, heart attack or other health related issues. YOU have the ability to control the sodium and fat in for food plan!

### Some Healthy Tips to Follow:

- ◆ Eat a well balanced, low salt diet. The current recommendation is to consume 1,500mg (<1tsp.) of sodium per day. So cut back on the sodium in your food plan and increase your physical activity.
- ◆ Limit alcohol
- ◆ Increase physical activity
- ◆ Manage stress
- ◆ Maintain a healthy weight
- ◆ Quit smoking
- ◆ Take medications as directed
- ◆ Work together with your health care team and know your numbers

<b>Blood pressure category</b>	<b>Systolic mmHg (upper number)</b>	<b>Diastolic mmHg (lower number)</b>
Normal	<120	<80
Elevated	120-129	<80
High blood pressure (stage 1)	130-139	80-89
High blood pressure (stage 2)	140 or higher	90 or higher
Hypertension Crisis (Notify MD ASAP)	>180	>120

**Don't forget...discuss all of this with your doctor!**



## COXSACKIE ELEMENTARY ENTERTAINS SENIORS

During the Christmas holiday, students in the Fourth Grade class at Cossackie Elementary came to the Town of Cossackie Senior Center and entertained them by singing Christmas carols.



## SENIORS ENJOY CHRISTMAS LUNCHEON

On Thursday, December 20, 2018, the Greene County Department of Human Services served a delicious Christmas dinner at the senior nutrition sites. The menu included shrimp cocktail, fresh salad, roast beef with gravy, various sides and apple pie for dessert.

Photos below are from the Rivertown Senior Center where the seniors were treated to Christmas Carols sung by students from the E.J. Arthur Elementary School.



## 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, please call us as soon as you can to cancel. This helps to 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.

#### 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  
Carol Harnett

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

#### ATHENS

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

Shane Dillon  
Senior Center Service Acting Manager

Joan Ann Rouse  
Lana Marrone      Anna Thurman

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

#### CATSKILL

Robert C. Antonelli Senior Center  
15 Academy Street, Catskill  
(518) 943-1343

Martha Schilling









AGING INFORMATION & ASSISTANCE  
MEDICARE MINUTE:  
2nd monthly Thursday  
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>1</b></p> <p>LUAU CHICKEN BROWN RICE FRESH SALAD BROCCOLI VANILLA PUDDING</p>
<p align="center"><b>4</b></p> <p>SPINACH QUICHE PEAS CAULIFLOWER PEACHES</p>	<p align="center"><b>5</b></p> <p>BRAISED BEEF TIPS &amp; MUSHROOMS NOODLES BABY CARROTS MANDARIN ORANGES</p>	<p align="center"><b>6</b></p> <p>MEATLOAF W/ GRAVY MASHED POTATOES BROCCOLI PEANUT BUTTER COOKIE</p>	<p align="center"><b>7</b></p> <p>STUFFED PEPPERS W/ RICE FRESH SALAD BRUSSELS SPROUTS APPLE CRANBERRY CRISP</p>	<p align="center"><b>8</b></p> <p align="center"><b>NATIONAL POTATO LOVERS DAY</b></p> <p align="center">  </p> <p>PORK CHOP w/ GRAVY AU GRATIN CABBAGE APPLESAUCE BAKED POTATO CHOCOLATE MOUSSE</p>
<p align="center"><b>11</b></p> <p>MACARONI &amp; CHEESE GREEN BEANS BROCCOLI RICE PUDDING</p>	<p align="center"><b>12</b></p> <p>CHICKEN DIJON BEET SALAD MASHED POTATO PINEAPPLE CHUNKS</p>	<p align="center"><b>13</b></p> <p align="center"><b>NATIONAL TORTELLINI DAY</b></p> <p align="center">  </p> <p>MEATBALLS W/ SAUCE TORTELLINI ITALIAN MIXED VEGETABLES PEARS</p>	<p align="center"><b>14</b></p> <p>ROAST PORK W/ GRAVY APPLESAUCE FRESH SALAD MASHED POTATOES SPINACH PUFF CHOCOLATE CRÈME PIE</p> <p align="center">  </p>	<p align="center"><b>15</b></p> <p>CRAB TOPPED COD FRESH SALAD RICE CALIFORNIA MIXED VEGETABLES FRESH FRUIT</p>
<p align="center"><b>18</b></p> <p align="center"><b>MAIN OFFICE &amp; ALL SENIOR NUTRITION SITES CLOSED</b></p> <p align="center">  </p>	<p align="center"><b>19</b></p> <p>BEEF STEW GREEN BEANS VANILLA PUDDING</p>	<p align="center"><b>20</b></p> <p align="center"><b>NATIONAL CHERRY PIE DAY</b></p> <p align="center">  </p> <p>MEATLOAF W/ GRAVY MASHED POTATOES SPINACH PUFF CHERRY PIE</p>	<p align="center"><b>21</b></p> <p>SWEET &amp; SOUR PORK BROWN RICE BROCCOLI PINEAPPLE CHUNKS</p>	<p align="center"><b>22</b></p> <p align="center"><b>NATIONAL COOK &amp; SWEET POTATO DAY</b></p> <p align="center">  </p> <p>CHICKEN W/ GRAVY FRESH SALAD BRUSSELS SPROUTS SWEET POTATO FRESH FRUIT</p>
<p align="center"><b>25</b></p> <p>SPAGHETTI W/ SAUSAGE ITALIAN GREEN BEANS PEARS</p>	<p align="center"><b>26</b></p> <p>BEEF POT ROAST W/ GRAVY MASHED POTATOES PARISIAN MIXED VEGETABLES TROPICAL MIXED FRUIT</p>	<p align="center"><b>27</b></p> <p>LEMON HERBED FISH BROWN RICE PILAF ORANGE JUICE CARROT COINS LEMON PUDDING</p>	<p align="center"><b>28</b></p> <p>VEGETABLE LASAGNA WAX BEANS FRESH SALAD BROCCOLI FRESH FRUIT</p>	<p align="center">  </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
				<b>1</b> OVEN FRIED CHICKEN TENDERS PICKLED BEETS MASHED POTATOES SPINACH SPICE CAKE
<b>4</b> SAUSAGE & PEPPERS OVEN FRIED POTATOES GREEN BEANS W/ MUSHROOMS VANILLA MOUSSE	<b>5</b> CHICKEN PARMESAN W/ PASTA ITALIAN MIXED VEGETABLES SPINACH PEARS	<b>6</b> SALMON W/ DILL SAUCE RICE PILAF NORMANDY MIXED VEGETABLES BROWNIE 	<b>7</b> PULLED PORK BAKED BEANS COLLARD GREENS COLESLAW APPLE CRISP	<b>8</b> BEEF & PEPPERS BEET SALAD SWEET POTATO FRESH FRUIT
<b>11</b> LINGUINI W/ RED CLAM SAUCE BROCCOLI FRUIT COCKTAIL	<b>12</b> PORK CHOP W/ APPLESAUCE GREEN BEANS PARSLEY POTATOES STRAWBERRY POKE CAKE W/ WHIPPED TOPPING	<b>13</b> BAKED CHICKEN W/ GRAVY MASHED POTATOES CALIFORNIA MIXED VEGETABLES PEACHES	<b>14</b> CHILI CON CARNE BROWN RICE WAX BEANS FRESH SALAD GRAPE YOGURT PARFAIT	<b>15</b> <b>ST. PATRICK'S DAY MEAL</b> CORNED BEEF STEAMED CABBAGE BOILED POTATO CARROTS IRISH SODA BREAD LIME WHIP 
<b>18</b> <b>NATIONAL SLOPPY JOE DAY</b> SLOPPY JOES FRENCH CUT GREEN BEANS CAULIFLOWER PEARS 	<b>19</b> CHICKEN FLORENTINE ITALIAN MIXED VEGETABLES POTATOES O'BRIEN CHOCOLATE MOUSSE	<b>20</b> CRAB TOPPED COD ROASTED POTATO MONACO MIXED VEGETABLES PINEAPPLE CHUNKS	<b>21</b> MEATLOAF W/ GRAVY ORIENTAL MIXED VEGETABLES FRESH SALAD MASHED POTATOES RICE PUDDING	<b>22</b> SWISS BROCCOLI FRITTATA ITALIAN GREEN BEANS FRESH SALAD ROASTED BUTTERNUT SQUASH CUBES FRESH FRUIT
<b>25</b> SWEET & SOUR CHICKEN BROWN RICE BROCCOLI PINEAPPLE CHUNKS	<b>26</b> STUFFED SHELLS W/ MEATBALLS TAPIOCA PUDDING	<b>27</b> ROAST TURKEY W/ GRAVY & CRANBERRY SAUCE NORMANDY MIXED VEGETABLES MASHED POTATOES TROPICAL MIXED FRUIT	<b>28</b> HUNGARIAN GOULASH NOODLES FRESH SALAD BABY CARROTS FRESH ORANGE	<b>29</b> LEMON PEPPER FISH ASPARAGUS FRESH SALAD W/ TOMATOES SWEET POTATO OATMEAL RAISIN COOKIE





Do you know anyone looking for work? Please pass the word along, Columbia Greene Workforce NY is here to help!

We offer workshops, career advisement, resume, interview and career planning help.

We also can help build skills and depending on eligibility, assist with training costs!

**Check out our upcoming recruitment on Feb 27<sup>th</sup>!**

## Columbia Greene Workforce New York RECRUITMENT: Wednesday, February 27<sup>th</sup>, 8:30-10:30

Part Time & Full Time Jobs Available

**Sample List of Business To Attend, More Will Be Added as the Date Gets Closer**

- |                   |                     |   |
|-------------------|---------------------|---|
| - NYS Corrections | - Living Resources  | - Manpower  |
| - GlaxoSmithKline | - Archcare          | - COARC   |
| - US Census       | - NYS Tax & Finance | - Ravena Coeymans Selkirk CSD                           |
| - The Pines       | - Pine Haven        | - NYS Office for People with Developmental Disabilities |
| - InFlight        |                     |   |

**No appointment or registration necessary. Please bring several copies of your resume. Professional attire, please.**

**Columbia Greene Community College, Professional Academic Center, Room 612**  
4400 Route 23, Hudson, NY 12534 | Call: 518-828-4181 ext. 5510

Equal Opportunity Employer/Program. Auxiliary aids and services are available upon request to individuals with disabilities.



## Young at HeART



A new series of courses at OLANA that embraces the Creative Aging movement, teaching skills while creating art, for adults 55+ will be offered Tuesdays, March 12 through May 7, 10 a.m. to 12:00 Noon.

Explore short memoir writing in this 8-session course taught by a local writer. Persian-Victorian Olana State Historic Site will be explored with letters of America's esteemed 19th-century landscape painter Frederic Edwin Church, and other texts for thinking about one's own life experiences and inspirations.

Join this art centered, friendly seminar-style museum program while learning to craft dialogue, create characters, and write visual description. \$50 Material Fee. Limited registration,

e-mail [wmobile@olana.org](mailto:wmobile@olana.org) or call (518) 828-1872 x 104



## FINDING AND MAINTAINING YOUR PERSONAL SPACE WHILE CAREGIVING

*Candace Rotolo*

Caregiving has a way of taking over your life. The kitchen counter becomes a make-shift medicine cabinet, durable medical equipment takes over the bathroom, and medical bills and doctor's appointment reminders litter the desk. Soon, the relatively tidy home you kept pre-caregiving is cluttered with evidence of a loved one's declining health. Combine that with the stress and ever-growing responsibility of managing their care and any thought of personal space becomes a thing of the past.

Making the time for respite is one thing, but finding a spot in your own home where you can decompress is a challenge for far too many caregivers. Even in the most pristine multigenerational home, there are always little reminders of looming responsibilities and lingering tasks yet to be done.

Emma Dickison, president of Home Helpers Home Care, learned about caregiving when she was in high school and her grandmother came to live with her family after suffering a stroke. In addition to helping care for her grandma, Dickison was the caregiver for both her parents. What she learned from her experience is that carving out some time for yourself is not just a generic suggestion from elder care experts. It is something family caregivers **must** do. When you're a family caregiver, you look at it as such a huge responsibility, Dickison admits, but we all need a break. In the work world, most of us have Saturday and Sunday off to recharge our batteries. Caregivers need time off, too!

Dickison was blessed with family which helped care for her loved ones when needing a break. While she realizes not everyone has that luxury, she stresses that taking care of yourself mentally and physically is a critical aspect of caregiving. No one can do something 24/7 and have it be healthy. You must make time for yourself, even if it is 20 minutes each day, to take a nap, catch up with a friend or read the newspaper. That me-time is crucial.

So, how do busy caregivers carve out respite time? Dickison recommends scheduling regular breaks. The things we put on our calendars are there because they're important to us, and respite should be as much of a priority as your loved one's doctor's appointments. Writing down your breaks and making them a recurring commitment will help ensure you put aside this time for yourself.

Dickison suggests finding a time when you know your loved one is taken care of, for example when they are taking their afternoon nap, at adult day care, or attending a weekly appointment where your presence isn't necessary. If you are always in caregiver mode, then it is crucial to **make** time when your loved one is cared for by someone else. Forgoing respite is not a sustainable arrangement.

In addition to finding some time to yourself, Dickison is also a strong believer in creating a space that is just for you. Think of it as your refuge from caregiving and the daily grind. It doesn't matter if you live in a large house or a small apartment. Find a spot that works for you and make it your dedicated happy place where you can unwind.

Dickison recommends finding small ways to make this little oasis inviting and rejuvenating. You could spruce up the area with a treasured piece of art on the wall, light a scented candle, or place some potted plants nearby. Playing some soft music can also help improve your mood. The goal is to create a space that is tempting to go to. Spending some time by yourself surrounded by things you love will lift your spirits.

If the person you are caring for is cognitively sound, Dickison recommends discussing this plan for respite time and a dedicated space beforehand. Explain that you need this reprieve and that it will allow you to take better care of yourself and take better care of them by extension.

Having your own space can be difficult to achieve, especially for those caregivers who are living in their care recipient's homes. However, creating a safe space is even more imperative in these situations. If you are unable to establish your own personal space for whatever reason, keep in mind that this respite area doesn't necessarily have to be at home. You can find solace on a bench outside at your favorite nearby park, at the local library or even in a pedicure chair at the salon. Sometimes just getting out of the house can help you literally and figuratively leave your stress and responsibilities behind.

Every person's idea of respite is different. What matters is making yourself a priority and incorporating your wants and needs into a regular routine that all too often revolves around others. Of course, it's also important to create a support system for yourself as a caregiver. Rely on friends or other family members who can be a sounding board for you and consider joining a support group where you can share your experiences and learn from others who understand what you are going through.



the compassion to care, the leadership to conquer®

## **SUPPORT GROUP MEETINGS**

1st monthly Wednesday, 3:00 p.m.  
The Pines at Catskill Center for Health & Rehabilitation  
154 Jefferson Heights, Catskill

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

Contact Sara Masih  
518-867-4999, Ext. 209 or email [srmasih@alz.org](mailto:srmasih@alz.org)

**TELEPHONE SUPPORT GROUP**  
1st monthly Wednesday, 10:00 a.m.  
712-770-4010, Access code #919600  
Facilitator: Jim Hardman 518-915-3115

*[www.alz.org](http://www.alz.org)*



## **EXTRA HELP** **WITH** **MEDICARE PRESCRIPTION** **DRUG COSTS**

Paying out of pocket for prescription drugs can be a burden that many households can't afford. The Extra Help with Medicare Prescription Drug Plan Costs program was designed to help people in getting the vital medicine they need to live healthy and productive lives.

Anyone who has Medicare can get Medicare prescription drug coverage. Some people with limited resources and income may also be able to get Extra Help to pay for the costs — monthly premiums, annual deductibles, and prescription co-payments — related to a Medicare prescription drug plan. Extra Help can be worth up to \$4,900 per year.

To qualify for Extra Help in 2019, your resources must be limited to \$14,390 for an individual or \$28,720 for a married couple living together. You can apply for Extra Help at [www.socialsecurity.gov/extrahelp](http://www.socialsecurity.gov/extrahelp). You can also call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) to apply over the phone or request an application, or if you prefer, you can apply at your local Social Security office.

To prepare for your application you should:

- Identify the things you own alone, with your spouse, or with someone else, but do not include your home, vehicles, burial plots, life insurance policies, or personal possessions;
- Review all your income; and
- Gather your records in advance to save time.

The records you'll need are:

- ◆ Statements that show your account balances at banks, credit unions, or other financial institutions;
- ◆ Investment statements;
- ◆ Stock certificates;
- ◆ Tax returns;
- ◆ Pension award letters; and
- ◆ Payroll slips.

The program was created because there is a great need for prescription drug assistance. Social Security is here to help. To learn more about the Extra Help program, visit [www.socialsecurity.gov/extrahelp](http://www.socialsecurity.gov/extrahelp).



# GREENE COUNTY SENIOR CITIZENS CLUBS

## 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.

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:

### ***MOUNTAIN 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.



*Fun for Seniors*

## CATSKILL SILVER LININGS SENIOR CLUB ELECTS OFFICERS

Newly elected officers for the Catskill Silver Linings Senior Club are: President Sheila Pedersen, Vice President Joan Young, Treasurer Renate White, and Secretary Patricia Cardinale. Georgie Ramsey will be continuing as Travel Coordinator. A big thank you is extended to Past President Lynn Knudsen, as well as VP Georgie Ramsey. Both were honored in December.

New members are welcome at any time. Dues are \$5.00 annually. Meetings are held the second Thursday of each month at 1:00 p.m. at the Robert C. Antonelli Senior Center in Catskill.

# WAJPL Golden Age Club 2019 Trip Schedule



- 4/9/19 Legends of Country Music  
Log Cabin, Holyoke, MA.
- 5/21/19 The Carpenters Remembered  
Agawam, MA.
- 6/13/19 The Waitress - Proctor's Theater
- 6/18 - 6/21/19 Gettysburg & Hershey, PA.
- 7/11/19 Medieval Times Dinner & Tournament  
Lyndhurst, N.J.
- 8/7/19 Dudley Observatory & Rivers Casino
- 9/27/19 Tribute to Frankie Vali/The Four Seasons  
Brownstone

*For further information or to make a reservation,  
Call Mary Louise 518-622-3397  
Or Vicky 518-734-4164*

## CATSKILL SILVER LININGS SENIOR CLUB BUS TRIP

ST. PATRICK'S DAY CELEBRATION  
FEATURING THE McLEAN AVENUE BAND

AQUA TURF CLUB  
PLANTSVILLE, CONNECTICUT



TUESDAY, MARCH 19, 2019  
LEAVE CATSKILL (NYS THRUWAY EXIT 21, PARKING LOT) 8:30 A.M.

\$71 PER ADULT INCLUDES  
TRANSPORTATION  
COFFEE & DONUTS  
FAMILY STYLE LUNCHEON:  
SALAD, PASTA, CORNED BEEF & CABBAGE,  
BAKED SCROD, CARROTS, POTATOES & DESSERT  
COMPLIMENTARY GLASS OF WINE OR BEER  
SHOW & DANCING

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

## CATSKILL SILVER LININGS SENIOR CLUB BUS TRIP

### V. I. P. CASINO GET-AWAY

2 DAYS – 1 NIGHT – 2 CASINOS!!!



DEPART MONDAY, APRIL 8, 2019  
RETURN TUESDAY APRIL 9, 2019  
DEPART/RETURN CATSKILL ELK'S CLUB

\$190 per Person/Double Occupancy (Single \$235 Triple \$180)  
Luxury Motor coach Transportation  
6 hours, including lunch, at Mohegan Sun  
Overnight lodging at Two Trees, Foxwoods  
Monday Night Dinner, Tuesday Breakfast- Foxwoods  
Lunch Buffet at Mohegan Sun  
Shopping at Tangers Outlet - Movie VIP Screening  
Gourmet Sandwiches, Complimentary beverage, Award Winning Cupcake  
\$15 Free Bets & \$20 Slot Play  
Taxes, Service Charges & Baggage Handling included

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

## CATSKILL SILVER LININGS SENIOR CLUB BUS TRIP

AMISHLANDS PENNSYLVANIA  
FEATURING  
AMERICAN MUSIC THEATRE'S "OVATION"  
AND  
"JOSEPH & THE AMAZING  
TECHNICOLOR DREAMCOAT"



MAY 1 - 3, 2019

\$415 per Adult /Double Occupancy (\$515 for single)  
Motor Coach Transportation  
2 nights lodging w/ breakfasts  
Lunch & High Tea at Stirling Mansion  
Dinner at Dutch Apple Dinner Theater  
with "Joseph & the Amazing Technicolor Dreamcoat" Show  
American Music Theatre's "Ovation" Show  
Hershey Chocolate World  
Bird-in-Hand Farmer's Market  
Taxes, meal Gratuities & Luggage handling

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



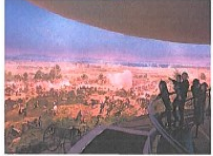


# GETTYSBURG, HERSHEY & HARRISBURG, PA

4 DAYS - 3 NIGHTS

JUNE 18 - 21, 2019

**\$529 per person** *double occupancy*  
\$50 deposit due with reservation



### PACKAGE INCLUDES:

- \* 3 Nights lodging at the Comfort Suites Gettysburg
- \* 3 Breakfasts
- \* 3 Dinners at Historic Farnsworth House Buffet, Dobbin House Tavern Buffet, Fenicci's of Hershey family-style
- \* *Pride of Susquehanna* Scenic Cruise
- \* Gettysburg Museum & Visitor Center
- \* Cyclorama Painting & "A New Birth of Freedom" Film
- \* Historic Gettysburg Battlefields Tour
- \* David Wills House
- \* Seminary Ridge Museum with Cupola (*additional fee*)
- \* Thomason's Olde Thyme Herb Farm & Gift Shop
- \* Historic Tour of Hershey
- \* Hershey Chocolate Visitor Center
- \* Great American Chocolate Tour Ride
- \* Pennsylvania State Capitol Building Tour
- \* Souvenir gift
- \* Luggage handling
- \* Taxes and meal gratuities
- \* Motorcoach transportation

Cancellation insurance available; see reverse side for details

### FOR INFORMATION AND RESERVATIONS CONTACT:

**WAJPL GOLDEN AGE CLUB**  
P. O. Box 96  
Hensonville, NY 12439

Mary Louise  
(518) 622-3397

Vicky  
(518) 734-4164

### WAJPL GOLDEN AGE CLUB BUS TRIP

# MEDIEVAL TIMES

LYNDHURST, NJ



**THURSDAY, JULY 11, 2019**

DEPARTURE TIME BASED ON LOCATION

\$50 PER ADULT INCLUDES

FOUR COURSE MEAL:

GARLIC BREAD, TOMATO BISQUE SOUP,  
OVEN-ROASTED CHICKEN, HERB-BASTED POTATO,  
SPARE RIBS, CASTLE PASTRY AND BEVERAGE

JOUSTING TOURNAMENT

HORSEMANSHIP

FALCONRY

FOR FURTHER INFORMATION OR TO MAKE A RESERVATION,

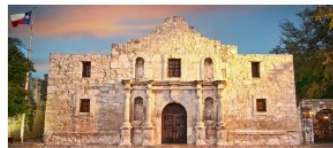
CALL MARYLOUISE AT 518-622-3397

### ATHENS SENIOR CITIZENS' CLUB BUS TRIP

## SPOTLIGHT ON SAN ANTONIO



Mission San Jose



The Alamo



Paseo del Rio



Lyndon B. Johnson National Historical Park

**SEPTEMBER 8 - 12, 2019**

**\$1,999 PER PERSON, DOUBLE OCCUPANCY**

ROUND TRIP AIR TRANSPORTATION

FOR FURTHER INFORMATION OR TO MAKE A RESERVATION,  
CALL ANNE AT 518-945-2122

### CAIRO GOLDEN AGERS BUS TRIP

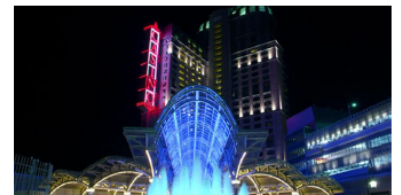
## \*NIAGARA FALLS, ONTARIO & TORONTO



**SEPTEMBER 16 - 19, 2019**

\$550 PER PERSON, DOUBLE OCCUPANCY

\$200 DUE WITH RESERVATION - \$200 DUE MAY 1 - \$150 DUE JULY 1



MOTORCOACH TRANSPORTATION

3 NIGHTS LODGING IN NIAGARA FALLS, CANADA

BREAKFAST & FULL COURSE DINNERS

DAY TOURS OF NIAGARA & TORONTO

HORNBLOWER BOAT RIDE & TOUR OF FALLS

VISITS TO WELLAND CANAL, FLORAL CLOCK

AND NIAGARA FALLSVIEW CASINO

SOUVENIR GIFT - LUGGAGE HANDLING - TAXES & MEAL GRATUITIES

FOR FURTHER INFORMATION OR TO MAKE A RESERVATION,

CALL ANNA RUTH GREER AT 518-239-4048

\* Valid passport required when traveling into Canada

# **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 of contribution 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.



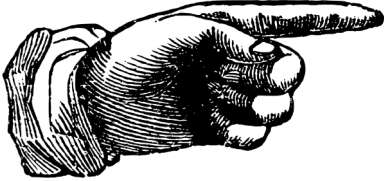
**PLEASE READ:  
IMPORTANT  
MESSAGE**

WE WILL SOON BE INSTITUTING A NEW POLICY REGARDING YOUR CONTRIBUTIONS.

WE WILL NO LONGER BE GIVING YOU SMALL COIN ENVELOPES. WE WILL BE PROVIDING YOU WITH A POSTAGE PAID ENVELOPE SO YOU CAN MAIL YOUR CONTRIBUTIONS DIRECTLY TO THE GREENE COUNTY DEPARTMENT OF HUMAN SERVICES OFFICE. THIS WILL ELIMINATE THE VOLUNTEERS BEING RESPONSIBLE FOR HANDLING ANY CASH.

PLEASE PROVIDE ANY COMMENTS YOU MAY HAVE ON THIS POLICY, IN WRITING, TO OUR DEPARTMENT.

**Please Notice This**



When making a contribution  
for the service you receive,  
whether it be meals, Aide Services,  
medical transportation, etc.  
or when making a donation . . .

**Please make all checks payable to: *Greene County Dept. of Human Services***  
**Please note in memo: Contribution for . . . or Donation**  
**NEVER make checks payable to cash.**

If you have any questions,  
please feel free to contact our office at (518) 719-3555.



like us on  
**facebook**®



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



*For your donations*

*Estelle M. Howe*

*Kathleen & Dennis Meehan*

*to the Nutrition Program/Home-delivered Meals  
and In Memory of Bridie & Flan O'Malley*

*Carolyn Nusko In Memory of Loved Ones*

### **THANK YOU FOR YOUR SUPPORT**

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

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

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

I designate a \$ \_\_\_\_\_ donation in appreciation for services **OR**

In memory of \_\_\_\_\_ to the following:

\_\_\_\_\_ Round Table News      \_\_\_\_\_ In-home services      \_\_\_\_\_ Nutrition Program/Home-delivered Meals

\_\_\_\_\_ Homebound transportation      \_\_\_\_\_ Where most needed

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



### **MATINEE MOVIE TIME**

SUNDAY, FEBRUARY 24, 2019

1:15 P.M.

CAIRO PUBLIC LIBRARY



# News From the Greene County Youth Bureau



The purpose of the Greene County Children, Youth & Community Advisory 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 is a policy making board responsible for direction of the Youth Bureau.

The Board shall be comprised of not fewer than 13 members and no more than 20 members who are residents of Greene County. Members must be at least 16 years of age at date of appointment. Membership should represent residents of the various towns in Greene County, agencies serving youth, or youth receiving services.

Potential members should have qualities that enable them to function effectively. They should be able to recognize the needs of youth in the community and take an active role in working toward building a continuum care systems. Important personal qualifications include leadership, ability to positively interact with others, commitment to representing the interests of youth, and a willingness to devote time and effort to the board's goals. Official appointment to the Advisory Board is made by the Greene County Legislature.

**That is where we are looking for your assistance. It is hoped that you will be able to provide a recommendation for a youth who meets this criteria and would be interested in serving.** If you know such a youth or have any questions regarding this, please contact Terry McGee Ward, Executive Director, Greene County Department of Human Services.

## NOMINATIONS SOUGHT for 2019 YOUTH OF THE YEAR AWARD

The Greene County Children, Youth & Community Advisory Board is sponsoring the 2019 Youth of the Year Award. The purpose of the award is to recognize the achievements of Greene County youth who have made outstanding contributions in serving his/her community through leadership, knowledge, skill and/or service. The dedication of these young people help make Greene County a better place for us all.



If you know a young person, in Grade 9 - 12, who deserves this recognition, contact the Greene County Department of Human Services at (518) 719-3555 for an official nomination form. From the nominations received, the youth will be evaluated by the selection committee to determine this year's winner. Winners will be recognized at the annual Greene County Youth Fair.

## WILLIAM J. BUB AWARD



Since 1982, the Association of New York State Youth Bureaus has presented the Annual *Bill Bub Award*, honoring those individuals who have made specific contributions that have significantly impacted the lives of young people. Recognition is given for the investment of time in service to youth and youth programming. Nominees show outstanding dedication to the young people of their community, especially as a front-line or hands-on youth worker, who has advocated for youth and services on a local level and/or up to the national level.

In 1973, Mr. Bub joined the former New York State Division for Youth, now known as the Office of Children & Family Services as Deputy Director. Under his leadership, the "Division" achieved extensive growth with major accomplishments in administrative organization and policy development. His professional career spanned most aspects of youth work, from operation of recreation programs in small rural communities to successively more responsible positions in larger cities and counties.

Mr. Bub was the founding president of the Association of New York State Youth Bureaus, which he was instrumental in forming at a time when the allocation of State funds to communities for youth services was threatened by Legislative cut-backs. The Association under his leadership was influential in averting the reduction of funds, and in developing legislation that ultimately provided significant increases in state aid to local municipalities. Mr. Bub passed away on July 1, 1980.

For further information, contact the NYS Association of Youth Bureaus at 194 Washington Avenue, Suite 415, Albany, NY 12210; [nysyouthbureaus@gmail.com](mailto:nysyouthbureaus@gmail.com) or call 518-436-8712.



# VETERAN'S GRANT

Special **Good Neighbor Fund** grant for veterans & military families who are experiencing a financial hardship

The Good Neighbor Fund provides "last resort" grants to help pay the energy bills of local residents in need who have exhausted all other forms of public and private utility assistance. The Good Neighbor Fund is administered by the Salvation Army and funded by Central Hudson customers, employees and shareholders.

Central Hudson has made a grant available for eligible veterans and military families served by Central Hudson, who are experiencing a financial hardship.\* Eligible recipients may receive a \$200 grant applied to their Central Hudson account.

Certain requirements under the Good Neighbor Fund will be waived for eligible veterans and active military personnel. Additional grants are also available for qualified military customers through the Good Neighbor Fund.

*\*See back for eligibility requirements*



## APPLICATION INFORMATION & ELIGIBILITY REQUIREMENTS FOR THE VETERANS GRANT

- » Active military personnel, honorably discharged and medically discharged veteran applicants with a hardship are eligible for this special grant. A hardship includes having received a Final Termination Notice, had services terminated for non-payment or been denied new service due to a past due balance.
- » A spouse or partner may apply for the grant to be applied to the account of a veteran or active military person, providing proof of identification to the Salvation Army as well as proof of spouse's or partner's military service.
- » If the active military person or veteran does not have an account with Central Hudson, and resides at a location served by Central Hudson and is considered part of that household, the account-holder may apply with proof of residency.
- » Grant recipients will still be eligible to apply for three regular Good Neighbor Fund grants within a five-year period, in addition to the special military family grant.

*Grant recipients will receive a new deferred payment agreement, if needed, for the remaining account balance.*

## How do I apply for assistance?

Contact a Central Hudson customer service representative for a referral at (845) 452-2700 or, for calls from outside the 845 area code only, 1-800-527-2714. The referral will be sent to your local Salvation Army office and you must contact them directly at the appropriate number listed below to schedule an appointment for assistance:



# Central Hudson Payment & Special Assistance Programs

We're here to help...



**Special Protections:** Receive New York state law protections. This program is for seniors, disabled or any member of a household who is blind, disabled, or 62 years or older. Your account could be coded to receive special protections.

**Good Neighbor Fund:** This is a "last resort" grant to help customers who have exhausted all other avenues of assistance. This is funded by customer contributions, matched by shareholders of Central Hudson's parent company and administered by the Salvation Army.

**Life Support Equipment Program:** If you or one of your household members requires electricity to operate life-sustaining equipment you may qualify. Please note yearly certification from your physician is required.

**Gift Certificates:** You may purchase a gift certificate in any dollar amount for any Central Hudson customer. Contact Customer Service for more information or visit [www.CentralHudson.com/GiftCertificates](http://www.CentralHudson.com/GiftCertificates).

**Deferred Payment Plan:** You may be able to pay your past due balance in installments as agreed upon while keeping current with your monthly billing.

**Extra Security Plan:** For qualifying seniors and households on a fixed income, this plan offers an extended due date allowing you to budget your single fixed income more efficiently.

**Medical Emergency:** *Special protections offered under the NYS Home Energy Fair Practices Act:* This includes the ability to obtain a Medical Emergency Certification from your Physician or local board of health to remain interruption free effective for 30 days. The Medical Certification must be on the medical provider or local board of health's letter head, must be signed by the physician or an official of the local board of health qualified to make a medical judgment certifying the medical condition and must state the name and address of the certifying physician or local board of health, must list the physician's state registration number, must state the name and address of the seriously ill person, must state the nature of the serious illness or medical condition and an affirmation of how it will be aggravated by the absence of utility service. The Medical Emergency Certification may be recertified if it meets additional requirements.

**Help During Hospitalization:** If you or one of your household members has had an extended hospital stay, this may help ease your burden. This would give a 30-day extension on your bill from the date of admission, if qualified.

**Third Party Notification:** An occasion may arise when a customer is unable to respond to an important notice from Central Hudson about the status of their service or account. For such instances, we offer a voluntary program to ensure someone else — a willing "third party"— is informed of the situation. This program is especially helpful to the ill, the elderly, or someone absent from home, to prevent unnecessary disconnection of services. Everyone is eligible for this program.

**Budget Billing:** Avoid seasonal fluctuations with Budget Billing. We average the last 12 months of usage and you pay that average over an 11-month period. The bill for the 12th month includes an annual plus-or-minus adjustment to reflect your actual costs incurred throughout the year. Budget Billing makes your energy costs more predictable so you can better plan your household budget. This program is excellent for our customers that are on a fixed monthly income.

## HEAP

A federally funded program that may help you with your home heating costs for electricity, natural gas or any other heating fuel. All HEAP recipients, upon notification to Central Hudson, are enrolled into the Low-Income Bill Discount Program.

### Low-Income Bill Discount Program

Enrolled HEAP recipients will receive a monthly credit on an open and active account, for 12 consecutive months, based on account service type and amount of HEAP benefit. Recipients are also enrolled in Budget Billing.

## Contact Information

**Customer Service**  
Phone: (845) 452-2700 or  
(800) 527-2714  
M-F 8 am-6 pm  
Sat 9 am-1pm  
Fax: (845) 486-5658  
Online self service:  
[www.CentralHudson.com/selfservice](http://www.CentralHudson.com/selfservice)

**Natural Gas Odor Hotline**  
(800) 942-8274 or 9-1-1  
Please use the 800 number  
for gas odor or gas leaks only

**Social Service Office Visits**  
Poughkeepsie:  
Mon. & Thurs. 11 am-3 pm  
Newburgh: Tues. 10 am-3pm

**TDD/TTY Phone:** Dial 711

Contact email and Live Chat in My Account available at  
[www.CentralHudson.com](http://www.CentralHudson.com)

**Office for the Aging**  
Albany: (518) 756-8650  
Columbia: (518) 828-4258  
Dutchess: (845) 486-2555  
Greene: (518) 719-3555  
Orange: (845) 615-3710  
Putnam: (845) 808-1700  
ext. 47112  
Sullivan: (845) 807-0142

**HEAP**  
[www.mybenefits.ny.gov](http://www.mybenefits.ny.gov)  
(800) 342-3009



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**SHOPPING BUS DRIVER:** Janet Osborn

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**YOUTH SERVICES WORKERS:** 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 Noon 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.**