



## PROCLAMATION

WHEREAS, the week of April 7 – April 13, 2019 is recognized throughout the United States as National Volunteer Week, powered by Points of Light, as an opportunity to celebrate the impact of volunteer service and the power of volunteers to come together to tackle tough challenges, and build stronger, more resilient communities; and

WHEREAS, the Greene County Department of Human Services relies upon volunteers to provide and assist with vital services to the elderly residents of Greene County; and

WHEREAS, these volunteers are crucial to many of the department's Aging services, including home-delivered meals and transportation for medical appointments, and

WHEREAS, it has long been a tradition for the county RSVP volunteers to perform work of a high quality and to brighten the lives of others while making Greene County a better place in which to live by serving in community locations; and

WHEREAS, volunteers give freely of their energy, time, ability and experience;

NOW THEREFORE, we, the members of the Greene County Legislature, do hereby proclaim the month of April as:

**GREENE COUNTY DEPARTMENT of HUMAN SERVICES'  
VOLUNTEER MONTH**

AND FURTHER, we recognize and thank the many volunteers who lend their time, talent and voice to make a difference in their communities and with great pleasure, we honor these volunteers and convey the sincere gratitude and appreciation of all our citizens for the dedicated, selfless and compassionate efforts of these volunteers.



**Mark Your Calendars ...**

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

**FRIDAY, MAY 17, 2019**

**“A Salute to  
The United States of America  
and our Military”**

**Many new features to come!**

**Watch for future announcements  
with information.**





## **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.*

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 (518) 719-3559**



# “VOLUNTEERS BRING COLOR TO OUR WORLD”

## NEED FOR VOLUNTEER DRIVERS



- ☆ **MEDICAL TRANSPORTATION:** Volunteers needed to drive homebound senior citizens to medical appointments within Greene County, and neighboring counties. Volunteers get advanced notice for all medical transportation appointments.
- ☆ **HOME DELIVERED MEALS:** Volunteers are **urgently** needed to deliver meals in the Windham and Tannersville. This activity takes approximately one to two hours one day a week, beginning at 10:30 a.m.
- ☆ Volunteers can request mileage reimbursement, at the rate of 50 cents a mile, for miles driven.

If you might be interested,  
please contact Ruth Pforte, RSVP Coordinator, at 518-719-3555.



*39 Second Street  
Athens*

**SPRING CLEANING?  
CHECK OUT OUR WIDE VARIETY  
OF WALL PICTURES  
FOR A CHANGE OF  
SCENERY.**



HOURS:

Monday, Tuesday & Friday  
9:00 a.m. - 11:30 a.m.

Wednesday  
9:00 a.m. - 11:30 a.m.  
12:30 p.m. - 2:00 p.m.

Closed on Thursdays



On **NATIONAL SERVICE RECOGNITION DAY**, thousands of local leaders across the country honor AmeriCorps members and Senior Corps volunteers by participating in recognition events, issuing official proclamations, and taking to social media in a nationwide show of appreciation. This annual initiative takes place the first Tuesday in April, and is led by the Corporation for National and Community Service (CNCS), the National League of Cities, the National Association of Counties, and Cities of Service. This year's date is Tuesday, April 2.

Here in Greene County, the Department of Human Services RSVP will once again be participating. Area government officials have been invited to participate by attending one of the county's five Senior Nutrition sites. They will meet volunteers from the sites and assist with meals for both homebound and congregate seniors. They will also have the opportunity to accompany a RSVP volunteer who delivers a homebound meal route. We believe National Service Recognition Day will give elected government representatives a first-hand opportunity regarding issues important to senior citizens.



## **SPRING 2019 SMART DRIVER™ COURSE**

*Become a safer driver! Reduction on your auto insurance premium!*

### **COST FOR COURSE:**

**\$20.00 for AARP members**

**\$25.00 for non-members**

**Must possess valid NYS driver's license**

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

**TIME: 1:00 P.M. – 4:30 P.M.**

**Wed. April 3 & Thurs. April 4**

**Wed. May 15 & Thurs. May 16**

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

**Wed. April 10 & Thurs. April 11**

**Wed. May 22 & Thurs. May 23**

**Town of Coxsackie Senior Center      *Mansion Street, Coxsackie***

**Thurs. May 2 & Fri. May 3**

**Acra Community Center      *Old Rte. 23B, Acra***

**Wed. May 8 & Thurs. May 9**

**Town of Jewett Municipal Building      *Beaches Corners, Jewett***

***Registration opens March 1 for any of the above classes,  
Call Mike Pirrone (518) 945-2122 Cell (917) 656-0425  
Email: [kokomomike@hotmail.com](mailto:kokomomike@hotmail.com)***

# Get help

with your long term services and supports needs.

## NY Connects

For people of all ages, any disability, and caregivers

NY Connects can work with anyone who needs information on long term services and supports — children or adults with disabilities, older adults, family members and caregivers, friends or neighbors, veterans, and helping professionals.

### NY Connects can help you...

- Find care and support
- Remain independent
- Understand care options
- Find transportation
- Learn about supports in caregiving
- Find supported employment programs
- Get answers about Medicare
- Apply for Medicaid and other benefits

### Community long term services and supports are designed to help people remain healthy and independent:

#### Personal care services

- Preparing meals
- Housekeeping
- Bathing
- Transportation
- Home safety and accessibility
- Household finances

#### Education and counseling

- Independent living skills
- Supported employment
- Adult education
- Building occupational skills

#### Behavioral health/developmental supports and services

- Intellectual/developmental disability supports and services
- Mental health services
- Substance use disorder services

#### Health and wellness

- Abuse prevention and protection
- Managing chronic conditions
- Building community relationships

### Three ways to reach NY Connects

#### By phone.

Call 1-800-342-9871.

Interpretation and translation services are free. Individuals who are deaf or hard of hearing can use NY Relay System 7-1-1.

#### Online.

Visit our website:  
[www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)

#### In-person.

To find the NY Connects office near you, call our toll-free number, visit our website, or see the address below.

#### Your local NY Connects office:

**Greene County Department  
of Human Services  
411 Main Street  
Catskill, NY 12414  
518-719-3556**



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



## Emergency Reserve Citizens Corps

**Volunteers are needed to assist when Greene County faces emergencies and to help prepare for disasters through drills and exercises.**

**Together We Can Make a Difference!**

### MISSION

*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.*



### VOLUNTEER BENEFITS

- **Free training** to prepare yourself and your family for emergencies.
- Become a member of a **national organization** of positive, dedicated people.
- Greene MRC **membership apparel & products.**

### VOLUNTEER ROLES

Social media  
Education  
Data management  
Medical support  
Packaging & Distribution  
Assist with evacuations

Reception  
Transportation  
Veterinary support  
Radio operation  
Second language proficiency  
Assist Public Health



***We look forward to serving with you!***

### WHY VOLUNTEER NOW?

During specific times, we could use citizens who want to help with response and recovery operations. We conduct trainings, drills and exercises throughout the year to prepare for a disaster response. We are looking for people who meet any of the following skills: can drive, can operate an ATV, good with animals, can answer phones, have medical training or have logistic skills.

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.

### HOW DO I BECOME A VOLUNTEER?

Register to be a volunteer by visiting [www.health.ny.gov/ServNY](http://www.health.ny.gov/ServNY). You must register on the New York State website as registration provides state liability coverage in times of disaster. **OR** Call your Public Health Emergency Coordinator at (518) 719-3611.



Any Questions Please Contact:  
Greene County Public Health Dept. Emergency Preparedness Coordinator  
411 Main Street, Suite 300 Catskill, NY 12414  
518-719-3611 518-719-3600



## Health Insurance Information, Counseling and Assistance Program

### PART B DEDUCTIBLE

The Medicare Part B deductible is an annual deductible of \$185 in 2019.

Providers are allowed to ask the beneficiary to pay the deductible at the time of service as long as Medicare allows at least that much for their services.

Although the beneficiary may feel they have met the deductible at that point, in actuality, the deductible has not been satisfied until Medicare receives and processes a claim and applies the allowed amount toward the deductible.

Sometimes this leads to a beneficiary paying one provider the deductible amount while the deductible is applied to another's claim.

In order to avoid this potential confusion, the beneficiary may want to wait until they find out from Medicare how the deductible was applied before making any payment to a provider for the deductible amount.

The beneficiary may check [www.mymedicare.gov](http://www.mymedicare.gov) or call 1-800-MEDICARE to verify their deductible.

### MEDIGAP PLAN C and PLAN F – CHANGES FOR 2020

Individuals newly eligible for Medicare on or after January 1, 2020 will no longer be able to purchase Medigap plans that cover the Part B deductible, Plan C (Medicare-approved private health insurance plans, referred to as Medicare Advantage plans) and Plan F (a Medicare Supplement insurance policy designed to help seniors with health care costs not covered by Medicare Part A and Part B).

However, anyone with Plan C or Plan F currently who continues to pay the monthly premium will be able to maintain their Medigap policy, since Medigap policies are guaranteed renewable.

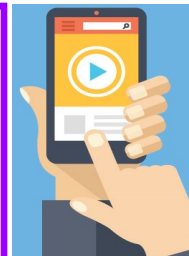
In addition, anyone eligible for Medicare prior to January 1, 2020 (due to age, disability, or End-Stage Renal Disease), would continue to be eligible to buy Plan C or Plan F from any insurer that sells it even after 2020.

Currently, all Medigap insurers in New York are required to offer Plans A and B, as well as Plan C or F. With the policy change, starting January 1, 2020, insurers will be required to offer Plans A and B, and either Plan D or G (supplement insurance benefits the same as those of Medigap Plan F, with the exception that Medicare Part B deductible must be paid out-of-pocket).

**IMPORTANT:** Although people eligible for Medicare prior to 2020 continue to have the right to purchase Plan C or Plan F after 2020, there is no guarantee that insurers will continue to offer these policies in 2020 to new members.

#### **NEW MEDICARE APP**

Medicare's "What's Covered" App is now available as a free download for smartphones. The app has information on costs and covered services under Medicare Part A and Part B, and also allows you to view preventative services.





Though the article is written from a business perspective, the information is valuable to all individuals, and applies to landline phones as well as mobile phones.



## Consumer Guide

### Don't Fall for the 90# Telephone Scam

A legacy phone scam using the 90# buttons on business landline telephones is still around, targeting phones served by a private branch exchange (PBX) or private automatic branch exchange (PABX).

#### How this scam occurs

You receive a call at your office from someone claiming to be a telephone company employee investigating technical problems with your line, or checking up on calls supposedly placed to other states or countries from your line. The caller asks you to aid the investigation by either dialing 90# or by transferring the call to an outside line before hanging up. By doing this, you may be enabling the caller to place calls that are billed to your office telephone number.

#### What you should know

- Telephone company employees checking for technical and other types of telephone service or billing problems would not call and ask a subscriber to dial a specific series of numbers before hanging up.
- Telephone company employees would not request subscribers to connect the caller to an outside line.
- These types of calls are used to trick subscribers into taking actions that will enable the caller to place fraudulent calls.

#### What you can do

If your place of business uses either a PBX or a PABX, your company telecommunications manager should contact the equipment manufacturer and the telephone companies that provide you with local and long distance service and ask for information about security systems available to protect your telephone system from toll fraud. You should also consider asking about any monitoring services that help detect unusual telephone system usage.

To avoid becoming a victim of this scam, educate yourself and other employees. Take the following steps if you think that a telephone call is fraudulent or is part of this scam:

- Ask the caller for their name and telephone number.
- Tell the caller you are going to call the telephone company immediately to determine whether or not there is a problem with the line.
- Immediately hang up the receiver; do not dial any numbers or transfer the caller to an outside line before hanging up.
- Find the telephone number for your telephone service provider and/or its security office and report the suspicious phone call. Be prepared to provide details of the call to the telephone company representative.
- Contact your local law enforcement officials.

#### Consumer Help Center





## WHEN IRISH EYES ARE SMILING . . .

There must have been many an Irish *Fir* and *Mnú* (*Irish word for man and woman*) out on Thursday, March 14 as there were plenty of smiling eyes attending a delicious St. Patrick's Day luncheon at our senior nutrition sites. The menu for the lunch was Corned Beef, Steamed Cabbage, Boiled Potatoes, Carrots, Irish Soda Bread, and Lime Whip. As an extra treat, the Athens Senior Citizens Club made a contribution to cover the cost of lunch for their members present. *Éire go Brách* (*Ireland till the end of time*).



Photos are from Rivertown Senior Center.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MOVING FOR BETTER BALANCE

@ ACRA COMMUNITY CENTER

## THE MORE YOU SWAY, THE LESS YOU FALL!

- Moving For Better Balance is a 12 week falls-prevention program that uses the principles and movements of Tai Chi to help older adults increase their strength, improve their balance, and increase their confidence in doing everyday activities.
- **Class size is limited**
- **Pre-registration required, phone number below**

**WHEN:** Tuesday & Thursday  
June 4 - August 27, 2019

**TIME:** 10:00 a.m. - 11:00 a.m.

**LOCATION:** Acra Community Center  
Senior Nutrition Site  
Old Rte. 23B  
Acra, NY 12405

**QUESTIONS:** Contact Toni Carroll, Wellness Coordinator  
Phone: 518 -731-7529



# 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

NUTRITION EDUCATION  
Tuesday, April 9 @ 11:30 a.m.

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

NUTRITION EDUCATION  
Wednesday, April 10 @ 11:30 a.m.

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

NUTRITION EDUCATION  
Thursday, April 11 @ 11:30 a.m.

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

### ATHENS

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

Shane Dillon  
Senior Service Center Manager

JoanAnn Rouse  
Lana Marrone          Anna Thurman

NUTRITION EDUCATION  
Monday, April 1 @ 11:30 a.m.

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

NUTRITION EDUCATION  
Monday, April 8 @ 11:30 a.m.









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

## GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 OR OLDER, ARE INVITED TO ATTEND - SUGGESTED CONTRIBUTION IS \$4.00

DAILY: Whole Grain Bread (unless otherwise noted) w/Promise Spread, and 1% Milk, Coffee or Tea

RESERVATIONS ARE REQUIRED AT LEAST ONE DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>1</b> HOT DOGS SAUERKRAUT BAKED BEANS LOW SALT V-8 JUICE CARROT COINS ICE CREAM SANDWICH (HDM: BUTTERSCOTCH PUDDING)</p>	<p><b>2</b> CHILI CON CARNE BROWN RICE GREEN BEANS PEARS</p>	 <p><b>3</b> NATIONAL CHOCOLATE MOUSSE DAY MEATLOAF W/ GRAVY ORIENTAL MIXED VEGETABLES MASHED POTATOES CHOCOLATE MOUSSE</p>	<p><b>4</b> BBQ CHICKEN FRESH SALAD PARSLEY BOILED POTATO WINTER SQUASH FRUIT COCKTAIL</p>	<p><b>5</b> VEGETABLE LASAGNA W/ TOMATO SAUCE FRESH SPINACH SALAD CAULIFLOWER BROCCOLI PEANUT BUTTER BROWNIE</p>
<p><b>8</b> CHICKEN POT PIE WAX BEANS TROPICAL FRUIT</p>	<p><b>9</b> SPAGHETTI W/ MEAT SAUCE ITALIAN MIXED VEGETABLES FRUIT COCKTAIL</p>	<p><b>10</b> PORK LO MEIN ORIENTAL VEGETABLES PINEAPPLE CHUNKS</p>	<p><b>11</b> ROAST BEEF W/ GRAVY APPLESAUCE MASHED POTATOES BROCCOLI PUFF APPLE CRANBERRY CRISP</p>	<p><b>12</b> HERB BAKED FISH COLESLAW AU GRATIN POTATOES SPINACH VANILLA MOUSSE</p>
<p><b>15</b> NATIONAL GLAZED HAM DAY  GLAZED HAM W/ RAISIN SAUCE BRUSSELS SPROUTS SWEET POTATO LEMON PUDDING</p>	<p><b>16</b> CHICKEN DIVAN BROWN RICE CARROTS LOW SALT V8 JUICE PINEAPPLE CHUNKS</p>	<p><b>17</b> COOK'S CHOICE CAULIFLOWER LIME WHIP</p>	<p><b>18</b> EASTER LUNCHEON FRESH HAM ASPARAGUS FRESH SALAD MASHED POTATOES TROPICAL CAKE </p>	<p><b>19</b> SALMON W/ DILL SAUCE FRESH SALAD PARSLEY BOILED POTATO FRESH FRUIT</p>
<p><b>22</b> SHEPHERD'S PIE GREEN BEANS FRUIT COCKTAIL</p>	 <p><b>23</b> NATIONAL CHERRY CHEESECAKE DAY BEEF W/ PEPPERS BROWN RICE CALIFORNIA MIXED VEGETABLES CHERRY CHEESECAKE</p>	<p><b>24</b> BAKED CHICKEN W/ GRAVY MASHED POTATOES GLAZED CARROTS CRANBERRY SAUCE PINEAPPLE CHUNKS</p>	<p><b>25</b> BAKED ZITI W/ CHEESE ITALIAN BEANS FRESH SALAD FRESH FRUIT</p>	<p><b>26</b> TACO CASSEROLE SHREDDED LETTUCE CHOPPED TOMATOES SPINACH FLAN</p>
<p><b>29</b> NATIONAL SHRIMP SCAMPI DAY  SHRIMP &amp; SEAFOOD SCAMPI BROWN RICE BROCCOLI PEARS</p>	<p><b>30</b> APRIL BIRTHDAYS CELEBRATION CHICKEN FLORENTINE BEET SALAD AU GRATIN POTATOES BIRTHDAY CAKE </p>			

**GREENE COUNTY SENIOR NUTRITION PROGRAM**

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

DAILY: Whole Grain Bread (unless otherwise noted) w/Promise Spread, and 1% Milk, Coffee or Tea

RESERVATIONS ARE REQUIRED AT LEAST ONE DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> MEATLOAF W/ GRAVY MASHED POTATOES ROASTED CUBE BUTTERNUT SQUASH TAPIOCA PUDDING	<b>2</b> CHICKEN FLORENTINE HOT BEETS FRESH SALAD AU GRATIN POTATOES PEACHES	<b>3</b> SWEDISH MEATBALLS BUTTERED NOODLES RED CABBAGE FRESH ORANGE
<b>6</b> TORTELLINI W/ SAUSAGE SPINACH CHOCOLATE MOUSSE	<b>7</b> PULLED PORK BAKED BEANS CARROT COINS PEARS	 <b>8</b> NATIONAL COCONUT CREAM PIE DAY ROASTED CHICKEN W/ GRAVY MONACO MIXED VEGETABLES LEMON ROSEMARY POTATO COCONUT CREAM PIE	<b>9</b> NATIONAL SHRIMP DAY JAMBALAYA BROWN RICE FRESH SALAD BROCCOLI PEACHES 	<b>10</b> BEEF PATTY W/ ONION GRAVY GREEN BEANS FRESH SALAD MASHED POTATOES FRESH FRUIT
<b>13</b> NATIONAL FRUIT COCKTAIL DAY  SWEET & SOUR PORK BROWN RICE BROCCOLI FRUIT COCKTAIL	<b>14</b> MEATLOAF W/ GRAVY CAULIFLOWER MASHED SWEET POTATOES AMBROSIA SALAD	<b>15</b> NATIONAL CHOCOLATE CHIP DAY  LEMON BAKED FISH AU GRATIN POTATOES CARROTS CHOCOLATE CHIP COOKIE	<b>16</b> BEEF POT ROAST W/ GRAVY GREEN BEANS COLESLAW MASHED POTATOES VANILLA PUDDING W/ FRESH BERRIES	<b>17</b> GREENE COUNTY SENIOR CITIZENS DAY  NO HOME DELIVERED MEALS OR CONGRE- GATE MEALS
 <b>20</b> NATIONAL QUICHE LORRAINE DAY QUICHE LORRAINE (HAM & CHEESE) HASHBROWN CALIFORNIA MIXED VEGETABLES PEACHES	<b>21</b> LINGUINI W/ RED CLAM SAUCE SPINACH MANDARIN ORANGES	 <b>22</b> NATIONAL VANILLA PUDDING DAY BEEF POT PIE WAX BEANS MASHED POTATOES VANILLA PUDDING W/ STRAWBERRIES	<b>23</b> CHICKEN DIVAN BROWN RICE FRESH SALAD BROCCOLI HUMMINGBIRD CAKE	<b>24</b> PORK CHOPS W/ MUSHROOM GRAVY BRAISED CABBAGE SWEET POTATO FRESH PINEAPPLE
<b>27</b> MEMORIAL DAY ALL SENIOR NUTRITION SITES & MAIN OFFICE CLOSED 	<b>28</b> MACARONI & CHEESE BROCCOLI STEWED TOMATOES PEARS	<b>29</b> NATIONAL BISCUIT DAY  CHICKEN & BISCUITS MASHED POTATOES BRUSSELS SPROUTS BIRTHDAY CAKE	<b>30</b> COOK'S CHOICE CAULIFLOWER CHOCOLATE PUDDING 	<b>31</b> CHEF'S SALAD FRESH FRUIT

vitamin



# NUTRITION NOTES

## NUTRITION and YOUR HEALTH

Vitamin D is a nutrient required for health to maintain strong bones. It helps with absorption of calcium and phosphorus in the body, bringing calcium and phosphorus to our bones and teeth and helps to regulate how much calcium is in our blood.

### You get Vitamin D from:

**Sunlight:** It is called the “sunshine vitamin”, it is converted from sunlight into Vitamin D after sunlight shines on skin that is unprotected. Most people in the northeast aren’t able to get enough Vitamin D due to heavy clothing and sunscreen.



**Diet:** Very few foods have natural vitamin D-salmon (425 IU), mackerel (547 IU), beef liver (42 IU), egg yolk (41 IU), canned tuna (154 IU), mushrooms (40 IU), milk (100 IU), yogurt (80-100 IU) and cheese (40 IU). Fortified foods such as cereals (50-100 IU), and orange juice (137 IU) provide the most Vitamin D for the diet. Read the nutrition label for specifics.



**Supplements:** Vitamin D is found in supplements in two forms: D2 (ergocalciferol) and D3 (cholecalciferol). Both of these supplements increase the vitamin D in your blood.

**Medication Interaction:** Just like with any other medication/supplement Vitamin D may interact or interfere with other medications you may be taking.

Examples:

- 1) Prednisone or other corticosteroid medicines that are used to reduce inflammation may hinder how the body absorbs Vitamin D which could lower the calcium absorption and loss of bone over time.
- 2) Dilantin used to prevent and control seizures, increases the breakdown of Vitamin D and reduce the calcium absorption.
- 3) Questran, LoCholest, Prevalite ( cholesterol lowering) and both weight loss drugs Orlistat and Alli reduce absorption of Vitamin D and other fat soluble vitamins such as A, E and K

Tell your doctor and pharmacist about the medications and supplements you take. They will be able to tell you of any possible medication interactions.

### Required amount of Vitamin D

\*Adults: 19 - 70 years old      600 IU

\*Adults: 71 years old and up      800 IU

# GREENE COUNTY DEPARTMENT of HUMAN SERVICES

## CONTRIBUTIONS POLICY



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

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

**CONSULTATION and ASSISTANCE:** This includes such client assistance activities as case assistance, HIICAP, help with public benefit applications, etc.

The suggested level is \$5.00 per office visit (*Actual cost \$20.00/hour*).

**IN-HOME SERVICES:** This is discussed with the client by the case manager at the time of assessment.

The suggested level of contribution is \$3.00 per hour (*Actual cost \$21.56/hour*).

**LEGAL SERVICES:**

The suggested level of contribution is \$10.00 per attorney consultation (*Actual cost \$149.00/hour*).

**NUTRITION:**

**Senior Congregate Meal or Home Delivered Meals:**

The suggested level of contribution is \$4.00 (*Actual cost \$12.01/meal*).

**Nutrition Counseling:**

Clients requesting diet counseling from the Registered Dietitian are provided with an opportunity to contribute.

The suggested level of contribution is \$5.00. (*Actual cost \$65.00/hour*).

**Health Promotions:**

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

**TRANSPORTATION:**

**Shopping Bus:**

This door-to-door service is provided directly by the Department.

The suggested level of contribution is \$3.00 round trip (*Actual cost \$15.08/one way*).

**Senior Center Transportation:**

The suggested contribution is \$1.00 for round trip (*Actual cost: \$7.34/one way*).

**Medical (Homebound) Transportation:**

All tolls are to be paid directly by the passenger.

The suggested contribution for this service is a sliding scale based on mileage

0 – 10 miles      \$3.00 round trip

11 – 20 miles      \$5.00 round trip

21 – 40 miles      \$9.00 round trip

41+ miles      \$15.00 round trip

(*Actual cost is \$29.62 one-way trip, maximum mileage*)

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



**Donations  
are Greatly  
Appreciated!**

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

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

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

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

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

to the following:

\_\_\_\_\_ Round Table News

\_\_\_\_\_ Homebound transportation

\_\_\_\_\_ In-home services

\_\_\_\_\_ Nutrition Program/Home-delivered Meals

\_\_\_\_\_ Senior Angels Program

\_\_\_\_\_ Where most needed

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



*for your donations*

*Carolyn Fusko*

*In Memory of Loved Ones*

*Brian Vooss*

*To Homebound Transportation*

*and Senior Angels*

*Mary J. Zanchelli*

*In Memory of Vera Kniffen Crewell*

*To Home Delivered Meals*

*Edith Bentley*

*In Memory of Joan Esposito*

*Kathleen & Dennis Meehan*

*In Memory of Rose & Frank Hanlon*



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

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

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

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

# 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

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.



## MountainTop Golden Agers 2019 Trip Schedule

- 5/1/19 "Newsies" - Westchester Dinner Theater  
Elmsford, NY
- 5/21/19 The Carpenters Remembered  
Agawam, MA.
- 7/18/19 Lunch Buffet at Koziel's Restaurant  
"Grease" - MacHaydn Theater  
Chatham, NY  
\$54 members \$59 Non-members
- 8/21/19 "The Riverboat Ramblers" - Log Cabin  
Twin Lobster or Prime Rib Luncheon  
Holyoke, Mass.  
\$60 Members \$65 Non-members
- 9/11 & 9/12/19  
Essex, CT (Train Ride & Riverboat Cruise)  
& Mystic, CT. Seaport Museum)  
\$239 Double \$299 Single  
*For further information or to make a reservation,  
Call Christopher, 518-589-5815*

## MOUNTAINTOP GOLDEN AGERS BUS TRIP



*They delivered the newspapers until they made the headlines!  
Winner of 2012 Tony Award for Best Score and Best Choreography*

### WEDNESDAY, MAY 1, 2019

WESTCHESTER DINNER THEATER  
ELMSFORD, NY

BUS PICK-UPS BASED ON LOCATION

\$63 MEMBERS  
\$68 NON-MEMBERS

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

## 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

BOOK  
EARLY !!

Mountaintop Golden Agers present

A Travel Group Exclusive!

Every  
Show Sells  
OUT!

"We've Only Just Begun"  
Carpenters Remembered  
at the lovely Chez Josef, Agawam, MA  
Tuesday, May 21, 2019

*We've Only Just Begun: Carpenters Remembered* is the definitive concert show celebrating the music of one of the most successful recording acts of all time. Starring Michelle Berting Brett who is accompanied by a live, 4-piece Nashville band, the show re-creates the Carpenters' original sound. Experience an intimate behind-the-scenes portrait of the pop music phenomenon that defined an era, and sing along with hits that include "Close to You", "Yesterday Once More", "Rainy Days & Mondays", and many more!

### Package Includes:

- Roundtrip Motorcoach Transportation
- Elegant Plated Luncheon at the lovely Chez Josef, Agawam, MA
- "We've Only Just Begun" Show  
The Carpenters Remembered
- Driver Gratuity

CHEZ  
Josef

\$60 Members  
\$65 Non-members



DEPARTS:  
Prattsville, Lexington,  
Hunter, Tannersville,  
Palenville & Catskill

For Reservations:  
Christopher  
518-589-5815



### Luncheon Menu

Garden Salad  
PLEASE GIVE MEAL CHOICE  
WITH RESERVATION  
Chicken Francais  
OR  
Baked Scrod  
Rolls & Butter  
Vegetable & Potato  
Dessert - Coffee & Tea



# WAJPL Golden Age Club 2019 Trip Schedule



- 4/9/19 Legends of Country Music  
Log Cabin, Holyoke, 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 Valli & The Four Seasons  
Brownstone

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

## 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

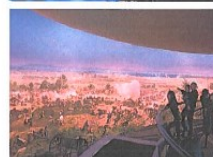
Cancellation insurance available; see reverse side for details

### FOR INFORMATION AND RESERVATIONS CONTACT:

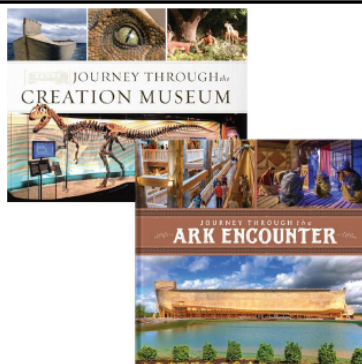
**WAJPL GOLDEN AGE CLUB**  
P. O. Box 96  
Hensonville, NY 12439

Mary Louise  
(518) 622-3397

Vicky  
(518) 734-4164



### CATSKILL SILVER LININGS SENIOR CLUB BUS TRIP



**JULY 15 - 19, 2019** (5 DAYS/4 NIGHTS)

\$650 PER PERSON/DOUBLE OCCUPANCY

\$890 PER PERSON/SINGLE OCCUPANCY

*\$25 Deposit due upon sign up; Balance due May 20, 2019*

- MOTOR COACH TRANSPORTATION
- 4 NIGHTS LODGING W/ BREAKFAST
- ADMISSION TO THE ARK ENCOUNTER (*Williamstown, KY*)
- DINNER W/ ENTERTAINMENT (*Newport, KY*)
- ADMISSION TO THE CREATION MUSEUM (*Petersburg, KY*)
- RIVERBOAT DINNER CRUISE
- GUIDED TOUR OF CINCINNATI
- SOUVENIR GIFT
- LUGGAGE HANDLING IN KENTUCKY
- TAXES & MEAL GRATUITIES

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

### CAIRO GOLDEN AGERS BUS TRIP LOBSTER FEAST



### LOG CABIN BANQUET & MEETING HOUSE HOLYOKE, MA

**TUESDAY, JULY 16, 2019**

\$55 per person includes:

Motor coach Transportation

Entertainment by Jeff Barnhart and his Riverside Ramblers

- Welcome Hors d'oeuvre Platter
- Complimentary Glass of Wine
- Rolls & Butter - Clam Chowder
- New England Boiled Lobster
- Barbecued Ribs and Chicken
- Corn - Baked Potato
- Strawberry Ice Cream Sundae
- Coffee, Tea



FOR FURTHER INFORMATION OR TO MAKE A RESERVATION,  
CALL ANNA RUTH GREER AT 518-239-4048

WAJPL GOLDEN AGE CLUB BUS TRIP

# MEDIEVAL TIMES

LYNDHURST, NJ



**THURSDAY, JULY 11, 2019**

DEPARTURE TIME BASED ON LOCATION

\$50 per person 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 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

CATSKILL SILVER LININGS SENIOR CLUB BUS TRIP

## A HOLIDAY ENTERTAINMENT EXTRAVAGANZA LANCASTER, PA



**NOVEMBER 20 - 22, 2019** (3 DAYS/2 NIGHTS)

\$390 PER PERSON/DOUBLE OCCUPANCY

\$490 PER PERSON/SINGLE OCCUPANCY

\$25 Deposit due upon sign up; Balance due September 30, 2019

MOTOR COACH TRANSPORTATION  
2 NIGHTS LODGING W/ BREAKFAST  
"MIRACLE OF CHRISTMAS" AT THE MILLENNIUM THEATER  
SMORGASBORD DINNER  
VISIT THE TANGER OUTLETS  
"JOY TO THE WORLD" AT THE AMERICAN MUSIC THEATER  
FAMILY-STYLE DINNER  
VISIT BIRD-IN-HAND FARMERS MARKET  
SOUVENIR GIFT  
LUGGAGE HANDLING, TAXES & MEAL GRATUITIES

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

# News From the Greene County Youth Bureau

## Bringing Generations Together



On March 7, over one hundred Senior Citizens gathered at the Windham-Ashland-Jewett School for a dress rehearsal of their production of “*The Music Man*”. This has been a tradition for many years, enabling grandparents and other seniors to attend the play at no cost. Local restaurants really come through and help by providing a tremendous food selection. “There was so much that most didn’t go for seconds because their plate was so overloaded the first time! The seniors wish to thank all of the local establishments for providing such a bountiful feast.

Although this is a free dinner and presentation, contributions are collected and go directly to the WAJ Drama Club. This year over \$1000 was collected!

Thank you to Melissa Palumbo and Director, Casey Kobylar, for working so hard with the actors and making it a memorable night. The young cast members, and their parents, more than go the limit to ensure that the senior citizens have a most memorable experience. Many already can't wait for next year!

## Thoughts from the 2019 Youth Leadership Forum

*By Jasmine Morris, DHS Youth Services Worker*

The Association of New York State Youth Bureaus held their annual Youth Leadership Forum on February 4, 2019. The day consisted of young people coming together to work on self-building and team-building amongst peers. The event began with Albany County Executive, Daniel McCoy, encouraging Youth Bureaus to adapt their programs to the youth they serve. McCoy reminded youth to ignore your failures and strive for success.

Executive Director of Association of NYS Youth Bureaus, Jackie Negri, informed the audience of potential for this year’s Youth Leadership event by encouraging youth to speak to their Legislator during Lobby Day and ask for more support for the Youth Bureau. Our elected officials can be role models by supporting our youth centered programs.

The Forum’s key note speaker was YouTube Personality, Ken E. Nwadike, of the “Free Hugs” project”. He inspired youth to build a good support system by identifying people that care about them. He expressed that in times of crisis, they should look for opportunities to create peace. You don’t have to be the product of your circumstances. Using life’s challenges can catapult you into your destiny. Nwadike reminded us that we all have the power to change the issues in our homes, schools and amongst friends, and by finding ways to overcome fears, and ultimately accomplish goals. If youth focus on the purpose, it will diminish fear.



Conference workshops consisted of Building Resilience & Developing Toughness; Youth and Recovery, Internet safety, and Financial Goal Setting.

It was inspiring to see so many youth participate at the 2019 conference, standing up for their programs and the needs in their respective communities. Participants contributed to St. Anne’s Institute Runaway & Homeless Shelter by donating clothing and shoes for youth in need.

# ADULT LEARNING INSTITUTE APRIL 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.



Open Pinochle	Monday, April 1 & 15		
Bridge Group	Tuesday, April 2, 9, 16, 23 & 30		
Mahjongg	Wednesday, April 3	April 10 & 24 - Beginner Class	
Garden Basics & Tips	Thursday, April 11	10:00 a.m. - 11:30 a.m.	
Exploring Your Family History	Wednesday, April 17	11:30 a.m. - 12:30 p.m. <b>OR</b> 2:30 p.m. - 3:30 p.m.	
	Monday, April 22	1:00 p.m. - 2:00 p.m. <b>OR</b> 2:00 p.m. - 3:00 p.m. <b>OR</b> 3:00 p.m. - 4:00 p.m.	
The Best of TED Talks	Wednesday, April 17	1:00 p.m. - 2:00 p.m.	
Executive Board Meeting	Thursday, April 18	10:00 a.m. - 11:30 a.m.	Room 105A
Listen & Learn: Legal Preparedness for End of Life Issues	Thursday, April 25	10:30 a.m. - 12:00 Noon	



**ALI Raffle Drawing - Tuesday, April 23**

## TWIN COUNTY recruitment expos



Columbia-Greene Media • (518) 828-1616 x 2463 • [advertising@columbiagreene.com](mailto:advertising@columbiagreene.com)

Job Seeker Info: (518) 828-4181 x5510 | Draft Listing [www.columbiagreene.com](http://www.columbiagreene.com)

Business Registration: (518) 828-1616 x 2463 |

Tuesday, April 16th • 10am - 2pm • **COLUMBIA GREENE COMMUNITY COLLEGE**

**MEET WITH JOB RECRUITERS AT THE EXPO!**

**DRAFT LISTING Available as the date get closer! [www.columbiagreene.com](http://www.columbiagreene.com)**



### PROMOTIONAL PARTNERS





Sponsored by  
WAIPL Golden Age Club

Saturday, April 13, 2019  
Doors Open 10:00 a.m.  
Drawings at 3:00 p.m.

Ashland Town Hall - Fire House  
12094 Route 23, Ashland

White Elephant Table



Featuring:  
Chinese Auction



## BLOSSOM DEARIE

Please join in at the Durham Community Center at the OLD Durham Elementary School (Route 145, East Durham) on Thursday evening, April 25, 2019 at 7:00 p.m. A program honoring the memory and life of **Blossom Dearie**, one of the most distinctive sounds in jazz and popular music.

Blossom was born in East Durham on April 28, 1924 and passed away in New York City on February 7, 2009. Her talent as a pianist, singer and song-writer was celebrated world-wide. She was greatly loved by her public from the time of her first vocal group recordings in the 1940s to her final appearance in 2006.

Come and hear about her great success and some of her music. Any memories and input will be greatly appreciated.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PARTNERS IN HEALING

## LIVESTRONG® AT THE YMCA CAPITAL DISTRICT YMCA—GREENE COUNTY BRANCH

LIVESTRONG at the YMCA is a small group, 12 week program that helps cancer survivors reclaim their health and well-being following a cancer diagnosis. Participants will work with staff that have been specifically trained to work with cancer survivors and patients. As exercise experts, they understand the unique physician needs and concerns participants may have and will help you address these needs safely. This is a FREE program that will help build muscle mass and strength, improve confidence and self esteem and provide a support system through a group environment. Participants and their families will also receive a FREE family membership for the 12 week duration of the program!

**WHEN:** Tuesdays & Fridays, April 16th - July 5th  
**TIME:** 2:00—3:30PM  
**COST:** FREE  
**LOCATION:** GREENE COUNTY YMCA  
35 Route 81  
West Coxsackie, NY 12192

FOR MORE INFORMATION OR TO REGISTER...  
Call 518-731-7529 or visit [www.cdymca.org](http://www.cdymca.org)





Purchase

# Fresh



# Produce

with your SNAP Benefits

Choose from Two Sizes!

1 Person

**\$14**

2-3 People

**\$23**

Learn What's in the Bag Friday  
Order by Monday Afternoon

Pick-up Thursday 1pm - 4pm:  
Community Action, Catskill

Pick-up Friday 10am - 3pm:  
Prattsville Arts Center

Call  
**518-943-9205**  
to place your order today!



Need a  
**Helping  
Hand?**



**COMMUNITY ACTION**  
of Greene County, Inc.

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

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

Greene County Women's League

# CANCER PATIENT AID



• (518) 819-1249 •

# 2019

# Membership Meeting Schedule

**Location:** Angel's Restaurant  
(4385 Rte. 32, Cairo)

**April 2<sup>nd</sup>, May 7<sup>th</sup>, June 4<sup>th</sup>, July 2<sup>nd</sup>, Sept. 3<sup>rd</sup>, Oct. 1<sup>st</sup> & Nov. 5<sup>th</sup>**

Lunch @ 12:00noon and Meeting @ 1pm

Contact us at [www.greenecountywomensleague.com/become-a-member/](http://www.greenecountywomensleague.com/become-a-member/)



**GREENE COUNTY ROUND TABLE NEWS**  
is published monthly by  
**GREENE COUNTY DEPARTMENT of HUMAN SERVICES**  
411 Main Street, Catskill, NY 12414  
(518) 719-3555 Toll Free (877) 794-9266  
aging@discovergreene.com

**EXECUTIVE DIRECTOR - THÉRÈSE MCGEE WARD**

**BUSINESS MANAGER:** Ken Brooks

**AGING DEPARTMENT COORDINATORS:**

Aging Services - Connie Bentley

Nutrition - Tezera Pulice

Volunteer Services - Ruth Pforte

Staff:

**CASE MANAGERS:** Cortney Carlson Carol Provost Danielle Wade

**BETHANY VILLAGE CASE MANAGER:** Andrea Benjamin-Legg

**ADMINISTRATIVE ASSISTANT:** Maureen Murphy

**AGING SERVICES SPECIALIST:** Nicole Noll

**AGING SERVICES AIDE:** Rose Bundy

**RECEPTIONIST:** Mary Jean Pomilla

**SHOPPING BUS DRIVER:** Janet Osborn

**NUTRITION VAN CHAUFFEURS:** Dave Mokszycki Patrick Murphy

**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.**