

# Greene County Round Table News

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

**MARCH 2020**

## **Mark Your Calendars ... 10<sup>th</sup> ANNUAL SENIOR CITIZENS' DAY**



## **FRIDAY, MAY 15, 2020**

**If attending, MUST RSVP by May 6**

**New features to come!**

**Watch for future announcements  
with information.**



**MARCH 28, 2020**  
**8:45 a.m. - 3:30 p.m.**

Senior Citizens' Law Day is an annual community education event held on the Albany Law School campus and is part of the Albany Law School's Pro Bono Program. The Albany Law School is located at 80 New Scotland Avenue, Albany.

For over 20 years, Senior Citizens' Law Day has provided reliable and objective information on some of the most pressing legal, financial and health issues of concern today to hundreds of seniors and their family members living throughout the Capital Region.

Albany Law professors, attorneys and other experts will conduct workshops on topics such as:

- Health care decision making
- Protecting against scams
- Estate planning
- Medicare and Medicaid
- Charitable giving

Glenn Witecki, Esq., will provide a presentation regarding the importance of Powers of Attorney.

No registration is required for workshops.

Attendants receive a free resource guidebook.

Register the day of the event for a free one-on-one counseling session with an attorney.





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

The Senior Angels Program was created in 1998 by the Greene County Department for the Aging staff. The case managers noticed that there was a large population of seniors that had no family or close friends to share the Christmas holiday with, and thought it would be nice to remember them at this joyous time.

Originally, the Department for the Aging staff asked for donations of small gifts and trinkets that could be delivered along with the Home-Delivered Meals. As the concept grew, a couple of staff members thought it would be a good idea to reach out to the residents and businesses of Greene County seeking monetary donations. In the first year, \$2,000 was raised and they were able to brighten up the Holidays for 15 seniors.

Over the years, the program grew and became so successful, that in 2013, a committee was formed to oversee fundraising and the requests for gifts. At that time, the logo of an angel's wings with a halo began, in memory of former staff member, Sheila Ormerod, who loved the program.

The committee wants people to know that the Senior Angels Program operates more than just at holiday time. Their slogan is "Spreading Cheer 365 Days a Year". Year-round, funds are used to provide one-time, emergency assistance to senior citizens, when all other funds have been exhausted, and there is no other source to help. Some of the other ways the funds have been used are:

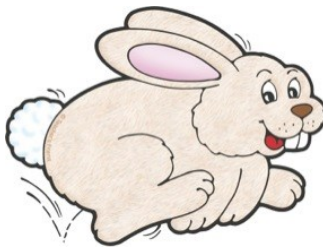
- Purchase of clothing and household necessities
- Purchase of small appliances or amplified phones
- Purchase of items that will enable seniors to live with dignity and independence
- Monetary supplement to help with rising energy costs, when all other sources have been expended
- Gifts for Elderly clients in Nursing Homes

Due to the generous contributions of the Greene County residents, business and clubs, the Program has been able to help fulfill all qualified requests. Hopefully, moving forward, it can still do the same for many years to come.

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

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



**The Senior Angels Program's Bake Sales  
have been so successful ,  
we have decided to do another one for Easter!**

**THURSDAY, APRIL 9, 2020 10:00 a.m. - 2:00 p.m.**



# VOLUNTEERS ARE AMERICA



Due to the RSVP grant period ending on March 31, 2020, please submit mileage as usual on March 25. Additional mileage for March 26 - March 31 should be submitted by April 2.

If you have any questions, please contact the RSVP Coordinator, Ruth Pforte at 518-719-3555.

Greene County Department of Human Services, along with RSVP, would like to express their deepest sympathy to the family of Cliff Gross. Cliff was a RSVP volunteer for 25 years for Home Delivered Meals.

For the past fourteen years, he served on the RSVP Advisory Council and most recently was Co-Chairperson.

*Eternal rest grant  
unto him, O Lord,  
And let perpetual  
light shine upon him  
May he rest in  
peace.. Amen."*



## HOME DELIVERED MEAL PROGRAM IN NEED OF VOLUNTEERS TO DELIVER MEALS

Volunteers needed in Athens, Catskill, Coxsackie and areas on the Mountain Top.

For a commitment of as little as **an hour a day**,  
you can be a significant help  
and brighten the day for a lonely, homebound senior.

A **vehicle is necessary** for this volunteer commitment.

There is no age requirement.

Volunteers are required to complete an application.

For more information call **Ruth Pforte at 518-719-3555**



STOP IN TO LEARN  
HOW AREA VENDORS  
CAN ASSIST YOU.  
LOTS OF GREAT  
INFORMATION

SENIOR CORPS  
MLK COMMUNITY RESOURCE DAY

*Sponsored by  
Greene County Dept. for Human Services RSVP*

March 26, 2020

9:00 a.m. - 2:00 p.m.

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



**Learn How to \$ave Money on Medicare**

Come talk to a Greene County Human Services Staff Member  
about Health Insurance Assistance.

For more information:

Contact: Ruth Jones Pforte 518-719-3555

"New York State does not endorse nor recommend  
any specific insurance product or insurer:

This program is solely intended to educate consumers about their choices."



***SPRING 2020 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**    (2 Day classes: Must attend both days)

Time: 1:00 p.m. – 4:30 p.m.



*If you would like to have lunch at the Senior Nutrition Site prior to class,  
you MUST call the appropriate center at least a day in advance to sign-up.*

Wednesday, April 1 & Thursday, April 2    Wednesday, May 20 & Thursday, May 21  
Rivertown Senior Center, 39 Second Street, Athens

Tuesday, April 21 & Wednesday, April 22    Wednesday, May 27 & Thursday, May 28  
Town of Cossackie Senior Center, Mansion Street, Cossackie

Thursday, May 7 & Friday, May 8  
Acra Community Center, Old Route 23, Cairo

Wednesday, May 13 & Thursday, May 14  
Town of Jewett Municipal Building, Route 23C, Jewett

Call instructor to enroll in course: Mike Pirrone    (518) 945-2122    Cell (917) 656-0425

# Do you need help with Medicare Costs?

*If you answered yes, come visit us at the  
Senior Corps MLK Community Resource Day!*

For people on Medicare and living on a limited income, there is a program to help pay for some of your costs. The **Medicare Savings Program (MSP)** can help pay some or all of the Medicare premiums, co-payments and deductibles. To qualify for an **MSP**, you must have **Medicare Part A** and meet income guidelines.

Stop by the Greene County Department of Human Services' table at Community Resource Day. Be sure to bring with you the required documents below. Our Health Insurance Counselor will help you determine your eligibility and if you qualify, and will assist you with an application.

## Required Documentation:

- ⇒ Social Security card
- ⇒ Medicare card
- ⇒ Proof of address
- ⇒ Proof of income
- ⇒ Proof of date of birth
- ⇒ Proof of insurance and premium

- **Qualified Medicare Beneficiary (QMB):** Pays for Medicare Part A and B premiums, deductibles and co-pays. If you have QMB, you will have no coinsurance or copayment for Medicare-covered services you get from doctors who participate in Medicare or who are in your Medicare private health plan's network. To qualify, gross monthly income must be below \$1,041 for a single person, \$1,410, if married.
- **Specified Low- Income Beneficiary (SLMB):** Pays for Medicare's Part B premium for people's whose gross monthly income is below \$1,249 if single; \$1,691 if married.
- **Qualified Individual (QI):** Pays for Medicare's Part B premium, but it is a limited program, and is available on a first-come, first- serve basis. Gross monthly income amounts: \$1,406 if single; \$1,903 if married.

*“New York State does not endorse nor recommend any specific insurance product or insurer: this program is solely intended to educate consumers about their choices.”*

## SENIOR CORPS MLK COMMUNITY RESOURCE DAY

*Sponsored by*

*Greene County Dept. for Human Services RSVP*

**March 26, 2020, 9:00 a.m. - 2:00 p.m.**

**Robert C. Antonelli Center**

**15 Academy Street, Catskill**



## **TRANSPORTATION SERVICES AVAILABLE THROUGH GREENE COUNTY DEPARTMENT OF HUMAN SERVICES**

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

### **HOMEBOUND MEDICAL TRANSPORTATION**

Greene County Department of Human Services provides Medical Transportation, courtesy of a volunteer driver, to Greene County residents age 60 or older who do not have any other available options for transportation to medical appointments. This service is available to medical facilities located in Greene County, as well as the neighboring counties of Albany, Columbia, Delaware, Schoharie and Ulster. All medical transportation for clients will be **restricted to four (4) times a month. Appointments must be scheduled for Monday - Friday, 8:30 a.m. through 2:00 p.m.**

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



We are unable to transport clients covered by Medicaid.

If you are covered by Medicaid and in need of transportation to a medical appointment, please call 855-360-3545.

### **SHOPPING BUS**



Greene County Department of Human Services offers a **wheelchair-accessible** shopping bus to Greene County residents, age 60 or older that live in the towns of Ashland, Athens, Cairo, Catskill, Coxsackie, Greenville, Hunter, Jewett, Lexington, Prattsville and Windham. Our friendly driver will **pick up seniors at their household's curb**, bring them to Catskill for shopping, and take them to a local Senior Service Center for lunch before returning home. All trips are limited to 16 people; first come are first served. There is a limit of two shopping bags per person.

**MONDAY:** Mountain Top (Windham, Ashland, Prattsville, Lexington, Jewett & Hunter) & Catskill

**TUESDAY:** Cairo/Catskill

**WEDNESDAY:** Athens/Coxsackie

**To make arrangements, please call 518-719-3559**

### **NUTRITION TRANSPORTATION**

Department drivers will transport seniors, without a means of personal transportation, to enjoy the noontime meal. At the present time, this service is only available to seniors who reside in the Catskill/Athens (Valley) area or the Jewett (Mountaintop) area. We ask that you call at least one (1) business day in advance to reserve a seat. For further information, please call our Nutrition Department at 518-719-3555.





### WHAT IS DEMENTIA?

Dementia is not a specific disease but is rather a general term for the impaired ability to remember, think, or make decisions that interferes with doing everyday activities. Alzheimer's disease is the most common type of dementia. Though dementia mostly affects older adults, it is not a part of normal aging.

### WHAT ARE THE MOST COMMON TYPES OF DEMENTIA?

- **Alzheimer's disease.** This is the most common cause of dementia, accounting for 60 to 80 percent of cases. It is caused by specific changes in the brain. The trademark symptom is trouble remembering recent events, such as a conversation that occurred minutes or hours ago, while difficulty remembering more distant memories occurs later in the disease. Other concerns like difficulty with walking or talking or personality changes also come later. Family history is the most important risk factor. Having a first-degree relative with Alzheimer's disease increases the risk of developing it by 10 to 30 percent.
- **Vascular dementia.** About 10 percent of dementia cases are linked to strokes or other issues with blood flow to the brain. Diabetes, high blood pressure and high cholesterol are also risk factors. Symptoms vary depending on the area and size of the brain impacted. The disease progresses in a step-wise fashion, meaning symptoms will suddenly get worse as the individual gets more strokes or mini-strokes.
- **Lewy body dementia.** In addition to more typical symptoms like memory loss, people with this form of dementia may have movement or balance problems like stiffness or trembling. Many people also experience changes in alertness including daytime sleepiness, confusion or staring spells. They may also have trouble sleeping at night or may experience visual hallucinations (seeing people, objects or shapes that are not actually there).
- **Fronto-temporal dementia.** This type of dementia most often leads to changes in personality and behavior because of the part of the brain it affects. People with this condition may embarrass themselves or behave inappropriately. For instance, a previously cautious person may make offensive comments and neglect responsibilities at home or work. There may also be problems with language skills like speaking or understanding.
- **Mixed dementia.** Sometimes more than one type of dementia is present in the brain at the same time, especially in people aged 80 and older. For example, a person may have Alzheimer's disease and vascular dementia. It is not always obvious that a person has mixed dementia since the symptoms of one type of dementia may be most prominent or may overlap with symptoms of another type. Disease progression may be faster than with one kind of dementia.
- **Reversible causes.** People who have dementia may have a reversible underlying cause such as side effect of medication, increased pressure in the brain, vitamin deficiency, and thyroid hormone imbalance. Medical providers should screen for reversible causes in patients who are concerning for dementia.

**understanding and responding  
to dementia-related behavior**



**an education program by the alzheimer's association**

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

**DATE:** Wednesday, March 4, 2020

**TIME:** 12-1:30PM

**LOCATION:** Cairo Public Library, 15 Railroad Ave, Cairo, NY

To register contact: Jon at 518.867.4999 x1693 or [joweaver@alz.org](mailto:joweaver@alz.org)

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



**SAVE A LIFE**

**Bleeding Control (B-Con)  
Basic Course**

**FREE and open to the public**

*Friday*  
**When:** March 6 from 9:30-10:30 am

**Where:** Windham Waste Treatment Facility, South St.

**How:** Sign up by calling 518-734-4335 or 518-734-4605  
email : [jrwest4335@gmail.com](mailto:jrwest4335@gmail.com)

**Hosted By:** Community of Windham Foundation;  
Greene County Public Health Dept. and  
GreeneNY MRC



**Endorsed By:**



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  
Facilitator: Sana Masih  
518-867-4999, Ext. 200  
Email [srmasih@alz.org](mailto:srmasih@alz.org)

3rd monthly Thursday, 6:00 p.m.  
Heermance Memorial Library

1 Ely Street, Coxsackie  
Facilitator: MaryAnn Witt  
518-867-4999, Ext. 224

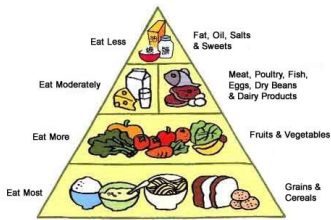
**TELEPHONE SUPPORT GROUP**

1st monthly Wednesday, 10:00 a.m.  
712-770-4010, Access code #919600  
Facilitator: Jim Hardman 518-915-3115  
[jhardman@alz.org](mailto:jhardman@alz.org)

## **WHO DO I CONTACT – SOCIAL SECURITY OR MEDICARE?**

Social Security offers retirement, disability, and survivors benefits. Medicare provides health insurance. Because these services are often related, you may not know which agency to contact for help. The table below can help you quickly figure out where to go.

| Topic   | Social Security | Medicare | Resources  |
|---|-----------------|----------|--|
| How do I report a death?  | X               |          | Contact your local Social Security Office or call 1-800-772-1213 (TTY 1-800-325-0778)  |
| How can I check Medicare eligibility?   | X               |          | <a href="http://www.socialsecurity.gov/benefits/medicare">www.socialsecurity.gov/benefits/medicare</a>   |
| What does Medicare cover?   |                 | X        | <a href="http://www.medicare.gov/what-medicare-covers">www.medicare.gov/what-medicare-covers</a>   |
| How do I sign up for Hospital Insurance ((Part A) or Medical Insurance (Part B)?  | X               |          | <a href="http://www.socialsecurity.gov/benefits/medicare">www.socialsecurity.gov/benefits/medicare</a>   |
| How do I apply for Extra Help with Medicare Prescription drug coverage? (Part D)  | X               |          | <a href="http://www.socialsecurity.gov/benefits/medicare/prescriptionhelp">www.socialsecurity.gov/benefits/medicare/prescriptionhelp</a>   |
| How can I check the status of Medicare Part A or B claims?  |                 | X        | <a href="http://www.mymedicare.gov">www.mymedicare.gov</a>   |
| Where do I find forms for filing a Medicare appeal or let someone speak with Medicare on my behalf?   |                 | X        | <a href="http://www.medicare.gov/claims-appeals/how-do-i-file-an-appeal">www.medicare.gov/claims-appeals/how-do-i-file-an-appeal</a>   |
| How to appeal an income-related monthly adjustment amount decision?<br><i>for people who pay a higher Part B or D premium, if their income is over a certain amount</i> | X               |          | <a href="http://www.socialsecurity.gov/benefits/disability/appeal.html">www.socialsecurity.gov/benefits/disability/appeal.html</a>   |
| How can I request a replacement Medicare card online?<br>If I already get benefits or have Medicare, how do I report a change of address or phone number?               | X               |          | <a href="http://www.socialsecurity.gov/myaccount">www.socialsecurity.gov/myaccount</a>   |
| What do Medicare health and prescription drug plans in my area cost, and what services do they offer?   |                 | X        | <a href="http://www.medicare.gov/plan-compare">www.medicare.gov/plan-compare</a>   |
| Which doctors, health care providers, and suppliers participate in Medicare?  |                 | X        | <a href="http://www.medicare.gov/forms-help-resources/find-compare-doctors-hospitals-other-providers">www.medicare.gov/forms-help-resources/find-compare-doctors-hospitals-other-providers</a> |
| Where do I find publications about Medicare?  | X               | X        | <a href="http://www.ssa.gov/pubs/?topic=Medicare">www.ssa.gov/pubs/?topic=Medicare</a><br><a href="http://www.medicare.gov/publications">www.medicare.gov/publications</a>                     |
| Where can I find out more about a Medicare prescription drug plan (Part D) and enroll?  |                 | X        | <a href="http://www.medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage">www.medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage</a>                   |
| Where can I find a Medicare Supplement Insurance (Medigap) policy in my area?   |                 | X        | <a href="http://www.medicare.gov/medigap-supplemental-insurance-plans">www.medicare.gov/medigap-supplemental-insurance-plans</a>   |



# NUTRITION NOTES

## MARCH IS NATIONAL NUTRITION MONTH

As we age our bodies require fewer calories.  
Why? We just are not as active as we once were.  
How to eat less? Here are some tips:

Avoid oversized portions, use smaller plates, bowls and glassware.

Cook more at home, you have better control of what is in your food and how it is made.

When dining out ask for a “to go box” when your meal comes and package half of it to go to be enjoyed at a later time.

Reduce intake of solid fats by using oils when preparing food.

Reduce intake of added sugars by drinking water instead of sugar packed beverages and fruit instead of the sugary desserts.

**Eating healthy is not complicated.**  
**It can be fun and allow you to be creative with food.**  
Please contact your Registered Dietitian  
for any questions or suggestions.

**EAT RIGHT**



**BITE BY BITE**

National Nutrition Month®  
March 2020

**eat right.** Academy of Nutrition  
and Dietetics



## VALENTINES DAY AT RIVERTOWN

*“Cupid, draw back your bow . . .”*



## 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. 23, Acra  
(518) 622-9898

Elaine Cherrington  
Anna Thurman

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

#### **COXSACKIE**

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

Abby Schweter  
Meal Site Manager

Carol Harnett

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

Sal Alberti  
MaryAnn Brink

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

#### **ATHENS**

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

Shane Dillon  
Acting Senior Service Center Manager

JoanAnn Rouse, Central Kitchen Cook

Lana Marrone

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 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

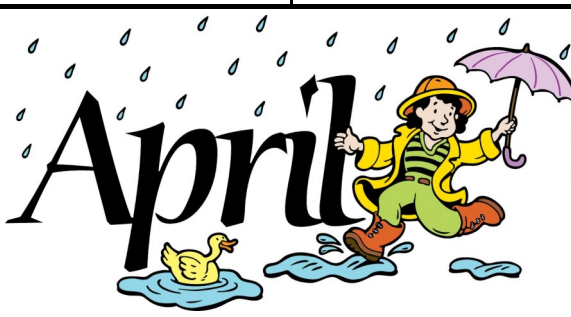







| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
| <b>2</b><br>CHICKEN DIVAN<br>RICE<br>GARLIC CARROTS<br>PEACHES  | <b>3</b><br>PORK CHOP<br>W/ GRAVY<br>& APPLESAUCE<br>NOODLES<br>BRAISED CABBAGE<br>PEANUT BUTTER<br>COOKIE   | <b>4</b><br>ROAST TURKEY<br>W/ GRAVY<br>MASHED POTATOES<br>BROCCOLI<br>WINTER SQUASH<br>BLUEBERRY PIE  | <b>5</b><br>SAUSAGE & PEPPERS<br>PASTA<br>BROCCOLI<br>CHOCOLATE<br>MOUSSE   | <b>6</b><br>SWISS VEGETABLE<br>FRITTATA<br>ITALIAN GREEN<br>BEANS<br>FRESH SALAD<br>ROASTED RED<br>POTATOES<br>V-8 JUICE<br>FRESH FRUIT   |
| <b>9</b><br>CHICKEN PARMESAN<br>PASTA<br>BROCCOLI<br>PEACHES  | <b>10</b><br>SWEDISH<br>MEATBALLS<br>NOODLES<br>RED CABBAGE<br>PEARS   | <b>11</b><br>ROAST PORK<br>W/ GRAVY<br>BRUSSELS SPROUTS<br>SWEET POTATO<br>APPLE CRISP   | <b>12</b><br>BEEF STEW<br>CALIFORNIA MIXED<br>VEGETABLES<br>LEMON PUDDING   | <b>13</b><br>BATTERED FISH<br>HARVARD BEETS<br>COLE SLAW<br>BAKED POTATO<br>FRESH FRUIT   |
| <b>16</b><br>BAKED CHICKEN<br>W/ GRAVY<br>MASHED POTATOES<br>SPINACH<br>PEACHES   | <b>17</b><br> CORNED BEEF<br>CABBAGE<br>BOILED POTATOES<br>CARROTS<br>CUPCAKE<br>W/ EMERALD GREEN<br>FROSTING | <b>18</b><br> <i><b>NATIONAL<br/>SLOPPY JOE<br/>DAY</b></i><br>SLOPPY JOES<br>GREEN BEANS<br>CAULIFLOWER<br>PEARS | <b>19</b><br>TURKEY SALAD<br>on Greens<br>POTATO SALAD<br>MARINATED<br>CARROTS<br>OATMEAL COOKIES   | <b>20</b><br><i><b>NATIONAL<br/>RAVIOLI<br/>DAY</b></i>  CHEESE RAVIOLI<br>ITALIAN MIXED<br>VEGETABLES<br>FRESH SALAD<br>FRESH FRUIT |
| <b>23</b><br>SWEET & SOUR PORK<br>BROWN RICE<br>BROCCOLI<br>PINEAPPLE CHUNKS  | <b>24</b><br>CHILI CON CARNE<br>WAX BEANS<br>TAPIOCA PUDDING   | <b>25</b><br>MEATLOAF<br>MASHED POTATOES<br>PARISIAN MIXED<br>VEGETABLES<br>BIRTHDAY CUPCAKE   | <b>26</b><br><i><b>NATIONAL<br/>SPINACH<br/>DAY</b></i>  CHICKEN<br>CACCIATORE<br>W/ LINGUINI<br>FRESH SALAD<br>SPINACH<br>FRESH FRUIT | <b>27</b><br>MACARONI<br>& CHEESE<br>3 BEAN SALAD<br>STEWED TOMATOES<br>ORANGE FRUITED<br>GELATIN   |
| <b>30</b><br> <i><b>NATIONAL<br/>HOT CHICKEN<br/>DAY</b></i><br>CHICKEN CHOW<br>MEIN<br>BROWN RICE<br>ORIENTAL<br>VEGETABLES<br>PINEAPPLE CHUNKS<br>& MANDARIN<br>ORANGES | <b>31</b><br>COOK'S CHOICE<br>CAULIFLOWER<br>FRUIT COCKTAIL<br>   |    |   |   |

# GREENE COUNTY SENIOR NUTRITION PROGRAM

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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><br>BEEF & PEPPERS<br>HARVARD BEETS<br>SWEET POTATO<br>APPLE CAKE  | <b>2</b><br>PULLED PORK<br>BAKED BEANS<br>COLESLAW<br>COLLARD GREENS<br>FRESH FRUIT  |  <b>3</b><br><b>NATIONAL CHOCOLATE MOUSSE DAY</b><br>CRAB TOPPED COD<br>GREEN BEANS<br>FRESH SALAD<br>ROASTED RED POTATO<br>CHOCOLATE MOUSSE |
|   | <b>6</b><br>ITALIAN SAUSAGE<br>TORTELLINI<br>ITALIAN MIXED VEGETABLES<br>PEACHES   | <b>7</b><br>BAKED CHICKEN w/ GRAVY<br>MASHED POTATOES<br>CARROTS<br>PEAR CRISP   |  <b>8</b><br><b>NATIONAL CHINESE ALMOND COOKIE DAY</b><br>SWEET & SOUR CHICKEN<br>BROWN RICE<br>BROCCOLI<br>CHINESE ALMOND COOKIE                          | <b>10</b><br>BATTERED FISH<br>FRESH SALAD w/ CHICK PEAS & CARROTS   |
| <b>13</b><br>CHICKEN DIJON<br>MASHED POTATOES<br>PINEAPPLE CHUNKS w/ MANDARIN ORANGES                 | <b>14</b><br>BEEF STEW<br>BROCCOLI<br>ROASTED WINTER SQUASH CUBES<br>RICE PUDDING w/ RAISINS                                     | <b>15</b><br>MEATLOAF w/ GRAVY<br>GREEN BEANS<br>ALMANDINE<br>SCALLOPED POTATOES<br>APPLE CRISP  |  <b>16</b><br><b>NATIONAL GLAZED HAM &amp; PINEAPPLE DAY</b><br>LOW SODIUM BAKED HAM<br>w/ PINEAPPLE SAUCE<br>BAKED POTATO<br>CARROTS<br>FRUITED GELATIN | <b>17</b><br>EGGPLANT<br>PARMESAN PASTA<br>ITALIAN GREEN BEANS<br>FRESH SALAD w/ CHICK PEAS<br>FRESH FRUIT  |
| <b>20</b><br>BEEF STRIPS & BROCCOLI<br>BROWN RICE<br>MIXED VEGETABLES<br>PEARS                        | <b>21</b><br>CHICKEN & BISCUITS<br>MASHED POTATOES<br>CARROTS<br>PEACH CRISP   | <b>22</b><br>SALISBURY STEAK w/ GRAVY<br>BEET SALAD<br>BROCCOLI<br>BAKED POTATO<br>TROPICAL MIXED FRUIT  |  <b>23</b><br><b>NATIONAL CHERRY CHEESECAKE DAY</b><br>ROAST TURKEY w/ GRAVY<br>MASHED POTATOES<br>MONACO MIXED VEGETABLES<br>CHERRY CHEESECAKE          | <b>24</b><br>WHOLE WHEAT LASAGNA<br>FRESH SALAD w/ CARROTS & CHICK PEAS<br>ITALIAN MIXED VEGETABLES<br>FRESH FRUIT  |
| <b>27</b><br>QUICHE LORRAINE<br>QUINOA<br>HASH BROWN<br>CALIFORNIA MIXED VEGETABLES<br>FRUIT COCKTAIL | <b>28</b><br>BAKED CHICKEN QUARTERS w/ GRAVY<br>MASHED POTATOES<br>MONACO MIXED VEGETABLES<br>PUMPKIN PUDDING w/ GRANOLA TOPPING |  <b>29</b><br><b>NATIONAL SHRIMP SCAMPI DAY</b><br>SHRIMP SCAMPI<br>BROWN RICE<br>BROCCOLI<br>PINEAPPLE DELIGHT |  <b>30</b><br><b>NATIONAL OATMEAL COOKIE DAY</b><br>AMERICAN GOULASH<br>FRESH SALAD w/ CHICK PEAS<br>WAX BEANS<br>OATMEAL RAISIN COOKIE                  |    |



**Do you know who are your Advisory Council  
to the Greene County Department for the Aging  
representatives?**

**Do you live in Durham or New Baltimore  
and would you like to serve on the Advisory Council?**

## **WE HAVE VACANCIES!**

Purpose: To advise the Department of Human Services to develop and administer the Aging service plan; conduct public hearings; represent the interest of the county's senior citizens, and review and comment on all community policies, programs and actions which affect older persons.

Richard Golden, Coxsackie - Chairman

Linda VanEtten - Halcott, Hunter, Lexington - Vice-chairperson

Florence Ohle, Community Action - Secretary

### **Representatives:**

Ernest Armstead - Catskill

Lynn Brunner - Athens

Edward Bloomer - Greene County Legislature

Michelle Deyo - Greene County Veterans Services

Kim Kaplan - Greene County Department of Health

Lawrence Krajeski - Catskill Mountain Housing

John & Judith LoPresti - Ashland, Jewett, Prattsville & Windham

Lillian Moore - RSVP

Beverly Myers - Greenville

Dorothy True - Cairo

Dawn Wallant - Common Ground

Vacant - Greene County Department of Social Services

Vacant - Greene County Transit

***Welcome to our newest member, Ernest Armstead.***

Ernie will be representing the Town of Catskill. He has been a volunteer in the community for numerous years, including at the Robert Antonelli Senior Center. He brings to the council a wealth of experience in Emergency Services. We look forward to working together with him for the benefit of the Greene County senior citizens.





## **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 \$15.00/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**

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*)

### 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      \_\_\_\_\_ Senior Angels Program  
\_\_\_\_\_ Nutrition Program/Home-delivered Meals      \_\_\_\_\_ Round Table News  
\_\_\_\_\_ Homebound transportation      \_\_\_\_\_ Where most needed

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

2020



*For your donations*

*Carolyn Yusko  
In Memory of Loved Ones*

*Mary & Roger Kibbey  
In Memory of Joseph & Violet Rubinoi  
for the Round Table News & where needed most*

# GREENE COUNTY SENIOR CITIZENS CLUBS

## ATHENS:

### **ATHENS SENIOR CITIZENS**

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

## CAIRO:

### **CAIRO GOLDEN AGERS**

2nd & 4th monthly Wednesday, 1:30 p.m.  
Acra Community Center

## CATSKILL

### **CATSKILL SILVER LININGS**

2nd monthly Thursday, 1:00 p.m.  
Robert J. Antonelli Senior Center

## GREENVILLE:

### **GREENVILLE GOLDEN YEARS**

1st monthly Wednesday, 1:30 p.m.  
American Legion Hall

## 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

## MOUNTAIN-TOP:

### **MOUNTAIN TOP GOLDEN AGERS**

4th monthly Thursday, 1:30 p.m.  
Tannersville Village Hall

## **W-A-J-P-L GOLDEN AGE CLUB**

1st & 3rd monthly Monday, 1:30 p.m.  
Hensonville Town Bldg.



## IMPORTANT NOTE:

NEITHER GREENE COUNTY NOR THE DEPARTMENT OF HUMAN SERVICES ENDORSES ANY SENIOR CLUB ACTIVITY. WE MERELY PASS THE INFORMATION ALONG AS A COURTESY TO THE SENIOR CLUBS. FOR FURTHER INFORMATION, CONTACT THE SPECIFIC CLUB SPONSORING THE EVENT.



### **WAJPL Golden Age Club 2020 Day Trips**

APRIL 22 BROWNSTONE (PATTERSON, NJ)  
*GREATEST SINGING GROUPS OF THE 50s & 60s*  
\$63

APRIL 30 PROCTOR'S "CATS" \$80  
W/ LUNCH AT GLEN SANDERS MANSION

JUNE 18 SPRINGFIELD, MASS. \$15  
ARMORY NATIONAL HISTORIC SITE  
& MGM CASINO

LOG CABIN (HOLYOKE, MASS.) - 2 TRIPS  
JULY 28 ROD STEWART TRIBUTE \$65  
AUGUST 4 BILLY JOEL TRIBUTE \$62

TO MAKE RESERVATIONS,  
CALL MARY LOUISE 518-622-3397  
OR VICKY 518-734-4164

### **Mountain Top Golden Agers 2020 Day Trips**



MAY 21 CLOVE CREEK DINNER THEATER  
*"OVER THE RIVER & THROUGH THE WOODS"*  
LUNCHEON/COMEDY SHOW  
\$65 MEMBERS \$70 NON-MEMBERS

JUNE 24 MACHAYDN THEATRE  
*"MAN OF LAMANCHA"*  
LUNCH AT KOZEL'S & SHOW  
\$65 MEMBERS \$70 NON-MEMBERS

JULY 15 WESTCHESTER DINNER THEATER  
*"9 TO 5, THE MUSICAL"*  
BASED ON 1980 HIT MOVIE  
\$63 MEMBERS \$68 NON-MEMBERS

TO MAKE RESERVATIONS,  
CALL CHRISTOPHER @ 518-589-5815

CATSKILL SILVER LININGS SENIOR CLUB BUS TRIP

## POLISH FESTIVAL

HOTEL ANTHRACITE  
CARBONDALE, PA



**APRIL 1, 2020**

\$77 PER PERSON

MOTOR COACH TRANSPORTATION  
EAT, DRINK, DANCE, LAUGH, LET LOOSE AND HAVE FUN!  
UPON YOUR ARRIVAL, YOU'LL BE TREATED TO COFFEE AND APPLE STREUSEL.  
FREE TIME TO BROWSE THE ARTISAN JEWELRY, GIFTS,  
AND LOCAL SPECIALTY FOODS AVAILABLE FOR PURCHASE.  
OPEN BAR (BEER, WINE, AND SODA) AVAILABLE THROUGHOUT THE DAY.  
THE DANCE FLOOR WILL BE OPEN.  
GOOD OLD FASHION POLKA MUSIC FEATURING THE POLKA PUNCH BAND.  
FAMILY STYLE LUNCH FEATURING SUCH POLISH FAVORITES OF  
BORSCHT, KIELBASA, GOSTA POTRANKS MYSLINKA (BEEF STEW),  
HALUSKI, PIEROGIES, PLACKI KARTOFLANE (POTATO CAKES)  
AND OTHER FINE POLISH FOODS!  
AS YOU DEPART FOR HOME, YOU WILL BE TREATED TO A SNACK.

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

CATSKILL SILVER LININGS SENIOR CLUB BUS TRIP

## FOXWOODS/MOHEGAN SUN



**APRIL 27 - 28, 2020**

\$220 DOUBLE OCCUPANCY \$265 SINGLE OCCUPANCY

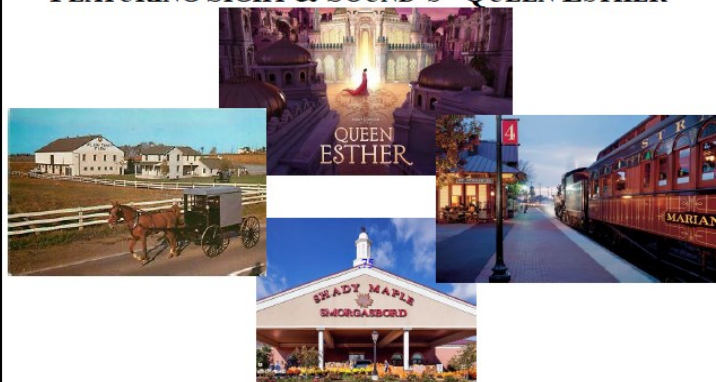
6 HOURS AT MOHEGAN SUN  
TWO FULL LUNCH BUFFETS AT MOHEGAN SUN  
OVERNIGHT LODGING AT FOXWOODS  
FULL DINNER & BREAKFAST BUFFET AT FOXWOODS  
SHOPPING AT TANGERS OUTLETS W/ DISCOUNTS  
PRIVATE VIP SCREENING OF 1<sup>ST</sup> RUN MOVIE  
CHOICE OF GOURMET SANDWICH W/ GLASS OF WINE, BEER OR SOFT DRINK  
BAGGAGE HANDLING, TAXES & SERVICE CHARGES INCLUDED  
\$30 FREE BETS \$10 SLOT PLAY

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

COXSACKIE SENIORS' BUS TRIP

## PENNSYLVANIA AMISHLANDS

FEATURING SIGHT & SOUND'S "QUEEN ESTHER"



**APRIL 27 - 29, 2020**

\$395 PER PERSON/DOUBLE OCCUPANCY \$495 PER PERSON/SINGLE OCCUPANCY

MOTOR COACH TRANSPORTATION  
TWO NIGHTS LODGING W/ BREAKFAST  
TWO DINNERS INCLUDING FAMILY-STYLE DINNER  
& SHADY MAPLE SMORGASBORD  
PERFORMANCE OF "QUEEN ESTHER" AT SIGHT & SOUND THEATRE  
RIDE ON STRASBURG RAILROAD  
KITCHEN KETTLE VILLAGE  
THE MARKET @ THE WILBUR  
SOUVENIR GIFT, LUGGAGE HANDLING, TAXES & MEAL GRATUITIES

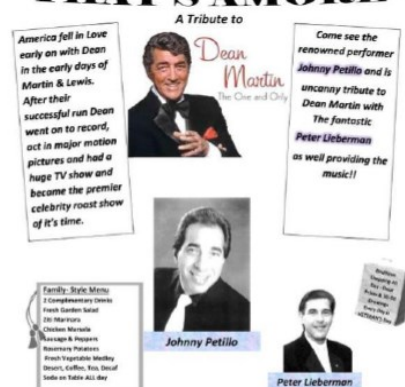
FOR FURTHER INFORMATION OR TO MAKE A RESERVATION,  
CALL LINDA WILKINSON AT 518-731-8648

CATSKILL SILVER LININGS SENIOR CLUB BUS TRIP

## ACE IN THE HOLE PRODUCTION A TRIBUTE TO DEAN MARTIN

THE BROWNSTONE, PATERSON, NJ

### "THAT'S AMORE"



**MAY 6, 2020**

\$88 PER PERSON  
TRANSPORTATION  
LUNCHEON  
SHOW & DANCING

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



## WILLIAMSBURG & CHARLOTTESVILLE

With Berkeley Plantation & Thomas Jefferson's Monticello

5 DAYS - 4 NIGHTS

MAY 11 - 15, 2020

**\$689 per person** double occupancy  
**\$649 per person** triple occupancy  
**\$888 per person** single occupancy

### PACKAGE INCLUDES:

- \* 4 Nights lodging
- \* 4 Breakfasts
- \* Buffet Lunch at Historic Michie Tavern
- \* 3 Dinners including Captain George's Smorgasbord
- \* 2-Day Ticket to Colonial Williamsburg
- \* Guided Tour of Colonial Williamsburg
- \* Self-guided tour of Jamestown Settlement
- \* Tour of Thomas Jefferson's Monticello
- \* Admission to Berkeley Plantation
- \* Drive-by University of Virginia
- \* Souvenir gift
- \* Luggage handling
- \* Taxes and meal gratuities
- \* Motorcoach transportation

Cancellation insurance available upon request; see reverse side

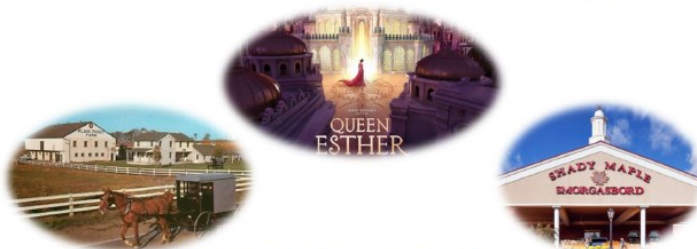
### FOR INFORMATION AND RESERVATIONS CONTACT:

**WAJPL GOLDEN AGE CLUB**  
**Mary Louise (518) 622-3397**  
 or  
**Vicky (518) 734-4164**

WHITE STAR TOURS 26 E. Lancaster Avenue, Reading PA 19607 \* 610-775-5000 \* 800-437-2323 \* www.whitestartours.com

### CATSKILL SILVER LININGS BUS TRIP

## PENNSYLVANIA AMISHLANDS



MAY 18 - 20, 2020

\$475 PER PERSON/DOUBLE OCCUPANCY \$575 PER PERSON/SINGLE OCCUPANCY  
 \$25 Deposit due upon signing up; Balance due by March 12, 2020

### MOTOR COACH TRANSPORTATION

TWO NIGHTS LODGING W/ BREAKFAST

LUNCH & HIGH TEA AT STIRLING MANSION

TWO DINNERS INCLUDING BIRD IN HAND RESTAURANT

& SHADY MAPLE SMORGASBORD

PERFORMANCE OF "QUEEN ESTHER" AT SIGHT & SOUND THEATRE

AMERICAN MUSIC THEATRE'S "BRITAIN'S BEST"

KITCHEN KETTLE VILLAGE BIRD-IN-HAND FARMER'S MARKET

SOUVENIR GIFT, LUGGAGE HANDLING, TAXES & MEAL GRATUITIES

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

## ACE IN THE HOLE'S EXCITING 2020 SEASON

Brownstone-May 28, 2020

# "TRIBUTE TO CAROLE KING"



With the recent success of the hit Broadway play  
 "Beautiful"

Ace In The Hole is paying tribute to the iconic  
 songwriter and singer Carole King!!

This fantastic lady is responsible for so many  
 incredible hits such as

"Will You Still Love Me Tomorrow",  
 "You've Got a Friend", "Natural Women" &

"I Feel The Earth Move"

This is going to be Spectacular!!!  
 Book now, This show is going to sell quickly!!



Starring Deb De Lucca &

### Family-Style Menu

- 2 Complimentary Drinks
- Warm Rolls
- Fresh Garden Salad
- Chicken Gumbo Soup
- BBQ Chicken
- Stuffed Lamb of Pork
- Rice Pilaf
- Fresh Vegetable Medley
- Dessert
- Coffee, Tea, Decaf



Sweet Seasons

\$60.00 members  
 \$65.00 non-member

**CAIRO GOLDEN AGERS**  
**Anna Ruth Greer**  
**226 Brown Road**  
**East Durham, NY 12423**  
**(518) 239-4048**

### CATSKILL SILVER LININGS BUS TRIP

## MGM SPRINGFIELD CASINO



JUNE 8, 2020

\$24 PER PERSON

MOTOR COACH TRANSPORTATION  
 CASINO PACKAGE

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

### GREENVILLE GOLDEN YEARS BUS TRIP

## **"SONNY & CHER VARIETY SHOW"**

**FEATURING TOMMY WALKER & RYAN KELLY**



**THE BROWNSTONE, PATERSON, N. J.**



**JUNE 9, 2020**

**\$60 INCLUDES**

LAUGH WITH COMIC, UNCLE FLOYD

FAMILY STYLE MEAL:

2 COMPLIMENTARY DRINKS DURING HAPPY HOUR

FRESH GARDEN SALAD W/ ROLLS

CORN CHOWDER

BRAISED BEEF TIPS

ROAST CHICKEN

MASHED POTATOES

FRESH VEGETABLE MEDLEY

DESSERT

HOT BEVERAGES - SODA

BOUTIQUE SHOPPING

DOOR PRIZES 50/50 DRAWINGS

FOR FURTHER INFORMATION, CALL PHYLLIS AT 518-943-9028

### MOUNTAINTOP GOLDEN AGERS BUS TRIP

## **CAPE COD, MASSACHUSETTS INCLUDING CHATHAM & PLYMOUTH**



**SEPTEMBER 8 - 11, 2020**

**\$534 PER PERSON, DOUBLE OCCUPANCY**

**\$673 PER PERSON, SINGLE OCCUPANCY**

**\$100 DUE WITH RESERVATION, \$300 DUE JUNE 5, BALANCE DUE BY JULY 20**

**MAIL RESERVATION TO: MOUNTAIN TOP GOLDEN AGERS**

**PO BOX 818**

**TANNERSVILLE, NY 12485**

**MOTORCOACH TRANSPORTATION**

**3 NIGHTS LODGING W/ BREAKFAST & DINNER**

**ESCORTED TOURS OF:**

**PROVINCETOWN, CHATHAM, HYANNIS**

**PLYMOUTH & PLYMOUTH ROCK**

**HISTORIC SANDWICH**

**HYANNIS HARBOR CRUISE W/ VIEW OF KENNEDY COMPOUND**

**BEACH TIME - SOUVENIR GIFT - LUGGAGE HANDLING**

**MEAL GRATUITIES**

FOR FURTHER INFORMATION, CALL CHRISTOPHER AT 518-589-5815

### CATSKILL SILVER LININGS BUS TRIP

## **WINDSOR, ONTARIO**



**SEPTEMBER 14 - 19, 2020**

**\$850 PER PERSON/DOUBLE OCCUPANCY**

**\$1,130 PER PERSON/SINGLE OCCUPANCY**

**\$820 PER PERSON/TRIPLE OCCUPANCY**

**\$25 deposit due with reservation - Valid passport required when traveling into Canada**

**MOTOR COACH TRANSPORTATION**

**OVERNIGHT LODGING TO/FROM WINDSOR, ONTARIO**

**3 NIGHTS LODGING AT CAESAR'S WINDSOR CASINO**

**W/ MARKET PLACE BUFFET DINNER & TWO \$15 MEAL VOUCHERS**

**4 BREAKFASTS & 1 LUNCH WINDSOR RIVER CRUISE**

**ROCK 'N' ROLL HALL OF FAME MOTOWN-HITSVILLE USA**

**ROARING TWENTIES RUM RUNNERS TOUR**

*(Greeting by Legendary Bertha Thomas at a riverfront roadhouse, visit church made famous by the Fighting Parson, meet "King Canada" & buffet lunch at a speakeasy)*

**ROAD THAT LED TO FREEDOM TOUR**

*(Underground Railroad sites of Sandwich Baptist Church, John Freeman Walls Underground Railroad Site/Museum, North Buxton National Historic Site & Uncle Tom's Historic Site)*

**CHARLES H. WRIGHT MUSEUM OF AFRICAN AMERICAN HISTORY**

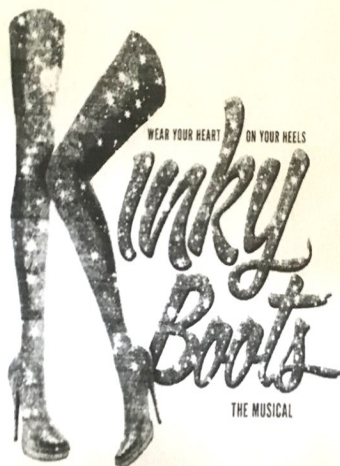
**SOUVENIR GIFT, LUGGAGE HANDLING IN ONTARIO, TAX & MEAL GRATUITIES**

FOR FURTHER INFORMATION OR TO MAKE A RESERVATION,

CALL GEORGIANNA RAMSAY AT 518-622-3257

## **WESTCHESTER BROADWAY THEATRE**

**September 30, 2020**



**BOOK BY  
HARVEY FIERSTEIN**

**MUSIC BY  
CYNDI LAUPER**

**lunch included**

**CAIRO GOLDEN AGERS**

**Anna Ruth Greer**

**226 Brown Road**

**East Durham, NY 12423**

**(518) 239-4048**

**\$65.00 members**

**\$70.00 non-members**

### CATSKILL SILVER LININGS SENIOR CLUB BUS TRIP



## **AQUA TURF CLUB - PLANTSVILLE, CT**

**Aqua Turf style German food accompanied by German, Polka & American Music!**

**Daigle's Beer Hall Boys have been playing nationwide since 2001.**

**Show them how you can dance!**

**OCTOBER 19, 2020**

**\$71 PER PERSON**

**TRANSPORTATION**

**COMPLIMENTARY COFFEE & DONUTS**

**LUNCHEON:**

**Salad, Pasta, Lemon Chicken, Pork Schnitzel,**

**Kartoffelgratin, Sauerkraut & Dessert**

**COMPLIMENTARY GLASS OF BEER OR WINE**

**SHOW & DANCING**

FOR FURTHER INFORMATION OR TO MAKE A RESERVATION,

CALL GEORGIE AT 518-622-3257

# Beware of Social Security Phone Scams



Securing today  
and tomorrow

Telephone scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. Do not be fooled!

**If you receive a suspicious call:**

- 1. HANG UP!**
- 2. DO NOT GIVE THEM MONEY OR PERSONAL INFORMATION!**
- 3. REPORT THE SCAM AT [OIG.SSA.GOV](https://oig.ssa.gov)**



## What to look out for



The caller says there is a **problem** with your Social Security number or account.



Any call asking you to pay a fine or debt with retail gift cards, cash, wire transfers, or pre-paid debit cards.



Scammers **pretend** they're from Social Security or another government agency. Caller ID or documents sent by email may look official but **they are not**.



Callers threaten you with arrest or other legal action.

## Be Alert

Social Security may call you in some situations but will **never**:

- » Threaten you
- » Suspend your Social Security Number
- » Demand immediate payment from you
- » Require payment by cash, gift card, pre-paid debit card, or wire transfer



## Be Active

Protect yourself and your friends and family!

- » If you receive a questionable call, just hang up and report the call at [oig.ssa.gov](https://oig.ssa.gov)
- » Learn more at [oig.ssa.gov/scam](https://oig.ssa.gov/scam)
- » Share this information with others



## Greene County Women's League

A 501(c)(3) not-for-profit organization whose mission is to provide Greene County Cancer patients with assistance in paying medical expenses resulting from the diagnosis and treatment of cancer. All donations are committed to patient care.

Meetings are held on the 1<sup>st</sup> Tuesday, April thru December, with the exception of August (Fundraising Luncheon) & December (Christmas Party) at Angel's Family Restaurant (4385 NY-23, Cairo). Lunch is at 12:00 p.m. followed by the meeting being called to order promptly at 1:00 p.m. The Greene County Women's League Cancer Patient Aid (GCWL) always welcomes new members. Membership helps to keep the GCWL operational.

For more information, call 518-819-1249 **OR**

• On the web at:

[www.greencountywomensleague.com/become-a-member/](http://www.greencountywomensleague.com/become-a-member/), \* On FACEBOOK

# OUT OF THIS WORLD

SAVE THE DATE  
JUNE 19 - 21, 2020

PARADE - SATURDAY, JUNE 20, 2020 - 2PM  
LINE UP AT NOON



City of Hudson, NY



## ADULT LEARNING INSTITUTE MARCH 2020 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, March 2 and 16

Open Pinochle Group

Tuesday, March 3, 10, 17, 24 & 31

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

Bridge Group w/ Lessons

Wednesday, March 4, 11 & 25

Mahjongg

Thursday, March 12

10:30 a.m. - 12:00 p.m.

Creating a Cutting Garden

*Create a low maintenance garden that will provide you with beautiful blooms from spring to first frost. Come learn about popular annuals & perennials to grow.*

Thursday, March 26

10:30 a.m. - 12:00 p.m.

Just Do It!

*A seminar for financial survival that will focus on how to make correct decisions.*

**SHADES OF IRELAND" Trip - October 3 - 12, 2020**

**\$500 deposit due March 27, 2020 (Refundable up to April 3, 2020)**

**Final payment- Aug. 4, 2020 Contact ALI office for further information**



# News From the Greene County Youth Bureau



## **NOMINATIONS SOUGHT for 2020 YOUTH AWARDS**

The Greene County Children, Youth & Community Advisory Board is sponsoring the annual Greene County Youth Awards (Youth of the Year, Chairman's Choice & Director's Choice) for 2020. The purpose of the awards are 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.

Any inquiries, for further information, may also be directed to the department. Deadline for entries is March 31, 2020.



## **GREENE COUNTY CHILDREN, YOUTH AND COMMUNITY ADVISORY BOARD**

Purpose: To develop and recommend policy and procedures that guide the activities of the Greene County Youth Bureau in providing opportunities that improve the lives of families and youth in the county.

Pamela Coloton, HTC School District - Chairwoman

MaryAnn Scalera - Public, Vice-chairwoman

MaryJo Jaeger, Greene County Liaison - Secretary

### **Representatives:**

Debra Kingman - Greene County Probation

Penny Martinez - GC Dept. of Health

William O'Connor - General Public

Brenna Rustick - County Youth

Angelo Scaturro - Greene County Public Defender

Lawrence Krajewski - Catskill Mtn. Housing

Aizlyn O'Connell - County Youth

Alison Phoenix - General Public

John Scalera - General Public

Don Smith - General Public

## **OPEN VACANCIES FOR GENERAL PUBLIC and COUNTY YOUTH**

If you think, you might have the qualities we need for our Board, contact the Department of Human Services at 518-719-3555.

## FREQUENTLY ASKED QUESTIONS



*Q: What are e-cigarettes?*

E-cigarettes come in many forms and are known by different names, including “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems” (ENDS). These products are battery-operated devices designed to deliver nicotine, flavorings and other chemicals in the form of an aerosol that users inhale.

*Q: What are the major conclusions of the 2016 Surgeon General’s Report, Electronic Cigarette Use Among Youth and Young Adults?*

E-cigarettes are a rapidly emerging and diversified product class. These devices typically deliver nicotine, flavorings, and other additives to users via an inhaled aerosol. These devices are referred to by a variety of names, including “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” and “tank systems.”

E-cigarettes are now the most commonly used tobacco product among youth, surpassing conventional cigarettes in 2014. E-cigarette use is strongly associated with the use of other tobacco products among youth and young adults, including combustible tobacco products. E-cigarette use among youth and young adults has become a public health concern. In 2014, current use of e-cigarettes by young adults 18-24 years of age surpassed that of adults 25 years of age and older.

The use of products containing nicotine poses dangers to youth, pregnant women, and fetuses. The use of products containing nicotine in any form among youth, including in e-cigarettes, is unsafe. E-cigarette aerosol is not harmless. It can contain harmful and potentially harmful constituents including nicotine. Nicotine exposure during adolescence can cause addiction and can harm the developing adolescent brain.

E-cigarettes are marketed by promoting flavors and using a wide variety of media channels and approaches that have been used in the past for marketing conventional tobacco products to youth and young adults.

Action can be taken at the national, state, and local levels to address e-cigarette use among youth and young adults. Actions could include incorporating e-cigarettes into smoke free policies, preventing access to e-cigarettes by youth, price and tax policies, retail licensure, regulation of e-cigarette marketing likely to attract youth, and educational initiatives targeting youth and young adults.

*Q: Why does this report focus on youth and young adults?*

This report focuses on e-cigarette use among youth and young adults because research indicates that this is a critical period for influencing tobacco use and related behaviors. Nearly all adult tobacco users first initiated tobacco use in youth or young adulthood.

Previous Surgeon General’s Reports ([1994](#) and [2012](#)) have highlighted the effectiveness and importance of interventions to prevent and reduce tobacco use among youth and young adults. This is the first Surgeon General’s Report focused on the issue of e-cigarettes and young people.



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| <b><u>YOUTH SERVICES WORKERS:</u></b> | Carrie E. Wallace                       | Laura Anderson                  |

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.

The Greene County Round Table News is available for free at our senior nutrition sites, area libraries, banks, post offices, and senior facilities throughout Greene County, and is available electronically. To be added to or removed from our circulation list, call (518) 719-3555 or email aging@discovergreene.com.