



## **STATE of EMERGENCY**

The information in this issue is up-to-date as of our publication date, March 26, 2020. As news regarding COVID-19 and how it affects our services changes daily, please call the Greene County Department of Human Services' office with questions about services we provide if unsure.

A State of Emergency was declared in Greene County effective March 15, 2020. This was declared due to the threat to public safety produced by the effects of the ongoing COVID-19 Virus. The emergency will remain in effect for thirty days or until rescinded.

**Due to the Executive Order from the Governor, in-office staff levels have been reduced.** The Greene County Office Building will only be open via the Water Street entrance Monday - Thursday 9:00 a.m. - 5:00 p.m. The building will be closed on Fridays until further notice.

- The Public Health Department is by Appointment Only – Call 518-719-3600 to schedule an appointment.
- Family Planning Services (516-719-3580) and Greene County Mental Health Services, Cairo (518-622-9163) are available by appointment only. Clinical services for both will be delivered by telemedicine.
- DMV office & Greene County Clerk's office will be closed to the public until further notice. They will continue to accept mail/transactions and dealer work at the back door drop box.

The county will resume normal operations when allowed.

**Please note that the Greene County Emergency Operations Center (EOC) is operational and staffed from 9:00 a.m. to 5:00 p.m. every day. Below are important phone numbers for municipalities and citizens to utilize:**

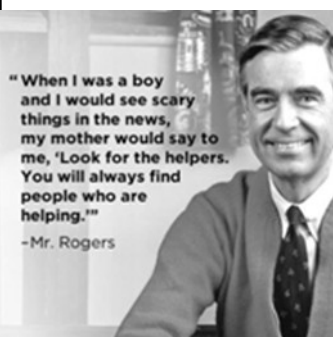
• **EOC Main Line:** 518-635-5115 or 518-622-3643 (*local municipalities to call for assistance and make reports*)

• **Public Health Call Center for COVID-19 questions and assistance:** 518-635-5165

• **Public Assistance Number:** 518-635-5119, for individual use and or businesses for general information

**Email:** [emergency@gc911eoc.com](mailto:emergency@gc911eoc.com)

**If you believe you should be tested for COVID-19,  
Call Columbia Memorial Hospital (518) 828-8249.**



**THANK YOU TO ALL  
THE HELPERS HERE IN  
GREENE COUNTY**

**NOTE:**  
Bottom right box  
resources for  
Greene County  
& NY

# COVID-19

## Protection, Planning & Care for Older Adults

Florida Department of Health • FloridaHealth.gov

Article courtesy of

According to the Centers for Disease Control and Prevention, older adults may have a greater chance for serious illness from COVID-19—especially people with weak immune systems or underlying chronic medical conditions like heart, lung, diabetes or kidney disease.

- **Symptoms include:** fever, coughing, and shortness of breath. If you develop symptoms, stay home and call your health care provider. You may be able to recover at home.
- **You need emergency help** if symptoms become more severe, there is chronic chest pain, breathing is difficult or your lips turn bluish.



### Protection

**Wash your hands** often with soap and water for at least 20 seconds. Wash after blowing your nose, coughing or sneezing. Wash after spending time in a public place. Wash before and after touching people you're caring for. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

**Cover your coughs and sneezes.** Use a tissue or your sleeve when coughing.

#### Practice Social Distancing:

- Avoid crowds and large gatherings, especially in venues with poor ventilation.
- Don't shake hands with people.
- Keep at least 6 feet between you and other people.
- Stay away from people who may be sick.
- Try shopping during off-hours—later on weeknights or earlier on weekends—when crowds at stores are lower.
- Avoid touching "high-touch" surfaces: elevator buttons, door handles, handrails, etc.
- Find out if family or friends have been sick in the past two weeks **BEFORE** they visit. If they have been sick, reschedule at least two weeks out.

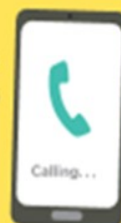
### Planning

**Get a flu shot** if you are showing no symptoms of illness.

**If you depend on regular medical treatment** like dialysis, wound care, etc., talk to your health care provider about special arrangements.

**Create a contact list** of family, friends, neighbors, health care providers, community assistance programs and drivers. Make sure phone numbers are up-to-date.

**Stay in touch** with the people on your list and let them know you may need them for help if you become sick.



#### Have a two-three week supply of the following:

- Non-perishable food
- Medical and health care supplies
- Prescriptions: make sure they are up-to-date



### Care

**Caregivers, help prevent the spread of COVID-19.**

**If the person you're caring for lives in a facility:**

- Know the facility's outbreak protocol.
- Ask daily about the health of the other residents.
- Monitor visitors. Ask if they've been ill over the past two weeks or if they currently have a fever. A "yes" answer means the visit needs to be postponed for at least two weeks.

**If you're caring for someone at home,** you'll need to prepare a separate bedroom and bathroom for them. Learn more about this type of at-home care: [CDC.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html)

HYGIENE  
IS IMPORTANT.  
FOLLOW  
PROTECTION  
GUIDANCE  
ABOVE.

### Updates & Additional Resources

Center for Disease Control & Prevention (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

NYS DOH:

<https://coronavirus.health.ny.gov/home>

Greene County Department of Public Health:

<https://www.greene.government.com/departments/public-health>



## **MEDICARE & COVID-19**

### **Medicare covers related needs**

- Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs.
- Medicare covers all medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine.
- At this time, there's no vaccine for COVID-19. However, if one becomes available, it will be covered by all Medicare Prescription Drug Plans (Part D).
- If you have a Medicare Advantage Plan, you have access to these same benefits. Medicare allows these plans to waive cost-sharing for COVID-19 lab tests. Many plans offer additional tele-health benefits beyond the ones described below. Check with your plan about your coverage and costs.

### **Tele-health & related services**

- Medicare covers “virtual check-ins” so you can connect with your doctor by phone or video, or even an online patient portal, to see whether you need to come in for a visit. If you're concerned about illness and are potentially contagious, this offers you an easy way to remain at home and avoid exposure to others.
- You may be able to communicate with your doctors or certain other practitioners without necessarily going to the doctor's office in person for a full visit. Medicare pays for “virtual check -ins”—brief, virtual services with your established physician or certain practitioners where the communication isn't related to a medical visit within the previous 7 days and doesn't lead to a medical visit within the next 24 hours (or earliest appointment available).
- You need to consent verbally to using virtual check-ins and your doctor must document that consent in your medical record before you use this service. You pay your usual Medicare coinsurance and deductible for these services.
- Medicare also pays for you to communicate with your doctors using online patient portals without going to the doctor's office. Like the virtual check -ins, you must initiate these individual communications.
- If you live in a rural area, you may use communication technology to have full visits with your doctors. The law requires that these visits take place at specified sites of service, known as tele-health originating sites, and get services using a real-time audio and video communication system at the site to communicate with a remotely located doctor or certain other types of practitioners. Medicare pays for many medical visits through this tele-health benefit.



## GREENE COUNTY SHERIFF'S OFFICE SENIOR CALL-IN PROGRAM

The Greene County Sheriff's Office has implemented a Senior Call -in Program for our senior citizens that helps ensure their safety and well-being. The program assists seniors daily in making sure they are in good health.

### **How the Program works**

Members of the program are instructed to call **518-731-4273** daily, between the hours of 7:00 a.m. - 10:00 a.m. and advise the officer who receives the call that they are OK.

If a call is not received by a person on the list by 10:15 a.m., Greene County Sheriff's Office will take the following steps to check on that person's welfare:

- \*Call that person
- \* Call relatives and friends of that person
- \* A patrol unit will be dispatched to the residence to check on the well-being of the listed senior.

### **Other Important Information**

Although not required, seniors are encouraged to provide major medical precautionary information which may assist our officers in times of need.

If seniors will not be participating in the program due to unforeseen circumstances, such as a vacation, hospitalization or any other long-term activity, it is important to let the Sheriff's Office know the dates/times to not expect a contact from that senior.

Application forms (below) can be turned into the Greene County Sheriff's Office at 370 Mansion Street, West Coxsackie, NY 12192.



### **KEEP IN TOUCH – SENIOR CALL IN LIST** **518 – 731 – 4273**

NAME: \_\_\_\_\_  
PHONE NUMBER: \_\_\_\_\_  
CELL NUMBER: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_

#### **EMERGENCY CONTACT #1:**

NAME: \_\_\_\_\_  
PHONE #: \_\_\_\_\_

#### **EMERGENCY CONTACT #2:**

NAME: \_\_\_\_\_  
PHONE #: \_\_\_\_\_

#### **KEY HOLDER:**

NAME: \_\_\_\_\_  
PHONE #: \_\_\_\_\_

*\*In the event that law enforcement needs to gain entry into my home, I authorize any and all action to be taken to gain such entry.\**

#### **Major Medical Precautions**

I, \_\_\_\_\_ would like to provide law enforcement professionals at the Greene County Sheriff's Department with any medical precautionary information which may assist them in the performance of their duties. I understand that giving medical precautionary information is voluntary.

Date - \_\_\_\_\_  
Signature - \_\_\_\_\_

#### **Major Medical Precautions List**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





## 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



New York State Attorney General Letitia James says her office has gotten reports of people knocking on doors claiming to be from the Centers for Disease Control and offering tests for the coronavirus for a fee.

The Attorney General says the reports have been coming from residents in Otsego County. She says residents should know that **NO ONE FROM THE CDC OR ANY OTHER PUBLIC HEALTH AGENCY IS KNOCKING ON DOORS TO PROVIDE COVID-19 TESTS FOR A FEE OR OTHERWISE.**

James earlier had sent several cease-and-desist letters to individuals and companies trying to market products claiming to be cures while there are no such FDA-approved products.

The Attorney General also has put several businesses on notice in New York that have been charging excessive prices for hand sanitizers, disinfectant sprays, rubbing alcohol and other items being sought during the crisis. Any price-gouging situations should be reported to the Attorney General's office.

## **10TH ANNUAL GREENE COUNTY SENIOR CITIZENS' DAY**



**WATCH FOR FUTURE ANNOUNCEMENTS  
WITH FURTHER INFORMATION  
ON DATE, LOCATION  
AND OTHER PERTINENT DETAILS.**



**VOLUNTEERS ARE AMERICA**



## **NEED FOR VOLUNTEER DRIVERS** **NOW and YEAR-ROUND**

- ☆ **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 various areas of the county. 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.



## **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 - Must attend both days      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.*

**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*

**Wednesday, May 20 & Thursday, May 21**

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

**Wednesday, May 27 & Thursday, May 28**

**Town of Cossack Senior Center**      *Mansion Street, Cossackie*

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



*WHEREAS, the week of April 19 – April 25, 2020 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 the Retired and Senior Volunteer Program (RSVP) volunteers to provide and assist with vital services for the elderly residents of Greene County; and*

*WHEREAS, these volunteers are crucial to the Department's Aging services, such as 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, these RSVP 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 DEPT. of HUMAN SERVICES'  
RSVP VOLUNTEER MONTH***

*AND FURTHER, we recognize and thank the many volunteers, "Very Incredible People", within Greene County, who lend their time, talent and voice to make a difference in their communities. With great pleasure, we honor all our county volunteers and convey the sincere gratitude and appreciation of our citizens for the dedicated, selfless and compassionate efforts of these volunteers.*

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

***NOTE: These services have been modified due to COVID-19. Please call for availability.***



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



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

**TUESDAY:** Cairo/Catskill

**WEDNESDAY:** Athens/Coxsackie

**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 office.



***Do you ride the Greene County Transit bus? Apply for a Senior Pass!***

*Senior citizens (60 and over) are eligible for their fare to be fully subsidized. Just fill out a registration form or contact the Dept. of Human Services (518) 719-3555.*



# Responding to Vision Loss: What Caregivers Need to Know

To assist individuals who are blind or visually impaired achieve independence and growth.

This is accomplished by providing services and support that are flexible and responsive to each person's unique needs.

## NABA Services

- KidSight & Recreation Program
- Assistive Technologies & Training
- Manufacturing
- Vocational - To prepare for, retain or find new employment
- In-home & on-site vision rehabilitation services for adults (ALP)
- Seniors are our largest service population

## Early Signs of Vision Loss – *Get to the doctor!*

- Headaches
- Flashes of light – *Call your doctor ASAP!*
- Bumping into objects, tripping, falling
- Reaching out for objects in an uncertain manner
- Requesting additional lighting
- Sensitivity to light
- Difficulty recognizing familiar people or objects
- Squinting or tilting head to the side
- Reporting traffic 'incidents'
  - such as missed stop signs, fender benders
- Having an unkempt appearance
- Uncertain or hesitant near stairs
- Discontinuing favorite activities
  - such as reading, TV watching, crafts
- Spilling liquids when pouring
- Dropping food or utensils when eating

## Senior Adaptive Living Program (ALP)

- Low vision exams
- Visual Rehabilitation Therapy (VRT)
- Orientation & Mobility Therapy
- Social Workers

## Coping with Vision Loss



- Keep life as normal as possible
- Talk to someone about feelings
- Remain Active / Interactive
- Increase independence
- Focus on the positive vs. the negative

## Northeastern Association of the Blind at Albany (NABA)

301 Washington Avenue  
Albany, NY 12206  
[www.naba-vision.org](http://www.naba-vision.org)  
(518) 463-1211

Maureen Strainge, Director of Rehabilitation Services  
Lisa Jordan, Coordinator of Outreach Services and Marketing





# NUTRITION NOTES

## APRIL IS “STRESS AWARENESS MONTH”

Can you think of one person who at some point in time hasn't experienced stress whether it is work related, concerns family, money or even one's own health? Stress is real and how we manage it affects our quality of life and our bodies.

Stress is defined as a mental, emotional or physical tension or strain which in an escalated fashion can impact health in a negative manner.

### Some helpful tips:

- Pinpoint the stressor - keep a journal and become more aware of what set the stress in motion.
- Know your limits - learn to say no; don't take on more than you can handle.
- Alter stressful situations - if you can't avoid the situation, change it and deal with it head-on.
- Try changing the reaction - adapt to the situation and try a more positive approach.
- Increase your resistance to stress - get moving, exercise, walk. Expend that energy and frustration.
- Nurture yourself for improved health - eat health, sleep well.
- Strive for a Stress Free Zone.
- Taking time for you also means taking the time to eat right and incorporate some of those brain foods into your meal plan. Good brain health helps you to manage stress.
- Choose foods that are high in protein, B vitamins, antioxidants and omega-3 fatty acids, which include nuts, avocados, salmon, broccoli, blueberries, and small amounts of dark chocolate.
- Some other things you can do to relieve stress include:
  - \* Engaging with others in some exercise or maybe yoga.
  - \* Laughing or just simply sitting quietly for a few moments which can help relieve stress and preserve your ability to remember and learn.

Only you can make these changes! We all have some sort of stress in our lives, don't be afraid to share. And remember your dietitian is always available to help.

## 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  
Senior Service Center Manager

JoanAnn Rouse  
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 & OLDER (and spouses) ARE INVITED TO ATTEND - SUGGESTED DONATION IS \$4.00  
 SERVED DAILY: BREAD with PROMISE SPREAD, MILK, COFFEE & TEA - TARTAR SAUCE SERVED WITH FISH  
 LUNCH RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<div>1</div> <div>BEEF &amp; PEPPERS HARVARD BEETS SWEET POTATO APPLE CAKE</div>	<div>2</div> <div>PULLED PORK BAKED BEANS COLESLAW COLLARD GREENS FRESH FRUIT</div>	<div></div> <div>3</div> <div>NATIONAL CHOCOLATE MOUSSE DAY CRAB TOPPED COD GREENE BEANS FRESH SALAD ROASTED RED POTATO</div>
<div>6</div> <div>ITALIAN SAUSAGE TORTELLINI ITALIAN MIXED VEGETABLES PEACHES</div>	<div>7</div> <div>BAKED CHICKEN W/ GRAVY MASHED POTATOES CARROTS PEAR CRISP</div>	<div>8</div> <div>SPINACH QUICHE BEAN SALAD CAULIFLOWER AU GRAUTIN FRUIT COCKTAIL</div>	<div></div> <div>9</div> <div>NATIONAL CHINESE ALMOND COOKIE DAY SWEET &amp; SOUR CHICKEN BROWN RICE BROCCOLI CHINESE ALMOND COOKIE</div>	<div>10</div> <div>BATTERED FISH FRESH SALAD W/ CHICK PEAS &amp; CARROTS PARSLEY POTATOES FRESH FRUIT</div> <div></div>
<div>13</div> <div>CHICKEN DIJON MASHED POTATOES SPINACH PINEAPPLE CHUNKS W/ MANDARIN ORANGES</div>	<div>14</div> <div>BEEF STEW BROCCOLI ROASTED WINTER SQUASH CUBES RICE PUDDING W/ RAISINS</div>	<div>15</div> <div>MEATLOAF W/ GRAVY GREEN BEANS ALMANDINE SCALLOPED POTATOES APPLE CRISP</div>	<div></div> <div>16</div> <div>NATIONAL BAKED HAM &amp; PINEAPPLE DAY LOW SODIUM BAKED HAM W/ PINEAPPLE SAUCE BAKED POTATO CARROTS FRUITED GELATIN</div>	<div>17</div> <div>EGGPLANT PARMESAN PASTA ITALIAN GREEN BEANS FRESH SALAD W/ CHICK PEAS FRESH FRUIT</div>
<div>20</div> <div>BEEF STRIPS &amp; BROCCOLI BROWN RICE MIXED VEGETABLES PEARS</div>	<div>21</div> <div>CHICKEN &amp; BISCUITS MASHED POTATOES CARROTS PEACH CRISP</div>	<div>22</div> <div>SALISBURY STEAK W/ GRAVY BEET SALAD BROCCOLI BAKED POTATO TROPICAL MIXED FRUIT</div>	<div></div> <div>23</div> <div>NATIONAL CHERRY CHEESECAKE DAY ROAST TURKEY W/ GRAVY MASHED POTATOES MONACO MIXED VEGETABLES CHERRY CHEESECAKE</div>	<div>24</div> <div>LASAGNA FRESH SALAD W/ CARROTS &amp; CHICK PEAS ITALIAN MIXED VEGETABLES FRESH FRUIT</div>
<div>27</div> <div>QUICHE LORRAINE QUINOA HASH BROWN CALIFORNIA MIXED VEGETABLES FRUIT COCKTAIL</div>	<div>28</div> <div>BAKED CHICKEN QUARTERS W/ GRAVY MASHED POTATOES MONACO MIXED VEGETABLES PUMPKIN PUDDING W/ GRANOLA TOPPING</div>	<div></div> <div>29</div> <div>NATIONAL SHRIMP SCAMPI DAY SHRIMP SCAMPI BROWN RICE BROCCOLI PINEAPPLE DELIGHT</div>	<div></div> <div>30</div> <div>NATIONAL OATMEAL COOKIE DAY AMERICAN GOULASH FRESH SALAD W/ CHICK PEAS WAX BEANS OATMEAL RAISIN COOKIE</div>	



# GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS OVER 60 ARE INVITED TO ATTEND - SUGGESTED DONATION IS \$4.00

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

RESERVATIONS REQUIRED AT LEAST ONE DAY IN ADVANCE – CALL APPROPRIATE CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> PORK CHOPS W/ GRAVY FRESH SALAD BRAISED CABBAGE BAKED SWEET POTATO FRESH FRUIT
<b>4</b> SWEET & SOUR PORK BROWN RICE BROCCOLI MANDARIN ORANGES	<b>5</b> TACO CASSEROLE GREEN BEANS VANILLA PUDDING W/ GRANOLA 	<b>6</b> BAKED CHICKEN W/ GRAVY MASHED POTATOES CARROT COINS MIXED TROPICAL FRUIT	<b>7</b> SPAGHETTI W/ MEAT SAUCE ITALIAN MIXED VEGETABLES FRESH SALAD W/ SPINACH & BEANS FRESH FRUIT	<b>8</b> SWEDISH MEATBALLS NOODLES RED CABBAGE FRESH FRUIT
<b>11</b> SLOPPY JOES CAULIFLOWER & GREEN BEAN MIX SWEET POTATO PEARS	<b>12</b> MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES PINEAPPLE CHUNKS	 <b>13</b> <b>NATIONAL APPLE PIE DAY</b> MEATLOAF W/ GRAVY MASHED POTATOES SPINACH APPLE PIE	<b>14</b> CHICKEN DIVAN BROWN RICE HARVARD BEETS FRESH FRUIT	<b>15</b> <b>COOK'S CHOICE</b> FRESH SALAD BROCCOLI FRESH FRUIT
<b>18</b> LEMON PEPPER CHICKEN QUARTERS CAULIFLOWER WINTER SQUASH PEARS	<b>19</b> SPINACH & MUSHROOM QUICHE QUINOA BRUSSELS SPROUTS FRUIT COCKTAIL	<b>20</b> ROAST TURKEY W/ GRAVY & CRANBERRY SAUCE MIXED GREEN & WAX BEANS MASHED POTATOES PEACH CRISP	<b>21</b> CHEF'S SALAD W/ EGG, TURKEY, FRESH GREENS, TOMATO WEDGES, CUCUMBER SLICES, SHREDDED CARROTS & KIDNEY BEANS POTATO SALAD BUTTERSCOTCH PUDDING W/ GRANOLA	<b>22</b> BEEF STEW COLESLAW BROCCOLI FRESH FRUIT
<b>25</b>  <b>MEMORIAL DAY</b> ALL SENIOR NUTRITION SITES & MAIN OFFICE CLOSED	<b>26</b> EGGPLANT PARMESAN SPAGHETTI ITALIAN GREEN BEANS FRUIT COCKTAIL	<b>27</b> <b>BIRTHDAY LUNCH</b>  PORK CHOP & APRICOTS BRAISED CABBAGE SCALLOPED POTATO BIRTHDAY CUPCAKE	<b>28</b> CRAB TOPPED COD RICE PIULAF FRESH GREEN SALAD W/ RED BEANS BROCCOLI PINEAPPLE CHUNKS	<b>29</b> <b>COOK'S CHOICE</b> FRESH SALAD CAULIFLOWER FRESH FRUIT 

# TELEPHONE SUPPORT GROUP

Caring for a loved one with Alzheimer's disease or a related dementia can be challenging. Support groups can help caregivers by providing emotional support, information, and resources while offering caregivers a space to share strategies and lessons learned. For caregivers unable to attend traditional in-person support groups, Eddy Alzheimer's Services is pleased to offer a telephone support group.

**This support group will be held the 2nd Wednesday of each month from 7-8pm.**

## Dial-In Instructions:

1. Dial **866-225-8650**
2. You will be prompted to enter the conference code (**6844838733**) followed by the pound sign (#)
3. When prompted, state your name and the county where you live. *You do not need to say your full name.*
4. You will now join the support group meeting



For more information, contact  
Christina Vendetti, LMSW at  
[Christina.Vendetti@sphp.com](mailto:Christina.Vendetti@sphp.com) or  
(518) 238-4151



**Eddy Alzheimer's  
Services**

ST PETER'S HEALTH PARTNERS

A Member of Trinity Health

[sphp.com/alzcare](https://sphp.com/alzcare)

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

## **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/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*).
- **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:**  
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.

3/2020



**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

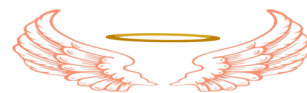
\_\_\_\_\_ Senior Angels Program

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

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



Rebecca Rowen Main  
for your donation  
to the  
Senior Angels Program  
In Memory of  
Albert J Rowen Sr.



**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.

# News from the Greene County Youth Bureau

## IMPORTANT NOTE REGARDING 2020 YOUTH AWARDS:

Due to the current status of things as a result of COVID-19, the deadline for nominations for the 2020 Greene County Youth Awards has been extended to May 15, 2020.



### 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.

## Keep Safe During the COVID-19 Outbreak PRACTICE SOCIAL DISTANCING

**AVOID**

- Group Gatherings
- Playdates & Sleep Overs
- Concerts
- Theatre Outings
- Athletic Events
- Crowded Retail Stores
- Malls
- Workouts in Gyms
- Visitors in your Home
- Non-essential workers in your house
- Mass Transit Systems
- Libraries
- Church

**USE  
CAUTION**

- Visit Grocery Store
- Get Takeout
- Pick Up Medications
- Visit a Park
- Maintain a 6' Distance from Others

**SAFE  
TO DO**

- Go for a Walk or Hike
- Yard Work
- Play in Your Yard
- Clean Out the Closet
- Read a Good Book
- Listen to Music
- Cook a Meal
- Order Takeout
- Family Game Night
- Go for a Drive
- Group Video Chats
- Stream a Favorite Show
- Check on a Friend
- Check on an Elderly Neighbor



## CORONAVIRUS HELP:

### FREE EDUCATIONAL RESOURCES FOR KIDS STUCK AT HOME

Looking for ways to keep your kids busy while they're home from school during the COVID-19 outbreak? Check out our list of free educational resources and activities.

- \* [Oxford Owl](#) - Free e-books and math games and activities for ages 3-11
- \* [BrainPop Junior](#) - Learning tools for STEM, social studies, reading/writing, health & arts, K – Gr. 3
- \* [Mystery Science](#) - Science lessons for grades K – Gr. 5
- \* [Children's Museum Houston](#) - Weather and Science videos and activities for grades PreK – Gr. 5
- \* [Carnegie Mellon University Computer Science Academy](#) - Interactive middle & high school computer science curriculum
- \* [ABCYa](#) - Reading and math games and activities for grades PreK – Grade 6
- \* [Zearn.org](#) - Math lessons for grades K – Grade 5
- \* [Disneynature](#) - Movies and complimentary educational materials for Grades 2 - 6
- \* [Scratch](#) - Interactive story, game and animation design from the MIT Media Lab, ages 8 - 16
- \* [STMath](#) - Math lessons for Grades PreK - 8
- \* [Prodigy Math](#) - Math programs for Grades 1- 8
- \* [Curriculum Associates](#) - Math and reading activity packs for Grades K-8
- \* [DK Find Out!](#) - Lessons in subjects such as history, science and coding
- \* [Listenwise](#) - Non-fiction audio stories covering ELA, social studies and science for Grades 2 - 12
- \* [CommonLit](#) - Reading and writing lessons for Grades 3 - 12
- \* [Codecademy](#) - Data science and coding lessons for high school and college students
- \* [National Geographic Kids Science Lab](#) - Science experiments, videos and articles
- \* [National Ocean Service \(NOAA\) Kids](#) - Science activities and resources for kids and educators
- \* [Scholastic Learn-At-Home Resources](#) - Learning experiences for K-9
- \* [Greg Tang Math](#) - Math games and resources for all ages
- \* [SciShow Kids](#) - Videos explaining scientific concepts for young, curious minds
- \* [Frontiers for Young Minds](#) - Science articles written by scientists and reviewed by kids
- \* [BBC Bitesize](#) - Lessons covering math, English, science and more for ages 3-16+
- \* [BrainPop](#) - Learning tools covering a variety of subjects
- \* [BreakoutEDU](#) - Immersive learning games for grades K-12
- \* [Wonderopolis](#) - Educational articles for grades K-12
- \* [XtraMath](#) - Math programs for students, parents and teachers
- \* [How Stuff Works](#) - Educational videos exploring the world around us
- \* [Code.org](#) - Computer science lessons for grades K-12
- \* [Typing.com](#) - Keyboarding, digital literacy, and coding lessons for all ages
- \* [IXL](#) - Lessons in math, language arts, science, social studies and Spanish for grades PreK-12
- \* [Greatminds.org](#) - Math, ELA and science for grades K-12
- \* [Bill Nye the Science Guy](#) - Educational videos covering life, physical and planetary sciences
- \* [NASA STEM @ Home for Students](#) - STEM articles and activities for grades K-12+
- \* [Gizmos](#) - Simulations exploring concepts in math and science for grades 3-12
- \* [PhET Interactive Simulations](#) - Interactive simulations for science and math
- \* [Khan Academy](#) - Lessons on grammar, science, history and math for grades K-12
- \* [Professor Egghead Science Academy](#) - Interactive lessons on science and engineering
- \* [Quill.org](#) - Writing and grammar activities for grades K-12

*Courtesy of abc7*



# 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.



### **WJPL GOLDEN AGE CLUB 2020 DAY TRIPS**

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

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 **MAC HAYDN THEATRE**  
***"MAN OF LA MANCHA"***  
**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**

**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"**

A Tribute to

**Dean Martin**  
*The One and Only*

Come see the renowned performer **Johnny Pettilia** and is an emcee tribute to Dean Martin with *The Jamboree* **Peter Lieberman** as well providing the music!!

America fell in love early on with Dean in the early days of Martin & Lewis. After their successful run Dean went on to record, act in major motion pictures and had a huge TV show and became the premier celebrity roast show of it's time.

Family, State Men's 2 Complimentary meals, Open bar, Live Music, Open House, Message & Request, Memory Photos, Photo Opportunities, Meeting, Meet, Greet, etc. Social, etc. on table etc. day

**Johnny Pettilia**

**Peter Lieberman**

**MAY 6, 2020**

\$88 PER PERSON  
TRANSPORTATION  
LUNCHEON  
SHOW & DANCING

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

**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 Loaf 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



### 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

### 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

## **WESTCHESTER BROADWAY THEATRE**

September 30, 2020



WEAR YOUR HEART ON YOUR HEELS

# Kinky Boots

THE MUSICAL

BOOK BY

HARVEY FIERSTEIN

MUSIC AND LYRICS BY

CYNTHIA 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



## **ADULT LEARNING INSTITUTE APRIL 2020 PROGRAMS**

All are held at Columbia - Greene Community College, 4400 NY Rte. 23, Hudson  
from 1:30 p.m. - 4:00 p.m. in the Faculty/Staff Lounge,  
unless otherwise noted.

**DUE TO CLOSINGS AS A RESULT OF COVID-19,  
PLEASE CONTACT THE ALI Office @ (518) 828-4181, ext. 3431, or email  
[ali@sunyegcc.edu](mailto:ali@sunyegcc.edu) FOR PROGRAM CHANGES.**

Monday, April 6 and 20

Open Pinochle Group

Tuesday, April 7, 14\*, 21 and 28

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

Bridge Group w/ Lessons

\* Location: Student Dining Room

Wednesday, April 1, 8 and 22

Mahjongg

Monday, April 13

1:30 p.m. - 4:40 p.m.

NEW! Scrabble



**Listen & Learn: 10:30 a.m. - 12:00 p.m., Faculty Staff Cafe**

Thursday, April 9  
Fisher)

The Storied John Philip Clum: Claverack's Man of Parts (Glenn

Thursday, April 23

The Second Battle of Gettysburg (Ron Gabriele)

**Exploring Your Family History**

Monday, April 13

Sessions: 10:00 a.m., 11:00 a.m. or 12:00 p.m.

Room 109

Wednesday, April 15

Sessions: 1:00 p.m., 2:00 p.m., or 3:00 p.m.



**Check out a book.  
Then respond to the  
2020 Census.**

**The library is ready to help you  
complete the census online.**

**Our library offers public computers  
and free internet access to help  
make sure you're counted.**

Shape  
your future  
START HERE >

2020  
Census  
2020



Remember to check with the sponsoring organization to see if still scheduled.



## PARTNERS IN HEALING

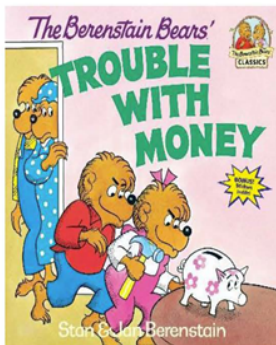
### LIVESTRONG AT THE YMCA CAPITAL DISTRICT YMCA GREENE COUNTY BRANCH

**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 21 - July 10  
**TIME:** 1:00 p.m. - 2:30 p.m.  
**LOCATION:** Greene County YMCA  
35 Route 81, West Coxsackie  
**COST:** FREE



**For More Information or to Register:**  
Call 518-731-7529 or visit [www.cdymca.org](http://www.cdymca.org)



### Money Smart Week® Kids Read 2020

**Tuesday, April 14**  
**10:30 - 11:30 am**

**Cairo Public Library**  
**15 Railroad Ave, Cairo**

Families with children aged four to eight are invited to attend a special story time program featuring the Berenstain Bears' Trouble with Money book. Trouble with Money is part of the Money as You Grow Book Club, a research-based program designed to help parents, caregivers, and others teach children ages 4 through 10 money skills through reading, activities, and play. This year's Money Smart Week® Kids Read book was selected by the American Library Association.

Theresa Mayhew, Resource Educator with Cornell Cooperative Extension of Columbia and Greene Counties, will read the story and ask questions along the way that will help keep children engaged in the process. Following the story, child and their parent or caregiver will take part in a fun money-based activity. Each child and/or family attending will leave with a softcover copy of the book thanks to the generous support of the National Bank of Coxsackie. Trouble with Money parent reading guides from the Consumer Financial Protection Bureau will also be available.

To learn more and to pre-register, contact the Cairo Public Library at 518-622-9864 by Monday, April 13.

Created by the Federal Reserve Bank of Chicago in 2002, Money Smart Week® is a public education campaign designed to help consumers better manage their personal finances. This is achieved through the coordinated effort of thousands of organizations across the country. For more information about events or becoming a partner, visit <https://www.moneysmartweek.org/>.

## save the date!

The Northeastern Association of the Blind at Albany  
will be hosting the

### 12TH ANNUAL LOW VISION TECH & HEALTH FAIRS

9:30AM to 2:00PM

#### October 13, 2020

St. Sophia's Greek Orthodox Church  
440 Whitehall Road, Albany



**Chris Gabriels, MD**  
Gabriels Eye MDs  
Albany  
Topic: Glaucoma



**Adnan Mallick, MD**  
RetinaCare Consultants  
Latham  
Topic: Macular Degeneration

#### October 14, 2020

Saratoga City Center  
511 Broadway, Saratoga Springs



**Jeffrey H. Stern, MD PhD**  
Capital Region Retina, PLLC  
Albany & Wilton  
Topic: Retina Regeneration



**Christopher R. Zieker, MD**  
Zieker Eye  
Wilton  
Topic: Cataracts

### Free to the Public!

The latest in low vision technologies for reading, computers & adaptive vision aids \* Expert speakers present the latest in eye health & treatments \* Adaptive living experts on living successfully with low vision, vision rehabilitation therapy ... & more!



Questions? Contact Lisa Jordan  
Coordinator of Outreach Services  
(518) 463-1211 x 225 or  
[ljordan@naba-vision.org](mailto:ljordan@naba-vision.org)



@Northeasternassociationoftheblindatalbany under [Events](#) for all updates and event developments!







**GREENE COUNTY ROUND TABLE NEWS**  
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**411 Main Street, Catskill, NY 12414**  
**(518) 719-3555 Toll Free (877) 794-9266**  
**aging@discovergreene.com**

**Executive Director - Thérèse McGee Ward**

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**Nutrition - Tezera Pulice-Hanselman**  
**Volunteer Services - Ruth Pforte**

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<b>Youth Services Workers:</b>	<b>Carrie E. Wallace</b>	<b>Laura Anderson</b>

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](mailto:aging@discovergreene.com)