

Greene County Round Table News

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STAYING CONNECTED AT HOME DURING COVID-19



For many, the COVID-19 crisis has upended lives and social connections. Physical and social distancing have left many older adults feeling isolated and lonely due to their normal routines disrupted as senior centers, places of worship and local businesses are no longer available. While physical distancing is important to maintaining health during the crisis, time at home has lengthened and loneliness has set in for many older adults. Research shows that prolonged social isolation can lead to an increased risk of heart disease, depression and anxiety, and other negative health outcomes. Given these negative emotional and health impacts, the Eldercare Locator and engAGED: The National Resource Center for Engaging Older Adults seeks to help find ways to stay engaged in mind and body - and connected to communities.

Creating Connections Without Technology

- **Pick up the phone.** Try to call a family member or friend every day. Swap book, recipes or TV recommendations. Read a book to a child or plan fun activities for the future, just making the connection is important.
- **Write a note or send a card.** Mailing a short note to a friend or family member is simple to do and can bring a smile to someone's face while cheering you up in the process.

Stay Active, Mentally and Physically

- **Move more and sit less.** Make a point to move frequently during the day, even if it's just a few gentle stretches or laps around your home. If you can walk outside, go enjoy the sunshine. If not, turn on the radio and dance!
- **Flex your brain.** Feeling creative? Draw a sketch, write a poem or start journaling. This is a great time to record what you are seeing, thinking and feeling through different mediums. We would love to share your thoughts with others in a future RTN issue!

Ways to Create Connections Using Technology

Here are just a few of the suggestions that are posted at www.engagingolderadults.org. Visit the website for additional ideas.

- **Use online tools to connect with friends and family.** Need help getting started? "Stuck at Home Guide: How to Get Online," a guide from engAGED partner Senior Planet, contains helpful tips for getting started online, on social media and on Zoom meetings. Visit www.seniorplanet.org/stuck-at-home-guide-get-online.
- **Attend events and concerts or tour museums from home.** During the COVID-19 crisis, many museums have developed virtual tours that help visitors see world-renowned artwork. Theater dance and other performances are also available online.
- **Want to help others?** Volunteer and share your skills. Contact our RSVP Coordinator to find opportunities to help others during the COVID-19 crisis - and after!

Looking for assistance with staying engaged and safe at home during the COVID-19 crisis? Greene County Department of Human Services can help by providing a direct connection to home-delivered meals, in-home help with daily needs, transportation, caregiver support and more.

COVID-19 DIARY, JOURNAL, OR SCRAPBOOK

COVID-19 or Coronavirus will be a time that will probably be looked back on and talked about for the rest of our lives and possibly even generations. A journal, scrapbook, or diary isn't for everyone and that's ok. Many people say that once this is over, they don't want to remember it or talk about it ever again while others plan on keeping records of the whole ordeal. Then there are the people that have feelings somewhere in between wanting to record it and not wanting to remember. Whatever you choose to do, that choice is ok. Each person needs to do what they feel is right for them.

Why You Should Keep a COVID-19 Journal

When asked if others were going to keep a journal, someone mentioned the podcast by Gretchen Rubin where she talks about how keeping a journal during this time is important. In thinking about what past generations experienced while growing, like during the great depression, there are always the personal stories. Sadly, as that generation gets older, they start to forget their stories and at some point, they won't be here to tell them anymore. If they had kept journals then their stories could live on for generations and possibly help history.

A journal keeps your story alive, it gives a first-hand experience of what you experienced, how you felt, and how you dealt with it. Writing things down is a great way to get your feelings out and relieve stress, but it's also a great way to keep memories. Your journal doesn't have to be filled with all sadness or all happiness, it can be whatever is therapeutic for you and what you want to remember.



What to Put in a COVID-19 Journal

You might want to remember it all and have it in a journal book for your kids and grandkids to look back on. None of us ever thought we would experience something like this in our lifetime and the whole situation is so surreal. The best way to remember the good times and the stressful times is to keep track of them.

In your journal you could include photos, newspaper clippings, a funny moment or somethings that was upsetting or stressful for you, or even a recipe or project you made during that time. You could include an inspirational quote you found helpful during this time. Be sure to include your self-care in the journal. Did you encounter any challenges and how did you overcome them. Did you turn to God? Write down your prayers or what you were grateful for during this time. It could be as simple as a phone call with someone you love. Did you do a bucket list for after things return to normal? Were there things you decided to let go of or start anew? Lastly, when it's over, what did the experience teach you? There are just some random thoughts and ideas. Quite possibly you have many more of your own.

Keeping a Journal during the COVID-19 quarantine can be therapeutic, it can be fun for kids, and it's a great way to keep memories of this time. When it comes to keeping a journal all you really need is a place to write down your thoughts and feelings. This could be in an email or just a piece of paper. You can get Long Creations "*My 2020 COVID-19 Time Capsule*" journal via a **FREE Printable download** on Long Creations Facebook page.

To All Ages That May Keep A Journal: Greene County Department of Human Services invites you to share your memories with our readers. We encourage you to send us your thoughts, feelings, drawings, etc. and we will feature them in future issues of the Round Table News. Email to aging@discovergreene.com, Subject: COVID Journal.



MASKS, FACE COVERINGS & GLOVES

Courtesy of Greene County Emergency Management & Public Health

It is not uncommon to see a person masked and gloved while walking around in public. Some of you may ask if that is necessary to protect yourself during COVID-19. The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies). The cloth face coverings recommended are **not** surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance. It is critical to emphasize that maintaining 6-feet social distancing remains important to slowing the spread of the virus. There is increased evidence that people without symptoms may be able to spread the virus, and that droplets produced when breathing, speaking, or singing may spread COVID-19 from person to person. For this reason, the CDC is advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

Cloth face coverings should:

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

Wearing a face covering does not make you invincible! We still need to stay home as much as possible, especially if sick. It is essential that people continue to practice social (physical) distancing and good hand hygiene even when wearing a face covering – including keeping 6 feet of distance between themselves and others whenever possible. A face covering is one more precaution we can take that may help stop the spread of COVID-19.

The use of gloves while in public is not necessary as long as the individual follows proper hand washing guidelines. Gloves are only needed if you plan on coming in contact with an infected person, or if you have an open, un-bandaged wound on your hands. Gloves are NOT meant to replace hand washing, and often provide a false sense of security to the wearer. Most people who use gloves continue to touch other objects like a cellphone, money, and their face with the same gloves on, spreading germs and ultimately making the gloves useless.

If you choose to use gloves in public, follow this protocol to safely remove them:

- Pinch and hold the outside of the glove near the wrist area.
- Peel downwards, away from the wrist, turning the glove inside out.
- Pull the glove away until it is removed from the hand and hold the inside-out glove with the gloved hand.
- With your un-gloved hand, slide your finger/s under the wrist of the remaining glove, taking care not to touch the outside of the glove and again, peel downwards as stated above.
- Continue to pull the glove down and over the inside-out glove being held in your gloved hand. This will ensure that both gloves are inside out, one glove enveloped inside the other, with no contaminant on the bare hands. **Do not litter but dispose in a receptacle.**

MEDICARE-COVERED SERVICES RELATED TO CORONAVIRUS (COVID-19)

As the number of cases of COVID-19 increases, so does the importance of programs like Medicare in helping older adults, people with disabilities, and their families build and maintain their health and economic security. Policymakers are taking critical steps to ensure program preparedness, keep beneficiaries and the public informed, and facilitate timely access to appropriate care.

The Centers for Medicare & Medicaid Services (CMS) is working to address the spread of the disease and inform people with Medicare about the services that Medicare covers. The Centers for Disease Control and Prevention (CDC) has identified older adults and people with serious chronic medical conditions like heart disease, diabetes, and lung disease as being at higher risk from the virus.

In general, Medicare covers medically necessary items and services that a beneficiary receives from a provider who accepts Original Medicare or is in-network for the beneficiary's Medicare Advantage Plan. Medicare Advantage Plans must cover everything that Original Medicare does, but they can do so with different costs and restrictions.

CORONAVIRUS TESTING will be covered under Medicare Part B as a clinical laboratory test. A beneficiary's doctor can bill Medicare for this test beginning April 1, 2020 for testing provided after February 4, 2020. A beneficiary will owe nothing for the laboratory test and associated provider visits (no deductible, coinsurance, or copayment). This applies to both Original Medicare and Medicare Advantage Plans.

PRESCRIPTION REFILLS: If a beneficiary wants to refill their prescriptions early so that they have extra medication on hand, they should contact their Part D drug plan to learn what is covered. Their plan may require extra approval before it covers early refills, and not all prescriptions can be refilled in advance.

During the emergency, all Medicare Advantage and Part D plans must cover up to a 90-day supply of a drug when a beneficiary asks for it. Plans cannot use quantity limits on drugs that would prevent a beneficiary from getting a 90-day supply, if they have a prescription for that amount. However, some safety limits are still in place to prevent unsafe doses of opioids.

Note: If a beneficiary takes medications that are covered by Part B, they should ask their doctor and plan for more information about ensuring they have an adequate supply.

HOME HEALTH CARE: Medicare covers home health care for beneficiaries who are homebound, need skilled nursing or therapy care, and are prescribed home health care after a face-to-face visit with their doctor. During the public health emergency, some of these coverage requirements have been changed.

The homebound requirement can be met in additional ways. Someone will can be considered home bound if their physician certifies that they cannot leave their home because they are at risk of medical complications if they go outside, or have a suspected or confirmed case of COVID-19. If the beneficiary also needs care at home, they could qualify for the home health care benefit.

A doctor usually has to prescribe home health care, but during the public health emergency other providers, including nurse practitioners and physician assistants, can prescribe the care, too. The face-to-face visit requirement can be met through telehealth.

Home health care agencies can provide more services via telehealth, as long as the services are listed on the beneficiary's plan of care. The telehealth services may be used in place of in-person services listed on the plan of care.

HEALTH INSURANCE INFORMATION COUNSELING AND ASSISTANCE PROGRAM (HIICAP)

HIICAP is the New York State Health Insurance Assistance Program (SHIP) It receives federal funds to operate a statewide network of local programs.

HIICAP is available to Greene County residents with Medicare as their health insurance through the county's Department of Human Services, New York State certified counselors provide information to help clients make informed decisions regarding health insurance related issues.

How can the counselor help me?

Counseling focuses on your specific situation during a one-on-one confidential session.

Here are some examples of the services they offer:

- Interpret Medicare Part A, B, C and D and explain benefits.
- Assist with Medicare reviews and/or appeals process.
- Explain the Medicare Savings Program and Extra Help.
- Assist with plan enrollment.
- Help to prevent Fraud & Abuse..
- Help compare private insurance policies including HMO's, Medicare Drug Plans and Supplemental insurances.
- Provide information regarding the EPIC program (Elderly Pharmaceutical Insurance Coverage) and help you apply.
- Make referrals to supporting agencies, if needed.

What is the cost?

There is no charge for this service. However, contributions for receiving assistance are accepted. These funds will be used to enhance our program.

**APPOINTMENTS ARE REQUIRED, SO PLEASE
CALL OUR OFFICE IN ADVANCE TO SCHEDULE ONE.**



*This program is made possible through funds from the NY State Office for the Aging, NY Connects, Administration for Community Living, and the generous support of the Greene County Legislature. Contributions are gratefully accepted and used to expand programs and services. **No person will be denied service if they are unable or unwilling to contribute.** All contributions are confidential. For individuals with disabilities or language interpretation needs, requests for reasonable accommodations should be made with at least five days' notice.*



CAREGIVING DURING THE COVID-19 PANDEMIC

by Hillary Smith, University of Kentucky

If you are one of the many people caring for someone with Alzheimer's disease, the person you are caring for is considered high risk for COVID-19. Most persons living with Alzheimer's are over the age of 65 (one risk factor), and many others over 65 have at least one chronic illness (another risk factor). Here, experts with UK's Sanders-Brown Center on Aging share information on best practices during this outbreak

Guidance for Caregiving

- **Hand-washing:** Always wash your hands and frequently during the course of the day.
- **In your home:** Clean high-use surfaces using four teaspoons bleach to four cups of water. Clean doorknobs, sink handles and refrigerator doors.
- **Manage underlying chronic health conditions:** Ask medical providers to call in refill prescription orders. See if the pharmacy can deliver or has a drive-through pickup window. Do this for the medications that both you and your care-recipient take.
- **Monitoring for COVID-19:** Watch for symptoms. Call your doctor if you or your loved one has any symptoms. Be sure to have a plan if you are not be able to provide direct care to your loved one.
- **Help from outside the home:** If someone comes into your home to help provide care, they should adhere to standard procedures of good self-care and they are monitoring for COVID-19 symptoms.
- **Maintain social distancing by doing the following:**
 - ⇒ Remove yourself and your person from close contact with groups of people. Limit family visits, including visits with children. Connect via phone, video calls or visit outside while keeping at least six feet apart. Do outings that present minimal risks such as going for a drive
 - ⇒ If your place of worship offers streamed services, use that as your time of worship. Call a member of your religious organization and worship together over the phone by reading your self-identifying scripture.
 - ⇒ If you have to take your person shopping, call ahead to see if they have specific times only older adults can shop. Call friends, family or neighbors to see if they are going to the store and can pick up items you might need.
 - ⇒ If you are ordering takeout from a restaurant, see if they can deliver curbside and pay over the phone.

Sticking to a routine is crucial during this time and can help keep things feel normal. Remember to check on typical needs: are they thirsty, hungry, need to use the toilet or in pain? If you see an increase in disruptive behavior like agitation, aggression, anxiety or restiveness to care, remember that your person can pick up on your stress and anxiousness. Redirect and distract them with a favorite activity or snack.. Keep the curtains open and lights on during the day. Listen to music, look through or organize photographs, fold washcloths or put together socks, talk about historical events, play cards, garden or craft. Remember to be flexible and patient, avoid correcting the person and to provide encouragement and support. You want to help the person remain as independent as possible. Offer them opportunities to make choices (two choices maximum) and simplify instructions.



TRANSPORTATION SERVICES AVAILABLE THROUGH GREENE COUNTY DEPARTMENT OF HUMAN SERVICES

**NOTE: These services have been modified due to COVID-19.
Please call to check on their current 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 & NUTRITION VAN SERVICE TO SENIOR NUTRITION SITES

Due to NYS Pause and COVID-19 restrictions, this service is currently not available. We hope to resume once the county has been given the go ahead to return to normal operations. Watch for an announcement.

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 by filling out a registration form or by contacting the Greene County Department of Human Services at (518) 719-3555.

RETIREMENTS



Greene County Department of Human Services wishes to announce the retirement of Janet Osborn, our shopping bus driver.

We would like to also congratulate Gethen Proper, former Catskill Nutrition site manager and Sandy Sherman, former Acra Nutrition site manager, on their retirements this past year.



We thank all three ladies for their many years of service to Greene County and wish them much happiness and good health in their retirement.



VOLUNTEERS ARE AMERICA



THANK YOU CHRISTIAN RESOURCE MINISTRIES

Greene County Department of Human Services RSVP would like to thank CRM for making masks for us to distribute to our volunteers delivering meals.



All monthly mileage sheets MUST be turned in by the 25th of EACH MONTH.

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

Remember to submit copies whenever renewing/changing your license or insurance policy.

HOPE RAINBOW

Coxsackie Senior Nutrition Site Volunteers



Volunteer Services



Americans 55+ have a lifetime of experience to share and the desire to make a real difference in their world. They are ready to put their unique talents and expertise to work in their communities, and enrich their own lives in the process.

WHAT ABOUT YOU? ARE YOU READY? Senior Corps and the Retired & Senior Volunteer Program, commonly known as RSVP, can help achieve this! The high number of senior volunteers and their level of commitment make them an essential resource in meeting critical community needs.

Greene County RSVP offers the following volunteer opportunities under the Department of Human Services:

- ◆ Telephone Reassurance
- ◆ Rivertown Thrift Shop
- ◆ Congregate meal site volunteer
- ◆ Crafters Groups

AND OUR TWO MAIN VOLUNTEER OPPORTUNITIES

- ◆ **HOMEBOUND MEAL DELIVERY:** Individuals are needed to deliver meals to homebound elderly citizens. Routes are available throughout Greene County and take about one hour. Drivers can state their availability. These meals help brighten the day of a homebound senior citizen through the presence of a hot meal and a friendly volunteer.
- ◆ **HOMEBOUND TRANSPORTATION DRIVER:** Drivers are needed to help transport homebound senior citizens to their medical appointments. This is a very flexible volunteer opportunity. We will gladly work around your schedule and any driving preferences. Even if you can only volunteer occasionally, your generosity will make it easier to assist those who need this service.

A vehicle and valid driver's license are necessary for both opportunities. Mileage reimbursement is available. The Department of Human Services sponsors the county's RSVP and is always looking for new volunteers. When you volunteer, you're not just helping others – you're helping yourself. Volunteering leads to new discoveries and new friends. Studies have shown that volunteering helps you live longer and promotes a positive outlook on life. Research suggests that volunteering is particularly beneficial to the health of older adults serving 100 hours annually. **Think about it . . . that's only about 2 hours a week!** It also suggests that volunteering leads to lower rates of depression in individuals age 65 and older. Helping others makes people healthier and happier.

If you think you may be interested in becoming a volunteer, take the next step. You can find our registration application on the Department's web site under Volunteer Services/Forms. Please complete it & return to our mailing address or email address. Once we have received your application, it will be reviewed and a background check will be completed.

**For further information on volunteering,
please call Ruth Pforte, Volunteer Coordinator, at 518-719-3555.**

Nutrition Notes

FOOD SAFETY

With the changing of the seasons, it is important to remind those that receive home delivered meals of food safety! Ready prepared meals, be they hot or cold, are perishable and can cause illness if mishandled. Proper handling and storage is very important to ensure the food remains safe to eat.

Place your meals in the refrigerator if you don't plan on eating right away. Bacteria grows most rapidly in the **"DANGER ZONE"** - temperatures of 40⁰ to 140⁰. Perishable foods left out at room temperature for more than 2 hours should be thrown away. You can always reheat a meal when you are ready to eat.

Follow these easy steps for to refrigerate home delivered meals:

- Store food in refrigerator at 40 degrees or below.
- Use shallow containers to store food.
- Remove any stuffing from whole cooked poultry before refrigerating.



Food Item	Refrigerate at 40 degrees	Freeze at or below 0 degrees
Cooked meat/poultry	3 to 4 days	2 to 6 months
Pizza	3 to 4 days	1 to 2 months
Luncheon Meats	3 to 5 days	1 to 2 months
Egg, Tuna, or Macaroni salad	3 to 5 days	---

Reheating:

- Reheat food to 165 degrees using a food thermometer.
- Bring soup or gravy to a boil.
- When using a microwave to reheat food, cover food and rotate the dish so that the food heats evenly. This prevents cold spot from harboring bacteria. Heat food until it reaches at least 165⁰.

COMING IN JULY...NYS FARMERS MARKETS CHECKS

If you are a senior, aged 60 years or older, and low-income, you may be eligible to receive Senior Farmers Market Nutrition Program (SFMNP) checks. Eligible seniors receive a \$20 booklet of SFMNP checks that can be used to purchase local, fresh, unprocessed vegetables and fruits at participating farmers markets and farm stands. The program starts July 1.

Check back for updated information.





FRIDAY, JUNE 19, 2020

Beef Strips & Broccoli
Brown Rice
Mixed Vegetables
Strawberry Shortcake
featuring
LOCAL FARM FRESH
STRAWBERRIES
from Story Farms



The menu will be delivered to all homebound meal clients, and available for pick-up.

Acra Senior Service Center: Acra Community Center, Old Route 23, Cairo
622-9898

Rivertown Senior Center: 39 Second St, Athens,
945-2700

Catskill Senior Nutrition Site: Robert C. Antonelli Senior Center, 15 Academy St.,
Catskill 943-1343

Coxsackie Senior Nutrition Site: Town of Coxsackie Senior Center, Mansion St,
Coxsackie 731-8901

Jewett Senior Service Center: Jewett Municipal Building, Route 23C, Jewett,
263-4392

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.

Menu is subject to change based on product availability and circumstance.

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.

Each site 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

ATHENS

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

Senior Center Manager
Shane Dillon

JoanAnn Rouse

Lana Marrone

James Murphy

JEWETT

Jewett Municipal Building
Route 23C
Jewett
(518) 263-4392

Meal Site Manager
Gayle Ruvolo

Sal Alberti

MaryAnn Brink

CATSKILL

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

Martha Schilling

Annette Wagenbaugh

COXSACKIE




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

Meal Site Manager
Abby Schweter

Carol Harnett











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
MENU IS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY AND CIRCUMSTANCE.

Monday	Tuesday	Wednesday	Thursday	Friday
1 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES PEARS	2 NATIONAL ROTISSERIE CHICKEN DAY ROASTED CHICKEN W/ GRAVY QUINOA BROCCOLI CHOCOLATE MOUSSE W/ FRUIT	3 ITALIAN SAUSAGE TORTELLINI ITALIAN MIXED VEGETABLES PEACHES	4 PULLED PORK BAKED BEANS COLESLAW COLLARD GREENS FRUITED GELATIN W/ WHIPPED TOP- PING	5 BATTERED FISH FRESH SALAD W/ CHICK PEAS RED POTATOES CARROTS FRESH FRUIT
8 BAKED ZITI ITALIAN MIXED VEGETABLES BRUSSELS SPROUTS FRUIT COCKTAIL	9 MEATLOAF W/ GRAVY MASHED POTATO SPINACH VANILLA PUDDING W/ GRANOLA TOPPING	10 PORK CHOP BRAISED CABBAGE APPLESAUCE SWEET POTATO PINEAPPLE CHUNKS	11 BAKED CHICKEN THIGHS BROWN RICE PILAF FRESH GREENS W/ BEANS CALIFORNIA MIXED VEGETABLES FRESH FRUIT	12 NATIONAL PEANUT BUTTER COOKIE DAY SEAFOOD SALAD PASTA SALAD FRESH GREENS W/ CUCUMBERS, BEANS & TOMATOES PEANUT BUTTER COOKIE
15 CHICKEN DIJON MASHED POTATOES SPINACH PINEAPPLE CHUNKS	16 SALISBURY STEAK W/ GRAVY CAULIFLOWER SWEET POTATO TAPIOCA PUDDING W/ FRUIT	17 LASAGNA ITALIAN MIXED VEGETABLES BRUSSELS SPROUTS W/ WHITE BEANS FRUIT COCKTAIL	18 ROAST TURKEY W/ GRAVY CRANBERRY SAUCE MASHED POTATOES MONACO MIXED VEGETABLES STUFFING PEAR CRISP	19 FARM TO TABLE  BEEF STRIPS & BROCCOLI BROWN RICE MIXED VEGETABLES STRAWBERRY SHORTCAKE W/ FARM FRESH STRAWBERRIES FROM STORY'S FARM
22 AMERICAN GOULASH GREEN BEANS SPINACH FRUIT COCKTAIL	23 BAKED SALMON W/ LEMON SAUCE RICE PILAF CALIFORNIA MIXED VEGETABLES YOGURT W/ FRUIT & GRANOLA	24 BIRTHDAY CELEBRATION MEATLOAF W/ GRAVY HARVARD BEETS AU GRATIN POTATO BIRTHDAY CUPCAKE 	25 CHEF'S SALAD (Turkey, Cheese, Egg, Fresh Greens, Cucumbers, Peppers and Tomatoes) TROPICAL MIXED FRUIT	26 NATIONAL CHOCOLATE PUDDING DAY BAKED CHICKEN W/ GRAVY FRESH SALAD W/ CHICK PEAS MASHED POTATOES BROCCOLI PUFF CHOCOLATE PUDDING W/ GRANOLA
29 BROCCOLI QUICHE WAX BEANS PEAS & CARROTS PEARS	30 SWEDISH MEATBALLS BUTTERED NOODLES RED CABBAGE BUTTERSCOTCH PUDDING W/ RAISINS			

GREENE COUNTY SENIOR NUTRITION PROGRAM

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LUNCH RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER
MENU IS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY AND CIRCUMSTANCE.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 ROAST PORK w/ GRAVY PARISIAN MIXED VEGETABLES MASHED POTATOES PEACH CRISP	2 HOT DOGS w/ SAUERKRAUT BAKED BEANS FRESH SALAD w/ CHICK PEAS MIXED VEGETABLES WATERMELON	3 CLOSED IN HONOR OF INDEPENDENCE DAY 
6 SLOPPY JOES CAULIFLOWER & GREEN BEANS SWEET POTATO PEARS	7 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES PINEAPPLE CHUNKS	8 NATIONAL CHOCOLATE  w/ ALMONDS DAY CHICKEN DIVAN BROWN RICE HARVARD BEETS CHOCOLATE MOUSSE w/ ALMOND TOPPING	9 MEATLOAF w/ MUSHROOM GRAVY GREEN SALAD w/ CHICK PEAS MASHED POTATOES SPINACH FRESH FRUIT	10 FARM to TABLE  BALSAMIC CHICKEN SALAD FRESH GREENS w/ FARM FRESH CUCUMBERS & TOMATOES POTATO SALAD CARROTS OATMEAL RAISIN COOKIE
13 BEER BATTERED FISH MASHED POTATOES MONACO MIXED VEGETABLES PEACH CRISP	14 BEEF & PEPPERS BROWN RICE BRUSSELS SPROUTS PINEAPPLE CHUNKS	15 NATIONAL TAPIOCA  PUDDING DAY BAKED CHICKEN w/ GRAVY AU GRATIN POTATOES CALIFORNIA MIXED VEGETABLES TAPIOCA PUDDING w/ RAISINS	16 SEAFOOD SALAD PASTA SALAD FRESH GREEN SALAD w/ KIDNEY BEANS TOMATOES FRUITED GELATIN	17 FARM to TABLE  ROAST PORK w/ GRAVY APPLESAUCE BRAISED CABBAGE SWEET POTATO w/ FARM FRESH FRUIT
20 SWEET & SOUR CHICKEN BROWN RISE BROCCOLI PINEAPPLE CHUNKS	21 EGGPLANT PARMESAN SPAGHETTI ITALIAN MIXED VEGETABLES PEARS	22 CRAB TOPPED COD BROWN RICE PILAF SPINACH APPLE CRISP	23 NATIONAL  HOT DOG DAY HOT DOG SAUERKRAUT BAKED BEANS GREEN BEANS FRESH SALAD w/ WHITE BEANS TROPICAL MIXED FRUIT	24 FARM to TABLE  CHEF'S SALAD <i>(Turkey, Hard Boiled Egg,</i> <i>Fresh Greens, Cucumbers,</i> <i>Carrots, Tomatoes</i> <i>& Kidney Beans)</i> POTATO SALAD w/ FARM FRESH FRUIT
27 SPINACH QUICHE QUINOA BRUSSELS SPROUTS FRUIT COCKTAIL	28 BBQ CHICKEN QUARTER SCALLOPED POTATOES WINTER SQUASH APPLE CAKE	29 NATIONAL LASAGNA DAY BAKED LASAGNA ITALIAN BEANS FRUITED GELATIN 	30 TUNA SALAD FRESH GREEN SALAD w/ WHITE BEANS POTATO SALAD MARINATED CARROTS FRESH FRUIT	31 FARM to TABLE  CHEF'S CHOICE FRESH GREEN SALAD w/ KIDNEY BEANS CAULIFLOWER FARM FRESH FRUIT

Mobile Food Pantry

Greene County's Newly Available Food Program

Low on food? We can help!

Community Action of Greene County, Inc. will have a mobile food pantry travelling to various locations throughout Greene County.

Pine View Apartments, B&B Lounge, Cairo Durham School and more to come.



Pre-registration is required

For more information contact:

518-943-9205



Helping to meet your family's needs

COMMUNITY ACTION
of Greene County, Inc.

P: 518.943.9205 F: 518.943.0343
7856 Route 9W, Catskill, NY 12414

Visit us @ cagcny.org

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, Health Insurance Information Counseling and Assistance Program (HIICAP), help with public benefit applications, etc.

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

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

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

LEGAL SERVICES:

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

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:

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.*



**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.

Donations can be dropped off or mailed to: Greene County Dept. of Human Services, ATTN: Senior Angels Fund, 411 Main Street, Catskill, NY 12414.

*Thank
you* 

*Your kind and generous donations
will be used to provide service
to an older adult in need.*

*Dennis & Kathleen Meehan
to our Senior Angels Program
In Memory of Frank & Rose Ann Hanlon
And*

*to our Nutrition Program
In Memory of Rev. Fr. Jim Gavin, O.F.M., CAP*

*Carolyn Yusko
In Memory of her mother, Jean A. Winnie*

*Anonymously
To the Senior Angels Program
In Memory of Mrs. Bundy & Mrs. Harriet Peele*



**THANK YOU FOR YOUR
SUPPORT and GENEROSITY**

As the number of seniors grows, so does the need for our vast array of services. The Department of Human Services encourages and appreciates donations. 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 Fund | _____ Homebound transportation |
| _____ Nutrition Program/Home-delivered Meals | |
| _____ Where most needed | |

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



**NYS DIVISION OF CONSUMER PROTECTION
ALERTS CONSUMERS TO PHONE SCAMMERS
SPOOFING NYS DEPARTMENT OF PUBLIC
SERVICE & UTILITY COMPANIES**

*Phone Scammers Claim Payment is Needed to Try to Steal Personal Information
Consumers Should be Alert and Follow Basic Tips to Keep Information Protected*

The NYS Division of Consumer Protection (DCP) is alerting consumers of a phone scam in which scammers are threatening to suspend electricity services unless they receive payment for past due balances. Payment has been requested by money transfer apps, including Cash App.

Scammers may also attempt to steal personal information from unsuspecting victims. In these cases, the caller “spoofs” the official phone number of the Department of Public Service and calls individuals seeking payment for outstanding utility bills to avoid disconnection of service. Pursuant to Governor Cuomo’s March 13th directive, the Department of Public Service worked with the State’s utility companies to ensure no New Yorkers would have their utilities cutoff for nonpayment during the PAUSE.

In addition, calls have also been reported to be coming from scammers purporting to be from New York electric and gas utilities. The callers ask for consumer information, including utility account numbers, social security numbers, and dates of birth, and request payment for alleged past-due bills. Similar to a Social Security scam detailed in June of 2019, in these cases the caller “spoofs” official phone numbers of state agencies or utility companies and call individuals seeking information that could be used to steal identities. Spoofing is when a caller deliberately falsifies the information transmitted to a caller ID display to disguise their identity, according to the Federal Communications Commission. In actuality, the call could be coming from anywhere in the world.

TO AVOID FALLING VICTIM TO THESE SCAMS, CONSUMERS SHOULD FOLLOW THE TIPS BELOW:

- **Consumers should never give out personal information** such as account numbers, Social Security numbers, mother's maiden names, passwords or other identifying information in response to unexpected calls or if they are at all suspicious. Consumers should not respond to any questions, especially those that can be answered with "Yes" or "No." Consumers should exercise caution if they are being pressured for information immediately.
- **Government agencies and utility companies do not ask for payments via gift cards or cash transfer apps.** Gift cards allow scammers to get money without a trace. Real utility companies issue several disconnection warnings before shutting off utilities and they never demand money over the phone or specify a method of payment.
- **Use call blocking tools from your phone provider and check into apps that block calls.** The FCC allows phone companies to block robocalls by default based on reasonable analytics (see [fcc.gov/robocalls](https://www.fcc.gov/robocalls)).
- **Do not rely on the number that comes up on your phone.** Callers can “spoof” the number to look like a government agency or local utility company. If someone has contacted an individual and they are suspicious, they should hang up and go directly to the official website for the agency or utility company or call the number on their utility bill to confirm whether there is a problem with their account.

If a consumer receives this or any other scam calls, they are encouraged to file a complaint with the Division of Consumer Protection. The Consumer Assistance Helpline (800-697-1220) is available Monday to Friday from 8:30 a.m. to 4:30 p.m., excluding State Holidays, and consumer complaints can be filed at any time at www.dos.ny.gov/consumerprotection.

METRIX LEARNING



Due to this ongoing concern about COVID-19, Columbia-Greene Workforce NY customers are being urged to access virtual services without leaving their homes. The career center offers Metrix Learning®, a FREE online learning platform to all unemployed and underemployed individuals.

SIGN UP AND GET ACCESS IMMEDIATELY THROUGH VIRTUAL REGISTRATION!

GO TO: <https://columbiagreeneworks.metrixlearning.com/>

Get Access to over 5000+ courses in popular industries like IT, Business, Healthcare, and more from the comfort of your own home. Topics include:

- Healthcare
 - o Disease Prevention
 - o Treating Illness
 - o Nursing Courses
- Administrative
 - o Microsoft Office
 - o QuickBooks
 - o Adobe
- Working from Home
 - o Contributing as a Virtual Team Member
 - o Exploring Virtual Collaboration
 - o Effective Team Building
- Customer Service
 - o Customer Service over the Phone
 - o Contacting Customers via Email
 - o Understanding the Digital Customer

News From the Greene County Youth Bureau

HOW TEENAGERS CAN PROTECT THEIR MENTAL HEALTH DURING COVID-19

Article by Mandy Rich, Digital Content Writer, UNICEF

Being a teenager is difficult no matter what, and the coronavirus disease (COVID-19) is making it even harder. With school closures and cancelled events, many teens are missing out on some of the biggest moments of their young lives - as well as everyday moments like chatting with friends and participating in class. For teenagers facing life changes due to the outbreak who are feeling anxious, isolated and disappointed, know this: you are not alone.



Recognize that your anxiety is completely normal: If school closures and alarming headlines are making you feel anxious, you are not the only one. In fact, that's how you're supposed to feel. Psychologists have long recognized that anxiety is a normal and healthy function that alerts us to threats and helps us take measures to protect ourselves. Your anxiety is going to help you make the decisions that you need to be making right now. Those feelings are helping to keep not only you safe, but others too. While anxiety around COVID-19 is completely understandable, make sure that you are using reliable sources to get information, or to check any information you might be getting through less reliable channels.

Create distractions: What psychologists know is that when we are under chronically difficult conditions, it's very helpful to divide the problem into two categories: things I can do something about, and then things I can do nothing about. There is a lot that falls under that second category right now, and that's okay, but one thing that helps us to deal with that is creating distractions for ourselves. Suggestions include doing homework, watching a favorite movie or getting in bed with a novel as ways to seek relief and find balance in the day-to-day.

Find new ways to connect with your friends: If you want to spend time with friends while you're practicing social distancing, social media is a great way to connect. Get creative: Join in a Tik-Tok challenge like [#safehands](#). It's not a good idea to have unrestricted access to screens and or social media so work out a screen-time schedule with your parents.

Focus on you: Have you been wanting to learn how to do something new, start a new book or spend time practicing a musical instrument? Now is the time to do that. Focusing on yourself and finding ways to use your new-found time is a productive way to look after your mental health.

Feel your feelings: Missing out on events with friends, hobbies, or sports matches is incredibly disappointing. These are large-scale losses and really upsetting to teenagers. The best way to deal with this disappointment is by letting it out. Go ahead and be sad, and if you can let yourself be sad, you'll start to feel better faster. Processing your feelings looks different for everyone. Some kids will do art while others will want to talk to their friends and use their shared sadness as a way to feel connected in a time when they can't be together in person. What's important is that you do what feels right to you.

Congratulations Class of 2020



Greene County Children, Youth & Community Advisory Board would like to congratulate all Greene County youth who are a member of the Class of 2020 at their high school.

CONGRATULATIONS to the area youth who were nominated for the Greene County Youth Awards. As of press time, winners had not yet been named but full details will appear in our July issue of the Round Table News, as well as on the Department's web and Facebook pages.

GREENE COUNTY SENIOR CITIZENS CLUBS



ATTENTION ALL CLUBS:

Do you have anything to announce about your club?

Put it in print in the Round Table News!

Contact Maureen at the Department of Human Services

ATHENS:

ATHENS SENIOR CITIZENS

2nd & 4th monthly Monday

1:15 p.m.

Rivertown Senior Center

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 C. Antonelli Senior Center

COXSACKIE:

SENIOR CITIZENS of COXSACKIE

1st & 3rd monthly Monday

1:15 p.m.

Coxsackie Senior Center

COXSACKIE AREA SENIORS

2nd & 4th monthly Wednesday

1:30 p.m.

Van Heest Hall, Bethany Village

GREENVILLE:

GREENVILLE GOLDEN YEARS

1st monthly Wednesday

1:30 p.m.

American Legion Hall

MOUNTAIN-TOP:

MOUNTAIN TOP GOLDEN AGERS

4th monthly Thursday

1:30 p.m.

Tannersville Village Hall

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

1st & 3rd monthly Monday

1:30 p.m.

Hensonville Town Bldg.



Calling All Seniors!

IMPORTANT NOTE:

NEITHER GREENE COUNTY OR THE DEPARTMENT OF HUMAN SERVICES ENDORSES ANY SENIOR CLUB ACTIVITIES. WE MERELY PASS THE INFORMATION ALONG AS A COURTESY TO THE SENIOR CLUBS. FOR FURTHER INFORMATION, CONTACT THE SPECIFIC CLUB ADVERTISING.

IN LIGHT OF COVID-19, PLEASE CHECK WITH THE SPECIFIC SPONSORING CLUB TO SEE IF A TRIP IS STILL ON SCHEDULE.



Mountaintop Golden Agers 2020 Trip Schedule

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

WAJPL Golden Age Club 2020 Trip Schedule



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

LOG CABIN (HOLYOKE, MASS.) - 2 TRIPS

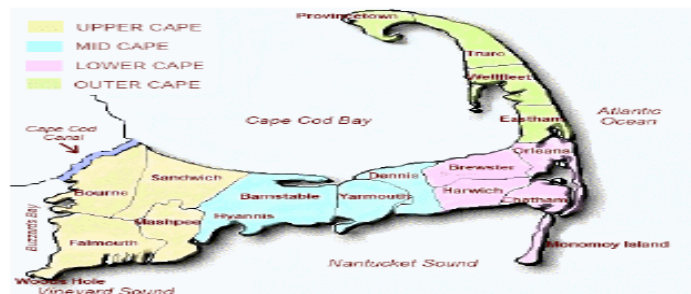
JULY 28 **ROD STEWART TRIBUTE \$65**

AUGUST 4 **BILLY JOEL TRIBUTE \$62**

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

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 HANDING 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



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



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
or email 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

SUPPORT CANCER PATIENT AID

in Greene County



BECOME A MEMBER!

&... help cancer patients!

Your membership alone helps!
JOIN TODAY!

Greene County Women's League Cancer Patient Aid is looking for members.
It starts with contacting us at www.greenecountywomensleague.com/become-a-member/



• (518) 819-1249 • P.O. Box 341, Round Top, NY 12473

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!

NABA

Northeastern Association
of the Blind at Albany

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



@Northeasternassociationoftheblindatalbany under Events for all updates and event developments!



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

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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