



# Greene County Round Table News

Published by Greene County Department of Human Services since 1976

JULY 2020

## 2020 SENIOR FARMERS' MARKET NUTRITION PROGRAM

Are you a New York State senior citizen, age 60 years or older?

### AND

Is your monthly income at or below \$1967 for one; \$2658 for two or an additional \$691 per person for larger households?

Would you like to receive a booklet containing twenty dollars (\$20) worth of checks to be used to purchase local, fresh, unprocessed vegetables and fruits from participating farmers throughout NYS? If you answer YES to these questions, & have not already received a booklet this year . . .

**CONGRATULATIONS – YOU'RE ELIGIBLE!**



DISTRIBUTED FIRST COME, FIRST SERVED BASIS AT THE FOLLOWING LOCATIONS

### GREENE COUNTY SENIOR SERVICE CENTERS

ALL WILL BE A DRIVE-THRU SYSTEM FROM 11:30 A.M. – 12:30 P.M.

ATHENS:	RIVERTOWN SENIOR CENTER	TUESDAY, JULY 14
CATSKILL:	ROBERT ANTONELLI SENIOR CENTER	TUESDAY, JULY 21
CAIRO:	ACRA COMMUNITY CENTER	WEDNESDAY, JULY 22
COXSACKIE:	TOWN OF COXSACKIE SENIOR CENTER	WEDNESDAY, JULY 15
MOUNTAIN TOP:	JEWETT SENIOR NUTRITION SITE	THURSDAY, JULY 16

### SENIOR HOUSING (FOR TENANTS ONLY)

ATHENS:	RIVERTOWN SENIOR APTS	TUES. JULY 14, 10:30 A.M. – 11:15 A.M.
CATSKILL:	AUTUMN GROVE	MON. JULY 6, 10:00 A.M.
	ORCHARD ESTATES	MON. JULY 6, 10:30 A.M.
	KAATERSKILL MANOR	MON. JULY 6, 11:15 A.M. – 12:00 P.M.
COXSACKIE:	BETHANY VILLAGE APTS. (ONLY IF HALL IS REOPENED)	WED. JULY 15, 10:30 A.M. – 11:15 A.M.
CAIRO:	FAIRGROUND ESTATES	TUES. JULY 7, 10:00 A.M. – 11:00 A.M.

**DUE TO COVID-19 RESTRICTIONS,**

**CHECKS WILL NOT BE AVAILABLE AT THE DEPT. OF HUMAN SERVICES' MAIN OFFICE.**

In Greene County, the following are authorized farmer locations:

Black Horse Farms, Athens

Bulich Creekside Farm, Leeds

Fromer Market Gardens, Tannersville

Stoneledge Farm, Leeds

The Farmer's Market Coupon program is sponsored by  
 N.Y.S. Dept. of Agriculture and Markets    N.Y.S. Dept. of Health    N.Y.S. Office for Aging  
 Cornell Cooperative Extension    U. S. Department of Agriculture Food and Nutrition Service

# We're Back and Open for Business!

## NOTICE

### MASKS MUST



PROTECT  
YOURSELF

REDUCE  
THE  
SPREAD

### BE WORN

The county office building, which includes Greene County Department of Human Services, is now open 8:30 a.m. - 5:00 p.m. Monday thru Friday. A mask will be required for you to enter the building at this time.

Due to current restrictions under COVID-19, walk-in clients will not be seen. If you have an issue you need to discuss with one of our workers, **you must call ahead for an appointment (518-719-3555).** Appointments are not scheduled between 12:00 p.m. and 1:00 p.m.

All social distancing guidelines will be followed.

## WHAT IS SOCIAL DISTANCING?

Social distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:



Avoiding non-essential  
trips in the community



Limiting, postponing  
or cancelling  
gatherings



Working from home,  
where possible



Conducting meetings  
virtually



Keeping kids away  
from group settings



Avoiding visits to  
long-term care homes  
and other care settings

**Keep a distance of 6 feet from others when going for walks  
or shopping for groceries.**



Nose, mouth,  
and chin fully  
covered

Snug on  
side of face

Secured with  
ties or  
ear loops

Loose-fitting  
with gaps  
on side



Resting on  
neck

## Dos and Don'ts of Wearing a Mask

Put on mask with clean hands and avoid touching it while wearing.

verywell

## NEW YORK STATE CONTACT TRACING

You're a part of the solution... now answer the phone!



You've stayed home!



You're wearing masks!



Now, answer the phone!



Department  
of Health

facebook.com/NYSDOH  
twitter.com/healthNYgov

[health.ny.gov/coronavirus](https://health.ny.gov/coronavirus)

If you get a phone call and the caller ID says "NYS Contact Tracing," please Answer the Phone, because Greene County Public Health Department is calling to protect the health of you, your family, and your community!



## HOW OBSERVANT ARE YOU?

This month we are going to have a little contest. We want you to count how many times you see the word “mask” or an image of a mask. (we just gave you two!) All entries should be emailed by July 26 to [aging@discovergreene.com](mailto:aging@discovergreene.com). Please include your name & phone number. If you do not have computer access, please call 518-719-3555 and ask for Maureen. On August 1, all correct entries will be entered into a drawing with the winner receiving a gift card to a local establishment. So start using your eagle eyes & looking!



### GREENE COUNTY . . . YOU PROVED “WE CAN DO IT.”





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

## **ATTENTION GREENE COUNTY RESIDENTS**

Do you need help with your Medicare Costs?

For people on Medicare and living on a fixed income, there are programs to help pay some of your costs. If you do not have Medicaid, Supplemental Security Income (SSI), or a Medicare Savings Program (MSP), you can apply for the Extra help program through the Social Security Administration (SSA), using either the agency's print or online application. (If you have Medicaid, SSI, or an MSP, you should be automatically enrolled in Extra Help.)

This application can also serve to screen you for a Medicare Savings Program, which helps pay your Medicare costs. Be sure to complete the entire application and provide accurate information so you get all the benefits for which you qualify.

Greene County Department of Human Services can help you determine your eligibility, and, if you qualify, will assist you with the process of applying for the Extra Help/Low Income Subsidy and the Medicare Savings programs. Call the office at 518-719-3555 for assistance. To complete the application online, visit [www.ssa.gov](http://www.ssa.gov).

Extra Help reduces your prescription drug costs only for drugs covered by your Part D plan. If you do not have a Part D plan but are eligible for Extra Help, you can use the Special Enrollment period (SEP) to enroll in Part D coverage.

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

**VISIT OUR WEBSITE**

<https://www.greenegovernment.com/departments/human-services>



Visit us on  
**Facebook**







# VOLUNTEERS ARE AMERICA



## **GREENE COUNTY DEPARTMENT OF HUMAN SERVICES** **ALWAYS HAS OPPORTUNITIES FOR VOLUNTEERS**

***Do you drive? Consider delivering meals to homebound seniors.  
Or you could drive a senior without transportation to a medical appointment.***

***Don't drive?***

***Maybe you would like to make telephone calls to lonely isolated seniors?***

***Need more socializing? How about volunteering at a congregate meal site?***

### **DELIVER HOMEBOUND MEALS**

The department provides healthy, balanced meals to Greene County residents, age 60 and older, who cannot prepare meals for themselves. Volunteers deliver these meals and check on the senior.

### **HOMEBOUND MEDICAL TRANSPORTATION**

Homebound Medical Transportation Service is available through the Department to county residents, age 60 and older, that do not have other options for needed transportation. The program will arrange for a volunteer driver. Rides are arranged to medical appointments and to special entitlement agencies.

***Are you willing to drive seniors to appointments in a neighboring county?  
We especially could use you.***

**Haven't seen what you're looking for listed?  
Give Ruth Pforte, Volunteer Coordinator,  
a call at 518-719-3555  
for information on these opportunities  
and the many others we have to offer.**



## A MEMO FROM AARP REGARDING DRIVER SAFETY COURSES



As we said on a recent call, AARP Driver Safety's (ADS) top priority is the health and well-being of our volunteers, our members and the community at large. While states across the country are in the process of re-opening, **AARP has made the difficult decision to cancel all sponsored in-person events and activities through the end of 2020, which include AARP Driver Safety events,** to minimize COVID-19 exposure among our AARP family and our communities.

If fall arrives and it turns out it is safe to open, we will revisit the opportunity for events in 2020. We will continue monitoring developments closely over the next few months, and we will develop the protocols and guidelines to resume in-person events when the time is right. We will communicate any update in plans and protocols well in advance.

**RTN NOTE: We will help circulate the word on classes as soon as we receive notification from AARP.**

Please note: **AARP has NOT approved virtual classroom courses** or workshops due to privacy and security concerns. For Smart Driver courses, even if your state has approved this as an option, please do not move forward with virtual courses. We are currently exploring this option with the legal department and will update if there are any changes.

To our ADS leaders, we know you will remain in contact with us, but we also ask that you encourage your fellow volunteers to remain engaged while we work through these difficult circumstances. Please continue to hold meetings and trainings over the phone or online only. We will continue to send periodic updates through emails like this and our *Volunteer Insider* newsletter. We will also be sharing a link to our Volunteer Learnings series hosted by ADS staff and fellow volunteers, which cover various topics to help us stay up to date or learn new skills when we resume events.

As a reminder, cancellations include:

- AARP Smart Driver classroom courses
- Smart DriverTEK workshops
- CarFit events
- We Need to Talk in-person Seminars
- Marketing events at local fairs, expos, etc.



You may continue directing participants to the AARP Smart Driver online course as an alternative. We are extending our special 25% off discount through the end of the year.

Website: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)

Promo code for 25% discount: **DRIVINGSKILLS**

Good through: *December 31, 2020*

On behalf of the ADS staff, THANK YOU for your continued flexibility and support in these truly unprecedented times. We know that we are going to get through it together.

We wish continued good health and safety to you and your families.

# OVERCOMING THE DIFFICULTIES OF SOCIAL DISTANCING

*By Emily Lemire, M.S.W., LICSW Manager of Social Work for Fallon Health's Summit ElderCare, Lowell, MA.*

The COVID-19 pandemic is unlike anything we've experienced in this country. It has created complications and fears that few families ever imagined they'd be dealing with as they care for the older adults in their lives. Family caregivers have had to drastically change their routines and expectations during this time of "social distancing". It's been stressful and unsettling. While older adults are more likely to face serious health consequences from COVID-19, everyone, regardless of age, income or home environment, has been affected. If you're a family caregiver who was already experienced difficult circumstances, the burden of social distancing can feel particularly heavy. It's important to your own health and well-being to find ways, no matter how small, to lighten it. While we've all been working to adapt to these changes, know that you're not alone if you're still finding it difficult.

## **Dealing with ongoing restrictions**

While we wish to bring our lives back to normal quickly, we'll most likely need to continue the precautions and physical distancing we've put in place for much longer. If you're caring for someone at home, you may be concerned about how to reduce potential exposures. If you can continue to have help and respite at times, you may want to select just one person to meet those needs. Having a single designated helper limits the amount of exposure you, your loved one and others in the household have to the coronavirus.

## **Keep socializing with friends**

Your social circle may have temporarily gotten smaller as you try to protect yourself and your loved one from this terrible virus, yet your friends can help you stay grounded through this time. Even though it takes extra energy to keep up with your friends while distancing measures are in place, please know that your efforts are worth it! Being connected to friends is important to your physical and mental health. Social interaction helps you **manage the stress** of these unusual circumstances. Stress can cause physical effects, such as headache, muscle tension, chest pain, fatigue, insomnia and upset stomach while the psychological effects include anxiety, restlessness, lack of motivation, feelings of being overwhelmed, irritability/anger, sadness/depression and substance misuse.

## **Give yourself a break**

Your options for respite care may look different than they usually do. How can you make your situation more manageable, even if only in a small way? Someone who has been supportive in the past or has made a general offer to help may not realize how much you need assistance or they might feel unsure of how to approach you. This is a good time to reach out to ask directly.

## **Take care of yourself**

Self-care is always important for caregivers. You need to maintain your own physical and psychological health so you can continue to care for your loved one. Be sure to taking time to recognize and appreciate what is happening now. This can help you "stay in the moment" instead of rushing and worrying about what comes next. Take a break by closing your eyes and breathe deeply or take a quick walk outside. Limit your exposure to the news, social media and discussion of COVID-19. Constant focus on it can increase your stress. Make time for activities you enjoy. Keep in mind that it's normal to be anxious and worried during a disruptive health crisis. Please don't feel self-conscious about needing some extra support. We all do right now.





## **THE BEST WAYS TO IMPROVE SENIOR MENTAL HEALTH CONDITIONS**

*By American Senior Communities*

While it's normal to feel down from time to time, when seniors are isolated and lonely, more serious conditions like depression can become common. Depression is much more than feeling sad or blue; it's a medical condition that can have serious physical effects on your overall health.

### ***Aging and Mental Health***

According to the CDC, depression is definitely not a normal part of the aging process. However, older adults tend to be more at risk for depression due to factors like social isolation, medical conditions like heart disease or stroke, or medication side effects. Plus, seniors may be less likely to admit that they are feeling depressed and not get the treatment they need to improve their quality of life.

The CDC reports that along with depression, around 20 percent of people over the age of 55 suffer from mental health conditions like bipolar disorder, anxiety, cognition issues or a combination of all the above. When mental health becomes compromised, older adults become more at risk for losing their independence.

### ***Keeping Positive – How to Improve Senior Mental Health***

The good news is that there are ways to improve senior mental health and keep a positive outlook on life! The key to optimal mental health is to focus on three areas:

- **Staying Socially Active**

Social isolation is a key factor leading to depression and other mental health conditions in older adults. Luckily, there are plenty of ways for seniors to remain socially active as they age. Keeping in touch regularly with family and friends is now easier than ever thanks to technology like Skype, Facetime or social media. Or, seniors can consider taking classes at a community college, volunteering, joining a book or garden club, etc.

- **Maintaining Physical Activity Levels**

Regular exercise does more than keep the body in good shape. Physical activity can also positively affect the brain; a number of studies have shown the correlation between physical health and mental health. Exercise releases chemicals in the brain that not only increase energy, but also improve mood. Seniors of all fitness levels can take part in a variety of exercises, from simply taking a daily walk to strength training and light aerobics, or chair exercises for those with mobility issues. Or, consider joining a senior exercise program that offers classes dedicated to the specific needs of older adults.

- **Keeping Your Brain Engaged**

Challenging the brain throughout the aging process is vital not only for better mental health, but also for giving the memory a boost. An active brain allows for sharper concentration, enhanced function and focus, and improved problem-solving skills. Seniors can consider playing brain games that increase mental productivity, learning a new language or instrument, or taking up a new hobby to keep the brain active and engaged.

Positive mental health is as important as physical health for seniors to continue to thrive and enjoy life to the fullest.



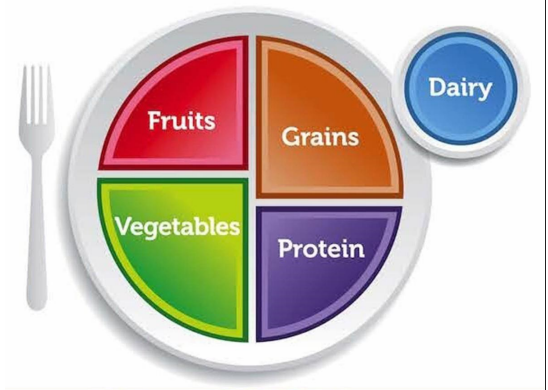
# NUTRITION CORNER

The summer months are finally here and so are the Farmer's Markets. The markets showcase local fresh fruits, vegetables, meats and bakery products. At the farmers market, you will see a wide variety of fruits and vegetables that provide vitamins, minerals and phytochemicals which help the body to:

- Stay healthy and energetic.
- Maintain a healthy weight.
- Protect against the effects of aging.
- Reduce the risk of some cancers and heart disease.

For a well-balanced meal, we recommend you create a rainbow of color on your plate. **"My Plate"** is the perfect guide for what you should consume:

- 2 cups of fruits per day ( $\frac{1}{4}$  cup dried fruit =  $\frac{1}{2}$  cup fruit)
- 2  $\frac{1}{2}$  cups vegetables per day (2 cups raw leafy greens = 1 cup vegetables)



Visiting a Farmer's market is a great place to:

- Shop and get some exercise.
- Walk around looking at the produce and baked goods.
- Talk to the vendors and ask questions, they always love talking about their products.

## Friendly reminders:

- Bring cash - vendors may not accept checks or credit cards.
- Bring your own bags or baskets- vendors don't typically have bags and the markets don't have shopping carts.
- Wide woven baskets help prevent produce from piling on each other.
- Use several bags to avoid squishing your produce.

## Helpful tip:

- Using reusable bags is nice.
- You can help prevent bacteria, yeasts and mold from growing on your bags and cross-contaminating your food by washing and storing the bags safely between each use.

## Senior Farmers' Market Nutrition Program

If you are a senior (aged 60 years or older) who lives in New York State, and are low-income, you may be eligible to receive Senior Farmers' Market Nutrition Program (SFMNP) checks. Seniors who are eligible for this program receive a booklet with SFMNP checks that can only be used to purchase local, fresh, unprocessed vegetables and fruits at **participating** farmers' markets and farm stands. See the front page of this issue for more information about where to receive SFMNP checks and local farms participating. The program starts July 1 and checks are distributed on a first come, first served basis.



**Friday, July 10, 2020**

**Balsamic Chicken Salad**

**Fresh Greens**

**w/ FARM FRESH**

**CUCUMBERS & TOMATOES**

*from Black Horse Farms*

**Potato Salad, Carrots**

**Oatmeal Raisin Cookie**

**Friday, July 17, 2020**

**Roast Pork w/ Gravy & Applesauce**

**Braised Cabbage**

**Sweet Potato**

**FARM FRESH FRUIT *from Story Farms***



**Friday, July 24, 2020**

**Chef's Salad**

*(Turkey, Hard Boiled Egg, Fresh Greens, Cucumbers, Carrots, Tomatoes & Kidney Beans)*

**Potato Salad**

**FARM FRESH FRUIT *from Black Horse Farms***

**Friday, July 31, 2020**

**Chef's Choice**

**Green Salad w/ Kidney Beans**

**Cauliflower**

**FARM FRESH FRUIT *from Story Farms***

**Menu will be delivered to all homebound meal clients.**

**Those wishing a take-out lunch, must call the pick-up location at least a day in advance.**

<b>Rivertown Senior Center:</b>	<b>39 2<sup>nd</sup> Street, Athens,</b>	<b>518-945-2700</b>
<b>Jewett Senior Service Center:</b>	<b>Jewett Municipal Building, Route 23C,</b>	<b>518-263-4392</b>
<b>Acra Senior Service Center:</b>	<b>Acra Community Center, Old Route 23, Cairo,</b>	<b>518-622-9898</b>
<b>Catskill Senior Nutrition Site:</b>	<b>Robert C. Antonelli Sr. Center, 15 Academy Street</b>	<b>518-943-1343</b>
<b>Coxsackie Senior Nutrition Site:</b>	<b>Town of Coxsackie Senior Center, Mansion Street</b>	<b>518-731-8901</b>



## **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 (Home Delivered Meals only) & 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 lunch from 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.**

### **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

Shane Dillon,  
Senior Center Manager

JoanAnn Rouse  
Lana Marrone  
James Murphy

### **CATSKILL**

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

Martha Schilling

### **COXSACKIE**

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

Abby Schweter

Carol Harnett

### **JEWETT**

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

Gayle Ruvolo  
Meal Site Manager

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

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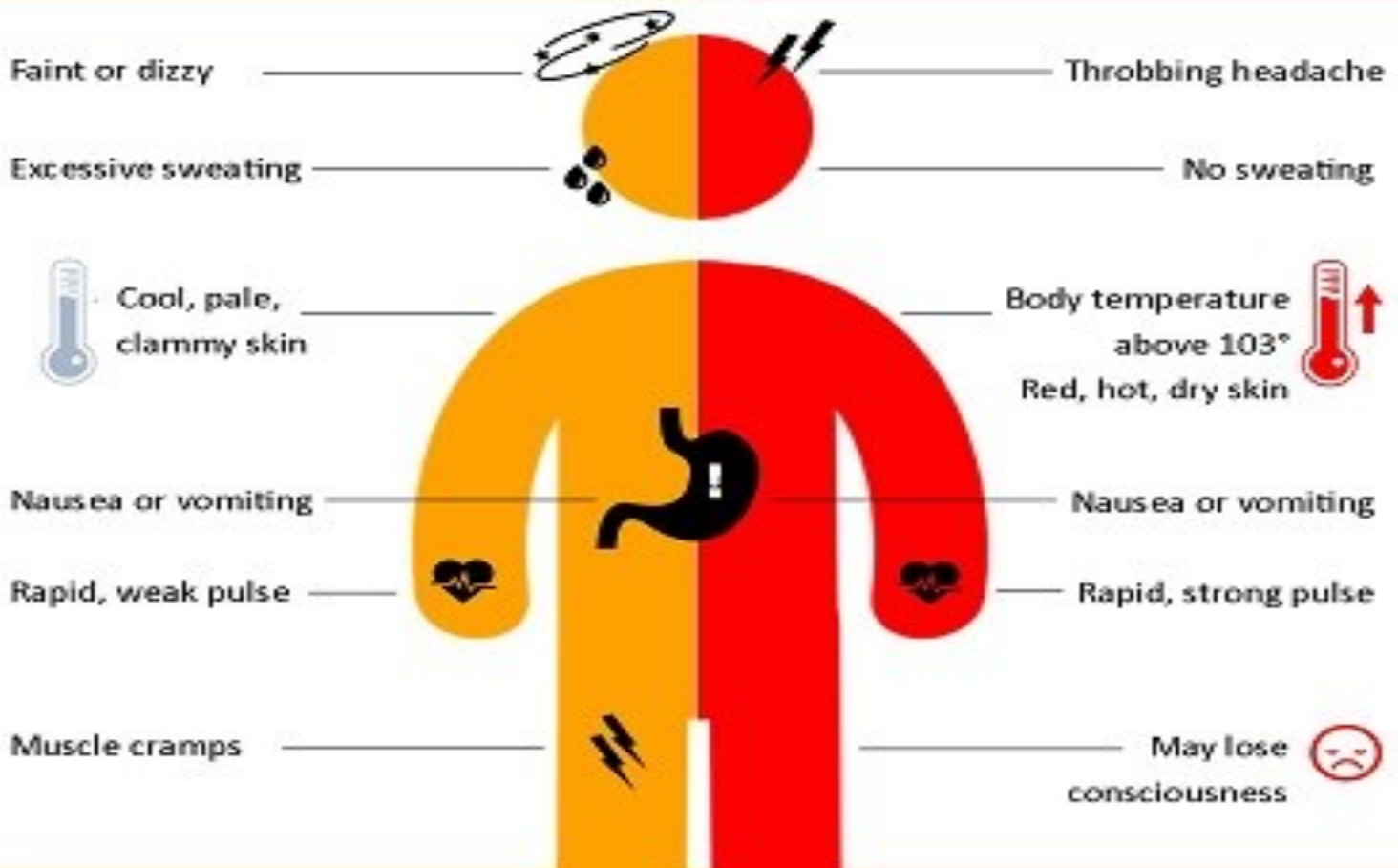
Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES PEARS	<b>4</b> BATTERED FISH SCALLOPED POTATOES CARROTS CHOCOLATE CHIP COOKIE	<b>5</b> ITALIAN SAUSAGE w/ TORTELLINI ITALIAN MIXED VEGETABLES PEACHES	<b>6</b> PULLED PORK BAKED BEANS COLESLAW COLLARD GREENS FRUITED GELATIN w/ Whipped Topping	 <b>7</b> CHICKEN SALAD FRESH SALAD w/ Tomatoes & Chick Peas POTATO SALAD MARINATED CARROTS LOCAL FARM FRESH FRUIT FROM STORY FARMS
<b>10</b> CHICKEN DIJON RICE PILAF SPINACH PINEAPPLE CHUNKS	<b>11</b> SALISBURY STEAK w/ Gravy CAULIFLOWER SWEET POTATO TAPIOCA PUDDING w/ FRUIT	<b>12</b> ROAST TURKEY w/ Gravy CRANBERRY SAUCE MASHED POTATOES MONACO MIXED VEGETABLES PEACH CRISP	<b>13</b> TUNA SALAD PLATE MACARONI SALAD FRESH GREENS w/ Cucumbers & Sliced Tomatoes FRUIT COCKTAIL	 <b>14</b> VEGETABLE LASAGNA ITALIAN BEANS FRESH SALAD LOCAL FARM FRESH FRUIT FROM BLACK HORSE FARMS
<b>17</b> BAKED ZITI ITALIAN MIXED VEGETABLES BRUSSELS SPROUTS PEACHES	<b>18</b> MEATLOAF w/ Gravy MASHED POTATOES SPINACH VANILLA PUDDING w/ Granola Topping	<b>19</b> BBQ CHICKEN THIGHS BROWN RICE PILAF CALIFORNIA MIXED VEGETABLES PINEAPPLE CHUNKS	<b>20</b> BAKED PORK CHOPS w/ Gravy FRESH SALAD BRAISED CABBAGE SWEET POTATO OATMEAL RAISIN COOKIE	 <b>21</b> SEAFOOD SALAD PLATE FRESH GREENS POTATO SALAD LOCAL FARM FRESH FRUIT FROM STORY FARMS
<b>24</b> AMERICAN GOULASH GREEN BEANS FRUIT COCKTAIL	<b>25</b> BAKED SALMON w/ Lemon Sauce RICE PILAF CALIFORNIA MIXED VEGETABLES YOGURT w/ Fruit & Granola	<b>26</b> BIRTHDAY CELEBRATIONS BAKED CHICKEN w/ Gravy MASHED POTATOES SPINACH PUFF APPLE CAKE 	<b>27</b> CHEF'S CHOICE CAULIFLOWER PEARS 	 <b>28</b> CHEF'S SALAD (Ham, Cheese, Egg, Tomatoes, Fresh Greens & Kidney Beans) LOCAL FARM FRESH FRUIT FROM BLACK HORSE FARMS
<b>31</b> BROCCOLI & CHEDDAR QUICHE WAX BEANS PEAS & CARROTS PEARS	<div>  </div>			



## HEAT EXHAUSTION

OR

## HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

## CALL 9-1-1

- Take immediate action to cool the person until help arrives

**SUMMER AND RISING TEMPERATURES ARE HERE.**

**REMEMBER TO FOLLOW THESE SUMMER SAFETY TIPS  
TO STAY SAFE FROM EXTREME HEAT:**

**PLAN INDOOR ACTIVITIES FOR THE MIDDLE OF THE DAY  
WHEN THE SUN IS HOTTEST.**

**WEAR LOOSE, LIGHTWEIGHT CLOTHING.**

**EAT LIGHT FOODS.**

**DRINK LOTS OF WATER TO STAY HYDRATED.**

**SENIOR ANGELS PROGRAM -  
SPREADING CHEER 365 DAYS A YEAR  
SPONSORED BY  
GREENE COUNTY DEPARTMENT OF HUMAN SERVICES**



The Senior Angels Program was created in 1998 by Greene County Department for the Aging when Case Managers noticed there was a large population of seniors that had no family or close friends to share the joy of the Christmas holiday. Staff thought it would be nice to remember them at this joyous time and asked for donations of small gifts and trinkets that could be delivered along with the Home Delivered Meals. Within a short time, the Senior Angel concept grew and Aging staff thought it would be a good idea to reach out to the residents and businesses of Greene County asking for monetary donations. This way they could reach more seniors and give gifts that they needed. In the first year, \$2000 was raised and the holidays were brighter for 15 seniors.

In 2013, a committee of five staff members was named to take over the Senior Angels program as it had grown so successful. They would coordinate all the fundraising, review requests for gifts, shop and wrap the gifts. At the same time, the committee wanted people to think year-round about the Senior Angels Program and the needs of seniors, hence “Spreading Cheer 365 Days a Year”.

Over the past years, the Program has grown and brought much happiness to the lives of many seniors. Here is a brief year-by-year synopsis.

- **2014:** 122 Senior Citizens received a gift, including 29 seniors living on their own with gift cards and monetary gifts. The emergency fund provided fuel assistance, medications, appliances and a picture window replacement to seniors in need.
- **2015:** 133 Senior Citizens, received a gift, including 25 seniors living on their own, with gift cards and monetary gifts. In addition, two Singer sewing machines were presented to the Eliot for their activities room. The emergency fund provided financial assistance for rent, fuel, vehicle repair, replacing a hot water tank and septic system, covered relocation fees, purchased a TV and needed appliances for seniors seeking help during the year.
- **2016:** Provided gifts to 145 Senior Citizens and began a Thanksgiving Dinner which was attended by 62 Senior Citizens. The emergency fund provided assistance for insurance (vehicle and homeowners), utility bills, taxes, prescriptions, appliances, and a wheelchair.
- **2017:** We provided gifts to 176 Senior Citizens for the holidays. Our Thanksgiving dinner had 59 seniors in attendance and the emergency assisted with prescriptions, rent and work in a home.
- **2018:** We provided holiday gifts to 250 Senior Citizens. Word about our Thanksgiving Dinner has spread and it was attended by 80 Senior Citizens. We continued to provide assistance for those with emergency requests for loan payments, water pumps, prescriptions, appliances and household work.
- **2019:** What a year. Thank you Greene County. Our annual appeal set a new record and raised over \$17,500! We delivered gifts to 250 seniors for the holidays, had 75 in attendance for our annual Thanksgiving dinner and our emergency fund assisted with fuel, prescriptions & household maintenance.

Due to the generous contributions of Greene County organizations, businesses and residents, we have been able to help fulfill many requests. Hopefully, moving forward, we can continue to do the same for many years to come. Please consider donating.



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

**THANK YOU FOR YOUR SUPPORT.**

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

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

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

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

to the following:

\_\_\_\_\_ General fund where needed most      \_\_\_\_\_ Homebound transportation

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

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

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

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

### ***Greene County Department of Human Services Senior Angels Program invite you to become a Senior Angel***

The department works with limited-income senior citizens who could use one-time, emergency assistance when all other funds have been exhausted and there is no other source to help. The program also sponsors an annual Thanksgiving Dinner for those seniors who might be alone for the holiday, as well as a special gift during the Christmas season. These gifts lift their spirits and fulfill a need.

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

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

I designate a \$ \_\_\_\_\_ donation to the Senior Angels Program

In Memory/ Honor of \_\_\_\_\_

\_\_\_\_\_ Please publish my name as a donor

\_\_\_\_\_ I wish to donate Anonymously

Donations may be mailed to:  
Greene County Department of Human Services  
411 Main Street    Catskill, NY 12414  
Email any questions to [kenbrooks@discovergreene.com](mailto:kenbrooks@discovergreene.com)





# **GREENE COUNTY** **DEPARTMENT of HUMAN SERVICES** **CONTRIBUTIONS POLICY**



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

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

**CONSULTATION and ASSISTANCE:** This includes such client assistance activities as case assistance, HIICAP, help with public benefit applications, etc. The suggested level 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 per hour*).

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

## **NUTRITION:**

- **Senior Congregate Meal or Home Delivered Meals:** The suggested level of contribution is \$4.00 (*actual cost \$15.00/meal*).
- **Nutrition Counseling -** Clients requesting diet counseling from the Registered Dietitian are provided with an opportunity to contribute. The suggested level of contribution is \$5.00. (*actual cost \$65.00/hour*).

## **TRANSPORTATION:**

- **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*)

# 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

1:30 p.m.

Coxsackie Senior Center

### ***COXSACKIE AREA SENIORS***

2nd & 4th monthly Wednesday

1:15 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 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.**



## **MOUNTAIN TOP GOLDEN AGERS 2020 TRIP SCHEDULE**

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

## **WJPL GOLDEN AGE CLUB 2020 TRIP SCHEDULE**

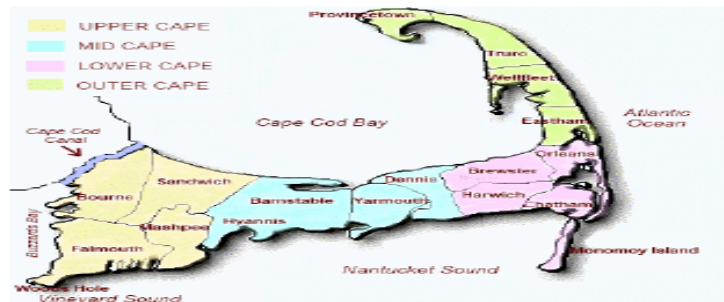


**LOG CABIN (HOLYOKE, MASS.) - 2 TRIPS**  
JULY 28      **ROD STEWART TRIBUTE    \$65**  
AUGUST 4    **BILLY JOEL TRIBUTE        \$62**

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

### **MOUNTAIN TOP GOLDEN AGERS 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



**Don't forgot your mask!**



**Don't forget your facial covering!**



**WESTCHESTER BROADWAY  
THEATRE**

September 30, 2020



BOOK BY  
**HARVEY FIERSTEIN**  
MUSIC AND LYRICS BY  
**CYNDI LAUPER**

lunch included

**CAIRO GOLDEN AGERS**

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

\$65.00 members  
\$70.00 non-members

**CATSKILL SILVER LININGS SENIOR CLUB BUS TRIP**



**AQUA TURF CLUB - PLANTSVILLE, CT**

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

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

Show them how you can dance!

**OCTOBER 19, 2020**

\$71 PER PERSON

TRANSPORTATION

COMPLIMENTARY COFFEE & DONUTS

LUNCHEON:

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

*Kartoffelgratin, Sauerkraut & Dessert*

COMPLIMENTARY GLASS OF BEER OR WINE

SHOW & DANCING

FOR FURTHER INFORMATION OR TO MAKE A RESERVATION,

CALL GEORGIE AT 518-622-3257



# News From the Greene County Youth Bureau

## GREENE COUNTY YOUTH FAIR

The Greene County Agricultural Society regrets that we will be cancelling the 2020 Greene County Youth Fair. Our team of volunteers decided the safety of exhibitors, vendors, volunteers, families, and guests is too important. This was not an easy decision, and we would like to thank everyone who has supported the fair. We are already making plans for 2021 and will strive to make this a wonderful event next year.

Alex Johnk, President, Greene County Agricultural Society



## THE QUARANTINE CLASSIC

When we announced the cancellation for our 2020 fair, we heard all of your sadness. We were right there with you. It was not a decision that was taken lightly.



However, seeing how it affected all of you, we decided that we may have canceled the physical fair, but that does not mean the fair spirit had to be canceled along with it. With that being said...we introduce to you, **Greene County Youth Fair's first ever virtual fair, "The Quarantine Classic!"**

We have been working endlessly to come up with an interactive plan for all of our amazing guests, fans, exhibitors, families, volunteers, and everyone in between to stay connected to their fair memories, but also keep everyone safe.

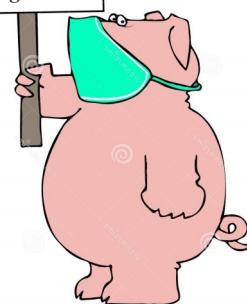
Please stay tuned to our Facebook posts for announcements coming soon as we are so excited to show you what we have in store! All exhibitors are welcome to send in videos of their livestock, projects, etc. to be voted on by our judges. We will be posting these videos during the regular time frame they would normally be held at the fair.

Also you can take a peek at our website for our full calendar of events as well as more information on our virtual fair plans! Trust us, there are plenty of "Easter eggs" hiding in our lineup!

Get ready...July is going to be a blast!!

<https://thegreencountyyouthfair.com/>

Quarantine  
Classic  
coming soon.



## SUPPORT GROUP MEETINGS



*the compassion to care, the leadership to conquer®*

1st monthly Wednesday, 3:00 p.m.  
The Pines at Catskill Center for Health & Rehab.  
154 Jefferson Heights, Catskill  
Facilitator: Sana Masih  
518-867-4999, Ext. 200 or email [srmasih@alz.org](mailto:srmasih@alz.org)

3rd monthly Thursday, 6:00 p.m.  
Heermance Memorial Library  
1 Ely Street, Coxsackie  
Facilitator: MaryAnn Witt  
518-867-4999, Ext. 224

### **TELEPHONE SUPPORT GROUP**

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

## **SUPPORT CANCER PATIENT AID**

in Greene County



**REGRETABLELY ALL 2020 MEETINGS HAVE BEEN CANCELLED DUE TO COVID-19.**

# **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/](http://www.greenecountywomensleague.com/become-a-member/)



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





**Greene County  
Women's League**



**3<sup>rd</sup> Annual**

8<sup>th</sup> year in the running for this Chicken Run car show

# CANCER PATIENT AID CAR SHOW

50/50

Music

**WHEN:**

**Sunday, August 16, 2020 - 10am-2pm**

(Rain -or- Shine) (Registration 9am to 11am)

**WHERE:**



[www.chickenrunwindham.com](http://www.chickenrunwindham.com)

518-734-5353

(Corner of Rte. 23 & South St., 5639 NY-23, Windham)

Facial Coverings  
Required

**WHY:**

**Funds raised support cancer patients  
in Greene County.**

**COST:**

**\$10 min. donation per entrant**

DOOR  
PRIZES

**Open to all Years, Makes & Models**

**Trophies Awarded at 2pm to... Top 20 Vehicles, People's Choice,  
Motorcycle, 1995 & Newer, Rick Mundelein memorial trophy, etc.  
and... \$500 Best in Show "Classic" (from the Chicken Run)**

**WRIP 97.9 FM**  
From the Catskills to the Capital Region



**SOCIAL DISTANCING GUIDELINES FOLLOWED**

# 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](mailto:ljordan@naba-vision.org)



@Northeasternassociationoftheblindatalbany under Events for all updates and event developments!





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

**EXECUTIVE DIRECTOR - THÉRÈSE MCGEE WARD**

**BUSINESS MANAGER:** Ken Brooks

**AGING DEPARTMENT COORDINATORS:**

Aging Services - Connie Bentley  
Nutrition - Tezera Pulice-Hanselman  
Volunteer Services - Ruth Pforte

Staff:

<b>CASE MANAGERS:</b>	Tami Bone	Cortney Carlson	Danielle Kane-Wade
<b>ADMINISTRATIVE ASSISTANT:</b>	Maureen Murphy		
<b>AGING SERVICES SPECIALIST:</b>	Nicole Noll		
<b>AGING SERVICES AIDE:</b>	Rose Bundy		
<b>RECEPTIONIST:</b>	Mary Jean Pomilla		
<b>NUTRITION VAN CHAUFFEUR:</b>	Patrick Murphy		
<b><u>YOUTH SERVICES WORKERS:</u></b>	Carrie E. Wallace		Laura Anderson

The office is open 8:30 a.m. - 5:00 p.m. Monday thru Friday, though staff are unavailable to be seen between 12:00 Noon and 1:00 p.m.

