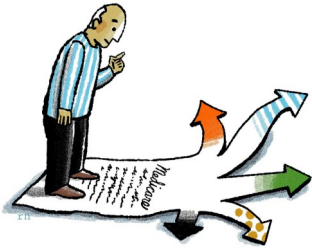




MEDICARE OPEN ENROLLMENT 2021



Medicare is a very important healthcare asset for many seniors and others requiring assistance with health insurance in the United States. Those who are eligible for Medicare can receive assistance and affordable healthcare to deal with the variety of health issues that can crop up as we age. Enrolling in Medicare can give you peace of mind for yourself or other aging family members for whom you may be caring.

Medicare Enrollment 2021, also known as the **Medicare OEP 2021**, runs between **October 15 and December 7, 2020**. During this annual enrollment period, individuals who qualify for Medicare can renew or change their Medicare policies.

If you miss your initial enrollment period and the annual open enrollment period for Medicare, you might have to pay more to obtain Medicare coverage. Additionally, you might spend more because of pre-existing conditions that you have. If you enroll during your initial enrollment period or during an annual open enrollment period, you won't have to worry about your insurance rates increasing because of pre-existing conditions.

HOW TO GET HELP DURING THE MEDICARE ANNUAL ENROLLMENT PERIOD

Greene County Department of Human Services counselors are available to assist you through the process of enrolling for the first time or in changing your existing plan. We will have the new rates and updates for the plans in our area.

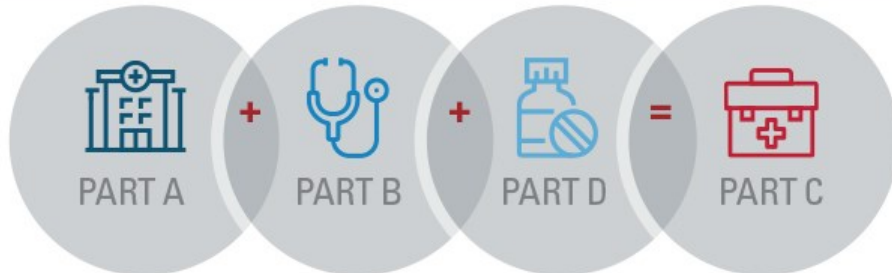
Many times our counseling sessions can be completed through telephone calls, followed by us sending you written material to review. When needed, we will meet face-to-face in our office.

For further information or to schedule an appointment with an insurance counselor, please call Nicole at 518-719-3556.

Please note, all COVID guidelines will be strictly enforced for appointments. We will maintain social distancing and give each client the personal attention desired. Remember you must wear a mask when you show up for your appointment.

UNDERSTANDING

Medicare



MEDICARE EDUCATION PRESENTATION

Are you turning 65?

**Are you enrolling in Medicare
and would like a better understanding?**

Please join the **Greene County Department of Human Services**
For a **Basic Medicare** information presentation.

We will be holding *three* dates to maintain social distancing

Monday October 19th 2020 10:00 am,

Wednesday October 21st 10:00 am,

Or Tuesday October 27th 11:00 am

Greene County Department of Human Services

411 Main Street Suite 247, Catskill

Limited reservations

Please call (518) 719-3556 to schedule your reservation

"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

This training is possible due to funding from the Administration for Community Living"



2020 DEPARTMENT OF HUMAN SERVICES VIRTUAL PUBLIC HEARING COMMENTS

We received comments from people who live in the towns of Cairo, Catskill and Coxsackie. The comments have been collected and combined if duplicative.

- On **transportation**:
 - ◊ Resume shopping bus.
 - ◊ Have seniors, disabled, & all those eligible without transportation regardless of age be able to use our transportation services.
 - ◊ Offer taxi service.
- On **services** that we offer:
 - ◊ In Home Contact and Support – the need for more services.
 - ◊ How to get services for neighbors and friends.
 - ◊ Questions about services for people under age 60.
 - ◊ Questions about how to get Personal Care services for shopping and housekeeping.
- On **how people felt** about our services:
 - ◊ Appreciation expressed for the services that we offer.
- Suggestions on things that people would **like to see offered**:
 - ◊ Seniors would like to see follow-up appointments w/ eye surgeons, etc. done locally (satellite for Albany, Kingston, etc. doctors) rather than having to travel & only be seen for 5 minutes

GREENE COUNTY SENIOR ANGELS

Spreading Cheer 365 Days a Year

Sponsored by Greene County Department of Human Services



*Greene County Department of Human Services announces
the kickoff of the 2020 Senior Angels Program.*

We would like to invite you to become a Senior Angel

2020 has been a heck of a year. Covid-19 has caused us to see so many changes - social distancing, wearing a mask, high unemployment, shutdowns and so many activities being cancelled. It is what they are calling the "new normal". When do we go back to the "old normal"?

This has been a difficult year all around. As you can imagine, it has been a very difficult time for the senior citizens of Greene County who have been confined to their homes. The department has many elderly, limited-income clients who would greatly appreciate a special gift during the upcoming holiday season. These gifts will lift their spirits, bring a smile to their faces and fulfill a need. Monetary donations will be placed in the department's Senior Angels Fund and be used to purchase gifts for needy senior citizens.

We understand that this year may be a difficult one for you to donate and we can appreciate that. So, if you can't, that's okay. Instead, maybe you can reach out to a senior you know via phone or mail and let them know you are thinking about them.

If you can donate, this year more than ever it would be appreciated. This year will certainly be a year that Senior Angels will be a vital source of help. We want to thank you, in advance, for any donation you are able to make or any phone call/contact you can do.

Year round, funds are used to provide one-time, emergency assistance to senior citizens when all other funds have been exhausted and there is no other source to help.

For more information, please call 518-719-3555 or toll-free (877) 794-9266

Email any questions to kenbrooks@discovergreene.com

Please return this section with your donation to:

Greene County Department of Human Services

411 Main Street Catskill, NY 12414

_____ *I would like my name to read:* _____

_____ *I wish to be listed as "Anonymous"*

_____ *Instead of my name, I would like the donation to read:*

In Memory/Honor of: _____



2020 SENIOR ANGEL ORNAMENT \$5.00 EACH

Due to COVID-19, many locations and events are closed/cancelled but we are still planning to bring holiday cheer to many Senior Citizens of Greene County.

If you would like a 2020 Senior Angels ornament, simply complete below and mail to Greene County Dept. of Human Services' Senior Angels Fund, 411 Main St., Catskill NY 12414 along with your payment and we will gladly mail an angel to you.

If you would like us to mail an ornament to a family member or a friend, please list their name and address and we will send it directly to them along with a gift card.

Thank you.

Please send me ____ ornament(s) at \$5.00 each.

My name and mailing address is: _____

Please mail the ornament to the following person/people:

Name and mailing address: _____

Inscription on card: _____

If you would like to order more than one gift Angel, please list above information on the back for each additional ornament.

Total: # of gifts: _____: (\$5.00 each)

All sale proceeds benefit
Greene County
Senior Angels Fund.



For Your Donations to the Senior Angels Program

Anonymous Donors

Tom and Linda Gentalen

Anne Marie Killourhy

Nancy Linger

Martinez Auto Body Shop, Inc.

Lillian Moore

P Schneider & Associates PLLC

Shook Insurance Agency, LLC

E. Suter In Memory of Elisabeth Pirkel

Rotary Club of Greenville

Catskill BPOE 1341

Helping Hands 12015

Lake and Mountain Realty

Jo and Frank Mangano

Kathleen & Dennis Meehan

National Bank of Coxsackie

Gary & Barbara Slutzky

Terry Ward

In Honor of

First Responders Ruth Kallman

Lee Lupsa

In Memory of

Robert D. Carl

Karen Sprague Johnson

John and Margaret Kordich

Sarah & Jack Ormerod/Chester W. Tompkins

Patricia Steinhauer

Patricia J. VanValkenburg

Greene County Department of Human Services Senior Angels would like to thank the Catskill BPOE for their most generous donation.

Seen in the photo are Elks representative Deb Traficante presenting the check to Senior Angels Program committee members Ken Brooks and MJ Pomilla.





HOME ENERGY ASSISTANCE PROGRAM

Only open during the winter heating season, Mid-November through March

HEAP helps low-income New Yorkers pay their energy bills. If your bills are more than you can handle and your source of heat is Electricity, Propane, Natural Gas, Wood/Wood Pellets, Oil, Kerosene, Coal, or Corn, HEAP may be able to help you.

To be eligible for HEAP, applicants must be US citizens or qualified aliens **and** meet HEAP income guidelines and pay directly for heating costs or pay rent that includes heating costs. Federal HEAP Income Eligibility Guidelines are subject to change annually. For the most recent guidelines, please contact our office.

HEAP benefit amounts will vary depending on your household income and may be available if your heat is included in your rent. HEAP benefits will assist in paying heating bills and are not intended to be the total source of payment for winter heating expenses.

When applying for HEAP, applicants must provide all required documentation verifying identification of all household members, address, income, SS#, vendor relationship and vulnerability (age or disabled).

Regular HEAP benefits open in November each year. An eligible household may receive one regular HEAP benefit per program year. Regular benefits for households that pay directly for heat based on actual usage are paid directly to the vendor that supplies the household's primary source of heat.

After January 1, a HEAP emergency benefit component assists individuals who are facing an energy-related emergency, such as a utility termination notice or less than a quarter tank/ten-day supply of fuel. If you are eligible, a HEAP emergency benefit may be issued in addition to your regular HEAP benefit, if the regular benefit has been exhausted.

DURING COVID-19: If you received 2019 HEAP, you may have already received an application from New York State for the 2020-2021 Home Energy Assistance Program as part of their Early Outreach and Enrollment.

There is a change in the procedure when applying this year due to COVID-19. We ask that **IF** you do not mail your application back to the office **and you wish to meet** with one of our representatives, **please call in advance** so an appointment can be scheduled for you. Our telephone number is 518-719-3555.

If this is the first year you will be applying for HEAP, applications will not be available until November. Once you receive the application, we ask that you call for an appointment or mail your application back to us.

We need to maintain social distancing and give each HEAP client the personal attention desired. Remember to wear a mask when you show up for your appointment. Should you have any questions, please feel free to call and ask for HEAP information.



RSVP

Lead with Experience

GONE BUT NEVER TO BE FORGOTTEN

Greene County Department of Human Services RSVP Advisory Council and Recognition Committee would like to express our deepest sympathies on the passing of Rosemary Graham. Rosemary dedicated her service to our programs for 22 years. Rosemary was a woman with a wonderful spirit that touched everyone she came in contact with - from the songs she wrote to her creative ideas for our annual Recognition Luncheon. Rosemary could light up any room she entered. She will be greatly missed.



I want to thank all the volunteers who have been able to continue to volunteer during COVID-19. You are the reason we have been able to deliver homebound meals to our clients, and to so many more as the size of the meal routes have increased. Know that I greatly appreciate all the extra time you are spending as a volunteer. Please remember to continue taking precautions so that you don't get sick.

Special thanks to the teachers who volunteered and were able to help us out since COVID-19 started. Good luck as you return to teaching and have a wonderful school year.

Because word of mouth has always been our best source of recruiting volunteers, please remember to tell your friends.

Again thank you all for your dedication.

Ruth Pforte, RSVP Volunteer Coordinator

CAN I ASK YOU A FEW QUESTIONS?

- ♦ Do you enjoy driving?
- ♦ Do you have a reliable vehicle?
- Are you comfortable driving in Greene County?
- What about driving in our neighboring counties of Albany, Columbia, Delaware, Schoharie and Ulster?
- ♦ Would you like to help make it possible for a homebound senior to remain living in their own home?
- ♦ Would you be willing to drive ambulatory senior citizens without transportation to medical appointments?

If you answered yes and are interested

- Please contact Ruth Pforte
RSVP Volunteer Coordinator
518-719-3555
about becoming a Homebound Medical Transportation Volunteer Driver.

What would you receive for your investment?

- ◇ Mileage reimbursement at 50 cents a mile for all miles traveled while volunteering.
- ◇ Smiles and appreciation from the clients you transport.
- ◇ A longer life expectancy.



SCAM ARTISTS CAPITALIZE ON COVID CONFUSION AS CONTACT TRACERS

NYS Senior Action Council, September 2020



New York State has partnered with Bloomberg Philanthropies, Johns Hopkins Bloomberg School of Public Health and Vital Strategies to create the NYS Contact Tracing Program, a nation-leading initiative to help slow the spread of COVID-19 and make it safer to begin to return to normal again. Contact Tracers work with people who have tested positive for COVID-19 to identify people they have had contact with and let them know they may have been exposed to the disease.

If you test positive, a COVID Contact Tracer will connect you with the support and resources you may need through quarantine, such as help getting groceries or household supplies, child care, medical care or supplies. The Tracer will work with you to identify and reach out via phone and text to anyone you've been in contact with while you were infectious to trace and contain the spread of the virus.

People who have come in close contact with someone who is positive are asked to stay home and limit their contact with others. By staying home during this time, if you become sick yourself, you have not infected many others along the way. This is how we stop the spread!

Testing, medical and quarantine support for yourself and your loved ones will be arranged. NYS will not release your name to anyone. Your information is strictly confidential and will be treated as a private medical record.

If you get a call from “NYS Contact Tracing” (518-387-9993), PLEASE answer the phone. Answering the phone will keep your loved ones and community safe. Sadly, scammers are masquerading as COVID-19 contact tracers. Be smart and verify calls or texts before giving out any information. Remember these tips:









A legitimate tracer may ask:

- For your name and address.
- For your date of birth—counter with your age rather than giving out a key piece of identity data.
- For your whereabouts on certain dates, errands you ran, stores or businesses you visited, etc.
- Questions about your health & whether you've experienced any symptoms.

But a legitimate contact tracer will not:

- Ask for your Medicare or insurance policy number.
- Inquire about immigration status.
- Ask for your Social Security number.
- Ask for any private financial information, including credit cards, or request payment.
- Tell you who among your contacts has tested positive for COVID-19.
- Ask you to fill out an online application to be a contact tracer, too.
- Send you a link without proper authentication procedures

Symptoms of COVID-19

Symptoms of COVID-19	Strep Throat	Common Cold	Flu	Asthma	Seasonal Allergies
FEVER 	✓		✓		
COUGH 		✓	✓	✓	✓
SORE THROAT 	✓	✓	✓		✓
SHORTNESS OF BREATH 				✓	
FATIGUE 		✓	✓	✓	✓
DIARRHEA OR VOMITING 	✓		✓		
RUNNY NOSE 		✓	✓		✓
BODY/ MUSCLE ACHES 	✓	✓	✓		

✓ Symptom of illness



cdc.gov/coronavirus

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GREENE COUNTY SENIOR SERVICE CENTERS

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.

AS WE ARE STILL UNDER COVID GUIDELINES, CENTERS ARE NOT OPEN FOR CONGREGATE MEALS. IT IS TAKE-OUT ONLY. PLEASE REMEMBER TO CALL THE CENTER AT LEAST A DAY IN ADVANCE TO ORDER.

ACRA

Acra Community Center,
Old Rte. 23, Acra
(518) 622-9898

Anna Thurman
Meal Site Manager

Elaine Cherrington

ATHENS

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

Shane Dillon,
Senior Center Manager

JoJo Rouse

Carol Harnett
Lana Marrone
James Murphy

JEWETT

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

Gayle Ruvolo
Meal Site Manager

Sal Alberti
MaryAnn Brink
Sylvia Nielsen

CATSKILL

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

Annette Wagenbaugh
(Temporary)



COXSACKIE

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

**TEMPORARILY
CLOSED**

**We hope to
reopen
real soon.**

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 & OLDER (AND SPOUSES) ARE INVITED TO RECEIVE - SUGGESTED DONATION IS \$4.00

SERVED DAILY: BREAD WITH PROMISE SPREAD - TARTAR SAUCE SERVED WITH FISH

LUNCH RESERVATIONS FOR TAKE-OUT 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 MEATLOAF w/ Gravy GREEN SALAD CAULIFLOWER SWEET POTATO APPLE CAKE	2  BBQ PULLED PORK BAKED BEANS COLESLAW COLLARD GREENS FRESH APPLE <i>from Boehm's Farm</i>
5 CHICKEN DIVAN BROWN RICE CARROTS FRUIT COCKTAIL	6 <i>Noodle Day</i> SALISBURY STEAK w/ Mushroom Gravy BUTTERED NOODLES CALIFORNIA MIXED VEGETABLES BANANA PUDDING w/ Side of fruit	7 SALMON w/ Dill Sauce GREEN BEANS AU GRATIN POTATOES OATMEAL COOKIE	8 ROAST TURKEY w/ Gravy CRANBERRY SAUCE MASHED POTATOES MIXED VEGETABLES CHOCOLATE MOUSSE	9 SWEET & SOUR PORK BROWN RICE FRESH SALAD w/ White Kidney Beans BROCCOLI FRESH PEAR
12 COLUMBUS DAY DEPARTMENT & ALL NUTRITION SITES CLOSED 	13 PORK CHOP w/ Gravy BRAISED CABBAGE SWEET POTATO APPLESAUCE PUMPKIN PUDDING 	14 BBQ CHICKEN THIGHS PASTA SALAD CORN CALIFORNIA MIXED VEGETABLES PINEAPPLE CHUNKS	 15 <i>National Mushroom Day</i> ROAST BEEF w/ Mushroom Gravy MASHED POTATOES PEAS & PEARL ONIONS FRESH FRUIT	16 BAKED ZITI FRESH SALAD w/ White Kidney Beans ITALIAN MIXED VEGETABLES CAULIFLOWER CANTALOUPE
19 AMERICAN GOULASH GREEN BEANS FRUIT COCKTAIL	20 CHEF'S CHOICE CAULIFLOWER VANILLA MOUSSE	21 <i>Birthday Celebration</i> BAKED CHICKEN w/ Gravy MASHED POTATOES SPINACH PUFF BIRTHDAY CUPCAKE 	22 HAM & CHEDDAR QUICHE HASH BROWNS PEAS & CARROTS FRESH FRUIT	23 VEGETABLE LASAGNA FRESH SALAD w/ Red Kidney Beans ITALIAN GREEN BEANS FRESH FRUIT
26 CHICKEN & BISCUITS MASHED POTATOES CARROTS PINEAPPLE CHUNKS	27 SLOPPY JOES CAULIFLOWER SWEET POTATO BUTTERSCOTCH PUDDING BOX OF RAISINS	28 ROAST PORK LOIN w/ GRAVY APPLESAUCE MASHED POTATOES BROCCOLI PEARS	 29 <i>National Oatmeal Day</i> CRAB TOPPED COD BROWN RICE PILAF SPINACH APPLE CRISP w/ Oatmeal Topping	30 STUFFED SHELLS w/ SAUSAGE ITALIAN MIXED VEGETABLES FRESH SALAD w/ Chick Peas FRESH FRUIT



GREENE COUNTY SENIOR NUTRITION PROGRAM

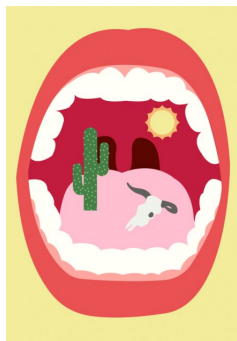
ALL PERSONS, AGE 60 & OLDER (AND SPOUSES) ARE INVITED TO RECEIVE - SUGGESTED DONATION IS \$4.00

SERVED DAILY: BREAD WITH PROMISE SPREAD - TARTAR SAUCE SERVED WITH FISH

LUNCH RESERVATIONS FOR TAKE-OUT 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
<p>2</p> <p>CHICKEN & BISCUITS MASHED POTATOES WINTER SQUASH PEARS</p>	<p>3</p> <p>DEPARTMENT & ALL MEAL SITES CLOSED</p> <p>VOTE TODAY <i>NOV 3</i></p> <p>★ ★ ★ ★</p> <p>NO MEALS</p>	<p>4</p> <p>MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES FRUIT COCKTAIL</p>	<p>5</p> <p>SWEET & SOUR CHICKEN BROWN RICE BROCCOLI MANDARIN ORANGES & PINEAPPLE</p>	<p>6</p> <p>BEEF BURGUNDY WHOLE WHEAT BUTTERED NOODLES FRESH SALAD CAULIFLOWER CARROT COINS SPICE CAKE w/ RAISINS</p>
<p>9</p> <p>BAKED LEMON FISH BROWN RICE PILAF BROCCOLI CHOCOLATE MOUSSE</p>	<p>10</p> <p>MEATLOAF w/ GRAVY MASHED POTATOES GLAZED CARROTS PEARS</p>	<p>11</p> <p>DEPARTMENT & ALL MEAL SITES CLOSED</p> <p>THANK YOU VETERANS</p> <p><small>Veterans Day - November 11</small></p> <p>NO MEALS</p>	<p>12</p> <p>CHICKEN PARMESAN PASTA GREEN SALAD ITALIAN MIXED VEGE- TABLES VANILLA CUPCAKE</p>	<p>13</p> <p>APPLE GLAZED PORK CHOP APPLESAUCE BRAISED CABBAGE SWEET POTATO FRESH FRUIT</p>
<p>16</p> <p>CHICKEN DIVAN BROWN RICE PEAS & CARROTS PEACHES</p>	<p>17</p> <p>HUNGARIAN GOULASH OVER NOODLES CORN BRUSSELS SPROUTS RICE PUDDING w/ RAISINS</p>	<p>18</p> <p>ROAST PORK w/ APPLE CIDER GRAVY GREEN & WAXED BEANS MASHED POTATOES APPLESAUCE & COOKIES</p>	<p>19</p> <p>VEGETABLE LASAGNA w/ WHITE SAUCE GREEN SALAD ITALIAN MIXED VEGETABLES FRESH FRUIT</p>	<p>20</p> <p>BATTERED FISH COLESLAW ROASTED RED POTATO CARROTS BROWNIE</p>
<p>23</p> <p>SLOPPY JOES GREEN BEANS BROCCOLI FRUIT COCKTAIL</p>	<p>24</p> <p>BAKED SALMON w/ DILL SAUCE MASHED POTATOES SPINACH BANANA PUDDING w/ SIDE OF FRUIT</p>	<p>25</p> <p>ROAST TURKEY w/ GRAVY CRANBERRY SAUCE MASHED POTATOES PEAS & CARROTS DRESSING PUMPKIN PIE</p>	<p>26</p> <p>DEPARTMENT & ALL MEAL SITES CLOSED</p> <p></p> <p>NO MEALS</p>	<p>27</p> <p>BEEF PATTY w/ ONION GRAVY HARVARD BEETS BOILED POTATO FRESH FRUIT</p>
<p>30</p> <p>BAKED ZITI w/ GROUND MEAT ITALIAN BEANS CAULIFLOWER TROPICAL FRUIT</p>	<p></p>			



NUTRITION NOTES

SENIORS AND ORAL HEALTH

Dry mouth is not a part of the aging process alone. It's very important that you are able to pinpoint the cause and get relief. Dry mouth is having the feeling there isn't enough moisture or saliva in the mouth.

Having dry mouth can:

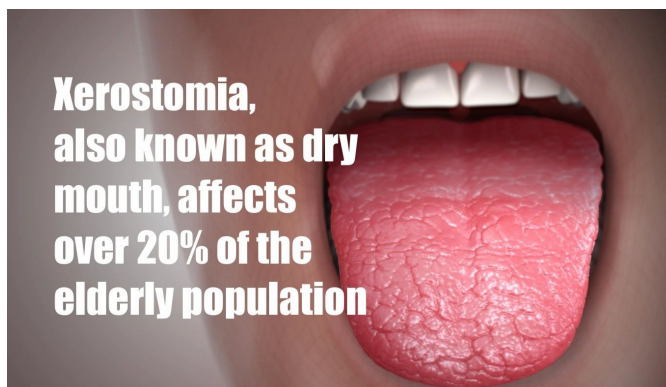
- Make it harder to chew and swallow food.
- Possibly make it more difficult to talk.
- Increase the risk of tooth decay and fungal infections in your mouth.
- Make dentures feel uncomfortable and increases the possibility they won't fit properly.
- Create a lack of saliva causing dentures to rub against the gums or the roof of the mouth and cause open sores.

Causes of Dry Mouth:

- ♦ **Medicines** - Medicines for high blood pressure, depression, and bladder control problems can potentially cause dry mouth.
- ♦ **Dehydration** - We are more prone to dehydration as we age because we lose the sense of thirst and don't drink enough throughout the day.
- ♦ **Disease** – Diabetes is one common disease that can cause dry mouth.

If you feel you are experiencing dry mouth symptoms:

- ⇒ Reach out to your provider or dentist to help pinpoint the issue.
- ⇒ Try adding lemon to water to stimulate saliva production.
- ⇒ Contact a Registered Dietitian for suggestions. (NOTE: We have one available for consultations at the Department of Human Services. Call 518-719-3555 and ask for her)





Office for
the Aging

NEW YORK STATE OFFICE FOR THE AGING ENCOURAGES OLDER NEW YORKERS TO STAY UP TO DATE WITH RECOMMENDED IMMUNIZATIONS

Receiving Recommended Vaccines Against Influenza, Pneumococcal Disease Even More Critical for the Health and Safety of Older Adults, Who Remain at High Risk for COVID-19

The New York State Office for the Aging (NYSOFA) is encouraging older New Yorkers to make sure they are up to date with all recommended immunizations, including those that provide protection against respiratory illnesses such as influenza and pneumococcal disease. Routine vaccination is an essential preventive care service that should not be delayed because of the COVID-19 pandemic.

“Staying healthy during this pandemic is critical, particularly for older adults, who are at greater risk for COVID-19,” **said NYSOFA Acting Director Greg Olsen.** “Our immune systems are more easily compromised as we age, and older adults, especially those with chronic health conditions, have an increased risk of becoming seriously ill. In addition to following all safety and social distancing protocols, getting recommended vaccinations, especially those that guard against respiratory illnesses such as influenza and pneumococcal disease, are vital to protect the health and wellbeing of older adults and caregivers.”

Older adults should consult with their healthcare provider to ensure that vaccinations and other preventive services are up to date. “Flu season” in the United States can begin as early as October and last as late as May. The Centers for Disease Control and Prevention (CDC) recommends that everyone six months of age and older, particularly those at greater risk, get their annual flu vaccine by the end of October. People 65 years and older should also be up to date with the pneumococcal vaccination to protect against pneumococcal diseases, such as pneumonia, meningitis, and bloodstream infections.

While these vaccines do not specifically protect against the coronavirus that causes COVID-19, they are highly recommended to maintain overall health and protect against other respiratory illnesses. The CDC recommends the following actions for older adults:

- **Get your annual flu shot.** This is particularly important for those at increased risk for severe illness from COVID-19, including adults age 65 years and older, residents in a nursing home or long-term care facility, and persons of all ages with certain underlying medical conditions. High-dose flu shots are available for adults age 65 and older.
- **Get pneumococcal vaccines.** People who 65 years and older should also be up to date with pneumococcal vaccination to protect against pneumonia, meningitis, and bloodstream infections.
- **Practice good health and safety habits,** including wearing a mask in public, practicing social distancing by keeping at least six (6) feet of distance between yourself and others, even when outdoors; avoiding close contact such as shaking hands or hugging; washing hands often or using an alcohol-based hand sanitizer with at least 60% alcohol when soap and water are not available; and avoiding unnecessary contact with surfaces that are often touched, such as doorknobs and handrails.

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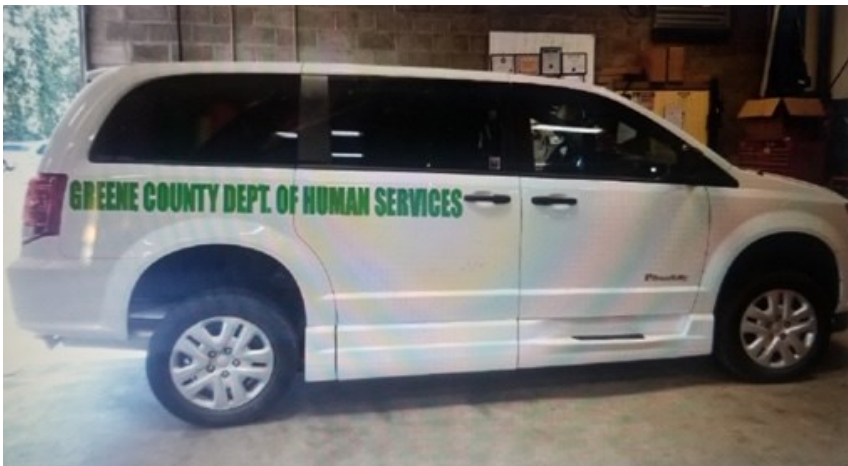
- **Schedule your annual wellness visit.** Older adults should contact their healthcare provider to schedule an annual checkup. Those who have had Medicare Part B (medical insurance) for longer than 12 months are eligible for a yearly wellness visit at low or no cost to develop or update a personalized plan to help prevent or manage disease and disabilities based on their current health and risk factors.
- **Seek medical advice quickly if you develop COVID or flu symptoms.**
 - ⇒People with COVID-19 have reported a wide range of symptoms from mild to severe illness. Symptoms may appear 2-14 days after exposure to the virus and may include but are not limited to: fever or chills; cough; shortness of breath or difficulty breathing; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; and/or diarrhea, among others.
 - ⇒Influenza (flu) can cause mild to severe illness. The flu is different from a cold, and usually comes on suddenly. Symptoms may include possible fever or feeling feverish/chills; cough; sore throat; runny or stuffy nose; muscle or body aches; headache; and/or fatigue.

New York State Office for the Aging & Health Across All Policies/Age-Friendly New York

The New York State Office for the Aging (NYSOFA) continuously works to help the state's 4.3 million older adults be as independent as possible for as long as possible through advocacy, development and delivery of person-centered, consumer-oriented, and cost-effective policies, programs, and services that support and empower older adults and their families, in partnership with the network of public and private organizations that serve them.

New York is nationally recognized for being the first age-friendly state in the nation. Using the state's Prevention Agenda as the overarching framework, in 2017, Governor Andrew M. Cuomo launched a Health Across All Policies approach, where public and private partners work together to positively impact population health by marrying health care, preventive health, and community design, in concert with addressing social determinants of health, to improve the lives of all New Yorkers, young and old.

CHECK OUT THE NEW WHEELS!



The Greene County Department of Human Services will soon be getting this new vehicle on the road. It was financed by a grant and is wheelchair accessible. It will serve for medical transportation, transporting seniors to the nutrition sites for lunch (when reopened), by staff, and other ways as best suited.

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 those wishing to make voluntary and confidential contributions.

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

CONSULTATION and ASSISTANCE:

This includes such client assistance activities as case assistance, HIICAP, help with public benefit applications, etc.

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

IN-HOME SERVICES:

This is discussed with the client by the case manager at the time of assessment.

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

LEGAL SERVICES:

The suggested contribution level 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*).

TRANSPORTATION:

Shopping Bus:

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

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

Senior Center Transportation:

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

Medical (Homebound) Transportation:

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

0 – 10 miles	\$3.00 round-trip
11 – 20 miles	\$5.00 round-trip
21 – 40 miles	\$9.00 round-trip
41+ miles	\$15.00 round-trip

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

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

3/2020



**Attention
Greene County Seniors
living in
Catskill, Coxsackie-Athens
or Greenville**

HELPING HANDS PROGRAM

Greene County Department of Human Services'
Senior Angels Program
has teamed up with local Rotary Clubs
on the **"HELPING HANDS"** program.

If you need assistance with getting groceries
or some minor repairs done around the home
(i.e.: changing light bulbs,
changing out screens to storm windows,
and any minor repairs)
please let the Greene County Senior Angels know.

Please call: 518-719-3555
and ask for the Helping Hands Coordinator.

*Note: Large jobs requiring a contractor
(i.e.: new roof, deck or fencing)
will not be considered.*



Fall Open Enrollment

Fall Open Enrollment runs October 15 through December 7, and is the time of year when you can make changes to your Medicare coverage. You can make as many changes as you need to your Medicare coverage during Fall Open Enrollment. The last change you make will take effect on January 1, 2021. Take action to make sure your coverage will meet your needs in 2020

1. Know the changes you can make during Fall Open Enrollment.

The changes you can make include:

- Joining a new Medicare Advantage Plan or Part D prescription drug plan
- Switching from Original Medicare to a Medicare Advantage Plan
- Switching from a Medicare Advantage Plan to Original Medicare (with or without Part D)

Call 1-800-MEDICARE to make changes

Medicare coverage Options

Original Medicare

- Medicare coverage directly through the federal government
- Includes Part A (hospital insurance) and Part B (medical insurance)
- Drug coverage through separate stand-alone Part D plan
- Can see any provider who accepts Medicare

Medicare Advantage

- Medicare coverage through private health insurance plan
- Includes Parts A, B, and usually D
- May cover certain services that Original Medicare does not, like dental cleanings or a gym membership
- Usually have to see an in-network provider to receive covered services at lowest cost

Part D (prescription drug coverage)

- Can be a stand-alone Part D plan or part of a Medicare Advantage Plan.
- Covered drugs and costs vary by plan
- Preferred network pharmacies offer the lowest costs.

Cont. on page 21

2. Review your coverage for 2021

Cont. from page 20

Medicare Advantage and Part D plans usually change each year. Make sure that your drugs will still be covered next year and that your providers and pharmacies will still be in the plan's network.

If you have **Original Medicare**, visit www.medicare.gov or read the 2021 *Medicare & You* handbook to learn about Medicare's benefits for the upcoming year.

If you have a **Medicare Advantage Plan** or a **stand-alone Part D plan**, read your plan's Annual Notice of Change and/or Evidence of Coverage (EOC).

→ Explore other plans in your area. You may find a cheaper plan that meets your healthcare and prescription drug needs. Research shows you can lower your costs by shopping around.

Medicare Advantage Plans have significant flexibility in the supplemental benefits they are allowed to offer their members. This includes the ability to offer benefits to some members that are not directly considered medical care, like nutrition services.

This means that there are many factors to consider when comparing Medicare Advantage Plan options during Fall Open Enrollment. Carefully review your plan's EOC and any other plan materials. If you are considering a new plan that offers its members additional supplemental benefits, make sure to find out about the costs and coverage restrictions associated with those benefits.

3. Know who to contact if you have questions

State Health Insurance Assistance Program (SHIP): Contact your SHIP if you have questions about any notices you receive. SHIP counselors can help you review your options and pick a plan that meets your needs. Visit www.shiptacenter.org or call 877-839-2675 to contact your SHIP.

Senior Medicare Patrol (SMP): Contact your SMP if you receive any mail or e-mail that seems suspicious, or if you suspect a plan of misleading marketing. SMP representatives can teach you how to spot and protect yourself from potential Medicare fraud. Visit www.smpresource.org or call 877-808-2468 to contact your SHIP.

Medicare Advantage/Part D plan: Contact a plan directly if you have questions about its benefits, coverage, or costs. If you do not receive your ANOC or EOC, contact your plan to request copies.

News From the Greene County Youth Bureau



FROM PENNY MARTINEZ, GREENE COUNTY PUBLIC HEALTH EMERGENCY PREPAREDNESS COORDINATOR

With Greene County schools resuming, Greene County Public Health would like to let you know that we consider our schools a focal point of most of our communities, and in order to fully recover and become more resilient, we are dedicated to assuring Greene County Schools have the support they need.

Over the summer, we held Zoom meetings with collaboration from School Nurses/Superintendents/GCPH/EOC to establish re-opening guidance, protocols, and procedures and continue those meetings.

Thank you to all the Superintendents, School Nurses, and BOCES/Questar staff for collaborating with us!

To all the Administration staff, faculty, maintenance,
parents and of course students . . .

Have a safe and healthy school year! Greene's GOT THIS!!!!!!



YUMMY, YUMMY, YUMMY

In the Summer of 2020, the Greene County Youth Bureau, in collaboration with the MHA Youth Clubhouse, offered a garden based job training and education program for twelve Greene County youth, ages 15-17. Youth were employed through the Clubhouse by the Workforce NY Summer Youth Employment Program. The Youth Bureau offered training, education and supervision for the program with support from MHA staff. Youth met at the garden (4 Bridge Street, Catskill) for several hours on eight weekly Tuesdays and received training and education in basic carpentry, horticulture skills, accessible design, team building, self-care, basic botany, local food security issues and healthy eating. Youth were given decision making power over how to use the fruits of their labor. They decided to split their harvest between their families and a local food pantry.

Over the course of the season many community members passing the garden offered praise and offered encouragement to the youth crew. The young people glowed with pride when hearing these comments, knowing their work was appreciated. Many of the youth involved had never gardened before and were excited to try new foods they had grown themselves including cherry tomatoes, kale chips, cucumbers and ground cherries among others. Youth expressed joy and excitement watching seeds they had planted sprout, seeing bees swarming over the hyssop and keeping an eye on ripening cucumbers each week until they were just right for harvest. We look forward to carrying this work on into the 2021 growing season.



The Alzheimer's Association, Northeastern New York Chapter offers a variety of care and support programs to those impacted by Alzheimer's or another dementia.

Some of the services we offer includes:

- 24/7 Helpline - 800.272.3900
- Information and Referrals
- Care Consultations
- Engagement Programs for those affected by the disease.
- Safety Services
- Access to funding events
- A plethora of virtual /telephone support groups and education program that are outlined below.

All programs listed below are free of charge.

You local dementia care specialist: Sana Masih
Phone: 518.888.5846 Email: srmasih@alz.org

September/October 2020

Northeastern New York Programs and Services



EDUCATION PROGRAMS

Community Medicaid Updates: Herzog Law Firm, P.C. <ul style="list-style-type: none"> • Tuesday, 9/1 @ 4pm • Monday, 9/14 @ 10am 	Healthy Living for your Brain and Body <ul style="list-style-type: none"> • Thursday, 9/10 @ 10am 	Leading the Fight Against Alzheimer's <ul style="list-style-type: none"> • Friday, 9/11 @ Noon • Thursday, 9/24 @ 9am 	Research Update and Understanding Alzheimer's Disease <ul style="list-style-type: none"> • Tuesday, 9/15 @ 1pm
Effective Communication Strategies <ul style="list-style-type: none"> • Friday, 9/11 @ 11am • Thursday, 10/22 @ 4pm 	Meaningful Engagement, Activities at Home <ul style="list-style-type: none"> • Wednesday, 9/16 @ 12:30pm • Thursday, 10/22 @ 4pm 	Understanding Dementia-Related Behaviors <ul style="list-style-type: none"> • Friday, 9/18 @ 11am • Wednesday, 10/7 @ 3:30pm • Thursday, 10/29 @ 4pm 	Stress Management and Self-Care (In partnership with Eddy Alzheimer's Services) <ul style="list-style-type: none"> • Thursday, 10/1 @ 2pm
Legal and Financial Planning: Herzog Law Firm, P.C. <ul style="list-style-type: none"> • Thursday, 10/8 @ Noon 	Dementia Conversations with Content Expert Guest Speakers <ul style="list-style-type: none"> • Thursday, 10/15 @ 4pm 	Understanding Alzheimer's and Dementia <ul style="list-style-type: none"> • Friday, 10/23 @ 11am - Neurologist Q&A @ 12pm 	Know the 10 Warning Signs <ul style="list-style-type: none"> • Wednesday, 10/28 @ 4pm

Living with Alzheimer's for Caregivers

Late Stage:

- Part 1, Wednesday 9/16 @ 2:30-4:00pm
- Part 2, Wednesday 9/23 @ 2:30-4:00pm

Middle Stage:

- Part 1, Tuesday 9/29 @ 1:00-2:30pm
- Part 2, Tuesday 10/6 @ 1:00-2:30pm
- Part 3, Tuesday 10/13 @ 1:00-2:30pm

Late Stage:

- Part 1, Tuesday 10/20 @ 1:00-2:30pm
- Part 2, Tuesday 10/27 @ 1:00-2:30pm



REGISTER TODAY ON OUR 24/7 HELPLINE 800.272.3900 OR ON ALZ.ORG/CRF

Memory Mixers



A Fall Concert with guitarist Tom Flynn

Wednesday, October 7th, 2020
1:00pm - 2:00pm

**Join us for some virtual
musical entertainment!**

You may participate by phone, tablet, or
computer.

Instructions to participate will be provided
closer to the event.

**Come join us for an opportunity to make
meaningful memories together!**

**Memory Mixers offer a welcoming
environment for individuals with memory
changes and their care partners to spend
time together and meet others.**

This program is free, however, space is limited.
Please reserve your seat by Friday, October 2nd,
by calling **(518) 238-4164**.

This program is supported by St. Peter's Health Partners
Eddy Alzheimer's Services and grants from the
New York State Department of Health.



**Eddy Alzheimer's
Services**

ST PETER'S HEALTH PARTNERS



Eddy DayBreak

ST PETER'S HEALTH PARTNERS

Adult Day Services

Members of Trinity Health



Eddy Alzheimer's Services provides free services to caregivers and families impacted by Alzheimer's disease or a related dementia.

- ❖ **Care Navigation:** Linking You with Programs & Services
- ❖ **Respite:** Temporary Relief from Caregiving
- ❖ **Education:** Understanding the Progression of the Disease
- ❖ **Volunteer Care Teams:** Non-Medical Companionship & Socialization
- ❖ **Social Engagement:** Creating Meaningful Memories with Your Loved One
- ❖ **Support Groups:** A Platform to Share Strategies & Successes for Caregivers

**For more information or questions, please call
Alaina Shanley, Care Navigator, 518.410.3946
SusanBeth Olsen, Coordination of Volunteers, 518.369.3886
or Sarah Cuva, Office Supervisor, 518.238.4164**

TO SEE MORE ABOUT GREENE COUNTY DEPARTMENT OF HUMAN SERVICES

Visit our web site at:

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



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411 Main Street, Catskill, NY 12414

(518) 719-3555 Toll Free (877) 794-9266

aging@discovergreene.com

EXECUTIVE DIRECTOR - THÉRÈSE MCGEE WARD

BUSINESS MANAGER: Ken Brooks

AGING DEPARTMENT COORDINATORS:

Aging Services - Connie Bentley

Nutrition - Tezera Pulice-Hanselman

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Mary Jean Pomilla

NUTRITION VAN CHAUFFEUR:

Patrick Murphy

YOUTH SERVICES WORKERS:

Carrie E. Wallace

Laura Anderson

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

Programs are made possible through funds from the NY State Office for the Aging, NY Connects, Administration for Community Living, NY State Office of Children and Family Services, 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.

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.

To be added to or removed from our Greene County Round Table News circulation list, call (518) 719-3555 or email aging@discovergreene.county.