



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

NOVEMBER 2020

A MESSAGE FROM THE EXECUTIVE DIRECTOR

WOW. Can you believe that it is November already? The air is crisper. The cold mornings and bright days bring us a nature's bounty of goodness. Apple and pumpkin picking are a great way to enjoy the outdoors and experience the Crayola colored trees. If you are able, try to get outside this fall to enjoy yourself, even if that means only for a few minutes. Don't forget to plant your flower bulbs or garlic for next year.

Fall also brings changes at the office. HEAP applications are being processed. Medicare Open Enrollment is in full swing through December 7th and planning for 2021 activities is in its final stages. We are hoping that we can get back to the "old normal" in 2021.

We have collected and tabulated the results of our Congregate Meal Site Survey. Only a handful of people do not want to come back to the centers if we open them. We are working on a plan to keep everyone safe and social distanced. This will mean that a strict reservation only policy will be instituted. Only those people with a reservation will be allowed in the building. We will not be able to accommodate anyone that has not made a reservation. No walk-ins will be allowed. When the date for reopening is announced we will publicize it in the Round Table News, on our Facebook page, on the county website and through local media.

Keep yourself safe and looking forward to seeing you all as soon as possible.

Thérèse McGee Ward

TUESDAY, NOVEMBER 3, 2020 IS ELECTION DAY

Polls will be open 6:00 a.m. until 9:00 p.m.



If you have questions regarding this year's election, such as you do not know where your polling station is located, wish to see a sample ballot, and/or have general questions, please contact the Greene County Board of Elections at (518) 719-3550 or go to

<https://www.greenegovernment.com/departments/board-of-elections>



AN IMPORTANT SEASONAL REMINDER

As we will soon be entering the winter season, we are asking for the help and cooperation of the people we serve, especially those who receive home delivered meals and use our medical transportation service.

During snow or ice storms, it may be necessary for us to close our senior service centers and cancel meals for the day because of hazardous driving conditions. We may also need to cancel our medical transportation service for the day. When the centers are closed, we announce it on TV channels 6, 10, and 13, and on radio stations WHUC 1230 AM, WGY 810 AM, WCZR 93.5 FM, WCTW 98.5 FM, and WRIP 97.9 FM. Please note, if announced that the centers are closed, contact our office regarding Medical Transportation appointments for the day.

Our volunteers are the cornerstone of our home delivered meals and medical transportation services. Most of these volunteers are senior citizens themselves and use their own vehicles. We keep this in mind when the roads are bad or there has been a heavy snowfall the night before. We will close the service for the day before we put any volunteers or staff in danger.

We must also consider the danger of asking someone to deliver a meal to a home when the driveway or sidewalk is not cleared and/or passable. If the volunteer cannot safely get to the home, we will not deliver the meal.

In the event that we have reopened our senior centers for congregate dining or other post COVID-19 activities, it is important that you keep this in mind.

We hope you understand that we want to provide our clients with the services they need, but we cannot endanger the safety of our volunteers and our staff in the process. We thank you for your assistance and your cooperation.



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: _____



SENIOR ANGELS PROGRAM - SPREADING CHEER 365 DAYS A YEAR



SPONSORED BY GREENE COUNTY DEPARTMENT OF HUMAN SERVICES

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 for each additional ornament on a separate sheet.

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

All sale proceeds benefit
Greene County Senior Angels Fund.





FOR YOUR DONATIONS TO THE SENIOR ANGELS PROGRAM

CORPORATE SPONSORS:

Hudson ShopRite

Ocean State Job Lot

Nancy Allen
Athens Senior Citizens Club
Tom and Linda Gentalen
Anne Marie Killourhy
Nancy Linger
Jo and Frank Mangano
Kathleen & Dennis Meehan
National Bank of Coxsackie
P Schneider & Associates PLLC
Shook Insurance Agency, LLC
Dolores E. Sutherland
Terry Ward

Anonymous Donors
Catskill Silver Linings
Helping Hands 12015
Lake and Mountain Realty
Lioness Club of Catskill
Martinez Auto Body Shop, Inc.
Lillian Moore
Rotary Club of Greenville

Gary & Barbara Slutzky
Tom & MaryAnn Tompkins

In Honor of

First Responders

Lee Lupsa

In Memory of

Robert D. Carl
Mary Donahue
Brian Golden
Bishop Capistran Heim, OFM
John and Margaret Kordich
Patrick Joseph Thomas McLaughlin
Lucille & Richard Ogden
Sarah & Jack Ormerod/Chester W. Tompkins
Doris Ormsbee
Agnes M. Rowen
Patricia J. VanValkenburg
Rose & Chet VanZandt
Shirley Wase

Kathy Decker
Doris L. Farrugia
Rosemary Graham
Karen Sprague Johnson
Helen Lee
Ruth Kallman

Elisabeth Pirkel
Patricia Steinhauer
Harry & Theresa VanWormer
Rev. Henry Verdaasdonk
Ronald and Mary Westman

Senior Corps is now:



CHANGE IS ON THE WAY

It is fully understood that change is a difficult thing and in these trying times of the pandemic, we may feel we can't handle another change. But for the last couple of years the Corporation of National and Community Service (CNCS) has been working to make the general public more aware of their volunteer programs.

After several surveys, a decision was made that the programs operating under CNCS actually had way too many different names and logos (Senior Corp, Day of Services, AmeriCorps, Vista, etc.) It was believed to be causing confusion among the general public and a decision was made to change the name of all the programs. As of September 29, 2020 all CNCS programs will be known as either AmeriCorps (volunteers under 55 years of age) or AmeriCorps Seniors (volunteers over 55 years of age).

As you are aware, Greene County Department of Human Services volunteer program is part of CNCS. Effective immediately, we will be calling our program "**Greene County Department of Human Services' AmeriCorps Seniors Program**". We will no longer use the big "S" for Senior Corps and will use the new logo as shown here.

The new branding includes updates to the agency's name and is the first major change to the national logo in 25 years. While it doesn't change the national service mission, programs, or operations, the new brand hopes to raise awareness about opportunities to serve and elevate service at a time of growing need and demand. AmeriCorps/AmeriCorps Seniors has a powerful mission and incredible programs that make a difference in communities every day. Too few Americans know what AmeriCorps/AmeriCorps Seniors are, the benefits of service, or how to get involved. By refreshing our brand, we hope it will enable more people to know and understand the opportunity to serve.

If you have any questions about the new AmeriCorps/AmeriCorps Seniors, contact Ruth Pforte at 518-719-3555.



Even during these challenging COVID days, we take time in November to sit back & reflect on our lives and what we are thankful to have. Here at the Department of Human Services, we are no different.

We would like to take this opportunity to express our deepest gratitude to our many volunteers, especially those who have served during this disaster. Our community experienced a crisis & you freely gave your time to help members of our senior community in need. **THANK YOU!**

WANTED

**THE GREENE COUNTY
DEPARTMENT OF HUMAN SERVICES
IS DESPERATELY LOOKING
FOR VOLUNTEER DRIVERS
TO ASSIST
HOMEBOUND SENIOR CITIZENS
BY DELIVERING MEALS
AND/OR PROVIDE TRANSPORTATION
TO MEDICAL APPOINTMENTS.**

**VOLUNTEERS CAN STATE WHAT DAYS
AND/OR TIMES AVAILABLE
AND WE WILL SCHEDULE
APPROPRIATELY.**

**CONTACT RUTH PFORTE,
GREENE COUNTY
AMERICORPS SENIORS
518-719-3555**

PRICELESS REWARD!

PLEASE HELP US HELP OTHERS

The Greene County Department of Human Services has a present need for individuals to deliver meals in Catskill, Kiskatom, Palenville, Coxsackie, Hunter and Tannersville.

In these trying times we are safely delivering meals with no direct contact with the clients. A commitment of an hour a day or an hour every other week will make a difference in the life of your elderly, homebound neighbors. Anyone can volunteer as there is no age requirement. A vehicle is necessary and mileage reimbursement is available.

For more information or to volunteer please call Ruth Jones Pforte at 518-719-3555.



MEDICARE'S OPEN ENROLLMENT Is Now Going On!

You can enroll in Medicare health and drug plans from October 15 – December 7. Get ready with these 5 tips:

- 1 **Check your mail.** You may get important notices from Medicare or Social Security. If you're in a Medicare plan, you'll get an Annual Notice of Changes (ANOC). Remember to note any 2021 changes to your health coverage or any Extra Help you may get to pay for prescription drugs. You may also get health plan marketing materials, like brochures, from insurance companies that offer Medicare health and prescription drug plans. Remember — plans aren't allowed to call or come to your home without an invitation from you.
2. **Review your 2021 "Medicare & You" handbook.** It has information about Medicare coverage, as well as Medicare plans in your area. If you get your handbook by mail and want to get your next copy electronically, choose to go paperless next fall.
3. **Think about your Medicare coverage needs for 2021.** Carefully review your Medicare coverage materials during Medicare Open Enrollment. Note any changes in 2021 costs or benefits. Decide if your current Medicare coverage will meet your needs for the year ahead. If you like your current coverage and it's still available for 2021, you don't need to take any action.
4. **Preview 2021 health and prescription drug plans.** Medicare Plan Finder makes it easy to compare coverage options and shop for health plans. For a personalized search, log in or create an account (if you have a Medicare Number) to create or access a list of your drugs, compare your current Medicare plan to others, and see prices based on any help you get with drug costs.
5. **Get personalized help in your community.** You may find free information and events online. Greene County Department of Human Services have health insurance counselors available to assist you. Call Nicole at 518-719-3555 to schedule an appointment with you.

VACCINES YOU NEED AS AN ADULT (CDC)

You may not realize that you need vaccines throughout your life. Adults need to keep their vaccinations up to date because immunity from childhood vaccines can wear off over time. You are also at risk for different diseases as an adult. Vaccination is one of the most convenient and safest preventive care measures available.

All adults need:

- Influenza (flu) vaccine every year
- Tetanus, Diphtheria, Pertusis

You may need other vaccines based on your age, health conditions, job, lifestyle, or travel habits. Learn more about what other vaccines may be recommended for you and talk to your healthcare professional about which vaccines are right for you. The chart below is a list as recommended by the CDC.

Vaccine	50 – 64 years old	> 65 years old
Influenza (IIV or RIV)	1 dose annually	
Tetanus, Diphtheria, Pertusis (Tdap or Td)	1 dose Tdap, then Td or	Tdap booster every 10 years
Measles, Mumps, Rubella (MMR)	1 or 2 doses depending (if born in 1957 or later)	on indication
Varicella (VAR)	2 doses	
Zoster recombinant (RDZ) (Preferred)	2 doses	
OR	OR	
Zoster live (ZVL)	*age 60 and older	1 dose
Pneumococcal conjugate (PCV13)	1 dose	**
Pneumococcal polysaccharide (PPSV23)	1 or 2 doses depending on indication	1 dose
Hepatitis A (HepA) Hepatitis B (HepB)	2 or 3 doses depending	on vaccine
Meningococcal A, C, W, Y (Men ACWY)	1 or 2 doses depending Booster recommendations	on indication may apply
Meningococcal B (MenB)	2 or 3 doses depending Booster recommendations	on indication may apply
Haemophilus Influenzae type b (Hib)	1 or 3 doses depending	on indication
Recommended for adults who meet age requirement, lack documentation of vaccination or lack evidence of past infection.	Recommended for adults with an additional risk factor or other indication	** Recommended vacation based on shared clinical decision making.

CAREGIVING IN CRISIS

During National Family Caregivers Month, we address the new realities family caregivers face with their loved ones during these uncertain times.



CAREGIVER
ACTION
NETWORK

CaregiverAction.org

Video appointments are great, but they come with **their own challenges**.



It was hard enough to **cover dad's added costs** and now I'm on unemployment.



I want to keep grandma **at home** and out of the nursing home.



Family caregivers manage health emergencies, juggle priorities, and suffer isolation - and all that was before COVID. The pandemic brings even more challenges as family caregivers handle

Caregiving in Crisis.

With COVID, **how much risk is too much?**



It's just so hard **not to be with mom** and she's worse because of it.



Fire Safety Checklist for Caregivers of Older Adults

Older adults are more likely to die in home fires because they may move slower or have trouble hearing the smoke alarm. Make sure the people you know are prepared and safe.



Put a check in front of each statement that is true for your home.

Smoke Alarms

- ☐ Smoke alarms are on every level of the home.
- ☐ Smoke alarms are inside and outside sleeping areas.
- ☐ Smoke alarms are tested each month.
- ☐ Smoke alarm batteries are changed as needed.
- ☐ Smoke alarms are less than 10 years old.
- ☐ People can hear smoke alarms from any room.

Escape Plan

- ☐ There is a fire escape plan that shows 2 ways out of every room.
- ☐ Exits are always clear and not blocked with furniture or other items.
- ☐ Everyone knows where the safe meeting place is outside the home.
- ☐ The escape plan works for everyone, including people who use a wheelchair, a hearing aid, or glasses.
- ☐ There is a phone near the bed to call a local emergency number in case of a fire.



Can everyone hear the alarm?

If not, consider another type of smoke alarm – like one that has a different sound or one that comes with a bed shaker or strobe light.



Can everyone get out?

Make sure people who use a wheelchair or a cane can get to them and get out quickly. Tell them to keep glasses or hearing aids next to the bed.

Cooking Safety

- ☐ The cooking area has no items that can burn.
- ☐ People stay in the kitchen when they are frying, grilling, boiling, or broiling food.

Smoking Safety

If they smoke, make sure they are a fire-safe smoker:

- ☐ People only smoke outside and never in bed.
- ☐ People put cigarettes out safely in an ashtray with a wide base that will not tip over.
- ☐ People never smoke around medical oxygen.

Heating Safety

- ☐ Space heaters are least 3 feet away from anything that can burn.
- ☐ People blow out candles before leaving the room.

Carbon Monoxide Alarms

- ☐ Carbon monoxide alarms are located on each level of the home.
- ☐ Carbon monoxide alarms are less than 7 years old.

Electrical and Appliance Safety

- ☐ No electrical cords run under rugs.
- ☐ All electrical cords are in good condition and not broken or cut.
- ☐ People clean the dryer of lint after every use.
- ☐ All plug outlets are safe and do not feel warm when you touch them. (If they are warm, call the landlord or an electrician.)

Learn more about fire prevention:
www.usfa.fema.gov

U.S. Fire
Administration



FEMA



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.

Centers are closed on legal holidays and inclement weather.

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

CATSKILL

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

Annette Wagenbaugh
(Temporary)

COXSACKIE

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



JEWETT

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

Gayle Ruvolo
Meal Site Manager

Sal Alberti
MaryAnn Brink

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

GREENE COUNTY SENIOR NUTRITION PROGRAM

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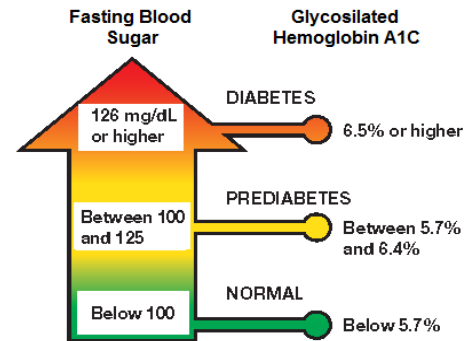
Monday	Tuesday	Wednesday	Thursday	Friday
	1 BATTERED FISH MONACO VEGETABLES RICE FRUIT COCKTAIL	2 BEEF BURGUNDY WHOLE WHEAT BUTTERED NOODLES BROCCOLI CARROT COINS FRUITED GELATIN	3 MEATLOAF w/ Gravy CAULIFLOWER V8 JUICE MASHED POTATOES APPLE CAKE	4 BBQ PORK BAKED BEANS COLESLAW COLLARD GREENS FRESH FRUIT
	7 SALMON w/ Dill Sauce GREEN BEANS SCALLOPED POTATOES FRUIT COCKTAIL	8 CHICKEN PARMESAN PASTA CARROTS JUICE BROWNIE	9 SALISBURY STEAK w/ Gravy MASHED POTATOES WINTER SQUASH TAPIOCA PUDDING w/ Fruit	10 SWEET & SOUR PORK BROWN RICE GREEN SALAD w/ White Kidney Beans BROCCOLI PEANUT BUTTER COOKIES
14 BBQ CHICKEN THIGHS PARSLEY POTATOES CARROT COINS PEACHES	15 PORK CHOP w/ Gravy APPLESAUCE BRAISED CABBAGE SWEET POTATO LEMON CUPCAKE w/ BLUEBERRIES	16 AMERICAN GOULASH GREEN BEANS CAULIFLOWER PEARS	 17 CHRISTMAS DINNER ROAST BEEF w/ Gravy FRESH GREEN SALAD w/ Tomatoes, Cucumbers & Chick Peas MASHED POTATOES SPINACH COCONUT CUSTARD PIE	18 BATTERED FISH BROWN RICE BROCCOLI COLESLAW FRESH FRUIT
21 CHICKEN & BISCUITS MASHED POTATOES CARROTS PEARS	22 CRAB TOPPED COD BROWN RICE PILAF BROCCOLI CHOCOLATE MOUSSE	 23 BIRTHDAY CELEBRATION MEATLOAF w/ Gravy MONACO MIXES VEGETABLES MASHED POTATOES SPICE CAKE w/ Raisins	24 SPAGHETTI w/ SAUSAGE GREEN SALAD w/ Red Kidney Beans ITALIAN VEGETABLES YOGURT PARFAIT	25 DEPARTMENT CLOSED NO MEALS 
28 HAM, RED PEPPER & ONION QUICHE GREEN BEANS PEAS & CARROTS PEARS	29 VEGETABLE LASAGNA MEADOW MIXED VEGETABLES FRUITED JELLO	30 BAKED CHICKEN w/ Gravy MASHED POTATOES SPINACH OATMEAL COOKIE	31 NEW YEAR'S DINNER BAKED HAM w/ Pineapple Sauce GREEN SALAD w/ Red Kidney Beans BROCCOLI CASSEROLE SWEET POTATOES CHEESECAKE w/ Strawberry Topping	

Nutrition Corner

November is *Diabetes Awareness Month!*

Answer these questions to see if you're at risk for Pre-Diabetes and Type 2 Diabetes?

- Are you overweight?
- Are you 45 years of age or older?
- Do you have a history of diabetes in your family?
- Are you NOT physically active?
- Do you have a history of gestational diabetes?
- Are you African American, Hispanic/Latino American, American Indian or Alaska Native?



If you have already been diagnosed with Pre-Diabetes you are at risk for developing Type 2 Diabetes. This can be reversed and/or prevented with life style changes, increased physical active and a healthier meal plan.

Make Healthy Choices:

- 1) Cut back on soft drinks - drink water or calorie free beverages.
- 2) Snack on lower calorie items such as popcorn instead of chips.
- 3) Have a vegetable or a salad with low-fat dressing with dinner every night.
- 4) Push aside the cakes, pie and cookies, choose fruit.
- 5) Make meals at home, home cooked meals fill the house with aroma and often have fewer calories and sodium than take-out or processed foods.

Limit the bad fat (saturated):

- 1) Roast, broil, steam or bake foods.
- 2) Use small amounts of cooking oil, no butter, lard or shortening.
- 3) Consume fish at least once a week.
- 4) Cut back on processed/high fat meats.

Increase your activity:

- Go for brisk walks.
- Increase your steps by parking farther away.

THANKSGIVING DINNERS



Florence Ohle, Director of Community Action of Columbia-Greene Counties, has announced that the Catskill Elks Lodge is teaming up with HiLo/Avalone Lounge this year to deliver Thanksgiving meals.

Anyone that would like to sign-up for a meal or wishes to volunteer is asked to call 518-943-9205. If volunteering, please ask for Delphina.



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

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*).

In-home Contact & Support: Suggested level of contribution is \$1.00 per visit (*Actual cost \$1 - \$5 per visit*)

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*).

MEDICAL 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*)

ADULT DAY CARE SERVICES: The suggested level of contribution is \$30.00 per day (*Actual cost \$99.00 per day*).

10/2020



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 donations. If you or your family are in a position to do so, please fill out the form below. Please note that one hundred percent of your donation will be used to provide services to Greene County older adults in need.

THANK YOU FOR YOUR SUPPORT.

NAME: _____

ADDRESS: _____

I designate \$ _____ donation

In memory of _____

to the following:

_____ Round Table News

_____ In-home services

_____ Where most needed

_____ Senior Angels Fund

_____ Homebound transportation

_____ Nutrition Program/Home-delivered Meals

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



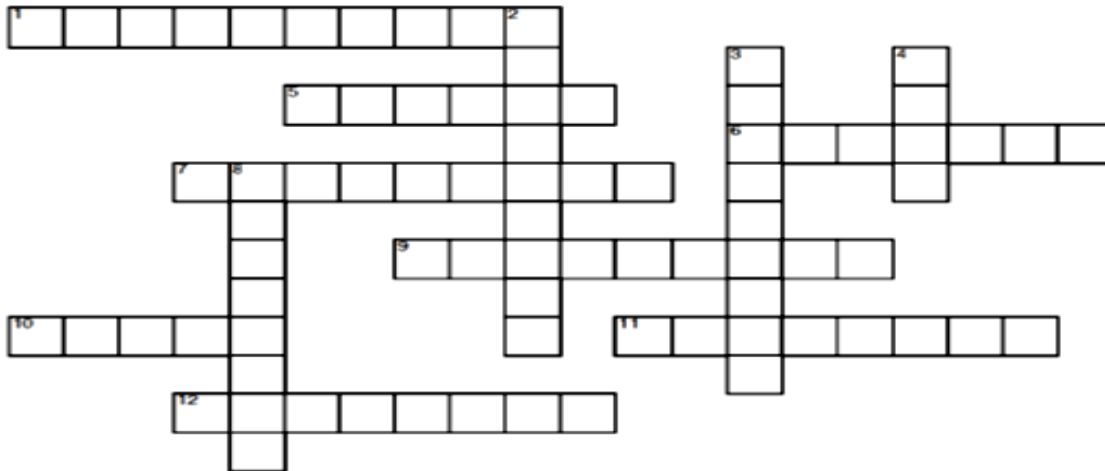
Margaret M. Donohue

Josephine Mangano
In Memory Of Dick & Alfred Mangano

Beecher & Marie Smith
In Memory of Victoria Dolan Kappel

In Memory of My Mom, Jean A. Winnie

Medicare Crossword Puzzle



ACROSS

- 1 the care of patients with a terminal illness, with the intent of trying to relieve them of their symptoms, not trying to cure them
- 5 the number of months in the coordination period for people with ESRD
- 6 usually available in the form of twelve different plans labeled A through L and works only with Original Medicare
- 7 the list of prescription drugs that a Part D plan will cover
- 9 a state-run Medicaid program for people whose income is higher than would normally qualify them for Medicaid, but who have high medical expenses that reduce their incomes to the Medicaid eligibility level
- 10 this part of Medicare covers hospice care
- 11 the notice you get from Medicare after receiving medical services from a health care provider if you are enrolled in a Medicare Advantage Plan is called an Explanation of
- 12 if you are in a Medicare Advantage plan, you may need a ____ to see a specialist

DOWN

- 2 also known as the Low-Income Subsidy (LIS)
- 3 one of the requirements for Medicare coverage of home care
- 4 New York's State Pharmaceutical Assistance Program (SPAP)
- 8 the prescribed use of a particular drug for a reason other than the use approved by the U.S. Food and Drug Administration

The Medicare Counselor, October 2020
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ANSWERS ON PAGE 24



GREENE COUNTY SENIOR CITIZEN CLUBS

The Cairo Golden Agers Club is happy to announce they will be resuming their monthly meetings. Members are asked to mark their calendars.

**Wednesday, November 11 - 1:30 p.m.
Shamrock House**

Route 145, East Durham

Anyone with questions, can call Carol Nelson at 518-634-2044

SUNDAY, NOVEMBER 1, 2020



SOCIAL ISOLATION DURING COVID-19

Tami Bone, Greene County Department of Human Services Case Manager



In early March of this year, the COVID-19 pandemic began to sweep across the United States. Since that time, health experts have warned that older adults are particularly susceptible to contracting the disease and have urged senior citizens to exercise caution, particularly with regard to social distancing. Weakened immune systems and the likelihood of having chronic conditions such as diabetes, heart or lung disease and cancer increase the risk of COVID-19 complications or death. Most older adults have taken the situation very seriously and have chosen to remain in their homes receiving few, if any visitors. While older adults' vulnerability to COVID-19 is a major concern, they are also vulnerable to another health crisis: social isolation.

Concerned about exposing their older loved one to COVID-19, many families have opted to not visit. Many seniors, once accustomed to regular visits and outings with their families, now spend their time at home alone.

Senior centers, social clubs and other places that once offered seniors the opportunity to socialize have been closed since shortly after the pandemic began. In Greene County, annual events such as gatherings and community concerts that seniors look forward to all year have been cancelled. For example, Ken Brooks, Business Manager, Greene County Department of Human Services and coordinator of the Thanksgiving Dinner at Rivertown Senior Center was forced to make the difficult decision to cancel the much-loved event due to the pandemic. Like coordinators of other annual events, Mr. Brooks' primary concern was the safety of our seniors.

According to Katherine Etsy, a Social Psychologist (who happens to be a senior citizen herself, age 86), "Aging well is really all about connection and being socially active". Social isolation can lead to depression and can even compromise one's immune system. The uncertainty associated with the pandemic makes matters worse, says Etsy. "We don't know when it's going to be over."

Finally, Etsy advises seniors to 'take advantage of a calmer brain'. Research shows that the human brain evolves in such a way that makes people less stressed, less worried and less angry as they grow older. She states that seniors should tap into that 'inner peace', which can help them cope with the pandemic.

What can you do to help ease the damaging effects of social isolation?

•Stick to a routine.

Etsy points out that a routine is a great way to stay calm, peaceful and steady during this uncertain time. Start your day at the same time, eat breakfast and follow a daily routine.

•Connect with others.

Call friends and family to talk. Are you computer savvy? Find out about Zoom, Facebook Messenger or other on-line methods of connecting with loved ones. Talking to someone when you're feeling down can help elevate your mood. Greene

Continue on Page 22

ADD YOUR PHONE. STOP THE SPREAD. GET COVID-19 EXPOSURE ALERTS



COVID Alert NY App

COVID Alert NY is the official New York Exposure Notification System app created by the New York State Department of Health in partnership with Google and Apple.

- Our free smartphone app will be available for download for users 18+ on the Google Play and App Store starting October 1, 2020.
- After downloading the COVID Alert NY app, you will be able to use your phone in the fight against COVID-19 and get exposure alerts, without compromising your privacy or personal information.
- COVID Alert NY is part of New York's Contact Tracing Program and will enhance our efforts to contain the spread of COVID-19 and keep New Yorkers informed.

COVID Alert NY helps you get timely updates on COVID-19.

- COVID Alert NY alerts users if they have come into close contact — within 6 feet for at least 10 minutes — with someone who has tested positive for COVID-19, even before the app user may experience symptoms.
- Knowing about a potential exposure allows you to self-quarantine immediately, get tested, and reduce the potential exposure risk to your family, friends, neighbors, co-workers and others.
- COVID Alert NY uses Bluetooth technology to estimate proximity to other phones with enabled Exposure Notification Service technology developed by Apple and Google.

COVID Alert NY protects your privacy and personal information.

- The app does not track your location or movement, use GPS, location services, or any movement or geographical information.
- The app will never collect, transmit, or store your personal information and is completely anonymous.
- Users must explicitly choose to turn on exposure notifications — and can turn it off at any time.

Help protect your community while maintaining your privacy.
ny.gov/covidalerts

Frequently Asked Questions

**ADD YOUR
PHONE.
STOP THE
SPREAD.**
GET COVID-19 EXPOSURE ALERTS

What is COVID Alert NY?

COVID Alert NY is the official New York Exposure Notification System app. This free smartphone app is available for anyone 18+ who lives or works in New York. After downloading the app, you will be able to use your phone in the fight against COVID-19 without compromising your privacy or personal information. COVID Alert NY uses Bluetooth technology to alert users if they have been in close contact with someone who has tested positive for COVID-19. The app also allows user to log their symptoms daily, so they can check back and review at any time. And it keeps users up to date on the fight against COVID-19 in New York.

How can I download COVID Alert NY?

COVID Alert NY is available in the Google Play Store and Apple App Store starting October 1st.

Why is COVID NY important?

COVID Alert NY alerts app users of potential exposure, even before they may experience symptoms. Knowing about a potential exposure allows you to self-quarantine immediately, get tested and reduce the potential exposure risk to your family, friends, neighbors, co-workers or fellow students.

Is my privacy protected?

Yes. The COVID Alert NY app protects your privacy and does not collect or share any personal information that can identify you. The app does not use GPS navigation, cannot be used to track you and it doesn't know if you should be self-isolating or quarantining. At all times, you are in control and remain anonymous.

How does COVID Alert NY work?

As an app user goes about their day, the COVID Alert NY app uses Bluetooth to sense when another person with the same app comes within 6 feet. Your phone exchanges a secure random code with the other phone to record that they were near.

If the app senses that you've been within 6 feet of someone for more than 10 minutes, the app adds their phone's random code on a list of close contacts.

For those who test positive for COVID-19, a Case Investigator from the county health department will ask if the person is willing share the app's list of "close contact" codes to help protect other people. Sharing your list is secure and private. The app never reveals who you are to anyone.

Each day, the list of codes for "confirmed cases" is sent to every phone that has the app. The app compares its own list of close contact codes to the list of confirmed cases. If there's a match, the app displays a COVID alert. Using these lists of anonymous codes, the alert is kept private. No one ever knows who the COVID Alert comes from.

How can I learn more about COVID Alert NY?
Additional information can be found at ny.gov/covidalerts.

County Department of Human Services has partnered with wonderful volunteers from local Rotary clubs in Greene County who call seniors just to chat.

•Try something new.

Put up a bird feeder and watch birds outside your window. If you have a computer, you can take virtual tours of museums or go for a virtual walk in some exotic location. Take up a hobby like knitting, crocheting, drawing, painting, etc.

•Adopt a pet.

The companionship of a pet can help one feel less lonely.

•Stay physical – as much as you are able to safely do so.

Do morning stretches or other exercise. Walk around your neighborhood (Wear a mask!).

•Listen to music.

Play uplifting music that makes you happy. Don't be afraid to sing along!

If you are a senior who is feeling isolated and lonely, please don't be afraid to reach out.

Information Resources:

- ⇒ "86-year-old Therapist Shares Tips to Help Seniors Endure Pandemic Loneliness"
Pawlowski www.today.com July 15, 2020
- ⇒ "How to Combat Loneliness in Older Adults During COVID-19"
R. Harrison www.nyu.edu June 8, 2020

ANSWERS TO PUZZLE ON PAGE 18



CAREGIVER CHATS

With Eddy Alzheimer's Services



Communication Strategies for Dementia Caregivers

Tuesday, October 27, 2020

3:30pm-4:30pm

Communicating with someone with dementia can be challenging but there are strategies to help.

Caregivers are invited to join Eddy Alzheimer's Services for this free program where we will address this topic.

This program will be held as a webinar:

Instructions to participate will be provided via email closer to the event.

This is a free program; however registration is required.

For more information, or to reserve your spot, please call (518)238-4164 or email sarah.cuva@sphp.com.



Eddy Alzheimer's
Services

ST PETER'S HEALTH PARTNERS

A Member of Trinity Health

These programs are supported (in part) by a grant from the New York State Department of Health.

Eddy Alzheimer's Care Teams



Volunteer Care Team

What does it take to be a volunteer?

- * 4 to 10 individuals providing non-medical support and companionship to individuals with Alzheimer's and other related Dementias.
- * Volunteers typically provide a minimum of 2-3 hours per month based on interest and availability.
- * Eddy Alzheimer's Services staff train volunteers about dementia and best approaches to care.
- * Care Teams meet with Eddy Alzheimer's Services staff monthly to provide support and guidance.



**Eddy Alzheimer's
Services**

ST PETER'S HEALTH PARTNERS

To learn more about care teams contact
SusanBeth Olsen, Volunteer Coordinator, at
518.238.4162 or SusanBeth.Olsen@sphp.com



News From the Greene County Youth Bureau

RETURN TO SCHOOL DURING COVID-19

HEALTHYCHILDREN.ORG

With a new school year underway, a lot needs to happen so that students can learn and thrive without raising the risk of spreading COVID-19. The goal of having children attend school in person, which is how they learn best, will only be safe when a community has the spread of the virus under control. And then, when it is possible to reopen a school for in-person learning, a layered approach is needed to keep students, teachers and staff safe.

Schools provide more than just academics to children and adolescents. In addition to reading, writing and math, students learn social and emotional skills, get exercise, and have access to mental health support and other services that cannot be provided with online learning. For many children and adolescents, schools are safe places to be while parents or guardians are working. For many families, schools are where kids get healthy meals, access to the internet and other vital services.

In addition to having plans in place to keep students safe, there are other factors that school communities need to address:

While COVID-19 school policies can reduce risk, they will not prevent it. Some students with high-risk medical conditions may need other accommodations. Talk with your pediatrician and school staff (including school nurses) to see if your child needs additional solutions to help ensure safety at school.

The impact of schools being closed may have been greater for students with disabilities. They may have a difficult time transitioning back to school after missing out on instruction time as well as school-based services such as occupational, physical and speech-language therapy and mental health support counseling. School should review the needs of each child with an Individual Education Program before they return to school, and providing services even if they are done virtually.

It is important as students return to school that they are up to date on their immunizations. It will be critical that students and staff get their flu shot this year to reduce the spread of influenza this fall and winter. Vision and hearing screening should continue in schools, when possible. These services help identify children in need of treatment as soon as possible and prevent interferences with learning.

Your child's school should anticipate and be prepared to address a wide range of mental health needs of students and staff. This includes providing mental health support for any student struggling with stress from the pandemic and recognizing students who show signs of anxiety or distress. Schools also can help students with suicidal thoughts or behavior get needed support.

Remember, returning to school during the COVID-19 pandemic may not feel like normal – at least for a while. But whatever form school takes, it will require everyone's support to make sure that it is healthy, safe and equitable for students, teachers, staff and families.



GREENE COUNTY DEPARTMENT of HUMAN SERVICES

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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 between 12:00 p.m. and 1:00 p.m. Agency staff specialize in a variety of subjects. **During COVID, staff are available by appointment only. Please call our main office telephone number to schedule an appointment if you need to meet with a staff member.**

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.

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