



# Greene County Round Table News

Published by Greene County Department of Human Services since 1976

DECEMBER 2020



## **NOMINATIONS OPEN** **For 2021** **GREENE COUNTY** **SENIOR CITIZEN AWARDS**

The Advisory Council to the Greene County Department for the Aging (Human Services), announces that nominations are being accepted for the Greene County Senior Citizen Awards. The two awards, presented annually, are Senior Citizen of the Year and Outstanding Contribution by a Senior Citizen. The purpose of the awards is to recognize the outstanding achievements of senior citizens who have volunteered their time and energy to help other people, their communities, and/or special projects. The dedication of these volunteers help to make Greene County a better place for all of us. The individuals chosen on the county level will then represent Greene County for recognition for New York State awards. Recently, the New York State Office for the Aging (NYSOFA) celebrated Older New Yorkers' Day virtually, recognizing 87 volunteers from across the state who demonstrate their extraordinary value every day to their family, friends, and community. The celebration traditionally takes place each year in May in Albany; however, due to the COVID-19 pandemic, this year it was premiered as a virtual event. To view the event video, please visit: <https://bit.ly/ONYD2020>.

Any Greene County resident, age 60 or older, can be nominated for these awards. Achievements must be voluntary in nature; performed in Greene County and not part of paid employment. Past award winners may be nominated only if seven or more years have passed since last recognized.

If you know someone who deserves this recognition, contact the Greene County Department of Human Services at (518) 719-3555 for an official nomination form. Incomplete forms will not be considered as eligible. Any inquiries for further information may also be directed to the department. **Deadline for entries is January 29, 2021.**

*Photo from 2019 Senior Citizen Day  
Assemblyman Chris Tague  
and Senator George Amedore  
with Peg Snyder, Outstanding Contribution by a Senior  
and Robert Hoagland, Senior of the Year.*

*The 2020 winners were  
William VonAtzingen - Senior of the Year  
Lula Anderson - Outstanding Contribution by a Senior Citizen.*





## SENIOR ANGELS PROGRAM - SPREADING CHEER 365 DAYS A YEAR



SPONSORED BY  
GREENE COUNTY DEPARTMENT OF HUMAN SERVICES

*Greene County Department of Human Services  
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](mailto:kenbrooks@discovergreene.com)*

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*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.

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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*

*Coxsackie-Athens Rotary Club*

*Tom and Linda Gentalen*

*Helping Hands 12015*

*Patricia Kenehan*

*Lake and Mountain Realty*

*Nancy Linger*

*Jo and Frank Mangano*

*Martinez Auto Body Shop, Inc.*

*Lillian Moore*

*Darlene Ramm*

*Rotary Club of Greenville*

*Senior Citizens of Coxsackie*

*Gary & Barbara Slutzky*

*Lou Smith*

*Tom & MaryAnn Tompkins*

*Terry Ward*

*Anonymous Donors*

*Catskill Silver Linings*

*The Davis/Fuller Family*

*Heart of Catskill Association*

*Mary R. Hutson*

*Anne Marie Killourhy*

*Pat Lemmon*

*Lioness Club of Catskill*

*Peter & Ann Markou*

*Kathleen & Dennis Meehan*

*National Bank of Coxsackie*

*Rotary Club of Catskill*

*P Schneider & Associates PLLC*

*Shook Insurance Agency, LLC*

*Gail E. Smith*

*Dolores E. Sutherland*

*Walenta & Co. Agency Inc.*

### In Honor of

*First Responders*

*Lee Lupsa*

*The Steinhauer Family*

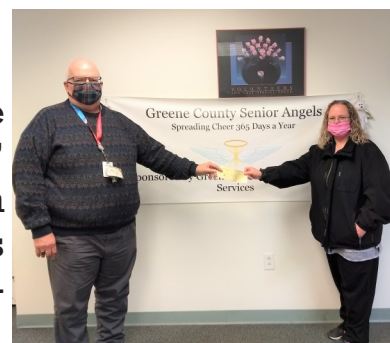
*All essential employees of Greene County Department of Human Services*

*The dedicated & hard working staff & volunteers at the Rivertown Senior Center*



### THANK YOU LOCAL ROTARY CLUBS

Ken Brooks and MJ Pomilla, Greene County Department of Human Services' Senior Angels Program, are seen accepting donations from the Presidents of the Catskill (left) and Coxsackie-Athens (right) Rotary Clubs.



*THANK YOU FOR YOUR DONATIONS  
TO THE SENIOR ANGELS PROGRAM*



*In Memory of*

*Phyllis Beechert*

*Kathy Decker*

*Doris L. Farruqia*

*Brian Golden*

*Richard Harvey Sr.*

*Karen Sprague Johnson*

*John and Margaret Kordich*

*Patrick Joseph Thomas McLaughlin*

*Tippy McPartland and Mary Hallenbeck*

*Lucille & Richard Ogden*

*Sarah & Jack Ormerod/Chester W. Tompkins*

*Doris Ormsbee*

*Agnes M. Rowen*

*Patricia J. VanValkenburg*

*Rose & Chet VanZandt*

*Shirley Wase*

*Robert D. Carl (x2)*

*Mary Donahue*

*Robert Frank*

*Rosemary Graham*

*Bishop Capistran Heim, OFM*

*Ruth Kallman*

*Helen Lee*

*Elisabeth Pirkel*

*Patricia Steinhauer*

*Harry & Theresa VanWormer*

*Rev. Henry Verdaasdonk*

*Ronald and Mary Westman*

*THANK YOU FOR YOUR DONATIONS  
TO SENIOR ANGELS OR THE HOME DELIVERED MEAL PROGRAM*

*IN MEMORY OF JOHN LOPRIESTI*

*ADVISORY COUNCIL MEMBER*

*TO THE GREENE COUNTY DEPARTMENT FOR THE AGING*

*Ken and Tammy Brooks*

*Mary LaConte*

*MaryJean Pomilla*

*Carol Goebel*

*Mary Louisa Leslie*

*Terry Ward*





# Hello Volunteers

Dear Volunteers:

This has been a year like no other I have seen. I want to thank all the volunteers who have continued to work with us during COVID-19 by delivering meals, driving clients to medical appointments, making requested items, helping clients with small tasks and making phone calls to check-in on clients. Thank you to those who came on when their normal jobs closed for COVID-19. I'd also like to say to the volunteers who have found it necessary to quarantine during this time, we miss you and hope things get back to a new normal so you return to service.

I would like to remind you all when it's time for resolutions this year, let's go with the simple things:

- ☆ Read a book a month.
- ☆ Try a new recipe each month.
- ☆ Smile and keep a positive attitude.
- ☆ Give more time to helping others. (If you are able)
- ☆ Enjoy the little things in life. (Birds singing, a hot mug of tea, a hug, laughter, enjoy a piece of chocolate).
- ☆ Be kind to yourself, these are difficult times.
- ☆ Be more confident.
- ☆ Have more patience with people (especially those you live with).
- ☆ Try to be active even if your home.
- ☆ Keep a journal.
- ☆ Call a friend to check in, keeping in touch is important!
- ☆ Volunteer for your favorite cause.

Maybe you'll try some of these resolutions or come up with some of your own. Either way I wish you all a wonderful, healthy new year.

Happy Volunteering

Ruth Pforte, Volunteer Coordinator





## **OUR VOLUNTEER MEDICAL TRANSPORTATION PROGRAM IS VERY POPULAR**

As a result, we need lead time to accommodate as many people as possible so we ask for two weeks notice. Our volunteer driver base is not as large as it used to be. We often get more requests than we can fill. As a result we have been forced to limit client rides to 4 per month. COVID-19 has made the job of getting rides more difficult. Volunteers have the option of not going to certain locations. Volunteer drivers cannot accommodate a wheelchair or assist you getting in and out of the vehicle. Sometimes people get upset when we ask questions that they don't like when calling for a reservation. These are standard questions that we need to ask in order to schedule our volunteers and serve the most requests:

1. Are you over 60?
2. Do you have Medicare or Medicaid?
3. How have you been getting to your medical appointments up until now?
4. Are you ambulatory?
5. Do you use a cane or a walker/rollator/wheelchair?

The answers to these questions help to determine whether the program is appropriate for you. We may be able to assist you with a different transportation option if you do not qualify for the Volunteer Medical Transportation Program.

Please understand that we are trying our best to serve you. If you have any concerns or questions, please do not hesitate to reach out and call us at the main office. Thank you.



Are you feeling like you are not doing enough with your life? Are you bored? Lonely? Do you feel you would like to do something new or different? Consider being a Department volunteer!

The Greene County Department Human Services' AmeriCorps Seniors has opportunities for volunteering throughout Greene County. Whether you want to serve an hour a month, 40 hours a week, or more, we have opportunities available. We especially need volunteers to deliver meals in the Catskill, Palenville/Kiskatom and Mountain-Top areas. If you would like to help make a difference in our community, please call Ruth Pforte, Volunteer Coordinator at 518-719-3555.

## **THANK YOU CRAFTERS**



AmeriCorps Seniors' volunteer crafters recently crocheted 24 teddy bears which will be donated to the Greene County

Sheriff's Office.

The mission of the Teddy Bear program is to help calm children in a time of uncertainty, such as a car accident, when deputies are called to the scene. The stuffed bears are given to children in hopes of helping them get through a possible crisis.

This is a perfect example of senior citizens coming together to showcase the importance of volunteering a skill while serving even our youngest citizens.



# GREENE COUNTY, NEW YORK



**When Disaster Strikes  
YOU  
Can Make a Difference**

**Help your community in times of need:**

**\* Natural Disasters**

**\* Disease Outbreaks**

**\* Major Incidents**

Immediately following disasters many volunteers come forward to help. It can be challenging for response organizations such as Fire, EMS, Emergency Management, and Local Government to utilize these volunteers in an organized fashion without a vetting and response framework. Here in Greene County, New York we have adopted a chapter of the national Medical Reserve Corps (MRC) to assist in volunteer organization.

The mission of the Greene NY Medical Reserve Corps (MRC) is to mobilize trained medical and non-medical volunteers to effectively support public health operations and foster community resiliency within Greene County through training, exercises and response to real-world events.

Volunteers are needed from medical and non-medical backgrounds. Volunteers with certain skills and experiences are especially needed: second language proficiency, security, data management, social media, reception, teaching, radio operation, packaging and distribution, or any medical licensure.

Advance registration of medical and non-medical volunteers will provide Greene County immediate access to volunteers who may be needed in the event of an emergency in Greene County - increasing the effectiveness of volunteers and overall emergency management efforts.

## **Any Questions, Please Contact:**

Greene County Public Health Dept.  
Emergency Preparedness Coordinator

Penny Martinez

411 Main Street, Suite 300

Catskill, NY 12414

PH: 518-719-3611

Email: [pmartinez333@discovergreene.com](mailto:pmartinez333@discovergreene.com)







## 2020-21 MEDICARE SPOTLIGHT

*Courtesy of Dutchess County Office for the Aging*

<b>Annual Wellness Visit</b> (Your Medicare deductible is waived)	<b>Annual Physical Exam</b> (The Part B deductible applies)
Cost: FREE	Cost: Co-pay
Coverage: Annually, when it occurs at least 12 months after your Initial Preventative Physical Exam, and when you have been covered by Part B for more than 12 months	Coverage: Annually; you will be billed and responsible for 20% of the Medicare approved amount
Purpose: To develop and update a personalized prevention plan, based on your current health and risk factors	Purpose: For medically necessary services, including evaluation and management of an illness or injury
Other: Medications are not refilled or prescribed	Other: Medications may be refilled or prescribed

The terms “wellness exam” and “physical” sound similar, but when it comes to Medicare the two procedures are ***not*** interchangeable. It’s something you’ll need to watch for when you make medical appointments. The wellness exam is different from a full body physical that you may have undergone in past years.

If you’ve had Medicare Part B (Medical Insurance) for longer than 12 months, you can get a yearly “Wellness” visit once every 12 months to develop or update a personalized prevention plan to help prevent disease and disability, based on your current health and risk factors. Your provider may also perform a cognitive impairment assessment. You pay nothing for this visit if your doctor or other qualified health care provider accepts assignment - that they have agreed to accept the Medicare-approved amount as full payment for any covered service provided to a Medicare patient.

The Part B deductible doesn’t apply. However, you may have to pay coinsurance, and the Part B deductible may apply if:

- Your doctor or other health care provider performs additional tests or services during the same visit. These additional tests or services aren’t covered under the preventive benefits.
- A cognitive impairment assessment is performed to look for signs of Alzheimer’s disease or dementia.

The personalized prevention plan is designed to help prevent disease and disability based on your current health and risk factors. Your provider will ask you to fill out a questionnaire, called a “Health Risk Assessment,” as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy.

Before your Medicare wellness visit, compile a complete list of medications that you take, as well as any vitamins, minerals, supplements, and over-the-counter medications.



## **CMS Takes Steps to Ensure Medicare Beneficiaries Have Wide Access to COVID-19 Antibody Treatment**

*Coverage Available at No Cost to Beneficiaries  
Across Variety of Settings in Health Care System*

The Centers for Medicare & Medicaid Services announced that starting today, Medicare beneficiaries can receive coverage of monoclonal antibodies to treat coronavirus disease 2019 (COVID-19) with no cost-sharing during the public health emergency (PHE). CMS' coverage of monoclonal antibody infusions applies to bamlanivimab, which received an emergency use authorization (EUA) from the U.S. Food and Drug Administration yesterday.

"Today, CMS is announcing a historic, first-of-its kind policy that drastically expands access to COVID-19 monoclonal antibodies to beneficiaries without cost sharing," said CMS Administrator Seema Verma. "Our timely approach means beneficiaries can receive these potentially life-saving therapies in a range of settings – such as in a doctor's office, nursing home, infusion centers, as long as safety precautions can be met. This aggressive action and innovative approach will undoubtedly save lives."

CMS anticipates that this monoclonal antibody product will initially be given to health care providers at no charge. Medicare will not pay for the monoclonal antibody products that providers receive free but today's action provides for reimbursement for the infusion of the product. When health care providers begin to purchase monoclonal antibody products, Medicare anticipates setting the payment rate in the same way it set the payment rates for COVID-19 vaccines, such as based on 95% of the average wholesale price for COVID-19 vaccines in many provider settings. CMS will issue billing and coding instructions for health care providers in the coming days.

CMS anticipates the announcement today will allow for a broad range of providers and suppliers, including freestanding and hospital-based infusion centers, home health agencies, nursing homes, and entities with whom nursing homes contract, to administer this treatment in accordance with the EUA, and bill Medicare to administer these infusions.



**Do you know who is your representative on  
the Greene County Department for the Aging Advisory Council?**

**Do you live in Durham or New Baltimore  
& would like to serve on our Advisory Council?  
Contact our office (518-719-3555) if interested.**

Purpose: To advise the Department of Human Services to develop and administer the Aging service plan; conduct public hearings; represent the interest of the county's senior citizens, and review and comment on all community policies, programs and actions which affect older persons.

**MEMBERS:**

**Community Agencies:**

Edward Bloomer - Greene County Legislature  
Bea Clappin - Greene County DSS  
Michelle Deyo - Greene County Veterans  
Kim Kaplan - Greene County Dept. of Health  
Lawrence Krajeski - Catskill Mountain Housing  
Lillian Moore - AmeriCorps Seniors  
Florence Ohle - Community Action  
Dawn Wallant - Common Ground

**Legislative District Representatives:**

Catskill # 1 - Ernie Armstead  
Coxsackie #2 - Richard Golden  
Athens #3 - Lynn Brunner  
Greenville #4 - Beverly Myers  
Prattsville, Ashland, Windham & Jewett #6 - Judith LoPresti  
Halcott, Lexington, Hunter #7- Linda VanEtten  
Cairo #8 - Dorothy True

**VACANT- DURHAM & NEW BALTIMORE**



*Regardless of the holiday you observe,  
the staff at Greene County  
Department of Human Services  
wish you a happy and safe one.  
May 2021 be a healthy and better year for you.*





## 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  
127 Mansion Street, Coxsackie  
(518) 731-8901



### JEWETT

Jewett Municipal Building  
3547 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
	<b>1</b> BATTERED FISH MONACO VEGETABLES RICE FRUIT COCKTAIL	<b>2</b> BEEF BURGUNDY WHOLE WHEAT BUTTERED NOODLES BROCCOLI CARROT COINS FRUITED GELATIN	<b>3</b> MEATLOAF w/ Gravy CAULIFLOWER V8 JUICE MASHED POTATOES APPLE CAKE	<b>4</b> BBQ PORK BAKED BEANS COLESLAW COLLARD GREENS FRÉSH FRUIT
<b>7</b> SALMON w/ Dill Sauce GREEN BEANS SCALLOPED POTATOES FRUIT COCKTAIL	<b>8</b> CHICKEN PARMESAN PASTA CARROTS JUICE BROWNIE	<b>9</b> SALISBURY STEAK w/ Gravy MASHED POTATOES WINTER SQUASH TAPIOCA PUDDING w/ Fruit	<b>10</b> SWEET & SOUR PORK BROWN RICE GREEN SALAD w/ White Kidney Beans BROCCOLI PEANUT BUTTER COOKIES	<b>11</b> ROAST TURKEY w/ Gravy CRANBERRY SAUCE MASHED POTATOES MIXED VEGETABLES STUFFING FRESH FRUIT
<b>14</b> BBQ CHICKEN THIGHS PARSLEY POTATOES CARROT COINS PEACHES	<b>15</b> PORK CHOP w/ Gravy APPLESAUCE BRAISED CABBAGE SWEET POTATO LEMON CUPCAKE w/ BLUEBERRIES	<b>16</b> AMERICAN GOULASH GREEN BEANS CAULIFLOWER PEARS	 <b>17</b> <b>CHRISTMAS DINNER</b> ROAST BEEF w/ Gravy FRESH GREEN SALAD w/ Tomatoes, Cucumbers & Chick Peas MASHED POTATOES SPINACH COCONUT CUSTARD PIE	<b>18</b> BATTERED FISH BROWN RICE BROCCOLI COLESLAW FRESH FRUIT
<b>21</b> CHICKEN & BISCUITS MASHED POTATOES CARROTS PEARS	<b>22</b> CRAB TOPPED COD BROWN RICE PILAF BROCCOLI CHOCOLATE MOUSSE	 <b>23</b> <b>BIRTHDAY CELEBRATION</b> MEATLOAF w/ Gravy MONACO MIXES VEGETABLES MASHED POTATOES SPICE CAKE w/ Raisins	<b>24</b> SPAGHETTI w/ SAUSAGE GREEN SALAD w/ Red Kidney Beans ITALIAN VEGETABLES YOGURT PARFAIT	<b>25</b> <b>DEPARTMENT CLOSED NO MEALS</b> 
<b>28</b> HAM, RED PEPPER & ONION QUICHE GREEN BEANS PEAS & CARROTS PEARS	<b>29</b> VEGETABLE LASAGNA MEADOW MIXED VEGETABLES FRUITED JELLO	<b>30</b> BAKED CHICKEN w/ Gravy MASHED POTATOES SPINACH OATMEAL COOKIE	<b>31</b> NEW YEAR'S DINNER BAKED HAM w/ Pineapple Sauce GREEN SALAD w/ Red Kidney Beans BROCCOLI CASSEROLE SWEET POTATOES CHEESECAKE w/ Strawberry Topping	

# GREENE COUNTY SENIOR NUTRITION PROGRAM

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> SLOPPY JOES DILLED CARROTS BROCCOLI TROPICAL FRUIT	<b>5</b> MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES PEACHES	<b>6</b> CHICKEN DIJON MASHED POTATOES WINTER SQUASH LEMON MOUSSE	<b>7</b> BEEF BURGUNDY OVER NOODLES CALIFORNIA MIXED VEGETABLES APPLE CRISP	<b>8</b> SWEET & SOUR CHICKEN BROWN RICE FRESH GREEN SALAD ORIENTAL MIXED VEGETABLES FRESH FRUIT
<b>11</b> BAKED LEMON FISH BROWN RICE PILAF BROCCOLI CHOCOLATE MOUSSE	<b>12</b> CHICKEN PARMESAN PASTA W/ SAUCE CAULIFLOWER FRUIT COCKTAIL	<b>13</b> MEATLOAF W/ GRAVY MASHED POTATOES GLAZED CARROTS VANILLA CUPCAKE	<b>14</b> CHILI CON CARNE BROWN RICE FRESH GREEN SALAD FRESH FRUIT	<b>15</b> PORK CHOP W/ GRAVY BRAISED CABBAGE SWEET POTATO FRESH FRUIT
<b>18</b> DHS MAIN OFFICE & ALL SENIOR NUTRITON SITES CLOSED  <b>Martin Luther King Jr. Day</b>	<b>19</b> BAKED FISH MASHED POTATOES CARROTS TAPIOCA PUDDING w/ RAISINS	<b>20</b> BEEF STEW CORN BRUSSELS SPROUTS FRUITED JELL-O	<b>21</b> VEGETABLE LASAGNA GREEN SALAD BROCCOLI FRESH FRUIT	<b>22</b> ROAST PORK w/ GRAVY GREEN & YELLOW BEANS MASHED POTATOES SPICED APPLESAUCE & COOKIES
<b>25</b> AMERICAN GOULASH GREEN BEANS BRUSSELS SPROUTS PEARS	<b>26</b> CHICKEN DIVAN BROWN RICE CALIFORNIA MIXED VEGETABLES TROPICAL MIXED FRUIT	<b>27</b> SALISBURY STEAK w/ GRAVY HARVARD BEETS BAKED POTATO w/ SOUR CREAM CARROT CAKE w/ CREAM CHEESE FROSTING	<b>28</b> ROAST TURKEY w/ GRAVY STUFFING CRANBERRY SAUCE MASHED POTATOES CARROTS PINEAPPLE DELIGHT	<b>29</b> BAKED SALMON w/ DILL SAUCE COLE SLAW RED POTATOES SPINACH FRESH FRUIT



# Nutrition Notes



The holidays are a time of celebration, giving thanks and reflection on the past year - and what a year it has been! It is a time to also pay attention to our own health and wellness. During this holiday season, give yourself special attention with the gift of health and safety not only to yourself but others as well.

- **Wash your hands often.** Keeping your hands clean is by far the most important thing you can do for yourself and family. Washing your hands with soap and water for at least 20 seconds can help avoid getting sick and spreading germs to others.
- **Stay warm.** Cold temperatures can cause serious health issues for young children and older adults. Stay dry and dress in warm layers of loose-fitting clothes.
- **Manage stress.** We all know this time of year is not only busy but can be very stressful. Don't allow it to take a toll on one's health. Balance yourself by keeping track of over-commitment and spending. Take time to relax, breathe and enjoy the season.
- **Get check-ups and vaccinations.** Regular exams and screenings can help find problems before they start. Make sure you get your flu vaccination!
- **Be smoke free.** Avoid breathing other peoples smoke and if you smoke now is a great time to quit! Call 1-800-QUIT-NOW or speak with your doctor for assistance - you got this!
- **Handle and prepare food safely.** Wash hands and prep areas often; keep raw meats, eggs and their juices away from ready-to-eat foods. Cook foods to the proper temperature and refrigerate promptly. Do not leave foods that are perishable out for more than 2 hours.
- **Eat healthy.** With moderation and portion control you can enjoy the holidays in a healthy way. Choose more vegetables and fruits. Have dessert but choose just one of your favorites not one of each.

## **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/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:**

**Shopping Bus:** This door-to-door service is provided directly by the Department.

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

#### **Senior Center Transportation:**

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

#### **Medical (Homebound) Transportation:**

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

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

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

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



## THANK YOU FOR YOUR SUPPORT and GENEROSITY



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

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

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

I designate \$ \_\_\_\_\_ to the following  
In appreciation for services  
**OR**

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

_____ Round Table News	_____ In-home services	_____ Where most needed
_____ Senior Angels Fund	_____ Homebound transportation	_____ Nutrition Program

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



**Thank You!**

*Harold Jurgens In Honor Of  
The Fine People Who Deliver The Meals . . . God Bless Them*

*Dolores Chimato  
In Memory of Vicky Dolan Kappel & Martha Hartman  
To our Nutrition Program and as needed*

*Nancy L. Lagas  
In Memory Of Louis H. Lagas*

*Joan Pepia  
In Memory Of Carol Ricci*



# **SOCIAL SECURITY ANNOUNCES**

## **1.3 PERCENT BENEFIT INCREASE FOR 2021**

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 1.3 percent in 2021, the Social Security Administration announced today.

The 1.3 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 64 million Social Security beneficiaries in January 2021. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2020. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$142,800 from \$137,700.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. Most people who receive Social Security payments will be able to view their COLA notice online through their personal *my* Social Security account. People may create or access their *my* Social Security account online at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Information about Medicare changes for 2021, when announced, will be available at [www.medicare.gov](http://www.medicare.gov). For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2021 are announced. Final 2021 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice and *my* Social Security's Message Center.

The Social Security Act provides for how the COLA is calculated. To read more, please visit [www.socialsecurity.gov/cola](http://www.socialsecurity.gov/cola).

Based on the increase in the Consumer Price Index (CPI-W) from the third quarter of 2019 through the third quarter of 2020, Social Security and Supplemental Security Income (SSI) beneficiaries will receive a 1.3 percent COLA for 2021. Other important 2021 Social Security information is as follows:

<b>Tax Rate</b>	<b>2020</b>	<b>2021</b>
Employee	7.65%	7.65%
Self-Employed	15.30%	15.30%

*Cont. on page 19*

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**NOTE:** The 7.65% tax rate is the combined rate for Social Security and Medicare. The Social Security portion (OASDI) is 6.20% on earnings up to the applicable taxable maximum amount (see below). The Medicare portion (HI) is 1.45% on all earnings. Also, as of January 2013, individuals with earned income of more than \$200,000 (\$250,000 for married couples filing jointly) pay an additional 0.9 percent in Medicare taxes. The tax rates shown above do not include the 0.9 percent.

Maximum Taxable Earnings		2020	2021
Social Security (OASDI only)		\$137,700	\$142,800
Medicare (HI only)		No Limit	
Quarter of Coverage			
		\$1,410	\$1,470
Retirement Earnings Test Exempt Amounts			
Under full retirement age		\$18,240/yr. (\$1,520/mo.)	\$18,960/yr. (\$1,580/mo.)
NOTE: One dollar in benefits will be withheld for every \$2 in earnings above the limit.			
The year an individual reaches full retirement age		\$48,600/yr. (\$4,050/mo.)	\$50,520/yr. (\$4,210/mo.)
NOTE: Applies only to earnings for months prior to attaining full retirement age. One dollar in benefits will be withheld for every \$3 in earnings above the limit.			
Beginning the month an individual attains full retirement age		None	
Social Security Disability Thresholds			
Substantial Gainful Activity (SGA)			
Non-Blind		\$1,260/mo.	\$1,310/mo.
Blind		\$2,110/mo.	\$2,190/mo.
Trial Work Period (TWP)		\$ 910/mo.	\$ 940/mo.
Maximum Social Security Benefit: Worker Retiring at Full Retirement Age			
		\$3,011/mo.	\$3,148/mo.
SSI Federal Payment Standard			
Individual		\$ 783/mo.	\$ 794/mo.
Couple		\$1,175/mo.	\$1,191/mo.
SSI Resource Limits			
Individual		\$2,000	\$2,000
Couple		\$3,000	\$3,000
Estimated Average Monthly Social Security Benefits Payable in January 2021			
		Before 1.3% COLA	After 1.3% COLA
All Retired Workers		\$1,523	\$1,543
Aged Couple, Both Receiving Benefits		\$2,563	\$2,596
Aged Widow(er) Alone		\$1,434	\$1,453
All Disabled Workers		\$1,261	\$1,277

## What should I know about Medicare's coverage of skilled therapy?

Skilled therapy are services that are reasonable and necessary to treat illness or injury, performed by or under supervision of a licensed therapist. There are three main types of skilled therapy covered by Medicare:

- **Physical therapy (PT):** Exercise and physical activities used to condition muscles and improve levels of activity. It is helpful for those with physically debilitating illness. PT will help you regain movement and strength in a body area.
- **Speech/language pathology (SLP):** Therapeutic treatment of speech impairments (such as lisping and stuttering) or speech difficulties that result from illness. SLP will help you regain and strengthen speech and language skills.
- **Occupational therapy (OT):** A type of therapy using meaningful activities of daily living to assist people who have difficulty acquiring or performing meaningful work due to impairment or limitation of physical or mental function. OT helps you regain the ability to do usual daily activities by yourself such as eating and putting on clothes.

### Inpatient Skilled Therapy

#### Inpatient Rehabilitation Hospital

Rehabilitation hospitals are specialty hospitals or parts of acute care hospitals that offer intensive inpatient rehabilitation therapy. You may need inpatient care in a rehabilitation hospital if you are recovering from a serious illness, surgery, or injury and require a high level of specialized care that generally cannot be provided in another setting.

Medicare Part A may cover your inpatient rehabilitation hospital services (including skilled therapy) if this level of care is medically necessary. Speak with your doctor if you think this type of care is right for you

#### Skilled Nursing Facility (SNF)

SNFs are inpatient rehabilitation and medical treatment centers staffed with trained medical professionals who can perform skilled services. They may be attached to nursing homes or hospitals.

Medicare Part A may cover your SNF services (including skilled therapy) after a three day inpatient hospital stay if:

- You need skilled therapy services, and the services are considered safe and effective treatment for you.

*Continue on Page 21*



- Your doctor or therapist creates a plan of care before you start receiving services
- Your doctor or therapist regularly reviews the plan of care and makes changes as needed

Speak with your doctor about your eligibility for Medicare covered SNF services.

## Home Care

Home health care includes a wide range of health and social services delivered in your home to treat illness or injury, including skilled therapy.

Medicare Part A or B may cover your home care depending upon your circumstances. In order to qualify for Medicare coverage of home care, you must be homebound, require intermittent skilled care, have a face to face meeting with a doctor and have them develop a plan of care with you, and receive services from a Medicare-certified home health agency.

## Outpatient Skilled Therapy

Medicare Part B will cover outpatient therapy services in a doctor's office, outpatient hospital setting, rehabilitation agency, Comprehensive Outpatient Rehabilitation Facility (CORF), or a public health agency.

You can also receive Part B-covered outpatient therapy services in a skilled nursing facility if you are there as an outpatient, private pay for your room and board, or are otherwise ineligible for a Medicare Part A-covered SNF stay. Part B may also cover outpatient therapy services received at home through home health agency therapists if you are ineligible for Part A coverage of home health care.

Original Medicare covers outpatient therapy at 80% of the Medicare-approved amount. When you receive services from a participating provider, you pay a 20% coinsurance after you meet your Part B deductible (\$198 in 2020). If you are in a Medicare Advantage plan, your costs may differ. You should contact your plan directly to find out what your estimated costs may be.

## Therapy Cap

Previously, there was a limit, also known as the therapy cap, on how much outpatient therapy Original Medicare covered annually. In 2018, the therapy cap was removed. However, if your total therapy costs reach a certain amount, Medicare requires your provider to confirm that your therapy is medically necessary. In 2020, Original Medicare covers up to \$2,080 for PT, SPL and OT before requiring your provider to indicate that your care is medically necessary. Medicare pays for up to 80% of the Medicare-approved amount. This means Original Medicare covers up to \$1,664 (80% of \$2,080) before your provider is required to confirm that your outpatient therapy services are medically necessary. If your provider confirms that your therapy is medically necessary, your skilled therapy coverage should continue.

# Can you find these Christmas' Tradition words?

**BREAKFAST**

**COOKIES**

**FEAST**

**HAM**

**MASS**

**ORNAMENTS**

**PLAYS**

**SANTA**

**STARS**

**WORSHIP**

**CANDLES**

**DINNER**

**GARLAND**

**HOLLY**

**MEAL**

**PAGEANTS**

**PRESENTS**

**SERVICE**

**STORY**

**WREATH**

**CARDS**

**ELF**

**GATHERINGS**

**LIGHTS**

**MISTLETOE**

**PARADE**

**RED SUIT**

**SLEIGH**

**TREE**

**YULE LOG**

**CHURCH**

**FAMILY**

**GIFT**

**LIST**

**MUSIC**

**PINE**

**REINDEER**

**SONGS**

**TURKEY**



# News From the Greene County Youth Bureau

No one wants to repeat the nightmare scenarios from this spring, when schools across the country were confronted with rapid mandates to close school buildings and hastily begin remote instruction. But the reality is that COVID-19 won't disappear until an effective vaccine is widely available.

As the current surge of cases in several U.S. states shows, the nature of the virus in a geographic region can change dramatically in a short time. Schools need to be ready to pivot back to teaching students remotely without taking several weeks off or scrambling madly to expand access and assemble resources. These insights from educators and experts will help clarify the biggest priorities for ensuring a smooth transition, regardless of the circumstances.

## How to Prepare for a Pivot Back To Remote Learning

### Checklists for Teachers, Principals, and Tech Leaders



#### TEACHERS

- ✓ Continue to learn remote teaching skills even while schools are open
- ✓ Share virtual teaching tips and online curriculum ideas—now!
- ✓ Require that students use the learning management system



#### PRINCIPALS

- ✓ Anticipate more emails and online feedback from parents
- ✓ Construct and distribute a readiness assessment
- ✓ Explore external partnerships



#### TECH LEADERS

- ✓ Get 'everything' uploaded online
- ✓ Advocate for low-cost internet access
- ✓ Carefully vet tech products and scrap those that didn't work

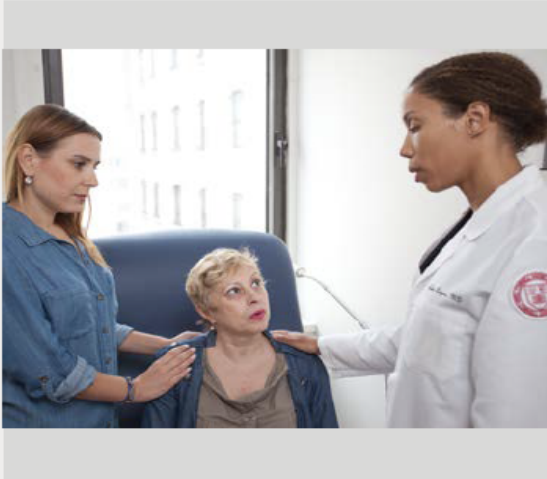
Icons: Getty

SOURCE: Education Week reporting



WCMC IRB  
Approval Date: 12/20/2019  
Expiration Date: 12/19/2020

## Weill Cornell Medicine



All participants will be compensated a possible total of \$40 or \$80, depending on what group they are in.

For more information or to participate, please contact Dr. Riffin: 212-746-7317 or [acr2213@med.cornell.edu](mailto:acr2213@med.cornell.edu)

## Family Caregiver Research Study

IRB # 1811019718

- Do you care for someone with dementia and pain?
- Are you a family member or unpaid caregiver?

If so, you may be eligible to participate in a study that will test the Pain Identification and Communication Toolkit (PICT). PICT is an intervention to help caregivers recognize and communicate about pain in a relative.

### What is involved?

1. Complete two 20-minute surveys (12 weeks apart).
2. Be randomly assigned to the intervention or control group.

#### If you are randomly assigned to the *intervention group*:

You will participate in 4 weekly sessions over the phone to learn strategies for recognizing pain and communicating with health care providers.

#### If you are randomly assigned to the *control group*:

You will complete two 20-minute surveys.



# Memory Mixers



## HOLIDAY BINGO

Wednesday, December 2nd, 2020



1:00pm - 2:00pm



Join us for some **virtual** holiday bingo and a chance to win prizes!

Bingo cards, chips and a snack package will be mailed to you after registering!



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 **Tuesday, November 24th**, 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

Member of Trinity Health



## GREENE COUNTY DEPARTMENT of HUMAN SERVICES

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  
Volunteer Services - Ruth Pforte

#### Staff:

#### **CASE MANAGERS:**

Tami Bone  
Cortney Carlson  
Danielle Kane-Wade

#### **ADMINISTRATIVE ASSISTANT:**

Maureen Murphy

#### **AGING SERVICES AIDE:**

Rose Bundy

#### **RECEPTIONIST:**

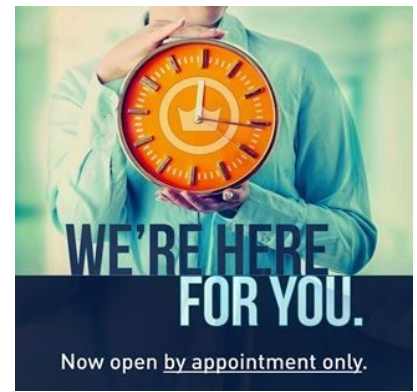
Mary Jean Pomilla

#### **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 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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**GREENE COUNTY ROUND TABLE NEWS is published monthly by the Greene County Department of Human Services. If you would like to be added to or removed from our subscriber list, please call Maureen at 518-719-3555 or email [aging@discovergreene.com](mailto:aging@discovergreene.com). Issues are available in black & white print and mailed via the U. S. Postal Service or full color via electronic mail.**