



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

FEBRUARY 2021



**Thank
You**

**NEITHER RAIN, SLEET
NOR DOOM OF COVID
SHALL KEEP
THE GREENE COUNTY RESIDENTS
AND BUSINESSES
FROM THEIR EXTREME GENEROSITY!!!**

With COVID-19 interrupting and disrupting all of 2020's plans, the Senior Angels Committee wasn't sure if we were going to be able to provide the seniors of Greene County with their annual Christmas cheer. Nursing Homes are in lockdown, seniors are hunkering down and staying safe at home, businesses had to close and people were out of work. We thought it was going to be a tough year all around. But we were wrong.

Thanks to the overwhelming support of our Greene County residents and businesses we were able to provide gifts to all the seniors that requested them. One of our Nursing Homes asked if they could have 6 CD Players and 6 DVD players to help the seniors cope with their room isolation. Another one asked for a new 9 foot Christmas tree for their community room. We were also asked to do care bags for another nursing home which included personal items such as toothpaste, brushes, deodorant, manicure kits, word search books, coloring books and pencils, etc. On top of all that we were able to provide gifts to 247 individual seniors.

We always set a personal goal and try to beat what we raised the previous year. Because we were not able to do our usual bake sales, Victorian Stroll table, Thanksgiving Dinner or selling the Angel pins, we never thought we would even come close to the \$17,536.00 we raised last year, but as of the writing of this letter we amazingly raised \$14,364.45. We made a decision that any donations we received this year, we would send out an angel ornament as a thank you, because it's been a tough year and we REALLY appreciated everything that you did. We know with all the people that need help this year, we wanted you to know how special each and every one of you are.

So, from the bottom of our hearts, we want to thank you for everything you have done for us this year. God Bless You.

The Senior Angels Committee

Tami Bone, Mary Jean Pomilla, Rose Bundy and Ken Brooks



*FOR YOUR DONATIONS
TO THE
2020 SENIOR ANGELS PROGRAM*

CORPORATE SPONSORS:

Emblem Health

Hudson ShopRite

Ocean State Job Lot

*Nancy Allen
Athens Senior Citizens Club
Catherine Cohan
The Davis/Fuller Family
Steve Goldberg & Greggor Petrovic
Heart of Catskill Association
Mary R. Hutson
Nancy J. Kilmer
Kiskatom Reformed Church
Robert & Dena Lawrence
Theodore L. Layman Nancy Linger
Lioness Club of Catskill
Peter & Ann Markou
Kathleen & Dennis Meehan
National Bank of Cocksackie
Rotary Club of Catskill
P Schneider & Associates PLLC
Shook Insurance Agency, LLC
Gail E. Smith
Dolores E. Sutherland
Walenta & Co. Agency Inc.*

*Anonymous Donors
Catskill Silver Linings
Cocksackie-Athens Rotary Club
Tom and Linda Gentalen
Helping Hands 12015
Patricia Kenehan
Anne Marie Killourhy
Lake and Mountain Realty
Pat Lemmon
Jo and Frank Mangano
Martinez Auto Body Shop, Inc.
Lillian Moore
Darlene Ramm
Rotary Club of Greenville
Senior Citizens of Cocksackie
Gary & Barbara Slutzky
Lou Smith
Tom & MaryAnn Tompkins
Terry Ward*

*THANK YOU FOR YOUR DONATIONS
TO THE 2020 SENIOR ANGELS PROGRAM*

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*

*From Allison G. Smith
“In Memory of those I deliver meals to”*

IN MEMORY OF

<i>Phyllis Beechert</i>	<i>Robert D. Carl (x2)</i>
<i>COVID-19 Patients</i>	<i>Kathy Decker</i>
<i>Mary Donahue</i>	<i>Helen Mary Eckler</i>
<i>Doris L. Farrugia</i>	<i>Robert Frank</i>
<i>Brian Golden</i>	<i>Rosemary Graham</i>
<i>Richard Harvey Sr.</i>	<i>Bishop Capistran Heim, OFM</i>
<i>Karen Sprague Johnson</i>	<i>Harvey Leff</i>
<i>Ruth Kallman</i>	<i>Mary C. Killourhy</i>
<i>John and Margaret Kordich</i>	<i>John LoPresti</i>
<i>Helen Lee</i>	<i>Pat M. McBride</i>
<i>Patrick Joseph Thomas McLaughlin</i>	
<i>Tippy McPartland and Mary Hallenbeck</i>	
<i>Lucille & Richard Ogden</i>	
<i>Sarah & Jack Ormerod/Chester W. Tompkins</i>	
<i>Doris Ormsbee</i>	<i>Elisabeth Pirkel</i>
<i>Agnes M. Rowen</i>	<i>Patricia Steinhauer</i>
<i>Patricia J. VanValkenburg</i>	<i>Harry & Theresa VanWormer</i>
<i>Rose & Chet VanZandt</i>	
<i>Rev. Henry Verdaasdonk</i>	
<i>Mary Pat & John Vertetis</i>	
<i>Shirley Wase</i>	
<i>Ronald and Mary Westman</i>	





GREENE COUNTY COVID VACCINATION INFORMATION

NOTE: This is the most recent information as of print, 1-26-2021

Please check the Greene County web site for any updates.

<https://www.greenegovernment.com/>

The Greene County Public Health Department receives COVID vaccines from New York State and the county is required to distribute them in accordance with NYS Vaccine Distribution Guidelines. At this time, Greene County Public Health is directed specifically to focus efforts on healthcare workers, followed by the essential workers in Phase 1b. NYS currently estimates that the completion of Phase 1a and 1b will take 14 weeks, so please be patient. The NYS Hotline for Registration is now open, and eligible individuals can call 1-833-697-4829. ***At this time, per NYS Directives, vaccines for Seniors 65+ will be administered by Pharmacies, Physician Networks, and Practice Groups.***

Follow the New York State Requirements below to confirm eligibility, find the closest vaccination location, and schedule an appointment.

- ⇒ **Step 1:** Determine your eligibility & schedule an appointment. Vaccines will be available at pharmacies, hospitals and through local health departments statewide. There is a network of State-run sites distributing vaccine statewide. To determine eligibility & schedule appointments at New York State-run vaccination sites only, use the Am I Eligible app.
- ⇒ **Step 2:** Complete the Vaccine Form. Once you have a confirmed appointment, you must complete the New York State COVID-19 Vaccine Form. This form can be completed online and you will receive a submission ID.
- ⇒ **Step 3:** Bring proof of eligibility to your appointment when you go to your vaccination site. This may include an employee ID card, a letter from an employer or affiliated organization, or a pay stub, depending on the specific priority status. If you are eligible due to age, please bring a form of ID with your date of birth.
- ⇒ **Step 4:** Remember to schedule your second appointment after getting your first shot. Remember: Both vaccines require two doses for effectiveness.

For Veterans who ARE currently enrolled in VA Healthcare

- **TESTING:** If you wish to be tested for COVID-19, please contact your primary care provider at Albany Stratton VAMC or respective CBOC. The VA is providing COVID-19 testing for patients as determined by your primary care provider. If your primary care provider is located at the Catskill CBOC, you will be directed to the Albany Stratton VAMC or other community providers associated with Albany Stratton VAMC. Testing is not currently being performed at the Catskill CBOC.
- **VACCINATIONS:** The Albany Stratton VAMC is providing vaccinations in accordance with CDC, and VHA guidelines. If you are enrolled in VA Healthcare, you must contact your Albany Stratton VAMC (or Catskill or other CBOC) Primary Care Provider for further instructions. Your VA Primary Care Provider and the Albany VAMC COVID-19 Vaccination Clinic will assist you in determining your eligibility and subsequently schedule your vaccination.



Currently Greene County Department of Human Services has several vacancies they are looking to fill. If you think you might be interested in either position, please contact Greene County Human Resources for further information & to apply.

AGING SERVICES SPECIALIST

This is a provisional full-time position, contingent upon Civil Service examination

Examples of work: (Illustrative only)

- Assists in the implementation and operation of a specific service component or performs a variety of tasks in support of programs and services for older persons;
- Makes home visits to screen prospective clients and gather information on services needed;
- Provides technical assistance to municipal and community agencies concerned with programs and services for the aging, as assigned;
- Works directly with older persons or their delegates and identifies agencies and individuals potentially useful to older persons;
- Attends meetings and speaks to groups concerning the problems of older persons and the role of the office for the aging, as assigned;
- Works with community agencies toward the resolution of client problems;
- Makes recommendations regarding programs and services for older persons;
- Supervises the activities of assigned staff and volunteer workers;
- Prepares and maintains a variety of records and reports.

Minimum Qualifications: Graduation from high school or possession of a high school equivalency diploma and EITHER graduation from a regionally accredited or New York State registered college with an Associate's Degree in Human Services and 2 years of experience working with individuals in an aging services or community development setting; **OR** 4 years of experience working with and providing services to an aging population in an aging services setting.

COOK

Examples of work: (Illustrative only)

- Plans menus for institution according to established general procedures;
- Has charge of and personally carries out the food preparation work;
- Performs more skilled cooking tasks such as preparing and cooking meats, making desserts and preparing special dishes;
- Supervises the work of assistants in the cleaning of tables, kitchen utensils, stoves and kitchen;
- Must be able to lift & carry coolers, and supplies weighing in excess of 40 pounds.

Minimum Qualifications: Graduation from high school or possession of an equivalency diploma. One year of cooking experience in the preparation of food on a large scale; or any equivalent combination of experience and training sufficient to indicate ability to do the work. Reasonable knowledge of large scale food preparation and cooking methods; some knowledge of food values and nutrition and ability to keep simple records and make reports.



**AmeriCorps
Seniors**

Hello Volunteers

**ATTENTION
VOLUNTEERS**

VOLUNTEERS - WE NEED YOUR HELP

Our history has shown that new volunteers generally became volunteers because a friend or neighbor has told them about the beneficial work they do.

Right now we are very short of Home Delivered Meal volunteers in the town and village of Catskill and the Mountain Top areas.

If you know someone that you think might be interested in volunteering, please let them know about our need. Let them know how much you enjoy volunteering with us and how much we need their help now.

Also, just a reminder: - The AmeriCorps Seniors fiscal year ends March 31, 2021. Please remember to submit your mileage vouchers prior to that date.

Thanks

Ruth Pforte,

AmeriCorps Seniors Volunteer Coordinator

"Life's most persistent and urgent question is, 'What are you doing for others?'"

Dr. Martin Luther King Jr.

THANK YOU PURSUE HAPPINESS FARMS

A generous donation of coffee was recently received at our Rivertown Senior Center in Athens from Pursue Happiness Farms.

Seen in photo are staff members Annette Wagenbaugh, JoanAnn Rouse and Shane Dillon.



To: Coxsackie Area Seniors Club

From: A Happy & Grateful Member

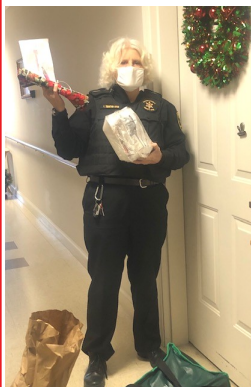


I would like to thank the board members of the Coxsackie Area Seniors Club for the very kind holiday gifts. The funds came at a much needed time with COVID-19 putting a financial burden on me and other members of the club.

I miss the meetings - the fun and the games we play. I also miss our pizza and soda parties, holiday cakes, July's picnic, Halloween and Christmas parties, and dinners.

I look forward to the time we can meet again - hopefully in the near future.

THANK YOU GREENE COUNTY SHERIFF'S OFFICE



Recently, the Greene County Sheriff's Office assisted DHS with delivering meals to our homebound clients. Thank you for helping us out.

Seen in photos delivering meals at Kaaterskill Manor in Catskill are Correctional Officers Karen Jaycox and Robert Marchi.



DEPRESSION SCREENINGS

Depression is a mental health condition that affects mood. Depression screenings should be conducted by your primary care provider (PCP) or another trusted doctor to ensure that you are correctly diagnosed and treated.

Eligibility

Medicare Part B covers an annual depression screening. You do not need to show signs or symptoms of depression to qualify for screening. However, the screening must take place in a primary care setting, like a doctor's office. This means Medicare will not cover your screening if it takes place in an emergency room, skilled nursing facility (SNF), or hospital.

The annual depression screening includes a questionnaire that you complete yourself or with the help of your doctor. This questionnaire is designed to indicate if you are at risk or have symptoms of depression. If your results show that you may be at risk of depression, your provider will perform a thorough assessment and will refer you for follow-up mental health care if appropriate.

In most cases, you should receive your depression screening when you have a scheduled doctor's office visit. However, your provider can choose to screen you during a separate visit.

Note: Your provider is required to review your potential for depression and other mental health conditions during your Welcome to Medicare Visit and your first Annual Wellness Visit. However, your provider is not required to formally screen you for depression during either visit. During a review, your provider should discuss your risk factors for depression, such as a family history, but you will not receive a screening questionnaire.

Costs

If you qualify, Original Medicare covers depression screenings at 100% of the Medicare-approved amount when you receive the service from a participating provider. This means you pay nothing (no deductible or coinsurance). Medicare Advantage Plans are required to cover depression screenings without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service.

During the course of your screening, your provider may discover and need to investigate or treat a new or existing problem. This additional care is considered diagnostic, meaning your provider is treating you because of certain symptoms or risk factors. Medicare may bill you for any diagnostic care you receive during a preventive visit.



NUTRITION NOTES

By Nicole Gehman, MS, RD, CD-N

February is American Heart Month. We can honor it by learning about foods that are red, which are known to have positive effects on cardiovascular health.

Antioxidant is a big buzzword basically meaning a substance that protects our cells. They work everywhere in the body, including the heart. Many foods contain antioxidants which help prevent plaque buildup in our arteries, therefore reducing the risk of cardiovascular events.

Did you ever wonder about the beautiful pigment in fruits such as apples, red grapes, berries, cherries and pomegranates? The luscious color comes from a group of pigments which make up these foods, which are powerful antioxidants. The colors can range from red to blue or even purple and work best in the body by eating the whole fruit (not taking it in the form of a dietary supplement).

In addition to fruits, the pigments are found in various vegetables including beets, red bell peppers, radishes, tomatoes and red cabbage. You can even see the color released when slicing a red beet or looking at the water leftover from boiling cabbage. Studies show these beautiful hues also reduce inflammation, which can also contribute to heart disease.

The red food list goes on and on. Kidney beans, red lentils, chili peppers, and cranberries also possess these powerful pigments. It is important to know that these fresh fruits, vegetables and legumes are also high in dietary fiber, which works to lower blood cholesterol levels and improve your heart health.

Now that you have learned some of the important properties of red foods, let's honor American Heart Month by making a goal to eat more of them! I will always encourage you to incorporate a variety of colorful foods into your diet, but perhaps now the association is made- red foods pack a heart healthy punch!

If you have any questions, your Registered Dietitian is available.



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

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

**TEMPORARILY
CLOSED**

**We hope to
reopen
real soon.**



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
1 SWEET & SOUR PORK BROWN RICE ORIENTAL MIXED VEGETABLES MANDARIN ORANGES	2 MEATLOAF W/ GRAVY MASHED POTATOES GLAZED CARROTS VANILLA PUDDING W/ STRAWBERRIES	3 CHICKEN PARMESAN W/ WHOLE WHEAT PASTA CAULIFLOWER PEACHES	4 LINGUINI W/ WHITE CLAM SAUCE FRESH SALAD W/ CANNELLINI BEANS SPINACH OATMEAL RAISIN COOKIE	5 CHICKEN & BISCUITS MASHED POTATOES BRUSSEL SPROUTS FRESH FRUIT
8 BBQ CHICKEN THIGHS GREEN BEANS PARSLEY POTATOES PEACHES	9 STUFFED SHELLS W/ SAUSAGE ITALIAN MIXED VEGETABLES AMBROSIA SALAD	10 ROAST PORK W/ GRAVY BRAISED CABBAGE SWEET POTATO TIRAMISU	11 BATTERED FISH SCALLOPED POTATOES SPINACH FRESH FRUIT	12 ROAST TURKEY W/ GRAVY MASHED POTATOES CARROTS STUFFING CHOCOLATE MOUSSE W/ BERRIES
15 MAIN OFFICE & ALL SENIOR NUTRITION SITES CLOSED 	16 CHICKEN DIJON MASHED POTATOES BROCCOLI RICE PUDDING W/ RAISINS	17  SHRIMP SCAMPI W/ LINGUINI SPINACH TROPICAL FRUIT	18 SWEDISH MEATBALLS BUTTERED WHOLE WHEAT NOODLES RED CABBAGE FRESH FRUIT	19 VEGETABLE LASAGNA W/ WHITE SAUCE FRESH GREEN SALAD W/ CARROTS ITALIAN MIXED VEGETABLES YOGURT PARFAIT
22 BAKED FISH W/ LEMON SAUCE BROWN RICE PEAS & CARROTS MANDARIN ORANGES	23 BAKED CHICKEN W/ GRAVY MASHED POTATOES GLAZED CARROTS FRUIT COCKTAIL	24 ROAST PORK W/ GRAVY PARISIAN MIXED VEGETABLES SWEET POTATO APPLESAUCE SPICED CAKE W/ RAISINS	25 LASAGNA W/ MEAT SAUCE ITALIAN GREEN BEANS CAULIFLOWER BUTTERSCOTCH PUDDING W/ GRANOLA TOPPING	26 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES FRESH FRUIT

GREENE COUNTY SENIOR NUTRITION PROGRAM

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

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

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BY CALLING THE APPROPRIATE CENTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ CHICKEN THIGHS SWEET POTATO MASH BROCCOLI APPLESAUCE	2 PORK CHOP W/ GRAVY MASHED POTATOES GREEN BEANS PEACHES	3 SPAGHETTI W/ MEATBALLS ITALIAN MIXED VEGETABLES DICED PEARS W/ COOKIE	4 HOT ROAST BEEF W/ GRAVY BAKED POTATO ROASTED CARROTS FRESH FRUIT	5 LEMON TARRAGON FISH BROWN RICE ASPARAGUS MIXED BERRIES W/ WHIPPED TOPPING
8 CHICKEN DIVAN BROWN RICE CARROTS TROPICAL FRUIT	9 STUFFED SHELLS MARINARA SPINACH CHOCOLATE MOUSSE W/ MIXED BERRIES	10 BBQ PULLED PORK BAKED BEANS GREEN BEANS FRUITED JELL-O	11 HUNGARIAN GOULASH EGG NOODLES ITALIAN VEGETABLES FRESH FRUIT	12 FISH FLORENTINE HERB ROASTED POTATO WEDGES ZUCCHINI & TOMATOES STRAWBERRIES W/ ANGEL FOOD CAKE & WHIPPED TOPPING
15 ROASTED CHICKEN QUARTER W/ GRAVY MASHED POTATOES MEADOW MIXED VEGETABLES MANDARIN ORANGES	16 PORK CHOPS W/ GRAVY WINTER SQUASH SCALLOPED POTATOES TROPICAL FRUIT	17 CORNED BEEF CABBAGE BOILED POTATOES CARROTS CUPCAKE W/GREEN ICING 	18 EGGPLANT PARMESAN PASTA TOSSED SALAD ITALIAN MIXED VEGETABLES FRESH FRUIT	19 SHRIMP PRIMAVERA ROTINI MONACO MIXED VEGETABLES FRESH FRUIT
22 TORTELLINI W/ SAUSAGE ITALIAN MIXED VEGETABLES VANILLA PUDDING W/ GRANOLA TOPPING	23 SWEET & SOUR CHICKEN WHITE RICE ORIENTAL MIXED VEGETABLES PINEAPPLE	24 ROAST TURKEY W/ GRAVY & CRANBERRY SAUCE MASHED POTATOES CARROTS STUFFING OATMEAL RAISIN COOKIE	25 MEATLOAF BAKED POTATO BROCCOLI FRESH FRUIT	26 BATTERED FISH OLD BAY OVEN FRIES FRESH SALAD PEACHES YOGURT PARFAIT W/ PEACHES
29 BEEF CHILI RICE MIXED VEGETABLES PEACHES	30 SALMON W/ DILL SAUCE MASHED POTATO CAULIFLOWER BROWNIE	31 CHICKEN PARMESAN WHOLE WHEAT SPAGHETTI SPINACH GREEN BEANS TIRAMISU		

WELCOME NICOLE GEHMAN, MS, RD, CD-N



Greene County Department of Human Services would like to welcome Nicole Gehman as their new Registered Dietitian.

Nicole was born in Saratoga Springs, NY and grew up doing gymnastics with a passion for health and fitness. She got her Bachelor's (BS) Degree in Nutrition Science from Russell Sage College. She completed her Dietetic Internship and Master's (MS) degree in Clinical Nutrition in a combined program at Florida State University. She is certified as a Registered Dietitian (RD) and licensed in NYS as a Certified Dietitian Nutritionist (CD-N). She has worked for 4 years at Albany Medical Center as a Clinical Dietitian, performing outpatient nutrition counseling for a variety of patients. Currently she also works for NYS Department of Health as a Public Health Nutritionist. She implemented the Child and Adult Care Food Program (CACFP) which reimburses adult and child day care centers for serving healthy meals.

Holidays are a favorite of hers. She loves to cook and is easily excited by all things food. "My friends and family mean the world to me." She enjoys teaching others about food and nutrition and is exceptionally grateful to have chosen this career path.

If you have a nutrition question, feel free to reach out to her at the office, 518-719-3555.

GREENE COUNTY TRANSIT SERVICE BY APPOINTMENT ONLY



Greene County Transit is doing their part to help avoid exposure to the Coronavirus by providing a new transportation service for the benefit of their passengers and drivers by providing services for urgent/essential travel and non-emergency medical appointments along their regular service routes.

Please call (518) 943-3625 for an appointment before 5:00pm on the day before your ride is needed. Business hours for scheduling appointments are 9:00am to 5:00pm on Monday through Friday. If an appointment is needed on Monday, you must schedule your appointment before 5:00pm on the previous Friday.

All fares remain as listed on website and schedules. Route pickup times may be adjusted by their scheduling staff based on the appointments that have been requested.

Riders must have a mask on at all times while on the bus. Social Distancing is a great way to avoid the spread of the virus, so please do your best to keep your distance from other people on the bus. The seats are marked to keep others at a safe distance.

Thank you for your support and patience during this challenging time, we are all in this together.. Let's show what Greene County, New York is made of and BEAT the CORONAVIRUS!"

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 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:

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.



CORRECTION (Our Apologies)
Wynne Neiss In Memory of Cliff Gross

Dennis and Kathleen Meehan
In Memory of Anne and Pat Downey
For Our Nutrition Program

THANK YOU FOR YOUR SUPPORT

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

NAME: _____

ADDRESS: _____

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

In memory of _____ to the following:

_____ Round Table News	_____ In-home services	_____ Senior Angels Program
_____ Nutrition Program/Home-delivered Meals	_____ Round Table News	
_____ Homebound transportation	_____ Where most needed	

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



What's New In 2021?



Part A: Hospital insurance

Part A premium	Free if you've worked 10 years or more \$259 per month if you've worked 7.5 to 10 years \$471 per month if you've worked fewer than 7.5 years
Part A hospital deductible	\$1,484 each benefit period
Part A hospital coinsurance	\$0 for the first 60 days of inpatient care each benefit period \$371 per day for days 61-90 each benefit period \$742 per lifetime reserve day after day 90 in a benefit period (You have 60 lifetime reserve days that can only be used once. They're not renewable.)
Skilled nursing facility insurance	\$0 for the first 20 days of inpatient care each benefit period \$185.50 per day for days 21-100 each benefit period



Part B: Medical insurance

Part B premium (for those with incomes below \$88,000)	\$148.50 is the standard premium
Part B deductible	\$203 per year
Part B coinsurance	20% on most services Part B covers



Part D: Prescription drug coverage

National average Part D premium	\$33.06 per month
Part D maximum deductible	\$445 per year
Coverage gap begins	\$4,130
Catastrophic coverage begins	\$6,550



Medicare Advantage Plan costs

If you have a Medicare Advantage Plan, your plan administers your Medicare coverage. Remember that most people with Medicare, whether they have Original Medicare or a Medicare Advantage Plan, pay the Part B monthly premium. **Some people with a Medicare Advantage Plan may also pay an additional monthly premium for being enrolled in that plan.**

If you have the same Medicare Advantage Plan in 2021 as you did in 2020, your plan should have sent you an **Annual Notice of Change (ANOC)** or **Evidence of Coverage (EOC)** notice explaining any changes for the coming year. Review this notice to understand your plan's costs, covered services, and rules. Contact your plan if you did not receive these documents in the fall or want another copy. If you chose a new Medicare Advantage Plan, you should get an EOC for the new plan. Review that document to understand the costs associated with the plan for 2021.



When can I change my coverage in 2021?

During the Medicare Advantage Open Enrollment Period (MA OEP), you can switch from your Medicare Advantage Plan to another Medicare Advantage Plan or to Original Medicare with or without a stand-alone prescription drug plan. The MA OEP occurs from January 1 through March 31. Changes made during this period are effective the first of the following month.

If you have Extra Help in 2021, you have a Special Enrollment Period (SEP) to enroll in a Part D plan or switch between plans. This SEP is available once per calendar quarter for the first three quarters of the year (January-March, April-June, and July-September). If you use the Extra Help SEP to change your coverage, the change will become effective the following month.

If you qualify for another Special Enrollment Period, you may be able to make changes to your Medicare health/drug coverage. For example, you may have an SEP if you move outside of your plan's service area or if you made the wrong plan choice during Medicare's Open Enrollment Period because of misinformation you received from the Medicare Plan Finder. Call 1-800-MEDICARE to use an SEP, and contact your State Health Insurance Assistance Program (SHIP) by calling 877-839-2675 for more information.

HELP FIGHT MEDICARE FRAUD



Medicare.gov
The Official U.S. Government Site for Medicare

Con artists may try to get your Medicare Number or personal information so they can steal your identity and commit Medicare fraud. Medicare fraud results in higher health care costs and taxes for everyone.

Protect yourself from Medicare fraud. Guard your Medicare card like it's a credit card. Remember:

- Medicare will never contact you for your Medicare Number or other personal information unless you've given them permission in advance.
- Medicare will never call you to sell you anything.
- You may get calls from people promising you things if you give them a Medicare Number. Don't do it.
- Medicare will never visit you at your home.
- Medicare can't enroll you over the phone unless you called first.

Medicare covers the COVID-19 vaccine at no cost to you, so if anyone asks you to share your Medicare Number or pay for access to the vaccine, you can bet it's a scam.

Here's what to know:

- You can't pay to put your name on a list to get the vaccine.
- You can't pay to get early access to a vaccine.
- Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.

Check regularly for Medicare billing fraud. Review your Medicare claims and Medicare Summary Notices for any services billed to your Medicare Number you don't recognize.

Report anything suspicious to Medicare. If you suspect fraud, call 1-800-MEDICARE.

News From the Greene County Youth Bureau

NOMINATIONS SOUGHT for 2021 YOUTH OF THE YEAR AWARD

The Greene County Children, Youth & Community Advisory Board is again sponsoring the annual Greene County Youth Awards (Youth of the Year, Chairman's Choice, and Director's Choice). The purpose of the awards are to recognize the outstanding contributions and achievements of Greene County youth who have made outstanding contributions in serving his/her community through leadership, knowledge, skill and/or service. The dedication of these young people help make Greene County a better place for us all.

If you know a young person, in Grade 9 -12, who deserves this recognition, you can find a nomination form available on our web site:

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

or you can contact the Greene County Department of Human Services at (518) 719-3555. From the nominations received, the youth will be evaluated by the selection committee to determine this year's winner.

Any inquiries for further information may also be directed to the department. Deadline for entries is March 31, 2021.

**YOUTH
RECOGNITION
AWARDS**

Memory Mixers

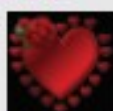


VALENTINE'S BINGO

Thursday, February 11th, 2021



1:00pm - 2:30pm



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 **Friday, February 5th**, 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

THE GREENE COUNTY
RURAL HEALTH NETWORK

Presents the 9th Annual



Weight Loss CONTEST!

BIGGEST LOSER WEIGHT LOSS CONTEST*

Initial Weigh-In: **February 1, 2021**

Final Weigh-In: **May 22, 2021**

*Must be 18 or older and live in Greene County to participate.

More than 60 Cash Prizes in Two Categories,
Percentage of Weight Lost and Total Pounds Lost:

Top Cash Prizes:
\$1000 \$700 \$500

\$50 Cash Prizes for the Next 15 Contestants
Cash Prizes at the Mid-Point Weigh-Ins

New FAMILY Category!

Go to www.greenehealthnetwork.com to register or learn more.

**Sponsored
By:**





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

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Nutrition - Tezera Pulice
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Danielle Kane-Wade

ADMINISTRATIVE ASSISTANT:

Maureen Murphy

AGING SERVICES AIDE:

Rose Bundy

RECEPTIONIST:

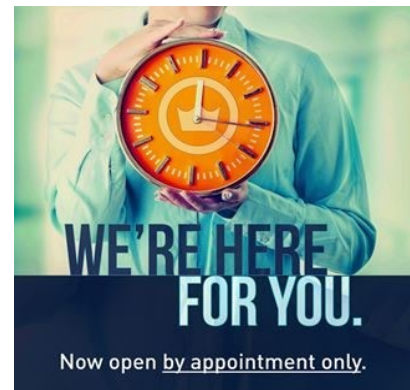
Mary Jean Pomilla

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.

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. Issues are available in black & white print and mailed via the U. S. Postal Service or full color via electronic mail.