

Greene County Round Table News

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MARCH 2021



COVID-19 VACCINES IN GREENE COUNTY

Greene County has created a Vaccine Notification Request Form. The purpose of this form is to gather contact information for individuals wishing to receive the COVID-19 vaccine as it becomes available. Currently, the COVID-19 vaccine is being rolled out to specific groups in phases defined by the New York State Department of Health. **This is not to pre-register for a COVID-19 vaccination appointment.**

After you fill out the Vaccine Notification Request form, your information will be added to a County mailing list, and you will receive updates from Greene County as to when you may be eligible to receive the vaccine, including on how to register for an appointment. **At this time, only persons who qualify under Phase 1b (Seniors Aged 65+, persons with co-morbidities and/or essential workers) should fill out and submit the on-line COVID Vaccination Notification Request Form.**

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. NYS currently estimates that the completion of Phase 1a and 1b will take 14 weeks, so please be patient.

Currently, per NYS Directives, seniors can only receive vaccines through authorized Pharmacies and Health Care Providers. Should vaccines become available to the county to inoculate Seniors directly, this list will enable us to communicate quickly to all who have signed up. Greene County will continue to advocate for better access for Seniors through communications with NYS and local vaccine providers. As additional information becomes available, Seniors on this list will receive notification by eMail or phone.

Please note: *The information you submit on the form is for the sole purpose of gathering contact information to provide public outreach for the COVID-19 vaccine. **The information submitted will only be used for COVID-19 vaccine purposes and will remain private.***

To access the form go to: <https://www.greenegovernment.com/covid-sign-up>
Anyone who lives or works in Greene County, and does not have access to a computer and/or the internet may call 518-822-9600 to be assisted with completing online vaccine registrations by staff at the Healthcare Consortium.

For further Greene County updates & information on COVID-19, go to <https://www.greenegovernment.com/response-to-the-2019-novel-coronavirus-covid-19-in-greene-county-ny?CB=6634>



SENIOR ANGELS PROGRAM - SPREADING CHEER 365 DAYS A YEAR

The Senior Angels Program was created in 1998 by the Greene County Department for the Aging staff. The case managers noticed that there was a large population of seniors that had no family or close friends to share the Christmas holiday with, and thought it would be nice to remember them at this joyous time.

Originally, the Department for the Aging staff asked for donations of small gifts and trinkets that could be delivered along with the Home-Delivered Meals. As the concept grew, a couple of staff members thought it would be a good idea to reach out to the residents and businesses of Greene County seeking monetary donations. In the first year, \$2,000 was raised and they were able to brighten up the Holidays for 15 seniors.

Over the years, the program grew and became so successful, that in 2013, a committee was formed to oversee fundraising and the requests for gifts. At that time, the logo of an angel's wings with a halo began, in memory of former staff member, Sheila Ormerod, who loved the program.

The committee wants people to know that the Senior Angels Program operates more than just at holiday time. Their slogan is "Spreading Cheer 365 Days a Year". 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. Some of the other ways the funds have been used are:

- Purchase of clothing and household necessities
- Purchase of small appliances or amplified phones
- Purchase of items that will enable seniors to live with dignity and independence
- Monetary supplement to help with rising energy costs, when all other sources have been expended
- Gifts for Elderly clients in Nursing Homes

Due to the generous contributions of the Greene County residents, business and clubs, the Program has been able to help fulfill all qualified requests. Hopefully, moving forward, it can still do the same for many years to come.

Year-round donations can be dropped off or mailed to: Greene County Department of Human Services, ATTN: Senior Angels Fund, 411 Main Street, Catskill, NY 12414.

For more information, please call Greene County Department of Human Services at (518) 719-3555 or toll-free (877) 794-9266

VOLUNTEERISM



People are, by nature, social creatures. We are designed to want to connect with others and when we are not connected or are isolated, our physical health and mental health decline. Staying connected and engaged can become harder after retirement if a structured daily routine is not maintained. Volunteering has been shown to improve physical health, mental health, improve strength and balance, improve cognitive functioning as well as benefitting the person receiving the assistance of the volunteer.

Almost two-thirds of Senior Corps volunteers reported a decrease in feelings of isolation, and 67 percent of those who first reported they “often” lack companionship stated that they had improved social connections. Seventy percent of volunteers who initially reported five or more symptoms of depression reported fewer symptoms at the end of the first year. Sixty-three percent of volunteers who initially indicated three or four symptoms of depression reported fewer symptoms after one year. (AARP)

Benefits of Volunteering:

- Reduce Stress
- Live longer; decrease in chronic pain (Longitudinal Study of Aging)
- Meet and Develop New Relationships
- Stay physically and mentally active
- Decrease risk of depression
- Gives a sense of purpose and teaches valuable skills

Did you know?

Almost 1,000,000 individuals over the age of 55 contribute 495 million hours of service per year at an economic value of \$13.8 billion

Volunteering from home amid COVID

COVID has limited almost everyone’s opportunity for social involvement, especially those over the age of 60 who have been directed to take extra precautions to stay safe by staying at home. This doesn’t mean you can’t connect with others and share your experience and skills. Some options for volunteering from home may include:

- **Home Delivered Meals** - delivering meals to homebound seniors. We provide meals 5 days a week to eligible seniors. COVID has greatly expanded our list.
- **Medical Transportation** - Not everyone has access to a car or is able to drive or has someone that can take them. You would drive other seniors to necessary medical appointments.
- **Peer to Peer**- many older adults were isolated and lonely prior to COVID 19 and the pandemic has exacerbated the problem. We would love to connect people for friendly telephone reassurance.
- **Crafting** - If you like to knit, crochet or sew, you can make knit caps for babies in the NICU or blankets for cancer patients or bags for kids in foster care who often need to move quickly from one place to another without a bag of their own for their belongings.



AMERICORPS WEEK WILL BE CELEBRATED MARCH 7 - MARCH 13, 2021.

AmeriCorps Week is a celebration of all things AmeriCorps – from the programs and organizations that make this national service initiative possible in communities across the country, to the members who have pledged to “Get Things Done” since the program’s inception in 1994.

For decades, we have worked to make service to others an indispensable part of the American experience. Through our nation’s most trying times, AmeriCorps has come together to help those in need.

The AmeriCorps Seniors RSVP program pairs thousands of Americans aged 55 and older with organizations making change in communities across the country.

AmeriCorps Seniors’ volunteers can choose how, where, and when they want to serve, with commitments ranging from a few hours to 40 hours per week. You can find an opportunity locally by contacting Greene County Department of Human Services. They see service as a solution to local, regional, and national challenges. AmeriCorps Seniors volunteers themselves report better health and longevity having served their community.



To all the AmeriCorps Senior Volunteers in Greene County who deliver meals and/or provide medical transportation, especially those who have been helping during the COVID-19 Pandemic . . .

The Department of Human Services celebrates your devoted service to our program and to your communities. Without your help, we could not accomplish what we do. Thank you!



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 no later than Monday, March 22, 2021.

Thanks

Ruth Pforte,

AmeriCorps Seniors Volunteer Coordinator

Do you care for someone with memory loss?

A free workshop may help you!



The Rural Dementia Caregiver Project seeks to help caregivers of people with memory loss learn new skills and improve their health. It is a research study of the University of California, San Francisco

If you join the study, you will receive:

- Access to an 6-week online workshop—any time, day or night (no Zoom or video required)
- Workbook to keep—on skills and resources for caregivers
- Support from trained staff and other caregivers
- Up to \$80 in cash for completing 4 surveys

Am I eligible?

You may be eligible if you:

- Are 18 years of age or older
- Able to access the internet
- Provide care for at least 10 hours per week

By “care” we mean assistance with dressing, meals, transportation, medications, appointments, or similar support

Check if you are eligible! caregiverproject.ucsf.edu

For other questions call toll free at 1-833-636-0603

PLAN AHEAD, LET'S TALK ABOUT TRANSITIONS

An education program presented by the Alzheimer's Association®



Caring for a person with Alzheimer's or other related dementia often involves many transitions. This process can be very stressful for caregivers and the person they are caring for, but planning ahead can better prepare you for the future.

This program is for the caregivers of a loved one with Alzheimer's disease or related dementias. It will focus on providing education and resources to help caregivers plan ahead for transitions to/from home, hospital, short-term rehab or another relative's home. The presenters will discuss the emotional and physical strain caregivers may experience during these transitions. This program will also allow you to learn more about our resources.

Presented in partnership with



ST PETER'S HEALTH PARTNERS

Virtual/Telephone Program

DATE & TIME:

**Tues., March 23rd
1 p.m.**

**REGISTRATION REQUIRED TO RECEIVE A
LINK TO THE PROGRAM**

**To register contact: 800.272.3900 or
Sierra Snoddy at 518.675.7214**

Email: ssnoddy@alz.org

**Visit www.alz.org/CRF to register online
and explore additional education
programs in your area.**

This Program is supported in part by a grant from the
New York State Department of Health.

alzheimer's  association®
Northeastern New York Chapter

News From The Department



We would like to say thank you for your patience and understanding to all our readers who experienced a delay in receiving the February issue of the Greene County Round Table News.

Like the saying goes, “when it rains, it pours” and sadly we experienced one problem after another with getting the issue out to you.



Recently, the Department had the joy of spreading some cheer to Greene County firefighters/Auxiliary members who are now residents of the FASNY Firemen's Home.

A litter of dogs and cats were delivered to these home members.

No, they weren't real pets who visited. Rather they were animatronic pets for each member to keep as his/her own. In these times of COVID and the lack of visitors, it helped bring a smile to their faces.

Though the Department was not able to visit each county member to personally deliver, the Home's Director of Nursing, Laurie Worden, was gracious enough to see each one got their new friend.



NUTRITION COUNSELING



Our Registered Dietitian offers nutrition counseling about healthy eating, wellness and healthy habits to those with questions about nutrition; special diets such as for Diabetics; weight control and healthy eating. You don't need to get meals to discuss with the dietitian.

Any senior wishing information is encouraged to call and ask Nicole Gehman, RD, at the main office, 518-719-3555.



NATIONAL NUTRITION MONTH

By Nicole Gehman, MS, RD, CD-N

Annually in March, Registered Dietitians work diligently to campaign for healthful eating. The premise of National Nutrition Month is not to adhere to change for only one month, but to increase public knowledge of ways to improve health and increase longevity over time. Setting achievable goals, implementing realistic dietary modifications, and maintaining discipline (difficult but necessary), are effective ways to promote lifestyle changes.

While providing nutrition counseling in professional practice, I have found most individuals achieve lasting change by focusing on one attainable goal at a time. After all, it usually takes 3-4 weeks for new habits to stick. An example could be (but not limited to) choosing to eat foods higher in fiber, which is found in plant sources of food.

Last month I discussed the benefits of dietary fiber include lowering cholesterol levels and improving heart health. Fiber-rich foods also aid digestion and improve constipation, keep us feeling full for a longer period, and help control Type 2 diabetes. There are two types of dietary fiber including soluble and insoluble, and when combined in the diet these types help avoid certain medical problems.

Soluble fiber dissolves in water and helps form a gel which slows digestion (this helps control blood sugar). Sources include oats, beans, lentils, and many fruits and vegetables. Insoluble fiber is found in whole grains including whole wheat bread, brown rice, tough skins of many fruits and vegetables such as cucumber and corn, and legumes. These are non-digestible and add bulk to stool, speeding up digestion. Many sources of fiber contain both types. The best sources are nuts, seeds, beans, whole grain products, fruits and vegetables.

Incorporating more fiber in your diet is always a good goal, as most of the general population does not consume the recommended amount. Drink plenty of water when increasing fiber! Because fiber needs can differ based on various health conditions, always discuss your needs with your Medical Doctor or Registered Dietitian.

If you have any further questions, I am available for assistance by calling the main office of Greene County Department of Human Services.

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. Centers are closed on legal holidays and inclement weather.

Please make sure that you sign-up, at least a day in advance, if you wish lunch from any of the nutrition sites. We also ask if you have signed up and become unable to show, please call us as soon as you can to cancel. This helps to reduce our food waste.

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

ACRA

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

Anna Thurman
Meal Site Manager

Elaine Cherrington

ATHENS

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

Shane Dillon,
Senior Center Manager

JoJo Rouse

Carol Harnett

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



JEWETT

Jewett Municipal Building
3547 Route 23C, Jewett
(518) 263-4392

Gayle Ruvolo
Meal Site Manager

Sal Alberti

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 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		

GREENE COUNTY SENIOR NUTRITION PROGRAM

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 PORK CHOP W/ GRAVY BAKED POTATO CORN CHOCOLATE MOUSSE W/ BERRIES	2 FISH & CHIPS CABBAGE SLAW FRESH FRUIT 
5 ITALIAN CHICKEN BROWN RICE STEWED TOMATOES W/ ZUCCHINI RICE PUDDING W/ RAISINS	6 MEATLOAF W/ GRAVY MASHED POTATOES BRUSSELS SPROUTS FRUITED JELL-O	7 MUSHROOM SWISS CHEESEBURGER MACARONI SALAD PEARS MEADOW MIXED VEGETABLES COOKIE	8 SPINACH RICOTTA LASAGNA W/ BÉCHAMEL SAUCE TOSSED SALAD ITALIAN VEGETABLES FRESH FRUIT	9 ROASTED CHICKEN SWEET POTATO MASH BROCCOLI FRESH FRUIT
12 MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD TROPICAL FRUIT	13 BAKED SALMON W/ LEMON BUTTER SAUCE BROWN RICE PILAF CAULIFLOWER GREEN BEANS BROWNIE	14 CHICKEN CUTLETS W/ GRAVY SCALLOPED POTATOES MONACO VEGETABLES MANDARIN ORANGES & PINEAPPLE	15 MEATBALL STROGANOFF WHOLE WHEAT EGG NOODLES GREEN BEANS YOGURT PARFAIT W/ PEACHES	16 BEEF BARLEY STEW W/ CARROTS, POTATOES & MUSHROOMS BROCCOLI FRESH FRUIT
19 SLOPPY JOES CAULIFLOWER GREEN BEANS CHOCOLATE MOUSSE W/ GRANOLA TOPPING	20 SHRIMP SCAMPI LINGUINI ITALIAN MIXED VEGETABLES PINEAPPLE	21 ROAST BEEF W/ GRAVY MASHED POTATOES GLAZED CARROTS CHOCOLATÉ CHIP COOKIE	22 ROAST PORK W/ GRAVY APPLESauce SWEET POTATOES BRUSSEL SPROUTS FRESH FRUIT	23 CHICKEN PARMESAN WHOLE WHEAT PENNE MONACO MIXED VEGETABLES TOSSED SALAD ANGEL FOOD CAKE W/ STRAWBERRIES & WHIPPED TOPPING
26 TURKEY CHILI BROWN RICE BROCCOLI OATMEAL RAISIN COOKIE W/ APPLESauce	27 TERIYAKI BEEF & BROCCOLI WHITE RICE ASIAN CARROTS CHOCOLATE MOUSSE W/ MIXED BERRIES	28 BBQ CHICKEN BAKED BEANS COLLARD GREENS BIRTHDAY CUPCAKE	29 LASAGNA W/ MEAT SAUCE TOSSED SALAD SPINACH FRESH FRUIT	30 FAJITA CHICKEN BURRITO W/ SOUR CREAM SPANISH RICE LETTUCE/TOMATOES CORN STRAWBERRIES W/ WHIPPED TOPPING

GREENE COUNTY FOOD PANTRIES

ATHENS			
	Athens Community Food Pantry 102 Washington Street, Athens	518-610-1506	Tuesdays 2 - 3pm Thursday 4:30 - 5:30
	High Hill Food Pantry 1467 Schoharie Turnpike, Athens	518-291-4789	Wed 3 - 4:30; Fri 11 - 12 Sun by appt. only
CAIRO			
	Resurrection Lutheran Church Routes 23B & 32, Cairo	518-622-3286	Tues 5:30 - 6:30
CATSKILL			
	Catholic Charities 66 William Street, Catskill	518-943-1462	Tues & Thurs 9 - 12
	Community Action of Greene County 7856 Rte. 9W, Catskill Call for Mobile Food Pantry information	518-943-9205	Mon, Thurs & Fri 1:30 - 4:00
	God's Storehouse 3 Bogardus Avenue, Catskill	518-943-2709	Tuesday 2:30 - 4 & 6 - 7:30pm
	Matthew 25 8 Union Street, Catskill	518-943-5890	Sun 1 - 3pm; Wed 6 - 8pm Tues 12 - 3 Angels Wings (Delivery to shut-in seniors) Tues 4 - 5 Power Pak (Food for school children)
COXSACKIE			
<i>COXSACKIE & NEW BALT. ONLY</i>	Coxsackie Community Food Pantry D M Hamilton Firehouse, 117 Mansion St Coxsackie	518-731-8603	Tues 1 - 2 pm; Thurs 7 - 8pm Sat 10 - 11am
GREENVILLE			
	25 Town Park Drive Greenville	518-966-5640	2nd & 4th Wed 9 am - 12 Noon
JEWETT	Jewett Presbyterian Church 53 Church St, Jewett	917-992-7419	Sunday 12 - 2:30
PRATTSVILLE	Prattsville Community Church 14469 Route 23, Prattsville	518-299-3321	Varying Tuesdays 4 p.m. - 6 p.m.
ROUND TOP	Prabhuj Mission Food Pantry 319 Rte. 31, Round Top	518-303-6390	Fri 10 am—12 Noon
WINDHAM			
	Hope Resurrection Fellowship 117 Route 296, Windham	518-734-3826	2nd & 3rd monthly Sat, 9 - 12 Thurs 5 - 7:30pm



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

IN-HOME SERVICES: This is discussed with the client by the case manager at the time of assessment. The suggested level of contribution is \$3.00 per hour (*Actual cost \$21.56/hour*).

LEGAL SERVICES: The suggested 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**

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**

All tolls are to be paid directly by the passenger. 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*)

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 & 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



For your donations

Home Delivered Meal Program

Susan & Eugene Constable

In Memory of Florence Flinn and Violet Betty Constable

Maureen & Patrick Murphy In Memory of Grace McCurry

*Maureen & Patrick Murphy & sons In Memory of Silas Basham
(also to Senior Angels Program)*

Where Needed Most

Geraldine F. Hylan

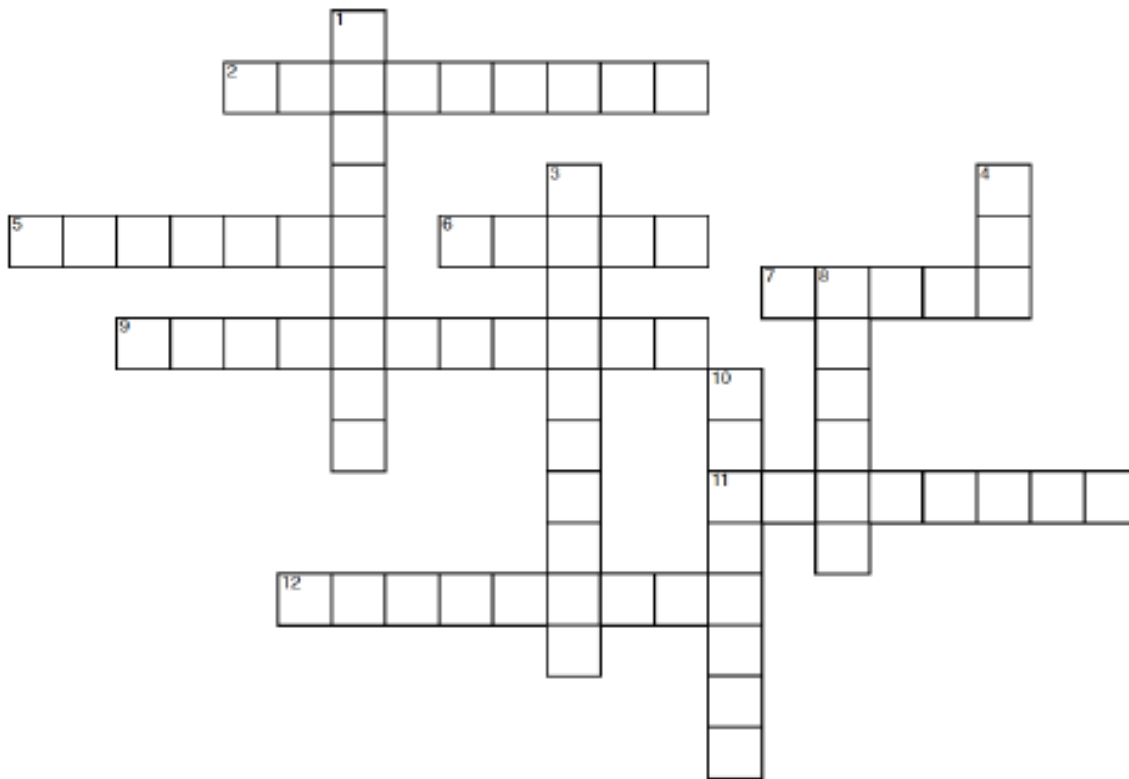
*In Memory of Fr. John J. Murphy and Deceased Clergy
St. Patrick's Roman Catholic Church, Catskill*

Doris M. Patterson In Memory of Donald F. Patterson

Carolyn Yusko In Memory of Jean A. Winnie

Medicare Crossword Puzzle

See answers on Page 22



ACROSS

- 2 a billing arrangement between your Medigap supplemental insurance and Original Medicare, which allows your Medigap to be automatically billed for its share of the cost of your health care services
- 5 the Department of Defense's health insurance program for active duty and retired military personnel and their family members
- 6 Medicare cards are red, blue and ____
- 7 this part of Medicare covers COVID-19 testing
- 9 an outpatient hospital status in which an individual receives medical services to help the doctor decide whether he/she should be admitted to the hospital as an inpatient or should be discharged
- 11 a legal document that lets you (the principal) appoint another person(s) to make decisions about your personal affairs (property, financial matters including health insurance, and other legal decisions) on your behalf: power of ____
- 12 a Part D plan's list of covered prescription drugs

DOWN

- 1 also known as ALS: ____'s Disease
- 3 describes the type of care you want to receive as you near the end of your life in specific circumstances
- 4 individuals with this kind of Medicare Savings Program (MSP) cannot be billed for cost-sharing for Medicare-covered services
- 8 resources such as savings and checking accounts, stocks, bonds, mutual funds, retirement accounts, and real estate
- 10 technique used to artificially cleanse your blood of toxins when your kidneys no longer work either temporarily or permanently

NYProject HOPE

Coping with COVID

Here to Talk | Here to Listen | Here to Support



Whether you need to talk to someone or learn about resources in your community, our trained crisis counselors are available for you. **1-844-863-9314**
8am-10pm / 7 days

Self-Care Isn't Selfish- It's Smart...



- Take care of your emotional health
- Take care of your body
- Unwind
- Pace yourself
- Connect with others
- Be your own advocate
- Set boundaries
- Accept changes as part of life
- Nurture a positive view of yourself
- Keep things in perspective and avoid "catastrophizing"

Coping Tips for Stressful Times...



- Limit media exposure
- Breathe slowly and deeply
- Progressive muscle relaxation
- Mindfulness activities such as meditation
- Access social supports
- Distract yourself

Want to learn more
on your own time?
[NYProjectHope.org](https://www.nyprojecthope.org)



Confidential | Free | Anonymous



Office of
Mental Health

A program of the NYS Office of Mental Health
Funded by FEMA

It's a lot...

COVID-19 has changed a lot in our lives and it's okay if you're feeling...



Stressed
Anxious
Uncertain
Isolated
Angry
Scared

However you're feeling...

If you want to talk to someone who hears what you say and can help you understand what you're feeling about the challenges of life during COVID-19, call 1-844-863-9314 from 8am-10pm, any day to talk with a trained crisis counselor.

Simply put...

We understand

NYProject
HOPE
Coping with COVID

Here to Talk | Here to Listen | Here to Support

Confidential | Free | Anonymous

A program of the NYS Office of Mental Health
Funded by FEMA

1 in 2 New Yorkers 75+ at High Risk of Getting COVID-19

COVID-19 is spreading rapidly nationwide and it will be several months before most people aged 75 and older are vaccinated.

1,432,000

New York population
aged 75 and older

All are at serious risk
of bad outcomes
(hospitalization or death)
if they get COVID-19.



1 in 2

More than **1 in 2** are
at **high risk** of getting
COVID-19 because:

- **53%** underestimate their
risk of hospitalization
- **58%** engage in unsafe
behaviors

**Act now
to help save
thousands
of lives!**

- Make sure that everyone you know takes steps to avoid getting infected before they are vaccinated.
- Go to newyork.cv19checkup.org for a free, confidential report on your COVID-related risks and how to reduce them.

These statistics are based on responses from 1,282 people aged 75 or older who completed the CV19 CheckUp online survey between Oct. 21 and Dec. 17, 2020.

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Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are getting worked out, here's what you can be sure of:

- You can't pay to put your name on a list to get the vaccine. **That's a scam.**
- You can't pay to get early access to the vaccine. **That's a scam.**
- Nobody legit will call about the vaccine and ask for your Social Security, bank account, or credit card number. **That's a scam.**

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at

ftc.gov/coronavirus/scams



FEDERAL TRADE
COMMISSION



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**

Want to know more about
Greene County Department of Human Services
and what we have to offer?

Visit our web site at:
<https://www.greenegovernment.com/departments/human-services>



Find us on
Facebook

Medicare Crossword Puzzle Answers





GREENE COUNTY DEPARTMENT of HUMAN SERVICES

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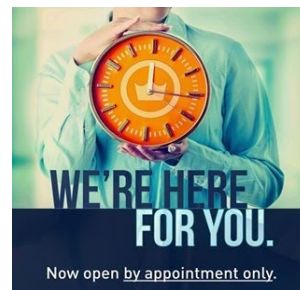
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Carrie E. Wallace

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.