



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

APRIL 2021

GREENE COUNTY PROCLAMATION

WHEREAS, April 18 - 24, 2021 is recognized in the United States as National Volunteer Week, as an opportunity to shine a light on the people that inspire us to serve, to celebrate the impact of volunteer service and the power of volunteers to come together to tackle tough challenges, and build stronger, more resilient communities; and

WHEREAS, Greene County Department of Human Services relies upon volunteers to the AmeriCorps Seniors' Program to provide and assist with vital services for the elderly residents of Greene County; and

WHEREAS, these volunteers provide crucial aging services, including home-delivered meals and transportation for medical appointments, and

WHEREAS, volunteerism empowers individuals to find their purpose and create stronger communities with a more just society; and

WHEREAS, it has long been a tradition for the county's AmeriCorps Seniors' volunteers to perform work of a high quality and to brighten the lives of others while making Greene County a better place in which to live by serving in community locations; and

WHEREAS, these county volunteers give freely of their energy, time, ability and experience;

NOW THEREFORE, we, the members of the Greene County Legislature, do hereby proclaim the month of April as:

GREENE COUNTY DEPARTMENT of HUMAN SERVICES' AMERI CORPS SENIORS VOLUNTEER MONTH

AND FURTHER, we recognize and thank the many volunteers who "*Celebrate Service*", within Greene County and who lend their time, talent and voice to meet the critical needs of our communities. With great pleasure, we honor all our county volunteers and convey the sincere gratitude and appreciation of our citizens for the dedicated, selfless and compassionate efforts of these volunteers.

WHAT TO EXPECT AFTER GETTING A COVID-19 VACCINE

1. Getting a COVID-19 vaccine will help keep you from getting COVID-19.
2. After getting vaccinated, you may have some side effects, which are normal signs that your body is building protection against COVID-19. These side effects may affect daily activities and may make you feel like you have the flu, but they should go away in a few days.

During clinical trials, common side effects included:

• Pain • Chills • Swelling • Tiredness • Fever • Headache.

3. If you have pain or discomfort from fever, talk to your healthcare provider about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.
4. Use or exercise your arm and apply a clean, cool, wet washcloth over the area to reduce the pain and discomfort where you got the shot.
5. Drink plenty of fluids and dress lightly if a fever is causing you discomfort.
6. In most cases, discomfort from fever or pain is normal. Call your healthcare provider if redness or tenderness increases after 24 hours, if your side effects are worrying you, or if they do not seem to be going away after a few days.
7. Call your healthcare provider right away, if you experience any of these signs:
Difficulty breathing • Swelling of face/throat • Fast heartbeat • Dizziness & weakness
8. After you're vaccinated, remember to get a second shot if one is required, continue to wear a mask in public, avoid crowds and stay 6 feet away from others, and wash your hands often.

For more information: www.cdc.gov/coronavirus.

CORONAVIRUS DISEASE 2019 (COVID-19)

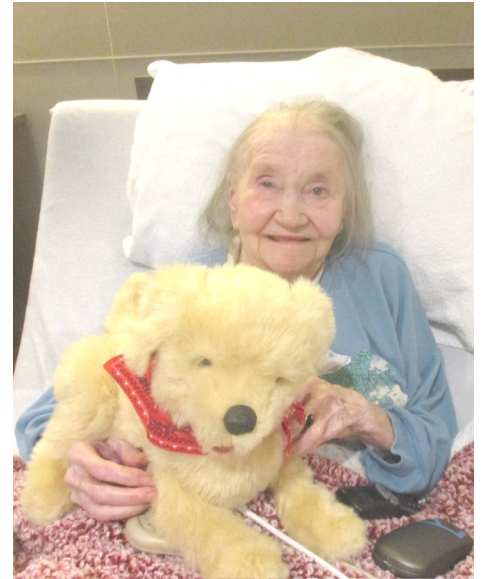
COVID-19 vaccines will be an important tool to help stop the pandemic.

cdc.gov/coronavirus

CS321269-A 11/18/2020

GREENE MEADOWS RESIDENTS RECEIVE “PETS”

Two Greene County residents, Walter Thompson and Catherine Palmatier, now living at Greene Meadows Nursing and Rehabilitation Center in Catskill, were recently presented with new pets to help brighten their days. The pets are animatronic dogs who will bark, wag their tails, and act like real puppies without having to feed or take care of a pet. They were presented to Christine Casper, Activities Director at the facility as a gift from Greene County Department of Human Services. Based on the smiles in these photos, the dogs were a big hit.



SENIOR ANGELS PROGRAM - SPREADING CHEER 365 DAYS A YEAR

The Greene County Senior Angels Program operates more than just at holiday time. Under their slogan, “Spreading Cheer 365 Days a Year”, funds are used year-round to provide one-time, emergency assistance to senior citizens, when all other funds have been exhausted, and there is no other source to help.

Due to the generous contributions of area residents, business and clubs, the Program has been able to help fulfill all qualified requests. 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



AmeriCorps Seniors

Get involved and make a positive difference in your community. AmeriCorps Seniors volunteers serve with organizations dedicated to helping others.

How can I serve and who?

When you join AmeriCorps Seniors, you choose how you want to give back. Help a struggling child to learn to read. Deliver groceries to an elderly neighbor. Support a family impacted by natural disaster. These are just a few of the service opportunities available to you through AmeriCorps Seniors. Every year, we match over 200,000 AmeriCorps Seniors volunteers with service opportunities offered by our partner organizations.

AmeriCorps Seniors is open to individuals 55 and older.

Fast Facts

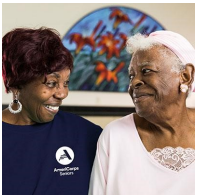
1,000+ veterans serve with AmeriCorps Seniors each year

47 Million hours served by AmeriCorps Seniors

200,000 volunteers serving



AmeriCorps Seniors RSVP



Are you interested in serving your community in a way that suits your schedule, skills, and interests? Serve as an AmeriCorps Seniors volunteer in our RSVP program.

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 who serve in our RSVP program 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 with any of the thousands of organizations we work with that see service as a solution to local, regional, and national challenges. AmeriCorps Seniors volunteers themselves report better health and longevity having served their community.

Greene County Department of Human Services has a current need for individuals to deliver meals in the towns/villages of Catskill and Coxsackie. We safely deliver meals with no direct client contact. For a commitment of one hour a day a week or even every other week, you will be making a difference in the life of homebound citizens. A vehicle is necessary and mileage reimbursement is available. If this sounds like something for you, contact Ruth Pforte at 518-719-3555.



Emergency Reserve Citizens Corps

Volunteers are needed to assist when Greene County faces emergencies and to help prepare for disasters through drills and exercises.

Together We Can Make a Difference!

MISSION

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.



VOLUNTEER BENEFITS

- **Free training** to prepare yourself and your family for emergencies.
- Become a member of a **national organization** of positive, dedicated people.
- Greene MRC **membership apparel & products.**

VOLUNTEER ROLES

Social media
Education
Data management
Medical support
Packaging & Distribution
Assist with evacuations

Reception
Transportation
Veterinary support
Radio operation
Second language proficiency
Assist Public Health



We look forward to serving with you!

WHY VOLUNTEER NOW?

During specific times, we could use citizens who want to help with response and recovery operations. We conduct trainings, drills and exercises throughout the year to prepare for a disaster response. We are looking for people who meet any of the following skills: can drive, can operate an ATV, good with animals, can answer phones, have medical training or have logistic skills.

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.

HOW DO I BECOME A VOLUNTEER?

Register to be a volunteer by visiting www.health.ny.gov/ServNY. You must register on the New York State website as registration provides state liability coverage in times of disaster. **OR** Call your Public Health Emergency Coordinator at (518) 719-3611.



Any Questions Please Contact:
Greene County Public Health Dept. Emergency Preparedness Coordinator
411 Main Street, Suite 300 Catskill, NY 12414
518-719-3611 518-719-3600

GREENE COUNTY SHERIFF'S OFFICE SENIOR CALL-IN PROGRAM

The Greene County Sheriff's Office has implemented a Senior Call-in Program for our senior citizens that helps ensure their safety and well-being. The program assists seniors daily in making sure they are in good health.

How the Program works

Members of the program are instructed to call **518-731-4273** daily, between the hours of 7:00 a.m. - 10:00 a.m. and advise the officer who receives the call that they are OK.

If a call is not received by a person on the list by 10:15 a.m., Greene County Sheriff's Office will take the following steps to check on that person's welfare:

*Call that person

* Call relatives and friends of that person

* A patrol unit will be dispatched to the residence to check on the well-being of the listed senior.

Other Important Information

Although not required, seniors are encouraged to provide major medical precautionary information which may assist our officers in times of need.

If seniors will not be participating in the program due to unforeseen circumstances, such as a vacation, hospitalization or any other long term activity, it is important to let the Sheriff's Office know the dates/times to not expect a contact from that senior.

Application forms (below) can be turned into the Greene County Sheriff's Office at 370 Mansion Street, West Coxsackie, NY 12192.



KEEP IN TOUCH – SENIOR CALL IN LIST

518 – 731 – 4273

NAME: _____

PHONE NUMBER: _____

CELL NUMBER: _____

ADDRESS: _____

EMERGENCY CONTACT #1:

NAME: _____

PHONE #: _____

EMERGENCY CONTACT #2:

NAME: _____

PHONE #: _____

KEY HOLDER:

NAME: _____

PHONE #: _____

In the event that law enforcement needs to gain entry into my home, I authorize any and all action to be taken to gain such entry.

Major Medical Precautions

I, _____ would like to provide law enforcement professionals at the Greene County Sheriff's Department with any medical precautionary information which may assist them in the performance of their duties.
I understand that giving medical precautionary information is voluntary.

Date - _____

Signature - _____

Major Medical Precautions List



The Pines at Glens Falls
Care for Home & Independence

The Pines at Heartwood
An Assisted Living Program

The Pines at Catskill
Care for Home & Independence



VCHC VETERANS & COMMUNITY
HOUSING COALITION

FOOD DRIVE – The Pines at Glens Falls, Heartwood and Catskill are collaborating with The Veterans & Community Housing Coalition to execute a food drive series to assist veterans from the Adirondacks to the Catskills. The Pines at Glens Falls will kick off the event on Friday, March 26th. On the following Friday, April 2nd, The Pines at Heartwood will hold their event. And, the series will conclude on Friday, April 9th with The Pines at Catskill.

Each facility has picked a specific day for the local businesses and community to “drive thru” with either non-perishable items or monetary donations. The time for drop offs in all three locations will be 11:00 am-1:00 pm on their respective Friday. In addition, on the day of each facility’s event, there will be personalized celebrations tailored to the area.

To get the best results possible, we are reaching out to some of our area businesses for participation in this positive community experience. There are a few options to choose from based on the realistic commitment level for each company. If your business would like to join us in helping our veterans, please consider one to all of the following:

- Promote this event through social and/or classic media platforms
- Collect non-perishable goods to be donated on the designated Friday
- Collect a monetary donation to be presented on the designated Friday

In turn, The Pines facilities, along with The VCHC, will be cross branding all companies that commit to participating by March 5th, 2021 in the media campaign planned in conjunction with this series. There will be two levels of advertising - first to showcase the 3 week series overall, and then localized promotion to the specific target areas. We will also send out press releases to all news outlets, as well as invite them to each event.

Please consider taking part. Your generosity will make a world of difference in the lives of veterans and their families. We look forward to partnering with you.

For the Glens Falls event: Jennifer Haskins, Director of Admissions & Marketing

518-793-5163, jhaskins@nathealthcare.com

For the Heartwood event: Deborah Fogarty, Regional Director of Business Development

518-860-2803, dfogarty@nathealthcare.com

For the Catskill event: Marie Gjergji, Admissions Coordinator

518-943-5151, mgjergji@nathealthcare.com

DIABETES SCREENINGS

From [medicare.gov/coverage](https://www.medicare.gov/coverage)

Medicare Part B (Medical Insurance) covers glucose laboratory test screenings (with or without a carbohydrate challenge) if your doctor determines you're at risk for developing diabetes. You may be eligible for up to 2 screenings each year. Part B covers these lab tests if you have any of these risk factors:

- High blood pressure (hypertension)
- History of abnormal cholesterol and triglyceride levels (dyslipidemia)
- Obesity
- A history of high blood sugar (glucose)

Medicare also covers these screenings if 2 or more of these apply to you:

- You're age 65 or older.
- You're overweight.
- You have a family history of diabetes (parents or siblings).
- You have a history of gestational diabetes (diabetes during pregnancy) or delivery of a baby weighing more than 9 pounds.

Your costs in Original Medicare

You pay nothing for these tests if your doctor or other qualified health care provider accepts

Insulin savings through the Part D Senior Savings Model

Starting January 1, 2021, you may be able to get Medicare drug coverage that offers broad access to many types of insulin for no more than \$35 for a 30-day supply. You can get this savings on insulin if you join a Medicare drug plan or Medicare Advantage Plan with drug coverage that participates in the insulin savings model. This model lets you choose among drug plans that offer insulin at a predictable and affordable cost.

Find a plan that offers this savings on insulin in your state. You can also filter and compare participating plans to help you find the plan that's right for you. You can join during yearly Open Enrollment (October 15 – December 7).

NOTE FOR PEOPLE WITH EXTRA HELP:

If you get **full** Extra Help, your set copayment for insulin is lower than the \$35 copayment for a 30-day supply under the Senior Savings Model. If you get **partial** Extra Help, you may pay up to a \$92 deductible and 15% coinsurance, which may be higher or lower than the \$35 copayment under the model. Contact 1-800-MEDICARE if you need help checking the level of Extra Help you get.



NUTRITON NOTES

By Nicole Gehman, MS, RD, CD-N

I was scanning the produce section recently and spotted whole artichokes easily the size of a tropical coconut. I immediately purchased them after thinking they must be in season! Fresh foods ready to eat during their preferred harvest season are often referred to as “seasonal foods”. During spring, including the month of April, there are a variety of seasonal foods available in the markets. Let us review some of these foods, including the health benefits and easy ways of preparation.

ARTICHOKES: I once learned an entire large artichoke packs 9 grams of dietary fiber, nearly half the recommended 21 grams per day for women over 50 years of age, and nearly a third of the recommended 30 grams per day for older men. I boiled the artichokes for an hour and dipped the delicious leaves and heart in a lemon herbed olive oil. Once you have enjoyed the outer leaves, be sure to remove the fuzzy choke which sits inside the artichoke heart.

STRAWBERRIES: Sweet Spring strawberries are here! Strawberries are low in calories, and high in fiber. One cup of halved strawberries exceeds our daily need for vitamin C, which is essential to our bodies tissue. Enjoy this low fat, low sodium sweet fruit as a snack or accompaniment to a meal.

FENNEL: Fennel bulbs are light in color (almost white) and have a stalk with a feathering portion resembling dill. Fennel is crisp in texture, can be eaten raw or cooked, and possesses an anise flavor. It is rich in vitamin C and potassium, and fiber. Try quartering the bulb and roasting it in the oven with a drizzle of olive oil. Thin slices of fennel marinated in vinegar add a nice crunch to salads.

BEETS: Available in red, gold, or even orange (hybrids exist), beetroot is a nutritional powerhouse and a potent source of many vitamins and minerals. Beets contain antioxidants and are rich in folate (one of the B vitamins) which help protect our cells from damage. I refer to them as “natures candy” as beets are earthy but sweet. Their flavor profile deepens when roasted, and cooked beets paired with sliced, marinated raw fennel makes for a delicious nutritional side dish.

Certain foods can interact with various health conditions. Always check with your doctor or registered dietitian to be sure it is safe to incorporate new foods into your diet.

Additional information and nutrition counseling are always available.

Please call me at the main office at (518) 719-3555.

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

JEWETT

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

Gayle Ruvolo
Meal Site Manager

Sal Alberti

COXSACKIE

Town of Coxsackie
Senior Center
127 Mansion Street,
Coxsackie



CATSKILL

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

Annette Wagenbaugh
(Temporary)

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 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 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
3 MACARONI & CHEESE CAULIFLOWER STEWED TOMATOES PINEAPPLE	4 CHICKEN DIJON MASHED POTATOES MONACO VEGETABLES FRESH FRUIT	5 STUFFED SHELLS MARINARA W/ SAUSAGE PEAR CUP SAUTÉED MIXED VEGETABLES CHOCOLATE CHIP COOKIES	6 ROAST BEEF w/ GRAVY MASHED POTATOES GREEN BEANS FRESH FRUIT	7 SALMON w/ DILL SAUCE NOODLES SPINACH SALAD BROCCOLI BROWNIE
10 BEEF CHILI RICE BROCCOLI TROPICAL FRUIT	11 CHICKEN FLORENTINE OVER BOWTIE NOODLES MIXED VEGETABLES PEANUT BUTTER COOKIE	12 ROAST PORK w/ GRAVY PEAS & CARROTS SWEETS POTATOES APPLESAUCE BIRTHDAY CUPCAKE	13 BAKED HAM w/ RAISIN SAUCE SCALLOPED POTATOES GREEN BEANS FRESH FRUIT <u>LOW SODIUM</u> <u>DIET SUBST.</u> HAMBURGER w/ WHOLE WHEAT ROLL	14 MEATLOAF w/ GRAVY MASHED POTATOES SPINACH CHOCOLATE MOUSSE
17 ROASTED CHICKEN w/ CHICKEN GRAVY MASHED SWEET POTATOES BEETS STUFFING TROPICAL FRUIT	18 SHRIMP SCAMPI w/ LINGUINI GLAZED CARROTS MANDARIN ORANGES	19 KIELBASA w/ SAUERKRAUT WAX BEANS BAKED BEANS APPLE CRISP w/ WHIPPED TOPPING <u>LOW SODIUM DIET</u> COTTAGE CHEESE PEACHES CRACKERS NO BAKED BEANS	20 CHICKEN BREAST SALAD OVER TOMATOES, MIXED GREENS, CUCUMBERS & CROUTONS w/ BALSAMIC VINAIGRETTE BEET SALAD VANILLA PUDDING w/ STRAWBERRIES	21 LASAGNA w/ MEAT SAUCE TOSSED SALAD ITALIAN MIXED VEGETABLES FRESH FRUIT
24 BROCCOLI CHEDDAR QUICHE HASH BROWN POTATOES OLD FASHIONED MIXED VEGETABLES MIXED GREEN SALAD FRUIT COCKTAIL	25 BBQ CHICKEN THIGHS MASHED POTATOES COLLARD GREENS PEACH COBBLER	26 FISH FLORENTINE SCALLOPED POTATOES CAULIFLOWER OATMEAL RAISIN COOKIE	27 ROASTED TURKEY w/ GRAVY & CRANBERRY SAUCE PEAS & CARROTS MASHED POTATOES STUFFING APPLE SPICE CAKE	28 SEAFOOD PASTA SALAD MARINATED CARROTS GARDEN SALAD FRESH FRUIT
31 <u>MEMORIAL</u> <u>DAY</u>  ALL SENIOR NUTRITION SITES & MAIN OFFICE CLOSED				

EDUCATING, EMPOWERING AND ADVOCATING FOR LONG-TERM CARE RESIDENTS

The **Ombudsman** Program is an effective advocate and resource for older adults and people with disabilities who live in nursing homes, assisted living, and other licensed adult care homes. Ombudsmen help residents understand and exercise their rights to good care in an environment that promotes and protects their dignity and quality of life.

Advocate: Act on behalf of residents to assure rights are not violated, identifying, investigating and working towards resolution of resident complaints.

Mediate: Work collaboratively with residents, family members, and staff towards achieving mutually beneficial solutions to the issues they are experiencing in long term care facilities

Educate: Provide information and consultation to residents, families, facility staff, and community about issues in long term care and specific issues they are experiencing in facilities

Refer: When resolution through the Ombudsman program is not achievable, complaints are referred to the New York State Department of Health or other appropriate agencies.

Greene County is part of the Hudson Valley LTC Ombudsman Program.

Contact (1) 845-229-4680 to reach your local ombudsman.



myBenefits is an online tool for New York State residents. Users can check **possible** eligibility for multiple human services benefit programs; apply or recertify online for the Supplemental Nutrition Assistance Program (SNAP), and apply for the Home Energy Assistance Program (HEAP)

Prescreen Eligibility

To get a quick idea of what programs you may be eligible for, click on “**Prescreen Eligibility**” and answer a series of basic questions. From this, myBenefits will tell you if you **may be** able to get help with programs including:

- SNAP (Supplemental Nutrition Assistance Program)
- HEAP (Home Energy Assistance Program)
- Medicare Assistance Programs
- NY Connects: Choices for Long Term Care
- EPIC (Elderly Pharmaceutical Insurance Coverage)
- Blind Annuity Program
- Consumer Protection Services
- HIV Uninsured Care Program
- Office of Victim Services

No computer? Call Greene County Department of Human Services at 518-719-3555.
We can help!

GREENE COUNTY DEPARTMENT of HUMAN SERVICES

CONTRIBUTIONS POLICY



For services under the Older Americans Act and in Community Services for the Elderly 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*).

- **Health Promotions:**

There is no suggested contribution for this service. Donations always accepted.

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.

**Donations
are Greatly
Appreciated!**

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 donation 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 | _____ Homebound transportation |
| _____ In-home services | _____ Nutrition Program/Home-delivered Meals |
| _____ Senior Angels Program | _____ Where most needed |

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



For Your Donations

Ray & Rose Brooks
In Memory of Ruth Brooks & Agatha Jucci
to In-Home Services & Senior Angel Program

Brenda J. Chewins
In Memory of Margaret Rose Stabile
to Nutrition Program/Home Delivered Meals

Foia Edwards In Memory of Cliff Gross
Muriel H. Falkey to Senior Angel Program

Joyce Lissandrello
In Memory of Concetta L. Lissandrello
to the Senior Angel Program

Matthew Luvera
In Memory of Michael DeBenedictus & Margie Stabile

Family Caregivers: Care for yourself one small way each day

Find new ways to safely connect with family and friends, get support, and share feelings



Take breaks to relax and unwind through yoga, music, gardening, or new hobbies



Treat yourself to healthy foods and get enough sleep



Take care of your body and get moving to lessen fatigue, anxiety, or sadness



320352-1

Substance Abuse and Mental Health Services Administration
Disaster Distress Hotline: call or text 1-800-985-5990

cdc.gov/coronavirus

Memory Mixers



BINGO



Thursday, April 15th, 2021

1:00pm - 2:30pm

Join us for some virtual 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, April 9th**, 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

10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- » The difference between normal aging and Alzheimer's.
- » Common warning signs.
- » The importance of early detection and benefits of diagnosis.
- » Next steps and expectations for the diagnostic process.
- » Alzheimer's Association resources.

DATE Wednesday, April 21st

TIME 6 p.m.—7 p.m.

ADDRESS "Virtual Event"

REGISTRATION INFO

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 [alz.org/CRF](https://www.alz.org/CRF) to explore additional
education programs online and 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

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

Some of the services we offer includes:

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

All programs listed below are free of charge.

Your local dementia care specialist: Sierra Snoddy
Phone: 518.675.7214
Email: ssnoddy@alz.org

March/April 2021 Northeastern New York Programs and Services



EDUCATION PROGRAMS

Effective Communication Strategies <ul style="list-style-type: none"> • Monday, 3/22 @ 2pm • Thursday, 4/22 @ 11am 	Plan Ahead, Let's Talk About Transitions: Presented in Partnership with Eddy Alzheimer's Services <ul style="list-style-type: none"> • Tuesday, 3/23 @ 1pm 	Living with Alzheimer's: For Younger-Onset Caregivers <ul style="list-style-type: none"> • Wednesday, 3/24 @ 5:30pm 	Know the 10 Warning Signs <ul style="list-style-type: none"> • Thursday, 3/25 @ 6pm • Thursday, 4/15 @ 1pm
Recollections - Facilitating Storytelling for Caregivers: presented with SUNY Oswego Register at RecollectionProject.net <ul style="list-style-type: none"> • Friday, 3/26 @ 10am 	Understanding and Responding to Dementia-Related Behaviors <ul style="list-style-type: none"> • Monday, 3/29 @ 2pm • Thursday, 4/29 @ 11am 	Meaningful Engagement, Activities at Home <ul style="list-style-type: none"> • Tuesday, 3/30 @ Noon 	Healthy Living for Your Brain and Body - Tips from the Latest Research with Tai Chi <ul style="list-style-type: none"> • Thursday, 4/8 @ 2pm
Understanding Alzheimer's Disease <ul style="list-style-type: none"> • Monday, 4/12 @ 5:30pm 	Legal and Financial Planning: presented with Herzog Law Firm <ul style="list-style-type: none"> • Tuesday, 4/13 @ 2pm 	Dementia Conversations with Guest Speaker from Glens Falls Hospital <ul style="list-style-type: none"> • Wednesday, 4/14 @ 4pm 	COVID-19 and Caregiving: Finding Hope from What We've Learned (Panel Discussion) <ul style="list-style-type: none"> • Tuesday, 4/27 @ 6pm

Want to have a more personalized conversation?
Attend our "Coffee with a Consultant":

- Monday, 3/29 @ 3pm
- Thursday, 4/22 @ Noon

**These times may vary because they immediately follow an education program.*



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

OLDER ADULTS FIND CONFIDENTIAL SUPPORT FROM NY PROJECT HOPE

COVID-19 has changed a lot about how we live our lives, from our daily routines to how we care for ourselves.

The trained crisis counselors at NY Project Hope understand the changes COVID-19 has made in your life and they know the emotions these challenges create may be strong and sometimes unfamiliar. From uncertainty to feelings of isolation, NY Project Hope helps you cope with your reactions to the changes; providing support so you can work to manage the stress and fatigue that can accompany being overwhelmed by emotions.

Crisis Counseling is free, confidential, and anonymous. NY Project Hope's Emotional Support Helpline is answered by trained crisis counselors from 8am to 10pm every day of the week. The number is 1-844-863-9314. Coping tips, resource linkages, relaxation exercises, and more can be found at NYProjectHope.org.

We also provide virtual public education sessions on a variety of emotional support topics. For more information or to schedule a session, contact:
NYProjectHope@omh.ny.gov

NY Project Hope is a program of NYS Office of Mental Health and is funded by FEMA.



NYProject
HOPE
Coping with COVID

New York's free and confidential COVID-19
Emotional Support Helpline

8am - 10pm / 7 Days

1-844-863-9314

www.NYProjectHope.org

A program of the NYS Office of Mental Health | Funded by the Federal Emergency Management Administration

News From the Greene County Youth Bureau

FAMILY GROUP OPPOSES LEGALIZATION

Governor Cuomo is about to pass legislation which will be devastating to youth and families across New York State, states the Partnership for a Drug-Free New York. This is a policy which once enacted, will have no reversal, but which will set New York on a road of drug abuse and addiction for decades to come.

Marijuana now has a THC content of up to 96 percent. According to the NYS Health Assessment on Marijuana Legalization, up to 30 percent of users can become cannabis dependent (addicted). According to Nick Columbini of the Partnership, it is criminal to design and release a public policy where so many people can become addicted, especially for a community where jails are already full, the schools are faltering, and families are failing.

Marijuana was found to be a dangerous drug by the American Medical Association, and the American Psychiatric Association. Cannabis has been found as a major contributor to lung damage, heart disease, cancer, and pregnancy complications. The American Psychiatric Association has identified six psychiatric mental disorders caused by cannabis use, including anxiety disorders, depression, bipolar disorder, schizophrenia, motivational syndrome, disruptive cognitive functioning, neuropsychological decline, and psychotic disorders.

The APA also found that 50% - 90% of cannabis-dependent persons are diagnosed with an affective disorder, suicidality and anxiety disorder. According to the Diagnostic and Statistical Manual of Mental Disorders, cannabis use is associated with poorer life satisfaction, increased mental health treatment and hospitalization, and higher rates of depression, anxiety disorders, suicide attempts and conduct disorder. It is highly related to other secondary substance use disorders and is often quite commonly found with major depressive disorders, and anti-social, obsessive-compulsive, and paranoid personality disorders.

There have been several studies which have clearly documented the growth in violence, including mass shootings, where marijuana use was a causative factor. Studies show that marijuana is a factor in child abuse and neglect and its use is especially detrimental to communities-of-color. Studies in previously legalized states have shown increases in both marijuana related DUI and in suicide by both youth and adults.

According to Columbini, the sole responsibility of the Governor and all legislators, is the health, safety and welfare of the residents, and there is nothing about marijuana use that supports the health, safety and welfare of New Yorkers. In fact, Columbini states, there has never been one documented study that points out that marijuana use is good for youth, good for families, or good for any community, in fact, virtually every study shows exactly the opposite.

The Partnership for a Drug-Free New York says that families need to stand up to this Governor and do so right away, legalization is a "game changer."



GREENE COUNTY DEPARTMENT of HUMAN SERVICES

411 Main Street, Catskill, NY 12414
(518) 719-3555 Toll Free (877) 794-9266
aging@discovergreene.com

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Staff:

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Cortney Carlson

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Maureen Murphy

AGING SERVICES AIDE:

Rose Bundy

RECEPTIONIST:

Mary Jean Pomilla

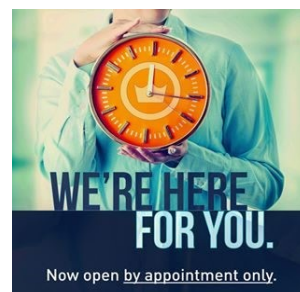
NUTRITION VAN CHAUFFEUR:

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.