

Greene County Legislature Present Annual Senior Citizen Awards

On Wednesday, May 19, the Greene County Legislature took time out from their regular monthly meeting to honor several Greene County senior citizens for their volunteer and dedication to the community. Receiving county proclamations in their honor were:

Barbara Caldara of Earlton - 2021 Greene County Senior Citizen of the Year



Duncan Macpherson of Freehold Outstanding Contribution by a Senior Citizen

Though unable to attend the ceremony, Macpherson sent the following message to the Legislators, "Good evening I'd like to thank the Greene County Legislature for this honor. Unfortunately, I was walking my dogs, going downstairs when they decided to chase a cat and in one of my midsteps I went down and broke three ribs, so I'm not here to accept this honor. I'd like to recognize all the staff at the Office for the Aging here in Greene County. I am grateful that my health and interests have allowed me to volunteer my services. We can always use more volunteers and I encourage anyone who can do so to get involved."



Anne Heim of Catskill - Merit Recognition



Office for
the Aging

300+ LIVE ONLINE CLASSES FOR ISOLATED OLDER NEW YORKERS

*NYSOFA Launches Partnership With The Association On Aging In New York
And Tech Platform **Getsetup** To Provide 300+ Live Online Classes*

www.getsetup.org/partner/NYSTATE

Albany, NY—The New York State Office for the Aging (NYSOFA) announced a partnership with The Association on Aging in New York (AgingNY) and **GetSetUp** to offer 50,000 classes, featuring more than 300 different course options developed by and for older adults. The **GetSetUp** curriculum and community are designed to combat social isolation and promote independence through live, interactive classes and online connectivity with a community of more than 650,000 older adult learners from more than 160 countries around the globe. Additionally, all guides and instructors are retired educators/professionals/technologists, promoting economic empowerment, healthy lifestyles, and a purpose driven life. Instructors are trained to help older adults learn by doing, not just watching, and all learners are encouraged to become creators by leading their own interest groups.



GetSetUp classes are organized into four broad categories:

Digital Divide/Connectivity (orientation to Zoom and how to use various devices)

Physical Health (i.e. Tai Chi/Yoga/Healthy Cooking)

Mental Health (i.e. Dementia/Coping with Stress/Meditation),

Social Health (i.e. Book club/Gardening/Pets/Travel/Brain


Games)

The **GetSetUp** platform offers more than 40 classes each weekday, and more than ten classes each weekend. They recently launched “**GetSetUp TV**” for hesitant older adults to get a flavor of the **GetSetUp** platform without having to fully participate. Classes are rotated regularly to offer the widest variety of programming for older adults in the four main categories.

Technology solutions have grown dramatically over the past year and platforms such as **GetSetUp** will be part of the new normal. Connecting older adults to an online forum of their peers empowers engagement, continual learning, and even access to employment opportunities outside of the traditional brick and mortar approach.

About GetSetUp

GetSetUp is an online community of people who want to learn new skills, connect with others, and unlock new life experiences. Their safe, social, and interactive learning environment has been specifically designed for older adults. Classes are taught by older adults and kept small to ensure everyone can actively participate. The platform helps older adults stay mentally and physically fit, creates economic opportunities through jobs and reskilling, and provides a community where people find meaning and purpose by helping each other and forming new connections. Learn more at <https://www.getsetup.io/>.



GetSetUp & **NEW YORK STATE**

Try a FREE Online Class Today!
Go to www.getsetup.org/partner/NYSTATE

New York State Office For The Aging has partnered with the Association on Aging in New York and GetSetUp to provide free virtual classes for older adults taught by peers - ask questions, make friends, learn new things, and have fun.

Use coupon code: NYSTATE

Most Popular Classes

- Core Fitness, Yoga
- Virtual Travel
- Food and Nutrition
- Restarting Your Career

Take Classes From the Comfort of Your Home

- Internet
- iPad/Tablet
- Computer
- Smartphone

For Help Contact GetSetUp: 1-888-559-1614 info@getsetup.io

About the New York State Office for the Aging and Health Across All Policies/Age-Friendly New York

NYSOFA continuously works to help the state's 4.3 million older adults be as independent as possible for as long as possible through advocacy, development and delivery of person-centered, consumer-oriented, and cost-effective policies, programs, and services that support and empower older adults and their families, in partnership with the network of public and private organizations that serve them.

New York is nationally recognized for being the first age-friendly state in the nation. Using the state's Prevention Agenda as the overarching framework, in 2017, a Health Across All Policies approach was launched, where public and private partners work together to positively impact population health by marrying health care, preventive health, and community design, in concert with addressing social determinants of health, to improve the lives of all New Yorkers, young and old.

Stay connected - download the NYSOFA mobile app for iOS or Android; visit the NYSOFA Facebook page; follow @NYSAGING on Twitter and NYS Aging on Instagram; or visit aging.ny.gov.

About the Association on Aging in New York

The Association on Aging in New York supports and advocates for New York's mostly county-based Area Agencies on Aging (AAAs) and works collaboratively with a network of organizations that exist to promote independence, preserve dignity, and provide support for residents of New York State as they age. For more information, follow us on Facebook, visit www.agingny.org or call 518-449-7080.

ATTENTION HOMEBOUND GREENE COUNTY RESIDENTS

Do you need the COVID vaccine but can't get out to receive one?

Vaccinating all New Yorkers is a top priority for returning to some semblance of normalcy. Not everyone is able to travel to one of the sites that are offering COVID-19 vaccines. New York State, in partnership with Greene County, established local points of contact to expand vaccine access through an in-home vaccination program for those who are homebound due to any physical limitations, cognitive impairment, chronic conditions, a lack of transportation, and who do not have access to supports that may help them physically go to an existing vaccination provider. Together, Greene County Public Health and Greene County Emergency Medical Services are coordinating this in-home vaccination program.



**If you are in need of a vaccine or wish further information
for someone homebound, please call 518-719- 3639**



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, businesses 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



NY STATE CITIZEN PUBLIC HEALTH LEADER

The COVID-19 pandemic has shown us that America was not prepared for a public health crisis. But when New York was ambushed by the virus, we rose to the occasion, supported each other, and bent the curve. Information - listening to the scientists and following the facts - has been a key weapon in our battle to defeat COVID.

To continue to empower New Yorkers, we are launching a new FREE Citizen Public Health Training where you will learn from top experts from Cornell University on preventing and responding to public health emergencies. This innovative course will help New Yorkers support themselves, their families, and their communities. You will become a leader of health and preparedness in your community.

Become a New York State Citizen Public Health Leader. We are calling on New Yorkers in every neighborhood and community in the state to become trained Public Health Leaders. As a New York State Public Health Leader, you will better understand the coronavirus and other public health issues facing our communities and will gain the tools to understand the facts and be a trusted source of information and support in your community to be prepared for the next public health emergency. New York's greatest asset is its people. Together, we can defeat COVID; prepare for the future; and build a more resilient, healthy, and loving New York.

For further information, go to www.ny.gov/programs/citizen-public-health-training-program. This program will prepare and equip New Yorkers to become Citizen Public Health Leaders and build an informed network of community health leaders across the state. Enroll today.

Just an update on what AmeriCorps Senior Volunteers helped accomplish during the last grant year, 4/1/2020 to 3/31/2021, in Greene County.

- 166 volunteers, including 16 Veterans, served 10,257 hours.
- 130 Home Delivered Meal Volunteers delivered 87,103 meals to 474 homebound clients in Greene County, including 65 Veterans. There has been an 86.75% increase in the number of clients receiving meals.
- 17 Homebound Medical Transportation Volunteers provided 1272 rides to 100 homebound ambulatory clients, including 11 Veterans, to medical appointments.
- Provided outreach to clients
- Knit/crocheted items for charity

According to the Independent Sector, the value of a volunteer hour is \$28.54, making the contribution of AmeriCorps Senior volunteers to Greene County to be \$292,734.78.

Great Job AmeriCorps Senior Volunteers!



All monthly
mileage sheets
MUST be turned in
by the 25th
of EACH MONTH.

Per volunteer policy,
all volunteer drivers are required
to provide copies
of his/her current Driver's License
and Auto Insurance Card
to our Department.

These are maintained,
in confidentiality, in your volunteer file.
Remember to submit copies whenever
renewing/changing your license
or insurance policy.

Our volunteers keep safety in mind at all times. Not only during COVID by wearing masks and following no-contact meal delivery but now you will see them wearing bright fluorescent safety vests.

Here are two of our
finest in action.



CAN WE ASK YOU A FEW QUESTIONS?



- **Do you enjoy driving?**
- **Do you have a reliable vehicle?**
- **Are you comfortable driving in Albany, Columbia, Delaware, Schoharie or Ulster Counties?**
- **Would you be willing to take ambulatory senior clients to medical appointments?**
- **Would you like to help make it possible for a homebound senior to remain living in their own home?**

If you answered yes & are interested in doing, we encourage you to fill out one of our volunteer applications.

What would you receive for your investment?

- ♦ Mileage reimbursement at 50 cents a mile for all the miles you drive as a volunteer.
- ♦ Smiles and appreciation from the clients you transport.
- ♦ Potential for a longer life expectancy.

**For more information,
contact Ruth Pforte
Greene County Department
of Human Services
Volunteer Coordinator
518-719-3555**

The Greene County Department of Human Services needs volunteers to deliver meals to homebound individuals in the towns of Ashland, Cairo, Catskill, Coxsackie, Hunter, Lexington and Windham. We safely deliver meals with no direct contact with the clients.

For a commitment of an hour one day a week or even every other week, you will be making a difference in the life of elderly county residents.

Anyone can volunteer - there is no age requirement. A dependable vehicle is necessary and mileage reimbursement is available.

For more information, contact Ruth Pforte, Greene County Department of Human Services Volunteer Coordinator at 518-719-3555.

Be a hero.

**Become a Home
Delivered Meals Driver.**

DO YOU HAVE OLD CELL PHONES LYING AROUND THAT YOU DON'T NEED ANY MORE?



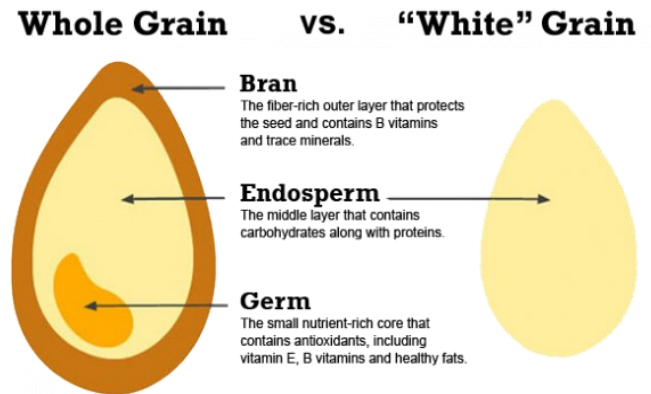
Did you know that you can donate your old cell phones to Greene County Department of Human Services? In turn, these phones will be sent to a company to be refurbished. The phones are then returned to GCDHS as emergency 911 phones for senior citizens.

You can drop off your used phones at the Department of Human Services located on the second floor of the Greene County Building at 411 Main Street, Catskill.

Nutrition Notes

Written By: Nicole Gehman, MS, RD, CD-N

A whole grain consists of 3 parts, which constitute a nutritional powerhouse trending in our daily dietary recommendations. The endosperm is the largest component of a whole grain. Comprised of carbohydrate (starch), vitamins, minerals, and protein, this portion of the whole grain is the largest, and readily used in the milling process to make white flours. The bran houses the insoluble fiber, additional micronutrients, and a small amount of protein. The seed of a whole grain sprouts into the germ, which has a relative fat content and a valuable nutritional package. However, fat reduces the shelf life after processing whole grain flours, marking it undesirable for storage, and making refined grains ever so popular. During the refining process, the whole grain is stripped of the bran and germ, and the endosperm remains. Its typical fate is white flour, used in more processed food products than I can count.



Simply put, whole grains have all 3 parts left intact. Examples include 100% whole wheat flour (made into wheat pastas, breads, or crackers), barley, oatmeal, bulgur (cracked wheat), popcorn, and quinoa. Wheat flour is an excellent example of a superfood made from all 3 parts of the wheat kernel, grinded together into tiny, fine particles. The wheat flour nutritional content is markedly higher than white flour as the milling process does not strip away the nutrients, and the remaining product is higher in fiber, protein, and micronutrients.

Refined, processed grains are also referred to as refined carbohydrates. Major dietary sources include white flour, cakes, cookies, pies, and many breakfast cereals. These products are generally high in added, refined white sugar as well. Because the nutritional value of flour decreases when it is refined, these products are typically enriched. *Enrichment* means the nutrients lost in preparation are added back into flour after processing. You may have spotted "enriched flour" if you have ever carefully studied the ingredients section of a nutrition facts label on food products made with flour. Enrichment is especially important in food items such as refined breakfast cereals, as the much-needed nutrients lost in processing are added back to supplement popular breakfast choices for children to help ensure recommended daily vitamins and minerals.

It is especially important to learn how to label read and make informed choices in the grocery store. The ingredients list on a nutrition facts label is always in order of the

largest component of the food to smallest. 100% whole grains such as bread or pastas will have whole wheat flour listed as the first ingredient and will not be mixed with other white or enriched flours. A whole grain like barley or quinoa will exist in its natural state for consumption. Labels can be very misleading. "Whole wheat white bread" is going to be a blend of wheat and white flour. "Contains 9 grams whole grain" does not necessarily mean the product is 100% whole grain. You must investigate. It can be tricky, and a registered dietitian can always assist you with label reading if you are looking to learn more.

As you read along, I am sure you will assume that I am now about to tell you to choose all whole grains and rid your cupboards of anything white! This is not my dietary recommendation. The most recent Dietary Guidelines for Americans recommend you try to consume 50% of your grains as whole, and the other half can be enriched. I will however say that whole grains slow the rise in blood sugar, help you feel fuller longer, contain more nutrition, are packed with antioxidants, and diets rich in whole grains have been shown to decrease chronic diseases such as type 2 diabetes and obesity. Excessive sugar intake and refined carbohydrate intake can lead to major swings in blood sugar, contribute to diabetes, weight gain and obesity, and can raise triglyceride levels. Most of my nutritional recommendations stem from seeking some sort of balance - especially with food choices. Incorporating more whole grains into your daily diet is an excellent goal. Try and choose them 50% of the time. For example, if you enjoyed white toast for breakfast, perhaps choose brown rice at dinner. With careful preparation and recipe exploration, whole grains can also be enjoyed as much as we all love the good old white food products.

As always, certain health conditions may limit the amount of fiber or carbohydrate intake in your diet. If you are unsure if choosing more whole grains is appropriate given your medical history, please consult your medical doctor or registered dietitian. If you need additional assistance, information, or nutrition counseling, contact me at the main office at (518) 719-3555.



COMING IN JULY

NYS FARMERS MARKETS CHECKS

If you are a senior, aged 60 years or older, and low-income, you may be eligible to receive Senior Farmers Market Nutrition Program (SFMNP) checks. Eligible seniors receive a \$20 booklet of SFMNP checks that can be used to purchase local, fresh, unprocessed vegetables and fruits at participating farmers markets and farm stands. The program starts July 1.

Check back for updated information on when & where to obtain booklets.



Introducing
Farm Stand Tuesdays!
Community Action Parking lot
7856 9W, CATSKILL
1:30-3:30pm
FREE
HUDSON VALLEY PRODUCE



NO ID REQUIRED!
BRING YOUR OWN BAG!
RAIN OR SHINE!
MAY-OCTOBER



Greene County Department of Human Services is happy to announce that they are busy working on plans to reopen the Nutrition sites in Acra, Athens and Jewett.

There are still details to be worked out before an official date can be announced but we will let it be known as soon as possible. Watch our web page, local press announcements, our Facebook page, and of course, the next issue of the Round Table News, for further updates.



JUNE FAVORITE: FARM FRESH FRUIT

Thursday, June 10, 2021

American Cheeseburger

Potato Salad

Lima Beans, Corn & Carrots

Strawberry Shortcake



Thursday, June 17, 2021

Chicken Dijon

Mashed Potatoes

Monaco Vegetables

Fresh Seasonal Fruit

All fruit locally grown by Story Farms, Kiskatom NY

The menu will be delivered to all homebound meal clients. Those seniors wishing to order a take-out lunch are required to call the respective location at least a day in advance.

- Acra Senior Service Center: Acra Community Center, Old Route 23B, Cairo
518-622-9898
- Rivertown Senior Center: 39 Second St, Athens
518-945-2700
- Jewett Senior Service Center: Jewett Municipal Building, Route 23C, Jewett,
518-263-4392

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,
Central Kitchen Cook

Annette Wagenbaugh
(Temporary)

JEWETT

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

Gayle Ruvolo
Meal Site Manager

Sal Alberti
Carol Harnett

COXSACKIE

Town of Coxsackie
Senior Center
127 Mansion Street,
Coxsackie

**TEMPORARILY
CLOSED**

**We hope to
reopen
real soon.**



CATSKILL

Robert C. Antonelli
Senior Center
15 Academy Street,
Catskill

**TEMPORARILY
CLOSED**

**We hope to
reopen
real soon.**

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 & OLDER (AND SPOUSES) ARE INVITED TO ATTEND - SUGGESTED DONATION IS \$4.00
SERVED DAILY: BREAD WITH PROMISE SPREAD, MILK, COFFEE & TEA - TARTAR SAUCE SERVED WITH FISH
 LUNCH RESERVATIONS 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 MASHED POTATOES BROCCOLI APPLESauce w/ COOKIES	2 TORTELLINI w/ SAUSAGE ITALIAN GREEN BEANS PEARS RICE PUDDING w/ WHIPPED TOPPING	3 ROAST PORK w/ GRAVY APPLESauce PARISIAN MIXED VEGETABLES SWEET POTATO VANILLA MOUSSE w/ BLUEBERRIES	4 LINGUINI w/ WHITE CLAM SAUCE TOSSED SALAD SPINACH FRESH FRUIT
7 CHICKEN DIVAN WHITE RICE CARROTS PEACHES	8 SHRIMP PRIMAVERA PENNE TOMATOES & ZUCCHINI CHOCOLATE MOUSSE	9 STUFFED PEPPERS BROWN RICE CALIFORNIA MIXED VEGETABLES MANDARIN ORANGES COOKIES	10 AMERICAN CHEESEBURGER POTATO SALAD LIMA BEANS, CORN & CARROT MEDLEY  STRAWBERRY SHORTCAKE	11 CRANBERRY CHICKEN SALAD MARINATED CARROTS MIXED GREENS w/ CUCUMBERS & TOMATOES FRESH FRUIT
14 MACARONI & CHEESE ZUCCHINI STEWED TOMATOES FRUIT COCKTAIL 	15 SEAFOOD STUFFED COD BROWN RICE PILAF SPINACH DICED PEARS	16 MEATLOAF w/ GRAVY BRUSSELS SPROUTS SCALLOPED POTATOES HUMMINGBIRD CAKE	17 CHICKEN DIJON MASHED POTATOES MONACO VEGETABLES FRESH SEASONAL FRUIT 	18 SLOPPY JOES CAULIFLOWER GREEN BEANS BANANA PUDDING FRESH FRUIT
21 HAM, PEPPER & ONION QUICHE HASH BROWNS PEAS & MUSHROOMS TAPIOCA PUDDING	22 CHICKEN PARMESAN WHOLE WHEAT SPAGHETTI ITALIAN MIXED VEGETABLES PINEAPPLE DELIGHT	23 <i>BIRTHDAY CELEBRATION</i> SEAFOOD SCAMPI WHITE RICE SPINACH CAULIFLOWER VANILLA BIRTHDAY  CUPCAKE	24 ROASTED TURKEY w/ GRAVY CRANBERRY SAUCE MASHED POTATOES GLAZED CARROTS STUFFING LEMON MOUSSE w/ GRANOLA TOPPING	25 BEEF BURRITO w/ SOUR CREAM SPANISH RICE LETTUCE/TOMATOES CORN STRAWBERRIES w/ WHIPPED TOPPING
28 CHICKEN FLORENTINE MASHED POTATOES WINTER BLEND VEGETABLES TROPICAL FRUIT	29 TERIYAKI BEEF & BROCCOLI WHITE RICE ASIAN CARROTS AMBROSIA	30 BAKED SALMON w/ DILL SAUCE BROWN RICE PINEAPPLE CALIFORNIA VEGETABLE MEDLEY BROWNIE		

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ALL PERSONS, AGE 60 & OLDER (AND SPOUSES) ARE INVITED TO ATTEND - SUGGESTED DONATION IS \$4.00
SERVED DAILY: BREAD WITH PROMISE SPREAD, MILK, COFFEE & TEA - TARTAR SAUCE SERVED WITH FISH
 LUNCH RESERVATIONS 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 CHICKEN SALAD PLATE PASTA SALAD CRANBERRY JUICE MIXED GREENS FRESH FRUIT	2 ALL AMERICAN  HOT DOG POTATO SALAD CORN STRAWBERRY SHORTCAKE <u>LOW SODIUM SUBST:</u> Cheeseburger in lieu of Hot Dog
5 CLOSED IN HONOR OF INDEPENDENCE DAY 	6 BROCCOLI CHEDDAR QUICHE W/ SAUSAGE PATTY HASH BROWNS LOW SODIUM V8 JUICE PINEAPPLE	7 CHICKEN DIVAN BROWN RICE CAULIFLOWER PEACHES CHOCOLATE MOUSSE W/ MIXED BERRIES	8 MEATLOAF w/ Gravy MASHED POTATOES BRUSSELS SPROUTS FRESH FRUIT	9 <u>FARM-TO-TABLE DAY</u> SEAFOOD PASTA SALAD MIXED GREENS w/ Cucumbers & Tomatoes FRESH FRUIT 
12 MACARONI & CHEESE STEWED TOMATOES TROPICAL FRUIT	13 TORTELLINI W/ SAUSAGE ITALIAN GREEN BEANS AMBROSIA	14 HUNGARIAN GOULASH W/ EGG NOODLES GREEN BEANS GLAZED CARROTS BIRTHDAY CUPCAKE 	15 ROAST PORK w/ Gravy APPLESAUCE CORN, LIMA BEANS & CARROT MIX VANILLA MOUSSE W/ FRESH BLUEBERRIES	16 <u>FARM-TO-TABLE DAY</u> CRANBERRY CHICKEN SALAD MIXED GREENS MARINATED CARROTS POTATO SALAD FRESH FRUIT 
19 FISH FLORENTINE RICE PILAF CAULIFLOWER RICE PUDDING w/ Raisins	20 VEGETABLE LASAGNA ITALIAN MIXED VEGETABLES TIRAMISU	21 HOT TURKEY w/ Gravy MASHED POTATOES GLAZED CARROTS STUFFING CHOCOLATE CHIP COOKIE	22 BBQ PULLED PORK COLESLAW BAKED BEANS FRESH FRUIT	23 TUNA SALAD MACARONI SALAD BEET SALAD MIXED GREENS CHOCOLATE MOUSSE W/ MIXED BERRIES
26 TACO BAKE SPANISH RICE CORN PEACHES	27 BBQ CHICKEN THIGHS MASHED POTATOES COLLARD GREENS CHOCOLATE CAKE	28 MUSHROOM & ONION CHEESEBURGER GREEN BEANS LOW SODIUM V8 JUICE TAPIOCA PUDDING w/ Whipped Topping	29 <u>FARM-TO-TABLE DAY</u> CHICKEN CAESAR SALAD MACARONI SALAD MARINATED CUCUMBERS FRESH FRUIT 	30 BAKED COD w/ Lemon Butter Sauce BROWN RICE PILAF SPINACH STRAWBERRIES w/ Whipped Topping



SOCIAL SECURITY HONORS MILITARY HEROES

Social Security Star, May 2021

On Memorial Day, our nation honored military service members who have given their lives for our country. As Former President Franklin D. Roosevelt once said, "Those who have long enjoyed such privileges as we enjoy forget in time that men [and women] have died to win them." This is why families, friends, and communities come together to remember the great sacrifices of our military members and ensure their legacies live on.

The benefits the Social Security Administration provides can help the surviving families of deceased military service members. For example, widows, widowers, and their dependent children may be eligible for Social Security survivors benefits. You can learn more about those benefits at www.ssa.gov/survivors.

They also offer support to our wounded warriors. Social Security benefits protect veterans when injuries prevent them from returning to active duty or performing other work. Both the Department of Veteran Affairs and Social Security have disability programs. You may qualify for disability benefits through one program but not the other, or you may qualify for both. Depending on your situation, some members of your family, including your dependent children or spouse, may be eligible to receive Social Security benefits.

Wounded military service members can receive expedited processing of their Social Security disability claims. If you are a veteran with a 100% Permanent & Total compensation rating from the Department of Veterans Affairs, we'll expedite your disability claim.

Want more information on help? Visit www.ssa.gov/woundedwarriors for answers to commonly asked questions or to find information about the application process.

Thinking about retirement or know a veteran who is? Military service members can receive Social Security benefits in addition to their military retirement benefits. For details, visit our webpage for veterans, available at www.ssa.gov/people/veterans.

Please share this information with the military families you know. We honor and thank the veterans who bravely served and died for our country and the military service members who serve today.



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, Health Insurance Information Counseling and Assistance Program (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/hr*).

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: 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.



Greene County Department of Human Services welcomes Valree R. Wright as their new Aging Services Specialist. Valree is no stranger working for Greene County as she has been a part of the Department of Social Services for the past year.

“Rachel” will handle all NY Connects related operations. In addition, she will serve on the county Networking team which provides assistance to municipal and community agencies.

*Thank
you*

*Your kind and generous donations
will be used to provide service
to an older adult in need.*

For the Nutrition Program

*(and Senior Angels Program) - Geraldine Hylan
In Memory of Eileen Kelly*

*William B. Lawrence
In Memory of Frank Stabile Jr.*

*Melinda Toule
In Memory of Harold Jurgens*

Acra Senior Site/Nutrition Program

In Memory of John Morgese

*Ronald and Kathy Gallagher
Greene County Bancorp MHC*



**THANK YOU FOR YOUR
SUPPORT and GENEROSITY**

As the number of seniors grows, so does the need for our vast array of services. The Department of Human Services encourages and appreciates donations. 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 Fund | ____ Homebound transportation |
| ____ Nutrition Program/Home-delivered Meals | ____ Where most needed |

Make checks payable & mail to:

Greene County Dept. of Human Services
411 Main Street Catskill, N.Y. 12414

NYSOFA EDUCATING PUBLIC ON SEPSIS & ITS IMPACT

The New York State Office for the Aging (NYSOFA) announced a partnership with the Sepsis Alliance and Boston University School of Social Work's Center for Aging & Disability Education & Research (CADER) to educate the public about the devastating impact of sepsis. Sepsis, also known as blood poisoning, is a life-threatening condition that arises when the body's response to infection causes injury to its own tissues and organs. Their plan is to help raise awareness about the signs and symptoms of sepsis and help mitigate poor outcomes and death. Sepsis is a word that is not familiar to nearly one-third of the population. Sepsis, the body's overwhelming response to infection, kills someone in the U.S. every two minutes, hospitalizes someone every 20 seconds, and is the leading cause of hospital readmissions. Sepsis kills and disables millions globally and requires early suspicion and rapid treatment for survival.

Older adults (65+) have more than 13 times the risk of developing sepsis than younger patients. Increased risk of sepsis among older adults is thought to stem from heightened infection risks and other predisposing conditions associated with the aging process. Other conditions and circumstances include comorbidities such as COPD, Congestive Heart Failure, Diabetes, Cancer, Chronic Liver Failure, Dementia and Alzheimer's. Malnutrition, frailty, the use of medical instruments such as catheters, and the residence in long-term facilities where resistant bacteria are present are also thought to heighten risks of sepsis and/or sepsis mortality among older adults.

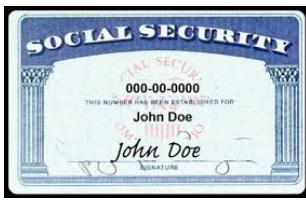
Other findings specific to older adults include:

- Sepsis is 1.96 times more likely to result in readmission to a hospital than non-sepsis hospitalizations.
- More than 40% of older patients have another hospitalization within three months of initial sepsis, most commonly due to a repeat episode of sepsis or another infection.
- Nursing home residents are more than six times more likely to present with sepsis in the emergency room than non-nursing home residents.
- There are 20,000 new cases of moderate-to-severe cognitive impairment among older adults each year caused explicitly by sepsis.

The Sepsis Alliance, the leading sepsis organization in the U.S., seeks to save lives and reduce suffering by improving sepsis awareness and care. In 2003, only 19% of U.S. adults were aware of the term "sepsis." After more than ten years of educational efforts for the general public and healthcare providers, awareness is at an all-time high of 71% with over 20,000 healthcare providers across the country having attended sepsis webinars and courses to elevate their practice.

*For more information, please visit
www.sepsis.org*





REPLACEMENT OR CORRECTED SOCIAL SECURITY CARDS IN THE COVID-19 PANDEMIC

Social Security Star, May 2021

Social Security offices are currently open only for in-person appointments for limited, critical situations, depending upon local office conditions. However, you can continue to apply for a replacement Social Security card online and by mail. Before requesting a replacement card, please remember that you might not need the physical card. Most of the time, simply knowing your Social Security number is enough. If you have a critical situation that requires you to have a physical card and you cannot apply by mail or online, you should call your local Social Security office. Please visit the Coronavirus (COVID-19) Updates page for more information at www.ssa.gov/coronavirus.

Applying Online: If you don't need any changes to your Social Security Number record (such as a name or date of birth change), applying for a replacement card online is your most convenient option. You don't need to mail proof or visit an office. You can use our online application if you are an adult, have a State-issued drivers' license or non-driver identification card, and live in the District of Columbia or one of the 45 States that verifies State-issued documents for us. All you need to do is create a *my Social Security* account to access and complete the online application at www.ssa.gov/myaccount/replacement-card.html.

Applying by Mail: Primary Identity Proof is required with your replacement card application (www.ssa.gov/forms/ss-5.pdf), usually a State-issued drivers' license, non-driver identification card, or U.S. passport. It is understood that mailing primary identity proofs with your replacement card application can be challenging. To help, the SSA is temporarily expanding policy to accept alternative identity documents - "secondary proofs" - when you cannot mail primary proof. Acceptable secondary proofs include, but are not limited to employee identification card, school identification card, health insurance card (not a Medicare card) or U.S. military identification card.

These proofs must be current (not expired), show your name and identifying information (such as your date of birth or age), and be an original or a certified copy. If you need to change your name, when you mail your replacement card application, you will need to submit proof of identity plus proof of the name change. Proof of the name change could be a marriage certificate, divorce decree, Certificate of Naturalization showing the new name, or a court order approving the name change. You may be able to submit one document to serve as proof of your name change and identity. For example, you may submit a marriage certificate as proof of name change and identity if the certificate shows the marriage occurred within the prior two years and includes your prior name, your age, birth date or parents' names.

Documents sent will be returned to you.

DRUG COSTS UNDER EXTRA HELP

If you have [Extra Help](#), throughout the year you will pay either the Extra Help copayment or your plan's copay for your prescription drugs. You always pay the lower cost between the two. Note that plan copays for prescriptions may change during the year, meaning at times the price for your prescription drugs may differ.

Example: Mr. S has full Extra Help and a monthly income above \$1,094, so his Extra Help copays are \$3.70 for generics and \$9.20 for brand-name drugs. However, his plan copay for his generics is \$1.35. Mr. S will therefore pay the plan copay of \$1.35 because it is cheaper than the Extra Help copay of \$3.70.

If Mr. S had full Extra Help and a monthly income below \$1,094, his copays would be \$1.30 for generics and \$4.00 for brand-name drugs, making his generic Extra Help copay less costly than the plan copay of \$1.35. This means that Mr. S would pay the Extra Help copay throughout the year. If Mr. S had partial Extra Help, he would pay a 15% coinsurance for his prescription drugs or his plan's standard copay.

Your out-of-pocket costs also change when you reach [catastrophic coverage](#) (\$6,550 out of pocket in 2021). Those with full Extra Help who reach catastrophic coverage generally will pay nothing for covered drugs for the remainder of the calendar year. Those with partial Extra Help will pay \$3.70 for generic drugs and \$9.20 for brand-name drugs for the remainder of the calendar year.

HOW TO APPLY FOR EXTRA HELP

If you do not have Medicaid, Supplemental Security Income (SSI), or a Medicare Savings Program (MSP), you can apply for the Extra Help program through the Social Security Administration (SSA) using either the agency's print or online application. (If you have Medicaid, SSI, or an MSP, you should be automatically enrolled in Extra Help.) To apply online, visit www.ssa.gov. Depending on processes in your state, this application can also serve to screen you for a Medicare Savings Program, which helps pay your Medicare costs. Be sure to complete the entire application and provide accurate information so you get all the benefits for which you qualify.

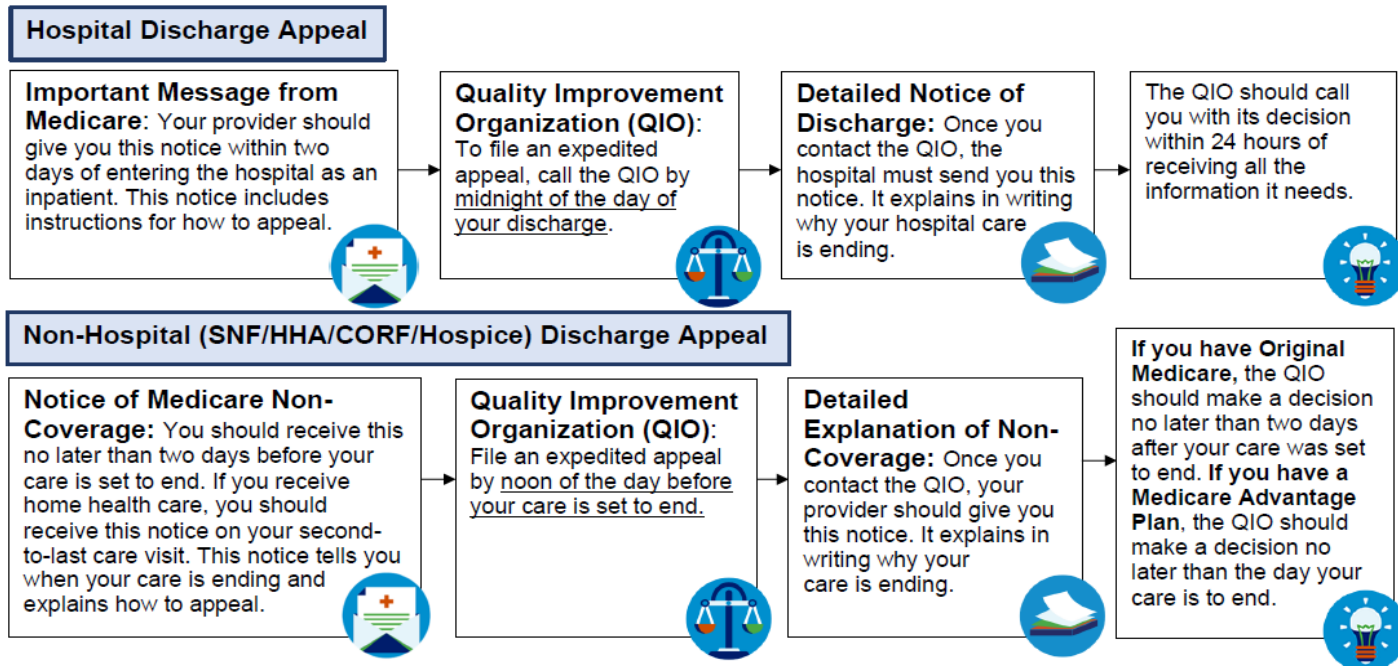
Remember, Extra Help reduces your prescription drug costs only for drugs covered by your Part D plan. If you do not have a Part D plan but are eligible for Extra Help, you can use the Special Enrollment Period (SEP) to enroll in Part D drug coverage.

If your application for Extra Help is denied or you disagree with the award (for instance, you think that you should receive full Extra Help but you were only awarded partial Extra Help), you can appeal to SSA. You will have the opportunity to submit information about why you qualify when you appeal.

If you need assistance applying on-line, please contact Greene County Department of Human Services, 518-719-3555, to make an appointment with someone who can assist you.

How do I file an appeal for care that is ending?

If you are receiving care in a hospital or non-hospital setting and are told that your Medicare will no longer pay for your care (meaning that you will be discharged), you have the right to a fast appeal if you feel that continued care is medically necessary. Non-hospital care includes care from a skilled nursing facility (SNF), Comprehensive Outpatient Rehabilitation Facility (CORF), hospice, or home health agency. There are separate processes for hospital and non-hospital appeals. You can appeal by following the instructions on the notices you receive.



If the QIO appeal is successful, your care will continue to be covered, including for the time you were appealing. If the QIO decides that your care should end, you can file a second appeal within the timeframe on your QIO denial notice.

There are five levels of appeal in total. The timing and agency involved depends on which type of care is ending and whether you have Original Medicare or a Medicare Advantage Plan. For information about higher levels of appeal, visit www.medicareinteractive.org or contact your local SHIP office.

Tips for filing Medicare appeals for care that is ending

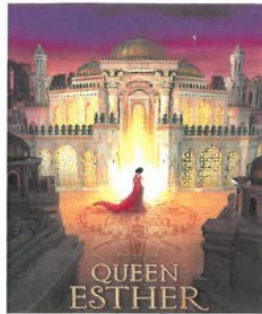
- Follow instructions on the notices you receive and adhere to important deadlines.
- Keep original copies of information.
- Take thorough notes while appealing.
- Request a letter from your doctor or health care provider in support of your continued care to strengthen your appeal.
- Contact your local State Health Insurance Assistance Program (SHIP) for more guidance on appeals. Visit www.shiptacenter.org or call 877-839-2675 to contact your SHIP.

IMPORTANT NOTE:

NEITHER GREENE COUNTY
NOR THE DEPARTMENT OF
HUMAN SERVICES
ENDORSES ANY
SENIOR CLUB ACTIVITIES.
WE MERELY PASS THE
INFORMATION ALONG
AS A COURTESY
TO THE SENIOR CLUBS.

FOR FURTHER INFORMATION,
CONTACT THE SPECIFIC CLUB
ADVERTISING EVENT.

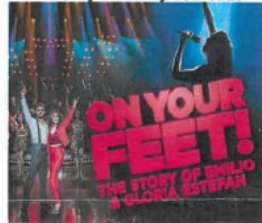
**IN LIGHT OF COVID-19,
PLEASE CHECK WITH THE
SPECIFIC SPONSORING CLUB
TO SEE IF A TRIP
IS STILL ON SCHEDULE.**



Sight and Sound Theater



Hershey's Factory Tour Ride



Dutch Apple Dinner Theater



Bird-in-Hand Farmers Market



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PENNSYLVANIA AMISH LANDS

*With Sight & Sound's "Queen Esther"
& Dutch Apple's "On Your Feet!"*

3 DAYS - 2 NIGHTS

SEPTEMBER 15 - 17, 2021

**\$420.00 Per Person Double Occupancy
\$555 Single Occupancy**

*\$25 Per person deposit due with reservation
Balance due by July 15, 2021*

PACKAGE INCLUDES:

- 2 Nights Lodging
- 2 Breakfasts
- 2 Dinners including an Amish Farm Family-style Dinner
- Performance of "Queen Esther" at Sight & Sound Theatre
- Performance of "On Your Feet! - The Story of Emilio & Gloria Estefan" at Dutch Apple Theater
- Kitchen Kettle Village
- Hershey's Chocolate World & Chocolate Tour Ride
- Bird-in-Hand Farmers Market
- Souvenir Gift
- Luggage Handling
- Taxes & Meal Gratuities
- Motorcoach Transportation

Cancellation insurance available; see reverse side for details

FOR INFORMATION AND RESERVATIONS CONTACT:

CATSKILL SILVER LININGS
Georgianna Ramsay
P.O. Box 162
Round Top, NY 12473
(518) 622-3257



Hearthstone Care

1187 Route 23A,
Catskill, NY 12414
(518) 678-2030

We are looking for donations of a variety of medical equipment.
Is it used? Is it broken? We can rehab it and someone can still use it!

DESIRED ITEMS:

- Medical beds**
- Wheelchairs, including electric wheelchairs
 - Canes/crutches
 - Walkers & rollators
 - Commodes with buckets/shower chairs
 - Bath transfer chairs
 - Other medical equipment

**Also accepting
Unopened Packages
of Adult Diapers and Chux pads**



News From the Greene County Youth Bureau

Have you noticed the new raised-bed garden on Bridge St. in Catskill? This garden was built from the ground up by a crew of teens last summer. Greene County Youth Bureau partnered with the Mental Health Association Youth Clubhouse to offer a horticulture job skills training program through Columbia-Greene Community College Workforce NY Summer Youth Employment Program (SYE). Youth learned how to use tools to build raised beds, planted vegetables and herbs.. They donated part of the harvest to the Catskill Food Pantry, as well as sampled the fruits of their labor. In addition to learning construction and horticulture skills, the youth worked with Thrive HV, a disability advocacy organization, that led a series of workshops educating youth on the difficulties experienced by people with disabilities. This culminated in the construction of a wheelchair accessible raised bed which is now planted with strawberries. The SYE crew will be at it again this summer, starting the week of July 12, adding new beds to the garden and polishing their horticulture skills.



POSITIVE YOUTH DEVELOPMENT (PYD) NETWORK - JUNE 2021 101 WEB SERIES

At a time when face-to-face trainings are not feasible, please join us for a series of webinars exploring positive youth development and its core principles and strategies. An **introduction** to updated material and new resources. Although the PYD 101 training was developed with professionals new to the field of youth work in mind, it may serve as a good refresher for experienced youth work professionals. Registration link: http://www.actforyouth.net/youth_development/professionals/manual.cfm

June 8 at 11:00AM – PYD I: Foundations

This webinar will define positive youth development and explore key theoretical frameworks and research findings. Will also summarize the current understanding of adolescent development. Registration link: <https://cornell.zoom.us/meeting/register/tjwscemgrjooEtb1eVvx4qGG1E6Oe6mzxU1m>

June 10 at 1:00PM – PYD II: Positive Youth Development Outcomes

One important principle of PYD is to focus on building positive youth outcomes instead of preventing or fixing problematic behavior. Will take a look at different outcome models. In addition, will discuss and practice strategies for building positive outcomes through a strength-based approach. Registration link: <https://cornell.zoom.us/meeting/register/tjYvce-spzoiGNHnXvwhZ4oAcv226-ULV6>

June 15 at 11:00AM – PYD III: Youth Voice and Engagement

Another key principle of PYD is youth voice and engagement. Will explore ways to provide young people with meaningful roles and responsibilities. Authentic youth engagement, however, does not happen without addressing barriers such as adultism and other forms of adult resistance. Registration link: <https://cornell.zoom.us/meeting/register/tjIrd-qvrz8tH9dD9oa8mRfTY0t4U88BUtC>

June 17 at 1:00PM – PYD IV: Youth Development Programming

This webinar will review features of effective youth development programming, reflect on inclusive program environments, and explore youth-centered learning approaches and resources. Registration link: <https://cornell.zoom.us/meeting/register/tj0kd-2qrjsjG9WIBWihw69VVqazFOUuDCMQ>

June 22 at 11:00AM – PYD V: Youth Work Ethics

This final webinar will take a closer look at what it takes to be a youth work professional. Will discuss competency frameworks and professional development opportunities internally in agencies and in the community. In addition, will explore ethical dilemmas youth workers may face along with personal and professional boundary issues. Registration link: <https://cornell.zoom.us/meeting/register/tjAtcOmngqj0rG9lHr1lwYTVan-OHs7caX1lu>

This webinar series is sponsored by the ACT for Youth Center for Community Action and the Risk and Thriving in Adolescence Program Work Team (PWT) at Cornell University.

KIDDE RECALLS TRUSENSE SMOKE AND COMBINATION SMOKE/CARBON MONOXIDE ALARMS

This recall involves Kidde TruSense Smoke Alarms and Combination Smoke/Carbon Monoxide Alarms. The recalled units are Kidde Model Series 2040, 2050, 2060 and 2070 Smoke and Combination Smoke/Carbon Monoxide alarms. Only alarms with the TruSense logo or “AMBER=FAULT” printed on the front of the alarm are included in this recall. The model number is printed on the back of the alarm.

Model	Alarm Type
2040-DSR	Smoke
2050-DS10	Smoke
2060-ASR	Smoke
2070-VDSCR	Combination Smoke/Carbon Monoxide
2070-VASCR	Combination Smoke/Carbon Monoxide
2070-VDSR	Smoke
2070-VASR	Smoke

Consumers should immediately contact Kidde for a free replacement alarm. Consumers should keep using the recalled alarms until they install replacement alarms. Contact Kidde toll-free at 844-796-9972 from 8 a.m. to 8 p.m. ET Monday through Friday and 9 a.m. to 3 p.m. ET on Saturday or online at www.kiddetsalarmrecall.rsvpcomm.com or www.kidde.com and click on “Support” and then “Product Alerts” for more information.



Memory Mixers



BINGO



Thursday, June 24th, 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, June 18th**, by calling **(518) 238-4164**.

This program is supported by St. Peter's Health Partners Eddy Alzheimer's Services and grants from the New York State Department of Health.



Eddy Alzheimer's
Services

ST PETER'S HEALTH PARTNERS

Member of Trinity Health



GREENE COUNTY ROUND TABLE NEWS

is published monthly by

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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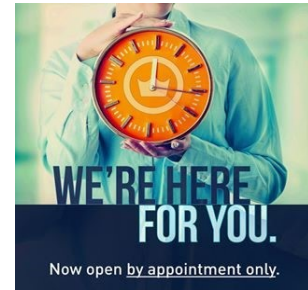
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The office is open 8:30 a.m. - 5:00 p.m. Monday thru Friday, though staff are unavailable between 12:00 p.m. and 1:00 p.m. Agency staff specialize in a variety of subjects. **During COVID, staff are available by appointment only. Please call our main office telephone number to schedule an appointment if you need to meet with a staff member.**

Programs are made possible through funds from the NY State Office for the Aging, NY Connects, Administration for Community Living, NY State Office of Children and Family Services, and the generous support of the Greene County Legislature. Contributions are gratefully accepted and used to expand programs and services. **No person will be denied service if they are unable or unwilling to contribute.** All contributions are confidential.

For individuals with disabilities or language interpretation needs, requests for reasonable accommodations should be made with at least five days notice.

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