



# Greene County Round Table News

Published by Greene County Department of Human Services since 1976

AUGUST 2021

## **2021 SENIOR FARMERS' MARKET NUTRITION PROGRAM**

**Are you a New York State senior citizen (aged 60 years or older)**

**AND**

**Is your monthly income at or below \$1986 for one; \$2686 for two  
or an additional \$700 per person for larger households?**



**Would you like to receive a booklet containing twenty dollars (\$20) worth of checks to be used to purchase local, fresh, unprocessed vegetables and fruits at participating farmers' markets and farm stands throughout NYS?**

**If you answer YES to the above and you have not already received this year . . .**

***CONGRATULATIONS – YOU ARE ELIGIBLE!!***

**Checks are distributed on a first come, first served basis.**

### **BOOKLETS CAN BE OBTAINED AT THE FOLLOWING LOCATIONS**

**GREENE COUNTY DEPARTMENT OF HUMAN SERVICES, MAIN OFFICE  
ANY DAY, 9:00 A.M. – 12:00 P.M. AND 2:00 P.M. - 4:30 P.M.**

### **AFTER AUG. 2, 2021**

**ATHENS: RIVERTOWN SENIOR CENTER MON. – FRI., 1:00 P.M. – 3:00 P.M.**

**CAIRO: ACRA COMMUNITY CENTER MON. – FRI., 12:30 P.M. – 1:30 P.M.**

**MOUNTAIN TOP: JEWETT SENIOR NUTRITION SITE MON. – FRI., 1:00 P.M. – 3:00 P.M.**

**In Greene County, the following are authorized market locations:**

**Coxsackie Farmers' Market (Wed. 4:00 p.m. – 7:00 p.m.)**

**Stoneledge Farm, Leeds (Sat./Sun. 9:00 a.m. – 3:00 p.m.)**

**Black Horse Farms, Athens (Daily 9:00 a.m. – 6:00 p.m.)**

**Bulich Creekside Farm, Leeds (Daily 10:00 a.m. – 5:00 p.m.)**

**Fromer Market Gardens, Tannersville (Sat. 9:00 a.m. - 3:00 p.m.**

**and Wed. 3:00 p.m. – 6:00 p.m.)**

*The Farmer's Market Coupon program is sponsored by  
N.Y.S. Dept. of Agriculture and Markets      N.Y.S. Dept. of Health  
N.Y.S. Office for the Aging      Cornell Cooperative Extension  
U. S. Department of Agriculture Food and Nutrition Service*



**SENIOR ANGELS PROGRAM -  
SPREADING CHEER 365 DAYS A YEAR**  
*SPONSORED BY  
GREENE COUNTY DEPARTMENT OF HUMAN SERVICES*



**KICKING OFF THE NEW YEAR**

Ken Brooks, Chairman of the Greene County Department for Human Services' Senior Angels Program, graciously accepts a \$1,500 donation from the Catskill BPOE #1341 to start this year's Senior Angels fundraising.

Seen in photo are Ken, Committee members Tami Bone, Rose Bundy and MJ Pomilla, with Elks representative & Past Trustee, Deb Traficante.

Thank you Catskill BPOE!



**GREENE COUNTY SENIOR ANGELS**  
**Spreading Cheer 365 Days a Year**



*Greene County Department of Human Services invites you  
to become a Senior Angel*

*The department has elderly, limited-income clients who could use a special gift during the holiday season. These gifts lift their spirits and fulfill a need. Monetary donations will be placed in the department's Senior Angels Fund and be used to purchase a gift for needy senior citizens. Some of the ways we use the funds:*

*To purchase clothing, small appliances and household necessities*

*To purchase other items that will enable seniors to live with dignity and independence*

*As a monetary supplement to help with rising energy costs, when all other sources have been expended*

*To purchase gifts for elderly clients in Nursing Homes*

*Year round, funds are used to provide one-time, emergency assistance to senior citizens when all other funds have been exhausted and there is no other source to help.*

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**PLEASE RETURN THIS SECTION WITH YOUR DONATION**

\_\_\_\_\_ *I would like my name published.*

\_\_\_\_\_ *I wish to be listed as "Anonymous".*

\_\_\_\_\_ *I would like the donation to read:*

*In Memory/Honor of:* \_\_\_\_\_

*Donations may be dropped off or mailed to:  
Greene County Department of Human Services,  
Attn: Senior Angels  
411 Main Street  
Catskill, NY 12414*

*For more information, please call (518) 719-3555 or toll-free (877) 794-9266  
Email us at [aging@discovergreene.com](mailto:aging@discovergreene.com)*

PLEASE!!!!!!



**WE DON'T WANT TO BEG BUT . . .**



The Greene County Department of Human Services is desperately looking for volunteers for their Homebound Meal Delivery and Homebound Medical Transportation programs.

Greene County residents, age 60 and older, who can't prepare meals for themselves are brought healthy, nutritious, balanced meals to their residence, up to five days a week by our AmeriCorps RSVP volunteers.

Medical Transportation, again courtesy of an AmeriCorps RSVP volunteer, is provided to Greene County residents age 60 or older who do not have any other available options for transportation to medical appointments. This service is available to medical facilities located in Greene County, as well as the neighboring counties of Albany, Columbia, Delaware, Schoharie and Ulster.

Volunteers can tell us what days and/or times they are available and we will schedule you appropriately. You will even receive mileage reimbursement!

**DOES THIS SOUND LIKE SOMETHING YOU WOULD LIKE TO VOLUNTEER TO DO?**

**Contact Ruth Pforte,  
Greene County AmeriCorps RSVP Volunteer Coordinator  
518-719-3555**



*"Volunteering is the ultimate exercise in democracy.  
You vote in elections once a year, but when you volunteer,  
you vote every day about the kind of community  
you want to live in." Author Unknown*





Greene County Department of Human Services AmeriCorps Seniors recently hosted the Mid-Hudson AmeriCorps Seniors Consortium meeting.

This meeting was the first in person meeting held in over a year and was held at Dutchman's Landing in Catskill.

Consortium meetings allow AmeriCorps Senior project directors to gather and exchange information about their programs.

Seen in the photo are Albany County Director Jim Kelly, Dutchess County Director JoAnne Hickman, our own Ruth Pforte, and Ulster County Director Jay Levine.



**Attention Greene County Seniors  
living in Catskill, Coxsackie-Athens  
or Greenville**

### **HELPING HANDS PROGRAM**

Greene County Department of Human Services'  
Senior Angels Program  
has teamed up with local Rotary Clubs  
on the **"HELPING HANDS"** program.

If you need some minor repairs done around the home  
(i.e.: changing light bulbs,  
changing out screens to storm windows, etc.)  
please let the Greene County Senior Angels know.

Please call: 518-719-3555  
and ask for the Helping Hands Coordinator.

*Note: Large jobs requiring a contractor  
(i.e.: new roof, deck or fencing)  
will not be considered.*



# GREENE COUNTY DEPARTMENT OF HUMAN SERVICES CONTACT AND SUPPORT



**Brief Description:** Partnership with local Rotary Clubs to offer telephone conversations for older adults.

## Program Description

Social isolation and loneliness are common among older adults who live alone and can be exacerbated in a rural setting where many older adults do not live near their neighbors. To address this, Greene County Department of Human Services created the Contact and Support program. Through this program, local Rotary Club volunteers call homebound Department clients for social conversations. Volunteers and clients engage in discussions based on common interests, local issues, shared memories and local history. Whenever possible, clients are paired with Rotary Club members in their own village or town, so they have something in common, which helps facilitate an initial conversation. Some volunteers have been assigned clients who were their former teachers or neighbors, and even friends of relatives.

A past Department survey showed respondents feeling lonely or isolated. This helped launch the program and identify potential participants. Staff also identified homebound clients they work with through case management, home-delivered meals and more who might benefit from additional socialization.

## Outcomes

Clients who participated in the program indicated an increase in social support and reduced isolation.

## Lessons Learned

It is important to keep it local - the program works because there is a common link between volunteer and client. It is also critical to communicate clearly about the program with clients before it begins, so clients can decide if they want to participate, determine who they would feel comfortable receiving calls from and feel prepared for a call from a volunteer.

## Resources Needed

Staff time is needed to identify which clients would benefit from the program, manage data entry, and maintain regular contact with volunteers to ensure compliance and discuss any concerns. Volunteers can use their own phones.



## Contact Information

For more information on this program, contact: Ken Brooks Jr., Business Manager with Greene County Department of Human Services (Catskill, NY) at [kenbrooks@discovergreene.com](mailto:kenbrooks@discovergreene.com) or call 518-719-3555.

## ROUND TABLE NEWS GOING GREEN!

In an effort to **Go Green**, the Greene County Round Table News offers an alternate way of receiving the newsletter.

***Sign up to receive it electronically by email.***  
**Simply email us at [aging@discovergreene.com](mailto:aging@discovergreene.com).**

Be sure to provide your name & email address, Subject: RTN. You will receive a full color version of the newsletter before it gets mailed to others.

Several Greene County Department of Human Services' employees were recognized for their years of service to the county. Acknowledged were:

20 years:

Executive Director: Terry McGee Ward

Aging Services Aide: Rose Bundy

15 years:

Nutrition Coordinator: Tezera Pulice

10 years:

Aging Services Coordinator: Connie Bentley

Seen in photo: Greene County Administrator Shaun Groden presents Rose Bundy her certificate and pin.



**NY Connects**  
Your Link to Long Term  
Services and Supports

**Are you interested in having more income at the end of each month? Not sure what is out there and if you qualify? Greene County Department of Human Services NY Connects can help!**

**Our NY Connects staff will guide you through the process of determining your individual eligibility for money savings programs, including HEAP, SNAP, and prescription assistance! Call 518-719-3556 to speak to our representative.**

## **EXTRA HELP ELIGIBILITY**

1. If your monthly income is up to \$1,630 or \$2,198 for couples in 2021 and your assets are below specified limits, you may be eligible for Extra Help. These limits include a \$20 income disregard that the Social Security Administration automatically subtracts from your monthly unearned income. Even if your income or assets are above the eligibility limits, you could still qualify because certain types of income and assets may not be counted, in addition to the \$20 mentioned above.

2. If you are enrolled in Medicaid, Supplemental Security Income (SSI), or a Medicare Savings Program (MSP), you automatically qualify for Extra Help regardless of whether you meet Extra Help's eligibility requirements. You should receive a purple colored notice from the Centers for Medicare & Medicaid Services (CMS) informing you that you do not need to apply for Extra Help.

The Extra Help program offers the following benefits:

- Pays for your Part D premium up to a state-specific benchmark amount
- Lowers the cost of your prescription drugs
- Gives you a Special Enrollment Period (SEP) once per calendar quarter during the first nine months of the year to enroll in a Part D plan or to switch between plans (You cannot use the Extra Help SEP during the fourth calendar quarter of the year (October through December). You should use Fall Open Enrollment during this time to make prescription drug coverage changes.)
- Eliminates any Part D late enrollment penalty you may have incurred if you delayed Part D enrollment

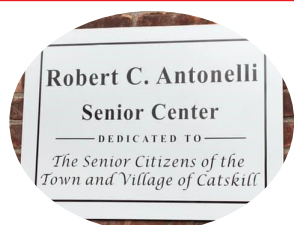
Depending on your income and assets, you may qualify for either full or partial Extra Help. Both programs provide assistance with the cost of your drugs. To receive such assistance, your prescriptions should be on your plan's formulary and you should use pharmacies in your plan's network. Remember that Extra Help is not a replacement for Part D or a plan on its own: You must still have a Part D plan to receive Medicare prescription drug coverage and Extra Help assistance. If you do not choose a plan, you will in most cases be automatically enrolled in one.

If you are eligible for Extra Help and already have other creditable drug coverage, you should evaluate your costs and coverage when deciding whether to enroll in Part D and Extra Help or to keep your current drug coverage. Be sure to ask your former employer or union if you can get a Part D plan without losing the retiree benefits you want to keep, and check if disenrolling from retiree drug coverage makes you ineligible for other retiree health benefits. If you cannot have Part D and your retiree benefits, or if keeping both is not cost-effective, think carefully about whether you should get a Part D plan, especially if your retiree plan also covers your spouse or dependents. If you later want Part D, you will have a two-month SEP after you lose creditable coverage.

## ROBERT C. ANTONELLI SENIOR CENTER REOPENS

It's been a long hard year on everyone, thanks to COVID. But what better way to welcome our Greene County Senior Citizens back to the Robert C. Antonelli Senior Center in Catskill than with an old-fashioned Ice Cream Social! The social was graciously hosted by the Catskill Silver Linings Club as part of their July meeting.

Seen in photo: AmeriCorps volunteer, Edie Bentley; Silver Linings President Sheila Pedersen; AmeriCorps volunteers, JoEllen Gillooley and Madeline Greene, and Linda Dixon all help to scoop the ice cream and bring a smile to those in attendance.



## AUGUST HAPPENINGS AT THE ANTONELLI SENIOR CENTER 518-943-1343

Every Day - Pinochle, Card Games & FUN!!!



Every Monday	Karaoke, Dance Aerobics Crafters	10:00 a.m. - 11:00 a.m. 12:30 p.m. 1:00 p.m.
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Every Tuesday	Pool Game Line Dancing	10 a.m. - 1 p.m. 10:30 a.m.
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Every Wednesday	Karaoke, Painting Dance Aerobics	10:00 a.m. - 11:00 a.m. 10:00 a.m. - 12:00 p.m. 1:00 p.m. - 2:00 p.m.
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Every Thursday	Intro Tech Chair Yoga with Elisabeth Pool Games	11:00 a.m. 12:00 p.m. (No class August 12) All Day! (No games on August 5)
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Every Friday	Rummikub Movie Chair Dance Aerobics	10 a.m. 10 a.m. 10 a.m.
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<b>SPECIAL EVENTS:</b>	Thursday, August 12	Silver Linings BBQ	1:00 p.m.
	Tuesday August 24	Paint & Tea	10:00 a.m.
	Monday August 30	Ageless Grace	10:00 a.m.

# August

## Nutrition Notes

*Written by Nicole Gehman, MS, RD, CD-N*



Summer is here! ☺ My neighbor delivered me some tomatoes from the local farm stand, which tasted so sweet and delicious. I started pondering all the benefits of tomatoes, and all the useful ways to cook with them - especially when they are fresh in season during summertime. Most varieties are ripe from June through September. Unfortunately transport and cold storage often results in less flavorful crops, so it is best to enjoy them now at your local farm stands and farmers' markets.

We previously discussed the antioxidants present in red foods which benefit the heart. Tomatoes contain carotenoids, which are the vibrant red, yellow, and orange pigments in plants, which help protect our cells in the body. There are many different types of carotenoids, lycopene being one of the most prevalent in tomatoes. Lycopene is a powerful antioxidant, which is absorbed easier in the body when exposed to heat. For example, our bodies will absorb more lycopene from the tomatoes cooked in tomato sauce than raw tomatoes. It is also more readily absorbed when paired with a fat, such as mozzarella or olive oil used to prepare a delicious Caprese salad.

Tomatoes are technically a fruit because they contain seeds, however, most still refer to them as a vegetable. They are exceptionally great sources of vitamin A and vitamin C, as well as a strong source of potassium in the diet. Storage at room temperature promotes the flavor profile of tomatoes. There are many varieties including heirloom, San Marzano, Cherry, Roma, Grape, and Beefsteak to list a few. Most of these are also available at the grocery store and there is nothing like the flavor of cherry tomatoes from the garden.

You can enjoy tomatoes in many ways including eaten raw, stewed, simmered to make tomato sauce, juiced to make drinks, or tossed in summer salads. They are also a low carbohydrate, high fiber snack despite the false nutrition claims.

Now knowing these important facts about tomatoes, let us get creative and try some different varieties this summer. I always strive to encourage more colorful foods.

***If you need additional assistance, information, or nutrition counseling, please contact the main office at (518) 719-3555. Your Registered Dietitian is always available.***



## GREENE COUNTY SENIOR SERVICE CENTERS

Each site serves the noon-time menu item for the day, Monday - Friday, for a suggested contribution of \$4.00. All meals include: Meat/Alternative Entrée, Vegetables & Fruit, Bread, Milk & Dessert. Menu is subject to change based on product availability and circumstance. Centers are closed on legal holidays and inclement weather.

If you wish lunch from any of the nutrition sites, you must make sure to sign-up or call the center at least a day in advance. 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. Also, if you have been receiving a home delivered meal due to COVID & now decide to go to a center for lunch, please be sure to notify the center to make the change.

### 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

Carol Harnett

### JEWETT

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

Gayle Ruvolo  
Meal Site Manager

Sal Alberti

### CATSKILL

Robert C. Antonelli  
Senior Center  
15 Academy Street, Catskill

**TAKE-OUT MEALS  
FROM GCDHS MAY  
BE EATEN IN  
AT THE CENTER**

**CALL 518-719-3555  
OR 518-945-2700  
TO RESERVE**



seniornutrition

**How would you like to  
join our team?**

We are currently looking  
to hire a Full-time Cook,  
and Part-time and Per  
Diem Food Service  
Helpers/Drivers for our  
Nutrition sites.

Contact Greene County  
Human Resources at  
518-719-3775 for further  
information.

### COXSACKIE

Town of Coxsackie  
Senior Center  
127 Mansion Street,  
Coxsackie

**TEMPORARILY  
CLOSED**

**We hope to  
reopen  
soon.**



**Thursday August 12, 2021**

**Baked Ham w/ Raisin Sauce  
LOW SODIUM DIET SUBST:**

**Baked Chicken in lieu of Ham  
Scalloped Potatoes**

**LOCAL FARM FRESH GREEN BEANS  
*from Story Farms*  
Brownie**



**Friday, August 13, 2021**

**Chicken Caesar Salad**

**FARM FRESH CUCUMBER and TOMATO SALAD**

***from Bulich's Creekside Farm***

**FRESH FRUIT**

**Friday, August 20, 2021**

**Seafood Pasta Salad**

**Tossed Salad**

**LOCAL FARM FRESH FRUIT**

***from Stoneledge Farms***



**Friday, August 27, 2021**

**Cranberry Chicken Salad**

**Beet Salad**

**LOCAL FARM FRESH FRUIT**

***from Story Farms***

**Menu will be delivered to all homebound meal clients.**

**If you wish to have lunch at a Senior Nutrition site,  
please call at least a day in advance to reserve.**

<b>Rivertown Senior Center:</b>	<b>39 2<sup>nd</sup> Street, Athens</b>	<b>518-945-2700</b>
<b>Jewett Senior Service Center:</b>	<b>Jewett Municipal Building, Route 23C</b>	<b>518-263-4392</b>
<b>Acra Senior Service Center:</b>	<b>Acra Community Center, Old Route 23, Cairo,</b>	<b>518-622-9898</b>
<b>Catskill Senior Nutrition Site:</b>	<b>Please call the Rivertown site, 518-945-2700 or the main office, 518-719-3555 to request a take-out lunch.</b>	

# 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 - 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
<b>2</b> BBQ CHICKEN THIGHS BAKED BEANS COLLARD GREENS WHEATBERRY BREAD APPLESAUCE	<b>3</b> TORTELLINI MARINARA ITALIAN MIXED VEGETABLES FRUIT COCKTAIL ITALIAN BREAD PEANUT BUTTER COOKIE	<b>4</b> SEAFOOD SCAMPI SPINACH LINGUINI WHOLE WHEAT DINNER ROLL PINEAPPLE	<b>5</b> HOT ROAST BEEF w/ Gravy MASHED POTATOES GLAZED CARROTS WHOLE WHEAT BREAD FRESH FRUIT	<b>6</b> CHICKEN SALAD PLATE MIXED GREENS PASTA SALAD WHOLE WHEAT DINNER ROLL STRAWBERRIES w/ Whipped Topping
<b>9</b> MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES WHOLE WHEAT BREAD FRUIT COCKTAIL	<b>10</b> CHICKEN DIVAN MONACO VEGETABLE MIX WHITE RICE WHOLE WHEAT BREAD TROPICAL FRUIT	<b>11</b> FISH FLORENTINE CAULIFLOWER MASHED POTATOES WHOLE WHEAT BREAD PEACHES CHOCOLATE MOUSSE	<b>12</b> BAKED HAM w/ Raisin Sauce SCALLOPED POTATOES  FARM FRESH  GREEN BEANS  BROWNIE  <b>LOW SODIUM DIET:</b> Baked Chicken Breast in lieu of Ham	<b>13</b> CHICKEN CAESAR SALAD CUCUMBER/TOMATO SALAD MARBLE RYE FRESH FRUIT  
<b>16</b> HAM, PEPPER & ONION QUICHE HASH BROWNS BROCCOLI WHEATBERRY BREAD TROPICAL FRUIT	<b>17</b> VEAL PARMESAN SPINACH STEWED TOMATOES ZITI DINNER ROLL PEAR CUP CHOCOLATE CAKE	<b>18</b> MEATLOAF w/ Gravy BRUSSELS SPROUTS SCALLOPED POTATOES WHOLE WHEAT BREAD FRUITED AMBROSIA	<b>19</b> CHICKEN DIJON MASHED POTATOES MONACO VEGETABLES MARBLE RYE FRUIT TART CUP	<b>20</b> SEAFOOD PASTA SALAD TOSSED SALAD WHOLE WHEAT BREAD FRESH FRUIT  
<b>23</b> BEEF CHILI BROCCOLI CORN BREAD BROWN RICE TROPICAL FRUIT	<b>24</b> TURKEY BURGER w/ Peppers & Onions GERMAN POTATO SALAD CARROT COINS HAMBURGER ROLL BIRTHDAY CUPCAKE  	<b>25</b> ROAST PORK w/ Gravy MASHED POTATOES PEAS & CARROTS WHOLE WHEAT DINNER ROLL OATMEAL RAISIN COOKIE	<b>26</b> EGGPLANT PARMESAN GREEN BEANS ZUCCHINI & DICED TOMATOES ITALIAN BREAD LINGUINI FRESH FRUIT	<b>27</b> CRANBERRY CHICKEN SALAD BEET SALAD WHOLE WHEAT WRAP FRESH FRUIT  
<b>30</b> BEER BATTERED FISH CALIFORNIA MIXED VEGETABLES WHITE RICE HAMBURGER ROLL PEARS	<b>31</b> CHICKEN PRIMAVERA ITALIAN MIXED VEGETABLES PENNE PASTA WHOLE WHEAT DINNER ROLL PEACHES w/ Whipped Topping	<div>  </div>		

# GREENE COUNTY SENIOR NUTRITION PROGRAM

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**SERVED DAILY: BREAD WITH PROMISE SPREAD - 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 CRANBERRY CHICKEN SALAD MARINATED CARROTS PINEAPPLE RICE PUDDING w/ RAISINS	2 PORK CHOP w/ Gravy MASHED POTATOES BUTTERNUT SQUASH FRESH FRUIT APPLE SPICE CAKE	3 SEAFOOD SCAMPI SPINACH TOSSED SALAD LINGUINI FRESH FRUIT
6 MAIN OFFICE & ALL SENIOR NUTRITION SITES CLOSED 	7 CHICKEN DIJON MONACO VEGETABLE MIX MASHED POTATOES APPLESAUCE COOKIES	8 FISH FLORENTINE ITALIAN MIXED VEGETABLES SCALLOPED POTATOES CHOCOLATE MOUSSE	9 MEATLOAF w/ Beef Gravy MASHED POTATOES GLAZED CARROTS FRESH FRUIT	10 CHICKEN CAESAR SALAD COLD BEET SALAD MACARONI SALAD FRESH FRUIT
13 BBQ CHICKEN THIGHS BAKED BEANS CALIFORNIA VEGETABLE MIX PEANUT BUTTER COOKIE	14 SWEET & SOUR PORK ASIAN CARROTS WHITE RICE MANDARIN ORANGES	15 STUFFED SHELLS w/ SAUSAGE GREEN BEANS SPINACH CHEESECAKE SWIRL BROWNIE	16 ROASTED CHICKEN w/ Gravy MASHED POTATOES BRUSSELS SPROUTS CARROT CAKE	17 BAKED SALMON w/ Dill Sauce CALIFORNIA VEGETABLE MEDLEY BROWN RICE FRESH FRUIT
20 BROCCOLI CHEDDAR QUICHE HASH BROWNS CAULIFLOWER CORN MUFFIN TROPICAL FRUIT	21 EGGPLANT PARMESAN SPINACH GREEN BEANS WHOLE WHEAT SPAGHETTI PEAR CUP	22 BEEF STEW GLAZED CARROTS BRUSSELS SPROUTS PEACHES WHOLE WHEAT EGG NOODLES BIRTHDAY CUPCAKE 	23 CHICKEN DIVAN PARISIAN VEGETABLE MIX SPINACH WHITE RICE CHOCOLATE CHIP PUDDING	24 TUNA SALAD PLATE w/ HARDBOILED EGG MIXED GREENS MARINATED CARROTS FRESH FRUIT
27 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES FRUIT COCKTAIL	28 LEMON BAKED COD SPINACH CARROT COINS BROWN RICE PEACHES	29 ROAST BEEF w/ Gravy MASHED POTATOES PEAS & CARROTS PINEAPPLE DELIGHT	30 CHEF SALAD w/ HARDBOILED EGG CUCUMBER & TOMATO SALAD FRESH FRUIT	

## **YOUR RIGHT TO ACCESS YOUR PERSONAL HEALTH INFORMATION**

By law, you or your legal representative generally have the right to view and/or get copies of your personal health information from these groups:

- Health care providers who treat you
- Health plans that pay for your care, including Medicare
- In most cases, you also have the right to have a provider or plan send copies of your information to a third party that you choose, like these:
  - Other providers who treat you
  - A family member
  - A researcher
  - A mobile application (or “app”) you use to manage your personal health information

This information includes:

- Claims and billing records
- Information related to your enrollment in health plans, including Medicare
- Medical and case management records (except psychotherapy notes)
- Any other records that contain information that doctors or health plans use to make decisions about you

You may have to fill out a health information “request” form and pay a reasonable, cost based fee for copies. Your providers or plans are supposed to tell you about the fee when you make the request. If they don’t, ask. The fee can only be for the labor to make the copies, copying supplies, and postage (if needed). In most cases, you won’t be charged for viewing, searching, downloading, or sending your information through an electronic portal.

Generally, you can get your information on paper or electronically. If your providers or plans store your information electronically, they generally must give you electronic copies, if that’s what you want.

You have the right to get your information in a timely manner, but it may take up to 30 days to fill the request.

**Learn more  
about your right  
to access your  
personal health information  
at HHS.gov**



**GREENE COUNTY DEPARTMENT of HUMAN SERVICES**  
**CONTRIBUTIONS POLICY**



For services under the Older Americans Act and in Community Services for the Elderly and Expanded In-Home Services for the Elderly projects which propose contributions, such contributions must be used for costs allowable under applicable regulations and incurred during the budget period that contributions were received. The suggested contributions will not be more than the actual cost of the service. The purpose is to offer participants the opportunity to contribute and to increase the units of services, particularly to those in greatest need. Envelopes are provided to participants that desire to make voluntary and confidential contributions.

**Services will not be denied to anyone unable or unwilling to make a contribution.**

**CONSULTATION and ASSISTANCE:** This includes such client assistance activities as case assistance, HIICAP, help with public benefit applications, etc.

The suggested level is \$5.00 per office visit (*Actual cost \$20.00/hour*).

**IN-HOME SERVICES:** This is discussed with the client by the case manager at the time of assessment.

The suggested level of contribution is \$3.00 per hour (*Actual cost \$21.56 per hour*).

**LEGAL SERVICES**

The suggested level of contribution is \$10.00 per attorney consultation (*Actual cost \$149.00/hour*).

**NUTRITION:**

• **Senior Congregate Meal or Home Delivered Meals:**

The suggested level of contribution is \$4.00 (*Actual cost \$15.00/meal*).

• **Nutrition Counseling** - Clients requesting diet counseling from the Registered Dietitian are provided with an opportunity to contribute.

The suggested level of contribution is \$5.00. (*Actual cost \$65.00/hour*).

**TRANSPORTATION:**

• **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*)

3/2020



As the number of seniors grows, so does the need for our vast array of services.

The Department of Human Services encourages and appreciates your donations. If you or your family are in a position to do so, please fill out the form below. Know that 100% of your contribution will be used to provide services to a Greene County older adult in need.

**THANK YOU FOR YOUR SUPPORT.**

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

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

I designate a \$ \_\_\_\_\_ donation in appreciation for services received

**OR**

In memory of \_\_\_\_\_  
to the following:

\_\_\_ Round Table News

\_\_\_ In-home services

\_\_\_ Where most needed

\_\_\_ Senior Angels Fund

\_\_\_ Homebound transportation

\_\_\_ Nutrition Program/Home-delivered Meals

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

*Thank  
you* 

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

*Carolyn Yusko In Memory of Loved Ones  
To the Nutrition Program*

*Anonymous To where most needed*

# GREENE COUNTY SENIOR CITIZENS CLUBS

Please note: Due to COVID-19, clubs may not be meeting at this time.  
Please check with your particular club to verify.



## ATTENTION ALL CLUBS:

Do you have anything  
to announce about  
your club?

Put it in print in the  
**Round Table News!**

Contact Maureen  
at the Department  
of Human Services

### ATHENS:

#### ***ATHENS SENIOR CITIZENS***

2nd & 4th monthly Monday  
1:15 p.m.  
Rivertown Senior Center

### CAIRO:

#### ***CAIRO GOLDEN AGERS***

2nd monthly Wednesday  
1:30 p.m.  
Acra Community Center

### CATSKILL

#### ***CATSKILL SILVER LININGS***

2nd monthly Thursday  
1:00 p.m.  
Robert C. Antonelli Senior Center

### COXSACKIE:

#### ***COXSACKIE AREA SENIORS***

2nd & 4th monthly Wednesday  
1:30 p.m.  
Van Heest Hall, Bethany

#### ***SENIOR CITIZENS of COXSACKIE***

1st & 3rd monthly Monday  
1:00 p.m.  
Town of Coxsackie Senior Center

### GREENVILLE:

#### ***GREENVILLE GOLDEN YEARS***

1st monthly Wednesday  
1:00 p.m.  
American Legion Hall

### MOUNTAIN TOP:

#### ***MOUNTAIN TOP GOLDEN AGERS***

4th monthly Thursday  
1:30 p.m.  
Tannersville Fire Hall

#### ***W-A-J-P-L GOLDEN AGE CLUB***

1st & 3rd Monday  
1:30 p.m.  
Hensonville Town Bldg.



*Calling All Seniors!*

# MOUNTAIN TOP GOLDEN AGERS IS HAPPY TO ANNOUNCE



## MEETINGS

4<sup>th</sup> Thursday of each month, 1:30 p.m.,  
Tannersville Firehouse

## UPCOMING TRIPS:

Monday, August 16 – Schenectady, NY  
Via Aquarium & Rivers Casino  
(Special promotions for Rivers members  
& new members of \$ Free Play + Food coupons  
+ 1 free drink)

\$30 Club members  
\$35 Non Club members

\*Tuesday, September 14  
Botanical Gardens, NYC

\*Wednesday, October 6  
Lake George, NY  
Luncheon Cruise & shopping stop

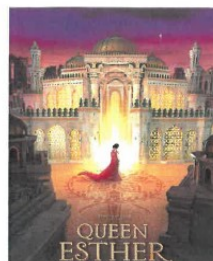
\* Costs and more details  
will be forthcoming.

Call, prior to 8:30 p.m.,  
Christopher at 518-589-5815

## NOTE:

Verification of vaccination  
required.

Mask **MUST** be worn  
if you have not been vaccinated.



Sight and Sound Theater



Hershey's Factory Tour Ride



Dutch Apple Dinner Theater



Bird-in-Hand Farmers Market



26 E. Lancaster Avenue, Reading PA 19607 • 610-775-5000 • 800-437-2323 • www.whitestartours.com

## 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



# News From the Greene County Youth Bureau

## GREENE COUNTY RECOGNIZES OUTSTANDING AREA YOUTH

The Greene County Children, Youth & Community Advisory Board is pleased to announce their selections for their 2021 Youth Awards.

A description of the activities and involvement within the community for each youth nominated was submitted to the Advisory Board portraying a caring, dedicated individual whose efforts and accomplishments should be recognized. Selecting the awardees out of the many excellent nominations was a very difficult task. However, they are confident that the awards are being made to very deserving young members of our county: **Paige Swartout, Coxsackie-Athens High School – 2021 Greene County Youth of the Year; Sara Leipman, Catskill High School – Children, Youth & Community Advisory Board Chairman’s Choice Award and Scott Baker, Catskill High School – Greene County Department of Human Services Director’s Choice Award.**

Paige Swartout has volunteered her time in numerous ways at Carpenter Shop Outreach Center; the Oak Grove United Methodist Church in Virginia, and Coxsackie Elementary School PTO. Most notably, she has been invaluable to the D.M. Hamilton Steamer Co. #2 in Coxsackie by babysitting, cooking, cleaning and helping in any other way possible. She has been a member of the Town of Coxsackie Ambulance Juniors program since March 2020, as well as became a member of D.M. Hamilton this past February, and has been certified in CPR and First Aid. As a student, she has achieved Honor Roll grades. Per Leif Roberg who nominated her, “Paige is a wonderful person. She is genuinely kind, thoughtful and compassionate. She always tries her best and lives and breathes a life of service. Her devotion to her fellow citizens is beyond reproach.”



Sara Leipman was one of “Santa’s Helpers”, a program through Catskill High School that raises community funds used to purchase food for needy families. She has served on the CHS Student Government since 2015. She has been involved in All County Band, and is very athletic having played Volleyball, Basketball and Softball during her high school years. Per Jean Duncan who nominated her, “she works hard and pushes herself at sports. If she is in pain, she will wait and then continue to play. She works hard at sports and gives 110%”. She is presently attending Questar III as a Certified Nursing Student. *(No photo provided)*



Scott Baker has been a volunteer for the Matthew 25 Food Pantry since 2014. He served as Supervisor for their Power Pak Program, as well as Stamp Out Hunger. In 2014, he was part of the Greene County Youth Fair. He was a member of the Boy Scouts and participated in their annual Scouting for Food Program, Pinewood Derby, as well as earning scouting's Arrow of Light. As a student at Catskill High School, he has made the Honor Roll, was involved in Student Government, belonged to the Business and Chess Clubs, and was on the school's wrestling team. Patricia Dushane said in nominating Scott "he has

dedicated his time with Matthew 25 since he was in 4<sup>th</sup> grade. He faithfully comes down every day after school to help. . . Scott always has a smile on his face and never complained about hard work. He is a hard worker, honest and a young man of integrity. You don't see this commitment now a days." Scott now works at McDonalds in Catskill but still volunteers when he can.

Other youth receiving Merit Recognition are:

- James Mutinsky – Cairo Durham High School
- Morgan Fancher – Windham-Ashland-Jewett School

All of the youth were honored at opening ceremonies of the Greene County Youth Fair (photos next issue).



### **"NEVER TOO YOUNG"**



Meet Will Cummings. He is the son of Brad Cummings, a volunteer with the Rotary's Helping Hands. One of our clients had an over-growth problem at his house and contacted Helping Hands. Brad thought it would be a great idea to bring his son along as one is never too young to start volunteering and learning the importance of "giving back".

## NEW YORK STATE'S WORKING

# CAREGIVERS

**Caregivers** are defined as family, friends and neighbors who provide a variety of tasks to help an individual with their daily living.

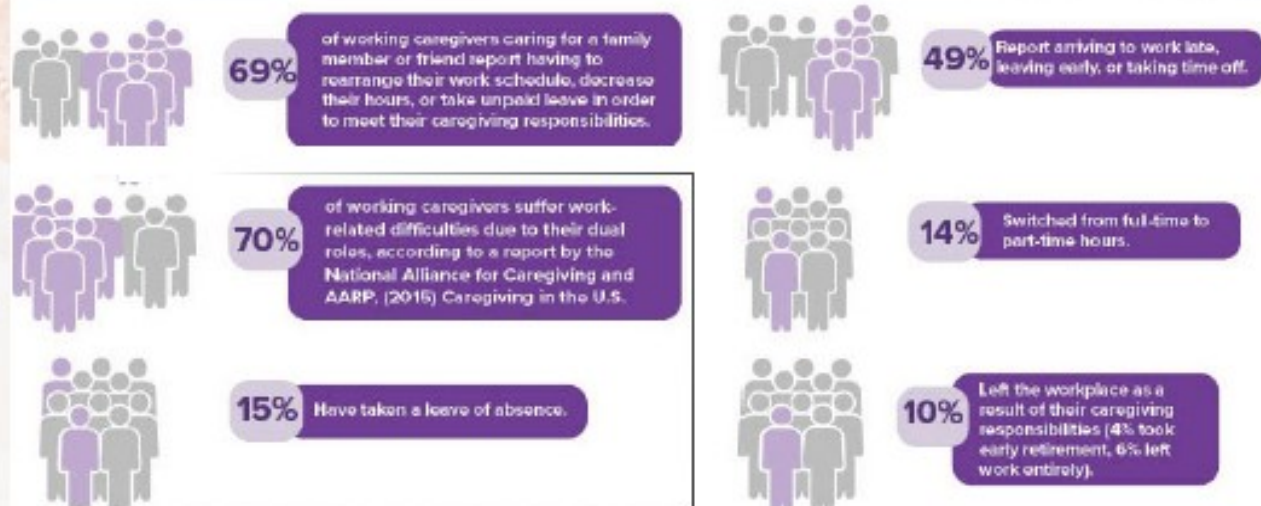
There are an estimated **4.1 million caregivers** in New York State who provide **2.68 billion hours** of unpaid care that if paid for at the market rate, would cost **\$32 billion annually**.

In the U.S. today, one in six employees is a caregiver for a relative or friend and spends on average more than **20 hours a week** providing some kind of care. The costs of caregiving to business and industry exceed **\$50 billion annually**.

## THE FACTS

The percentage of adult children providing hands on tasks to a loved one to help them remain independent such as personal care, grocery shopping and meal preparation, transportation, assistance with medical and other appointments and/or financial assistance to a parent has more than tripled during the past 15 years. One in four adult children, mostly Baby Boomers, provide care to a parent.

The total estimated aggregate lost wages, pension, and Social Security benefits of these caregivers are nearly **\$3 trillion**.



# Caregivers make a huge difference, but it's a challenging task.

## A MetLife caregiving cost study (2006) indicated:

- The average annual cost per employee with intense caregiving responsibilities was \$2,441.
- The total estimated cost to U.S. employers for full-time employees with intense caregiving responsibilities was \$17.1 billion a year.
- The average annual cost per employee for all full-time, employed caregivers was \$2,110.
- The total estimated cost to U.S. employers for all full-time, employed caregivers was \$33.6 billion a year.

Additionally, the study found that U.S. employers faced associated costs with caregivers in the workplace, including:

- Replacement costs for employees who leave the workplace (\$2.8 billion);
- Absenteeism (\$3.4 billion);
- Costs due to partial absenteeism (\$820 million);
- Costs due to workday interruptions (\$2.8 billion);
- Costs due to crisis in care (\$1.6 billion);
- Costs due to supervision (\$780 million);
- Costs associated with unpaid leave (\$1.4 billion); and costs associated with reducing hours from full-time to part-time (\$3.3 billion).



75%

of people trust their employer to do what is right. Therefore, employees are more likely to use information if it is provided by their employer.

## According to a survey by Archangels, a national movement and platform dedicated to raising awareness about caregiving issues;

**61%** of caregivers worry about caring for a family member, neighbor or friend.

**31%** of working caregivers contemplated suicide in 2020, compared to 3% of the general population.

**33%** of unpaid caregivers use substances to cope, compared to just 6% of the general public.

**50%** of caregivers use food as a stress reliever, and poor nutrition negatively affects their health and wellness.

**55%** of individuals helping care for a loved one do not identify as caregivers.

**Even pre-COVID, 26%** of caregivers had poorer health than most people, including a higher prevalence of emergency room visits and hospitalizations.

### Out of 10,000 surveyed participants:

**70%** of caregivers reported at least one adverse mental health symptom during the pandemic such as anxiety, depression, suicidal thoughts and COVID-19-induced stress and trauma.

**85%** of adults who were both parents and unpaid caregivers for adults (sandwich caregivers) experienced adverse mental health symptoms during COVID-19 and 52% reported recent suicidal thoughts.

**A sandwich caregiver has 8.2x odds of serious suicidal thoughts** than a nonparent/non-caregiver and **5.84x** odds of passive suicidal thoughts.

**54%** of all caregivers are men.

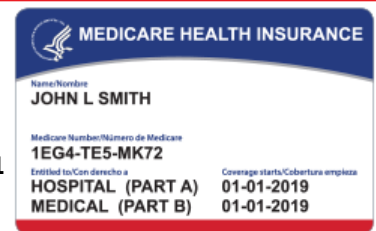
Source: US Department of Health & Human Services/Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report/June 18, 2021

NEW YORK  
CAREGIVER  
1000000

Office for  
the Aging

## **ONLINE MEDICARE PREMIUM BILL PAYMENT:**

If you receive a "Medicare Premium Bill", there are two ways you can pay your premium online.



1. **Log into your secure Medicare account** (or create a Medicare account if you don't have one yet). Select "My Premiums" and then "Pay Now." Choose your payment method, like credit/debit card or checking or savings account, and enter the amount you want to pay. You'll then be linked to the U.S. Treasury's secure Pay.gov site to complete your payment. There's no charge or service fee to use your online Medicare account to pay - it's free to use this service.

After you make your payment, you'll get a confirmation number. It takes about five business days for your checking or savings account payment to process - credit card payments process faster. Your statement will show a payment made to "CMS Medicare Insurance" for credit or debit cards, or "CMS Medicare Premiums" for checking or savings accounts.

You can also sign up for Medicare Easy Pay, and have your monthly premium automatically deducted from your checking or savings account each month. You can't set up recurring credit card payments at this time.

You **don't** need and shouldn't create an account at Pay.gov to pay your premiums.

2. **Use your bank's online bill payment service.** Contact your bank or go to their website to set up this service. (Not all banks offer this service and some charge a fee.)

- **Make sure your payment is set up correctly, so your bill is paid on time** - if any information you give the bank isn't correct, your payment will be delayed.
- **Provide your 11-character Medicare Number:** Enter the numbers and letters with NO DASHES, spaces, or extra characters. Check carefully since letters can look similar to numbers.
- **Payee name & address: CMS Medicare Insurance; Medicare Premium Collection Center, PO Box 790355, St. Louis, MO 63179-0355**
- Tell the bank how much money to take out of your account for your premium.
- **Remember:** You're responsible for making sure the bank pays the right premium amount at the right time. Your statement will show a payment made to "CMS Medicare." If your premium amount changes, you have to tell the bank so they can pay the correct amount. If the bank makes your payment electronically, it usually takes up to five days for your payment to process. If you have questions about online bill payment, contact your bank.

If you have questions about your payment, you can call us at 1-800-MEDICARE (1-800-633-4227). TTY: 1-877-486-2048.

# Memory Mixers



## BINGO



Friday, August 6th, 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 **Monday, August 2nd**, 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

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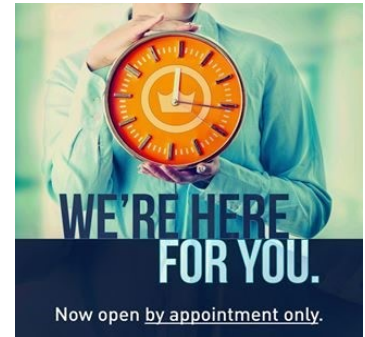
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The office is open 8:30 a.m. - 5:00 p.m. Monday thru Friday, though staff are unavailable between 12:00 p.m. and 1:00 p.m. Agency staff specialize in a variety of subjects. **Staff are available by appointment only. Please call our main office telephone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

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

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

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