



## **MEDICARE OPEN ENROLLMENT 2022**



**Medicare** is a very important healthcare asset for many seniors and others requiring assistance with health insurance in the United States. Those who are eligible for Medicare can receive assistance and affordable healthcare to deal with the variety of health issues that can crop up as we age. Enrolling in Medicare can give you peace of mind for yourself or other aging family members for whom you may be caring.

Medicare Enrollment 2022, also known as the **Medicare OEP 2022**, runs between **October 15 and December 7, 2021**. During this annual enrollment period, individuals who qualify for Medicare can renew or change their Medicare policies.

If you miss your initial enrollment period and the annual open enrollment period for Medicare, you might have to pay more to obtain Medicare coverage. Additionally, you might spend more because of pre-existing conditions that you have. If you enroll during your initial enrollment period or during an annual open enrollment period, you won't have to worry about your insurance rates increasing because of pre-existing conditions.

### **HOW TO GET HELP DURING THE MEDICARE ANNUAL ENROLLMENT PERIOD**

Greene County Department of Human Services' counselors are available to assist you through the process of enrolling for the first time or in changing your existing plan. We will have the new rates and updates for the plans in our area.

Many times our counseling sessions can be completed through telephone calls, followed by us sending you written material to review. When needed, we will meet face-to-face in our office.

For further information or to schedule an appointment with an insurance counselor, please call Rachel at 518-719-3556.

Please note, all COVID guidelines will be strictly enforced for appointments. We will maintain social distancing and give each client the personal attention desired. Remember you must wear a mask when you show up for your appointment.



# GREENE COUNTY SENIOR ANGELS

## Spreading Cheer 365 Days a Year

*Sponsored by Greene County Department of Human Services*  
*We would like to invite you to become a Senior Angel*



**2021 continues to be a heck of a year. COVID-19 has caused us to see so many changes. We are gradually getting back to some kind of “normal”.**

**This has been a difficult year all around. We are slowly moving forward. As you can imagine, it has been a very difficult time for the senior citizens of Greene County who have been confined to their homes.**

**The department has many elderly, limited-income clients who would greatly appreciate a special gift during the holiday season. These gifts lift their spirits, brings a smile to their faces and fulfill a need. Monetary donations will be placed in the department's Senior Angels Fund and be used to purchase gifts for needy senior citizens. 100% of this money goes to benefit the senior citizens of Greene County and nowhere else.**

**We understand that this year may be a difficult one for you to donate and we can appreciate that. So, if you can't donate, that's okay. Instead, maybe you can reach out to a senior you know via phone or mail and let them know you are thinking about them. If you can donate, this year more than ever, it would be appreciated. This year will certainly be a year that Senior Angels will be a vital source of help. We want to thank you, in advance, for any donation you are able to make or any phone call/contact you can do.**

**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 to read:*

\_\_\_\_\_ *I wish to be listed as “Anonymous”*

\_\_\_\_\_ *Instead of my name, 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*  
*411 Main Street Catskill, NY 12414*

*For more information, please call 518-719-3555 or Toll-free (877) 794-9266*  
*Email any questions to [kenbrooks@discovergreene.com](mailto:kenbrooks@discovergreene.com)*



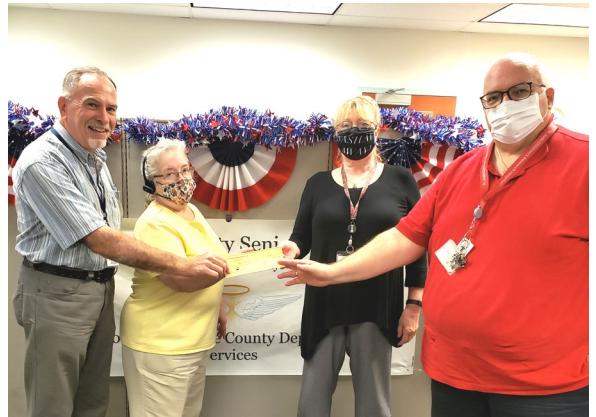
*For Your Donations  
to the Senior Angels Program*

*Anonymous In Memory of Phyllis Beechert*

*Peggy Hester*

## **COXSACKIE-ATHENS ROTARY CLUB DONATES TO SENIOR ANGELS**

Ed Bloomer, on behalf of the Coxsackie-Athens Rotary Club, is seen presenting a donation to Senior Angels Program Committee members, MJ Pomilla, Tami Bone and Chairman Ken Brooks for this year's campaign. Absent from photo are committee members Rose Bundy and Valree R. Wright.



*For your generous donations to our Department*

*The Family of Michael Doenig*

*Peggy Hester*

*Sharon Hillman*

*Richard Wengenroth*

*In Memory of Former volunteer, Lou Wengenroth*



## 2021 SENIOR ANGEL ORNAMENT \$5.00 EACH

If you would like a 2021 Senior Angels ornament, simply complete below and mail to Greene County Dept. of Human Services' Senior Angels Fund, 411 Main St., Catskill NY 12414 along with your payment and we will gladly mail an angel ornament to you.

If you would like us to mail one to a family member or a friend, please list their name and address and we will send it directly to them along with a gift card. Thank you.

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Please send me \_\_\_\_ ornament(s) at \$5.00 each.

My name and mailing address is: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please mail the ornament to the following person/people:

Name and mailing address: \_\_\_\_\_  
\_\_\_\_\_

Inscription on card: \_\_\_\_\_

If you would like to order more than one gift Angel, please list above information on an attached sheet of paper.

Total: # of gifts: \_\_\_\_\_: (\$5.00 each)

All sale proceeds benefit  
Greene County  
Senior Angels Fund.



## **INFORMATION FOR UPCOMING GREENE COUNTY PUBLIC HEALTH FLU CLINICS**

All clinics will take place from 9:30 a.m. to 11:30 a.m.

Mon. Oct. 4

Jewett Municipal Building, 3547 Route 23C, Jewett

Tues. Oct. 5

Coxsackie Senior Center, 127 Mansion Street, Coxsackie

Wed. Oct. 6

Rivertown Senior Center, 39 Second St, Athens

Thurs. Oct. 7

Acra Community Center, Old Route 23B, Acra

Fri. Oct. 8

Robert Antonelli Senior Center, 15 Academy St, Catskill

**COVID19 Protocol is still in place,  
please wear your mask.**

**For further information, please call 518-719-3600.**





# AmeriCorps Seniors

## CAN I ASK YOU A FEW QUESTIONS?

- ♦ Do you enjoy driving?
- ♦ Do you have a reliable vehicle?
- ♦ Are you comfortable driving in Greene County?
- ♦ What about driving in our neighboring counties of Albany, Columbia, Delaware, Schoharie and Ulster?
- ♦ Would you like to help make it possible for a homebound senior to remain living in their own home?
- ♦ Would you be willing to drive ambulatory senior citizens without transportation to medical appointments?
- ♦ Or what about delivering a nice hot lunch to lonely seniors?

If you answered yes and are interested

**Please contact Ruth Pforte**  
**RSVP Volunteer Coordinator**  
**518-719-3555**

about becoming a AmeriCorps Volunteer Driver for Greene County.

What would you receive for your investment?

- ♦ Mileage reimbursement at 50 cents a mile for all miles traveled while volunteering.
- ♦ Smiles and appreciation from the clients you serve.
- ♦ A longer life expectancy.





*39 Second Street  
Athens, NY  
is pleased to announce  
they are reopening in October!*

*Please contact  
Rivertown Senior Center,  
518-945-2700,  
for modified hours of operation.*



*Greene County Department of Human Services  
would like to extend their deepest sympathy  
to Thrift Shop volunteer, Marie Walker and her family,  
on the death of their beloved husband and father . . .  
and friend to many, Garth Walker.*



**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 assistance with getting groceries  
or some minor repairs done around the home  
(i.e.: changing light bulbs,  
changing out screens to storm windows,  
and any minor repairs)  
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.*





**OCTOBER HAPPENINGS  
ANTONELLI SENIOR CENTER  
518-943-1343**

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

Every Monday	Ageless Grace Crafters	10:00 a.m. 1:00 p.m.
Every Tuesday	Pool Game Line Dancing	10 a.m. - 1 p.m. 10:30 a.m.
Every Wednesday	Chorus Painters' Club Dance Aerobics	10:00 a.m. - 11:00 a.m. 10:00 a.m. - 12:00 p.m. 1:00 p.m. - 1:30 p.m.
Every Thursday	Intro To Tech Chair Yoga with Elisabeth	11:00 a.m. 12:30 p.m.
Every Friday	Rummikub Movie Chair Dance Aerobics	10 a.m. 10 a.m. 10 a.m.

**SPECIAL EVENTS:**

Thurs. Oct. 14	Silver Linings Meeting	1:00 p.m.
Tues. Oct. 19	Traveling Therapy Pig	1:00 p.m.
Thurs. Oct. 28	Halloween Bash	11:00 a.m.
MUST RSVP by October 21		

**DAILY LUNCH: GREENE COUNTY DEPT. OF HUMAN SERVICES**  
**TO ORDER LUNCH FOR DELIVERY TO CENTER: You must call, 518-945-2700, at least a day in advance, to reserve.**

The Department of Human Services has resumed van transportation for seniors without a means of personal transportation, so they can enjoy a nourishing hot noontime meal in a friendly, social setting.

**TO RECEIVE TRANSPORTATION FOR LUNCH:** You MUST CALL, at least a day in advance, 518-719-3555 and ask for Rose, to request a ride to the Antonelli Center.



# October Nutrition Notes

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



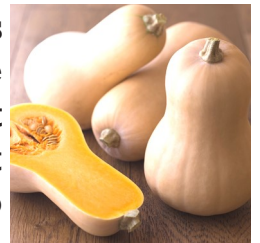
## \*WINTER SQUASHES\*

Contrary to the name, most winter squash varieties are grown during the summer and harvested in the fall. Some popular types are butternut, acorn, spaghetti, delicata, and pumpkin. Yes, pumpkin is also a winter squash! The crops are allowed to fully mature prior to harvesting, which is different from summer squash. This allows seeds to ripen and the squash to form tough outer skins. Squash is a powerful antioxidant and rich in many vitamins and minerals.



**Delicata:** Cream colored cylinders with dark green stripes, this squash is named for having a much softer rind/skin. Roasting tip - cut delicata squash lengthwise and remove the seeds. Slice the halves into  $\frac{3}{4}$  inch slices and drizzle with olive oil. Season to taste and roast for 15 minutes at 400 degrees. The skin is so delicate you can eat it. Enjoy roasted slices in salads, as a side, or with other fall vegetables.

**Butternut:** Slightly higher in carbohydrates, 1 cup of butternut squash is roughly 80 calories, and 25 grams of carbohydrate. These beauties are full of beta carotene and alpha carotene, pigments which help support healthy eye function. It is also a strong source of Vitamin C. Butternut squash is often peeled and roasted, can be pureed into soup, baked into casseroles, or simply cubed and enjoyed.



**Acorn:** A Thanksgiving classic! Cut in half, drizzled with oil, a small amount of butter, brown sugar, salt and pepper, this sweet squash is a delightful side. Because of the acorn shape, it forms a nice boat when sliced in half. Each half can also be stuffed with grains (such as brown rice), fresh herbs, and vegetables for a healthy plant-based meal. The fiber content supports digestion, and it is a rich source of vitamin A, C, folic acid, and magnesium.



**Spaghetti:** A lower carbohydrate alternative, this squash variety is unique and fun to eat. After roasted, the shreds resemble spaghetti and can be used in a variety of recipes as the pasta substitute. One cup of cooked spaghetti squash is only 30 calories and 7 grams of carbohydrate, but the fiber content makes it filling. Slice it in half and roast upside-down for 45 minutes to 1 hour, until the flesh shreds easily with a fork. Top with meat sauce and enjoy with a sprinkle of parmesan cheese.

Winter squash is in season and now available at local farm stands, farmer's markets, and grocery stores. The many varieties make for creative cooking and delicious eating. All types of squash are very nutritious and can be a healthy addition to any diet.



## **DID YOU KNOW . . .**

The Greene County Department of Human Services' Registered Dietitian offers nutrition counseling about healthy eating, wellness and habits to those with questions about nutrition. This includes information on special diets, such as for Diabetics; Low Sodium, and Weight Control. You don't need to receive meals or attend a Nutrition site to receive individual counseling or information from the dietitian.

If you need nutrition information or counseling, please contact the main office at (518) 719-3555 for an individual nutrition referral. Our Registered Dietitian, Nicole Gehman, MS, RD, CD-N is available to help.





## 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

### 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



### COXSACKIE

Town of Coxsackie  
Senior Center  
127 Mansion Street,  
Coxsackie



# 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 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>1</b> CHICKEN & BISCUITS MASHED POTATOES GREEN BEANS APPLE SPICE CAKE
<b>4</b> BEEF CHILI BROWN RICE MIXED VEGETABLES CORN BREAD PEACHES	<b>5</b> SALMON w/ Dill Sauce MASHED POTATOES CAULIFLOWER BROWNIE	<b>6</b> CHICKEN PARMESAN WHOLE WHEAT SPAGHETTI SPINACH GREEN BEANS TIRAMISU	<b>7</b> PORK CHOP w/ Gravy BAKED POTATO w/ Sour Cream APPLESAUCE BUTTERNUT SQUASH FRESH PEAR	<b>8</b> VEGETABLE LASAGNA w/ White Sauce ITALIAN MIXED VEGETABLES FRESH APPLE
<b>11</b> COLUMBUS DAY DEPARTMENT & ALL NUTRITION SITES CLOSED 	<b>12</b> STUFFED SHELLS MARINARA SAUSAGE PEAR CUP SAUTÉED MIXED VEGETABLES TROPICAL FRUIT	<b>13</b> KIELBASA* SAUERKRAUT CORN BAKED BEANS APPLE CRISP w/ Whipped Topping * Low SODIUM SUBST: Baked Chicken Thigh	<b>14</b> SHRIMP PRIMAVERA PENNE TOMATOES & ZUCCHINI SPINACH PUMPKIN PUDDING	<b>15</b> CHICKEN QUARTERS w/ Gravy MASHED POTATOES GREEN BEANS FRESH FRUIT
<b>18</b> SLOPPY JOES CAULIFLOWER CORN TROPICAL FRUIT	<b>19</b> CHICKEN DIJON MASHED POTATOES MONACO VEGETABLE MIX CHOCOLATE BIRTHDAY CAKE PEAR CUP	<b>20</b> HOT TURKEY DINNER w/ Gravy GREEN BEANS CRANBERRY SAUCE SWEET POTATO MANDARIN ORANGES	<b>21</b> MEATLOAF w/ Gravy SCALLOPED POTATOES SONOMA VEGETABLES FRESH FRUIT	<b>22</b> RAVIOLI w/ SAUSAGE ITALIAN VEGETABLES LIMA BEANS FRESH FRUIT
<b>25</b> BEER BATTERED FISH SPINACH MASHED POTATOES LEMON PUDDING w/ Graham Cracker Crumbs	<b>26</b> TORTELLINI MARINARA MEATBALL ITALIAN MIXED VEGETABLES CARROT COINS PEAR CUP CHOCOLATE CHIP COOKIE	<b>27</b> BEEF BARLEY STEW (Carrots & Potatoes <i>in stew</i> ) BROCCOLI FRUITED JELL-O	<b>28</b> CHICKEN DIVAN CALIFORNIA MIXED VEGETABLES FRESH FRUIT	<b>29</b> MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES HALLOWEEN CUPCAKE 



# 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 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>1</b> PORK CHOP w/ Gravy SWEET POTATO CORN, LIMA BEAN & CARROT MEDLEY MANDARIN ORANGES	<b>2</b> MAIN OFFICE & ALL MEAL SITES CLOSED  NO MEALS	<b>3</b> CHICKEN PARMESAN WHOLE WHEAT PENNE SPINACH ITALIAN MIXED VEGETABLES TIRAMISU	<b>4</b> MEATLOAF w/ Gravy MASHED POTATOES GREEN BEANS FRESH FRUIT	<b>5</b> VEGETABLE LASAGNA GARDEN SALAD ITALIAN VEGETABLES FRESH FRUIT
<b>8</b> TACO BAKE w/ Sour Cream CORN SPANISH RICE PEACHES	<b>9</b> BAKED SALMON w/ Dill Sauce SPINACH BROCCOLI BROWN RICE PILAF APPLESAUCE	<b>10</b> ROAST PORK w/ Gravy SWEET POTATO BRAISED CABBAGE APPLESAUCE CHOCOLATE CHIP BANANA BREAD	<b>11</b> MAIN OFFICE & ALL MEAL SITES CLOSED  NO MEALS	<b>12</b> CHEESEBURGER w/ Mushrooms & Onion POTATO SALAD CARROTS FRESH FRUIT
<b>15</b> BEEF CHILI WHITE RICE MIXED VEGETABLES CORN BREAD FRUIT COCKTAIL	<b>16</b> CHICKEN DIJON MASHED POTATOES CAULIFLOWER APPLE CRISP w/ WHIPPED TOPPING	<b>17</b> SEAFOOD SCAMPI LINGUINI SPINACH WAX BEANS BIRTHDAY CUPCAKE	<b>18</b>  ROAST TURKEY w/ Gravy CRANBERRY SAUCE MASHED POTATOES BUTTERNUT SQUASH STUFFING PUMPKIN PIE w/ Whipped Topping	<b>19</b> EGGPLANT PARMESAN WHOLE WHEAT SPAGHETTI ITALIAN MIXED VEGETABLES FRESH APPLE
<b>22</b> MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES TROPICAL FRUIT	<b>23</b> RAVIOLI MARINARA SAUSAGE ITALIAN MIXED VEGETABLES SPINACH PEAR	<b>24</b> CHICKEN & BISCUITS w/ Gravy GREEN BEANS MASHED POTATOES BANANA MOUSSE	<b>25</b>  DEPARTMENT & ALL MEAL SITES CLOSED NO MEALS	<b>26</b> FISH FLORENTINE MIXED VEGETABLES SCALLOPED POTATOES FRESH FRUIT
<b>29</b> CHICKEN DIVAN WHITE RICE MONACO VEGETABLE MIX TROPICAL FRUIT	<b>30</b> BAKED MANICOTTI w/ Meatball SONOMA VEGETABLES BRUSSELS SPROUTS RICE PUDDING w/ Raisins			



*by Erin Kee McGovern, Director of Programs, Center for Benefits Access at NCOA*

Nationally, about 4.8 million older adults (aged 60+) are enrolled in the Supplemental Nutrition Assistance Program (SNAP). Yet this figure represents less than half of the eligible population. Even before the COVID-19 pandemic began, millions of older adults were experiencing food insecurity. Ten years after the great recession of 2008, the overall food insecurity rate had finally reverted to pre-recession levels, but the food insecurity rate for seniors had not recovered. This means that many older adults entered the pandemic with a fairly high level of food insecurity.

If you are experiencing food insecurity, SNAP will provide you with a monthly benefit that you can use to purchase food at your local grocery store, farmer's market, or convenience store. The average monthly benefit for a household with an older adult is \$120 a month, according to the most recent year that data was available. SNAP has even been shown to improve the health and well-being of older adults who participate. However, even though SNAP is such a vital program, only about three out of five seniors who qualify use it.

A change to the way the U.S. Department of Agriculture (USDA) food prices are estimated means SNAP benefits will increase by roughly 25% beginning this month. If you are enrolled in SNAP, or sometimes called Food Stamps, you may soon see more money coming to you each month. This change is part of a reevaluation of the Thrifty Food Plan (TFP), which was mandated by Congress in the 2018 Farm Bill. TFP was developed by USDA to estimate the lowest cost of a healthy diet for a family of four. This update is critical to improving food insecurity for older adults as recent research from NCOA and the Leading Age LTSS Center @UMass Boston found that SNAP has not adequately kept up with rising food costs over time.

**For further information on SNAP, contact Rachel, NY Connects, at our office, 518-719-3556.**

# From the Greene County Youth Bureau

## **PERSON IN NEED OF SUPERVISION (PINS)**

Ask any parent and they will tell you that being a parent is no easy task. Most parents encounter the usual amount of disobedience from their children with situations such as refusing to clean their room or talking back to a parent. But when this disobedient behavior escalates to skipping school repeatedly or leaving home repeatedly without parental consent, families can feel overwhelmed and are in need of support. These youth have committed no crime and their behavior may be more indicative of the harm they are suffering from. Most youth and their families will thrive successfully with community-based services, supports and opportunities.

### **What is PINS?**

Person In Need of Supervision (PINS) is a person less than 18 years of age who does not attend school properly, is incorrigible or habitually disobedient and beyond the lawful control of a parent or other person legally responsible for the child, or when a runaway.

### **What is Pre-PINS?**

This is a voluntary assessment of behaviors, consequences, and options. Working with the family, this program helps develop a plan that will prevent youth from entering the Diversion Program at Greene County Probation.

Parents/Guardians are a part of the effort to identify their child's needs and work toward securing the necessary preventive services and behavioral changes needed for a successful outcome. Probation coordinates the process and addresses all matters where the voluntary resources have been tried and been unsuccessful.

### **PINS Diversion**

This is also a voluntary process similar in scope to Pre-PINS, The youth will be assigned a Probation Officer that attempts to resolve the problem behaviors without Family Court Intervention.

Parents, Guardians, Schools, Law Enforcement may make a referral to the program. A meeting will be scheduled with the parent, child and referral source to address the issues at hand. The Pre-PINS process with the Youth Bureau must be completed prior to PINS Diversion or a PINS Petition is acted upon. If a petition is filed with the court, the involvement is no longer voluntary. All decisions are made by Family Court. The child may be placed on Probation for one year with mandatory conditions imposed on **both** the **parent/guardian** and the **child**. The child may be taken away from the household and placed in a foster home. During this time parents/guardians will be expected to pay child support to the county. The Court may determine that the parent/guardian is neglectful and will hold them accountable for their actions as well as inactions.

For further information, please feel free to contact the Greene County Youth Bureau at Greene County Department of Human Services, 518-719-3555.

# 5<sup>th</sup> Annual ACEs Conference

## “ACEs and Human Trafficking: Protecting Our Youth”

Presented by the Schoharie County ACEs Team and Safe Harbour in cooperation  
with SUNY Cobleskill's Early Childhood and Psychology Department

**OCTOBER 4<sup>th</sup> - 7<sup>th</sup>**

**11 AM - 12:30 pm (daily)**

Virtual Events / Free to the Public

**Monday, October 4**

**When Poverty is your Pimp: Misunderstandings about  
Sex Trafficking in America**

*Presenter: Kimberly Mull*

*Survivor, Advocate, and Policy Expert in Human Trafficking*

Register here: <https://tinyurl.com/45482pup>



**Tuesday, October 5**

**Long-term Implications of Early Childhood Trauma:  
Vulnerability and Resilience**

*Presenter: Carol A. S. Morris, Ph.D*

*Assistant Professor of Early Childhood at SUNY Cobleskill*

Register here: <https://tinyurl.com/2w358ccb>



**SUNY Cobleskill**

**Wednesday, October 6**

**Human Trafficking in Rural Settings**

*Presenter: Carl Boykin*

*Director of Human Trafficking Prevention NYS Division of Criminal Justice Services*

Register here: <https://tinyurl.com/47x7axf6>



**Office of Children  
and Family Services**

**Thursday, October 7**

**ACEs and Resiliency-Building**

*Presenter: Sharon Cooper, MD*

*CEO of Developmental and Forensic Pediatrics, P.A.*

Register here: <https://tinyurl.com/9aac6sfw>





## HOW EMPLOYERS AND STATES CAN SUPPORT THE ESSENTIAL WORKFORCE OF FAMILY CAREGIVERS



Family caregiving is a shared experience across people of all age groups, cultures, incomes, and education levels in the United States. Roughly 41 million Americans are serving as a caregiver of an older adult. Many family caregivers, sometimes called informal or unpaid caregivers, are relatives, friends, and neighbors who provide ongoing assistance to individuals with health or functional needs.

In addition to family caregiving responsibilities, nearly two-thirds of family caregivers maintain full- or part-time employment. Working caregivers often face challenges including needing to arrive late to work, leave early, take time off to provide care, or even quit their job or retire early, which can lead to significant financial strain. Individuals trying to balance family caregiving and employment often report elevated stress, as many devote numerous hours to care and daily living tasks for their loved one. When family caregivers have benefits like paid sick days, flexible work hours, and paid family leave, they are more likely to continue working. Family caregivers who feel their employer supports their well-being also report higher job satisfaction. A 2021 AARP analysis found that if employers and state governments bolster supports for working family caregivers who are age 50 and older, not only would worker productivity increase, but the U.S. gross domestic product could grow by as much as \$1.7 trillion by 2030.

Female caregivers are more likely to take a less demanding job and give up work entirely to focus on caregiving responsibilities. Individuals trying to balance family caregiving and employment often report elevated stress, as many devote numerous hours to care and daily living tasks for their loved one (e.g., dressing, bathing, eating). Stress can lead to poorer work performance and less time caring for ones' own health needs, which can potentially result in mental or physical illness for the family caregiver.

In an editorial in the *American Journal of Health Promotion*, authors from the Center for Health Care Strategies (CHCS) and The John A. Hartford Foundation share strategies for how employers and states can support employees with caregiving responsibilities through flexible workplace policies, tools, and resources. It features resources from two states participating in CHCS' *Helping States Support Families Caring for an Aging America* initiative.



## **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, Health Insurance Information Counseling Assistance Program (HIICAP), help with public benefit applications, etc. The suggested contribution is \$5.00 per office visit (*actual cost \$20.00/hour*).

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

**LEGAL SERVICES:** The suggested contribution is \$10.00 per attorney consultation (*actual cost \$149.00/hour*).

### **NUTRITION:**

- **Senior Congregate Meal or Home Delivered Meals:** The suggested contribution is \$4.00
- **Nutrition Counseling** - Clients requesting diet counseling from the Registered Dietitian are provided with an opportunity to contribute. The suggested contribution is \$5.00. (*actual cost \$65.00/hour*).

### **TRANSPORTATION:**

- **Shopping Bus:** This door-to-door service is provided directly by the Department. The suggested contribution is \$3.00 per round trip (*actual cost \$15.08/one way*).
- **Senior Center Transportation:** The suggested contribution is \$1.00 per 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

3/2020

# GREENE COUNTY SENIOR CITIZENS CLUBS

Please note: Some clubs may not have resumed meetings due to COVID-19.



## 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 & 4th 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

1:00 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

1:30 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

1:00 p.m.

Windham Town Building



The WAJPL Golden Age Club presents.....



A Salute to Dick Clark's

## American Bandstand

at the Log Cabin, Holyoke, MA

Enjoy the beautiful Views overlooking Mt Tom  
at the elegant Log Cabin Banquet Facility

**Thursday, October 14, 2021**



Join singer Dave Colucci and friends as they pay tribute to Dick Clark's legendary TV Show, the American Bandstand. The show will feature a variety of songs from artists who performed on the Bandstand in the 50's & 60's. Get ready to Twist, Stroll & Rock & Roll !!

### Package Includes:

- Roundtrip Motor Coach Transportation
- Family Style Luncheon of Chicken Piccata & Yankee Pot Roast at the famous Log Cabin
- Matinee Show "American Bandstand Tribute"
- Meal Taxes and Meal Gratuities

\* Vaccination Card needed on Bus



For reservations contact:

Mary Louise  
(518) 622-3397  
Or Vicky @  
(518) 734-4164

**\$60**

PER PERSON

Make Checks Payable to:  
WAJPL Golden Age Club

Mail to:  
WAJPL Golden Age  
P.O. Box 96  
Hensonville, NY 12439

### Elegant Log Cabin Luncheon

Crudités & Hot Soup Du Jour  
Chicken Piccata

&  
Yankee Pot Roast

Family Style  
Vegetable & Potato  
Scrumptious Homemade Dessert  
served with Coffee



Dave Colucci



### Bus Departs:

8:15 a.m. Prattsville, NY  
8:20 a.m. Ashland, NY  
8:30 a.m. Windham, NY  
9:00 a.m. Catskill, NY  
5:30 p.m. Returns



The WAJPL Golden Age Club presents.....



## Country Legends

## Songs of the Grand Ole Opry

At the elegant Log Cabin Banquet Facility, Holyoke, MA

**Tuesday, November 23, 2021**



### Package Includes:

- Roundtrip Motor Coach
- Delicious Plated Meal at The Log Cabin
- Matinee Country Legends Show  
"Songs of the Grand Ole Opry"
- Meal Tax and Gratuities

\* Vaccination Card needed on Bus

**GRAND OLE  
OPRY**

**\$60.**

PER PERSON



### Delicious Luncheon

Hors D' Oeuvre's  
Signature Bread  
Fresh Garden Salad  
Baked Ham  
AND

Baked Scrod  
Chef's Choice Potato  
& Vegetable  
Dessert, Coffee or Tea

For reservations contact:

Mary Louise  
(518) 622-3397  
Or Vicky @  
(518) 734-4164

Make Checks Payable to:  
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Mail to:  
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5:30 p.m. Returns



The WAJPL Golden Age Club presents .....

## "ATLANTIC CITY GETAWAY"

at **CAESARS** in Atlantic City, New Jersey

**3 Days/2 Nights - October 26-28, 2021**

with TWO Shows "Laughs & Legends"  
and a "Frankie Valli Tribute"



### Package Includes:

- Round Trip Deluxe Motor Coach
- 2 Nights Accommodations at the CAESARS World Class Casino Resort Hotel
- \$50.00 in SLOT BONUS!
- \$50.00 in Meal Vouchers!
- 2 Fantastic SHOWS  
#1 ONE - Legends and Laughs w/Jimmy Mazz  
#2 TWO - Frankie Valli Tribute  
(Two evening Shows begin at 8pm)
- Cancellation Protection
- Occupancy Taxes
- Hotel Baggage Handling

\* Vaccination Card needed on Bus



**\$275. DOUBLE**

Prices are Per Person  
Triple \$255 \$365. Single

**SEAT LIMITED**  
Payment in Full by  
September 26, 2021

YES, everyone gets \$50 back  
in SLOT, \$50 in Food & Two  
Shows at the CAESARS Casino!  
The best value at ANY Casino!

For reservations contact:

Mary Louise  
(518) 622-3397  
Or Vicky @  
(518) 734-4164



We need Laughter!



**\$100  
BONUS  
Per Person**



Bus Departs:  
7:30am Windham, NY  
8am Catskills  
Returns at Approx. 8pm

Make Checks Payable to:  
WAJPL Golden Age Club

Mail to:  
WAJPL Golden Age  
P.O. Box 96  
Hensonville, NY 12439





More than five million Americans are living with Alzheimer's disease, and more than sixteen million family members and friends are providing care. Caregivers for those with Alzheimer's disease and related dementias face special challenges, and the Alzheimer's Association has the resources to help. No one should face Alzheimer's alone.

Every dollar the **Walk to End Alzheimer's** raises benefits those affected by Alzheimer's disease in your community by supporting our mission. We need your help to ensure we reach our goal of \$30,000 to support programs and services in Columbia, Greene, and Rensselaer Counties.

**Walk to End Alzheimer's** is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This year, **Walk to End Alzheimer's** is in-person at Columbia Greene Community College. We invite you to walk in small teams of friends and family while others in your community do the same on **Saturday, October 16<sup>th</sup>**.

You can help advance the care, support and research efforts of the Alzheimer's Association by:

- Joining or starting a Walk to End Alzheimer's Team
- Donate to a walker
- Become a corporate sponsor

To join a walk near you, please visit [www.alz.org/walk](http://www.alz.org/walk). Thank you for your time and consideration,

Warmest Regards,

Sana Masih  
Program Manager (Columbia, Greene, and Rens Co.)

[srmasih@alz.org](mailto:srmasih@alz.org)

518-888-5846





**No one should face Alzheimer's alone.**

Our education programs are FREE and can be accessed via telephone or virtually.

View all listings at [alz.org/CRF](http://alz.org/CRF).

## SEPTEMBER

### **Healthy Living for Your Brain and Body: Tips from the Latest Research**

- Tues., Sept. 14 | 10 a.m.

### **Emergency Planning: Creating a Caregiver Back-Up Plan: Presented in Partnership with Eddy Alzheimer's Services**

- Tues., Sept. 14 | Noon

### **Effective Communication Strategies**

- Thurs., Sept. 16 | Noon

### **Understanding Alzheimer's and Dementia**

- Mon., Sept. 20 | 1:30 p.m.

### **Understanding and Responding to Dementia- Related Behaviors**

- Thurs., Sept. 23 | 10 a.m.

### **The Importance of an Accurate Diagnosis + 10 Warning Signs of Alzheimer's: Presented in Partnership with Albany Guardian Society**

- Wed., Sept. 29 | 9:30 a.m.  
contact AGS to register at 518.434.2140 or  
[institute@albanyguardiansociety.org](mailto:institute@albanyguardiansociety.org)

### **New Advances in Alzheimer's Treatments**

- Thurs., Sept. 30 | 4 p.m.

## OCTOBER

### **Living with Alzheimer's for Younger Onset**

- Thurs., Oct. 7 | 2 p.m.

### **Understanding Alzheimer's and Dementia**

- Tues., Oct. 12 | 10 a.m.

### **Effective Communication Strategies**

- Mon., Oct. 18 | 1 p.m.

### **Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning**

- Fri., Oct. 22 | Noon

### **Understanding and Responding to Dementia- Related Behaviors**

- Tues., Oct. 26 | 3 p.m.

**Registration Is Required.** You will receive a video conference link to access and can sign in as a guest to enter the virtual program.

RSVP at [alz.org/CRF](http://alz.org/CRF), via our 24/7 Helpline at 800.272.3900, or by calling 518.675.7214.

Programs are supported, in part, by a grant from the New York State Department of Health.





## MEANINGFUL ACCESS PROGRAM

All U.S. citizens, or persons legally residing in the U.S. who are blind or visually impaired can request a free currency reader from the Bureau of Engraving and Printing by completing an application. The application is provided in both English and Spanish. The application must be filled out completely, signed by a competent authority who can certify eligibility, and returned to the mailing address provided on the form. Online it can be found at: **U.S. Bureau of Engraving and Printing - U.S. Currency Reader Form (moneyfactory.gov)**

The device is small, compact, and runs on a triple-A battery, which is included. To use the currency reader, simply insert a U.S. bill into the reader and press the button. The device will tell the note's denomination.

Offered on the web site,

**U.S. Bureau of Engraving and Printing - Meaningful Access Program (moneyfactory.gov)**

Audio Instructions for Using the iBill® Talking Banknote Identifier

Video Guide for Using the iBill® Talking Banknote Identifier

Braille Guide for Using the iBill® Talking Banknote Identifier

Print Guide for Using the iBill® Talking Banknote Identifier

U.S. Currency Reader Program Brochure

Braille U.S. Currency Reader Program Brochure

Images of the iBill® Talking Banknote Identifier

U.S. Currency Reader Frequently Asked Questions

Braille U.S. Currency Reader Frequently Asked Questions

The BEP encourages organizations that support the blind and visually impaired community to distribute these materials, incorporate the information provided into individualized communications, or link to the website.

Contact us for additional questions or comments about the U.S. Currency Reader Program you may call (844) 815-9388 toll-free or email meaningful.access@bep.gov.

**Due to the Coronavirus situation, please expect delays in processing requests. The situation is continuing to be monitored and updates will be posted.**

**For questions about an existing reader, please call (202) 707-0048. For questions about new readers or the U.S. Currency Reader Program, email meaningful.access@bep.gov.**

# Meet Our Staff

## **TAMI BONE - CASE MANAGER**



Tami grew up in Cairo, attended Cairo-Durham School and earned her Bachelors Degree from SUNY/Empire State College. She is currently working on her Master's Degree from Marist College.

She started with the Department as manager of the Rivertown Senior Center in Athens. As Case Manager, Tami assists clients in accessing their need for services., which she enjoys doing.

Outside of work, Tami enjoys spending time with her goats, dancing and singing.

## **MAUREEN MURPHY - ADMINISTRATIVE ASSISTANT**

### **PATRICK MURPHY - CHAUFFEUR**

Maureen is a life-long Greene County resident and graduated from St. Patrick's CCHS in Catskill. She has been with the Department since 2002, starting as receptionist. But even before then, she knew the DFA, as her mom, Tess Callan, was a dedicated volunteer and even received Greene County recognition.

Patrick was born & raised in Queens, graduated from Thomas Edison CTE HS, and moved to Greene County in 1977. He has been a Department chauffeur since 2008 after retiring from NYS.

They are the parents of 3 sons and active in the volunteer firefighting service, as well as other community organizations.



## **VALREE 'RACHEL' WRIGHT - AGING SERVICES SPECIALIST**



Rachel was born in Charlotte, North Carolina and has lived in Charlotte and Philipsburg, Pennsylvania. She graduated from Philipsburg-Osceola Senior High School and later earned her Associates Degree from Miller-Motte College in Charleston, S. C.

Rachel has been with our agency for four months. As Aging Services Specialist, she is responsible for providing clients with information and assistance through NY Connects.

Outside of work, Rachel enjoys baking and reading, especially mystery novels.



**GREENE COUNTY ROUND TABLE NEWS**  
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**GREENE COUNTY DEPARTMENT of HUMAN SERVICES**  
411 Main Street, Catskill, NY 12414  
(518) 719-3555 Toll Free (877) 794-9266  
aging@discovergreene.com

**EXECUTIVE DIRECTOR - THÉRÈSE MCGEE WARD**

**BUSINESS MANAGER:** Ken Brooks

**AGING DEPARTMENT COORDINATORS:**

Aging Services - Connie Bentley                      Nutrition - Tezera Pulice  
Volunteer Services - Ruth Pforte

**CASEWORKERS:**

**AGING  
YOUTH**

Tami Bone  
Carrie E. Wallace

Danielle Kane-Wade  
Laura Anderson

**ADMINISTRATIVE ASSISTANT:**

Maureen Murphy

**AGING SERVICES SPECIALIST:**

Valree Rachel Wright

**AGING SERVICES AIDE:**

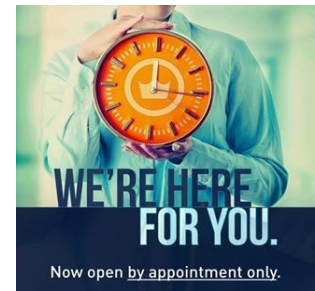
Rose Bundy

**RECEPTIONIST:**

Mary Jean Pomilla

**CHAUFFEUR:**

Patrick Murphy



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 can be mailed via the U. S. Postal Service, or in full color via electronic mail.