



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

DECEMBER 2021



NOMINATIONS OPEN **For 2022** **GREENE COUNTY** **SENIOR CITIZEN AWARDS**

The Advisory Council to the Greene County Department for the Aging (Human Services), announces that nominations are being accepted for the Greene County Senior Citizen Awards. The two awards, presented annually, are Senior Citizen of the Year and Outstanding Contribution by a Senior Citizen. The purpose of the awards is to recognize the outstanding achievements of senior citizens who have volunteered their time and energy to help other people, their communities, and/or special projects. The dedication of these volunteers help to make Greene County a better place for all of us. The individuals chosen on the county level will then represent Greene County for recognition for New York State awards. Recently, the New York State Office for the Aging (NYSOFA) celebrated Older New Yorkers' Day virtually, recognizing 87 volunteers from across the state who demonstrate their extraordinary value every day to their family, friends, and community. The celebration traditionally takes place each year in May in Albany; however, due to the COVID-19 pandemic, this year it was premiered as a virtual event in November.

Any Greene County resident, age 60 or older, can be nominated for these awards. Achievements must be voluntary in nature; performed in Greene County and not part of paid employment. Past award winners may be nominated only if seven or more years have passed since last recognized.

If you know someone who deserves this recognition, contact the Greene County Department of Human Services at (518) 719-3555 for an official nomination form. Incomplete forms will not be considered as eligible. Any inquiries for further information may also be directed to the department. **Deadline for entries is January 28, 2022.**

*Photo from 2019 Senior Citizen Day
Assemblyman Chris Tague
and Senator George Amedore
with Peg Snyder, Outstanding Contribution by a Senior
and Robert Hoagland, Senior of the Year.*

*The 2021 winners were
Barbara Caldera - Senior of the Year
Duncan MacPherson - Outstanding Contribution
by a Senior*





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.

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

For Your Donations to the Senior Angels Program



Jean & Clesson Bush
Catskill BPOE #1341

Catskill Silver Linings Senior Club

Coxsackie-Athens Rotary Club

Margaret Hernandez, Greene Meadows Nursing Home

Peggy Hester

McGee - Ward Families

National Bank of Coxsackie

P. Schneider & Associates PLLC

Shook Insurance Agency LLC

Tom & MaryAnn Tompkins

Cairo Crafters

Catskill Regional Women's Club

Diane Capobianco

Margaret M. Donahue

Veronika & Wayne Marquoit

Mountain Top Golden Agers

Karen & Bill Ormerod

Charles & Frances Serro

Robin W. Smith

Harry Feineis

Helping Hands 12015

Terry McGee Ward

Rotary Club of Greenville

Dee Sutherland

Vicky Cramer In Memory of Shirley Wase

Kathleen and Dennis Meehan in Memory of Hanlon and Meehan Families

Lillian Moore in Memory and Honor of Loved Ones

Julianne Schofield in Memory of Robert Frank

Dr. Elena Suditu In Memory of Ludwig Schmidt (Honey Man), Hunter

Walenta & co. Agency Inc. in Memory of Phyllis Beechert

Marie Walker in Memory of her husband, Garth Walker

In Honor Of

Mrs. Renee Mathis for all she does

In Memory of

Rose Marie Alberti

Syke Beojekian, Wilma Darling & Laura Shufelt

Robert D. Carl

Mr. & Mrs. Clarence Gardner

WWII Veteran Harry Haas, 1925 - 2021

John & Margaret Kordich, Marge Stabile & Lynne Zubris

Alvera Mahnken

Rob O'Connell

Rose & Chet VanZandt

Phyllis Beechert

Pat (Ziggy) Giordano

Rosemary Graham

Dick & Alfred Mangano

Harry & Theresa VanWormer

Rev. Henry Verdaasdonk

Cameron Bruno

Bill Cash & Rosemary Graham

Helen & Brian Golden

Robert Kallman

Helen Lee

Ed Lorenz & John Morgese

Patricia J. Van Valkenburg

Deceased Members of Ladies Ancient Order Hibernians Div. #32, Our Lady of Knock



2021 SENIOR ANGEL ORNAMENT \$5.00 EACH

Due to COVID-19, many locations and events are closed/cancelled but we are still planning to bring holiday cheer to many Senior Citizens of Greene County.

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 to you.

If you would like us to mail an ornament 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.

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 for each additional ornament on a separate sheet.

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

All sale proceeds benefit
Greene County Senior Angels Fund.

ADOPT A PET - A COMPANION PET

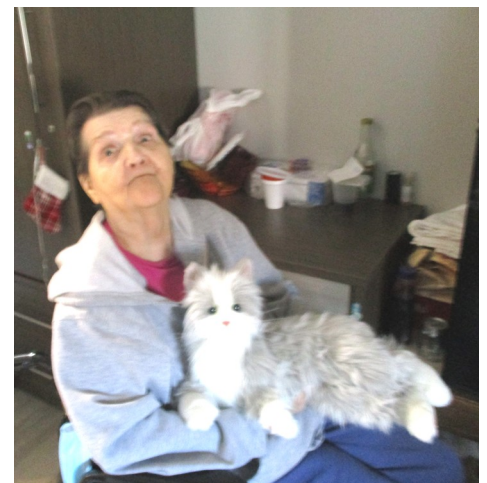
The Greene County Department of Human Services has a number of companion pets looking for loving homes with homebound seniors who may be lonely and looking for a little something to bring a smile to their face. Companion pets are designed to bring comfort, companionship and fun to elderly, lonely, loved ones. Our interactive puppies and kittens are all about an ease-of-care and convenience that pairs with technology for the best possible experience. The dogs have all of their love to give, but they won't chew your furniture. The cats will bring a smile to your face, but there's no litter box to clean. Live animals require a lot of special attention and care. Animatronic pets offer you all of the benefits, without all of the special needs involved.

The Joy For All Companion dog reacts to touch and voice. Barking and whining, moving its eyes, wagging its tail and turning its head in response to your voice. When you snuggle, you can feel the heart beating. The cats respond to petting, hugging and motion, even rolling over on its back; similar to what live cats do.

The department has placed several companion pets with residents of Greene County and the benefits have been immeasurable. Companion pets have been a useful tool in our arsenal for bringing comfort to older, homebound adults.

If you or a loved one could benefit from one of our furry companion pets, we have a limited supply of animatronic cats and dogs available. Please call 518-719-3555 for more information.

Seen below are three recent recipients and their new pet . . . Margarita, Frances and Carol.





AmeriCorps Senior RSVP Recognition Committee recently decorated a tree for the Fortnightly Club of Catskill's Festival of Trees.

This year's tree was titled "Volunteers are Angels".

Seen in photo (right to left): Vicky Cramer, Edie Bentley, JoEllen Gillooley, AmeriCorps Senior RSVP Coordinator Ruth Pforte, Janet DelVecchio, and Mary Oettinger.

THANK YOU CAIRO CRAFTERS

We regret to announce that the Cairo Crafters have disbanded. Over the years, the crafters have been very supportive of AmeriCorps Seniors and donated numerous items which we in turn distributed to other organizations.

As a final gesture, they graciously donated several lap robes to the DHS Senior Angels' Program with the intention of finding individuals who could best use them.

The Cairo Crafters have enjoyed their time together, working with AmeriCorps Seniors, and hope that those who were gifted with their workmanship also enjoyed receiving them.



(File photo)



OUR VOLUNTEER MEDICAL TRANSPORTATION PROGRAM IS VERY POPULAR

As a result, we need lead time to accommodate as many people as possible so we ask for two weeks notice. Our volunteer driver base is not as large as it used to be. We often get more requests than we can fill. As a result we have been forced to limit client rides to 4 per month.

COVID-19 has made the job of getting rides more difficult. Volunteers have the option of not going to certain locations.

Volunteer drivers cannot accommodate a wheelchair or assist you getting in and out of the vehicle.

Sometimes people get upset when we ask questions that they don't like when calling for a reservation. These are standard questions that we need to ask in order to schedule our volunteers and serve the most requests:

1. Are you over 60?
2. Do you have Medicare or Medicaid?
3. How have you been getting to your medical appointments up until now?
4. Are you ambulatory?
5. Do you use a cane or a walker/rollator/wheelchair?

The answers to these questions help to determine whether the program is appropriate for you. We may be able to assist you with a different transportation option if you do not qualify for the Volunteer Medical Transportation Program.

Please understand that we are trying our best to serve you. If you have any concerns or questions, please do not hesitate to reach out and call us at the main office. Thank you.



Are you feeling like you are not doing enough with your life? Are you bored? Lonely? Do you feel you would like to do something new or different? Consider being a Department volunteer!

The Greene County Department Human Services' AmeriCorps Seniors has opportunities for volunteering throughout Greene County. Whether you want to serve an hour a month, 40 hours a week, or more, we have opportunities available. We especially need volunteers to deliver meals in the Catskill, Palenville/Kiskatom and Mountain-Top areas.

If you would like to help make a difference in our community, please call Ruth Pforte, Volunteer Coordinator at 518-719-3555.





**Do you know who is your representative on
the Greene County Department
for the Aging Advisory Council?**

**Do you live in Durham & would like to serve on our Advisory Council?
Contact our office (518-719-3555) if interested.**

Purpose: To advise the Department of Human Services to develop and administer the Aging service plan; conduct public hearings; represent the interest of the county's senior citizens, and review and comment on all community policies, programs and actions which affect older persons.

MEMBERS:

Community Agencies:

Edward Bloomer - Greene County Legislature
Bea Clappin - Greene County DSS
Michelle Deyo - Greene County Veterans
VACANT - Greene County Dept. of Health
Lawrence Krajeski - Catskill Mountain Housing
Lillian Moore - AmeriCorps Seniors
Florence Ohle - Community Action
Dawn Wallant - Common Ground

Legislative District Representatives:

Catskill # 1 - Ernie Armstead
Coxsackie #2 - Richard Golden
Athens #3 - Lynn Brunner
Greenville #4 - Beverly Myers
Prattsville, Ashland, Windham & Jewett #6 - Judith LoPresti
Halcott, Lexington, Hunter #7- Linda VanEtten
Cairo #8 - Dorothy True
VACANT- DURHAM



CAREGIVING AND THE HOLIDAYS: FROM STRESS TO SUCCESS!

For many caregivers, the holiday season gives rise to stress and frustration instead of peace and good will. Managing care for someone with a cognitive impairment leaves caregivers feeling they can't partake in holiday gatherings. Already feeling overwhelmed with caregiving tasks, they view traditional preparations as more of a drain of precious energy than a joy. Here are some suggestions that may help make the holidays more enjoyable for all involved.

- **Holiday greetings:** Some caregivers have had success in writing a brief note describing the person's condition and enclosing it in a holiday greeting card. If written in a tone that's not guilt-inducing, family members may be more forthcoming with assistance or, at least, have a better understanding of the effort you are putting into providing care.
- **Let sleeping dogs lie:** It is common for caregivers to be disappointed with family members who they feel are not "pulling their weight" with responsibilities. If this holds true for you, and your goal is to enjoy the holidays, you must decide how much and when to communicate this disappointment. Consider clearing the air before the holidays or put those feelings on hold, with the intention to discuss after the holiday season passes. In the meantime, enjoy the holiday!
- **Accept the need to adapt:** Caregivers often have to adapt their traditional holiday experiences. This may mean allowing someone else to host traditional festivities. Modify the amount of time away from home to match the comfort level of your impaired loved one. Choose which events to attend based on which would be the least exhausting but most enjoyable for the person you provide care to - and for you.
- **The visit room:** Don't expect the person with cognitive impairment to be able to adapt to all situations; you may need to adapt the environment to their needs. Try to arrange to have another room in the house as a quiet place for the impaired person so he/she can benefit from time with less stimulus and family members take turns visiting.
- **Share your wish list:** Caregivers can ask for time off from usual duties as a holiday gift. Try asking for a Saturday off "in the next three months" as family members can then schedule it into their calendars.
- **Together time:** While caregiving, it is easy to get caught up in all the tasks of personal care and homemaking chores. Make a point of setting some time aside this holiday season to enjoy the person you care for in a relaxed, one-on-one context. The best activities are those which take advantage of long-term memory, usually less impaired in people with dementia. Try looking through family photo albums or unpacking holiday decorations, which may stimulate memories.
- **Reflect on the rewards:** Caregiving can help maintain self-esteem as it may feel very rewarding to know that you are fulfilling a promise you have made to the person for whom you provide care. You may also be experiencing a great deal of growth as you learn new skills and meet challenges in ways you never imagined possible.



DECEMBER NUTRITION NOTES

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

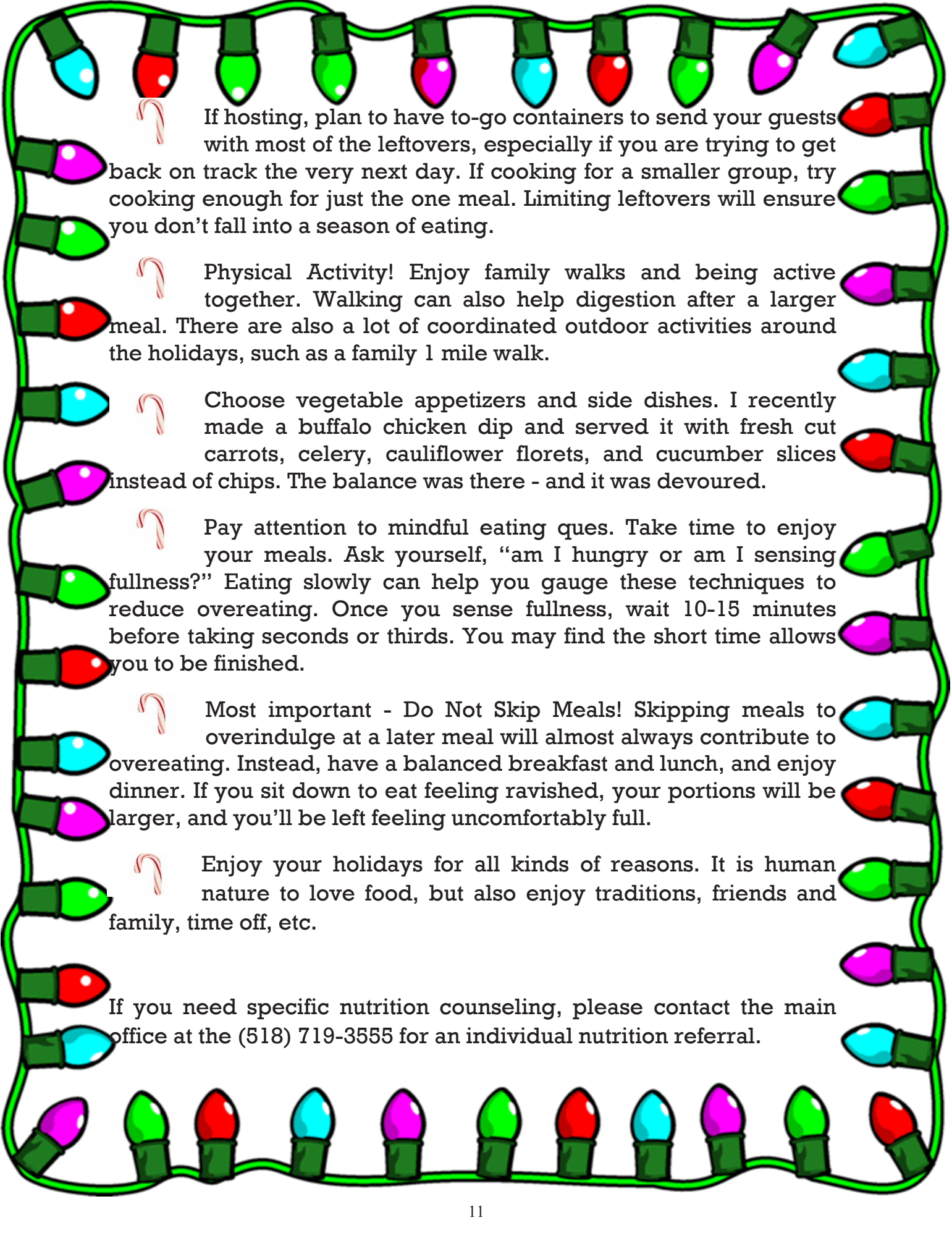
The holidays are coming, and my patients always ask me “How do I stay on track with my diet during the holiday season?” Their questions can range from those trying to lose additional weight, maintain their weight, or overall eat more nutritious during these festive times. My first response, and a long-standing philosophy of mine, is that “a holiday is just one day.” Yes, there are a few this time of year, but Thanksgiving to New Year’s Day is a 36 - day period. Enjoying delicious food and drinks on 3 - 5 days (depending on holidays you celebrate), should not unbutton your current progress, or result in weight gain. I would never consider enjoying your meals on holidays as a relapse in your diet, as the problem arises when it becomes an entire season of eating, without paying attention to your consumption. I value holiday indulgence, family and friend time, and the excitement centered around food during as we celebrate.

If you currently have specific dietary goals or restrictions, here are a few tips for a happy, healthy holiday season. We often forget that healthy food contributes to boosted moods, increased energy, and the release of feel-good hormones.

🍷 Planning. If you’re going to indulge on the actual holiday, bring a lower calorie side dish or appetizer that you can enjoy. An easy tip: swap 2% Greek yogurt for sour cream in casseroles and dips - it significantly lowers the fat and calorie content.

🍷 We will always hit our calorie threshold if we are eating and drinking calories. Limiting calorie beverages keeps the daily total in check. Choose zero calorie beverages, stay hydrated in between alcoholic drinks, and try to choose lower calorie mixers.

🍷 At an appetizer buffet, build a small plate to enjoy instead of grazing over the table (I can be guilty of this). This allows you to pay attention to your consumption.



If hosting, plan to have to-go containers to send your guests with most of the leftovers, especially if you are trying to get back on track the very next day. If cooking for a smaller group, try cooking enough for just the one meal. Limiting leftovers will ensure you don't fall into a season of eating.

Physical Activity! Enjoy family walks and being active together. Walking can also help digestion after a larger meal. There are also a lot of coordinated outdoor activities around the holidays, such as a family 1 mile walk.

Choose vegetable appetizers and side dishes. I recently made a buffalo chicken dip and served it with fresh cut carrots, celery, cauliflower florets, and cucumber slices instead of chips. The balance was there - and it was devoured.

Pay attention to mindful eating cues. Take time to enjoy your meals. Ask yourself, "am I hungry or am I sensing fullness?" Eating slowly can help you gauge these techniques to reduce overeating. Once you sense fullness, wait 10-15 minutes before taking seconds or thirds. You may find the short time allows you to be finished.

Most important - Do Not Skip Meals! Skipping meals to overindulge at a later meal will almost always contribute to overeating. Instead, have a balanced breakfast and lunch, and enjoy dinner. If you sit down to eat feeling ravished, your portions will be larger, and you'll be left feeling uncomfortably full.

Enjoy your holidays for all kinds of reasons. It is human nature to love food, but also enjoy traditions, friends and family, time off, etc.

If you need specific nutrition counseling, please contact the main office at the (518) 719-3555 for an individual nutrition referral.

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.

If you would like lunch at either Athens or Catskill & need transportation, please call Rose at the main office to schedule.

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 Manager
Greg Brunner

JEWETT

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

Gayle Ruvolo
Meal Site Manager
Sal Alberti

***NUTRITION EDUCATION:
Tues. Dec. 14 - 12:00 p.m.***

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 RECEIVE - 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
		1 PORK CHOP w/ Gravy MASHED POTATOES BUTTERNUT SQUASH APPLESAUCE PEACH COBBLER	2 HUNGARIAN GOULASH EGG NOODLES SPINACH TOSSED SALAD FRESH FRUIT	3 BEER BATTERED FISH CAULIFLOWER AU GRATIN POTATOES FRESH FRUIT
6 SLOPPY JOES CAULIFLOWER CORN TROPICAL FRUIT	7 CHICKEN & BISCUITS BROCCOLI MASHED POTATOES PEARS	8 ROAST TURKEY DINNER w/ Gravy CRANBERRY SAUCE STUFFING SWEET POTATO PUMPKIN PIE	9 FISH FLORENTINE ITALIAN MIXED VEGETABLES SCALLOPED POTATOES FRESH FRUIT	10 LASAGNA GREEN BEANS CARROT COINS GRAPE YOGURT PARFAIT
13 BEEF CHILI BROCCOLI CORN BREAD BROWN RICE TROPICAL FRUIT	14 CHICKEN QUARTERS w/ Gravy MASHED POTATOES GREEN BEANS COOKIES NUTRITION EDUCATION: Jewett Nutriton Site	15 BEEF STEW MIXED VEGETABLES CHOCOLATE MOUSSE	16 ROAST PORK w/ Gravy APPLESAUCE SWEET POTATO BUTTERNUT SQUASH FRUITED JELL-O	17 BAKED SALMON w/ Dill Sauce CALIFORNIA VEGETABLE MEDLEY WHITE RICE FRESH FRUIT
20 CHICKEN DIJON CALIFORNIA MEDLEY MASHED POTATOES FRUIT COCKTAIL	21 VEAL PARMESAN SPINACH STEWED TOMATOES ROTINI PEARS	22 MEATLOAF w/ GRAVY BRUSSELS SPROUTS MASHED POTATOES CHOCOLATE BIRTHDAY CAKE	 23 CHRISTMAS HOLIDAY DINNER BAKED HAM w/ Raisin Sauce* SCALLOPED POTATOES GLAZED CARROTS CHEESECAKE w/ Cherry Topping * LOW SALT DIET SUBST: BAKED CHICKEN w/ Gravy	24 DEPARTMENT CLOSED NO MEALS 
27 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES FRUIT COCKTAIL	28 LEMON BAKED COD SPINACH CARROT COINS RICE PILAF PEACHES	29 STUFFED SHELLS SAUSAGE ITALIAN VEGETABLES BROCCOLI BUTTERSCOTCH PUDDING	30 NEW YEAR'S DINNER ROAST BEEF w/ Gravy MASHED POTATOES PEAS & CARROTS APPLE PIE 	31 DEPARTMENT CLOSED NO MEALS 



GREENE COUNTY SENIOR NUTRITION PROGRAM

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SERVED DAILY: BREAD WITH PROMISE SPREAD - TARTAR SAUCE SERVED WITH FISH

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 SLOPPY JOES CAULIFLOWER CORN, LIMA BEAN & CARROT MEDLEY TROPICAL FRUIT	4 KIELBASA* W/ SAUERKRAUT CARROTS BAKED BEANS FRUITED JELL-O * LOW SODIUM DIET SUBST: Baked Chicken Thigh	5 MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD CHOCOLATE CAKE	6 ROAST PORK w/ GRAVY MASHED POTATOES BUTTERNUT SQUASH FRESH FRUIT	7 BEEF BARLEY STEW BROCCOLI FRESH FRUIT
10 CHICKEN DIJON MASHED POTATOES MONACO VEGETABLE MIX PEACHES	11 RAVIOLI SAUSAGE ITALIAN GREEN BEANS LIMA BEANS CHOCOLATE MOUSSE	12 MEATLOAF w/ GRAVY SCALLOPED POTATOES SONOMA VEGETABLE MIX APPLE CRISP	13 HOT TURKEY DINNER w/ GRAVY CRANBERRY SAUCE MASHED POTATOES CARROTS STUFFING LEMON MERINGUE PIE	14 TACO BAKE CORN SPANISH RICE FRESH FRUIT
17 DHS MAIN OFFICE & ALL SENIOR NUTRITON SITES CLOSED  Martin Luther King Jr. Day	18 BBQ CHICKEN THIGH BAKED BEANS COLLARD GREENS CORNBREAD PEACH CRISP w/ WHIPPED TOPPING	19 PORK CHOP w/ GRAVY APPLESAUCE SWEET POTATO BIRTHDAY CUPCAKE 	20 ROAST BEEF w/ Gravy CALIFORNIA MIXED VEGETABLES MASHED POTATOES PINEAPPLE DELIGHT	21 CHICKEN DIVAN MONACO VEGETABLE MIX WHITE RICE FRESH FRUIT
24 BEER BATTERED FISH CALIFORNIA MIXED VEGETABLES TROPICAL FRUIT	25 VEAL PARMESAN ITALIAN MIXED VEGETABLES PENNE PASTA PEACHES w/ WHIPPED TOPPING	26 SWEET & SOUR CHICKEN GREEN BEANS PINEAPPLE WHITE RICE MANDARIN ORANGES	27 ROASTED CHICKEN QTRS w/ GRAVY MONACO VEGETABLE MIX MASHED POTATOES FRESH FRUIT	28 AMERICAN GOULASH SPINACH TOSSED SALAD FRESH FRUIT
31 BEEF CHILI CALIFORNIA VEGETABLE MIX BROWN RICE PB COOKIES				

December Calendar

EVERY DAY: *Pinochle, Pool, Card Games & Fun!*

Every Monday

Ageless Grace
Crafters

10:00 a.m.

1:00 p.m.

Every Tuesday

Pool Game
Line Dancing
Check It Out

10:00 a.m. - 1:00 p.m.

10:30 a.m.

Book Program with
Catskill Library

11:00 a.m - 1:00 p.m.



Every Wednesday



Sing-A-Longs Chorus

10:00 a.m - 11:00 a.m.

12/8,15,22,29 Wellness Yoga

11:00-11:30 a.m.

Painters Club

10:00 a.m - 12:00 p.m.



Every Thursday

Intro To Tech

11:00 a.m.

Chair Yoga with Elisabeth

12:30 p.m.

Pool Games

All Day!



Every Friday

Rummikub



Chair Dance Aerobics

10:00 a.m.



SPECIAL EVENTS:

Dec 1: SaxoClaus Concert by Luke McNamee

Well Known Saxophone Player 12:30 p.m.

Dec 9: Locket Jewelry Making with LeDia Designs

Sponsored by Conklin Architecture

Limited Spaces Available call to reserve
your spot by Dec 6.

10:00 a.m.

Dec 17: Christmas Caroling with Mayrose

Dec 23: Ugly Christmas Sweater Holiday Party

Sponsored by Creekside 11:00 a.m

happy
holidays!

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/hour*).

LEGAL SERVICES

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

NUTRITION:

Senior Congregate Meal or Home Delivered Meals:

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

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

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

TRANSPORTATION:

Shopping Bus: This door-to-door service is provided directly by the Department.

The suggested level of contribution is \$3.00 round trip (*Actual cost \$15.08/one way*).

Senior Center Transportation:

The suggested contribution is \$1.00 for round-trip (*Actual cost: \$7.34/one way*).

Medical (Homebound) Transportation:

The suggested contribution for this service is a sliding scale based on mileage

0 – 10 miles	\$3.00 round-trip
11 – 20 miles	\$5.00 round-trip
21 – 40 miles	\$9.00 round-trip
41+ miles	\$15.00 round-trip

(*Actual cost is \$29.62 one-way trip, maximum mileage*)

Remember to make checks payable to Greene County Department of Human Services & note in memo the service.



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 and contributions. If you or your family are in a position to do so, please fill out the form below. One hundred percent will be used to provide service to an older adult in need.

NAME: _____

ADDRESS: _____

I designate \$ _____ to the following
In appreciation for services **OR**
In memory of _____

_____ Round Table News _____ In-home services _____ Where most needed
_____ Senior Angels Fund _____ Homebound transportation _____ Nutrition Program

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



Carolyn Yusko
In Memory of Loved Ones

Discarding Unused Medication



Every day, 2,000 teenagers use a prescription drug to get high for the first time.

They're primarily accessing these drugs in homes. It can be as easy as opening a cupboard, drawer or medicine cabinet. Prescription drugs are not exempt from causing harm to your teenager. The scary statistic-12 to 17-year-olds abuse prescription drugs more than they abuse ecstasy, crack, cocaine, heroin and methamphetamine combined.

But, the good news. There are steps you can take to help protect teens and others from prescription drug misuse: monitor the family's prescriptions, secure them tightly in a locked cabinet, and properly dispose of expired and leftover medications by depositing the prescription and over the counter drugs in MedReturn boxes located at police stations throughout New York State. This is the safe way to dispose of prescription medications, patches, ointments, samples, plus vitamins, over-the-counter medications, and pet medications.

Safe Disposal Options

Contact your municipality to see if they offer household pharmaceutical collections in partnership with local law enforcement.

Take advantage of National Drug Take-Back Day. Twice a year - April and October - the federal Drug Enforcement Agency's (DEA) holds a national take back day. Learn more about National Prescription Drug Take-Back Day. https://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html

Visit your local pharmacy to purchase pre-addressed envelopes to mail unwanted medications for incineration.

As a last resort, follow these instructions for putting medications in the trash:

- Mix medications (do not crush tablets or capsules) with water and then add salt, ashes, dirt, cat litter, coffee grounds, or another undesirable substance to avoid accidental or intentional misuse of drugs.
- Do not conceal discarded drugs in food.
- Place all medications in an outer container, such as sealable bag, box, or plastic tub to prevent discovery and removal from the trash. Seal the container with strong tape.
- Dispose of drugs as close to your trash collection day as possible to avoid misuse and/or misdirection.

Learn more about safe medication disposal: <https://www.dec.ny.gov/chemical/67720.html>

Contact your local prevention providers to inquire about prescription deactivation kits: <https://webapps.oasas.ny.gov/providerDirectory>

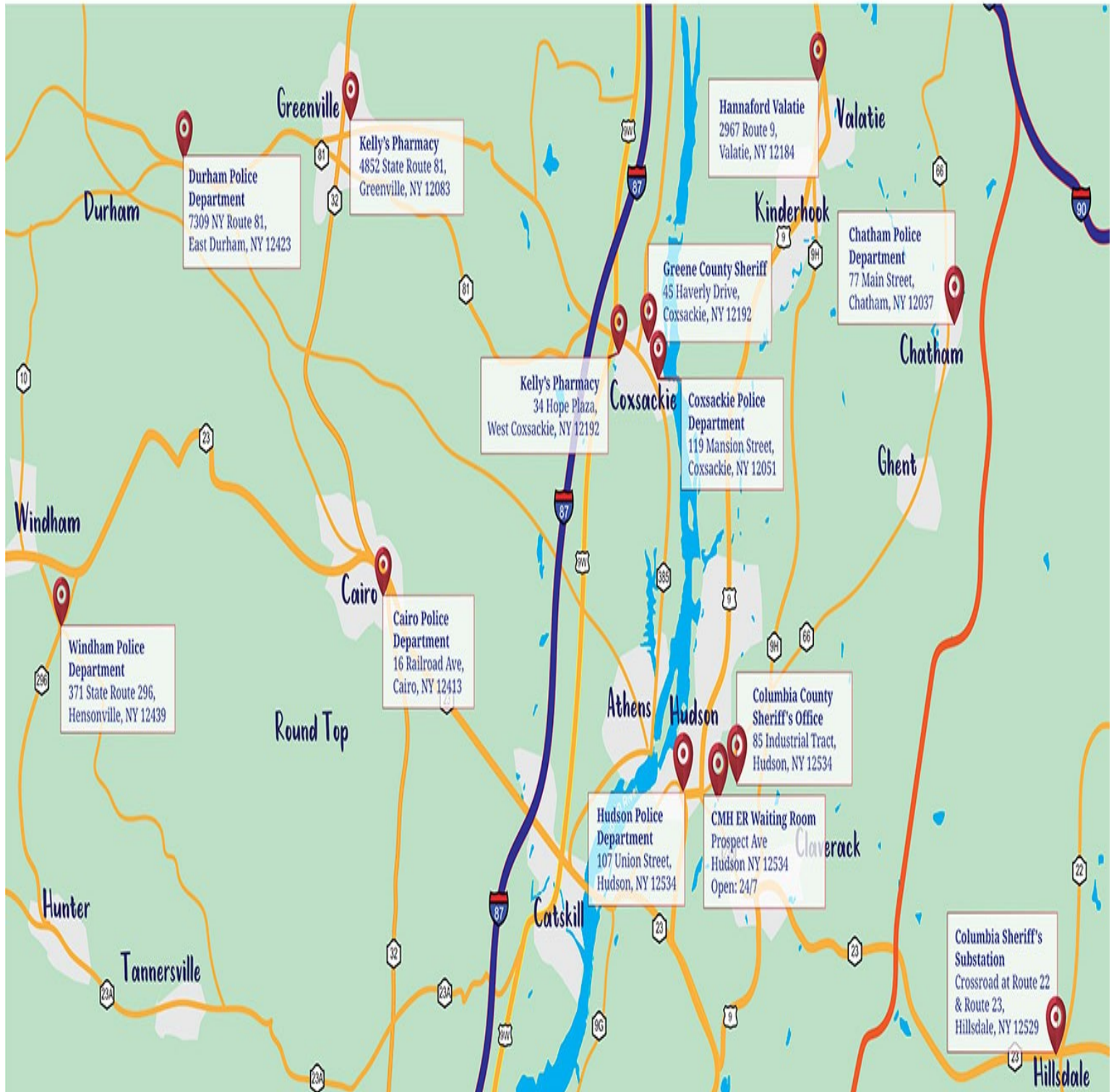


DID YOU KNOW?

Medication Drop Boxes Help Reduce Prescription Drug Abuse.

Several law enforcement agencies and pharmacies in Greene and Columbia counties are offering medication drop boxes to help keep you and the community safe. Just put your medications in these boxes, including prescription narcotics. *No Questions asked and No Paperwork required.* Locations are highlighted below!

To learn more please visit: greenehealthnetwork.com/medication-drop-boxes/



GREENE COUNTY SENIOR CITIZENS CLUBS

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



Fun for Seniors

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

2:00 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

1:00 p.m.

Windham Town Building

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



News From the Greene County Youth Bureau

WHAT IS THE GREENE COUNTY CHILDREN, YOUTH & COMMUNITY ADVISORY BOARD?

The purpose of the Advisory Board is to develop and recommend policy and procedures that guide the activities of the county youth bureau in providing opportunities that improve the lives of families and youth in Greene County. The Board is a policy making board responsible for direction of the Youth Bureau and meets six times a year, Wednesday evenings.

The Board shall be compromised of not fewer than 13 members and no more than 20 members who are residents of Greene County. Members must be at least 16 years of age at date of appointment. Membership should represent residents of the various towns in Greene County, agencies serving youth, or youth receiving services.

Potential members should have qualities that enable them to function effectively. They should be able to recognize the needs of youth in the community and take an active role in working toward building a continuum care systems. Important personal qualifications include leadership, ability to positively interact with others, commitment to representing the interests of youth, and a willingness to devote time and effort to the board's goals.

Official appointment is made by the Greene County Legislature. Presently we are seeking new members, especially youth, but also interested general public adults, as well as a representative from Greene County Public Health. If you should know of anyone that meets the criteria and has the desire to play an important role in our county's youth and their future, please contact our office with his/her name, or if yourself, so we can contact and get an application completed.





The Greene County Women's League Cancer Patient Aid (GCWL) will hold its Christmas Party on **Wednesday, December 8, 2021** at 12:00 p.m. at Red's Restaurant in Coxsackie.

Reservations & prepayment required.

Greene County Women's League (G.C.W.L.) is a 501(c)(3) non-for-profit organization whose mission is to provide Greene County Cancer patients with assistance in paying medical expenses resulting from the diagnosis and treatment of cancer. 100% of donations are committed to patient care.

For more information call 518-819-1249,
www.greenecountywomensleague.com

Find them on FACEBOOK

Via U. S. mail at P.O. Box 341, Round Top, NY 12534.

**NEW MEMBERS
WELCOME.**

NY Project Hope

Coping with COVID



Here to Talk | Here to Listen | Here to Support



Whether you need to talk to someone or learn about resources in your community, our trained crisis counselors are available for you.

1-844-863-9314
8am-10pm / 7 days

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



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

Coping Tips for Stressful Times...



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

Want to learn more
on your own time?



SCAN ME

Confidential | Free | Anonymous



Office of
Mental Health

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

Memory Mixers



HOLIDAY BINGO

Thursday, December 2nd, 2021



1:00pm - 2:00pm



Join us for some **virtual** holiday 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 **Wednesday, November 24th**, 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

Meet Our Staff



KEN BROOKS was born and raised in Albany NY and still resides there today. He has an Associates Degree from Russell Sage College/Junior College of Albany. He is married to his wife Tammy, and they have two fur babies. A dog by the name of Bella and a cat by the name of Little One.

Ken started working for the Dept. for the Aging in December of 2012 as the Junior Accountant. In 2014 he was promoted to Business Manager. Along with his financial duties, Ken is part of the Senior Angels Committee. Which he enjoys and is very passionate about. Along with the regular Senior Angels responsibilities he started the Senior Angels Annual Thanksgiving Dinner in 2016. Over the past 8 years the Senior Angels Committee has brought the fund raising to a new level, the last 7 seven years Ken and the committee have raised \$95,166.15. He loves working with Senior Citizens, especially now that he is one. It was the main reason he accepted the job offer in the first place. He hopes that his Senior Angels legacy lives on well after he has retired.

Ken and his wife love to travel, they have been to Ireland, Germany, Austria, Vienna, Prague, Budapest, several Cruises to the Caribbean, and many Senior trips with various Greene County Senior Clubs. Due to Covid their traveling has been restricted. So this year they are planning a trip to Dollywood. When Covid started, Ken decided to write a book of his memoirs, which he hopes to complete by 2022.

Ken is planning on retiring in March 2023, and hopes to make his last Thanksgiving Dinner in 2022 as well as his last fundraiser a HUGE SUCCESS. He will be asking everyone to help pitch in.

As another year draws to a close, the entire staff at Greene County Department of Human Services wishes all our clients and individuals we work with, a most Happy New Year in 2022.

Regardless of what you celebrate . . . be it Christmas, Hanukkah, Kwanzaa, Winter Solstice . . . Our wish is one and the same . . . may you have a most happy, healthy and blessed holiday.

DID YOU KNOW . . .

Greene County Department of Human Services has available a Directory of Resources?

The directory includes information on local, Greene County services available from Aging to Community to Youth. It is a handy resource for shopping, schools, transportation, Veterans, and so on.

If you would like a copy, please contact our office or visit our county web page.



Directory of Services

GREENE COUNTY
DEPARTMENT OF HUMAN SERVICES

AGING, YOUTH BUREAU & NY Connects

411 Main Street - Catskill, NY 12414

(518) 719-3555 Fax: (518) 719-3798

Toll Free: (877) 794-9266

NY Connects (800) 342-9871

Email: aging@discovergreene.com

Visit us on the web at:

www.greenegovernment.com/departments



NY Connects
Your Link to Long Term
Services and Supports

GREENE COUNTY DEPARTMENT OF HUMAN SERVICES

<https://www.facebook.com/Greene-County-Department-of-Human-Services-379577489142216/>

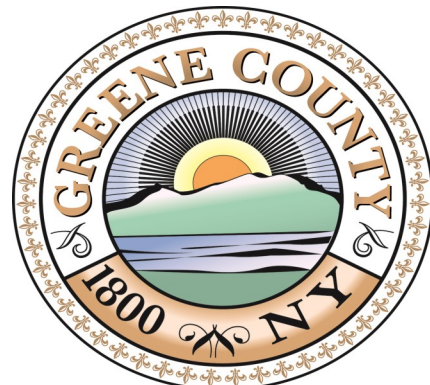


Find us on
Facebook

For information
on any Greene County Department,
go to:

www.greenegovernment.com/
Click "Departments"

Human Services:
<https://www.greenegovernment.com/departments/human-services>





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(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:

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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 to schedule an appointment if you need to meet with a staff member.**

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

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

GREENE COUNTY ROUND TABLE NEWS is published monthly by the Greene County Department of Human Services. If you would like to be added to or removed from our subscriber list, please call Maureen at 518-719-3555 or email 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.