



## **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.**



## *For Your Donations to the Senior Angels Program*

*Jean & Oleson Bush  
Catskill BPOE #1341  
Catskill Silver Linings Senior Club  
Coxsackie-Athens Rotary Club  
Joyce and Larry Federman  
Tom & Linda Gentalen  
Margaret Hernandez, Greene Meadows Nursing Home  
Helping Hands 12015  
Ellen Keifer  
Kiskatom Reformed Church  
Terry McGee Ward  
Mountain Top Golden Agers  
Karen & Bill Ormerod  
P. Schneider & Associates PLLC  
Shook Insurance Agency LLC  
Robin W. Smith  
Tom & MaryAnn Tompkins*

*Cairo Crafters  
Catskill Regional Women's Club  
Diane Capobianco  
Margaret M. Donahue  
Harry Feineis  
Peggy Hester  
Robert & Dena Lawrence  
Veronika & Wayne Marquoit  
McGee - Ward Families  
National Bank of Coxsackie  
Rotary Club of Greenville  
Charles & Frances Serro  
Gail E. Smith  
Dee Sutherland*

*In Honor Of  
Mrs. Renee Mathis for all she does  
All the Senior Angels*

*In Honor and In Memory of Family and Friends*

*In Memory of*



<i>Rose Marie Alberti</i>	<i>Phyllis Beechert</i>
<i>Syke Beojekian, Wilma Darling &amp; Laura Shufelt</i>	
<i>Cameron Bruno</i>	<i>Robert D. Carl</i>
<i>Leonard Disalvo</i>	<i>Helen Mary Eckler</i>
<i>Agnes and Buck Farrell</i>	<i>Pat (Ziggy) Giordano</i>
<i>Bill Cash &amp; Rosemary Graham</i>	<i>Mr. &amp; Mrs. Clarence Gardner</i>
<i>Rosemary Graham</i>	<i>Helen &amp; Brian Golden</i>
<i>WWII Veteran Harry Haas, 1925 - 2021</i>	
<i>Karen Sprague-Johnson &amp; Linda Johnson Robert Kallman</i>	
<i>Mary Christina &amp; Thomas J. Killourhy</i>	
<i>John &amp; Margaret Kordich, Marge Stabile &amp; Lynne Zubris</i>	
<i>Helen Lee</i>	<i>Alvera Mahuken</i>
<i>Dick &amp; Alfred Mangano</i>	<i>Thomas A. Martin</i>
<i>Ed Lorenz &amp; John Morgese</i>	<i>Rob O'Connell</i>
<i>Tammy Robinson &amp; Bud Osborn</i>	<i>Greta Russell</i>
<i>Orville and Ethel Slutzky</i>	<i>Harry &amp; Theresa VanWormer</i>
<i>Patricia J. Van Valkenburg</i>	<i>Rose &amp; Chet VanZandt</i>
<i>Rev. Henry Verdaasdonk</i>	

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

*In Memory of my Beloved Husband, Robert Carey*

*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*



Dear Volunteers,

As we start a New Year, I wanted to let you all know how important you are to AmeriCorps Senior RSVP at the Greene County Department of Human Services. During the last year:

- ☆ Homebound meal delivery volunteers have helped deliver an amazing number of meals to homebound clients.
- ☆ Medical transportation volunteers have taken clients to medical appointments.
- ☆ Crafters have made hats, scarves, shawls, teddy-bears and lap-robos that were distributed to local organizations.
- ☆ Outreach volunteers have made phone calls, done errands, and assisted with grocery shopping for homebound clients.
- ☆ Aging and Youth Advisory volunteers have helped us continue our service.
- ☆ Thrift-shop volunteers worked hard to get the shop cleaned up and reopened to the public.

2021 was another year of major change for our community. I thank you all for the service that you have provided. I sincerely hope that you remain healthy and involved with volunteering.

Please remember that you are our best source for new volunteers, so please give a friend my contact information as we could use their assistance. Keep up the amazing work you do.

Ruth Pforte  
Greene County Dept. of Human Services  
America Corps Senior Coordinator  
518-719-3555



Americans 55+ have a lifetime of experience to share and the desire to make a real difference in their world. Now they are ready to put their unique talents and expertise to work in their communities, and enrich their own lives in the process. AmeriCorps Seniors can help those connect with others that need them the most.

Senior volunteers make a contribution that suits their talents, interests and availability. Some serve in teams while others go it alone. Everyone has unique gifts to share and our volunteers make significant contributions by putting their best talents to work. The high number of senior volunteers and their level of commitment make them an essential resource in meeting critical community needs.

AmeriCorps Seniors volunteers must be 55 years of age or older and willing to serve on a regular basis. They can choose how, where, and when they want to serve, with time commitments starting from as little as an hour a week. As a volunteer, you will receive pre-service orientation and training from your volunteer station. AmeriCorps Senior volunteers are not paid any wage or stipend, but can be reimbursed for mileage expenses incurred.

When you volunteer, you're not just helping others - you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies have shown that volunteering helps you live longer and promotes a positive outlook on life. Research suggests that volunteering is particularly beneficial to the health of older adults serving 100 hours annually. It also suggests that volunteering leads to lower rates of depression in individuals 65 and older. Helping others make people healthier and happier. Of course, please note, we welcome volunteers of any age!

The Department of Human Services sponsors the county's AmeriCorps Seniors and is always looking for new volunteers. Giving of your time to help others is extremely satisfying. Volunteers play a vital role in area communities by contributing their talents and experience.

Through the Department of Human Services, AmeriCorps Seniors offers the following volunteer opportunities :

**HOMEBOUND MEAL DELIVERY:** Drivers needed to deliver meals one day a week to homebound elderly residents throughout the county. Routes take approximately 60 - 90 minutes.

**HOMEBOUND TRANSPORTATION DRIVER:** Drivers needed to transport elderly clients to medical appointments in Greene County, and neighboring counties.

If you think you may be interested in becoming a volunteer, take the next step. You can find our registration application on the department's web site under Volunteer Services/Forms. Please complete it & return to our mailing address or email address. Once we have received your application, it will be reviewed and a background check will be completed. Shortly thereafter, you will be notified of the decision to accept you as a volunteer for the Greene County Department of Human Services, AmeriCorps Seniors.



**AmeriCorps  
Seniors**





**NEW STORE HOURS:**

**MONDAY 9:00 A.M. – 11:30 A.M.**

**WEDNESDAY 9 A.M. – 11:30 A.M.  
& 12:30 P.M. – 2:00 P.M.**

**PLEASE BRING YOUR OWN  
SHOPPING BAG.**

**MASKS ARE REQUIRED  
AT ALL TIMES  
WHILE SHOPPING.**

**MAXIMUM FOUR (4) SHOPPERS  
AT A TIME  
WITH A 20 MINUTE LIMIT.**

**FOLLOW ALL INSTRUCTIONS  
ON DOORS/ENTRANCES.**



# **GREENE COUNTY LEGISLATURE** **REAPPOINTS 2022** **ADVISORY COUNCIL** **TO GREENE COUNTY DEPARTMENT** **FOR THE AGING**

☆ Ernest Armstead	Catskill District #1
☆ Richard Golden	Coxsackie District #2
☆ Lynn Brunner	Athens District #3
☆ Beverly Myers	Greenville District #4
☆ Jeffrey Ruso	New Baltimore District #5
☆ Judith LoPresti	Prattsville, Ashland, Windham & Jewett District #6
☆ Lula Anderson	Prattsville, Ashland, Windham & Jewett District #6
☆ Linda VanEtten	Halcott, Lexington & Hunter District #7
☆ Dorothy True	Cairo District #8
☆ VACANT	Durham District #9

**We are still seeking a representative from the town of Durham .**

If interested, please contact our office at 518-719-3555.

☆ Ed Bloomer	Legislator, Greene County Services Committee
☆ Bea Clappin	Greene County DSS
☆ Michelle Deyo	Greene County Veterans Service Agency
☆ Lawrence Krajewski	Catskill Mtn. Housing
☆ Lillian Moore	AmeriCorps Seniors
☆ Florence Ohle	Community Action of Greene County
☆ Dawn Wallant	Common Ground

The Advisory Council is comprised of Greene County residents, age 60 years or older, as well as agencies serving the elderly. The purpose of the Council is to advise the Greene County Department of Human Services in their efforts to serve the County's elderly residents.

The Council will

- 1) develop and administer the service plan
- 2) conduct Public Hearings
- 3) represent the interest of the older person
- 4) review and comment on all community policies, programs and actions which affect older persons.



# SENIOR HOUSING

## Caregiver Pit Stop: A Resource Guide for Dementia Caregivers

There are many levels to the world of senior housing. Whether you are looking to downsize or find the right place for your loved one, there are options. Beginning the process can be overwhelming. Keep in mind, there are senior housing advisors who can assist with this process for breaking down options based on need, location, finances and more.

### INDEPENDENT SENIOR HOUSING (APARTMENTS)

- ⇒ Designed specifically for seniors
- ⇒ Maximizes opportunities for socialization
- ⇒ May offer amenities and additional services
- ⇒ Less maintenance and upkeep compared to owning a home
- ⇒ Can be a step toward downsizing

*Here in Greene County, contact:*

**BETHANY VILLAGE** 800 Bethany Drive, West Coxsackie 518-731-8890

**CATSKILL MOUNTAIN HOUSING** 518-943-6700

*CAIRO: Fairground Estates*

*PRATTSVILLE: The MEWS*

*TANNERSVILLE: Hemlock Nob*

*WINDHAM: Windham Willows*

*CATSKILL: Autumn Grove, Kaaterskill Manor & Orchard Estates*

**RIVERTOWN APARTMENTS** 19 Third Street, Athens 518-945-1751

### ASSISTED LIVING

- ⇒ Assistance or supervision with daily tasks (such as bathing and dressing)
- ⇒ On-site monitoring and supervision
- ⇒ Three meals a day and transportation services
- ⇒ Case management services
- ⇒ Social activities and programming

*Here in Greene County, contact:*

**HOME SWEET HOME OF ATHENS** 71 Second St, Athens 518-945-1673

**HOME SWEET HOME ON THE HUDSON** Prospect Ave, Catskill 518-943-5701

**THE ELIOT** 122 Jefferson Hgts, Catskill 518-943-1700

### NURSING HOME

- ⇒ Assistance with bathing, dressing, toileting, transferring, and feeding (including special diets)
- ⇒ Physical, occupational and speech therapies
- ⇒ Planned activities to improve quality of life

*Here in Greene County, contact:*

**GREENE MEADOWS** 161 Jefferson Hgts, Catskill 518-943-9380

**THE PINES AT CATSKILL** 154 Jefferson Hgts, Catskill 518-943-5151





# NUTRITION NOTES



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

Setting resolutions is a common tradition for the beginning of a new year, where a person resolves to accomplish a certain goal(s), change behaviors, engage in good practices, or overall work at life improvement.

Personally, I have seen many individuals set goals, have difficulty meeting their resolutions, and ultimately discouraged along the way. We can work together to create a crafted plan, for success to come to fruition this year.

When I guide my clients and assist them with setting goals, there are several key elements that come into play. Most of these tactics were learned when I took nutrition counseling classes in graduate school, which were extremely helpful. Also, I am very patient and realistic with goal setting in my professional practice, to help avoid frustration and help others work toward their objectives.

Typically, a good first step is identifying a behavior you would like to improve or change. It may not necessarily be related to health or weight. I have heard many examples such as being timelier, less procrastination, making more time for friends and family, or more time for yourself!

A goal should always be realistic, as large ones can be very overwhelming. I recommend breaking it down into specific, achievable pieces. For example, saying “I want to eat healthier in the new year” is quite vague, unmeasurable, and a big step. Breaking this down into smaller, measurable pieces such as “I will eat one fruit or vegetable at a meal 5 times per week”, will add nutrition to your meals, and you can track your progress. Or, if a sweetened drink is your favorite daily beverage choice, simply saying I will limit soda or sweet tea to once per week is a great start.

When goals are measurable such as the ones above, you can track your progress each week, and update the objectives as time goes on once making progress. Give yourself plenty of time! Research shows it can take 4 full weeks to change our habits. This will also help avoid discouragement.

If you need specific dietary guidance or assistance with setting objectives, a registered dietitian is a trained professional and I can assist. Please contact the main office at (518) 719-3555 for an individual nutrition referral. I wish you all a healthy new year and would gladly help anyone with goal setting.



## 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

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

**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
	<b>1</b> CHICKEN DIJON MASHED POTATOES BROCCOLI PEARS	<b>2</b> SEAFOOD FLORENTINE SAUTÉED MIXED VEGETABLES GREEN BEANS WHITE RICE RICE PUDDING w/ Raisins	<b>3</b> RAVIOLI MARINARA w/ Meatball ITALIAN MIXED VEGETABLES SPINACH FRESH FRUIT	<b>4</b> CHICKEN & BISCUITS w/ Gravy PEAS/CARROTS MASHED POTATOES FRESH FRUIT
<b>7</b> SLOPPY JOES CAULIFLOWER/BROCCOLI MEDLEY POTATO SALAD TROPICAL FRUIT	<b>8</b> BAKED SALMON w/ Dill Sauce PEAS/CARROTS V8 JUICE BROWN RICE PILAF CHOCOLATE CHIP BANANA BREAD	<b>9</b> ROAST PORK w/ Gravy APPLESauce BRAISED CABBAGE SPICED APPLE RINGS	<b>10</b> MEATLOAF w/ Gravy MASHED POTATOES CARROT COINS CHOCOLATE MOUSE MIXED BERRIES	<b>11</b> MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES FRESH FRUIT
<b>14</b> CHICKEN DIVAN MONACO VEGETABLE MIX WHITE RICE MANDARIN ORANGES	<b>15</b> TACO TUESDAY CORN TOMATOES/BEANS SPANISH RICE CHOCOLATE BIRTHDAY CUPCAKE	<b>16</b> PORK CHOP w/ Gravy APPLESauce SWEET POTATOES GREEN BEANS BANANA MOUSSE	<b>17</b> VEGETABLE LASAGNA w/ White Sauce GARDEN SALAD ITALIAN VEGETABLES BROWNIE	<b>18</b> HUNGARIAN GOULASH MIXED VEGETABLES EGG NOODLES FRESH FRUIT
<b>21</b> <b>MAIN OFFICE &amp; ALL SENIOR NUTRI- TION SITES CLOSED</b> 	<b>22</b> BBQ CHICKEN THIGHS BAKED BEANS COLLARD GREENS PINEAPPLE CHUNKS	<b>23</b> SEAFOOD SCAMPI LINGUINI SPINACH WAX BEANS COOKIES	<b>24</b> CHICKEN PARMESAN w/ Penne TOSSED SALAD GREEN BEANS CHOCOLATE MOUSSE	<b>25</b> BEER BATTERED FISH MONACO VEGETABLE MIX RICE PILAF FRESH FRUIT
<b>28</b> BAKED MANICOTTI SAUSAGE GREEN BEANS ITALIAN MIXED VEGETA- BLES PEARS				



## **THANKSGIVING at the RIVERTOWN SENIOR CENTER**

*(Regular lunch; not to be confused with annual Senior Angels Thanksgiving Dinner)*



## **IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS AT RIVERTOWN**





**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 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:**

**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**

Contributions



As the number of seniors grows, so does the need for our vast array of services. The Department of Human Services encourages and appreciates contributions. If you or your family are in a position to do so, please fill out the form below. One hundred percent of your contribution will be used to provide service to another older adult in need.

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

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

I designate a \$ \_\_\_\_\_ contribution in appreciation for services

**OR** In memory of \_\_\_\_\_

to the following:

\_\_\_\_\_ Round Table News      \_\_\_\_\_ In-home services      \_\_\_\_\_ Where most needed

\_\_\_\_\_ Senior Angels Program      \_\_\_\_\_ 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



***Anonymous Donation  
In Memory of Rudy Schutz***

***Aida DePascale  
In Memory of Ramon Centeno  
To our Nutrition Program/Home Delivered Meals***

## Medicare Coverage of Durable Medical Equipment

Medicare Part B covers durable medical equipment (DME), which is equipment that serves a medical purpose, can withstand repeated use, and is appropriate for use in the home.

### What kind of DME does Medicare cover?

Medicare usually covers DME if the equipment:

- Is durable, meaning it is able to withstand repeated use
- Serves a medical purpose
- Is appropriate for use in the home, although you can use outside the home
- And, is likely to last for three years or more

Examples: wheelchairs, walkers, hospital beds, power scooters, portable oxygen equipment, orthotics, prosthetics, certain diabetes supplies

### What kind of equipment does Medicare *not* cover?

There are certain kinds of equipment and supplies that Medicare does not cover, such as:

- Equipment mainly intended to help you outside of the home
- Most items intended only to make things more convenient or comfortable
- Items that get thrown away after use or that are not used with equipment
- Modifications to your home
- Equipment that is not suitable for use in the home

Examples: air conditioners, incontinence pads, surgical facemasks, wheelchair ramps, medical equipment from a hospital or skilled nursing facility like an oscillating bed, a wheelchair or scooter that is only intended for use outside the home

**Note:** Some Medicare Advantage Plans may cover minor home modifications or other items as a supplemental benefit.

## How can I get my DME covered?

Your doctor must sign an order, prescription, or certificate. In this document, your doctor must state that you need the requested DME to help a medical condition or injury, that the equipment is for home use, and, if applicable, a face-to-face visit occurred. Your face-to-face visit, when required, must take place no more than six months before the prescription is written. Your provider should know if Medicare requires a face-to-face visit for the item you need. You then must take the prescription to the right kind of supplier.



Note that the process is different if you need coverage for a manual or power wheelchair or scooter.

## What kind of supplier should I go to?

If you have Original Medicare, you should get your DME from a Medicare-approved supplier that takes assignment.

- Avoid suppliers who have not signed up to bill Medicare for DME (also known as opt-out providers). Medicare will not pay for services you receive from opt-out providers. This means you are responsible for the entire cost.
- Be aware that many suppliers are Medicare-approved but do not take assignment. These suppliers may charge you more than Medicare's approved amount for the cost of services. Medicare will still only pay 80% of its approved amount for services, so you will be responsible for any additional costs.





# GREENE COUNTY SENIOR CITIZENS CLUBS

## ATHENS:GREENVILLE:

### ATHENS

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

2nd & 4th monthly Monday

1:15 p.m.

Rivertown Senior Center

### GREENVILLE

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

1st monthly Wednesday

1:00 p.m.

American Legion Hall

### 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

### 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

## **CATSKILL SILVER LININGS HOST CHRISTMAS PARTY**





# News From the Greene County Youth Bureau

## **GARDENING FOR HEALTH AND WELLNESS**

*A report back from the IPPC/AHTA/ISHS 2021 Joint Symposium  
By Laura Anderson, Department of Human Services, Youth Bureau*

In October, I attended the International People-Plant Council, American Horticultural Therapy Association and International Society for Horticultural Science Joint Virtual Symposium. I have been studying horticultural therapy for the last year with the Horticultural Therapy Institute at the University of Colorado. I was excited for the opportunity to learn about the latest research in the field and network with horticultural therapists from around the world.

What is horticultural therapy? Horticultural therapy takes as its premise that people are healthier when they have a meaningful relationship with the natural world, and specifically with plants. In a horticultural therapy program individuals work with a trained horticultural therapist on specific treatment goals through interacting with plants in a garden setting. The benefits of horticultural therapy are well researched and include decreased stress, improved motor skills, healthier social functioning, improved memory and alleviation of depression among others. Research articles detailing all of these benefits can be found in the *AHTA Journal of Therapeutic Horticulture* (<https://www.ahta.org/the-journal-of-therapeutic-horticulture-gl>).

In the symposium program and abstract book the organizers describe the purpose of the symposium as “a forum for researchers, educators and practitioner to continue to discuss, identify, encourage and expand the research used by professional and trade associations to clearly demonstrate the benefits of horticulture in wellness and quality of life.” As an employee of the Greene County Department of Human Services, I was especially interested in the presentations that outlined research conducted on programs for youth and elders.

Dr. Antoinette Hollis, from South Carolina University, led the first session I attended. Dr. Hollis presented her paper titled, “The Effects of Horticultural Therapy on At Risk Youth”. Her pilot program targeted fourth and fifth graders identified as having limited social/emotional skills, learning impediments, and family dysfunction and discipline problems. Students participated in a semester long after school program led by a horticultural therapist. The program plan was to be in person and take place at a small school garden. With COVID restrictions in place, the organizers had to shift, and developed a virtual in-home program for students in which they planted seeds and tended to plants on windowsills, participated in group discussions, and shared their learning

through artwork and journaling. Though Dr. Hollis's research is ongoing, preliminary findings show that, overall, students demonstrated an increase in self-esteem, improved assertiveness, reduced stress levels, and healthier relationships after participating in the horticultural therapy program.

Also of interest was the research of Dr. Sin-Ae Park from Konkuk University in South Korea. Dr. Park presented her paper titled, "Improved Cognitive Ability and Emotional Condition Measured Using Electroencephalography in the Elderly During Horticultural Activities". In Dr. Park's study, adults 65 or older were given four horticulture activities and four non-horticulture activities to do for two minutes each. Electroencephalography measuring activity in the prefrontal lobe of the brain was conducted during all the activities and a Profile of Mood States was administered immediately following the activities. Dr. Park's results showed that the activities involving washing leaves, transplanting and reading news increased activity in the prefrontal lobe and increased the mood of participants. Dr Park concluded that, "This study suggested the possibility of horticultural activities as an active leisure activity to improve the quality of life and cognitive function of the elderly."

I attended many other sessions at the conference all presenting research that concluded the same thing, human interactions with plants have deep and long lasting social, emotional and physical benefits.

We don't (yet!) have any horticultural therapy programs in Greene County, but that doesn't mean you can't reap the benefits of gardening and nature based activities. The resources below are a good place to start.

Cornell Cooperative Extension Master Gardeners program: <http://ccecolumbiagreene.org/gardening>

Capital Area Agriculture and Horticulture Program: <https://blogs.cornell.edu/capitalareaagandhortprogram/>

Catskill Wheelhouse Forest School Program: <http://www.catskillwheelhouse.org/forest-school>

Greenville Gardening Club: <https://www.facebook.com/ClematisGardenClub/>

Mountain Top Arboretum: <https://www.mtarboretum.org/>

Greene Land Trust: <https://www.greenelandtrust.org/>

- ❖ **Struggling to pay your utility bills?**
- ❖ **Looking for help preparing for winter?**



**NYS and utility programs can help protect your services and pay your bill.**

To learn more, visit [www.dps.ny.gov/winter](http://www.dps.ny.gov/winter), use the QR code below or call 1-800-342-3377.



**Department of Public Service**

## New York State Low Income Household Water Assistance Program

**Do you need help paying for overdue water and wastewater bills?**

The Low Income Household Water Assistance Program (LIHWAP) can help.

LIHWAP is a drinking water and wastewater emergency assistance program funded through new federal resources. Benefits are based on the amount of unpaid water and wastewater bills owed by applicants. This assistance is targeted at low income households and income guidelines will mirror that of the Home Energy Assistance Program.

LIHWAP benefits are based on the actual amount of drinking water and/or wastewater arrears, up to a maximum of \$2,500 per drinking water or wastewater provider, or \$5,000 if drinking water and wastewater services are combined, per household. Benefits are paid directly to the household's drinking water and/or wastewater vendor(s).

Eligibility and benefits are based on:

- income,
- household size,
- household includes a U.S. citizen, U.S. national, or qualified alien, and
- amount owed to drinking water and/or wastewater provider(s).

Primary applicants must provide:

- Proof of identity
- Proof of residence
- Documentation of earned and unearned income
- A drinking water, wastewater, or combined drinking water and wastewater bill listing their permanent and primary residence
- A valid Social Security Number (SSN)
  - SSNs of additional household members will be requested

For more information, visit <https://otda.ny.gov/LIHWAP>



**Office of Temporary and Disability Assistance**

November 17, 2021



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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 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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