

Greene County Round Table News

Published by Greene County Department of Human Services since 1976

MARCH 2022



WOMEN'S HISTORY MONTH 2022

History.com Editors

Women's History Month is a celebration of women's contributions to history, culture and society and has been observed annually in the month of March in the United States since 1987. It is a dedicated month to reflect on the often-overlooked contributions of women to United States history. From Abigail Adams to Susan B. Anthony, Sojourner Truth to Rosa Parks, the timeline of women's history milestones stretches back to the founding of the United States.

The actual celebration of Women's History Month grew out of a weeklong celebration of women's contributions to culture, history and society organized by the school district of Sonoma, California, in 1978. A few years later, the idea had caught on within communities, school districts and organizations across the country. In 1980, President Jimmy Carter issued the first presidential proclamation declaring the week of March 8 as National Women's History Week. The U.S. Congress followed suit the next year, passing a resolution establishing a national celebration. Six years later, the National Women's History Project successfully petitioned Congress to expand the event to the entire month of March.

The United Nations has sponsored International Women's Day since 1975. When adopting its resolution on the observance of International Women's Day, the United Nations General Assembly cited the following reasons: "To recognize the fact that securing peace and social progress and the full enjoyment of human rights and fundamental freedoms require the active participation, equality and development of women; and to acknowledge the contribution of women to the strengthening of international peace and security."

The National Women's History Alliance designates a yearly theme for Women's History Month. The 2022 theme is "Women Providing Healing, Promoting Hope." This theme is "both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history."



Make a
difference

**ARE YOU LOOKING FOR A WAY TO MAKE A DIFFERENCE?
TRY VOLUNTEERING!**

The Greene County Department of Human Services is always looking for volunteer drivers to assist Homebound Senior Citizens. Anyone can volunteer there is no age requirement. **How can you help?**

Deliver meals – We have numerous location routes to offer:

Athens, Cairo, Catskill (Town & Village), Coxsackie, Freehold; Greenville, Hunter; Lexington, and Windham

We safely deliver meals with no direct contact with clients.

Medical Transportation – For appointments located in Greene County, as well as in the nearby counties of Albany, Columbia, Delaware, Dutchess, Rensselaer, Schoharie and Ulster.

You can tell us what days, times and routes/locations where you would be comfortable serving and we will schedule appropriately. For a commitment as little as an hour one day a week, you will be making a difference in the life of your elderly homebound neighbors. You will even receive a tax exempt mileage reimbursement of 50¢ per mile! Please note that a mandatory background check must be completed prior to acceptance as a volunteer.

INTERESTED? WANT MORE INFORMATION?

Contact Ruth Pforte (518) 719-3555

AmeriCorps Seniors, Greene County Volunteer Coordinator

Be sure to mention you saw this in the Round Table News!



Did you know **March 13 - 19 is AmeriCorps Week?**
This year's theme is **"Together We Are AmeriCorps"**

I'd like to thank all the AmeriCorps Seniors' volunteers who have provided hours of service over the last year. The pandemic continues to effect the way we can volunteer but you have continued to be dedicated to:

- Delivery of meals to Homebound individuals
- Serving as Medical Transportation drivers to get seniors to appointments
- Serving on county aging councils & youth boards
- Serving at the Rivertown Thrift Shop
- Providing outreach
- Crafting hats, lap robes and teddy bears

2021:

145 local AmeriCorps Seniors volunteered more than 8,000 hours of service.

Keep up the great work volunteers!

WE COULD USE YOUR HELP IN ANOTHER WAY

History has shown that individuals generally decide to become new volunteers because a friend or neighbor has told them about the personal benefits of volunteering.

Right now we are extremely short on Home Delivered Meals and Medical Transportation volunteers. If you know someone that you think might be interested, please let them know how much you enjoy volunteering with us and how much we could use their help now. Please give him/her our contact information.

Thanks

Ruth Pforte, AmeriCorps Seniors, Greene County Volunteer Coordinator

March is National Nutrition Month

Eat Right!

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

Each year, a campaign is set forth by the Academy of Nutrition and Dietetics (AND) and Registered Dietitians, who work together to endorse nutrition and increase public knowledge. The month is full of nutrition education and activities, to promote year round adherence to healthier habits. This March, there is a theme each week which include meal prepping and planning, cooking, adding variety to your daily diet, and consulting with a Registered Dietitian. I would like to expand on the topics and also provide some of my experience, including tips for assistance.

We all knew The Food Guide Pyramid, but it is now in the past, and the USDA has set forth the “MyPlate” method for meal planning. I have food models in my office and embrace this approach daily when working with clients. It is a healthy way to build your plate with appropriate portions of each food group. Grains or starch should comprise one-fourth of the plate, to keep carbohydrates and blood glucose in control. Another quarter of the plate should be a lean source of protein including low fat cuts of pork, beef, skinless poultry, fish, seafood, eggs, or vegetarian sources (tofu, beans, legumes). The remaining half of the plate should be vegetables, or vegetables and small serving of fruit. Low fat dairy can also be added, if desired.



I personally love to cook, but I definitely understand that a lot of people cannot find the time, have on-the-go lifestyles, or simply dislike preparing their own meals. However, when trying to lose weight or improve the nutrition quality of your food choices, it is best to prepare the majority of the meals at home. Restaurant portions are often excessive, and the foods have unnecessary added fats and salts. To get started with cooking more at home, set a grocery schedule 1 - 2 times per week so you have options on hand. Use your freezer! Stock lean proteins and frozen vegetables. Explore 1



or 2 new recipes per week to assist with variety and new ideas. Keep ingredients basic so it is not overly pricey at the store, or time consuming. You can also cook meals in bulk so you have leftovers to freeze or place in containers for meal prepping.

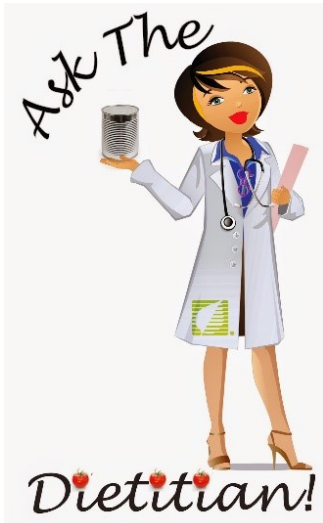


Adding variety to your typical daily diet is a great way to raise the nutrition content of your meals and snacks. Colorful foods such as fruits and vegetables are loaded with vitamins and minerals, add fiber to your plate (keeping you fuller in between meals), and are very low in calories. Try a new recipe with a seasonal vegetable that you may not have cooked before. Explore tropical fruits such as mangos, kiwis, papaya, and starfruit as opposed to our typical bananas, citrus and berries. Research a new ethnic dish such as Thai Curry recipe, or Indian food. Cook a meatless meal once per week such as a hearty lentil stew. The options are endless. Fortunately, the internet and cook books have endless search options.

Finally, a Registered Dietitian can help you with healthier habits, new ideas/recipes, meal prepping, and overall expand your nutrition knowledge. A dietitian consult would cover your cultural or ethnic values relating to food, your medical history, and review of your current diet and food preferences. Relevant nutrition therapy is provided depending on your medical needs and your goals.



You can visit www.eatright.org for more information on National Nutrition Month, and nutrition education resources.



This month I will visit during lunch hours at Athens, Acra, and Jewett to expand on National Nutrition Month and provide education. All are welcome to attend. Typically, there is a brief education and food samples to follow.

The Department of Human Services offers nutrition counseling about healthy eating, wellness and healthy habits. You don't need to get meals to discuss with the dietitian. Any senior wishing information is encouraged to call and ask for me, Nicole Gehman, RD, at the main office, 518-719-3555.





**Come celebrate with the Dept. of Human Services
by attending a presentation by
Nicole Gehman, MS, RD, CD-N**

**Friday March 4 11:45 a.m.
Rivertown Senior Center, Athens 518-945-2700**

**Thursday, March 10 12:00 p.m.
Acra Senior Nutrition Site 518-622-9898**

**Friday, March 25 12:00 p.m.
Jewett Senior Nutrition site 518-263-4392**

**If you would like to stay for lunch that day,
please be sure to call the center
at least a day in advance to reserve.**



ST. PATRICK'S DAY PARTY

Thursday March 17, 2022

**Rivertown Senior Center
39 Second Street, Athens**

Lunch served at Noon

Corned Beef

Cabbage

Boiled Potatoes

Carrots

Irish Soda Bread

Chocolate Cupcake w/ an Andes Mint

Irish Punch

**Raffle drawings to benefit
Rivertown Senior Center
Planning Committee**

**Reservations required by
Wednesday, March 16
Call 518-945-2700**

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

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

Penny Konstalid
Meal Site Manager
*Temporarily Assigned
to Acra*



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 FOR TAKE-OUT 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
	<p><i>1</i></p> <p>CHICKEN DIJON MASHED POTATOES BROCCOLI PEACHES</p>	<p><i>2</i></p> <p>SALMON w/ Dill Sauce SCALLOPED POTATOES CAULIFLOWER PEANUT BUTTER COOKIES</p> 	<p><i>3</i></p> <p>MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD FRESH FRUIT</p>	<p><i>4</i></p> <p>SEAFOOD SCAMPI LINGUINI SPINACH TOMATOES/ZUCCHINI FRESH FRUIT</p> <div data-bbox="1307 504 1550 609"> <p>Nutrition Education: Rivertown</p> </div>
<p><i>7</i></p> <p>CHICKEN DIVAN CARROTS BROWN RICE FRUIT COCKTAIL</p>	<p><i>8</i></p> <p>STUFFED SHELLS MARINARA w/ MEATBALL BROCCOLI CAULIFLOWER TROPICAL FRUIT</p>	<p><i>9</i></p> <p>BBQ PULLED PORK COLE SLAW BAKED BEANS COLLARD GREENS CHOCOLATE MOUSSE</p>	<p><i>10</i></p> <p>HUNGARIAN GOULASH MONACO MIXED VEGETABLES EGG NOODLES FRESH FRUIT</p> <div data-bbox="1006 808 1258 892"> <p>Nutrition Education: Acra</p> </div>	<p><i>11</i></p> <p>FISH FLORENTINE SAUTÉED MIXED VEGETABLES GREEN BEANS RICE PILAF RICE PUDDING w/ Raisins</p>
<p><i>14</i></p> <p>BEEF CHILI MIXED VEGETABLES BROWN RICE PEARS</p>	<p><i>15</i></p> <p>SWEET & SOUR CHICKEN PINEAPPLE ORIENTAL VEGETABLES WHITE RICE MANDARIN ORANGES</p>	<p><i>16</i></p> <p>ROASTED CHICKEN QUARTERS w/ Gravy CORN MASHED POTATOES CHOCOLATE CHIP COOKIES</p>	<p><i>17</i></p> <p>CORNER BEEF & CABBAGE* CARROTS BOILED POTATOES IRISH SODA BREAD CHOCOLATE CAKE w/ Andes Mints * Low Sodium Diet Subst. : Grilled Chicken Thigh</p> 	<p><i>18</i></p> <p>BEER BATTERED FISH COLESLAW BROCCOLI SCALLOPED POTATOES FRESH FRUIT</p>
<p><i>21</i></p> <p>SLOPPY JOES CAULIFLOWER CORN TROPICAL FRUIT</p>	<p><i>22</i></p> <p>CHICKEN DIJON ITALIAN MIXED VEGETABLES MASHED POTATOES PINEAPPLES</p>	<p><i>23</i></p> <p>HOT TURKEY DINNER w/ Gravy CRANBERRY SAUCE GREEN BEANS MASHED POTATOES PUMPKIN PIE</p>	<p><i>24</i></p> <p>PORK CHOP w/ Gravy & Applesauce SWEET POTATOES PEAS & CARROTS FRESH FRUIT</p>	<p><i>25</i></p> <p>EGGPLANT PARMESAN ITALIAN MIXED VEGETABLES TOSSED SALAD LINGUINI FRESH FRUIT</p> <div data-bbox="1299 1585 1550 1680"> <p>Nutrition Education: Jewett</p> </div>
<p><i>28</i></p> <p>CHICKEN & BISCUITS CALIFORNIA VEGETABLE Mix MASHED POTATOES LEMON PUDDING w/ Graham Cracker Crumbs</p>	<p><i>29</i></p> <p>TACO BAKE CORN/TOMATOES & LIMA BEAN MEDLEY SPANISH RICE BUTTERSCOTCH PUDDING</p>	<p><i>30</i></p> <p>TURKEY BURGER w/ Peppers & Onions CARROTS SCALLOPED POTATOES FRUITED JELL-O</p>	<p><i>31</i></p> <p>CHICKEN PARMESAN TOSSED SALAD ITALIAN MIXED VEGETABLES ROTINI FRESH FRUIT</p>	

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 FOR TAKE-OUT 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 FISH FLORENTINE GREEN BEANS RICE PILAF FRESH FRUIT
4 TURKEY BURGER w/ Peppers & Onions SCALLOPED POTATOES PEACHES	5 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES PLUMS	6 ROASTED CHICKEN QUARTERS w/ Gravy MASHED POTATOES CORN CHOCOLATE CHIP COOKIES	7 PORK CHOP w/ Gravy APPLESauce MASHED SWEET POTATOES BROCCOLI FRESH FRUIT	8 SALMON w/ Dill Sauce GREEN BEANS RICE PILAF FRESH FRUIT
11 CHICKEN DIVAN WHITE RICE CARROTS STEWED TOMATOES TROPICAL FRUIT	12 STUFFED SHELLS SAUSAGE ITALIAN MIXED VEGETABLES SPINACH CHOCOLATE PUDDING w/ Whipped Topping	13  BAKED HAM* w/ Raisin Sauce GREEN BEAN CASSEROLE SWEET POTATOES BLUEBERRY PIE * LOW SODIUM DIET SUBST. : CHICKEN CUTLETS w/ Gravy	14 SLOPPY JOES CAULIFLOWER CORN FRESH FRUIT	15 BEER BATTERED FISH SCALLOPED POTATOES BROCCOLI FRESH FRUIT
18 HOT DOG* w/ Sauerkraut BAKED BEANS CARROTS ICE CREAM STICKS * LOW SODIUM DIET SUBST. : HAMBURGER	19 TACO TUESDAY WHOLE WHEAT TORTILLA BAKE CORN SPANISH RICE PEARS	20 BEEF STEW POTATOES CARROTS CHOCOLATE BIRTHDAY CAKE 	21 MEATLOAF w/ Gravy MASHED POTATOES MONACO MIXED VEGETABLES FRESH FRUIT	22 SWEET & SOUR CHICKEN ORIENTAL MIXED VEGETABLES WHITE RICE MANDARIN ORANGES
25 BEEF CHILI CALIFORNIA VEGETABLE MIX BROWN RICE FRUIT COCKTAIL	26 LEMON PEPPER FISH AU GRATIN POTATOES BROCCOLI BUTTERSCOTCH PUDDING	27 LASAGNA ITALIAN VEGETABLES APPLESauce COOKIES	28 ROAST PORK w/ Gravy SWEET POTATO BRUSSEL SPROUTS FRESH FRUIT	29 CHICKEN & BISCUITS w/ Gravy PEAS & CARROTS MASHED POTATOES YOGURT PARFAIT

GREENE COUNTY SENIOR CITIZENS CLUBS



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

1:00 p.m.

Tannersville Fire Hall

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

1st & 3rd Monday

1:00 p.m.

Windham Town Building



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 of 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 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**

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**

All tolls are to be paid directly by the passenger. 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*)

THANK YOU FOR YOUR SUPPORT



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

NAME: _____

ADDRESS: _____

I designate a \$ _____ donation in appreciation for services **OR**

In memory of _____ to the following:

_____ Round Table News _____ In-home services _____ Senior Angels Program
_____ Nutrition Program/Home-delivered Meals _____ Round Table News
_____ Homebound transportation _____ Where most needed

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

For your donations

To the Nutrition Program and Senior Angels

Geraldine Hyman
In Memory of Dr. & Mrs. Vincent Juzio, and daughter, Barbara

Jammy Shea
In Memory of her dad, Don Irwin

To where most needed

Carolyn Yusko
In Memory of Loved Ones

Marianne Krauss
In Memory Of John LoPresti & Ken Hudecek

Marie Walker
In Memory Of Garth Walker



TRANSITION DRUG REFILLS



A transition refill, also known as a transition fill, is typically a one-time, 30 day supply of a drug that you were taking:

- Before switching to a different Part D plan (either stand-alone or through a Medicare Advantage Plan)
- Or, before your current plan changed its coverage at the start of a new calendar year.

Transition refills let you get temporary coverage for drugs that are not on your plan's formulary or that have certain coverage restrictions (such as prior authorization or step therapy).

Transition refills are not for new prescriptions. You can only get transition fills for drugs you were already taking before switching plans or before your existing plan changed its coverage.

The following situations describe when you can get a transition refill if you do not live in a nursing home (there are different rules for transition refills for those living in nursing homes):

1. Your current plan is changing how it covers a Medicare-covered drug you have been taking.

- If your plan is taking your drug off its formulary or adding a coverage restriction for the next calendar year for reasons other than safety, the plan must either:
- Help you switch to a similar drug that is on your plan's formulary before January 1
- Or, help you file an exception request before January 1
- Or, give you a 30-day transition fill within the first 90 days of the new calendar year along with a notice about the new coverage policy.

Your new plan does not cover a Medicare-covered drug you have been taking.

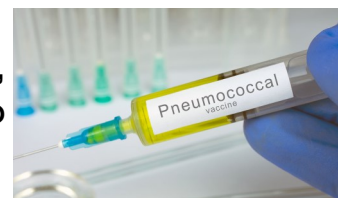
- If a drug you have been taking is not on your new plan's formulary, this plan must give you a 30-day transition refill within the first 90 days of your enrollment. It must also give you a notice explaining that your transition refill is temporary and informing you of your appeal rights.
- If a drug you have been taking is on your new plan's formulary but with a coverage restriction, this plan must give you a 30-day transition refill free from any restriction within the first 90 days of your enrollment. It must also give you a notice explaining that your transition refill is temporary and informing you of your appeal rights.

In both of the above cases, if a drug you have been taking is not on your new plan's formulary, be sure to see whether there is a similar drug that is covered by your plan (check with your doctor about possible alternatives) and, if not, to file an exception request. (If your request is denied, you have the right to appeal.) Note: If you file an exception request and your plan does not process it by the end of your 90-day transition refill period, your plan must provide additional temporary refills until the exception is completed.

Remember: All stand-alone Part D plans and Medicare Advantage Plans that offer drug coverage must provide transition fills in the above cases. When you use your transition fill, your plan must send you a written notice within three business days. The notice will tell you that the supply was temporary and that you should either change to a covered drug or file an exception request with the plan.

PNEUMONIA SHOTS

Pneumonia is an infection that targets the lungs and can cause fever, difficulty breathing, and other symptoms. Pneumonia shots help prevent pneumonia.



Eligibility

Medicare Part B covers two separate pneumonia vaccines. Part B covers the first shot if you have never received Part B coverage for a pneumonia shot before. You are covered for a different, second vaccination one year after receiving the first shot.

You are not required to provide a vaccination history when receiving the pneumonia vaccine. You can verbally tell the health care professional administering the shot if/when you have received past shots.

Costs

If you qualify, Original Medicare covers pneumonia shots at 100% of the Medicare approved amount when you receive the service from a participating provider. This means you pay nothing (no deductible or coinsurance). Medicare Advantage Plans are required to cover pneumonia shots without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service.

During the course of your pneumonia shot, your provider may discover and need to investigate or treat a new or existing problem. This additional care is considered diagnostic, meaning your provider is treating you because of certain symptoms or risk factors. Medicare may bill you for any diagnostic care you receive during a preventive visit.

News From the Greene County Youth Bureau

YOUTH RECOGNITION AWARDS

NOMINATIONS SOUGHT for 2022 YOUTH OF THE YEAR AWARD

The Greene County Children, Youth & Community Advisory Board is again sponsoring the annual Greene County Youth Awards (Youth of the Year, Chairman's Choice, and Director's Choice). The purpose of the awards is to recognize the outstanding contributions and achievements of Greene County youth who have made outstanding contributions in serving his/her community through leadership, knowledge, skill and/or service. The dedication of these young people help make Greene County a better place for us all.

If you know a young person, in Grade 9 -12, who deserves this recognition, you can find a nomination form available on our web site:

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

or you can contact the Greene County Department of Human Services at (518) 719-3555. From the nominations received, the youth will be evaluated by the selection committee to determine this year's winners.

Any inquiries for further information may also be directed to the department. Deadline for entries is March 31, 2021.



NYS Governor's Youth Council

The Association of New York State Youth Bureaus was pleased the Youth Council was included in the proposed SFY 2023 budget. We are hopeful that the Council will remain in the enacted budget and look forward to continuing activities for another term.

GREENE COUNTY has a vacancy on the Council for the April 1, 2022 – March 31, 2023 term. To obtain the Youth Council Guidance document, please contact Greene County Department of Human Services. To access the link to the online portal, go to <https://nysylc.secure-platform.com/a>

The application process has been streamlined. **We ask that youth complete their application by March 15th.** Immediately following the deadline, the county will have judges (min 3) to review the application(s) and score online. Once scored, the three final candidates (preferably one per age range) will advance to the Statewide Advisory judging panel to select one youth to serve on the Council.

Members of the Youth Council virtually meet with their regional peers and Regional Representative at least twice monthly. In addition, members will participate with statewide peers at youth led events. Members will work on policy issues outlined in the guidance document and have the opportunity to present their research/recommendations to their peers as well as State officials. Policy proposals and recommendations will be combined and sent to the Governor for review.

If you have any questions please do not hesitate to email, nysyouthbureaus@gmail.com or the Greene County Department of Human Services. We look forward to working with your designated youth!

BEHAVIOR TIPS FOR CAREGIVERS

Caregiver Pit Stop: A resource for Dementia Caregivers



Caring for someone with dementia or other health conditions can be challenging. For example, changes in the brain may cause your once well-groomed loved one to become resistant to bathing or your quiet, soft-spoken family member may have occasional angry outbursts. These changes can be frustrating and confusing to manage. Here are some behavioral changes, along with tips or strategies to help you manage them.

- **Bathing & Washing:**

Reactions & changes in dignity, familiarity causing fear and confusion

Tip: If loved one showered, don't try a bath. Keep with what is known.

Acknowledge that bathing is personal but reassure that you are there to help.

- **Hallucinations**

A person with dementia cannot control them from occurring as they are caused by changes in the brain.

Tip: If room is dark, turn on light or open curtains to reduce shadows.

Keep a comfort object on hand such as a favorite stuffed animal.

- **Medication**

Seeing a lot of pill bottles can be overwhelming & scary.

Tip: Keep bottles hidden & remove pills ahead of time. Do one pill at a time.



Want to know more about
GREENE COUNTY
DEPARTMENT OF HUMAN SERVICES
and what we have to offer?

Visit our web site at:
[https://www.greenegovernment.com/
departments/human-services](https://www.greenegovernment.com/departments/human-services)



<https://www.facebook.com/GCNYHumanServices/>



GREENE COUNTY DEPARTMENT of HUMAN SERVICES

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aging@discovergreene.com

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AGING DEPARTMENT COORDINATORS:

Aging Services - Connie Bentley

Nutrition - Tezera Pulice

Volunteer Services - Ruth Pforte

Staff:

CASE MANAGERS:

Tami Bone

Danielle Kane-Wade

ADMINISTRATIVE ASSISTANT:

Maureen Murphy

AGING SERVICES SPECIALIST/NY CONNECTS: Valree R Wright

AGING SERVICES AIDE:

Rose Bundy

RECEPTIONIST:

Mary Jean Pomilla

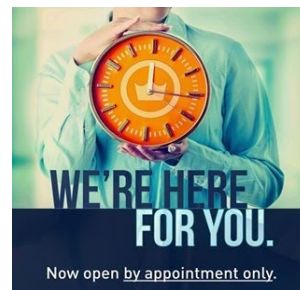
NUTRITION VAN CHAUFFEUR:

Patrick Murphy

YOUTH SERVICES WORKERS:

Carrie E. Wallace

Laura Anderson



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

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

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

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