



# Greene County Round Table News

*Published by Greene County Department of Human Services since 1976*

**APRIL 2022**

## **GREENE COUNTY PROCLAMATION**

WHEREAS, April 17 – 23, 2022 is recognized throughout the United States as National Volunteer Week, as an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's greatest challenges, to build stronger communities; and to be a force that transforms the world.

WHEREAS, Greene County Department of Human Services relies upon volunteers to the AmeriCorps Seniors' Program to provide and assist with vital services for the elderly residents of Greene County; and

WHEREAS, these volunteers are to the Department's aging services, including home-delivered meals and medical transportation, and

WHEREAS, volunteerism empowers individuals to find their purpose and create stronger communities with a more just society; and

WHEREAS, it has long been a tradition for the county's AmeriCorps Seniors' volunteers to perform work of a high quality and to brighten the lives of others while making Greene County a better place in which to live by serving in community locations; and

WHEREAS, these county volunteers give freely of their energy, time, ability and experience;

NOW THEREFORE, we, the members of the Greene County Legislature, do hereby proclaim the month of April as:

## **GREENE COUNTY DEPARTMENT of HUMAN SERVICES AMERI CORPS SENIORS VOLUNTEER MONTH**

AND FURTHER, we recognize and thank the many volunteers who lend their time, talent and voice to meet the critical needs of our communities. With great pleasure, we honor all our county volunteers and convey the sincere gratitude and appreciation of our citizens for the dedicated, selfless and compassionate efforts of these volunteers.



I am taking this opportunity to write to all of you to let you know that I have decided to retire. By the time you read this I will no longer be the Executive Director. I have worked for the county for over 20 years. I was the Executive Director of the Youth Bureau from September 2000 until I was asked to combine the Aging Department with the Youth Bureau in 2011. That was the birth of a new department – Human Services.

There have been a lot of changes over the past few years. Changes were implemented to improve services. Hopefully you agree. I know the new Oliver meal packaging system has improved the visual appeal of the food. It is easier to use and no more volunteer's cut thumbs closing the old aluminum containers. Our blast freezer and in house blizzard boxes and holiday packs has allowed us to control food ingredients and costs. Senior Day changes were made to make it a bigger celebration. I am sure that there will be other changes when the new Executive Director is hired. I will ask our Administrative Assistant to post that information on our Facebook page. A new photo will be added to the department's web page letting you know who the person is.

As we move away from the pandemic, and more people emerge from their COVID hibernation, we hope to see our center participants return in greater numbers. The staff are eager to start offering programming again. If you have suggestions for programs, please do not hesitate to tell us.

We also ask that if you know anyone who is looking for part time employment, we are in serious need of help in our kitchens. We have many openings for Food Service Helpers/Drivers. We need a meal site manager, a full time cook and a full time bus driver as well.

As I am officially eligible for services from the department, this is not really good bye. I will see you for lunch at the centers in the coming months and years!

*Terry McGee Ward*

# Welcome to our New Staff

## **PENNY KONSTALID — SENIOR NUTRITION SITE MANAGER**



Penny has been a Greene County resident most of her life.

She is no stranger to a kitchen. For several years, she worked at the Greene County jail as a cook. She was also the owner of Penny's Diner in Catskill.

Currently you can find her managing the department's Acra Senior Nutrition site but this is only on a temporary basis. Once staffing allows us to resume in-service at the Robert C Antonelli Senior Center in Catskill, she will be transferred and manage that site.

## **CHRISTOPHER LEWOC — CASE MANAGER**

Chris moved to Greene County from Queens N.Y. in 1980 .

He is a graduate of Catskill High School, Class of 1984 and continued his education earning his A.A.S degree from Columbia-Greene Community College. He ultimately earned his B.A. degree in Sociology from SUNY New Paltz.



He has worked with battered and abused children, court placed youth, drug related felony offenders, individuals with intellectual and developmental disabilities, assisted living, and has worked with individual's with Dementia and Alzheimer's .

Chris was the Greene County Chairperson for the NYS OPWDD sub-committee, as part of the Greene County Community Services Board.

He has a political side as he served as Catskill Village Trustee, Vice President and President of the Village Board of Trustees..

Chris currently resides in the Village of Catskill.



## **SENIOR ANGELS PROGRAM SPREADING CHEER 365 DAYS A YEAR**

The Greene County Senior Angels Program operates more than just at holiday time. Under their slogan, "Spreading Cheer 365 Days a Year", funds are used year-round to provide one-time, emergency assistance to senior citizens, when all other funds have been exhausted, and there is no other source to help.

Due to the generous contributions of area residents, business and clubs, the Program has been able to help fulfill all qualified requests. Year-round donations can be dropped off or mailed to:

Greene County Department of Human Services  
ATTN: Senior Angels Fund  
411 Main Street  
Catskill, NY 12414

For more information, please call Greene County Department of Human Services at (518) 719-3555 or toll-free (877) 794-9266

# **GREENE COUNTY SHERIFF'S OFFICE SENIOR CALL-IN PROGRAM**

The Greene County Sheriff's Office has implemented a Senior Call-in Program for our senior citizens that helps ensure their safety and well-being. The program assists seniors daily in making sure they are in good health.

## **How the Program works**

Members of the program are instructed to call **518-731-4273** daily, between the hours of 7:00 a.m. - 10:00 a.m. and advise the officer who receives the call that they are OK.

If a call is not received by a person on the list by 10:15 a.m., Greene County Sheriff's Office will take the following steps to check on that person's welfare:

\*Call that person

\* Call relatives and friends of that person

\* A patrol unit will be dispatched to the residence to check on the well-being of the listed senior.

## **Other Important Information**

Although not required, seniors are encouraged to provide major medical precautionary information which may assist our officers in times of need.

If seniors will not be participating in the program due to unforeseen circumstances, such as a vacation, hospitalization or any other long term activity, it is important to let the Sheriff's Office know the dates/times to not expect a contact from that senior.

Application forms (below) can be turned into the Greene County Sheriff's Office at 370 Mansion Street, West Coxsackie, NY 12192.



### **KEEP IN TOUCH – SENIOR CALL IN LIST**

**518 – 731 – 4273**

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

PHONE NUMBER: \_\_\_\_\_

CELL NUMBER: \_\_\_\_\_

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

#### **EMERGENCY CONTACT #1:**

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

PHONE #: \_\_\_\_\_

#### **EMERGENCY CONTACT #2:**

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

PHONE #: \_\_\_\_\_

#### **KEY HOLDER:**

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

PHONE #: \_\_\_\_\_

\*In the event that law enforcement needs to gain entry into my home, I authorize any and all action to be taken to gain such entry.\*

#### **Major Medical Precautions**

I, \_\_\_\_\_ would like to provide law enforcement professionals at the Greene County Sheriff's Department with any medical precautionary information which may assist them in the performance of their duties. I understand that giving medical precautionary information is voluntary.

Date - \_\_\_\_\_

Signature - \_\_\_\_\_

#### **Major Medical Precautions List**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





## AmeriCorps Seniors

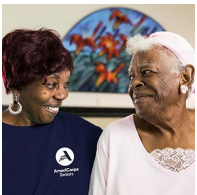
**Get involved and make a positive difference in your community. AmeriCorps Seniors volunteers serve with organizations dedicated to helping others.**

### **How can I serve and who do I help?**

When you join AmeriCorps Seniors, you choose how you want to give back. Deliver meals to a home-bound senior citizen or drive him/her to a needed medical appointment. Serve as a council member to advocate for senior citizens or youth. Call a senior citizen to let them hear a friendly voice. These are just a few of the service opportunities available in Greene County through AmeriCorps Seniors. Every year across the U.S., over 200,000 AmeriCorps Seniors volunteer with service opportunities offered by our partner organizations.

### **Fast Facts**

1,000+ veterans serve with AmeriCorps Seniors each year  
47 Million hours served by AmeriCorps Seniors  
200,000 volunteers serving



### **AmeriCorps Seniors RSVP**

Are you interested in serving your community in a way that suits your schedule, skills, and interests? Serve as an AmeriCorps Seniors volunteer in our RSVP program. The AmeriCorps Seniors RSVP program pairs thousands of Americans aged 55 and older with organizations making change in communities across the country.

AmeriCorps Seniors volunteers who serve in our RSVP program choose how, where, and when they want to serve, with commitments ranging from a few hours to 40 hours per week. You can find an opportunity with any of the organizations we work with that see service as a solution to local, regional, and national challenges. AmeriCorps Seniors volunteers report better health and longevity having served their community.

Greene County Department of Human Services has a current need for individuals to deliver meals in the county or provide medical transportation. For a commitment as little as one hour a day or a week, you will be making a difference in the life of homebound and lonely senior citizens. Mileage reimbursement is available.

If this sounds like something for you, contact Ruth Pforte at 518-719-3555.



SPRING HAS SPRUNG!  
COME CHECK US OUT!

NEW STORE HOURS:

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

PLEASE BRING YOUR OWN SHOPPING BAG.

DONATIONS GREATLY APPRECIATED\*

*\* WE DO NOT ACCEPT:  
MEDICAL SUPPLIES  
GAMES  
CHILDREN'S TOYS  
ELECTRONICS  
DISHES*



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

## **HELPING HANDS PROGRAM**

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

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

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



*Note: Large jobs requiring a contractor  
(i.e.: new roof, deck or fencing)*







## **Refresh your driving skills and you could save on auto insurance**

When you take the AARP Smart Driver™ course, you could be eligible for a multi-year discount on your auto insurance.\* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

### **Additionally, you'll learn:**

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes & new technology.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

April 19 & 20\*

April 21 & 22\*

Rivertown Senior Center  
Second & Warren Street, Athens  
1:30 p.m. – 4:30 p.m.

Cost: \$25 - AARP members      \$30.00 – Non-members

To enroll:

Call Mike Pirrone 518-945-2122 or 917-656-0425

Email: [kokomomike@hotmail.com](mailto:kokomomike@hotmail.com)

*\* Due to a shortage of instructors, classes may be unexpectedly cancelled & rescheduled.*



# April Nutrition Notes

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

Recently I was shopping in the grocery store with a friend. I was searching for a ranch dressing that had relatively clean, and few ingredients for a recipe. We found a glass jar labeled “non-GMO”. She goes “it must be good right?”. I laughed and tossed it in the cart. Continuing to shop, I was explaining to her about new labeling laws for GMO products, and I wanted to spread the word.

If the genetic material of any organism has been genetically altered, it is known as a genetically modified organism, aka a GMO. There is a long-standing history of GMOs in our food supply and the many processes involved in genetically modifying crops. Common GMOs are canola, cotton, and sweet corn (to name only a few.) Historically, GMO crops were used in animal feed (such as corn) to enhance the product, reduce cost, and improve resistance to pesticides. These are still important reasons farmers genetically alter crops, which typically also improve aesthetics and flavors.



There are pros and cons to GMOs. Crops that are genetically modified have reduced losses, often use less pesticides, and tolerate various climate changes. Cons include public/health concerns, corporate capitalization, ethical concerns, labeling issues and challenging religious beliefs.

The U.S. Food and Drug Administration (FDA) sets standards for labeling food products, ingredients list, and food additives. Until recently, there was no labeling required to differentiate between GMO and non-GMO products. 20 years ago, the FDA did not require labeling for GMO products, as at that time they felt there was no meaningful reason to differentiate between the commercial products. In 2007, a non-profit known as the non-GMO Project set out with intent to label foods non-GMO if the products are compliant with the project standards. You might have seen this rectangular stamp while grocery shopping. This has assisted shoppers for years who choose to buy foods that are not altered in an unnatural way.





The FDA works closely with the EPA (Environmental Protection Agency) and the USDA (United States Department of Agriculture) to ensure the safety of GMO foods and plants. As of January, 2022, certain retailers, food makers and importers are now required to label the product via text stating “bioengineered food” or the new bioengineered food symbol. Products can also list a phone number for more information or a QR code to scan. This further allows consumers to be aware if the product has been bioengineered, or genetically modified. Look closely as these labels are tiny and there are many loopholes companies can take advantage of.

There have been years of ongoing research about the concerns centered around GMOs and the many reasons they can be beneficial. Therefore, it is hard to steer the public in one concrete right direction. I personally try to shop for non-GMO products most of the time, however the genetically modified ingredients in Oreos won't stop me from having a few. Yes, Oreos are GMOs. It is astonishing what is hidden from labels. As consumers, we should know what we are eating. I think moderation is best.



***If you would like additional information or nutrition counseling, please call me,***

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

***at the main office at (518) 719-3555 for a direct 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

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


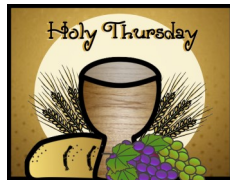

ALL PERSONS, AGE 60 & OLDER (AND SPOUSES) ARE INVITED TO RECEIVE - SUGGESTED DONATION IS \$4.00

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
				<b>1</b> FISH FLORENTINE GREEN BEANS RICE PILAF FRESH FRUIT
<b>4</b> TURKEY BURGER w/ Peppers & Onions SCALLOPED POTATOES PEACHES	<b>5</b> MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES PLUMS	<b>6</b> ROASTED CHICKEN QUARTERS w/ Gravy MASHED POTATOES CORN CHOCOLATE CHIP COOKIES	<b>7</b> PORK CHOP w/ Gravy APPLESAUCE MASHED SWEET POTATOES BROCCOLI FRESH FRUIT	<b>8</b> SALMON w/ Dill Sauce GREEN BEANS RICE PILAF FRESH FRUIT
<b>11</b> CHICKEN DIVAN WHITE RICE CARROTS STEWED TOMATOES TROPICAL FRUIT	<b>12</b> STUFFED SHELLS SAUSAGE ITALIAN MIXED VEGETABLES SPINACH CHOCOLATE PUDDING w/ Whipped Topping	<b>13</b>  <b>Easter</b> Special Menu BAKED HAM* w/ Raisin Sauce GREEN BEAN CASSEROLE SWEET POTATOES BLUEBERRY PIE * Low SODIUM DIET SUBST. : CHICKEN CUTLETS w/ Gravy	<b>14</b> SLOPPY JOES CAULIFLOWER CORN FRESH FRUIT 	<b>15</b> BEER BATTERED FISH SCALLOPED POTATOES BROCCOLI FRESH FRUIT  Passover 
<b>18</b> HOT DOG* w/ Sauerkraut BAKED BEANS CARROTS ICE CREAM STICKS * Low SODIUM DIET SUBST. HAMBURGER	<b>19</b> TACO TUESDAY WHOLE WHEAT TORTILLA BAKE CORN SPANISH RICE PEARS	<b>20</b> BEEF STEW POTATOES CARROTS CHOCOLATE BIRTHDAY CAKE 	<b>21</b> MEATLOAF w/ Gravy MASHED POTATOES MONACO MIXED VEGETABLES FRESH FRUIT	<b>22</b> SWEET & SOUR CHICKEN ORIENTAL MIXED VEGETABLES WHITE RICE MANDARIN ORANGES
<b>25</b> BEEF CHILI CALIFORNIA VEGETABLE MIX BROWN RICE FRUIT COCKTAIL	<b>26</b> LEMON PEPPER FISH AU GRATIN POTATOES BROCCOLI BUTTERSCOTCH PUDDING	<b>27</b> LASAGNA ITALIAN VEGETABLES APPLESAUCE COOKIES	<b>28</b> ROAST PORK w/ Gravy SWEET POTATO BRUSSEL SPROUTS FRESH FRUIT	<b>29</b> CHICKEN & BISCUITS w/ Gravy PEAS & CARROTS MASHED POTATOES YOGURT PARFAIT



# 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
<b>2</b> <b>BBQ CHICKEN THIGHS</b> <b>BAKED BEANS</b> <b>CORN</b> <b>TROPICAL FRUIT</b>	<b>3</b> <b>TORTELLINI MARINARA w/ SAUSAGE</b> <b>ITALIAN MIXED VEGETABLES</b> <b>FRUIT CUP w/ COOKIE</b>	<b>4</b> <b>BEER BATTERED FISH</b> <b>SCALLOPED POTATOES</b> <b>GREEN BEANS</b> <b>PINEAPPLE</b>	<b>5</b> <b>SWISS CHEESEBURGER</b> <b>POTATO SALAD</b> <b>CARROTS</b> <b>FRESH FRUIT</b>	<b>6</b> <b>BAKED PORK CHOP w/ Gravy &amp; Applesauce</b> <b>MONACO VEGETABLE MIX</b> <b>MASHED POTATOES</b> <b>FRESH FRUIT</b>
<b>9</b> <b>MACARONI &amp; CHEESE</b> <b>3 BEAN SALAD</b> <b>STEWED TOMATOES</b> <b>FRUIT COCKTAIL</b>	<b>10</b> <b>CHICKEN DIVAN</b> <b>TUSCAN VEGETABLES</b> <b>WHITE RICE</b> <b>PEARS</b>	<b>11</b> <b>BEEF STEW</b> <b>POTATOES</b> <b>GREEN BEANS</b> <b>TROPICAL FRUIT</b>	<b>12</b> <b>EGGPLANT PARMESAN</b> <b>WHOLE WHEAT PENNE</b> <b>SPINACH</b> <b>LOW SODIUM V8</b> <b>PUDDING</b>	<b>13</b> <b>KNOCKWURST*</b> <b>SAUERKRAUT</b> <b>COLD BEAN SALAD</b> <b>MACARONI SALAD</b> <b>FRESH FRUIT</b> <i>* Low SODIUM DIET SUBST: TURKEY/SWISS BURGER</i>
<b>16</b> <b>FISH FLORENTINE</b> <b>SCALLOPED POTATOES</b> <b>BROCCOLI</b> <b>TROPICAL FRUIT</b>	<b>17</b> <b>VEAL PARMESAN</b> <b>PENNE</b> <b>SPINACH</b> <b>LOW SODIUM V8</b> <b>PEARS</b>	<b>18</b> <b>MEATLOAF w/ Gravy</b> <b>BRUSSELS SPROUTS</b> <b>MASHED POTATOES</b> <b>CHOCOLATE CAKE</b>	<b>19</b> <b>CHICKEN DIJON</b> <b>MASHED POTATOES</b> <b>MONACO VEGETABLES</b> <b>FRESH FRUIT</b>	<b>20</b> <b>CHICKEN CAESAR SALAD</b> <b>COLD BEAN SALAD</b> <b>MACARONI SALAD</b> <b>FRESH FRUIT</b>
<b>23</b> <b>SLOPPY JOES</b> <b>CALIFORNIA VEGETABLE MIX</b> <b>WHITE RICE</b> <b>PINEAPPLE</b>	<b>24</b> <b>SALMON w/ Dill Sauce</b> <b>MASHED POTATOES</b> <b>GREEN BEANS</b> <b>BROWNIE</b>	<b>25</b> <b>PORK CHOP w/ Gravy &amp; Applesauce</b> <b>SWEET POTATOES</b> <b>PEAS &amp; CARROTS</b> <b>COOKIES</b>	<b>26</b> <b>STUFFED PEPPERS</b> <b>CARROT COINS</b> <b>FRESH FRUIT</b>	<b>27</b> <b>ALL-AMERICAN HOT DOG*</b> <b>COLESLAW</b> <b>BAKED BEANS</b> <b>FRESH FRUIT</b> <i>* Low SODIUM DIET SUBST: TURKEY/SWISS BURGER</i>
<b>30</b>  <b>ALL SENIOR NUTRITION SITES &amp; MAIN OFFICE CLOSED</b>	<b>31</b> <b>SWEET &amp; SOUR CHICKEN</b> <b>ORIENTAL MIXED VEGETABLES</b> <b>WHITE RICE</b> <b>PEACHES</b>			



**GetSetUp**

&



## Try a **FREE** Online Class Today!

Go to [www.getsetup.org/partner/NYSTATE](http://www.getsetup.org/partner/NYSTATE)

New York State Office For The Aging has partnered with the Association on Aging in New York and GetSetUp to provide free virtual classes for older adults taught by peers - ask questions, make friends, learn new things, and have fun.

Use coupon code: NYSTATE

### Most Popular Classes



Core Fitness, Yoga



Virtual Travel



Food and Nutrition



Restarting  
Your Career

### Take Classes From the Comfort of Your Home



Internet



iPad/Tablet



Computer



Smartphone

**For Help Contact GetSetup:**



1-888-559-1614



[info@getsetup.io](mailto:info@getsetup.io)

# **GREENE COUNTY DEPARTMENT of HUMAN SERVICES**

## **CONTRIBUTIONS POLICY**



For services under the Older Americans Act and in Community Services for the Elderly 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*).

- **Health Promotions:**

There is no suggested contribution for this service. Donations always accepted.

### **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.

Donations  
are Greatly  
Appreciated!

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. If you or your family are in a position to do so, please fill out the form below. One hundred percent of your donation 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	_____ Homebound transportation
_____ In-home services	_____ Nutrition Program/Home-delivered Meals
_____ Senior Angels Program	_____ Where most needed

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



# For Your Donations

*Mary Ann Henderson  
In Memory of Jack Henderson*

*The Smith Family  
for designating our Senior Angels Program  
for donations in lieu of flowers for their loved one, Gail Smith*

*In Memory of Gail Smith  
Chelsa A Melo  
Gerald and Patricia Thompson*



# 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

Contact person: President Sheila Pedersen, 518-719-5361

## COXSACKIE:

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

**Not meeting due to COVID**

2nd & 4th monthly Wednesday

1:00 p.m.

Van Heest Hall, Bethany Village

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

1st & 3rd monthly Monday, 2:00 p.m.

Town of Coxsackie Senior Center

Contact person:

VP Dawn Marie Smith, 518-731-8764

## GREENVILLE

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

1st monthly Monday, 1:00 p.m.

American Legion Hall

Contact person: President Beverly Myers, 518-966-8482

## MOUNTAIN-TOP:

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

4th monthly Thursday, 1:00 p.m.

Tannersville Fire Hall

Contact person:

President Margaret Robinson, 518-589-4091

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

1st & 3rd Monday, 1:00 p.m.

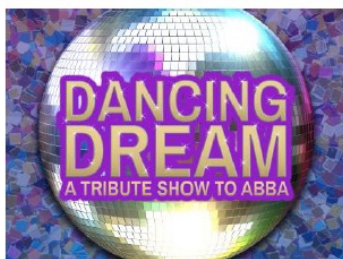
Windham Town Building

Contact person:

President Lula Anderson, 518-734-5360



## W A J P L Golden Age Club Trip



Villa Roma Resort - Callicoon, NY



Tuesday, May 24, 2022

Choice of Entrees  
\$60 per person

For information & reservations, call  
Mary Louise 622-3397  
Or  
Vicky 734-4164



Greenville Golden Years presents.



Neil & Billy together on Stage!

"NEIL DIAMOND meets BILLY JOEL"  
w/ TWIN LOBSTERS or PRIME RIB

at the Log Cabin, Holyoke, MA

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

THURSDAY, JULY 28, 2022

The talented Charlie Lask is back with his Tribute to Neil Diamond, to play all his Classics such as Sweet Caroline, Forever Blue Jeans and Love on the Rocks. "Neil" will be met by no other than the Piano Man performed by the dead ringer look alike John Cozolino. He will perform Just the Way You Are, She's Always a Woman to Me and of course "Piano Man".  
Enjoy a delicious meal & show at the very popular Log Cabin!

### PACKAGE INCLUDES:

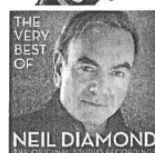
- Roundtrip Motor Coach Transportation
- TWIN LOBSTERS freshly steamed with Drawn Butter OR Prime Rib of Beef
- Neil Diamond & Billy Joel Tribute Show
- Meal Taxes and Gratuities
- Drivers Gratuities

### Delicious Luncheon

Hors D' Oeuvre's  
Signature Bread  
Clam Chowder

TWIN LOBSTERS  
or PRIME RIB

Baked Potato & Corn  
Dessert, Coffee or Tea



\$79.00 PP

For Reservations Call:  
Phyllis Wissert  
518-943-9028

Bus Pick Ups:  
#1 Greenville  
#2 Exit 21 Catskills



## PHILADELPHIA

Featuring the  
Museum of the American Revolution

3 DAYS - 2 NIGHTS

AUGUST 22 - 24, 2022

\$ 370.00 per person double occupancy  
\$ 510.00 per person single occupancy

\$25 pp deposit, Balance due June 17



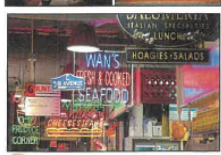
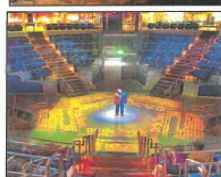
### PACKAGE INCLUDES:

- \* 2 Nights lodging
- \* 2 Breakfasts
- \* 1 Dinner
- \* Guided tour of historic Philadelphia including Independence Hall (based on availability)
- \* Liberty Bell Center
- \* Museum of the American Revolution
- \* National Constitution Center, including performance of "Freedom Rising"
- \* Betsy Ross House
- \* Visit to a Philadelphia Casino
- \* Reading Terminal Market
- \* Souvenir gift
- \* Luggage handling
- \* Taxes and meal gratuities
- \* Motorcoach transportation

Cancellation insurance available; see reverse side for details

FOR INFORMATION AND RESERVATIONS CONTACT:

CATSKILL SILVER LININGS  
Georgianna Ramsay  
PO Box 162  
Round Top, NY 12473  
(518) 622-3257



## PIONEER VALLEY OF WESTERN MASSACHUSETTS

Featuring a FIREPLACE FEAST  
at the SALEM CROSS INN

4 DAYS - 3 NIGHTS

SEPTEMBER 19 - 22, 2022

\$ 595.00 Per Person Double Occupancy  
\$ 860.00 Per Person Single Occupancy

\$25 pp deposit, Balance due July 22

### PACKAGE INCLUDES:

- \* 3 Nights lodging in Chicopee, MA area
- \* 3 Breakfasts
- \* 2 Dinners, including a light dinner & Fireplace Feast Dinner at the Salem Cross Inn
- \* Admission to Magic Wing Conservatory & Gardens
- \* Visit to Yankee Candle Flagship Store
- \* Admission to the Springfield Museums at the Quadrangle
- \* Visit to MGM Springfield Casino
- \* Souvenir Gift
- \* Luggage Handling
- \* Taxes & Meal Gratuities
- \* Motorcoach Transportation



Cancellation insurance available upon request; see reverse side.

FOR INFORMATION AND RESERVATIONS CONTACT:

CATSKILL SILVER LININGS  
Georgianna Ramsay  
PO Box 162  
Round Top, NY 12473  
(518) 622-3257



# News From the Greene County Youth Bureau



## Talking to Children About Violence: Tips for Parents and Educators

Families and school personnel play a critical role in helping to reestablish a sense of normalcy and security for children after an act of violence occurs. Follow these key reminders and visit [www.nasponline.org/children-and-violence](http://www.nasponline.org/children-and-violence) to learn more.



### Reaffirm Safety

Emphasize that schools are very safe. Let children speak about their feelings and validate all reactions to the event. Support the appropriate expression of their feelings and help to put them in perspective.



### Make Time to Talk

Let children's questions guide the information provided. Be patient and look for clues that a child wants to talk. Young children may need concrete activities (e.g., imaginative play) and some older children may prefer writing or playing music.



### Keep Explanations Developmentally Appropriate

#### Early Elementary

Provide simple information balanced by assurance of safety.

#### Upper Elementary & Early Middle

Answer questions and assist in separating reality from fantasy.

#### Upper Middle & High

Emphasize student role in safety & how to access support.



### Review Safety Procedures

Help children identify one adult at school and in the community that they can go to if they feel threatened or at risk. Review procedures and safeguards in school and home settings.



### Observe Children's Emotional State

Some will not express themselves verbally but changes in behavior, appetite, or sleep patterns can indicate anxiety or stress. Seek help from a mental health professional for those with more intense reactions.



### Maintain a Normal Routine

Keep a regular schedule to assure and promote physical and mental health. Encourage maintenance of school work and extracurricular activities but do not push children if they seem overwhelmed. Limit TV exposure.

# Mark Your Calendars Now



**Angelo Canna Park  
Mountain Avenue, Cairo**

**Thursday, July 28, 2022  
through  
Sunday, July 31, 2022**

**Hours:  
9:00 a.m. - 9:00 p.m.**

**Saturday, Fireworks at 9:00 p.m.**

**Sunday: 9:00 a.m. - 3:00 p.m.**

**For more information, go to:  
[www.thegreencountyyouthfair.com](http://www.thegreencountyyouthfair.com)**



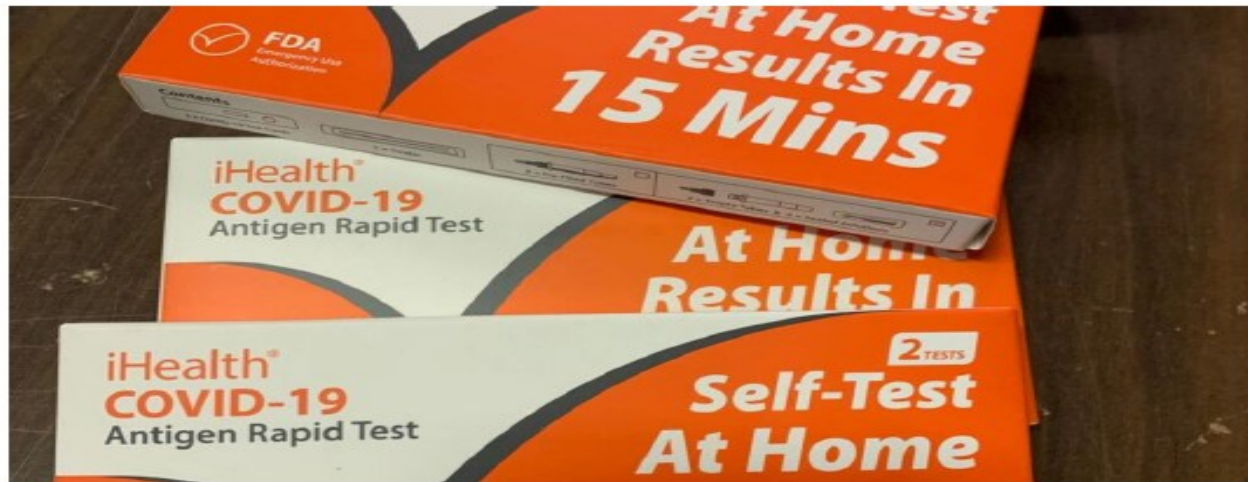
## WHAT IS A COVID SELF-TEST OR AT-HOME TEST?

**Self-tests** for COVID-19 give rapid results and **can be taken anywhere**, regardless of your vaccination status or whether or not you have symptoms.

- They detect **current** infection and are sometimes also called “home tests,” “at-home tests,” or “over-the-counter (OTC) tests.”
- They give your **result in a few minutes** and are different from laboratory-based tests that may take days to return your result.

Self-tests along with vaccination, wearing a well-fitted mask, and physical distancing, help protect you and others by reducing the chances of spreading COVID-19.

- Self-tests **do not** detect antibodies which would suggest a previous infection and they do not measure your level of immunity.



**Do you need or want a  
COVID-19 Home Test?**

**Stop in the Greene County  
Department of Human Services**

**We have available - FREE**

There are numerous studies and articles on the importance of socializing and being engaged. The benefits of these social interactions can affect psychological, physical and cognitive health in a variety of ways. Being involved with others increases one's sense of belonging and self-esteem. Those who remain physically active are less likely to develop health problems. When the basic interaction between two people takes place, our brains are stimulated to think of a response.

Wholesome Engagement is an opportunity that provides a platform for access to resources, activities and social interactions in a way that encompasses inclusivity of all members in the community, even individuals who may otherwise be excluded or marginalized. Wholesome Engagement can take place between individuals with Alzheimer's disease and volunteers, home health aides, friends and other trusted companions.

There are many activities to keep your loved one engaged during this journey. When choosing activities, aim for those that:

- ◇ Stir memories, allowing the person to reminisce about his/her life.
- ◇ Foster emotional connections with others . . . it is vital.
- ◇ Encourage self-expression and make your loved one feel more engaged with life.
- ◇ Help your loved one feel productive.

**Activity Ideas:**

- ◇ **Exercise:** Walk, low-impact chair yoga - Being active regulates sleep and prevents restlessness; helps promote a positive mood and can lower the risk of developing depression.
- ◇ **Engage Long-Term Memory:** Look through photos, make a memory album, ask about favorite memories - Engaging your loved one in discussions about life years ago.
- ◇ **Participate in a Favorite Activity:** Have a picnic at a favorite park, create a memory book of favorite things they enjoy - Enjoying a favorite hobby or activity together that is stimulating and can build on your loved one's current skill level.
- ◇ **Cook, Bake or Try Some Arts & Crafts:** Bake a simple treat that can be decorated upon cooling; Paint on plain paper or get a coloring book - Let your loved one do as much as he or she can safely do. Let your loved one show their creative side.
- ◇ **Animal Therapy:** Visit friends with well-behaved pets, or an animal shelter - Pets relieve stress, anxiety and symptoms of depression.
- ◇ **Get Out of the House:** Shop, eat lunch at a favorite place or take a short day trip - Taking loved ones out help to meet needs and offer varied stimulation.
- ◇ **Explore Nature:** Garden at home, walk on a nature path, bird watch, feed ducks - Provides your loved one with fresh air and opportunities to see new things.
- ◇ **Try Music Therapy:** Listen to a favorite singer, sing along - Music offers a powerful sense of comfort to people. Singing a song popular when he or she was younger can be a great way to connect to the past.



## **Senators Introduce the Bipartisan BENES 2.0 Act to Further Simplify Medicare Enrollment**

*By Lindsey Copeland*

The Medicare Rights Center applauds the recent introduction of the Beneficiary Enrollment Notification and Eligibility Simplification (BENES) 2.0 Act ([S. 3675](#)) in the U.S. Senate.

Led by Senators Bob Casey (D-PA) and Todd Young (R-IN), this important bill would require the federal government to provide advance notice to people approaching Medicare eligibility about basic Medicare enrollment rules, filling a longstanding gap in outreach and education.

While most older adults and people with disabilities are still automatically enrolled in Medicare Part B, a growing number are not. These individuals must make an active Medicare enrollment choice, taking into consideration specific timelines, complex Medicare rules, and their existing coverage.

Today, far too many people make mistakes when trying to navigate this confusing system. The consequences of such missteps are significant and may include lifetime financial penalties, higher out-of-pocket health care costs, and gaps in coverage. In [2020](#), for example, an estimated 776,200 people were paying a Part B Late Enrollment Penalty (LEP). The average amount increased their monthly premium by nearly a third (27 percent).

The BENES 2.0 Act would help prevent these costly errors. It would ensure that people approaching Medicare eligibility receive clear and timely information about Medicare Part B enrollment rules.

This policy change would advance the goals of the original [BENES Act](#). As passed by Congress in December 2020, that bill modernized transitions to Medicare by eliminating needless breaks in coverage, updating administrative enrollment flexibilities, and informing future policymaking on enrollment period alignment. The BENES 2.0 Act seeks to build upon those successes to further improve the health, well-being, and economic security of current and future beneficiaries.

Fred Riccardi, president of the Medicare Rights Center, said, “The BENES 2.0 Act would simplify Medicare enrollment and better empower people approaching Medicare eligibility to make optimal coverage choices. We frequently hear from older adults and people with disabilities who are confused about whether they need to enroll in Part B, or who made a mistake and are struggling with lifetime penalties or gaps in their health coverage as a result. The BENES 2.0 Act recognizes and rises to these challenges.

“Thank you to Senators Casey and Young for championing the BENES 2.0 Act’s commonsense reforms, and to Senators Stabenow (D-MI), Collins (R-ME), Sinema (D-AZ), Scott (R-SC), Brown (D-OH), and Smith (D-MN) for co-sponsoring this critical bill. We look forward to working together and with the House towards passage this year.”

# Mother's Day



## Cancer Patient Aid Craft Fair

*Proceeds to benefit the Greene County Women's League Cancer Patient Aid*

**Saturday, April 30, 2022**  
**10:00am-3:00pm**

**Red Rooster Restaurant**

*(Restaurant, Bar Area & Adjoining Private Rooms)*

**845 Main St., Cairo, NY**

**Vendors, Food & Raffles**

For more information call 518-291-0883 -or- 518-819-1249

-or- e-mail [greenecountywomensleague@gmail.com](mailto:greenecountywomensleague@gmail.com)

Following current COVID-19 requirements.

Greene County Women's League Cancer Patient Aid (GCWL) will hold their 1st Membership Meeting for 2022. GCWL is a Not 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.

The meeting will be on Tuesday, April 5th at the Creekside Restaurant in Catskill with lunch beginning at 12:00 p.m. The meeting will be called to order at 1:00pm.

Yearly membership to GCWL is \$25.00/year. We always welcome new members.

Any questions, call 518-89-1249 or e-mail [greenecountywomensleague@gmail.com](mailto:greenecountywomensleague@gmail.com)



## GREENE COUNTY DEPARTMENT of HUMAN SERVICES

411 Main Street, Catskill, NY 12414  
(518) 719-3555 Toll Free (877) 794-9266  
[aging@discovergreene.com](mailto:aging@discovergreene.com)

**BUSINESS MANAGER:** Ken Brooks

### **AGING DEPARTMENT COORDINATORS:**

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

### Staff:

#### **CASE MANAGERS:**

Tami Bone  
Christopher Lewoc

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. **Staff are available by appointment only. Please call our main office telephone number to schedule an appointment if you need to meet with a staff member.**

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

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

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