



# Greene County Round Table News

Published by Greene County Department of

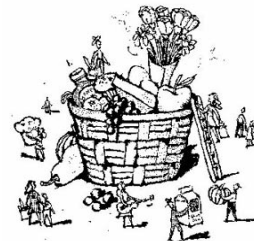
Human Services since 1976

JULY 2022

## 2022 SENIOR FARMERS' MARKET NUTRITION PROGRAM

*This yearly program assists seniors in eating healthy, stretching their food dollars, and supporting local farmers.*

- Are you a New York State senior citizen (aged 60 years or older)?
- Is your monthly income at or below \$2096 for one; \$2823 for two or an additional \$728 per person for larger households?
- Would you like to receive a booklet containing five \$4.00 coupons (\$20 value) that can be used to purchase locally-grown fresh vegetables and fruits at participating farmers' markets and farm stands throughout NYS?



If YES to all above & haven't already received this year - **CONGRATULATIONS - YOU'RE ELIGIBLE!!**

## BOOKLETS AVAILABLE AT THE FOLLOWING LOCATIONS AFTER JULY 11

### GREENE COUNTY DEPARTMENT OF HUMAN SERVICES, MAIN OFFICE

MON. - FRI., 9:00 A.M. - 12:00 P.M. AND 2:00 P.M. - 4:30 P.M.

### GREENE COUNTY SENIOR SERVICE CENTERS

COXSACKIE:	TOWN OF COXSACKIE SR. CENTER	WED. JULY 13, 9:30 A.M. - 10:00 A.M. AFTER THAT MON. - FRI., 12:30 P.M. - 1:00 P.M.
CATSKILL:	ANTONELLI SENIOR CENTER	THURS. JULY 14, 10:00 A.M. - 10:30 A.M. AFTER THAT MON. - FRI., 12:30 P.M. - 1:00 P.M.
ATHENS:	RIVERTOWN SENIOR CENTER	MON. - FRI., 1:00 P.M. - 3:00 P.M.
CAIRO:	ACRA COMMUNITY CENTER	MON. - FRI., 12:30 P.M. - 1:00 P.M.
MOUNTAIN TOP:	JEWETT SENIOR NUTRITION SITE	MON. - FRI., 1:00 P.M. - 3:00 P.M.

### SENIOR HOUSING TENANTS ONLY

CATSKILL:	AUTUMN GROVE	MON. JULY 11	10:00 A.M. - 10:30 A.M.
	ORCHARD ESTATES		10:30 A.M. - 11:00 A.M.
	KAATERSKILL MANOR		11:30 A.M. - 12:00 P.M.
ATHENS:	RIVERTOWN SENIOR APARTMENTS	TUES. JULY 12, 10:00 A.M. - 10:30 A.M.	
CAIRO:	FAIRGROUND ESTATES	TUES. JULY 12, 3:30 P.M. - 4:00 P.M.	
COXSACKIE:	BETHANY VILLAGE APTS.	WED. JULY 13, 10:30 A.M. - 11:00 A.M.	

## GREENE COUNTY YOUTH FAIR: THURS. JULY 28 - SUN. JULY 31

In Greene County, the following are authorized market locations:

Black Horse Farms, Athens	Bulich Creekside Farm, Leeds	Catskill Farmers' Market
Fromer Market Gardens, Tannersville		Stoneledge Farm, Leeds

*The Farmer's Market Coupon program is sponsored by*

N.Y.S. Dept. of Agriculture and Markets	N.Y.S. Dept. of Health	N.Y.S. Office for Aging
Cornell Cooperative Extension	U. S. Department of Agriculture Food and Nutrition Service	



**AmeriCorps  
Seniors**



**GREENE COUNTY**  
**DEPARTMENT OF HUMAN SERVICES**  
**ALWAYS HAS OPPORTUNITIES**  
**FOR VOLUNTEERS**  
Help Us Help Others!

***Do you drive? Consider delivering meals to homebound seniors.  
Or you could drive a senior without transportation to a medical appointment.***

**DELIVER HOMEBOUND MEALS**

The department provides healthy, balanced meals to Greene County residents, age 60 and older, who cannot prepare meals for themselves. Volunteers deliver these meals and check on the senior. Drivers needed for routes throughout Greene County.

**HOMEBOUND MEDICAL TRANSPORTATION**

Homebound Medical Transportation Service is available through the Department to county residents, age 60 and older, that do not have other options for needed transportation. The program will arrange for a volunteer driver to transport seniors to medical appointments and to special entitlement agencies.

***Are you willing to drive seniors to appointments in a neighboring county?  
We especially could use you.***

**Mileage reimbursement is available for all miles driven for both programs.**

**Give Ruth Pforte, AmeriCorps Senior Volunteer Coordinator,  
a call at 518-719-3555  
for information on these opportunities  
and the many others we have to offer.**



## 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 minor work/repairs done around the home\*  
(i.e.: changing light bulbs, replacing window screens with storm windows)  
please let the Greene County Senior Angels know  
by calling 518-719-3555 and ask for the Helping Hands Coordinator.

*\* Note: Large jobs requiring a contractor (i.e.: new roof, deck or fencing) not eligible*



39 Second Street  
Athens

#### 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.**

**STOP BY AND SEE OUR WONDERFUL SELECTION OF SUMMER CLOTHING  
FOR LITTLE ONES TO SENIORS!**

**WE EVEN HAVE THE ACCESSORIES: JEWELRY, PURSES, BELTS, SHOES**

**HOUSEHOLD ITEMS – LINENS – MORE!**



*Note: We accept donations during business hours.  
We do not accept medical supplies, games, toys, electronics or dishes.*

## **MEDICARE COVERAGE OF HOSPICE CARE**

In this resource on hospice care, we speak directly to patients as if they are the ones taking these actions or making these decisions. However, discussions about hospice often involve caregivers and family members as well. If you are a caregiver, family member, or a patient's appointed representative, you may be leading these conversations or decisions, rather than the patient.

### **What is the Medicare hospice care benefit?**

Hospice is a program of end-of-life pain management and comfort care for those with a terminal illness. Medicare's hospice benefit offers end-of-life palliative treatment, including support for your physical, emotional, and other needs. It is important to remember that the goal of hospice is to help you live comfortably, not to cure an illness.

### **To elect hospice, you must:**

- Be enrolled in Medicare Part A
- Be certified, by the hospice doctor and your doctor, if you have one, to have a terminal illness, meaning a life expectancy of six months or less if the illness takes its normal course
- Sign a statement electing to have Medicare pay for palliative care (pain management), rather than curative care (unless your provider is participating in a special demonstration program)
- Receive care from a Medicare-certified hospice agency.



Once you choose hospice care, all of your hospice-related services are covered under Original Medicare, even if you are enrolled in a Medicare Advantage Plan, unless your plan is part of a special demonstration program. Your Medicare Advantage Plan will continue to pay for any care that is unrelated to your terminal condition. Hospice care should also cover any prescription drugs you need for pain and symptom management for your terminal condition, while your Part D plan may cover medications that are unrelated to your terminal conditions.



Hospice generally takes place at home, with your hospice provider sending aides, nurses, and/or skilled therapists to provide the pain management services in your place of residence.



Hospice can sometimes take place at an inpatient facility, if your hospice provider determines inpatient care is necessary for you. If your hospice provider determines that you need inpatient care, they must be the one to make the arrangements. The cost of your inpatient stay is covered by the hospice benefit, but if you go to the hospital for hospice care and your hospice provider didn't make the

arrangements, you might be responsible for the full cost of the stay.

### **How can I elect the hospice care benefit?**

If you are interested in Medicare's hospice care benefit, ask your provider whether you meet the eligibility criteria for hospice care. If you do, ask your doctor for help to contact a Medicare-certified hospice on your behalf. There may be several Medicare certified hospice agencies in your area.



Once you have found a Medicare-certified hospice of your choice, the hospice medical director or doctor (and your doctor, if you have one) will certify that you are eligible for hospice care. Afterwards, you must sign a statement electing hospice care and waiving curative treatments for your terminal illness. Your hospice team must consult you - and your primary care provider, if you wish - to develop a plan of care.

### **What services are covered under Medicare's hospice benefit?**

If you qualify for the hospice benefit, Medicare covers:

- Skilled nursing services: services performed by or under the supervision of a licensed or certified nurse to treat your injury or illness
- Skilled therapy services: physical, speech, and occupational therapy services that are reasonable and necessary to manage your symptoms or help maintain your ability to function and carry out activities of daily living (eating, dressing, toileting)
- Hospice aides and homemaker services: includes full coverage of a hospice aide to provide personal care services, including help with bathing, toileting, and dressing, as well as some homemaker services (changing the bed, light cleaning and laundry)
- Medical supplies: full coverage of certain medical supplies, such as wound dressings and catheters
- Durable medical equipment (DME): including full coverage of equipment needed to relieve pain or manage your terminal medical condition
- Respite care: short-term inpatient stays for you that allow your caregiver to rest. This coverage includes up to five consecutive inpatient days at a time.
- Short-term inpatient care: care at a hospital, SNF, or hospice inpatient facility if your medical condition calls for a short-term stay for pain control or acute or chronic symptom management. This is only covered if care cannot feasibly be provided in another setting.
- Medical social services: full coverage of services ordered by your doctor to help you with social and emotional concerns you have related to your illness. This may include counseling and/or help finding resources in your community.
- Prescription drugs related to pain relief and symptom control. You pay a \$5 copay.
- Spiritual or religious counseling
- Nutrition and dietary counseling



*Will you be alone for Thanksgiving? Come join us . . .*

***SENIOR ANGELS PROGRAM  
ANNUAL  
COMMUNITY THANKSGIVING DINNER\****



Open to all seniors age 60 and older  
Seating limited

**Thanksgiving Day November 24, 2022**  
**DOORS OPEN AT 11:00 a.m. - NO EARLY BIRDS**  
**12:00 p.m. - 4:00 p.m. Dinner served 1:00 p.m.**

Rivertown Senior Center  
39 Second Street, Athens

For more information or to make reservations,  
contact Ken Brooks at (518) 719-3555

***Want to volunteer to help? Call to speak to Ken***

**\* Funded in part by Athens Community Foundation**

## SUPPORTING NEW YORK FARMERS AND PROMOTING FRESH, HEALTHY FOOD



In the past decade, the number of farmers' markets in New York State has grown at a rapid rate, and new markets are created all the time. Today, New York has more than 400 farmers' markets, 250 farm stands, and 10 mobile markets. New York State Department of Agriculture supports the state's network of farmers' markets through programs that expand sales, promote improved nutrition, and help increase consumption of locally grown fresh fruits and vegetables. These programs enhance the many important economic, educational, and social benefits that farmers' markets bring to their communities, like offering a marketplace for farmers to sell their products and providing healthy, local foods to consumers.

The Department oversees the Farmers' Market Nutrition Programs (FMNP), and maintains a list of farmers' markets, farm stands, and mobile markets that participate.

Here in Greene County, the Department of Human Services helps promote the Senior Farmers' Market Nutrition Program (SFMNP) through the distribution of \$20 coupon booklets. A variety of fresh, nutritious, locally grown fruits, vegetables, herbs, and honey may be purchased. State agencies shall consider "locally grown" to mean produce grown only within State borders but may also include areas in neighboring States adjacent to its borders. Please see the cover of this issue to determine if you're eligible.

NYS Farmers Markets in Greene County that participate and accept the FMNP coupons:

- ⇒ **Catskill Farmers Market**, 145 Water St (county parking lot), Catskill  
Sun 10:00 a.m. - 1:00 p.m., May 29 - October 9
- ⇒ **Black Horse Farms**, 10094 Rt. 9W, Athens  
Daily 9:00 a.m. - 6:00 p.m., Year-round  
SNAP Accepted
- ⇒ **Bulich Creekside Farm Stand**, 1682 Route 23B, Leeds  
Daily 10:00 a.m. - 5:00 p.m., June 15-October 31  
SNAP Accepted
- ⇒ **Fromer Market Gardens Farm Stand**, 6120 Main St., Tannersville  
Sat 9:00 a.m. - 2:00 p.m., Wed 2:00 p.m. - 6:00 p.m., Year-round  
SNAP Accepted
- ⇒ **Stoneledge Farm Stand**, 145 Garcia Lane, Leeds  
Sat/Sun 9:00 a.m. - 4:00 p.m., May 14 - October 9

## NUTRITION NOTES

# BERRIES AND CHERRIES

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



Last weekend I saw my first glimpse of fresh strawberries at my farmer's market, and it sparked my interest to share with my readers. Local berries and cherries have surfaced in early June and will soon be readily available for the summer season. They are colorful, flavorful, fun, and packed full of nutrients. Fruit is naturally sweet, high in fiber, and low in calories. Let's highlight some of the benefits of each.



**STRAWBERRIES:** Fiber-rich, fat free, sodium free and zero cholesterol, strawberries are high in vitamin C and K, contain antioxidants (can reduce risk of cancer), and strong sources of potassium and magnesium. They are known for their sweet taste and distinct aroma.

**BLUEBERRIES:** Rich in the pigment anthocyanin (powerful antioxidant), source of Manganese (mineral which supports bone health and muscles), also a strong source of Vitamin C (boosts immunity) and K (helps proper blood clotting), high fiber. Enjoy fresh, in salads, smoothies, oats, or breakfast cereals.



**CHERRIES:** Tart and sweet, rich in fiber, packed with antioxidants and anti-inflammatory properties (some studies suggest cherries can assist in muscle recovery after exercise), strong source of B vitamins, C, K, Copper, and Manganese. One of summer's best treats in my opinion!

It is best to soak and drain all berries and cherries prior to eating. Sometimes running them under cold water can crush their precious skins. Excess water can cause spoiling, so be sure to clean them when ready to eat.

Strawberry and cherry picking is now open for the season at several Greene County farms. Story Farms in Catskill has patches open daily from 9:00 a.m. - 4:30 p.m. You can call the farm at (518) 678-9716 for directions and more information. Boehm Farm grows cherries and offers cherry picking to the public. They are in Climax and their contact is (518) 731-6196. Black Horse Farms in Athens offer locally grown berries at their farm stand daily from 9:00 a.m. to 6:00 p.m. and can be reached at (518) 943-9324. Many other local farms and stands in the area have seasonal fresh fruit available. Enjoy!



# **NUTRITION EDUCATION**

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

*Sponsored by Greene County Department of Human Services*

**WEDNESDAY, JULY 13, 2022 12:00 P.M.**  
**TOWN OF COXSACKIE SENIOR CENTER**

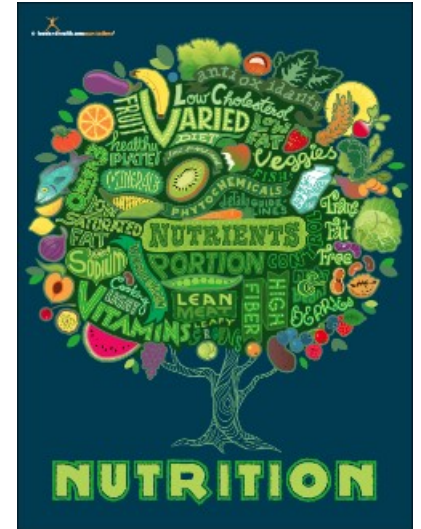
**THURSDAY, JULY 21, 2022 12:00 P.M.**  
**THURS. AUGUST 25, 2022 12:00 P.M.**  
**ROBERT ANTONELLI SENIOR CENTER**  
**CATSKILL**

**THURSDAY, JULY 28, 2022 11:45 A.M.**  
**RIVERTOWN SENIOR CENTER, ATHENS**

**THURSDAY, AUGUST 11, 2022 11:45 A.M.**  
**ACRA SENIOR NUTRITION SITE**

**WEDNESDAY, AUGUST 17, 2022 11:45 A.M.**  
**JEWETT SENIOR NUTRITION SITE**

**Come learn about healthy nutrition habits.**  
**Feel free to ask questions.**  
**Recipe and tasting to follow.**



**Nutritional information**  
**and/or counseling is always available.**

**Please call GCDHS for a nutrition referral**  
**with our dietician**  
**at (518)719-3555.**

## **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 notify the appropriate center by noon, 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.**

**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

Ashley Reynolds  
Meal Site Manager

Elaine Cherrington  
Cook

### **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  
Food Service Helper/  
Driver

### **COXSACKIE**

Town of Coxsackie  
Senior Center  
127 Mansion Street,  
Coxsackie  
731-8901

Dorothy Barkman  
Faye VanDyke  
Co-Meal Site Managers

**Senior**



**Nutrition Program**




### **CATSKILL**

Robert C. Antonelli  
Senior Center  
15 Academy Street,  
Catskill  
943-1343

Penny Konstalid  
Meal Site Manager

## GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 & OLDER (AND SPOUSES) ARE INVITED TO ATTEND - SUGGESTED DONATION IS \$4.00  
SERVED DAILY: BREAD WITH PROMISE SPREAD, MILK, COFFEE & TEA - 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> ALL AMERICAN HOT DOG POTATO SALAD CORN STRAWBERRY SHORTCAKE <u>LOW SODIUM SUBST:</u> Cheeseburger in lieu of Hot Dog 
<b>4</b> CLOSED IN HONOR OF INDEPENDENCE DAY 	<b>5</b> CHICKEN & BISCUITS MASHED POTATOES CORN MANDARIN ORANGES	<b>6</b> STUFFED SHELLS w/ Sausage ITALIAN MIXED VEGETABLES SPINACH CHOCOLATE CAKE	<b>7</b> CHICKEN SALAD MIXED GREENS w/ Cucumbers & Tomatoes CRANBERRY JUICE PASTA SALAD FRESH FRUIT	<b>8</b> CRAB TOPPED COD GREEN BEANS & CARROTS MIX RICE PILAF FRESH FRUIT
<b>11</b> MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES PINEAPPLE	<b>12</b> CHICKEN DIVAN CALIFORNIA MEDLEY WHITE RICE TROPICAL FRUIT	<b>13</b> MEAT LASAGNA ITALIAN MIXED VEGETABLES RICE PUDDING w/ Raisins Nutrition Education Cossackie Sr. Center 12 p.m.	<b>14</b> MEATLOAF w/ Gravy MASHED POTATOES BRUSSELS SPROUTS FRESH FRUIT	<b>15</b> SEAFOOD PASTA SALAD MIXED GREENS w/ Cucumbers & Tomatoes COLE SLAW FRESH BERRIES w/ Whipped Topping
<b>18</b> SLOPPY JOES CAULIFLOWER RICE TROPICAL FRUIT	<b>19</b> CHICKEN DIJON MASHED POTATOES MONACO VEGETABLE MIX PEARS	<b>20</b> PORK CHOP w/ Gravy APPLESAUCE CORN, LIMA BEANS & CARROT MIX ROASTED POTATOES COOKIES	<b>21</b> ROASTED TURKEY w/ Gravy & Cranberry Sauce GREEN BEANS SWEET POTATO STUFFING VANILLA MOUSE w/ Fresh Blueberries Nutrition Education Catskill Sr. Center 12 p.m.	<b>22</b> MEATBALL SUB GARDEN SALAD ITALIAN MIXED VEGETABLES FRESH FRUIT
<b>25</b> BEEF CHILI MIXED VEGETABLES WHITE RICE PLUMS	<b>26</b> FISH FLORENTINE ITALIAN MIXED VEGETABLES RICE PILAF COOKIES	<b>27</b> BAKED HAM* w/ Raisin Sauce SWEET POTATOES BROCCOLI FRUITED JELL-O * <u>LOW SODIUM SUBST:</u> Chicken Cutlets w/ Gravy	<b>28</b> BBQ PULLED PORK COLE SLAW CARROTS BAKED BEANS FRESH FRUIT Nutrition Education Rivertown Sr. Center 12 p.m.	<b>29</b> CRANBERRY CHICKEN SALAD MIXED GREENS POTATO SALAD FRESH FRUIT

## GREENE COUNTY SENIOR NUTRITION PROGRAM

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

SERVED DAILY: BREAD WITH PROMISE SPREAD, MILK, COFFEE & TEA

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> BBQ CHICKEN THIGHS BAKED BEANS COLLARD GREENS APPLESAUCE	<b>2</b> TORTELLINI MARINARA w/ Meatball ITALIAN MIXED VEGETABLES FRUIT COCKTAIL PEANUT BUTTER COOKIE	<b>3</b> SEAFOOD SCAMPI SPINACH LINGUINI PINEAPPLE	<b>4</b> HOT ROAST BEEF w/ Gravy MASHED POTATOES GLAZED CARROTS FRESH FRUIT	<b>5</b> CHICKEN SALAD PLATE MIXED GREENS w/ Cucumbers & Tomatoes PASTA SALAD WHOLE WHEAT DINNER ROLL STRAWBERRIES w/ Whipped Topping
<b>8</b> MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES FRUIT COCKTAIL	<b>9</b> CHICKEN DIVAN MONACO VEGETABLES WHITE RICE TROPICAL FRUIT	<b>10</b> FISH FLORENTINE CAULIFLOWER MASHED POTATOES CHOCOLATE MOUSSE	<b>11</b> ROAST PORK w/ Gravy SWEET POTATO GREEN BEANS BROWNIE Nutrition Education Acra Nutrition site 12 p.m.	<b>12</b> CHICKEN CAESAR SALAD CUCUMBER AND TOMATO SALAD FRESH FRUIT
<b>15</b> KNOCKWURST* BAKED BEANS CARROTS TROPICAL FRUIT  <i>*Low Sodium            Diet Subst:            BBQ CHICKEN</i>	<b>16</b> VEAL PARMESAN SPINACH STEWED TOMATOES ZITI DINNER ROLL PEAR CUP	<b>17</b> MEATLOAF w/ Gravy BRUSSELS SPROUTS BAKED POTATO w/ Sour Cream FRUITED AMBROSIA Nutrition Education Jewett Nutrition site 12 p.m.	<b>18</b> CHICKEN DIJON MASHED POTATOES MONACO VEGETABLES YOGURT	<b>19</b> SEAFOOD PASTA SALAD MIXED GREENS COLESLAW JUICE FRESH FRUIT
<b>22</b> BEEF CHILI BROCCOLI CORN BREAD WHITE RICE TROPICAL FRUIT	<b>23</b> TURKEY BURGER w/ Peppers & Onions POTATO SALAD CARROT COINS COOKIES	<b>24</b> PORK CHOP w/ Gravy MASHED POTATOES PEAS & CARROTS CHOCOLATE CAKE	<b>25</b> CHEESE & SAUSAGE LASAGNA GREEN BEANS ZUCCHINI/TOMATOES FRESH FRUIT Nutrition Education Antonelli Sr. Cntr. 12 p.m.	<b>26</b> CRANBERRY CHICKEN SALAD MIXED GREENS JUICE FRESH FRUIT
<b>29</b> BEER BATTERED FISH CALIFORNIA MIXED VEGETABLES MACARONI SALAD PEARS	<b>30</b> SWEET & SOUR CHICKEN ORIENTAL MIXED VEGETABLES WHITE RICE PEACHES	<b>31</b> MEATBALL SUB ITALIAN MIXED VEGETABLES VANILLA MOUSSE w/ Mixed Berries	<div style="text-align: center;">  </div>	

## **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. Remember to make checks payable to Greene County Department of Human Services & note in memo the service. **Services will not be denied to anyone unable or unwilling to make a contribution.**

**CONSULTATION and ASSISTANCE:** This includes such client assistance activities as case assistance, Health Insurance Information Counseling and Assistance Program (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/hr*).

#### **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:** 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*)





**Greene County Department of Human Services**  
**Senior Angels Program**  
***invite you to become a Senior Angel***

The department works with limited-income senior citizens who could use one-time, emergency assistance when all other funds have been exhausted and there is no other source to help. The program also sponsors a special gift during the Christmas season for those who might be alone. These gifts lift their spirits and fulfill a need.

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

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

I designate a \$ \_\_\_\_\_ donation to the Senior Angels Program

In Memory of \_\_\_\_\_

In Honor Of \_\_\_\_\_

\_\_\_\_\_ Please publish my name as a donor \_\_\_\_\_ I wish to donate Anonymously

Donations may be mailed to:

Greene County Department of Human Services

411 Main Street, Catskill, NY 12414

Email any questions to [kenbrooks@discovergreene.com](mailto:kenbrooks@discovergreene.com)



As the number of seniors grows, so does the need for our vast array of services. The Department of Human Services encourages and appreciates your contributions. If you or your family are in a position to do so, please fill out the form below. Know that 100% of your contribution will be used to provide services to Greene County older adult in need. ***THANK YOU FOR YOUR SUPPORT.***

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

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

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

In memory of \_\_\_\_\_ to the following:

\_\_\_\_\_ In-home services \_\_\_\_\_ Round Table News \_\_\_\_\_ Homebound transportation

\_\_\_\_\_ General fund where needed most \_\_\_\_\_ Nutrition Program/Home-delivered Meals

Make checks payable & mail to:

Greene County Dept. of Human Services

411 Main Street, Catskill, N.Y. 12414



*Thank you for your donation  
to Greene County Senior Angels Program*

*Anonymous  
In Memory of  
Benjamin Wells*



*Congratulations!*

Congratulations to GCDHS employees on achieving milestones in their careers with Greene County.

Carrie Wallace (above), Youth Services worker, marked 25 years of service and Elaine Cherrington (right), Acra Senior Nutrition site cook, marked 20 years.

Seen in both photos making the county proclamation is Legislator Ed Bloomer of Athens.



# SELF-CARE FOR THE CAREGIVER!

*FROM CAREGIVER PIT STOP:*

*A RESOURCE GUIDE FOR DEMENTIA CAREGIVERS*



Remember caregiving for a loved one is truly a journey - think of it like a marathon, not a sprint. As caregiver, your self-care is an important part of the journey. When you take care of yourself, you're better able to care for your loved one.

## **If you're just starting on the journey and new to caregiving:**

- Start to learn about the disease, getting a diagnosis will help.
- Learning about the disease can help with informed choices and future decisions.
- Keep a notebook and write down your questions, observations, and who you have met.

## **If you've been caregiving awhile:**

- ☆ Keep learning about the disease and how it can cause changes to your loved one.
- ☆ Keep using the notebook - it is a valuable reference when caring becomes more challenging and all the information from months and years are running together.
- ☆ Stay social. Find a few people who you can count on to be there for you on the journey! Make it a priority to take breaks, even when your loved one may disagree.
- ☆ Don't put your own needs aside—find time to focus on you!

## **When you've been caregiving for some time and it has become a long journey:**

- ◇ Taking care of yourself is more important than ever. You might be feeling worn out and overwhelmed doing more as your loved one needs extra care.
- ◇ Make a decision to find time, even 15 minutes a day, to take a break and do something that makes **you** happy - take a nap, treat yourself, laugh at something silly, go outside, listen to your favorite music, or say one thing that you're grateful for.
- ◇ Ask for help and accept it when it's offered to you. It's not easy - no one cares for your loved one better than you. It's important to accept help, then you can take a real break knowing that your loved one is in good hands.
- ◇ Don't put your needs aside - you are an important part of the caregiving journey.

# 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: President Yale Frank, 518-731-8855

## GREENVILLE

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

1st monthly Wednesday, 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





**SPRING 2022  
SMART DRIVER™ COURSE**

*Become a safer driver!  
Reduction on your auto insurance premium!*

**SPONSORED BY  
THE MOUNTAINTOP GOLDEN AGERS**

**COST FOR COURSE:**  
\$32.00 for AARP members  
\$37.00 for non-members

Must possess valid NYS driver's license

**CLASS DATE & LOCATION**  
*Wednesday July 13, 2022*  
8:30 a.m. - 3:30 p.m. (Lunch included)  
Haines Falls Firehouse

*Call Christopher at 518-589-5815  
to reserve a class spot*



Greenville Golden Years presents.



**Neil & Billy together on Stage!**  
**"NEIL DIAMOND meets BILLY JOEL"**  
**vs. 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!



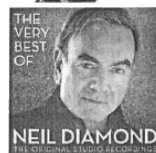
**PACKAGE INCLUDES:**  
• Roundtrip Motor Coach Transportation  
• TWIN LOBSTERS freshly steamed with  
Drawn Butter OR Prime Rib of Beef  
• Neil Diamond & Billy Joel Tribute Show  
• Meal Taxes and Gratuities  
• Drivers Gratuities

**Delicious Luncheon**

*Hors D' Oeuvre's  
Signature Bread  
Clam Chowder*

**TWIN LOBSTERS  
or PRIME RIB**

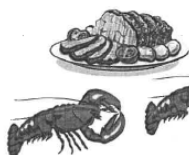
*Baked Potato & Corn  
Dessert, Coffee or Tea*



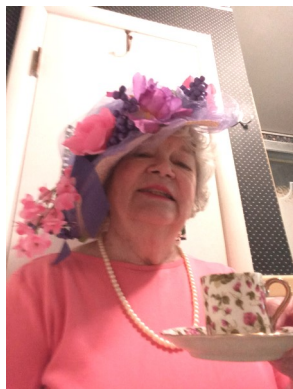
**\$79.00 PP**

**For Reservations Call:**  
**Phyllis Wissert**  
**518-943-9028**

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



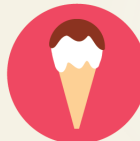
The Catskill Silver Linings senior club sponsored a joyous Victorian Tea Party at their June 9th meeting. Ladies hats and decadent desserts were available for all members to enjoy!



FROM THE CATSKILL SILVER LININGS CLUB:

**THURSDAY JULY 14, 1:00 P.M.**

*ice cream social*



**THURSDAY, AUGUST 11, 1:00 P.M.**



**ROBERT ANTONELLI SENIOR CENTER**  
**15 ACADEMY STREET, CATSKILL**





## PENNSYLVANIA AMISHLANDS

Featuring Sight & Sound's  
"DAVID"

3 DAYS - 2 NIGHTS  
OCTOBER 5 - 7, 2022

\$445.00 Per Person Double Occupancy  
\$584.00 Per Person Single Occupancy

Balance due by 8/5/22

### PACKAGE INCLUDES:

- 2 Nights Lodging
- 2 Breakfasts
- 2 Dinners, Including an Amish Homestead Dinner & Bird-in-Hand Smorgasbord Dinner
- Railroad Museum of Pennsylvania
- Train Ride aboard the Strasburg Railroad
- Performance of "David" at Sight & Sound Theatre
- Guided Tour of the Amish Countryside, including Stops at an Amish Craft Farm & Bake Shop
- Kitchen Kettle Village
- Bird-in-Hand Farmers Market
- 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  
P.O. Box 162  
Round Top, NY 12473  
(518) 622-3257



★ WHITESTAR TOURS 28 E. Lancaster Avenue, Reading PA 19607 \* 610-775-5000 \* 800-437-2323 \* www.whitestartours.com

## MountainTop Golden Agers Trip

TUESDAY, AUGUST 23, 2022



AT THE  
HOLIDAY INN RESORT  
LAKE GEORGE, NY



\$68 PER PERSON

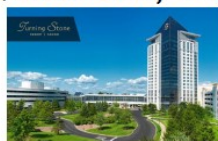
For reservation, please contact  
Christopher at 518-589-5815

## MountainTop Golden Agers Trip

THURSDAY SEPTEMBER 29, 2022



AT THE  
TURNING STONE CASINO  
VERONA, NY



\$70 PER PERSON

For reservation, please contact  
Christopher at 518-589-5815

## MountainTop Golden Agers Trip

THURSDAY NOVEMBER 10, 2022



AT  
THE LOG CABIN  
HOLYOKE, MA



\$79 PER PERSON

For reservation, please contact  
Christopher at 518-589-5815

# News From the Greene County Youth Bureau



The Greene County Youth Fair is a celebration of the talents of Greene County's youth, enabling them to strive for higher goals and receive encouragement for their efforts. The fair is family oriented and offers kids of all ages exciting music, displays and entertainment, along with a hands-on agricultural education.

The fair will be held at the Angelo Canna Park in Cairo. It opens Thursday, July 28 at 9:30 a.m. and is open daily through Sunday, July 31. Operating hours are Thursday & Friday, 9:30 a.m. - 7:30 p.m.; Saturday 9:00 a.m. ending with fireworks at 9:15 p.m., and Sunday from 9:00 a.m. with closing ceremonies at 2:30 p.m. Admission is free!

Come out for Opening Day Ceremony on Thursday at 9:30 a.m. and meet our Greene County Youth Awards winners!

Visit our web site at: <https://www.thegreencountyyouthfair.com>

---

## **ATTENTION POULTRY EXHIBITORS - POULTRY SHOW IS BACK!!**

### **NYS COMMISSIONER LIFTS BAN ON POULTRY SHOWS**

New York State Agriculture Commissioner Richard A. Ball today announced the end of the bans on live poultry shows, exhibitions, auctions, sales, meets, and swaps in New York State. The Department had previously issued the bans on March 25 and April 14 as highly pathogenic avian influenza (HPAI) spread across the United States, including detections in New York State. The decision to lift the bans comes as cases decrease nationwide. Additionally, as the state enters agricultural fair season, studies have shown that the majority of flocks affected in the current outbreak were infected by introductions from wild birds, rather than by farm-to-farm transmission, lending additional confidence to the decision to allow comingling of poultry again. For further information, contact Alex at 712-249-6391.







# Lead. Impact. Advocate. Engage.

## New York State Governor's Youth Council Application Guidance Document

### Purpose

The New York State Governor's Youth Council (Youth Council) provides an effective way to engage youth in state government and creates a platform for their voices to be heard by policymakers. This is an incredible opportunity for New York's youth to represent their county on a statewide level! Members of the NYS Governor's Youth Council will offer their solutions to key issues facing young people in NYS to the Governor and other policymakers, including how to have better outreach and communication strategies to young people. Youth voice is recognized through this initiative; if you would like your voice heard apply today!

Online Application at: [nysylc.secure-platform.com/a](https://nysylc.secure-platform.com/a)

**Please Note:** Youth must be a New York State resident to apply. You will need to first create a user profile with first name, last name, and email before starting the application.

The NYS Youth Council creates opportunities for youth to participate in regional and state level activities to better inform State government on issues and challenges. Below is a sampling of topics:

1. Influence of Positive Role Models & Mentors
2. Mental Health Challenges on Youth
3. Substance Use and Prevention
4. Justice, Equity, Diversity, and Inclusion
5. Gender-based Violence Prevention & Response
6. Creating Positive Interactions between Youth & Law Enforcement
7. Youth Programming in a Virtual World
8. Youth Voice & Engagement: Creating Opportunities
9. Addressing Identity and Community Needs



## GREENE COUNTY ROUND TABLE NEWS

is published monthly by

### GREENE COUNTY DEPARTMENT of HUMAN SERVICES

411 Main Street, Catskill, NY 12414

(518) 719-3555 Toll Free (877) 794-9266

aging@discovergreene.com

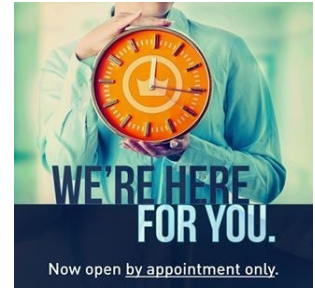
**BUSINESS MANAGER:** Ken Brooks

#### **AGING COORDINATORS:**

Aging Services - Connie Bentley

Nutrition Services - Tezera Pulice

Volunteer Services - Ruth Pforte



#### **AGING SERVICES CASE MANAGERS:**

##### Staff:

Brooke Bergeron

Danielle Kane-Wade

Tami Bone

Christopher Lewoc

#### **YOUTH SERVICES WORKERS:**

Carrie E. Wallace

Laura Anderson

#### **ADMINISTRATIVE ASSISTANT:**

Maureen Murphy

#### **AGING SERVICES SPECIALISTS:**

Bonnie Snyder

Rachel Wright

#### **AGING SERVICES AIDE:**

Rose Bundy

#### **RECEPTIONIST:**

Aniston Keff

#### **CHAUFFEUR:**

Patrick Murphy

The office is open 8:30 a.m. - 5:00 p.m. Monday thru Friday, though staff are unavailable between 12:00 p.m. and 1:00 p.m. Agency staff specialize in a variety of subjects. **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.

**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.**