



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

AUGUST 2022



**AmeriCorps
Seniors**



**Make a difference.
Become a volunteer!**

VOLUNTEER DRIVERS



The Greene County Department of Human Services is always looking for volunteer drivers to assist Homebound Senior Citizens. Here's how you can help:

Home Delivered Meals – Deliver meals county wide

Medical Transportation – Transport clients to appointments in nearby counties

Your schedule will be made around YOUR availability, and you will receive a tax exempt mileage reimbursement of 62.5 cents per mile!

Other ways you can help:

-  DEPARTMENT OF HUMAN SERVICES – CONGREGATE MEAL HELPER, RIVERTOWN THRIFT SHOP VOLUNTEER
-  OUTSIDE AGENCIES – LIBRARIES, NURSING HOMES, ATHENS CULTURAL CENTER, COMMUNITY ACTION, COMMUNITY HOSPICE, GREENE MEDICALARTS CENTER, AARP

INTERESTED? WANT MORE INFORMATION? CONTACT RUTH PFORTE (518) 719-3555

GREENE COUNTY RSVP VOLUNTEER COORDINATOR



**AmeriCorps
Seniors**

GREENE COUNTY SENIOR ANGELS
Spreading Cheer 365 Days a Year



*Greene County Department of Human Services
invites you to become a Senior Angel*

Senior Angels does not just operate at holiday time and provide gifts for senior citizens who are alone. Year round, funds are used to provide one-time, emergency assistance to senior citizens when all other funds have been exhausted and there is no other source to help. Please consider becoming someone's Senior Angel by donating. Thank you.

For more information, please call (518) 719-3555 or toll-free (877) 794-9266

PLEASE RETURN THIS SECTION WITH YOUR DONATION

_____ *I would like my name published.*

_____ *I wish to be listed as "Anonymous".*

_____ *I would like the donation to read:*

In Memory/Honor of: _____

*Donations may be dropped off or mailed to:
Greene County Department of Human Services, Attn: Senior Angels
411 Main Street, Catskill, NY 12414*

THANK YOU CATSKILL ELKS

As part of a Beacon Grant awarded to the Catskill Elks #1341, Elks Trustee Debbi Traficante presented a \$1500 check to Ken Brooks, Greene County Department of Human Services, for its Senior Angels Program. Looking on are Senior Angels committee member Tami Bone and Greene County Legislator Ed Bloomer, Athens.



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**



AmeriCorps Seniors

“The quality of your life will be determined by the quality of your contribution. When you work to improve the lives of others, your life improves automatically.”

Kurek Ashley

URGENT NEED FOR VOLUNTEERS IN GREENE COUNTY

Greene County Department of Human Services is in need of volunteers for our **Homebound Meal Delivery Program** (meals are delivered Monday – Friday with routes generally 1 - 2 hours to complete) and our **Homebound Medical Transportation Program** (volunteers drive ambulatory, homebound clients to medical appointments). Volunteers for both of these programs are eligible to receive mileage reimbursement at the current IRS rate of 62.5 cents for all miles while volunteering.

The number of homebound senior clients in need of services in Greene County has dramatically increased since COVID. This is making it necessary to increase the number of meal routes that are being covered.

If you or someone you know would be interested in volunteering under the Department, please contact Ruth Pforte, Volunteer Coordinator at 518-719-3555 for more information.

**Volunteer
Drivers
Needed**





Welcome New Volunteers

Mary Baxter
Andrew Brandt
Donna Egdorf
Rita Luccio
Tessa McGinness
Lisa Weller

THANK YOU
Volunteers



On Thursday, July 14, a mandatory refresher training was held for our Home Delivered Meals volunteers. The session went over very well and was beneficial to both DHS and volunteers. Thank you to all who took time-out of their day to attend.





**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 some minor repairs done around the home
(i.e.: changing light bulbs,
changing out screens to storm windows, etc.)
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)
will not be considered.*



**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!
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.*



NY Connects

**Your Link to Long Term
Services and Supports**

***ON A LIMITED INCOME? WANT MORE CASH IN YOUR WALLET?
NOT SURE WHAT SOURCES ARE OUT THERE AND IF YOU QUALIFY?***

NY CONNECTS CAN HELP!

NY Connects representatives will help you in determining your individual eligibility for programs, such as Supplemental Nutrition Assistance (SNAP - food stamps), Home Energy Assistance (HEAP), and Medicare assistance programs, including Medicare Part D Extra Help which supports costs related to Medicare prescriptions.

NY Connects is your trusted place to go for free, unbiased information about long term services and supports in New York State for people of all ages or with any type of disability. Long term services and supports include medical and non-medical services a person needs to improve or maintain health and independence. They may be provided in a nursing home, the individual's home or other community-based settings.

In addition to financial help, NY Connects staff can link you to long term services and supports, such as home care, transportation and meals. Our goal is to help you live as independently as you wish to while meeting your medical, social and functional needs.

Let us help you! For further information, please call, 518-719-3556 to speak with the Greene County Department of Human Services' NY Connects staff and learn more.



August Nutrition Notes

FACTS & MYTH BUSTERS

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

Carbohydrates also abbreviated as “carbs” are one major type of macronutrients found in various foods. Our digestive system breaks down carbohydrates into glucose, which is absorbed into our blood and used as energy for our body’s fuel. Spreading the intake of carbs through the day helps keep our blood sugar stable.



The three types of carbs include sugar, fiber, and starch. You may have seen “total carbohydrates” on a product’s nutrition facts label. This number in grams includes a combination of all 3 types. Simple carbohydrates like fruit juice or white potatoes, are absorbed quickly by our bloodstream, where complex carbs such as corn or brown rice, are higher in fiber, vitamins, and minerals and are digested slower in the body.

Sugar is naturally occurring in milk and fruit, and added in various foods such as baked goods, soda and juice. Sugar is a **simple carbohydrate**.

Fiber is present in plant-based foods including fruits and vegetables, and whole grains such as brown rice, whole wheat products, and oatmeal. Our body cannot break down ingestible fibers, which helps digestion as it passes through our intestines. Fiber prolongs our sense of fullness and helps delay a rise in blood sugar.

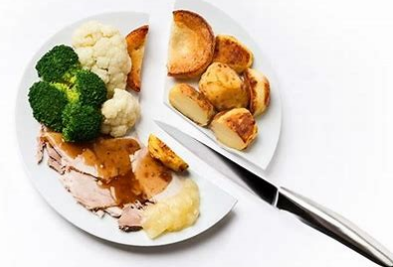


Starch is a **complex carbohydrate** and is found in beans and legumes, the skins of fruits, whole grains, and starch vegetables including corn, peas, potatoes/skins, peas, and winter squash (acorn and butternut).

Carbohydrates and Diabetes: A very common nutritional myth is that diabetics must avoid all carbohydrates to have better blood glucose control. Diabetics should be

mindful of how *many* servings of total carbohydrates they have at meals and snacks, or how many total grams. This will vary based on calorie needs, medication regime, timing of meals, and health history. A registered dietitian can provide diabetes education, carbohydrate education, and a specific meal plan based on your needs.

Carbohydrates and Weight Loss: Another myth (and personal pet peeve), is that you must cut out all carbohydrates to lose weight. Our brain solely runs on carbohydrates, and low carb diets such as Atkins and Ketogenic meal plans require more research to ensure safety and efficacy to follow long term. Again, knowing how to restrict carbs in moderation can be very effective for weight loss, as we often overeat them. In addition, when you stop a low or no carb meal plan, the tendency to regain weight significantly increases, especially because the knowledge of how to incorporate them in modest amounts is lacking.



Questions about your carbohydrate intake or individualized meal plan? Consult with your medical provider or a registered dietitian. Nutritional information and/or counseling is always available through the Department of Human Services. Please call GCDHS for a nutrition referral for a consultation with our dietitian, Nicole, at (518)719-3555.

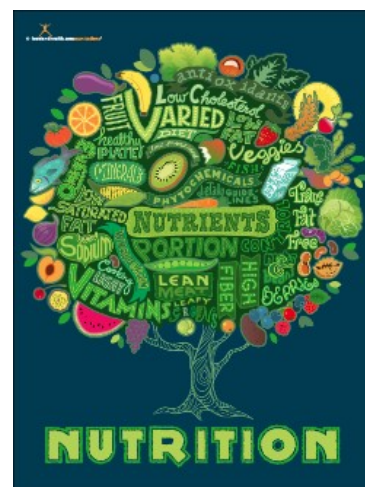
NUTRITION EDUCATION with Nicole Gehman, MS, RD, CD-N

Sponsored by Greene County Department of Human Services

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

**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.**

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

NUTRITON EDUCATION:

Thurs. Aug. 11
12:00 p.m.

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

NUTRITON EDUCATION:

Wed. Aug. 17
12:00 p.m.

COXSACKIE

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

Dorothy Barkman
Faye VanDyke
Co-Meal Site Managers

How would you like to join our team?

We are currently looking to hire a Full-time Cook, Full-time and Per Diem Food Service Helpers/Drivers, and Bus Driver (CDL w/ Passenger endorsement required). Contact Greene County Human Resources at 518-719-3775 for further information.

CATSKILL

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

Penny Konstalid
Meal Site Manager

NUTRITON EDUCATION:

Thurs. Aug. 25
12:00 p.m.


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 - TARTAR SAUCE SERVED WITH FISH

LUNCH RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 BBQ CHICKEN THIGHS BAKED BEANS COLLARD GREENS APPLESAUCE	2 TORTELLINI MARINARA w/ Meatball ITALIAN MIXED VEGETABLES FRUIT COCKTAIL PEANUT BUTTER COOKIE	3 SEAFOOD SCAMPI SPINACH LINGUINI PINEAPPLE	4 HOT ROAST BEEF w/ Gravy MASHED POTATOES GLAZED CARROTS FRESH FRUIT	5 CHICKEN SALAD PLATE MIXED GREENS w/ Cucumbers & Tomatoes PASTA SALAD WHOLE WHEAT DINNER ROLL STRAWBERRIES w/ Whipped Topping
8 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES FRUIT COCKTAIL	9 CHICKEN DIVAN MONACO VEGETABLES WHITE RICE TROPICAL FRUIT	10 FISH FLORENTINE CAULIFLOWER MASHED POTATOES CHOCOLATE MOUSSE	11 ROAST PORK w/ Gravy SWEET POTATO GREEN BEANS BROWNIE Nutrition Education Acra Nutrition site 12 p.m.	12 CHICKEN CAESAR SALAD CUCUMBER AND TOMATO SALAD FRESH FRUIT
15 KNOCKWURST* BAKED BEANS CARROTS TROPICAL FRUIT <i>*Low Sodium</i> <i>Diet Subst:</i> BBQ CHICKEN	16 VEAL PARMESAN SPINACH STEWED TOMATOES ZITI DINNER ROLL PEAR CUP	17 MEATLOAF w/ Gravy BRUSSELS SPROUTS BAKED POTATO w/ Sour Cream FRUITED AMBROSIA Nutrition Education Jewett Nutrition site 12 p.m.	18 CHICKEN DIJON MASHED POTATOES MONACO VEGETABLES YOGURT	19 SEAFOOD PASTA SALAD MIXED GREENS COLESLAW JUICE FRESH FRUIT
22 BEEF CHILI BROCCOLI CORN BREAD WHITE RICE TROPICAL FRUIT	23 TURKEY BURGER w/ Peppers & Onions POTATO SALAD CARROT COINS COOKIES NOTE: JEWETT NUTRITON SITE CLOSED	24 PORK CHOP w/ Gravy MASHED POTATOES PEAS & CARROTS CHOCOLATE CAKE	25 CHEESE & SAUSAGE LASAGNA GREEN BEANS ZUCCHINI/TOMATOES FRESH FRUIT Nutrition Education Antonelli Sr. Cntr. 12 p.m.	26 CRANBERRY CHICKEN SALAD MIXED GREENS JUICE FRESH FRUIT
29 BEER BATTERED FISH CALIFORNIA MIXED VEGETABLES MACARONI SALAD PEARS	30 SWEET & SOUR CHICKEN ORIENTAL MIXED VEGETABLES WHITE RICE PEACHES	31 MEATBALL SUB ITALIAN MIXED VEGETABLES VANILLA MOUSSE w/ Mixed Berries	<div style="text-align: center;"> <h1 style="margin: 0;">AUGUST</h1>  </div>	

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 CHICKEN QUARTERS w/ Gravy MASHED POTATOES PEAS & CARROTS APPLE CRISP	2 FISH FLORENTINE ITALIAN MIXED VEGETABLES OVEN BROWNED POTATOES FRESH FRUIT
5 MAIN OFFICE & ALL SENIOR NUTRITION SITES CLOSED 	6 CHICKEN DIJON MONACO VEGETABLE MIX MASHED POTATOES APPLESAUCE COOKIES	7 TURKEY BURGERS w/ Peppers & Onions POTATO SALAD V8 JUICE CORN CHOCOLATE MOUSSE	8 MEATLOAF w/ Beef Gravy MASHED POTATOES DILLED CARROTS FRESH FRUIT	9 CHICKEN CAESAR SALAD COLD BEET SALAD MACARONI SALAD FRESH FRUIT 
12 BBQ CHICKEN THIGHS BAKED BEANS CALIFORNIA VEGETABLE MIX VANILLA PUDDING	13 TACO BAKE w/ Sour Cream TOMATOES BEANS/CORN SPANISH RICE MANDARIN ORANGES	14 STUFFED SHELLS w/ SAUSAGE GREEN BEANS SPINACH PINEAPPLE DELIGHT	15 PORK CHOP w/ Gravy MASHED POTATOES BRUSSELS SPROUTS FRESH FRUIT	16 BAKED SALMON w/ Dill Sauce CALIFORNIA VEGETABLE MEDLEY BROWN RICE FRESH FRUIT
19 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES TROPICAL FRUIT	20 BAKED ZITI w/ Meat Sauce ITALIAN MIXED VEGETABLES PEAR CUP	21 HUNGARIAN GOULASH RED CABBAGE PEACHES EGG NOODLES BIRTHDAY CAKE 	22 CHICKEN DIVAN CARROTS WHITE RICE CHOCOLATE PUDDING FRESH FRUIT	23 TUNA SALAD PLATE w/ HARDBOILED EGG MIXED GREENS MARINATED CARROTS FRESH FRUIT
26 SWEET & SOUR CHICKEN ORIENTAL MIXED VEGETABLES WHITE RICE FRUIT COCKTAIL	27 CHEESEBURGER w/ Mushrooms & Onions COLESLAW BAKED BEANS BROWNIE	28 ROAST PORK w/ Gravy APPLESAUCE MASHED POTATOES PEAS & CARROTS VANILLA MOUSSE	29 CHEF SALAD w/ TURKEY & CHEESE CUCUMBER & TOMATO SALAD FRESH FRUIT	30 BEER BATTERED COD CARROT/LIMA BEAN MEDLEY OVEN BROWNED POTATOES FRESH FRUIT

How are you doing?...



Sometimes
it helps
to talk
about it...



1-844-863-9314

7 days / 8am-10pm

Emotional Support Helpline
Online Support Groups
Website Resources

NYProjectHope.org

Confidential | Anonymous | Free



NY Project Hope
Coping with COVID

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

Online Wellness Groups ...Move forward with Hope



Mental Wellness Mondays
Grieving & Healing Support on Mondays
COVID Longhaulers on Tuesdays
Wellness Wednesdays
COVID & Relationships on Thursdays
Moving Forward Fridays

Find out more...



NYProjectHope.org

Confidential ■ Free ■ Anonymous

NY Project Hope
Coping with COVID



**Office of
Mental Health**

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

GREENE COUNTY DEPARTMENT of HUMAN SERVICES
CONTRIBUTIONS POLICY



For services under the Older Americans Act and in Community Services for the Elderly and Expanded In-Home Services for the Elderly projects which propose contributions, such contributions must be used for costs allowable under applicable regulations and incurred during the budget period that contributions were received. The suggested contributions will not be more than the actual cost of the service. The purpose is to offer participants the opportunity to contribute and to increase the units of services, particularly to those in greatest need. Envelopes are provided to participants that desire to make voluntary and confidential contributions.

Services will not be denied to anyone unable or unwilling to make a contribution.

CONSULTATION and ASSISTANCE: This includes such client assistance activities as case assistance, HIICAP, help with public benefit applications, etc.

The suggested level is \$5.00 per office visit (*Actual cost \$20.00/hour*).

IN-HOME SERVICES: This is discussed with the client by the case manager at the time of assessment.

The suggested level of contribution is \$3.00 per hour (*Actual cost \$21.56 per 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:

• **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*)

3/2020



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 donations. 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 a Greene County older adult in need.

THANK YOU FOR YOUR SUPPORT.

NAME: _____

ADDRESS: _____

I designate a \$ _____ donation in appreciation for services received

OR

In memory of _____
to the following:

___ Round Table News

___ In-home services

___ Where most needed

___ Senior Angels Fund

___ Homebound transportation

___ Nutrition Program/Home-delivered Meals

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



*For your kind and generous donations.
They will be used to provide service
to an older adult in need.*

*Peggy Hester
to our Nutrition Program*

*Emily Disalvo
To Senior Angels Program
In Memory of Leonard Disalvo*



ARE YOU CURRENT MILITARY, A VETERAN OR FIRST RESPONDER?

*Come to Greene County's first ever Military Veterans and First Responders
Suicide Prevention Day!*

Wednesday, August 31, 10:00 a.m. - 6:00 p.m.

The Warehouse (Historic Catskill Point, 1 Main Street, Catskill).

Suicide Prevention starts with mental health -- job-related stressors are a major contributing factor for at-risk professions such as the Military and the collective First Responder careers: Firefighters, Emergency Medical Services, Law Enforcement, and Dispatchers -- often leading to PTSD and secondary anxiety and depression.

What may seem like "small things" to most, can be overwhelming to someone suffering from PTSD; and, these "small" obstacles in life build up, exacerbating depression. It may lead to substance abuse -- self medicating, poor coping skills, mental and physical fatigue. Likewise, positive "small things" can make a world of difference to someone who is overwhelmed!

This day will provide education to the community on the resources available to help combat career-related mental health conditions and crises that lead to the elevated suicide rate.

JUST BECAUSE DAY

The Greene County Veterans Service Agency's Valentines for Veterans program was so successful, it is now done monthly for the holidays. In the absence of a popular holiday for the month of August, our theme this month is "Just Because" for **National Just Because Day on August 27th**.

There are presently **80 Veterans** residing in local, long-term care and assisted living facilities. We would like your help by sending a smile via a card – either store bought or hand designed - to each of these veterans to let them know you are thinking of them "Just Because" and grateful for their service. We are hoping that our entire community will participate in showing our veterans that they're appreciated and not forgotten.

Please be sure to mark the card's envelope, Attn: U S Veteran. **Please do sure we have your cards by August 25th**. We will deliver on August 26 so our Veterans have them in time for National Just Because Day!

The number of veteran residents and addresses for each facility are as follows:

Greene Meadows Nursing & Rehabilitation Center: 23 Veterans

161 Jefferson Heights, Catskill, NY 12414

The Pines at Catskill Center for Nursing & Rehabilitation: 14 Veterans

154 Jefferson Heights, Catskill, NY 12414

The Eliot at Catskill: 13 Veterans

122 Jefferson Heights, Catskill, NY 12414

Home Sweet Home on Hudson: 8 Veterans

38 Prospect Ave, Catskill, NY 12414

Home Sweet Home at Athens: 3 Veterans

71 2nd Street, Athens, NY 12015

FASNY Firemen's Home: 19 veterans

125 Harry Howard Ave, Hudson, NY 12534

Thank you!

Michelle Romalin Deyo,
Director



Windham Rotary Foundation 

10th Annual CANCER PATIENT AID CAR SHOW

50/50 + More! **Music**

the CHICKEN RUN  **will be joining us at Ashland Town Park**
12187 State Route 23 (Gravel Bank Road), Ashland, NY

Sunday, August 14, 2022 - 10am-3pm
(Rain -or- Shine) (Registration 9am to 11am)

\$15 min. donation per vehicle entered
(\$10 pre-registration by 4/15/2022)

Open to all Years, Makes, Models & Motorcycles
Trophies Awarded
\$500 Best in Show "Classic" (from the Chicken Run)

\$500 BEST IN SHOW "CLASSIC" **DOOR PRIZES**

Funds raised support cancer patients in Greene County through Greene County Women's League

Windham Rotary Foundation, Inc., 518-734-5303 ext. 2
Rotary Address: P.O. Box 453, Windham, NY 12496

Spectators are FREE

For more information [go to donate](#), contact: 518-291-0883 -or- CancerPatientAidCarShow@gmail.com

alzheimer's association® Caregiver Support Group in Columbia County Open to Greene County

Beginning Wednesday, September 14th

Caring for someone living with Alzheimer's Disease or any other type of dementia?

2nd Wednesday of the Month | 5:30-6:30pm

FASNY Firemen's Home

125 Harry Howard Ave., Hudson, NY 12534

Multipurpose Building

Facilitator: Rachel Dolan, LMSW

To register or for more information contact: Tony at 518.867.4999 x1691 or tarivera@alz.org

This program is supported in part by a grant from the New York State Department of Health.

News From the Greene County Youth Bureau



Seeking Greene County Youth Representation
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

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

Contact Kathleen.drake@gmail.com
for more information or for assistance completing the application!

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

FROM THE CATSKILL SILVER LININGS CLUB:



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

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

Upcoming Club Trips



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

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**

W-A-J-P-L Golden Age Club Trip

TUESDAY, SEPTEMBER 13, 2022

A TRIBUTE TO WORLD CLASS SINGERS



**NAT KING COLE
& NATALIE COLE**

**AT
THE BROWNSTONE**



\$70 PER PERSON

For reservation, please contact
MaryLouise (518) 622-3397
Vicky (518) 734-4164

MountainTop Golden Agers Trip

THURSDAY SEPTEMBER 29, 2022



**AT THE
TURNING STONE CASINO
VERONA, NY**



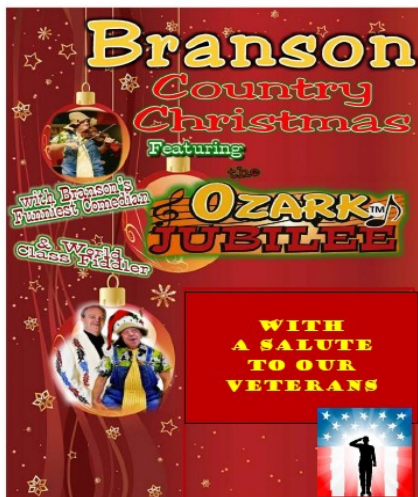
\$70 PER PERSON

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

W-A-J-P-L Golden Age Club Trip

to The Log Cabin, Holyoke, MA

THURSDAY, NOVEMBER 10, 2022



\$70 PER PERSON

For reservation, please contact
MaryLouise (518) 622-3397
Vicky (518) 734-4164

MountainTop Golden Agers Trip

THURSDAY NOVEMBER 10, 2022



**AT
THE LOG CABIN
HOLYOKE, MA**



\$79 PER PERSON

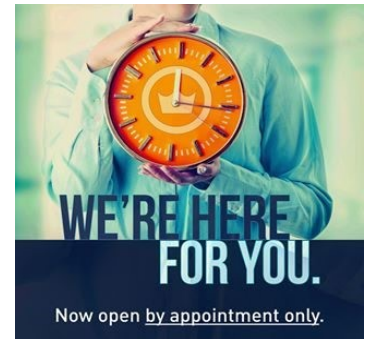
For reservation, please contact
Christopher at 518-589-5815



GREENE COUNTY ROUND TABLE NEWS

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

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AGING COORDINATORS:
Aging Services - Connie Bentley
Nutrition Services - Tezera Pulice
Volunteer Services - Ruth Pforte



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

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