



# Greene County Round Table News

Published by Greene County Department of Human Services since 1976

DECEMBER 2022



## **NOMINATIONS OPEN** **For 2023** **GREENE COUNTY** **SENIOR CITIZEN AWARDS**

The Advisory Council to the Greene County Department for the Aging (Human Services), announces that nominations are being accepted for the Greene County Senior Citizen Awards. The two awards, presented annually, are Senior Citizen of the Year and Outstanding Contribution by a Senior Citizen. The purpose of the awards is to recognize the outstanding achievements of senior citizens who have volunteered their time and energy to help other people, their communities, and/or special projects. The dedication of these volunteers help to make Greene County a better place for all of us. The individuals chosen on the county level will then represent Greene County for recognition for New York State awards. In 2020, the New York State Office for the Aging (NYSOFA) celebrated Older New Yorkers' Day virtually, recognizing 87 volunteers from across the state who demonstrate their extraordinary value every day to their family, friends, and community.

Any Greene County resident, age 60 or older, can be nominated for these awards. Achievements must be voluntary in nature; performed in Greene County and not part of paid employment. Past award winners may be nominated only if seven or more years have passed since last recognized.

If you know someone who deserves this recognition, contact the Greene County Department of Human Services at (518) 719-3555 for an official nomination form. Incomplete forms will not be considered as eligible. Any inquiries for further information may also be directed to the department.

**Deadline for entries is January 27, 2023.**

*2022 Winners:  
Linda Sutton*

*Outstanding Contribution by a Senior Citizen*

*MaryLou Nahas  
Senior Citizen of the Year*





**YOU SPOKE TO US  
AT OUR PUBLIC HEARINGS  
AND HERE IS WHAT WAS SAID**

During the month of November, the Greene County Department of Human Services conducted several Public Hearings on their 2023 Plan for Services. Here is the comments we received:

### **JEWETT SENIOR NUTRITION SITE, NOVEMBER 1, 2022**

#### **15 IN ATTENDANCE:**

- **HEAP: number of applicants vs previous years**
- **Home Delivered Meals: Volunteers vs Mom's Meals**
- **Staffing: Shortages and lack of proper compensation**
- **Volunteers: Recruitment ideas were discussed**
- **Aide: A need for more Level-1 and Level-2 Aide services on the Mountaintop,**
- **possible employment of in-house aide for the department.**
- **Bus Transportation: Would like to see a daily shuttle running on the Mountaintop**

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### **RIVERTOWN SENIOR CENTER, ATHENS, NOVEMBER 16, 2022,**

**0 IN ATTENDANCE**

**DUE TO NO ONE SHOWING UP THERE WERE NO DISCUSSIONS .**

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### **TOWN OF COXSACKIE SENIOR CENTER, NOVEMBER 17, 2022**

#### **12 IN ATTENDANCE**

- **Would like to see more Art and Class Activities at the Center**
- **Would like transportation available to bring clients to the center for lunch**
- **Would like to "get the word out" to everyone making them aware of all the services the Department has to offer**



# GREENE COUNTY SENIOR ANGELS

## Spreading Cheer 365 Days a Year



*Sponsored by Greene County Department of Human Services*  
*We would like to invite you to become a Senior Angel*

**2022 has been a difficult year all around. We are slowly moving forward. As you can imagine, it has been a very difficult time for the senior citizens of Greene County who have been confined to their homes.**

**The department has many elderly, limited-income clients who would greatly appreciate a special gift during the holiday season. These gifts lift their spirits, brings a smile to their faces and fulfill a need. Monetary donations will be placed in the department's Senior Angels Fund to be used to purchase gifts for needy senior citizens. 100% of this money goes to benefit the senior citizens of Greene County and nowhere else.**

**We understand that this year may be a difficult one for you to donate and we can appreciate that. So, if you can't donate, that's okay. Instead, maybe you can reach out to a senior you know via phone or mail and let them know you are thinking about them. If you can donate, this year more than ever, it would be appreciated. This year will certainly be a year that Senior Angels will be a vital source of help. We want to thank you, in advance, for any donation you are able to make or any phone call/contact you can do.**

**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.**

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**PLEASE RETURN THIS SECTION WITH YOUR DONATION**

\_\_\_\_\_ *I would like my name published to read:*

\_\_\_\_\_ *I wish to be listed as "Anonymous"*

\_\_\_\_\_ *Instead of my name, 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*  
*411 Main Street Catskill, NY 12414*

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

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

# *For Your Donations to the Senior Angels Program*



*Nancy D. Allen  
Catskill Elks Lodge 1341  
Coxsackie-Athens Rotary Club  
Fortnightly Club of Catskill  
Peter & Ann Markou  
Kathleen & Dennis Meehan  
P. Schneider & Associates, PLLC  
Shook Insurance Agency, LLC  
Debbi Traficanti*

*Clemson & Jean Bush  
Catskill Regional Women's Club  
Harry A. Feineis  
Lake & Mountain Realty LLC  
Martinez Auto Body  
Mountain Top Golden Agers Club  
Charles & Frances Serro  
MaryAnn & Thomas Tompkins  
Walenta & Co., Agency*

## *In Honor Of . . .*

*Athens Nutrition Program, staff and volunteers*

*Ken Brooks, my husband*

*Regina Davis & Marcella Halligan*

*Tracy Kemp*

*Robert R. Main*

*Renee Mathis for kindness to neighbors*

## *In Memory of . . .*

*William Cash*

*Roberta Christman from Dr. Elena Suditu*

*Leonard DiSalvo (3 donations)*

*The Donohue Family*

*Robert Frank from Julie Schofield*

*Clarence and Martha Gardner*

*Helen Golden and Brian Golden*

*Rosemary Graham*

*Deceased Members of Ladies Ancient Order of Hibernians Division 32*

*Linda Johnson & Karen Sprague-Johnson*

*Robert & Ruth Kallman*

*Mary C. & Thomas J. Killourhy*

*Helen Lee*

*Dick and Ali Mangano*

*Thomas A. Martin*

*Patrick & Patricia McGee*

*Mom and Dad*

*Lucille & Richard Ogden*

*Doris Ormsbee*

*Paul & Virginia*

*Perry Peloubet Jr.*

*Frances Rossbeck*

*Harry & Theresa VanWormer*

*Chet & Rose VanZandt*

*Rev. Henry Verdaasdonk*

*Garth W. Walker*

*Benjamin Wells*

*Ziggy*



## 2022 SENIOR ANGEL ORNAMENT \$5.00 EACH

If you would like a 2022 Senior Angels ornament, simply complete below and mail to Greene County Dept. of Human Services' Senior Angels Fund, 411 Main St., Catskill NY 12414 along with your payment and we will gladly mail an angel to you.

If you would like us to mail an ornament to a family member or a friend, please list their name and address and we will send it directly to them along with a gift card.

Thank you.

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Please send me \_\_\_\_ ornament(s) at \$5.00 each.

My name and mailing address is: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please mail the ornament to the following person/people:  
Name and mailing address: \_\_\_\_\_  
\_\_\_\_\_

Inscription on card: \_\_\_\_\_

If you would like to order more than one gift Angel, please list above information for each additional ornament on a separate sheet.

Total: # of gifts: \_\_\_\_: (\$5.00 each)

All sale proceeds benefit  
Greene County Senior Angels Fund.



## THANK YOU CATSKILL FORTNIGHTLY CLUB

Ken Brooks of the Senior Angels Program is seen accepting a generous donation from Teri Weiss on behalf of the Catskill Fortnightly Club.





## ATTENTION U. S. VETERANS AND CURRENT MILITARY PERSONNEL

### December Upcoming Events in Greene County



Thurs. Dec. 1	7:00 p.m.	Catskill American Legion meeting @ Catskill Elks Lodge
	7:00 p.m.	Greenville American Legion
Fri. Dec. 2	4:30 p.m. – 7:00 p.m.	Greenville Legion Spaghetti Dinner
	7:30 p.m.	Irish Music @ Athens American Legion Hall
Tues. Dec. 6	7:00 p.m.	American Legion Riders Meeting, Greenville Post
Wed. Dec. 7	9:00 a.m.	Pearl Harbor Ceremony, Athens Veterans Park
	6:00 p.m.	Pearl Harbor Service, Greenville Post
Thurs. Dec, 8	6:30 p.m.	S.A.L. Meeting, Greenville Post
Sat. Dec. 9	7:00 p.m.	Cornhole Tournament , Greenville Post
Sat. Dec. 10	12:00 p.m. - 4:30 p.m.	Holiday Craft Fair, Athens Post
	7:00 p.m.	American Legion 3rd District Meeting, Delmar
Tues. Dec. 13	7:00 p.m.	Cairo American Legion Meeting
Wed. Dec. 14	7:00 p.m.	Athens American Legion Meeting, Athens Post
Sat. Dec. 17	12:00 p.m.	Wreaths Across America Ceremiony @ Town of Catskill Cemetery
Tues. Dec. 20	7:00 p.m.	New Baltimore American Legion Meeting @ New Baltimore firehouse



## HELLO JEWETT!

After a brief hiatus, the Jewett Senior Nutrition site reopened.

We are happy to welcome onboard several new volunteers and are pleased with the return of so many faithful volunteers.

Thank you all!



**39 Second Street  
Athens, NY**



**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 CLOTHING !**

**MENS & WOMENS SIZES XS - 4X!**

**MENS CLOTHING SPECIAL - 25 CENTS PER ITEM**



**MANY FALL & WINTER ITEMS!**

**ACCESSORIES: JEWELRY, PURSES, BELTS, SHOES**

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

*Mark your calendar for the  
Athens Victorian Stroll  
Saturday, December 10*



*Thrift Shop will be open 12:30 p.m. – 4:30 p.m.*





## **Do you know who is your representative on the Greene County Department for the Aging Advisory Council?**

Purpose: To advise the Department of Human Services to develop and administer the Aging service plan; conduct public hearings; represent the interest of the county's senior citizens, and review and comment on all community policies, programs and actions which affect older persons.

### **MEMBERS:**

#### **Community Agencies:**

Edward Bloomer - Greene County Legislature  
Donald Crespino - Greene County Transit  
Bea Clappin - Greene County DSS  
Michelle Deyo - Greene County Veterans  
Kendra Huber - Independent Living Center  
Lillian Moore - AmeriCorps Seniors  
Florence Ohle - Community Action  
Dawn Wallant - Common Ground  
Molly Whitbeck - Catskill Mountain Housing  
VACANT - Greene County Dept. of Health

#### **Legislative District Representatives:**

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





## Meet ElliQ

ElliQ is a friendly presence in your daily life. Engaging you in conversation, motivating you to adopt healthier habits, surprising you with jokes and suggestions.

ElliQ is the first ever proactive, voice-operated care companion designed to empower independence, support you in taking control of your social, mental and physical wellbeing.

### *How is ELLIQ different from other devices on the market?*

- ElliQ doesn't wait to be called on - like a real person. ElliQ will initiate interaction, ask you questions, suggest activities, provide reminders, and more. Of course, she can still answer your questions when you ask.
- As you start to get to know ElliQ, it gets to know you and suggestions grow better tailored to you. ElliQ will remember some of the things you share, giving her context to make the next conversations even more personalized.
- With a no-fuss set up, intuitive voice interactions, movement and content on the screen, ElliQ is designed to get you up and running without needing to learn a new program or download any apps.
- ElliQ is there for you throughout the day--from checking in to say "good morning," to letting loved-ones know you're ok, to helping you track appointments and medications, and making sure you get a good night's rest. ElliQ makes managing life and maintaining peace of mind so much easier.
- You'll be surprised by how empathetic ElliQ comes across by taking an interest in how you are doing, bring a smile to your face, and try to enrich and improve each day.

### *What can ElliQ help me with?*

- ◆ Entertainment: News, Weather, Music, Jokes, Sports, Holidays & Games
- ◆ Health & Wellness: Daily check-ins, Set & track wellness goals, Physical activity videos, Assessment of general health including sleep, pain anxiety & depression, Cognitive games, Stress reduction, and breathing activities
- ◆ Connection to Loved Ones & Outside World: Messaging loved ones, Notifying loved ones on health matters, Video calls, Memory sharing and digital greeting cards
- ◆ Assistance with Daily Activities: Reminders, Timers, Local search for professionals and book transportation

*Am I a good fit for ElliQ?* ElliQ is best suited for older adults who spend most of their day at home but would enjoy some company throughout the day. Older adults that feel they can use the extra companionship and the right encouragement to be more active throughout their day. For more information, contact Greene County Department of Human Services' Case Manager, Chris Lewoc at 518-719-3555.

**NOTE: ElliQ requires a Wi-Fi and electrical**

# HOLIDAY FOOD TRADITIONS

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

**GINGERBREAD:** This fine textured bread or delicious cookie recipe caught on in the 11<sup>th</sup> century. The spices were brought back to Europe from the Middle East and soon gained popularity among the rich folk. Gingerbread houses emerged in the 18<sup>th</sup> century in Germany, and the tradition of these fairy tale sweet houses eventually emerged in America.



**FIGGY PUDDING:** Honestly, I had no idea what this really was, separate from the commonly known lyric in “We Wish you a Merry Christmas”. This evolved in Britain in the 15<sup>th</sup> century, more as a porridge with meat such as mutton, currants, raisins, and spices. It then became the more popular version known today, molded into shape and made with breadcrumbs, eggs, brown sugar, raisins, currants, candied fruit peels, nutmeg, cloves, allspice and alcohol. Figs are generally not even in the recipe!



**PEPPERMINT:** Peppermint candies, peppermint chocolate, peppermint bark, and even peppermint MM'S. The candy cane traces back to the 1600's and were given out to children at Christmastime. Hundreds of years later, many peppermint candies emerged. Over time, peppermint candy canes became part of holiday traditions and used as decoration for Christmas trees.



**FRUIT CAKE:** Typically fruits, nuts, and cake, it is known for its exceptionally long shelf life. The tradition was brought to America before the revolution and was given as gifts in decorated



tins. It also emerged from some type of plum “pudding” like Figgy Pudding. Recipes are often passed down from generation to generation. A funny holiday tradition in a friend of mine’s family is to wrap the same 20-year-old fruit cake and give it as a gag gift to someone new each year.

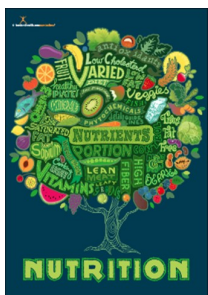
**CHESTNUTS:** The tradition here may be a little unclear, however the famous carol about “chestnuts roasting on an open fire” depicts how we typically eat them. Before roasting, a cut is sliced through each shell of the chestnut, enhancing their nutty flavor. Many cultures give them as a gift for prosperity. Try them in place of your favorite holiday cookie!



I wish all of you a happy, healthy holiday season. I will continue with lunch presentations. Typically, there is a brief education and food samples to follow.

If you need an individual nutrition referral, or clarification on the dates I will visit, please call the main line at (518) 719-3555 and ask for the Nutrition Department.

**NUTRITION EDUCATION with Nicole Gehman, MS, RD, CD-N**  
*Sponsored by Greene County Department of Human Services*



THURSDAY, DECEMBER 8, 2022      12:00 P.M.  
ROBERT ANTONELLI SENIOR CENTER - ACADEMY STREET, CATSKILL  
943-1343

WEDNESDAY, DECEMBER 14, 2022      12:00 P.M.  
RIVERTOWN SENIOR CENTER - 39 SECOND STREET, ATHENS  
945-2700

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

***If you would like lunch that day at the location,  
please call at least a day in advance to reserve a meal.***

## **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 Service  
Center Manager

### **JEWETT**

Jewett Municipal Building  
3547 Route 23C, Jewett  
(518) 263-4392

Gayle Ruvolo  
Meal Site Manager

Leigh Mattice  
Food Service Helper

### **CATSKILL**

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

Penny Konstalid  
Meal Site Manager



### **COXSACKIE**

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

Dorothy Barkman  
Faye VanDyke  
Co-Meal Site Managers



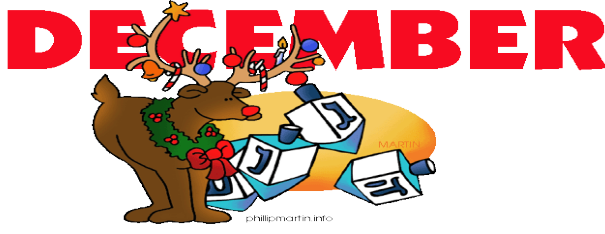



**GREENE COUNTY SENIOR NUTRITION PROGRAM**

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

SERVED DAILY: BREAD WITH PROMISE SPREAD - TARTAR SAUCE SERVED WITH FISH

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> HUNGARIAN GOULASH w/ EGG NOODLES SPINACH RED CABBAGE FRESH FRUIT	<b>2</b> BEER BATTERED FISH CAULIFLOWER O'BRIEN POTATOES FRESH FRUIT
<b>5</b> TURKEY BURGER w/ Peppers & Onions AU GRATIN POTATOES MIXED VEGETABLES MANDARIN ORANGES	<b>6</b> CHICKEN DIVAN BROCCOLI CARROTS WHITE RICE PEARS	<b>7</b> PORK CHOP w/ Gravy CORN MASHED POTATOES APPLE CRISP	<b>8</b> SEAFOOD SCAMPI TOMATOES & ZUCCHINI SPINACH FRESH FRUIT  Nutrition Ed - Catskill Antonelli Sr Cntr, 12 p.m.	<b>9</b> TORTELLINI W/ MEATBALLS ITALIAN MIXED VEGETABLES CARROT COINS YOGURT
<b>12</b> BEEF CHILI BROCCOLI BROWN RICE TROPICAL FRUIT	<b>13</b> CHICKEN THIGHS w/ Gravy MASHED POTATOES GREEN BEANS CHOCOLATE CHIP BANANA BREAD	<b>14</b> CHICKEN PARMESAN ITALIAN MIXED VEG- ETABLES WHOLE WHEAT PENNE CHOCOLATE CHIP COOKIE  Nutrition Ed - Athens Rivertown Sr Cntr, 12 p.m.	<b>15</b> ROAST PORK w/ Gravy APPLESAUCE SWEET POTATO BUTTERNUT SQUASH JELL-O	<b>16</b> LEMON PEPPER FISH MASHED POTATOES CALIFORNIA VEGETABLE MEDLEY WHITE RICE FRESH FRUIT
<b>19</b> CHICKEN DIJON MONACO VEGETABLE MIX MASHED POTATOES FRUIT COCKTAIL	<b>20</b> MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES TROPICAL FRUIT	<b>21</b> HOTDOG w/ Sauerkraut* BAKED BEANS CARROTS VANILLA PUDDING  * LOW SODIUM DIET SUBST: CHICKEN CUTLET w/ Gravy	<b>22</b> <b>CHRISTMAS  HOLIDAY DINNER</b> ROAST BEEF w/Gravy MASHED POTATOES PEAS & CARROTS APPLE PIE  	<b>23</b> CHEF'S CHOICE POTATO VEGETABLE PEANUT BUTTER SWIRL BROWNIE  
<b>26</b> DEPARTMENT CLOSED NO MEALS  	<b>27</b> STUFFED CABBAGE w/ Beef & Rice CARROTS RICE PILAF PEACHES	<b>28</b> SALMON w/ Dill Sauce MASHED POTATOES BROCCOLI BUTTERSCOTCH PUDDING	<b>29</b> MEATLOAF SUB SPINACH JUICE FRESH FRUIT	<b>30</b> STUFFED PEPPERS CORN CARROT & LIMA BEAN MIX BROWN RICE FRESH FRUIT

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>DHS MAIN OFFICE</b> <b>&amp; ALL SENIOR NUTRI-</b> <b>TON SITES CLOSED</b> 	<b>3</b> SLOPPY JOES GREEN BEANS CORN/CARROT MEDLEY RICE TROPICAL FRUIT	<b>4</b> KIELBASA* W/ SAUERKRAUT CARROTS BAKED BEANS BUTTERSCOTCH PUD- DING * LOW SODIUM DIET SUBST: BAKED CHICKEN THIGH	<b>5</b> ROAST PORK w/ Gravy APPLESAUCE MASHED POTATOES GREEN BEANS FRESH FRUIT	<b>6</b> BEEF STEW COLESLAW BROCCOLI FRESH FRUIT
<b>9</b> CHICKEN DIJON MASHED POTATOES MONACO VEGETABLE MIX FRUIT COCKTAIL	<b>10</b> RAVIOLI SAUSAGE ITALIAN GREEN BEANS CHOCOLATE MOUSSE	<b>11</b> BAKED HAM DINNER* GLAZED CARROTS SWEET POTATOES CHEESECAKE w/ Strawberry Topping * LOW SODIUM DIET SUBST: CHICKEN CUTLET W/ GRAVY	<b>12</b> PORK CHOP w/ Gravy APPLESAUCE SCALLOPED POTA- TOES SONOMA VEGETA- BLES JELL-O	<b>13</b> MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD FRESH FRUIT
<b>16</b> <b>DHS MAIN OFFICE</b> <b>&amp; ALL SENIOR NUTRI-</b> <b>TON SITES CLOSED</b> 	<b>17</b> BBQ CHICKEN THIGH BAKED BEANS COLLARD GREENS CORNBREAD PEACHES	<b>18</b> HUNGARIAN GOULASH SPINACH RED CABBAGE EGG NOODLES BIRTHDAY CAKE 	<b>19</b> ROAST BEEF w/ Gravy CALIFORNIA MIXED VEGETABLES MASHED POTATOES PINEAPPLE DELIGHT	<b>20</b> CHICKEN DIVAN MONACO VEGETABLE MIX WHITE RICE FRESH FRUIT
<b>23</b> BEER BATTERED FISH CALIFORNIA MIXED VEGETABLES RICE PILAF TROPICAL FRUIT	<b>24</b> CHICKEN PARMESAN ITALIAN MIXED VEGETA- BLES PENNE PASTA PB SWIRL BROWNIE FRUIT COCKTAIL	<b>25</b> MEATLOAF w/ Gravy MIXED VEGETABLES BAKED POTATO W/ SOUR CREAM COOKIES PINEAPPLE	<b>26</b> ROASTED CHICKEN QTRS w/ Gravy MONACO VEGETABLE MIX MASHED POTATOES FRESH FRUIT	<b>27</b> AMERICAN GOULASH SPINACH AMBROSIA SALAD FRESH FRUIT
<b>30</b> STUFFED PEPPERS CALIFORNIA VEG MIX COOKIES APPLESAUCE	<b>31</b> TORTELLINI MEATBALL ITALIAN MIXED VEGETA- BLES BRUSSELS SPROUTS RICE PUDDING w/ Rai- sins			



## PARANOIA & ACCUSATIONS

*From Caregiver Pit Stop: A Resource Guide for Dementia Caregivers*

Brain changes in people with dementia can cause distortions of reality. These changes can cause a person to have suspicious or threatening feelings, called paranoia. They can cause loved ones to believe things that are not true (delusions). People with dementia have no control over these feelings and thoughts. These untrue beliefs are often very upsetting to your loved one, such as a belief that someone is intruding in their home. Common delusions include believing they need to go home, their parent is looking for them or is angry with them. Delusions often involve the people they are closest with. Particularly hard are delusions in which your loved one feels threatened, and you are on the receiving end. For example, you may be accused of stealing their clothes or belongings, or if you are their spouse or partner, accused of being unfaithful. Sometimes delusions last a while or become fixed while other times they disappear over time.

Being prepared for the possibility of paranoia & delusions can help in the event your loved one develops the dementia symptoms. Here are a few helpful tips:

- Always report the onset of delusional thoughts to your healthcare provider for guidance. There can be other medical explanations for the appearance of these symptoms.
- Review medication side-effects with your healthcare provider. Sometimes medications prescribed for another condition can have unwanted negative side effects.
- Restrict your loved one's alcohol consumption & try to promote getting adequate sleep time.
- Remember the accusations are caused by the disease, not your loved one.
- Resist the natural reaction to argue the truth. Instead start with reassurance that you love that person and always speak to the individual using a soft, soothing voice. Keep it short then try to move on. Long debates are almost never effective.
- Anything that impedes your loved one's perception can add to the confusion so determine if there are any changes in hearing or vision. Be sure room lighting is adequate and maintain routines and environment to the extent possible.
- Distract with activities that are enjoyed such as reminiscing or listening to music together.
- Offer to look for stolen item while trying to redirect to another activity.
- Know when to take a break. If you are not able to break the cycle of accusations with any of these tips, ask a trusted family member or friend to takeover while you remove yourself from the situation.
- Feeling supported is critical to your own health. You are not alone! Support groups are available. Hearing how another caregiver handles the challenges can be very helpful.

## **GREENE COUNTY DEPARTMENT of HUMAN SERVICES CONTRIBUTIONS POLICY**

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

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

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

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

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

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

### **LEGAL SERVICES**

The suggested level of contribution is \$10.00 per attorney consultation (*Actual cost \$149.00/hour*).

### **NUTRITION:**

#### **Senior Congregate Meal or Home Delivered Meals:**

The suggested level of contribution is \$4.00 (*Actual cost \$15.00/meal*).

**Nutrition Counseling** - Clients requesting diet counseling from the Registered Dietitian are provided with an opportunity to contribute.

The suggested level of contribution is \$5.00. (*Actual cost \$65.00/hour*).

### **TRANSPORTATION:**

- **Shopping Bus:** This door-to-door service is provided directly by the Department. The suggested level 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.





# **THANK YOU FOR YOUR SUPPORT and GENEROSITY**

*Generosity*  
changes everything



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 and contributions. If you or your family are in a position to do so, please fill out the form below. One hundred percent will be used to provide service to an older adult in need.

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

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

\_\_\_\_\_

I designate \$ \_\_\_\_\_ to the following

In appreciation for services **OR**  
In memory of \_\_\_\_\_

_____ Round Table News	_____ In-home services
_____ Where most needed	_____ Senior Angels Fund
_____ Homebound transportation	
_____ Nutrition Program	

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



## INDEPENDENT LIVING CENTER OF THE HUDSON VALLEY DURABLE MEDICAL EQUIPMENT LENDING LIBRARY

Did you know that the Independent Living Center of the Hudson Valley (802 Columbia Street, Hudson) now has a Durable Medical Equipment Lending Library? Anyone in need can obtain durable medical equipment loans and donations through the Lending Library.

Initial loans are for 90 days and can be extended depending on the situation of the individual receiving the loan. Items can be delivered when appropriate. Making an appointment to pick up item is the fastest way to get it.

Available equipment includes:

- Mobility Aides - Manual wheelchairs, transport wheelchairs, Rollators, Walkers, Crutches and Canes
- Bathroom Aides - Shower transfer benches, shower chairs, grab bars, and commodes/bariatric commodes
- Hospital beds
- Portable ramps

In addition, ILCHV provides incontinence care and wound care items for free for anyone in need.

While it is greatly appreciated when people are eager to donate items, there is a limited capacity to pick up and store donations. ILCHV will accept:

- ◆ Unopened incontinence care and wound care items
- ◆ Wheelchairs of any type in good working order (brakes, fabric, no wobble)
- ◆ Hospital beds that are electric or semi-electric, 88' in length poor less and weight no more than 70 lbs. fully assembled.

Do not accept:

- ◆ Used bathroom equipment of commodes, shower chairs, shower transfer benches
- ◆ Opened incontinence care or wound care supplies

For further information, please call 518-828-4886

# 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

Contact person: President Pat Asaro, 518-821-6508

## 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**

2nd & 4th monthly Tuesday

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: 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



## SIGHTS & SOUNDS OF LANCASTER, PA

Featuring Sight & Sound's "MOSES"

3 DAYS - 2 NIGHTS

APRIL 26 - 28, 2023

Deposit required: \$250

\$ 505 Per Person  
Double Occupancy

Single Occupancy

PACKAGE INCLUDES: \$650

- \* 2 Nights Lodging
- \* 2 Breakfasts
- \* 2 Dinners including dinner at an Amish Homestead & Dinner at Bird-in-Hand
- \* Performance of "MOSES" at Sight & Sound Theatre
- \* Guided Tour of the Amish Countryside, including stops at an Amish Craft Farm & Bake Shop
- \* Railroad Museum of Pennsylvania
- \* Ride on the Strasburg Railroad
- \* 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



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

WAJPL Golden Age Club presents

## "MOSES" in Lancaster, PA

Set adrift as a baby, Moses is an unlikely hero – until God calls him to lead His people out of Egypt and into the promised land. Experience one of the Bible's most epic stories as MOSES comes to life with massive sets, special effects, and live animals in this original stage production from Sight & Sound Theatres.

2 Day Tour - May 2-3, 2023



**\$371.** Double  
\$361 Triple \$481 Single  
Add \$18.00 to include the Strasburg RR  
DEPOSIT OF \$75 at SIGN UP  
Balance due: 3/25/23  
Cancellation Protection  
Only \$29 per person



### Package Includes:

- Roundtrip Deluxe Motor Coach
- 1 Night at the EDEN RESORT
- Dinner Show at the Dutch Apple Theatre
- 1 Breakfast Buffet at the Hotel
- Lunch in an actual Amish Home
- "Moses" at Sight Sound Theater
- **RESERVED Orchestra Seats!**
- Kitchen Kettle Village or Strasburg Railroad (add \$18.00 if doing the RR)
- Baggage Handling
- All Hotel and Meal Tax

For reservations contact:

Mary Louise  
(518) 622-3397  
Or Vicky @  
(518) 734-4164

Send Checks To:  
WAJPL Golden Age Club  
P.O. Box 96  
Hansonville, NY 12439

TWO  
SHOWS!



Family Style Dinner in  
a REAL Amish Home!



Bus Departs:  
Windham, NY



DOO WOP  
Featuring JOEY & THE PARADONS  
Sponsored by WAJPL GOLDEN AGE CLUB

6/13/2023



VILLA ROMA, Callicoon NY

\$65  
SHOW - LUNCH - BINGO

For reservations,  
please call MARY LOUISE (518) 622-3397  
or VICKY (518) 734-4164





## WILLIAMSBURG & CHARLOTTESVILLE

With Berkeley Plantation & Thomas Jefferson's Monticello

5 DAYS - 4 NIGHTS

SEPTEMBER 11 - 15, 2023

**\$ 780.00 per person double occupancy**  
**\$ 740.00 per person triple occupancy**  
**\$1004.00 per person single occupancy**

\$100 deposit with reservation  
 Balance due by 7/17/23

### PACKAGE INCLUDES:

- \* 4 Nights lodging
- \* 4 Breakfasts
- \* Buffet Lunch at Historic Michie Tavern
- \* 3 Dinners including Captain George's Smorgasbord & The Whaling Company
- \* 2-Day Ticket to Colonial Williamsburg
- \* Guided Tour of Colonial Williamsburg
- \* Self-guided tour of Jamestown Settlement
- \* Tour of Thomas Jefferson's Monticello
- \* Admission to Berkeley Plantation
- \* Drive-by University of Virginia
- \* Souvenir gift
- \* Luggage handling
- \* Taxes and meal gratuities
- \* Motorcoach transportation

Cancellation insurance available upon request; see reverse side

### FOR INFORMATION AND RESERVATIONS CONTACT:

**WAJPL GOLDEN AGE CLUB**  
**Mary Louise (518) 622-3397**  
 or  
**Vicky (518) 734-4164**

Make checks payable and mail to  
 WAJPL Golden Age Club  
 P. O. Box 96  
 Hensonville, NY 12439

WHITE STAR TOURS 26 E. Lancaster Avenue, Reading PA 19607 \* 610-775-5000 \* 800-437-2323 \* www.whitestartours.com



## CLARKSVILLE, TENNESSEE BBQ, BISCUITS & BOOZE

6 DAYS - 5 NIGHTS

SEPTEMBER 17 - 22, 2023

*Deposit \$25*  
**\$935.00 Per Person**  
**Double Occupancy**

*\$1268.00 Single Occupancy*

*Balance due: July 19, 2023 Clarksville*

### PACKAGE INCLUDES:

- \* 5 Nights lodging, including overnights
- \* 5 Breakfasts
- \* 3 Dinners, including a BBQ Dinner
- \* 3 Evenings of Entertainment to include:  
 Blue Grass Music  
 "Music Throughout the Years" Show
- \* Sweet Charlotte Fun Store
- \* Storyteller Farm (formerly owned by Johnny Cash)
- \* Visit to a local Tobacco Farm
- \* Customs House Museum & Cultural Center
- \* Tour of Fort Defiance (American Civil War)
- \* Tour of Historic Collinsville
- \* Tour & Tasting at Beachaven Winery
- \* Great Biscuit Bake-Off
- \* Trazo Meadery
- \* 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**

WHITE STAR TOURS 26 E. Lancaster Avenue, Reading PA 19607 \* 610-775-5000 \* 800-437-2323 \* www.whitestartours.com

## HOLIDAY SIGHTS & SOUNDS OF LANCASTER, PENNSYLVANIA

Featuring Sight & Sound's "Miracle of Christmas"  
 & "The First Noel" at American Music Theatre

3 DAYS - 2 NIGHTS  
 NOVEMBER 8 - 10, 2023

**\$499 Per Person Double Occupancy**  
**\$648 Per Person Single Occupancy**

### PACKAGE INCLUDES:

- \* 2 Nights Lodging
- \* 2 Breakfasts
- \* 2 Dinners including a Smorgasbord Dinner
- \* Guided Tour of the Amish Countryside, including stops at an Amish Craft Farm & Bake Shop
- \* "The First Noel" at the American Music Theatre
- \* "Miracle of Christmas" at Sight & Sound
- \* Tanger Outlets
- \* Kitchen Kettle Village
- \* Souvenir Gift
- \* Luggage Handling
- \* All Taxes & Meal Gratuities
- \* Motorcoach Transportation

*\$25 Deposit at Sign up.*

*Balance Due No Later than Sept. 1, 2023*

Cancellation insurance available upon request; see reverse side

### FOR INFORMATION AND RESERVATIONS CONTACT:

**CAIRO GOLDEN AGERS**  
**Pam O'Reilly** **Patty Asaro**  
**11 Rolling Meadow Rd.** **(518) 821-6508**  
**Cairo, NY 12413**  
**(518) 634-7303**

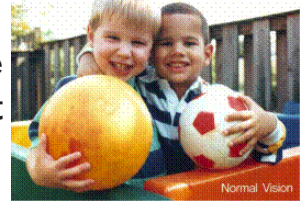


WHITE STAR TOURS 26 E. Lancaster Avenue, Reading PA 19607 \* 610-775-5000 \* 800-437-2323 \* www.whitestartours.com



## COMMON VISION PROBLEMS AS YOU AGE

The image to the right is as seen with normal vision. Below are some age-related conditions and how the same image appears with that condition.



### DIABETIC RETINOPATHY (DR)



All people with diabetes, both type 1 and type 2, are at risk for DR. It is caused by damage to blood vessels in the back of the eye (retina). The longer someone has diabetes, the more likely he or she will get DR. People with this condition may not notice any changes to their vision until the damage to the eyes is severe. This is why it is so important for people with diabetes to have a comprehensive eye exam every year. Warning signs of diabetic

retinopathy includes blurred vision, gradual vision loss, floaters, shadows or missing areas of vision, and difficulty seeing at nighttime. People with diabetes are at greater risk for cataract and glaucoma as well.

### AGE-RELATED MACULAR DEGENERATION (AMD)

AMD is a disease that blurs the sharp, central vision needed to see straight-ahead. It affects the part of the eye called the macula that is found in the center of the retina. The macula lets a person see fine detail and is needed for things like reading and driving. The more common, dry form, can be treated in the early stages to delay vision loss and possibly prevent the disease from progressing to the advanced stage. Taking certain vitamins and minerals may reduce the risk of developing advanced AMD. The less common, wet form, may respond to treatment, if diagnosed and treated early.



### GLAUCOMA

There are different types of glaucoma, but all of them cause vision loss by damaging the optic nerve. Glaucoma is called the “sneak thief of sight” because people don’t usually notice a problem until some vision is lost. The most common type of glaucoma happens because of slowly increasing fluid pressure inside the eyes. Vision loss from glaucoma cannot be corrected. But if it is found early, vision loss can be slowed or stopped. A comprehensive eye exam is important so glaucoma can be found early.



### CATARACT

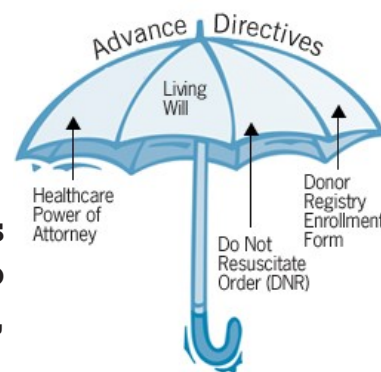
A cataract is a clouding of the lens of the eye. It often leads to poor vision at night, especially while driving, due to glare from bright lights. Cataracts are most common in older people, but can also occur in young adults and children. Cataract treatment is very successful and widely available.





# HONOR A PERSON'S WISHES: ADVANCE DIRECTIVES

*From NYS Caregiver Guide*



There are several documents that help honor a person's wishes for care and personal finances should they no longer be able to make decisions. These documents are important for everyone, including caregivers.

The best way to make sure that a person's wishes are known and honored is to use one or more of the following legal documents., sometimes referred to as "Advance Directives". In New York State, there are three types of Advance Directives:

- ⇒ **Health Care Proxy:** Lets a person name a health care agent they trust to make health care decisions on their behalf.
- ⇒ **Living Will:** Allows a person to leave written instructions that explain their health care wishes, especially about end-of-life care.
- ⇒ **Do Not Resuscitate Order (DNR):** Can be arranged with a doctor or provider before an emergency occurs. It expresses a person's wish to do without Cardiopulmonary resuscitation (CPR) or other lifesaving emergency treatment.

These forms can be found at [www.health.ny.gov/professionals/patients/patient\\_rights](http://www.health.ny.gov/professionals/patients/patient_rights)



## MEDICARE TERMS TO KNOW

- ♦ **PREMIUM:** The monthly amount an individual pays to have Medicare, a private health plan or a Part D Plan
- ♦ **DEDUCTIBLE:** An amount an individual must pay for health care services before insurance begins to pay.
- ♦ **COINSURANCE:** Portion of cost of care that an individual pays after health insurance has paid.  
Example: Pay 20% of cost of doctor's office visit
- ♦ **COPAYMENT:** Set amount an individual pays for each medical service received  
Example: Pay \$20 for each doctor's visit

# News From the Greene County Youth Bureau



The Greene County Children, Youth and Community Advisory Board is pleased to announce the Legislative appointment of Gabriel Hoglund and Maeve Lampman to the Board

## **GABRIEL D. HOGLUND**

- Altar Server at St. Mary's Roman Catholic Church in Coxsackie and assists with the church's Podcast and children's Youth & Faith Formation
- Volunteers with home delivered meals; Hope's Mission with their annual Thanksgiving Dinner, Stocking shelves at the Coxsackie Food Pantry, and works with Catholic Charities Food Distribution by loading boxes and bringing to clients' cars
- Serves as a Math tutor for Special Education students in the Coxsackie-Athens school district, as well as a music tutor for guitar and ukulele
- Appointed to the NYS YMCA & Youth Government Committee, having served as a Legislative Chair and in 2021 was awarded "Best Bill" and "Best Debater"
- Co-founded the Coxsackie-Athens High School Christian Life Club and currently serves as Vice-president, served in 2020 as the President of the school's Mock Trial Team, is a member of the school's Investment Club, current President of the Outdoors Club, is a member of the Jazz Band (bassist) and Senior Band (clarinet), serves as Editor-in-Chief of the school newspaper, and has been on the school's soccer, volleyball and track teams
- High Honor Roll student, member of the National Honor Society and has served as his class treasurer
- Has achieved personal recognition including Young Playwright by Capital Repertory Theater, named one of the top 5,000 nationally for Fastest Rubik's Cube Solvers by the World Cube Association and in 2020, earned a brown belt in karate
- Appointed to the NYS Governor's Youth Council, representing Greene County, for a term of October 2022 – March 31, 2023.
- Named 2022 Greene County Chairman's Children, Youth & Community Advisory Board Chairman's Award recipient
- Active involvement and voice on issues, initiatives and concerns affecting youth

## **MAEVE LAMPMAN**

- Volunteers with Class of 2024 Chicken BBQ Fundraiser; member of school Journalism club & Cheerleader
- Fall Activity Night & Back to School Night volunteer at Scott M. Ellis Elementary School helping children have a good time
- Greenville Day volunteer
- Would like to help others while making a difference in community and gaining leadership experience.
- Plays piano in free time



## DID YOU KNOW . . .

Greene County Department of Human Services has available a Directory of Resources?

The directory includes information on local, Greene County services available from Aging to Community to Youth. It is a handy resource for shopping, schools, transportation, Veterans, and so on.

If you would like a copy, please contact our office or visit our county web page.



### Directory of Services

GREENE COUNTY  
DEPARTMENT OF HUMAN SERVICES

AGING, YOUTH BUREAU & NY Connects

411 Main Street - Catskill, NY 12414

(518) 719-3555 Fax: (518) 719-3798

Toll Free: (877) 794-9266

NY Connects (800) 342-9871

Email: [aging@discovergreene.com](mailto:aging@discovergreene.com)

Visit us on the web at:

[www.greenegovernment.com/departments](http://www.greenegovernment.com/departments)



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

### GREENE COUNTY DEPARTMENT OF HUMAN SERVICES

<https://www.facebook.com/Greene-County-Department-of-Human-Services-379577489142216/>



For information  
on any Greene County Department,  
go to:

[www.greenegovernment.com/](http://www.greenegovernment.com/)  
Click "Departments"

**Human Services:**  
<https://www.greenegovernment.com/departments/human-services>



PLEASE NOTE  
THAT EFFECTIVE  
THE JANUARY  
2023 RTN ISSUE,  
THE DEADLINE  
FOR ALL  
SUBMISSIONS  
WILL BE THE  
10TH OF THE  
PRIOR MONTH.

(E.G. Dec 10, 2022 for Jan. 2023)





## 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

### EXECUTIVE DIRECTOR - STEPHANIE SCHLEUDERER

**BUSINESS MANAGER:** Ken Brooks

#### AGING DEPARTMENT COORDINATORS:

Aging Services - Connie Bentley

Nutrition - Tezera Pulice

Volunteer Services - Ruth Pforte

#### CASEWORKERS:

##### AGING

Brooke Bergeron

Tami Bone

Danielle Kane-Wade

Christopher Lewoc

##### YOUTH

Carrie E. Wallace

Laura Anderson

#### ADMINISTRATIVE ASSISTANT:

Maureen Murphy

#### AGING SERVICES SPECIALISTS:

Bonnie Snyder

Valree Rachel Wright

#### AGING SERVICES AIDE:

Rose Bundy

#### RECEPTIONIST:

#### BUS DRIVER

Robert Laird

#### 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. **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 [mmurphy@discovergreene.com](mailto:mmurphy@discovergreene.com). Issues are available in black & white print and can be mailed via the U. S. Postal Service, or in full color via electronic mail.