



Greene County Round Table News

Published by Greene County Department of Human Services since 1976

FEBRUARY 2023

FAREWELL and THANK YOU!!!!



The Senior Angels committee has given me permission to start this year's letter off with my final farewell. I will be retiring on March 24, 2023. I just wanted to let everyone know that working on the Senior Angels Committee has been the highlight of my 10 years with the Greene County Dept. of Human Services.

The Thanksgiving Dinners, were always a joy to run (and you will see me and my wife volunteering at the dinners in the future). Shopping and wrapping the gifts, and the joy in the senior's eyes when we deliver them to the nursing homes is something I will always keep in my heart. You just don't know how much it means, when a seniors face lights up knowing they are receiving a gift for Christmas. This year we also included the veterans of Greene County. We delivered gift bags to the veterans at all the senior nursing homes, as well as the Firemen's Home in Hudson.

The Greene County residents and businesses never cease to amaze me of their outpouring of generosity. Every year gets better and better. This year I am especially proud to say that we have broken all other records. We raised \$ 25,367.25 - what a way to leave.

We delivered gifts to 246 seniors this year. Everything they asked for we gave them and even more.

We want to especially thank the Theodore Cross Family Charitable Foundation, Sleepy Hollow Lake Helping Hands, Fortnightly Club and the Columbia-Greene Board of Realtors for their extremely generous donations.

Speaking of leaving, I will be leaving Senior Angels in great hands. My replacement for both Business Manager and Senior Angels Chair will be Tami Bone. You may remember Tami when she was the Center Manager at the Rivertown Senior Center in Athens. Along with the rest of the committee, Rachel Wright, Bonnie Snyder and Chris Lewoc. I'm sure the program will be in great hands.

Remember the road we walk today was paved by the sweat and tears of those before us - Seniors. Always, honor them. Reach out to them and say hi, call them and chat for ten minutes, take them out to lunch, or better yet bring lunch to them, have a cup of coffee and spend some time with them. Giving of your time is more precious than any gift. Our seniors feel left out. Please bring them back into the fold. The love you will get back will be priceless. Please don't let them be forgotten.

God Bless and thank you for 10 great years, Ken Brooks



*For Your Donations
to the Senior Angels Program*



Theodore Cross Family Charitable Foundation

Nancy D. Allen

Catskill Elks Lodge 1341

Columbia-Greene Realtors Association

Coxsackie Senior Citizens Club

Fortnightly Club of Catskill

Helping Hands of SHL

Honeyford Memorial American Legion Auxiliary, Unit 110

Kiskatom Reformed Church

Robert & Dena Lawrence

Martinez Auto Body

Mountain Top Golden Agers Club

P. Schneider & Associates, PLLC

Shook Insurance Agency, LLC

Debbi Traficanti

Clemson & Jean Bush

Catskill Regional Women's Club

Coxsackie-Athens Rotary Club

Harry A. Feineis

Heart of Catskill Association

Lake & Mountain Realty LLC

Peter & Ann Markou

Kathleen & Dennis Meehan

Greggor Petrovic & Steve Goldberg

Charles & Frances Serro

MaryAnn & Thomas Tompkins

Dottie True

Walenta & Co. Agency

In Honor Of . . .

Athens Nutrition Program, staff and volunteers

Ken Brooks, my husband

Regina Davis & Marcella Halligan

Leon Goodrich of Hunter

Tracy Kemp

Robert R. Main

Renee Mathis for kindness to neighbors

Nutrition Program in Cossackie

Dorothy Prest, an amazing mother & friend

In Memory of

All of my loved ones who have gone before me

Deceased Members of Ladies Ancient Order of Hibernians Division 32

William Cash

Roberta Christman from Dr. Elena Suditu

Leonard DiSalvo (3 donations)

The Donohue Family

Helen Mary Eckler

Robert Frank from Julie Schofield

Clarence and Martha Gardner

Helen Golden and Brian Golden

Rosemary Graham

Linda Johnson & Karen Sprague-Johnson

Robert & Ruth Kallman

Mary C. & Thomas J. Killourhy

John & Margaret Kordich, and Marge Stabile

Helen Lee

John Lopresti Jr.

Dick and Ali Mangano

Thomas A. Martin

Patrick & Patricia McGee

Mom and Dad

Rob O'Connell

Lucille & Richard Ogden

Doris Ormsbee

Paul & Virginia

Perry Peloubet Jr.

Frances Rossbeck

Patricia J. VanValkenburg

Harry & Theresa VanWormer

Chet & Rose VanZandt

Rev. Henry Verdaasdonk

Garth W. Walker

Benjamin Wells

Ziggy





We would like to wish a fond farewell to our Aging Services Coordinator, Connie Bentley, as she begins a new journey in her life . . . Retirement.

Connie has been with the Department since 2010 and will be missed.

We wish her much happiness and deserved rest and relaxation in the future.

Just as St. Francis of Assisi is the patron saint of pets and animals, so too does the Catskill Regional Women's Club watch out for our pets. As Santa's helpers, the Club recently donated several holiday bags of pet supplies from their Senior Pet Food Project to the Department of Human Services. The bags will be distributed to needy clients of the Department with pets. Seen in photo with the bags are DHS staff Tami Bone and Ken Brooks, and club members Patricia Schwenk (President) and Peggy Pieruzzi (VP)



Thursday May 18

Freightmaster's Building, Historic Catskill Point

More details to be released



VOLUNTEERS WE NEED YOUR HELP

Our volunteer history has shown that new volunteers generally become volunteers because a friend or neighbor has told them about the volunteer work they do. If you know someone that might be interested in volunteering, please let him/her know the benefits you receive from doing. Let them know how much you enjoy volunteering for our Department and how much we could use their help now.

WE NEED VOLUNTEER MEDICAL TRANSPORTATION DRIVERS

Medical Transportation volunteers drive ambulatory seniors 60 and older to medical appointments located in Greene County, as well as Albany, Columbia, Delaware, Dutchess, Rensselaer, Schoharie and Ulster. As a volunteer driver, you can choose the rides you will provide, which makes it more convenient for you. We provide mileage reimbursement at a rate of 65.5 cents per mile.

Please consider volunteering to help out your community.

For more information or to get a volunteer application please call 518-719-3555 and ask to speak to Ruth.

REMINDER: The RSVP fiscal year ends on March 31, 2023. To close out the budget year, please remember to submit any outstanding mileage vouchers by the deadline.



**ARE YOU A HOME DELIVERED MEAL CLIENT?
DO YOU RECEIVE MEDICAL TRANSPORTATION
THROUGH OUR DEPARTMENT?**

If you answered yes to one or both of these questions, you recently received a survey about the services performed by one of our volunteers. We ask that if you have yet to complete & return the survey, please do so. Deadline for submissions is February 22, 2023.



ATTENTION U. S. VETERANS AND CURRENT MILITARY PERSONNEL

February Events of Interest in Greene County



Thurs. Feb. 2	7:00 p.m.	Greenville American Legion meeting
Fri. Feb. 3		Four Chaplains' Day
Sun. Feb. 5	2:00 p.m.	Four Chaplains' Ceremony – Athens Legion
Tues. Feb. 7	7:00 p.m. 7:00 p.m.	Cairo American Legion meeting Greenville Legion Riders' Meeting
Wed. Feb. 8	7:00 p.m. 7:00 p.m.	Athens American Legion meeting Windham VFW Meeting
Fri. Feb. 10	4:30 p.m. – 7:00 p.m.	American Legion Spaghetti Dinner Greenville
Fri. Feb. 17	7:00 p.m. 7:00 p.m.	Greene County American Legion meeting @ Cossackie Cornhole Tournament, Greenville Legion
Sat. Feb. 18	11:00 a.m.	Catskill VFW meeting
Tues. Feb. 21	7:00 p.m.	New Baltimore American Legion meeting

MARK YOUR CALENDARS



CATSKILL MEMORIAL DAY PARADE MONDAY MAY 29, 2023, 2:00 P.M.

**Followed by Memorial Day Ceremony,
including**

Catskill Hometown Hero Banner opening
Historic Catskill Point, Freightmasters Building

All Greene County Veterans' organizations, Fire companies & auxiliaries,
Schools, Churches & other Civic, Community organizations
invited to participate

Parade route to be announced

For further information or to register: joyjml@gmail.com



GREENE COUNTY VETERANS SERVICE AGENCY **HONOR A VET PROGRAM**

GREENE COUNTY HONOR A VET (MAY)

Deadline to Nominate: 3rd Tuesday in March

Ceremony will typically be on Armed Forces Day (Saturday prior to Memorial Day Weekend)

GREENE COUNTY HONOR A VET VETERAN OF THE YEAR CEREMONY (NOV)

Deadline to Nominate: Tuesday after Labor Day

Ceremony will typically be on 1st Saturday of November

ELIGIBILITY AND INSTRUCTIONS

RESIDENCY: Nominee shall be a long-term resident of Greene County who has continued to maintain strong ties to the county up to date of nomination.

MILITARY SERVICE: Veteran must have served honorably in any branch of U.S. Military on Active Duty or activated with the Guard or Reserves.

PROFILE: The packet includes a three-page profile form and two (2) additional lined pages to write out a brief biography of the candidate's military service. Fill in the profile form completely; and, use the blank lined pages to elaborate on the details of the candidate's military career and community service, if applicable: e.g., how he/she decided to join, or if they were drafted, where they went through training, what they did in the military: their job title and description of their duties, geographical locations they went to, war(s) or war era(s) they served in, experiences they had, and an account of how they received any medals or awards; did they participate in community organizations such as the American Legion or VFW, or the Elks, Rotary Club etc. Did they work with youth? Volunteer at Church? You may add any other information you feel is pertinent.

Please ensure that all information provided is true and accurate. Verification must be submitted of military service and all awards, medals, honors etc. that you have claimed to be true and accurate. Any award that cannot be verified by documentation will be omitted from the application before submitted to the Committee for selection. Any application found or known to contain notable inaccuracies will not be submitted to the Committee for selection.

NOMINATIONS: Please send all nominations directly to Greene County Veterans Service Agency at 159 Jefferson Heights, Suite D-303, Catskill, NY 12414, in person, or by mail. Submissions may also be uploaded and e-mailed to veterans@discovergreene.com. For questions or clarification of instructions, please call Greene County Veterans Service Agency at (518) 943-3703. Dates are subject to change



FEBRUARY NUTRITION NOTES

By Nicole Gehman, MS, RD, CD-N

Triglycerides are a type of fat that gives our body energy. Our body makes triglycerides and we also get them from foods we eat. They circulate in our blood and the levels are checked with routine blood work. If our food intake is excessive, and our body does not need the extra calories, triglycerides get stored in our fat cells, which can be used as energy at a later time.

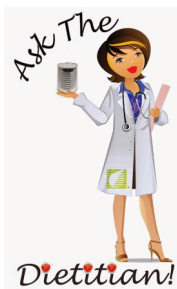
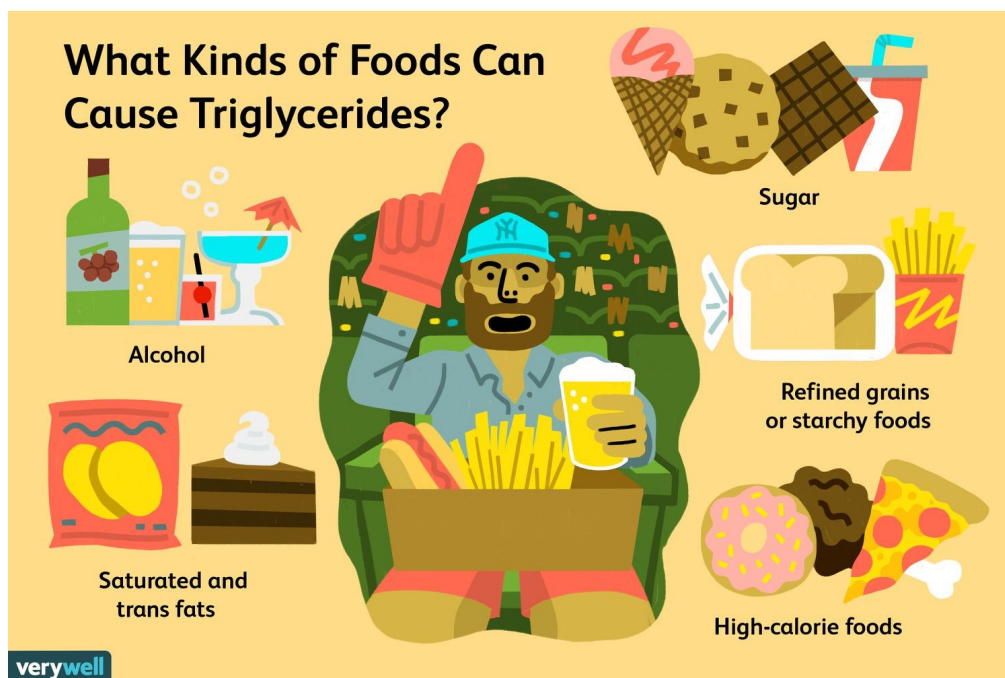
Category	Triglyceride Level
Normal	Less than 150mg/dL
Borderline high	150 to 199 mg/dL
High	200 to 499 mg/dL
Very high	500 mg/dL and above

Elevated triglycerides fall above 150 mg/dL, when reviewing your blood test. Having high triglycerides can raise your risk of cardiac events, heart disease (including coronary artery disease or CAD). CAD is caused by plaque in our arteries, narrowing blood flow to the heart, which can lead to serious cardiac events. Because **FEBRUARY IS AMERICAN HEART MONTH**, and a time when everyone can learn more ways to improve their cardiovascular health. Let's explore ways to prevent and lower triglycerides.

- Control your total carbohydrate intake. Limiting refined (white carbs) may help lower your levels. These include baked goods, sugar sweetened drinks, white breads/pastas, candy, and carb snacks. Try swapping a refined carbohydrate for a whole grain, more often.
- Reduce saturated fats such as high fat meats, butter, palm/coconut oils, and cheese. Choose heart healthy fats including nuts, seeds, olive or vegetable oils, salmon, mackerel, and avocados.
- Because triglycerides are a marker of fat *and* sugar in the blood, controlling your intake can improve your levels.

- Exercise regularly. Burning excess calories from exercise helps minimize the amount of triglycerides we store in our fat cells. The heart health goal is 150 minutes of moderate aerobic activity per week. Please consult your physician before starting a new routine, or increase.
- Limit alcohol. Alcohol is metabolized as a fat, even though it is sugar. Therefore, excessive amounts get rebuilt as fat (triglycerides) which can raise your levels.
- Lose weight. Decreasing belly fat and excess weight has shown to significantly decrease levels. Discuss diet changes with a Registered Dietitian. Work with a professional to develop an individual plan and help you work at these lifestyle changes.

If your doctor advised you that your triglycerides are elevated, work on the goals above, which can assist with normalizing your value. Certain medications, disease states, and nicotine can also contribute, so it is important to discuss your health history with your physician. Lowering your level can support heart health, lowering risk for heart disease.



I will continue to visit the centers monthly for lunch presentations. If you need an individual nutrition referral, or clarification on the information above, please call the main line at (518) 719-3555 & leave a message for me.

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

Senior Center Manager

Shane Dillon,
Central Kitchen Manager

Mary Santiago
Food Service Helper

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 FOR TAKE-OUT ARE REQUIRED AT LEAST A DAY IN ADVANCE

BY CALLING THE APPROPRIATE CENTER

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CHICKEN DIJON MASHED POTATOES BROCCOLI CARROT CAKE	2 PORK CHOP w/ Gravy APPLESAUCE SWEET POTATOES GREEN BEANS FRESH FRUIT	3 FISH FLORENTINE SAUTEED MIXED VEGETABLES RICE PILAF FRESH FRUIT
6 SLOPPY JOES CAULIFLOWER/ BROCCOLI MEDLEY WHITE RICE TROPICAL FRUIT	7 BAKED SALMON w/ Dill Sauce PEAS/CARROTS AU GRATIN POTATOES CHOCOLATE CHIP COOKIES	8 CHICKEN DIVAN MONACO VEGETABLE MIX WHITE RICE PEARS	9 HOT TURKEY DINNER w/ Gravy CRANBERRY SAUCE MASHED POTATOES CARROT COINS STUFFING CHOCOLATE MOUSE MIXED BERRIES	10 MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD FRESH FRUIT
13 CHICKEN & BISCUITS w/ Gravy PEAS/CARROTS MASHED POTATOES TROPICAL FRUIT	 14 LINGUINI w/ White Clam Sauce SPINACH CALIFORNIA MEDLEY STRAWBERRY CREAM PIE w/ Hershey Kiss	15 STUFFED PEPPERS CORN CARROT/LIMA BEAN MIX CHOCOLATE BIRTHDAY CAKE 	16 LASAGNA w/ Red Sauce TOSSED SALAD ITALIAN VEGETABLES PB BROWNIE	17 HUNGARIAN GOULASH BRAISED RED CABBAGE EGG NOODLES FRESH FRUIT
20 DHS MAIN OFFICE & ALL SENIOR NUTRITON SITES CLOSED 	21 BBQ CHICKEN THIGHS BAKED BEANS COLLARD GREENS PINEAPPLE CHUNKS	22 SEAFOOD SCAMPI WHOLE WHEAT SPAGHETTI SPINACH WAX BEANS COOKIES 	23 CHICKEN PARMESAN WW PENNE TOSSED SALAD GREEN BEANS CHOCOLATE CHIP BANANA BREAD	24 BEER BATTER FISH O'BRIEN POTATOES CORN FRESH FRUIT
27 BAKED MANICOTTI SAUSAGE GREEN BEANS ITALIAN MIXED VEGETABLES PEARS	28 SWEET & SOUR CHICKEN ORIENTAL MIXED VEGETABLES WHITE RICE MANDARIN ORANGES FORTUNE COOKIE			

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 BEEF STEW BROCCOLI RICE PUDDING RAISINS	2 MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD FRESH FRUIT	3 SEAFOOD SCAMPI SPINACH TOMATOES LINGUINI FRESH FRUIT
6 CHICKEN DIVAN CARROTS BROWN RICE FRUIT COCKTAIL	7 TORTELLINI MARINARA W/ MEATBALL BROCCOLI CAULIFLOWER TROPICAL FRUIT	8 BBQ PULLED PORK COLE SLAW BAKED BEANS COLLARD GREENS CHOCOLATE MOUSSE	9 HUNGARIAN GOULASH MONACO MIXED VEGETABLES EGG NOODLES FRESH FRUIT	10 FISH FLORENTINE SCALLOPED POTATOES GREEN BEANS FRESH FRUIT
13 BEEF CHILI MIXED VEGETABLES BROWN RICE PEARS	14 CHICKEN & BISCUITS CALIFORNIA VEGETABLE MEDLEY MANDARIN ORANGES & PINEAPPLES	15 PORK CHOP W/ GRAVY APPLESAUCE SWEET POTATO GREEN BEANS CHOCOLATE CHIP COOKIES	16 CORNED BEEF & CABBAGE CARROTS BOILED POTATOES CHOCOLATE CAKE w/ Andes Mints 	17 BEER BATTERED FISH CARROTS HERB ROASTED POTATOES MACARONI SALAD FRESH FRUIT
20 SLOPPY JOES\ CORN RICE TROPICAL FRUIT	21 CHICKEN DIJON CALIFORNIA MIXED VEGETABLES MASHED POTATOES VANILLA MOUSSE	22 SWEET & SOUR PORK ORIENTAL MIXED VEGETABLES WHITE RICE FORTUNE COOKIE W/ PINEAPPLE	23 HOT TURKEY DINNER W/ GRAVY CRANBERRY SAUCE GREEN BEANS MASHED POTATOES STUFFING CHOCOLATE CAKE	24 LEMON PEPPER FISH CABBAGE SLAW PEAS & CARROTS O'BRIEN POTATOES FRESH FRUIT
27 STUFFED CABBAGE CALIFORNIA VEGETABLE MIX LEMON PUDDING	28 SPANISH RICE w/ Beef MEXICALI SALAD CORN/CARROT MEDLEY COOKIES & APPLESAUCE	29 MUSHROOM SWISS BURGER CARROTS SCALLOPED POTATOES FRUITED JELL-O	30 MEATBALL SUB POTATO SALAD WINTER BLEND VEGETABLES FRESH FRUIT	31 CRAB STUFFED COD BROCCOLI RICE PILAF FRESH FRUIT



**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

WINTER CLOTHES HALF-PRICE MONTH OF FEBRUARY

MILLINERY ITEMS JUST 50¢



ACCESSORIES: JEWELRY, PURSES, BELTS, SHOES

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



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 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:

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

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

NAME: _____

ADDRESS: _____

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

In memory of _____ to the following:

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

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



*Anonymous Donor
To our Nutrition Program/Home-Delivered Meals
in appreciation for services*

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

Contact: Mary Kibbey, 518-634-7524

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

518-299-0218

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

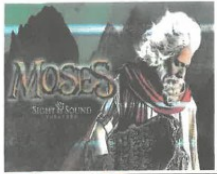
1st & 3rd Monday, 1:00 p.m.

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: \$25

\$ 505 Per Person
Double Occupancy

Single Occupancy: \$650

PACKAGE INCLUDES:

- * 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

Balanced due: March 2023



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



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

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

THURSDAY, AUGUST 3, 2023



PROCTOR'S THEATER

\$60 PER PERSON

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

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

THURSDAY, AUGUST 17, 2023



**A TRIBUTE TO
JOHN DENVER
AND
GLEN CAMPBELL**

**AT
THE BROWNSTONE**



\$70 PER PERSON

For reservation, please contact
MaryLouise (518) 622-3397
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
 Hensonsville, 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

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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 11 Rolling Meadow Rd. Cairo, NY 12413 (518) 634-7303
 Patty Asaro (518) 821-6508



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MEDICARE & YOU *from Medicare.gov*



Happy New Year! Looking for a way to stay on top of your health in 2023? **Medicare covers many preventive and screening services.** These services can help keep you from getting sick, and can help find health problems early when treatment is most likely to work best. Talk

to your doctor about which ones might be right for you. Covered services:

- Abdominal aortic aneurysm screening
- Alcohol misuse screenings & counseling
- Bone mass measurements (bone density)
- Cardiovascular disease screenings & behavioral therapy
- Cervical & vaginal cancer screening
- Colorectal cancer screenings
- Multi-target stool DNA tests
- Screenings: Barium enemas; Colonoscopies; Fecal occult blood tests; Flexible sigmoidoscopies; Depression
- Diabetes screenings & self-management training
- Glaucoma tests
- Hepatitis B Virus (HBV) infection screening
- Hepatitis C screening test
- HIV screening
- Lung cancer screening
- Mammograms (screening)
- Nutrition therapy services
- Obesity screenings & counseling
- One-time “Welcome to Medicare” preventive visit
- Prostate cancer screenings
- Sexually transmitted infections screening & counseling
- Shots: COVID-19 vaccines, Flu shots, Hepatitis B shots, Pneumococcal shots
- Tobacco use cessation counseling
- Yearly Wellness visit

If you have Original Medicare (Part A and/or Part B), **sign in to your secure Medicare account** to see a personalized list of current and upcoming preventive services. If you don't already have an account, **it's free — and easy — to sign up.**

If you're in a Medicare Advantage Plan, contact your plan for a list of covered preventive services. MA Plans must cover all the same preventive services as Original Medicare, and some may offer additional services.

Good news: Now people with Medicare Part D drug coverage will pay nothing out-of-pocket for even more vaccines, including the shingles vaccine, that are recommended by the Advisory Committee on Immunization Practices. Here's to your health in the new year!

News From the Greene County Youth Bureau

NOMINATIONS SOUGHT for 2023 YOUTH OF THE YEAR AWARD

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

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

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

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

Any inquiries for further information may also be directed to the department. Deadline for entries is March 31, 2023.

**YOUTH
RECOGNITION
AWARDS**

JANUARY 3, 2022

GREENE COUNTY YOUTH BUREAU 2023 FUNDING

We are requesting proposals for the Greene County Youth Bureau Funding for youth programs sponsored by any 501(c)(3) (Non-profit tax-exempt charitable organization per IRS).

The application must include:

- List of current Board members with contact information and employer noted
- List of board members or staff who are authorized to sign claims.
- OCFS-5001 Program Application (*Municipalities are to be signed by Chief Elected Official*).
- OCFS-5002 Program Profile
- OCFS-5003 Program Components
- OCFS-5005 Program Budget

If your application packet will be the same as in the past, kindly send us an email & state you wish your 2021 grant “recycled”. In this case, we will only require Form OCFS-5001 with an original signature mailed to: Greene County Human Services (Youth Bureau), 411 Main Street, Catskill N. Y. 12414. Response must be made to mmurphy@discovergreene.com.

All applications are to include **only one** Life Area with the goals & objective for the program. In addition, the Services, Opportunities & Supports (SOS) & Performance Measures must be entered on the application.

Historically, the average grant award has been between \$1,000 and \$3,000.

All OCFS forms are available on the web site,
<http://greenegovernment.com/departments/human-services/youth-resources>

No 2023 grant application will be reviewed if the 2022 grant Program Annual Report and the Expenditure Summary Reports (OCFS 3125, 3126-3129 as applicable) w/ supporting documentation have not been submitted.

Please call (518) 719-3555 for assistance.



GREENE COUNTY ROUND TABLE NEWS

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GREENE COUNTY DEPARTMENT of HUMAN SERVICES

411 Main Street, Catskill, NY 12414

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

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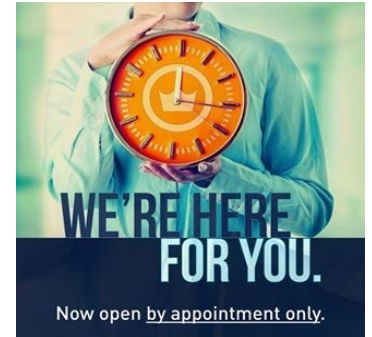
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Nutrition - Tezera Pulice

Volunteer Services - Ruth Pforte



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CHAUFFEUR:

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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. **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 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.