

Greene County Round Table News

Published by Greene County Department of Human Services since 1976

MARCH 2024



DID YOU KNOW MARCH 10 - 16, 2024 IS AMERICORPS WEEK?

During AmeriCorps Week we recognize the commitment of the millions of Americans who have chosen to serve their country through AmeriCorps and AmeriCorps Seniors, and encourage others to follow in their footsteps of service.

AmeriCorps engages 200,000 Americans each year in sustained, results-driven service through our AmeriCorps and AmeriCorps Seniors programs. These dedicated citizens help communities manage COVID-19 response, ensure students stay on track to graduate, combat hunger and homelessness, respond to natural disasters, fight the opioid epidemic, help seniors live independently, support veterans and military families, and much more.

Bring out the Best of America

AmeriCorps Seniors RSVP pairs thousands of Americans aged 55 and older with organizations making change in communities across the country. RSVP volunteers choose how, where, and when they want to serve, with commitments ranging from a few hours to 40 hours per week. You can find an opportunity with the many organizations we work with that see service as a solution to local, regional, and national challenges. AmeriCorps Seniors volunteers report better health and longevity having served their community.

Who Can Serve? How can I serve?

AmeriCorps Seniors is open to individuals 55 and older. When you join AmeriCorps Seniors, you choose how you want to give back. There are numerous service opportunities available to you through AmeriCorps Seniors.

Does this sound like something that might interest you? If so, contact Ruth Pforte, 518-719-3557, to find out the many opportunities that are available right here in Greene County!

In closing, we ask you to join with Greene County AmeriCorps Seniors and recognize all of the local volunteers who serve their community in one capacity or another.



OUR MISSION

AGING: To ensure a network of supportive services to assist Greene County's senior citizens (those age 60 and older) to maintain their dignity and independence within their communities. To ensure older adults stay independent for as long as possible and have a network of supportive services in the county.

YOUTH: To help coordinate youth services for children and young people, birth to 21, in Greene County, by providing technical assistance to municipalities, private agencies and groups in program development, evaluation, financial planning, program management and training.

Our goals are to

- ♥ Assist older adults in maintaining and/or improving their social, economic, health, safety and nutritional status so they can safely age in place
- ♥ Help older adults stay independent for as long as possible
- ♥ Ensure a network of supportive services to assist Greene County's residents, young and old alike, and their caregivers
- ♥ Advocate for young and old alike.
- ♥ Work together with the Advisory Council to the Greene County Department for the Aging, and the Greene County Youth Advisory Board to recommend ways to provide opportunities that improve the lives of senior citizens and youth of the County.

GREENE COUNTY DEPARTMENT OF HUMAN SERVICES'

WHERE CARING PEOPLE HELP

We inform the Greene County Community of our programs, events & emergency notices via:

- ♥ Greene County web page
- ♥ Facebook page
- ♥ Our own newsletter, The Greene County Round Table News
- ♥ Local Area newspapers & media outlets
- ♥ Greene County's REGROUP program (Emergency Alert system)

AGING SERVICES

NUTRITION:

- ♥ Home-delivered Meals to eligible homebound seniors
- ♥ Congregate Meals at our Greene County Rivertown Senior Center in Athens, as well as our Senior Nutrition Sites in Acra, Catskill, Jewett and Cossackie
- ♥ Nutrition Education and Counseling
- ♥ NYS Farmer's Market Checks

CAREGIVERS SUPPORT:

- ♥ Caregivers Information, Assistance, and Support.
- ♥ Respite Workers

EISEP (IN-HOME):

- ♥ Case Management
- ♥ Homemakers & Personal Care Aides
- ♥ Personal Emergency Response System

HEAP

Application Assistance

HIICAP

- Health Insurance Information Counseling & Assistance

LEGAL SERVICES

- Private attorney available by appointment only for phone consultations.

TRANSPORTATION:

- ♥ Serve Non-Medicaid seniors who are home bound & need to get to scheduled medical appointments
- ♥ Shopping Bus: Door-to-Door service for local shopping & errands
- ♥ To select Senior Nutrition sites enabling seniors social interaction with a noontime meals
- ♥ Discount coupon books for seniors utilizing Greene County Transit

VOLUNTEER SERVICES:

- ♥ Volunteer Recruitment and placement within the Department and various Community Agencies

YOUTH SERVICES

- Work with agencies and schools to assist with youth in need of supervision (Pre-PINS, PINS)
- Conduct ongoing research to determine the changing needs of our youth & develop a comprehensive plan for youth services in Greene County.
- Work with youth-serving agencies to improve the quality of services provided in the county.
- Oversees the allocations of funds for programs that benefit Greene County youth under NYS OCFS Youth Development Program and Sports Education Funding.



Make a
difference

ARE YOU LOOKING FOR A WAY TO MAKE A DIFFERENCE? TRY VOLUNTEERING!

The Greene County Department of Human Services is always looking for volunteer drivers to assist Homebound Senior Citizens. Anyone can volunteer there is no age requirement. **How can you help?**

Deliver meals – We have numerous routes to offer from our 5 sites:

- Acra site: Town of Cairo
- Athens site: Village and Town of Athens, and Freehold and Greenville
- Catskill site: Town & Village of Catskill, and South Cairo
- Coxsackie site: Town & Village of Coxsackie
- Jewett site: Hunter, Lexington, Tannersville and Windham.

Medical Transportation – For appointments located in Greene County, as well as in the nearby counties of Albany, Columbia, Delaware, Dutchess, Rensselaer, Schoharie and Ulster.

You can tell us what days, times and routes/locations where you would be comfortable serving and we will schedule appropriately. For a commitment as little as an hour one day a week, you will be making a difference in the life of your elderly homebound neighbors. You will even receive a tax exempt reimbursement at the current IRS rate per mile! Please note that a mandatory background check must be completed prior to acceptance as a volunteer.

INTERESTED? WANT MORE INFORMATION?

Contact Ruth Pforte (518) 719-3557

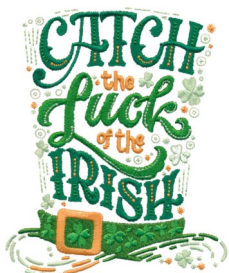
AmeriCorps Seniors, Greene County Volunteer Coordinator



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.



Come see what bargains we have!

Check out our Facebook page for weekly specials.



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





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

HELPING HANDS PROGRAM

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

If you need assistance
with picking up pre-paid grocery orders
or 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:
AmeriCorps Senior Coordinator,
Ruth Pforte 518-719-3557



ST. PATRICK'S DAY WORD SEARCH

S	X	N	I	Q	R	B	N	C	L	O	G
I	R	H	I	Z	L	U	C	K	E	K	X
N	S	B	R	Q	F	U	Y	E	P	B	D
E	M	S	I	K	Q	Y	C	Z	R	J	J
I	I	H	S	A	N	N	R	K	E	O	I
D	Z	A	H	E	A	E	K	X	C	Y	G
K	T	M	E	D	V	D	A	Y	H	Y	H
X	L	R	A	O	B	B	K	D	A	W	J
G	G	O	L	F	R	C	D	K	U	D	X
C	U	C	Y	B	U	F	M	I	N	I	S
N	R	K	A	L	T	Q	E	J	S	R	S
A	P	Y	N	N	Q	R	N	W	G	T	Q



Irish
Lucky
Clover
Shamrock
Leprechauns

Fun
Jig
Luck
Dance
Green



Answers on Page 21



ATTENTION U. S. VETERANS & AND CURRENT MILITARY PERSONNEL

March 2024 Events of Interest in Greene County



Fri. March 1	7:30 p.m.	Irish Music Jam @ Athens A. L. Hall
Sun. March 3	3:00 p.m.	Female Military Appreciation Dinner @ Athens American Legion
Tues. March 5	7:00 p.m.	Greenville Legion Riders' Meeting
Thurs. March 7	7:00 p.m.	Catskill American Legion meeting @ Elks Club Greenville American Legion meeting
Fri. March 8	4:30 p.m. – 7:00 p.m.	American Legion Spaghetti Dinner @ Greenville American Legion
Tues. March 12	7:00 p.m.	Cairo American Legion meeting
Wed. March 13	7:00 p.m.	Athens American Legion meeting Coxsackie American Legion meet @ Village Hall Windham VFW Meeting
Thurs. March 14	7:00 p.m.	Prattsville American Legion meeting S. A. L. meeting @ Greenville American Legion
Fri. March 15	6:00 p.m.	Greene County American Legion meeting @ Greenville post
	7:00 p.m.	Cornhole Tournament @ Greenville post
Sat. March 16	11:00 a.m.	Catskill VFW meeting
	12:00 p.m.	Catskill VFW Auxiliary meeting
Tues. March 19	7:00 p.m.	New Baltimore American Legion meeting
Sat. March 23	1:00 p.m.	St. Patrick's Parade - Greenville
	6:00 p.m.	Vet-2-Vet Blowing Tournament, Catskill
Wed. March 27	7:00 p.m.	Marine Corps League Meeting @ East Durham firehouse
Thurs. March 28	7:00 p.m.	Greenville A.L. Auxiliary meeting



GREENE COUNTY WEEKLY GROUPS

VETERAN AND FAMILY SUPPORT GROUP

TUESDAYS @ 1:00PM

Join us for our weekly discussion group. Coffee and pastries provided.

**Vet2Vet of Greene County,
905 Greene County Office Bldg,
Cairo NY 12413**

Phone: (518) 719-0020
email: Anthony.derrico@hvncvr.org

Zoom Link:
<https://us02web.zoom.us/j/82580593518>

WWW.HVNCVR.ORG



HVNCVR
THE HUDSON VALLEY
NATIONAL CENTER FOR
VETERAN REINTEGRATION



VET2VET OF GREENE COUNTY COFFEE HOUR WITH VETERANS



*Cairo Town Library @ 1030 AM-
Every Monday, Located at 15
Railroad Ave, Cairo NY, 12413*

POC:
Anthony.Derrico@hvncvr.org
518-719-0020



HVNCVR
THE HUDSON VALLEY
NATIONAL CENTER FOR
VETERAN REINTEGRATION

Vet2Vet of Greene County **VETERAN SUPPORT GROUP** EVERY 2ND THURSDAY OF THE MONTH **5:30-6:30 PM**

- COME JOIN THE VET2VET OF GREENE COUNTY FOR AN OPEN DISCUSSION AND VETERAN SUPPORT.
THIS GROUP IS FOR VETERANS ONLY

*****If you want to attend via zoom email arin.vandemark@hvncvr.org for the ZOOM link*****

**905 GREENE COUNTY BLDG
CAIRO, NY 12413**

POC:
CHRISTIAN.LAPPIES@HVNCVR.ORG
(518) 719-0020



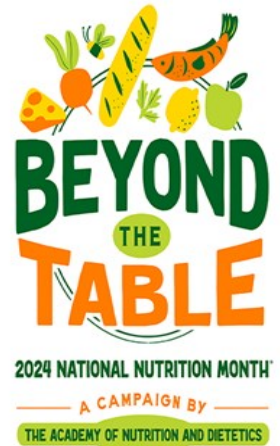
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NATIONAL CENTER FOR
VETERAN REINTEGRATION

March is National Nutrition Month



By Nicole Gehman, MS, RD, CD-N

March is National Nutrition Month[®], celebrated since 1980 as an entire month to better your nutrition, spread awareness or gain information, increase your steps, and more! Each year the Academy of Nutrition and Dietetics selects a theme, and this year the campaign is “Beyond the Table.” After giving the theme much additional thought, I explored three topics contributing to our eating habits which do not include our direct behaviors at the dining table, but certainly influence them.



Environmental Factors:



Various factors within the environment can both positively or negatively impact our nutrition, diet choices, eating behaviors, obesity, and related diseases. Socioeconomic status can impact a person's access to nutritious foods, often resulting in less fruit and vegetable or “fresh” food consumption when sitting down to eat. Researchers have studied obesity being more prevalent in lower income communities/households, especially amongst those who have less access

to nutrient dense options. Genetics also plays a role in weight concerns and various disease states, especially when combined with multifactorial components such modeling behaviors, poor diet, smoking etc. Unfortunately, you cannot change your genes, but instead work at positive changes within your environment and collaboration amongst family members. Also following with your physician for preventative strategies if there is in fact a strong family history of obesity, diabetes, heart disease, etc. can be very proactive.



Grocery Shopping:

There are certainly ways to optimize your shopping experience, and stock your fridge and cupboards with more nutritious foods. There is the longstanding tip of shopping the outer perimeter of the stores, which is where you will find fresh foods including protein, fruits, vegetables, dairy, and grains. Processed foods are often shelf



stable and in the center or frozen aisles. Check the weekly flyers for sales and clip coupons. Plan and make a list and a budget so the cost of fresh food is less of a barrier. Stock up on fiber from low starch vegetables such as beets, broccoli, brussels sprouts, mushrooms, salads, carrots, and green beans. Produce can be consumed fresh, frozen, or canned without added salt or sauces. In addition, try not to shop when hungry to minimize cravings and tempting foods.

Meal Prepping and Planning:

When meals are not planned, and groceries are not stocked, a common outcome is inevitably ordering takeout or eating out. Restaurant food is very high in sodium, excessive in portion sizes, and made with hidden calories such as added fats/oils. Try planning your schedule. Pencil in 1-2 planning or shopping days per week. Skim and select some new recipe ideas that only need pantry staples and a few ingredients. Pursue a new cookbook geared toward affordable, nutritious meals for new ideas. Planning and having groceries supplied on a frequent basis will better ensure that balanced meals reach the table.



A registered dietitian assists with nutrition and health goals by offering sample meal plans, reviewing proper portions, educating on nutritious foods, and providing additional tips for preparing simple, healthier meals and snacks. Wishing you all a Happy National Nutrition Month®



The Department of Human Services offers nutrition counseling about healthy eating, wellness and healthy habits. You don't need to get meals to discuss with the dietitian. Any senior wishing information is encouraged to call and ask for me, Nicole Gehman, RD, at the main office, 518-719-3555.

I will continue to visit monthly for lunch presentations. All are welcome to attend. Typically, there is a brief education and food samples to follow. To request specific guidance or nutrition counseling, please contact the main office for an individual nutrition referral.

GREENE COUNTY SENIOR SERVICE CENTERS

Each site serves the noon-time menu item for the day, Monday - Friday, for a suggested contribution of \$4.00. All meals include: Meat/Alternative Entrée, Vegetables & Fruit, Bread, Milk & Dessert. If you have a food allergy, please notify us. Allergen information is available for prepared food items. Menu is subject to change based on product availability and circumstance. Centers are closed on legal holidays and inclement weather. If you reserve a meal and are unable to attend, please call us as soon as you can to cancel. This helps to reduce our food waste.



CONGREGATE DINING: If you wish to attend lunch at any of the nutrition sites, you must notify the appropriate center by noon, a day in advance. We cannot accommodate walk-ins.

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

Roxanne Slater
Senior Center Manager

Shane Dillon,
Central Kitchen Manager

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
Co-Meal Site Manager

Karen Taber
Co-Meal Site Manager



JEWETT

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




Gayle Ruvolo
Meal Site Manager

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 & OLDER ARE INVITED TO JOIN FOR LUNCH.

THE SUGGESTED DONATION IS \$4.00

SERVED DAILY: BREAD WITH PROMISE SPREAD - TARTAR SAUCE WITH FISH ENTRÉE - COFFEE, TEA
MENU IS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY AND CIRCUMSTANCES.
IF YOU HAVE A FOOD ALLERGY, PLEASE NOTIFY US.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 SEAFOOD SCAMPI SPINACH TOMATOES/ZUCCHINI LINGUINI FRESH FRUIT
4 CHICKEN DIVAN CARROTS BROWN RICE FRUIT COCKTAIL	5 STUFFED SHELLS MARINARA w/ MEATBALL WINTER BLEND VEGETABLE MEDLEY TROPICAL FRUIT	6 SHEPHERD'S PIE OLD FASHIONED VEGETABLES APPLE CRISP	7 HUNGARIAN GOULASH BRAISED RED CABBAGE EGG NOODLES FRESH FRUIT	8 FISH FLORENTINE TUSCAN MIXED VEGETABLES RICE PILAF PINEAPPLE DELIGHT
11 BEEF CHILI MIXED VEGETABLES BROWN RICE PEARS	12 TORTELLINI ALFREDO w/ CHICKEN SONOMA VEGETABLES LINGUINI PEACHES & CREAM	13 ROASTED CHICKEN LEGS w/ Gravy CORN & GREEN BEAN MIX MASHED POTATOES JELL-O	14 CORNED BEEF & CABBAGE CARROTS BOILED POTATOES CHOCOLATE CAKE w/ Andes Mints 	15 FISH & CHIPS CABBAGE SLAW BAKED POTATO FRESH FRUIT
18 SLOPPY JOES CAULIFLOWER/CARROT MIX WHITE RICE TROPICAL FRUIT	19 CHICKEN DIJON CALIFORNIA VEGETABLE MIX MASHED POTATOES PINEAPPLES/ MANDARIN ORANGES	20 PORK CHOP w/ Gravy APPLESAUCE SWEET POTATOES PEAS & CARROTS COOKIES	21 HOT TURKEY DINNER w/ Gravy CRANBERRY SAUCE GREEN BEANS MASHED POTATOES STUFFING PUMPKIN PIE	22 MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD FRESH FRUIT
25 CHICKEN & BISCUITS CALIFORNIA VEGETABLE MIX LEMON PUDDING	26 TURKEY BURGER w/Peppers & Onions CARROTS SCALLOPED POTATOES PRUNES	27 KIELBASA & SHRIMP JAMBALAYA BRUSSELS SPROUTS CORN/GREEN BEAN MIX WHITE RICE CARROT CAKE	28 CHICKEN PARMESAN TOSSED SALAD ITALIAN MIXED VEGETABLES ROTINI FRESH FRUIT	 29 SALMON with Dill Sauce SPINACH CAULIFLOWER RICE PILAF FRESH FRUIT



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 of contribution is \$5.00 per office visit.

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

LEGAL SERVICES: The suggested level of contribution is \$10.00 per consultation

NUTRITION:

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

The suggested level of contribution is \$4.00

- **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.

TRANSPORTATION:

- ♦ **Shopping Bus**

The suggested level of contribution is \$3.00 round trip

- ♦ **Senior Center Transportation**

The suggested contribution is \$1.00 for round trip

- ♦ **Medical (Homebound) Transportation**

All tolls are to be paid directly by the passenger. 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

THANK YOU FOR YOUR SUPPORT and GENEROSITY

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

NAME: _____

ADDRESS: _____

I designate a \$ _____ contribution in appreciation for services

OR In memory of _____ to the following:

☐ Consultation & Assistance ☐ In-home services ☐ Legal Services

_____ Nutrition Program (Meals, Counseling) _____ Senior Angels Program

_____ Transportation (Bus, Center, Homebound) _____ Where needed most

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



For your donations

Wayne Neiss

*In Memory of Clifford Gross
to our Nutrition Program*

Rebecca R. Main to Medical Transportation

Eugene Datri

Jean Dunn

Carolyn Yusko

Thank you to the Athens Volunteer Fire Department for distributing flyers on your pizza boxes and the West Athens-Lime Street Fire Company for posting table flyers at their monthly breakfast regarding the need for Department volunteers.

News From the Greene County Youth Bureau

SAFE PRACTICES IN USING TECHNOLOGY

By Dr. Sal Massa, Greene County Youth Bureau



In the February edition of the Round Table News, the topic of social media and online security was discussed and resources were provided for further exploring this topic with the goal of schools, families, and communities working together to help children learn to use technology safely and respectfully. Everyone has an essential role to play in keeping children safe and secure while online.

Granting children access to electronic devices such as cell phones, computers, iPods and iPads can come with risks if your child is not closely monitored. Depending on the age of your child as well as their level of responsibility, parents need to set limits and monitor their children's use of these devices. You need to know what application your child is using, why it is being used and for how long. Your child is at risk of not only accruing charges, but of finding inappropriate things and people if the Internet access is not monitored. Remember that critical thinking skills develop slowly with age and your child may not have an understanding of monetary values and the dangers of internet exposure. Taking proactive steps for your child's use of technology will serve to make their internet access safe and provide you with peace of mind.

While parents and educators understand the importance of parental controls on devices, keeping teens and children safe while using smartphones and tablets can be an enormous challenge. Fortunately, both Android and Apple devices have some very useful built-in control options that can be customized to meet your needs. These parental control tools can help to make sure that youngsters see only age-appropriate content so they can be kept safe in an online world. It is always appropriate to develop a Family Media Agreement and to discuss as a family the expectations and parental controls that will be set in order to help develop good online habits with both technology and social media.

A strong Family Media Agreement should include the parents insistence that while the child is living in their house, the parent have access to all of the passwords and administrative information being used. Parents should also let their children know that, if the child wants access to any social media account, that they accept their parents as part of the group so that activity can be monitored. Make sure your child knows the rules regarding family values regarding what is okay or not to post on those accounts. In this way, it is clear that the internet is not private, that other people can see what they are doing, and as long as they follow the rules, it can be used and enjoyed. If they chose to

ignore the rules, then their access to the account will be restricted. Children will at times react by saying “but my friends don't have to do this” which is a good motivator to talk with friend's parents and develop a community set of rules to keep kids safe.

Parents, guardians, caregivers, and teachers can take the following measures to help protect children from falling victim to online predators:

- ◆ Discuss internet safety and develop an online safety plan with your children before they engage in online activity. Establish clear guidelines, teach children to spot red flags, and encourage children to have open communication with you.
- ◆ Supervise young children's use of the internet, including periodically checking their profiles and posts. Keep electronic devices in open, common areas of the home and consider setting time limits for their use.
- ◆ Review games, apps, and social media sites before they are downloaded or used by children. Pay particular attention to apps and sites that feature direct messaging, video chats, file uploads, and user anonymity, which are frequently relied upon by online child predators.
- ◆ Adjust privacy settings and use parental controls for online games, apps, social media sites, and electronic devices.
- ◆ Tell children to avoid sharing personal information, photos, and videos online in public forums or with people they do not know in real life. Explain to your children that images posted online will be permanently on the internet.
- ◆ Teach children about body safety and boundaries, including the importance of saying ‘no’ to inappropriate requests both in the physical world and the virtual world.
- ◆ Be alert to potential signs of abuse, including changes in children's use of electronic devices, attempts to conceal online activity, withdrawn behavior, angry outbursts, anxiety, and depression.
- ◆ Encourage children to tell a parent, guardian, or other trusted adult if anyone asks them to engage in sexual activity or other inappropriate behavior.
- ◆ Immediately report suspected online enticement or sexual exploitation of a child by calling 911, contacting the FBI at tips.fbi.gov, or filing a report with the National Center for Missing & Exploited Children (NCMEC) at 1-800-843-5678 or report.cybertip.org.

A little bit of prevention and planning can make the use of technology a safe experience for your children.

NOMINATIONS SOUGHT for 2024 GREENE COUNTY YOUTH AWARDS

YOUTH RECOGNITION AWARDS

Once again, the annual Greene County Youth Awards (Youth of the Year, Chairman's Choice, and Director's Choice) will be awarded. The purpose of the awards is 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 contact the Greene County Department of Human Services at (518) 719-3555. From the nominations received, the youth will be evaluated by the Greene County Youth Advisory Board to determine this year's winners.

Any inquiries for further information may also be directed to the department.

Deadline for entries is March 31, 2024.

2023 Award winners with members of Greene County Youth Bureau



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

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

Van Heest Hall, Bethany Village

Contact: RoseAnn Beck 518-291-0693

SENIOR CITIZENS of COXSACKIE

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

Town of Coxsackie Senior Center

Contact: Pres. Dawn M. Smith, 518-857-4780

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, 1:30 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

2024 WAJPL TRIPS

April 9:
VILLA ROMA



Caesar's Extravaganza Luncheon
& Barry Manilow Tribute \$65

June 12:
MGM CASINO



and

SPRINGFIELD ARMORY
NATIONAL HISTORIC SITE
\$25



THE GRAND CANYON OF PENNSYLVANIA

Including
A TOUR OF MILLIONAIRES ROW

3 DAYS - 2 NIGHTS

MAY 20 - 22, 2024

\$539 per person double occupancy

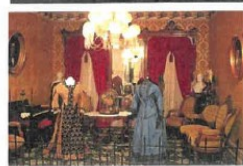
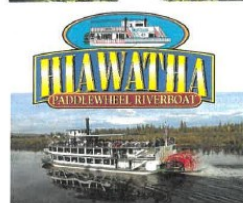
PACKAGE INCLUDES:

- * 2 Nights lodging
- * 2 Breakfasts
- * 2 Dinners including the historic Peter Herdic House & The Carriage House
- * Susquehanna River Cruise
- * Pennsylvania Grand Canyon Covered Wagon Tour
- * Grand Canyon Overlook
- * Millionaires Row Tour
- * Historic Rowley House
- * Thomas Taber Museum including the Shempp Model Train Exhibit
- * Souvenir gift
- * Luggage handling
- * Taxes and meal gratuities
- * Motorcoach transportation

Cancellation insurance available & highly recommended; see reverse side for details.

FOR INFORMATION AND RESERVATIONS CONTACT:

CATSKILL SILVER LININGS
Sheila Pedersen
81 Five Mile Woods Rd.
Catskill, NY 12414
(518) 719-5361



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

The WAJPL Golden Agers Club presents.....

4 Day Getaway - OGUNQUIT, MAINE

June 24-27, 2024



Journey to the Southern
Coast of MAINE



PACKAGE INCLUDES:

- Roundtrip Deluxe Motor Coach
- 3 Nights at the lovely Meadowmere Resort in Ogunquit, Maine
- * The Hotel is along the Marginal Way with a nice walkway from the Resort to Perkins Cove (Of course this is optional)
- 5 Meals - 3 Breakfast & 2 Dinners
- Dinner at Jonathan's Restaurant
- Lobster Clambake Dinner at Foster's
- Scenic Lobster Tour & Harbor Cruise
- Oceanfront time in Portland, ME
- Free time on Main St Ogunquit, ME
- Len Libby's Chocolate's
- Victorian Mansion admission
- LL BEAN in Hampton, NH
- Baggage Handling and All Tax
- Ogunquit Playhouse OPTIONAL
- TBA

\$739. Double Occupancy

Triple \$709 Single \$989.00

Deposit of \$75 pp at SIGN UP
Balance due: May 24, 2024

Cancellation Protection
is an option and available for:
\$59 Per Person (Form on Back)



Make Checks Payable to:
WAJPL Golden Age Club
Mail to:
WAJPL Golden Age
P.O. Box 96
Hennsville, NY 12439

For reservations contact:

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

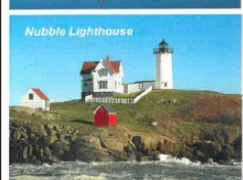
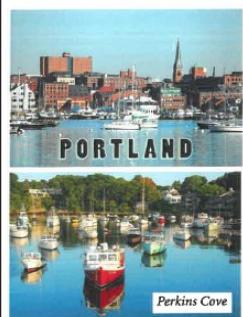


BUS DEPARTS:
7:00am Windham, NY
7:30am Catskills
Returns at Approx. 9pm

Complete Form and Mail with DEPOSIT to:

NAME: _____ Traveling With: _____ # in Party _____
Mailing Address: _____ City: _____ Zip: _____
Home Phone: _____ Cell Phone: _____
Email Address: _____ Insurance: Yes _____ NO _____

4 Day Ogunquit, Maine - June 24-27, 2024



MAINE

Featuring Tours of Portland & Kennebunkport

4 DAYS - 3 NIGHTS
SEPTEMBER 9 - 12, 2024

\$709 Per Person
Double Occupancy

\$948 Per Person
Single Occupancy

PACKAGE INCLUDES:

- * 3 Nights Lodging
- * 3 Breakfasts
- * 3 Full Course Dinners, including a "Downeast" Lobsterbake Dinner
- * Tour of Portland, including Portland Head Light
- * Perkins Cove
- * Narrated Harbor Cruise of Casco Bay
- * Boothbay Harbor Tour
- * Eartha - Revolving/Rotating Globe
- * Kennebunkport Tour
- * L. L. Bean & Dexter Factory Outlets
- * Nubble Lighthouse
- * Souvenir Gift
- * Luggage Handling
- * Taxes & Meal Gratuities
- * Motorcoach Transportation

Cancellation insurance is available & highly recommended; see reverse side for details.

Deposit of \$25 due by May 6, 2024

Balance of trip due by July 1, 2024

FOR INFORMATION AND RESERVATIONS CONTACT:

COXSACKIE SENIORS
Linda Wilkinson
80 Saco Mill Rd.
Coxsackie, NY 12051
(518) 731-8648
(518) 225-1611
or
Lorrie Dudley
(518) 424-8099

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



CASTLES OF NEW YORK

4 DAYS - 3 NIGHTS
SEPTEMBER 23 - 26, 2024

\$754 Per Person Double Occupancy
\$993 Per Person Single Occupancy

PACKAGE INCLUDES:

- 3 Nights Lodging, including 2 Nights at the Edgewood Resort on the St. Lawrence River
- 3 Breakfasts
- 1 Boxed Lunch
- 3 Dinners
- Boldt Castle
- Singer Castle
- St. Lawrence River Cruise
- Turning Stone Casino
- Wing's Castle
- Millbrook Vineyards and Winery Tour
- Souvenir Gift
- Baggage Handling
- Taxes & Standard Gratuities
- Motorcoach Transportation

\$200 deposit due by Tuesday, May 21, 2024
Balance due by Friday, July 19, 2024

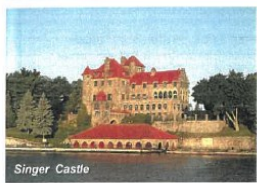
Cancellation insurance is available & highly recommended; see reverse side for details.

FOR INFORMATION AND RESERVATIONS CONTACT:

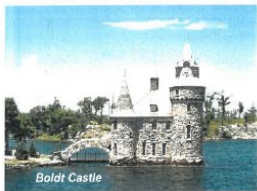
CAIRO GOLDEN AGERS

Pam O'Reilly Pat Asaro
11 Rolling Meadow Rd. (518) 821-6508
Cairo, NY 12413
(518) 821-8048

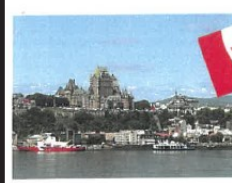
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610-775-5000 800-437-2323 www.whitestartours.com



Singer Castle



Boldt Castle



MONTREAL & QUEBEC CITY

CANADA

Featuring Montreal Casino & Montmorency Falls

5 DAYS - 4 NIGHTS
OCTOBER 7 - 11, 2024

\$849 per person
double occupancy

PACKAGE INCLUDES:

- 4 Nights lodging
- 4 Breakfasts
- 4 Dinners
- Guided tour of Montreal and Old Montreal
- Guided tour of Quebec City and Old Quebec
- Montreal Underground
- Notre Dame Basilica
- Visit to St. Joseph's Oratory/Shrine
- Visit to Ste. Anne de Beaupre Shrine
- Visit to Montreal Casino
- Albert Gilles Copper Art Museum
- Montmorency Falls
- Souvenir gift
- All taxes and meal gratuities
- Motorcoach transportation


Passport required

Cancellation insurance is available & highly recommended; see reverse side for details.

FOR INFORMATION AND RESERVATIONS CONTACT:

CATSKILL SILVER LININGS

Sheila Pedersen
81 Five Mile Woods Rd.
Catskill, NY 12414
(518) 719-5361

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



CHRISTMAS AT BILTMORE HOUSE

Featuring A Candlelight Christmas Tour

5 DAYS - 4 NIGHTS

DECEMBER 9 - 13, 2024

\$879 Per Person
Double Occupancy

1203 single

PACKAGE INCLUDES:

- Overnight Lodging To & From Asheville
- 2 Nights Lodging in Asheville
- 4 Breakfasts
- 2 Dinners, including the Stable Cafe on the Biltmore Estate
- Grove Arcade
- Candlelight Christmas Evening Audio Tour of Biltmore House
- Daytime visit to the Biltmore Grounds, incl. Antler Hill Village
- Biltmore Village
- Guided Tour of Asheville, including the Folk Art Center
- Evening of Entertainment
- Souvenir Gift
- Luggage Handling in Asheville
- Taxes & Meal Gratuities
- Motorcoach Transportation

Cancellation insurance available & highly recommended;
see reverse side for details.



FOR INFORMATION AND RESERVATIONS CONTACT:

CATSKILL SILVER LININGS

Sheila Pedersen
81 Five Mile Woods Rd.
Catskill, NY 12414
(518) 943-4253



ASHEVILLE, NC



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

ST. PATRICK'S DAY WORD SEARCH

S X N I Q R B N C L O G
I R H I Z L U C K E K X
N S B R Q F U Y E P B D
E M S I K Q Y C Z R J J
I I H S A N N R K E O I
D Z A H E A E K X C Y G
K T M E D V D A Y H Y H
X L R A O B B K D A W J
G G O L F R C D K U D X
C U C Y B U F M I N I S
N R K A L T Q E J S R S
A P Y N N Q R N W G T Q



thru Regional Food Bank of NENY

Non-perishable food donations,
essential personal care items,
and monetary donations
are always appreciated.

ATHENS

Community Food Pantry

518-567-5868

102 N. Washington St, Athens

Hours: Tues 2:00 pm -3:00 pm Wed 2:00 pm - 2:30 pm Thurs. 4:30 pm - 5:30 pm

High Hill Food Pantry

518-291-4789

1467 Schoharie Turnpike, Athens

Hours: Wed 3pm - 4:30pm and Fri 11 am - 12pm

CAIRO

Resurrection Lutheran Church

518-622-3286

Route 23B & 32, Cairo

Hours: Tues 5:30 pm - 6:30pm

CATSKILL

Catholic Charities

518-943-1462

66 William Street, Catskill

Hours: Tues 9:00 a.m. - 12:00 p.m.

Catskill Food Pantry

551-299-2456

50 William Street, Catskill

Hours: Friday 1:00 pm - 4:00 pm

Community Action of Greene County

518-943-9205

7856 Route 9W, Catskill

Hours: Mon, Thurs, Fri 1:30 pm - 3:30

God's Storehouse Food Pantry

518-925-8826

3 Bogardus Avenue, Catskill

Hours: Tues 3 pm - 6 pm

Matthew 25

518-943-5890

8 Union Street

Hours: Wed 6 pm - 8pm and Sun 1:00pm - 3:00 pm

COXSACKIE (TOWNS OF COXSACKIE/NEW BALTIMORE ONLY)

Bethel AME Church Food Pantry 845-750-5202
123 Mansion St
Hours: Thurs. and Thurs. 10:00 a.m. - 11:00 a.m.

Coxsackie Area Food Pantry 518-731-8603
117 Mansion Street, Coxsackie
Hours: Tues 1-2 pm Thurs 7-8 pm Sat 10 am - 11 am
Home Delivery available by calling 518-731-2718

GREENVILLE

25 Town Park Drive, Greenville 518-966-5640
Hours: Wed 9:30 am -12:00 pm

PRATTSVILLE

14464 Route 23, Prattsville 518-299-3321
Hours: Tuesday, 4:00 p.m. - 6:00 pm.

ROUND TOP

Prabhuji Mission Food Pantry 518-303-6390
332 Rte. 31
Hours: Fri 11:00 am - 12 pm

TANNERSVILLE *Operated by Kaaterskill and EJ UMC* 518-589-5787

1 Park Lane, Tannersville (parking in municipal lot)
Hours: 2nd and 4th Wednesday 1:00 pm - 3:00 pm
3rd Saturday: Deliveries for mountaintop residents without transportation

WINDHAM

Windham Community Food Pantry 518-734-3826
117 Route 296, Windham
Hours: 2nd & 3rd Saturday 9:00 am - 12:00 pm
Thursday in between Saturdays 5pm - 7pm



Apple®
iPhone
 Quick Reference Card

Your iPhone Hardware



Home Screen Apps

- Safari:** Browse pages on the internet. Use tabs to open multiple pages at a time.
- Photos:** View and manage your photo collection, and create slideshows.
- iMessage:** Send and receive messages from other phones and iOS devices.
- Contacts:** Manage your contacts and their contact information.
- Maps:** Find nearby locations and get directions.
- YouTube:** Browse, view, and rate YouTube videos.
- App Store:** Find, buy, and download new apps for your iPhone.
- Newsstand:** Collects magazine and newspaper apps into one place.
- Reminders:** Create a to-do list with notifications.
- Phone:** Place phone calls to others as well as access your voicemail.

- Mail:** Send, receive, and manage email from one or more of your email accounts.
- Music:** Play music on your iPhone and create playlists.
- Calendar:** Create events, manage your schedule, and set event reminders.
- Notes:** Take quick notes on your iPhone that can be synced to an email account.
- Videos:** Watch movies, TV shows, and video podcasts on your iPhone.
- iTunes Store:** Find, buy, and download new music and videos.
- Game Center:** Connect with other iOS device users for multiplayer gaming.
- Camera:** Take photos on your iPhone front and rear cameras.
- Settings:** Manage all the settings on your iPhone in one place.

Gestures

Tap: The most basic gesture, simply tap your finger on what you want to interact with.

- **Open an app:** Tap an app icon on the Home Screen.
- **Issue a command:** Tap a button.
- **Follow a hyperlink:** Tap a link in Safari.
- **Enter text:** Tap a text field to begin editing text, then tap the keys on the keyboard to type.

Drag: Place your finger on the iPhone's screen, then drag it across the screen.

- **Scroll:** Tap and drag to scroll up, down, left, or right wherever you can scroll.
- **Move Between Screens:** Tap and drag the Home Screen to move between Home Screens.
- **Use Sliders:** Tap and drag across the **Slide To Unlock** and **Slide To Power Off** sliders.

Flick: Place your finger on the iPhone's screen, then drag it across the screen quickly and release.

- **Scroll:** Flick your finger across the screen to scroll quickly. The scrolling motion retains momentum after your release your finger.

Pinch Zoom: Place two fingers on your iPhone's screen and pinch them *apart* to zoom in, and pinch them *together* to zoom out.

Buttons

Home Button

- **Return to the Home Screen:** From any app, press the **Home** button once to return to the Home Screen.
- **Open Search:** From the Home Screen, press the **Home** button to open the Search screen.
- **Multitask:** Press the **Home** button twice quickly to open the Multitask Bar.

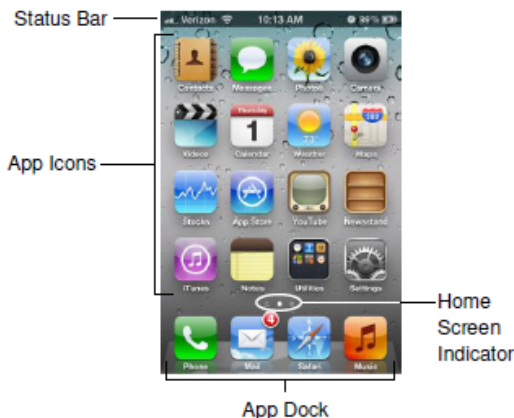
Sleep/Wake Button

- **Lock your iPhone:** Press the **Sleep/Wake** button once to lock your iPhone.
- **Unlock your iPhone:** Press the **Sleep/Wake** button (or the **Home** button). Slide your finger across the **Slide To Unlock** slider that appears.
- **Power Off your iPhone:** Press and hold the **Sleep/Wake** button until the **Slide To Power Off** slider appears, then slide your finger across the slider.
- **Power On your iPhone:** Press and hold the **Sleep/Wake** button until the Apple logo appears.
- **Force Restart your iPhone:** Press and hold both the **Sleep/Wake** button and the **Home** button until the screen turns black and the Apple logo appears.
- **Screen Capture:** Press and hold the **Sleep/Wake** button then press the **Home** button once to save a screenshot to the Camera Roll.

Volume Button

- **Adjust Volume:** Press the **Volume Up** button to increase volume, and press the **Volume Down** button to decrease volume.
- **Mute Volume:** Press and hold the **Volume Down** button.
- **Snap a Photo:** Press the **Volume Up** button to snap a photo when using the camera in either portrait or landscape position.

The Home Screen



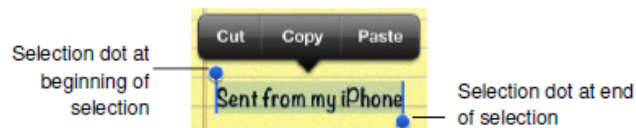
- **View Status Information:** The Status Bar displays status information for your iPhone, visible in all apps and on the Home Screen.
 - : The iPhone is currently connected to a Wi-Fi network.
 - : Displays the iPhone's battery status, accompanied by the percentage of battery charge remaining.
 - : The iPhone is currently locked.
 - : The iPhone is using location services to determine your location.
 - : The iPhone is currently playing audio.
 - : The iPhone is connected to a bluetooth device.
 - : The iPhone is in Airplane Mode, disabling all of the wireless radios.
- **Open an App:** Each app is represented by its icon. Simply tap an app icon with your finger to open the app.
- **Navigate Between Home Screens:** Each Home Screen is represented as a dot, with the active Home Screen represented as the brightest dot. Tap and drag anywhere on the Home Screen to move left and right between Home Screens.
- **Rearrange the Home Screen:** Tap and hold your finger on an app icon until the icons begin to wiggle. Drag the app icon to a new location on the Home Screen, or to the side of the Home Screen to move it to another Home Screen, then release it. Press the **Home** button when you're finished moving app icons around.
- **Add an App to the App Dock:** App icons and folders in the dock at the bottom of the Home Screen will be available across all of your Home Screens. The dock can hold up to four apps and/or folders. Drag an app or folder icon onto the dock while rearranging to add it to the dock.
- **Create an App Folder:** Folders can hold up to 12 apps each. To create a folder, drag one app icon onto another and hold until a folder is created. Then, drag the app icon into the folder and release.
- **Delete Apps:** Tap and hold your finger on an app until the icons begin to wiggle. Tap the **Delete** button (✖) that appears in the upper-left corner of the icon to delete an app from your iPhone. Apps which are included as part of iOS cannot be deleted.
- **Switch Between Apps Quickly:** Press the **Home** button twice quickly to reveal the Multitask Bar. Recently-used apps will be displayed here. Tap an app icon in the Multitask Bar to go back to that app.
- **Close Apps:** Returning to the Home Screen from an app doesn't close the app, just suspended in memory. To completely close an app, bring up the Multitask Bar, tap and hold an app icon until the icons begin to wiggle, then tap the **Quit** button (⌫) that appears in the upper-left corner of the icon.

The On-Screen Keyboard



- **Insert Numbers & Punctuation:** Tap the **Numbers & Punctuation** key (123) to change the on-screen keyboard to the Numbers & Punctuation keyboard, which displays numbers as well as commonly-used punctuation such as : ; () . Tap the **Symbols** key (#+=) to change the keyboard to the Symbols keyboard, with more options such as # % < > .
- **Insert Accented Characters:** Tap and hold a letter to display a popup of accented or alternate versions of that character.
- **Enable International Keyboards:** Tap the Settings app icon, then tap the **General** button to open the General settings pane, then tap the **International** button in the General settings pane. Tap the **Keyboards** button, then tap the **Add New Keyboard** button. Select a language from the list to add that keyboard.
- **View International Keyboards:** Tap the **International** key (globe icon) to switch between any international keyboards you have set up. Tap and hold the **International** key (globe icon) to display a popup menu so that you can switch directly to your desired international keyboard.

Copy and Paste



- **Select Text:** Tap and hold your finger over a word until a magnifier appears, then tap the **Select** or **Select All** button in the popup that appears. If you want to select multiple words, drag the blue selection dots (●) to the beginning and end of the text you want to select.
- **Copy Text:** Select the text you want to copy, then tap the **Copy** button in the popup that appears.
- **Paste Text:** Tap and hold where you want to paste text, then release after a second and tap the **Paste** button.

Networking your iPhone

- **Join a Wi-Fi Network:** Tap the Settings app icon, then tap the **Wi-Fi** button in the left pane. Make sure that the **Wi-Fi** switch is set to On, then tap the name of the **Wi-Fi network** you want to join. If the network is secure, enter the security key or password, then tap the **Join** key.
- **Enable Airplane Mode:** Tap the Settings app icon, then tap the **Airplane Mode** switch to On. While Airplane Mode is enabled, wireless radios (Wi-Fi and Bluetooth) are disabled. Tap the **Airplane Mode** switch again to Off to turn the wireless radios back on.

ELDER FRAUD

The Elder Abuse Prevention and Prosecution Act

This act was signed into law in October 2017 to prevent elder abuse and exploitation, and improve the justice system's response to victims in elder abuse and exploitation cases. As a response to the increasing prevalence of crimes against the elderly, the U.S. Department of Justice (DOJ), along with other federal, state, local, and tribal partners, created the Elder Justice Initiative.

What is Elder Fraud?

The U.S. DOJ describes elder abuse as an intentional or negligent act by any person that causes harm or a serious risk of harm to an older adult, including financial exploitation and fraud.

The IC3 is the FBI office responsible for receiving Elder Fraud complaints.

IC3 Elder Fraud in 2021*

The IC3 received 92,371 complaints from victims over the age of 60 with adjusted losses in excess of \$1.7 billion. This was a 74% increase in losses from the previous year. The average loss for over 60 victims exceeded \$18,000. More than 3,100 elderly victims lost over \$100,000.

*Age is not a required reporting field. These statistics reflect only those complaints in which the victim voluntarily provided their age range as "OVER 60."

Common Elder Fraud Schemes

Romance scam: Criminals pose as interested romantic partners on social media or dating websites.

Tech support scam: Criminals pose as technology/customer support offering to help with non-existent issues, such as computer viruses or hacked accounts.

Grandparent scam: Criminals pose as a relative, usually a child or grandchild, claiming to be in immediate financial need.

Government impersonation scam:

Criminals pose as government employees and threaten to arrest or prosecute victims unless they agree to pay.

Sweepstakes/lottery/inheritance scam:

Criminals state the victim has won a lottery/sweepstakes, or is receiving an inheritance from a distant or unknown relative, but must pay fees and taxes to claim the money.

Investment scam: Criminals offer unsuitable investments, fraudulent offerings, and unrecognized products which can result in the theft or misappropriation of funds.

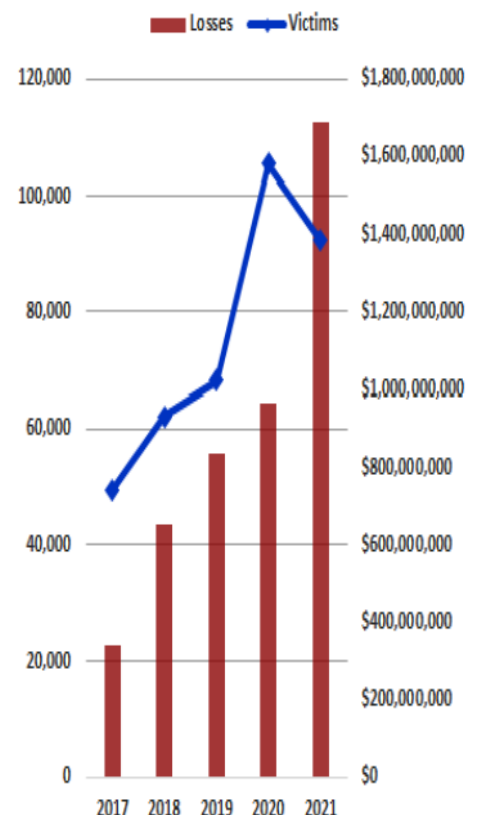
Charity scam: Criminals claim to work for a charitable organization to gain a victim's trust and obtain donations.

TV/radio scam: Criminals target potential victims using advertisements about services, such as reverse mortgages or credit repair.

Family/caregiver scam: Perpetrators are relatives or acquaintances of the elderly victims and take advantage of them or otherwise get their money.

Non-Delivery of Product: Victim does not receive an item purchased online, or the item is not as described. These items are often advertised on social media.

Over 60 Victims Reporting to IC3 for Past Five Years



Protect Yourself

Resist the pressure to act quickly. Criminals create a sense of urgency to instill fear and the need for immediate action.

Be cautious of unsolicited phone calls, mailings, and door-to-door service offers.

Never provide any personally identifiable information.

Never wire money to persons or businesses you have solely met online. Verify any email requests for money.

Ensure all computer anti-virus and security software are up to date. If you receive a suspicious pop-up or locked screen on your device, immediately disconnect from the internet and turn off the device.

Do not open any emails or click on attachments or links you do not recognize or were not expecting.

Research online and social media advertisements before purchase to determine if a product or company is legitimate.

Stop communication with the perpetrator, but expect the criminal will continue to attempt contact.

REPORT IT!

If you, or someone you know, may be a potential victim of elder fraud, file a complaint with the IC3.

www.ic3.gov

If available, please provide:

- Financial transaction information.
- Information used by the criminals such as bank accounts, addresses, e-mails, websites, and phone numbers.

Retain original records for law enforcement. Contact financial institutions to safeguard accounts, and credit bureaus to monitor your identity for suspicious activity.

Visit the FBI Elder Fraud website for more resources.

fbi.gov/elderfraud



The U.S. DOJ, Office for Victims of Crime also offers the
National Elder Fraud Hotline
as a resource to assist with reporting.

(833) FRAUD-11
(833) 372-8311



GREENE COUNTY DEPARTMENT of HUMAN SERVICES

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

EXECUTIVE DIRECTOR STEPHANIE SCHLEUDERER

DEPUTY DIRECTOR: Tami Bone

SENIOR CASE MANAGER: Danielle Kane

NUTRITION COORDINATOR: Tezera Pulice

CASE MANAGERS/WORKERS: **AGING:** Brooke Bergeron Christine Jackson
 Christopher Lewoc

YOUTH: Carrie Wallace Laura Anderson

OFFICE MANAGER Maureen Murphy

JUNIOR ACCOUNTANT James Murphy

AMERICORPS SENIORS VOLUNTEER COORDINATOR: Ruth Pforte

AGING SERVICES AIDE: Rose Bundy

RECEPTIONIST: Racine Wallace

SHOPPING BUS DRIVER: Robert Laird

NUTRITION VAN 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. Our knowledgeable and capable staff can assist you or the person you are caring for in accessing a wide variety of human service resources available in Greene County. It is recommended that you call the main office to schedule an appointment to discuss services available. Walk-ins are always welcome but will be seen only if we are able to accommodate at the time.

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.