



WELCOME STEPHANIE SCHLEUDERER EXECUTIVE DIRECTOR

Greene County is pleased to announce the hiring of Stephanie Schleuderer as the new Executive Director of the Greene County Department of Human Services.

Stephanie Schleuderer was born and raised in Ulster County, and has two children, Giuliana Rose and Jaidyn Charles.

She received her Masters Degree in Public Administration from Marist College in 2010.

Previously she held the position of Associate Director of Operations for Mercy College, working closely with students from lower socioeconomic backgrounds, leading many students to be the first in their family to receive a college degree.

Stephanie states “I look forward to working with the Greene County aging community to continue providing the network of supportive services necessary to maintain your dignity and independence, as well as the children and young people of Greene County providing the programs and support necessary to develop accountability, and making a positive contribution to the community.”



MEDICARE OPEN ENROLLMENT 2023



Medicare is a very important healthcare asset for many seniors and others requiring assistance with health insurance in the United States. Those who are eligible for Medicare can receive assistance and affordable healthcare to deal with the variety of health issues that can crop up as we age. Enrolling in Medicare can give you peace of mind for yourself or other aging family members for whom you may be caring.

Medicare Enrollment 2023, also known as the **Medicare OEP 2023**, runs between **October 15 and December 7, 2022**. During this annual enrollment period, individuals who qualify for Medicare can renew or change their Medicare policies.

If you miss your initial enrollment period and the annual open enrollment period for Medicare, you might have to pay more to obtain Medicare coverage. Additionally, you might spend more because of pre-existing conditions that you have. If you enroll during your initial enrollment period or during an annual open enrollment period, you won't have to worry about your insurance rates increasing because of pre-existing conditions.

DO YOU HAVE MEDICARE?

IF YES, THE TIME TO MAKE A CHANGE IS APPROACHING

There are many important choices to make about your Medicare health care coverage. **Greene County Department of Human Services' counselors are available to assist you through the process of enrolling for the first time or in changing your existing plan.** We can review options with you so that you can make an informed decision and choose a plan that best meets your current needs. **We will have the new rates and updates for the plans in our area.**

Call the Department of Human Services at 518-719-3555 for further information and/or to schedule an appointment with a HIICAP (Health Insurance Information and Assistance) counselor.

New York State does not endorse nor recommend any specific insurance product or insurer; this program is solely intended to educate consumers about their choices.



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 continues to be a heck of a year. COVID-19 has caused us to see so many changes. We are gradually getting back to some kind of “normal”.

This 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 and 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.

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*

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

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



Open to all seniors age 60 and older
Seating limited

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

Rivertown Senior Center
39 Second Street, Athens

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

Want to volunteer to help? Call to speak to Ken

* Funded in part by Athens Community Foundation

**2022 SENIOR ANGEL ORNAMENT
\$5.00 EACH**



If you would like a 2022 Senior Angel 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 ornament to you.

If you would like us to mail one 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.

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 on an attached sheet of paper.

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

All sale proceeds benefit
Greene County Senior Angels Fund.



URGENT HELP NEEDED

Looking for full-time employment with benefits?
Looking for part-time work
or just some extra pocket money?

Maybe you want to volunteer to help others in your community
while still having time for yourself?

Maybe you know someone who answers yes
to the above questions.

**Greene County has an urgent need for help
at our Senior Nutrition Sites,
Acra, Athens, Jewett (cooking sites)
Catskill & Coxsackie (meal sites)**

We need staff/volunteers to help prepare meals,
pack them for Home Delivery and deliver directly to clients.

Hours needed: Monday - Friday, 8:30 a.m. - 1:00 p.m.

For further information,
call Greene County Department of Human Services, 518-719-3555
and ask for the Nutrition Coordinator.

If seeking as a paid job,
call Greene County Department of Human Resources, 518-719-3775

If interested in volunteering, even one day a week,
please contact Ruth Pforte at 518-719-3555.

All Volunteers must register and agree to a background check.



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 FOR LITTLE ONES TO SENIORS!**

MANY FALL & WINTER ITEMS!

ACCESSORIES: JEWELRY, PURSES, BELTS, SHOES

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

THANK YOU JACK

Longtime RSVP volunteer, Jack VerPlanck, was recently honored at a small luncheon hosted by his fellow area HDM volunteers. Jack has served for 20 years the Greenville community delivering Home Delivered Meals and serving as the area volunteer coordinator. He recently decided to step down. Nancy Tumey will be stepping in to fill his shoes.



The Department of Human Services thanks Jack for his many years of unselfish service to the Greenville community. Enjoy your retirement.



October Nutrition Notes

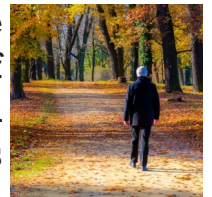
Fall into Healthier Habits

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



Fill up on Fresh, Fall Produce. All our favorites are here! Make half your plate vegetables and fruit at meals. Apples are being harvested and make delicious snacks, additions to salads, and fruit platters. Roast beets, brussels sprouts, and butternut squash are the perfect sides. Try mashed sweet potatoes, a sweet potato breakfast hash, or using them in your favorite casserole. Add cut up cauliflower to your favorite vegetable platter. Take trips to your local farm stands and/or farmers' market for best in season fruits and vegetables.

Stay Physically Active. Take walks and enjoy the crisp, fall air. Work in the garden or rake a few leaf piles. Explore a new trail or a park with a friend. If the weather is poor, do a household project or an activity inside. You can also walk indoors at malls or try a walking video inside. Note: Always consult your physician before starting any new exercise routine.



Make Homemade Soups. It is natural for our bodies to crave hot soups and stews with cooler weather. Canned soups and soups from restaurants can be very high in sodium. Try making your own soup with low sodium broth, and control the amount of salt you add to the recipe. Kale is in season and is full of antioxidants, fiber, and vitamin C. Add it to your favorite chicken soup or vegetable stew. It is a great new way to try it.

Hydrate! Once the weather is colder, we sweat less and feel less thirsty. It is still very important to reach at least 64 ounces of decaffeinated, low or no calorie fluids daily. Stay hydrated for our body's processes and to benefit metabolism. It also helps to prevent chapped lips and dry skin, which is a big struggle for some during colder weather. Enjoy warm beverages such as a hot, herbal tea. I recently bought pumpkin, cinnamon Rooibos Tea.



Choose Whole Grains. To try something new, swap quinoa for your morning oatmeal or mix it into salads. Add barely to soups in place of refined, white noodles. Have whole grain bread with nut or seed butters. Stuff a squash with brown rice and mushrooms. Adding more whole grains to your diet will raise the fiber content, to keep you more satisfied and help with digestion. They are a complex source of energy, higher in protein and B vitamins.

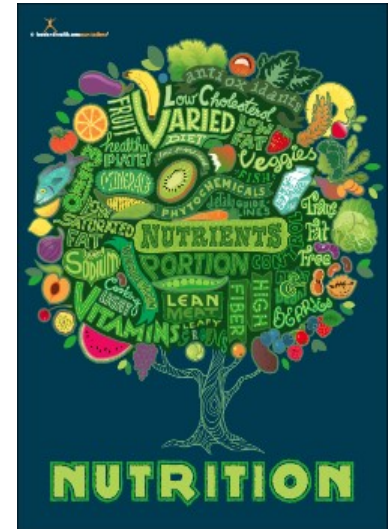
NUTRITION EDUCATION with Nicole Gehman, MS, RD, CD-N

Sponsored by Greene County Department of Human Services

WEDNESDAY, OCTOBER 12, 2022 12:00 P.M.
ACRA SENIOR NUTRITION SITE
OLD ROUTE 23, CAIRO 622-9898

WEDNESDAY, OCTOBER 19, 2022 11:45 A.M.
RIVERTOWN SENIOR CENTER
39 SECOND STREET, ATHENS 945-2700

WEDNESDAY, OCTOBER 26, 2022 12:00 P.M.
SPECIAL TOPIC: DIABETES
ROBERT ANTONELLI SENIOR CENTER
ACADEMY STREET, CATSKILL 943-1343



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.***

DID YOU KNOW . . .

The Greene County Department of Human Services' Registered Dietitian offers nutrition counseling about healthy eating, wellness and habits to those with questions about nutrition. This includes information on special diets, such as for Diabetics; Low Sodium, and Weight Control. You don't need to receive meals or attend a Nutrition site to receive individual counseling or information from the dietitian.

If you need nutrition information or counseling, please contact the main office at (518) 719-3555 for an individual nutrition referral. Our Registered Dietitian, Nicole Gehman, MS, RD, CD-N is available to help.



GREENE COUNTY SENIOR SERVICE CENTERS

Each site serves the noon-time menu item for the day, Monday - Friday, for a suggested contribution of \$4.00. All meals include: Meat/Alternative Entrée, Vegetables & Fruit, Bread, Milk & Dessert. Menu is subject to change based on product availability and circumstance. Centers are closed on legal holidays and inclement weather.

If you wish lunch from any of the nutrition sites, you must notify the appropriate center by noon, a day in advance. We also ask if you have signed up and become unable to show, please call us as soon as you can to cancel. This helps to reduce our food waste.

If you would like lunch at either Athens or Catskill & need transportation, please call Rose at the main office to schedule.

ACRA

Acra Community Center,
Old Rte. 23, Acra
(518) 622-9898

Ashley Reynolds
Meal Site Manager

Elaine Cherrington
Cook

ATHENS

Rivertown Senior Center
39 Second Street, Athens
(518) 945-2700

Shane Dillon,
Senior Center Manager



JEWETT

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

Gayle Ruvolo
Meal Site Manager



CATSKILL

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

Penny Konstalid
Meal Site Manager

How would you like to join our team?

We are currently looking to hire a Full-time Cook, Full-time, Part-time or Per Diem Food Service Helpers/Drivers.

Contact Greene County Human Resources at 518-719-3775 for further information.





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 ATTEND - SUGGESTED DONATION IS \$4.00
SERVED DAILY: BREAD WITH PROMISE SPREAD - TARTAR SAUCE SERVED WITH FISH
 LUNCH RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE BY CALLING THE APPROPRIATE CENTER
 MENU IS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY AND CIRCUMSTANCE.

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">3</p> <p align="center">CHICKEN & BISCUITS MIXED VEGETABLES MASHED POTATOES PEACHES</p> <p align="center">FLU CLINIC 9:30 - 11 ACRA</p>	<p align="center">4</p> <p align="center">SALMON w/ Dill Sauce MASHED POTATOES CARROTS PINEAPPLE BROWNIE</p> <p align="center">FLU CLINIC 9:30 - 11 COXSACKIE</p>	<p align="center">5</p> <p align="center">CHICKEN PARMESAN WHOLE WHEAT SPAGHETTI SPINACH GREEN BEANS CHOCOLATE MOUSSE</p> <p align="center">FLU CLINIC 9:30 - 11 RIVERTOWN</p>	<p align="center">6</p> <p align="center">PORK CHOP w/ Gravy BAKED POTATO w/ Sour Cream APPLESAUCE BUTTERNUT SQUASH FRESH FRUIT</p>	<p align="center">7</p> <p align="center">VEGETABLE LASAGNA w/ White Sauce ITALIAN MIXED VEGETABLES FRESH APPLE</p>
<p align="center">10</p> <p align="center">COLUMBUS DAY DEPARTMENT & ALL NUTRITION SITES CLOSED</p> 	<p align="center">11</p> <p align="center">STUFFED SHELLS MARINARA SAUSAGE PEAR CUP MIXED VEGETABLES TROPICAL FRUIT</p>	<p align="center">12</p> <p align="center">KIELBASA* SAUERKRAUT CORN BAKED BEANS APPLE CRISP w/ Whipped Topping *Low Sodium Subst: Grilled Chicken Cutlet</p> <p align="center">Nutrition Education, Acra, 12 Noon</p>	<p align="center">13</p> <p align="center">SHRIMP PRIMAVERA PENNE LOW SODIUM V8 SPINACH PUMPKIN PUDDING</p>	<p align="center">14</p> <p align="center">CHICKEN QUARTERS w/ Gravy MASHED POTATOES GREEN BEANS FRESH FRUIT</p>
<p align="center">17</p> <p align="center">SLOPPY JOES CAULIFLOWER CORN TROPICAL FRUIT</p>	<p align="center">18</p> <p align="center">CHICKEN DIJON MASHED POTATOES MONACO VEGETABLE MIX CHOCOLATE BIRTHDAY CAKE</p> 	<p align="center">19</p> <p align="center">HOT TURKEY DINNER w/ Gravy & Cranberry Sauce GREEN BEAN CASSEROLE SWEET POTATO STUFFING MANDARIN ORANGES</p> <p align="center">Nutrition Education, Athens 11:45 a.m.</p>	<p align="center">20</p> <p align="center">MEATLOAF w/ Gravy SCALLOPED POTATOES SONOMA VEGETABLES FRESH FRUIT</p>	<p align="center">21</p> <p align="center">RAVIOLI w/ SAUSAGE ITALIAN VEGETABLES LIMA BEANS FRESH FRUIT</p>
<p align="center">24</p> <p align="center">BEER BATTERED FISH SPINACH MASHED POTATOES LEMON PUDDING w/ Graham Cracker Crumbs</p>	<p align="center">25</p> <p align="center">CHICKEN FLORENTINE ITALIAN MIXED VEGETABLES LINGUINI CHOCOLATE CHIP COOKIE</p>	<p align="center">26</p> <p align="center">BEEF BARLEY STEW BROCCOLI FRUITED JELL-O w/ Whipped Topping</p> <p align="center">Diabetes Education, Catskill, 12 Noon</p>	<p align="center">27</p> <p align="center">CHICKEN DIVAN CALIFORNIA MIXED VEGETABLES ZUCCHINI & DICED TOMATOES FRESH FRUIT</p>	<p align="center">28</p> <p align="center">ROAST PORK w/ Gravy & Applesauce MASHED POTATOES PEAS & CARROTS FRESH FRUIT</p>
<p align="center">31</p> <p align="center">MACARONI & CHEESE BEAN SALAD STEWED TOMATOES HALLOWEEN CUPCAKE</p> 				

GREENE COUNTY SENIOR NUTRITION PROGRAM

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

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

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>BAKED SALMON w/ Dill Sauce CALIFORNIA VEGETABLE MEDLEY FRUIT COCKTAIL BROWN RICE PILAF BANANA PUDDING</p>	<p>2</p> <p>CHICKEN PARMESAN WHOLE WHEAT PENNE SPINACH CHOCOLATE CAKE</p>	<p>3</p> <p>PORK CHOP w/ Gravy APPLESAUCE SWEET POTATOES GREEN BEANS FRESH FRUIT</p>	<p>4</p> <p>SWISS CHEESEBURGER w/ Mushroom & Onion POTATO SALAD CARROTS FRESH FRUIT</p>
<p>7</p> <p>CHICKEN DIVAN BROCCOLI CARROTS BROWN RICE PEACHES</p>	<p>8</p>  <p>DEPARTMENT & ALL MEAL SITES CLOSED NO MEALS</p>	<p>9</p> <p>AMERICAN GOULASH CORN GREEN BEANS COOKIES</p>	<p>10</p> <p>LEMON PEPPER FISH MASHED POTATOES PEAS & CARROTS FRESH FRUIT</p>	<p>11</p> <p>DEPARTMENT & ALL MEAL SITES CLOSED</p>  <p>NO MEALS</p>
<p>14</p> <p>BEEF CHILI WHITE RICE MIXED VEGETABLES CORN BREAD FRUIT COCKTAIL</p>	<p>15</p> <p>CHICKEN DIJON MASHED POTATOES WINTER MIXED VEGETABLES PINEAPPLE/ MANDARIN ORANGES</p>	<p>16</p> <p>SEAFOOD SCAMPI LINGUINI SPINACH WAX BEANS PEANUT BUTTER SWIRL BROWNIE</p>	<p>17</p>  <p>ROAST TURKEY w/ Gravy CRANBERRY SAUCE MASHED POTATOES BUTTERNUT SQUASH STUFFING PUMPKIN PIE w/ Whipped Topping</p>	<p>18</p> <p>SWEET & SOUR CHICKEN ORIENTAL MIXED VEGETABLES WHITE RICE FRESH APPLE</p>
<p>21</p> <p>MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES TROPICAL FRUIT</p>	<p>22</p> <p>BAKED ZITI w/ Meat Sauce ITALIAN MIXED VEGETABLES SPINACH PLUMS</p>	<p>23</p> <p>CHICKEN & BISCUITS BROCCOLI MASHED POTATOES MANDARIN ORANGES</p>	<p>24</p>  <p>DEPARTMENT & ALL MEAL SITES CLOSED NO MEALS</p>	<p>25</p> <p>FISH FLORENTINE SAUTÉED MIXED VEGETABLES ROASTED POTATOES FRESH FRUIT</p>
<p>28</p> <p>SLOPPY JOES WHITE RICE MONACO VEGETABLE MIX TROPICAL FRUIT</p>	<p>29</p> <p>STUFFED SHELLS w/ Meatball BRUSSELS SPROUTS RICE PUDDING w/ Raisins</p>	<p>30</p> <p>MEATLOAF w/Gravy MASHED POTATOES SONOMA VEGETABLES PEACHES</p>		



Greene County Department of Human Services is very excited to announce the return of their shopping bus. **Service will begin as of Monday October 18.** We welcome our new driver, Robert Laird.

The Department offers the bus to Greene County residents age 60 or older. This is strictly for shopping; no special trips as in past. Our friendly driver will **pick up seniors at their door**, bring them to Catskill or their area store for shopping, and take them to the local Senior Service Center for lunch before returning home. Wheelchair accessible. Please note there is a two shopping bags per person limit.

As trips are limited to 16 passengers on a first call, first served basis, we ask that you schedule at least one (1) business day in advance to reserve a seat. To make arrangements, please call 518-719-3555. As past routes are being re-evaluated, please be sure to call & verify days/service areas.

As we say hello to a new employee, so too we say farewell to a long-time employee. Joanann Rouse, AKA “JoJo” has been with the Department for the past 10 years working in our Rivertown Senior Center. Last fall, she was promoted to the position of Central Kitchen Manager. The good news for Greene County is that she will remain as a county employee as she is transferring to another Department. We wish her much happiness in her new position.





GREENE COUNTY PUBLIC HEALTH 2022 FLU CLINICS

All clinics will take place from 9:30 a.m. to 11:00 a.m.

Mon. Oct. 3

**Acra Community Center (*Acra Senior Nutrition site*),
Old Route 23B, Acra**

Tues. Oct. 4

Coxsackie Senior Center, 127 Mansion Street, Coxsackie

Wed. Oct. 5

Rivertown Senior Center, 39 Second St, Athens

Thurs. Oct. 6

**Jewett Municipal Building (*Jewett Senior Nutrition site*),
Beaches Corners, Jewett**

FluAd (65 and older) - \$90

Flucelvax (64 and under) - \$59

Participate in most insurances: Medicare, Medicaid, Senior Blue,
United Health Care, NYS Empire Plan, BSNENY, Empire BC/BS,
Fidelis and CDPHP

For further information, please call 518-719-3600.



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

HELPING HANDS PROGRAM

Greene County Department of Human Services'
Senior Angels Program

has teamed up with local Rotary Clubs on the **"HELPING HANDS"** program.

If you need assistance with getting groceries
or some minor repairs done around the home
(i.e.: changing light bulbs,
changing out screens to storm windows,
and any minor repairs)
please let the Greene County Senior Angels know.

Please call: 518-719-3555
and ask for the Helping Hands Coordinator.

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



ATTENTION U. S. VETERANS AND CURRENT MILITARY PERSONNEL

October Upcoming Events of Interest in Greene County



Thur. Oct. 6	7:00 p.m.	Catskill American Legion meeting, Catskill Elks Lodge
	7:00 p.m.	Greenville American Legion meeting 291 Maple Avenue, Greenville
Fri. Oct. 7	7:00 p.m.	Irish Music Jam Session*
Sat. Oct. 8	12:00 p.m.	Ceremony for Disposal of Unserviceable Flags*
*Hosted by Athens American Legion, 92 2 nd St. - PUBLIC INVITED TO ATTEND Anyone having a flag to be disposed may drop it off in the box in front of the Legion prior to that day		
Tues. Oct 11	7:00 p.m.	Cairo American Legion meeting
Wed. Oct. 12	7:00 p.m.	Athens American Legion meeting
Thurs. Oct. 13	7:00 p.m.	Prattsville American Legion meeting
Sat. Oct. 15	11:00 a.m.	Catskill VFW meeting, VFW Hall, Main Street, Catskill
Tues. Oct. 18	7:00 p.m.	New Baltimore American Legion meeting
Fri. Oct. 21	7:00 p.m.	Greene County American Legion meeting Hosted by Tannersville American Legion

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, Health Insurance Information Counseling Assistance Program (HIICAP), help with public benefit applications, etc. The suggested contribution 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 contribution is \$3.00 per hour (*actual cost \$21.56 per hour*).

LEGAL SERVICES: The suggested contribution is \$10.00 per attorney consultation (*actual cost \$149.00/hour*).

NUTRITION:

- **Senior Congregate Meal or Home Delivered Meals:** The suggested contribution is \$4.00
- **Nutrition Counseling** - Clients requesting diet counseling from the Registered Dietitian are provided with an opportunity to contribute. The suggested 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 contribution is \$3.00 per round trip (*actual cost \$15.08/one way*).
- **Senior Center Transportation:** The suggested contribution is \$1.00 per 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

3/2020



For your generous donations to our Department

*In Memory of Florence Roeben
from Joe Roeben and MaryJane Zanchelli*

*Delores Mazzola
to the Round Table News*

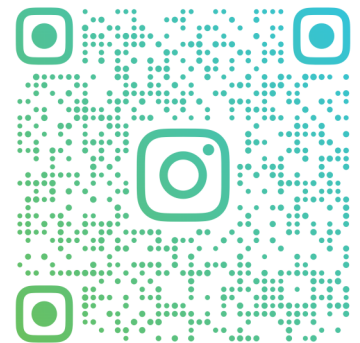
*Geraldine Hylan
In Memory of
Pat Steinhauer and Father Pat O'Reilly
for Homebound Transportation and the Nutrition Program*

*To our Senior Angels Program
Debbi Traficanti*

Make sure to check out our social medias for updates and news!

www.facebook.com/GCNYHumanServices/

www.instagram.com/greencountyhumanservices



GREENCOUNTYHUMANSERVICES

GREENE COUNTY SENIOR CITIZENS CLUBS



ATTENTION ALL CLUBS:

Do you have anything to announce about your club?

Put it in print in the Round Table News!

Contact Maureen at the Department of Human Services

ATHENS:

ATHENS SENIOR CITIZENS

2nd & 4th monthly Monday

1:15 p.m.

Rivertown Senior Center

CAIRO:

CAIRO GOLDEN AGERS

2nd & 4th monthly Wednesday

1:30 p.m.

Acra Community Center

CATSKILL

CATSKILL SILVER LININGS

2nd monthly Thursday

1:00 p.m.

Robert C. Antonelli Senior Center

COXSACKIE:

COXSACKIE AREA SENIORS

2nd & 4th monthly Wednesday

1:00 p.m.

Van Heest Hall, Bethany

SENIOR CITIZENS of COXSACKIE

1st & 3rd monthly Monday

2:00 p.m.

Town of Coxsackie Senior Center

GREENVILLE:

GREENVILLE GOLDEN YEARS

1st monthly Wednesday

1:30 p.m.

American Legion Hall

MOUNTAIN-TOP:

MOUNTAIN TOP GOLDEN AGERS

4th monthly Thursday

1:30 p.m.

Tannersville Fire Hall

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

1st & 3rd Monday

1:00 p.m.

Windham Town Building

ACE IN THE HOLE'S ELECTRIFYING 2022 SEASON

TRIBUTE TO DIONNE WARWICK & WHITNEY

WISHIN' AND HOPIN'



Marie Dionne Warwick is an American singer, actress, and television show host who became a ... Dionne was named after her aunt on her mother's side. ... joined the Gospetaires from time to time, including Judy Clay, Cissy Houston and Doris ... Her Hits include " That's What Friends are For", "Walk On By", "Do You Know The Way To San Jose" and "Say A Prayer"

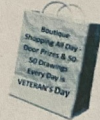
Whitney Elizabeth Houston was an American singer, actress, producer, and model. In 2009, Guinness World Records cited her as the most awarded female act of all time. Her Hit songs "I Want To Dance With Somebody", "Saving All My Love For You", "The Greatest Love of All" and "I Will Always Love You"

- Family-Style Menu**
2 Complimentary Drinks
- Warm Rolls
 - Fresh Garden Salad
 - Corn Chowder
 - Braised Tip of beef
 - Roast Chicken
 - Mashed Potatoes
 - Fresh Vegetable Medley
 - Dessert
 - Coffee, Tea, Decaf



Wilma - Ann

Brownstone - October 18TH



Enjoy 2 Complimentary Drinks during our Happy Hour - Free Soda on table all day

CAIRO GOLDEN AGERS

Call: Ruth Anna Greere (518) 239-4048
Joan Brady (212) 759-833

\$70.00 members
\$75.00 non-member

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

to The Log Cabin, Holyoke, MA

THURSDAY, NOVEMBER 10, 2022



\$70 PER PERSON

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

MountainTop Golden Agers Trip

THURSDAY NOVEMBER 10, 2022



AT
THE LOG CABIN
HOLYOKE, MA

log cabin

\$79 PER PERSON

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



Memory Mixers



Music and a Meal by the Waterfront

Wednesday, October 5th, 2022

12:30pm - 1:30pm

Henry Hudson Waterfront Park

Pavilion

1-499 Water Street

Hudson, NY 12534

Share a light lunch and enjoy saxophone player Luke McNamee as "Max Haymaker, Musical Baseball Player"

Come join us for an opportunity to make meaningful memories together!

Memory Mixers offer a welcoming environment for individuals with memory changes and their care partners to spend time together and meet others.

This program is free, however, space is limited. Please reserve your seat by Wednesday, September 28th, by calling **(518) 238-4164**.

This program is supported by St. Peter's Health Partners Eddy Alzheimer's Services and grants from the New York State Department of Health.



Eddy Alzheimer's
Services

ST PETER'S HEALTH PARTNERS

Members of Trinity Health

alzheimer's  association®

Northeastern New York Chapter

From the Greene County Youth Bureau

BACK TO SCHOOL *From Youth.gov*

It's that time of year again! Whether you're a parent or educator, below are resources and tips that can help you prepare for the new school year.

Check-Ups and Immunizations

It's a good idea to take your child in for a physical and eye exam before school starts. If your child will be participating in a sports activity, your family doctor may have to sign a release form to permit your child to participate. NYS schools require your child's immunization shots be up-to-date. Failure to keep immunizations up-to-date could result in your child not being able to attend school.

Plan Healthful Lunches

As you prepare to send your children back to school, remember that nutrition is an important factor in academic performance. Studies have shown that children who eat healthful, balanced breakfasts and lunches are more alert throughout the school day and earn higher grades than those who have an unhealthy diet.

Homework Help

Homework can provide many benefits for children. It can improve memory and comprehension, develop study skills, and teach children how to manage time. Here are some homework tips:

- **Make sure your child has a quiet, well-lit place to do homework.** Avoid having your child do homework with the television on or in places with other distractions, such as people coming and going.
- **Make sure the materials your child needs are available.**
- **Help your child with time management.** Establish a set time each day for doing homework. Don't let your child leave homework until just before bedtime.
- **Be positive about homework.** Tell your child how important school is. The attitude you express about homework will be the attitude your child acquires.
- **When your child asks for help, provide guidance, not answers.** Giving answers means your child will not learn the material. Too much help teaches your child that when the going gets rough, someone will do the work for him or her.
- **When the teacher asks that you play a role in homework, do it.** Cooperate with the teacher. It shows your child that the school and home are a team. Talk with your child's teacher. Make sure you know the purpose of homework and what your child's class rules are.
- **If homework is meant to be done by your child alone, stay away.** Too much parent involvement can prevent homework from having some positive effects. Homework is a great way for kids to develop independent, lifelong learning skills.
- **Watch your child for signs of failure and frustration.** Let your child take a short break if having trouble keeping their mind on an assignment.



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
Danielle Kane-Wade

Tami Bone
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:

Aniston Keff

CHAUFFEUR:

Patrick Murphy

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