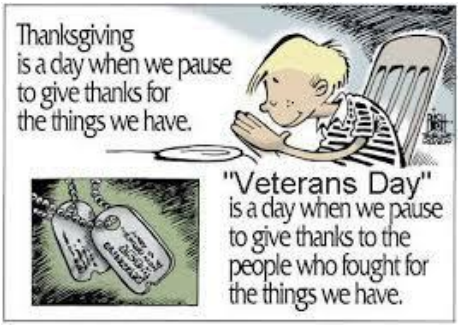
# Senior Citizens' Roundtable News

*Published by Greene County Department of Human Services since 1976*

**November 2015**

**PLEASE NOTE:**
Greene County
Department of Human Servicesô
Office & all Nutrition Sites
will be closed on:
Tuesday, November 3 - Election Day
Wednesday, November 11 - Veteranôs Day
Thursday, November 26 - Thanksgiving Day




**THANK YOU TO ALL OUR VETERANS**

**TUESDAY, NOVEMBER 3 IS ELECTION DAY.** As Americans we have the privilege of voting for our representation in government. Several county seats, and local municipalities, will be having elections this year. Be sure to use that privilege and get out to vote on Election Day. Polls will be open from 6 a.m. until 9 p.m. The table below lists all Greene County polling stations. If you are unsure of your location, please call the Greene County Board of Elections at 719-3550.

| TOWN | POLLING SITE |
|---|---|
| Ashland | Town Board & Justice Room |
| Athens | Districts 1 & 3: Rivertown Senior Center<br>District 3 & 4: West Athens-Lime Street Fire District (Schoharie Turnpike, Athens) |
| Cairo | Districts 1 - 4: Cairo Public Library (15 Railroad Ave.)<br>Districts 5 - 7: Cairo Town Hall (512 Main St.) |
| Catskill | Districts 1 - 6: Washington Irving Senior Center<br>Districts 7, 8 & 13: Catskill Firehouse (1 Central Ave.)<br>Districts 9 & 14: Kiskatom Firehouse (Rt. 32)<br>District 10: Palenville Firehouse (Rt. 32A)<br>Districts 11 & 12: Leeds Firehouse (Rt. 23B) |
| Coxsackie | Districts 1 - 3, 5 & 6: Coxsackie Village Hall<br>District 4: Earlton Firehouse (Rt. 81) |
| Durham | District 1 & 2: East Durham Firehouse (Rt .145) |
| Greenville | Districts 1 - 3: St John the Baptist Church Hall |
| Halcott | Grange Hall (Rt. 3) |
| Hunter | Districts 1 & 4: Tannersville Village Hall (Main St.)<br>District 2: Hunter Village Hall (Main St.)<br>District 3: Haines Falls Firehouse (Rt. 23A) |
| Jewett | Jewett Municipal Building (Rt. 23C) |
| Lexington | Districts 1 & 2: Lexington Municipal Bldg. (Rt. 42) |
| New Baltimore | District 1: New Baltimore Firehouse (Gill Rd.)<br>Districts 2 & 4: New Baltimore Town Hall (Rt. 51 Hannacroix) |
| Prattsville | Prattsville Firehouse (Rt.23) |
| Windham | Windham Water Treatment Plant (South St.) |

Senior Angels Program
Spreading Cheer 365 Days a Year
Sponsored by
Greene County Department
of Human Services

# *Greene County Department of Human Services announces the kickoff of the 2015 Senior Angel Program and would like to invite you to become a Senior Angel*

***The department has elderly, limited-income clients who could use a special gift during the holiday season. These gifts lift their spirits and fulfill a need. Monetary donations will be placed in the department's Senior Angel Fund and be used to purchase a gift for needy senior citizens.***

***Some of the ways we use the funds:***

- ***Purchase clothing and household necessities***
- ***Purchase small appliances or amplified phones***
- ***Purchase other items that will enable seniors to live with dignity and independence***
- ***Monetary supplement to help with rising energy costs, when all other sources have been expended***
- ***Gifts for Elderly clients in Nursing Homes***

***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.***

## *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*
## *Greene County Department for the Aging*
## *719-3555 or toll-free (877) 794-9266*

If you have any questions or suggestions to help make this yearôs Senior Angel Program a huge success, please contact at (518) 719-3555, one of the following:

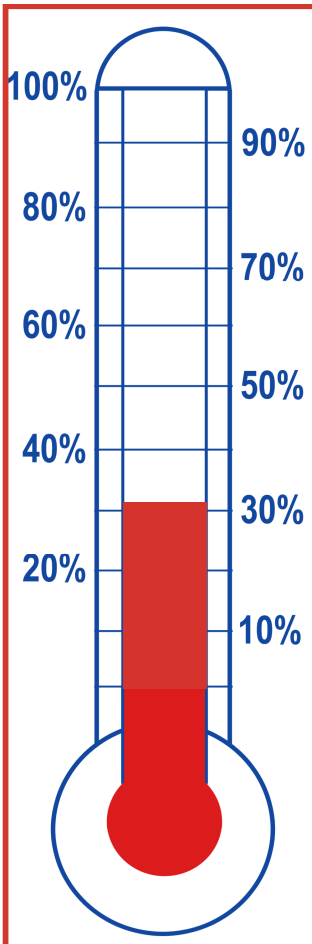
Andrea Benjamin-Legg  Ken Brooks  Rose Bundy  MJ Pomilla  Tezera Pulice

## SENIOR ANGEL 2015 KICKS OFF

On October 1, the annual Senior Angel campaign sponsored by the Greene County Department of Human Services kicked off its 2015 appeal.

To get the ball rolling, Ed Bloomer, President of the Coxsackie-Athens Rotary Club presented Angel chairman, Ken Brooks, with a gracious check from the Rotary.

Another generous donation was received from the former Catskill Senior Fellowship Club. Seen in photo with Ken Brooks & presenting the donation is Carol Voeks, President.



**Our Goal**

**$11,000**

| | As of 10/21/15 |
|---|---|
| Donations | $3110.00 |
| Angel Pin Sales | $323.00 |
| Total | $3433.00 |

## 2015 SENIOR ANGEL CALENDAR OF EVENTS

**Annual Bake Sale:**
Thursday November 12 10:00 a.m. ï 2:00 p.m.

**Athens Victorian Stroll:**
Saturday December 12 1:00 p.m. - 4:30 p.m.
Coffee & Hot Chocolate Table
Rivertown Senior Center

**Gift Wrapping:**
Tuesday, December 8th - Thursday, December 10th
10:00 a.m. - 12:00 p.m.
Senior Angels will come together for light refreshments while wrapping & addressing all the gifts for the seniors.

**Gift Delivery:** Friday December 18
Will be loading up the bus to deliver gifts to the Seniors in the local Nursing Homes & assisted living locations.

***If anyone would like to bake items for the Bake Sale or volunteer at any of the above events, please contact Ken Brooks at 719-3555 or email him at kenbrooks@discovergreene.com***

## BAKE SALE
## Thurs. Nov. 12, 2015

**2nd Floor Lobby**
**Greene County Office Building**
**10 AM - 2 PM**

**All proceeds will benefit the:**
**GREENE COUNTY SENIOR ANGEL PROGRAM**
**Sponsored by**
**the Greene County**
**Department of Human Services**

**Come and support a VERY good cause.**
**Helping to remember our Seniors**
**during the Holidays**
**and all year long.**

***Spreading Cheer 365 Days a Year !!!***

## HAMLET SHOPPING BUS

The Greene County Department of Human Services offers a hamlet shopping bus to Greene County residents over age 60, living in the towns of Ashland, Athens, Cairo, Catskill, Coxsackie, Greenville, Hunter, Jewett, Prattsville and Windham. Seniors are picked up at their door, driven to Catskill for shopping, and then have lunch at a local Senior Center before returning home. Special trips on a periodic basis.

| | |
|---|---|
| **MONDAY:** | Mountaintop/Catskill<br>(Windham, Ashland, Prattsville, Jewett & Hunter) |
| **TUESDAY:** | Cairo/Catskill |
| **WEDNESDAY:** | Athens/Coxsackie |
| **THURSDAY:** | Cairo/Greenville |

**FRIDAY TRIPS TO COLONIE CENTER (PRICE PER PERSON: $10.00)**

***Payment due at time of departure/boarding. No exceptions please.***
***Reservations must be made no later than 3pm of the Wednesday before trip.***

| | | |
|---|---|---|
| **November 6** | **December 4** | **Cairo/Greenville** |
| **November 20** | **December 18** | **Athens/Coxsackie** |

**Residents on the Mountaintop run (Monday) can sign-up for any of the above trips.**

**For further information or to make a reservation, call Janet at 719-3559**

## *Hamlet Bus Special: Capital Holiday Lights*

*(For Greene County residents age 60 and older)*

**Thursday December 3**
**(Acra, Cairo, Greenville & Mountain area)**

**Thursday December 10**
**(Athens, Coxsackie, Catskill)**

**Cost $12.00 per person (includes admission)**
**Payment due at time of boarding**

**Reservations Deadline - 3pm Tuesday prior to trip**

**Estimated departure time from Greene County will be 5:00 p.m.**
**Janet, the bus driver, will schedule pick-up time**

**For further information or to reserve a seat, call 719-3559**

## GREENE COUNTY SENIORS VIEW FALL COLORS

The Greene County Department of Human Services sponsored two bus trips so area seniors could take in the beauty of the fall season here in Greene County. The day included lunch served by the staff at the Jewett Nutrition site.

10/2/15 Group from Athens/Coxsackie with Janet

10/8/15
Group from Cairo/Greenville
with bus driver, Janet,
& Jewett staff, Gayle & Amy

## SENIOR CLUB MAKES DONATION

Recently the two independent senior citizen clubs in Catskill decided to merge as one. The new club is called Silver Linings.

As one of their last acts as an independent club, the Catskill Senior Fellowship made a donation to Greene County Department of Human Services towards the homebound transportation program.

Seen in photo are Terry McGee Ward, Executive Director, accepting the donation from Senior Fellowship President Carol Voeks.

## $500 FUEL RAFFLE

**Drawing: December 10, 2015**
**$5.00 Donation per ticket**

Winner will need to provide
Fuel Supplierôs Name
& Account Number

**Benefit of Greene County**
**Department of Human Services RSVP**

To obtain tickets:
Contact any RSVP Advisory Council member
Stop into Greene County Department
of Human Servicesô office
Call Ruth at (518) 719-3555.

*Proceeds of this fundraiser will be used to help fund RSVP Mileage Reimbursement.*

# GREENE COUNTY SENIOR CITIZENS CLUBS

**ATHENS:**
***ATHENS SR. CITIZEN***S
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**
***EFFECTIVE NOVEMBER 2015***
***THE SILVER LININGS***
2nd monthly Thursday
1 p.m.
Washington Irving Center

**COXSACKIE:**

***BETHANY VILLAGE TENANTS***
3rd monthly Wednesday
1:15 p.m.
Van Heest Hall

***COXSACKIE AREA SENIORS***
2nd & 4th monthly Wednesday
1:15 p.m.
Van Heest Hall, Bethany Village

***SENIOR CITIZENS of COXSACKIE***
1st & 3rd monthly Monday
1:30 p.m.
Coxsackie Senior Center

**GREENVILLE:**
***GREENVILLE GOLDEN YEARS***
1st monthly Wednesday
1:30 p.m.
American Legion Hall

**MOUNTAIN-TOP:**

***MTN. TOP GOLDEN AGERS***
4th monthly Thursday
1:30p.m.
Tannersville Village Hall

***W-A-J-P-L GOLDEN AGERS***
1st & 3rd monthly Monday
1:30 p.m.
Hensonville Town Bldg.

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

# NEW YMCA CLASS

# CHAIR AEROBICS

# with JENNIFER WOOD

A class designed to improve cardiovascular health, muscular endurance and strength. Light weights, bands or tubing may be used.

**WHEN: Wednesdays (7 weeks)**
**beginning November 4th**
***Note: 11/11/15 Class will be held on 11/10/15***

**TIME: 1:00 p.m. - 2:00 p.m.**

**LOCATION: Rivertown Senior Center**
**39 Second Street**
**Athens, NY 12015**

**Call 719-3555 for reservation**

## SENIOR SERVICE CENTERS in GREENE COUNTY

**Each site serves the noon-time menu item for the day, Monday - Friday, for a suggested donation of $4.00. All meals include: Meat/Alternative Entrée, Vegetables & Fruit, Bread, Milk & Dessert. We ask that you call at least one day ahead, if you wish to be included in the lunch count. Centers are closed on legal holidays and inclement weather. In addition, each center offers the following programs and activities:**

**CALL YOUR LOCAL SENIOR CENTER FOR ACTIVITY INFORMATION**

### ACRA

Acra Community Center,

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

Sandra Sherman
Meal Site Manager

Elaine Cherrington

Aging Information
& Assistance
Medicare Minute:

2nd monthly Wednesday
11:00 a.m.

### COXSACKIE

Town of Coxsackie
Senior Center
Mansion Street, Coxsackie
(518) 731-8901

Renee Raffiani
Meal Site Manager

Aging Information
& Assistance
Medicare Minute:

3rd monthly Monday
11:00 a.m.

### JEWETT

Jewett Municipal Building

Route 23C, Jewett
(518) 263-4392

Gayle Ruvolo
Meal Site Manager

MaryAnn Brink

Aging Information
& Assistance
Medicare Minute:

4th monthly Friday
11:00 a.m.

### ATHENS

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

JoanAnn Rouse  Shane Dillon
John Lawrence  Lana Marrone

Aging Information & Assistance
Medicare Minute:

2nd monthly Monday, 11:00 a.m.

### CATSKILL

Washington Irving Senior Center
15 Academy Street, Catskill
(518) 943-1343

Gethen Proper, Meal Site Manager

Martha Schilling

Aging Information & Assistance
Medicare Minute:

2nd monthly Thursday, 11:00 a.m.

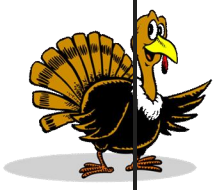
**GREENE COUNTY SENIOR NUTRITION PROGRAM**

**All Persons 60 and older are invited to attend - Suggested donation $4.00**

**Served Daily: Whole Grain Bread unless otherwise noted w/Promise Spread; 1% Milk; Coffee or Tea**

**Tartar Sauce served on fish days**

**Reservations are required at least one day in advance by calling the appropriate center**

| 2015 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Nov. 2 - 6 | KNOCKWURST on a BUN w/SAUERKRAUT *(Low Salt Diet Subst)*<br>BAKED BEANS<br>CARROTS<br>TROPICAL FRUIT | ELECTION DAY<br>MAIN OFFICE & ALL NUTRITION SITES CLOSED<br>NO MEALS<br> | CHICKEN DIJON<br>MASHED POTATOES<br>CALIFORNIA BLEND VEGETABLES<br>APPLESAUCE w/2 small cookies<br>*(Diet Dessert Subst)* | BAKED ZITI<br>SPINACH<br>ROMAINE SALAD<br>DINNER ROLL<br>STRAWBERRIES, BANANAS, and PINEAPPLE in JELL-O<br>*(Diet Dessert Subst)* | ROAST PORK w/Gravy<br>OVEN BROWNED POTATOES<br>WINTER SQUASH<br>RYE BREAD<br>FRESH SEASONAL FRUIT |
| Nov. 9 - 13 | CHICKEN CACCIATORE W/Linguine<br>OLD FASHIONED MIXED VEGETABLES<br>MANDARIN ORANGES | BAKED HAM w/Raisin Sauce<br>SWEET POTATOES<br>CAULIFLOWER au GRATIN<br>RYE BREAD<br>PINEAPPLE DELIGHT<br>*(Diet Dessert Subst)* | VETERANS DAY<br> <br>MAIN OFFICE & ALL NUTRITION SITES CLOSED<br>NO MEALS | BROCCOLI CHEESE FISH FILLET<br>RICE PILAF<br>CALIFORNIA BLEND VEGETABLES<br>CRANBERRY JUICE<br>OATMEAL RAISIN COOKIE<br>*(Diet Dessert Subst)* | SALISBURY STEAK w/Gravy<br>POTATOES O'BRIEN<br>CARROT COINS<br>FRESH SEASONAL FRUIT |
| Nov. 16 - 20 | CHICKEN DIVAN w/Rice<br>CARROTS & PEAS<br>TROPICAL FRUIT | PORK CHOP w/Gravy<br>RED CABBAGE<br>OVEN BROWNED POTATOES<br>WINTER SQUASH<br>RYE BREAD<br>CINNAMON APPLESAUCE | BEEF STEW<br>GREEN BEANS<br>ORANGE JUICE<br>BIRTHDAY CAKE<br>*(Diet Dessert Subst)* | ROAST TURKEY w/Gravy & Cranberry Sauce<br>STUFFING<br>WHIPPED POTATOES<br>OLD FASHIONED MIXED VEGETABLES<br>PUMPKIN PIE<br>*(Diet Dessert Subst)* | CHEF'S CHOICE<br>TOSSED SALAD<br>DINNER ROLL<br>FRESH SEASONAL FRUIT |
| Nov. 23 - 27 | VEAL PARMESAN over Linguine<br>SPINACH<br>PEARS | CHICKEN CHOW MEIN over Rice<br>ORIENTAL MIXED VEGETABLES<br>PEACHES | POT ROAST w/Gravy<br>OVEN BROWNED POTATOES<br>CALIFORNIA MIXED VEGETABLES<br>BROWNIE<br>*(Diet Dessert Subst)* | THANKSGIVING<br> <br>MAIN OFFICE CLOSED<br>ALL NUTRITION SITES CLOSED<br>NO MEALS | LEMON PEPPER FISH FILLET<br>MASHED POTATOES<br>OLD FASHIONED VEGETABLES<br>FRESH SEASONAL FRUIT |
| Nov. 30 | TURKEY BURGERS w/Peppers & Onions<br>SCALLOPED POTATOES<br>OLD FASHIONED MIXED VEGETABLES<br>TROPICAL FRUIT |  | **November** | | |

**GREENE COUNTY SENIOR NUTRITION PROGRAM**

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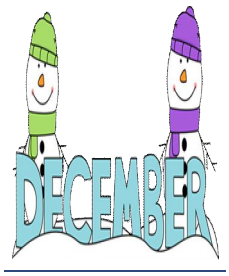
**Served Daily: Whole Grain Bread unless otherwise noted w/Promise Spread; 1% Milk; Coffee or Tea**

**Tartar Sauce served on fish days**

**Reservations are required at least one day in advance by calling the appropriate center**

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| DEC. 1 - 4 |   | PORK CHOPS W/Peppers & Onions<br>SCALLOPED POTATOES<br>OLD FASHIONED MIXED VEGETABLES<br>TROPICAL FRUIT | CHICKEN QUARTERS w/Gravy<br>WHIPPED POTATOES<br>CALIFORNIA MIXED VEGETABLES<br>APPLE CRISP | HUNGARIAN GOULASH over Noodles<br>WHOLE BABY CARROTS<br>AMBROSIA<br>*(Diet Dessert Subst.)* | STUFFED PEPPER over Rice<br>CORN<br>ROMAINE SALAD<br>FRESH SEASONAL FRUIT |
| DEC. 7 - 11 | BROCCOLI CHEESE FISH FILLET<br>RICE PILAF<br>CALIFORNIA BLEND VEGETABLES<br>CRANBERRY JUICE<br>FRUIT COCKTAIL | CHICKEN & BISCUIT<br>WHIPPED POTATOES<br>BROCCOLI<br>V-8 JUICE<br>CHOCOLATE MOUSSE<br>*(Diet Dessert Subst)* | MEATLOAF w/Gravy<br>MASHED POTATOES<br>SPINACH<br>BROWNIE<br>*(Diet Dessert Subst)* | ROAST PORK w/Gravy<br>OVEN BROWNED POTATOES<br>WINTER SQUASH<br>RYE BREAD<br>ICE CREAM SUNDAE (In Center Only)<br>HDM: JELL-O w/Whipped Topping<br>*(Diet Dessert Subst)* | SPAGHETTI w/Meat Sauce<br>ITALIAN MIXED VEGETABLES<br>TOSSED SALAD<br>DINNER ROLL<br>FRESH APPLE |
| DEC. 14 - 18 | BAKED ZITI<br>SPINACH<br>PINEAPPLE CHUNKS | BAKED HAM w/ Pineapple Sauce<br>*(Low-Salt Diet Subst)*<br>FRESH SWEET POTATOES<br>BRUSSELS SPROUTS<br>RYE BREAD<br>MANDARIN ORANGES | SHEPHERD'S PIE<br>BROCCOLI<br>SPICE CAKE<br>*(Diet Dessert Subst)* | ROAST BEEF w/Gravy<br>MASHED POTATOES<br>GLAZED WHOLE BABY CARROTS<br>APPLE PIE<br>*(Diet Dessert Subst)* | CHICKEN & RICE CASSEROLE<br>ITALIAN MIXED VEGETABLES<br>TOSSED SALAD<br>FRUIT SEASONAL FRUIT |
| DEC. 21 - 25 | LEMON PEPPER FISH<br>RICE PILAF<br>TUSCAN VEGETABLES<br>MANDARIN ORANGES | MACARONI & CHEESE<br>STEWED TOMATOES<br>3 BEAN SALAD<br>CRANBERRY JUICE<br>APRICOTS | MEATLOAF<br>BAKED POTATO<br>SPINACH<br>BIRTHDAY CAKE<br>*(Diet Dessert Subst)* | BBQ CHICKEN<br>ROSEMARY OVEN BROWNED RED POTATOES<br>BROCCOLI<br>V-8 JUICE<br>SUGAR COOKIES | <br>DEPARTMENT CLOSED,<br>INCLUDING ALL NUTRITION SITES<br>NO HOME DELIVERED MEALS |
| DEC. 28 - 31 | KNOCKWURST<br>SAUERKRAUT<br>CARROTS<br>TROPICAL FRUIT | CHICKEN DIJON<br>MASHED POTATOES<br>CALIFORNIA BLEND VEGETABLES<br>CINNAMON APPLESAUCE | PORK CHOPS w/Gravy<br>SCALLOPED POTA-TOES<br>ORIENTAL VEGETABLES<br>BREAD PUDDING<br>*(Diet Dessert Subst)* | BAKED ZITI<br>SPINACH<br>TOSSED SALAD<br>NEW YEARS FRUIT CUPS | |

# Nutrition Notes

## TEST YOUR HOLIDAY FOOD SAFETY KNOWLEDGE

*By Cheryl Jones Syracuse, MS*

The upcoming holiday season can put people at risk for food borne illnesses. Refrigerators and dining rooms are full, parties and celebrations are plentiful and some of the foods are only prepared once a year. Test your food safety knowledge by answering the following *TRUE* or *FALSE* questions. When in doubt, throw it out!

### ***TRUE OR FALSE***

1. Itôs safe to use a turkey that has been in the **freezer** for over a year.

2. Because it has been cooked for such a long time, itôs all right to let the Thanksgiving **turkey** or the Christmas **ham** sit out until you make sandwiches later.

3. **Leftovers** should be cooled before placing them in the refrigerator.

4. To save time on Thanksgiving Day, itôs safe to **stuff the turkey the night before and cook it all night in a low heat oven.**

5. When there isnôt room in the refrigerator, itôs safe to **leave food outside**, in the garage or on an extra porch to keep cold.

6. Since you have been using it for years, and no one has ever gotten sick, itôs safe to use the old family recipe for eggnog that calls for **raw eggs**.

7. Because room temperature speeds things up, putting the **large turkey on the kitchen counter** or setting in the sink is the best way to get it thawed quickly, besides, thereôs no room for it to thaw in the refrigerator.

8. Because parties and **buffet** lines can go on for several hours, care should be taken to keep hot food hot and cold food cold.

9. **Pumpkin pies** should be refrigerated.

10. **Perishable foods received from a mail order company** are always safe to eat when they arrive.

*So, how do you think you did?*
*Go to the next page for the answers & facts!*

## ANSWERS TO TRUE or FALSE QUIZ:

**1. TRUE.** A whole turkey can be safely frozen for 12 months if the temperature in the freezer has been constant.

**2. FALSE.** Any perishable food should not be allowed to set at room temperature for longer than two hours.

**3. FALSE.** Food does not need to be completely cooled before the leftovers are put in the refrigerator. If you have a large quantity of hot food break it down into several small containers or chill in an ice bath.

**4. FALSE.** For safe turkey, the oven should be no lower than $325^0$F. Once started, a turkey should be cooked completely until it reaches at least $165^0$F.

**5. FALSE.** There is no guarantee that the temperature outside will stay cold enough to keep food safe.

**6. FALSE.** The American Egg Board does not recommend the consumption of raw eggs by anyone.

**7. FALSE.** Slow thawing in the refrigerator is the best method. It will take one day for each five pounds of turkey.

**8. TRUE.** If you know that the event will last longer than two hours, make plans to keep the hot foods over $140^0$F and the cold foods below $40^0$F. Instead of putting all the food out early in the event, place small amounts on several servings platters and replace the platters after two hours.

**9. TRUE.** Pumpkin pie is a custard pie and must be refrigerated.

**10. FALSE.** Even foods shipped from reputable mail-order companies may be mishandled and may be unsafe when they arrive.

## Rivertown Senior Center
## Trim-a-Tree Party

**Thursday, Nov. 19**
**12:30 p.m.**

*Bring a dozen of your favorite cookies to share*

## COXSACKIE SENIOR NUTRITION SITE

**FRI. DEC. 18, 2015**

**10 A.M.**

NOVEMBER IS
American Diabetes Month®

National Diabetes Month is observed every November to draw attention to diabetes and its effects on millions of Americans. The National Diabetes Education Program (NDEP) 2015 theme ñ***Diabetes Education and Support: Everyone Has a Role. What's Yours?"*** highlights the need for ongoing diabetes education and support among people with diabetes and those who care for them.

Diabetes is a disease in which your blood glucose (sugar levels) is too high. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With Type 1 diabetes, your body does not make insulin. With Type 2 diabetes, the more common type of diabetes, your body does not make or use insulin well. Without enough insulin, the glucose stays in your blood. Over time, having too much glucose in your blood can cause serious problems. It can damage your eyes, kidneys, and nerves. Diabetes is the leading cause of acquired blindness among adults in the United States. Diabetes can also cause heart disease, stroke and even the need to remove a limb. Those people at risk are those with high blood pressure, high cholesterol and triglyceride levels, obesity, history of high blood sugar, and a family history of diabetes.

Medicare covers diabetes screenings for all people with Medicare with certain risk factors for diabetes or diagnosed pre-diabetes. The diabetes screening test includes a fasting blood glucose test.

Talk with your doctor about how often you should get tested. For people with pre-diabetes, Medicare covers a maximum of two diabetes screening tests within a 12-month period (but not less than 6 months apart). For people without diabetes, who have been diagnosed as pre-diabetic or who have never been tested, Medicare covers one diabetes screening test within a 12-month period. A normal fasting blood sugar is 100mg/dL. Diabetes diagnosis occurs at 126mg/dL, and a person with blood sugar reading between 101 - 125mg/dL is considered pre-diabetic.

Medicare provides coverage for diabetes screening as a Medicare Part B benefit after a referral from a physician or qualified non-physician practioner for an individual at risk for diabetes. You pay nothing for this screening (there is no coinsurance or copayment and no deductible for this benefit).

Medicare covers insulin pumps, special foot care, and therapeutic shoes for people with diabetes who need them. Insulin associated with an insulin pump is covered by Medicare Part B. Injectable insulin not associated with the use of an insulin infusion pump is covered under Medicare prescription drug coverage (Part D). In Original Medicare, you pay 20% of the Medicare-approved amount after the yearly Part B deductible for a glucometer, lancets, and test strips. Medicare provides coverage for diabetes-related durable medical equipment and supplies as a Medicare Part B benefit. The Medicare Part B deductible and coinsurance or copayment applies. If the provider or supplier does not accept assignment, the amount you pay may be higher. In this case, Medicare will provide you with payment of the Medicare-approved amount.

Medicare provides coverage of diabetes self-management training for beneficiaries who have recently been diagnosed with diabetes, were determined to be at risk for complications from diabetes, or were previously diagnosed with diabetes before meeting Medicare eligibility requirements and have since become eligible under the Medicare program. Medicare Part B covers up to 10 hours of diabetes outpatient self-management training during one calendar year. It includes education about how to monitor your blood sugar, diet, exercise, and medication. You must get an order from your doctor or qualified provider who is treating your diabetes.

Medicare also covers for exams and treatment if you have diabetes-related nerve damage and/or meet certain conditions. You pay 20% of the Medicare-approved amount, and the Part B deductible applies. In a hospital outpatient setting, you also pay the hospital a copayment.

*Medicare Preventive Services*

# Volunteers: The Essential Puzzle Piece of our Program

RSVP
Lead with Experience

The Greene County Department of Human Services RSVP would like to welcome and say thank you to the following new volunteers:

***John Gantzer***

***Panagiota Dandalis***

***Fred Pickett***

***Charlotte Svidro***

***Elizabeth Louise Tyre***

AARP

## *SMART DRIVER™ COURSE*

**COST FOR COURSE:**
**$20.00/AARP members**
**$25.00/Non-members**

To register for the upcoming class,
Call Maureen Sullivan 943-3291

**CLASS DATES**
**Must attend both days**

**November 5 & 6, 2015**

**Washington Irving Sr. Center**
*15 Academy Street, Catskill*

**8:30 a.m. – 11:30 a.m.**

**WE DESPERATELY NEED YOU TO VOLUNTEER!**
**You can volunteer as little as an hour a month or do it every day!**

## DELIVER HOMEBOUND MEALS

The department provides healthy, balanced meals to Greene County residents, age 60 and older, who cannot prepare meals for themselves. Volunteers deliver these meals and check on the senior.

**Current volunteer shortages are on the Mountaintop and in Catskill.**

## HOMEBOUND MEDICAL TRANSPORTATION

Homebound Medical Transportation Service is available through the Department to county residents, age 60 and older, that do not have other options for needed transportation. The program will arrange for a volunteer driver. Rides are arranged to medical appointments and to special entitlement agencies.

**Are you willing to drive seniors to appointments in a neighboring county?**
**We especially could use you.**

**If interested, please contact Ruth Pforte, Volunteer Coordinator (518) 719-3555**

# GREENE COUNTY RSVP HOLDS ANNUAL VOLUNTEER RECOGNITION

On October 1, 2015, Greene County RSVP held their 38th Annual Volunteer Recognition Luncheon. Greene County Legislator Gene Hatton of Athens served as the Master of Ceremonies for the day. A brief moment of silence was held honoring Legislator Wayne Speenburgh and all volunteers who passed away during the past year. Rosemary Graham led the attendees in singing God Bless America. A delicious lunch was prepared by the staff from Community Life Church and was served by members of Family, Career & Community Leaders from the Catskill School District. During lunch, music was provided by Peaceful Country. Several presentations were made to RSVP by representatives of various government officials, and Assemblyman Pete Lopez. Ken Brooks, Chairman of the Senior Angel Program, gave a brief speech to kick off this yearôs program. The program ended with an introduction of staff by Terry McGee Ward, Executive Director, and the drawing of prizes. Many thanks to those who donated prizes and the recognition committee who worked hard to make the luncheon a success. To see all photos from the day, go to http://greenegovernment.com/departments/human-services/ and click on Volunteer Recognition 2015.

# TEN TIPS for CHOOSING a MEDICARE PLAN

When it comes to Medicare, you have choices. This guide will help you better understand them.

**1. There are two main ways to get Medicare coverage.**

- You can choose Original Medicare (Parts A and B), which is provided by the federal government.
- Or choose a Medicare Advantage Plan (Part C). These plans are offered through private insurance companies.

**2. With Original Medicare, you'll pay a share of the cost.**

- You contributed to Medicare by paying taxes. Thatôs why youôre entitled to Medicare when you turn 65.
- Original Medicare doesnôt pay for everything. You still pay a share of the cost in monthly premiums and co-pays.

**3. Medicare supplement insurance can help control out-of-pocket costs.**

If you need a lot of medical care, you may end up with big bills. Medicare supplement insurance plans help with some of the expenses Medicare Parts A and B donôt pay, like co-pays and deductibles.

**4. Prescription drug coverage can help limit drug costs.**

As a Medicare member you can get optional drug coverage (Part D).

- You can enroll in a stand-alone Part D plan to go with your Original Medicare coverage.
- Or you can enroll in a Medicare Advantage plan that includes prescription drug coverage.

**5. Know the choices in your state.**

- Original Medicare (Parts A and B) is the same across the United States.
- Medicare Advantage (Part C) and prescription drug (Part D) plans are offered by private insurance companies and may be available only in certain counties, states or regions.
- Medicare supplement policies offer nationwide coverage and are available by state.

**6. Enroll at the right time.**

The Initial Enrollment Period (IEP) is your first chance to enroll in Medicare. Itôs the three months before your 65th birthday month, the month of your birthday, and the three months after your birthday month.

- If you enroll before the month you turn 65, coverage starts on the first day of your birthday month.
- If you enroll during your birthday month or later, coverage starts on the first day of the month following the date you enroll.

**7. Review your choices once a year.**

After you choose your Medicare coverage, you can make changes each year during the Medicare Open enrollment Period (OEP), October 15 - December 7. Review your coverage to see if it still fits your needs.

**8. Special Election Period (SEP)**

In some cases you may be able to enroll in, or switch, plans outside of the IEP and OEP. This includes changes in your life situation, such as:

- You retire and leave a health care plan through your employer or union.
- You move out of your current health planôs service area.

**9. Review your current coverage**

For example, if you have group coverage from your job, or retiree insurance from a former employer, youôll want to see how it fits with Medicare.

**10. Help is available**

Medicare can be complicated, but help is available. You may even qualify for financial help.

Additional information resources:

Visit **Medicare.gov** Call **1-800-633-4227**

Call your local State Health Insurance Assistance Program (SHIP) to see if you qualify for any financial assistance

***Medicare** Made Clear™*

COMMUNITY ACTION of Greene County, Inc.

**WINTER IS JUST AROUND THE CORNER: GET YOUR HOME READY**

Community Action of Greene County, Inc. would like to invite income eligible homeowners and or landlords in Greene County to apply for the free Weatherization Assistance Program. Energy efficient light bulbs, faucet aerators, weather stripping, caulking, insulation, exhaust fans, smoke detectors, CO detectors, and furnace repair or replacement are just some examples of what Community Action of Greene County may be able to do for your home.

Interested residents can learn what they can do to save energy costs.

**For additional information call 518-943-9205.**

GO GREEN

**Do you have Computer access?**

**Want to help Greene County save money?**

**Then Go Green(e) with the Round Table News!**

**The Round Table News is available electronically!**

By going Green, you would help us save on printing & mailing costs each monthð thus allowing the Department to redirect the money to core services.
Plus, you would receive a FULL-COLOR version of the Round Table News and before those who receive via the postal service.
If interested, send an email with your name & email address to:

mmurphy@discovergreene.com
SUBJECT: RTN email subscription

Of course, if you are unable to receive electronically but would still like to receive the Round Table News, contact our office & we will arrange to have it mailed to your home.

alzheimer's association®

the compassion to care, the leadership to conquer®

**SUPPORT GROUP MEETINGS**

1st monthly Wednesday 3:00 p.m.
The Pines - Jefferson Heights, Catskill

**WALK TO END ALZHEIMERS**

Saturday October 24, 2015 10 a.m.
Dutchmanôs Landing, Catskill

alzheimer's association®

Presents

**Holiday Hints for Caregivers**

Wednesday, November 4, 2015

6:30 p.m.

Heermance Memorial Library
1 Ely Street
Coxsackie, NY 12051

Wondering whether it's possible to maintain a pleasant, meaningful, calm holiday season? Worried that changes to the normal routine could lead to feelings of anxiety, loneliness, and frustration? If you said "YES!" then come learn how family and friends can help create a joyful, safe holiday season by being prepared in advance, enjoying the moment, and keeping in mind some other Helpful Holiday Hints!

For registration contact the library at 731-8084

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

**EXECUTIVE DIRECTOR - Thérèse McGee Ward**

Business Manager - Ken Brooks

Aging Department Coordinators:

Aging Services - Connie Bentley Nutrition - Tezera Pulice Volunteer Services - Ruth Pforte

Staff:

Case Managers: Cortney Carlson Carol Provost Bethany Village Case Manager: Patricia Gessner

Aging Services Specialists: Andrea Benjamin-Legg Gwen Starke Danielle Wade

Administrative Assistant: Maureen Murphy

Aging Services Aide: Rose Bundy Receptionist: MaryJean Pomilla

Hamlet Bus Driver: Janet Osborn Nutrition Van Chauffeurs: Patrick Murphy, Dave Mokszycki

Youth Bureau Case Worker: Carrie Vedder

The office is open 8:30 a.m.- 5:00 p.m. Monday thru Friday, **with the exception of July & August (close at 4:30 p.m.).** Agency staff specialize in a variety of subjects. **While walk-ins can sometimes be seen, staff who can best assist you may be unavailable. We recommend you call ahead for an appointment.**

**6772**
**GCDHS**
**411 Main Street**
**Catskill, NY 12414**