



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

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

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

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

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



*For Your Donations  
to the Senior Angels Program*

  
**Golden Angels**

*Theodore Cross Family Charitable Foundation*

*Nancy D. Allen*

*Catskill Elks Lodge 1341*

*Coxsackie-Athens Rotary Club*

*Fortnightly Club of Catskill*

*Helping Hands of SHL*

*Honeyford memorial American Legion Auxiliary, Unit 110*

*Lake & Mountain Realty LLC*

*Peter & Ann Markou*

*Kathleen & Dennis Meehan*

*Greggor Petrovic & Steve Goldberg*

*Charles & Frances Serro*

*MaryAnn & Thomas Tompkins*

*Walenta & Co., Agency*

*Clemson & Jean Bush*

*Catskill Regional Women's Club*

*Harry A. Feineis*

*Heart of Catskill Association*

*Robert & Dena Lawrence*

*Martinez Auto Body*

*Mountain Top Golden Agers Club*

*P. Schneider & Associates, PLLC*

*Shook Insurance Agency, LLC*

*Debbi Traficanti*

*In Honor Of . . .*

*Athens Nutrition Program, staff and volunteers*

*Ken Brooks, my husband*

*Leon Goodrich of Hunter*

*Robert R. Main*

*Nutrition Program in Coxsackie*

*Regina Davis & Marcella Halligan*

*Tracy Kemp*

*Renee Mathis for kindness to neighbors*

*In Memory of*

*All of my loved ones who have gone before me*

*William Cash*

*Roberta Christman from Dr. Elena Suditu*

*Leonard DiSalvo (3 donations)*

*The Donohue Family*

*Robert Frank from Julie Schofield*

*Clarence and Martha Gardner*

*Rosemary Graham*

*Robert & Ruth Kallman*

*John & Margaret Kordich, and Marge Stabile*

*Helen Lee*

*Thomas A. Martin*

*Mom and Dad*

*Doris Ormsbee*

*Frances Rossbeck*

*Harry & Theresa VanWormer*

*Rev. Henry Verdaasdonk*

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



*Helen Mary Eckler*

*Helen Golden and Brian Golden*

*Linda Johnson & Karen Sprague-Johnson*

*Mary C. & Thomas J. Killourhy*

*Ziggy*

*John Lopresti Jr.*

*Dick and Ali Mangano*

*Patrick & Patricia McGee*

*Rob O'Connell*

*Lucille & Richard Ogden*

*Paul & Virginia*

*Perry Peloubet Jr.*

*Patricia J. VanValkenburg*

*Chet & Rose VanZandt*

*Garth W. Walker*

*Benjamin Wells*

**THANK YOU HEART of CATSKILL**

HOCA President, Nancy Richards, is seen presenting a generous donation to Senior Angels committee members, Tami Bone, Chris Lewoc and Ken Brooks.



**THANK YOU HELPING HANDS OF SHL**

Helping Hands of Sleepy Hollow Lake members, Carol A, Metz and Karen Escolas, are seen presenting a generous donation to Senior Angels committee members, Chris Lewoc, Rachel Wright, Tami Bone and Ken Brooks.

# VOLUNTEERING MAKES THE PERFECT NEW YEAR'S RESOLUTION.

Why because it creates great outcomes - 1) countless benefits to the community and 2) to the health and happiness of the individuals who commit to volunteering. If you make the decision to volunteer, Greene County Department of Human Services would most welcome you! We have numerous opportunities.



If you would like information on how to become a volunteer with the Department of Human Services, contact AmeriCorps Senior Volunteer Coordinator, Ruth Pforte, at 518-719-3555 or at [rpforte@discovergreene.com](mailto:rpforte@discovergreene.com).



## THANK YOU AMERICORPS SENIOR VOLUNTEER CRAFTERS

This photo shows some "Hats for Hope" that were recently donated to St. Peter's Hospital for their cancer patients receiving Chemotherapy..

The hats were stitched by AmeriCorps Senior Volunteers with hope for patients making full recoveries.



Would you consider **"taking the first step"** and becoming a Medical Transportation Volunteer?

For more information,  
contact Ruth Pforte  
518-719-3555

email [rpforte@discovergreene.com](mailto:rpforte@discovergreene.com)



**AmeriCorps  
Seniors**



**ATTENTION U. S. VETERANS AND CURRENT MILITARY PERSONNEL**  
 January Upcoming Events in Greene County



Thurs. Jan. 5	7:00 p.m.	Greenville American Legion
Tues. Jan. 10	7:00 p.m.	Cairo American Legion Meeting
Wed. Jan. 11	7:00 p.m.	Athens American Legion Meeting
	7:00 p.m.	Coxsackie American Legion Meeting, Town of Coxsackie Senior Center
	7:00 p.m.	Windham VFW Meeting
Fri. Jan. 13	4:30 p.m. – 7:00 p.m.	Greenville Legion Spaghetti Dinner
Sat. Jan. 14	1:00 p.m. - 5:00 p.m.	American Legion Department Visitation Pegasus Restaurant
Tues. Jan. 17	7:00 p.m.	New Baltimore American Legion Meeting @ New Baltimore firehouse
Fri. Jan. 20	7:00 p.m.	Greene County American Legion Meeting Athens American Legion
Sat. Jan. 21	11:00 a.m.	Catskill VFW Meeting



**SAVE THE DATE**

# **CENTRAL HUDSON PRESENTATION WITH Q&A**

**Have a question about your utility bill?**

**Want to know what kinds of special assistance programs are offered by Central Hudson?**

Please join us at Central Hudson's presentation with Q&A to learn about the programs available to customers facing financial hardship and programs for those with special needs. This presentation will cover bill payment options, programs available to customers with low incomes, and special assistance programs for customers on life support equipment and those who are hospitalized. It will also cover the Central Hudson website and mobile app.

If you have a question about your Central Hudson bill, bring a copy of your bill to have a Central Hudson representative review it with you.

## **DETAILS**

Monday, January 9, 2023 @ 11:45 a.m.  
Acra Senior Nutrition Site  
(Acra Community Center)  
Old Route 23, Cairo

Monday, January 23, 2023 @ 11:45 a.m.  
Rivertown Senior Center  
39 Second Street, Athens

Monday, January 30, 2023 @ 11:45 a.m.  
Town of Coxsackie Senior Center  
127 Mansion Street, Coxsackie

Monday, February 6, 2023 @ 11:45 a.m.  
Robert Antonelli Senior Center  
15 Academy Street, Catskill





# NUTRITION NOTES



Written By: Nicole Gehman, MS, RD, CD-N

## Fats vs. Fiction

The buzz words “heart healthy fats” or “good” vs. “bad” fats are always circulating, but it can be confusing to know what food groups fall into what categories, and what are the benefits of fat in the diet?

Saturated fat is known as the bad fat. Excess saturated fat can raise dietary cholesterol, which can deposit in our arteries, increasing risk for heart disease and/or cardiac events such as heart attack or stroke. Sources include fatty cuts of animal protein such as beef or pork, dairy including butter, cream, milk, shortening and cheese, eggs, coconut/palm oils, baked goods, fried foods, and processed snacks. Animal fat and dairy also contain trans-fat, which can raise bad cholesterol levels.



Unsaturated fats are considered the healthy fats. There two types - monounsaturated and polyunsaturated fats (both promote positive health benefits, different chemical structure). Omega 3 fatty acids are a type of polyunsaturated fats shown to support heart health, lower cholesterol levels and reduce inflammation in the body. Food sources include fatty fish such as salmon or mackerel, nuts (including almonds and walnuts), seeds, and eggs. Monounsaturated fats include heart healthy oils such as olive, canola and avocado oil, avocados, nuts, and nut butters. These fats help increase our good cholesterol levels in the body.

The body needs fat for fuel and to make energy. It protects our organs, promotes cell growth, controls blood pressure and cholesterol levels, and helps our body absorb nutrients such as fat-soluble vitamins (A D E & K). Dietary fat is essential for health, as the body cannot make it to sustain these functions. It must come from the diet.

The gist: A healthier meal plan does not exclude all fat. Rather, start replacing foods that are higher in saturated fat with those rich in unsaturated fat. Make small changes such as swapping butter for olive oil or incorporating more fish for protein instead of fatty meats. Healthy fat should make up a quarter to a third of our daily caloric intake, keeping saturated fats at 7-10 percent of those calories. Both types can be part of a healthy diet.

Need more information on dietary fat? To request specific dietary guidance or nutrition counseling, please contact the main office at (518) 719-3555 for an individual nutrition referral. Wishing you all a happy, healthy 2023!



## GREENE COUNTY SENIOR SERVICE CENTERS

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

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

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

### ACRA

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

Ashley Reynolds  
Meal Site Manager

Elaine Cherrington  
Cook

### ATHENS

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

Senior Center Manager

Shane Dillon,  
Central Kitchen Manager

Mary Santiago  
Food Service Helper

### JEWETT

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

Gayle Ruvolo  
Meal Site Manager

Leigh Mattice  
Food Service Helper

### CATSKILL

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

Penny Konstalid  
Meal Site Manager



### COXSACKIE

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

Dorothy Barkman  
Faye VanDyke  
Co-Meal Site Managers

**GREENE COUNTY SENIOR NUTRITION PROGRAM**

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

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

LUNCH RESERVATIONS 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"><b>2</b></p> <p><b>DHS MAIN OFFICE &amp; ALL SENIOR NUTRITON SITES CLOSED</b></p> 	<p align="center"><b>3</b></p> <p>SLOPPY JOES GREEN BEANS CORN/CARROT MEDLEY RICE TROPICAL FRUIT</p>	<p align="center"><b>4</b></p> <p>KIELBASA* W/ SAUERKRAUT CARROTS BAKED BEANS BUTTERSCOTCH PUDDING * LOW SODIUM DIET SUBST: BAKED CHICKEN THIGH</p>	<p align="center"><b>5</b></p> <p>ROAST PORK w/ Gravy APPLESAUCE MASHED POTATOES GREEN BEANS FRESH FRUIT</p>	<p align="center"><b>6</b></p> <p>BEEF STEW COLESLAW BROCCOLI FRESH FRUIT</p>	
<p align="center"><b>9</b></p> <p>CHICKEN DIJON MASHED POTATOES MONACO VEGETABLE MIX FRUIT COCKTAIL</p>	<p align="center"><b>10</b></p> <p>RAVIOLI SAUSAGE ITALIAN GREEN BEANS CHOCOLATE MOUSSE</p>	<p align="center"><b>11</b></p> <p>BAKED HAM DINNER* GLAZED CARROTS SWEET POTATOES CHEESECAKE w/ Strawberry Topping * LOW SODIUM DIET SUBST: CHICKEN CUTLET w/ Gravy</p>	<p><b>12</b></p> <p><b>NUTRITION STAFF TRAINING DAY</b></p> <p><b>ALL SENIOR NUTRITON SITES CLOSED</b></p> <p><b>NO MEALS</b></p>		<p align="center"><b>13</b></p> <p>MACARONI &amp; CHEESE STEWED TOMATOES 3 BEAN SALAD FRESH FRUIT</p>
<p align="center"><b>16</b></p> <p><b>DHS MAIN OFFICE &amp; ALL SENIOR NUTRITON SITES CLOSED</b></p> 	<p align="center"><b>17</b></p> <p>BBQ CHICKEN THIGH BAKED BEANS COLLARD GREENS CORNBREAD PEACHES</p>	<p align="center"><b>18</b></p> <p>HUNGARIAN GOULASH SPINACH RED CABBAGE EGG NOODLES BIRTHDAY CAKE</p> 	<p align="center"><b>19</b></p> <p>ROAST BEEF w/ Gravy CALIFORNIA MIXED VEGETABLES MASHED POTATOES PINEAPPLE DELIGHT</p>	<p align="center"><b>20</b></p> <p>CHICKEN DIVAN MONACO VEGETABLE MIX WHITE RICE FRESH FRUIT</p>	
<p align="center"><b>23</b></p> <p>BEER BATTERED FISH CALIFORNIA MIXED VEGETABLES RICE PILAF TROPICAL FRUIT</p>	<p align="center"><b>24</b></p> <p>CHICKEN PARMESAN ITALIAN MIXED VEGETABLES PENNE PASTA PB SWIRL BROWNIE FRUIT COCKTAIL</p>	<p align="center"><b>25</b></p> <p>MEATLOAF w/ Gravy MIXED VEGETABLES BAKED POTATO W/ SOUR CREAM COOKIES PINEAPPLE</p>	<p align="center"><b>26</b></p> <p>ROASTED CHICKEN QTRS w/ Gravy MONACO VEGETABLE MIX MASHED POTATOES FRESH FRUIT</p>	<p align="center"><b>27</b></p> <p>AMERICAN GOULASH SPINACH AMBROSIA SALAD FRESH FRUIT</p>	
<p align="center"><b>30</b></p> <p>STUFFED PEPPERS CALIFORNIA VEG MIX COOKIES APPLESAUCE</p>	<p align="center"><b>31</b></p> <p>TORTELLINI MEATBALL ITALIAN MIXED VEGETABLES BRUSSELS SPROUTS RICE PUDDING w/ Raisins</p>				

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

DIAL-A-RIDE  
WITH  
GREENE COUNTY TRANSIT



Greene County Transit (GCT) has a limited time service called Dial-A-Ride which covers the Freehold, Greenville and Catskill areas of Greene County (previously known as Route 705) for essential (non-urgent) transportation.

At this time; "essential transportation" is a term we use loosely, so give us a call to see if we can get you where you need or want to go. The service times and days are available between 9:00 a.m. – 5:00 p.m. on Monday – Friday.

**How do I use this?**

You can utilize this limited available service by calling GCT at (518)943-3625 and schedule an appointment for pickup and return 24 hours before the ride is needed, Monday through Friday. If a ride is needed on Monday, reservations must be made on the Friday before by 3:00pm. Due to scheduling, the service may not be available for the day or times you need and are adjusted to when the bus is in your area. This will be discussed when you set up your appointment with our office staff.

**What does it cost?**

The cost for this service is the same as its prior Route Deviated fare at \$3.00 for a one-way trip. This fare includes a free transfer if another bus is needed to get you to your destination and a free Catskill Shuttle Pass for the same day.

**Why are we offering this service?**

This service was created during the COVID-19 pandemic to provide essential transportation for the Greene and Columbia County area when GCT had paused its route service. As the regular routes returned to service, the Dial-A-Ride was no longer needed for that route area. The only remaining area that has not returned to service is GCT Route 705 that the Dial-A-Ride Service still covers. The Route 705 service area is Freehold & Greenville coming into the Village of Catskill.

If you need further information, please call Greene County Transit at (518)943-3625 on Monday – Friday between 8:30 a.m. – 4:30 p.m.



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

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

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

**CONSULTATION and ASSISTANCE:** This includes such client assistance activities as case assistance, HIICAP, help with public benefit applications, etc. The suggested level is \$5.00 per office visit (*Actual cost \$20.00/hour*).

**IN-HOME SERVICES:** This is discussed with the client by the case manager at the time of assessment. The suggested level of contribution is \$3.00 per hour (*Actual cost \$21.56/hour*).

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

**NUTRITION:**

**Senior Congregate Meal or Home Delivered Meals:** The suggested level of contribution is \$4.00 (*Actual cost \$15.00/meal*).

**Nutrition Counseling:** Clients requesting diet counseling from the Registered Dietitian are provided with an opportunity to contribute. The suggested level of contribution is \$5.00. (*Actual cost \$65.00/hour*).

**TRANSPORTATION:**

**Senior Center Transportation:** The suggested contribution is \$1.00 for round trip (*Actual cost: \$7.34/one way*).

**Medical (Homebound) Transportation:** The suggested contribution for this service is a sliding scale based on mileage

0 – 10 miles	\$3.00 round trip
11 – 20 miles	\$5.00 round trip
21 – 40 miles	\$9.00 round trip
41+ miles	\$15.00 round trip

*(Actual cost is \$29.62 one-way trip, maximum mileage)*

Remember to make checks payable to Greene County Department of Human Services & note in memo the service.

**THANK YOU FOR YOUR SUPPORT and GENEROSITY**

Contributions



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

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

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

I designate a \$ \_\_\_\_\_ contribution in appreciation for services

**OR** In memory of \_\_\_\_\_

to the following:

\_\_\_\_\_ Round Table News      \_\_\_\_\_ In-home services      \_\_\_\_\_ Where most needed

\_\_\_\_\_ Senior Angels Program      \_\_\_\_\_ Homebound transportation

\_\_\_\_\_ Nutrition Program/Home-delivered Meals

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



***For your donations***

***To our Home Delivered Meal Program***  
***Kiskatom Reformed Church***

***Anonymous donation***

***Where Most Needed:***  
***Regine Petrosky (and to Round Table News)***

***Carolyn Yusko***  
***In Memory of Jean A. Winnie***

# GREENE COUNTY SENIOR CITIZENS CLUBS



## ATHENS

### **ATHENS SENIOR CITIZENS**

2nd & 4th monthly Monday

1:15 p.m.

Rivertown Senior Center

## CAIRO:

### **CAIRO GOLDEN AGERS**

2nd & 4th monthly Wednesday, 1:30 p.m.

Acra Community Center

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

## CATSKILL:

### **CATSKILL SILVER LININGS**

2nd monthly Thursday, 1:00 p.m.

Robert C. Antonelli Senior Center

Contact person: President Sheila Pedersen, 518-719-5361

## COXSACKIE:

### **COXSACKIE AREA SENIORS**

2nd & 4th monthly Tuesday

1:00 p.m.

Van Heest Hall, Bethany Village

### **SENIOR CITIZENS of COXSACKIE**

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

Town of Coxsackie Senior Center

Contact: President Yale Frank, 518-731-8855

## GREENVILLE

### **GREENVILLE GOLDEN YEARS**

1st monthly Wednesday, 1:00 p.m.

American Legion Hall

Contact person: President Beverly Myers, 518-966-8482

## MOUNTAIN-TOP:

### **MOUNTAIN TOP GOLDEN AGERS**

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

Tannersville Fire Hall

Contact person:

President Margaret Robinson

518-589-4091

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

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

Windham Town Building

Contact person:

President Lula Anderson

518-734-5360



# SIGHTS & SOUNDS OF LANCASTER, PA

Featuring Sight & Sound's "MOSES"

3 DAYS - 2 NIGHTS

APRIL 26 - 28, 2023

Deposit required: \$25

\$505 Per Person  
Double Occupancy

Single Occupancy

PACKAGE INCLUDES: \$650

- 2 Nights Lodging
- 2 Breakfasts
- 2 Dinners including dinner at an Amish Homestead & Dinner at Bird-in Hand
- Performance of "MOSES" at Sight & Sound Theatre
- Guided Tour of the Amish Countryside, including stops at an Amish Craft Farm & Bake Shop
- Railroad Museum of Pennsylvania
- Ride on the Strasburg Railroad
- Kitchen Kettle Village
- Bird-in-Hand Farmers Market
- Souvenir Gift
- Luggage Handling
- Taxes & Meal Gratuities
- Motorcoach Transportation

Balanced due: March 2023



Cancellation insurance available upon request; see reverse side

FOR INFORMATION AND RESERVATIONS CONTACT:

CATSKILL SILVER LININGS  
Georgianna Ramsay  
P.O. Box 162  
Round Top, NY 12473  
(518) 622-3257



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

WAJPL Golden Age Club presents

## "MOSES" in Lancaster, PA

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

2 Day Tour - May 2-3, 2023



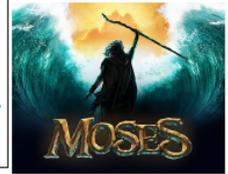
\$371 Double

\$361 Triple \$481 Single  
Add \$18.00 to include the Strasburg RR

DEPOSIT of \$75 at SIGN UP

Balance due: 3/25/23

Cancellation Protection  
Only \$29 per person



### Package Includes:

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

For reservations contact:

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

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

TWO SHOWS!



Family Style Dinner in a REAL Amish Home!



Bus Depart:  
Windham, NY



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

6/13/2023



VILLA ROMA, Callicoon NY

\$65  
SHOW - LUNCH - BINGO

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

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

THURSDAY, AUGUST 17, 2023



A TRIBUTE TO  
JOHN DENVER  
AND  
GLEN CAMPBELL  
AT  
THE BROWNSTONE



\$70 PER PERSON

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



## WILLIAMSBURG & CHARLOTTESVILLE

With Berkeley Plantation & Thomas Jefferson's Monticello

5 DAYS - 4 NIGHTS

SEPTEMBER 11 - 15, 2023

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

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

### PACKAGE INCLUDES:

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

Cancellation insurance available upon request; see reverse side

### FOR INFORMATION AND RESERVATIONS CONTACT:

WAJPL GOLDEN AGE CLUB  
Mary Louise (518) 622-3397

or

Vicky (518) 734-4164

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



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



## CLARKSVILLE, TENNESSEE BBQ, BISCUITS & BOOZE

6 DAYS - 5 NIGHTS

SEPTEMBER 17 - 22, 2023

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

\$1268.00 Single Occupancy  
Balance due: July 19, 2023  
*Clarksville*

### PACKAGE INCLUDES:

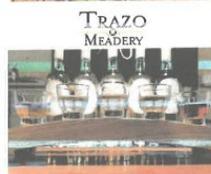
- \* 5 Nights lodging, including overnights
- \* 5 Breakfasts
- \* 3 Dinners, including a BBQ Dinner
- \* 3 Evenings of Entertainment to include:  
Blue Grass Music  
"Music Throughout the Years" Show  
Sweet Charlotte Fun Store  
Storyteller Farm (formerly owned by Johnny Cash)
- \* Visit to a local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



Cancellation insurance available upon request; see reverse side

### FOR INFORMATION AND RESERVATIONS CONTACT:

CATSKILL SILVER LININGS  
Georgianna Ramsay  
P.O. Box 162  
Round Top, NY 12473  
(518) 622-3257



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## HOLIDAY SIGHTS & SOUNDS OF LANCASTER, PENNSYLVANIA

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

3 DAYS - 2 NIGHTS  
NOVEMBER 8 - 10, 2023

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

### PACKAGE INCLUDES:

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

\$25 Deposit at Sign up.  
Balance Due No Later than Sept 1, 2023

Cancellation insurance available upon request; see reverse side

### FOR INFORMATION AND RESERVATIONS CONTACT:

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



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## NEWS FROM COXSACKIE AREA SENIORS

Members have enjoyed trivia and a number of games at their meetings, including a variation of The Price Is Right with many lucky winners. Prizes included gift cards, a holiday plush blanket, an anniversary clock and ceramic heaters.

At the November meeting, 4 lucky members won Member Appreciation gift cards to Topps.

A good time was had by all at the Christmas party held at Pegasus on December 8. Thank you Patricia Osborn for arranging.

VanHeest Hall (Bethany Village) has been closed due to renovations for the month of December - no meetings. Bimonthly meetings will resume on January 2023.

*Submitted by Mary Kibbey, Secretary*

## GETTING YOUR AFFAIRS IN ORDER (*National Institute on Aging*)

No one ever plans to be sick or disabled. Yet, it's just this kind of planning that can make all the difference in an emergency. It is important to put all important papers in one place and let someone else know where to find them. But what exactly is "an important paper"?

The answer to this question may be different for every family. The following lists can help you decide what is important for you. Remember, this is a starting place. You may have other information to add. For example, if you have a pet, you will want to include the name and address of your vet.



### Personal Records

- Full legal name w/ Date & place of birth
- Social Security and Medicare Information
- Legal residence
- Contact information (names, phone # & address) of important contacts, e.g. spouse, children
- Location of birth certificate, marriage license, citizenship, adoption, etc.
- Education and military records
- Religious contacts
- Medication list
- Names & phone number of doctors, pharmacy, etc.
- Health care proxy, living will, Power of attorney

### Financial Records

- Sources of income and assets
- Insurance information (life, home, auto) with policy numbers and contact information
- Banks with account numbers
- Investment income
- Most recent income tax return
- Up-to-date will with original signature
- Liabilities, including property tax
- Mortgages & debts
- Original deed, title for car and registration
- Credit and debit names and numbers
- If safe deposit box, it's location & key



### **DID YOU KNOW . . .**

**HOUSEHOLDS CAN ORDER A TOTAL OF 4 RAPID COVID TESTS FOR FREE?  
GO TO [COVIDTESTS.GOV](https://www.covidtests.gov)**



## 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

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**BUSINESS MANAGER:** Ken Brooks

#### AGING DEPARTMENT COORDINATORS:

Aging Services - Connie Bentley

Nutrition - Tezera Pulice

Volunteer Services - Ruth Pforte



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The office is open 8:30 a.m. - 5:00 p.m. Monday thru Friday, though staff are unavailable between 12:00 p.m. and 1:00 p.m. Agency staff specialize in a variety of subjects. **Staff are available by appointment only. Please call our main office telephone number to schedule an appointment if you need to meet with a staff member.**

Programs are made possible through funds from the NY State Office for the Aging, NY Connects, Administration for Community Living, NY State Office of Children and Family Services, and the generous support of the Greene County Legislature. Contributions are gratefully accepted and used to expand programs and services. **No person will be denied service if they are unable or unwilling to contribute.** All contributions are confidential. For individuals with disabilities or language interpretation needs, requests for reasonable accommodations should be made with at least five days notice.

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