

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

APRIL 2025



It is the mission of the Ulster County Office for the Aging to assist and empower older adults and their families to live as independently as possible, with dignity and purpose.

Ulster County will strive to reach more older adults and expand upon its current services by bringing them to remote and underserved areas of the County.

This includes new educational health promotion, service enrollment and Senior advocacy program opportunities so they can stay in, and contribute to, their community.

Are you 60 years old or older and...

...Need a ride for a medical appointment?

...Would benefit from a nutritious home-delivered meal?

...Need help with legal matters or Medicare questions?

Programs and Services:

- Home-Delivered Meals and Community Café's
 - Legal Services
 - HIICAP Medicare Counselling
 - Home Care Services
 - Transportation for non-emergency Medical appointments via Ulster County Area Transit (UCAT) or Neighbor to Neighbor
 - Medical Alert
 - Housing Information
 - Caregiver Support Group and Warm Calls
 - Tai Chi, Mall-Walk, and other Exercise Programs
 - Nutrition Counseling by Registered Dietitian
 - Information and Assistance/NY Connects
- Trained staff are available 9:00 A.M. to 5:00 P.M., in person or by phone, to answer questions about available community resources, benefits and entitlements. Call 845-340-3456 for more information.



1003 DEVELOPMENT COURT, KINGSTON, NY 12401 | 845-340-3456 | ULSTERCOUNTYNY.GOV/AGING

Slide Pano View, Courtesy of Steve Aaron, Courtesy of Ulster County Tourism

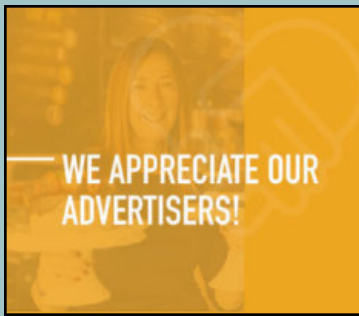


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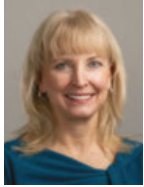
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UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

It's April, and we are getting ourselves out of our winter cocoons and planning things all over the County.

Besides all your spring bulbs coming up now (my yard has daffodils, crocus and tulips – early!), we've got things popping up on our calendars!

Please see the Buzz for what's coming up to register this month – we've got workshops to help you prepare for emergencies at home, to help you grow things, and fun craft projects. As before, we are always looking for volunteer drivers and schedulers – think of it as paying forward – if you might need a ride in the future, consider being a driver for folks who need one now. You get mileage reimbursement, a chance to get to know someone you've never met before, and provide a wonderful deed for them!

Things your senior group may want to hear about or learn: Scams directed at older adults – huge industry, very profitable for the thieves doing it, and how to protect you and your assets against this terrible process. Tech help – besides our weekly tech classes here at the Senior Hub, our tech teachers are willing to come present to your group and provide individual help to assist you with problems or questions you may have related to your computer, smartphone, tablet, etc. Please let us know if you are interested in either of these very important topics.

In this uncertain climate, please know that the NY State Office of Aging is very committed to continue all the assistance and support we have enjoyed for years. They are fighting to keep that funding available for older adults to ensure we can continue to help you. Please do not hesitate to contact your representatives to help continue this, both on the State and the Federal level. They need to hear from you. Our services, and the services of all OFAs all over New York State and all other states of the Union, help millions of older adults age in place, get good, pertinent resources and information, eat better, exercise well, apply for Medicare plans, get help with estate planning, and a myriad of other important assistance.

In hoping that the Spring brings renewed energy, growth and health!

Susan Koppenhaver, Director, Ulster County Office for Aging

Ulster County Office for the Aging Senior Technology Support Classes

Senior Technology Support Classes will be held at the Ulster County Senior Hub in Kingston on Thursday mornings.

Starting in April, we will change the start time to **10:00 A.M. and end the classes at Noon**. Next classes:

April 3: Organizing Google Mail: Gmail. (Lisa McCormack).

April 10: General Tech Q&A, Bring your Tech and your Questions.

April 17: Using Google to Organize Photos (Gmail Account Required). (Herb Sawtell).

April 14: Using Apple Utilities Suite on iPhone. (Patrick Cusack).

Classes are limited to 15 people. Please call the Ulster County Office for the Aging at 845-340-3456 to register. If you have registered for a class but find you are unable to attend, please call as soon as possible so we can contact a person on the waitlist.



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The New York State Long Term Care Ombudsman Program services are made possible through funding from the New York State Office for the Aging and U.S. Department of Health and Human Services, Administration for Community Living.

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CLASSES

MALL WALK WITH THE UCOFA

HUDSON VALLEY MALL
1300 Ulster Avenue, Kingston, NY.
Every Tuesday, 10:00 A.M. sharp!

**We meet by the Food Court at 9:45 A.M.
All are welcome!**

If Kingston City School District is on delay or closed, the mall walk is cancelled.

**All classes below are held at the
Ulster County Senior Hub,
5 Development Court, Kingston, NY
Call the Ulster County Office for the Aging to
register at 845-340-3456.**

UCOFA Weekly Game Day
Wednesdays, 1:00 to 3:00 P.M.

UCOFA Free Chess Classes
Mondays at 11:00 A.M.
If a County Holiday falls on a Monday, Chess Class will
meet on Friday at 11:00 A.M. of that week.

UCOFA Craft Corner
Join Ulster County Office for the Aging for Creative Fun!
Each month a new craft. 3rd Friday of the month.
10:00 A.M. to 12:00 P.M.

UCOFA Gentle Chair Yoga
Mondays, 9:30 to 10:30 A.M.
Shoes must be worn.

**UCOFA Fitness and Fun for All
Bands, Balls, Light Weights, and Light Cardio**
Wednesdays, 10:30 to 11:30 A.M.
Shoes must be worn.

MEDICARE

HIICAP Training for New Volunteer Counselors

The Office for the Aging will be holding a program for training volunteers to become certified Medicare counselors, beginning mid-April, 2025. The Health Insurance Information Counseling and Assistance Program (HIICAP) is a state-wide volunteer program whose mission is to educate seniors about Medicare, Medicare Advantage plans and other health insurance issues. HIICAP counselors provide free, accurate and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans.

The training will be held at the Office for the Aging and will consist of 6 weekly (2 hour) sessions beginning on April 16, 2025.

If you interested in joining HIICAP and in becoming a certified HIICAP volunteer, please contact the Office for the Aging at 845-340-3456.

Ulster County Office for the Aging Attorney

The Ulster County Office for the Aging Attorney can provide counseling and referrals for:

- Estate & Long Term Care Planning
- Government Benefits, including Medicaid
- Consumer Issues
- Housing

The Ulster County Office for the Aging Attorney can also prepare the following documents:

- Simple Wills
- Powers of Attorney
- Health Care Proxies
- Living Wills

There is no fee for this service, however contributions are gratefully accepted. (Suggested contributions: \$20 - \$100). To make an appointment call the Ulster County Office for the Aging at 845-340-3456.

The attorney does not go to court on any matter. If immediate assistance is needed, a prospective client may want to contact Legal Services of the Hudson Valley at 845-331-9373.

UCOFA Lunch and Learn for Seniors

April 17: Spring: It's all about the Shade

Presented by Victoria Coyne, Victoria Gardens

Woodstock Fire Department Meeting Room, 242 Tinker Street,
Woodstock, NY.

(Entrance door by American Flag and bell)

R.S.V.P. by April 10, 2025

April 25: Understanding Alzheimer's and Dementia

Presented by Tara DeLuca, Hudson Valley Chapter,
Alzheimer's Association

Sarah Hull Hallock Free Library, 56 Main Street, Milton, NY.

R.S.V.P. by April 16, 2025

**May 8: Life's Essential Cardiovascular Tips and
Nation of Life Savers**

Presented by Valerie Ubriaco, Hudson Valley American Heart Association

Russell Brott Senior Center, 1 Town Hall Drive, Lake Katrine, NY.

R.S.V.P. by May 1, 2025

Lunch and Learns run Noon to 2:00 P.M.

Free to Ulster County Seniors age 60 and over and includes free lunch with reservation. Space is limited. Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P.

BINGOCIZE®

Looking for a fun, new way to be more active? BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

April 15 through June 19, 2025
Tuesdays and Thursdays
2:00 to 3:00 P.M.

Cragsmoor Free Library
355 Cragsmoor Road
Cragsmoor, NY.

To register, call the Ulster County Office for the Aging at 845-340-3456 by April 14, 2025.



Roman Holiday (1953) starring Gregory Peck and Audrey Hepburn.

May 20, 2025.

R.S.V.P. by May 16, 2024.

Rosendale Theatre, 408 Main Street, Rosendale, NY.

Movie starts at 1:00 P.M.

Free to Ulster County Seniors age 60 and over. Call the Office for the Aging to R.S.V.P at 845-340-3456.



Goal Setting Examples for Seniors

Seniors can make various goals to help them maintain their independence and stay in their homes. You can set goals in many different areas of your life. Here are some examples:

Independence goals:

- Financial planning
- Making their home more handicap accessible
- Looking into safe transportation
- Finding different options for housekeeping and meal planning
- Researching care options

Socializing goals:

- Having a family dinner or game night
- Talking on the phone or video chatting
- Taking a class, such as an art or exercise class
- Joining a club, such as a book club
- Volunteering

Activity goals:

- Gardening
- Drawing, painting, pottery, or another form of art
- Trying different restaurants
- Reading more
- Playing or learning a musical instrument



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April 2025 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Taco Mix Yellow Rice Corn and Black Beans Tortilla Chips and Salsa Applesauce	2 Meatloaf Mashed Potatoes Mixed Vegetables WW Bread Fresh Fruit	3 Sweet and Sour Pork Sesame Noodles Broccoli WW Bread Mandarin Orange cup	4 3 Bean Vegetarian Chili w/Diced Sweet Potato Brown Rice Green Beans and Peppers WW Biscuit Pear cup
7 Ravioli Marinara Spinach WW Bread Fresh Fruit	8 Salisbury Steak w/LS Gravy Herbed Couscous Geneva Blend Vegetables Rye Bread Juice Brownie	9 Chili Baked Potato w/Cheddar Cheese Tuscan Blend Vegetables WW Bread Peach cup	10 Chicken Parm Ziti w/LS Marinara Italian Blend Vegetables WW Bread Mixed Fruit cup	11 Red Pepper Egg Bake Genoa Blend Vegetables WW Biscuit Broccoli Soup Pear cup
14 <i>Passover</i> Lemon Rosemary Chicken Brown Rice Meadow Blend Vegetables WW Matzoh Juice Matzoh Toffee	15 Meatloaf Mashed Potatoes California Blend Vegetables WW Bread Applesauce	16 Spaghetti w/LS Meat Sauce Broccoli WW Bread Baklava Juice	17 Shepherd's Pie Green Beans and Pimento Rye Bread Peach cup	18 <i>Good Friday</i> Fish Filet Garlic Sauce Mashed Potatoes California Blend Vegetables WW Bread Pear cup
21 <i>Easter Monday</i> LS Ham w/ Pineapple Cherry Sauce Loaded Potatoes Peas and Pearl Onion WW Dinner Roll Juice Holiday Cake	22 Fish Filet Herbed Rice Tuscan Blend Vegetables WW Bread Fresh Fruit	23 Ground Beef Stroganoff Mashed Potatoes Carrots WW Biscuit Applesauce	24 Lasagna Marinara Winter Blend Vegetables WW Bread Peach cup	25 Mac and Cheese Carrots WW Bun Pear cup
28 Pork Chopette w/ Apple Gravy Buttered Egg Noodles Harvard Beets WW Bread Fresh Fruit	29 Crispy Chicken Sandwich Brown Rice Green Beans WW Burger Bun Mixed Fruit cup	30 Stuffed Shells Marinara Italian Blend Vegetables WW Biscuit Applesauce	Meals Prepared by Gateway Hudson Valley Milk is provided. WW = Whole Wheat Menu Subject to Change	Community Café Information and Reservations call: 845-331-2180 For information or Home Delivered Meal Cancellation call: 845-331-2496.



COMMUNITY CAFÉS

Do you know that Ulster County and the Office for the Aging sponsor multiple meal sites around the County so that Seniors, age 60 and over, can have a free meal?

Come and enjoy good food and socialization! See below for locations and days of the week.

UCOFA Community Café locations:

Ellenville: Trudy Farber Building, 50 Center Street, Ellenville, NY, Mondays and Wednesdays, 11:30.

Kingston: Ulster County Senior Hub, 5 Development Court, Kingston, NY, Mondays and Wednesdays, 12:00.

New Paltz: New Paltz Community Center, 3 Veterans Drive, New Paltz, NY, Thursdays, 12:00.

Rosendale: Rosendale Recreation Center, 1055 Route 32, Rosendale, NY, Fridays, 11:30.

Saugerties: Frank D. Greco Senior Center, 207 Market Street, Saugerties, NY, Tuesdays, 11:30.

Woodstock: Mescal Hornbeck Community Center, 56 Rock City Road, Woodstock, NY, Thursdays, 12:30.

Want to try it out? Call Gateway Hudson Valley at 845-331-2180 for more information.

Reservations for registered participants must be made at least 24 hours in advance. Please remember, this is for Ulster County Seniors age 60 and over.

The recommended voluntary contribution for a Community Café meal is \$3.00 per meal but not mandated. All contributions are voluntary and confidential. No one will be denied a meal if they do not contribute. Meals made possible by funds provided by Ulster County Government, NYSOFA, UCOFA and Private funds. Your contributions help keep Senior programs available. Thank you.



HOME DELIVERED MEALS

Home delivered meals can help Seniors stay independent in their own homes. Are you or someone you know, unable to take care of meal preparation?

The Ulster County Office for Aging Home Delivered Meal Program provides a weeks-worth of nutritious frozen meals delivered once a week to Seniors at NO cost.



The meals served are planned by a registered dietitian and each meal provides one-third of a Senior's daily nutritional needs.

Qualified Seniors must be:

- 60 years or age or older
- Ulster County resident with no other supports
- Unable to prepare meals
- Homebound due to incapacity or illness

Voluntary contributions are appreciated. Contributions are confidential and no one will be denied a meal if they do not contribute. The recommended voluntary contribution is \$3.00 per meal. If monthly income is higher than 185% of the federal poverty level (\$2,248 for a 1 person household and \$3,040 for a 2 person household), Seniors are offered the opportunity to contribute the full cost of the meal which is \$ 11.04. Checks payable to Ulster County.

For more information, please call Ulster County Office for the Aging at 845-340-3456. For home delivered meal cancellation call 845-331-2496.

The Office for the Aging gratefully accepts voluntary contributions. Your contributions help keep Senior programs available. Thank you. This program is made possible by funding from Federal, State, County and/or local contributions.

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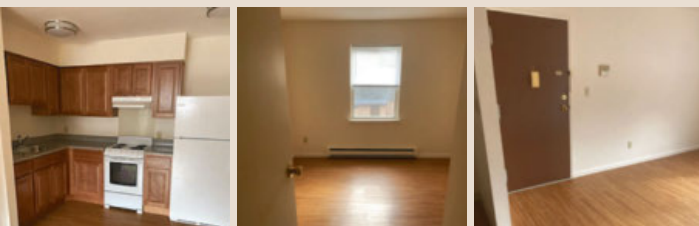
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06-5324

April is Parkinson's Awareness Month and April 11th is World Parkinson's Day.

April is marked as Parkinson's Awareness Month, shining a light on the struggles and advancements in dealing with this disease. Parkinson's disease (PD) is a neurodegenerative disorder of the nervous system that affects millions of people across the world and is second only to Alzheimer's as the most common neuro-degenerative disease.

Anyone can get Parkinson's, but certain groups of people have a higher risk than others:

Age: The primary risk factor for Parkinson's is age. Only 4% of people with the condition are diagnosed before they turn 50. The risks go up with older age. The average age that symptoms begin is 70.

Sex: A person assigned male at birth is twice as likely to receive a Parkinson's diagnosis than someone assigned female at birth. The condition's symptoms can sometimes look a little different across sexes, too.

Genetics: Parkinson's has a strong genetic component. It's estimated that 15–25% of people with Parkinson's have someone in their family with the condition. There are also specific genetic mutations that are linked to Parkinson's.

Toxic exposure: Exposure to certain chemicals may increase your Parkinson's risk. People who live in the "rust belt states" where industrial manufacturing is concentrated are diagnosed at higher rates. This seems to suggest certain manufacturing toxins can activate Parkinson's. People who live in rural areas with high pesticide use may also have an elevated risk.

Head injuries: People who have had traumatic brain injuries appear to be more likely to develop Parkinson's later in life.

What are the early symptoms of Parkinson's? Learning the early symptoms of Parkinson's is a great way to become more aware of what living with the condition can look like. The trademark symptoms of Parkinson's include:

- tremors and trembling
- muscle stiffness
- slowness and loss of balance
- an uneven gait

When Parkinson's first develops, it can be so mild that your symptoms aren't noticeable. Symptoms of what's known as stage 1 Parkinson's may be confined to one side of your body. It can take months or even years for the condition to progress to stage 2 when symptoms become more noticeable. As the condition becomes worse, Parkinson's moves through several additional stages. Stage 5 is considered the most severe.

How is Parkinson's diagnosed? Getting screened for Parkinson's is a great way to increase your awareness of the condition. It also lets you talk with your doctor about your specific risks. However, be aware that there's no blood or lab test that can screen for Parkinson's. Doctors will typically conduct a neurological exam to determine if you have the condition. Diagnostic tools, such as MRIs, may be used to evaluate your symptoms. Parkinson's can resemble several other neurological conditions, so it may take several doctor's visits to confirm a Parkinson's diagnosis.

There is currently no cure for Parkinson's disease. Current treatment strategies include:

Medications: Medications to treat Parkinson's may increase dopamine levels in the brain or slow its breakdown. They may also manage symptoms of involuntary movement. Classes of medications involved in Parkinson's treatment plans include:

- dopamine agonists
- enzyme inhibitors
- anticholinergic drugs

Deep brain stimulation (DBS): This treatment requires surgery to implant tiny electrodes in your brain. Pulses are then released to the electrodes. These pulses block certain neurons and are believed to help your brain maintain a state of equilibrium.

Physical and occupational therapy: Physical and occupational therapists can help you learn strategies to improve your strength and coordination. These therapies aim to help people with Parkinson's maintain their ability to be active and independent for as long as possible.



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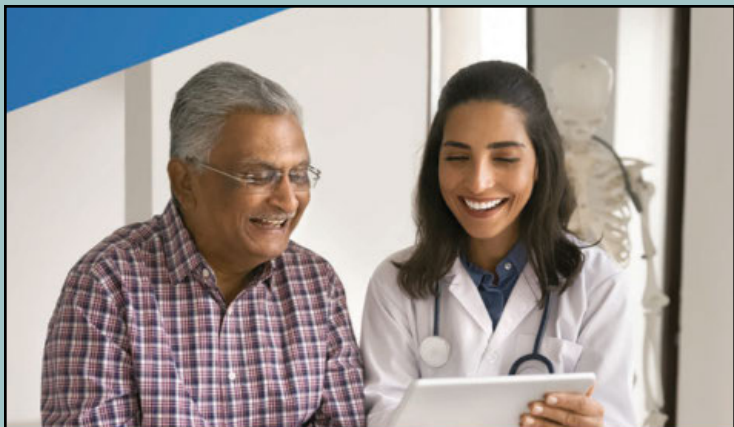
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Appliance Features that Promote Senior Safety and Accessibility

Household appliances with tiny buttons, displays, and knobs can be difficult for Seniors to use - specially if they have health and mobility limitations that affect strength, grip, reach, and fine motor skills. Some aging adults may need to use appliances with Senior-friendly features that can improve their ability to remain safe and independent at home. Although it may not be practical or cost-effective to replace current appliances, here are a few things to consider when shopping for replacements after one breaks down.

Energy-Efficient Features Cut Utility Costs: Everyone can benefit from saving money on utility bills, but this can be crucial to Seniors living on a fixed income. When shopping for appliances, look for energy-efficient models that benefit the environment and provide cost savings.

Senior-Friendly Kitchen Appliances: The kitchen is a common place for Senior household accidents. While it is impossible to remove all risks associated with working in the kitchen, some appliances promote safety and convenience, including:

- "Smart" stoves with large clocks/displays/knobs, timers, automatic shut-off functions, and warning lights indicating that the stovetop is hot.
- Compact countertop microwaves that are small enough to sit on the counter. Unlike over-the-range models, they don't require an older adult to reach over their head to handle hot food. Some models even have large buttons, simple controls, and loud buzzers to signal when heating is complete.
- Large-display refrigerator/freezers with easy-open doors as well as improved lighting and large buttons inside and out so Seniors who have poor eyesight can read food labels, control temperature, and access ice and water dispensers.
- Single-serve or auto-shut-off coffeemakers that can prevent accidents, fires, and burned coffee caused by leaving the coffee pot on.

The kitchen isn't the only place Seniors can benefit from senior-friendly appliances. Here are a few other household items that can help Seniors care for their homes with increased safety and ease:

- Lightweight cordless and robot vacuums
- Risers for front-loading washers and dryers
- Auto-shut-off irons
- Large-display clocks
- Cordless landline phones with large numbers
- Electric tea kettles with auto-shut-off
- "Clap on" lights



Garden tips for April

- Although April is often associated with rainy weather, remember to water your plants more as the weather warms up and the days lengthen.
- If you haven't yet removed old, dried stalks from last season, now is the time. Cut them a couple of inches above the ground.
- Stay off soggy lawns. Once the ground is firm and dry, lawns need a vigorous raking with a bamboo rake (not plastic) or dethatching with a rented machine, then overseeding as indicated.
- For overwintered geraniums, cut back 4 to 6 inches and remove the bottom leaves.

DID YOU KNOW?

The Pony Express began on April 3, 1860.

Spring is here!!

Time to get outside and experience some beautiful Hudson Valley fresh air. It is also a good time to put on your sneakers and get out to get some much-needed exercise, without fear of ice and freezing temperatures.

Starting this past February we have been focused on Heart Health. Make no mistake that if you are taking good care of your heart, you are taking good care of the rest of your body.

Good nutrition, sleeping well, getting exercise and socializing are all so important.

Let's zero in on some specific foods that are Super Heart healthy:

Almonds and Nuts - Research has shown that besides a great source of protein, nuts can actively reduce LDL artery clogging Cholesterol.

Apples and Colorful Fresh Fruit - Fruits contribute more fiber but also help to clean out the gut from harmful bacteria. Potassium, Vitamin C and antioxidants.

Garlic - Lowers blood glucose per the Avicenna Journal of Phytochemicals. It may also help to clean out toxins in the liver and help antioxidant production.

Cranberries - Boston and Tufts report cranberries may relief arterial stiffness, increase HDL, decrease LDL cholesterol and helps lower hypertension.

Berries - They provide good HDL Cholesterol, lessen cardiac risk and are full of antioxidants.

Dates - Dates have antioxidants that help heart health.

Kale, Spinach, and Leafy Greens - Helps to lower cardiac disease and a great fiber source per the Nutrients Journal. Spinach is packed with Magnesium for heart regulation.

Beans and Legumes - Have a high concentration of polyphenols that guard against inflammation. They contain high fiber and a good source of protein.

Fish - Fish contain Omega 3 Fatty acids that lower cardiac risk and can help regulate blood sugar.

Olive Oil - In moderation, can protect your blood vessels.

Oatmeal, Barley, and Flaxseed - Lowers LDL Cholesterol, lowers blood sugar and Flaxseeds help with adding antioxidants.

Tomato - Contain Lycopene to reduce Stroke and Heart Disease risks.

Peppers, Broccoli, and all Colorful Veggies - Antioxidants, Fiber and B vitamins. Beets and Eggplant for Nitrates and blood flow per the Journal of the American College of Cardiology.

From the desk of UCOFA Registered Dietitian: Patricia Ricks, MPA, RD, CDN. Nutrition consults are free to Ulster County Seniors 60 and over. To make a referral, call 845-340-3456.

Caregiver Support Group

Ulster County Office for the Aging (UCOFA) and the Mental Health Association in Ulster County, Inc. (MHA) are offering a support group designed for caregivers seeking support and interaction with other caregivers. The group will also allow caregivers to learn skills, share information, and learn about available resources. Facilitated by MHA of Ulster County, Inc.

Meetings are held at:

MHA of Ulster County Inc.
300 Aaron Court, Kingston, NY
1st & 3rd Thursday of each month:
6:00 to 7:15 P.M.

In-person or via Zoom.

RCAL Conference Room
727 Ulster Avenue, Kingston, NY
2nd & 4th Tuesdays of each month:
10:15 to 11:30 A.M.

In-person or via Zoom.

For registration or details, please call the Ulster County Office for the Aging at 845-340-3456.



Office Hours

ALZHEIMER'S & DEMENTIA SUPPORT



Join our free office hours at the Ulster County Office of the Aging.

- Are you caring for a loved one with Alzheimer's or other dementia?
- Do you have questions about memory loss?
- Would you like information about local resources to help a family living with dementia?

Anyone with questions about brain health, memory loss, caregiving, Alzheimer's or dementia is encouraged to make an appointment for our free office hours in Rockland County to speak with a dementia expert from the Alzheimer's Association. Get the answers and resources you need. By appointment only.

To schedule an appointment, call 800.272.3900 and ask to speak with Tara DeLuca or email tedeluca@alz.org

This program is supported in part by a grant from the New York State Department of Health.



Second Friday of every Month



By Appointment



Ulster County Office for the Aging
1091 Development Ct.,
Kingston, NY 12401



ULSTER COUNTY

OFFICE FOR THE AGING

Susan Koppenhaver

Director

Judy Riley

Deputy Director

845-340-3456

NY Connects

845-334-5307

845-443-8804

HIICAP Medicare

Counseling

845-340-3579

Neighbor-to-Neighbor

845-443-8837

DEPARTMENT OF SOCIAL SERVICES

HEAP

845-334-5436

SNAP

845-334-5200

Medicaid

845-334-5175

Central Intake

845-334-5125

Do you know someone who might like to receive The Buzz via email? Have them call the Office for the Aging with their e-mail address.

The Ulster County Office for the Aging is always looking for ways to improve our services and resources to all Seniors across the County. Please do not hesitate to contact us if you have feedback, ideas or need additional information regarding our services.



NY Connects
Your Link to Long Term
Services and Supports

of Ulster County

(800) 342-9871 (845) 334-5307



NY Connects staff can help link you to long term services and supports, such as home care, transportation and meals.

Our goal is to help you live as independently as you wish to while meeting your medical, social and functional needs that arise from aging or disability.

We can help individuals, families, caregivers, and professionals.

Appointments available at the Ulster County Office for the Aging.

Call 845-340-3456 to make an appointment.

The Alzheimer's Association helpline is available 24/7 by calling 800-272-3900.