

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

JANUARY 2023



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?

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.



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UCOFA DIRECTOR MESSAGE

Dear Ulster County Seniors:

Here we are in January already! We do tend to schedule fewer events, as we must rely on non-snowy days to hold them! However, our Ulster County Senior Hub will continue to be open for lunches as well as all of our dining sites; and games, chess, exercise and meetings, including tech classes, offering you many opportunities to get better with your devices, laptops, tablets, etc. will start up again in January.

We are busy working on the Lunch and Learn schedule for 2023! We have lots of good ideas, and want to bring different and useful speakers to you and your community. We always welcome suggestions, too!

We are looking for folks who might want to explore becoming a caregiver for those families that need Respite as we discover there are some new respite opportunities opening up in the County. Some have regular times and others will be periodic, or maybe an afternoon once a month. However it plays out, these programs are badly needed for the thousands of unpaid family caregivers in this state who need breaks and rest from their duties taking care of loved ones. Please consider this – we offer training and support. We had a great year in 2022, presenting information and programs in various communities where we had not been recently or in the past. We brought services to seniors where they live, offered exercise and evidenced-based programming all over the County, led fun times through many Bingo games in different locations, held many Lunch & Learns everywhere, and increased several services toward seniors in general. We hope to do even better in 2023!

Wishing everyone a Happy New Year, with lots of good Health to go along with it!

Susan Koppenhaver,
Ulster County Office for the Aging Director

Ulster County Office for the Aging Winter Weather Policy for UCOFA activities and events.

All OFA & Senior Hub activities and events will be **Cancelled (except Community Cafés)** if the Kingston City School District cancels school.

All OFA & Senior Hub Morning activities and events will be **Cancelled (except Community Cafés)** if the Kingston City School District has a two (2) hour delay.

Cancellations of the Community Cafés will be determined by Gateway Hudson Valley – please check radio or call OFA at 845-340-3456.

If the County declares a STATE OF EMERGENCY – Ulster County Office for the Aging and Senior Hub will be closed.

Any questions please call the Ulster County Office for the Aging at 845-340-3456.

Ulster County Office for the Aging Senior Technology Support Classes

Senior Technology Support Classes will be held at the Ulster County Hub in Kingston on Thursday mornings from 9:30 AM to 11:30 AM. Next scheduled classes:

Thursday 1/5/23 Apple iPhone 2: Password Management, Home Screen Organization, Photo Management, Control Center, Contacts, Calendar, Q&A (class is full but call for waitlist).

Thursday 1/12/23: General Tech Questions Assistance.

Thursday 1/19/23 Apple iPad 1: iPad Basic Environment and Navigation, Settings, Application Organization, Mail, Facetime, New IOS 16 Features, Q&A.

Classes are limited to 15 persons. Please call the Office for the Aging at 845-340-3456 to register.

UCAT ADA Paratransit: Paratransit free rides are available to Ulster County residents who are unable to use the fixed-route bus service due to a disability. To determine eligibility an application must be completed. Applications can be found online at <https://ucat.ulstercountyny.gov/ada-paratransit/> or can be requested via email ucat@co.ulster.ny.us or phone at 845-334-8135.

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We provide nutritious, well-balanced meals to seniors in Ulster County. Please contact Ulster County Office for the Aging at 845-334-5125 for more information on how to qualify. We also offer the same great meals through our "Just Like Home" meal service - perfect for anyone desiring convenience, independent living, recuperating at home, or managing an illness.



We can help you with your nutrition needs. Call us for more information about our "Just Like Home" meals at **845-331-2180**



Caring for someone with dementia? Call our Helpline anytime for support, with questions or to learn about programs near you.

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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.

UCOFA Weekly Game Day

Wednesdays, 1:00 to 3:00 P.M.

Ulster County Senior Hub, 5 Development Court,
Kingston, NY.

Please use social distancing to the extent possible.
Masks are optional.

UCOFA Free Chess Classes

Learn to play and exercise your brain at the same time.

Mondays at 11:00 A.M., Ulster County Senior Hub,
5 Development Court, Kingston, NY. Call the Ulster
County Office for the Aging to register at
845-340-3456. Please use social distancing to the
extent possible. Masks are optional.

UCOFA Craft Corner

Join Ulster County Office for the Aging for Creative Fun!

Each month a new craft. 3rd Friday of the month from
10:00 A.M. to 12:00 Noon, Ulster County Senior Hub,
5 Development Court, Kingston, NY. Call Ulster County
Office for the Aging to register at 845-340-3456.
Please use social distancing to the extent possible.
Masks are optional.

MEDICARE

Medicare Counseling

The Health Insurance Information Counseling and Assistance Program (HIICAP) at the Ulster County Office for the Aging provides free and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage.

HIICAP helps people with Medicare, their representatives, or people soon to be eligible for Medicare.

HIICAP Counselors are fluent in all aspects of Medicare and health insurance coverage, including Original Medicare, Medicare Advantage, Medicare supplemental plans, and prescription drug coverage.

If you need further information or would like to schedule an in-person or phone appointment with a HIICAP counselor, please call 845-340-3579.

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
- Elder Abuse

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

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

To make an appointment call 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.



A Big Thank You to SSIP (Settled & Serving in Place) of Kingston for their generous donations of essential items needed for Ulster County's Adult Protective Services' clients. They wrapped the gifts at the Ulster County Senior Hub. They have very big hearts and we appreciate all they do!



Ulster County Office for the Aging Thanksgiving Luncheon



Ulster County Office for the Aging Holiday Cabaret Luncheon

The Ulster County Office for the Aging would like to thank the Senior Computer Learning Center for their donation in honor of the late Tom Wadnola who taught multiple courses and workshops over the years at the Senior Computer Learning Center which was part of Ulster County Community College. Tom had been a programmer for IBM, so when it came to computers, Tom was the person who could and would always help out. No matter what was going on in Tom's life he was always ready and willing to offer assistance to any one in need. Tom will be missed but the generous donation will help provide seniors of Ulster County with continued technology assistance. Thank you!



See you in the Spring



What is Probate & How to Avoid it *from the desk of UCOFA Attorney, Erica Halwick-Williams, Esquire.*

Probate is a legal process, after your death, where your Will is submitted to the Surrogate's Court to (1) determine if the Will is valid and (2) authorize the nominated Executor to act. Part of this process includes notifying and providing copies of your Will to all of your 'distributees' – these are the people who would inherit under NYS law if you did not have a Will (commonly thought of as 'next of kin'). This gives those individuals the right to contest the Will if they believe it is invalid. This process can cost your estate additional money and will certainly delay the distribution of your estate to your beneficiaries. A common misconception is that having a Will avoids this process. Not true. Wills are made to go through Probate. Even if you don't have a Will, a very similar process with the Court still occurs, it just has a different name – called Administration. If you want to avoid Probate or Administration, you can do the leg work now, while you are alive, to put beneficiaries on every asset you own. When you die, all assets with joint owners or beneficiaries pass right to the surviving owner or named beneficiary – without the need for a formal legal process. Adding beneficiaries to everything can make handling your estate a much cheaper and easier process for your heirs, so do this:

- (1) Add Payable on Death (POD), Transferable on Death (TOD), or In Trust For (ITF) beneficiaries to your bank accounts (checking, savings, CDs);
- (2) Add beneficiaries to all of your stocks, bonds, investments, retirement accounts, annuities, life insurance policies, etc.;
- (3) Consider transferring your real property, like your home, into a Trust or into someone else's name, like a child, and keeping the right to live there for your lifetime; and
- (4) Consult with an Elder Law attorney to provide guidance on your estate planning goals. You're always welcome to make an appointment at the Office for the Aging to discuss any questions you may have!

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I have had the pleasure of helping buyers and sellers full-time for the last 25+ years with their real estate needs. A resident of Ulster County, I also have my Senior Real Estate Specialist (SRES) designation. I can give you a value on your home, assist you to sell your home and/or help you find a new home in or out of the area. Our offices in Ulster County are in Kingston, New Paltz, Stone Ridge and Woodstock.

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January 2023 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>New Year 2 Holiday Vegetable Lasagna Peas & Carrots Cut Green Beans WW Roll Vanilla Pudding</p>	<p>3 Breaded Fish Sweet Potato Puffs Steamed Broccoli Cole Slaw Rye Bread Pineapple Chunks</p>	<p>4 Rigatoni Bolognese Butternut Squash Cauliflower Rye Bread Peanut Butter Cookie</p>	<p>5 Lemon Chicken Green Peas Potato Pancakes Whole Wheat Roll Apple Sauce</p>	<p>6 Hamburger Mashed Cauliflower Corn Lentil Soup Whole Wheat Bun Pears</p>
<p>9 BBQ Pulled Pork Baked Beans Braised Carrots Apple Juice WW Roll Pineapple Bits</p>	<p>10 Chicken Sausage and Peppers Roasted Potato Carrots Whole Wheat Bun Apple Crisp</p>	<p>11 BBQ Chicken Sautéed Kale Corn Cucumber Salad WW Bread Fresh Fruit</p>	<p>12 Lemon Garlic Fish Rice & Beans Collard Greens Broccoli Cream Soup Corn Bread Mandarin Oranges</p>	<p>13 Stuffed Shells Italian Vegetables Sautéed Squash Rye Bread Tapioca Pudding with Raisins</p>
<p>MLK 16 Holiday Fish Scampi Risotto Green Beans Corn Chowder WW Roll Apple Sauce</p>	<p>17 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach Rye Bread Mandarin Oranges</p>	<p>18 Salisbury Steak Mushroom Gravy Scalloped Potato Peas & Pearl Onion Cranberry Juice WW Bread Chocolate Pudding</p>	<p>19 Rigatoni Bolognese Butternut Squash Cauliflower Cole Slaw Rye Bread Peanut Butter Cookie</p>	<p>20 Chicken Stir Fry Rice Pilaf Baby Carrots Apple Juice Rye Bread Peaches</p>
<p>23 Teriyaki Chicken Basmati Rice Collard Greens Apple Juice Whole Wheat Bread Apple Oatmeal</p>	<p>24 Cheese Lasagna Green Peas Diced Carrots Pasta Fagioli Soup Whole Wheat Roll Pineapple Bits</p>	<p>25 Asian Pork Stew Lo Mein Noodles Vegetables Mandarin Slaw Whole Wheat Bread Fruit Cocktail</p>	<p>26 Meatloaf with Mushroom Gravy Mashed Potato Braised Cabbage Whole Wheat Roll Rice Pudding with Raisins</p>	<p>27 Baked Cod Creole Sauce Lemon Zested Orzo Brussel Sprouts Whole Wheat Bread Mandarin Oranges</p>
<p>30 Beef Stroganoff Mushroom Gravy Buttered Egg Noodles Petit Green Peas Cucumber Salad WW Roll Peaches</p>	<p>31 Breaded Chicken Baked Yam Black Eyed Peas Whole Wheat Bread Oatmeal Raisin Cookies</p>	<p>For information or Home Delivered Meal cancellation call: 845-331-2496 Community Café information call: 845-331-2180</p>	<p>No Deliveries Sites Closed January 2 & 16</p>	<p>Meals Prepared by Gateway Hudson Valley Milk is provided WW = whole wheat "Menu Subject to Change"</p>



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! UCOFA Community Cafés have re-opened. See below for days of the week.

UCOFA COMMUNITY CAFÉ LOCATIONS:

Rosendale: Rosendale Recreation Center, 1055 Route 32, Rosendale, NY, Fridays

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

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

New Paltz: New Paltz Community Center, 3 Veterans Drive, New Paltz, NY, Thursdays

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

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.

DO YOU KNOW SOMEONE WHO MIGHT BENEFIT FROM HOME DELIVERED MEALS?

Qualified Seniors must be:

- 60 years or age or older
- A resident of Ulster County
- Difficulty preparing own meals

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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Do you Remember: Sophie Miller (1906-1967) By Geoffrey Miller, Ulster County Historian

From the mid-1940s through 1967, Sophie Miller wrote a regular column for the Kingston Freeman entitled, "Do You Remember." Followers of the column would send in questions or artifacts and off she would go relating some tidbit of Kingston history. On August 9, 1951, for example, she wrote:

I have been asked recently what subjects the readers seem to be interested in most. Of course, every subject seems to interest someone. Kingston Point Park, the Beach, the little old Skillypot, the Ulster County Gazette and of course the magnificent Mary Powell receive most fan mail. Sometimes picturesque characters like Boots Van Steenburgh bring responses from far and wide. One man I remember with fond memories was Michael Edwards when he used to come by on hot nights with his horse-drawn sprinkler wagon...

Born in Russia in 1906 to Isaiah and Marie Ginzberg, Sophie immigrated to Kingston with her parents in 1910 where her father opened a drug store at 46 Broadway selling patent medicine. In 1929 Sophie's father moved his business to 93 Broadway. In 1932 Sophie married Harry Miller, a grocery from Kerhonkson, but their marriage lasted only until 1939.

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When her father died in 1949 Sophie took over the drug store as a variety store, and listed herself in city directory as a typist, though from her card we can see that she aspired to much more. She was also very active in local charities.

Sophie was critical about urban renewal from the first public meetings, and, as the demolition approached the vacant Stock & Cordts building directly across Broadway from her variety store, she wrote often about the project.

Wednesday, May 24, 1967

I notice that people and buildings were removed from the Sixth Ward, but here and there trees are left, and they are meeting the spring season with bright green leaves, as if nothing had happened to Broadway East. Perhaps the birds will also come back and nest in their branches. Birds are not like people, they take orders from no one.

June 6, 1967

May 22, 1967, Monday afternoon the large destructive machine with the crane started to eat into the top of the Stock and Cordts buildings at 86 Broadway.

June 7, 1967

This building [Stock and Cordts] had been in good hands through the years...In the days of the Orpheum Theater, people would pass these windows and admire the furniture, also those going to the many churches downtown.



93 Broadway Sophie Miller's Variety Store (1967)

Sophie Miller died in the fall of 1967, soon after the Stock & Cordts building.

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Managing Mobility in Seniors

For many Seniors, quality of life includes participating in hobbies, maintaining independence and getting out into the world. Mobility issues can physically prevent someone from spending their time doing activities they enjoy and can lead to social isolation, depression and declining health. Many adults begin to limit their activities as they age, believing that they are able to do less physically. But remaining active is the key to aging gracefully and maintaining health. Addressing health issues that affect mobility, and taking preventative measures, can improve physical and mental wellbeing. For those that have existing mobility issues that are more limiting, assistive technologies and devices can help seniors continue to foster social connections and maintain quality of life. This can include GPS devices for Seniors with dementia, scooters or wheelchairs, and home monitoring systems like fall sensors. How can Seniors prevent mobility issues, and keep existing problems from getting worse?

- Staying active. Older adults should always talk to their doctor before starting a new exercise program. If approved, regular exercise can strengthen muscles and improve flexibility. Whether it's walking, dancing, or stretching – regular physical activity is key to maintaining mobility.
- Keeping a healthy weight and a healthy diet. It's simply easier to get around without carrying extra weight, and there is less stress on bones and joints. This is important at any age, but weight issues can be especially impactful for Seniors.
- Knowing the effects of medication. Seniors should discuss the side effects of their medications with their physician. Some can cause balance or alertness issues, which can have an impact on mobility.
- Identifying fall hazards in the home. Falls can not only be caused by balance or mobility issues, but injury can make mobility issues worse. Clearing the home of clutter and loose rugs or wires, ensuring that rooms have good lighting, using night-lights in bathrooms and removing other trip hazards can all help prevent falls.
- Asking a doctor about walking aids. For those that are a little bit unsteady on their feet, a cane or walker can be used. A doctor or physical therapist can recommend specific types and styles. They can also adjust the walking aid to the correct height and ensure that it is being used properly.
- Combining activity and social connection. Local hospitals, Senior centers, and community centers often have exercise or walking programs.
- Sharing concerns with a medical professional. Certain diseases like arthritis, heart disease and dementia can affect mobility. Risks can often be reduced if the medical condition is diagnosed and treated.



Garden tips for January

- Order seeds from catalogs now, especially if you have specific colors or varieties of plants in mind.
- Add garden record keeping to the list of New Year's resolutions. Make a note of which varieties of flowers and vegetables do best and which do poorly in your garden.
- Use tree wrap on trunks of newly planted trees as well as those species with thin bark like linden, ash, mountain ash, and maple.
- Take this time to mend fences, sheds, greenhouses, and tools. Pots and rain barrels can use a good scrub.

DID YOU KNOW?

The first Times Square New Year's Eve bash was held in 1904.

Long-Term Healthy Habits

2023 is here! For many people, New Years often comes with a resolution to lose weight, eat healthy, and get fit. And you do that for a couple of weeks or months, and then fall back into old patterns. So how do we improve our health in ways that are sustainable in the long run?

It might seem counterintuitive but overhauling all your nutrition and lifestyle habits is not the best way to kick off your resolution.

Making changes all at once can be overwhelming and lead us right back to our old ways. Instead, choose one or two small things that you can change and work on forming those new habits.

For example, you decide that you are going to take a 15-minute walk, 3 times a week. Once you have made that a routine, then set another goal to start working on.

Although this is a slower process, this approach can help you form long-term, sustainable habits.

Things to Consider:

- Talk with your doctor and healthcare providers before making any diet or lifestyle changes
- Set SMART goals- specific, measurable, achievable, realistic, and time-based
- It's okay not to be perfect. If you find yourself falling back to old habits, it is never too late to get back on track
- Be patient

AARP Taxaide is a Great Volunteer Opportunity

AARP Foundation Tax-Aide provides free-of-charge income tax preparation for residents of the Mid-Hudson Valley. The program targets seniors and low-to-moderate income households, but has no income restrictions and does not require AARP membership. Last year, Tax-Aide volunteers in Ulster and Sullivan counties prepared over 1,600 returns and helped taxpayers claim nearly 2 Million dollars in refunds!

For the upcoming tax season, the Ulster/Sullivan district is seeking volunteer tax preparation counselors. Training will be held in December and January, and clients will be served by appointment from February to the filing deadline of April 15. Counselors will be certified by the IRS. If you have some computer knowledge and a genuine desire to make a measurable impact on the lives of others, contact Steve Weir at 917-757-0968.

Information on the program is also available on the AARP website www.aarp.org/taxaide.

From the desk of UCOFA Registered Dietitian: Juanita Bryant, RDN, CD. Nutrition Consults are free to Ulster County Seniors 60 and over. Consults currently via phone with the UCOFA Registered Dietitian. To make a referral, please call 845-340-3456.

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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.