

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

JULY 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.



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06-5324

UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

July 4 is upon us again! Happy birthday to us! 250 years of the land of the free and the home of the brave! Ohhh say can you see?.....

Our summer calendar is full as it usually is. We have several opportunities for Tai Chi locally and outside of Kingston, and we are planning some more Fall Prevention series to help folks learn to prevent their own falls, learn how to do targeted exercises to help avoid falls in your home, and how to deal with your own fear of falling.

We have, as usual, our two picnics coming up in July and August, we will be distributing Farmer's Market coupons again this year, we will be having a Patriotic Bingo game in July to celebrate our 4th birthday sponsored by our friends at Ten Broeck Commons (by now, it might be pretty full!) and some AARP Driving sessions in July (full) and September (full) to help with your liability insurance discount! Another class may be scheduled.

Don't forget – the OFA can come talk to your group about our services, scams, tech issues, and NYConnects. Just let us know if your group would like us to come speak. We also have a lawyer from the Ulster County Surrogate's Court who would be happy to come out and speak about what their office does and how it tries to protect vulnerable adults. Her presentations are informative and helpful for all. We are happy to help support our increased community engagement in Ellenville, with our new Site Program Manager there (who is also a NYConnects trained staff), increased program opportunities, more local partnerships, and programs that help neighbors of all ages and needs. Please don't hesitate to stop by there and see what is happening!

Maybe we will see some of you at the Lippman Park picnic this month! Or Bingo! Or a Lunch and Learn someplace!

Thanks for everyone coming out and making our events so successful!

In health and celebration!

Ulster County Office for the Aging Senior Technology Support Classes

Reminder, there will be no Tech classes in July or August.

Thank you.

See you in September.



Joe Belles was our Prom King and Antonia Almondovari-Lugo was our lovely Queen for this years "Casino Night" Senior Prom at the Rosendale Community Center.

Thank you to our co- sponsor Ten Broeck Commons for decorations and prizes as well as Deising's Bakery for their participation too.

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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 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.
From 10:00 A.M. to 12:00 P.M

UCOFA Gentle Chair Yoga

Mondays from 9:30 to 10:30 A.M.

First Come-First Served Basis. No Late Entries.
Maximum capacity is 35.
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.

MVP Living Well Chair Zumba

Dance fitness workout with seated movement to help
balance and coordination.
Wednesdays from 2:00 to 3:00 P.M.

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

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

July 11: Senior Fraud and Scams

Presented by Sue Koppenhaver, Director, U.C. Office for the Aging
 Ulster County Senior Hub, 5 Development Court, Kingston, NY.
R.S.V.P. by July 7, 2025

August 4: What Supplement Should I Take?

Presented by Neal Smoller, PharmD, Woodstock Apothecary
 Town of Kingston Town Hall, 906 Sawkill Road, Kingston, NY.
R.S.V.P. by July 23, 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.

Patriotic Bingo and Trivia

July 10, 2025, from 1:00 to 3:00 P.M.
 Ulster County Senior Hub, 5 Development Court, Kingston, NY.
 Light refreshments will be served.
R.S.V.P. by July 3, 2025

Ulster County Office for the Aging Summer Picnic

August 21, 2025, from Noon to 2:00 P.M.
 Robert Post Park, 515 Park Road, Kingston, NY.
R.S.V.P. by August 14, 2025

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



See you in the Fall.

Tai Chi for Arthritis and Falls Prevention

(Beginner level)

Tuesdays and Thursdays
 12:30 to 1:30 P.M.

Starting August 19, 2025

Olive Free Library
 4033 Route 28A
 West Shokan, NY.

Classes are twice a week for eight weeks and ask that you be willing to make the commitment to be at all classes twice a week for all eight weeks. Free to Ulster County Seniors age 60 and over. Space is limited. Call 845-340-3456 to R.S.V.P.



At the Older Adults Empowerment Council's Forum in June, the panel provided valuable information about scams and provided case studies which were discussed. Thank you to the panel members:

Susan Koppenhaver, Ulster County Office for the Aging Director and Chair of the Council;

Judith Nolfo, Esq, Principal Court Attorney, Ulster County Surrogate's Court;

Eric Breckels, Senior Case Worker at Ulster County Adult Protective Services;

Carl Naumann, AVP, Ulster Savings Bank.

To view the Forum please visit <https://ulstercountyny.gov/aging/elder-abuse-awareness> or call our office at 845-340-3456 for the link.



Scams Presentation

Presented by Sue Koppenhaver, Director, U.C. Office for the Aging

July 29, 2025, at 11:00 A.M.

Trudy Resnick Farber Building, 50 Center Street, Ellenville, NY.

Call 845-210-8101 to R.S.V.P.



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July 2025 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
* Sites closed and No HDM deliveries Community Café Information and Reservations call: 845-331-2180 For information or Home Delivered Meal Cancellation call: 845-331-2496.	1 Spaghetti w/ Meat Sauce Italian Blend Vegetables WW Bread Peach cup	2 Pot Roast w/LS Gravy Mashed Potatoes Peas and Mushrooms WW Biscuit Applesauce	3 Fish Filet Fries Brussel Sprouts WW Roll Fresh Fruit	* Closed 4 Holiday Macaroni and Cheese Stewed Tomatoes Rye Bread Juice Holiday Cookie
7 Pineapple Chicken Stir Fry Brown Rice Asian Blend Vegetables WW Bread Fresh Fruit	8 Fish Filet Lemon Orzo Butternut Squash Rye Bread Applesauce	9 Hot Dog Baked Potato Corn WW Hot Dog Roll Juice Yogurt and Fruit	10 Broccoli Egg Bake Tater Tots Green Beans WW Bread Fresh Fruit	11 Pork Loin w/ Apple Gravy Sweet Potatoes Brussel Sprouts Green Salad WW Biscuit Peach cup
14 Chili White Rice Kale and Spinach WW Biscuit Juice Cookie	15 BBQ Riblet Au Gratin Potatoes California Blend Vegetables WW Bread Applesauce	16 Crispy Chicken Patty Brown Rice Green Beans WW Roll Fresh Fruit	17 Grilled Chicken Tropical Salsa Rice and Black Beans Cinnamon Glazed Carrots WW Bread Peach cup	18 Ground Beef Stroganoff Egg Noodles Broccoli and Carrots Rye Bread Fresh Fruit
21 Pork Chopette w/LS Gravy Buttered Egg Noodles Broccoli WW Bread Applesauce	22 Sweet and Sour Meatballs White Rice Oriental Blend Vegetables WW Bread Juice Yogurt and Fruit	23 Swiss Cheeseburger Tater Tots Mixed Vegetables WW Burger Bun Peach cup	24 Roast Turkey w/ LS Gravy Mashed Potato Meadow Blend Vegetables WW Biscuit Fresh Fruit	25 Diced Chicken Alfredo Buttered Egg Noodles Winter Blend Vegetables Rye Bread Fresh Fruit
28 Meatloaf Confetti Rice Carrots WW Bread Fresh Fruit	29 Ravioli w/ Light Cream Sauce Tuscan Blend Vegetables Salad WW Roll Peach cup	30 Pot Roast w/ LS Mushroom Gravy Baked Potato Meadow Blend Vegetables WW Bread Applesauce	31 Fish Filet Yellow Rice Cauliflower WW Biscuit Fresh Fruit	Meals Prepared by Gateway Hudson Valley Milk is provided. WW = Whole Wheat Menu Subject to Change



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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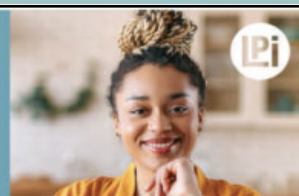
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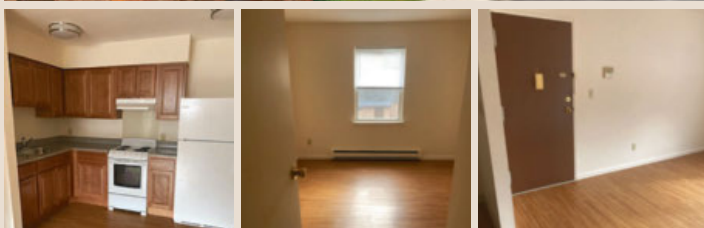


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06-5324

Tips for Preventing Osteoporosis

Osteoporosis weakens the bones, especially in the wrist, hips, spine, and forearms, to the point where they may break during a fall but also when you're bumped, pressed, or jostled. A cough, for example, could cause a break in someone with osteoporosis. Shortened and compressed spines are also common, which leads to pain and a shortening of the body over time. A major break, such as one in the femur or hip, can lead to a long period of healing, if the healing happens at all. Breaks are a common cause of mobility loss, lack of independence, and eventual transition to a long-term care environment. Osteoporosis should be taken seriously and prevented, if possible. Fortunately, there are a few steps you can take to prevent the disease.

1. Exercise. Weight-bearing activities (those that force your body to work against gravity) are a good way to build up bone strength. Common exercises to prevent osteoporosis include walking, dancing, and going up and down stairs. While higher-impact exercises do more for bone health, you may only be able to do lower-impact activities and they're perfectly appropriate, too.

Resistance training activities are exercises that use your body's own resistance against gravity to grow stronger. Examples include weight machines, resistance bands, and lifting your own body (push-ups). You could also incorporate small weights and kettlebells.

Balance and flexibility activities help, too, such as tai chi and yoga. They can keep your muscles from becoming tight and short while improving joint mobility. If you're already diagnosed with osteoporosis, avoid activities that cause you to twist or bend your spine, such as sit-ups or golfing.

2. Eat well. Some of the common ingredients in an osteoporosis prevention diet include the following:

Calcium: Minimum of 1,200 mg a day. These foods include dairy products, canned sardines, and dark/leafy veggies such as kale and broccoli. You can also consume "calcium added" foods, such as orange juice or fortified cereal grains.

Magnesium: Minimum of 310 mg a day. Foods with magnesium include dairy products, legumes, seeds, whole grains, nuts, and leafy greens. Some fortified cereals contain it, too.

Vitamin D: Minimum of 15 – 20 mcg (600 – 800 IU) a day. Foods with vitamin D include fortified cereals as well as most fortified milk, soy milk, almond milk, and oat milk. Fatty fishes, like trout, tuna, and salmon, are loaded with it, as well as fish liver oils. You can find small amounts of this vitamin in egg yolks, some cheeses, and mushrooms.

Can you take supplements? Before you do, it's always best to ask your doctor. You may also want to limit alcohol use and quit smoking, because these activities can increase the risk of bone loss.

3. Reduce your fall risk. While falls themselves don't cause osteoporosis, they can lead to lasting pain, limited mobility, and lifestyle issues that make it harder to prevent the disease. Here's what you can do to prevent falls:

- Use a cane or walker, if needed, especially in bad weather.
- Wear comfortable, properly fitting shoes with non-slip bottoms.
- Avoid slippery surfaces, like freshly-polished floors or wet floors when possible.
- Carry personal items in a hands-free bag or purse.
- Watch for curbs or uneven sidewalks.
- Keep your house clean and remove clutter from the floors. Remove any loose carpeting or area rugs that can cause you to trip. Consider gluing or tacking them down to prevent slipping.
- Use proper lighting in the hallways, along stairs, and anywhere else where you should take extra care when walking.
- Update your eyeglasses prescription and have your eyes checked regularly.
- Use safety or assistive devices when they make sense, such as when bathing, and consider non-slip mats in the tub.

4. Share concerns with your healthcare professional. There are some risk factors that can increase your chances - family history is one such risk factor. If a close relative has osteoporosis, you could be at an increased risk. Your healthcare provider can give you ideas for a better overall healthy lifestyle that supports bone health. Be sure to ask questions about the different medications available, how they may interact with your current meds, and any side effects.

If you aren't already testing for bone health, ask your physician to do so. Screening is recommended for women 65 years old and up, and for some younger women with increased risk factors (family history, for example). Low-level x-rays, called DXA, can show your bone density and if you are at risk for future problems.



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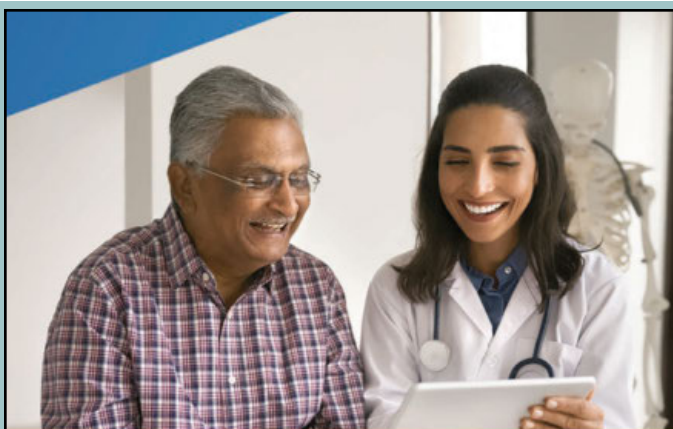
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5 Moving Tips for Seniors

1. Plan Ahead

Effective planning is essential for any successful move. With a well-thought-out plan, Seniors and their families can avoid the last-minute stress often associated with insufficient planning. Look to create a detailed moving checklist prior to your move. This timeline should outline all the necessary tasks – including important decisions such as whether to obtain a moving truck rental or hire professional movers.

2. Declutter and Downsize

Throughout the years, seniors naturally accumulate a lifetime of possessions. While many of these belongings are cherished items, having too much clutter can make moving more complicated. Fortunately, moving provides the perfect opportunity to declutter your home and downsize. This not only reduces the physical load of your move but also ensures that only the most meaningful and significant items make the journey to your new home.

3. Find Help for Your Move

Moving can be a physically demanding undertaking. So if you have an upcoming move, don't hesitate to ask for assistance. Seek the help of family members, friends, or a local moving company to support your moving process.

Prioritizing your health during a busy transition can often be overlooked. Be sure to take breaks and stay hydrated. If at any time a task seems overwhelming, consider delegating it to those willing to help. Taking these proactive steps to achieve a well-supported move will alleviate many of the stresses associated with your relocation.

4. Pack with the Intention of Easy Unpacking

When preparing for your move, it's wise to pack strategically so the unpacking process is smooth and efficient. While you might have arranged assistance for loading and transporting your belongings during the earlier stages of your move – it's crucial to anticipate that the same level of support may not be available when it comes to unpacking.

5. Pack an 'Essentials' Box

To make the first days in the new home more comfortable, pack and label an essentials box containing your necessary items such as medications, important documents, and any other daily essentials. This box should be easily accessible during your move allowing you to have immediate access to these items that you may need while unpacking and settling into your new home.



Garden tips for July

- Pull weeds as they grow and use mulch in your flower beds to prevent them from sprouting.
- Lightly fertilize tomatoes and peppers. Don't overfertilize.
- Finish pruning spring-flowering shrubs by mid-month.
- Check the soil moisture of container-grown vegetables and flowers daily. As the temperature rises, some plants may need water twice a day.

DID YOU KNOW?

The first Burger King restaurant opened in July 1954.

Helpful Hints to Stay Hydrated

It is so important to stay hydrated in these warm summer months. Here are some helpful hints:

1. Sip Regularly:

- Encourage seniors to sip water throughout the day, even when not feeling thirsty, as thirst signals may be less reliable with age.
- Keep a water bottle or glass of water nearby at all times.
- Set reminders to drink water regularly, such as hourly or with meals.

2. Hydrating Foods:

- Include fruits and vegetables with high water content in their diet, such as watermelon, cucumbers, celery, and strawberries.
- Consider soft, wet foods like yogurt, gelatin desserts, and custard, which are also hydrating.
- Soups and broths can also contribute to daily fluid intake.

3. Flavor and Variety:

- Add lemon, herbs, or fruit slices to water to make it more appealing.
- Consider other hydrating beverages like herbal teas, low-sugar fruit juices, or flavored sparkling water.
- Electrolyte-enhanced water can be beneficial. Check with your doctor first.

4. Timing and Routines:

- Make sure they drink water with medications and before and after physical activity.
- Incorporate water breaks into their daily routine, such as before leaving the house, or while watching TV.

5. Monitor Hydration Levels:

- Check the color of urine to gauge hydration levels – light yellow or clear indicates good hydration.
- Be mindful of medications that may increase the risk of dehydration and talk to a healthcare provider if needed.

6. Practical Tips:

- Carry a reusable water bottle for easy access.
- Use a timer or alarm to remind them to drink water.
- Keep water accessible in the house, such as in the kitchen or living room.

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:

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.

Trudy Resnick Farber Center

55 Center Street, Ellenville, NY
1st Tuesday of each month:
10:30 to 11:45 A.M.
3rd Tuesday of each month:
1:45 to 3:00 P.M.

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



Know the Signs of Catfishing

Catfishing is when people use fraudulent information and images to create false identities, then attempt to attract people through dating apps, messaging apps, and social media. A catfisher may steal someone's photographs and create a new identity. Sometimes catfishers will pretend to be someone you know or have known in the past, such as "a friend from 20 years ago," says Leyla Bilge, global head of scam research for computer security company Norton.

Eventually the catfisher might ask for money or suggest bogus cryptocurrency investments. A request for cash often arises in cases where catfishers pretend to be celebrities, such as musician Vince Gill, or Brad Pitt, wanting to connect with their fans. They might say their money is tied up in investments and they just need a loan.

Older adults are often targeted: Americans age 60 and over lost more than \$356 million to confidence/romance scams in 2023, according to data from the Federal Bureau of Investigation's Internet Crime Complaint Center (IC3).

Romance scammers like to target people when they are emotionally vulnerable, such as those who've just lost a spouse (sometimes they'll look for grieving widows or widowers in support groups or on social media). People with a history of family violence or emotional abuse are more likely to become scam victims, as are people with low self-esteem, according to research from Kelly Campbell, a psychology professor at California State University, San Bernadino.

How to stay safe online:

- Don't overshare. Likins regrets revealing that she was a widow on Facebook. "Scam bait," she would later call it. Catfishers want information on your life, your likes, your dislikes — anything to help manipulate you. If you posted that you recently had a heart attack or traveled to Tahiti, a catfisher might share similar experiences to bond with you. "They really do tailor themselves to you, to what you're looking for, to your preferences," says Campbell.
- Watch for fast movers. If things move fast, consider it a warning sign. Are they claiming to be madly in love with you after a week of texting? Being showered with excessive affection and attention is known as love bombing, and it's another manipulative weapon used by catfishers.
- Be realistic. How likely is it that Keith Urban, 57, is reaching out to you because he wants to be your special friend? Do an online search for "Keith Urban" (or the name of the star in question) and "romance scam" and you probably will be dissuaded from responding. Urban is among the many celebrities who have warned their fans about such scams on social media.
- Avoid people who won't meet in person. Catfishers will provide many excuses for not meeting face to face. They might claim to work overseas, as Donald did, or to be coping with tragedy.
- Review profiles and images. If you start a relationship and become suspicious, conduct a reverse image search, which can help you spot fake photos. When reviewing profiles and bios, "scrutinize elements like age, occupation, education, and photographs," suggests Social Catfish, a company that help clients verify identities and expose catfishers. "Discrepancies in these areas, such as a claimed profession not matching an online footprint, can indicate a catfishing attempt."
- Study social media accounts. A small social media presence and digital footprint are potential signs of a faker, although scammers know that, too. "Some people who catfish go to extreme lengths to create fake identities, having multiple social media accounts with the purpose of building up and validating their catfishing profiles," notes The Cybersmile Foundation, a nonprofit devoted to digital well-being.
- Ask direct questions. Confront romantic prospects about why they won't meet in person or why their backgrounds seem fishy. If they get defensive, that's a red flag. And if someone asks for money? Say no way. Campbell's advice: "Don't send money. Ever."
- Report your experience. If you've been the victim of a catfisher or if someone is using your identity, report it to the appropriate dating app or social media platform. Facebook and X, for example, have pages for reporting fraudulent accounts. File a report with law enforcement locally or report it to the Federal Bureau of Investigation's Internet Crime Complaint Center (IC3) at <https://www.ic3.gov/>.

OFFICE FOR THE AGING

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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

Ulster County Office for the Aging

(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.