

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

JUNE 2022



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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Ulster County Seniors

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UCOFA DIRECTOR MESSAGE

To our Ulster County Seniors!

Thanks to all of you who have been participating in our exercise and creative programming, coming to walks, signing up for Lunch and Learns, and eating together at our Community Cafés – you are what makes us love to come to work each day! We are all here for you, and we live to assist our community!

I wanted to let everyone know that we are indeed going full steam ahead with plans for the summer picnics (June 22 at Robert Post Park, and July 27 at Lippman Park), all complete with good picnic food and fun themes and booths to visit!

Our yearly Farmer’s Market coupons usually arrive in late June, and we will be planning, once again, to be as many Farmers’ Market and senior housing complexes as we can this year, plus coupons will be available at the office when they arrive.

I want to say a special thanks to all the wonderful people who have called by office in the last few months saying: “I just retired and I want to help!” or “I have this skill and I’d like to share it with our seniors” or “I’d like to drive folks to their appointments since I can still drive.” It is a wonderful and fulfilling thing to volunteer for a good cause, and we show that every day through our active volunteers. We are always needing more, especially Warm Callers, and drivers for our Neighbor to Neighbor medical transportation program.

A new program bound to increase in popularity is Home Sharing – see article in Buzz. WE have started a Pilot Program with the Family of Woodstock being the lead agency, and hope that it expands – it’s not THE solution to housing issues, but it can be one of them for some people.

We continue to offer some creative outlets for those of you who enjoy that – keep your eyes peeled for monthly programs!

Let’s all stay safe amidst the latest surge! We are all still at risk, and know that we can help you sign up for a vaccine or booster should you need one.

Stay Health and Happy, everyone!

Susan Koppenhaver, Ulster County UCOFA Director

HomeShare Woodstock is here!

Are you a homeowner with an extra room in your house or cottage on your property? Are you a local employee, volunteer or senior in need of affordable rent? HomeShare Woodstock is Family of Woodstock’s newest program that carefully matches a Host (with an extra space) and a Guest (renter), builds compatible living situations based on shared Agreements, and encourages rent reductions by encouraging, if it is agreed, a Guest task exchange. Home sharing is a great solution for both homeowners and renters who are “cost burdened” by the high cost of housing. Matching is a careful process that can have a powerful impact on two lives.

HomeShare Woodstock’s commitment to quality includes thorough interviews, background checks, a trial period and ongoing support from staff. We are seeking Host Applications from homes within a 10 mile radius of Woodstock. We are seeking Guest Applications from people living in or outside of Woodstock. Applications are available at Family of Woodstock, 16 Rock City Road, Woodstock, Woodstock Library, and the Woodstock Town Clerk or call or email us at 845.679.2485 / homesharewoodstock@familyofwoodstockinc.org.



The Ulster County Older Adults Empowerment Council (OAEC) is pleased to be convening its Annual Forum on June 9, 2022 from 1:30 to 3:30 P.M.: **At the Crossroads: Aging for All Ages** which will be held virtually (via Zoom). Presenters from Ulster County and beyond will explore planning for aging and provide practical advice about preparing for retirement, planning for long-term medical care and expenses, and where and how to live securely as an older adult. This event will be virtual (via Zoom), is free of charge, and open to the public. Space is limited to 300 participants. Registration is required. Click <https://form.jotform.com/220624668371155> to register. If you are unable to connect directly, please enter the following into your browser <https://form.jotform.com/220624668371155>. Questions: Please call 845-340-3456 or 845-334-5221.

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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.

The first Tuesday of each month, staff from the Resource Center for Accessible Living (RCAL) will join us to discuss their services, including an Equipment Loan Closet, Nursing Home Transition & Diversion, Home Care Coordination and Healthy Homes.

UCOFA Monthly Game Day

Wednesdays, 1:00 to 3:00 P.M. Ulster County Senior Hub,
5 Development Court, Kingston, NY.

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 SAVINGS PROGRAM (MSP)

You may be eligible to get help paying your Medicare premiums and you may also get help paying for Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments.

If you are a Medicare recipient and your gross monthly income is \$1,549 or less (Married income \$2,080 or less) you may be eligible.

Call the Office for Aging at 845-340-3456 to make an appointment with one of our Health Insurance counselors for free, unbiased assistance with Medicare and to find out more about the Medicare Savings Program.

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

1. Estate & Long Term Care Planning;
2. Government Benefits, including Medicaid;
3. Consumer Issues;
4. Housing;
5. Elder Abuse.

And can also prepare the following documents:

1. Simple Wills;
2. Powers of Attorney;
3. Health Care Proxies & Living Wills.

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.

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UCOFA Lunch and Learn for Seniors

June 16: Exercises for Seniors who think they can't

Presented by Anne Olin, Board Certified Dance/Movement Therapist
 Saugerties Senior Center, 207 Market Street, Saugerties, NY.
R.S.V.P. by June 9, 2022

Lunch and Learn runs 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. Please use social distancing to the extent possible. Masks are optional (at presenters discretion).

July 7: Diabetes Health and You

Presented by Jaclyn Meyer, Certified Diabetes Care and Education Specialist, HAHV Diabetes Education Center

Russell Brott Senior Center, 1 Town Hall Drive, Lake Katrine, NY.
R.S.V.P. by June 29, 2022

Lunch and Learn runs 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. Please use social distancing to the extent possible. Masks are optional (at presenters discretion).

Ulster County Office for the Aging invites Ulster County Seniors to the Grilling & Chillin Western BBQ Picnic

June 22, 2022 from 12:00 to 2:00 P.M.

Robert E. Post Park, 515 Park Road, Kingston, NY.

Free to Ulster County Seniors age 60 and over. Space is limited. Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P. by June 17, 2022.



See you soon.



Happy Flag Day

Ulster County Senior of the Year

Each year, Ulster County recognizes two individuals as Seniors of the Year for their enduring commitment to Ulster County in their important and vital roles as volunteers.

We ask that you consider nominating individuals who have made a commitment to excellence in your community by volunteering and submit their names for the 2022 nominations for "Senior of the Year." Selected seniors, two from every county across the entire state of New York, are honored as part of the annual NYS Celebration of Aging on November 4, 2022 (virtual event). The celebration of 2022 includes a digital event and will be featured on social media. All honorees receive a package that includes:

- A commemorative pin;
- A hard copy book of biographies of all NYS honorees; and
- A certificate from Greg Olsen, Director of the NYS Office for the Aging.

Please consider nominating a notable senior in your life that has demonstrated a long-term commitment to Ulster County by volunteering in the community. You may use the nomination form found at our website at <https://ulstercountyny.gov/aging>. If you have any questions, you may contact Judy Riley, Deputy Director of the OFA, JRLL@co.ulster.ny.us or by calling the Ulster County office for the Aging at 845-340-3456. All nominations must be received by July 25, 2022.

It's important for you and your family to be tick free.

Ticks can spread disease. Not all ticks can cause disease and not all bites will make you sick, but as these diseases become more common it's important to learn how to prevent a bite, how to remove a tick and what to do if you think you could have a tick-borne disease. Deer ticks live in shady, moist areas at ground level. They will cling to tall grass, brush and shrubs, usually no more than 18-24 inches off the ground. They also live in lawns and gardens, especially at the edges of woods and around old stone walls. Once a tick gets on the skin, it generally climbs upward until it reaches a protected area. In tick-infested areas, your best protection is to avoid contact with soil, leaf litter and vegetation. However, if you garden, hike, camp, hunt, work or otherwise spend time in the outdoors, you can still protect yourself:

- Wear light-colored clothing with a tight weave to spot ticks easily.
- Wear enclosed shoes, long pants and a long-sleeved shirt. Tuck pant legs into socks or boots and shirt into pants.
- Check clothes and any exposed skin frequently for ticks while outdoors.
- Consider using insect repellent.
- Stay on cleared, well-traveled trails. Walk in the center of trails. Avoid dense woods and bushy areas.
- Avoid sitting directly on the ground or on stone walls.
- Keep long hair tied back, especially when gardening.
- Bathe or shower as soon as possible after going indoors (preferably within two hours) to wash off and more easily find ticks that may be on you.
- Do a final, full-body tick check at the end of the day (also check children and pets), and remove ticks promptly.

For more information to protect yourself from tick bites and tick-borne diseases please visit: <https://ulstercountyny.gov/health/be-tick-free-ulster-county>.

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June 2022 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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	<p style="text-align: center;">1</p> Cheese Pierogi's Brussels Sprouts Baby Carrots Rye Bread Mandarin Oranges	<p style="text-align: center;">2</p> Shrimp Alfredo Snap Peas Yellow Squash Apple Juice W/W Bread Chocolate Pudding	<p style="text-align: center;">3</p> Chicken Parmesan Penne Pasta Zucchini Salad with Italian Beans W/W Roll Oatmeal Raisin Cookies
<p style="text-align: center;">6</p> Meatloaf W/Mushroom Gravy Red Mashed Potato Braised Cabbage Green Salad with Tomatoes & Beans W/W Bread Fruit Cocktail	<p style="text-align: center;">7</p> Lemon Chicken Mashed Cauliflower Green Peas W/W Roll Tapioca Pudding with Raisins	<p style="text-align: center;">8</p> Vegetable Lasagna Diced Carrots Italian Green Beans W/W Bread Pears	<p style="text-align: center;">9</p> Roast Turkey Mashed Potatoes Mixed Vegetables Cranberry Sauce W/W Roll Apple Cake	<p style="text-align: center;">10</p> Breaded Fish Sweet Potato Puffs Broccoli Rye Bread Pineapple Chunks
<p style="text-align: center;">13</p> Lemon Garlic Fish Rice & Beans Collard Greens Apple Juice W/W Roll Peach Cake	<p style="text-align: center;">14</p> Sausage & Peppers Roasted Potatoes Diced Carrots Rye Bread Mandarin Oranges	<p style="text-align: center;">15</p> Stuffed Shells Italian Vegetable Blend Sautéed Squash W/W Roll Rice Pudding with Raisins	<p style="text-align: center;">16</p> BBQ Chicken Baked Sweet Potato Yellow Corn Green Salad with White Beans W/W Bread Fresh Orange	<p style="text-align: center;">17</p> Hamburger with Caramelized Onions Mashed Potatoes Yellow Corn W/W Roll Fruit Cocktail
<p style="text-align: center;">20</p> Chicken Stir Fry Jasmine Rice Baby Carrots Garden Salad W/W Bread Pineapple Chunks	<p style="text-align: center;">21</p> Fish Scampi Risotto Italian Green Beans Salad with Red Beans W/W Roll Oatmeal Cookies with Raisins	<p style="text-align: center;">22</p> Salisbury Steak W/Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions W/W Bread Applesauce	<p style="text-align: center;">23</p> Rigatoni Bolognese Zucchini Cauliflower Apple Juice W/W Roll Peaches	<p style="text-align: center;">24</p> Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach W/W Bread Fruited Bread Pudding
<p style="text-align: center;">27</p> Beef Stir Fry Jasmine Rice Collard Greens Orange Juice W/W Roll Lemon Pudding	<p style="text-align: center;">28</p> Asian Pork Stew Lo Mein Noodles Oriental Vegetables W/W Roll Pears	<p style="text-align: center;">29</p> Baked Cod W/Creole Sauce Lemon Zested Orzo Brussels Sprouts Green Salad with White Beans W/W Roll Peanut Butter Cookies	<p style="text-align: center;">30</p> Teriyaki Chicken Basmati Rice Collard Greens Low Sodium V8 Juice W/W Bread Fruit Cocktail	Made possible by funds provided by New York State Office for the Aging, Ulster County Office for the Aging and your contributions.



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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June is Alzheimer’s and Brain Awareness Month

While current evidence suggests it cannot be prevented, studies suggest that cultivating certain habits boosts brain health and reduce the risk of cognitive decline. The Alzheimer’s Association has created a list of 10 ways you can nurture your neurological health:

1. Get a balanced diet. Eating lower-fat foods along with lots of fruits and vegetables can reduce the risk of cognitive decline.
2. Follow your heart. Knowing and understanding your risk of cardiovascular disease and stroke from conditions such as diabetes, hypertension, and obesity, can help you take care of your brain by taking care of your heart.
3. Get a good night’s sleep. Conditions such as insomnia or sleep apnea can affect memory and create cognitive problems, so be sure you’re getting the sleep you need.
4. Exercise regularly. Regular cardiovascular exercise gets your heart rate up and boosts blood flow to your brain and throughout your body. Studies suggest it can also reduce your risk of cognitive decline.
5. Quit smoking. Stopping a smoking habit can put your risk of cognitive decline on par with people who have never smoked. Smoking is strongly associated with increased risk.
6. Stay social. Finding ways to stay socially engaged could help support brain health.
7. Keep an active mind. Challenge your brain with new activities. Play strategy games, learn a new language, take piano lessons, work jigsaw puzzles, or build something from scratch—it could benefit your cognitive health for the near or long term.
8. Prevent brain injury. Take steps to stay safe enjoying the activities you love and the ones of everyday living. Always wear a helmet to ride a bike and a seat belt in the car.
9. Learn something new. Education reduces your dementia risk at any stage of life and can help keep your brain healthy.
10. Take care of your mental health. If you experience symptoms of depression, anxiety, or other mental health issues, it’s important to seek medical treatment. Depression has been linked in studies to a higher risk of cognitive decline, and better managing stress can improve overall health.

It’s time to consult a doctor when memory lapses become frequent enough or sufficiently noticeable to concern you or a family member. If you get to that point, make an appointment as soon as possible to talk with a primary physician to have a thorough physical examination. Early diagnosis can treat reversible causes of memory loss, or improve the quality of life in Alzheimer’s or other types of dementia. You might consider having yourself or a loved one screened for dementia if the following has become difficult:

- Remembering new things
- Dealing with numbers and logical thinking
- Performing familiar activities
- Understanding the passage of time: change of months/seasons
- Changes in vision or perception
- Carrying on a conversation
- Losing things
- Poor decision making
- Drastic change in personality or mood

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June is National Cataract Awareness Month

A cataract is a clouding of the eye’s lens, which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris, and is normally transparent. Vision may become blurry or dim because the cataract stops light from properly passing through to the retina. Generally, a cataract does not cause pain, redness or tears. Risk factors for cataracts include:

- Older age
- Intense heat or long-term exposure to UV rays from the sun
- Certain diseases, such as diabetes
- Inflammation in the eye
- Hereditary influences
- Events before birth, such as German measles in the mother
- Long-term steroid use
- Eye injuries
- Eye diseases
- Smoking

The American Academy of Ophthalmology stresses the importance of early detection and treatment critical to preserving sight. Some signs of cataracts include:

- Cloudy or blurry vision
- Seeing faded colors
- Lights appearing too bright
- A halo appearing around lights
- Poor night vision
- Double or multiple vision in one eye
- Frequent changes in eyeglass prescription

Cataracts are detected through a comprehensive dilated eye exam, which everyone should have annually. Early cataracts may be improved with a new eyeglass prescription, brighter lighting or magnifying lenses.

Once the lens of the eye becomes too cloudy, a change in prescription may no longer be sufficient, and surgery may be the only effective treatment, which involves removing the cataract and replacing it with an artificial lens. Surgery should only occur when vision loss interferes with everyday activities such as driving or reading.



Garden tips for June

- Edge beds to make a clean line and define them, and keep edges clean with regular fine-tuning with grass shears.
- You haven’t missed tomato time. Plant deep, and use heavy cages.
- Mulch vegetables with baled or chopped straw, partially rotted leaves, or other available organic materials.
- Cultivate frequently enough (say once a week or so), to help the garden remain weed-free throughout the season.
- Continue planting direct-seeded, warm season vegetable crops such as beans, summer squash and cucumbers.

DID YOU KNOW?

4% of the sand on Normandy beach is made up of shrapnel from D-Day that has broken down.

Antioxidants - What are they?

Antioxidants are small molecules that remove free radicals which play a role in heart disease, cancer, and other diseases.

Where can you find them?

- Blueberries
- Raspberries
- Strawberries
- Blackberries
- Dark Leafy Greens
- Sweet Potato
- Pumpkin
- Dried Fruits
- Sage
- Basil
- Cinnamon
- and more!

Variety is the spice of life!

Eat a variety of fruits and vegetables. Foods with darker, richer colors like orange, yellow, blue, and red tend to be higher in antioxidants.

From the desk of the 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.

Chronic Disease Self-Management Program:

Living well with chronic conditions

Sign up today for this free 6-week workshop.

Self-Management skills for heart disease, diabetes, depression, asthma, bronchitis, emphysema and other physical and mental health conditions.

Wednesdays, July 27 through August 31, 2022.

1:00 P.M. to 3:30 P.M.

Light refreshments will be served.

Pine Hill Community Center
287 Main Street, Pine Hill, NY.
Free to Ulster County Seniors age 60 and over. Masks are optional (at discretion of presenter). Space is limited. Call 845-340-3456 to R.S.V.P.

Tai Chi for Arthritis and Falls Prevention

(Beginner level)

Tuesdays and Fridays
2:30 to 3:30 P.M.

Starting July 12, 2022


Saugerties Public Library,
91 Washington Avenue,
Saugerties, 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. Masks are optional (at discretion of presenter). Free to Ulster County Seniors age 60 and over. Space is limited. Call 845-340-3456 to R.S.V.P.

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OFFICE FOR THE AGING

Susan Koppenhaver,
Director

Judy Riley, Deputy Director

Office for the Aging

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.

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