

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

MAY 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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UCOFA DIRECTOR MESSAGE

To our Ulster County Seniors!

Happy Spring! Hoping by the time you read this, some flowers will be blooming, it won't be freezing over night anymore, and some will be planting gardens, or at least seeds!

We have been busy despite winter and a cold spring. We have begun our Lunch and Learns again, Tai chi is in several places, we have had a couple of Mobile OFA visits around the County, and the County itself is planning a lot of visits over the Spring, Summer and Fall to town halls and public places all over the County. The sites and days are in this newsletter. Any Senior housing complex who thinks an OFA visit would be beneficial, please contact our office – we would bring our lawyer, our Medicare counselor, and our NYConnects staff to speak to people – appointments required.

We are also involved with the Older Adults Empowerment Council which will be holding a FREE virtual forum on the topic of Aging Planning for all Ages on June 9th. Additional information will be available soon and feel free to call our office for more information or if you want to sign up.

We have begun a Craft Corner on the 3rd Friday of each month at 10:00 A.M. in our Hub. A different creative project will be offered each month, with different teachers/artists. Nothing complicated, but something you can take home with you that day! Hope you can join us!

We continue to offer meals at our Community Café's, Chess class on Monday morning at 11:00 A.M. and Game Day Wednesdays at 1:00 P.M. Lots of opportunities for socializing and using your brain – that one muscle you don't have to go to the gym to improve!

If you know of anyone looking for help with a smart phone or computer, please give our office a call – we have volunteers willing to help, and also volunteers willing to install refurbished computers in your senior housing or church that serves a large Senior population.

As you can see, we are busy trying to offer a variety of services and supports for you and your families. We always appreciate your feedback, and hope to see you at some of our programs!

Hope Springs Eternal!

Susan Koppenhaver, Ulster County OFA Director

Mobile Ulster County Government

The mobile Ulster County government van will be at the following locations and dates:

5/6/22: Shandaken Town Hall, 7209 Route 28, Shandaken, NY

5/26/22: New Paltz Community Center, 3 Veterans Drive, New Paltz, NY

6/8/22: Wawarsing Town Hall, 108 Canal Street, Ellenville, NY

6/24/22: Shawangunk Town Hall, 14 Central Avenue, Wallkill, NY

7/5/22: Saugerties Town Hall, 4 High Street, Saugerties, NY

7/25/22: Marlborough Highway/Water Department, 1650 Route 9W, Milton, NY

8/5/22: Shandaken Town Hall, 7209 Route 28, Shandaken, NY

8/18/22: New Paltz Community Center, 3 Veterans Drive, New Paltz, NY

9/7/22: Wawarsing Town Hall, 108 Canal Street, Ellenville, NY

9/23/22: Shawangunk Town Hall, 14 Central Avenue, Wallkill, NY

10/4/22: Saugerties Town Hall, 4 High Street, Saugerties, NY

10/24/22: Marlborough Highway/Water Department, 1650 Route 9W, Milton, NY

11/4/22: Shandaken Town Hall, 7209 Route 28, Shandaken, NY

11/17/22: New Paltz Community Center, 3 Veterans Drive, New Paltz, NY

12/7/22: Wawarsing Town Hall, 108 Canal Street, Ellenville, NY

12/23/22 or 12/30/22: Shawangunk Town Hall, 14 Central Avenue, Wallkill, NY

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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

May 11: Services for Seniors from the Ulster County Clerk

Presented by Nina Postupack, Ulster County Clerk

Shawangunk Senior Center, 70 Main Street, Napanoch, NY.

R.S.V.P. by May 3, 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).

June 9: Medicare 101

Presented by Bob Meci, UCOFA Health Insurance Coordinator

Marbletown Community Center, 3564 Main Street, Stone Ridge, NY.

R.S.V.P. by June 2, 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).

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).



The Odd Couple on May 24, 2022 at the Rosendale Theater, 408 Main Street, Rosendale, NY. Movie starts at 1:00 P.M. Free to Ulster County Seniors age 60 and over. Please wear a mask regardless of vaccination status. Both proof of vaccination (vaccination card, a legible copy of the card on your phone, or the New York State Excelsior Pass), paired with your photo ID, must be presented for admission. Space is limited. Call the Office for the Aging to R.S.V.P. by May 20, 2022 at 845-340-3456.



May is National Arthritis Awareness Month

Arthritis is one of the most widespread health conditions in the United States. It affects about one in four adults overall. That’s over 54 million men and women. May is recognized each year as National Arthritis Awareness Month. There are several types of arthritis. Common ones include:

- Ankylosing Spondylitis is arthritis that affects the spine. It often involves redness, heat, swelling, and pain in the spine or in the joint where the bottom of the spine joins the pelvic bone.
- Gout is caused by crystals that build up in the joints. It usually affects the big toe, but many other joints may be affected.
- Osteoarthritis usually comes with age and most often affects the fingers, knees, and hips. Sometimes osteo-arthritis follows a joint injury. For example, you might have badly injured your knee when young and develop arthritis in your knee joint years later.
- Psoriatic Arthritis can occur in people who have psoriasis (scaly red and white skin patches). It affects the skin, joints, and areas where tissues attach to bone.
- Reactive Arthritis is pain or swelling in a joint that is caused by an infection in your body. You may also have red, swollen eyes and a swollen urinary tract.
- Rheumatoid arthritis happens when the body’s own defense system doesn’t work properly. It affects joints and bones (often of the hands and feet), and may also affect internal organs and systems. You may feel sick or tired, and you may have a fever.

There are many things you can do to help you live with arthritis and other rheumatic diseases, including:

- Take your medications when and how you’re supposed to.
- It also helps with losing weight, which reduces stress on the joints. You should speak to your doctor about a safe, well-rounded exercise program.
- Use heat and cold therapies to reduce joint pain and swelling.
- Try relaxation therapy to help reduce pain by learning ways to relax your muscles.
- Use splints and braces to support weakened joints or allow them to rest. You should see your doctor to make sure your splint or brace fits well.
- Use assistive devices, such as a cane or shoe insert, to ease pain when walking. Other devices can help you open a jar, close zippers, or hold pencils.

Walking has been shown to improve arthritis pain, fatigue, function, and quality of life. If you take brisk walks for 30 minutes a day, 5 days a week, you will meet the aerobic activity recommendations from the Physical Activity Guidelines for Americans. Don’t think you can walk for 30 minutes at one time? You can break it up into smaller walking sessions and spread it out during the day.

Get the help you need in Ulster County



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Case management • Resources and information**

Older Adult Services Program

(845) 255-2930 x 3169



May 2022 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Ham with Pineapple Sauce Scalloped Potatoes Peas and Pearl Onions Rye Bread Applesauce</p>	<p>3 BBQ Chicken Baked Sweet Potato Yellow corn Cole Slaw Whole Wheat Bread Tropical Fruit Mix</p>	<p>4 Stuffed Shells Vegetable Blend Sautéed Squash Garden Salad with Pink Beans Whole Wheat Roll Pudding with Berries</p>	<p>5 Pot Roast Potato Pancake Red Cabbage Rye Bread Apple Juice Oatmeal Raisin Cookies</p>	<p>6 Lemon Garlic Fish Rice & Beans Collard Greens Whole Wheat Bread Mandarin Oranges</p>
<p>9 Fish Scampi Risotto Italian Green Beans Green Salad with Tomatoes & Beans Whole Wheat Bread Apple Cake</p>	<p>10 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach Whole Wheat Roll Tapioca Pudding with Raisins</p>	<p>11 Chicken Stir Fry Jasmine Rice Baby Carrots Whole Wheat Bread Pineapple Chunks</p>	<p>12 Rigatoni Bolognese Zucchini Cauliflower Cole Slaw Whole Wheat Roll Applesauce</p>	<p>13 Salisbury Steak with Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions Rye Bread Pears</p>
<p>16 Beef Stir Fry Jasmine Rice Collard Green Low Sodium V8 Juice Whole Wheat Bread Pineapple Chunks</p>	<p>17 Asian Pork Lo Mein Noodles Oriental Vegetables Garden Salad with Chickpeas Rye Bread Mandarin Oranges</p>	<p>18 Baked Cod with Creole Sauce Lemon Zested Orzo Brussels Sprouts Whole Wheat Bread Rice Pudding with Raisins</p>	<p>19 Seasoned Chicken Mexican Rice Refried Beans Green Salad Whole Wheat Roll Fresh Orange</p>	<p>20 Cheese Lasagna Green Peas Diced Carrots Rye Bread Peach Cake</p>
<p>23 Hawaiian Chicken Jasmine Rice Italian Blend Vegetables Garden Salad with Chickpeas Whole Wheat Roll Fruit Cocktail</p>	<p>24 Eggplant Parmesan Penne Pasta Broccoli Whole Wheat Bread Tropical Fruit Mix</p>	<p>25 Beef Stroganoff Mushroom Gravy Buttered Egg Noodles Green Peas Rye Bread Applesauce</p>	<p>26 Caribbean Flounder Coconut Rice Grilled Plantain Orange Juice Whole Wheat Bread Oatmeal Cookies with Raisins</p>	<p>27 BBQ Pulled Pork Baked Beans Braised Cabbage Cole Slaw Whole Wheat Roll Peaches</p>
<p>MEMORIAL 30 DAY Stuffed Peppers Garlic Mashed Potatoes Sliced Carrots Rye Bread Mandarin Oranges</p>	<p>31 Apricot Chicken Baked Sweet Potato California Blend Vegetables Whole Wheat Roll Pears</p>	<p>Meals prepared by Gateway Hudson Valley Milk is provided WW = Whole Wheat "Menu subject to change"</p>	<p>Community Café Information and Reservations Call: 331-2180 CLOSED on May 30</p>	<p>For Information or Home Delivered Meal Cancellation Call: 331-2496</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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May is National Stroke Awareness Month

With May being National Stroke Awareness month, it's important to know that stroke is 80% preventable. Stroke is a medical emergency-it's important to get care as soon as possible. Some treatments for stroke work only if given the first three hours after symptoms start. A delay in care can raise the risk of permanent brain damage or death. You can help prevent stroke with these healthy lifestyle choices.

- **Healthy diet.** Choosing healthy meal and snack choices can help prevent stroke. Eat plenty of fresh fruits and veggies. Eating foods low in saturated fats, trans fat, and cholesterol and high in fiber can prevent high cholesterol. Limiting salt in your diet can also lower your blood pressure. High cholesterol and high blood pressure raise your chances of a stroke
- **Healthy weight.** Being overweight or obese increases your risk for stroke. To find out if your weight is in a healthy range, doctors often figure out your body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure excess body fat.
- **Physical activity.** Physical activity can help you stay at a healthy weight and lower your cholesterol and blood pressure levels. For adults, the Surgeon General suggests two-and-a-half hours of moderate-intensity aerobic physical activity, like a brisk walk, each week.
- **No smoking.** Cigarette smoking greatly increases your chances of having a stroke. If you don't smoke, don't start. If you smoke, quitting lowers your risk for stroke. Your doctor can suggest ways to help you quit.
- **Limited alcohol.** Avoid drinking too much alcohol, which can raise your blood pressure.
- **Talk to your doctor.** Maintain a good relationship with your doctor to help manage conditions that can increase your risk of stroke. This can include high blood pressure and diabetes, among others.

Five key facts about stroke:

1: Stroke kills brain cells. It happens when a clot or rupture interrupts blood flow to the brain. Without oxygen-rich blood, brain cells die.

2: Stroke types:

Ischemic: caused by a clot.

Hemorrhagic: caused by a rupture.

Transient Ischemic Attack (TIA) or "mini stroke" which is caused by a temporary blockage.

3: About one in four stroke survivors is at risk for another. Luckily, up to 80 percent of second clot-related strokes may be preventable.

4: Had a stroke? Make a plan with your doctor to stop another. This may include managing high blood pressure and aspirin or other medicine. Aspirin isn't right for all people. Talk to your doctor first.

5: Time lost is brain lost. Learn the FAST warning signs:

F - Face Drooping

A - Arm Weakness

S - Speech Difficulty

T - Time to call 911

SUPPORT OUR ADVERTISERS!



Ulster County Seniors

We provide nutritious, well-balanced meals to Seniors in Ulster County. Please contact Ulster County Office for the Aging at 845-334-5125. We also offer the same great meals through our JUST LIKE HOME meal service - perfect for anyone desiring convenience or independent living, or for those recuperating at home or managing an illness.



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Struggling to Hear? Tiny Devices can keep you Connected

Many people slowly lose their hearing as they get older. Not being able to hear well can make it hard to communicate. That can affect your relationships, emotional well-being, and work performance.

For those who need them, hearing aids can help. These electronic devices are worn in or behind the ears. They make sounds louder. Close to 29 million adults could benefit from hearing aids, yet only 1 in 4 of them has ever used one.

An exam of your ears, nose, and throat might detect a physical reason why you're not hearing as well. You may want to start by talking with your primary care provider or an ear, nose, and throat doctor, also known as an ENT or otolaryngologist. A doctor can look for ear wax, an infection, injury, or other reason for hearing loss. A hearing test can show the type and amount of hearing loss. For a hearing test, your doctor may refer you to an audiologist.

If ear wax or an ear infection is the cause, the hearing loss may be temporary. Other causes, such as nerve damage, may lead to more permanent hearing loss. Nerve damage can be caused by loud noises, as a side effect of certain medicines, or for other reasons. Hearing aids may help in these cases.

Some people don't want to try hearing aids because of how they think it might look to others. "Hearing loss is far more obvious than a hearing aid," says Dr. Kelly King, an NIH hearing health expert. "The hard work people do to compensate for their hearing loss, and the mistakes they sometimes make when communicating, make the loss more noticeable to those around them than a hearing aid."

And now, advances in technology are making hearing aids less visible. "One of the biggest changes that has taken place in the last 15 years is a major reduction in the size of these devices," King says. Some can be hidden inside the ear canal. Others are worn over the ear.

Choosing the best device for you will depend on factors like cost, features, and your amount of hearing loss. Today's hearing aids offer different features. For example, some can connect to your mobile phone, TV, and other devices using Bluetooth technology. That means you can talk on your phone and stream music directly to the speakers within the hearing aids without wires.

It's important to understand that hearing aids can't restore your hearing the way that reading glasses correct vision. Instead, a hearing aid can help you make the most of your remaining hearing by making sounds louder. If it's been a while since you've heard the soft sounds of speech, your brain may need time to re-learn and translate those sounds for you.



Garden tips for May

- Zinnias and marigolds and other familiar summery annuals can be direct sown now, or start in cell packs and set them out after a month to six weeks.
- Container gardens can provide lots of seasonal color, but don't just use annuals.
- Once beds are cleaned up, top-dress according to label directions with an all-natural organic fertilizer and a layer of finished compost if you didn't yet.
- Mulch vegetable with baled or chopped straw, partially rotted leaves, or other available organic materials.

DID YOU KNOW?

Bloodhounds can follow a scent that is four days old.

Calcium is the most abundant mineral in the body and is stored in the bones and teeth where it acts as a calcium bank providing strength to your bones. When blood levels of calcium drop below normal, the body takes calcium from this bank. Your body also uses calcium for muscle, heart, and nerve function. It is important to eat calcium-rich foods everyday so that calcium stores are not depleted. A low calcium intake contributes to osteoporosis. Osteoporosis is a disease that weakens bones and causes them to break easily. Eating calcium-rich foods every day and regular exercise will help prevent osteoporosis – and will help prevent progression if already you already have it.

Women over the age of 51 years require a minimum of 1,200 milligrams (mg) each day.

Men aged 51-70 require 1,000 mg, and over the age of 70 require 1,200 mg daily.

Excellent sources: > 200 mg	Good sources: 100-199 mg	Fair Sources: < 100 mg
1 c milk, buttermilk, or eggnog 1 c yogurt 1 c calcium-fortified orange juice 1 oz cheddar, Swiss, or Monterey Jack Cheese 3 oz canned sardines with bones 1 c fortified soy or rice milk 1 c boiled spinach or collard greens 1 c figs, dried ½ c ricotta cheese	¾ c calcium-fortified cereal 3 oz canned salmon with bones 4 oz pudding ½ block tofu (made with calcium) 1 c cottage cheese 1 oz mozzarella, gouda, or feta cheese 1 oz American cheese 1 c cooked turnip greens 1 c edamame	½ c ice cream or frozen yogurt 1 c garbanzo beans, canned ½ c hummus 1 c cooked broccoli ½ c almonds 1 flour tortilla 1 c boiled kale or chard

You may need to take a calcium supplement if you are not getting the recommended amount of calcium from foods. Talk with your Dietitian or Doctor about this. Tips for taking calcium supplements:

- Do not take more than 500 mg of calcium at one time
- Calcium carbonate should be taken with meals. Calcium citrate can be taken with or without meals.
- If you have lower levels of stomach acid (such as if you have had stomach surgery or are taking an acid suppressant), calcium citrate may be better absorbed than calcium carbonate.

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.

How to Remove a Tick

- Use clean, fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Don't use home remedies like petroleum jelly, nail polish, or a lit match to try to detach ticks.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you cannot remove the mouth easily with tweezers, leave it alone and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
- Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.
- If you develop a fever, severe headaches, or a rash within weeks of removing the tick, see a doctor.

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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.



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