

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

NOVEMBER 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.



1003 DEVELOPMENT COURT, KINGSTON, NY 12401 | 845-340-3456 | [ULSTERCOUNTYNY.GOV/AGING](http://ULSTERCOUNTYNY.GOV/AGING)

*Esopus Creek, by Bentley Potter, Courtesy of Ulster County Tourism*



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## UCOFA DIRECTOR MESSAGE

Dear Ulster County Seniors:

For those of you who need help with your upcoming Medicare Enrollment plans, now is the time to call! As this newsletter comes out in November, the enrollment period stops December 7, so time's a wastin'!!

Also, please be advised that the Medicare Savings Plan (MSP in NY State) will raise the monthly income eligibility level from \$1,549 to \$2,107 in 2023. This means more people will qualify to save money on their Medicare premiums. Call our office today to find you if you are eligible and begin the application process! Please ask for a Medicare Savings Plan representative as they are eager to get you signed up for these significant savings!

Let's not forget that November is the time when the weather changes toward the cold of winter, and you may have issues with your heaters/oil burners, etc. HEAP will open up again November 1 – our staff is standing by to help with those applications!

In general, our office is here to assist with: legal help, (Wills, Powers of Attorneys, Health Care Proxies, and other legal advice), Medicare Counseling, tax assistance during tax season, general resources and referral assistance, HEAP and SNAP assistance (applications), vaccine registration, exercise and fall prevention, case management, Community Café dining, and various other events you may want to attend.

All County bus fixed routes stop in front of our Senior Hub, where regular classes and exercise happen weekly. If car transportation is an issue, please hop on a bus and join us.

Jewish Family Services is starting a new Yard Maintenance Program through a grant they received. They are offering to help with some simple chores for folks who want to remain at home, but need some help doing so – grass cutting, weed-whacking, hedge trimming, brush & debris clearing, leaf raking and yard clean-up. If interested please call Jason Farina at 845-705-0025. We also have a volunteer who might be able to help.

I'm still looking for volunteer drivers – the rate is now \$ .50 a mile, and this is an ongoing need everywhere. Stay healthy, safe, and get out those sweaters!

Susan Koppenhaver, Ulster County Office for the Aging Director

## Senior Technology Support/Classes

Starting this month, the Ulster County Office of the Aging will sponsor Senior Technology Support classes in the Senior Hub in Kingston. This initiative will be scheduled on Thursday mornings (frequency to be determined) from 9:30 A.M. to 11:30 A.M. on a first come, first served basis with the goal of helping Seniors get the most out of the technologies that are required for navigating the world today. Mobile Phones, Tablets, Laptops, Desktop Computers, WiFi, Bluetooth, Home Networking, are just some of the topics that are open for discussion and learning! The first session is scheduled for **Thursday, November, 17** and will be for Apple iPhone Users. In this class we will go over some iPhone basics and discuss IOS 16, the latest iPhone operating system with its new features. Space is limited to 10 persons and sign up for this free class can be made by calling the Ulster County Office for the Aging at 845-340-3456.



Ulster County Office for the Aging Craft Corner in September: Stampin' Up! Cards

Meet with a Care Consultant from the Alzheimer's Association for care planning customized to meet your needs. During a care consultation, Alzheimer's Association staff can help you:

- Navigate difficult caregiving decisions and family issues
- Assess current needs and anticipate future care challenges
- Develop an effective care plan and problem solve barriers
- Offer supportive listening in a confidential, nonjudgmental environment

Tara DeLuca will be in the Ulster County Office for Aging on: November 4 and December 9 from 10:00 A.M to 1:00 P.M. Please call the Ulster county office for the Aging at 845-340-3456 to make an appointment.

## Feet Hurt?



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## 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 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.

# alzheimer's association®

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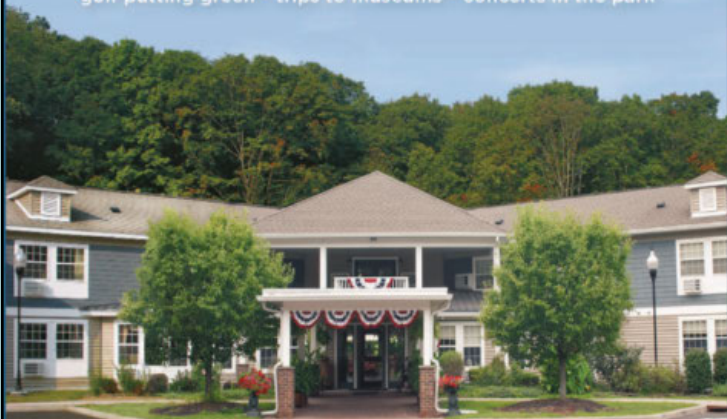
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## MALL WALK WITH THE UCOFA HUDSON VALLEY MALL

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.

## 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.

Next Craft Corner: November 18, 2022

## MEDICARE

### MEDICARE ANNUAL OPEN ENROLLMENT PERIOD

The Annual Open Enrollment Period to change your Medicare health or prescription drug coverage for 2023 will begin on October 15. The Open Enrollment Period will be from October 15 to December 7, 2022.

During this six week open enrollment period, you can:

- Change from Original Medicare to a Medicare Advantage Plan
- Change from Medicare Advantage to Original Medicare
- Switch Medicare Advantage Plans
- Join, switch or drop a Medicare Prescription Drug Plan

If you would like to make a change to your Medicare coverage and need assistance or information, please contact the Ulster County Office for the Aging (OFA) for a free HIICAP appointment. The number is 845-340-3456 or toll-free 1-877-914-3456.

It is important for Seniors to note that if you are happy with how you are currently receiving Medicare coverage, there is no need to do anything. Your current coverage will be the same in 2022 if you make no changes.

### 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.

**The Ulster County Office for the Aging Invite Seniors to a Holiday Cabaret Luncheon**

December 1, 2022  
Noon to 2:00 P.M.

Rosendale Community Center, 1055 Route 32, Rosendale, NY.  
Entertainment by Bronx Express Duo

Free to Ulster County Seniors age 60 and over.

Space is limited. R.S.V.P. by November 16, 2022 by calling the Ulster County Office for the Aging at 845-340-3456.

Please use social distancing to the extent possible. Masks are optional.  
If Kingston City School District is closed, this event will be cancelled and will not be rescheduled.

**Holiday Harmony Sing-A-Long & Holiday Craft**

December 16, 2022  
1:00 P.M.

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

Light refreshments will be served.  
Free to Ulster County Seniors ages 60 and over.

Space is limited. R.S.V.P. by December 12, 2022 by calling the Ulster County Office for the Aging at 845-340-3456.

Please use social distancing to the extent possible. Masks are optional.  
If Kingston City School District is closed, this event will be cancelled and will not be rescheduled.

Please note that this event will take place instead of the normal monthly craft corner for December. The Craft Corner will not be held for December.



**Scrooge (1951)** on December 6, 2022 at the Rosendale Theatre, 408 Main Street, Rosendale, NY. Movie starts at 1:00 P.M. Free to Ulster County Seniors age 60 and over. Masks must be worn indoors at all times except when eating and drinking at your seat. Space is limited. Call the Office for the Aging to R.S.V.P. by December 2, 2022 at 845-340-3456.

If Kingston City School District is closed, this event will be cancelled and will not be rescheduled.



## 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](http://www.aarp.org/taxaide).

## November is National Caregiver month

November is National Caregiver month when we recognize the importance of those that serve as caregivers for their loved ones. If you are someone you know is interested in a support group, Ulster County Office for the Aging (OFA) and the Mental Health Association of Ulster County (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. Meets every Wednesday from 3:00 to 4:15 P.M. Meetings are held at MHA, 300 Aaron Court, Kingston, NY or via Zoom. Facilitated by MHA. For registration and details please call the Ulster County Office for the Aging at 845-340-3456.

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**November 2022 Community Café & Home Delivered Meals Menu**

| <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>   |
|--|---|--|--|---|
| For Information or Home Delivered Meal<br>Cancellation Call: <b>845-331-2496</b><br>Community Café information call: <b>845-331-2180</b> | <b>1</b><br>Baked Cod Creole<br>Lemon Zested Orzo<br>Brussel Sprouts<br>Vegetable Soup<br>Rye Bread<br>Mandarin Oranges           | <b>2</b><br>Cheese Lasagna<br>Green Peas<br>Diced Carrots<br>Whole Wheat Roll<br>Pineapple Chunks              | <b>3</b><br>Pork Stew<br>Lo Mein noodles<br>Vegetables<br>Mandarin Cole Slaw<br>WW Bread<br>Fortune Cookie                             | <b>4</b><br>Pot Roast<br>Mashed Potato<br>Braised Cabbage<br>Whole Wheat Roll<br>Apple Sauce                              |
| <b>7</b><br>Eggplant Parmesan<br>Penne Pasta<br>Broccoli<br>Whole Wheat Bread<br>Vanilla Pudding with Fruit                              | <b>ELECTION 8 DAY</b><br>Beef Stroganoff w/<br>Mushroom Gravy<br>Egg Noodles<br>Green Peas<br>Tossed Salad<br>WW Bread<br>Peaches | <b>9</b><br>Hawaiian Chicken<br>Baked Yam<br>Vegetables<br>Whole Wheat Bread<br>Oatmeal Raisin Cookie          | <b>10</b><br>BBQ Pulled Pork<br>Baked Beans<br>Braised Cabbage<br>Rye Bread<br>Fresh Fruit   | <b>Closed 11 VETERANS DAY</b><br>Caribbean Flounder<br>Coconut Rice<br>Grilled Plantain<br>WW Bread<br>Mixed Fruit        |
| <b>14</b><br>Stuffed Pepper<br>Garlic Mashed Potatoes<br>Sliced Carrot<br>Whole Wheat Bread<br>Pineapple                                 | <b>15</b><br>Chicken Parmesan<br>Cavatappi pasta<br>Zucchini<br>Cucumber Salad<br>Whole Wheat Roll<br>Fruited Rice Pudding        | <b>16</b><br>Cheese Pierogi<br>Brussel Sprouts<br>Crinkle Carrots<br>Rye Bread<br>Peaches                      | <b>17</b><br>Shrimp Alfredo<br>Snap Peas<br>Yellow Squash<br>Whole Wheat Roll<br>Oatmeal Raisin Cookie                                 | <b>18</b><br>Apricot Chicken<br>Sweet Potato<br>Vegetables<br>Yankee Bean Soup<br>Rye Bread<br>Mixed Fruit                |
| <b>21</b><br>Breaded Fish<br>Sweet Potato Puffs<br>Steamed Broccoli<br>Cole Slaw<br>Rye Bread<br>Apple Sauce                             | <b>22</b><br>Vegetable Lasagna<br>Peas & Carrots<br>Cut Green Beans<br>Whole Wheat Bread<br>Pineapple Chunks                      | <b>23</b><br>Hamburger<br>Baked Sweet Potato<br>Yellow Corn<br>Beef Vegetable Soup<br>Whole Wheat Bun<br>Pears | <b>Closed 24 THANKSGIVING DAY</b><br>Roast Turkey<br>Mashed Potatoes<br>Mixed Vegetables<br>Cranberry Sauce<br>WW Bread<br>Pumpkin Pie | <b>Closed 25</b><br>Rigatoni Bolognese<br>Butternut Squash<br>Cauliflower<br>Rye Bread<br>Peanut Butter Cookie            |
| <b>28</b><br>Chicken Sausage & Peppers<br>Roasted Potato<br>Carrots<br>Whole Wheat Bun<br>Fresh Fruit                                    | <b>29</b><br>BBQ Chicken<br>Sauteed Kale<br>Yellow Corn<br>Corn Bread<br>Apple Sauce  | <b>30</b><br>Beef Stir Fry<br>Jasmine Rice<br>Yellow Beans<br>Miso Soup<br>WW Bread<br>Mandarin Oranges        | <b>No Deliveries - Sites Closed 11<sup>th</sup>, 24<sup>th</sup>, 25<sup>th</sup></b>  | Meals Prepared by <b>Gateway Hudson Valley</b><br>Milk is provided<br>WW = whole wheat<br><b>"Menu Subject to Change"</b> |





## 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 Community 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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## Medicare and Social Security Scams

Scammers want your personal or financial information for the purposes of stealing your identity, your money or submitting fraudulent Medicare claims using your personal information. One of the most common scams involves not asking for your credit card or Social Security number, but your Medicare account number. A basic rule of prevention: Any unexpected call, email, text message or outreach on social media asking for personal information should be considered fraudulent. Here are common scams to watch out for.

**COVID-19 Tests or Vaccines:** Medicare pays for COVID-19 tests and vaccines, therefore, if someone offers you one or both for free, it's likely a scam.

**Genetic Testing Medicare Scam:** The U.S. Department of Health and Human Services Office of Inspector General (HHS) recently highlighted a fraud scheme involving genetic testing. In this scam, Medicare beneficiaries are offered "complimentary" genetic testing in exchange for their Medicare account information. This allows the scammer to perpetrate identity theft or false billing. According to HHS, "beneficiaries who agree to genetic testing or verify personal or Medicare information may receive a cheek swab, an in-person screening or a testing kit in the mail, even if it is not ordered by a physician or medically necessary. If Medicare denies the claim, the beneficiary could be responsible for the entire cost of the test, which could be thousands of dollars." To protect yourself from genetic testing schemes, do the following:

- Refuse any tests sent to you unless it's from your doctor. Record the sender's information and when you returned the test.
- Be suspicious of anyone who requests your Medicare number and offers you free genetic testing (or anything for free).
- Treat your Medicare (and Social Security) numbers like your bank account or credit card.

**Medicare Equipment Scam Calls:** Imposters call you with a free offer, like a back brace or wheelchair. Also, the caller will often add a sense of urgency, e.g., "I'll need your Medicare number today, since the offer expires tomorrow. Remember, Medicare won't call, text or visit you at your home unsolicited. There are only two occasions when Medicare will call you:

- A Medicare health or drug plan may call you if you're already a member of the plan. The agent who helped you join can also call you.
- A customer service representative from 1-800-MEDICARE can call you if you've called and left a message or a representative said that someone would call you back.

**IMPORTANT:** Scammers can manipulate caller ID, therefore, don't trust. Even though your phone screen may read "Medicare," it could still be fraudulent!

**New Medicare Card Scam:** An imposter from Medicare or a health care agency contacts you and asks for your updated information so they can send you a new Medicare card. If you have a Medicare card, you don't need a new one, nor should you speak to anyone who says you'll need to "update your information" in order to get a new card. Another fraud! In general, watch out for unsolicited Medicare emails and texts demanding your Medicare number or anyone seeking payment by gift card or wire transfers. These are almost certainly scams.

Call the Medicare number if you suspect fraud. Also contact your local US attorney's office and the state Attorney General's office. You can also file a complaint online on the [Federal Trade Commission's website](#).

Thieves want your Social Security number so they can apply for credit using your personal information and buy expensive items, sticking you with a hefty bill. It's also likely you won't know your identity has been stolen until you apply for credit and get turned down or bill collectors start calling you. Social Security numbers can get stolen by thieves:

- Disguising themselves as a legitimate person from a government agency.
- Robbing wallets, purses and postal mail (e.g., bank and credit card statements)
- Stealing information you provide online. (For added security, ensure "https" is part of the web address before providing personal information online.)

According to the Social Security Administration (SSA), the organization "will never threaten, scare or pressure you to take an immediate action." Most Social Security scams happen via email, phone or text. Some of the most common SSA scams include:

- Threats to suspend your Social Security number
- Arrest or legal action warnings
- Immediate payment demands
- Payment requests by gift card, prepaid debit card, internet currency (e.g., cryptocurrency) or by mailing cash

The SSA recommends a few strategies to help protect yourself from Social Security fraud, including:

- Avoid carrying your Social Security number or card with you
- Beware of phishing scams (e.g., emails, internet links and phone calls) trying to trick you into revealing your personal information
- Create a personal my Social Security account to keep track of your records and suspicious activity

Learn more about fraud prevention and reporting at <https://www.ssa.gov/scam>

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**The Colorful History of Glassmaking in Ulster County  
by Stephen Blauweiss & Karen Berelowitz**

Glassmaking began in Ulster County in 1809 when the Woodstock Glass Manufacturing Society (later Company) was formed, known to all as Glasco. Previously, most glass used in the U.S. came from England, but in 1807, Congress passed the Embargo Act which cut off trade with Europe. Many merchants faced bankruptcy, but factories making textiles, metal objects, glass, and similar products prospered. Along with Glasco, glass factories popped up in Shady and Stoney Clove in a secluded part of the upper Sawkill Valley just past Woodstock. This remote area was chosen for its thousands of acres of trees that would supply fuel for glass furnaces for half a century. Another necessary ingredient was sand, readily available nearby in Cooper Lake. However, the local sand supply was quickly depleted and had to be imported from New Jersey and Philadelphia, along with other chemicals. Glasco Turnpike was created to transport materials to and from the Hudson River and the town along the river became known as Glasco. One of the main goods produced was window glass, sold as individual panes or by the box; straw and hay were used to cushion the glass for transport. A smaller quantity of bottles and tableware were made as well.

Glassworkers were known as lively and imaginative craftsmen who loved music. Because their lungs were well-developed from blowing glass, they were often singers. Glassblower choirs were a common feature of European glass-making villages tucked away in the forests, and the tradition continued in Ulster County. Glassmakers were also known as colorful, free-spirited folks who put on a good show as they worked beside their glowing furnaces. Woodstockers went to watch them blow glass and the workers made whimsical objects such as small glass animals that were given as souvenirs and used as doorstops. In the winter, neighbors gathered in their workshops to keep warm.

The Catskill forests were unfortunately decimated by those who usurped the available materials. Glassmakers cut down hardwoods such as birch, maple, and beech from the northern and western slopes and tanners destroyed the eastern slopes, as oak and hemlock were necessary for their trade.



The above is excerpted from a recently released 500-page book, *The Story of Historic Kingston: Featuring 950 Images and Connections to the Catskills & New York City*. The hardcover, full-color book is like a documentary film in print! For reviews, sample pages, and purchasing information, please visit: <https://www.hudsonvalleyhistoryandart.com/>



**Garden tips for November**

- If you haven't already, get your new spring flowering bulbs planted now.
- Continue to check houseplants for insects that may have come indoors as you brought the plants inside.
- Empty, clean and store planters where they will be dry for the winter.
- If you are using a rain barrel or two to conserve water and reduce storm water runoff, they should be emptied and turned over to keep them dry during the winter months.

**DID YOU  
KNOW?**

The first professional Thanksgiving Day football game was played in 1920.

If you feel a little backed up, you are not alone.

One of the leading gastrointestinal complaints in America is constipation with nearly 63 million people experiencing it in the US, according to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). Most of us have experienced constipation at some point in time, it is a condition that becomes more common as we age. What is it? Constipation is an inability to empty the bowels fully or regularly – when fecal matter (stool) moves through the large bowel too slowly (also known as the colon).

Three or fewer bowel movements in a week is an indicator of constipation which can lead to increased discomfort and pain, and the development of hemorrhoids. Some of the causes include stress, medications, and even diet. Diet can also be a step to eliminating or reducing the risk for constipation.

### EAT MORE

- Whole grains – The fiber helps to form feces giving them weight to increase stool frequency and ease the passage. The American diet typically low in fiber can be a trigger for constipation.
- Dried plums – These are also known as prunes. Prunes are high in fiber and sorbitol which is an indigestible sugar that pulls water into the bowel helping stool to be softer and move easier, a few prunes each day can make the difference.
- Fermented foods – Yogurt and sauerkraut are foods that include beneficial probiotic bacteria that can contribute to regular bowel movements and may relieve bloating.
- Chia seeds – Tiny seeds that have gel-forming soluble fiber that increase stool water content producing a bulky, soft, easy to pass stool and can be added to cereal, oatmeal, and yogurt.
- Water – If you do not drink enough water the large intestine cannot provide enough water to properly form stools, which then leads to hard stools and constipation. Be sure to drink plenty of fluids – water combines with fiber to make feces soft and easier to pass.

### AVOID/REDUCE

- Highly processed foods – High in fat, low in fiber – a combo that is rough on the colon.
- Alcohol – When drinking alcohol one consumes less water, also have diuretic effects.
- High-fat meats – Typically, people who eat high fatty meat often consume low fiber foods.

Contact your Registered Dietitian at  
Ulster County Office for Aging for more information.

*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.*

## Watch for Ulcers

Gastritis can lead to ulcers over time. Symptoms of ulcers include pain between the belly button and breastbone that:

- starts between meals or during the night
- briefly stops if you eat or take antacids
- lasts for minutes to hours
- comes and goes for several days or weeks

Contact your doctor right away if you have:

- sudden sharp stomach pain that doesn't go away
- vomit that is bloody or looks like coffee grounds





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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.



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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.