

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

SEPTEMBER 2024



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...

...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.



1003 DEVELOPMENT COURT, KINGSTON, NY 12401 | 845-340-3456 | ULSTERCOUNTYNY.GOV/AGING

Ashokan Rail Trail Courtesy of Ulster County Tourism

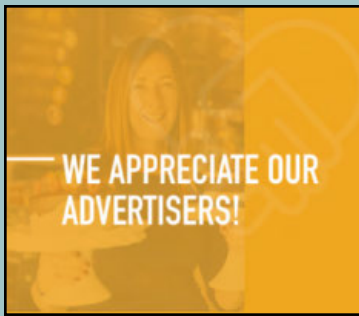


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UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

Let's hope this strange summer of rain and heat and some wind has not affected you in any bad ways! That being said, last month had the tail ends of a hurricane with a tornado that touched down in New Paltz, so we are really getting some interesting weather!

We wanted to make sure that those of you who have online access are able to get to some really great programming.

Try our website, <https://ulstercountyny.gov/aging/ofa-online-classes> and take a look at what GetSetUp can offer in the way of thousands of different subjects, exercising, or tours from your living room if you cannot get out, or want to experience the world from your computer den!

www.getsetup.com is the direct link, and you can login for free and get a free account. We think platforms like this for those who can reach them can be lifesaving events, both for health and for social isolations reasons.

September is beginning, with another round of Fall Prevention classes around the County. As September is Fall Prevention Month itself, please be extra aware of not rushing too fast through your life. Take the time to hold on to a rail going downstairs, make sure where you live is properly lit at night inside and out, watch for slippery sidewalks, wear good shoes even around the house, clean up spills, and don't put everything up on the highest shelves. These tips alone will help make everyone safer.

Some other tips – we had our Summer intern put together a great set of tips for savings energy around your house and life that cost little to no money. Here are some everyone can follow:

Freezers colder than zero is wasting electricity. Make sure your freezer is not set below zero– the optimal range is 0-5 degrees Fahrenheit. Same for the fridge – between 34-38 degrees will keep your food cold and safe – anything colder is a waste of energy. If you can slowly replace your incandescent bulbs with LED bulbs, you will save every month. Make sure anything with a filter (dehumidifiers, AC units, etc.) are cleaned regularly – a clean filter will let the unit operate at maximum efficiency. More tips and helpful agencies to follow!

Have a lovely Fall month!

In health and wellness,

Susan Koppenhaver,

Director, Ulster County Office for Aging

Ulster County Office for the Aging Senior Technology Support Classes

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

September 5: How to Use Apple iPhone More Efficiently.

September 12: Computer File Management.

September 19: Canva Application: Photo, Video and Collage Maker.

September 26: General Tech Q&A Practice Session, bring your Tech and your Questions.

October 3: 12 Handy Tips for iPhone Users. (John Dowley)

October 10: General Tech Q&A Practice Session, bring your Tech and your Questions.

Classes are limited to 15 people. Please call the Ulster County Office for the Aging at 845-340-3456 to register. If you have registered for a class but find you are unable to attend, please call as soon as possible so we can contact a person on the waitlist.

Howard "Howie" Sutherland was our Prom King and Joyce Etes was our lovely Queen for this years Ulster County "Under the Stars" Senior Prom.

Thank you to our co- sponsor - Ten Broeck Commons for decorations and prizes.

Thank you to MVP, Ellenville Regional Hospital and Deising's Bakery for their participation too.





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OCTOBER EDITION

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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 Weekly Game Day

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

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

UCOFA Gentle Chair Yoga

Mondays, 9:30 to 10:30 A.M.
Shoes must be worn.

UCOFA Fitness & Fun for All Bands, Balls, Light Weights & Light Cardio

Wednesdays, 10:30 to 11:30 A.M.
Shoes must be worn.

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 \$2,355 or less (Married income \$3,189 or less) you may be eligible.

Call the Office for the 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.

MSP workshops are also available to assist you.

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 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 Learns for Seniors

September 25: Falls Prevention

Presented by

William Shashaty, MPS & Occupational Therapist, HAHV

Bingocize by Anthony Mignone, RCAL

A Matter of Balance by Sue Koppenhaver, UCOFA

Esopus Town Hall Community Room, 1 Town Hall Way, Ulster Park, NY.

R.S.V.P. by September 16, 2024

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.

September 27: Wills and Advance Care Planning

Presented by Erica Halwick-Williams, Esquire

Shawangunk Senior Center, 70 Main Street, Napanoch, NY

R.S.V.P. by September 18, 2024

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.

October 10: Hearing Concerns and Hearing Loss

Presented by Byron's Hudson Valley Hearing Aid Centers

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

R.S.V.P. by October 2, 2024

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.

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:

MHA of Ulster County Inc.
300 Aaron Court, Kingston, NY
1st & 3rd Thursday of each month:
6:00 to 7:15 P.M.
In-person or via Zoom.

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.

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



Shadow of a Doubt (1943) on October 29, 2024, 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. Call the Office for the Aging to R.S.V.P. by October 25, 2024 at 845-340-3456.



Changes Are Coming to How You Access Social Security’s Online Services

The Social Security Administration announced that customers who created an online account (e.g., my Social Security account) before September 18, 2021, will soon be required to transition to a Login.gov account to continue access to their online services. Over five million of these account holders have already transitioned to Login.gov.

The agency is making the changes to simplify the sign-in experience and align with federal authentication standards while providing safe and secure access to online services.

In the near future, all users will need to have an account with one of our two Credential Service Providers (CSP) – Login.gov or ID.me – to access your personal my Social Security account and other online services. Existing Login.gov or ID.me account holders do NOT need to create a new account or take any action.

For more information, visit: <https://blog.ssa.gov/changes-are-coming-to-how-you-access-social-securitys-online-services/>



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September 2024 Community Café & Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 HOLIDAY** Grilled Chicken Breast with BBQ Sauce Lemon Orzo Mixed Vegetables Rye Bread Pear cup Lemon Bar</p>	<p>3 Breaded Pollack Tater Tots Buttered Carrots WW Bread Peach cup</p>	<p>4 Tetrazzini w/ diced Chicken White Rice Broccoli and Red Peppers WW Dinner Roll Mixed Fruit cup</p>	<p>5 Chickpea Stew Brown Rice Carrots Mixed Green Salad WW Naan Bread Juice Cookie</p>	<p>6 Pork w/Creamy Garlic Sause Baked Potato California Blend Vegetables Soft Pretzel Bites Fresh Fruit</p>
<p>9 Ravioli w/LS Marinara Winter Vegetable Blend WW Parmesan Garlic Breadstick Fresh Fruit</p>	<p>10 Meatballs w/ Sweet and Sour Sauce White rice Oriental Blend Vegetables Rye Bread Mandarin Orange cup</p>	<p>11 Hamburger Swiss Cheese Tater Tots Brussel Sprouts WW Bun Fresh Fruit</p>	<p>12 Breaded Pollack Yellow Rice Zucchini and Tomatoes Mixed Green Salad Whole Grain Crackers Juice Cookie</p>	<p>13 Roast Turkey w/ LS Gravy Mashed Potatoes Meadow Blend Vegetables WW Bread Peach cup</p>
<p>16 Chicken Breast w/ LS Gravy Rice Pilaf Green Beans WW Bread Mixed Fruit cup</p>	<p>17 Shepherd's Pie Carrots Green Bean Salad WW Dinner Roll Fresh Fruit</p>	<p>18 Pot Roast w/ Gravy Baked Potato Meadow Blend Vegetables Rye Bread Pineapple tidbits</p>	<p>19 Broccoli and Cheese Egg Bake Buttered Herbed Orzo Spinach Mixed Green Salad Cornbread Mandarin Orange cup</p>	<p>20 Mac and Cheese Stewed Tomatoes WW Bread Juice Cookie</p>
<p>23 Chicken Bruschetta Buttered Shells Broccoli WW Bread Fresh Fruit</p>	<p>24 Taco Mix Shredded Cheese Yellow Rice Mexicali Corn Whole Grain Tortilla Chips and Salsa Fresh Fruit</p>	<p>25 Breaded Chicken Breast w/Honey Glaze Red Bliss Potatoes Summer Blend Vegetables WW Dinner Roll Fresh Fruit</p>	<p>26 Vegetable Lasagna Marinara Sauce Italian Blend Vegetables WW Garlic Parm Breadstick Marinated Cherry Tomatoes Diced Pear cup</p>	<p>27 Ham w/Pineapple Sauce Sweet Potatoes Brussel Sprouts WW Dinner Roll Pineapple tidbits</p>
<p>30 Crab Cake Brown Rice Pilaf Summer Blend Vegetables WW Dinner Roll Citrus Slaw Juice Cookie</p>		<p>** Sites closed and no HDM deliveries</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: 845-331-2180 For information or Home Delivered Meal Cancellation call: 845-331-2496</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! 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

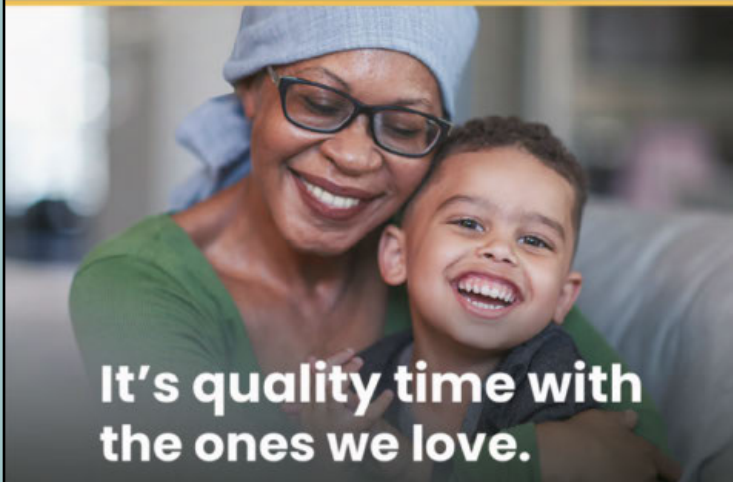
Voluntary contributions are appreciated. Contributions are confidential and no one will be denied a meal if they do not contribute. The recommended voluntary contribution is \$3.00 per meal. If monthly income is higher than 185% of the federal poverty level (\$2,248 for a 1 person household and \$3,040 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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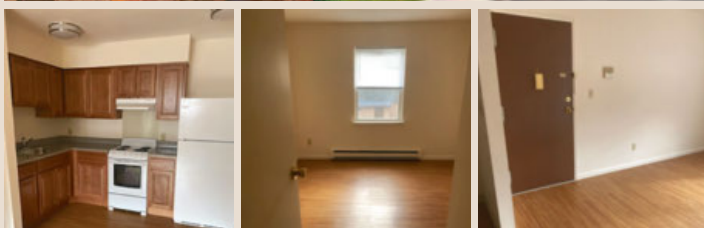
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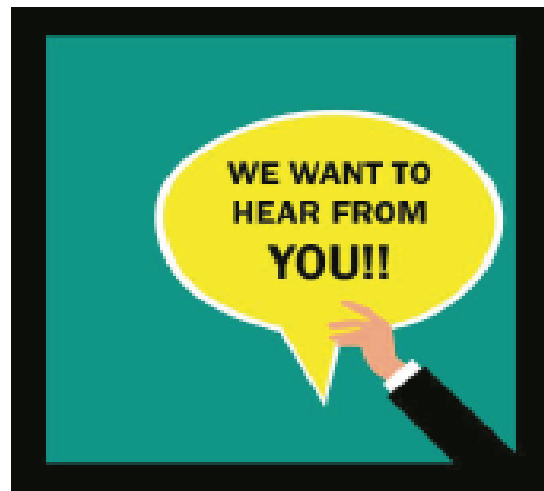


845-338-2700

For An Application



The Ulster County Office for the Aging Annual Public Hearings



Friday, October 18, 2024

1:00 P.M. to 2:30 P.M.

Saugerties Public Library

91 Washington Ave, Saugerties, NY

Thursday, October 24, 2024

1:00 P.M. to 2:30 P.M.

New Paltz Community Center

3 Veterans Drive, New Paltz, NY

- *Learn about Office for the Aging Services and Programs*
- *Share your ideas and suggestions for improving services and adding programs*

Light refreshments will be served!

Please call Ulster County Office for the Aging to

RSVP at 845-340-3456





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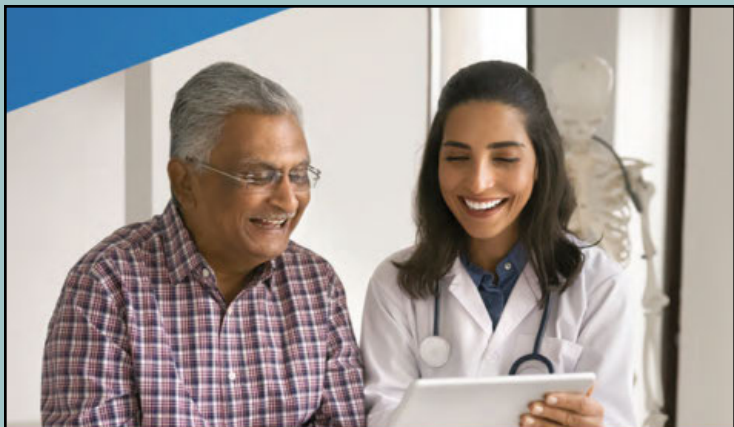
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Memory: 5 Ways to Protect Your Brain Health

Everybody’s memory goes on the fritz now and again. (Where did I put those keys?) Many lapses can be blamed on normal, fleeting problems like inattention or an overly busy day.

More concerning, though, are certain ongoing kinds of memory problems, which is why it’s worth doing everything in your power to minimize their odds of happening.

“Memory is just a tiny part of brain functioning, and there’s a lot you can do to protect your brain health,” says Johns Hopkins neurologist Barry Gordon, M.D., Ph.D.

Five of his top suggestions:

1. Weave heart-pumping exercise into your daily routine. “A surprising amount of evidence points to this as the No. 1 thing you can do to improve brain health,” Gordon says. In addition to lowering your risk of hypertension and diabetes, improving mood and sleep, and helping with weight control, aerobic exercise may activate certain beneficial genes in the brain. Benefits accrue no matter what age you start, he says.

2. Take care of any medical problems. Diabetes, heart disease, stroke and hypertension are all known to damage brain health. The good news: You can reduce your risk of each of these health conditions—or potentially control them better.

3. Get enough sleep, and get help for existing sleep problems.

There’s increasing evidence that sleep disorders can cause problems with mental functions—including memory. Two of the most common sleep zappers: obstructive sleep apnea and stress.

4. Review the medications you’re taking with your doctor. Some drugs, such as sedatives for anxiety, can affect thinking, says Gordon.

5. Stay socially engaged. Challenging your brain by learning new things has many benefits. Even better is pursuing interests that connect you with others. “It’s probably better for brain health to have a conversation over lunch with a friend than to memorize numbers in reverse, for instance,” Gordon says.



Garden tips for September

- Correct any soil deficiencies you’ve noticed; healthy soil is crucial to healthy plants.
- Onions are nearly ripe when the tips of the leaves turn yellow.
- Fertilize your lawn. Lawns fertilized in the fall are better equipped to survive the winter. Reseed in bare patches.
- Be sure to keep harvesting your fruit and vegetables so that the upcoming frost does not destroy them.

DID YOU KNOW?

September 17th is Constitution Day, which marks the day that the U.S. Constitution was adopted.

What is the Role of Vitamins and Minerals in the Body

Vitamins and Minerals are Micronutrients that are essential for the body's function. They are organic compounds that work together to perform hundreds of roles in the body including:

- Energy: Helping the body use nutrients like Carbohydrates, Fat and Protein to produce energy.
- Immune System: Fighting infections and disease.
- Bones: Keeping bones strong and healthy. Arresting bone deterioration.
- Wound healing: Helping the body to heal after injury.
- Hormone Regulation: Regulating multiple Hormone activities.
- Growth and Development; Supporting normal growth and development.
- Cellular Damage: Helping to heal and repair the body at a cellular level.

The Known Vitamins are Vitamins A,B,C,D,E and K. Several minerals are essential for health, including but not limited to Calcium, Potassium, Magnesium, Iron, Zinc, and Fluoride. Here are a few examples of Vitamins and Minerals having supportive roles in the body:

- Vitamin A: helps prevent eye related problems.
- Vitamin K: Helps to clot blood, which helps cuts and scrapes to stop bleeding quickly.
- Vitamin D, Calcium & Magnesium: Help to build and maintain strong bones.
- Potassium: Necessary for the central nervous system and fluid balance. Disturbance in these levels can lead to cardiac issues.

The Dietary Guidelines for Americans 2020-2025 recommend meeting nutritional requirements through a healthy eating pattern that includes nutrient-dense foods.

What about supplementation? One third of adults and one quarter of children and adolescents supplement with Vitamins and Minerals. It is believed that supplements should not take the place of eating nutrient dense foods. But there are those who should consider Vitamin/ Mineral supplements for people on weight reductions or specialized diets that limit or eliminate certain food groups. It is also recommended for those who have limited access to a variety of nutrient-dense foods.

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.

Ulster County Office for the Aging, NY Connects & Ulster County Department of Social Services present 2024 Human Services Expo
"Trunk or Treat"

October 9, 2024
 from 11:00 A.M. to 2:00 P.M.
(rain date October 10, 2024)
 Kingston Plaza, 151 Plaza Road, Kingston, NY.
 (Hannaford/Ball field Parking Lot).

Get Connected. Learn about services for Children, Adults and Seniors. Local service providers & area agencies available to discuss their services and answer any questions. Attendees will park their vehicles and visit each provider for a Halloween Treat & to learn about services available to Ulster County residents.



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OFFICE FOR THE AGING

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Director

Judy Riley
Deputy Director
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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
845-334-5200

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.