



# Ulster County Office for the Aging

**April 2016 Newsletter**

**Greetings from County Executive Michael P. Hein**

## Healthy Ulster



Upon taking office in 2009, I set forth an aggressive goal to make Ulster County the healthiest county in New York State. This goal was no small task because in 2010, the first year of the Robert Wood Johnson Foundation national health rankings, Ulster County was ranked #33 out of 62 Counties in New York State. Now, I am pleased to announce that Ulster County is ranked #16 in New York State by the 2016 Robert Wood Johnson Foundation national health rankings, a better than 50% improvement. The rankings compares counties within each state, throughout the country, on more than 30 factors that impact health, including social determinants such as education, jobs, housing, exercise, transportation, and more.

There is no doubt that a healthy community is a desirable place to live, work, raise a family, and to grow a business. Achieving the goal of a healthy community has helped shape many of the decisions that we make every single day. We have invested substantial resources in positively impacting the factors that influence community health. We have improved our environment by investing in renewable energy and becoming one of the first net carbon neutral counties in the nation. We are continuing to build a world class trail system and supporting bike and pedestrian friendly infrastructure throughout our local municipalities. And, to address the substantial negative health impacts associated with generational poverty, we have provided innovative and successful job training programs plus we've made affordable, college level education readily available right in Mid-town Kingston. All this in addition to leading successful efforts to implement cutting edge health related public policy. This has been an amazing community partnership and I thank everyone involved for their tremendous contributions. Ulster County continues to make incredible progress and that is something we can all be very proud of.

***Michael P. Hein***  
County Executive



## NEWS FROM THE OFFICE OF ULSTER COUNTY EXECUTIVE MIKE HEIN



### FOR IMMEDIATE RELEASE

February 4, 2016

Contact: [exec@co.ulster.ny.us](mailto:exec@co.ulster.ny.us)

845-340-3800

### COUNTY EXECUTIVE MIKE HEIN WARNS COUNTY RESIDENTS OF A FRAUDULENT SOLICITATION FOR DONATIONS FOR VETERANS' SERVICES

**Kingston, N.Y.** – Ulster County Executive Mike Hein is warning the public of an apparent phone scam that is targeting county residents. A caller posing as a representative of the Ulster County Veterans' Service Agency is contacting individuals and requesting monetary donations. These calls are in no way affiliated with Ulster County Veterans' Services, nor does the County solicit funds via telephone.

“Any report of individuals preying upon the good will and patriotic spirit of Ulster County residents is nothing short of disgusting,” said **County Executive Mike Hein**. “If you or someone you know receives a phone call from someone soliciting funds for Ulster County Veterans' Services, do not provide any information and please immediately contact the Ulster County Consumer Fraud Office at 845-340-3260.”

If you know of a Veteran looking for services or to learn more about the Ulster County Veterans' Service Agency, please call 845-340-3190.

## ULSTER COUNTY OFFICE FOR THE AGING



**NY Connects**  
Your Link to Long Term  
Services and Supports

of ULSTER COUNTY

(800) 342-9871 (845) 334-5307

**Are you familiar with Ulster County NY Connects? Have you met our dedicated NY connects staff person, Gloria Ferraro?**

NY Connects is a trusted place where you can get the information and assistance you need to make informed decisions for the care you need. Long Term Care can include many services that will help people of all ages remain independent in their daily lives. Finding those services can be confusing.

*A child or an adult with a disability, an older adult, caregivers, family members, friends or neighbors and even helping professionals should reach out to Ulster County NY Connects, at 845-334-5307, to discuss needed services.*

We have partnered with the Resource Center for Accessible Living (RCAL) as well as RUPCO. Both of these agencies have trained NY Connects staff in their offices to provide more information to more people. Our goal is to help Ulster County residents get the information they need to make informed decisions about long term care. At the Office for the Aging we want to make sure we help you get connected to the services you need in order to be as independent as possible.



**Ulster County Executive Michael P. Hein**

# *Lifetime Learning Brunch*

## **at Woodland Pond**

100 Woodland Pond Circle, New Paltz, NY 12561

In the main dining room

**Tuesday, April 12th 2016**

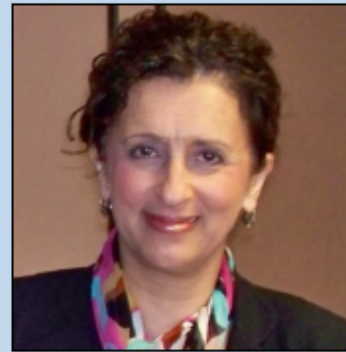
### **"Nuts and Bolts of Nutrition & Healthy Aging"**

9:30 -10:30 **Brunch**

10:30-11:30 **Presentation**

**Register by Sunday, April 10th**

call Alma Sloan at 845-255-0170 or  
email her at roundheels4@gmail.com



**Presenter:**  
**Roufia Payman, CDN**

*Roufia is the Supervisor of Outreach Nutritional Education of Northern Dutchess Hospital. She leads the New Leaf Program, Get Real Weight Results and the Bariatric Support Group, all through the Rhinebeck Campus. She is a Certified Lifestyle Coach of the National Diabetes Prevention Program. Roufia has been featured in several media outlets in the region. She is also a guest columnist for the Hudson Valley Parent and Topricin Magazine.*

To register for brunch, Please make a check out for \$8.00 payable to CAS/LLI and mail to LLI Brunch, PO Box 275, New Paltz, New York 12561. You can bring a guest by including the guest name and additional \$8.00 cost with your registration. Any questions please call Alma Sloan at 845-255-0170 or email her at roundheels4@gmail.com.

# PUT LIFE BACK IN YOUR LIFE

Helping  
You To  
Manage  
Chronic  
Pain



## Chronic Pain Self-Management Program

### FREE six-week workshop series

Health Alliance of the Hudson Valley  
Broadway Campus  
2<sup>nd</sup> Floor Conference Room

Tuesdays from April 5<sup>th</sup> thru May 10, 2016  
*From 1-3:30pm*

#### Sponsored by the Ulster County Office for Aging

- Overview of self management and chronic pain conditions
- What is pain?
- Using your mind to manage symptoms
- Making an action plan
- Problem solving/decision making
- Dealing with difficult emotions/depression management
- The importance of physical activity, fitness, and healthy eating
- Communication/working with the health care system
- Medication use/evaluating treatments

To register: Call UCOFA at 845-340-3456

For more information: Call Marge Gagnon RN, MS, CNS @ 845-706-6459

Or e-mail [rwcsarc@aol.com](mailto:rwcsarc@aol.com)

Michael P. Hein, Ulster County Executive





alzheimer's  association®

**Appointments at the  
Ulster County Office for the Aging  
the first Thursday of each month**



**Care Consultation:**

*Care Consultations help people navigate the difficult decisions and uncertainties that persons with Alzheimer's and their Primary Care Partners face at every stage of the disease. Components of a Care Consultation include an assessment of needs, assistance with planning and problem solving (developing an action plan), and provision of support. It may also include providing in-depth education and information about the disease, making appropriate referrals, and providing supportive interventions such as active listening, empathy, normalization, and emotional containment.*

**Family Consultation**

*Family consultation services will afford family members the opportunity to discuss their individual concerns with a third party and help them engage and collaborate with each other while planning care for persons with dementia. Family consultations will provide assistance and support in navigating difficult decision-making processes and provide the opportunity to address the collective concerns that arise while planning for and dealing with dementia-specific needs. These are recommended when family members disagree about care giving issues or family dynamics prevent effective decision making for the benefit of the person with dementia.*

**Call the Office for the Aging  
to make an appointment 845-340-3456**

**Ulster County Office for the Aging**



**Alzheimer's Association**

Presents

**Know the 10 Signs**

**Early Detection Matters**

Learn about Alzheimer's disease and memory loss and how to plan for the future

**Lunch and Learn**

**Friday April 22<sup>nd</sup> at Noon**

BRC, 1 Development Ct., Kingston, Room 114

*Free to Ulster County Senior Citizens*

**Includes a free lunch with RSVP**

**Call OFA to RSVP 845-340-3456**

*space is limited*



**Ulster County Executive Michael P. Hein**



**Office of the State  
Long Term Care  
Ombudsman**

**The Hudson Valley Long Term Care Ombudsman Program is  
Seeking Volunteers!**

The HVLTCOP is seeking volunteers who can contribute a minimum of two hours a week helping to resolve issues experienced by resident of long term care facilities in Dutchess, Ulster, Orange, Sullivan, Columbia, and Greene counties.

Volunteers will receive training and become a New York State Certified Ombudsman.

As an Ombudsman you will advocate, educate, and empower residents living in nursing homes, assisted living, and family type homes.

Please call us if you are interested in a rewarding and exciting volunteer opportunity!



**845-229-4680**

Gloria Murray, program director

[gloria@hudsonvalleyltcop.org](mailto:gloria@hudsonvalleyltcop.org)





The Repair Café idea was born in Amsterdam in 2009 and was brought to New Paltz by volunteer organizer John Wackman in 2013. His dedication, enthusiasm, and success inspired others to launch Repair Cafe events in their communities. If you are interested in bringing Repair Cafe to your community, John would be happy to point you in the right direction ([email John](#)). You can also check out the [Repair Cafe Foundation](#), where it all began, for resources, guidelines, and all the details.

## Our mission

- To transform our throw-away economy, one beloved item at a time
- To reduce how much stuff goes into the waste stream
- To preserve traditional repair know-how & skills, and pass them on
- To show the people who have this knowledge that they are valued
- To feed our curiosity about "the way things work", provide scientific diversion & have fun!
- To foster community, sustainability, and resilience

## Contact Us

If you would like to volunteer at a Hudson Valley Repair Cafe, or just want to find out more about the activities at these events, contact the independent organizers of the locations directly. For April dates and times in Ulster County:

Gardiner: [recycling.tog@gmail.com](mailto:recycling.tog@gmail.com)

Kingston: [kingstonrepaircafe@gmail.com](mailto:kingstonrepaircafe@gmail.com) or 845-339-2526

New Paltz: [jwackman@gmail.com](mailto:jwackman@gmail.com) or 646-302-5835

Rosendale: [repaircaferosendale@gmail.com](mailto:repaircaferosendale@gmail.com) or 845-518-7352

**Ulster County Office for the Aging**

**VOLUNTEER PROGRAM**

- **Transportation for seniors to medical appointments**
- **Calling homebound seniors**
- **Help Seniors access Social Security**
- **Health Insurance counseling**
- **Special Event Support**
- **And MUCH more!**

*Please call Patrick McDonough to talk about the wonderful volunteer opportunities available*

845-802-7655

**WE WANT YOU!!**

*As many or as few hours as you can give.*



**Michael P. Hein, Ulster County Executive**

## **Ulster County Office For the Aging** **Volunteer Program Helps Change Lives**

Here is a message we received from Linda, who is an Ulster County resident and has been using the Neighbor to Neighbor program for almost four years. The Neighbor to Neighbor program helps match drivers to seniors in need of a ride to the doctor.

*“I can’t tell you enough how grateful I am for everything you do. Everybody at Neighbor to Neighbor does such a great job...Marvin, Phil, Cathie...all of the volunteers in the office and the drivers. I’ve been calling for more appointments than normal lately, and they are always there for me. I have to tell you that time riding with all that good energy has helped. I got really great news today, I’m clear of cancer. You don’t need to know that I guess, but I feel so happy today. I feel like Neighbor to Neighbor, and the drivers who are all volunteers, and their attitude about taking people where they need to go, has been part of my healing process. I’m sure it’s part of the healing process for a lot of others too. When something really good happens, I think that deserves a huge thank you. And so I’m calling to thank you for your assistance with this process that I’ve gone through. The help you’ve given me has been superior. All of your drivers are not only wonderful drivers, they’re always on time, they’re good conversationalists, and I can’t say enough good things about them. I just wanted to tell you that I am grateful for all you have given me.”*

We want to invite you to be a part of the Office for Aging Volunteer team! We are always looking for more drivers and we offer mileage reimbursement.

To learn how you can become a volunteer, call 845-802-7655 or visit <http://ulstercountyny.gov/aging/volunteer-program>.

**Ulster County Office for the Aging – Volunteer Program**

**1003 Development Court – Kingston, NY 12401**

**845-802-7655**

Greetings...

We have a few **volunteer opportunities** available that may interest you.

For more than 30 years the iconic **red caboose** at the Kingston traffic circle has welcomed visitors to Ulster County from all over the world.

During that time, it has been fully operated by Volunteers, from Memorial Day weekend through leaf-peeping season. Tourism information at your fingertips, and friendly, knowledgeable staff, provide everything visitors need to know about all the natural, cultural and historic sites in our beautiful region.

**UC Tourism** is gearing up for another season and would like YOU to help. Our Volunteers typically work a 4 hour shift, 9-1 or 1-5, once a week throughout the season. **We are particularly seeking people who can be there on Sundays.**

Also...

We are partnering with the **Hudson Valley Long Term Care Ombudsman Program**. The HVLTCOP is seeking volunteers who can contribute a minimum of two hours a week helping to resolve issues experienced by residents of long term care facilities in Ulster County.

Volunteers will receive training and become a **New York State Certified Ombudsman**. As an Ombudsman you will advocate, educate, and empower residents living in nursing homes, assisted living, and family type homes.

And...

Our most vibrant volunteer program is what we call **Neighbor to Neighbor**. Volunteers drive seniors from all over the county to doctor appointments and shopping. These are typically folks who have no other resources or options for transportation.

We cover volunteer drivers for general liability, and offer a mileage reimbursement to help with gas. We've seen wonderful relationships develop and the gratitude expressed by the clients is astounding.

It's also a very flexible volunteer opportunity. Drivers can do as **many** or as **few** trips as they like.

Please contact **Patrick McDonough** at the UC OFA Volunteer Program if you're interested.

**They are volunteer experiences you can be proud of.**

**845-802-7935, or [pmcd@co.ulster.ny.us](mailto:pmcd@co.ulster.ny.us)**

# 5 Ways Congress Can Support Seniors in 2016

Arlington, VA – In his final State of the Union address, President Obama called on Congress to strengthen Social Security and Medicare for all Americans. The National Council on Aging (NCOA), the nation’s leading advocate for older adults, offers five ways Congress can further support seniors this year.

“Older Americans deserve the support of their families, their communities, and their government to age independently and with dignity,” said Howard Bedlin, NCOA Vice President of Public Policy & Advocacy. “We made important progress in 2015, but there is still work to be done on behalf of our nation’s seniors, especially those who are struggling. We are ready to work with Congress to find bipartisan solutions.”

In 2016, NCOA urges Congress to:

## **1. Renew the Older Americans Act (OAA) and Elder Justice Act (EJA)**

Renewing the OAA and EJA—both overdue for reauthorization—will strengthen and modernize aging services to meet the diverse needs of the growing older population. The OAA funds critical, cost-effective programs, including job training and placement under the Senior Community Service Employment Program (SCSEP), health promotion and disease prevention, senior nutrition, senior centers, caregiver support, and more. The EJA provides for a nationally coordinated, multidisciplinary approach to the silent crisis of elder abuse, neglect, and exploitation.

“Last year, the Senate passed a strong bipartisan OAA reauthorization bill by unanimous consent. Now it’s time for the House to act,” Bedlin said.



“Legislation to reauthorize the EJA was introduced last year with bipartisan support and awaits action.”

## **2. Restore investments in aging services**

Community services help older adults improve their health and economic security, allowing them to stay independent and avoid costly care. Yet, investments in these services have failed to keep up with costs and the rapid growth in the senior population. Despite recent relief from budget caps, **FY16 non-defense discretionary funding remains 12% below its FY10 level**, and FY17 funding will fall to an historic low as a share of the economy, resulting in service reductions and growing waiting lists for older adults and their families.

“Funding for critical programs like OAA supportive services, Medicare State Health Insurance Assistance Programs (SHIPs), falls prevention, and chronic disease management have been frozen for years,” said Bedlin. “These services are overdue to receive additional investments.”

## **3. Advance legislation to improve access to Medicaid home and community-based services and finance long-term care (LTC)**

The number of Americans needing LTC will more than double as the baby boomers age. Medicare does not cover it, and private LTC insurance is unaffordable for most. Seniors often have to spend-down their life savings into poverty before getting help from Medicaid—which has an institutional bias, with mandatory nursing home but optional home care coverage. Several Medicaid reforms to promote access to home care have or will expire, including Money Follows the Person, which expires this year, and the Balancing Incentives Programs, which expired last year.

“Congress must extend these programs to keep families together in the community and avoid expensive nursing home placement,” said Bedlin. “It’s

also time for Congress to think seriously about solutions to the growing LTC financing crisis. This year, we need legislative proposals, hearings, and a national dialogue to reach consensus on fiscally responsible, bipartisan approaches that can be passed next year.”

#### **4. Improve chronic care under Medicare**

The vast majority of older adults cope with multiple chronic conditions, which account for 95% of their health care costs. Last year, the Senate Finance Committee formed a bipartisan Chronic Care Work Group, co-chaired by Sens. Johnny Isakson (R-GA) and Mark Warner (D-VA) to improve chronic care for Medicare beneficiaries.

“NCOA strongly supports this effort and is working with committee members to craft a strong proposal that can move through the Senate this year,” said Bedlin. “We urge the committee to include improved access to chronic disease self-management education (CDSME) and evidence-based falls prevention interventions. These programs can save money and improve health outcomes.”

#### **5. Introduce legislation to address the Medicare low-income protection cliff**

For Americans under age 65 receiving health insurance through the Marketplaces, eligibility for cost-sharing assistance is set at incomes below 138% of poverty, with no asset test. Yet for those on Medicare, eligibility for this assistance is set at 100% of poverty, with a stringent asset test that penalizes those who do the right thing by saving. At the same time, the average Medicare household spent 14% of total costs on health care in 2012, while non-Medicare households spent just 5%. Beneficiaries with incomes between

100% and 200% of the Federal Poverty Level (FPL) feel the heaviest burden of out-of-pocket health care spending.

“More and more low-income Americans are losing health cost-sharing protections when they turn 65, right when their out-of-pocket health costs start to rise,” said Bedlin. “Congress should introduce legislation this year that can be passed next year to address this unfair, discriminatory treatment.”

To learn more about the pressing senior issues Congress can address this year and how to take action, [sign up](#) for NCOA’s advocacy alerts.

## About NCOA

The National Council on Aging (NCOA) is a respected national leader and trusted partner to help people aged 60+ meet the challenges of aging. Our mission is to improve the lives of millions of older adults, especially those who are struggling. Through innovative community programs and services, online help, and advocacy, NCOA is partnering with nonprofit organizations, government, and business to improve the health and economic security of 10 million older adults by 2020. Learn more at [ncoa.org](https://ncoa.org) and [@NCOAging](https://twitter.com/NCOAging).

See the charts below for a list of your NY State Legislative Personnel

Public Officials Serving Ulster County				
State Level				
Name	Address	Email	Number	Position in Office
Charles Schumer	Leo O'Brien Building 11A Clinton Ave Room 420 Albany, NY 12207	<a href="http://www.schumer.senate.gov/contact/email-chuck">www.schumer.senate.gov/contact/email-chuck</a>	518-431-4070	Senior Senator
Kirsten Gillibrand	Leo O'Brien Building 11A Clinton Ave Room 821 Albany, NY 12207	<a href="mailto:invite@gillibrand.senate.gov">invite@gillibrand.senate.gov</a>	518-431-0120	Junior Senator
Chris Gibson	721 Broadway Kingston, NY 12401	<a href="https://gibson.house.gov/forms/writeyourep/?zip5=12401&amp;zip4=">https://gibson.house.gov/forms/writeyourep/?zip5=12401&amp;zip4=</a>	845-514-2322	US Congressman NY 19th District
Andrew Cuomo	NYS State Capitol Building Albany, NY 12224	<a href="http://www.governor.ny.gov/contact">www.governor.ny.gov/contact</a>	518-474-8390	Governor

Ulster County Legislature				
Mary Wawro	22 White Rd Saugerties, NY 12477	<a href="mailto:mary_wawro@yahoo.com">mary_wawro@yahoo.com</a>	(845) 246-1017	District No. 1: Town of Saugerties
Chris Allen	P.O. Box 283 Lake Katrine, NY 12449	<a href="mailto:rhetoricalstrategies@live.com">rhetoricalstrategies@live.com</a>	(845) 232-6076	District No. 2: Town of Saugerties; Village of Saugerties
Dean Fabiano	P.O. Box 289 Glasco, NY 12432	<a href="mailto:fabianordist4@yahoo.com">fabianordist4@yahoo.com</a>	(845) 246-2067; (845) 389-5201	District No. 3: Town of Saugerties; Town of Ulster
James F. Maloney	16 Dirk Lane Kingston, NY 12401	<a href="mailto:MaloneyDist4@gmail.com">MaloneyDist4@gmail.com</a>	(845) 339-7338; (845) 331-1317	District No. 4: Town of Ulster; Town of Kingston
Peter M. Loughran	36 Liberty St Kingston, NY 12401	<a href="mailto:loughran1@msn.com">loughran1@msn.com</a>	(845) 532-6628	District No. 5: City of Kingston
David B. Donaldson	148 Henry St Kingston, NY 12401	<a href="mailto:dbdonaldso@yahoo.com">dbdonaldso@yahoo.com</a>	(845) 399-8709; (845) 331-8985	District No. 6: City of Kingston
Jennifer Schwartz Berky	35 Hone St Kingston, NY 12401	<a href="mailto:jsch@co.ulster.ny.us">jsch@co.ulster.ny.us</a>	(845) 943-4919	District No. 7: City of Kingston
Carl Belfiglio	27 North Broadway Kingston, NY 12401	<a href="mailto:cbef@co.ulster.ny.us">cbef@co.ulster.ny.us</a>	(845) 331-4137	District No. 8: Town of Esopus
Herbert Litts, III	273 Hawleys Corner Rd Highland, NY 12528	<a href="mailto:HLitts3@aol.com">HLitts3@aol.com</a>	(845) 741-1997	District No. 9: Town of Lloyd; Town of Plattekill
Mary Beth Maio	76 Mayer Dr Highland, NY 12528	<a href="mailto:mbmaio@optonline.net">mbmaio@optonline.net</a>	(845) 546-7878	District No. 10: Town of Lloyd; Town of Marlborough
Richard A. Gerentine	43 South St Marlboro, NY 12542	<a href="mailto:raad24@aol.com">raad24@aol.com</a>	(845) 236-2604	District No. 11: Town of Marlborough
Kevin A. Roberts	8 Cathy Court Walkkill, NY 12589	<a href="mailto:robertscontract@aol.com">robertscontract@aol.com</a>	(845) 566-7663	District No. 12: Town of Plattekill
Kenneth J. Ronk, Jr.	P.O. Box 732 Walkkill, NY 12589	<a href="mailto:kenronkjr@gmail.com">kenronkjr@gmail.com</a>	(845) 728-3276	District No. 13: Town of Shawangunk
Craig V. Lopez	3105 Route 52 Pine Bush, NY 12566	<a href="mailto:cvlopez@hvc.rr.com">cvlopez@hvc.rr.com</a>	(845) 382-9664	District No. 14: Town of Shawangunk; Town of Wawarsing
Thomas J. (T.J.) Briggs	P.O. Box 4 Ellenville, NY 12428	<a href="mailto:tbbg@co.ulster.ny.us">tbbg@co.ulster.ny.us</a>	(845) 647-3256; (845) 594-6964	District No. 15: Town of Wawarsing; Village of Ellenville
Tracy A. Bartels	P.O. Box 386 Gardiner, NY 12525	<a href="mailto:traceybartels@earthlink.net">traceybartels@earthlink.net</a>	(845) 255-0804	District No. 16: Town of Gardiner; Town of Shawangunk
James Delaune	212 Plutarch Rd Highland, NY 12528	<a href="mailto:delaune1@icloud.com">delaune1@icloud.com</a>	(914) 475-4342	District No. 17: Town of Esopus; Town of New Paltz
Richard A. Parete	289 Cherry Hill Rd Accord, NY 12404	<a href="mailto:richparete@yahoo.com">richparete@yahoo.com</a>	(845) 687-4255; (845) 797-4241	District No. 18: Town of Hurley; Town of Marbletown
Manna Jo Greene	148 Cottekill Rd Cottekill, NY 12419	<a href="mailto:mannajo@aol.com">mannajo@aol.com</a>	(845) 687-9253	District No. 19: Town of Marbletown; Town of Rosendale
Hector S. Rodriguez	P.O. Box 571; 69 Main St New Paltz, NY 12561	<a href="mailto:hectorsrodriguez@yahoo.com">hectorsrodriguez@yahoo.com</a>	(845) 401-2000	District No. 20: Town of New Paltz; Village of New Paltz
Ronald G. Lapp, Jr.	422 Old Kings Highway Accord, NY 12404	<a href="mailto:ron@ronlapp.com">ron@ronlapp.com</a>	(845) 389-9273	District No. 21: Town of Rochester; Town of Wawarsing
John R. Parete	3948 State Route 28, Apt. J Boiceville, NY 12412	<a href="mailto:jparete@msn.com">jparete@msn.com</a>	(845) 657-8500; (845) 332-5438	District No. 22: Towns of Denning, Hardenburgh, Olive, & Shandaken
Jonathan R. Heppner	P.O. Box 1800 Kingston, NY 12401	<a href="mailto:LegislatorHeppner@gmail.com">LegislatorHeppner@gmail.com</a>	(845) 594-3141	District No. 23: Town of Hurley; Town of Woodstock



New York State Senate Aging Committee				
Name	Address	Email	Number	Area Served
Sue Serino Committee Chair	Legislative Office Bldg Rm 812 Albany, NY 12247	<a href="mailto:serino@nysenate.gov">serino@nysenate.gov</a>	518-455-2945	District 41
Ruben Diaz	Legislative Office Bldg Rm 606 Albany, NY 12247	<a href="mailto:diaz@nysenate.gov">diaz@nysenate.gov</a>	518-455-2511	District 32
Joseph P. Addabbo, Jr	Legislative Office Bldg Rm 613 Albany, NY 12247	<a href="mailto:addabbo@nysenate.gov">addabbo@nysenate.gov</a>	518-455-2322	District 15
Simcha Felder	Legislative Office Bldg Rm 944 Albany, NY 12247	<a href="mailto:felder@nysenate.gov">felder@nysenate.gov</a>	518-455-2754	District 17
Rich Funke	Legislative Office Bldg Rm 905 Albany, NY 12247	<a href="mailto:funke@nysenate.gov">funke@nysenate.gov</a>	518-455-2215	District 55
Martin J. Golden	Legislative Office Bldg Rm 409 Albany, NY 12247	<a href="mailto:golden@nysenate.gov">golden@nysenate.gov</a>	518-455-2730	District 22
Brad Hoylman	Legislative Office Bldg Rm 413 Albany, NY 12247	<a href="mailto:hoylman@nysenate.gov">hoylman@nysenate.gov</a>	518-455-2451	District 27
Kenneth P. LaValle	Legislative Office Bldg Rm 806 Albany, NY 12247	<a href="mailto:lavalle@nysenate.gov">lavalle@nysenate.gov</a>	518-455-3121	District 1
Kathleen A. Marchione	Legislative Office Bldg Rm 918 Albany, NY 12247	<a href="mailto:marchione@nysenate.gov">marchione@nysenate.gov</a>	518-455-2381	District 43
Jose M. Serrano	Legislative Office Bldg Rm 406 Albany, NY 12247	<a href="mailto:serrano@senate.state.ny.us">serrano@senate.state.ny.us</a>	518-455-2795	District 29
David J. Valesky	172 State St LOB Rm 512 Albany, NY 12247	<a href="mailto:valesky@nysenate.gov">valesky@nysenate.gov</a>	518-455-2830	District 53

# Advanced Directives

How to have the conversation and why the conversation can be so helpful to the ones you love.

Become educated and plan for your future. It ultimately comes down to your personal choice but the choices about what works best for an individual are best made with reliable information. Here are a few steps you should take to prepare.

## How to Talk to Loved Ones:

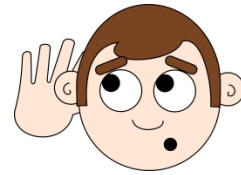
It is up to you to take the initiative and express your wishes. Your family or loved ones are not likely to bring up the topic of end-of-life planning. Talking about end-of-life issues can be difficult for anyone. One way to approach the subject is to talk about why you have decided to talk about these issues. For example, did an article in the newspaper or something that happened to friend make you think about it? Sometimes sharing your personal concerns and values, spiritual beliefs, or views about what makes life worth living can be as helpful as talking about specific treatments and circumstances. Sharing your end-of-life care decisions with your loved ones will also help them ensure your wishes are followed as you would like them to be. How important is it to you to be physically independent and stay in your own home? Would you want your healthcare agent to take into account the effect your illness has on any other people? These are very important questions to consider and bring to their attention. Make sure to review and update periodically to secure that everything is updated with your plan. You never know if your views on who is assigned certain tasks will change. You can change your plan as many times as you wish. Problems may arise if you fail to plan or fail to share your wishes with your Health Care Agent, your family or your doctor. If your goals for care or treatment change but these wishes are not reflected in your documented forms that can be an issue.

When family and loved ones are left to guess your wishes, there can often be disagreement and conflict. This conflict can negatively affect relations between family members, sometimes forever. Research indicates that when these conversations have not been had prior to a medical crisis, family members tend to ask for any and all medical intervention, even if these are likely to leave a person with an extremely limited quality of life. Having your wishes be understood prior, can calm family members and loved ones in the event of a crisis where quick decisions are presented by health professionals. It can help them to ask the right questions, the questions you would want the answers to such as;

- Will he/she be able to communicate
- Will he/she be free of pain and how would pain be managed?
- Will he/she be mentally clear or affected?
- Can we expect that our loved one will ever be able to return home?
- Will he/she be able to eat and drink normally?
- Will he/she be able to walk and care for him/herself as before this event and suggested treatment?

- What is the prognosis for another problem like this: what are the chances, how long from now and will there be a chance of diminished function?

Life is full of personal choices. Education about your options is essential to help us know your choices. Start researching now and share your wishes in conversations around the kitchen table with family and with health care professionals.

**STAYING CONNECTED**

How to support your sight and hearing as  
you age

JOIN US FOR

The NEW PALTZ LIONS CLUB'S  First  
Annual Sight and Hearing Workshop. Come learn about  
the latest technology and medical advances that  
enhance your sight and hearing.

**When: Wednesday, April 20, 2016**

**10:00 am – 1:00pm**

**Where: *Woodland Pond at New Paltz*  
100 Woodland Pond Circle, New Paltz, NY**

**Call For information: 845-255-6128**

**Refreshments available**



## **ARE YOU A WWII VET?**

The Honor Flight is a one-day FREE trip for WWII Veterans to see their Memorial in Washington, D. C. It is an amazing day that WWII Veterans won't want to miss and so rightly deserve. The trip involves a unique itinerary designed to give the Veterans the complete Honor Flight experience and shows how grateful we are for the sacrifices and service given to our country.

There are two flights a year. First priority is given to World War II Veterans but seats are also open for terminally-ill Veterans from other wars.

The Honor Flight welcomes guardians to accompany and assist the Veterans for a fee.

For more information regarding the program or to receive an application you can go to [www.hvhonorflight.com](http://www.hvhonorflight.com) or you can call Christine Noble at the Ulster County Office for the Aging at (845) 340-3571. If you need assistance with the application, she will be happy to assist you.



## Ulster County Office for the Aging and Always There Adult Day Program

are collaborating to provide low or no-cost Senior Day Care and respite for caregivers. Call to see if your loved one is eligible for this offer-- 845-340-3456.



### Day-Time Care

for the Seniors in your Life

- Variety of Activities
- Supervised Recreation
- Therapeutic Programs
- Home Cooked Meals

In a safe and caring atmosphere

*Transportation and bathing available  
for a nominal cost*

Please call the Ulster County Office for the Aging for more information

**845-340-3456**



**Michael P. Hein, Ulster County Executive**

# Senior Citizen of the Year

## 2016 Recognition Day is May 10

The votes are in. Join us at UCOFA in congratulating Barbara Sarah of Kingston and James Gregston Greer V of Walker Valley who are this year's Ulster County Senior Citizens of the Year. Since they received this accolade they will be attending the New York State Senior Citizen's Day Recognition Event in Albany, Tuesday, May 10, 2016 and will be accompanied by members of the UCOFA staff. Below is a brief bio of each honoree.



Barbara was born in Brooklyn and has lived in New York all her life. She received her high school diploma, undergraduate and Master's degrees in New York City. She worked as a school social worker on Long Island for 20 years. A breast cancer survivor since 1992, she began her second career as an Oncology Social Worker at the Health Alliance Hospital in Kingston. She organized and created the first breast cancer support group known as the Oncology Support Program (OSP) which serves all cancer patients. From 2000 to 2005, as a nationally recognized expert, she served as a consultant to the US Department of Defense evaluating proposals for funding innovative breast cancer treatments. In 2004, she won the NY State Governor's Award for Innovation in Breast Cancer Research and Education. In 2007, she received a Lifetime Achievement Award from the New York Chapter of the National Association of Social Workers.



James, better known as Greg, is a life-long resident of Walker Valley. He has a passion for traveling and has been to Botswana, Zambia, Zimbabwe, South Africa, Aruba, Milano, Greece and Turkey. He is a retiree from the NYS Corrections Department where he worked as a vocational supervisor and an instructor of masonry for 30 years. He has also been a NYS Fire Instructor for 44 years and a Town of Shawangunk Building Inspector for 3 years. As a NYS Fire Instructor he teaches courses such as: Firefight I and II (Basic firefighting skills, Rope Rescue, Auto Extrication and Confined Space Rescue in Fire Departments throughout Ulster County. He has also taught Confined Space Rescue in Attica, Orange, Dannemore and Eastern Correctional facilities.



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*Greetings from the Director of the  
Ulster County Office for the Aging  
Kelly McMullen*

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I want to remind you of the importance of Advanced Directives such as your will, health care proxy, power of attorney and end of life decisions. I know it can be difficult to talk to loved ones about this topic and it is up to you to take the initiative and express your wishes. One way to approach the subject is to talk about why you have decided to talk about this matter. For example, did an article in the newspaper or something that happened to friend make you think about it?

Sharing your end-of-life care decisions with your loved ones and filling out the necessary paperwork will help ensure that your wishes are understood and followed. When family and loved ones are left to guess your wishes, there can be disagreement and conflict. This conflict can negatively affect relations between family members, sometimes forever. Research indicates that when these conversations have not been had prior to a medical crisis, family members tend to ask for any and all medical intervention, even if these are likely to leave a person with an extremely limited quality of life. Having your wishes understood prior, can calm loved ones in the event of a crisis where quick decisions are presented by health professionals.

Life is full of personal choices. Education about your options is essential to help understand your choices. Start researching now and share your wishes with family and with health care professionals. Make sure to review and update periodically. You can change your plan as many times as you wish.

Here are a few helpful websites on the topic:

<http://www.nyc.gov/html/doh/html/living/adv-dir.shtml>

<https://www.everplans.com/articles/new-york-advance-directive-form> - (Has all the different states listed with their laws.)

<http://www.nysba.org/Healthcareproxy/> - (New York State Health Care Proxy Forms provided in different languages.)

[https://www.easychoiceny.com/advance\\_directives](https://www.easychoiceny.com/advance_directives) - (Has direct hot-line phone numbers for help filling out forms.)

And remember—you have a friend at the Office for the Aging!

*Kelly*





CARING  
CONNECTIONS  
of Ulster Co. and  
RCAL announce their  
ANNUAL FAMILY  
CAREGIVER CONFERENCE

# PUTTING THE PIECES TOGETHER

Friday  
MAY 13  
2016

8 am to 4 pm  
at THE CHATEAU  
(formerly Hillside Manor)  
Route 32 South  
Kingston, NY

Local  
Vendors  
showcase  
Community  
Resources



Keynote Speaker:  
**WILLIAM COLAGRANDE, MS**  
—The Institute for Human Development—  
Real Life Solutions for Real Life Problems  
**"The Caregiver's Sixty Minute Guide  
to a Healthy Ego"**



### Presentations

- *Keep Them Home: Nursing Home Transition and Diversion Program*  
~ Michele Datillo
- *The Spiritual Aspects of Caregiving*  
~ Sister Maria Lopez
- *Pooled Trust to meet Medicaid spend-down*  
~ Marsha Sweet
- *New Legislation that will benefit Caregivers*  
~ Doris Green

For further information, contact  
**EVELYN FLYNN**  
Caregiver Conference Chair  
(845) 901-5744 • [ef12401@aol.com](mailto:ef12401@aol.com)



To register or sponsor this event,  
please call (845) 901-5744.

SPONSORED BY:



Ulster Savings



# BARDAVON

Legendary Performances Since 1869

February 25, 2016

Dear *Matinees & Music* Supporter:

We are pleased once again to offer our **Matinees & Music Series**. Please take some time to look over the enclosed flyer detailing this spring's feature, "*Sinatra & Friends*" with *Mark Raisch* on **Thursday, April 28<sup>th</sup> at 2:00pm**.

This special matinee performance is provided as a community service program for senior citizens. If you can, please post the flyer after you have read it to share this information with others.

As you may already be aware, the Bardavon offers free van transportation as part of this wonderful series for groups of 10 or more (not meant for individual pickups). If you are interested in taking advantage of this offer, please call us **ASAP** to make your reservations. Due to continued rising rental costs, wheelchair accessible vans will not be available again this season- we apologize for any inconvenience. Please be aware that the transportation provided is standard 15 passenger vans as well as accompanying cars and/or mini vans. ***Please note that the deadline for making bus/van reservations is on Thursday, April 21<sup>st</sup> at 4:00pm. There is limited availability so please make your reservations as soon as possible.***

Groups only interested in making reservations for the show, but not van transportation, may also call the box office directly. Single ticket buyers may purchase their tickets at the Bardavon Box Office, or by mailing in their ticket request. Please know that only Bardavon members may purchase their tickets over the phone, and the ticket price is a *suggested donation of \$6.00*. No one will be turned away as long as seats are available.

Open seating is used for this performance. Tickets do not indicate particular seats in the theater. Some reserved seating is provided for special needs groups or very large groups.

If you have any questions regarding this series, or this particular performance, please do not hesitate to email me at [tgreen@bardavon.org](mailto:tgreen@bardavon.org) or call 845-473-5288 ext 153. We look forward to hearing from you. For your convenience, we have enclosed a copy of the flyer (so you can make copies, if needed).

Sincerely,

Tiffany Green  
Box Office Associate/Community Events  
Email: [tgreen@bardavon.org](mailto:tgreen@bardavon.org)  
845-473-5288 ext 153

MATINEES  
& MUSIC  
**SINATRA**  
& FRIENDS  
WITH MARK RAISCH

**- THURSDAY APRIL 28 -**  
2PM AT THE BARDAVON

It's the Mark Raisch trio's swinging tribute to the music of the greatest singer of all time! Step back to the old Paramount Theater (and the Bardavon Theatre too where Sinatra played in the 1940s!) and through the years to Las Vegas. To make this show even more fun, Mark adds the music of Dean Martin, Tony Bennett, Bobby Darin and Michael Buble!

**SUGGESTED DONATION \$6.00**

VERY Limited transportation is available.

Please contact Tiffany Green at 845.473.2072. Email- [tgreen@bardavon.org](mailto:tgreen@bardavon.org)

**BARDAVON** - 35 Market Street, Poughkeepsie, NY 12601

Made possible in part through the support of the Dutchess County Office for the Aging, and The Ann & Abe Effron Fund through The Community Foundations of the Hudson Valley

**Mix 97.7**  
The Hudson Valley's Best Music Mix



# Spring Health Fair

Riverview Missionary Baptist Church  
240 Catherine St., Kingston, NY 12401

**Sunday, April 17, 2016**

**2-3:30 p.m.**

## Learn About

- Adolescent Partial Hospitalization
- Breast Health Center
- Bridge Back outpatient addiction treatment
- Diabetes
- Emergency Department
- Institute for Family Health
- Medical Alert
- Mental Health
- Nutrition
- Orthopedics
- Physical Therapy
- Sleep
- Stroke
- Vascular
- Wound Care

## Get Screened

- Bone Density
- Blood Pressure

## Sign Up

- Fidelis Care: Free or low-cost health insurance, including Medicaid Managed Care, Medicare Advantage and Child Health Plus

**Empower Yourself  
With the Latest  
Health Knowledge**

