



Ulster County Office for the Aging

April 2017 Newsletter

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



By Executive Order I directed Commissioner of Health and Mental Health Dr. Smith to study the effects of repealing and replacing the Affordable Care Act, and on March 21, 2017, Dr. Smith and I spoke with an overflow crowd of residents at a public forum. This forum was held to collect information regarding the repeal of the Affordable Care Act and the proposed replacement which is expected to have a profound impact on public health. Dr. Smith and I share a firm belief that the potential repeal of the Affordable Care Act is one of the most pressing public health threats facing our community and many Ulster County residents are justifiably concerned about their healthcare coverage, the dramatic cuts that are being planned in Washington and the frustrating belief that their voices are simply not being heard. Accordingly, a transcript of those who spoke will be included in Dr. Smith's final report that will be forwarded to federal representatives.

It is also important for you to know that the **Annual Human Services Expo** is being held on April 20, 2017 from 10 AM – 2 PM, at the Hudson Valley Mall, free of charge. There will be over 120 local service providers available to discuss their services and answer questions. This is a great opportunity to learn about the various services, agencies and providers throughout Ulster County.

Some of the services and agencies that will be represented include: Transportation Services, Mental Health Services, Ulster County's Office for the Aging; Safe Harbour, Human Trafficking Prevention; Always There Homecare; Family of Woodstock; Catholic Charities; SUNY Ulster Continuing Education Program & Admissions; ShopRite Nutrition Center; Kids Peace; Gateway Industries; Health Alliance of the Hudson Valley; Jewish Family Services; Ulster County Sheriff's Office Car Seat Safety; Ulster County Office of Employment and Training; YWCA; Alzheimer's Association; RCAL, Inc.; and many more.

I hope to see you there!

Mike Hein

Ulster County Executive

PUT LIFE BACK IN YOUR LIFE

Taking
Care
of
Diabetes



Diabetes Self-Management Program FREE six-week workshop series

Fridays, May 5th-June 9th from 12:30-3pm

Ellenville Public Library and Museum
40 Center St., Ellenville, NY

- Overview of diabetes
- Making an action plan
- Monitoring Diabetes
- Nutrition/Healthy Eating
- Feedback/Problem solving
- Preventing low blood sugars/complications
- Fitness/Exercise
- Stress management, relaxation techniques, difficult emotions, positive thinking
- Working with the health care system

To register call Ulster County Office for the Aging at 845-340-3456

For more information: Call Marge Gagnon RN, MS, CNS @ 845-706-6459
Or e-mail rwcsarc@aol.com



Michael P. Hein, Ulster County Executive



Check out the variety of opportunities available to seniors through The Ulster County Office for the Aging Volunteer Program. Join the 400 seniors that are part of our program and engaged in their community, meeting new friends and making a difference all over the county. We will help you find volunteer work that fits your interest and time. We would love to have you on our team! Please contact Patrick McDonough, pmcd@co.ulster.ny.us or 845-802-7935.

Site Types	Job Description	Agency	Days Needed	Hours Per Week
Ombudsman	Advocate for residents in care facilities	Long term care facilities throughout Ulster County	Sun.-Sat.	As needed
Driver	Transport seniors to and from medical appointments using your own car	Neighbor to Neighbor	Monday-Friday	As needed
Friendly phoning/ Reassurance calls	Visit seniors by phone	Ulster County Office for the Aging, "Ulster County Checks In"	Sunday-Saturday	As needed
Museum	Provide information as cultural tour guide or help in gift shop	Fireman's, Hudson River Maritime Museum And The Senate House	Sunday through Saturday	1-4 Hours
Visitors Center	Welcome visitors, share information about attractions, exhibits and sites throughout Ulster County	20 Broadway, Kingston	Sunday through Saturday	9-1 or 1-5
Exhibit Booth for U.C. Tourism	Welcome visitors, share information about attractions, exhibits and sites throughout Ulster County	Woodstock New Paltz Arts and Crafts Festival May & September Ulster County Fair/August Garlic Festival/September	Saturday, Sunday and Monday	10-2 or 2-6
Tutor	Help a child learn to read Kindergarten through 3 rd Grade	Robert Graves, Harry Edson, Kingston City School District	Mon. - Friday	1-1.5 Hours up to 3 times/week
Helping Hands	Assist in helping seniors in care facilities	Golden Hill Healthcare Facility, Ten Broeck Commons, Valley Vista	Sun.-Sat.	1-4 Hours
Food Pantry Helper	Shelve, sort and distribute food	Peoples Place, Rondout Valley Food Pantry Angel Food East	Varies	Varies
Women Mentoring Women	Short term and long term support for women	Raising Hope –United Way of UC	Varies	Varies

Site Types	Job Description	Agency	Days Needed	Hours Per Week
ESL - Tutor	Help adults learn to read	Ulster Literacy Association	Varies	Varies
Gift Shop Help	Assist with Gift Shop	Ellenville Hospital, Mary's Avenue & Broadway Campus of Health Alliance of the Hudson Valley, Local Museums	Mon- Fri	2-4 Hours
Thrift Shop Help	Assist with Thrift Shop	Happy Apple, Peoples Place, Fairly New Thrift Store	Mon. thru Fri.	Varies
Library Assistant	Help staff in keeping library organized and available to people	Esopus Library	Varies	1-3 Hours
Computer Instructor/Coach Clerical Help	Teach/coach senior friendly computer classes Assist with registrations or record keeping	Senior Computer Learning Center	Mon-Sat	Varies
Tax Counselor	Prepare Federal and State tax returns for seniors and low income families	AARP Tax Counsel in Ulster County	Mon-Sat Jan 1 st – Apr 15 th	4-6 Hours; 1-2 days per week
Health Insurance Counseling for Seniors	Help seniors to choose Medicare options	Ulster County Office for the Aging	Monday-Friday	2-4 Hours per day; 1-2 days per week
Volunteer Leader	Help coordinate volunteer programs	Ulster County Office for the Aging	Mon.-Thurs.	4 Hours; 1-2 days/week
Cafeteria Monitor	Help provide a safe eating environment	Gateway Community Industries	Mon.-Fri.	1 ½ hrs.; 1-5 days per week
Exercise	Facilitate stretch band exercise, tai chi, yoga, and disease management sessions	Ulster County Office for the Aging, Various sites around Ulster County	Monday-Friday	1 – 2 hrs./session
Office Worker	Clerical, filing, answering phones, greeting the public	Various non-profit organizations and agencies	Monday thru Friday	As needed
Foster Grandparent	One-on-One with a child in a school setting	WESTCOP Foster Grandparents Program	Monday thru Friday	15 hours/week



TAI CHI FOR ARTHRITIS

Two locations starting in April

Ellenville Public Library

40 Center Street, Ellenville, NY 12428

OR

Marlboro Free Library

1251 US-9W, Marlboro, NY 12542

We ask that you are willing to make the commitment to be at this class twice a week for all eight weeks. This is a program that builds on each class.

MUST RSVP-Space is limited!

Call OFA for days and times and to reserve your spot: 845-340-3456

This program is offered as part of the NYS Department of Health & Older Adult Fall Prevention Program

Ulster County Executive, Michael P. Hein

What is tai chi?

Tai chi combines slow movement with deep breathing.

What are the benefits?

- Increase strength
- Improve balance and posture
- Prevent falls
- Strengthen mind, body and spirit
- Reduce stress and support relaxation

Sponsored by

**UC Office for
the Aging
845-340-3456**



The Ulster County Office for the Aging

Legal advice to Ulster County residents age 60 and over



Individual legal consultation and group presentations available

Our attorneys, Kathleen Dittus and Erica Halwick-Williams, are available to work with seniors one-on-one or to present pertinent information to senior groups. Topics include:

- **Simple Wills**
- **Living Wills**
- **Healthcare Proxy**
- **Power of Attorney**
- **Elder Law/Long Term Care Consultation**

If you are interested in scheduling one of our attorneys for an individual appointment or a group presentation in the community, please contact the Office for the Aging at 845-340-3456



Ulster County Executive, Michael P. Hein

Ulster County Executive Michael P. Hein invites you to the

Annual Human Services Expo

Services for Children, Adults & Seniors

Get Connected, Free of Charge

April 20, 2017, 10am-2pm

Hudson Valley Mall, 1300 Ulster Ave., Kingston

You are invited to attend the Human Services Expo with over 120 local service providers in attendance to discuss their services and answer any questions.



**Ulster County Department of Social Services &
Office for the Aging/NY Connects**



NY Connects
Your Link to Long Term
Services and Supports



of ULSTER COUNTY

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

**Michael P. Hein, Ulster County Executive
Michael Iapoce, Commissioner of Social Services
Kelly McMullen, Director, Office for the Aging**

For more information: 845-334-5581 or 845-340-3259



MALL WALK

with the OFA

at



Hudson Valley Mall

1300 Ulster Ave., Kingston, NY 12401

Every Tuesday

10 a.m. sharp!



We will meet in the FOOD COURT at 9:45

with a place for your coats.

Consider mall walking with the OFA to keep up, or jump-start your exercise routine as well as share your thoughts and ideas with us.

Here are some of the benefits of mall-walking:

- ❖ Malls are climate-controlled, safe and have lots of parking!
- ❖ There are water fountains, bathrooms, and benches available.
- ❖ It's free (if you can avoid shopping along the way!)

Thank you to *The Coffee Shoppe* for providing the discount coupons for participants of the Mall Walk!



Ulster County Executive Michael P. Hein

Advance Directives Workshop

"My
Voice -
My
Choice"



Choices & Wishes: Advance Directives Workshop

Facilitated by: Brenda Relyea, BSN, RN
(Advance Care Planning Certified) &
Elise Lark, PhD, LCSW, OSW-C

Tuesday, April 4, 2017
5:30 to 8:00 pm

Reuner Cancer Support House, 80 Mary's Avenue, Kingston, NY
(across the street from HealthAlliance hospital: Mary's Avenue Campus)

Please join us for a **FREE** workshop on Advance Directives, providing an opportunity to define your end-of-life wishes regarding treatment guidelines and to appoint a Health Care Agent. We will discuss and help you complete any or all of three documents: *Health Care Proxy*, *Living Will*, and *MOLST*



For further information and registration,
please contact
Elise Lark at (845) 339-2071 ext. 102
or email elise.lark@hahv.org
(light refreshments served)

 **HealthAlliance**
of the Hudson Valley®





NY StateWide Senior Action Council
invites you to join an important discussion.

Date: Friday, April 7th

Time: 10 am to Noon

Location: Maternal Infant Service Network
Office, 2 Elting Ct, Floor 3, Ellenville, NY

Speaker: Gail Myers, Deputy Director, NY
StateWide Senior Action Council

Join us to learn about the **Challenges to the Future of
MEDICARE, SOCIAL SECURITY, MEDICAID, & AGING SERVICES.**

Many older residents have asked what they can do, who they can contact and how they can go about advocating for their issues of concern. Come to this meeting and find out the latest news and what YOU can do NOW!

- 1** Find Out What's at Risk for Older New Yorkers in the Federal and State Budgets.
- 2** Raise your Questions and Concerns.
- 3** Participate in Discussion and Form Action Plans.
- 4** Share the Issues that are Important to You and Your Neighbors.
- 5** Suggest Topics for Future Ulster County Forums.

Please RSVP by April 5th, Space is limited 800-333-4374.

Exhibitors can drop off material by April 4th at MISN or at JFS M-Th 9-5.

StateWide was organized in 1972 to achieve dignity, well-being & security for senior citizens in New York State. We provide direct service through our helpline and counseling services and provide information to educate the community as well as state and federal policymakers on issues of importance to older New Yorkers.

STATE  WIDE
New York StateWide Senior Action Council, Inc.



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](mailto:john@repaircafe.org)). You can also check out the [Repair Cafe Foundation](http://www.repaircafe.org), 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.

Gardiner: 4th Sunday of every month, email Wendy Toman for time at recycling.tog@gmail.com Gardiner Public Library, 133 Farmer's Turnpike, Gardiner, NY 12525

Kingston: 11am-3pm; email kingstonrepaircafe@gmail.com or call 845-339-2526 for August's date. Clinton Avenue United Methodist Church, 122 Clinton Ave, Kingston, NY 12401

New Paltz: 3rd Saturday of Every Other Month, 10am-2pm New Paltz United Methodist Church, 1 Grove St, New Paltz, NY 12561 jwackman@gmail.com or 646-302-5835

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

**DO YOU QUALIFY FOR MEDICAID, WITH A SPEND DOWN?
DON'T THINK YOU CAN AFFORD TO PAY YOUR SPEND DOWN?**



If you are an individual with income near Medicaid eligibility,
but don't quite make it, you may be a good candidate for a

Pooled Trust

The Office for the Aging is offering one-on-one consultation, by appointment, on Mondays to help you determine if a pooled trust might work for you or someone you care for. Learn about...

- *What is a pooled trust and how it works*
- *What expenses does a pooled trust cover*
 - *How it might help you specifically*

Call the OFA to set up your appointment

845-340-3456

Appointments at the
Ulster County Office for the Aging



Care Consultation: *Helps 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: *Offers families 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

***SECOND STATEWIDE SENIOR ACTION COUNCIL INVITATIONAL**

Lunch and Learn

Friday, April 21st, 10 a.m.-1 p.m.
BRC, Ulster Avenue, Room 114

Many seniors have asked what they can do, who they can contact and how they can go about advocating for their issues of concern. At this time there are concerns over the future of Medicare Insurance and Social Security income. Other concerns include such things as living well with advancing age, caring for loved ones of advanced age, getting medical and in-home care needs met and paid for, accessing transportation for medical and recreational purposes, care in nursing homes, etc... There is not one way or time to advocate effectively. However, there is an organization with the mission of keeping you informed and advising you of when to act and with whom to communicate. Seniors are an important voting block and CAN influence decision makers. Come learn what you can do other than fret.

Gail Myers, Deputy Director of StateWide Senior Action Council will provide an informational session at this Lunch and Learn

StateWide was organized in 1972 to achieve dignity, well-being and security for all senior citizens in New York State. We provide direct service through our helpline and counseling services and provide information to educate the community as well as state and federal policymakers on issues of importance to older New Yorkers.

Gail Myers joined the staff of New York StateWide Senior Action Council in April 2011, with the title of Special Projects Developer. In 2013 she was named Deputy Director. She is a certified HIICAP (Health Insurance Information Counseling and Assistance Program) counselor, a certified Long Term Care Ombudsman, serves as a liaison to the Capital District Senior Issues Forum, is Community Vice-President for the NYS Alliance for Retired Americans Capital District Chapter and serves on the NYS DOH DSRIP CBO/Cultural Competency Workgroup.

Please RSVP, Space is limited 845-340-3456

***Persons attending the March 10th session will be excluded**



Michael P. Hein, Ulster County Executive



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

Hello Ulster County Seniors!

It is a great pleasure to announce our two seniors of the year from Ulster County:

Vivi Hlavsa of Lomontville was an English professor and organized "One Book, One Community," a program encouraged by the American Library Association. She is well known throughout Ulster County for organizing five SSIP (Settled and Serving in Place) groups around the county, which support older adults who wish to remain in their homes in rural communities.

Violet Streich has been a resident of Olivebridge since 1960. She worked for SUNY Ulster as a Bookkeeper and Secretary for many years and has helped support her fellow older adults by being involved in three different senior clubs. Violet's love of animals has translated into a tremendous amount of support, and outreach for the local SPCA, Diana's Cat Project and the Catskill Animal Sanctuary.

We look forward to celebrating them in Albany in May and at our Senior Picnic this summer—We will let you know date and location as soon as they are confirmed.

A few reminders!! If you have a group that is interested in having a speaker present on any of the many fascinating topics available— Legal concerns, Advanced Care Directives, Health and Wellness and more. We have one-on-one appointments available at our office to provide unbiased information on Medicare/ health insurance and Pooled Trusts (Medicaid Spend Down). We also offer Alzheimer's disease consultations in partnership with the Alzheimer's Association. Please call our office for more details: 340-3456.

Wishing you a very Happy Spring!

Kelly

Kelly McMullen, Director, OFA

More info from the community...

I THINK I MAY NEED A HEARING AID.

WHAT SHOULD I DO?

If you think you might need a hearing aid, you should have a hearing evaluation performed by a licensed audiologist before making a purchase. You can also contact the New York State Education Department (518-474-3817 X100) for audiologist information. Audiologists who sell hearing aids must be registered with the Department of State as hearing aid dispensers, in addition to being licensed by the State Education Department as audiologists.

To obtain a copy of New York State's A Consumer's Guide to Hearing Aids, call the Ulster County District Attorney's Division of Consumer Affairs at 845- 340-3260.