

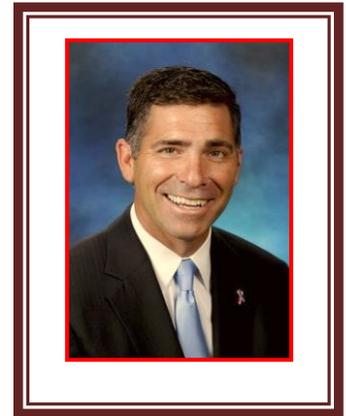


# Ulster County Office for the Aging

**August 2015 Newsletter**

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

**Summer Fun!**



It's summertime and there are so many great events around our beautiful County to enjoy such as: HITS-on-the-Hudson in Saugerties; the 6<sup>th</sup> Annual Phoenicia International Festival of the Voice; the 11<sup>th</sup> Annual Hudson Valley Rib Fest at the Ulster County Fairgrounds; the Blueberry Festival in Ellenville; and the Antique Fire Engine Muster & Open House in Kingston to name just a few. Please refer to [www.UlsterCountyAlive.com](http://www.UlsterCountyAlive.com) for a more complete listing of events taking place throughout our County this summer.

**Also, I would like to invite you to the Ulster County Office for the Aging's "Live, Laugh and Learn" a day of fun and interesting workshops on August 13<sup>th</sup>. For more information please call the Office for the Aging at 845-340-3456.**

Whether it is attending an outdoor festival or enjoying a picnic near the Hudson River, please remember to take care in the hot weather by drinking plenty of water and wearing sunscreen and a hat to avoid sunburn and overheating.

Wish you a Fun and Safe Summer!

**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**



# Keep Your Cool During Summer Heat

Summertime heat can be dangerous for anyone. Some people are at risk of serious health effects – even death – from getting overheated. Here’s what you need to know about the effects of hot weather and what you can do to keep cool.

## What should I do before a heat wave?

- Know the symptoms of heat-related illnesses (see table, right).
- Make sure that you can open your windows and/or that your air conditioner is working properly.
- Find out where to cool down – ask local officials about cooling centers in your area. If there are none, identify air-conditioned buildings where you can go (such as libraries, malls, supermarkets, or friends’ homes).
- Choose someone that you can call for help or who can check on you.
- Talk to your doctor or pharmacist to learn more about medications that might make you sensitive to the sun or heat.



## Overheated?

Heat-related illnesses occur when the body is unable to cool itself. The most common heat-related illnesses are heat stroke (sun stroke), heat exhaustion, heat cramps and heat rash. Here are the symptoms and first-aid responses.

Illness	Symptoms	What to Do
Heat stroke (sun stroke) <b>This is an EMERGENCY! Act FAST!</b>	<ul style="list-style-type: none"> <li>• Hot, dry, red skin</li> <li>• Rapid pulse</li> <li>• High body temperature <math>\geq 105^{\circ}\text{F}</math></li> <li>• Loss of alertness</li> <li>• Confusion</li> <li>• Unconsciousness or coma</li> <li>• Rapid and shallow breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Call 911 immediately.</li> <li>• Cool the person quickly.</li> <li>• Bring to a cool place and use a cool bath or sponges, fans and AC.</li> <li>Or</li> <li>• Wrap ice packs in cloth and place on neck, wrists, ankles and armpits.</li> <li>Or</li> <li>• Remove clothing and wrap the person in cool, wet sheets.</li> </ul>
Heat exhaustion	<ul style="list-style-type: none"> <li>• Heavy sweating</li> <li>• Fainting</li> <li>• Vomiting</li> <li>• Cold, pale, clammy skin</li> <li>• Dizziness</li> <li>• Headache</li> <li>• Nausea</li> <li>• Weakness</li> </ul>	<ul style="list-style-type: none"> <li>• Heat exhaustion can quickly lead to heat stroke so if symptoms worsen or don't improve get medical help.</li> <li>• Move the person to a cool place.</li> <li>• Loosen clothes and apply cool, wet cloths to the neck, face and arms.</li> <li>• Have the person sip water slowly. Provide half a glass of water every 15 minutes up to about 1 quart. Stop giving water if vomiting occurs.</li> </ul>
Heat cramps	<ul style="list-style-type: none"> <li>• Muscle cramps in the abdominal area or extremities</li> <li>• Heavy sweating</li> <li>• Mild nausea</li> </ul>	<ul style="list-style-type: none"> <li>• Move the person to a cool place.</li> <li>• Apply firm pressure to the cramping muscle.</li> <li>• Gently stretch the cramped muscle and hold it for 20 seconds followed by gentle massage.</li> <li>• Have the person drink some cool water.</li> </ul>
Heat rash	<ul style="list-style-type: none"> <li>• Skin irritation that looks like a red cluster of pimples or small blisters</li> </ul>	<ul style="list-style-type: none"> <li>• Move the person to a cool place.</li> <li>• Keep the affected area dry.</li> <li>• Have the person use talcum powder to increase comfort.</li> </ul>

## What can I do during a heat wave?

- Use air conditioning to cool down or go to an air-conditioned building.
- If you don't have air conditioning in your home, open windows and shades on the shady side and close them on the sunny side to try to cool it down.
- Drink plenty of fluids but avoid alcohol, caffeine and sugary drinks.
- Beat the heat with cool showers and baths.
- Take regular breaks from physical activity.
- Avoid strenuous activity during the hottest part of the day (between 11 a.m. and 4 p.m.).
- Wear loose, lightweight, light-colored clothing to help keep cool.
- Stay out of the sun as much as possible.
- Wear sunscreen and a ventilated hat (e.g., straw or mesh) when in the sun, even if it is cloudy.
- Never leave children, pets or those with special needs in a parked car, even briefly. Temperatures in the car can become dangerous within a few minutes.
- Check on your neighbors, family and friends, especially those who are elderly or have special needs.



## Conserve water and power during heat waves

- Set your thermostat no lower than 78° F.
- Only use air conditioning in rooms that you are occupying.
- Turn off lights and non-essential appliances when they are not in use.
- Only run dishwashers and washing machines when they are full and during hours of low energy demand (between 11 p.m. and 7 a.m.).
- Only water your lawn in the early morning or evening hours.
- Store drinking water in the refrigerator (so that you do not have to let the tap run while waiting for it to cool).
- Defrost food in the refrigerator overnight or in the microwave (instead of running water to thaw it).
- Take short showers.
- Only fill the tub halfway when bathing.
- Turn off the tap while you are brushing your teeth.

## Who is most at risk from the heat?

- Older adults
- Young children
- People who are overweight/obese
- People who do not perspire normally
- People with some chronic medical conditions such as history of dehydration, heart problems and respiratory or lung problems
- People who work outdoors or in hot settings
- People who take certain medications that cause sensitivity to the sun or interfere with the body's ability to sweat and stay cool. Some medicines that affect the body's cooling system include antihistamines, antidepressants, over-the-counter sleeping pills, anti-diarrhea pills, beta blockers, anti-Parkinson's drugs and psychiatric drugs. Do not stop taking medication unless instructed to do so by your doctor.

## For more information

New York State Department of Health  
Center for Environmental Health  
800-458-1158

[health.ny.gov](http://health.ny.gov)

CDC's Extreme Heat website  
[www.bt.cdc.gov/disasters/extremeheat](http://www.bt.cdc.gov/disasters/extremeheat)

Environmental Protection Agency's  
(EPA's) Aging Initiative  
[epa.gov/aging](http://epa.gov/aging)

EPA's Heat Island  
[epa.gov/heatisland](http://epa.gov/heatisland)

National Weather Service's Heat Index  
[nws.noaa.gov/om/heat/index.shtml](http://nws.noaa.gov/om/heat/index.shtml)

Heat Wave Awareness Project  
[isse.ucar.edu/heat/web.html](http://isse.ucar.edu/heat/web.html)



Michael P. Hein, County Executive  
&  
Ulster County Office for the Aging  
Presents

## "LIVE, LAUGH & LEARN"

18<sup>th</sup> ANNUAL SENIOR DAY OF WORKSHOPS

Thursday, August 13, 2015

at

SUNY Ulster Business Resource Center - 1 Development Court  
Kingston, New York 12401

\$5.00 Registration fee - \$3.00 eat-in bag lunch (optional)

**For application call the Office for the Aging at 340-3456**

Doors open at 8:30 a.m. – Workshops begin at 9:00 a.m.

### WORKSHOPS INCLUDE:

- Senior Pet Companions
- Getting Outdoors in Kingston
- Hidden Treasures
- On the Road to Better Managing Your Diabetes
- Emergency Preparedness for Seniors
- Tai-Chi for Seniors
- Is it a Hat or a Decoration?
- Tenant/Landlord Rights
- Poetry with Bette
- How to Preserve Your Daily Activity with Vision Loss
- iPad Training 101 for Seniors
- Throw your Multivitamin Away
- Laughter Yoga
- Prevention/Detection of Coronary Disease
- Latin Dancing for Our Seniors
- Is Your Legal House in Order?
- Services for Seniors from County Clerk
- Personal Safety for our Seniors
- EPIC
- Senior Car Safety
- "I Did it My Way"
- Solarize Kingston
- Making Stretch Bracelets
- Is My Medicare Plan Right for Me?
- Gardening with Deer, Thinking Outside the Fence
- Zumba Gold
- Totally Tarot



**RONDOUT**  
SAVINGS BANK  
always working for you and our community

Ulster County Community College

Resource Center for Accessible Living

**CDPHP**

**MVP**

**GOLDEN HILL NURSING & REHABILITATION FACILITY**



**Ulster County Executive Michael P. Hein  
and  
Ulster County Office for the Aging**

*Cordially Invite All Ulster County Seniors to Our*

# **Annual Senior Picnic**



**Thursday, September 10, 2015**

**Noon-2 p.m.**

**Please R.S.V.P.  
845-340-3456**

**Lippman Park  
US-209, Wawarsing NY**

***PLEASE RSVP—845-340-3456***

*Bring your lunch and hear the most up-to-date information about Medicare. For people getting ready to go on Medicare, as well as professionals and care givers.*

*Includes:*

*Medicare Part A and Part B, Medigap/Medicare Supplement insurance, Medicare Advantage/Medicare Health Plans and Medicare Part D drug coverage*

## **Medicare Orientation Lunch and Learn**

This FREE informational session will help you understand Medicare!

**Tuesday, September 15<sup>th</sup> at Noon**

**Esopus Town Hall, 284 Broadway, Port Ewen, NY**

Please Call Ulster County Office for the Aging to reserve your spot.

**Space is limited! RSVP: 845-340-3456**



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



## White House

# Conference on Aging: What You Need to Know First About Enrolling in Medicare

A healthy life is a good life. The Medicare benefits you've earned ensure that you can receive the care you need, when you need it. And, when it comes to Medicare benefits, the most important thing to remember is to apply for them at age 65.

On your behalf, advocacy groups asked us to place a greater emphasis on information about enrolling in Medicare at age 65, and specifically, about the potential problems that arise if you don't.

In the past few months, in conjunction with the [White House Conference on Aging](#), the Centers for Medicare & Medicaid Services (CMS) and the Social Security Administration have strengthened many of our communications products to ensure that all people nearing age 65 hear the following message:

Three months before your 65th birthday, you should apply for Medicare benefits. At that time, you'll be asked to elect if you also want Medicare Part B that helps pay for doctors' services and many other medical services and supplies that hospital insurance doesn't cover. If you don't sign up at age 65, and you then decide to enroll later, you may pay a lifetime late enrollment penalty, and you may have a gap in medical insurance coverage. There are exceptions, but play it safe, and ask your Medicare or Social Security representative about your personal situation.

<http://www.whitehouseconferenceonaging.gov/blog/post/white-house-conference-on-aging-what-you-need-to-know-first-about-enrolling-in-medicare.aspx#.VagAh75JqtE>.email

## 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**



Ulster County Executive Michael Hein is committed to helping seniors stay healthy and prevent accidents and injury due to falls.

Come to this free seminar for a healthy start to Autumn:

- *Falls-Free Planning*
- *Home Safe Home* by *Gilles Malkine*, Architectural Barrier Consultant
- *Tai Chi Demo* by Certified instructor *Anne Sherry, RN*

# Falls Prevention

September 14<sup>th</sup>, 2015  
1- 3 p.m.

Coffee and Cake will be served

Esopus Seniors (ALL WELCOME!)

Esopus Town Hall

284 Broadway, Port Ewen, NY

Call Ulster County  
Office for the Aging to reserve  
you spot 845-340-3456



Michael P. Hein, Ulster County Executive

**Ulster County  
Office for the Aging**

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1003 Development Ct  
Kingston, NY 12401  
**Phone:** 845-340-3456  
**Fax:** 845-340-3583



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

*Kelly McMullen*

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*Dear Ulster County Seniors,*

*I love the summer and have really enjoyed getting to visit different parts of this beautiful county and meeting with many of you. I want to make sure we remember those who are not able to get out to all the fun events we offer.*

***Would you or someone you know be interested in nutritious,  
well-balanced home delivered meals at NO or low COST?***

- *Not able to cook for yourself*
- *Disabled*
- *Frail*
- *Unable to leave home*
- *Low income*
- *Over 60 years old or a caregiver of someone over 60.*

*Please call the Ulster County Office for the Aging for more information*  
**845-340-3456**

*Happy Summer to all!!*

*Kelly*

*Director*

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