



Ulster County Office for the Aging

August 2016 Newsletter

Greetings from County Executive Michael P. Hein

SUMMERTIME FUN IN ULSTER COUNTY



It's summertime and there are so many great events and festivals around our beautiful County to enjoy such as: the Ulster County Fair in New Paltz; HITS-on-the-Hudson in Saugerties; the 7th Annual Phoenicia International Festival of the Voice; the 12th Annual Hudson Valley Rib Fest at the Ulster County Fairgrounds; the Blueberry Festival in Ellenville; and the Hooley on the Hudson Irish Festival at the Kingston waterfront - to name just a few. Please visit 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 18th. This year it is being held at the Kingston Center of SUNY Ulster located at 94 Mary's Avenue in Kingston. For more information please call the Office for the Aging at 845-340-3456 or visit our website at <http://ulstercountyny.gov/aging>.*

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.

With Best Regards for a fun and safe summer,

Mike Hein

Ulster County Executive

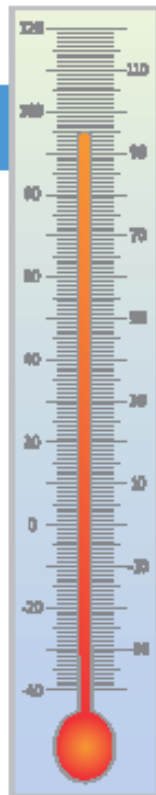


Keep Your Cool During Summer Heat

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

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

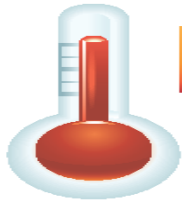
CDC's Extreme Heat website
www.bt.cdc.gov/disasters/extremeheat

Environmental Protection Agency's
(EPA's) Aging Initiative
epa.gov/aging

EPA's Heat Island
epa.gov/heatisland

National Weather Service's Heat Index
nws.noaa.gov/om/heat/index.shtml

Heat Wave Awareness Project
isse.ucar.edu/heat/web.html



BEAT THE HEAT: Extreme Heat

Heat related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



Children

More males than females are affected



Older adults



Outside workers

WHERE:



Houses with little to no AC



Construction worksites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear light-weight, light colored, loose fitting clothes

During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes

HEAT ALERTS: Know the difference.

HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

HEAT WATCHES

Excessive heat event in 12 to 48 hours

HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

Sunburn can significantly slow the skin's ability to release excess heat.

206 people died in the US as a result of extreme heat in 2011.

\$30 BILLION estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit:
<http://www.cdc.gov/extremeheat/>

CS241620-A



Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response



Summer 2016 New York State Dept. of Health List of Cooling Centers for Ulster County- call ahead for more information:

- Wawarsing Town Hall, 108 Canal St, Ellenville, 12428, 845-647-7800
- Ellenville Village Hall, 2 Elting Ct Ellenville, 12428, 845-647-7080
- Lloyd Town Hall, 12 Church St, Highland, 12528, 845-691-7544
- Salvation Army, 35 Cedar St, Kingston, 12401, 845-331-1803
- Plattekill Town Hall, 1915 Route 44-55, Modena, 12548, 845-883-7331
- New Paltz Community Center, 3 Veterans Drive, New Paltz, 12561, 845-255-3631
- Saugerties Senior Citizens Center, Corner of Market Street and Robinson Street, Saugerties, 12477, 845-246-9987 (And other public facilities such as malls, libraries, swimming pools etc.)

Always remember to drink plenty of water, avoid strenuous work during peak sun hours, stay in cool ventilated spaces and seek medical attention for heat stroke.

This is especially important for the elderly and the vulnerable population. Don't forget sunscreen/sunglasses. Proper precautions for pets in summer heat also important.

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



Ulster County Fair

249 Libertyville Rd New Paltz, NY 12561



Senior Day

Thursday, August 4th

Seniors Get in for FREE, 10am – 4pm!!

Join us for some fun at 11:30 a.m.....

SENIOR TRIVIA SPIN THE WHEEL



You Can Win Prizes!

Ulster County Office for the Aging and the Elder Abuse Task Force invite senior citizens to join us at the entertainment area for fun, trivia and prizes. We have challenging questions about a variety of topics.



Michael P. Hein, Ulster County Executive



**MICHAEL P. HEIN, COUNTY EXECUTIVE AND ULSTER COUNTY OFFICE
FOR THE AGING PRESENTS THE**

**19TH ANNUAL
LIVE, LAUGH &
LEARN**

**DAY OF INFORMATIONAL, EDUCATIONAL &
FUN WORKSHOPS FOR SENIORS**



**THURSDAY, AUGUST 18, 2016
KINGSTON CENTER OF SUNY ULSTER
94 MARY'S AVENUE
KINGSTON, NY 12401**

REGISTRATION FEE: \$5.00 ~ Register by 8/8/16

**for application or information call
Ulster County Office for the Aging**

845.340.3456

Be Healthy and Live a Life you Love

Many Ulster County Seniors have tried one of the Office for the Aging health promotion classes around chronic disease, diabetes or pain management—and they always want more! For the summer, the Office for the Aging is offering a “sampling” from the different classes—
You are invited to come to any of these Drop-In Classes.

Tuesdays at 11 a.m. at the Hudson Valley Mall
In the community Room by Mall Info (*following the OFA Mall Walk*)



JUNE 21st

ACTION PLANNING with Diane Mueller
SETTING ASIDE TIME TO MEET YOUR GOALS

*Goal Setting *Putting yourself first *Commitment to self *Assess your success

JULY 5th

STRETCH BAND EXERCISE DEMO with Pat Dawkins & Stephanie Freeman
BENEFIT OF EXERCISE* Strength Training and Balance
(*Exercise can be done standing or sitting*)

JULY 19th

GUIDED IMAGERY/MEDITATIVE PRACTICE
Diane Mueller & Stephanie Freeman

Relaxation*Stress reduction*Lower blood pressure*Taking time for self

AUGUST 2nd

INTRODUCTION TO TAI-CHI with Marge Gagnon
Gentle movement*Balance*Core Strength (*can be done standing or sitting*)

AUGUST 16th

BENEFIT OF HEALTHY EATING with Diane Mueller
INCLUDING A FOOD DEMO



Michael P. Hein, Ulster County Executive

**2016 SENIOR FARMERS MARKET NUTRITION PROGRAM COUPONS
NOW AVAILABLE AT THE ULSTER COUNTY OFFICE FOR THE AGING
1003 DEVELOPMENT COURT, KINGSTON, NY 12401
MONDAY – FRIDAY 10:00 – 4:00**



Qualifying seniors may be eligible to obtain an annual \$20 benefit of New York State Farmers Market Checks which can be spent at participating farmers markets throughout the state. Even if you get HOME DELIVERED MEALS OR PARTICIPATE IN THE MEALS AT FRIENDSHIP SITES you still may be eligible. The benefit comes in the form of five checks worth four dollars each, which can be used at markets which have posted signs reading “We Gladly Accept New York State Farmers Market Checks.” The checks will be available in July and can be used until November 30 to buy locally grown fresh fruits, vegetables and herbs from the markets. These include everything from the berries, sweet corn, cucumbers, yellow squash, early peaches and more that are among the many fruits and vegetables starting to come into season now, to the Hudson Valley’s famous apples when they come into season in August and the autumn. The checks **cannot** be used for non-produce items including cider, honey, maple syrup, eggs or baked goods. If you have questions about your eligibility, the locations of participating local markets, or how the program works, contact the Ulster County Office for the Aging at (845)340-3456 or the state’s senior hotline at (1-800)342-9871.

New Senior Citizens Center Opens in Palenville, NY



A new center for senior citizens recently opened on Route 23A in Palenville, offering a wide variety of programs and services to area senior citizens. Hearthstone Care Senior Social Day Care seeks to provide senior citizens with quality care, companionship, and life enrichment through a structured, but flexible program full of meaningful activities plus assistance with daily living procedures. The staff consists of trained and certified Home Health Aides and Certified Nursing Assistants.

“Everyone has the capacity to grow, learn and flourish, even at the age of 80,” said Hearthstone Care Program Coordinator Donna Christensen.

A typical day at the day care includes stretching and breathing exercises, reading, board games, coloring, painting, computer lessons and much more.

Hearthstone Care is located at 1187 Route 23A in Catskill, just five minutes outside of the village. The center will be open from 9 a.m. to 3 p.m.



NEWS FROM THE OFFICE OF
ULSTER COUNTY EXECUTIVE MIKE HEIN



COUNTY EXECUTIVE MIKE HEIN ANNOUNCES PARTNERSHIP BETWEEN THE ULSTER COUNTY OFFICE FOR THE AGING AND THE UNITED WAY OF ULSTER COUNTY

Kingston, NY- County Executive Mike Hein and Office for the Aging Director Kelly McMullen announce a new partnership with the United Way of Ulster County where senior volunteers from the Office for the Aging will work collaboratively with the United Way's women's initiative, Raising HOPE: Women Mentoring Women to Success. This initiative coincides with the conclusion of Older American's Month and the theme "blaze a trail," acknowledging the perennial contributions of older adults to our nation as they advocate for themselves, their peers and their communities.

"Our seniors are a valuable resource with many talents, skills and community connections which they can share with women participating in Raising Hope, women who have the will to succeed, but not always the way," said County Executive Mike Hein. "I am pleased that our Office for the Aging is partnering with the United Way of Ulster County in this important endeavor which will positively change lives."

"Raising HOPE has had many successes since its inception in 2008," said United Way's President and CEO Stacey Rein. "But a continuing challenge has been finding a stable cadre of volunteers who can work with the women participating in our women's mentoring program. This new partnership with the County's Office for the Aging provides Raising HOPE with a superlative pool of role models and advocates who can help the women in our program achieve their goals."

Office for the Aging's Director, Kelly McMullen concurs, "We have such a tremendous pool of talented, generous women in our volunteer program and I am certain that there would be many candidates interested in an opportunity to positively impact the life of other women in our community. Raising HOPE seems like the perfect vehicle for them to do just that and I appreciate County Executive Hein's support in this effort."

The partnership will begin with a small pool of volunteers who will have the opportunity to volunteer for both short-term and longer-term commitments, depending on their preference. Volunteers may be asked to simply accompany a woman to a medical appointment, or to assist her in completing a job application. Some volunteers may be interested in a longer commitment in which they work with a woman to establish a plan of action to achieve specific personal and professional goals. In either case, the Office for the Aging volunteers will be helping to "blaze a trail" for their counterparts, creating an avenue for her future success. For more information, please contact Pat McDonough at the Office for the Aging at 845-802-7935, the United Way of Ulster County at 845-331-4199, or visit <http://www.raisinghopeulster.org>.

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**



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.

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

Ulster County

**Office for the Aging and Veteran Services Agency
are co-hosting a monthly social gathering
Veterans of WW II, Korea and
Vietnam wars are invited!**

Veteran's Monthly Lunch

Tuesday, July 12th at Noon
BRC, Room 114
100 Development Court, Kingston, NY

RSVP a must, space is limited. 845-340-3190



Michael P. Hein, Ulster County Executive



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

Hello Seniors!

Hope you are all having a great summer. I have been here a little over two years and WOW, have we been busy bringing you lots of new exciting programs! Many of you have come to our events in the community-- picnics, proms, Lunch & Learns and public hearings. You have joined us for walking in the mall and our Chronic Disease Self-Management Programs as well as Tai Chi and Stretch Bands—We LOVE seeing you at all of these programs and events!!

*Many of you know we now have the Ulster County volunteer program under our umbrella and we have grown that program as well. We have doubled our Neighbor to Neighbor transportation program-- helping more seniors get rides to doctor appointments. One of my personal favorites is a program called “Ulster Checks-In”, offering telephone reassurance and support. Your warm voice could make all the difference to a lonely home-bound senior. **We are providing an informational session on Thursday, August 25, 2016 at 2 p.m..** Come hear about our Warm Call Program, a compassionate and flexible volunteer opportunity. We also have some new, innovative outreach volunteer collaborations that we are supporting in the community including recruitment of ombudsman, the Raising Hope mentoring program, and the Compeer program! Please join us for coffee and cake to hear more about these programs and to meet our new Warm Call Coordinator, Claire O’Brien. Please call Pat McDonough to RSVP at 845-802-7935.*

Just a reminder, Senior Day at the Ulster County Fair is August 4th -- Free admission for seniors from 10 a.m. – 4 p.m.! Our signature event, LIVE, LAUGH AND LEARN, is August 18th— remember to sign up for a great day!!

I look forward to seeing you!

Kelly



OFFICE FOR THE AGING OUT IN THE COMMUNITY

On Saturday July 23, Eleanor Minsky, who does NY Connects outreach for the Ulster County Office for the Aging, attended the 2nd annual Filipino American Association of Northern NY picnic at Thomas Felton Park in, Modena, NY. This is a large, multi-county Filipino community event. Vic De Castro, President of the Association, allowed Eleanor to address the attendees and she was able to assist many of the senior citizens attending this event with their questions and concerns about Medicare. Eleanor was also able to help three Ulster County seniors fill out applications for MSP (Medicare Savings Program) which may help them pay their Medicare premiums.

Eleanor Minsky represents the Ulster County Office for Aging as a HIICAP (Health Insurance Information, Counseling and Assistance Program) counselor as well as a MIPPA and NY Connects representative. MIPPA (Medicare Improvements for Patients and Providers Act) helps low-income seniors and persons with disabilities to apply for programs that help pay for their Medicare costs including the Medicare Part D Extra Help/Low-Income Subsidy which reduces the cost of prescriptions at the pharmacy. In addition, the Medicare Savings Program (MSP) can help pay for Medicare Part B and D premiums. As a NY Connects representative, Eleanor helps persons aged 60 and over and people with disabilities get linked to long term care services and supports in their communities.

When you are out in your community and see Eleanor and the purple NY Connects tablecloth please stop by and visit her—she has lots of information to assist you with Medicare and beyond!

**Excerpt of Department of Justice Office of Public Affairs Press
Release from June 2016:
JUSTICE DEPARTMENT AND DUTCH AUTHORITIES ANNOUNCE
SIMULTANEOUS ENFORCEMENT ACTIONS AGAINST
INTERNATIONAL MASS-MAILING FRAUD SCHEMES TARGETING
THE ELDERLY**

***Thousands of U.S. Victims Defrauded Out of Over \$18 Million
Annually***

The Department of Justice announced that two Dutch companies and an individual have had a civil complaint filed against them in the U.S. District Court for the Eastern District of New York alleging that they engaged in multiple international mail fraud schemes that have defrauded elderly and vulnerable U.S. victims out of tens of millions of dollars.

According to the complaint, U.S. residents received fraudulent direct mail solicitations that falsely claimed that the individual recipient had won, or would soon win cash or valuable prizes or otherwise come into great fortune. Many who received these notices sent payments through the U.S. and international mail systems to the return address.

“No one should ever be told they must pay a fee, or make a worthless purchase, to collect a prize,” said Inspector in Charge Regina L. Faulkerson of the U.S. Postal Inspection Service’s Criminal Investigation Group. “When that happens, it’s fraud - plain and simple - and Postal Inspectors work to keep those falsehoods out of the U.S. mail.”

Solicitations are mailed from locations around the globe to residents in the United States. The solicitations purport to be personalized to each individual recipient, even though they are one single letter that has been and altered to seem personalized to the recipient. This one letter was mailed to hundreds of thousands of potential victims. Some solicitations instruct recipients to pay a processing fee in order to receive “their” lottery winnings or other prizes; other solicitations urge recipients to purchase goods or services with false promises that they will guarantee future lottery wins.

More information on fraud against the elderly is available here: <https://www.justice.gov/elderjustice/>.

From the Montreal Gazette:

Police arrest 23 in Montreal area in 'grandparent' scam worth \$2.5 million

A police operation targeting fraudsters preying on the elderly led to the arrest of 23 people in mid-May in the Montreal area.

Those arrested are suspected of having been involved in a fraud typically called a 'grandparent' scam. In this type of scam a person contacts a senior, posing as a nephew or a grandson who had a car accident while being intoxicated, and was arrested. The scammer then asks for money to be sent to him, to be used to avoid a criminal record. Then a different person, who pretends to be a lawyer, instructs the senior on how to send the money so the charges can be dropped.

The fraud's total amount is estimated at \$2.5 million since 2014, and involves at least 500 cases.

Statistics show that only five per cent of people file a complaint in this type of case.

One of the arresting officers suggest that should you be contacted by a "relative" asking for this help to follow these steps: ask some personal questions to verify the identity of the person, such as in which city was he born; ask for a contact phone number; check with other family members to see if it is true that the nephew in question is out of town and had an accident.



Public Service Announcement

FEDERAL BUREAU OF INVESTIGATION



The Internet Crime Complaint Center (IC3) is receiving an increase in complaints related to technical support scams, where the subject claims to be an employee (or an affiliate) of a major computer software or security company offering technical support to the victim. Recent complaints indicate some subjects are claiming to be support for cable and Internet companies to offer assistance with digital cable boxes and connections, modems, and routers. The subject claims the company has received notifications of errors, viruses, or security issues from the victim's internet connection. Subjects are also claiming to work on behalf of government agencies to resolve computer viruses and threats from possible foreign countries or terrorist organizations.

Initial contact with the victims occurs by different methods. Any electronic device with Internet capabilities can be affected.

1. Telephone: This is the traditional contact method. Victims receive a “cold” call from a person who claims the victim's computer is sending error messages and numerous viruses were detected. Victims report the subjects have strong foreign accents.
2. Pop-up message: The victim receives an on-screen pop-up message claiming viruses are attacking the device. The message includes a phone number to call to receive assistance.
3. Locked screen on a device (Blue Screen of Death - BSOD): Victims report receiving a frozen, locked screen with a phone number and instructions to contact a (phony) tech support company. Some victims report being redirected to alternate websites before the BSOD occurs. This has been particularly noticed when the victim was accessing social media and financial websites.
4. Pop-up messages and locked screens are sometimes accompanied by a recorded, verbal message to contact a phone number for assistance.



Public Service Announcement

FEDERAL BUREAU OF INVESTIGATION



Continued:

The victim is convinced to allow the subject access to their device and to log onto their online bank account to process the refund. The subject then has control of the victim's device and bank account.

- Recognize the attempt and cease all communication with the subject.
- Resist the pressure to act quickly.
- Do not give unknown, unverified persons remote access to devices or accounts.
- If a victim receives a pop-up or locked screen, shut down the device immediately. Victims report that shutting down the device and waiting a short time to restart usually removes the pop-up or screen lock.
- Should a subject gain access to a device or an account, victims should take precautions to protect their identity, immediately contact their financial institutions to place protection on their accounts, and monitor their accounts and personal information for suspicious activity.

Free Monthly Family Support Groups



NAMI, The National Alliance on Mental Illness, is the nation's largest mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Advocates for access to services, treatment, supports, and research and is committed to raising awareness

**Join us the 1st and 3rd Monday
of every month, 6:00 pm – 7:30 pm**

**Ulster Mental Health Association
300 Aaron Court (*ring bell*)
Kingston, NY 12401**



**Visit www.namimidhudson.org for more information!
Or
Call 845-206-9892**



Become Part of a Winning team and Help Others in the Process. Join United Way's stellar team of *Volunteer Tax Preparers.*

**United Way is looking for someone who is a “*people person*” who wants to make a contribution to the community, and enjoys working with numbers. There is a mandatory Orientation for all new volunteers in mid-September (date to be determined) from 5:30 PM to 8 PM at
United Way
450 Albany Ave.
Kingston, NY 12401.**

Training will take approximately 20-25 hours on-line, over twelve week period between mid-September and December. Volunteers must pass on-line tests to demonstrate their proficiency in tax law in order to become certified. Volunteers are asked to commit to at least 4 Saturdays. If interested in joining the United Way team and making a real difference in people's lives, contact Su Marcy at sumarcy@ulsterunitedway.org or 845-331-4199, ext. 2



Empty Bowls

Number of people in our area who are considered "food insecure"

Ulster County	19,630
Orange County	34,860
Dutchess County	28,830

Statistics provided by Hunger Action Network NYS from Feeding America Map the Meal Gap



“Fill the empty bowls of the hungry.”



“Fill the empty bowls of the hungry.”



Walker Valley's Country Quilters 13th Biannual Quilt Show



September 24 & September 25, 2016
10a.m.-4p.m.

Pine Bush High School
156 State Route 302
Pine Bush, NY

Admission: \$7 per day/\$10 for both days

In addition to an amazing quilt display, the show will include, guest speaker Susan Reich, Invitational of Antique Quilts –“Scrap Happy,” a gallery talk, a judged show, a variety of quilt related vendors, a craft supply sale, a block contest, a boutique with Quilts and quilt related items for sale, demonstrations, door Prizes, AQS Appraisals by Sue Reich, and raffle prizes which include Quilt, Quilter’s Attic gift certificate or a handmade basket full of quilting fabric, and a raffle to support the guild’s Pine Bush High School Scholarships! Food and beverages will be available for purchase. For more information on the show, how to register your quilt for consideration, and how to become a vendor for the show visit the guild’s web site:

www.countryquilters.org

Contact: Kelli Palinkas Greer 845-744-3055

kellipalinkas@yahoo.com

Or Cyndi Beres at 845-283-6815 RBERES@hvc.rr.com



AARP Driver Safety Class

Everyone is welcome to attend, no membership or age requirements. New volunteer instructors needed in every county. Russell Brott classes are sponsored by Town of Ulster.

08/13/16 0830 sign in, starts 9am Russell Brott senior center, Lake Katrine; register at 339-7885 10am-7pm

Very limited seating, pre-registration required. '6-Hour' Course qualifies for insurance discounts and points reduction. Cost is \$25 each, \$20 for AARP members. Ask about other classes or visit: www.AARP.ORG/FindACourse or call [1-888-227-7669](tel:1-888-227-7669)

PUT LIFE BACK IN YOUR LIFE



Arthritis,
Heart disease,
osteoporosis
diabetes



Chronic Disease Self-Management **FREE six-week workshop series**

Are you living with or caring for someone with a chronic condition or limiting health condition? Join us!

Kingston Library
55 Franklin St,
Kingston, NY

Wednesdays, September 14th thru October 19 2016
from 1pm-3:30pm

- Developing & maintaining a safe, long-term physical activity program
- Fatigue management
- Dealing with anger, depression & difficult emotions
- Cognitive management of pain and stress
- Communicating effectively with family, friends & health professionals
- Using prescribed medication appropriately
- Healthy eating
- Decision making & problem-solving skills
- Making informed treatment decisions

To Register: Call Office for Aging 845-340-3456

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

Michael P. Hein, Ulster County Executive



PUT LIFE BACK IN YOUR LIFE

**Taking
Care
of
Diabetes**



Diabetes Self-Management Program **FREE six-week workshop series**

Fridays from September 23rd thru October 28th 2016

At Ellenville Library, 40 Center St. Ellenville

From 12:30pm 3:30pm

Sponsored by the Ulster County Office for Aging

- 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 UCOFA 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



PUT LIFE BACK IN YOUR LIFE

Helping
You To
Manage
Chronic
Pain



Chronic Pain Self-Management Program

FREE six-week workshop series

Saugerties Library
91 Washington Ave
Saugerties

Mondays from September 12 thru October 17, 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 rwcsrcc@aol.com

Michael P. Hein, Ulster County Executive





Ulster County Office for the Aging invites seniors to

TAI CHI FOR ARTHRITIS

With Celeste Graves

Tuesdays AND Thursdays 2 PM

September 13th – November 3rd
twice a week for eight weeks

at

The BRC

1 Development Court, Kingston, NY

**Space is limited, please call OFA to
reserve your spot : 845-340-3456**

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

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**

