

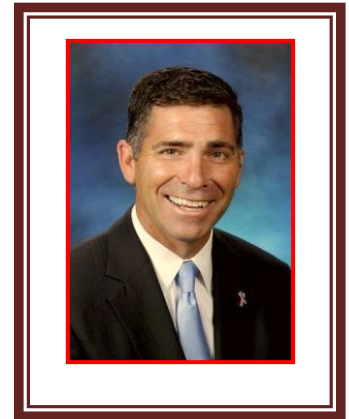


Ulster County Office for the Aging

February 2016 Newsletter

Greetings from County Executive Michael P. Hein

Ulster Bus Service Made Easy!



I realize that many of our Seniors keep very busy, enjoying hobbies, volunteering and visiting family and friends. I want to take this opportunity to let you know about a great new tool which will make traveling by bus much more convenient. Ulster County has developed a new Smartphone App called "UCAT" which can be downloaded for free from the Apple App Store or Google Play. The App provides you with a simple way to access the UCAT bus routes and will let you know just how far away your bus is from approaching your stop. It utilizes GPS technology to track each bus and displays a map of the current location of the bus with an arrival time for each upcoming stop. This new App is especially beneficial because it limits the time you will need to wait outside for the bus in the cold months.

Along with this exciting new tool, a new UCAT bus route has been added, beginning at the Kingston Plaza with a final destination at the Metro-North Train Station in Poughkeepsie. This bus route travels the 9W corridor and is available seven times each weekday, easily connecting you to the New York City metropolitan area.

Traveling with UCAT has never been more simple, convenient, and widespread. For more information please visit our website at <http://ulstercountyny.gov/ucat/ulster-county-area-transit> or call the Ulster County Area Transit at (845) 340-3333 or Toll Free at 1-888-827-8228. Happy Travels!

Michael P. Hein
County Executive

We are starting something new in 2016!

Mall Walking with the OFA

Join a staff member from Ulster County Office for the
Aging each week for a walk and talk!



Hudson Valley Mall

1300 Ulster Ave., Kingston, NY 12401



Every Tuesday at 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!)



Ulster County Executive Michael P. Hein



SURVEY FOR CARE-GIVERS

(Please hit reply with your responses to the following questions):

Office for the Aging is working on putting together a pilot program that will offer a therapeutic weekly support group for CARE-GIVERS, and simultaneously, another separate support group for CARE-RECEIVERS.

- If you are a care-giver, does this sound interesting to you?
- What works better for you, afternoon or evening?
- Any additional thoughts or comments?



TWO LOCATIONS!
TAI CHI
FOR ARTHRITIS

Monday and Thursday, 10:30AM

Beginning January 25th at

The Rosendale Recreation Center

or

Monday 11Am and Friday 2PM

Beginning February 8th at

Andy Murphy Midtown Neighborhood Center

467 Broadway, Kingston

To sign up: Call OFA: 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



Ulster County Office for the Aging



Lunch and Learn

Tuesday, February 23rd at NOON
BRC, 1 Development Ct, Kingston, Room 114

Home Safe Home

Presented by Gilles Malkine, Architectural
Modification Consultant from RCAL

*Topics will include: Fall Prevention, home
modifications for safety, indoor and outdoor
hazards to be aware of and much more!*

FREE LUNCH

FOR ULSTER COUNTY SENIORS who RSVP

Call OFA to RSVP 845-340-3456

Space is limited



Michael P. Hein, Ulster County Executive



The Home Energy Assistance Program – or HEAP – is a federally funded program offering assistance with home heating costs and energy conservation.

HEAP is now accepting applications and will be open until March 15, 2016.

Eligibility: Applicants must pay for heat directly or pay for heat in their rent payment; live in a HEAP-eligible residence; be US Citizen or Qualified Alien. Tenants of government subsidized housing where heat is included in the rent or residents of congregate care facilities, dormitories, group homes or institutions are not eligible.

Income Limits: Recipients of public assistance, food stamps or SSI are income-eligible for HEAP. All other applicants must meet the gross monthly income test based on household size. These limits are set each heating season. Here at the Ulster County Office for the Aging, there is a HEAP representative to provide assistance for seniors needing help in applying for HEAP this season.

Applying: HEAP provides grants on a first come, first serve basis until the funds provided for each heating season run out. If you received HEAP in the past year, you will automatically receive a HEAP application for the present year. Call the Ulster County Office for the Aging at 845-340-3456 to make an appointment if you need help with your HEAP application.

<u>Household Size</u>	<u>Gross Monthly Income</u>
1	\$2,244
2	\$2,935
3	\$3,625
4	\$4,316
5	\$5,006
6	\$5,697
7	\$5,826
8	\$5,956
9	\$6,085
10	\$6,215

**Ulster County Office for
the Aging
Is here to help
HEAT you up
This Fall and Winter**

Are You Prepared For Winter?

Prepare for a winter storm before it hits. The best way to keep your family and yourself safe is to plan ahead:

- **Prepare Your Home**
Install a smoke detector and carbon monoxide detector
- **Prepare Your Car**
Have shovel, blankets, flashlights
- **Stock Up On Emergency Supplies**
Food, water, battery powered radio
- **Be Safe Indoors**
From carbon monoxide and electrical hazards
- **Be Safe Outdoors**
Beware of wires, falling trees
- **Stay Safe and Healthy**
From frostbite and hypothermia



Michael P. Hein
County Executive

Ulster County Department of Health
Public Health Preparedness Program
For more information, please call us at

(845)334-5540

This project was supported by a grant administered by the New York State Division of Homeland Security and Emergency Services and the U.S. Department of Homeland Security. Points of view in this document are those of the author and do not necessarily represent the official position or policies of the New York State Division of Homeland Security and Emergency Services or the U.S. Department of Homeland Security.



February is American Heart Month. According to the Center for Disease Control (CDC), heart disease is the number one killer in the United States effecting more than 600,000 people each year.

Here are five easy steps to maintain a healthy heart:

1. Drink more water

You've heard it time and again, but the fact remains: Drinking the right amount water is a key ingredient in staying healthy. If you're drinking more water, you'll have less room for sugary sodas – which is a good thing. “More than half of the calories we consume everyday come from sweetened beverages,” says Maribet. “Many people forget the cheapest drink is readily available in our houses – known as water.”

2. Go green

Make 2013 the year of the kale chip – not the tortilla chip. By keeping your cabinets stocked with heart healthy fruits and vegetables you are in better shape to stick to your resolution. And if fresh doesn't work with your schedule or habits, remember you can get frozen or canned. Just be sure to rinse canned fruits and vegetables, as they may contain added salts and sugars.

3. Eat seasonally

Good for your budget and waistline, eating seasonally means you are getting food at it's peak performance and flavor level. (Farmers' market bounty varies by season, so before you head out take a look at this list.) Additionally, you'll be supporting your local community and farmers, which is always a great resolution as well.

4. Cut out processed food

Just do it. Decide that 2013 is going to be the year you say no to aspartame, high fructose corn syrup and hydrogenated oil. In addition to chemicals you're body doesn't need or want, processed foods are full of added salt. Higher salt intake puts you at risk for high blood pressure. In fact, 75 percent of the salt in the average American diet comes from salt added to processed food and restaurant food, according to the American Heart Association. So take control and cut out salt where you can.

5. Eat more fiber

Crucial to heart health and reducing the risk of heart disease, fiber is easy to add to your diet. Whole grains are filled with fiber, which makes digestion easier and helps you feel fuller when you're done eating – both key factors in weight management.

(Information provided by <http://www.cdc.gov/heartdisease/facts.htm> and <https://www.goredforwomen.org/live-healthy/first-steps-to-prevent-heart-disease-and-be-heart-healthy/5-heart-healthy-resolutions-for-the-new-year/>)

**FREE TAX PREPARATION PROVIDED BY AARP TAXAIDE AT SITES
THROUGHOUT ULSTER COUNTY**

IRS certified AARP volunteers will again help prepare and efile federal and state tax returns for low and moderate income individuals and families this tax season. The free service is available at multiple sites throughout Ulster County (see below). Assistance is available to most low and moderate income individuals and families, with special attention to those age 50 and over.

Appointments are necessary for all sites. Beginning Monday, January 25, 2016, call 845-255-0791, 10AM to 3:30PM, Monday through Thursday, and 10AM through 1PM Friday; other times please leave a message and you will receive a call back.

Tax Preparation Locations		
TOWN	LOCATION	DAY(S)
ELLENVILLE	Ellenville Public Library 40 Center St Ellenville, NY 12428	Limited Saturdays
GARDINER	Gardiner Library 133 Farmers Tpke Gardiner, NY 12525	Mondays, beginning March 7
HURLEY	Hurley Reformed Church 11 Main St Hurley, NY 12443	Wednesday and Thursday
KINGSTON	Ulster County Community Action 70 Lindsley Avenue Kingston, NY 12401	Thursday
LAKE KATRINE	Town of Ulster Senior Center 1 Town Hall Drive Lake Katrine, NY 12449	Tuesday
NEW PALTZ	St Josephs Church 34 S Chestnut St New Paltz, NY 12561	Tuesday and Wednesday
SAUGERTIES	Kiwanis Ice Arena 6 Small World Ave. Saugerties, NY 12477	Wednesday
WEST HURLEY	West Hurley Library 42 Clover St West Hurley, NY 12491	Wednesday
WEST SHOKAN	Olive Free Library 4033 Rt 28-A West Shokan, NY 12494	Monday

Not every site is open every week on the day indicated above.
For more information concerning available appointments, call
845-255-0791 beginning Monday, January 25, 2016.

ALZHEIMER'S ASSOCIATION EVENTS IN ULSTER COUNTY

The basics: Memory loss, dementia and Alzheimer's disease

A free educational program provides information on detection, causes and risk factors, stages of the disease and more.

6:30-7:30 p.m.

Thursday, February 11

Highland Library

30 Church St., Highland, NY 12528

Call 1-800-272-3900 with questions or to RSVP.

The Basics: Memory loss, dementia and Alzheimer's disease

A free educational program providing information on detection, causes and risk factors, stages of the disease, treatment and more.

2-3:30 p.m.

Friday, February 26

Esopus Library

128 Canal St., Port Ewen, NY 12466

Call 1-800-272-3900 with questions or to RSVP.

Know the 10 signs: Early detection matters

A free educational program on the 10 signs of Alzheimer's disease. Call 800.272.3900 with questions or to register.

10-11 a.m.

Saturday, February 27

Saugerties Public Library

91 Washington Ave., Saugerties, NY 12477

Caregiver Support Group

Christ Lutheran Church

26 Mill Hill Road

Woodstock, NY 12498

2 p.m. third Tuesday

Alzheimer's Association Hudson Valley Chapter | 845.471.2655



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

Every January I put together a report for the County Executive, letting him know what we did over the last year. I am really excited that the OFA has reached more seniors than ever before. One of the highlights is The Health Insurance Information and Assistance Program (HIICAP), which served over 2150 clients in need of Medicare assistance in 2015. We have made a dedicated effort to keep the OFA's presence and activities known in the Senior Gazette, SCAN, on the radio and with our monthly newsletters. We have hosted more fun and interesting events than ever before including Falls Prevention, Harvest Festivals, Holiday Cabaret, Senior Prom, Elder Abuse Prevention conference, Live Laugh and Learn and so much more.

*The Ulster County Office for the Aging is committed to helping seniors stay healthy and strong and able to remain in their homes as long as possible. We have implemented a few healthy initiatives for 2016 that also offer the opportunity for seniors to socialize. Join the OFA staff for **Mall Walking** at the Hudson Valley Mall every Tuesday at 10a.m. We meet at the food court. We are offering two **Tai Chi for Arthritis** classes, to help increase strength of mind, body, and spirit. There are **Chronic Disease Self-Management programs** being offered around the County. On February 23rd we are hosting a Lunch and Learn called Home Safe Home. This is a falls prevention program helping seniors understand hazards inside and outside their home. Call the OFA for dates, details and to sign up for any of these programs 845-340-3456.*

I want to remind you that with help from the County Executive, the Office for the Aging no longer has a wait list for our home-delivered meals program. In addition, transportation challenges that seniors face are being remedied with the UCAT Bus and the Neighbor to Neighbor transportation services.

Remember- You have a friend at the OFA—We want to hear from you!

Kelly



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 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 Probation
Crime Victims' Assistance Program**



Michael P. Hein
Ulster County Executive

Cell Phone Drive

We are in need of emergency cell phones for victims whose phones are damaged or stolen. If you have an old phone that you would like to donate, please contact our office to arrange a drop-off. If it's a small phone and you'd like to mail it, our mailing address is below. We would also be happy to arrange a pick-up. Please be sure to clear all data from your phone, and include the charger. Thank you for your contribution!

 Please call to arrange a drop-off at:

845-340-3443

Mailing Address:

5 Pearl Street

Kingston, NY 12401

Email:

cvap@co.ulster.ny.us

