



Ulster County Office for the Aging

February 2017 Newsletter

Greetings from County Executive Michael P. Hein

**WORKING TOGETHER –
ANYTHING IS POSSIBLE IN
ULSTER COUNTY**



On February 2, 2017, I had the privilege of delivering the 2017 State of the County address to the residents of Ulster County which focused on the importance of working “together” with the community to “build up and make better” which has enabled us to achieve so much and allows us the potential of an even brighter future with endless possibilities.

I was pleased to report that since 2009 our spending is down across the board by over \$30 million, the departments of the executive branch are over 40% smaller, and the property tax levy for this year in Ulster County is actually LESS than it was all the way back in 2010. This was all accomplished while having more access to essential services for our residents. In addition, in 2015, 2016, and 2017, we implemented a “Building A Better Ulster County” initiative with a \$46 million investment in public infrastructure which is improving 15 bridges and over 50% of all County roads (3 times the traditional pace of construction).

Ulster County continues to lead the way in environmental stewardship being the first and only “Net Carbon Neutral” County in New York State with 100% of County government’s energy being generated from renewable resources, creating the largest concentration of municipal electric car charging stations in New York State and working to convert the County’s fleet to alternate fuel vehicles. In fact, Ulster County was recognized in December by National Geographic Magazine which included a featured supplement of a full-colored map “Dreaming Green” which highlights some of the County Executive’s amazing environmental achievements and should boost our already booming \$533 Tourism Industry. Visit <http://www.nationalgeographic.com/magazine/2016/12/green-spaces-supplement/> to view the “Dreaming Green” map.

The Rail Trails in Ulster County are a treasure to all of us who live here as well as visitors to the area. I was pleased to commend all who have worked so hard and to announce that as a result Ulster County is uniquely positioned to experience long-term economic benefits from New York State’s plan to build a statewide interconnected rail-trail system. An additional \$1 million to further Ulster County’s rail trail efforts has been allocated in New York State’s proposed budget.

In further honoring our veterans, the major work is nearing completion at the Ulster County Veterans Cemetery and in 2017 I will propose that Ulster County policy be changed to allow the spouses of Ulster County Veterans to be buried in the Ulster County Cemetery with their loved one without charge.

I know that all these wonderful achievements are only possible because we never forget that our County's greatest influence and most important resource is the people who make up this remarkable community. I believe that here in Ulster County, by working together, we can show exactly what's possible and as we look together over the horizon of our future, the opportunities for Ulster County are simply endless.

To view the State of the County Address and related information please visit <http://ulstercountyny.gov/> or <http://ulstercountyny.gov/executive/state-county>.

Mike Hein

Ulster County Executive

Are you getting ready to retire?

Ulster County Office for the Aging
Presents

Medicare Basics

What you need to know about your health insurance options as you approach 65 years of age or if you are disabled.

Presented By Bob Meci, HIICAP Coordinator

FREE Medicare Information Session

Wednesday February 22, 2017

3-5 p.m.

BRC, 1 Development Court, Room 114, Kingston NY

**Call the Office for the Aging
to reserve your spot by 2/20/17**

SPACE IS LIMITED

845-340-3456



Ulster County Executive Michael P. Hein



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 Office for the Aging

STATE WIDE SENIOR ACTION COUNCIL INVITATIONAL

Lunch and Learn |

Friday, March 10th, 11 a.m. - 2 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 State Wide 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



Michael P. Hein, County Executive



TAI CHI FOR ARTHRITIS

Wednesdays AND Fridays, 4:15 p.m.

Starting February 15th
TWICE a week for eight weeks

Saugerties Library

91 Washington Ave, Saugerties, NY 12477

*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: 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



**WESTCHESTER COMMUNITY OPPORTUNITY PROGRAM, INC.
2 WESTCHESTER PLAZA, ELMSFORD, NY 10523**

**GET INVOLVED
AND EARN AN HOURLY TAX FREE STIPEND
*THE FOSTER GRANDPARENT PROGRAM
NEEDS YOUR HELP***



HOURLY STIPEND

**TRANSPORTATION
ALLOWANCE**

**VOLUNTEER
INSURANCE**

**SUPPORTIVE
REFERRAL SERVICES**

**48 DAYS OF PAID
TIME OFF**

**PAID LEGAL
HOLIDAYS**

FOSTER GRANDPARENT PROGRAM

DIRECTOR

Phone: 914-592-5600 ext. 114

E-mail: rbahr@westcop.org



**THE FOSTER GRANDPARENT PROGRAM IS RECRUITING MEN
AND WOMEN 55 YEARS OF AGE AND OLDER!!!**

***VOLUNTEERS WILL SERVE 15 TO 35 HOURS PER WEEK
WORKING WITH CHILDREN IN AN ACADEMIC SETTING IN
THEIR COMMUNITY. THE VOLUNTEERS ARE PLACED IN
ELEMENTARY SCHOOLS, DAY CARE CENTERS AND HEAD
START CENTERS. IF YOU ARE INTERESTED CALL:***

***ARLETTE JAVOIS — 914-592-5600 EXT. 108
(FOR WESTCHESTER & PUTNAM)***

OR

***Liz Magier—914-592-5600 EXT. 107
(For Ulster, Orange, Sullivan & Dutchess)***



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**

Office for the Aging

Lunch and Learn Events 2017

For Ulster County Seniors

Business Resource Center
One Development Court, Room 114, Kingston NY

March 24, 2017

Life's Simple Seven Initiative

American Heart Association health factors and lifestyle behaviors that support heart health

On January 20th 2010, the American Heart Association announced its new health impact goal: to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent. That's a big goal! The AHA is trying to achieve this goal by helping people identify and adopt healthier lifestyle choices. The American Heart Association has defined "ideal cardiovascular health," and identified seven health factors and lifestyle behaviors that support heart health. We call these "Life's Simple Seven." Improvements in these seven areas can greatly impact your quality of life and life span. **Presenter is Kristin Judd, Executive Director of the American Heart Association's Greater Hudson Valley Region.**

You must register at the Ulster County Office for the Aging: 845-340-3456, space is limited.

These events are being sponsored by the Institute for Family Health.

***If Kingston Central School District is CLOSED due to weather this event will be cancelled and rescheduled.
Late Start or Early Release we will NOT cancel***



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

Dear Ulster County Seniors-

*We are starting out the year with lots of interesting opportunities. We did three Lunch and Learn events in January and we have another coming up on February 8th, “**How seemingly benign activities can cross over and become problem behaviors.**” We are holding this at the BRC, 1 Development Court, Kingston. Remember to call the OFA to sign up—RSVP is a must because we have limited space 845-340-3456.*

*People reading this message are like ambassadors for the OFA—You help bring information out to people who may not have e-mail or are not on our e-mail list. If you know people who are approaching the age of 65 and getting ready to retire, they may want to know more about Medicare Basics. On February 22 at 3 p.m. we are offering **Medicare 101** at the BRC. People can call the OFA to reserve a spot 340-3456.*

*We are still taking nominations for **Senior of the Year**. If you know a senior who has made an extraordinary contribution to our community through volunteerism please consider nominating him or her. The application is attached to this newsletter for you to download or you can call Pat McDonough in our Volunteer Office for more details 845-340-7935.*

*If you have a senior group in Ulster County and would like any of our **presentations brought to your community** give me a call and let's see what we can do for you. This includes the attorneys, who work at the OFA, who would be available to talk to your group about advanced directives. The attorneys are at the OFA twice a week for one-on-one appointments. We also offer Alzheimer consultations and we have a new counselor available to help people with pooled trusts. Call for more information or an appointment --845-340-3456.*

Remember, YOU have a friend at the Ulster County Office for the Aging!

Kelly

Kelly McMullen, Director, OFA

Just a reminder...

Winter Weather Tips

KNOW WINTER WEATHER TERMS

- Watch = winter storm is possible in your area. Follow local officials and media for tips and updates.
- Advisory = conditions expected to cause major delays and may be hazardous. Use caution.
- Warning = winter storm is occurring or will occur soon in your area.

WINTER STORM TIPS

- Prepare for possible power loss: add warm clothes to emergency kit, check flashlight and radio batteries, charge mobile devices, fill car tank, take cash out (ATM's may not work).
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning.
- Bring pets/animals inside and move livestock to sheltered areas with non-frozen drinking water.



Who to Call



Where to Meet



What to Pack

Ready 

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.

SPRING TRAINING

Hudson Valley Long Term Care Ombudsman Program will be offering a FREE NYS Long Term Care Ombudsman Certification training class in Dutchess and Orange County beginning March 20. Seating is still available for anyone interested in volunteering as a Resident Advocate for residents in Long Term Care facilities. Please call 845-229-4680x102 for more information or email us at Gloria@hudsonvalleyltcop.org

Medicare Reminder

If you find that you are not satisfied with your Medicare Advantage Plan (whether or not you enrolled in a new plan during Fall Open Enrollment), you can disenroll from that plan and switch to Original Medicare during the Medicare Advantage Disenrollment Period. This period runs from January 1 to February 14 each year.

Changes made during this period are effective the first of the following month.

For example, if you switched from a Medicare Advantage Plan to Original Medicare and a stand-alone Part D plan on February 10, your new coverage would begin March 1.

**You can call the Office for the Aging for
a HIICAP appointment 845-340-3456
or call Medicare directly
1-800-MEDICARE**

**32 COURSES OFFERED BY LIFETIME LEARNING
INSTITUTE AT SUNY NEW PALTZ THIS SPRING**

Semester runs March 11 through May 12.

Topics include history, wine appreciation, “antique road show”, etiquette rules, chess, drawing, opera, and cinema



Lifetime Learning Institute at SUNY New Paltz has announced a new line-up of stimulating courses for the 2017 spring semester and anyone over 55 who wishes to pursue “learning for the fun of it” can register now. Classes are held at SUNY New Paltz, Woodland Pond, New Paltz Community Center, and St. Joseph Parish Center. All sites are handicapped accessible with on-site or street parking. Courses are taught by active or retired instructors from high schools and colleges and expert professionals. There are no grades or tests and a college degree is not required to enroll in any of the 32 noncredit courses.

Spring special membership for new members is \$75 and allows members to attend as many as 6 courses during the semester. For more information, to register or to request a catalog, call (845) 257-2892 or email lifetime@newpaltz.edu. To download the current catalog, visit <http://www.newpaltz.edu/lifetime/catalog.html>

The Ulster County Office Building Will Be Lit Red to Highlight

National Wear Red Day (February 3, 2017) and American Heart Month

The County is helping to raise awareness regarding the prevention of heart disease and stroke and in honor of American Heart Month, Executive Hein presented a Certificate of Appreciation to the American Heart Association for their important work and efforts in educating the community.

“Heart disease is the leading cause of death for men and women in the United States, causing one in four deaths,” said County Executive Mike Hein. “Fortunately heart disease can be preventable in many cases, and by making healthy choices and managing health conditions there are various ways to lower your risk of heart disease. The American Heart Association does an amazing job educating the community in their continuous fight against heart disease and stroke. Lighting the building red is one way the County can shine a light on heart disease and raise awareness of the information and resources available.”

Some suggestions to lower the risk of heart disease:

- Be conscious of your weight;
- Quit smoking and stay away from secondhand smoke;
- Control your cholesterol and blood pressure;
- If you drink alcohol, drink only in moderation; and
- Get active and eat healthy.

Statistics:

- Heart disease is the leading cause of death for both men and women.
- Approximately 610,000 people die of heart disease in the United States every year—that’s 1 in every 4 deaths.
- Every 80 seconds a woman dies of heart disease or stroke.
- 1 in 3 women die of heart disease or stroke, however 80% of cardiac events can be prevented with lifestyle changes.
- Coronary heart disease (CHD) is the most common type of heart disease, killing over 370,000 people annually.
- Every year about 735,000 Americans have a heart attack. Of these, 525,000 are a first heart attack and 210,000 happen in people who have already had a heart attack.

Ulster County joins thousands of businesses and organizations nationwide going red to raise awareness of heart disease. “Wear Red Day” on February 3rd helps support the life-saving initiatives of the American Heart Association which include awareness campaigns, prevention and education programs and cutting-edge scientific research.

For information on prevention and for healthy living resources please visit <http://ulstercountyny.gov/health> and <http://healthyulstercounty.net/>. For more information on heart disease, National Wear Red Day and American Heart Association, please visit: www.GoRedForWomen.org, <http://www.heart.org/HEARTORG/>, <https://www.cdc.gov/dhds/index.htm> or call the American Heart Association 1-877-RedDay7 (1-877-733-3297) or (845) 867-5370.

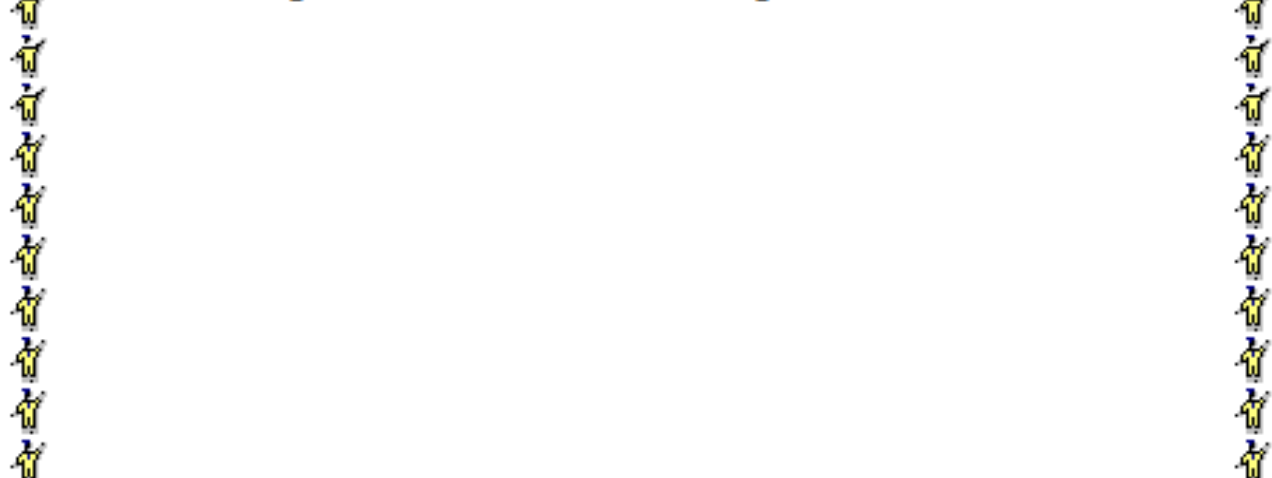


Every year, two Ulster County citizens are acknowledged as seniors of the year for their long term commitment to the community in the form of volunteer service.

The Ulster County Office for the Aging wants to get a jump start on the 2017 nominations for “Senior Citizen of the Year.” Please take some time to nominate a senior you would like to see honored. The two seniors selected are invited to the annual “NYS Celebration of Aging” in Albany next May. The event involves a luncheon where the seniors are publicly recognized by dignitaries including the Commissioner of the NY State Office for the Aging.

In addition, all eligible nominees are honored locally at our annual “Senior of the Year Picnic.” The candidates, and those who nominated them, are invited to join in the celebration.

You are encouraged to nominate a notable senior in your life, or one that you have admired for their service. To get a nomination form, or to ask any questions, please contact Patrick McDonough at the OFA Volunteer Program, 845-802-7935.



Hudson Valley Long Term Care Ombudsman Program Seeking Volunteers



The Hudson Valley Long term Care Ombudsman Program is seeking volunteers who can contribute 2-4 hours per week to empower residents in long term care facilities with their concerns.

Volunteers receive 36 hours of FREE training and will become New York State Office for the Aging Certified Ombudsman.

Ombudsman will be assigned to a local nursing home where they will:

- Empower residents with information regarding their rights
- Educate residents in resolving their concerns
- Advocate for and with residents for PATIENT CENTERED CARE

MAKE A DIFFERENCE - VOLUNTEER!

JOIN OUR TEAM TODAY!

845-229-4680

Gloria@hudsonvalleyltcop.org



ROSENDALE SENIORS PRESENTS

Foxwoods & Mohegan Sun, staying at the Two Trees Inn

Foxwoods Resort Casino

Staying at the Two Trees Inn

Two Trees Inn

INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 1 night lodging
- ◆ 2 meals: 1 breakfast and 1 dinner
- ◆ Visit to Mohegan Sun Casino
- ◆ \$10 Slot Play
- ◆ and much more

\$145 *

2 DAYS 1 NIGHT
PER PERSON, DOUBLE OCCUPANCY
(Sun - Mon)
April 30 - May 1
2017

Departure: Rosendale Community Center, 1055 Route 32, Rosendale, NY @ 8 am

Day 1: Board your spacious, video and restroom equipped Motorcoach and set off for the excitement of the Foxwoods Casino Resort! After checking into the Two Trees Inn at Foxwoods Casino Resort, enjoy Dinner and indulge in some gaming if you choose.

Day 2: Enjoy the Resort's delicious Breakfast this morning before check out. Today, you'll head to Mohegan Sun Casino. Enjoy an afternoon of gaming excitement before departing for home... A perfect time to chat with your friends about where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive Travel ConfidentSM Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$20 Due Upon Signing. *Price per person, based on double occupancy. Add \$69 for single occupancy. Final Payment Due: 2/21/2017

FOR INFORMATION & RESERVATIONS CONTACT:

Hal Sampson @ (845) 658-9020 or
Chicky Sterritt @ (845) 658-2414
Open to Everyone!!

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