



# Ulster County Office for the Aging

**January 2017 Newsletter**

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

**WISHING YOU A  
HAPPY 2017!**



Happy New Year to our amazing seniors throughout Ulster County! This time of year is a time we reflect on the accomplishments of the previous year. I want to recognize Kelly McMullen and the entire Office for the Aging staff for their efforts this year serving our seniors. I also want to thank all of our seniors for their wisdom and participation in the County's numerous programs, whether it is our Live, Laugh & Learn event in August, the Senior Summit, attending our various luncheons and workshops, providing feedback at the Office for the Aging's Annual Public Hearing, or participating in our volunteer program. Your contributions to the community help make Ulster County the finest place anywhere to live, work and raise a family.

As we ring in 2017, it is a time we also look forward to a new year. If you are interested in participating in the Office for the Aging's Volunteer Program (formerly known as RSVP), which is a rewarding way to help non-profits, neighbors and the community, please call 845-802-7935. Also, please visit our website at <http://ulstercountyny.gov/aging/> to find out what upcoming events are being held by the Ulster County Office for the Aging.

Thank you for making 2016 a great year and I look forward to working with you in 2017!

**Mike Hein**

*Ulster County Executive*

# 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

# PUT LIFE BACK IN YOUR LIFE

**Taking  
Care  
of  
Diabetes**



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

**Mondays-January 23rd thru February 27<sup>th</sup> 1-3:30pm**

**At Saugerties Public Library  
91 Washington Ave, Saugerties, NY**

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

**To register: Call UCOFA at 845-340-3456**

**For more information: Call Marge Gagnon RN, MS, CNS @ 845-706-6459**

**Or e-mail [rwcsarc@aol.com](mailto:rwcsarc@aol.com)**

**Offered through Ulster County Office for the Aging 845-340-3456**





# TAI CHI FOR ARTHRITIS

**Wednesdays AND Fridays, 4:15 p.m.**

**Starting February 15<sup>th</sup>**  
*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**





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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-*

*Happy New Year!! I really want to thank our County Executive, Mike Hein, who is so supportive of the work we do at the Office for the Aging. I am also grateful to my staff members, who work hard to help Ulster County seniors in so many ways. We feel honored to serve the seniors of Ulster County.*

*We are always encouraging seniors to stay healthy. One of our signature programs is our weekly Mall Walk on Tuesdays at 10 a.m. This has been a fun way to get together and exercise in a safe environment. We want to invite you to join us and bring a friend—it's a great way to kick off the new year!*

*OFA Lunch and Learn events for Ulster County Seniors continue in 2017. We have three new interesting topics scheduled at the Business Resource Center, along with a free lunch. On January 23, 2017 we are offering **“Healthy Aging 101: You CAN create emotional well-being.”** On January 31, 2017 we are offering **“Medications 101: What you need to know about medications and the unique effects they can have on older persons.”** And on February 8, 2017 we are offering **“How seemingly benign activities can cross over and become problem behaviors.”** You can read more about these programs in this newsletter. Remember to call the OFA to sign up—RSVP is a must because we have limited space 845-340-3456.*

*Wishing you all the best for 2017 from your friends at the Ulster County Office for the Aging!*

*Kelly*



## **OFA Lunch and Learn Events 2017 For Ulster County Seniors**

Three new subjects are being offered, along with our signature free lunch. We are holding these at the Business Resource Center at One Development Court (room 114), Kingston NY. You must register at the Ulster County Office for the Aging by calling 340-3456, space is limited. These events are being sponsored by the Institute for Family Health.

**On January 23, 2017 we are offering “Healthy Aging 101: You CAN create emotional well-being.”** Healthy and Happy Aging doesn’t happen naturally for many of us who are privileged to live in to the “golden” years. While medical science and medications have served to lengthen our lives, we need to do things that will ensure that older life is truly golden. As we inevitably experience loss, whether of loved ones or our own prowess, we need to learn how not to be defeated but how to become our happiest selves. **Presenters are Zachary Biden Weber and Denise Simrany who are licensed Social Workers at the Institute of Family Health.**

**On January 31, 2017 we are offering “Medications 101: What you need to know about medications and the unique effects they can have on older persons.”** Medical science has brought us much for the treatment of health conditions. It is important that seniors and their care givers understand that some medications and some dosage levels that are fine for the younger adult, may not be for seniors. This presentation will alert you to the medications that can be contra-indicated in older persons and look at negative synergist reactions between common drugs. Bring your medications and dosage list for a private, one-on-one review of your medications. **Presenting is Tom McCarry of the Institute for Family Health. Physician Residents will be in attendance for medication reviews.**

**On February 8, 2017 we are offering “How seemingly benign activities can cross over and become problem behaviors.”** Come and get some insight into how an activity of pleasure can develop in to a serious life problem. Have you ever wondered how one person can enjoy drinking alcohol or betting occasionally but another is completely taken over by the behavior? Have you ever felt helpless as you have watched this happen to a friend or loved one? This presentation will inform you of the science behind addictions. **Presenting is Coleen Palmer of the Institute for Family Health. |**



THE ULSTER COUNTY  
OFFICE FOR THE AGING

WOULD LIKE TO THANK THE

WGHQ HAPPY  
CHRISTMAS FUND

FOR THEIR DONATION

TO OUR HOME DELIVERED MEALS  
PROGRAM.



## Wants to Help You Save

Central Hudson Gas & Electric Corporation is helping low-income families save energy by distributing 10,000 high efficiency LED light bulbs at no cost to eligible households under its Community Lighting Program through agencies supported by local United Way chapters and other community service organizations. "This is all a part of an effort to assist our customers, including our most vulnerable, in becoming more energy efficient," said Michael L. Mosher, President and C.E.O. of Central Hudson.

LED bulbs are designed to reduce electricity used for lighting by 80 percent while producing the same brightness. By lowering energy use, each LED bulb is estimated to save households an average of \$3.85 per year, and with an expected life span of more than 22 years, provide a total lifetime savings of \$88 each.

Eligible households must be served by participating agencies supported by the United Way of Dutchess-Orange Region or the Ulster County United Way, or by other participating community service organizations offering programs that serve low- to moderate-income community members. Each eligible household may receive a maximum of eight lights, for a total potential combined savings of more than \$700 over the life of the bulbs.

Organizations currently distributing the LED lights include Family Services, Astor Services, Poughkeepsie Farm Project, Hudson Valley Cooperative, Center for the Prevention of Child Abuse, Cornell Cooperative Extension, Shandaken Food Pantry, New Paltz Family Health Center, Ulster County Community Action, Ulster County Healthy Families, Phillies Bridge Project and Catholic Charities. Additional agencies are also enrolling in the program. Recipients must meet agency qualifications and be a customer of Central Hudson.

Eligible families may learn where to obtain the free LED lights by calling their service agency directly, or by contacting Su Marcy of the United Way of Ulster County at (845) 331-4199, [sumarcy@ulsterunitedway.org](mailto:sumarcy@ulsterunitedway.org), or Kim Kochera of the United Way of Dutchess-Orange Region at (845) 471-1900 ext. 3122, [kkochera@uwdor.org](mailto:kkochera@uwdor.org). Additional community service organizations interested in distributing lights may contact Michael Lauchaire of Central Hudson at [mlauchaire@cenhud.com](mailto:mlauchaire@cenhud.com).



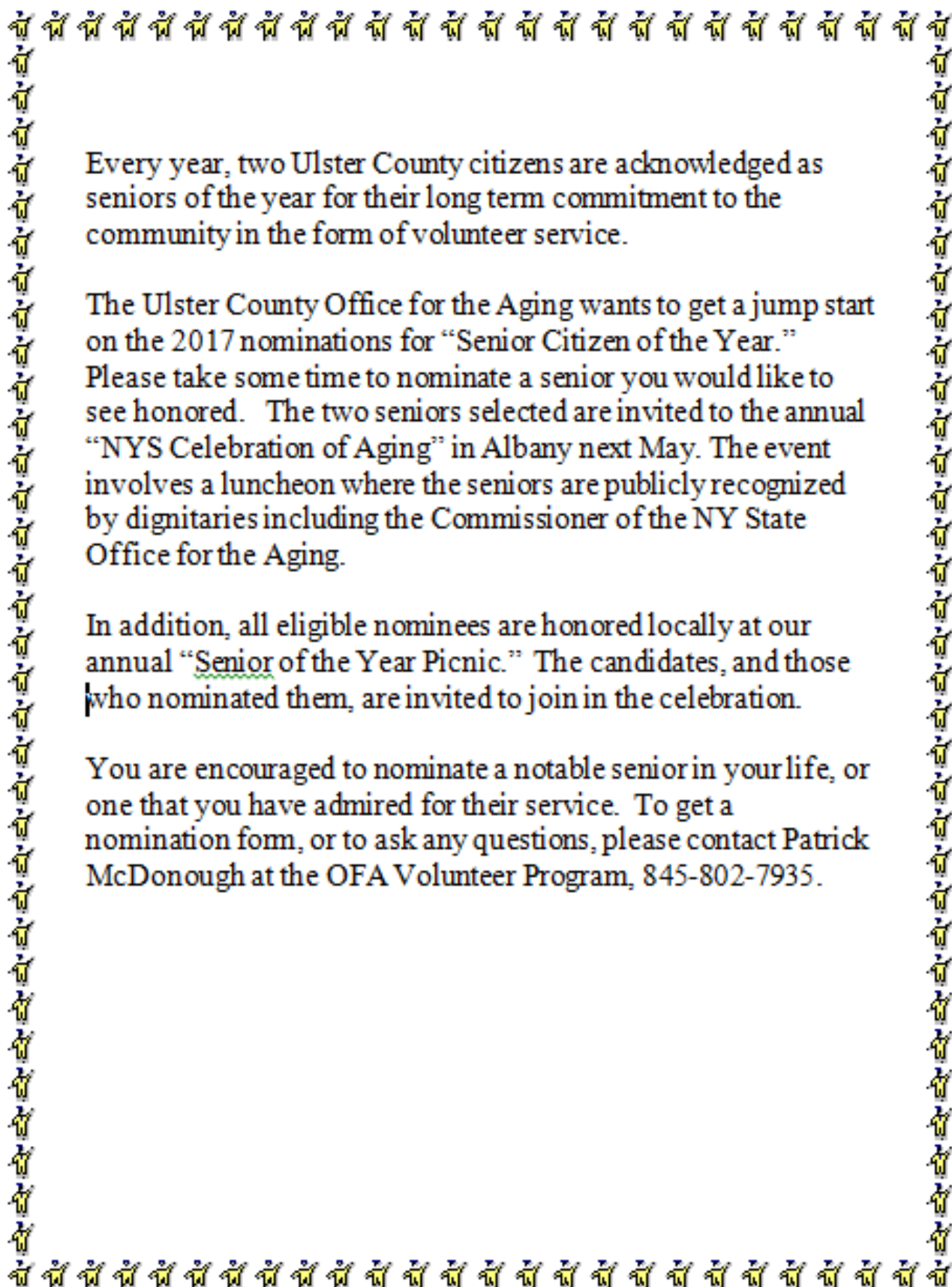


As winter approaches, many consumers will look to professionals to clear their driveways, storefronts and parking lots of snow and ice.

The Ulster County District Attorney's Division of Consumer Affairs offers these tips to prevent misunderstandings and avoid unnecessary disputes:

- ❖ Get it in writing (all services, restrictions, obligations and refund policies);
- ❖ Be aware of additional fees (during and after big snowstorms);
- ❖ Ask for and contact references;
- ❖ Call Consumer Affairs at 845-340-3260 regarding unresolved prior complaints;
- ❖ Avoid large up-front deposits (periodic payments ensure customers are not paying for services not provided).





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.

*Lifelong Learning Institute (LLI) of  
SUNY-New Paltz  
will have an information session for  
Spring 2017 classes*

*on*

*January 19, 2017*

*11:00-12:00 at Woodland Pond*

*100 Woodland Pond Circle, New Paltz.*

*LLI offers a wide variety of courses for people  
55 and older.*



*The information session is free  
and open to the public.*

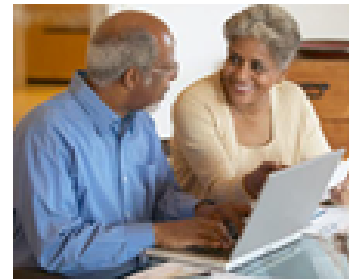
*Tea and cookies will be served.*

## **AARP FOUNDATION TAX-AIDE**

The AARP Tax-Aide program is looking local volunteers for the upcoming tax season. Sites are open annually from late January/early February to April 15th throughout Ulster County.

The AARP Tax-Aide program is the nation's largest volunteer-run tax assistance and preparation service, preparing tax returns and answering tax questions free of charge. AARP Tax-Aide is a program of the AARP Foundation and is offered in conjunction with the IRS.

The AARP Tax-Aide program provides free personal income tax assistance and tax form preparation to low- and moderate-income taxpayers, with special attention to those age 60 and older, many of which may miss out on credits and deductions they've earned because they can't afford to pay for professional tax preparation.



AARP Foundation Tax-Aide has volunteer opportunities for people at every level of experience who want to stay sharp while giving back. Interested volunteers should have familiarity with personal income taxes and be comfortable working with a laptop computer. All volunteers receive training in both tax law and tax software use from experienced AARP trainers.

For more information about volunteering with TaxAide, please contact Rich Dooley, Ulster County District Coordinator, at 845-246-0696.

# 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!**

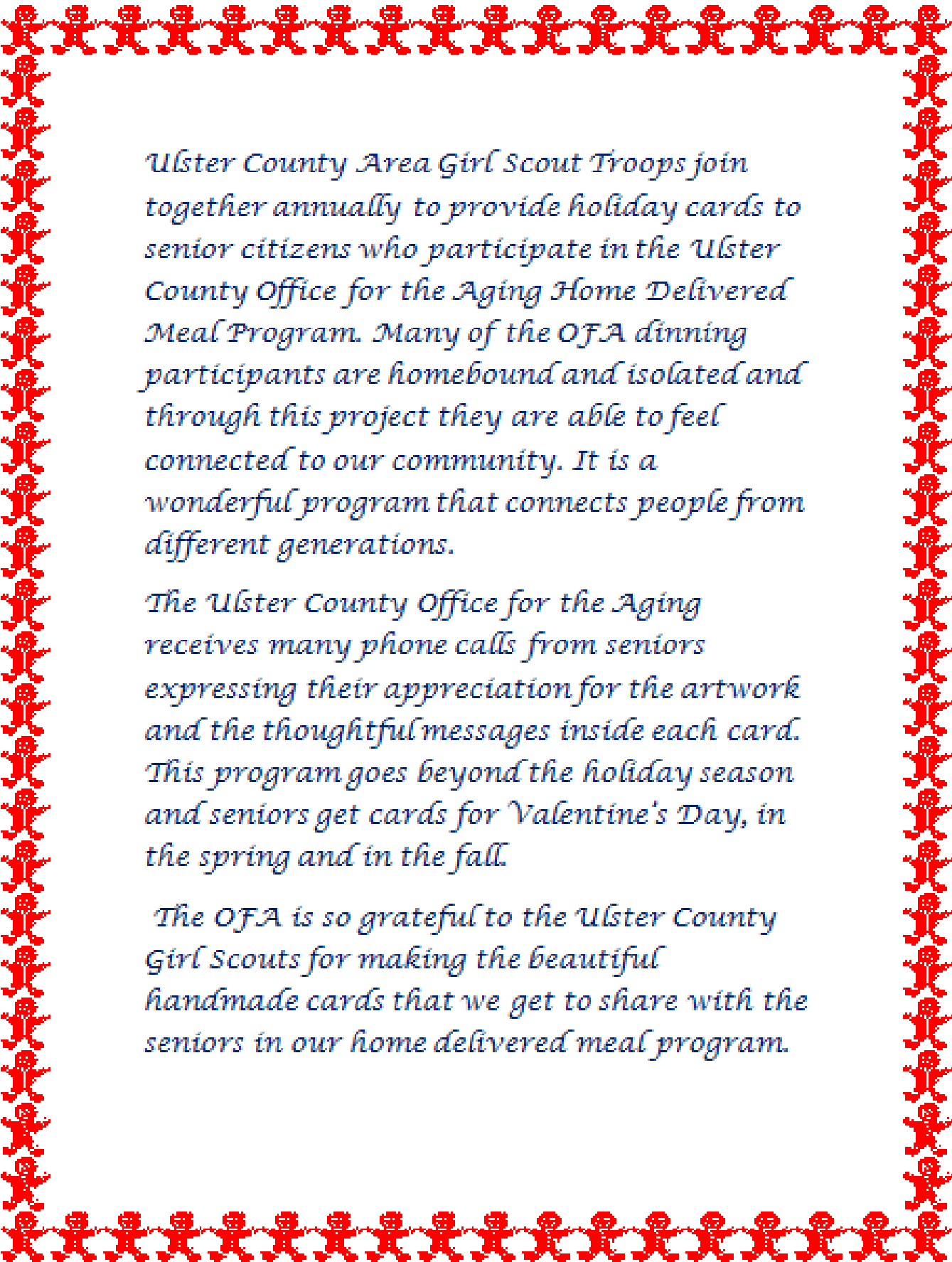
**JOIN OUR TEAM TODAY!**

**845-229-4680**

**[Gloria@hudsonvalleyltcop.org](mailto:Gloria@hudsonvalleyltcop.org)**







*Ulster County Area Girl Scout Troops join together annually to provide holiday cards to senior citizens who participate in the Ulster County Office for the Aging Home Delivered Meal Program. Many of the OFA dining participants are homebound and isolated and through this project they are able to feel connected to our community. It is a wonderful program that connects people from different generations.*

*The Ulster County Office for the Aging receives many phone calls from seniors expressing their appreciation for the artwork and the thoughtful messages inside each card. This program goes beyond the holiday season and seniors get cards for Valentine's Day, in the spring and in the fall.*

*The OFA is so grateful to the Ulster County Girl Scouts for making the beautiful handmade cards that we get to share with the seniors in our home delivered meal program.*