

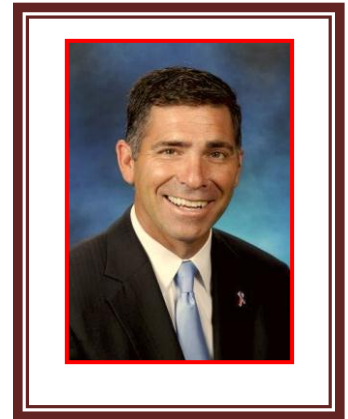


# Ulster County Office for the Aging

**July 2015 Newsletter**

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

## The Volunteer Program is Saved!



I am so proud to tell you that when the RSVP Program was at risk of closure, as your County Executive, working in conjunction with the Ulster County Legislature, we ensured that this valuable service continued in our community. This program is essential in engaging seniors as volunteers and matching their valuable skills and experiences with appropriate volunteer opportunities throughout Ulster County. Whether it is driving someone to a doctor's appointment, helping a neighbor remain independent or assisting a local elementary school as a reading tutor, there are so many opportunities for seniors to help others in the community. So I have asked Kelly McMullen, Director of Ulster County's Office for the Aging to continue a similar program and I am pleased to say that there are approximately 400 volunteers at this time. Many not-for-profits in our community simply could not function without these valuable services and I am proud to say that the senior citizens of Ulster County are truly amazing.

If you or someone you know is interested in volunteering or just as importantly needs to find out about some of the services offered, please contact the Ulster County Office for the Aging Volunteer Program at 845-802-7655. For the Neighbor to Neighbor program, helping seniors get to medical appointments, please call 845-802-7661.

**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**

# PUT LIFE BACK IN YOUR LIFE



Take  
Charge  
Now



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

Fridays July 17<sup>th</sup> through August 21<sup>st</sup>

*At the Clinton Avenue United Methodist Church, Kingston NY*

*From 1-3:30pm*

*Sponsored by the Ulster County Office for Aging thru HAHV*

- Overview of becoming self management and 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 Marge Gagnon RN, MS, CNS @ 845-706-6459

e-mail [rwscrc@aol.com](mailto:rwscrc@aol.com)

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



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# Ulster County Office for the Aging



## *Senior Sing Along at the Fair*

*Thursday, July 30th*

*Senior Day at the Ulster County Fair*

Come to the pavilion at 11:30 and have some fun with the

Office for the Aging Staff and our musical friends

**The Roving Cowboys**



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

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**Remember seniors get free admission to the  
Ulster County Fair on Senior Day  
10:00 a.m. to 4:00 p.m. on July 30<sup>th</sup>!**

# Senior Prom

The Senior Prom at Rosendale Recreation center on June 22<sup>nd</sup> was a huge success. We had a photo booth and fabulous music by the Elderly Brothers. Mountain Valley Manor did a great job with the food and people really dressed up and made it a festive event. Thanks to all for the help and enthusiastic participation!



*OFA Director Kelly McMullen with the King and Queen of the Prom.*

# Lifeline Free Phone Program

Lifeline is a public assistance program that offers qualified, low-income customers a **free phone** or **discount** on their wireless monthly telephone bill depending on your eligibility. The Free Phone program offers free phone services including free limited airtime and limited text messages. The aim of the Lifeline program is to ensure that everyone has a cell phone since it has become a necessity of modern life. A phone helps in emergencies and aides with employment opportunities. A phone is a link to the outside world, but many low-income families find it difficult to afford a phone and pay monthly bills. Lifeline helps such families by offering free cell phones and limited phone services.

You may qualify for the Lifeline Program in New York, if you participate in one of the following programs:

- **SNAP-** Supplemental Nutrition Assistance Program
- **SSI-** Supplemental Social Security Income
- **HEAP-**Home Energy Assistance Program
- **Medicaid \* Temporary Assistance \* Section 8 \* National School Lunch**

Participating Free Lifeline Service providers for Ulster County are:

- **Assurance Wireless Call 1-888-898-4888 for more information**
- **Safelink Wireless For more information call: (800) 723-3546**

Lifeline Discounted Phone Services are available in Ulster County through:

- **Sprint Lifeline/Link-up Assistance Program.** call 866-827-3290 or visit [www.sprint.com](http://www.sprint.com) for more information.
- **Verizon Discounted Phone Service:** For more information call: (800) 837-4966

**If you are receiving a reduced Lifeline rate on your landline phone, you cannot receive a free Lifeline cell phone from Assurance or Safelink.**



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

**"LIVE, LAUGH & LEARN"**  
18<sup>th</sup> ANNUAL SENIOR DAY OF WORKSHOPS  
Thursday, August 13, 2015

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

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

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

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

WORKSHOPS INCLUDE:

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



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

Ulster County Community College

Resource Center for Accessible Living

**CDPHP**

**MVP**

**GOLDEN HILL NURSING & REHABILITATION FACILITY**

**Ulster County  
Office for the Aging**

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



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

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*Kelly McMullen*

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*Dear Ulster County Seniors,*

*I am busier than ever getting Office for the Aging programs and services set up! You probably have heard we will be heading up the volunteer program formerly known as the RSVP program. Our goal is to keep it exactly the same and just keep improving on a good thing! Patrick McDonough will be our man in charge of things—and that means he will be taking orders from our fabulous volunteers who know the ropes. We are very pleased to have Patrick as a new member of our OFA family. We also have a new part-time clerk, Rashon Forrest joining the OFA family! We are growing to meet the needs of our seniors!*

*Our senior survey just wrapped up. We had well over 300 responses! I am putting a schedule together to get out to all parts of the county and share the results.*

*I wish you a very happy 4<sup>th</sup> of July and a great summer.*

*Looking forward to seeing you soon—Keep in touch with me!!*

*Warmly,*

*Kelly*

*Director*

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