



Ulster County Office for the Aging

July 2016 Newsletter

Greetings from County Executive Michael P. Hein

**Tune in to
Healthy Ulster Radio**



I am pleased to let you know that on June 26, 2016, Ulster County began a new weekly 'Healthy Ulster Radio' program designed to advance our goal of making Ulster County the healthiest county in New York State. 'Healthy Ulster Radio' will be co-hosted by Ulster County Commissioner of Health and Mental Health, Dr. Carol Smith and Vincent Martello, Director of Community Health Relations of the Ulster County Department of Health and Mental Health. The program will air on Pamal Broadcasting's Kingston based stations, WBPM (92.9 FM) at 7:30 a.m. and WGHQ (920 AM), WLNA (1420 AM) and WBNR (1260 AM) at 8:30 a.m. The weekly program will explore community health and sustainability with guests representing a broad spectrum of community partners and sectors working to make Ulster County the healthiest county in New York State.

In addition, Office for the Aging Director Kelly McMullen can be heard on radio station WGHQ (920 AM) the second Tuesday of every month. She is able to provide Senior Citizens with important information, special events, and current programs.

There are many great things happening in Ulster County so I invite you to turn on your radio and tune in so you don't miss a thing. Have a fun and safe summer!

Mike Hein
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

Ulster County Office for the Aging



LUNCH AND LEARN
Thursday, July 14th at Noon
BRC, 1 Development Ct, Kingston, Room 114

**When is it Time
to Downsizing?**

How to declutter your home and make it safer

Presented by Colleen Mountford of
Next Step Home

FREE LUNCH

FOR ULSTER COUNTY SENIORS who RSVP

Call OFA to RSVP 845-340-3456

Space is limited



Michael P. Hein, Ulster County Executive

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



**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

49 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

**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.

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**



Ulster County Office for the Aging invites seniors to

TAI CHI FOR ARTHRITIS

With Celeste Graves

Wednesday AND Friday 4:15PM

July 20th – September 9th
twice a week for eight weeks

at

Saugerties Public Library

91 Washington Ave, Saugerties, 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



Long-Term Care Ombudsman Services and Volunteer Opportunity

*Are you interested in learning about ombudsman services?
Are you concerned about elderly family members, relatives or neighbors?
Are you looking for community involvement?*



Many residents of nursing homes and assisted living facilities cannot voice grievances on their own behalf.

These vulnerable residents NEED Certified Volunteer Ombudsmen!

The Hudson Valley Long Term Care Ombudsman Program is seeking volunteers willing to contribute a minimum of two hours a week to provide services to Ulster County residents as an advocate for their rights, care concerns and quality of life.

Come learn about Ombudsman services and becoming an Ombudsman volunteer (optional)

Information Session

Wednesday, July 27th, 1:00p.m.

Business Resource Center, 1 Development Court, Kingston NY, Room 114

For more information and RSVP contact: Patrick McDonough, Volunteer Coordinator at Ulster County Office for the Aging (845) 802-7935 or pmcd@co.ulster.ny.us



Michael P. Hein, Ulster County Executive
Kelly McMullen, Director of Office for the Aging



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 Café events in their communities. If you are interested in bringing Repair Café to your community, John would be happy to point you in the right direction ([email John](#)). You can also check out the [Repair Café 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 Café, 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: Saturday, July 30, 2016: 11am-3pm kingstonrepaircafe@gmail.com or 845-339-2526, Clinton Avenue United Methodist Church, 122 Clinton Ave, Kingston, NY 12401

New Paltz: July 16, 2016, 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*

We love serving seniors at the Office for Aging. One of our most important programs is our Health Insurance Counseling Program (HICAP)—one on one counseling that helps seniors navigate their Medicare and supplemental insurance options. Recently, the Senate Appropriations Committee proposed to eliminate funding for this program. Seniors-- you can let your representatives in congress know that you want to keep this important program. It is easy and you can make a difference-- Cut and paste this link into your web browser and put in your zip code.

http://action.medicarerights.org/p/dia/action3/common/public/?action_KEY=19066

FARMERS' MARKET COUPONS are HERE! 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. The coupons can be used until November 30 to buy locally grown fresh fruits, vegetables and herbs from the markets. If you have questions about your eligibility, the locations of participating local markets, or how the program works, contact the us at the OFA (845)340-3456 or the state's senior hotline at (1-800)342-9871.

I was concerned when I heard that older adults who are food insecure are twice as likely to have diabetes and 5x more likely to be depressed. NY State has a great program to help low income people pay for food and 55% of older adults are eligible but not receiving Supplemental Nutrition Assistance Program (SNAP) benefits. **SNAP is not welfare; it is a nutrition assistance program.** You could be eligible to receive from \$16 to \$194 dollars per month (\$130 average). Please call 845-334-5200 and let Ulster County help you or someone you love.

Happy Summer!

Kelly

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



SAVE THE DATE!

4th Annual David Fletcher Community Service Award Luncheon

Honoring

Christine S. and Michael P. Hein

Tuesday, July 19th at Best Western Hotel

503 Washington Avenue, Kingston

For reservations, or to place an ad in the event journal call

845-338-2980 or email jfs.ulster@gmail.com



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.”



Empty Bowls

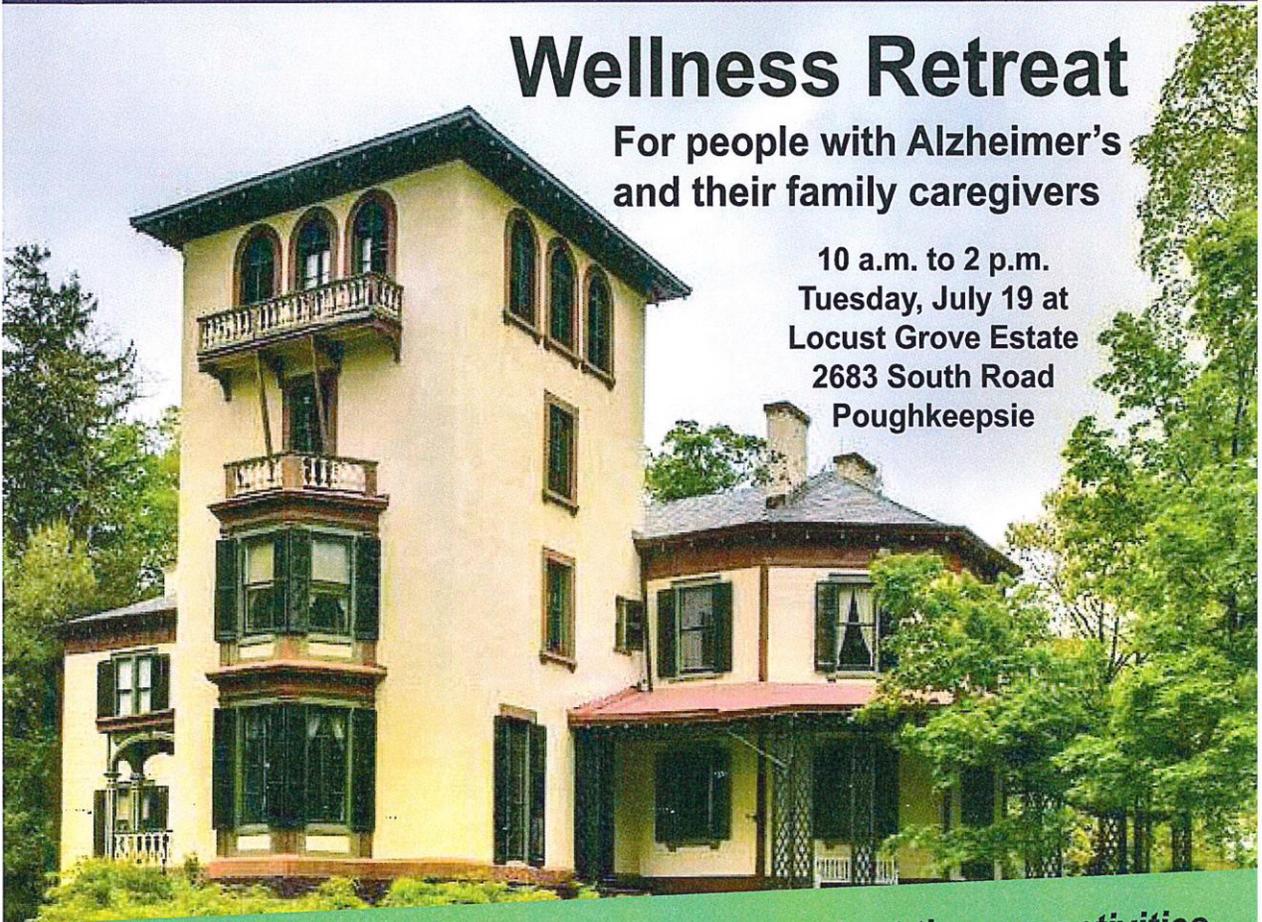


“Fill the empty bowls of the hungry.”

Wellness Retreat

For people with Alzheimer's
and their family caregivers

10 a.m. to 2 p.m.
Tuesday, July 19 at
Locust Grove Estate
2683 South Road
Poughkeepsie



*Enjoy mansion and garden tours, music and art therapy activities
and lunch together. Respite care and caregiver massage available.*



A free program to help you get out,
socialize and have some relaxing fun
with your loved one with early- or
middle-stage Alzheimer's disease at
Locust Grove Estate in Poughkeepsie.



RSVP required; call Joan Carl at 800.272.3900 with questions or to RSVP.

This programs is supported in part by a grant from the New York State Department of Health.



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.

07/9/16 0830 signin, starts 9am Russell Brott senior center, Lake Katrine; register at 339-7885 10am-7pm

07/23/16 0830 signin, 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)

RE: PRESS RELEASE – BEWARE SUMMER SCAMS

Summer is finally here and it's a great time for vacations and home repairs, but don't let scammers ruin the fun. The Ulster County District Attorney's Division of Consumer Affairs warns about popular summer scams the public should be aware of.

- Vacation scams: Fake travel agents and websites use too-good-to-be-true deals only to take your money. Whether it's a fake timeshare rental or a bogus Florida vacation, don't let a vacation scam take you for a ride. Make sure the offer is legitimate by verifying the name, address and reputation of the company.
- Moving scams: What is the mover's reputation? Before moving your household goods movers are required to give you the booklet entitled Your Rights and Responsibilities When You Move. Copies of this booklet can be downloaded from the website www.protectyourmove.gov.
- Concert ticket scams: Be wary of sellers who offer a sad tale as to why they cannot use the tickets, only accept cash, want the money wired, and/or pressure you to act quickly.
- Door-to-door scams: What are the address, name and reputation of the company that shows up unsolicited to pave your driveway or clean your chimney? Get all promises in writing. Never sign a contract that has an open-ended completion date or blank spaces.
- Employment scams: Be wary of employers who require fees for training and background checks.

The Division of Consumer Affairs can be reached at 340-3260.

TO: MEDIA
FROM: HOLLEY CARNRIGHT
DATE: JUNE 27, 2016
RE: PRESS RELEASE – SEMINAR MARKETING

Consumers who plan to attend free seminars should be aware that in most cases the presenters will promote products and services that are for sale. Products sold at these seminars include self-improvement, investment education materials, home based businesses and timeshare vacation packages. The Ulster County District Attorney's Division of Consumer Affairs offers the following tips to individuals interested in attending such seminars:

- Take your time. Avoid high-pressure sales pitches that require you to buy now or risk losing out on the opportunity;
- Check out the company before signing a contract. What is the physical address and reputation of the company?
- Be sure to read and understand the entire contract before signing. What is the cancellation/refund policy?

Consumer Affairs can be reached at 340-3260.

YOU BE THE JUDGE

- ❖ **WHAT:** Chef Challenge: Salad Edition
- ❖ **COST:** FREE
- ❖ **WHEN:** Tuesday, July 12, 2016, 9am – 12pm (Rain or Shine)
- ❖ **WHERE:** People's Place Food Pantry, 17 St. James St, Kingston
- ❖ **ABOUT:** Chefs will create healthy, tasty salads using fruit, vegetables and ingredients from the Farm Stand and Food Pantry. Taste, judge, and vote on your favorite salad. Recipes will be available. Fresh fruit, vegetables, and salad ingredients free to all.
- ❖ **WHO:** Culinary Institute of America chefs & professional chefs from Kingston

For More information contact People's Place at 338-4030 or email at director@peoplesplaceuc.org or Carrie Jones Ross, Food Sourcing Coordinator at the Food Bank of the Hudson Valley at 534-5344, ext. 112

Produce provided by the Food Bank of the Hudson Valley. The Chef Challenge is made possible by the Community Foundation of the Hudson Valley, through a grant from the New World Foundation's Local Economies Project.

New Advocacy Opportunity to Save Our SHIPs!

Ask Your Representative to Sign on to House Letter

June 28, 2016

As n4a's [June 13 Legislative Update](#) and [June 21 Advocacy Alert](#) detailed, the Senate Labor-HHS measure that recently passed out of the full Appropriations Committee would zero out the State Health Insurance Assistance Program (SHIP). Eliminating SHIPs would leave millions who need support comparing coverage options, appealing denials, applying for financial assistance, and navigating increasingly complex Medicare benefits stranded—with nowhere to turn.

While the Senate proposed eliminating SHIPs, the House Labor-HHS Appropriations Committee has not yet finalized their spending plan, but may do so shortly after the 4th of July. n4a and other national aging advocacy organizations have been very focused on outreach to the House to ensure leaders in that chamber reject the Senate's recommendation to eliminate funding for SHIPs. To this end, the House Seniors Task Force is circulating a [Dear Colleague letter](#) to House Appropriations Committee leaders encouraging them to fully fund SHIPs in FY 2017.

Please reach out to your Representatives not just to educate them on the value of the SHIP program and the need for continued funding, but also to ask them to sign on to the Dear Colleague letter supporting SHIPs!

Action Steps:

Reach out to your Members of Congress and let them know your agency opposes the Senate Appropriations Committee's SHIP funding recommendation. You can still use [the Alert](#) we sent last week to send a customized email or send them an email directly, but make sure you communicate the value of the SHIP program in your community!

NEW: Ask your Representative to sign onto the [Dear Colleague letter](#) supporting SHIP funding in the House Labor-HHS appropriations bill. Members of Congress who wish to sign on can contact Cathy Hurwit (202.225.2111) or Megan Sussman (202.225.7163).

Engage your community! Keep up the drumbeat on this issue! The [n4a & Medicare Rights Center alert](#) is easy to understand and makes taking action very simple. Please **both continue share [the link](#)** with your providers, advisory boards, partners, SHIP volunteers and consumers to take action **and encourage your Representatives to sign the [Dear Colleague letter](#)** in the House!

Note, as you reach out it's also important to PERSONALIZE the emails you send and share anecdotes about the type of direct assistance SHIPs

provide, data on how many volunteer hours are provided in your area and other stories or data sets that will educate Congress about the value of the SHIPs.

For national data and background information on SHIP:
<http://www.acl.gov/Programs/CIP/OHIC/SHIP.aspx>

Thank you for your advocacy on this important issue!

If you have questions or concerns about this *Advocacy Alert* or n4a's policy positions, please contact Autumn Campbell at acampbell@n4a.org and Amy Gotwals at agotwals@n4a.org.