



# Ulster County Office for the Aging

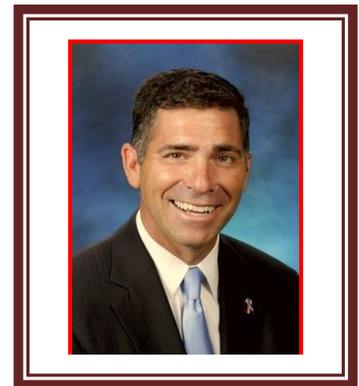
**June 2016 Newsletter**

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Greetings from County Executive Michael P. Hein

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## Raising HOPE a new partnership with the United Way



I am pleased to join Ulster County Office for the Aging Director Kelly McMullen in announcing a new partnership with the United Way of Ulster County. Senior volunteers from the Office for the Aging will now have an opportunity to work collaboratively with the United Way's women's initiative, Raising HOPE: Women Mentoring Women to Success. Volunteers will have the option to participate in either a short-term or longer-term commitment. It may mean accompanying a woman to a medical appointment or assisting in completing a job application. Some volunteers may be interested in a longer commitment in which they work with a woman to establish a plan of action to achieve specific personal and professional goals. In either case, the Office for the Aging volunteers will be helping to make a difference by creating an avenue for success.

Our seniors are a valuable resource with many talents, skills and community connections which they can share with women participating in Raising Hope, women who have the will to succeed, but not always the way. I am pleased that our Office for the Aging is partnering with the United Way of Ulster County in this important endeavor which will positively change lives.

This partnership coincided with the conclusion of Older American's Month and the theme "blaze a trail," acknowledging the perennial contributions of older adults to our nation as they advocate for themselves, their peers and their communities. For more information, please contact Pat McDonough at the Office for the Aging at 845-802-7935, the United Way of Ulster County at 845-331-4199, or visit <http://www.raisinghopeulster.org>.

Thank you for all you do throughout our community!

**Mike Hein**  
County Executive



# Ulster County Elder Abuse Prevention Task Force Conference

Michael P. Hein, Ulster County Executive  
Kelly McMullen, Director, Office for the Aging  
Michael Iapoce, Commissioner, Department of Social Services

## SAVE THE DATE

### Tuesday, June 21<sup>st</sup> 2016

Ulster County Community College  
Stone Ridge NY, Vanderlyn Hall

9:00 Registration

9:30 **Smart Seniors** – *Spot scams and prevent being a victim.*  
Presented by Gary Brown, NYS Assistant Attorney General.

11:00 **Elder Abuse Prevention: a Sampling of Interventions, Regulations,  
Laws and Practices**– Presented by Susan Carroll, Esq. of PACE WOMEN'S JUSTICE CENTER

12:30 **Lunch & Learn** panel discussion: **The Roles of Ulster County Departments Addressing Elder Abuse**

**This is a Free Event but Reservations are Required. Please call Office for the Aging 845-340-3456**



*This conference is made possible by funding from NYSOFA and Jewish Family Service's grant  
from Life Span/David Fletcher Center for Elder Abuse Prevention*



# 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

Are you familiar with Ulster County NY Connects? Have you met our dedicated NY Connects staff person, Gloria Ferraro?



**NY Connects**  
Your Link to Long Term  
Services and Supports

of ULSTER COUNTY

(800) 342-9871 (845) 334-5307

We have partnered with the Resource Center for Accessible Living (RCAL) as well as RUPCO and we have trained NY Connects staff in their offices to provide more information to more people. Our goal is to help Ulster County residents get the information they need to make informed decisions about long term care. At the Office for the Aging we want to make sure we help you get connected to the services you need to be as independent as possible.

NY Connects is a trusted place where you can get the information and assistance you need to make informed decisions for the care you need. Long Term Care can include many services that will help people of all ages remain independent in their daily lives. Finding those services can be confusing.

A child or an adult with a disability, an older adult, caregivers, family members, friends or neighbors and even helping professionals should reach out to Ulster County NY Connects, at 845-334-5307, to discuss needed services.



# 2016 Senior of the Year Picnic



**Ulster County Executive Michael P. Hein with 2016 Male Ulster County Senior Citizen of the Year, Greg Greer**



**Ulster County Executive Michael P. Hein with 2016 Female Ulster County Senior Citizen of the Year, Barbara Sarah**



**Ulster County Executive Michael P. Hein with 2016 Ulster County Senior Citizen of the Year Nominees**

To see more pictures from the event go to our [Photo Gallery](#) page on our website

## Heat Stress in Older Adults

<http://emergency.cdc.gov/disasters/extremeheat/older-adults-heat.asp>

**Older adults (that is, people aged 65 years and older) are more prone to heat stress than younger people for several reasons:**



- Older adults do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

### Heat Stroke

**Heat stroke is the most serious heat-related illness.** It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

### Signs and Symptoms of Heat Stroke

**Warning signs vary but may include the following:**

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

### Heat Exhaustion

**Heat exhaustion is a milder form of heat-related illness** that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

### Signs and Symptoms of Heat Exhaustion

**Warning signs vary but may include the following:**

- Heavy sweating

- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

### **What You Can Do to Protect Yourself**

**You can follow these prevention tips to protect yourself from heat-related stress:**

- Drink cool, nonalcoholic beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.)
- Rest.
- Take a cool shower, bath, or sponge bath.
- If possible, seek an air-conditioned environment. (If you don't have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off.)
- Wear lightweight clothing.
- If possible, remain indoors in the heat of the day.
- Do not engage in strenuous activities.

**What You Can Do to Help Protect Older Adult Relatives and Neighbors**  
**If you have older adult relatives or neighbors, you can help them protect themselves from heat-related stress:**

- Visit older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke.
- Encourage them to increase their fluid intake by drinking cool, nonalcoholic beverages regardless of their activity level.

**Warning:** If their doctor generally limits the amount of fluid they drink or they are on water pills, they will need to ask their doctor how much they should drink while the weather is hot.

- Take them to air-conditioned locations if they have transportation problems.

**What You Can Do for Someone With Heat Stress**

**If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person. Do the following:**

- Get the person to a shady area.



- Cool the person rapidly, using whatever methods you can. For example, immerse the person in a tub of cool water; place the person in a cool shower; spray the person with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101°–102°F
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the person alcohol to drink.
- Get medical assistance as soon as possible.

From: <http://emergency.cdc.gov/disasters/extremeheat/older-adults-heat.asp>

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**



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

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**UCOFA at WestCOP's Foster Grandparent Recognition Event**

*On Friday, May 6<sup>th</sup>, 2016, I had the privilege attending the Westchester Community Opportunity Program's (WestCOP) annual Upstate Foster Grandparent Recognition event at The Chateau in Kingston. I presented the Ulster County Proclamation for Ulster County Executive Mike Hein, declaring the day "**Foster Grandparent's Day of Recognition.**"*

*The Foster Grandparent Program has been in existence since 1965 and is federally funded by the Corporation for National and Community Service. WestCOP'S Foster Grandparent Program provides volunteer opportunities to low-income senior citizens. This program places eligible seniors in academic settings to work with young people throughout Westchester, Putnam, Dutchess, Sullivan, Ulster and Orange counties. A Foster Grandparent volunteer must be a minimum of 55 years of age and income eligible. They receive a tax-free hourly stipend for their 15 to 35 hours of weekly service activities. As a Foster Grandparent you serve children who need some extra help in the classroom as a tutor and a mentor. You help children learn to read and discover math while assisting the teacher with a variety of other classroom activities*

*Please call our volunteer coordinator at the Ulster County OFA, Pat McDonough for more information about this volunteer opportunity or if there is something you might be interested in—845-802—7935.*



8<sup>th</sup> ANNUAL

# WORLD ELDER ABUSE AWARENESS DAY 2016

*-A Conference for Everyone-*

## THE FACES OF ELDER ABUSE What do they look like?

**Friday, June 10<sup>th</sup> 9:00 am-1:00 pm**

Check-in begins at 8:15 am

Poughkeepsie Elks Lodge #275– 29 Overocker Road, Poughkeepsie NY 12603

Keynote speaker

**Arlene M. Markarian**

Chief of the Elder Abuse Unit

Kings County (Brooklyn) District Attorney's Office

Free & Open to the Public ✦ Vendors ✦ Refreshments ✦ Silent Auction

*Space is limited. Please register at [www.dutchessmediation.org/events](http://www.dutchessmediation.org/events)  
or call (845) 471-7213 Extension 212*



*The Coalition on Elder Abuse in Dutchess County is under the auspices of the Mediation Center of Dutchess County*

**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 for  
Veterans of WW II, Korean War and  
Vietnam War are invited!**

# **Veteran's Monthly Lunch**

**First Tuesday of Each Month at Noon**

**U.C. Veteran Services Agency**

**Conference Room 108**

**5 Development Court, Kingston, NY**

**RSVP a must, space is limited. 845-340-3190**



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

**Ulster County Office for the Aging**



**LUNCH AND LEARN**  
**Thursday, July 14<sup>th</sup> at Noon**  
BRC, 1 Development Ct, Kingston, Room 114

**When is it Time to  
Start 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**

## 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](mailto:pmcd@co.ulster.ny.us)



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



**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](mailto:jfs.ulster@gmail.com)*