Ulster County Office for the Aging

March 2016 Newsletter

Greetings from County Executive Michael P. Hein

Be Aware Veteran Scam

Our seniors are very caring and generous people so I want to bring to your attention an apparent phone scam that is targeting county residents. A caller posing as a representative of the Ulster County Veterans' Service Agency is contacting individuals and requesting monetary donations. These calls are in no way affiliated with the Ulster County Veteran Services Agency as the County does not solicit funds via the telephone. If you or someone you know receives a phone call from someone soliciting funds for Ulster County Veteran Services, do not provide any information and please immediately contact the Ulster County Consumer Affairs Office at 845-340-3260.

On another note, I am pleased to report that over the last eighteen months, the Ulster County Patriots Project has successfully served 32 formerly homeless Veterans, providing them with critical and much needed services... and in the process changing their lives forever. If you know of any Veteran looking for assistance or more information about the Ulster County Veteran Services Agency, please call 845-340-3190.

Best Wishes,

Mike Hein
County Executive

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

PUT LIFE BACK IN YOUR LIFE

Arthritis,
Heart disease,
osteoporosis
diabetes

Chronic Disease Self-Management

FREE six-week workshop series

Are you living with or caring for someone with a chronic condition or limiting health condition? Join us!

Ulster Garden Apartments

2000 Ulster Garden Court, Kingston
Thursdays, starting March 3 thru April 7, 2016 from 1pm-3:30pm

Content includes:

- **Developing & maintaining a safe, long- term physical activity program**
- **Fatigue management**
- **Dealing with anger, depression & difficult emotions**
- **Cognitive management of pain and stress**
- **Communicating effectively with family, friends & health professionals**
- **Using prescribed medication appropriately**
- **Healthy eating**
- **Decision making & problem-solving skills**
- **Making informed treatment decisions**

To Register: Call Office for Aging 845-340-3456

For more information call Marge Gagnon RN, MS, CNS @ 845-706-6459

Michael P. 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

Hear the most up-to-date information about Medicare. For people getting ready to go on Medicare, as well as professionals and caregivers. Includes:
Medicare Part A and Part B, Medigap/Medicare Supplement insurance, Medicare Advantage/Medicare Health Plans and Medicare Part D drug coverage

Lunch and Learn

Medicare Orientation

Tuesday, March 22nd at Noon

BRC, 1 Development Ct, Kingston, Room 114

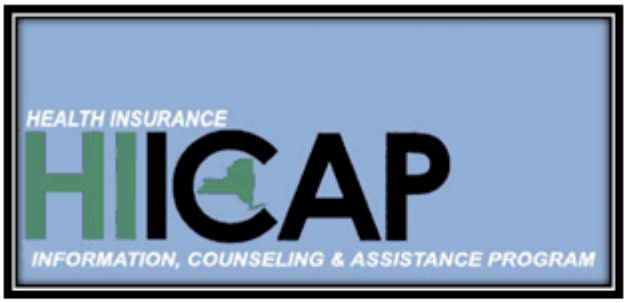
FREE Lunch for Seniors

with your RSVP: 845-340-3456

Space is limited! Please Call Ulster County Office for the Aging to reserve your spot: 845-340-3456

Michael P. Hein, Ulster County Executive

Would you like to help people navigate their Medicare health insurance options?



HIICAP provides free, accurate and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans. HIICAP helps people with Medicare, their representatives, or persons soon to be eligible for Medicare. HIICAP is headquartered at The Office for Aging. HIICAP educates and assists the public about Medicare, Medicare Advantage plans and other health insurance issues.

If you are interested in learning more about becoming a HIICAP Volunteer, please call Bob Meci, HIICAP coordinator for Ulster County

845-340-3579

HIICAP Volunteer Training

Starts March 8th Once a week for 6 weeks from 1- 2:30

Ulster County Office for the Aging

1003 Development Ct., Kingston, NY 12401

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

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

Greetings from the Ulster County Office for the Aging!

Our main mission is to help Ulster County Seniors remain safely in their homes with the support they need. We are here with information and assistance for all seniors such has health insurance counseling, legal services and meals. The OFA is able to assist people with home care services, medical alert and care giver respite services if they have income near or below $1,400 and do not qualify for Medicaid.

We have some new programs this winter at the Office for aging:

- *One-hour consultation with the Alzheimer's Association in our office by appointment.*
- *Monthly Lunch and Learn programs on topics of interest (Medicare Orientation March 22- Call to reserve).*
- *The Mall Walk Program. This program is a real hit—please come join us every Tuesday at 10 a.m.—we meet at the Food Court. The Coffee Shoppe is offering a coupon to our walkers for refreshments after the walk.*

It is time to start planning for the warmer season and so we are recruiting volunteers to staff the Ulster County Tourism Sites. We are always looking for more drivers to help seniors get to their doctor appointments as well. Thanks to County Executive Mike Hein we can pay mileage expenses for the volunteer program.

As always, you have a friend at the Ulster County Office for the Aging—keep in touch!

Warmly,

Kelly McMullen

Director

Be Aware of Scams!!

The IRS WILL NEVER...

- The IRS ***will never*** call to demand immediate payment, nor will the agency call about taxes owed without first having mailed you a bill.
- The IRS ***will never*** demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- The IRS ***will never*** require you to use a specific payment method for your taxes, such as a prepaid debit card.
- The IRS ***will never*** ask for credit or debit card numbers over the phone.
- The IRS ***will never*** threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.

Scammers are able to alter caller ID numbers to make it look like the IRS is calling. They use fake names and bogus IRS badge numbers. They often leave "urgent" callback requests. They prey on the most vulnerable people, such as the elderly, newly arrived immigrants and those whose first language is not English. Scammers have been known to impersonate agents from IRS Criminal Investigation as well.

These criminals try to scare and shock you into providing personal financial information on the spot while you are off guard. Don't be taken in and don't engage these people over the phone.

Wednesday, March 16, 2016 at Noon

Ulster Works OneStop Center

651 Development Ct, Kingston NY 12401

845-338-4696 to register

ARE YOU…

- **55 OR OLDER**
- **OUT OF WORK AND TRYING TO GET BACK IN THE WORK FORCE**

OR

- **A NON-PROFIT ORGANIZATION IN NEED OF SOME EXTRA CASH?**

You could receive help through Senior Community Service Employment Program (SCSEP), a federally funded work training program for persons 55 of age and older.

Discussion will include how it works, how it affects you and how we can help get you back in the workforce. Applicants **MUST** bring a current resume to attend!

NEW YORK STATE OF OPPORTUNITY. | Office of the State Long Term Care Ombudsman

The Hudson Valley Long Term Care Ombudsman Program is Seeking Volunteers!

The HVLTCOP is seeking volunteers who can contribute a minimum of two hours a week helping to resolve issues experienced by resident of long term care facilities in Dutchess, Ulster, Orange, Sullivan, Columbia, and Greene counties.

Volunteers will receive training and become a New York State Certified Ombudsman.

As an Ombudsman you will advocate, educate, and empower residents living in nursing homes, assisted living, and family type homes.

Please call us if you are interested in a rewarding and exciting volunteer opportunity!

845-229-4680

Gloria Murray, program director

gloria@hudsonvalleyltcop.org

Free Tax Preparation and E-Filing

This assistance is available to any low and moderate income taxpayers, especially those 50 and older.

February 9 – April 11, 2016

Volunteers trained as Tax Counselors will prepare and e-file your Federal and NY State Tax Returns in ***Ellenville, Gardiner, Hurley, Kingston, Lake Katrine, New Paltz, Saugerties, West Hurley & West Shokan.***

Starting Jan. 25th, call for an appointment or for additional information,

845-255-0791

Mon. - Thu., 9:30 a.m. - 3:30 p.m.
or Friday, 9:30 a.m. - 1:00 p.m.

Presented by the ***AARP*** *and the* ***IRS****,*
with assistance by ***Ulster County Community Action****,*
Woodland Pond CCRC *and* ***CornerStone Tel Services.***

The Home Energy Assistance Program – or HEAP – is a federally funded program offering assistance with home heating costs and energy conservation.

HEAP will be closing soon for 2016; accepting applications until March 15, 2016.

Eligibility: Applicants must pay for heat directly or pay for heat in their rent payment; live in a HEAP-eligible residence; be US Citizen or Qualified Alien. Tenants of government subsidized housing where heat is included in the rent or residents of congregate care facilities, dormitories, group homes or institutions are not eligible.

Income Limits: Recipients of public assistance, food stamps or SSI are income-eligible for HEAP. All other applicants must meet the gross monthly income test based on household size. These limits are set each heating season. Here at the Ulster County Office for the Aging, there is a HEAP representative to provide assistance for seniors needing help in applying for HEAP this season.

Applying: HEAP provides grants on a first come, first serve basis until the funds provided for each heating season run out. If you received HEAP in the past year, you will automatically receive a HEAP application for the present year. Call the Ulster County Office for the Aging at 845-340-3456 to make an appointment if you need help with your HEAP application.

Household Size	Gross Monthly Income
1	$2,244
2	$2,935
3	$3,625
4	$4,316
5	$5,006
6	$5,697
7	$5,826
8	$5,956
9	$6,085
10	$6,215

Ulster County Office for the Aging
Is here to help
HEAT you up
This Fall and Winter

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). You can also check out the Repair Cafe 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 Cafe, or just want to find out more about the activities at these events, contact the independent organizers of the locations directly: Kingston: **845 339 2526,** New Paltz: 646-302-5835

March Dates in Ulster County:

- Kingston Repair Café: March 12, 2016 11:00am – 3:00pm, Clinton Avenue United Methodist Church, 122 Clinton Ave, Kingston, NY, 12401

- New Paltz Repair Café: March 19, 2016 0:00am – 3:00pm, New Paltz United Methodist Church, 1 Grove St, New Paltz, NY, 12561

Save the Date
Thursday, April 21st,2016
For the Ulster County Human Service Expo
Hudson Valley Mall
1300 Ulster Avenue
Kingston, New York
Registration form to follow

For the second year in a row the UC Dept. of Social Services, NY Connects and the UC Office for the Aging
are collaborating to offer this networking Community event.