

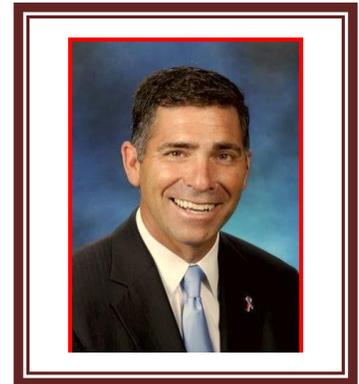


Ulster County Office for the Aging

May 2016 Newsletter

Greetings from County Executive Michael P. Hein

**Congratulations to the
2016 Ulster County Senior
Citizens of the Year!**



The Ulster County Senior of the Year Award is an annual recognition of two outstanding Ulster County's senior citizens. Nominations are sent to the County from numerous groups and individuals telling us about exceptional seniors throughout the County. This year we are pleased to announce that James Gregston Greer of Walker Valley is the "Ulster County Senior Citizen of the Year," and Barbara Sarah of Kingston is being recognized for the "Most Outstanding Contribution by a Senior Citizen" in 2016. Ms. Sarah and Mr. Greer are two inspiring senior citizens who are appreciated for their dedication and endless contributions to our community. I would like to congratulate these extraordinary individuals and extend my deepest gratitude for their commitment in helping make Ulster County the finest place anywhere to live, learn, work, and raise a family. I feel proud that both these award winners will be representing Ulster County at the annual recognition luncheon in Albany on May 10th as part of New York State's celebration of Older Americans Month.

Michael P. Hein
County Executive



**Ulster County Executive Michael P. Hein
and Ulster County Office for the Aging**

Invites All Ulster County Seniors to the

2016 Senior of The Year Picnic

CLUETT SCHANTZ MEMORIAL PARK

1801 Route 9W Milton, NY 12547

**Tuesday, May 24th
at Noon**

RSVP a must!

Call U.C. Office for the Aging

845-340-3456 to RSVP





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

living with alzheimer's

for middle-stage caregivers



a middle stage education program by the alzheimer's association

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for this 3-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

Join us on three consecutive Mondays, May 9, 16 and 23

Hosted by Always There

918 Ulster Ave., Kingston, NY 12401

RSVP required; call the Alzheimer's Association at 800.272.3900 or Always

There at 845.339.6683.

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**



**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





Experience
Works Job
Training
Program

Wednesday, May 11, 2016

Ulster Works OneStop Center

651 Development Ct,
Kingston NY 12401

12 pm

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!



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: May 14, 11am-3pm Clinton Avenue United Methodist Church, 122 Clinton Ave, Kingston, NY 12401 kingstonrepaircafe@gmail.com or 845-339-2526. This month's cafe features a bike clinic

New Paltz: May 21, 10am-2pm New Paltz United Methodist Church, 1 Grove St, New Paltz, NY 12561 jwackman@gmail.com or 646-302-5835

Rosendale: June 11, 10am-2pm St. Peter's Catholic Church, 1017 Keator Ave., Rosendale, NY 12472 repaircaferosendale@gmail.com or 845-518-7352

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 – Volunteer Program

1003 Development Court – Kingston, NY 12401

845-802-7655

Greetings...

We have a few **volunteer opportunities** available that may interest you.

For more than 30 years the iconic **red caboose** at the Kingston traffic circle has welcomed visitors to Ulster County from all over the world.

During that time, it has been fully operated by Volunteers, from Memorial Day weekend through leaf-peeping season. Tourism information at your fingertips, and friendly, knowledgeable staff, provide everything visitors need to know about all the natural, cultural and historic sites in our beautiful region.

UC Tourism is gearing up for another season and would like YOU to help. Our Volunteers typically work a 4 hour shift, 9-1 or 1-5, once a week throughout the season. **We are particularly seeking people who can be there on Sundays.**

Also...

We are partnering with the **Hudson Valley Long Term Care Ombudsman Program**. The HVLTCOP is seeking volunteers who can contribute a minimum of two hours a week helping to resolve issues experienced by residents of long term care facilities in Ulster County.

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.

And...

Our most vibrant volunteer program is what we call **Neighbor to Neighbor**. Volunteers drive seniors from all over the county to doctor appointments and shopping. These are typically folks who have no other resources or options for transportation.

We cover volunteer drivers for general liability, and offer a mileage reimbursement to help with gas. We've seen wonderful relationships develop and the gratitude expressed by the clients is astounding.

It's also a very flexible volunteer opportunity. Drivers can do as **many** or as **few** trips as they like.

Please contact **Patrick McDonough** at the UC OFA Volunteer Program if you're interested.

They are volunteer experiences you can be proud of.

845-802-7935, or pmcd@co.ulster.ny.us

Annual Human Services Expo

This event was such a success!!! Thank you to the vendors, those that came out and the Hudson Valley Mall because you made it the success that it was!!!



**Ulster County Department of Social Services &
Office for the Aging/NY Connects**



NY Connects
Your Link to Long Term
Services and Supports



of ULSTER COUNTY

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

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



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

Spring is finally here and many homeowners will be embarking on home improvement projects. I want to share this information with our seniors from The Ulster County District Attorney's Division of Consumer Affairs and help **AVOID HOME IMPROVEMENT SCAMS.**

Warning signs that a home improvement contractor may not be reputable:

- The contractor is hesitant to provide a written contract (or will not put verbal promises in writing).
- The written contract does not have the name, address or telephone number of the contractor.
- The contractor is located out of county or out of state.
- The contractor shows up uninvited and offers to seal your driveway, repair your roof or cut down a tree.
- The consumer is asked to pay for the entire job in advance, or to pay in cash.
- The contractor uses high pressure sales tactics, stating a special price is "only available today".
- The contractor is hesitant to furnish references.
- The contractor has many judgments against him (judgments are filed with the County Clerk).
- The contractor has unresolved consumer complaints on file with Consumer Affairs.

Doing some homework prior to hiring a contractor can save you lots of time and money. **Ulster County Consumer Affairs can be reached at 845-340-3260.**

Remember, you have a friend at the Ulster County Office for the Aging!

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

alzheimer's association®

Music Social Programs

Music Socials are a great opportunity for people with middle-stage Alzheimer's disease or other forms of dementia and their family caregivers to get out, socialize and enjoy interactive fun with Certified Music Therapist Melinda Burgard.



Offered in Dutchess and Ulster counties

**Starting March 24
from 2-3:30 p.m.**

on the fourth Thursday of every month

**Wingate at Dutchess
3 Summit Court
Fishkill, NY 12524**

**Starting April 7
from 2-3:30 p.m.**

on the first Thursday of every month

**Wingate at Ulster
1 Wingate Way
Highland, NY 12528**

**Programs are free, but preregistration is required.
Call Care Consultant Elizabeth Johnson
to register or for more information at 800.272.3900.**