



Ulster County Office for the Aging

May 2017 Newsletter

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



Healthy Ulster County Week is **May 6-May14, 2017** and we have a variety of activities planned for the week thanks to our local businesses and organizations providing special events and promotions throughout the week. Take a class, participate in a walk, or enjoy a healthy meal and so much more as we continue our efforts to may Ulster County the healthiest County in New York State. The Calendar of Events can be found on our websites: www.UlsterCountyNY.gov; www.HealthyUlsterCounty.net; www.UlsterCountyAlive.com; or call us at 845-340-3800 for a printed copy or more information.

In addition, you may have heard that recent weeks have seen Ulster County evolving into a hotbed for major movie productions. A new feature film titled “Departures” and starring Maisie Williams of the “Game of Thrones” and Nina Dobrev of “The Vampire Diaries” just began filming in uptown Kingston with shooting expected to last 24 days. This comes on the heels of another film wrapping up production just last week; the comedy “Furlough” was on site in Kingston and the Town of Ulster, including scenes at the Ulster County Law Enforcement Center and featuring three Academy Award winners, Whoopi Goldberg, Anna Paquin and Melissa Leo. The 2017 film production season in Ulster County kicked off with a bang earlier in the year as Kingston welcomed legendary director and producer Martin Scorsese who is serving as the executive producer of the feature film “Diane.”

The dramatic increase in Ulster County’s film production industry comes as a direct result of my Administration’s efforts to push to include Ulster County in the New York State Upstate Film Tax Credit program that provides critical tax incentives to grow the motion picture industry. The legislation was passed in November and as a result, the entire Mid-Hudson region was included and will benefit. This now provides high value opportunities for our workers with low impact on our environment, while delivering millions to our economy.

Enjoy the spring and once again, thank you for all you do!

Mike Hein

Ulster County Executive

Ulster County Office for the Aging

**SENIOR OF THE YEAR
PICNIC**

We will be celebrating all the people nominated for Senior of the Year

Monday, June 5, Noon

Robert E Post Memorial Park, 515 Park Road, Kingston, NY



Includes Lunch and Music by DJ Jay

There is no cost to attend this event. If you would like to make a voluntary contribution before or at the picnic all donations will go toward the meal program.

MUST RSVP by June 1, 2017 845-340-3456



**Ulster County Executive
Michael P. Hein**

PUT LIFE BACK IN YOUR LIFE



Arthritis,
Heart disease,
Osteoporosis,
Diabetes,
Depression, etc



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!

**Town of Esopus Library
128 Canal St.
Port Ewen, NY**

**Thursdays, June 15th thru July 20th 2017
From 1pm-2:30pm**

- 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



PUT LIFE BACK IN YOUR LIFE

Taking
Care
of
Diabetes



Diabetes Self-Management Program FREE six-week workshop series

Fridays, May 5th-June 9th from 12:30-3pm

Ellenville Public Library and Museum
40 Center St., Ellenville, NY

- Overview of 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 Ulster County Office for the Aging at 845-340-3456

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

Or e-mail rwcsarc@aol.com



Michael P. Hein, Ulster County Executive



Ulster County

alzheimer's  association®

Caregiver Support Groups



*Are you caring for someone with Alzheimer's disease?
You don't have to face it alone. Sharing with others who
understand can bring relief and help everyone who participates.*

New Paltz

**Woodland Pond (ON HOLD)
100 Woodland Pond Circle
New Paltz, NY 12561
6:30-8 p.m. the third Monday
of every month**

Woodstock

**Christ Lutheran Church
26 Mill Hill Road
Woodstock, NY 12498
2 p.m. the third Tuesday
of every month**

Call 800.272.3900 with questions or to RSVP.

These groups are supported in part by a grant from the New York State Department of Health.

**Check out the variety of opportunities available to seniors through The
Ulster County Office for the Aging Volunteer Program. Join the 400 seniors**

that are part of our program and engaged in their community, meeting new friends and making a difference all over the county. We will help you find volunteer work that fits your interest and time. We would love to have you on our team! Please contact Patrick McDonough, pmcd@co.ulster.ny.us or 845-802-7935.

Site Types	Job Description	Agency	Days Needed	Hours Per Week
Ombudsman	Advocate for residents in care facilities	Long term care facilities throughout Ulster County	Sun.-Sat.	As needed
Driver	Transport seniors to and from medical appointments using your own car	Neighbor to Neighbor	Monday-Friday	As needed
Friendly phoning/ Reassurance calls	Visit seniors by phone	Ulster County Office for the Aging, "Ulster County Checks In"	Sunday-Saturday	As needed
Museum	Provide information as cultural tour guide or help in gift shop	Fireman's, Hudson River Maritime Museum And The Senate House	Sunday through Saturday	1-4 Hours
Visitors Center	Welcome visitors, share information about attractions, exhibits and sites throughout Ulster County	20 Broadway, Kingston	Sunday through Saturday	9-1 or 1-5
Exhibit Booth for U.C. Tourism	Welcome visitors, share information about attractions, exhibits and sites throughout Ulster County	Woodstock New Paltz Arts and Crafts Festival May & September Ulster County Fair/August Garlic Festival/September	Saturday, Sunday and Monday	10-2 or 2-6
Tutor	Help a child learn to read Kindergarten through 3 rd Grade	Robert Graves, Harry Edson, Kingston City School District	Mon. - Friday	1-1.5 Hours up to 3 times/week
Helping Hands	Assist in helping seniors in care facilities	Golden Hill Healthcare Facility, Ten Broeck Commons, Valley Vista	Sun.-Sat.	1-4 Hours
Food Pantry Helper	Shelve, sort and distribute food	Peoples Place, Rondout Valley Food Pantry Angel Food East	Varies	Varies
Women Mentoring Women	Short term and long term support for women	Raising Hope –United Way of UC	Varies	Varies

Site Types	Job Description	Agency	Days Needed	Hours Per Week
ESL - Tutor	Help adults learn to read	Ulster Literacy Association	Varies	Varies
Gift Shop Help	Assist with Gift Shop	Ellenville Hospital, Mary's Avenue & Broadway Campus of Health Alliance of the Hudson Valley, Local Museums	Mon- Fri	2-4 Hours
Thrift Shop Help	Assist with Thrift Shop	Happy Apple, Peoples Place, Fairly New Thrift Store	Mon. thru Fri.	Varies
Library Assistant	Help staff in keeping library organized and available to people	Esopus Library	Varies	1-3 Hours
Computer Instructor/Coach Clerical Help	Teach/coach senior friendly computer classes Assist with registrations or record keeping	Senior Computer Learning Center	Mon-Sat	Varies
Tax Counselor	Prepare Federal and State tax returns for seniors and low income families	AARP Tax Counsel in Ulster County	Mon-Sat Jan 1 st – Apr 15 th	4-6 Hours; 1-2 days per week
Health Insurance Counseling for Seniors	Help seniors to choose Medicare options	Ulster County Office for the Aging	Monday-Friday	2-4 Hours per day; 1-2 days per week
Volunteer Leader	Help coordinate volunteer programs	Ulster County Office for the Aging	Mon.-Thurs.	4 Hours; 1-2 days/week
Cafeteria Monitor	Help provide a safe eating environment	Gateway Community Industries	Mon.-Fri.	1 ½ hrs.; 1-5 days per week
Exercise	Facilitate stretch band exercise, tai chi, yoga, and disease management sessions	Ulster County Office for the Aging, Various sites around Ulster County	Monday-Friday	1 – 2 hrs./session
Office Worker	Clerical, filing, answering phones, greeting the public	Various non-profit organizations and agencies	Monday thru Friday	As needed
Foster Grandparent	One-on-One with a child in a school setting	WESTCOP Foster Grandparents Program	Monday thru Friday	15 hours/week

The Ulster County Office for the Aging

Legal advice to Ulster County residents age 60 and over



Individual legal consultation and group presentations available

Our attorneys, Kathleen Dittus and Erica Halwick-Williams, are available to work with seniors one-on-one or to present pertinent information to senior groups. Topics include:

- **Simple Wills**
- **Living Wills**
- **Healthcare Proxy**
- **Power of Attorney**
- **Elder Law/Long Term Care Consultation**

If you are interested in scheduling one of our attorneys for an individual appointment or a group presentation in the community, please contact the Office for the Aging at 845-340-3456



Ulster County Executive, Michael P. Hein



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



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](mailto:john@repaircafe.org)). You can also check out the [Repair Cafe Foundation](http://www.repaircafe.org), 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.

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: 11am-3pm; email kingstonrepaircafe@gmail.com or call 845-339-2526 for August's date. Clinton Avenue United Methodist Church, 122 Clinton Ave, Kingston, NY 12401

New Paltz: 3rd Saturday of Every Other Month, 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

**DO YOU QUALIFY FOR MEDICAID, WITH A SPEND DOWN?
DON'T THINK YOU CAN AFFORD TO PAY YOUR SPEND DOWN?**



If you are an individual with income near Medicaid eligibility,
but don't quite make it, you may be a good candidate for a

Pooled Trust

The Office for the Aging is offering one-on-one consultation, by appointment, on Mondays to help you determine if a pooled trust might work for you or someone you care for. Learn about...

- *What is a pooled trust and how it works*
- *What expenses does a pooled trust cover*
 - *How it might help you specifically*

Call the OFA to set up your appointment

845-340-3456

Appointments at the
Ulster County Office for the Aging



Care Consultation: *Helps 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: *Offers families 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**



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

Hello Ulster County Seniors!

It is my pleasure to announce our two “Seniors of the Year” from Ulster County: Vivi Hlavsa of Lomontville and Violet Streich of Olivebridge. We thank them for their outstanding service to the community, and we look forward to celebrating them in Albany with the other winners from across New York State. We will also be hosting a picnic on June 5th at Robert E. Post Memorial Park in Kingston to celebrate all the nominees. Hope you can join us!

Statewide Senior Action Council provides information to educate the community, as well as state and federal policymakers, and has a track record of successful advocacy on issues of importance to older New Yorkers. Call 1-800-333-4374 for more info.

One of my focuses this past year has been to make sure seniors know how important it is to complete advanced care directives. These include your will, healthcare proxy and living will. It is a great gift to your family to have your wishes understood before a health crisis occurs. Doctor Jose Sotolongo, a retired physician, is available to come out to speak to groups of seniors about this important topic.

The Office for the Aging offers one-on-one appointments for legal assistance and unbiased information on Medicare and Pooled Trusts (Medicaid Spend Down). We also offer Alzheimer’s disease consultations in partnership with the Alzheimer’s Association. Please call our office for more details: 340-3456.

We wish you a very happy spring!

Kelly

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

More info from the community...

I THINK I MAY NEED A HEARING AID.

WHAT SHOULD I DO?

If you think you might need a hearing aid, you should have a hearing evaluation performed by a licensed audiologist before making a purchase. You can also contact the New York State Education Department (518-474-3817 X100) for audiologist information. Audiologists who sell hearing aids must be registered with the Department of State as hearing aid dispensers, in addition to being licensed by the State Education Department as audiologists.

To obtain a copy of New York State's A Consumer's Guide to Hearing Aids, call the Ulster County District Attorney's Division of Consumer Affairs at 845- 340-3260.



*NY StateWide Senior Action Council
Invites You to an Ulster County Seniors
Community Forum*

SPECIAL GUEST SPEAKER



CONGRESSMAN JOHN FASO

Monday, May 8, 2017 1:00-3:00 PM

**Location: City Hall, 420 Broadway,
Kingston**

- Learn about the Federal Budget Process.
- Hear about any changes proposed to Medicare, Social Security, Medicaid and Aging Services.
- Engage in dialog about the issues that are important to you and your neighbors.

RSVP by May 6 to confirm your seat

Email: statewide4@gmail.com or Phone: 800-333-4374

Since 1972, NY StateWide Senior Action Council has been a leading advocate for older New Yorkers. We are a membership organization working to support policies and services that allow community elders to age with dignity. We are a trusted information resource for seniors and their families, and have led efforts to create and expand EPIC and preserve Medicare and Social Security for generations to come.

ENGAGE

LEARN • BUILD • ACT

Engage Film Series PRESENTS **CARE**

Followed by a panel discussion with
The National Domestic Workers
Alliance, The Domestic Employers
Network, and NY StateWide Senior
Action Council.

10:00 AM
SATURDAY May 6th
@ UPSTATE FILMS
6415 Montgomery St. RHINEBECK, NY
CASH ONLY



Council on
the Arts

arts
Mid-Hudson

Proceeds will benefit NY State Caring Majority Coalition
For more information, please visit www.upstatefilms.org



What is ENGAGE?

The ENGAGE film series presents selected social justice documentary screenings at Upstate Films. Screenings are followed by a panel discussion where attendees will have the opportunity to learn more about the issue and how to take action.

ENGAGE is presenting these films for free, with a suggested \$10 donation. All proceeds will go to different local groups working in the Hudson Valley.

How can families afford to care for their aging loved ones even as the caregivers they depend on struggle to keep a roof over their heads? This question, via a series of four riveting vignettes, is the subject of the new documentary film CARE.

The post-film panel will discuss a new alliance, NY Caring Majority, that is organizing to address these challenges.



CARING CONNECTIONS of Ulster Co. and RCAL
announce their Annual
FAMILY CAREGIVER CONFERENCE

Bridging & the Gap

Friday, MAY 12, 2017

8:30 AM to 3:30 PM

at BEST WESTERN PLUS HOTEL
Washington Avenue, Kingston



Keynote Speaker:
MEG BOYCE, LMSW
*Alzheimer's Association,
Hudson Valley Chapter
Vice President,
Programs & Services*

**"Caregiving:
Bridging Where you
are to Where you
need to be"**

**OTHER PRESENTATIONS
WILL FEATURE:**

- Getting a Cancer Diagnosis:
What comes next
- Depression:
What Caregivers need to know
- The Importance of Pre-Planning
and How it helps with
Medicaid Planning
- Respite: *What it is and why
Caregivers need it*

**THIS CONFERENCE IS
FREE**
... but Registration
is required!

*Continental Breakfast, Lunch,
and afternoon snack included*

**Local
Vendors
showcase
Community
Resources**

**AND...
at the event:
50/50 and
RAFFLE
DRAWINGS**

For more details, visit our website:
www.caringconnectionsofuc.com
or **EVELYN FLYNN, Caregiver Conference Chair**
at (845) 901-5744 • ef12401@aol.com



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