



ULSTER COUNTY OFFICE FOR THE AGING OFA COMMUNITY NEWS MAY 2018

1003 Development Court
Kingston, NY 12401
845-340-3456

Mike Hein, County Executive

Dear Ulster County Senior,

The Ulster County Office for the Aging is here to serve you. We have so many services and programs available that we invite you to take advantage of them. Please know that many events are specifically designed for your benefit.

For example, **Healthy Ulster County Week** is **May 4 – May 13, 2018** and we have a variety of activities planned thanks to our local businesses and organizations providing special events and promotions throughout the week. Enjoy a healthy meal, an early morning bird walk, attend a fitness class, or participate in one of the many activities listed in our calendar of events as we continue our efforts to make 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.

I also want to congratulate the 2018 Ulster County Senior of the Year, Berenice FitzGerald of Kingston and Ulster County's Most Outstanding Contribution by a Senior Citizen award winner Susan Wiand of Walker Valley. They are being recognized for their caring and tireless contributions to enhance the lives of seniors within our community.

We truly have so many amazing residents who improve our community and I thank each of you for all you do. Enjoy the spring!

Mike Hein
Ulster County Executive



Hello Ulster County Seniors,

Happy Older Americans Month! Ulster County Executive Mike Hein asked me to let you know that this month is dedicated to each senior living in Ulster County. We applaud you, your successes and contributions to our wonderful county and for making it a better place to live, learn and engage.

The theme for Older American's Month is "Engage at Every Age." The Ulster County Office for the Aging (UCOFA) strives to support you in this goal by offering events, programming and volunteer opportunities so that our seniors may engage at every age.

Learning never ends so please join us for our Lunch and Learn on Emergency Preparedness on May 2. Call the UCOFA at 845.340.3456 to reserve your seat.

Another way to engage is to volunteer! The UCOFA currently has a robust volunteer program but our partners always need more support and volunteers. Some of the organizations we work with include Golden Hill Nursing and Rehab Center; People's Place; Ulster County Tourism; Ellenville Hospital; Esopus Library; Rondout Valley Food Pantry, and many, many more. Please call Patrick McDonough at 845.340.3456 to learn more about volunteer opportunities.

Part of engagement includes taking care of yourself. Please don't forget that UCOFA offers nutritious meals for seniors over 60 at our OFA Community Cafes. And to work up your appetite for the meal, why not join us for Tai Chi? Tai Chi is a wonderful gift to give yourself- it lessens stress and anxiety and enhances your balance, agility and flexibility. All the information regarding times and locations for our OFA Community Cafes and Tai Chi may be found on our website at <http://ulstercountyny.gov/aging>.

Have a wonderful month of May and I hope to see you soon.

Shelley Wagar, Director



SENIOR OF THE YEAR

*Please join Ulster County Executive Mike Hein and the Office for the Aging at the
2018 Senior of the Year Picnic!*

When: Tuesday, June 21, 2018

Time: Noon to 2:00 pm

Where: Robert E. Post Park, 515 Park Road, Kingston

This year, Ulster County Office for the Aging is pleased to celebrate **Berenice FitzGerald**, of Rosendale, as our **Senior of the Year, 2018**.

There is no better role model of selfless action than Berenice. She has volunteered at People's Place for more than 26 years, and is usually there five days a week, often bringing home work to do while she watches her beloved NY Mets.

Berenice's commitment to the well-being of her neighbors has impacted thousands over the past three decades. She gives complete attention to helping families, and is a true networking diva, always sharing with those who need services and those who may donate to the organization. It is no exaggeration to say Berenice has helped over 25,000 people through her volunteer activities.

Berenice was recently honored by the Ulster County Office for the Aging at the annual Volunteer Recognition luncheon for providing more volunteer hours than any senior in Ulster County. Because of her volunteer work providing food and support for those in need, Berenice not only feeds the body but also the soul.

Congratulations!

In addition to celebrating Berenice, we are also honored to celebrate **Susan Wiand**, of Walker Valley, for **Outstanding Contribution by a Senior, 2018!**

Sue's life tells the story of passionate commitment to country and community. At her local community center, which is very active with groups providing support, activities and services, she is instrumental in responding to resident concerns and issues by referring them to the proper agencies and personnel to help resolve problems.

Sue never backs down from a challenge or an invitation to make her community and the world around her a better place. Sue assists Eagle Scout candidates with projects, responds to emergencies with the local fire company's Ladies Auxiliary, and supports other volunteers making sure that all residents are safe and sound.

Sue continues to stay on top of whatever the newest community need might be, either on her own or through one of the many organizations she is involved with. Sue is a perpetual motion machine, always available to help where needed!

RSVP to the Ulster County Office for the Aging for the 2018 Senior of the Year Picnic. 845.340.3456.





**Ulster County Executive Michael P. Hein
Ulster County Office for the Aging
Invite Ulster County Seniors
To Join Us For The**

2018 Senior Of The Year Picnic



**ROBERT E. POST PARK
515 Park Road, Kingston, NY 12401**

**Thursday, June 21
Noon to 2:00 p.m.**

**RSVP a must!
Call Ulster County Office for the Aging
845-340-3456 to RSVP**

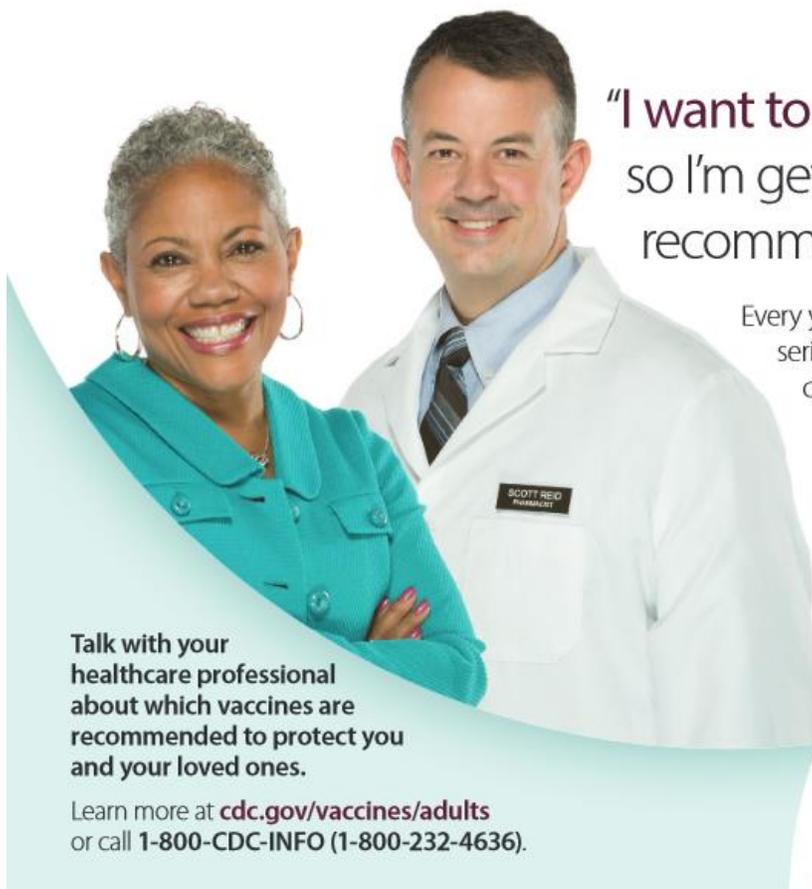


Immunization Saves Lives

Did you know that older adults become seriously ill and have serious complications each year from vaccine-preventable diseases? Vaccines are not just for young children.

The Centers for Disease Control and Prevention (better known as the CDC) recommends that older adults get the following vaccines:

- ❖ Shingles vaccine
- ❖ Pneumococcal vaccine
- ❖ Influenza (flu) vaccine
- ❖ Tetanus, diphtheria, pertussis vaccine



**"I want to protect my health,
so I'm getting the vaccines
recommended for me."**

Every year, thousands of adults in America suffer serious health problems from diseases they could be vaccinated against like shingles, whooping cough, hepatitis A and B, flu, and pneumococcal disease. Some even die.

Talk with your healthcare professional about which vaccines are recommended to protect you and your loved ones.

Learn more at cdc.gov/vaccines/adults
or call 1-800-CDC-INFO (1-800-232-4636).

**DON'T WAIT.
VACCINATE!**



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



Lunch and Learn Schedule 2018

The Ulster County Office for the Aging Lunch and Learn schedule is complete and posted on our website calendar at <https://ulstercountyny.gov/aging/calendar-list>. We are now accepting reservations for all Lunch and Learns at 845.340.3456. All events are free and will be held at Gateway Industries at 1 Amy Kay Parkway, Kingston, NY from noon- 2:00 pm. Our topics and dates include:

- ❖ May 2: Emergency Preparedness
- ❖ June 12: Movement Disorders
- ❖ July 24: Financial Exploitations
- ❖ August 21: Aging Well
- ❖ September 25: Home Safe Home
- ❖ October 11: Sleep Well and Sweet Dreams
- ❖ November 14: Senior Driver Safety



Ulster County Elder Abuse Conference Prevention Task Force Conference

When: Wednesday, June 20, 2018. 9:00 am – 12:00 noon.

Where: Ulster County Community College, Stone Ridge, NY, Vanderlyn Hall

Our keynote speaker, Art Mason, LMSW, Director of Elder Abuse Prevention Program, Lifespan, will present on why elder abuse is an emerging issue, how it is under-recognized and under-reported.

This is a free event. Please call the Office for the Aging at 845.340.3456 to RSVP.



REMINDER

Alzheimer's Association's Care Consultations

The Ulster County Office for the Aging is pleased to collaborate with the Alzheimer's Association and bring you the opportunity to schedule a care or family consultation, free of charge. Care consultations help individuals navigate the difficult decisions and uncertainties that persons with Alzheimer's disease and their primary care partners face at every stage of this disease. Components of a care consultation include an assessment of needs, assistance with planning and problem solving, and provision of support.

A 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 person with dementia.

Interested in scheduling a care consultation? Please call 845.340.3456 to make an appointment.

alzheimer's  association®

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



Ulster County Executive, Michael P. Hein



PUBLISHERS CLEARINGHOUSE SCAM

The Publishers Clearinghouse has gotten many reports about scammers using the Publishers Clearinghouse name to deceive people. Scammers call, claiming you have won the sweepstakes, but to collect your prize, you need to send money to pay for the so-called fees and taxes.

According to the Ulster County District Attorney's Division of Consumer Affairs, paying to collect a prize is a scam. Scammers will ask you to send money by Western Union or MoneyGram, or by getting a prepaid card or gift card because it is nearly impossible to trace.

If you think you have won a prize, Consumer Affairs advises:

- Publishers Clearinghouse will never ask you to pay a fee to collect a prize. In fact, no legitimate prize promoter will ever charge you to win.
- If anyone calls asking you to pay for a prize, hang up.
- Never send money to collect a prize. It is a scam.
- Publishers Clearinghouse does not call ahead to say you have won.
- Check the Publishers Clearinghouse's fraud protection page, <https://info.pch.com/fraud-protection-2/>



Spring is here and the Ulster County District Attorney's Division of Consumer Affairs advises consumers to be alert for driveway repair scammers. The office cautions homeowners to be wary of businesses who solicit door-to-door; be wary of pressure to have the work done immediately; get a written estimate/contract beforehand and make certain the paperwork has the name, address and telephone number of the business; compare estimates; and always note license plate numbers and vehicle descriptions. Consumer Affairs can be reached at 340-3260.



ONGOING EVENTS

Meet OFA staff and other seniors at the Hudson Valley Mall for exercise and networking! We meet every Tuesday morning (unless there is snow!) at 9:45 am in the Food Court. When the clock strikes 10 am, we begin our walk- three full laps around the mall. There are two groups- speedy and not so speedy.

MALL WALK

with the OFA



Hudson Valley Mall

1300 Ulster Ave., Kingston, NY 12401

Every Tuesday, 10 a.m. Sharp!

We meet by the FOOD COURT at 9:45

ALL ARE WELCOME!!

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.*
- ❖ *Meet new friends and be the first to hear what's new at the OFA.*

Mall walk is cancelled in inclement weather



Ulster County Executive Michael P. Hein

NEW!!



TAI CHI FOR ARTHRITIS

St Francis De Sales Community Hall
109 Main Street, Phoenicia

Tuesdays and Thursdays
Starting May 15th, from 12:45-1:45 pm

TWICE a week for eight weeks

We ask that you be willing to make the commitment to be at this class twice a week for all eight weeks. This is a program that builds on each class. Priority will be given to new participants.

Reserve your spot, space is limited
Questions? Call OFA: 845-340-3456

This program is offered as part of the NYS Department of Health & Older Adult Fall-Prevention Program

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



Ulster County Office for the Aging

responds to what seniors want—**More Tai Chi!**

*Ulster County Office for the Aging is offering advanced drop-in classes at different locations around the County, **Every Tuesday from 3-4 p.m.***

Ellenville Library, FIRST Tuesday of each month

Governor Clinton, Kingston, SECOND Tuesday

Saugerties Public Library, THIRD Tuesday

Vineyard Commons, Highland, FOURTH Tuesday



Benefits include...

- Increase strength
- Improve balance and posture
 - Help prevent falls
- Strengthen mind, body and spirit
- Reduce stress and support relaxation

These drop-in Tai Chi classes are intended for seniors who have already attended the 8-week intro class to continue their practice.

Please call the OFA for more information: 845-340-3456



Michael P. Hein, Ulster County Executive

ONGOING SERVICES AND RESOURCES

Home-delivered Meals

Home delivered meals program will include hot or frozen meal deliveries to eligible seniors. Call 845-340-3456.



Home delivered meals can help seniors stay independent in their own homes.

Are you or someone you know, unable to take care of meal preparation?

The Ulster County Office for the Aging **Home Delivered Meals Program** provides a nutritious hot (or frozen) meal delivered to seniors at **NO** or **LOW** cost, Monday-Friday.

The meals served are planned by a registered dietitian and each meal provides one-third of a senior's daily nutritional needs.

Do you know someone who might benefit from home delivered meals?

Qualified seniors must be:

- ◆ 60 years of age or over
- ◆ A resident of Ulster County
- ◆ Difficulty preparing own meals



For more information, please call
Ulster County Office for the Aging
845-340-3456



Michael P. Hein, County Executive

This program is made possible by funding from Federal, State, County and/or local contributions.

Legal Services

Ulster County Office for the Aging provides individual legal consultation for simple wills; living wills; healthcare proxies; power of attorney; and, elder law consultations. Please call 845.340.3456 for an appointment.

The Ulster County Office for the Aging

Legal advice to Ulster County residents age 60 and over



Individual legal consultation

Our contracted 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

Transportation

Free or low-cost bus fare for seniors for shopping and medical appointments. Call UCAT at 845. 331.8120 to register for this program. For people, not able to use the bus, UCOFA offers the Neighbor-to-Neighbor; volunteer drivers providing rides to seniors for medical appointments. Call 845.443.8837 for more details.

Do you know that Ulster County and the Office for the Aging sponsor multiple meal sites around the County so that seniors, age 60 and over, can have a free meal? We have five different sites, and depending on which you visit, you can have lunch every week day. Our OFA Community Cafes (formerly known as Friendship sites) are offered Monday through Friday at our Saugerties, Rosendale and Ellenville sites. Our New Paltz site offers lunch every Thursday and our Shokan site offers lunch the second Monday and fourth Tuesday of the month. Our Ulster café offers lunch the first and third Tuesdays. Want to try it out? Just call Gateway Industries at 845.331.2180 to make a free reservation, at least 24 hours in advance. Please remember, this is for Seniors age 60 and over.



Our OFA Community Cafes are at the following locations:

Rosendale: Rosendale Recreation Center, Route 32, Rosendale, NY.

Saugerties: Frank D. Greco Senior Center, 207 Market St., Saugerties, NY.

Ellenville: Trudy Farber Building, 50 Center Street, Ellenville, NY.

New Paltz: New Paltz Community Center, Route 32, New Paltz, NY.

Shokan: Reservoir United Methodist Church, Route 28, Shokan, NY.

Ulster: Russell F. Brott Senior Center, 1 Town Hall Road, lake Katrine, NY.

(meals are funded by the UCOFA, made possible by funds provided by The Ulster County government, USAoA, NYSOFA, and private funds.)

Menu for...



ULSTER COUNTY OFFICE FOR THE AGING SENIOR NUTRITION/DINING PROGRAM

Michael P. Hein, County Executive

Shelley J. Wagar, Director

~May 2018~

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For Information Call: 331-2496 Community Café Reservations call: 331-2180</p>	<p>Cold 1 Meal Tuna Salad Plate Potato Salad Fresh Greens WW Roll Tapioca Pudding</p>	<p>2 Macaroni & Cheese Stewed Tomatoes 3 Bean Salad Rye Bread Pears</p>	<p>3 Roast Beef & Gravy Mashed Potato Mixed Vegetables WW Roll Pineapple Chunks</p>	<p>4 Herb Crusted Chicken Parsley Potato Spinach Green Salad WW Bread Yellow Cake</p>
<p>7 Baked Ziti / Cheese Italian Mixed Vegetables WW Bread Apricots</p>	<p>8 BBQ Pork Mashed Potato Broccoli Coleslaw WW Roll Dutch Apple Cake</p>	<p>Cold 9 Meal Chef's Salad Plate Turkey & Cheese Carrot Salad Cucumbers & Tomatoes Rye Bread Mandarin Oranges</p>	<p>Mother's 10 Day Celebration Meatloaf & Gravy Au Gratin Potato Green Beans WW Roll Chocolate Pudding</p>	<p>11 Chicken Divan Boiled Potato Carrots WW Bread Peaches</p>
<p>14 Beef Pot Pie Cauliflower Carrot Coins WW Bread Applesauce</p>	<p>15 Swai With Lemon Sauce Orzo, Broccoli Green Salad WW Roll Pineapple Whip</p>	<p>16 Roast Turkey & Gravy Cranberry Sauce Sweet Potato Brussels Sprouts Dressing Chocolate Cake</p>	<p>Cold 17 Meal Balsamic Chicken Salad Plate with Potato Salad Greens, Tomatoes & Cucumbers, WW Roll Oatmeal Cookies</p>	<p>18 Swiss Broccoli Pasta Green Beans WW Bread Pears</p>
<p>21 Spaghetti & Meatballs Spinach WW Bread Pears</p>	<p>22 Baked Chicken & Gravy Cranberry Sauce Mashed Potato Carrots WW Roll Rice Pudding</p>	<p>23 Beef Stroganoff Over Buttered Noodles Brussels Sprouts Fresh Salad Rye Bread Fruit Cocktail</p>	<p>24 Red Pepper Quiche Green Beans Broccoli WW Roll Pears</p>	<p>Holiday 25 Day Celebration Tuna Salad Plate Potato Salad Marinated Beets Over Fresh Greens WW Bread Holiday Cake</p>
<p>Memorial 28 Day Sites Closed <i>Home Delivered:</i> Rigatoni & Spinach Stewed Tomatoes 3 Bean Salad WW Bread, Pears</p>	<p>29 Lime Tarragon Turkey Steak Buttered Noodles Spinach WW Roll Mandarin Oranges</p>	<p>Cold 30 Meal Chicken Salad Plate Pasta Salad Mixed Greens Vegetable Juice Rye Bread Pineapple Chunks</p>	<p>31 Pork Creole Brown Rice Broccoli WW Roll Berry Whip</p> 	<p>Meals Prepared by Gateway Community Industries "Menu Subject to change"</p> <p>SOUPS are homemade. MILK provided with meals.</p>

Made possible by funds provided by Ulster County Government, USAOA, NYSOFA, UCOFA and Private Funds.

**Ulster County Office for the Aging
Volunteer Program**
Is looking for

VOLUNTEERS!!

- **Transportation for seniors to medical appointments & shopping**
- **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

845-802-7935

WE WANT YOU!!

As many or as few hours as you can give.



Michael P. Hein, Ulster County Executive

Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

1

Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



ncoa
National Council on Aging

To learn more, visit ncoa.org/FallsPrevention.

NATIONAL COUNCIL ON AGING

NCOA.org
f @NCOAging

The Ulster County Office for the Aging is always looking for ways to improve our services and resources to all seniors across the County.

Please do not hesitate to contact us if you have feedback, ideas or need additional information regarding our services.

OFFICE FOR THE AGING FREQUENTLY USED NUMBERS

Shelley J. Wagar, Director	845.340.3578
Kim Butwell, Deputy Director	845.340.3580
NY Connects	845.340.3259/845.443.8804
Medicare Counseling	845.340.3579
Neighbor-to-Neighbor	845.443.8837/8838

DEPARTMENT OF SOCIAL SERVICES FREQUENTLY USED NUMBERS

HEAP	845.334.5436
SNAP	845.334.5200
Medicaid	845.334.5175
Central Intake	845.334.5125



Michael P. Hein
Ulster County Executive

Shelley Wagar
Director, Office for the Aging

Ulster County Office for the Aging

1003 Development Court
Kingston, NY 12401

845-340-3456

OFA Website – <http://ulstercountyny.gov/aging/>

Do you know someone who might like to be on our mailing list? Please have them call the OFA with their E-mail address.