

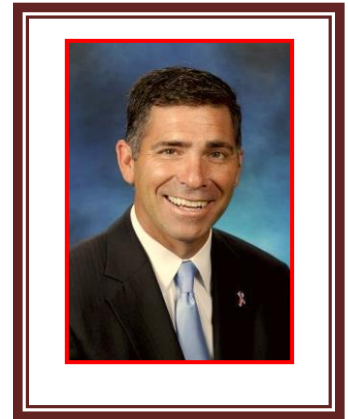


Ulster County Office for the Aging

November 2015 Newsletter

Greetings from County Executive Michael P. Hein

**Thank You
Volunteers**



I had the privilege to be the keynote speaker at our first Ulster County Office for the Aging Volunteer Recognition Luncheon on Wednesday, October 28. There were over 175 people present who were volunteers or were there to honor the volunteers. I had the pleasure of meeting many of our wonderful seniors and thanking them for their dedication and commitment as they volunteer in our community. Some of the seniors I met are volunteering for Pen Pals, others are doing Medicare counseling while others are driving seniors to doctor's appointments. There are volunteer opportunities for all interests and skill levels with a lot of volunteers working at multiple sites.

Volunteers make such a great difference in the lives of our residents and our non-profit community simply could not function without their services. I said it on Wednesday and I will say it again—**thank you** all for your amazing work. Volunteers are not free—they are PRICELESS! They are truly committed to making Ulster County the finest place anywhere to live, work and raise a family.

For more information on becoming a Volunteer with the Ulster County Office for the Aging please call 845-802-7655.

Michael P. Hein
Ulster County Executive



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

Beginning November 16, HEAP will start accepting applications for 2015.

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.

<u>Household Size</u>	<u>Gross Monthly Income</u>
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

Ulster County Office for the Aging

We Want to Hear From Ulster Seniors!

Ulster County Executive Michael Hein invites you to join us for one of our Annual Hearings. We will be reviewing the results of the Annual Survey and we want to hear from you!

Monday, November 16th, 2015 1:00 p.m.
Esopus Town Hall
284 Broadway, Port Ewen, NY

FREE LUNCH WITH RSVP

- Meet Kelly McMullen, the Director of the Ulster County Office for the Aging
- Learn about OFA Services and Programs
- Hear the results of the Annual Survey
- Share your thoughts on Office for the Aging

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



Michael P. Hein

Ulster County Executive



ULSTER COUNTY OFFICE FOR THE AGING

1003 Development Court
Kingston, NY 12401

Kelly McMullen
Director

Ulster County Website: www.ulstercountyny.gov

Ph: 845-340-3456
Fax: 845-340-3583

MICHAEL P. HEIN
County Executive

MEDICARE

FALL ANNUAL ENROLLMENT PERIOD

The annual open enrollment period to change your Medicare health
or prescription drug coverage for 2016 will be from:

October 15, 2015
to
December 7, 2015*

During the annual enrollment period you can:

- **Change from Original Medicare to a Medicare Advantage Plan**
- **Switch or drop a Medicare Advantage Plan**
- **Join, switch or drop a Medicare Prescription Drug Plan**

**Call the Ulster County Office for the Aging for a *free* HIICAP
appointment if you would like to make a change in your Medicare
coverage.**

845-340-3456 or toll-free 1-877-914-3456

****If you are happy with how you currently receive your Medicare Coverage, there is no
need to do anything!***

Warnings about Medicare Open Enrollment

The 2015 Medicare open enrollment has begun. Open enrollment is the period between October 15 and December 7, when Medicare recipients can make changes to their plans. It's the time for consumers age 65 and older to assess their Medicare plans and consider various plan options.

The Ulster County District Attorney's Division of Consumer Affairs warns scammers take advantage of the publicity surrounding open enrollment to prey on senior citizens. Consumer Affairs offers this advice:

- Don't provide Social Security numbers or account information to callers who claim to be Medicare employees. Medicare employees will not call and request such information by phone.
- Don't provide personal information to callers who claim to be calling on behalf of a doctor, hospital or health agency. When seniors are uncertain about the identity of a caller, they should directly contact the organization in question.
- Medicare does not have door-to-door sales representatives. Anyone who shows up unsolicited and says they work for Medicare is a fraud. Do not talk to them. Call the police.
- Be wary of offers to have free medical exams or supplies. Scammers may use these offers to obtain your personal information.
- Beware of demands that billing information be provided by phone or e-mail and refusals to provide information by mail. Medicare plan reps are not allowed to ask for payment over the phone or on the web.
- Finally, be guarded against high pressure or aggressive sales tactics. Do not make a decision until you've had a chance to discuss it with a trusted friend or relative who can assist you with determining what best suits your needs.

Consumer Affairs can be reached at 340-3260.



Thanksgiving Basket Registration

What: Thanksgiving Basket Registration

Where: People's Place, 17 St. James Street, Kingston

When: October 10th – November 18th (Distribution is Monday, November 23rd)

Who: Anyone living in Ulster County who has food insecurities.

To register to receive a turkey, potatoes, stuffing, corn, green beans, cranberry and pie, please visit People's Place between the hours of 10am – 1pm, Monday – Friday or Wednesday evenings between 5:30pm – 7:30pm. You MUST have identification proving residency in Ulster County for all household members.



For more information, please call 338-4030 or email director@peoplesplacekingston.org



You are invited to People's Place
Thrift Store
Holiday Open House on
Wednesday November 4, 2015
10:00 AM to 7:30 PM



PEOPLE'S PLACE

www.peoplesplacekingston.org

845.338.4030

A full day of shopping a year's worth of Christmas merchandise to kick-off the holiday season at People's Place. More thrift store Christmas than you have ever seen all at once, priced and ready to go. Plenty of time to still get those DIY projects done! Mrs. Claus will be joining us and a door prize will be called every two hours ... don't forget your shopping bags.

More Info:

www.facebook.com/events/1511559235825377/

Remember to LIKE US ON FACEBOOK.





November is American Diabetes Month. This year the American Diabetes Association is celebrating their 75th year of service. According to the ADA, about one in four people over the age of 60 are living with diabetes in the United States. For the seniors living in Ulster County with diabetes, the staff at the Office of the Aging would like to have a healthy and enjoying holiday season. Below you will find two diabetic friendly recipes from www.diabetes.org of holiday meal staples.

Roasted Turkey and Vegetables

*Serve this dish with roasted sweet potatoes. It's a great option for the holidays if you don't want to cook the entire bird!

Prep Time: 15 minutes

Nutrition Facts

Serving Size:

4 ounces turkey + 1/4 of vegetable mixture

- Calories 200
- Carbohydrate 10 g
- Protein 35 g
- Fat 2.0 g
- Saturated Fat 0.5 g
- Sugars 5 g
- Dietary Fiber 3 g
- Cholesterol 90 mg
- Sodium 115 mg
- Potassium 650 mg

This Recipe Serves 6

Ingredients:

Cooking Spray

2 stalks celery, chopped

3 small or 2 medium carrots, peeled and chopped

1 onion, chopped 1/2 head cabbage, chopped

5 sprigs fresh thyme 1 cup fat free, low sodium chicken broth

2 1/2 pounds bone in turkey breast half

1 teaspoon olive oil

1 tablespoon no salt Spike seasoning (or other no salt seasoning like Mrs. Dash)

1/2 teaspoon ground black pepper

Instructions:

1. Preheat the oven to 375 degrees F. Coat a baking dish with cooking spray.
2. Toss all of the vegetables and thyme together and place in the bottom of the pan. Pour the chicken broth over the vegetables.
3. Remove the skin from the turkey breast. Place it breast side up on top of the vegetables. Drizzle the turkey and vegetables with the olive oil and sprinkle it with the seasoning and ground black pepper.
4. Roast the turkey and vegetables in the oven for 1 hour or until the internal temperature of the turkey is 165 degrees F.
5. When the turkey comes out of the oven set it aside on a cutting board to rest. Remove the thyme stems and stir the vegetables.
6. Slice the turkey into 4-ounce slices and serve with the vegetables.



Sage Stuffing

*Here's a stuffing recipe that's on the healthier side but will still thrill your guests. Our Sage Stuffing uses whole grain bread, omega-3 rich walnuts, and cranberries to give it a holiday twist.

Prep Time: 15 minutes; **Cook Time:** 1 hour

Nutrition Facts

Serving Size: 1/2 cup

- Calories 190
- Carbohydrate 28 g
- Protein 8 g
- Fat 6 g
- Saturated Fat 0.9 g
- Dietary Fiber 5 g

- Cholesterol 20 mg
- Sodium 385 mg

This Recipe Serves 12

Ingredients

30 slices (1-ounce each) day-old whole-grain bread, crusts removed, cut into small cubes

1 tablespoon olive oil

1 large onion, chopped

3 large celery stalks, chopped

1/3 cup coarsely chopped walnuts

1/2 bunch fresh sage, stems removed, coarsely chopped

3 cups hot low-fat, reduced-sodium chicken broth

1 egg, lightly beaten

1/2 cup dried cranberries or dried cherries, coarsely chopped

Kosher salt and fresh-ground black pepper to taste

Paprika

Instructions:

1. Preheat the oven to 375⁰ F. Add the bread to a large bowl.
2. Heat the olive oil in a large skillet over medium heat. Add the onions and celery, and sauté for 3 minutes. Add the walnuts and sauté for 2 minutes. Add in the sage and cook for 1 minute.
3. Add the onion-sage mixture to the bread. Pour the hot chicken broth and egg over the onion-sage, and mix well (until moist). Add in the cranberries or cherries. Season well with salt and pepper. Add the mixture to a large casserole dish, and sprinkle with paprika. Bake for about 40-45 minutes, or until the top is browned and crusty.

MORE RECIPES AT: <http://www.diabetes.org/mfa-recipes/recipes/holiday.html>

Free! 
Save the Date!

RCAL presents
**Caring
Connections**



A Conversation of a Lifetime

*What Caregivers need to know about
End of Life issues, Preplanning, and
Preparing for Weather and
Related Emergencies*

**Thursday,
November 5, 2015
5:30-8:30 pm**

Limited seating • Registration required

Rosendale Recreation Center
1055 Route 32, Rosendale, NY 12572

Sponsored by



**Caring Connections
of Ulster County**
Caring Hands ~ Loving Heart

Fall Conference

~ Featuring ~

HUDSON VALLEY HOSPICE

*Kristin Swanson, presenter
What Caregivers need to know about
End of Life issues*

ELDER LAW ATTORNEY

*Shari S. L. Hubner, Esq.
Discussion on Health Care Directives forms
(e.g. MOLST, Living Will, Advance Care Planning)*

**KEYSER FUNERAL &
CREMATION SERVICES**

Eric Keyser addresses the importance of preplanning

A & T HEALTHCARE

*Peter Fella speaks about How to Prepare for
Weather and Related Emergencies*

Vendors will be present to provide information

**SEATING IS LIMITED AND
REGISTRATION IS REQUIRED**
~ Refreshments will be served ~

For more information, visit our website:

www.caringconnectionsofuc.com

~ Donations appreciated to offset expenses ~

To reserve your seat,
contact

EVELYN FLYNN

(845) 901-5744

or email:

Ef12401@aol.com





THE 8TH ANNUAL CIRCLES OF CARING CONFERENCE
**“LIVING YOUR LIFE TO THE
MAXIMUM”**

PRESENTED BY JEWISH FAMILY SERVICES OF
ULSTER COUNTY

NOVEMBER 6, 2015
8:00 AM- 4:00 PM

BEST WESTERN HOTEL
503 WASHINGTON AVE., KINGSTON, NY

SPONSORED BY:

**Archcare, Jewish Federation of Ulster County, The Center of Aging and
Social Policy at Mount Saint Mary College, and Age Plan**

FOR MORE INFORMATION CONTACT: JEWISH FAMILY SERVICES @ (845) 338-2980
OR BY EMAIL: JFS.ULSTER@GMAIL.COM

AARP

FOUNDATION
Tax-Aide

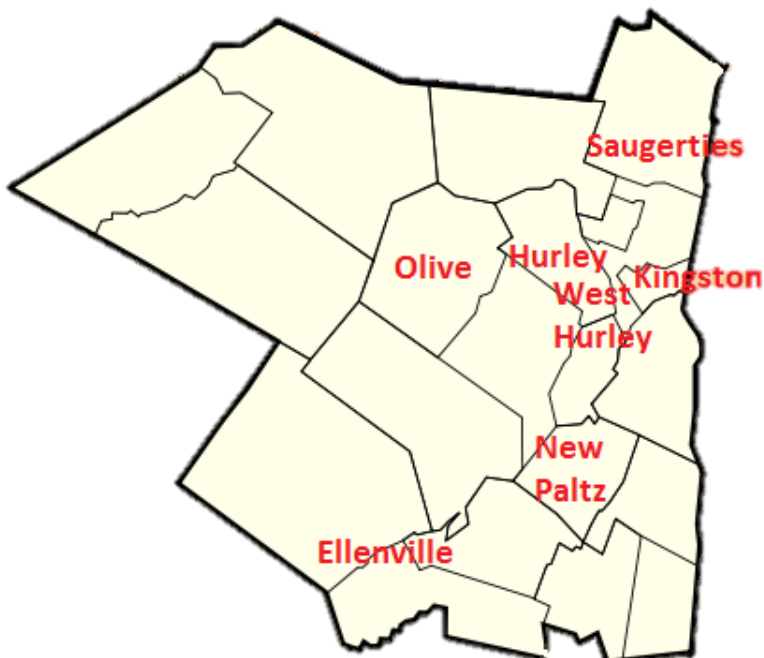
AARP TaxAide needs volunteers to serve as income tax counselors/preparers during the upcoming 2015 tax season.



Volunteers will be trained to assist low to moderate income seniors, individuals, and families, preparing both federal and state tax returns.

Interested volunteers should have familiarity with personal income taxes and be comfortable working with a laptop computer. Income tax and software training will be provided by AARP volunteer instructors in November and December.

AARP TaxAide provides free tax preparation and counseling services at multiple locations throughout Ulster County, including Kingston, Saugerties, Hurley, West Hurley, Olive, New Paltz, and Ellenville.



For more information about volunteering with TaxAide, please contact Rich Dooley, Ulster County District Coordinator, at 845-246-0696 or email at rd6201@yahoo.com.

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

Safety Tips for the Colder Months Ahead

From Care.com

1. Avoid Slipping on Ice

Icy, snowy roads and sidewalks make it easy to slip and fall. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

2. Dress for Warmth

Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the CDC, more than half of hypothermia-related deaths were of people over the age of 65.

So don't let indoor temperatures go too low and dress in layers. If you're going outside, wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

Your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately.

3. Fight Wintertime Depression

It can be difficult and dangerous to get around and many seniors have less contact with others during cold months, which can lead to feelings of loneliness and isolation.

To help avoid these issues, family members should check in on seniors as often as possible; even a short, daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

4. Check the Car

Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits -- or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. Also make sure your roadside assistance membership is up-to-date in case of emergencies.

5. Prepare for Power Outages

Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature. Check out [this winter weather checklist](#) from the CDC to make sure you have everything you may need.

6. Eat a Varied Diet

Since people spend more time indoors and may eat a smaller variety of foods, nutritional deficits -- especially Vitamin D deficiency -- problems can arise. Nicole Morrissey, a registered dietician in southwest Michigan, recommends consuming foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

7. Prevent Carbon Monoxide Poisoning

Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

******The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments. Many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help.**

HEARING LOSS GROUP FORMING

The first meeting of a Hearing Loss Support Group will be held at the
Gardiner Library
133 Farmer's Turnpike
Thursday, November 12
1pm to 2pm

Future meetings will be held on the **second Thursday** of the month:

➤ December 10

The goal of the group is to provide information and support to those who have or live with someone who has hearing loss. Hearing loss can be an isolating condition.



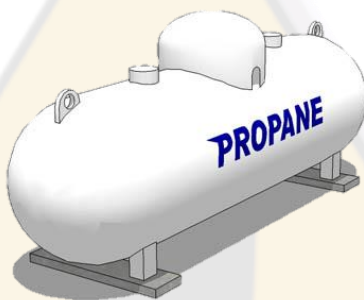
Meetings will be held in the library community room

For directions or further information call 255-1255 or visit

www.gardinerlibrary.org

ATTENTION!!!!!!!

PROPANE



Propane gas is a petroleum-based product and will typically follow the ups and downs of crude oil and natural gas markets. The propane gas business is competitive and each company sets its own pricing policy. The price is **not** regulated by state, federal or local government. The Ulster County District Attorney's Division of Consumer Affairs suggests checking with a supplier for the pricing options available, understanding all terms of the contract (e.g., fees, purchasing requirements) and conditions under which the contract can be canceled. Consumers who are not satisfied with the terms should consider another provider.

Consumer Affairs can be reached at 340-3260.



The Ulster County District Attorney's Division of Consumer Affairs (340-3260) advises landlords in Ulster County are responsible for furnishing heat unless the rental agreement provides otherwise. Where the landlord furnishes the heat, the temperature shall be maintained at not less than 68 degrees Fahrenheit at a distance of eighteen inches above the floor level and three feet from an outside wall. A tenant with heating problems should contact the landlord first. If that does not solve the problem, call the Ulster County Health Department at 340-3010.



ARE YOU A WWII VET?

The Honor Flight is a one-day FREE trip for WWII Veterans to see their Memorial in Washington, D. C. It is an amazing day that WWII Veterans won't want to miss and so rightly deserve. The trip involves a unique itinerary designed to give the Veterans the complete Honor Flight experience and shows how grateful we are for the sacrifices and service given to our country.

There are two flights a year. First priority is given to World War II Veterans but seats are also open for terminally-ill Veterans from other wars.

The Honor Flight welcomes guardians to accompany and assist the Veterans for a fee.

For more information regarding the program or to receive an application you can go to www.hvhonorflight.com or you can call Christine Noble at the Ulster County Office for the Aging at (845) 340-3571. If you need assistance with the application, she will be happy to assist you.

Ulster County Office for the Aging and Always There Adult Day Program

are collaborating to provide low or no-cost Senior Day Care and respite for caregivers. Call to see if your loved one is eligible for this offer-- 845-340-3456.



Day-Time Care

for the Seniors in your Life

- Variety of Activities
- Supervised Recreation
- Therapeutic Programs
- Home Cooked Meals

In a safe and caring atmosphere

*Transportation and bathing available
for a nominal cost*

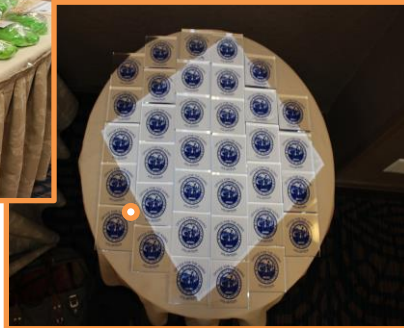
Please call the Ulster County Office for the Aging for more information

845-340-3456



Michael P. Hein, Ulster County Executive

Thank you to those that attended our Fall Festival and Volunteer Recognition Luncheon!



**ULSTER COUNTY DEPARTMENT OF HEALTH
INFLUENZA CLINIC SCHEDULE 2015**

Date	Time	Location
10/07/15	10-11:30 AM	Esopus Town Hall 284 Broadway Port Ewen
10/08/15	10-11:30 AM	Saugerties Sr. Center 207 Market St. Saugerties
10/13/2015	10-11:30 AM	VFW Post 8645 101 Rte. 208 New Paltz
10/15/15	9:30-11 AM	UCDOH 230 Aaron Ct. Kingston
10/19/15	10-11:30 AM	Hurley Reformed Church 11 Main St. Hurley
10/22/15	10-11:30 AM	Woodland Ponds 100 Woodland Ponds Circle New Paltz
10/27/15	10-11:30 AM	Trudy Resnick Farber 50 Center St. Ellenville
10/29/15	10-11 AM	Woodstock Rescue Squad Rte. 212 Woodstock
11/6/15	10-11 AM	Rosendale Rec. Ctr Rte. 32 Rosendale
11/9/15	10:30-11:30 AM	Wallkill Fire Dept. 18 Park Ave. Wallkill
11/18/15	10-11 AM	Senior Center 1 Town Hall Rd. Lake Katrine
11/20/15	10:30-11:30 AM	Shandaken Town Hall 7209 Rte. 28 Shandaken

For more information, call the Ulster County DOH Flu Hotline at: 845-340-3093

**Ulster County
Office for the Aging**

1003 Development Ct
Kingston, NY 12401
Phone: 845-340-3456
Fax: 845-340-3583



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

Kelly McMullen



Hello Ulster County Seniors!

Wow – Office for the Aging was busy all over the county in October- from Fall Festivals in Woodstock and Kingston to a Public Hearing in Marlboro , a Falls Prevention event in Highland and our first volunteer recognition luncheon in Kingston—Plus we have added Medicare outreach at various libraries throughout the county to help more seniors during Open-enrollment. –BUSY—and loving it!!

We want to see more senior!

This newsletter is chock full of interesting things happening in November. It is Care Giver Awareness Month and we want to acknowledge and support care givers in our community. There are two excellent events happing (see above)—please join us and our partners who are making these events possible.

With the holidays and cold weather just around the corner we want to make sure seniors are safe and prepared. Remember, you have a friend at the Ulster County Office for the Aging- We want to hear from you!

I wish you all a very Happy Thanksgiving and look forward to seeing you soon!

Kelly