



Ulster County Office for the Aging

November 2016 Newsletter

Greetings from County Executive Michael P. Hein

**THANK YOU SENIOR
VOLUNTEERS!**



I had the privilege to be the keynote speaker at our Ulster County Office for the Aging Volunteer Recognition Luncheon on Tuesday, October 25th. There were over 200 people in attendance who were volunteers or were there to honor the volunteers. I had the pleasure of meeting and thanking many of our amazing seniors. Their dedication and commitment to volunteering in our community is truly appreciated.

There are volunteer opportunities for all interests and skill levels with many of the volunteers working at multiple sites. Some of the seniors I met are volunteering to drive seniors to doctor's appointments, engage children as a tutor or Pen Pal, make calls to the homebound, or help at hospitals, libraries and a whole host of other organizations.

Once again, I would like to thank all of our volunteers for all they do and encourage seniors who may be interested in volunteering to contact our Office for the Aging. Volunteers make such a great difference in the lives of our residents and our non-profit community simply could not function without their services. 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 845-443-8836.

Mike Hein

Ulster County Executive

Volunteer Recognition Luncheon 2016

On October 25, 2016 at Diamonds Mills in Saugerties, NY Ulster County Office for the Aging honored over 200 seniors who are a part of our Volunteer Program. Nearly thirty were recognized for special achievements.



Elnora McSpirit who was honored for 35 years of volunteer service to the community in various positions, including Pen Pals, Warm Calling and with Ulster County Tourism.



Berenice Fitzgerald (L) with Ulster County Executive Michael P. Hein. She was honored for serving over 1,000 volunteer hours in the past year at People's Place in Kingston.



Ulster County Office for the Aging

We Want to Hear From Ulster Seniors!

Ulster County Executive Michael P. Hein invites you to join us for our Annual Office for the Aging Hearing.

We want to hear from you!

Monday, November 7th, 2016 at 2 p.m.

*Woodstock Jewish Congregation
1682 Glasco Turnpike, Woodstock, NY*

- Introduction by County Executive, Michael P. Hein
- Meet Kelly McMullen, the Director of the Ulster County Office for the Aging
- Learn about OFA Services and Programs
- Share your thoughts on what you want from the Office for the Aging

Coffee and cake will be served!

Please Call UC Office for the Aging to RSVP

845-340-3456



Michael P. Hein
Ulster County Executive

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!

BRC, Ulster Avenue, Kingston, NY Room 117

**November 14th thru December 19th
Mondays, from 1 - 3:30 pm.**

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





Medicare!
Corner

A black rectangular graphic with white text. The word "Medicare!" is written in a white, cursive font and is underlined with a white horizontal line. Below it, the word "Corner" is written in a white, bold, sans-serif font.

It is important to review your Medicare Part D coverage during the Annual Medicare Open Enrollment Period every year. What is a good Part D plan for you this year may not be a good plan for you next year. The reason for this is that prescriptions are covered and your co-payments or out-of-pocket costs for the prescriptions change from year to year. In addition, each year the Part D prescription plans in our area negotiate special pricing with specific area pharmacies. What plan you choose and where you go to the pharmacy may save you a lot of money.

Extra Help is a federal program that helps pay for some to most of the costs of Medicare prescription drug coverage (Part D). You may be eligible for Extra Help if your monthly income is up to \$1,505 (\$2,022 for couples) in 2016 and your assets are below \$13,640 (\$27,250 for couples). If you are enrolled in Medicaid, a Medicare Savings Program, or you receive Supplemental Security Income (SSI) you will get Extra Help automatically, and you do not need to apply. You can apply for the Extra Help program through the Social Security Administration or your local Medicaid office.



MICHAEL P. HEIN
County Executive

ULSTER COUNTY OFFICE FOR THE AGING

1003 Development Court
Kingston, NY 12401

Ulster County Website: www.ulstercountyny.gov

Kelly McMullen, MA
Director

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

MEDICARE FALL ANNUAL ENROLLMENT PERIOD

The annual open enrollment period to change your Medicare health
or prescription drug coverage for 2017 will be from:

**October 15, 2016
to
December 7, 2016***

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!*



Ulster County Executive Michael Hein
and the Ulster County Office for the Aging
in collaboration with Jewish Family Services of Ulster County
Invite You to Attend

Caregiver and Care Receiver Support Groups

- Are you providing care for a partner, friend, spouse, or family member?
- Are you being cared for because of illness, disability, accident/surgery, or the aging process?

Receive peer support, information on community resources, support in problem solving, workshops on topics based on wants and needs of group participants, and the opportunity to socialize.

There will be a care-receiver group occurring at the same time as the caregiver group



Two Locations!

Always There Home Care Agency, 918 Ulster Ave., Kingston, NY
Woodland Ponds, New Paltz, NY

Participants must pre-register for each date.

845-338-2980

For information email: jbromley.projecthope@gmail.com

Funding for this program is made possible through NYSOFA.



AVOID CHIMNEY SWEEP SCAMS

The chimney service trade is not regulated, nor are chimney sweeps licensed in the state of New York. As the weather turns cooler, scams involving chimney sweeping and repairs become more prevalent according to the Ulster County District Attorney's Division of Consumer Affairs, which offers these tips:

- Don't hire a chimney sweep who shows up at your door – or calls - unsolicited, without first checking references;
- For additional information, visit the Chimney Safety Institute of America's website at www.csia.org.

Consumer Affairs can be reached at 845-340-3260.

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**

ULSTER COUNTY MEDICATION RETURN BOXES

Yes: Prescriptions and over the counter medications, vitamins, pet medications, ointments, lotions and liquid medicine in plastic containers.



No: Needles, thermometers, bloody, infectious or hazardous waste, inhalers hydrogen peroxide or any medications in glass containers.

**Safely dispose of your unwanted medications
at**

In the lobby of your local Police Station:

New Paltz
Rosendale
Saugerties
Ellenville
Kingston
Olive

Woodstock
Lloyd
SUNY New Paltz
Shawangunk
Ulster
Marlborough

At the Sherriff's Office and Substations:

Substations:
Wawarsing
Esopus

Shandaken
Wallkill
SUNY Ulster

Law Enforcement Center



Ulster Prevention Council
Reducing Substance Abuse
A PROGRAM OF FAMILY SERVICES



Prescription Drug Task Force
of Ulster County

Ulster County Office for the Aging

Invites Ulster County Senior Citizens to a FREE

HOLIDAY CABARET LUNCHEON

Entertainment by The Bronx Express Duo

thanks to support from Wellcare of Ulster County

Tuesday, December 13th
Noon - 2 p.m.

Russell F. Brott Senior Center
1 Town Hall Drive, Lake Katrine, NY

Space is limited--Please R.S.V.P. by December 8th

Ulster County Office for the Aging: 845-340-3456



Michael P. Hein, Ulster County Executive
Wishes you Happy and Healthy Holidays!



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

Dear Ulster County Seniors-

November means Thanksgiving to me—one of my favorite holidays because it's about family and food and I don't have to go shopping for unwanted presents! It's also the beginning of the colder weather and longer nights. Making sure seniors are safe is really important to me. That is one of the reasons I love the Neighbor to Neighbor program which coordinates transportation for seniors who need a ride to the doctor. In just over a year we have more than doubled the rides we are able to provide. I am so grateful to the County Executive, Mike Hein, who made it possible to keep this amazing network of volunteers intact and allowed the OFA to grow various volunteer programs. Research demonstrates that volunteering leads to improved health and more overall happiness. The right match can help you reduce stress, find friends, and learn new skills, all while helping your community. If you are not a volunteer with the OFA yet, please call Pat McDonough, our volunteer coordinator, 845-802-7935, we might have a volunteer opportunity for you!

Join us for our Annual Public Hearing on Monday, November 7 at 2 p.m.. This is a great opportunity to meet me and hear about what the Office for the Aging is doing around the County. We try to get to different spots across the county with our outreach, and this year we will be at the Woodstock Jewish Congregation, 1682 Glasco Turnpike, Woodstock. Call our office to RSVP 845-340-3456—we want to have enough cake and coffee!

Reminders...It is Open Enrollment for Medicare—Call our office to make a one-on-one appointment to review your coverage and make sure you are in the right plan. We are offering appointments at the OFA and at some local libraries throughout the county. We have additional hours for our legal services. Call the OFA Front Desk for more info and an appointment 845-340-3456. If you would like accommodation such as a sign language interpreter or translation service for any of our events or services, please let us know!

Wishing you a happy Thanksgiving and remember, you have a friend at the Ulster County Office for the Aging!

Kelly



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



November is American Diabetes Month. This year the American Diabetes Association is celebrating their 76th year of service. According to the ADA, every 23 seconds another American is diagnosed with diabetes. 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. We know you will probably be eating a lot of food during the next couple of months

and we don't want you to gain too much weight which will further complicate your diabetes. Here are some tips on maintaining and/or even losing weight and controlling your diabetes during the holiday months:

1. **Moderate-intensity physical activity for at least 30 minutes on 5 or more days of the week:**

An example of moderate-intensity physical activity is walking briskly. One of your 5 days can be with us on Tuesdays at the Hudson Valley Mall at 10 AM. If you are just starting off with a brisk walking routine, the one day may be all you need or can do for a while and work your way up. As you become stronger, you can add those extra 4 days of brisk walking to your physical activity on your own. Do some physical activity every day. It's better to walk 10 or 20 minutes each day than one hour once a week. For more tips go here: http://www.cdc.gov/diabetes/pdfs/managing/tip_for_being_active.pdf

2. **Types of Physical Activity Good for People with Diabetes:** Walking vigorously, hiking, climbing stairs, swimming, aerobics, dancing, bicycling, skating, skiing, tennis, basketball, volleyball, or other sports are just some examples of physical activity that will work your large muscles, increase your heart rate, and make you breathe harder – important goals for fitness. Yes, it will be cold outside in the next few months but many of these activities can be done indoors at the local YMCA; just call for information on what physical activities they provide. In addition, strength training exercises with hand weights, elastic bands, or weight machines can help you build muscle. Stretching helps to make you flexible and prevent soreness after other types of exercise. Do physical activities you really like. The more fun you have, the more likely you will do it each day. It can be helpful to exercise with a family member or friend.

3. **Safety Considerations for People with Diabetes When They Exercise:**

You should avoid some kinds of physical activity if you have certain diabetes complications. Exercises that involve heavy weights may be bad for people with blood pressure, blood vessel, or eye problems. Diabetes-related nerve damage can make it hard to tell if you've injured your feet during exercise, which can lead to more serious problems. If you do have diabetes complications, your doctor can tell you which kinds of physical activity would be best for you. There are many different ways to get exercise.

Physical activity can lower your blood glucose too much, which can cause hypoglycemia, especially in people who take insulin or certain oral medications. Hypoglycemia can happen at the time you're exercising, just afterward, or even up to a day later. You can get shaky, weak, confused, irritable, anxious, hungry, tired, or sweaty. You can get a headache, or even lose consciousness.

To help prevent hypoglycemia during physical activity, check your blood glucose before exercising. If it's below 100, have a small snack. It's a good practice to bring food or glucose tablets with you when you exercise outside your home, just in case. It is not good for people with diabetes to skip meals at all, but especially not prior to exercise. After you exercise, check to see how it has affected your blood glucose level. If you take insulin, ask your doctor if there is a preferable time of day for you to exercise, or whether you should change your dosage before physical activity, before beginning an exercise regimen.

On the other hand, you should not exercise when your blood glucose is very high because your level could go even higher. Do not exercise if your blood glucose is above 300, or your fasting blood glucose is above 250 and you have ketones in your urine.

When you exercise, wear cotton socks and athletic shoes that fit well and are comfortable. After you exercise, check your feet for sores, blisters, irritation, cuts, or other injuries.

Drink plenty of fluids during physical activity, since your blood glucose can be affected by dehydration.

*Information Gathered from: The Center for Disease Control and Prevention

Are finances tight? Do you need help making rent payments?



You may be eligible for the Housing Choice Voucher Program (Section 8) Waiting List for Ulster County

Four ways to get an application in English or Spanish:

- **In person** at RUPCO, 289 Fair Street, Kingston, 9 a.m.-4 p.m. Monday - Friday, between October 31 and December 14, 2016
- **In person at the Open House Application Support Days** at The Kirkland, 2 Main Street, Kingston on Monday, October 31; Monday, November 14; or Tuesday, December 13; each day between 9:30 a.m. and 3 p.m.
- **Online** at www.rupco.org, any day or time between October 31 and December 14, 2016

DEADLINE FOR APPLICATIONS: Wednesday, December 14 at 4:30 p.m. by mail or hand delivery ONLY to RUPCO

No faxed or emailed applications will be accepted. All applications received during the application period will be entered in a lottery pool. A random drawing lottery will select 1000 applications that will be added to the Ulster County HCV Program Waiting List.



Family Size	Household Income
1	\$26,600
2	\$30,400
3	\$34,200
4	\$37,950
5	\$41,000
6	\$44,050
7	\$47,100
8	\$50,100

www.rupco.org/HCV-Ulster-County-Wait-List-2016



Application Support Day
Monday, November 14
9:30 a.m. to 3 p.m.

Get help filling out the Section 8 application for Ulster County



The Kirkland
2 Main Street, Kingston
On-street parking available



Application Support Day
Tuesday, December 13
9:30 a.m. to 3 p.m.

Get help filling out the Section 8 application for Ulster County



The Kirkland
2 Main Street, Kingston
On-street parking available

Ulster County Family Income Limits

Family Size	Household Income
1	\$26,600
2	\$30,400
3	\$34,200
4	\$37,950
5	\$41,000
6	\$44,050
7	\$47,100
8	\$50,100

DANCE EXERCISE FOR HEALTH



MOVING FOR LIFE
DanceExercise for Health®



More than books!



FRIDAYS NOV 4, 18 & DEC 2

11AM-12PM

**Join us for this free, gentle dance exercise aerobics
at the Kingston Library, 55 Franklin St. Kingston NY 12401.**

Moving for Life is a scientifically based self-care fitness program using gentle warm-ups, light aerobics, and targeted strengthening in a way that is safe, fun, and enjoyable for all! Workouts can be done seated or standing. You are encouraged to do what is comfortable and modify based on your energy, range of motion or fitness level. We start where you are at, so don't worry if you haven't been moving.

**FOR MORE INFO : 212-222-1351 OR INFO@MOVINGFORLIFE.ORG
WWW.MOVINGFORLIFE.ORG**

Advance Directives Workshop



Choices & Wishes: Advance Directives Workshop

Facilitated by: Brenda Relyea, BSN, RN,
Advance Planning Certified and
Elise Lark, PhD, LCSW, OSW-C

Tuesday, November 8, 2016
5:30 to 7:30 pm

Reuner Cancer Support House, 80 Mary's Avenue, Kingston, NY
(across the street from HealthAlliance hospital: Mary's Avenue Campus)

Please join us for a **FREE** workshop on Advance Directives, providing an opportunity to define your end-of-life wishes regarding treatment guidelines and to appoint a Health Care Agent.



We will discuss and help you complete any or all of three documents:

Health Care Proxy, Living Will, and MOLST



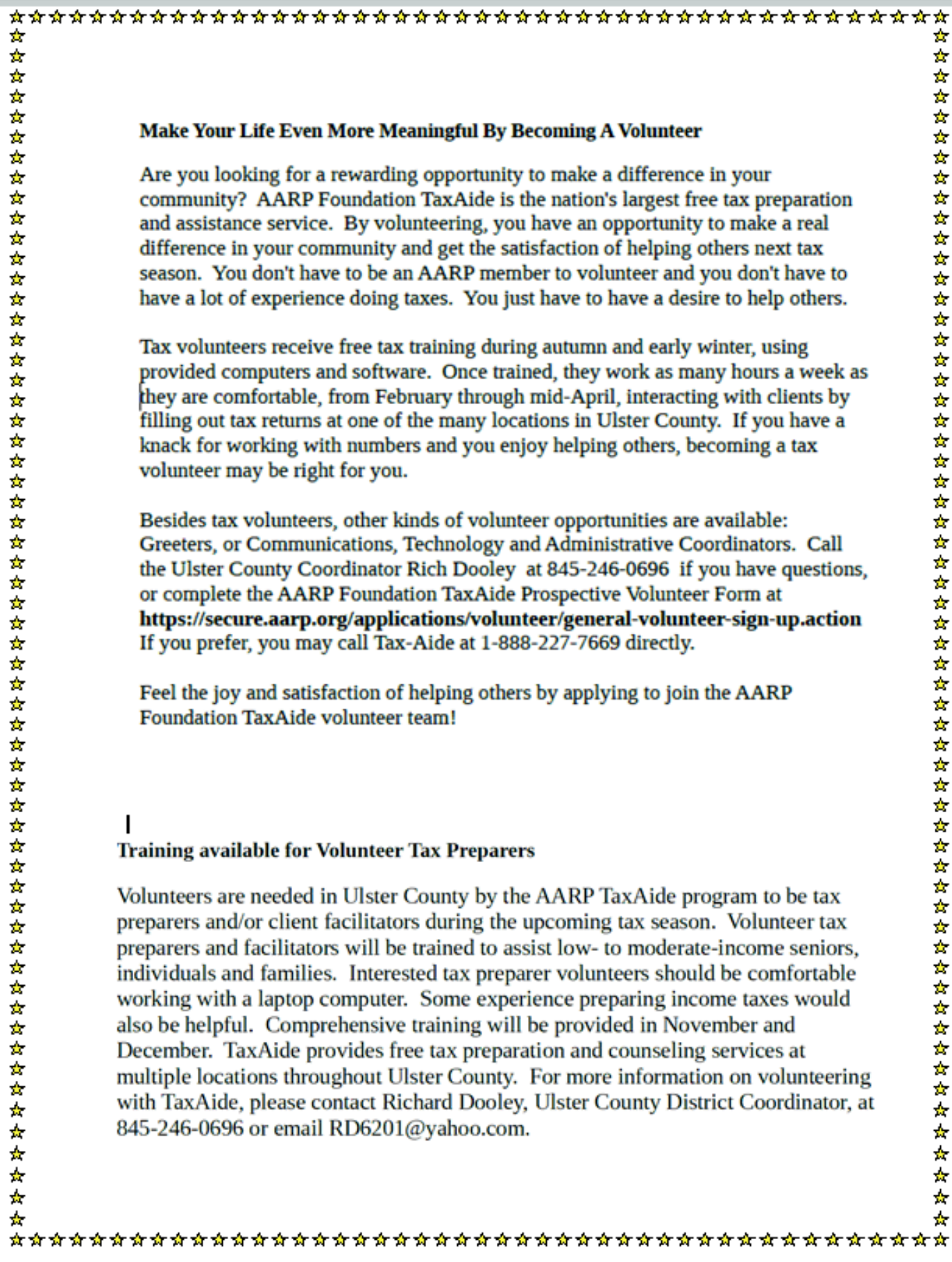
For further information and registration,
please contact

Elise Lark at (845) 339-2071 ext. 102
or email elise.lark@hahv.org



Please register early as space is limited.





Make Your Life Even More Meaningful By Becoming A Volunteer

Are you looking for a rewarding opportunity to make a difference in your community? AARP Foundation TaxAide is the nation's largest free tax preparation and assistance service. By volunteering, you have an opportunity to make a real difference in your community and get the satisfaction of helping others next tax season. You don't have to be an AARP member to volunteer and you don't have to have a lot of experience doing taxes. You just have to have a desire to help others.

Tax volunteers receive free tax training during autumn and early winter, using provided computers and software. Once trained, they work as many hours a week as they are comfortable, from February through mid-April, interacting with clients by filling out tax returns at one of the many locations in Ulster County. If you have a knack for working with numbers and you enjoy helping others, becoming a tax volunteer may be right for you.

Besides tax volunteers, other kinds of volunteer opportunities are available: Greeters, or Communications, Technology and Administrative Coordinators. Call the Ulster County Coordinator Rich Dooley at 845-246-0696 if you have questions, or complete the AARP Foundation TaxAide Prospective Volunteer Form at <https://secure.aarp.org/applications/volunteer/general-volunteer-sign-up.action> If you prefer, you may call Tax-Aide at 1-888-227-7669 directly.

Feel the joy and satisfaction of helping others by applying to join the AARP Foundation TaxAide volunteer team!

Training available for Volunteer Tax Preparers

Volunteers are needed in Ulster County by the AARP TaxAide program to be tax preparers and/or client facilitators during the upcoming tax season. Volunteer tax preparers and facilitators will be trained to assist low- to moderate-income seniors, individuals and families. Interested tax preparer volunteers should be comfortable working with a laptop computer. Some experience preparing income taxes would also be helpful. Comprehensive training will be provided in November and December. TaxAide provides free tax preparation and counseling services at multiple locations throughout Ulster County. For more information on volunteering with TaxAide, please contact Richard Dooley, Ulster County District Coordinator, at 845-246-0696 or email RD6201@yahoo.com.

**Focus on Dementia
at the Hudson Valley Mall
Monday, Nov. 14**



**Living with Alzheimer's
for people with Alzheimer's**

10 a.m. to 3 p.m. Lunch is provided.

This program is for people with early-stage Alzheimer's ONLY. Call Liz Johnson at 845.471.2655 with questions or 800.272.3900 to RSVP.

**Legal & financial planning
for Alzheimer's disease**

3:30-4 p.m.

This program is open to anyone.

Learn about legal and financial issues to consider following a dementia diagnosis. Contact Janet Syvertsen with questions at 845.695.2247 or 800.272.3900 to RSVP.



**Programs will be held in the
Hudson Valley Mall Community Room
1300 Ulster Ave., Kingston, NY 12401**

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

**WESTCHESTER COMMUNITY OPPORTUNITY PROGRAM, INC.
2 WESTCHESTER PLAZA, ELMSFORD, NY 10523**

**GET INVOLVED
AND EARN AN HOURLY TAX FREE STIPEND
*THE FOSTER GRANDPARENT PROGRAM
NEEDS YOUR HELP***



HOURLY STIPEND

**TRANSPORTATION
ALLOWANCE**

**VOLUNTEER
INSURANCE**

**SUPPORTIVE
REFERRAL SERVICES**

**48 DAYS OF PAID
TIME OFF**

**PAID LEGAL
HOLIDAYS**

FOSTER GRANDPARENT PROGRAM

DIRECTOR

Phone: 914-592-5600 ext. 114

E-mail: rbahr@westcop.org



**THE FOSTER GRANDPARENT PROGRAM IS RECRUITING MEN
AND WOMEN 55 YEARS OF AGE AND OLDER!!!**

*VOLUNTEERS WILL SERVE 15 TO 35 HOURS PER WEEK
WORKING WITH CHILDREN IN AN ACADEMIC SETTING IN
THEIR COMMUNITY. THE VOLUNTEERS ARE PLACED IN
ELEMENTARY SCHOOLS, DAY CARE CENTERS AND HEAD
START CENTERS. IF YOU ARE INTERESTED CALL:*

**ARLETTE JAVOIS — 914-592-5600 EXT. 108
(FOR WESTCHESTER & PUTNAM)**

OR

**Liz Magier—914-592-5600 EXT. 107
(For Ulster, Orange, Sullivan & Dutchess)**

"My health is
my biggest asset."

If you're 65 years or older,
getting a flu shot is the best
way to protect yourself and
those around you from flu.

Get Your Flu Vaccine. Not the Flu.
The flu benefit is a covered service for
Medicare and for children enrolled in
Medicaid and CHIP.

THE FLU ENDS WITH U

Distributed by:

<http://www.cdc.gov/flu>
1-800-CDC-INFO

