



Ulster County Office for the Aging

October 2016 Newsletter

Greetings from County Executive Michael P. Hein

On September 30, 2016, I presented Ulster County's Executive Budget for 2017 at the Business Resource Center in the Town of Ulster. I chose this location to allow the public an opportunity to see the vacant space available at the BRC that could be utilized as the new Family Court facility before the November 8th public referendum that seeks the public's approval to move the court from its current location.



To view information regarding the proposed relocation of Family Court please visit: <http://ulstercountyny.gov/referendum-relocation-ulster-county-family-court>.

The 2017 Executive Budget reduces property taxes again protecting our taxpayers and providing high quality services for our residents. I am proud to say that the tax levy will now be less than it was in 2010 while we continue to provide more services than ever before, make unprecedented infrastructure investments, while also providing for our Veterans, Seniors and those most vulnerable. Our residents and our taxpayers deserve and should expect that their County Government tighten its belt and be responsible with their tax dollars. For more information on the 2017 Executive Budget please visit: <http://ulstercountyny.gov/budget/> or call 845-340-3800.

As County Executive I have proclaimed October as Domestic Violence Awareness Month in Ulster County and my office and the Ulster County Inter-Agency Council on Domestic Violence are sponsoring the **4th Annual Domestic Violence Information Forum, featuring storytelling performances by TMI Project**. In addition, presentations will be made by various agency representatives discussing their roles in the domestic violence process. The public is invited to this free event which will be held on **October 27, 2016** at the SUNY Ulster College Lounge, Stone Ridge, NY from 8:30 a.m. – 12:00 p.m. Pre-registration is required at http://www.sunyulster.edu/TMI_Project. Domestic violence is a national epidemic that affects millions of people and many right here in our own community. It is important to shine a light on this difficult topic and let people know that there are resources available to help if they find themselves in an abusive relationship. I urge anyone in need of help to call the

24 hour hotline at 845-338-2370.

Mike Hein

Ulster County Executive

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

Ulster County Office for the Aging

Invites seniors to an informational session

Medicare

What to expect for 2017

Presented By Bob Meci, HIICAP Coordinator

Lunch and Learn

Tuesday, October 4, 2016

Noon

**BRC, 1 Development Court, Kingston NY
Room 114**

**Call the Office for the Aging
to reserve your spot
SPACE IS LIMITED
845-340-3456**



Michael P. Hein, Ulster County Executive

AARP DRIVER SAFETY CLASS

The Woodstock Library is hosting an **AARP** Defensive Driving Course, with instructor Woodstock Fire Department Member/Commissioner, Mike Lourenso.

When: Saturday, October 8, 2016.

Time: 9:00am-5:00pm (There will be a lunch break and other breaks as needed).

Where: Woodstock Fire Company #1, 242 Tinker Street, Woodstock, NY 12498.

Price: \$20.00 for **AARP** members; \$25 for non-**AARP** members. Make checks out to "**AARP**".

Please register at Woodstock Library, stop by or call: (845) 679-2213. Limited to 30 people. There will be a wait list if needed...





MICHAEL P. HEIN
County Executive

ULSTER COUNTY OFFICE FOR THE AGING

1003 Development Court
Kingston, NY 12401

Kelly McMullen, MA
Director

Ulster County Website: www.ulstercountyny.gov

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!*

9th Annual CIRCLES OF CARING Conference

Empowering Seniors

**Friday, October 28,
2016
8:00 am
to
4:00 pm**

**Best Western Hotel
503 Washington Ave
Kingston NY**

**Energize,
Educate,
Empower,
Encourage**

Sponsored by
Jewish Family Services of Ulster County
AgePlan
The Center for Aging and Policy at Mount
Saint Mary College
Jewish Federation of Ulster County

Welcome by Lawrence Force, PhD,
Director of Center on Aging and Policy
Keynote Speaker: Maria Alvarez,
Executive Director, Statewide Senior
Action

Choose from entertaining, informative
and engaging sessions!

For more information or to register,
please contact Jewish Family Services at
845-338-2980 or via email:

jfs.ulster@gmail.com

Cost: \$30.00 per person, continental
breakfast and lunch included



Please visit our website for the full
program: www.jfs.ulster.org

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

Advance Directives Workshop

"My
Voice -
My
Choice"



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.

**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



C254717P

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**



The Repair Café idea was born in Amsterdam in 2009 and was brought to New Paltz by volunteer organizer John Wackman in 2013. His dedication, enthusiasm, and success inspired others to launch Repair Cafe events in their communities. If you are interested in bringing Repair Cafe to your community, John would be happy to point you in the right direction ([email John](#)). You can also check out the [Repair Cafe Foundation](#), where it all began, for resources, guidelines, and all the details.

Our mission

- To transform our throw-away economy, one beloved item at a time
- To reduce how much stuff goes into the waste stream
- To preserve traditional repair know-how & skills, and pass them on
- To show the people who have this knowledge that they are valued
- To feed our curiosity about "the way things work", provide scientific diversion & have fun!
- To foster community, sustainability, and resilience

Contact Us

If you would like to volunteer at a Hudson Valley Repair Cafe, or just want to find out more about the activities at these events, contact the independent organizers of the locations directly.

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



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

Hello Seniors!

It's time to think about Medicare! We will be offering one-on-one Medicare counseling for Ulster seniors during Open Enrollment, which is October 15- December 7th. We are partnering with libraries around the County to bring these services to where people live—Saugerties, Olive, West Hurley and more. This is the time that you are able to change your Medicare plan. The Ulster County Office for Aging has a whole team of volunteers who specialize in assisting seniors with Medicare options. Give us a call and we can get you scheduled 845-340-3456.

OFA is partnering with Jewish Family Services to offer Caregiver and Care Receiver Support Groups Starting in October. They will be held at Always There Home Care Agency in Kingston and will include peer support, information on community resources and support in problem solving. These support groups will be on Thursdays, from 11 am to noon - - Please call JFS to register 845-338-2980.

Good News! We are adding more hours to our legal program to help meet the growing requests for legal appointments. Our attorneys can assist with preparation of wills, health care proxies, living wills and Powers of Attorney. Call the OFA for an appointment—845 340-3456.

We are hosting our Annual Public Hearing on November 7th at the Woodstock Jewish Congregation, 1682 Glasco Turnpike, Woodstock, NY at 2 p.m.. We will be serving coffee and cake and we would love to see you there!

I try to get out to all parts of the County to hear from seniors and let you know what we are doing at the OFA. If you would like me to come to your senior group to share what's happening at the OFA, just give me a call. Remember, you have a friend at the OFA—call if we can do anything for you or your neighbors.

Kelly

Director



DRIVEWAY REPAIR SCAMS

The Ulster County District Attorney's Division of Consumer Affairs cautions homeowners to be wary of businesses who solicit door-to-door; be wary of pressure to have 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 before hiring; ask for references and check them; and always note license plate numbers and vehicle descriptions. For additional information, contact the Bureau at 340-3260.

Attention Older Adults! Vaccines are not just for kids!

Many people think that only young children need to get vaccinated. However, **THOUSANDS OF OLDER ADULTS** die or have serious complications each year from vaccine-preventable diseases.

What vaccines do I need?

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

✓ Shingles vaccine

One shot reduces the risk of shingles and long-term pain after shingles in adults 60 years old and older.

- Shingles is a disease that causes a painful, blistering rash. One in five people with shingles will have severe, long-term pain after the rash heals.
- Shingles is more common and more serious in older adults.
- Nearly 1 million Americans get shingles every year and about half of them are 60 years old and older.

✓ Pneumococcal vaccine

One shot reduces the risk of pneumococcal disease.

- Pneumococcal disease can cause serious infections of the lungs (pneumonia), the bloodstream (bacteremia), and the covering of the brain (meningitis).
- Pneumococcal disease is one of the most common causes of vaccine-preventable death in the U.S. and is particularly dangerous for older adults.

✓ Influenza (flu) vaccine


Get the flu vaccine every year to avoid getting the flu and spreading it to loved ones.


- Every year in the U.S., an average of 36,000 people die from the flu. Most of these deaths are among adults 65 years old and older.

✓ Tetanus, diphtheria, pertussis (Tdap) vaccine

One shot of Tdap vaccine reduces the risk of getting potentially deadly infections and the risk of spreading some of these infections to others.

- Pertussis, also called whooping cough, can be a serious—even deadly—disease in babies. Parents and grandparents can be ill with whooping cough for months and can pass the infection to babies too young to be vaccinated.
- Tetanus is a severe, painful infection. Most of the deaths from tetanus are among older adults.
- Adults less than 65 years of age should receive a dose of Tdap vaccine in place of one of their 10-year tetanus booster shots.

 Protect yourself and your loved ones against these illnesses by getting vaccinated. For more information, ask your healthcare provider, call **800-CDC-INFO (800-232-4636)**, or visit www.cdc.gov/vaccines/vpd/zpd/adultand.htm. To see which vaccines you need, take the Adult Immunization Quiz at www2.cdc.gov/np/adultimmquiz.html.





Become Part of a Winning team and Help Others in the Process. Join United Way's stellar team of *Volunteer Tax Preparers.*

**United Way is looking for someone who is a “*people person*” who wants to make a contribution to the community, and enjoys working with numbers. There is a mandatory Orientation for all new volunteers in mid-September (date to be determined) from 5:30 PM to 8 PM at
United Way
450 Albany Ave.
Kingston, NY 12401.**

Training will take approximately 20-25 hours on-line, over twelve week period between mid-September and December. Volunteers must pass on-line tests to demonstrate their proficiency in tax law in order to become certified. Volunteers are asked to commit to at least 4 Saturdays. If interested in joining the United Way team and making a real difference in people's lives, contact Su Marcy at sumarcy@ulsterunitedway.org or 845-331-4199, ext. 2