

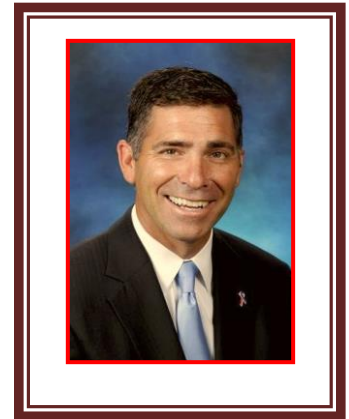


Ulster County Office for the Aging

September 2015 Newsletter

Greetings from County Executive Michael P. Hein

**Healthy Fall
with NO Falls!**



September is a busy month and it includes National Falls Prevention Awareness Day. Falls are the leading cause of injury among New Yorkers over 65. Many falls can be prevented. I invite and encourage Ulster County Seniors to join us for our free, annual event:

Falls Prevention Seminar
September 21st, 2015 from 1-3pm
at the Esopus Town Hall
284 Broadway, Port Ewen, New York

Ulster County Office for the Aging is bringing experts from around the county to discuss preventing falls and how to make your home safe. Additionally, there will be a tai chi demonstration which can help improve strength and balance.

We all know how important it is to stay healthy and prevent accidents and injury due to falls and this program is designed to help keep you safe.

I hope you can join us!

Please call the Ulster County Office for the Aging to register for this free event at 845-340-3456.



**Ulster County Executive Michael P. Hein
and
Ulster County Office for the Aging**

Cordially Invite All Ulster County Seniors to Our

Annual Senior Picnic



Thursday, September 10, 2015

Noon-2 p.m.

**Please R.S.V.P.
845-340-3456**

**Lippman Park
US-209, Wawarsing NY**

Ulster County Executive Mike Hein

Invites Seniors to Attend a Workshop
Designed to Prevent Accidents and Injury Due to Falls
Please Join us for this **FREE WORKSHOP** Featuring:

- **Falls, Fact and Fiction** *the latest research on preventing falls by Bill Shashaty, Occupational Therapist at HAHV.*
- **Home Safe Home** *by Gilles Malkine of RCAL, Architectural Barrier Consultant from RCAL*
- **Tai Chi Demo** *by Certified instructor Anne Sherry, RN*

Falls Prevention



September 21, 2015
1- 3 p.m.

Coffee and cookies will be served

Esopus Seniors (ALL WELCOME!)

Esopus Town Hall
284 Broadway, Port Ewen, NY

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



Michael P. Hein, Ulster County Executive

PLEASE RSVP—845-340-3456

Bring your lunch and hear the most up-to-date information about Medicare. For people getting ready to go on Medicare, as well as professionals and care givers.

Includes:

Medicare Part A and Part B, Medigap/Medicare Supplement insurance, Medicare Advantage/Medicare Health Plans and Medicare Part D drug coverage

Medicare Orientation Lunch and Learn

This FREE informational session will help you understand Medicare!

Tuesday, September 15th at Noon

Esopus Town Hall, 284 Broadway, Port Ewen, NY

Please Call Ulster County Office for the Aging to reserve your spot.

Space is limited! RSVP: 845-340-3456



Michael P. Hein, Ulster County Executive



Seniors Health & Wellness Breakfast Club.

The free monthly breakfast club, open to the public, meets in the Community Room of the Hudson Valley Mall, 1300 Ulster Ave. in Kingston, from 8:30 to 10 a.m. on the third Wednesday of every month.

Attendees receive a free heart-healthy breakfast in addition to entertaining demonstrations and lively discussions with health and wellness experts.

The topic on September 16th will be “Healthy Aging and Food Safety.”

HealthAlliance Clinical Nutrition Director Nancy Treumann, a registered/certified dietitian-nutritionist, will give a cooking demonstration with Fall recipes to show how people can eat enjoyably, while taking personal responsibility for their health. She will also show how to avoid transferring harmful viruses, bacteria or other microorganisms to foods from one’s hands and other surfaces, including a home refrigerator. People do not need to RSVP. The contact person is Lynn Nichols, 845-334-3151.



Join us immediately following the breakfast for the Office for the Aging Annual Hearing.

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!

Wednesday September 16th, 10:00 a.m.

Hudson Valley Mall Community Room, Kingston, NY

Thursday October 29th, 1:00p.m.

First Presbyterian Church, 51 Grand Street, Marlboro NY

Monday, November 2nd, 2015 1:00 p.m.

Esopus Town Hall, 284 Broadway, Port Ewen, NY

- 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

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

BEWARE OF SCAM!!!!!!

PRESS RELEASE - COMPUTER COLD CALL REPAIR SCAM RETURNS

A telemarketing scam that aims to separate computer users from their financial information has resurfaced, according to the Ulster County District Attorney's Division of Consumer Affairs.

The scam involves a cold call from a person claiming to be from Dell, Microsoft or another large computer company. The person then asks to remotely connect to the victim's computer, followed by the claim they can fix the problem if a credit card number is provided.

Victims report receiving unsolicited calls from what they believe are foreign call centers. The scam typically involves a scammer cold-calling you and requesting remote access to your computer. If you give the scammer access, they will claim to run a scan, discover a fake virus and then apply high pressure sales tactics to convince you to buy unnecessary anti-virus software or technical services to "fix" your computer.

Consumer Affairs advises the public to never provide credit card or any personal information to an unknown, unverified caller. If you receive a phone call out of the blue about your computer's security status and requesting remote access – hang up – even if the caller mentions a well-known company or product.

Consumer Affairs can be reached at 340-3260.

ATTENTION!!!!!!!

PRESS RELEASE - TAXPAYERS TARGETED BY IRS PHONE SCAM

If you get a call from someone from the IRS demanding that you pay up or else, hang up. According to the Ulster County District Attorney's Division of Consumer Affairs, these individuals are out to cheat you.

This phone scam has hit taxpayers in nearly every state in the country. Callers claiming to be from the IRS tell intended victims they owe taxes and must pay using a pre-paid debit card or wire transfer. They often threaten those who refuse to pay with arrest, deportation or loss of a business or driver's license.

The truth is the IRS first contacts people by mail – not by phone – about unpaid taxes. And the agency won't ask for payment using a pre-paid debit card or wire transfer, and it won't ask for a credit card number over the phone.

If you get such a call, Consumer Affairs (340-3260) offers these suggestions:

- If you owe Federal taxes, or think you might owe taxes, hang up and call the IRS at 800-829-1040. IRS workers can help you with payment questions.
- If you don't owe taxes, call and report the incident to TIGTA (Treasury Inspector General for Tax Administration) at 800-366-4484.

TIGTA and the IRS encourage taxpayers to be alert for phone and e-mail scams that use the IRS name. The IRS will never request personal or financial information by e-mail, texting or any social media. These scam e-mails should be forwarded to phishing@irs.gov. Don't open any attachments or click on any links



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

**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!

We have had a great summer here at the Office for the Aging. Hopefully many of you were able to attend our annual event, “Live Laugh and Learn”. It was a huge success. I want to thank my staff for all their hard work and in particular, Christine Noble for making the day such a delight for so many seniors.

We have a busy September planned including the Senior Picnic, Falls Prevention, Medicare Orientation and the start of our Annual Hearings. We encourage you to join us for any and all the above.

I also want to let you know that if you are part of a senior group and would like a speaker from the Office for Aging to come speak to your members, please give us a call—We have Elder Law Attorneys, Medicare Specialists and Staff from the OFA who can highlight our services.

Looking forward to seeing you soon!

Kelly

Director

SAVE THE DATE!

2015 Low Vision Technology Fair

Presented by

NABA

Northeastern Association
of the Blind at Albany

www.naba-vision.org

DATE: OCTOBER 15, 2015

TIME: 10am - 5pm

LOCATION: St. Sophia's Greek
Orthodox Church
440 Whitehall Road, Albany, NY



FREE TO THE PUBLIC!

- The latest in low vision technologies for reading, computers & adaptive vision aids
- Medical expert speakers present the latest in eye disease research & treatments
- Adaptive living experts on living successfully with low vision, vision rehabilitation therapy and *more!*
- *Door prizes & light refreshments!*



**FOR MORE INFORMATION, CONTACT CHERYL LAWYER
(518) 463-1211 X234 or via email at clawyer@naba-vision.org**

Join us on [Facebook](#)
"NABA'S Low Vision Technology Fair 2015"

