



Ulster County Office for the Aging

September 2016 Newsletter

Greetings from County Executive Michael P. Hein

NATIONAL PREPAREDNESS MONTH

Make Your Emergency Plan Today



September is National Preparedness Month (NPM). This important initiative encourages everyone to make a plan in order to know what to do during an emergency. This year's theme of "*Don't Wait, Communicate, Make Your Emergency Plan Today*" focuses on preparedness for youth, older adults, and people with disabilities and others with access and functional needs. This is a nationwide, month-long effort started by the Ready Campaign, and is in its thirteenth year, encouraging households, businesses and communities to prepare and plan for emergencies. Unfortunately, we never know when an emergency will take place as we have witnessed in the past with Hurricane Irene and Superstorm Sandy. National Preparedness Month reminds us to be proactive and be prepared because a disaster or emergency could be the difference between life and death.

I urge you to put together an emergency kit and make a plan that includes **who** to call, **where** to meet and **what** to pack. For more information please visit www.ready.gov and <http://www.community.fema.gov/> or call 1-800-BE-READY (1-800-237-3239), or contact the Ulster County Department of Health – Public Health Preparedness Program at (845) 334-5540.

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 Executive Mike Hein

Invites Seniors to Attend a Workshop
Designed to Prevent Accidents and Injury Due to Falls
Please join us for this **FREE LUNCH & WORKSHOP!**

- **Balance and Aging** *the latest research on preventing falls by Bill Shashaty, Occupational Therapist at HAHV.*
- **Home Safe Home** *by Gilles Malkine, Architectural Barrier Consultant from RCAL*
- **Peace of mind with a Medical Alert System** *Which system is right for your situation by Darlene Donofrio of HAHV*
- **Tai Chi Demo** *by Certified instructor Celeste Graves-Hoyal*

Falls Prevention

September 28, 2016
12:00 - 3 p.m.

Rosendale Community Center
Route 32, Rosendale, NY

FREE Lunch with RSVP

Call Ulster County
Office for the Aging Before
9/26 to RSVP 845-340-3456



Michael P. Hein, Ulster County Executive



In June 2014, inspired by World Elder Abuse Awareness Day, which occurs in June, County Executive Michael P. Hein formed the Ulster County Elder Abuse Prevention Task Force. The force is made up of county and community leaders who serve as a resource for the elderly and their families, improve public awareness on the issue and encourage various agencies to come together to better protect senior citizens in Ulster County. According to the Centers for Disease Control and Prevention (CDC) Division of Violence Prevention not many cases are reported but in 2008, one in 10 elders suffered from emotional, physical, or sexual abuse or potential neglect in a year's time. Often the abuse is not reported because the elder person depends on their perpetrator or cares for the person victimizing them. In September the Ulster County task force is holding two forums on elder abuse prevention. At these forums you can learn ways to prevent elder abuse, how to report elder abuse, how to recognize elder abuse, how elder abuse signs differ from normal aging processes, and much more. See the next two pages for more information about these forums.

Ulster County Elder Abuse Prevention Task Force

Invites You to a Presentation on

Elder Abuse Prevention

Friday, September 9th

1:00pm

**Performing Arts Center
Woodland Ponds**



**Michael P. Hein, Ulster County Executive
Kelly McMullen, Director, Office for the Aging
Michael Iapoce, Commissioner, Department of Social Services**

Ulster County Elder Abuse Prevention Task Force

Invites You to a Presentation on

Elder Abuse Prevention

Friday, September 16th

2:00pm

Vineyard Commons



Michael P. Hein, Ulster County Executive
Kelly McMullen, Director, Office for the Aging
Michael Iapoce, Commissioner, Department of Social Services



FACING SOMETHING NEW: SIMPLE KITCHEN COMFORT

***Sponsored by the Hurley
Library***

Many seniors find themselves having to cook for themselves, some for

the first time in their lives, after the loss of a spouse/partner or through divorce, or becoming the caregiver to the one who used to cook for them. Homemade meals are healthier and cheaper than frozen foods, take out, or eating sandwiches to get by.

Let us help you with beginning cooking skills and kitchen/food safety. It's easier than you think! Like anything, it just takes a willingness to learn and practice. If you have a favorite dish, tell us and we'll show you how to make it yourself.

We'll meet at the Hurley Reformed Church kitchen beginning September 16th from 4-6 pm. There will be one class a week for four weeks, at a cost of \$3.00 per class. We'll prepare food and sit together to sample what we've made. To let us know you will be attending or for directions, please call The Hurley Library at 338-2092. We hope to see you there!

**Sept. 16, 23, 30 & Oct. 7
4:00 – 6:00 pm**

**Hurley Reformed Church
11 Main Street
Hurley**

**\$3.00/class
845-338-2092**

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



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!*

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

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

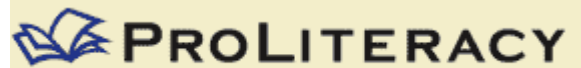
Would you like to help adults become better readers?

Become a literacy volunteer with **Ulster Literacy Association**.

Our next **Nationally Accredited Tutor Training** is coming up soon.



Orientation Thursday, October 13th
5:30-8:00 pm



Day Two Saturday, October 15th
9:30 am-5:00 pm

Day Three Saturday, October 22nd
9:30 am-5:00 pm

Day Four Saturday, October 29th
9:30 am-5:00 pm

The training will take place at ULA 480 Aaron Court. All classes must be attended to receive certification.

Please call Ulster Literacy Association office at **845-331-6837** to register.

For more information about Ulster Literacy Association, please visit ulsterliteracy.org or email info@ulsterliteracy.org.



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

Hello Seniors!

I cannot believe how fast this summer has flown by-- I had the opportunity to see some of you over the past few weeks and look forward to seeing more of you this Fall.

At the Office for the Aging, we are all about keeping seniors safe and healthy. On Wednesday, September 28th we are doing our annual Falls Prevention program at the Rosendale Rec Center. Everyone is welcome. We will be serving lunch but people need to RSVP!! We will have a Tai Chi Demo and important information about balance and keeping your home safe. Call our office to RSVP 845-340-3456.

We have health promotion workshops all over the county (Kingston, Saugerties and Ellenville!) starting this September. These programs have been proven to help people feel better and become more capable of dealing with their chronic health conditions. You can see the details in the flyers in this newsletter. Give our office a call to make your reservation.

We want to keep seniors and caregivers informed about changes that will be happening with Medicare for 2017. We are doing a lunch and learn on October – you need to give a call to reserve a spot.

Good News! We are adding more hours to our legal program to help meet the demand. Our attorneys can assist with civil cases and preparation of wills, health care proxies, living wills, power of Attorney. Call the OFA to make your appointment.

Remember, you have a friend at the OFA—call if we can do anything for you or your neighbors.

Kelly

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/zcvz/faq/old/adult.htm. To see which vaccines you need, take the **Adult Immunization Quiz** at www2.cdc.gov/ncidod/diseases/zoonotic/d112705.htm. 

MEDIA

FROM: HOLLEY CARNRIGHT

DATE: AUGUST 15, 2016

RE: PRESS RELEASE

NOT-SO-FREE PHONES FOR VETERANS

When you walk out of a Veterans Administration facility you might see a booth with people offering free phones and cell service for veterans.

But “free” might end up costing a lot of money. Months later, veterans who signed up for the program may get notices saying they need to provide personal information and documents to prove they meet the income requirements – something the people pitching the program never mentioned. Many veterans find that their incomes are too high to qualify for the program and face losing service or paying for something they thought would be free.

According to the Ulster County District Attorney’s Division of Consumer Affairs, there is a government program – called Lifeline – that offers free or discounted phone service. It’s supported by the Universal Service Fund – a fund all telephone companies and other telecommunications providers pay into (a cost you might see passed on to you in the form of a “Universal Service” line charge on your phone bill). But the program is based on income, not whether you’re a veteran. If you don’t meet the income requirements, you don’t qualify.

Consumers can go to www.lifelinesupport.org and use the pre-screening tool from Universal Service Administrative Company (USAC) to see if you might qualify for a free phone. The site also lets you search for Lifeline providers in your state.

Even if you don’t qualify, try checking with your phone service provider to see if they offer any discounts for veterans. Consumer Affairs can be reached at 340-3260.

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!

**Reservoir United Methodist Church,
3056 Rt 28, Shokan, NY**

**Tuesdays, August 23rd-September 27th
from 1pm-3:30pm**

- 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



PUT LIFE BACK IN YOUR LIFE

Helping
You To
Manage
Chronic
Pain

Chronic Pain Self-Management Program

FREE six-week workshop series

Saugerties Library
91 Washington Ave
Saugerties

Mondays from September 12 thru October 17, 2016
From 1-3:30pm

Sponsored by the Ulster County Office for Aging

- Overview of self management and chronic pain conditions
- What is pain?
- Using your mind to manage symptoms
- Making an action plan
- Problem solving/decision making
- Dealing with difficult emotions/depression management
- The importance of physical activity, fitness, and healthy eating
- Communication/working with the health care system
- Medication use/evaluating treatments

To register: Call UCOFA at 845-340-3456

For more information: Call Marge Gagnon RN, MS, CNS @ 845-706-6459

Or e-mail rwcscc@aol.com

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!

Kingston Library
55 Franklin St,
Kingston, NY

Wednesdays, September 14th thru October 19 2016
from 1pm-3:30pm

- 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



PUT LIFE BACK IN YOUR LIFE

**Taking
Care
of
Diabetes**



Diabetes Self-Management Program **FREE six-week workshop series**

Fridays from September 23rd thru October 28th 2016

At Ellenville Library, 40 Center St. Ellenville

From 12:30pm 3:30pm

Sponsored by the Ulster County Office for Aging

- Overview of diabetes
- Making an action plan
- Monitoring Diabetes
- Nutrition/Healthy Eating
- Feedback/Problem solving
- Preventing low blood sugars/complications
- Fitness/Exercise
- Stress management, relaxation techniques, difficult emotions, positive thinking
- Working with the health care system

To register: Call UCOFA at 845-340-3456

For more information: Call Marge Gagnon RN, MS, CNS @ 845-706-6459

Or e-mail rwcsarc@aol.com

Michael P. Hein, Ulster County Executive





Ulster County Office for the Aging invites seniors to

TAI CHI FOR ARTHRITIS

With Celeste Graves

Tuesdays AND Thursdays 2 PM

September 13th – November 3rd
twice a week for eight weeks

at

The BRC

1 Development Court, Kingston, NY

**Space is limited, please call OFA to
reserve your spot : 845-340-3456**

*This FREE program is offered as part of the NYS Department of
Health & Older Adult Fall Prevention Program, NYSOFA*

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**





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



Empty Bowls

Number of people in our area who are considered "food insecure"

Ulster County	19,630
Orange County	34,860
Dutchess County	28,830

Statistics provided by Hunger Action Network NYS from Feeding America Map the Meal Gap



“Fill the empty bowls of the hungry.”



“Fill the empty bowls of the hungry.”



Walker Valley's Country Quilters 13th Biannual Quilt Show



September 24 & September 25, 2016
10a.m.-4p.m.

Pine Bush High School
156 State Route 302
Pine Bush, NY

Admission: \$7 per day/\$10 for both days

In addition to an amazing quilt display, the show will include, guest speaker Susan Reich, Invitational of Antique Quilts –“Scrap Happy,” a gallery talk, a judged show, a variety of quilt related vendors, a craft supply sale, a block contest, a boutique with Quilts and quilt related items for sale, demonstrations, door Prizes, AQS Appraisals by Sue Reich, and raffle prizes which include Quilt, Quilter’s Attic gift certificate or a handmade basket full of quilting fabric, and a raffle to support the guild’s Pine Bush High School Scholarships! Food and beverages will be available for purchase. For more information on the show, how to register your quilt for consideration, and how to become a vendor for the show visit the guild’s web site:

www.countryquilters.org

Contact: Kelli Palinkas Greer 845-744-3055

kellipalinkas@yahoo.com

Or Cyndi Beres at 845-283-6815 RBERES@hvc.rr.com

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