

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

MARCH 2024



It is the mission of the Ulster County Office for the Aging to assist and empower older adults and their families to live as independently as possible, with dignity and purpose.

Ulster County will strive to reach more older adults and expand upon its current services by bringing them to remote and underserved areas of the County.

This includes new educational health promotion, service enrollment and Senior advocacy program opportunities so they can stay in, and contribute to, their community.

Are you 60 years old or older and...

...Need a ride for a medical appointment?

...Would benefit from a nutritious home-delivered meal?

...Need help with legal matters or Medicare questions?

Programs and Services:

- Home-Delivered Meals and Community Café's
 - Legal Services
 - HIICAP Medicare Counselling
 - Home Care Services
 - Transportation for non-emergency medical appointments via Ulster County Area Transit (UCAT) or Neighbor to Neighbor
 - Medical Alert
 - Housing Information
 - Caregiver Support Group and Warm Calls
 - Tai Chi, Mall-Walk, and other Exercise Programs
 - Nutrition Counseling by Registered Dietitian
 - Information and Assistance/NY Connects
- Trained staff are available 9:00 A.M. to 5:00 P.M., in person or by phone, to answer questions about available community resources, benefits and entitlements. Call 845-340-3456 for more information.



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Lower Falls at High Falls, by Steve Aaron, Courtesy of Ulster County Tourism



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06-5324

UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

March is coming and roaring (mewing) like a (baby) lion right now! Waiting for winter to start and then it will be Spring!

We have many things planned for Spring, not the least of which will be more Fall Prevention classes in different places, as well as tech classes offered in areas where cell service is less than adequate, which will assist more older adults to connect with the Internet and bringing them the ability to improve their lives and health.

We have already planned our picnics and the Prom again (theme to be forthcoming!) and we look forward to those events as well. We have started planning our Lunch and Learn Series, and have added extra informational sessions through the County's Surrogate's Court on estate planning, guardianship, etc. Look out for those notifications as well.

We are in the midst of formulating enhanced caregiver services as well – this is a more long-term project, but we hope, with the help of some area church groups, to be able to offer some much-needed respite services to those caregivers who have no other options for receiving a break from their caregiving duties. More to come on this.

Our partner MVP will be offering some gardening classes to get your flowers and plants started this spring – a new offering this year! We will also be having a series on Death Literacy, where we learn how to better prepare ourselves, families and loved ones, estate planning, learning about Hospice options, and many other things so important to this subject – end of April, beginning of May.

Please continue coming to our events, our series, our fun stuff, and we will continue to offer them!

And don't forget our AARP TaxAide program, still going strong for your simple tax returns!

Susan Koppenhaver

Director, Ulster County Office for Aging

Ulster County Office for the Aging Senior Technology Support Classes

Senior Technology Support Classes will be held at the Ulster County Senior Hub in Kingston on Thursday mornings from 9:30 AM to 11:30 AM. Next classes:

March 7: Apple iPhone Basics and IOS 17 New Features.

March 14: Using Google Drive for Cloud Storage & Sharing Files.

March 21: General Tech Q&A, Bring your tech and your questions.

March 28: Using Zoom to Connect with Family & Friends (Attend in person or sign-in from home).

Classes are limited to 15 people. Please call the Ulster County Office for the Aging at 845-340-3456 to register. If you have registered for a class but find you are unable to attend, please call as soon as possible so we can contact a person on the waitlist.

Free Tax Preparation / E-Filing

This assistance is available to any low- or moderate-income taxpayers, especially those over 50 years of age. Volunteers trained as Tax Counselors will prepare and e-file your Federal and NY State Tax Returns, starting on February 6, 2024.

Monday - Gardiner Library

Tuesday - Kingston Library., 61 Crown Street

Tuesday - New Paltz, St Joseph

Wednesday - New Paltz, St Joseph

Wednesday - Saugerties Kiwanis

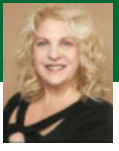
Wednesday - Marbletown Community Center

Thursday - Marbletown Community Center

Thursday - Kingston Ulster County Community Action

Friday - Napanoch (Shawangunk Senior Center)

Email your Name, preferred Location or Town of Residence, Phone Number, and Time (AM or PM), to UlsterTaxAide@Gmail.Com to schedule an appointment. This service is provided by AARP TaxAide and the IRS, with the generous support of the Ulster County Office for the Aging.



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CLASSES



MALL WALK WITH THE UCOFA

HUDSON VALLEY MALL

1300 Ulster Avenue, Kingston, NY.

Every Tuesday, 10:00 A.M. sharp!

We meet by the Food Court at 9:45 A.M.

All are welcome!

If Kingston City School District is on delay or closed, the mall walk is cancelled.

All classes below are held at the

Ulster County Senior Hub,

5 Development Court, Kingston, NY

Call the Ulster County Office for the Aging to register at 845-340-3456.

Please use social distancing to the extent possible.

Masks are optional.

UCOFA Weekly Game Day

Wednesdays, 1:00 to 3:00 P.M.

UCOFA Free Chess Classes

Mondays at 11:00 A.M.

If a County Holiday falls on a Monday, Chess Class will meet on Friday at 11:00 A.M. of that week.

UCOFA Craft Corner

Join Ulster County Office for the Aging for Creative Fun!

Each month a new craft. 3rd Friday of the month

10:00 A.M. to 12:00 P.M.

UCOFA Gentle Chair Yoga

Mondays, 9:30 to 10:30 A.M.

Shoes must be worn.

UCOFA Fitness & Fun for All Bands, Balls, Light Weights & Light Cardio

Wednesdays, 10:30 to 11:30 A.M.

Shoes must be worn.

MEDICARE

HIICAP Training for New Volunteer Counselors

The Office for the Aging will be holding a program for training volunteers to become certified Medicare counselors beginning in late March, 2024. The Health Insurance Information Counseling and Assistance Program (HIICAP) is a statewide volunteer program whose mission is to educate Seniors about Medicare, Medicare Advantage plans and other health insurance issues. HIICAP counselors provide free, accurate and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans.

The training will be held at the Office for the Aging and will consist of 6 weekly (2 hour) sessions beginning on March 27, 2024.

If you are interested in joining HIICAP and in becoming a certified HIICAP volunteer, please contact the Ulster County Office for the Aging at 845-340-3456.

Ulster County Office for the Aging Attorney

The Ulster County Office for the Aging Attorney can provide counseling and referrals for:

- Estate & Long Term Care Planning
- Government Benefits, including Medicaid
- Consumer Issues
- Housing
- Elder Abuse

The Ulster County Office for the Aging Attorney can also prepare the following documents:

- Simple Wills
- Powers of Attorney
- Health Care Proxies
- Living Wills

To make an appointment call Ulster County Office for the Aging at 845-340-3456.

The attorney does not go to court on any matter. If immediate assistance is needed, a prospective client may want to contact Legal Services of the Hudson Valley at 845-331-9373.

UCOFA Lunch and Learn for Seniors

April 12: Dance Xcross Fitness for Boomers and Seniors

Presented by Bryant "Drew" Andrews, Energy Dance Company

Ulster County Senior Hub, 5 Development Court, NY.

R.S.V.P. by April 5, 2024

Lunch and Learn runs Noon to 2:00 P.M.

Free to Ulster County Seniors age 60 and over and includes free lunch with reservation. Space is limited. Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P. Please use social distancing to the extent possible. Masks are optional (at presenters discretion).

Legal Information for Ulster County Seniors

Presented by Judith Nolfo, Principal Court Attorney,
Ulster County Surrogate's Court

March 6, 2024 at 1:00 P.M.

(snow date March 13, 2024)

Town of Shawangunk Town Hall, 14 Central Avenue, Wallkill, NY.
Free to Ulster County Seniors age 60 and over but you must register.
Call the Office for the Aging at 845-340-3456 to R.S.V.P., space is limited.

BINGOCIZE®

Looking for a fun, new way to be more active? BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

Mondays and Wednesdays

10:00 to 11:00 A.M., April 6 through June 19, 2024

Marbletown Town Hall, 1925 Lucas Avenue,

Rondout Municipal Center Cottekill, NY.

(enter on Marbletown/playground side)

To register, call the Ulster County Office for the Aging at 845-340-3456 by April 5, 2024.

Meet with a Care Consultant

from the Alzheimer's Association for care planning customized to meet your needs. During a care consultation, Alzheimer's Association staff can help you:

- Navigate difficult caregiving decisions and family issues.
- Assess current needs and anticipate future care challenges.
- Develop an effective care plan and problem solve barriers.
- Offer supportive listening in a confidential, nonjudgmental environment.

Tara DeLuca will be in the Ulster County Office for Aging from 10:00 A.M to 1:00 P.M., on the following dates in 2024: March 8, April 12, May 10, and June 7. Call the Ulster County Office for the Aging at 845-340-3456 to make an appointment.



Pillow Talk (1959) on April 23, 2024, at the Rosendale Theatre, 408 Main Street, Rosendale, NY. Movie starts at 1:00 P.M. Free to Ulster County Seniors age 60 and over. Masks are no longer required but for the safety of our staff and volunteers they are highly recommended. Call the Office for the Aging to R.S.V.P. by April 19, 2024 at 845-340-3456.

Ulster County Veteran Services Agency Transportation

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March 2024 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Prepared by Gateway Hudson Valley Milk is provided WW = Whole wheat Menu Subject to Change	Community Café Information and Reservations call: 845-331-2180 For information or Home Delivered Meal Cancellation call: 845-331-2496			1 Potato Pollack Confetti Rice Broccoli Cole Slaw WW Bread Tropical Fruit
4 Roast Turkey Apple Stuffing Garlic Mashed Potatoes Green Beans WW Roll Fruited Yogurt	5 Taco Mix Yellow Rice Fiesta Corn Shredded Cheese Corn Tortilla w/ Salsa Pineapple	6 Breaded Chicken w/ Dijon Sauce Sweet Potatoes Blended Vegetables WW Bread Pears	7 Beef Burgundy Butternut Squash w/ Cinnamon Kale & Spinach Rye Bread Pears	8 Veggie Chili Brown Rice Cauliflower Corn Bread Juice Rice Pudding
11 Meatballs Penne w/ Marinara Italian Vegetables WW Bread Peaches	12 Chicken Divan Mashed Potatoes Green Beans Rye Bread Pears	13 Meatballs Scalloped Potatoes Brussel Sprouts Rye Bread Fresh Fruit	14 Chicken Kielbasa Pierogi Cooked Cabbage WW Bread Apple Sauce	15 Crab Cake Brown Rice Pilaf California Blend Vegetable WW Roll Juice Pudding
18 Chicken Stew Tuscan Blend Vegetables Rye Bread Juice Fig Newton	19 Pot Roast w/ Gravy ½ Baked Potato Peas & Carrots WW Roll Apple Sauce	20 Cheese Omelet Potatoes Sauteed Vegetables Juice Blueberry Muffin	21 Shepherd's Pie Green Beans Rye Bread Tropical Fruit	22 Stuffed Salmon W/ Dill Sauce Rice Florentine Peas & Carrots WW Bread Juice Cookies
25 Lazy Stuffed Cabbage Tomatoes and Zucchini WW Bread Pineapple	26 Runaway Bay Jerk Chicken Buttered Orzo Blended Vegetables Rye Bread Mandarin Oranges	27 Meatloaf w/ Gravy Mashed Sweet Potatoes Green Beans WW Bread Pears	28 Roast Turkey Garlic Mashed Potatoes Green Beans Cranberry Sauce Rye Bread Fruit Cocktail	29 Ravioli w/ Florentine Sauce Brussel Sprouts Tossed Salad WW Roll Peaches



COMMUNITY CAFÉS

Do you know that Ulster County and the Office for the Aging sponsor multiple meal sites around the County so that Seniors, age 60 and over, can have a free meal?

Come and enjoy good food and socialization! See below for locations and days of the week.

UCOFA Community Café locations:

Ellenville: Trudy Farber Building, 50 Center Street, Ellenville, NY, Mondays and Wednesdays, 12:00

Kingston: Ulster County Senior Hub, 5 Development Court, Kingston, NY, Mondays and Wednesdays, 12:00

New Paltz: New Paltz Community Center, 3 Veterans Drive, New Paltz, NY, Thursdays, 12:00

Rosendale: Rosendale Recreation Center, 1055 Route 32, Rosendale, NY, Fridays, 12:00

Saugerties: Frank D. Greco Senior Center, 207 Market Street, Saugerties, NY, Tuesdays, 12:00

Woodstock: Mescal Hornbeck Community Center, 56 Rock City Road, Woodstock, NY, Thursdays, 12:30

Want to try it out? Call Gateway Hudson Valley at 845-331-2180 for more information.

Reservations for registered participants must be made at least 24 hours in advance. Please remember, this is for Ulster County Seniors age 60 and over.

The recommended voluntary contribution for a Community Café meal is \$3.00 per meal but not mandated. All contributions are voluntary and confidential. No one will be denied a meal if they do not contribute. Meals made possible by funds provided by Ulster County Government, NYSOFA, UCOFA and Private funds. Your contributions help keep Senior programs available. Thank you.



HOME DELIVERED MEALS

Home delivered meals can help Seniors stay independent in their own homes. Are you or someone you know, unable to take care of meal preparation?

The Ulster County Office for Aging Home Delivered Meal Program provides a weeks-worth of nutritious frozen meals delivered once a week to Seniors at NO cost.

The meals served are planned by a registered dietitian and each meal provides one-third of a Senior's daily nutritional needs.

Qualified Seniors must be:

- 60 years or age or older
- Ulster County resident with no other supports
- Unable to prepare meals
- Homebound due to incapacity or illness

Voluntary contributions are appreciated. Contributions are confidential and no one will be denied a meal if they do not contribute. The recommended voluntary contribution is \$3.00 per meal. If monthly income is higher than 185% of the federal poverty level (\$2,248 for a 1 person household and \$3,040 for a 2 person household), Seniors are offered the opportunity to contribute the full cost of the meal which is \$11.04. Checks payable to Ulster County.

For more information, please call Ulster County Office for the Aging at 845-340-3456. For home delivered meal cancellation call 845-331-2496.

The Office for the Aging gratefully accepts voluntary contributions. Your contributions help keep Senior programs available. Thank you. This program is made possible by funding from Federal, State, County and/or local contributions.





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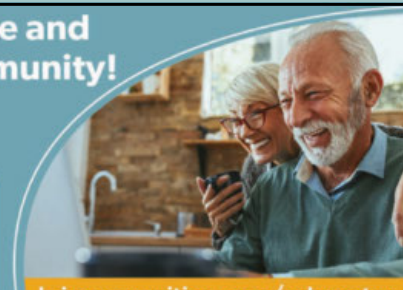
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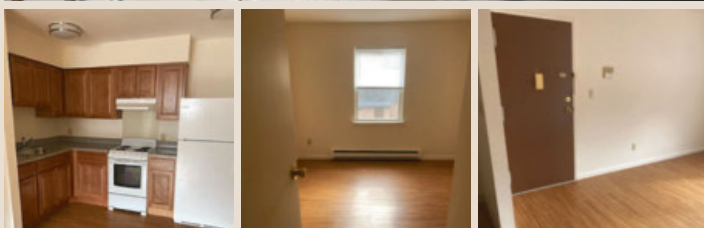


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The Importance of Mental Health for Seniors

Mental health includes psychological and emotional well-being. It can affect how we feel, how we think, and how we cope with stressful life events. Mental health can also affect your physical health. If you're anxious or stressed, for example, you might have trouble sleeping, have a lower appetite, or even have a higher risk of health conditions such as heart disease or diabetes. Older adults face many life changes, such as chronic pain, reduced mobility, or the loss of loved ones. These can all impact your mental health. The onset of dementia or Alzheimer's disease can also affect mood and contribute to anxiety. Getting older comes with life changes, such as retiring, moving homes, or learning to manage a chronic illness. Here are some ways you can look after your mental health as you age.

As you experience some of the changes that go along with aging, maintain your mental health by sticking to healthy habits:

- Try to sleep for 7 to 9 hours every night. Quality sleep helps your body and brain rest and recharge.
- Eat healthy meals packed with nutrients so your body and brain have enough energy. About half of every meal should be vegetables and fruits.
- Keep a routine so that you sleep, eat, and exercise around the same times every day. This consistency can improve both your physical and mental health.

Stay Active: Your body and mind are closely connected. One way to improve your mental health is by staying active. Go for regular walks, do some daily chair stretches, or even join a local senior fitness class through the SilverSneakers program. Staying active is great for your physical and mental health. Regular exercise keeps your body strong, relieves aches and pains, and can help reduce stress and anxiety.

Stay Social: If you're feeling stressed and anxious, you may want to stay home and sit out social events. But meeting with family and friends may lower your stress and anxiety. Keeping in touch with your loved ones makes you feel connected and can help reduce stress. Another great way to stay social? Volunteer at a local organization or find a way to get more involved in your community.

Try a New Hobby: Learning new skills is good for your brain. Try some new hobbies on your bucket list.

Whether you start gardening, painting, or fishing, learning new skills helps keep your brain healthy and strong. It can also give you a sense of accomplishment and reduce stress and anxiety.

Evaluate Your Medications: Did you know that some of your medications could increase your risk of feeling stressed and anxious? Talk with your doctor about the possible side effects of your medications. You may be able to switch medications or doses to reduce side effects.

When you feel stressed and anxious, here are a few ways you can reduce stress and feel calmer.

- **Breathing exercises:** A great way to calm your mind is by taking several slow, deep breaths. You'll notice that when you feel stressed, your breathing is shallow. Calming your breathing can calm your mind, so breathe deeply to reduce stress.
- **Mindfulness and meditation:** Practicing mindfulness every day can also help reduce anxiety. Sit in a comfortable position for a few minutes, close your eyes, and focus on your breath or your body. Do your best to let go of any anxious thoughts you might have and be fully present in that moment.
- **Self-care:** Taking time to relax and care for yourself is so important. If you've been feeling stressed and anxious, set aside some time for self-care. Curl up with a great book, take a bath, journal, do a puzzle, go on a walk, or listen to your favorite song. Self-care can reduce your anxiety and help you feel calm.

If you're feeling stressed, anxious, or depressed, you don't have to deal with it on your own. Meeting with a trained mental health professional is a great way to work through your mental health concerns and find coping strategies that work for you.

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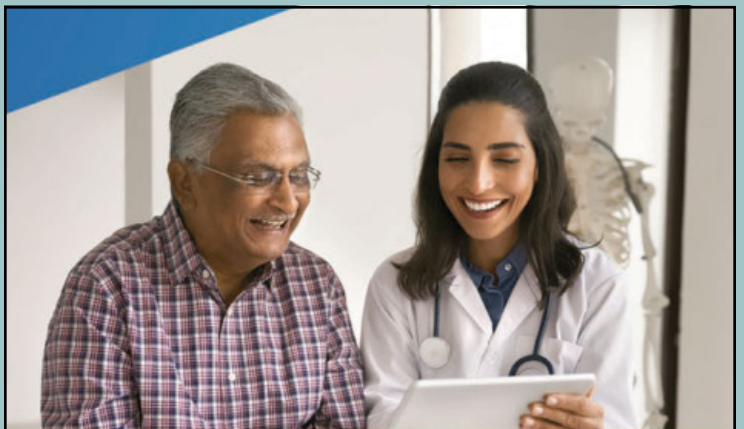
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Ulster County Office for the Aging

AARP Driver Safety Course

April 30, 2024 – 9:30 a.m.

Senior Hub, 5 Development Court, Kingston, NY
(Human Services Complex-Veteran's Entrance – Building #2)



The AARP Driver Safety Course will provide you with proven driving techniques to help keep you and your loved ones safe on the road and may make you eligible for a multi-year discount on your auto insurance.

Participants must pre-register and pre-pay prior to start of class. **All check payments must be submitted by Friday, April 26, 2024. Registration fee is \$25 for AARP members and \$30 for non-members.** Driver's License and your AARP member's card (if seeking the discounted price for the course) are required for registration. Checks must be made out to AARP. Payment can be made in person or mailed to Ulster County Office for the Aging, 1003 Development Court, Kingston, NY, 12401. Cash will only be accepted on the date of the class by the instructor.

Please arrive at 9:30 a.m. to sign in, collect course materials and select a seat. This is a 6 hour course which starts promptly at 10:00 a.m. Please bring your own lunch. Lunchtime break is a ½ hour. Attendees are expected to be back in their seats at that time, so there is no delay in completion. There will be two 10-minute breaks and we anticipate completion around 4:30 p.m. At the course's end, the instructor will complete the attendance certification. You will receive a copy of the certificate in the mail so that you may send it to your insurance company for reduction of your liability insurance.

**Space is limited - to register please contact
OFA at 845-340-3456**



Garden tips for March

- Once soil drains, pull and dig up perennial weeds now, before they get a foothold.
- Always use sharp tools to make clean cuts, and be on the lookout for dead, damaged, or diseased wood and prune out.
- Your plant orders should be in the mail, or heading that way.
- Peas can be sown as soon as soil is ready to be worked, often as early as mid-March. Hardy greens like Spinach and Mache follow shortly behind them. Then, onions, scallions, chives, followed by more hardy greens like Mustards and Kale.

DID YOU KNOW?

On March 10, 1876, Alexander Graham Bell made the first-ever phone call.

March is National Nutrition Month

The beginning of Spring is when people feel that winter is ending, the sun is beginning to feel warmer and hope is starting to rise. With this in mind, March has been declared National Nutrition Month - a time to start learning and thinking about what foods we put into our bodies. National Nutrition Month is celebrated every March in the United States. Food can be an exciting adventure and within this celebration we can focus on making correct food choices as well as developing good eating and exercise habits.

Learn about good Nutrition- Every month the Buzz Newsletter includes articles and tools to educate on good nutrition practices. Check out Accredited websites such as the Academy of Nutrition and Dietetics, Mayo Clinic Nutrition Site & American Heart Association are just to name a few. Be careful of fad diets and faulty nutrition trends and claims.

Eat more fresh food & whole grains - March is a great month to start finding a large selection of fresh fruits and vegetables & whole grains in the markets. Farmers Markets are also opening up and are also a great way to support your community.

Avoid Fast Food - An easy change to make for your health is to cut out fast food and processed foods. Usually, we consume fast and processed foods for convenience, and it becomes a habit. Break the bad habits and take the time to plan and prepare healthy meals.

Plant a garden - Of course it is still chilly outside but start seedlings inside and then move to outside planters when the weather improves. No space outside? Plant some herbs in small pots for your windowsill. There will be fresh herbs to use in your cooking! Delicious!

Fun Facts - Here are some fun food facts to keep things interesting:

- Banana plants are a member of the herb family.
- Strawberries contain more vitamin C than oranges.
- Coffee beans are seeds of the coffee plant fruit.
- One can of soda contains ~ 10 tsp sugar.
- A hardboiled egg will spin, but a soft-boiled egg will not.
- Only wash grapes just before you use them as they keep better unwashed.

The Best Caprese Sandwich

Ingredients:

4 oz Mozzarella cheese

3 small or 1 large beefsteak tomato

½ medium avocado

1 24- inch French Baguette or 2 demi (small) baguette rolls

¼ tsp ground pepper

¼ cup fresh basil

1 tsp extra-virgin olive oil

1 tsp balsamic vinegar, plus more if needed

Instructions:

Arrange the oven rack 6 inches from the broiling element in your oven. Set the Oven to Broil. Cut the 4 ounces of cheese into ¼ inch slices. Cut tomatoes into ¼ inch round slices. Thinly cut ½ of the avocado.

Split Baguette lengthwise. Place on a baking sheet cut side up. Broil until lightly toasted, about 1-2 minutes. Watch so it does not burn.

Layer the mozzarella, tomatoes and avocado on the bottom half of the baguette. Sprinkle it with pepper and basil. Brush or gently pour the olive oil and vinegar onto the top portion of the bread (I love extra Balsamic Vinegar). Put the top bread onto your bottom half, cut and enjoy.

From the desk of UCOFA Registered Dietitian: Patricia Ricks, MPA, RD, CDN.

Nutrition Consults are free to Ulster County Seniors 60 and over. To make a referral, call 845-340-3456.

Tai Chi for Arthritis and Falls Prevention

(Beginner level)

Tuesdays and Fridays

2:30 to 3:30 P.M.

Starting March 12, 2024

Saugerties Public Library

91 Washington Avenue,

Saugerties, NY.

Tuesdays and Fridays

11:00 A.M. to 12:00 P.M.

Starting March 19, 2024

Esopus Town Hall

Community Room,

1 Town Hall Way, Ulster Park, NY.

Classes are twice a week for eight weeks and ask that you be willing to make the commitment to be at all classes twice a week for all eight weeks. Free to Ulster County Seniors age 60 and over. Space is limited. Call 845-340-3456 to R.S.V.P.

Thank you to the students at the Riccardi Elementary School for making the lovely Valentine's Day Cards for our Seniors.



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Do you know someone who might like to receive The Buzz via email? Have them call the Office for the Aging with their e-mail address.

The Ulster County Office for the Aging is always looking for ways to improve our services and resources to all Seniors across the County. Please do not hesitate to contact us if you have feedback, ideas or need additional information regarding our services.



NY Connects staff can help link you to long term services and supports, such as home care, transportation and meals.

Our goal is to help you live as independently as you wish to while meeting your medical, social and functional needs that arise from aging or disability.

We can help individuals, families, caregivers, and professionals.

Appointments available at the Ulster County Office for the Aging.

Call 845-340-3456 to make an appointment.

The Alzheimer's Association helpline is available 24/7 by calling (800) 272-3900.