



ULSTER COUNTY OFFICE FOR THE AGING OFA COMMUNITY NEWS September 2018

1003 Development Court
Kingston, NY 12401
845-340-3456

Mike Hein, County Executive
Shelley Wagar, OFA Director

Dear Ulster County Senior,

I want to remind you that September is National Preparedness Month (NPM). This is an opportunity to make sure we are prepared for an emergency or disaster. This year's theme is Disasters Happen. Prepare Now. Learn How. Having a plan in place will give you and your family peace of mind. In addition, you may want to learn a lifesaving skill such as CPR or first aid, check your insurance policy to make sure you have the appropriate coverage for flooding or other hazards, and save for costs that may be associated with an emergency.

National Preparedness Month is a nationwide, month-long effort started by the Ready Campaign, and is in its 15th 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 provides us with a great reminder to be proactive and be prepared because a disaster or emergency could have life threatening implications. I urge you to make an emergency plan by visiting <https://www.ready.gov/make-a-plan>.

To find out more information on how to do so please visit or call:

- The Ready Campaign: <https://www.ready.gov/september>, 1-800- BE-READY (1-800- 237-3239)
- The Federal Emergency Management Agency: <https://community.fema.gov>, 1-800-621-FEMA(3362)
- Ulster County Department of Health's Public Health Preparedness Program at (845) 334-5540.

Although I hope we are never faced with a disaster, having an emergency plan and being prepared will benefit ourselves, our families, neighbors and communities in a time of crisis.

Mike Hein
Ulster County Executive





Here comes the Fall!

September is a busy month! Most of us immediately think of going back to school when we think of September. And true to form, many of our grandkids are getting ready to go back to school. But we also have many other days of recognition and social programs this September.

The first is Labor Day. This is the day we recognize the hard work and accomplishments of the American worker.

September 10th is National Grandparents Day and of course, September 11th is a day of national remembrance which promotes community service on 9/11 as an annual and forward-looking tribute to the 9/11 victims, survivors, and those who rose up in service in response to the attacks.

September 27th is our showing of the London film production of “An American in Paris” at the Rosendale Theater. Remember to call the UCOFA and reserve a space. Our number is 845-340-3456.

September 22 is the official beginning of Autumn. September is Fall Prevention Month so please be sure to reserve a spot at our Lunch and Learn on “Home Safe Home” on September 25th. Call the office at 845-340-3456 for a reservation.

We wish you a wonderful month and please do not hesitate to call us if you need anything!

Shelley

Shelley Wagar, Director

“This increase in life span and in the number of our senior citizens presents this Nation with increased opportunities; the opportunity to draw upon their skill and sagacity- and the opportunity to provide the respect and recognition they have earned. It is not enough for a great nation merely have added new years to life- our objective must also be to add new life to those years.”-

--President John F. Kennedy



The NYS Department of Taxation and Finance have announced the 2019 changes to exemptions for property owners age 65 and over.

To receive the Enhanced STAR exemption, you must enroll in the Income Verification Program, (IVP). You only need to enroll in the IVP once. If eligible for the Enhanced STAR exemption, you will automatically receive the exemption each year thereafter. Once enrolled, benefits include:

- The comfort of knowing you can't miss the renewal deadlines; and,
- Greater privacy, since you will no longer need to share your income tax returns with your assessor's office.

In the first year, your assessor will verify your eligibility based on the income information you provide. In the following years, the NYS Tax Department will verify your income eligibility. You will not need to renew the exemption or provide copies of your tax returns to your local assessor. The Tax Department will contact you if any additional information is needed.

If you already receive the Enhanced STAR exemption:

Already enrolled in the Income Verification Program? If so, you don't need to take any action to continue receiving the Enhanced STAR exemption. The Tax Department will contact you if any additional information is needed.

If you are also receiving the senior citizen's exemption, you will still need to annually file Form RP-467-Rnw, *Renewal Application for Partial Tax Exemption for Real Property of Senior Citizens* with your assessor.

Not yet enrolled in the Income Verification Program?

You must renew your application for the Enhanced STAR exemption and enroll in the IVP. Submit the following forms to your assessor:

- Form RP-425-Rnw, *Renewal Application for Enhanced STAR Exemption for the 2019-2020 School Year*; and,
- Form RP-425-IVP, *Supplement to Forms RP-425-E and RP-425-Rnw*. Be sure to include the Social Security numbers of all property owners and any owner's spouse who resides at the property.

You must also provide proof of income as described on your forms. If you are also receiving the senior citizen's exemption, you will still need to annually renew that benefit with your assessor.

Ulster County Office for the Aging

Annual Public Hearings

Under the New York State Office for the Aging's regulations, Ulster County is required to hold at least one public hearing annually. The purpose of the annual public hearing is to gather seniors from across the County for feedback in programming; the solicitation of ideas and topics for further programming; feedback for change; and, to demonstrate to the Seniors where and how funding is received and spent in a transparent manner. The structure of the public hearing will be a presentation by OFA staff followed by an open forum for discussion and thoughts by all attendees.

To make sure the UCOFA hears what Seniors are saying, we are holding three public hearings so that more Seniors may have access to the event and participate.

Below are the dates and locations of the three UCOFA public hearings. All hearings will begin at 10:30 am and end no later than 1:00 pm.

Monday, October 22, 2018

Congregation Emanuel
243 Albany Avenue
Kingston, NY

Monday, October 29, 2018

Shawangunk Town Hall
14 Central Avenue
Walkill, NY

Monday, November 5, 2018

Woodstock Jewish Congregation
1682 Glasco Turnpike
Woodstock, NY

Why not bring a friend? We welcome all Ulster County Seniors! Please remember to call the UCOFA to reserve a space to attend and let us know which location you prefer. Our number is 845-340-3456.

**Public
Hearing
Notice**



The Acting Inspector General of Social Security, Gale Stallworth Stone, is warning citizens about ongoing Social Security Administration (SSA) impersonation schemes. SSA and the Office of the Inspector General (OIG) have recently received several reports of suspicious phone calls claiming to be from SSA.

In one case, an automated recording stated the person's Social Security number (SSN) "has been suspended for suspicion of illegal activity," and the person should contact a provided phone number immediately to resolve the issue. The call concludes by stating if the person does not contact the provided phone number, the person's assets will be frozen until the alleged issue is resolved. In another case, a caller claims to be from "SSA headquarters" and waits for the person to provide personal information, such as an SSN, address, and date of birth. In January, the OIG shared similar information from the Federal Trade Commission, which reported an increase in reports of suspicious phone calls from people claiming to be SSA employees.

SSA employees occasionally contact citizens by telephone for customer-service purposes. In only a few limited special situations, usually already known to the citizen, an SSA employee may request the citizen confirm personal information over the phone. If a person receives a suspicious call from someone alleging to be from SSA, citizens should report that information to the OIG at 1-800-269-0271 or online via <https://oig.ssa.gov/report>.

Acting Inspector General Stone continues to warn citizens to be cautious, and to avoid providing information such as your SSN or bank account numbers to unknown persons over the phone or internet unless you are certain of who is receiving it. *"Be aware of suspicious calls from unknown sources, and when in doubt, contact the official entity to verify the legitimacy of the call,"* Stone said.

If a person has questions about any communication—email, letter, text or phone call—that claims to be from SSA or the OIG, please contact your local Social Security office, or call Social Security's toll-free customer service number at 1-800-772-1213, 7 a.m. to 7 p.m., Monday through Friday, to verify its legitimacy. (Those who are deaf or hard-of-hearing can call Social Security's TTY number at 1-800-325-0778.)

For more information, please visit <https://oig.ssa.gov/newsroom/scam-awareness> or contact Andrew Cannarsa, OIG's Communications Director, at (410) 965-2671.

(above information taken from New York StateWide Senior Action Council, Inc. website, <https://www.nysenior.org/2018/08/15/fraud-advisory-inspector-general-warns-public-about-ssa-impersonation-schemes/>)



NY Connects
Your Link to Long Term
Services and Supports

What is New York Connects?

Do you ever wonder why we at the Ulster County Office for the Aging (UCOFA) answer the phone “**Office for the Aging/New York Connects**”?

NY Connects is your trusted place to go for free, unbiased information about long term services and supports in New York State for people of all ages or with any type of disability. Long term services and supports include medical and non-medical services a person needs to improve or maintain health and independence. They may be provided in a nursing home, the individual’s home or other community-based settings. You can visit the NY Connects website at <https://www.nyconnects.ny.gov/welcome> and use the directory to search for programs, providers, and services in your area and to contact your local NY Connects office for further assistance.

NY Connects is available through the Ulster County Office for the Aging, 845-334-5307; ask for Gloria Ferraro or Sandy Ramos. NY Connects of Ulster County is also available through Westchester Independent Living Center (WILC), 914-589-4254, ask for Vanessa Turner. NY Connects workers 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 while meeting your medical, social and functional needs that arise from aging or disability. We can help individuals, families, caregivers, and professionals.



Ulster County Cooling Centers

Cooling centers may be available only during extreme heat events. Call before you go.

- Ellenville Village Hall, 2 Elting Ct, Ellenville, 12428, 845-647-7080
- Lloyd Town Hall, 12 Church St, Highland, 12528, 845-691-7544
- New Paltz Community Center, 3 Veterans Drive, New Paltz, 12561, 845-255-3631
- Plattekill Town Hall, 1915 Route 44-55, Modena, 12548, 845-883-7331
- Salvation Army, 35 Cedar St, Kingston, 12401, 845-331-1803
- Saugerties Senior Citizens Center, Corner of Market Street and Robinson Street, Saugerties, 12477, 845-246-9987
- Wawarsing Town Hall, 108 Canal St, Ellenville, 12428, 845-647-7800



Don't Forget to RSVP for the Remaining 2018 Lunch and Learns

The Ulster County Office for the Aging Lunch and Learn schedule is complete and posted on our website calendar at <https://ulstercountyny.gov/aging/calendar-list>. We are now accepting reservations for all Lunch and Learns at 845.340.3456. All events are free and will be held at Gateway Industries at 1 Amy Kay Parkway, Kingston, NY from noon- 2:00 pm. Our topics and dates include:

- ❖ September 25: Home Safe Home
- ❖ October 11: Sleep Well and Sweet Dreams
- ❖ November 14: Senior Driver Safety

We are currently planning the 2019 Lunch and Learn schedule so if you have a special topic you would like to request, please let us know!



Transportation

Free or low-cost bus fare for seniors for shopping and medical appointments. Call UCAT at 845. 331.8120 to register for this program. For people, not able to use the bus, UCOFA offers the Neighbor-to-Neighbor; volunteer drivers providing rides to seniors for medical appointments. Call 845.443.8837 for more details.

Legal Services

Ulster County Office for the Aging provides individual legal consultation for simple wills; living wills; healthcare proxies; power of attorney; and, elder law consultations. Please call 845.340.3456 for an appointment.

MALL WALK

with the OFA



Hudson Valley Mall

1300 Ulster Ave., Kingston, NY 12401

Every Tuesday, 10 a.m. Sharp!

We meet by the FOOD COURT at 9:45

ALL ARE WELCOME!!

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.*
- ❖ *Meet new friends and be the first to hear what's new at the OFA.*

Mall walk is cancelled in inclement weather



Ulster County Executive Michael P. Hein

Ulster County Office for the Aging
in collaboration with Jewish Family Services of Ulster County offer

Caregiver Support Group



Share your experience and wisdom with others

Offering relief, skills, and answers to caregiving concerns

STARTING SEPTEMBER 25TH

Tuesdays 1:00 pm to 2:15 pm

Ellenville Public Library

40 Center St, Ellenville, NY 12428

This program is FREE.

All are welcome. *Participants must pre-register.*

Call the Office for Aging to reserve: 845-340-3456



Funding for this program is made possible through NYSOFA.



TAI CHI FOR ARTHRITIS

Mondays AND Fridays
2 -3 p.m.

Starting September 17, 2018

TWICE a week for eight weeks

Highland Public Library

14 Elting Place, Highland, NY 12528

We ask that you be willing to make the commitment to be at this class twice a week for all eight weeks. This is a program that builds on each class.

MUST RSVP-Space is limited!
Call OFA: 845-340-3456

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

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



Ulster County Office for the Aging

responds to what seniors want—**More Tai Chi!**

Ulster County Office for the Aging is offering advanced drop-in classes at different locations around the County, **Every Tuesday from 3-4 p.m.**

Ellenville Library, **FIRST** Tuesday of each month

Governor Clinton, Kingston, **SECOND** Tuesday of each month

Saugerties Public Library, **THIRD** Tuesday of each month

NEW LOCATION!! St Francis De Sales Community Hall

109 Main Street, Phoenicia, FOURTH Tuesday of each month



Benefits include...

- Increase strength
- Improve balance and posture
 - Help prevent falls
- Strengthen mind, body and spirit
- Reduce stress and support relaxation

These drop-in Tai Chi classes are intended for seniors who have already attended the 8-week intro class to continue their practice.

Please call the OFA for more information: 845-340-3456



ONGOING SERVICES AND RESOURCES

Home-delivered Meals

Home delivered meals program will include hot or frozen meal deliveries to eligible seniors. Call 845-340-3456.



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 the Aging **Home Delivered Meals Program** provides a nutritious hot (or frozen) meal delivered to seniors at **NO** cost, Monday-Friday.

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

Do you know someone who might benefit from home delivered meals?

Qualified seniors must be:

- 60 years of age or over
- A resident of Ulster County
- Difficulty preparing own meals



For more information, please call
Ulster County Office for the Aging
845-340-3456



This program is made possible by funding from Federal, State, County and/or local contributions

Appointments at the Ulster County Office for the Aging



Care Consultation: *Helps 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: *Offers families 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

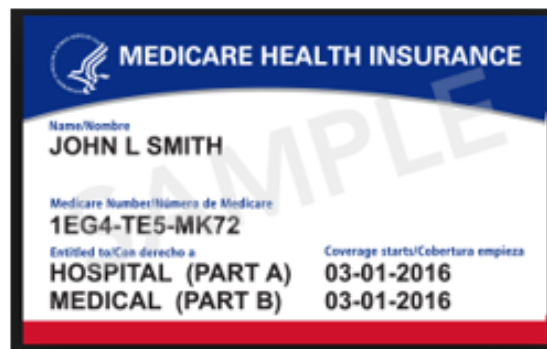


Ulster County Executive, Michael P. Hein

ULSTER COUNTY OFFICE OF THE AGING

MEDICARE SAVINGS PROGRAM (MSP)

You may be eligible to get help paying your Medicare premiums and you may also get help paying for Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments.



If you are a Medicare recipient and your gross monthly income is \$1,386 OR LESS
(Married income \$1,872 OR LESS)

YOU MAY BE ELIGIBLE!

Call the Office for the Aging to make an appointment with one of our Health Insurance counselors for free, unbiased assistance with Medicare and to find out more about the **Medicare Savings Program**.

845-340-3456



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? We have five different sites, and depending on which you visit, you can have lunch every week day. Our OFA Community Cafes (formerly known as Friendship sites) are offered Monday through Friday at our Saugerties, Rosendale and Ellenville sites. Our New Paltz site offers lunch every Thursday and our Shokan site offers lunch every second and fourth Tuesday of the month. Our Ulster café offers lunch the first and third Tuesdays. Want to try it out? Just call Gateway Industries at 845.331.2180 to make a free reservation, at least 24 hours in advance. Please remember, this is for Seniors age 60 and over.



Our OFA Community Cafes are at the following locations:

Rosendale: Rosendale Recreation Center, Route 32, Rosendale, NY.

Saugerties: Frank D. Greco Senior Center, 207 Market St., Saugerties, NY.

Ellenville: Trudy Farber Building, 50 Center Street, Ellenville, NY.

New Paltz: New Paltz Community Center, Route 32, New Paltz, NY.

Shokan: Reservoir United Methodist Church, Route 28, Shokan, NY.

Ulster: Russell F. Brott Senior Center, 1 Town Hall Road, lake Katrine, NY.


(meals are funded by the UCOFA, made possible by funds provided by The Ulster County government, USAoA, NYSOFA, and private funds.)



**ULSTER COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION/DINING PROGRAM**

Shelley Wagar, Director

~September 2018~

Monday	Tuesday	Wednesday	Thursday	Friday
Labor 3 Day Cafés Closed Baked Ziti with Cheese Italian Mixed Vegetables Whole Wheat Bread Apricots	4 BBQ Pork Mashed Potato Broccoli Coleslaw Whole Wheat Roll Dutch Apple Cake	5 Pepper Steak Brown Rice Green Beans Rye Bread Chocolate Pudding	Cold 6 Meal Chef's Salad Plate With Turkey & Cheese Carrot Salad Cucumbers & Tomatoes Whole Wheat Roll Mandarin Oranges	7 Chicken Divan Boiled Potato Carrots Whole Wheat Bread Peaches
10 Beef Pot Pie Cauliflower Carrot Coins Whole Wheat Bread Applesauce	11 Swai with Lemon Sauce Orzo Broccoli Green Salad Whole Wheat Roll Pineapple Whip	Cold 12 Meal Balsamic Chicken Salad Plate with Potato Salad Greens, Tomatoes & Cucumbers Rye Bread Oatmeal Cookies	13 Roast Turkey & Gravy & Cranberry Sauce Sweet Potato Brussels Sprouts Dressing Fruit Cocktail	14 Swiss Broccoli Pasta Green Beans Low Salt Vegetable Juice Whole Wheat Bread Pears
17 Red Pepper Quiche Green Beans Broccoli Whole Wheat Bread Pears	18 Baked Chicken & Gravy Mashed Potato Carrots Whole Wheat Roll Rice Pudding	19 Beef Stroganoff Over Buttered Noodles Brussels Sprouts Fresh Salad Rye Bread Fruit Cocktail	20 Spaghetti & Meatballs Spinach Whole Wheat Roll Pears	Cold 21 Meal Tuna Salad Plate with Potato Salad Marinated Beets Over Fresh Greens Whole Wheat Bread Cake
24 Rigatoni & Spinach Stewed Tomatoes 3 Bean Salad Whole Wheat Bread Pears	25 Lime Tarragon Turkey Steak Buttered Noodles Spinach Whole Wheat Roll Mandarin Oranges	26 Pork Creole Brown Rice Broccoli Rye Bread Berry Whip	27 Meatloaf with Gravy Roasted Potatoes California Mixed Vegetables Whole Wheat Bread Peach Crisp	28 Chicken Parmesan Pasta Italian Mixed Vegetables Green Salad Whole Wheat Roll Pineapple Chunks
	Made possible by funds provided by Ulster County Government, USAOA, NYSOFA, UCOFA and Private Funds.	 HAPPY LABOR DAY	Meals Prepared by Gateway Community Industries "Menu Subject to Change" <i>Milk provided with meals</i>	For Information or Home Delivered Meal Cancellations, call: 331-2496 Community Café Reservations or Cancellations, call: 331-2180

**Ulster County Office for the Aging
Volunteer Program**

Is looking for

VOLUNTEERS!!

- **Transporting seniors to medical appointments**
- **Calling homebound seniors**
- **Ombudsman Senior Advocate**
- **Health Insurance counseling**
- **Helping in a local Library or Hospital**
- **And MUCH more!**

*Please call Patrick McDonough to talk about the
volunteer opportunities available*

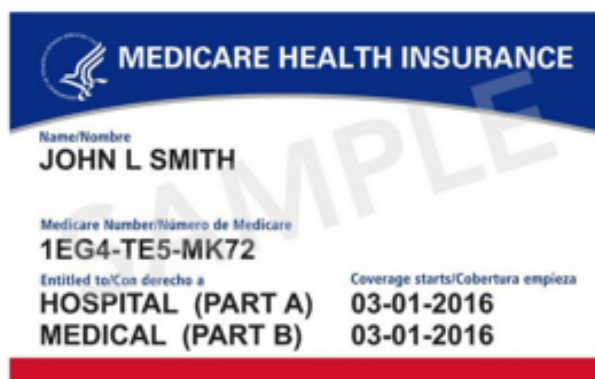
845-802-7935

WE WANT YOU!!

As many or as few hours as you can give.



*What You Need to Know
about Medicare for 2019*



Kerhonkson Jewish Center

26 Minnewaska Trail, Kerhonkson, NY

Tuesday, October 9, 2018

12:30 p.m.

Presented by

Robert Meci

OFA Medicare Specialist & HIICAP Coordinator



Please RSVP to the OFA—Space is limited 845-340-3456

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.

OFFICE FOR THE AGING FREQUENTLY USED NUMBERS

Shelley J. Wagar, Director	845. 340. 3578
Kim Butwell, Deputy Director	845. 340. 3580
NY Connects	845.340.3259/845.443.8804
Medicare Counseling	845.340.3579
Neighbor-to-Neighbor	845.443.8837/8838

DEPARTMENT OF SOCIAL SERVICES FREQUENTLY USED NUMBERS

HEAP	845.334.5436
SNAP	845.334.5200
Medicaid	845.334.5175
Central Intake	845.334.5125



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Director, Office for the Aging

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Kingston, NY 12401

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OFA Website – <http://ulstercountyny.gov/aging/>

Do you know someone who might like to be on our mailing list? Please have them call the OFA with their E-mail address.