



ULSTER COUNTY OFFICE FOR THE AGING OFA COMMUNITY NEWS June 2018

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

Mike Hein, County Executive

Dear Ulster County Senior,

The month of May concluded with many memorial ceremonies held throughout our patriotic County to remember and pay respect to our fallen soldiers and their families. On May 24th, Ulster County area Veterans and members of the community gathered in front of the County Office Building to honor Ulster County Service Members who made the ultimate sacrifice at a beautiful candlelight ceremony at the Ulster County Memorial Roll of Honor.

As you know, Ulster County will never forget our Veterans and I want to remind you that the Vietnam Travelling Memorial Wall will be installed at the Cantine Veterans Memorial Complex in Saugerties and will welcome visitors July 18-23. The Vietnam Travelling Memorial Wall is a 5/8 scale replica of the Vietnam Veterans Memorial in Washington D.C., reaching 6 feet high at its apex and stretching almost three hundred feet from end to end and bears the names of over 58,000 service members who made the ultimate sacrifice during the Vietnam War. Bringing The Vietnam Travelling Memorial Wall to Ulster County is a small gesture of gratitude and respect for our Veterans, many of whom have friends whose names appear on the wall. Our local Veterans and residents who may not have the opportunity to visit the national Vietnam Memorial in Washington, D.C. will now have a chance to pay their respects to those listed on the monument to whom we owe so much. I invite all of you to join me in July at what will undoubtedly be a deeply moving and emotional experience.

I also wanted to let you know that recently, I had the opportunity to welcome Rail Explorers, a new rail bike attraction where passengers can travel along the former Ulster and Delaware (U&D) corridor between Phoenicia and Boiceville which runs along the Esopus Creek. All excursions begin at the Empire State Railway Museum for an eight mile round trip. In addition, the bikes are outfitted with electric assistive motors for areas of track that are on an incline, and they engage when riders pedal up the slope on the return leg of the ride. Families and friends of all ages and abilities can enjoy this unique experience. They have a total of four tandem (2 person) bikes and three quad (4 person) bikes. The business officially opened on Saturday, May 26th. For more information please call 1-877-833-8588 or visit www.railexplorers.net.

Enjoy your summer!

Mike Hein
County Executive



Hello Ulster County Seniors,

Happy June and welcome to the warm weather! June is our gateway to summertime and the Ulster County Office for the Aging has social and educational programming for seniors to take advantage of!

We honor two outstanding Ulster County Seniors at our Senior of the Year picnic on June 21. Please join us honoring Berenice Fitzgerald and Susan Wiand, of Kingston and Walkill respectively, for their service. The Office for Aging was thrilled to attend the celebration of these two women and volunteers from across the great State of New York in late May at Older New Yorker's Day. The celebration was a time to reflect on the genuine gift of Berenice and Susan's time and talents to Ulster County. We applaud them for their outstanding service. During this event, we heard from State Assemblywoman, Donna Lupardo. Ms. Lupardo is the Chairperson of the Assembly's Committee on Aging. During her speech, she made a very valuable reflection about aging in place versus aging all over the place.

The Ulster County Office for the Aging, with support and great leadership from our County Executive, Mike Hein, aims to assist seniors in staying in their home if possible with resources and services that make it safe and avoid unnecessary placement in a long-term care community. But, what struck me as so important in Ms. Lupardo's speech was her comment about aging all over the place. This goes back to the Older American's Month theme, Engage at Every Age. We, as seniors, must engage and do so through multiple outlets- whether it be our place of worship, volunteering at the local library, reaching out to friends for a lunch outing, taking a walk, join a senior club and go on one their trips, and many more ways. Quality of life matters- and seniors must define what the formula is for an enhanced quality of life. And, if along the way, the Ulster County Office for Aging can assist you in possible way, we are just a phone call away!

Shelley Wagar, Director



June is Cataract Awareness Month! Did you know that the number of individuals with cataracts or at risk of developing cataracts is on the rise? This makes sense as the number of people turning 65 and older is getting larger and larger every day. As a matter of fact, by 2032, an estimated 38.5 million Americans will have a cataract, and 45.6 million will be affected by 2050, according to results from the Prevent Blindness study “The Future of Vision” according to the website healio.com.

What are some of the causes of cataracts?

- the aging process;
- extensive exposure to sunlight;
- genetics;
- smoking and excessive intake of alcohol;
- obesity; and,
- high blood pressure.

What are some of the symptoms?

- Clouded or blurred vision;
- Increased difficulty with night vision;
- Sensitivity to light and glare;
- Fading or yellowing of colors; and,
- Double vision.

What can we do to prevent cataracts from forming?

- Schedule regular eye exams;
- Quit smoking and lower your intake of alcohol;
- Wear sunglasses; and,
- Maintain a healthy diet with lots of fruits and vegetables.



Lunch and Learn Schedule 2018

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:

- ❖ June 12: Movement Disorders
- ❖ July 10: “Making Every Moment Count” - **RECENTLY ADDED!!!!**
- ❖ July 24: Financial Exploitations
- ❖ August 21: Aging Well
- ❖ September 25: Home Safe Home
- ❖ October 11: Sleep Well and Sweet Dreams
- ❖ November 14: Senior Driver Safety



Ulster County Elder Abuse Conference Prevention Task Force Conference

When: Wednesday, June 20, 2018. 9:00 am – 12:00 noon.

Where: Ulster County Community College, Stone Ridge, NY, Vanderlyn Hall

Our keynote speaker, Art Mason, LMSW, Director of Elder Abuse Prevention Program, Lifespan, will present on why elder abuse is an emerging issue, how it is under-recognized and under-reported.

This is a free event. Please call the Office for the Aging at 845.340.3456 to RSVP.

DO YOU EVER NEED SOMEONE TO TALK TO IN A CRISIS?

The New York State Office of Mental Health (OMH) has announced the launch of a partnership between OMH and the Crisis Text Line (CTL), a national non-profit organization that provides free, 24-hour text-based support for people who are experiencing a mental health or situational crisis. Crisis Text Line has helped users who are facing suicidal thoughts, maternal depression, bullying, family emergencies, anxiety and more.

“A crisis can happen to anyone at any time. Although the CTL is not a replacement for counseling or therapy, it can offer individuals in crisis help when they need it the most,” stated OMH Commissioner, Dr. Ann Sullivan. “New York State’s keyword, “GOT5”, tells anyone in distress that we’ve got the time to listen if you are in crisis and these trained counselors will be able to give you the assistance you need to deal with the situation at hand.”



New Medicare card-related scams impacting beneficiaries:

Currently, scammers are calling Medicare beneficiaries about the new Medicare cards Seniors are now beginning to receive in the mail.

1. Scammers are calling beneficiaries, claiming to be from Medicare and tell them they need to confirm or provide personally identifiable information (PII) in order to receive a new Medicare card.

THIS IS UNTRUE. DO NOT GIVE OUT PERSONAL INFORMATION.

2. Scammers are telling Medicare beneficiaries they need to pay to get a new Medicare card and ask for the bank account or other payment information, along with PII.

THIS IS NOT TRUE. DO NOT GIVE OUT YOUR FINANCIAL INFORMATION.

*Ulster County Executive Michael P. Hein
&
the Ulster County Elder Abuse Prevention Task Force
invite you to attend the*



*Ulster County Elder Abuse
Prevention Task Force
Conference
June 20, 2018*

**Keynote Presentation by Art Mason, LMSW
Director, Elder Abuse Prevention Program, Lifespan
“Older Victims: Under Recognized, Under Reported”
*Why Elder Mistreatment is an Emerging Social Issue***

9:00 am: Registration/light breakfast & Introduction

9:30 am: Keynote Presentation

11:00 am: Panel Discussion: “Community Response to Elder Abuse “

Held at

**SUNY Ulster, College Lounge/Vanderlyn Hall, Stone Ridge Campus
291 Cottekill Road, Stone Ridge, New York**

This event is FREE and open to the public. Registration is required.

To register, call Office for the Aging at (845) 340-3456



Michael P. Hein
Ulster County Executive



Two-Day Certified
R.E.S.T. TRAINING
(Respite Education and Support Tools)

June 6th and June 13th
9 am - 1 pm

Become a volunteer respite worker!

You will be trained and certified to offer social respite to caregivers, allowing them a short break to do things outside of the home, such as doctor's appointments, shopping or time with friends.

This is a two-day training. You need to attend both days to get certified.

To register for this training, please call the Office for the Aging 845-340-3456.



Ulster County Executive, Michael P. Hein

Do you know a caregiver who could use a few hours to get things done but can't leave their loved one home alone?

Learn the three key steps to become an effective volunteer respite worker...

- ...Prepare
- ...Care
- ...Connect

Training Location:
Woodland Pond
100 Woodland Pond
Circle
New Paltz, NY 12561



FOR ADDITIONAL
INFORMATION CALL

JEWISH FAMILY SERVICES

208 Wall Street
Kingston, NY 12401
(845) 338-2980
www.jfsulster.org



Ulster County Office for the Aging
in collaboration with Jewish Family Services of Ulster County
invites you to attend

Caregiver Support Group



Share your experience and wisdom with others
Offering relief, skills, and answers to caregiving concerns

Mondays 1:00 pm to 2:00 pm

Saugerties Public Library

91 Washington Ave, Saugerties, NY 12477

This program is **FREE**, and runs thru August.
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.



Michael P. Hein, County Executive

Ulster County Office for the Aging presents

What you need to know about Medicare



**For people turning 65 or
getting ready to retire**

SUNY Ulster at Kingston, 94 Mary's Avenue, room 204, Kingston, NY 12401

Tuesday, June 19th, 2018, 5-7 p.m.

Presented by

Robert Meci

OFA Consultant and Medicare Specialist

**Please RSVP to the Office for the Aging. Space is limited,
Reserve your spot 845-340-3456**



Michael P. Hein, Ulster County Executive



Ulster County Executive Michael P. Hein
And The Office For The Aging

Present The 21st Annual

Live, Laugh & Learn

A Day of Informational, Educational & Fun Workshops
for Seniors 60 and Over



Thursday, August 16, 2018

Kingston Center At SUNY Ulster
94 Mary's Avenue
Kingston, NY

Doors will open at 8:30 a.m. Workshops begin at 9:00

\$5.00 Registration fee - \$3.00 eat-in bag lunch (optional)

Register by 8/3/18

For an application or more information, please call the

Ulster County Office for the Aging

at 845-340-3456

ONGOING EVENTS

Meet OFA staff and other seniors at the Hudson Valley Mall for exercise and networking! We meet every Tuesday morning (unless there is snow!) at 9:45 am in the Food Court. When the clock strikes 10 am, we begin our walk- three full laps around the mall. There are two groups- speedy and not so

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

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

Saugerties Public Library, THIRD Tuesday

Vineyard Commons, Highland, FOURTH Tuesday



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



Michael P. Hein, Ulster County Executive

ULSTER COUNTY OFFICE OF THE AGING

MEDICARE SAVINGS PROGRAM (MSP)

**You may be eligible to
get help paying your Medicare premiums.**

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



Michael P. Hein, Ulster County Executive

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** or **LOW** 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



Michael P. Hein, County Executive

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

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.

The Ulster County Office for the Aging

Legal advice to Ulster County residents age 60 and over



Individual legal consultation

Our contracted attorneys, Kathleen Dittus and Erica Halwick-Williams, are available to work with seniors one-on-one or to present pertinent information to senior groups. Topics include:

- **Simple Wills**
- **Living Wills**
- **Healthcare Proxy**
- **Power of Attorney**
- **Elder Law/Long Term Care Consultation**

If you are interested in scheduling one of our attorneys for an individual appointment or a group presentation in the community, please contact the Office for the Aging at 845-340-3456



Ulster County Executive, Michael P. Hein

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.)

Menu for...



Monday	Tuesday	Wednesday	Thursday	Friday
Meals Prepared by Gateway Community Industries "Menu Subject to Change"	For Information Call: 331-2496 Community Café Reservations call: 331-2180		MILK provided with meals. 	1 Meatloaf / Gravy Roasted Potatoes California Mixed Vegetables WW Bread Peach Crisp
4 Rotini with Meat Sauce Green Beans WW Bread Fruit Cocktail	5 Baked Swai with Dill Sauce Roasted Potato Carrots WW Roll Chocolate Cake	6 Sweet & Sour Chicken Brown Rice Broccoli Rye Bread Pineapple Chunks	7 Roast Beef /Gravy Mashed Potato Zucchini Fresh Salad WW Roll Apple Crisp	Cold 8 Plate Chef's Salad Plate with Turkey & Hard Cooked Egg Tomatoes, Cucumbers WW Bread Vanilla Pudding
11 Asparagus Quiche Peas Cauliflower Vegetable Juice WW Bread Peaches	12 Pulled Pork on WW Roll Mashed Potato Red Cabbage Pears	National 13 Cucumber Day Chicken Salad Plate Potato Salad Cucumber Salad Rye Bread Dutch Apple Cake	Flag 14 Day Hamburger with Gravy Roasted Potatoes Wax Beans WW Sandwich Roll Chocolate Pudding	15 Chili Con Carne Brown Rice Broccoli WW Bread Apricots
18 Swedish Meatballs Buttered Noodles Monaco Mixed Vegetables WW Bread Mandarin Oranges	19 Chicken / Gravy Sweet Potato Oriental Mixed Vegetables WW Roll Tapioca Pudding	20 Stuffed Shells Green Beans Zucchini Rye Bread Pears	Cold 21 Plate Tuna Salad Macaroni Salad Coleslaw Pickled Beets WW Roll Fresh Fruit	22 Lime Tarragon Turkey Steak Mashed Potato Broccoli WW Bread Oatmeal Cookies
25 Herb-Crusted Chicken Parsley Potato Spinach WW Bread Peaches	26 Beef Burgundy Buttered Noodles Broccoli WW Roll Tropical Fruit Mix	Cold 27 Plate Balsamic Chicken Salad Plate Fresh Greens Orzo Salad Tomatoes Rye Bread Brownie	28 Red Pepper Quiche Corn Green Beans WW Roll Rice Pudding	29 Roast Pork with Gravy Mashed Sweet Potato Braised Cabbage WW Bread Applesauce

Made possible by funds provided by Ulster County Government, USAOA, NYSOFA, UCOFA and Private Funds.

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

VOLUNTEERS!!

- **Transportation for seniors to medical appointments & shopping**
- **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

845-802-7935

WE WANT YOU!!

As many or as few hours as you can give.



Michael P. Hein, Ulster County Executive

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



Michael P. Hein
Ulster County Executive

Shelley Wagar
Director, Office for the Aging

Ulster County Office for the Aging

1003 Development Court
Kingston, NY 12401

845-340-3456

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.