



ULSTER COUNTY OFFICE FOR THE AGING OFA COMMUNITY NEWS April 2018

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

Mike Hein, County Executive

Dear Ulster County Senior,

Did you know having a working smoke detector can cut the risk of fire-related deaths in the home by as much as 50 percent? I want to let you know about the new Ulster County Smoke Alarm Installation Initiative, where seniors in need may be eligible to receive smoke detectors and have them professionally installed at no cost. As County Executive, one of my most important responsibilities is the health and safety of Ulster County residents and thanks to the partnership with the New York State Fire Chiefs Association, Ulster County received an additional 250 smoke detectors to distribute. Every life is precious and I am pleased that we can help some of our seniors most in need obtain these potentially life-saving devices.

The Ulster County Department of Emergency Management and the Ulster County Office for the Aging are collaborating to distribute the smoke detectors. Ulster County residents who are interested in having a smoke detector installed, who are age 65 and older, who qualify as a low or moderate income household, should call the Office for the Aging at 845-340-3456.



To learn more about this program or overall fire safety, please call Ulster County Fire Coordinator Everett Erichsen at 845-334-5720.

Wishing you a healthy, safe and happy Spring!

Mike

Mike Hein, County Executive



Happy Spring!

Phew- we made it through many snowstorms and soon the flowers and trees will gift us with Spring's bounty.

April is Volunteer Appreciation Month and at the Ulster County Office for the Aging (UCOFA) we are extremely thankful for all our volunteers. Did you know that the UCOFA has more than 360 volunteers who gave more than 37,000 hours of their time in 2017? We are so very appreciative of their time and talents. We also owe a debt of gratitude to our County Executive Mike Hein for saving our volunteer program and giving us the ability to grow it into the wonderful program it is today.

The UCOFA has published the Lunch and Learn schedule for 2018. You may find it on the UCOFA web page. Reservations are now being accepted by calling 845-340-3456. The first Lunch and Learn is May 2 on Emergency Preparedness. All events will take place at Gateway Industries at Amy Kay Parkway in Kingston.

Please remember that the UCOFA offers a variety of resources to help you navigate everyday life, including: home-delivered meals, senior dining at congregate sites, legal services, transportation for medical appointments, Medicare counseling, and much, much more. For information please call 845-340-3456.

Happy Spring!

Shelley

Shelley Wagar, Director



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:

- ❖ May 2: Emergency Preparedness
- ❖ June 12: Movement Disorders
- ❖ 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

REMINDER

Current Medicare Card

MEDICARE HEALTH INSURANCE

1-800-MEDICARE (1-800-633-4227)

NAME OF BENEFICIARY
JANE DOE

MEDICARE CLAIM NUMBER
000-00-0000-A

SEX
FEMALE

IS ENTITLED TO
HOSPITAL (PART A) 07-01-2016
MEDICAL (PART B) 07-01-2016

SIGN HERE → *Jane Doe*

NEW Medicare Card

MEDICARE HEALTH INSURANCE

Name/Nombre
JOHN L SMITH

Medicare Number/Número de Medicare
1EG4-TE5-MK72

Entitled to/Con derecho a
HOSPITAL (PART A) 03-01-2016
MEDICAL (PART B) 03-01-2016

Coverage starts/Cobertura empieza

Medicare .gov

New Medicare Cards

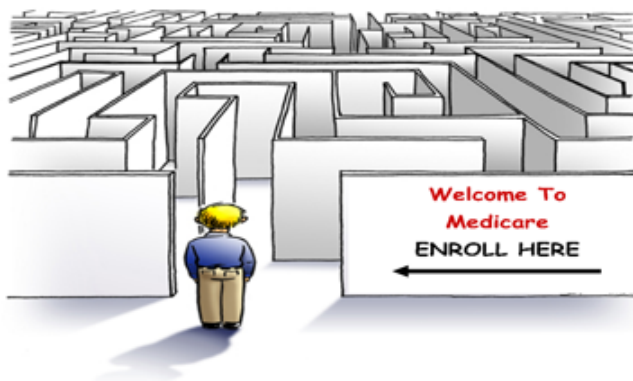
Just a reminder that Medicare will be mailing out new Medicare cards to all beneficiaries beginning April 2018. Your Social Security number will no longer be on the card and you will be assigned a unique number for your benefits. Coverage will not change, only the card! It will take up to 12 months to receive your new card, so please be patient.

UPCOMING EVENTS

HIICAP Volunteering Training

Would you like to help people navigate their Medicare health insurance options? HIICAP volunteers provide free, accurate and objective information, counseling, assistance and advocacy on Medicare, Medicare Advantage plans, Medicare drug plans, private health insurance, and related health insurance concerns. If you are interested in learning more about becoming a HIICAP volunteer, please call the Ulster County Office for the Aging at 845.340.3456. The training last for six consecutive Wednesdays, from 1:00 pm – 3:00 pm, April 18th through May 23rd.

**YOU can learn how to help people
navigate their Medicare options!**



HIICAP Volunteer Training

6 Wednesdays—Starting April 18- May 23, 1- 3 p.m.

HIICAP volunteers provides free, accurate and objective information, counseling, assistance and advocacy on Medicare, Medicare Advantage plans, Medicare drug plans, private health insurance, and related health insurance concerns.

**If you are interested in learning more about becoming
a HIICAP Volunteer, please call Ulster County OFA**

845-340-3456

Ulster County Office for the Aging
1003 Development Ct., Kingston, NY 12401



Ulster County Executive, Michael P. Hein

Alzheimer's Association's Care Consultations

The Ulster County Office for the Aging is pleased to collaborate with the Alzheimer's Association and bring you the opportunity to schedule a free care or family consultation, free of charge. Care consultations help individuals navigate the difficult decisions and uncertainties that persons with Alzheimer's disease and their primary care partners face at every stage of this disease. Components of a care consultation include an assessment of needs, assistance with planning and problem solving, and provision of support.

A 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 person with dementia.

Interested in scheduling a care consultation? Please call 845.340.3456 to make an appointment.

ONGOING EVENTS

Mall Walk with the Ulster County Office for the Aging

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 speedy.

Interested? Come join us or if you need additional information, just call us at 845.340.3456.

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

Caregiver Support Group

Ulster County Office for the Aging and Jewish Family Services invite you to attend our Caregivers Support Group at the Rosendale Community Center, 1055 NY-32, Rosendale, NY on Tuesdays from 12:30 pm – 1:45 pm. The program is free and provides an opportunity to share your experience and wisdom with others. The group runs through April 10th and participants must pre-register. Call the Office for the Aging at 845.340.3456 to reserve your spot.

Caregiver Support Group



Share your experience and wisdom with others

Offering relief, skills, and answers to caregiving concerns

Tuesdays 12:30 pm to 1:45 pm

Rosendale Community Center

1055 NY-32, Rosendale, NY 12472

This program is FREE and runs thru April 10th. 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

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

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.

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

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.

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. 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.

(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
Baseball 2 Season Opener Hot Dog on Roll Baked Beans Sauerkraut Carrots Peaches	3 Lime Tarragon Turkey Steak Buttered Noodles Spinach Rye Bread Mandarin Oranges	4 Pork Creole Brown Rice Broccoli Rye Bread Berry Whip	5 Roast Beef w/Gravy Roasted Potatoes California Mixed Vegetables Homemade Pea Soup WW Bread Dutch Apple Cake	6 Rigatoni and Spinach Stewed Tomatoes 3 Bean Salad WW Roll Pears
9 Sweet & Sour Chicken Brown Rice Broccoli WW Bread Pineapple Chunks	10 Spinach Quiche Cauliflower Hot Beets Minestrone Soup Rye Bread Gelatin	11 Penne with Meat Sauce Green Beans WW Bread Fruit Cocktail	12 Baked Swai with Dill Sauce Roasted Potato Asparagus & Carrots Whole Wheat Roll Chocolate Cake	13 Meatloaf with Gravy Mashed Potato Winter Squash Fresh Salad WW Bread Apple Crisp
16 Chili Con Carne Brown Rice Brussels Sprouts Wax Beans WW Bread Apricots	17 Roast Pork with Gravy Roasted Potato Braised Greens Rye Bread Applesauce	18 Macaroni & Cheese Stewed Tomatoes 3 Bean Salad Vegetable Soup WW Bread Pineapple Chunks	19 Chicken Parmesan with Pasta Mixed Vegetables Green Salad WW Bread Yellow Cake	20 Shepherd's Pie Green Beans Broccoli WW Roll Tapioca Pudding
23 Beef Stew Green Beans Broccoli WW Bread Apricots	24 Chicken w Gravy Sweet Potato Oriental Mixed Vegetables WW Roll Chocolate Pudding	25 Lemon Garlic Fish Orzo Zucchini, Tomato & Onions WW Bread Peach Crisp	Cold 26 Meal Balsamic Chicken Salad Plate with Tomatoes & Cucumbers WW Bread Oatmeal Cookies	27 Swedish Meatballs Buttered Noodles Tuscan Mixed Vegetables Black Bean Soup WW Dinner Roll Mandarin Oranges

HAPPY SPRING * SPRING IS IN THE AIR * APRIL SHOWERS BRING MAY FLOWERS * HAPPY SPRING

**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

Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

1

Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



National Council on Aging

To learn more, visit ncoa.org/FallsPrevention.

NATIONAL COUNCIL ON AGING

NCOA.org
Facebook Twitter @NCOAging

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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Ulster County Executive

Shelley Wagar
Director, Office for the Aging

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