

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

AUGUST 2022



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?

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.



1003 DEVELOPMENT COURT, KINGSTON, NY 12401 | 845-340-3456 | [ULSTERCOUNTYNY.GOV/AGING](http://ULSTERCOUNTYNY.GOV/AGING)

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06-5324



## UCOFA DIRECTOR MESSAGE

To our Ulster County Seniors!

Welcome August and the height of summer!

We finally received our Farmers' Market Coupons (bonus! – the amount went up to \$25 in each coupon booklet!) and for those who qualify (these are income based) they are here at the office, and our staff will be setting up tabling at many events, including all the markets, to distribute them to as many folks as we can get to. Take advantage of our many farms, orchards and growers to fill your fruit and veggie bins up!

We are pleased to see many people interested in our new Craft Corner program the third Friday of each month. We have room for those who wish to lead a craft – you would teach a group of Seniors how to make something they can either use, or use to decorate, and take home with them, in the space of a couple of hours. So far we have painted rocks, done a small still life, made decoupage items, and made flowers from repurposed water bottles. The sky's the limit, and you are only restricted by your own imagination! Come to create, chat with friends, have some coffee, and bring something home! We have some classes with guests artists planned, and hope to have more.

Lots of busyness here at the OFA with Lunch and Learns, picnics, new Tai Chi classes, craft corners, Bridge club (new!), Farmers' Market Coupons, education, and additional exercise classes being planned. You will never be bored! Don't forget our Community Cafés at the Hub Mondays and Wednesdays, Thursday in New Paltz, Ellenville Mondays and Wednesday and Saugerties on Tuesdays and Rosendale on Fridays!

Hope to see you all at our events!

Susan Koppenhaver,  
Ulster County UCOFA Director

Ulster County Office for the Aging 2022  
Senior Farmers' Market Nutrition Program  
Coupons (\$25 value)

Eligibility is determined by two factors:

AGE and INCOME

You must be a Senior 60 or older and income is at or below:

\$2,096 month for a one-person household

\$2,823 month for a two-person household

\$3,551 month for a three-person household

- Eligible recipients must personally sign for the coupons (POA or Proxy accepted).
- Coupons cannot be reserved and are distributed on a "First Come First Serve" basis.
- Coupons can only be redeemed for fruits and vegetables and only from participating farmers.

Coupons are available at the Ulster County Office for the Aging, 1003 Development Court, Kingston, NY, from 10:00 A.M. to 4:00 P.M., Monday through Friday.

The Ulster County Office for the aging will be distributing Senior Farmers' Market Nutrition Program Coupons at the UCOFA parking lot, from 10:00 A.M. to Noon on August 15, 2022.

For more information call the Office for the Aging at 845-340-3456.



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## 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.*

The first Tuesday of each month, staff from the Resource Center for Accessible Living (RCAL) will join us to discuss their services, including an Equipment Loan Closet, Nursing Home Transition & Diversion, Home Care Coordination and Healthy Homes.

## UCOFA Weekly Game Day

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

Ulster County Senior Hub, 5 Development Court,  
Kingston, NY.

## UCOFA Free Chess Classes

Learn to play and exercise your brain at the same time.

Mondays at 11:00 A.M., 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 Craft Corner

Join Ulster County Office for the Aging for Creative Fun!  
Each month a new craft. 3rd Friday of the month from  
10:00 A.M. to 12:00 Noon, Ulster County Senior Hub,  
5 Development Court, Kingston, NY. Call Ulster County  
Office for the Aging to register at 845-340-3456.  
Please use social distancing to the extent possible.  
Masks are optional.

## MEDICARE

### 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 \$1,549 or less (Married income \$2,080 or less) you may be eligible.

Call the Office for Aging at 845-340-3456 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.

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

1. Estate & Long Term Care Planning;
2. Government Benefits, including Medicaid;
3. Consumer Issues;
4. Housing;
5. Elder Abuse.

And can also prepare the following documents:

1. Simple Wills;
2. Powers of Attorney;
3. Health Care Proxies & Living Wills.

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

### August 30: Stress and your Heart

Presented by Danielle Schuka, American Heart Association

Ulster County Senior Hub, 5 Development Court, Kingston, NY.

*R.S.V.P. by August 22, 2022*

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 discretion of presenter).

### September 13: Fall in the Garden-so much more than Mums

Presented by Victoria Coyne, Victoria Gardens

Ulster County Senior Hub, 5 Development Court, Kingston, NY.

*R.S.V.P. by September 2, 2022*

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 discretion of presenter).

### September 21: Falls Prevention

Falls Facts by William Shatasky, MPS & Occupational Therapist, HAHV, Home Safe Home by Gilles Malkine, Architectural Barrier Consultant, RCAL, and Tai Chi Demo by Certified instructor Celeste Graves. New Paltz Community Center, 3 Veterans Way, New Paltz, NY.

*R.S.V.P. by September 12, 2022*

10:00 A.M. to 11:30 A.M.

Free to Ulster County Seniors age 60 and over. Light refreshments will be served. 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 discretion of presenter).



See you soon.

## 8 tips to help ensure you stay safe during the summer

1. Keep Hydrated. Seniors are more prone to dehydration because they aren't able to conserve as much water as they could when they were younger and their sense of thirst becomes less acute as they age. Seniors should drink at least 8 glasses of water or sports drinks daily and avoid alcohol and caffeinated drinks, which are dehydrating.
2. Stay cool. High temperatures can be life threatening, especially for Seniors. If your home isn't air conditioned, visit a shopping mall, movie theater, or a library to stay cool.
3. Dress appropriately. A Senior's summer wardrobe should be full of light-colored, loose-fitting clothing. Choose cotton and other natural fabrics that are more lightweight and breathable than synthetic fabrics like nylon and polyester. Wearing a wide brimmed hat will help keep the sun off your face and neck.
4. Wear sunscreen. Apply a sunscreen of SPF 30 or higher at least 15-30 minutes before sun exposure. Look for a sunscreen that blocks both UVA and UVB rays. Reapply frequently if engaging in water activities.
5. Preserve your vision. Sun exposure can irritate Seniors' eyes and cause vision damage. Sunglasses should always be worn when exposed to the sun.
6. Avoid sun during peak hours. Plan outdoor exercise or activities either first thing in the morning (before 10 A.M.) or later in the evening (after 4 P.M.) when the sun isn't as hot. Remember to hydrate even more than usual when exercising.
7. Watch for heat stroke. Heat stroke is a life threatening condition. Look for heat stroke symptoms, which include high body temperature, dizziness, headache, confusion, and nausea. Seek immediate medical attention if these signs are present.
8. Use bug spray. Seniors more susceptible to West Nile virus, so be sure to protect yourself with bug spray, especially at night.

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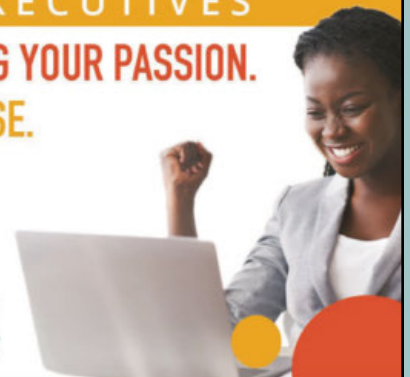
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## August 2022 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Fish Scampi Risotto Italian Green Beans, Juice WW Bread Fruit Cocktail	<b>Cold 2 Meal</b> Chicken Salad Plate over Greens Chickpea Salad Carrot Raisin Salad WW Roll, Juice, Oatmeal Cookie	<b>3</b> Chicken Stir Fry Jasmine Rice Baby Carrots WW Bread Chocolate Pudding with Fruit	<b>4</b> Rigatoni Bolognese Zucchini Cauliflower Whole Wheat Roll Pears	<b>5</b> Salisbury Steak Mushroom Gravy Scalloped Potatoes Peas/Pearl Onions Rye Bread Peaches
<b>8</b> Asian Pork Stew Lo Mein Noodles Mixed Vegetables Juice Whole Wheat Roll Pineapple Chunks	<b>9</b> Teriyaki Chicken Basmati Rice Collard Greens Juice, Rye Bread Fruited Bread Pudding	<b>10</b> Cheese Lasagna Peas, Diced Carrots WW Bread Mandarin Oranges Peanut Butter Cookie	<b>Cold 11 Meal</b> Chef's Salad (Turkey, Cheese, Egg, Tomato, Cucumbers) Pasta Salad Whole Wheat Roll Pineapple Chunks	<b>12</b> Meatloaf with Mushroom Gravy Mashed Potato Braised Cabbage WW Bread Mixed Fruit
<b>15</b> Hawaiian Chicken Baked Yam Italian Mix Vegetables WW Bread Apple Oatmeal Crisp	<b>16</b> Beef Stroganoff Mushroom Gravy Egg Noodles Petite Peas Low Sodium V8 Juice, Rye Bread Peaches	<b>Cold 17 Meal</b> Tuna Salad Plate over Greens 3 Bean Salad Potato Salad Cucumbers Whole Wheat Roll Pineapple Chunks	<b>18</b> BBQ Pulled Pork Baked Beans Braised Red Cabbage Apple Juice Rye Bread, Pears	<b>19</b> Eggplant Parmesan Penne Pasta Broccoli, Green Salad/White Beans, WW Roll Vanilla Pudding/Fruit
<b>22</b> Stuffed Pepper Garlic Mashed Potato Sliced Carrots WW Bread Rice Pudding/Raisins	<b>23</b> Shrimp Alfredo Snap Peas Yellow Squash Whole Wheat Bread Fresh Fruit	<b>24</b> Cheese Pierogi Brussels Sprouts Crinkle Carrots Rye Bread Applesauce	<b>25</b> Apricot Chicken Sweet Potato Mixed Vegetables Salad/Red Beans Rye Bread Oatmeal Cookies	<b>Cold 26 Meal</b> Chicken Greek Salad Cucumbers & Tomato Hummus WW Pita Fruit Cocktail
<b>29</b> Vegetable Lasagna Peas & Carrots Cut Green Beans WW Bread Fruited Gelatin	<b>30</b> Roast Turkey Yukon Gold Mashed Potato Mixed Vegetables WW Roll Apple Cranberry Oatmeal Crisp	<b>31</b> Hamburger with Caramelized Onions Baked Sweet Potato Corn, WW Sandwich Roll Green Salad/White Beans, Fresh Fruit	Meals Prepared by Gateway Hudson Valley "Menu Subject to Change" WW=Whole Wheat	For Meals Program Information and Home Delivered Meal Cancellations Call: <b>845-331-2496</b> Community Café Information, Reservations or Cancellations Call: <b>845-331-2180</b>





## 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! UCOFA Community Cafés have re-opened. See below for days of the week.

### UCOFA COMMUNITY CAFÉ LOCATIONS:

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

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

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

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

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

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.

DO YOU KNOW SOMEONE WHO MIGHT BENEFIT FROM HOME DELIVERED MEALS?

Qualified Seniors must be:

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

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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### Tricks for Getting Enough Fruits and Veggies

You know fruits and veggies are good for you, and yet filling your plate with produce is easier said than done. Fret not: If you consistently fall short of this goal, you're not alone. Eating plenty of fruits and vegetables is important at any age, because produce is a top source of fiber and other nutrients that are necessary for good health. Many of those nutrients have been shown to help prevent or lower the risk of the illnesses that occur as we advance in years. "As we age, our bodies become more susceptible to chronic diseases, such as heart conditions, gastrointestinal disorders, obesity, and a weakened immune system," says dietitian Aderet Dana Hoch, RD. A diet with plenty of fruits and vegetables can help reduce high blood pressure, lower your risk of heart disease, stroke, and certain cancers, stave off digestive problems, and help you maintain a healthy body weight. That's not all. The ascorbic acid in many fruits can help with iron absorption, which is a common problem for many older adults, according to Harvard Health.

How big is one serving of fruit or vegetables?

The four and a half servings of fruits and vegetables per day recommended by the most recent U.S. Dietary Guidelines may sound like a lot, but it's probably not as much as you think. Hoch says that a good guideline is to think about the amount of produce you can hold in one cupped hand — that's about a half cup, or one serving. Hoch says that the best nutritional strategy is to aim for variety. Eating as many different types of fruits and vegetables as you can will help ensure that you get the variety of nutrients your body needs for healthy aging.

Why you may be struggling to eat enough produce.

Even though we know how essential fruits and vegetables are, the majority of American adults still struggle to get their fill. And certain factors can make it more challenging for older adults. Here are some of the reasons.

Being on a limited budget may be a concern. If that's the case, you may want to try adding more frozen or canned options, since they might be more affordable. They have similar nutrition to fresh produce, says Shena Jaramillo, RD.

Mobility problems for older people who are no longer able to drive, it may be difficult to get out and shop for fresh produce, says Jaramillo. That's true for anyone with mobility issues, but there are some ways to overcome those challenges, such as using a grocery delivery service. Most major retailers offer such services, including Amazon Fresh, Instacart, Walmart, and many others.

**Age-related health changes** As you get older, you may find that your sense of taste isn't as keen, you don't tolerate certain foods as well, or that your appetite overall has diminished, says Jaramillo. Some people have dental problems that make it harder to chew certain foods. While these are all things that happen naturally as we age, they can make it difficult to get all the foods and nutrients we need. That's why it's important to make every bite count. Follow these simple tips to increase the amount of fruits and vegetables you eat each day.

- Add fruits and vegetables to your favorite dishes. Find ways to incorporate fruits and vegetables into foods you already eat. For example, stir fruit into your cereal or yogurt, add strawberries or blueberries to your pancakes, pack your sandwich with extra veggies, add vegetable toppings to your pizza, stir greens into your favorite casserole or pasta dish, or stuff your omelet with extra vegetables.
- Clean out your junk food cabinet. Researchers compared the food choices people made when given three options: an equal number of healthy and unhealthy foods, more healthy foods, or more unhealthy foods. So, stocking plenty of produce is good, but eliminating junk food alternatives will seal the deal.

*Continued on page 13*



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*Continued from page 11*

- Make a list of your favorite vegetable-rich recipes. Keep a collection of recipes handy to serve as a resource when you make your shopping list. Pick out three or four to buy for in a week.
- Try new things. Next time you go to the grocery store, pick out a new fruit or vegetable to try. Cook vegetarian. At least once every week, skip the meat and try a new vegetarian recipe for dinner.
- Snack away. Try snacking on fresh or dried fruit. Check labels to make sure there's no sugar added. Try carrot and bell pepper strips with a low-fat dip, or baked chips with fresh salsa.
- Have canned and frozen options on hand. These are just as nutrient dense as fresh, and they are often more cost-efficient as well. Just be sure to read labels — sometimes canned options can have lots of added sodium or sugar.
- Consider a fruit smoothie in the morning. You can easily pile fruits and veggies into a healthy smoothie.
- Do more meal prep. Chopping up a few vegetables in advance and storing them in your fridge can make you more likely to reach for them when throwing together meals.



### **Garden tips for August**

- Garlic can be sown from late August to October, but if you've harvested your own recently, save a few of the best heads to replant for next year's crop.
- If you cannot tackle all the weeds in your garden right away, prioritize the ones that are blooming or have formed seed-heads.
- August is a great time to sow root crops for fall feasts and winter storage, such as carrots, beets, radishes, and turnips.
- Take cuttings from your impatiens plants and petunias, and root them in pots of good soil. Brought indoors before frost, these colorful annuals will bloom from January on.
- Turn the compost pile and water it well.

**DID YOU  
KNOW?**

Every step you take uses 200 different muscles in the body.

## Nutrition Corner

Cucumbers are good sources of Vitamin K and water



### Common Seasonable Vegetables

that can be grown at home, found at your local farmers market, or in season at the grocery store!



Spinach is rich in iron and Vitamin E

Green Beans provide us iron and fiber



Mix them up to enjoy a different, naturally low sodium, & healthy side dish every day!

Lettuce is full of folate, potassium, and Vitamin A – the darker the better!



### Recommended:

3-5 Servings of Fruits & Vegetables daily



Tomatoes are a great source of potassium, Vitamin C and some Vitamin A



Carrots provide us lots of Vitamin A, and fiber

Contact your Registered Dietitian at  
Ulster County Office for Aging for more information

## CUCUMBER TOMATO SALAD

Prep Time: 10 Minutes

Servings: 4

### Ingredients

- 1 Long English cucumber, sliced
- 2-3 Large tomatoes, diced
- ½ Red onion, sliced
- 1 TBSP Herbs (parsley, basil, and/or dill)
- 2 TBSP Olive oil
- 1 TBSP Red wine vinegar
- Pepper to taste

### Directions

1. Combine all ingredients in bowl & toss well.
2. Refrigerate 20 minutes before serving.

Calories: 104, Carbohydrates: 7g, Protein: 2g, Fat: 8g, Saturated Fat: 1g, Sodium: 6mg, Potassium: 296mg, Fiber: 2g, Sugar: 4g, Vitamin A: 591IU, Vitamin C: 12mg, Calcium: 29mg, Iron: 1mg

This is an easy recipe that can use fresh or dried herbs, any onion can be substituted for the red onion. It is light and refreshing for hot weather, and best of all uses fresh seasonal vegetables.

From the desk of the UCOFA Registered Dietitian: Juanita Bryant, RDN, CD.  
Nutrition Consults are free to Ulster County Seniors 60 and over. Consults currently via phone with the UCOFA Registered Dietitian. To make a referral, please call 845-340-3456.





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Director

Judy Riley, Deputy Director

Office for the Aging

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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.



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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.