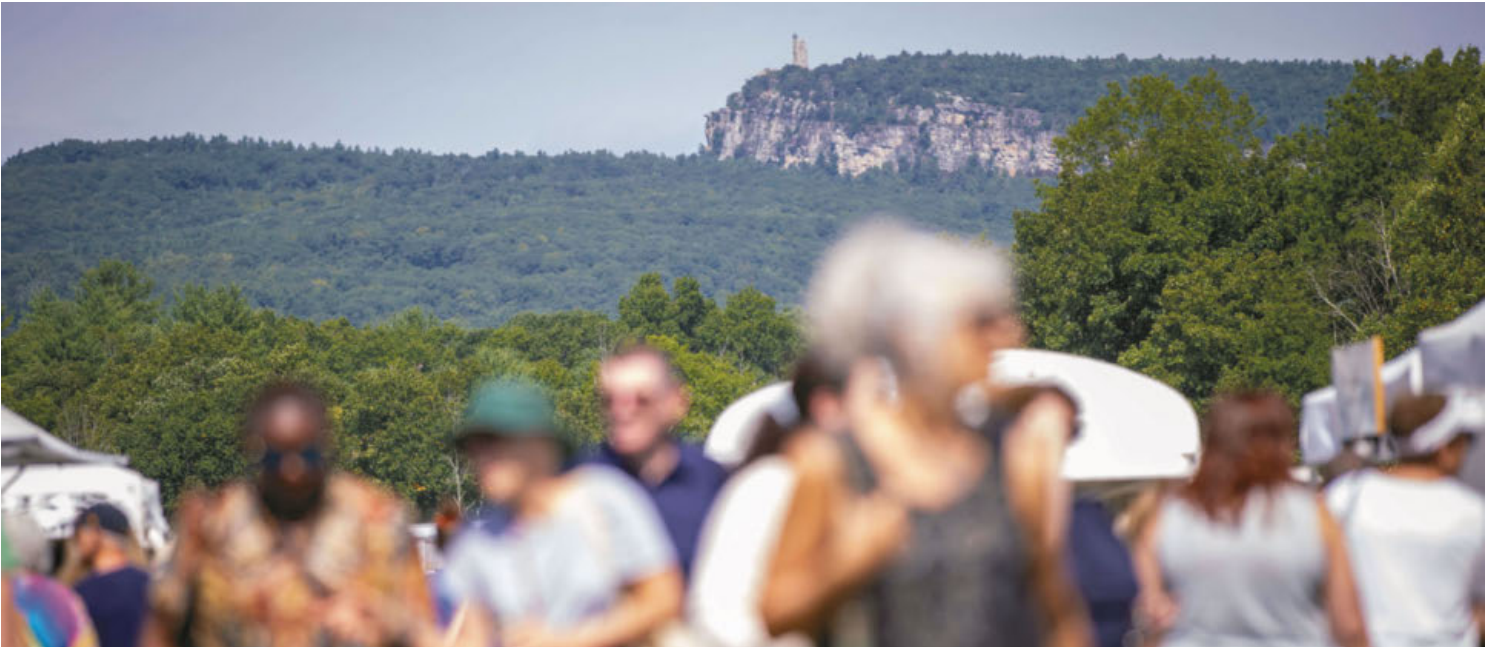


# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

AUGUST 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.



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

*Woodstock-New Paltz Art & Crafts Fair, Mohonk Mountain, Courtesy of Ulster County Tourism*

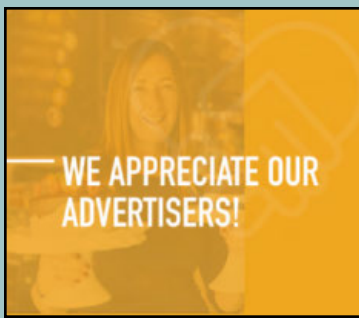


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## UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

August is now upon us, but of course we've had August weather for months now. I will say that local gardens are loving it, and everyone's hydrangeas are flourishing!

We have been busy, as usual, trying to arrange for the yearly Farmer's Market coupons giveaway events we do every year, and we plan on giving away all our coupons again. There is quite a need for these coupons in our community which allow access to fresh fruit and vegetables, and we are glad to be able to help. Please contact our office if you think you are eligible and find out where we are giving them away near you or pick up at our office.

We are also planning and have been offering tech classes at senior residences to help those with questions and concerns about their tablets or smartphones around the County. If you live in a Senior residence and think you and/or your neighbors have questions or would like some instruction, please contact our office and we can try to arrange to have a session at your location.

We are also offering energy savings tip seminars in August on the 5th and 6th in our Senior Hub and New Paltz respectively. Please contact our office if this subject is something you would like to learn more about. We are trying to further the County's goals of raising awareness and addressing climate change by offering some practical tips and will be offering more of these later in the year as well.

As usual, we are always looking for drivers, volunteers to fix small things and help folks with home repairs, caregiver volunteers, and interviewers for our local Homesharing programs – please contact our office if any of these opportunities sound like something you would like to explore.

Although we hear about heat precautions, everyone keep hydrating and finding ways to stay cool – Fall is around the corner!

In health,

Susan Koppenhaver,

Director, Ulster County Office for Aging

### Ulster County Office for the Aging 2024 Senior Farmers' Market Nutrition Program Coupons

Eligibility is determined by two factors: AGE and INCOME. You must be a Senior 60 or older and monthly income is at or below the federal income guidelines:

\$2,322 month for a one-person household

\$3,152 month for a two-person household

\$3,981 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 (\$25 value) 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. For more information call the Office for the Aging at 845-340-3456.



### Ulster County Office for the Aging Senior Technology Support Classes

There will be no classes scheduled for August.

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:

**September 5:** How to Use Apple iPhone More Efficiently.

**September 12:** Computer File Management.

**September 19:** Canva Application: Photo, Video and Collage Maker.

**September 26:** General Tech Q&A Practice Session, bring your Tech and your Questions.

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.



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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.**

### **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

### **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 \$2,355 or less (Married income \$3,189 or less) you may be eligible.

Call the Office for the 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.

MSP workshops are also available to assist you.

### **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 the 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 Learns for Seniors**

**September 25: Falls Prevention**

Presented by

William Shashaty, MPS & Occupational Therapist, HAHV

Bingocize by Anthony Mignone, RCAL

A Matter of Balance by Sue Koppenhaver, UCOFA

Esopus Town Hall Community Room, 1 Town Hall Way, Ulster Park, NY.

*R.S.V.P. by September 16, 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 the Ulster County Office for the Aging at 845-340-3456 to R.S.V.P.

Ulster County Office for the Aging presents

**5 to 10 Ways to Save on your Energy Bills**

Learn low cost solutions to energy savings, programs to implement at home, help the environment, and much more.

August 5, 2024

11:30 A.M. to 1:00 P.M.

New Paltz Community Center, 3 Veterans Drive, New Paltz, NY.

August 7, 2024

1:15 to 2:30 P.M.

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

Free to Ulster County Seniors age 60 and over. Call the Ulster County Office for the Aging at 845-340-3456 to R.S.V.P.



See you soon.

**Tai Chi for Arthritis and Falls Prevention**

(Beginner level)

Tuesdays and Fridays

2:00 to 3:00 P.M.

Starting August 6, 2024

Rondout Municipal Center

1925 Lucas Ave Extension

Cottkill, NY.

Wednesdays and Fridays

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

Starting August 7, 2024

Landmark East

304 Flatbush Avenue

Kingston, 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.

**Caregiver Support Group**

Ulster County Office for the Aging (UCOFA) and the Mental Health Association in Ulster County, Inc. (MHA) are offering a support group designed for caregivers seeking support and interaction with other caregivers. The group will also allow caregivers to learn skills, share information, and learn about available resources. Facilitated by MHA of Ulster County, Inc.

Meetings are held at:

MHA of Ulster County Inc.

300 Aaron Court, Kingston, NY

1st & 3rd Thursday of each month:

6:00 to 7:015 P.M.

In-person or via Zoom.

RCAL Conference Room

727 Ulster Avenue, Kingston, NY

2nd & 4th Tuesdays of each month:

10:15 to 11:30 A.M.

In-person or via Zoom.

For registration or details, please call the Ulster County Office for the Aging at 845-340-3456.

**5 Safe Driving Tips for Seniors**

1. **Avoid High Traffic Times:** If you feel nervous or anxious at all about driving, don't venture out during rush hour. Avoid driving during peak drive hours, like during the morning or evening rush. The busiest times on the road will be when people are heading to or from work, plus any weekend traffic. Plan out your trip to avoid these times and drive with confidence.
2. **Don't Drive at Night:** If you still have perfect 20/20 vision, congratulations—you've been dealt a great hand. For the rest of us, vision starts to fade early, and it gets tough to see. Driving at night gets harder, even in middle age. The lights get bigger and start to resemble fireworks exploding in the night. The distance we can see diminishes at night, too. If you can get all your errands done during the day, then do so. Driving in the day is easier and you can see obstacles much sooner.
3. **Stay on Familiar Roads:** When possible, stick to familiar roads and routes. It's better to stay on familiar roads because you know all the curves, bends, bumps, and any blind spots. It's not always possible to drive on a road you know but do it whenever you can and stay safe.
4. **Always Wear Your Seatbelt:** Even if it's not enforced, it's a good idea to wear your seatbelt whenever you are in a car—whether you're driving or you're the passenger. It is the first line of defense to keep you safe in case of an accident. If you aren't already in the habit of wearing it, make it a habit sooner rather than later.
5. **Don't Obscure the View:** Our vision starts to fail as we get older. Don't make it any harder to see out the car windows by obscuring them with tinting or stickers. Keep the line of sight unobstructed so you can see everything in your path while driving. If your eyes are light-sensitive, there are sunglasses and visors to use instead of tinting.



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**August 2024 Community Café & Home Delivered Meals Menu**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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-		1 Ham w/Pineapple Sauce Sweet Potatoes Brussel Sprouts WW Roll Pineapple cup	2 Chicken Sausage Noodles w/ Onion and Cabbage Beets Soda Bread Fresh fruit
5 Crab Cake White Rice Summer Vegetable Blend WW Roll Mixed Fruit cup	6 Chicken Parmesan Penne LS Marinara Brussel Sprouts Garlic Bread Stick Fresh Fruit	7 Ravioli w/ Florentine Sauce Zucchini and Tomatoes WW Bread Pear cup	8 Lasagna California Vegetable Blend Tossed Salad Garlic Biscuit Cookie Juice	9 Sausage and Cheese Quiche Tater Tots Broccoli and Red Peppers Rye Bread Fresh Fruit
12 Grilled Chicken Marsala Buttered Ziti Italian Vegetable Blend WW Roll Mandarin Orange cup	13 American Chop Suey Peas and Carrots Rye Bread Diced Peach cup	14 Meatloaf w/Gravy Mashed Potatoes Green Beans and Mushroom WW Buttermilk Biscuit Cookie Juice	15 Omelet w/ Cheese and Spinach French Toast Sticks Tossed Salad Fresh Fruit	16 Potato Crusted Pollack Confetti Rice Broccoli WW Bread Fresh Fruit
19 Hamburger Baked Beans Mixed Vegetables WW Burger Bun Fresh Fruit	20 Breaded Pollock Waffle Fries Scandinavian Vegetable Blend WW Bread Fresh Fruit	21 Lasagna w/Meat Sauce Italian Vegetable Blend WW Roll Pear cup	22 Grilled Chicken Breast w/Honey Glaze Sweet Potatoes Peas WW Bread Cookie	23 Salisbury Steak Mac and Cheese Carrots Tossed Salad Rye Bread Applesauce
26 Sliced Turkey w/ Gravy Mashed Potatoes Brussel Sprouts WW Bread Cinnamon Apples Juice	27 Chicken Patty Yellow Rice Fiesta Corn Rye Bread Fresh Fruit	28 Meatballs w/ Teriyaki Sauce Sweet Potatoes Oriental Vegetable Blend Fortune Cookie Juice	29 Spaghetti, LS Sauce Mozzarella Spinach Garlic Bread Stick Tossed Salad Fresh Fruit	30 Fajita Chicken Mexican Rice Corn and Red Peppers Multigrain Tortilla Chips Salsa Mandarin Orange cup





## 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, 11:30.

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, 11:30.

Saugerties: Frank D. Greco Senior Center, 207 Market Street, Saugerties, NY, Tuesdays, 11:30.

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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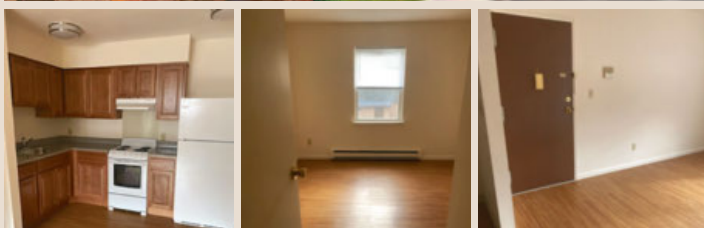
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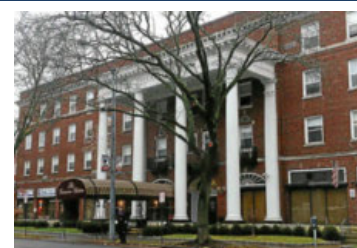
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## How to Grill Safely this Summer

Grilling is a summer classic enjoyed by many. One of the awesome things about grilling is that you can grill pretty much anything! Burgers, chicken, seafood, vegetables... they're all delicious when cooked on the grill. But did you know that there are food safety steps to follow no matter what you're cooking? Keep reading to learn about safe grilling of foods.

### Safe Food Prep for Grilling

**Clean:** No matter what you're grilling, always start with clean hands. You should especially wash your hands before and after touching raw meat, poultry and seafood items to prevent the spread of foodborne illness bacteria. When it comes to washing food items, you should wash some, but not others:

Always wash fruits and vegetables before preparing. Run fruits and vegetables under clean, running water and gently rub to remove any debris. If you are using firm fruits and vegetables, such as melons and zucchini, use a vegetable brush to scrub. Dry fruits and vegetables with a clean cloth or paper towel to further reduce bacteria that may be present.

Never wash or rinse meat, poultry or seafood items. Doing so greatly increases your risk of cross-contamination because bacteria can be spread to other foods, utensils and surfaces. If you must rinse your meat or poultry because of a marinade or brine, be sure to thoroughly clean and then sanitize all surfaces, including the inner sink, to eliminate the risk of cross-contamination.

**Separate:** Always keep your raw meat, poultry and seafood items separate from ready-to-eat foods, such as salads, dips and even any fruits and vegetables you plan on grilling. As soon as you put raw items on the grill, get a clean plate or serving dish ready for when the items are done. You should also pay attention to the utensils used while grilling – those tongs you used to place those raw burgers on the grill could be contaminated with harmful bacteria, which could spread to the fully cooked burgers being pulled off the grill. Ultimately, it is NOT safe to use the same plate or utensils you originally used to place raw items on the grill, unless they have been fully washed and sanitized.

### How To Grill Meat, Chicken, and Fish

Grilling uses direct high heat to cook items – it's what gives them the classic grill marks that everyone loves to see. However, those marks can make items look done before they actually are. This can be a major safety issue! When grilling meat, poultry and fish, it's important to use a food thermometer to make sure your items are truly being cooked through to a safe minimum internal temperature.

The recommended safe internal temperature varies depending on the product you're cooking, so use this handy list to know what yours should reach:

- Beef, pork, lamb and veal (steaks, roasts and chops): 145°F (63°C) (with a 3-minute rest time)
- Ground meats (including burgers and hot dogs): 160°F (71°C)
- Whole poultry, poultry breasts and ground poultry: 165°F (74°C)
- Fish: 145°F (63°C)

When grilling fruits and vegetables, there are a few things to keep in mind:

Marinating vegetables is a great way to infuse flavor and moisture into your vegetables before cooking on the grill – but never use leftover marinade that has been used for raw meat, poultry or seafood items.

While fruits and vegetables may not have to reach a safe minimum internal temperature the same way meat, poultry and seafood do, different fruits and vegetables will have different cooking times. Thicker cut fruits and vegetables, and denser vegetables (such as potatoes), will take longer to cook. Because of the high heat of the grill, this can result in a thoroughly cooked outside but an uncooked inside of the fruit or vegetable. For more even cooking, cut fruits and vegetables into smaller pieces and use a medium to low grill temperature. For thinner sliced fruits and vegetables, turn them often and pay attention to when they may be done so you don't end up with burnt fruits and veggies.



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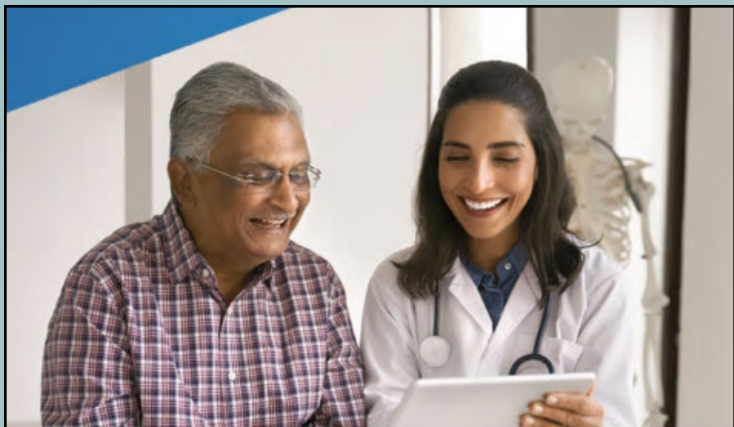
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**Wellness tips for Seniors**

To lead a happy, fulfilling retirement lifestyle, it's important to take a holistic approach to wellness. Emotional, physical and psychological health are all essential to overall well-being and quality of life. Practicing strong wellness habits may seem overwhelming, but little changes to your daily routine may make a big difference.

Here are some wellness tips that Seniors can start following:

1. Proactively manage stress. Unfortunately, stress is an inevitable part of life. Hardships or difficulties will come up, but what is important is how you deal with them. One helpful metaphor to consider is the popular water glass example. Sure, a glass of water doesn't weigh that much, but the longer you hold it, the heavier it gets – just like the stress that you carry around with you. Stress management techniques are essential to being able to put down that glass of water and continue enjoying your life. When you realize that you're feeling stressed, another suggestion is to practice relaxation techniques to cope. Try listening to music, taking a hot bath, or spending time outdoors. Other stress management techniques may include exercising, engaging in your favorite hobby or socializing with friends.
2. Do something active every day. Regular activity is vital to overall health and wellness, helping support your mobility, maintaining a healthy weight, sleeping better, improving balance and even preventing or controlling illnesses. There are so many different ways that you can be active, so no matter what your interests or activity level, find an exercise that works for you. Try going for a swim or a walk around the block, stretching, doing light yoga, gardening or joining a fitness class.
3. Pursue something meaningful. Statistics show that one of the keys to living a healthy and happy life is maintaining a sense of purpose. Don't let the days run by – take advantage of the opportunities you have and stay connected to the people and things that mean the most to you.
4. Keep a positive outlook. Did you know that seniors who tackle life with a positive attitude have a lower risk of developing health conditions associated with stress and inflammation? Research shows that attitude is everything, so make an effort to avoid negativity and self-blame. Seeing life and yourself more positively can make both a mental and physical difference.
5. Live life to the fullest. Life doesn't stop with age, and neither should you stop pursuing that which makes you happy. Do something creative, plan a trip, learn something new, pursue a long-held dream and never stop chasing happiness.



**Garden tips for August**

- Improve the soil, you can add compost or other organic matter. This will help to improve drainage and provide nutrients for your plants.
- Continue your bug removal and pest damage inspections. Remove and treat as needed.
- Keep an eye on Broccoli green heads, and be sure to cut them before they go to flower.
- Mow higher if it's hot and dry, or don't mow at all if things have slowed way down.

**DID YOU KNOW?**

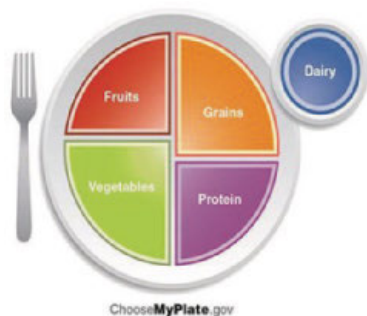
The strawberry is actually a member of the rose family.

## Nutrition Tips for Seniors

Summer is here! Plenty of fresh fruits and vegetables are available! Make your plate beautiful with all the foods that summer has to offer. Let's put our Nutrition Knowledge into OVERDRIVE to make sure we are getting the foods we need to stay healthy.

### Tips for Picking Healthy Foods

1. Know what a healthy plate looks like. The USDA has provided a simple graphic to show how the five food groups should stack up on your plate:



- Look for lean meats, seafood, beans/lentils and eggs.
  - Fruits and vegetables. It is a great time to add a variety of fresh fruits and vegetables. Don't forget to visit the many Farmer Markets in our area.
  - Whole Grains are so important with Brown Rice, Quinoa, Whole Wheat Pasta, and Whole Grain breads.
  - Low fat dairy milk, yogurt, and cheeses. Dairy is a good source of protein and Vitamin D.
2. Read Your Nutrition Facts Label. The healthiest foods are whole foods. They are usually on the perimeter of the grocery store. Be wise to prepackaged foods and read labels to make sure the item is low in sodium, fat, and sugar.
  3. Stay Hydrated. I cannot stress the importance of proper hydration enough. Water is so important to all of your body functions. Increasing your water intake is necessary in the warm summer months. Dehydration is a real concern. Every organ of your body requires water to function. Drinking water is the best bet to stay hydrated. Bring a water bottle with you as you go out and enjoy the Summer events!
  4. Keep The Body Moving - Keep your body in motion to maintain muscle and bone strength. Cool mornings and evenings after the sun starts to set is a great time to go out and take a brisk walk. Look into your local gym, library, the Ulster County Office for the Aging, and social groups for Senior exercise and body movement classes.

*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.*

## Taco Salad Recipe

### Ingredients:

- 1 pound extra-lean ground beef (95% lean) or Ground Chicken/Turkey
- 1 medium onion, chopped
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon reduced-sodium beef bouillon granules
- 1 teaspoon ground cumin
- 1/4 teaspoon salt

### Salad:

- 3 cups torn romaine
- 1 large tomato, seeded and chopped
- 1 medium sweet orange pepper, chopped
- 3 green onions, chopped
- 8 taco shells, warmed
- 1/2 cup fat-free Catalina salad dressing

Shredded reduced-fat Colby-Monterey Jack cheese and reduced-fat sour cream, optional

### Directions:

1. In a large skillet, cook beef and onion over medium heat until meat is no longer pink. Stir in the chili powder, garlic powder, bouillon, cumin and salt; remove from the heat.
2. In a large bowl, combine the romaine, tomato, orange pepper and green onions. Spoon beef mixture into taco shells; top with salad mixture. Drizzle with dressing. Serve with cheese and sour cream if desired.

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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.