

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

DECEMBER 2023



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 Dietician
- 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.



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Peterskill above Awosting Falls, by Steve Aaron, Courtesy of Ulster County Tourism

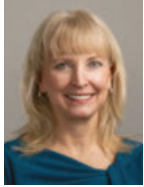
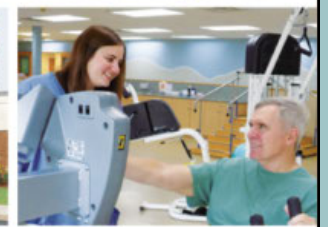


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06-5324

UCOFA DIRECTOR MESSAGE

Dear Ulster County Elders, Older Adults and Wise People:
As we enter into the Winter season, we always look ahead. We plan for things to come, as we hunker down against the cold.
We have attempted to distribute our 4-year plan survey throughout our newsletter distribution points and a copy can be printed off our website at <https://ulstercountyny.gov/aging/> and we hope to have a fillable survey online very soon for your convenience. We will be collecting the surveys through the end of December. The information you provide is important and will help guide our programming for the next few years; so please share with us you know about our services, any improvements we can make and any new programs you envision. We have limitations, as you know, like transportation will always be a challenge, as will the availability of caregivers in our area, state and country. It is also important that people know the services we provide through the OFA. As we age, we become certain that staying in our home is usually the best option, although for some of us, home isn't designed appropriately to age gracefully in place. Things to consider as we look forward and plan: 1) Can my home sustain me for a few more decades? 2) Will I have to make changes? 3) If so, perhaps it would be better to do that while I can, before some sort of urgent situation is at hand.
The Office for the Aging, through NYSOFA, is ramping up its caregiver program, and it is an area we will be focusing on quite a bit as we go forward into the new year.
Although some of our programming is limited during the snowy months, our Senior Hub will continue to "buzz." As all County buses stop here, it is an easy place to get to, and we continue to offer exercise, games, lunches, educational events, and meeting spaces for our older adults. Don't forget – we are always looking for those who wish to offer their time as friendly visitors, respite volunteers, and warm call volunteers. Transportation, like many of us know, is a challenge, and drivers are always needed for medical appointments. Just a reminder!
Movies, lunches, and holiday events are coming up. Hope to see you all at something soon! And many Happy Holidays for all who celebrate whatever you celebrate.

Susan Koppenhaver, Director, Ulster County OFA

Ulster County Office for the Aging Senior Technology Support Classes

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:

December 7: Music on Apple Devices, Songs, Playlists, Apple Music, Apple Classic.

December 14: Google Photos/Taking Pictures on Android Phone.

December 21: General Tech Q&A, Bring your tech and your questions.

December 28: Smart TV's, Sticks and Streaming.

January 4: Apple iPhone Basics & IOS 17.

January 11: Saving & Organizing Files on a Windows Computer.

January 18: General Tech Q&A. Bring your tech and your questions.

January 25: Intro to Apple iPhone Productivity Suite: Notes, Files, Reminders, Keynote, Pages & Numbers.

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.

Please use social distancing to the extent possible.
Masks are optional.

UCOFA Weekly Game Day
Wednesdays, 1:00 to 3:00 P.M.

UCOFA Free Chess Classes
Mondays at 11:00 A.M.

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
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Wednesdays, 10:30 to 11:30 A.M.
Shoes must be worn.

MEDICARE

MEDICARE ANNUAL OPEN ENROLLMENT PERIOD

The Annual Open Enrollment Period to change your Medicare health or prescription drug coverage for 2023 will begin on October 15. The Open Enrollment Period will be from October 15 to December 7, 2023.

During this six week open enrollment period, you can:

- Change from Original Medicare to a Medicare Advantage Plan
- Change from Medicare Advantage to Original Medicare
- Switch Medicare Advantage Plans
- Join, switch or drop a Medicare Prescription Drug Plan

If you would like to make a change to your Medicare coverage and need assistance or information, please contact the Ulster County Office for the Aging (OFA) for a free HIICAP appointment at 845-340-3456 or toll-free 1-877-914-3456.

It is important for Seniors to note that if you are happy with how you are currently receiving Medicare coverage, there is no need to do anything. Your current coverage will be the same in 2023 if you make no changes.

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 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.

WINTER WEATHER POLICY FOR OFA ACTIVITIES AND EVENTS

All OFA & Senior Hub activities and events will be **Cancelled (except Community Cafés)** if the Kingston City School District **cancels** school.

All OFA & Senior Hub Morning activities and events will be **Cancelled (except Community Cafés)** if the Kingston City School District has a two (2) hour delay.

Cancellations of the Community Cafés will be determined by Gateway Hudson Valley – please check radio or call OFA at 845-340-3456.

If the County declares a STATE OF EMERGENCY – OFA Offices and Senior Hub will be closed.

Any questions please call Ulster County Office for the Aging at 845-340-3456.

Holiday Tea and Craft

December 15, 2023

1:00 P.M.



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

Cookies and Tea will be served along with Holiday craft, music, and cheer.

Free to Ulster County Seniors ages 60 and over.

Space is limited. R.S.V.P. by December 11, 2023, by calling the Office for the Aging at 845-340-3456. Masks are optional.

If Kingston City School District is closed, this event will be cancelled and will not be rescheduled.



Senior Survey – We want to hear from you!

Please complete our survey which can be found on our website at <https://ulstercountyny.gov/aging/> or contact our office to receive a paper copy or for assistance in completing it over the phone at 845-340-3456.

This will help us determine what types of services are important and necessary in our community to support Ulster County residents as they age.



Holiday Affair (1949) on December 5, 2023, at the Rosendale Theatre, 408 Main Street, Rosendale, NY. Movie starts at 1:00 P.M. Free to Ulster County Seniors age 60 and over. Masks are no longer required but for the safety of our staff and volunteers they are highly recommended. Call the Office for the Aging to R.S.V.P. by December 1, 2023 at 845-340-3456.



Helpful Holiday tips for Seniors

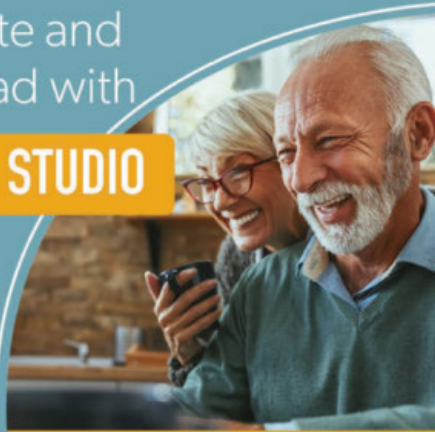
The holidays are here! However, the holidays can easily become a stressful and overwhelming ordeal. Here are a few helpful tips to ensure your holiday season is a merry one:

- **Decorations:** Scale back on the grand holiday décor and opt for simple yet equally elegant decorations this year. Don't be tempted to pull out a ladder to decorate, especially if you are home alone; invite a friend or family member over to join you. Remember to keep any extension cords or decorations out of the walkway to prevent any potential tripping hazards. If you haven't already, cut your decorating time in half and invest in a fully-lit artificial Christmas tree that you can reuse year after year. Switch out your candles for everlasting battery-operated ones.
- **Weather:** As you make your way out for a holiday party or shopping excursion, be aware of the icy or wet walkways that you might come across. Make sure to bundle up in the proper attire and footwear.
- **Make Healthy Choices:** One of the most enjoyable parts of the holiday season is indulging in all the delicious meals and endless sweet treats. Treat yourself, but make sure to keep portion control in mind. Estimate a serving size, add vegetables and salad to your plate, and limit your dessert intake.
- **Stay Hydrated:** Drink plenty of water this holiday season. Lack of hydration will leave you feeling drained and fatigued. Toss a water bottle into your purse or bag when running errands. If you enjoy holiday cocktails, be sure to enjoy them in moderation.
- **Take Time for Yourself:** In between the shopping trips, cooking, and social gatherings, make sure to carve out some time for yourself. Relax, take a nap, curl up on the sofa and read a book, or watch a Christmas classic while sipping on some hot cocoa. Amid all the ongoing celebrations, it is important to dial things back for a moment and unwind.

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December 2023 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Prepared by Gateway Hudson Valley Milk is provided WW = Whole Wheat "Menu Subject to Change"	For information or Home Delivered Meal cancellation call: 845-331-2496 Community Café information call: 845-331-2180			1 Crab Cakes Rice Broccoli and Carrots WW Bread Peaches
4 Potato Crunch Fish Roasted Potatoes Spinach WW Bread Pears	5 Swedish Meatballs Sour Cream Gravy Buttered Noodles Mixed Veg WW Bread Juice Rice Pudding	6 Honey Mustard Pork Sweet Potato Tuscan Veg Rye Bread Peaches	7 Hot Dog w/Sauerkraut Hot Dog Bun Tater Tots Baked Beans Tropical Fruit	8 Lasagna Roulette w/Meat Sauce Italian Blend Veg Tossed Salad Rye Bread Pineapple
11 Cheese Ravioli W/ Marinara Green Beans Cole Slaw Rye Bread Tropical Fruit	12 Open Faced Turkey Garlic Mashed Potato Brussel Sprouts Peaches	13 Vegetable Chili Brown Rice Corn Bread Parfait (Yogurt, Fruit, & Granola)	14 Chicken Parm Ziti W/Sauce Broccoli WW Bread Pears	15 Beef Stew w/Potatoes, Carrots, Green Beans, Corn, & Onion WW Roll Apple Sauce
18 Salisbury Steak w/Vegetable Gravy Mashed Potatoes Green Beans WW Bread Apple Sauce	19 Chicken Cacciatore Buttered Shells Carrots Rye Bread Cookies Juice	20 Meatball Sub Tater Tots Mixed Veg Cole Slaw Mandarin Oranges	21 Sweet & Sour Pork Sesame Noodles Oriental Blend Vegetables Rye Bread Pineapple Fortune Cookie	22 Crab Cake Couscous Spinach WW Bread Pears
Christmas 25 Closed Spiral Ham Au Gratin Potatoes Peas & Pearl Onions Dinner Rolls Juece Holiday Cake	26 Breaded Pork Chops Seasoned Potatoes Butternut Squash Rye Bread Juice Vanilla Pudding	27 Lazy Stuffed Peppers Spinach WW Bread Fruit Cocktail	28 Sloppy Joe on a Hamburger Bun Tater Tots Corn Apple Sauce	29 Southern Chicken Stew w/Black Beans & Tomatoes Brown Rice Brussel Sprouts Rye Bread Mandarin Oranges



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, 12:00

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, 12:00

Saugerties: Frank D. Greco Senior Center, 207 Market Street, Saugerties, NY, Tuesdays, 12:00

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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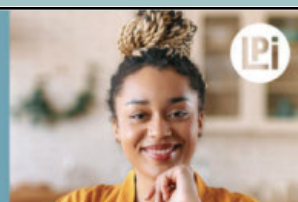
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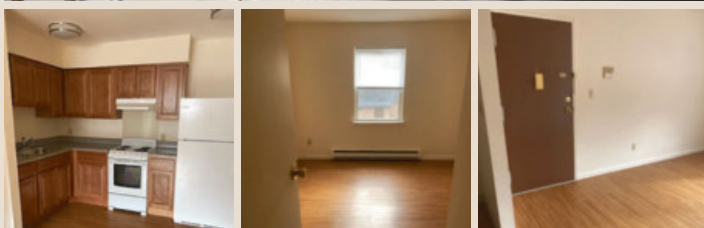


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Five Wonderful Winter Foods for Seniors

Wintertime is perfect for spending hours in the kitchen, whipping up your heartiest, most satisfying – and most nutritious – cold weather favorites. Winter is a great time to stock your refrigerator and pantry with delicious and nourishing foods. Focusing on nutrition is important all year long, but it's particularly crucial in the wintertime, when cold weather and dark days can impact seniors' health and well-being. Here are five winter classics that are also considered to be healthy:

- 1. Winter Squashes:** Squashes are decorative, unique additions to any tablescape – plus, they're versatile, and can be cooked in any number of ways. Hearty winter squashes make for great soups, and can also be baked, roasted, or mashed. They also pair well with some of the warm, fragrant (and healthful) seasonings of winter, including cinnamon, clove, and turmeric.
However you serve them up, winter squashes – a category that includes acorn squash, butternut squash, spaghetti squash, and even pumpkins – are full of nutrients. Butternut squash, for example, is loaded with vitamins A and C, which can help charge your immune system during the height of cold and flu season. Squash is also a great source of dietary fiber, as well as potassium and protein.
- 2. Cabbage:** Cabbage is an affordable holiday favorite. It's a staple on plenty of tables at Christmas and in the New Year, and can be prepared in any number of creative ways. Whether you serve it roasted, stuffed, pickled, or chopped up as part of a fresh and crispy winter salad, cabbage is incredibly filling, and is known as a great source of vitamin C, vitamin K, and folate. This unassuming wintertime classic has also been shown to help reduce cholesterol, and perhaps even lower the risk for developing certain cancers.
- 3. Cranberries:** What's a winter without cranberries? These beautiful red fruits are served up by the bushel throughout the winter – and for good reason! In addition to their pleasing color and deliciously tart taste, cranberries are known as a "nutritional powerhouse." Whether served fresh, dehydrated, juiced, or as a flavorful sauce, nutrient-dense cranberries are high in antioxidants, and may help protect against liver disease, lower blood pressure, and promote a healthier urinary tract.
- 4. Root Vegetables:** Beets, sweet potatoes, carrots, parsnips, celery root, radishes – the winter months are when root vegetables really shine. Whether served roasted, mashed, or baked, root vegetables are a hearty and nutritious addition to any winter plate. These nutrient-dense foods grow underground, where they spend plenty of time soaking up minerals from the soil. As a family, root vegetables are high in fiber and protein. Even better? Different types of root vegetables also come with their own unique health benefits. Bright red beets are full of vitamin C, potassium, iron, and antioxidants; sweet potatoes are bursting with vitamin A; parsnips are surprisingly dense with vitamin C; and the humble carrot is packed with vitamin C, vitamin K, folate, iron, and potassium.
- 5. Citrus Fruits:** While many of us think of citrus fruits as a summertime staple, these tart, healthy classics actually peak in the middle of winter. Grapefruits, lemons, oranges, tangelos, and limes can add a bright, floral zest to hearty winter meal; stand out in freshly made salads; and can also make for tasty snacks in their own right. Citrus fruits are known for being a great source of vitamin C, which helps promote a healthy immune system and strengthens bones, teeth, and skin. Citrus fruits are also a well-known source of flavonoids, which combat free radicals and reduce inflammation. While citrus fruits are a wonderful winter treat, don't skimp on other types of fresh fruits, as well. Kiwis and pears also hit their stride in the winter months, and offer significant health benefits. Kiwis are loaded with vitamin C and fiber, while pears are a great source of fiber and contain vitamin E and vitamin B2.

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Good Neighbor Program

The Good Neighbor Program is part of New York Association on Independent Living's (NYAIL) Open Doors Transition Center. It is funded through the NYS Department of Health as part of the Money Follows the Person (MFP) Demonstration.

Open Doors Transition Specialists (TSs) assist individuals residing in nursing homes to return to the community. If an individual does not have family or friends who are needed to act as informal supports, the TS will refer them to the Good Neighbor Program. Neighbors fill crucial gaps in an individual's support network. They can act as an emergency back-up for an individual in a manner like a family member or friend.

In addition, Neighbors serve a role in breaking down social isolation and building engagement within the community. Social activity, building neighborly relationships and independent community living play important roles in health and happiness.

Neighbors are just that, they are people that live in the community, have similar interests, reside next door or down the road or across the street; neighbors may attend the same faith-based groups or may have special interests that align with a potential Individual. The relationship and expectations of the Good Neighbor and the Individual will be clearly defined in a basic service agreement.

Good Neighbors can do hands-on care, run errands, go on community outings and other tasks when agreed upon by both the Individual and Neighbor. There are basic minimum requirements including at least 1 in person contact per month.

It is expected that Good Neighbors may be available in the event a member of staff calls out; the individual may need a meal prepared or something similar that will ensure the person's basic needs are met until a staff comes in. The Good Neighbor is expected to serve as an informal/natural support should a specific occasion present itself.

Good Neighbors are paid a fixed monthly stipend based on the minimum number of contacts and the area of the state.

For additional information, please contact: Josephine Todaro, Good Neighbor Program Director at 845-417-8129.



Garden tips for December

- A thick layer of straw over root crops like potatoes, parsnips, and carrots as well as parsley and leeks will protect them long enough to harvest them a little at a time well into the winter.
- Don't forget the potted bulbs or the vased hyacinths in your refrigerator, cold cellar, or slightly-heated garage.
- Prune older shrubs such as Holly, Boxwood, and Yew, freely for decoration; drastic side pruning results in thicker central growth later.
- Scout for Viburnum Beetle egg cases on bare viburnum twigs now through April. Remove cases by pruning off affected wood to reduce larvae and beetle issues in the coming year.

DID YOU KNOW?

The first batch of eggnog originated from medieval Britain's drink "Posset" — a hot milky ale-like drink.

Tips to sticking to your diet during the Holidays

Dieting is tough.... Dieting over the holidays is tricky business. Staying on track is not easy when there is added pressure from endless goodies at every turn! Remember that a diet should be a sound nutritional program that promotes good health, not just weight loss. Often we find that there is emotional attachment and we stick our fond memories of holidays to the holiday food. Here are some ideas to help you dodge the pressure to overeat:

Remember why you are on a plan to improve your health. This is a powerful motivator to help you stick to the plan. Giving yourself reminders can help to make sure you don't go overboard. Remember you started Healthy Eating to make a change.

Plan ahead. Failure to prepare is preparing to fail. Bring a healthy dessert option and an appetizer that has the foods you can enjoy and rely on when the pressure heats up.

Keep Hunger in Check. Don't go to a gathering hungry.

- Eat a high protein breakfast
- Drink plenty of Water throughout the day
- Load up on high fiber fruits and vegetables
- Curb afternoon craving with a handful of nuts
- Limit sugary foods like candy, desserts as refined grains

Fill up on Veggies. These foods can help to keep you feeling full

Enjoy in Moderation. Too much restrictions can result in binging or quitting on your healthy diet plan. Accept small portions of the foods you want to eat and remember you do not have to try everything that is offered.

Prioritize your favorites. If you love pumpkin pie, have a slice! The trick is to choose things you enjoy and not say yes to everything because it is there.

Low Calorie Cocktails. Here are some options, keeping in mind that overindulging in alcohol will do you no favors and promote fat storage, fool around with your blood sugar and can put your appetite out of whack.

- Skip the alcohol and enjoy sparkling flavored water
- Add a small amount of clear liquor mixed with soda water and citrus
- Champagne & Wine
- Light Beer

Stay Active. Counteract those added calories by sticking to your exercise program. The key to weight loss is calorie deficit. So if you are eating more you should consider burning a few more calories as well.

Drink your Water. I cannot stress this enough. Your body needs water to function. Hydration is key to all of your body functions and can help to curb that appetite. Just drink a full glass of water before your meal to decrease the appetite.

**** If you indulge at holiday time, please don't beat yourself up.** One day will not offset all that you have accomplished to date. Be good to yourself. Holidays are meant to be enjoyed.

From the desk of UCOFA Registered Dietitian: Patricia Ricks, MPA, RD, CDN. 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.



Ulster County Office for the Aging
Thanksgiving Luncheon,
Hurley Reformed Church

Photos courtesy of Gateway Hudson Valley

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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.