

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

DECEMBER 2021



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.



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*how to preserve your assets*

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### TAXATION

*how to minimize your tax burden*

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06-5324



## OFA DIRECTOR MESSAGE

Happy December Ulster County Seniors!

As the holiday season is upon us once again, here are some things to be thankful for:

We have had COVID-19 vaccines for months now, and 86% of you have gotten it – an outstanding percentage! We hope and encourage all of you to get the vaccine, and then the booster – please call our office if you need help making an appointment online.

We have opened up many of our programs, and added new activities! We started Community Cafés back up in August, one day a week (2 days in Ellenville) and these are going well. We have started different exercise classes at our Senior Hub, and continue to offer Tai Chi around the County. We are beginning to plan Bingocize classes soon! Look for details.

Please know that the Senior Hub in Kingston offers many activities all year round – Game Day every Wednesday, Chess Club every Monday morning, a Community Café meal each Wednesday, and several exercise classes to choose from. We also have senior groups meeting there, and will plan Lunch and Learns again in the early Spring at the Hub, and at other sites.

We know there is a great need for transportation for seniors, and our volunteer schedulers and drivers have once again joined forces, along with our contractor, Jewish Family Services, to offer rides again! Although we just started in October, we have accepted new riders. Unfortunately, we have lost drivers for a variety of reasons, so we are always looking for drivers for this program. We all know this is a major need for Ulster County and many of our surrounding counties as well; so if you want to make a difference, please call our office and let them know you would like to become a driver for our Neighbor to Neighbor program.

We are planning some Holiday activities as well – look for notifications – and will be changing some of the Buzz articles to offer a variety of information Ulster County history, including some beautiful pictures of the Hudson Valley and more Happy Holidays to all of you!!

Susan Koppenhaver, Ulster County OFA Director

## COVID-19 Booster Shots

Appointments should be made at <https://www.VaccinateUlster.com>

Walk-ins at Ulster County Point of Dispensing (POD) Best Buy site in Kingston, NY on Friday's from 11:00 A.M. to 7:00 P.M., but appointments are recommended due to demand.

Pfizer and Moderna boosters are recommended for the following people who received the second dose of the COVID-19 vaccine at least six months prior:

- Ages 65 years and older
- Age 18 and older who live in a long-term care setting
- Age 18 and older who have underlying medical conditions
- Age 18 and older who work or live-in high-risk settings

A Johnson & Johnson booster is recommended for anyone 18 and older who is two or more months from having received the vaccine. Some research indicates that an mRNA vaccine booster may benefit those who received a single dose of the Johnson & Johnson vaccine.

It is recommended that people who received a Pfizer or Moderna series receive a booster of the same vaccine. The Moderna booster dose is half the amount of the first and second doses. However, if the same vaccine is not available or if a different COVID-19 vaccine is desired, any FDA-approved COVID-19 vaccine can be used for the booster dose, according to the FDA and CDC.

Consult with your primary care physician to determine the best option for a COVID-19 booster for you.

## Lab Work That Comes to You

Our experienced and highly-trained collection technicians come to your home or office to collect your specimen and then deliver it under controlled conditions to our nearest state of the art laboratory



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06-5324



## MALL WALK WITH THE OFA

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 Monthly 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 Ulster County Office for the Aging at 845-340-3456 to  
R.S.V.P. Socially distancing guidelines will be followed.  
Please wear a mask regardless of vaccination status.

## MEDICARE

The Office for the Aging will be holding a program for training volunteers to become certified Medicare counselors in February, 2022. The Health Insurance Information Counseling and Assistance Program (HIICAP) is a state-wide volunteer program whose mission is to educate seniors about Medicare, Medicare Advantage plans and other health insurance issues. HIICAP counselors provide free, accurate and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans.

The training will be held at the Office for the Aging and will consist of 6 weekly (2 hour) sessions beginning on Feb. 2. If you are interested in joining HIICAP and in becoming a certified HIICAP volunteer, please contact the Office for the Aging at (845) 340-3456.

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.

# SUPPORT OUR ADVERTISERS!





## The Ulster County Office for the Aging Invite Seniors to a Holiday Luncheon

December 16, 2021

Noon to 2:00 P.M.

Saugerties Senior Center, 207 Market Street, Saugerties, NY.

Entertainment by DJ Jay

Free to Ulster County Seniors age 60 and over.

Space is limited. R.S.V.P. by December 8, 2021 by calling the Ulster County Office for the Aging at 845-340-3456.

Social distancing guidelines will be followed. Please wear a mask regardless of vaccination status.

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

## Holiday Harmony Sing-A-Long & Holiday Craft

December 17, 2021

1:00 P.M.

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

Light refreshments will be served.

Free to Ulster County Seniors ages 60 and over.

Space is limited. R.S.V.P. by December 11, 2021 by calling the Office for the Aging at 845-340-3456.

Social distancing guidelines will be followed. Please wear a mask regardless of vaccination status.

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



## TAI CHI

### Tai Chi for Arthritis and Falls Prevention

(Beginner level)

Tuesdays and Thursdays

1:30 to 2:30 P.M.

Starting January 11, 2022

Town of Esopus Community Center

1 Town Hall Way

Ulster Park, 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. Social distancing

guidelines will be followed.

Please wear a mask regardless of vaccination status. Proof of vaccination may be requested.

Free to Ulster County Seniors age 60 and over. Space is limited. Call 845-340-3456 to

R.S.V.P.



**It Happened on Fifth Avenue** on December 7, 2021 at the Rosendale Theater, 408 Main Street, Rosendale, NY. Movie starts at 1:00 P.M. Free to Ulster County Seniors over 60. Please wear a mask regardless of vaccination status. Both proof of vaccination (vaccination card, a legible copy of the card on your phone, or the New York State Excelsior Pass), paired with your photo ID, must be presented for admission. Space is limited. Call the Office for the Aging to R.S.V.P. by December 3, 2021 at 845-340-3456.

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



## Ulster County Senior of the Year

Judith Bromley, of Olivebridge, New York, directs a program called REST with OFA which trains volunteers to become in-home companions for frail individuals. The program seeks to restore dignity to those who are isolated in the community and reconnect them with meaningful relationships that honor their stories and the richness of their lives. As programs like this one shut down during the first COVID-19 surge, Judith decided to use her time volunteering to make clients' lives a little easier across a variety of service areas and needs. She began volunteering for Jewish Family Services and Ulster County Office for Aging, delivering meals, grocery shopping, checking in on isolated clients, conducting home visits and, when necessary, providing transportation to isolated and frail elderly residents in the very rural parts of Ulster County, primarily along the Route 28 corridor. Judith is also a facilitator of caregiver groups and a grief group that is now open remotely to all who need them. By training volunteers, Judith increases her reach to help those in need. A master's prepared psychiatric nurse with more than 30 years of experience in the field, Judith has had a wide variety of experiences working in academia, hospital settings, and non-profits. She has been a professional staff developer and an adjunct professor of nursing at the associate's and bachelor's levels. Judith is Canadian-born and holds dual citizenship but has lived in Ulster County, New York for more than 30 years.



Ulster County Office for the Aging / NY Connects and Ulster County Department of Social Services  
Halloween Trunk or Treat Human Services Expo.



Thank You to the Wiltwyck Quilters Guild for providing beautiful placemats for OFA's home delivered meal clients. Pictured (from left): Samantha Ramage, OFA Senior Case Manager; Judy Riley, OFA Deputy Director ; Mary Tyler and Willow Olson from Wiltwyck Quilters Guild.



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## December 2021 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meals Prepared by Gateway Hudson Valley</b>  Due to closing, HDM deliveries for December 24 and 31 will be rescheduled. Your driver will advise you in advance.	For Information or Home Delivered Meal Cancellation Call: <b>331-2496</b> Community Café information call: <b>331-2180</b> Milk is provided. Menu Subject to change.	<b>1</b> Baked Fish with Dill Sauce Roasted Potatoes Hot Beets Split Pea Soup Whole Wheat Roll Apple Cake	<b>2</b> Chili Peas & Corn Pilaf Glazed Carrots Whole Wheat Bread Peaches	<b>3</b> Pasta with Roasted Peppers, Spinach & Parmesan Cheese Winter Squash Mixed Greens with Pink Beans, Roll Lemon Pudding
<b>6</b> Honey Garlic Chicken Mashed Potato Broccoli Dinner Roll Apple Crisp	<b>7</b> Baked Fish with Mango Chutney Red Potatoes Green beans Bean Soup Whole Wheat Bread Vanilla Pudding	<b>8</b> Chicken Pot Pie Parsley Potatoes Carrots Green Salad with Red Beans Dinner Roll Peaches	<b>9</b> Turkey Tetrazzini Cauliflower Whole Wheat Bread Pineapple Chunks	<b>10</b> Beef Stroganoff Buttered Noodles Spinach Rye Bread Fruit Cocktail
<b>13</b> Italian Meatballs & Pasta Mixed Vegetables Salad with White Beans Whole Wheat Bread Fresh Fruit	<b>14</b> Turkey Chili Brown Rice Beets Squash Soup Whole Wheat Bread Fruited Gelatin	<b>15</b> Beef & Gravy over Buttered Noodles Oriental Mixed Vegetables Rye Bread Mandarin Oranges	<b>16</b> Spinach Quiche Peas Cauliflower Whole Wheat Roll Chocolate Pudding with Granola	<b>17</b> Sweet & Sour Chicken Brown Rice Broccoli Whole Wheat Roll Oatmeal Cookie
<b>20</b> Salisbury Steak Mashed Potato Spinach Minestrone Soup Rye Bread Pineapple Chunks	<b>21</b> Macaroni & Cheese Stewed Tomatoes 3 Bean Salad Whole Wheat Bread Pears	<b>Christmas 22 Meal</b> Roast Beef & Gravy Mashed Potato Glazed Carrots Tossed Salad with Chickpeas Whole Wheat Roll Apple Cranberry Cake	<b>23</b> Baked Chicken & Gravy Sweet Potato Brussels Sprouts Whole Wheat Bread Tropical Mixed Fruit	<b>Christmas 24 Eve Closed</b> Pasta & Meat Sauce, Green Beans Whole Wheat Roll Rice Pudding with Raisins
<b>27</b> Spinach & Mushroom Ziti Alfredo Brussels Sprouts Winter Squash Whole Wheat Bread Pears	<b>COLD 28 MEAL</b> Turkey Salad Plate with Potato Salad Greens and Red Beans Whole Wheat Roll Oatmeal Raisin Cookie	<b>29</b> Meatloaf & Gravy Mashed Potato Green Bean Casserole Whole Wheat Roll Fresh Fruit	<b>30</b> Beef Burgundy over Buttered Noodles California Mixed Vegetables Turkey Rice Soup Whole Wheat Bread Fruit Cocktail	<b>New Year's 31 Eve Closed</b> Baked Ham with Pineapple Sauce Sweet Potato Braised Cabbage Rye Bread Lemon Pudding





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

### **OFA 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, 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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## New Year's tips for Seniors

1. Challenge your memory. If you're looking to exercise your brain, and enjoy yourself too, start off the New Year with memory games and puzzles such as Backgammon, Chess, Mahjong, Checkers, Domino, Crossword and Sudoku. From traditional games to smartphone apps like Lumosity you can have fun challenging your memory while also helping boost other cognitive functions that can enhance your health and life.
2. Practice good sleep habits. Sleep is one of the cornerstones of good health. In fact, there are many health benefits of adequate sleep including weight regulation, lower risk of heart disease, and increased immunity.
3. Up your strength training regime. Strength training moves like squats and wall push-ups can help keep your bones healthy, prevent falls, and reduce arthritic pain. If you want to boost your body strength in the New Year, talk to your doctor or a fitness expert before you begin about starting a routine.
4. Learn gardening. There are many health benefits of gardening for seniors, making it a wonderful new year goal. Embracing your green thumb not only encourages healthy physical activity, but it can also reduce stress and boost your mood.
5. Try new crafts. Whether you're a novice or seasoned crafter, learning a new crafting skill is a creative way to spend your time in the New Year. From painting to jewelry-making, there are endless ways to create unique treasures.
6. Adopt a pet. While caring for a pet isn't for everyone, it certainly can have its perks for those who enjoy the companionship and responsibility of having furry friends.
7. Eat healthily. No list of New Year's resolution ideas would be complete without giving the nod to healthy eating. Focus on consuming high-fiber fruits, vegetables, and whole grains, along with nuts and low-fat dairy and leaner cuts of meat. Limit your consumption of fatty meat, sugar, butter, salt, and pre-packaged foods. It's never too late to make smart food decisions.
8. Stay in touch more often or rekindle a past friendship with someone you've lost touch with. Resolve to reach out to the important people in your life in the coming New Year. Take time to send a friendly card or, better yet, call them just to chat.
9. Live in the moment. Practice 'mindfulness', which just means paying attention to the present moment with an attitude of acceptance and non-judgement. Forget about the past or the future and just focus on simple things in the present – the clouds in the sky, the sound of birds, the ground under your feet or anything else pleasant you notice with your senses. Deep breathing exercises can calm you and relieve stress and tension .
10. Schedule a medical checkup and hearing test. The start of a fresh new year makes an ideal time to schedule medical check-ups and a hearing test. Contact your doctor's office to find out which appointments you're due to make.

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### Ulster County Seniors

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We can help you with the nutrition you need. Please call Gateway's JUST LIKE HOME at 845-331-2180

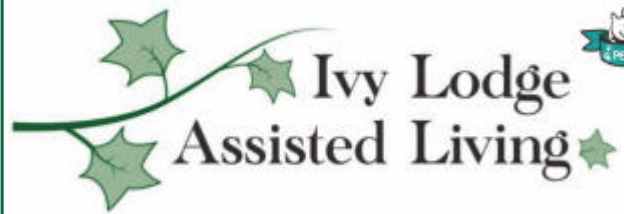


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## Discarding unused Medication

Every day, 2,000 teenagers use a prescription drug to get high for the first time. They're primarily accessing these drugs in homes. It can be as easy as opening a cupboard, drawer or medicine cabinet. Prescription drugs are not exempt from causing harm to your teenager. The scary statistic-12 to 17-year-olds abuse prescription drugs more than they abuse ecstasy, crack, cocaine, heroin and methamphetamine combined. But, the good news. There are steps you can take to help protect teens and others from prescription drug misuse: monitor the family's prescriptions, secure them tightly in a locked cabinet, and properly dispose of expired and leftover medications by depositing the prescription and over the counter-drugs in MedReturn boxes located at police stations throughout New York State. This is the safe way to dispose of prescription medications, patches, ointments, samples, plus vitamins, over-the-counter medications, and pet medications.

### Safe Disposal Options

Contact your municipality to see if they offer household pharmaceutical collections in partnership with local law enforcement. Take advantage of National Drug Take-Back Day. Twice a year - April and October - the federal Drug Enforcement Agency's (DEA) holds a national take back day. Learn more about National Prescription Drug Take-Back Day visit [https://www.deadiversion.usdoj.gov/drug\\_disposal/takeback/index.html](https://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html).

Visit your local pharmacy to purchase pre-addressed envelopes to mail unwanted medications for incineration. As a last resort, follow these instructions for putting medications in the trash:

- Mix medications (do not crush tablets or capsules) with water and then add salt, ashes, dirt, cat litter, coffee grounds, or another undesirable substance to avoid accidental or intentional misuse of drugs.
- Do not conceal discarded drugs in food.
- Place all medications in an outer container, such as sealable bag, box, or plastic tub to prevent discovery and removal from the trash. Seal the container with strong tape.
- Dispose of drugs as close to your trash collection day as possible to avoid misuse and/or misdirection.

Learn more about safe medication disposal: <https://www.dec.ny.gov/chemical/67720.html>.

Contact your local prevention providers to inquire about prescription deactivation kits: <https://webapps.oasas.ny.gov/providerDirectory>.



## Garden tips for December

- As with all florist's plants, remove foil wrappings immediately.
- Plant your seeds outdoors in containers and in spring you'll be rewarded with a forest of perennials, annuals, herbs and even vegetables.
- After the first hard freeze (not just a touch of frost), mulch perennials that require it. The goal is to keep them cold and unstimulated by occasional mid-winter warmth.
- Protect roses from winter damage by mounding up their crowns with a 6- to 12-inch layer of soil before the ground freezes. After all is frozen, add a layer of leaf mulch to further insulate.
- Start reviewing and expanding your garden notes to help with next year's plans.
- 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.

# DID YOU KNOW?

Gingerbread houses thought to have been invented in Germany during the 16th century, rose in popularity with the Brothers Grimm's Hansel and Gretel story.

The holidays are upon us and without even realizing it so is the weight gain- if we are not careful! So, I thought this month I would provide you with a few simple adjustments to your holiday meal that could help prevent you from developing a "Santa" belly.

## Cooking at Home:

1. Instead of the traditional sour cream in your holiday dip try plain Greek yogurt. You will be amazed when your guests do not notice the change and give them extra protein and calcium in the process.
2. Sauté onions, celery, and garlic for your stuffing in non-stick spray or a low sodium broth in place of the oil, butter, or margarine.
3. Dress up mashed sweet potatoes with orange juice, ginger, and cinnamon in place of the marshmallows, brown sugar, and butter.
4. To reduce fat and calories use whipped butter or light margarine in place of stick butter.
5. Try 1% or 2% milk in the mashed potatoes in place of whole milk or heavy cream. This reduces the calories and fat from the dish.
6. Split a dessert with someone you may be satisfied with a smaller serving anyway.

## Eating and Snacking at Home:

1. Plan to have healthy choices on hand
2. Let friends and family know you are interested in fresh fruit and nuts as gifts
3. Portion and freeze excess cookies and cakes for later enjoyment

## Healthy Eating at Holiday Party's:

1. Eat before going to a party
2. Choose your indulgences
3. Manage the portion size
4. Keep your exercise routine

Holidays are a time of year for spending time with family and friends. Have a wonderful, healthy, and joyful Holiday Season!

*From the desk of the UCOFA Registered Dietitian: Juanita Bryant, RDN, CD. Nutrition Consults are free and available to Ulster County Seniors 60 and over. Consults will be done by phone, at this time, with the UCOFA Registered Dietician. To make a referral, please call 845-340-3456.*

## Limiting "Bad" Fats

- Trim extra fat and skin on meats and poultry before cooking.
- Instead of frying, try baking, steaming, grilling or broiling.
- Use olive or canola oil instead of butter or margarine.
- Choose margarines with liquid vegetable oil as the first ingredient, or butter substitutes that list water as the first ingredient.
- Look for recipes that use applesauce instead of butter or oil.
- Instead of making a double-crust pie, try a single crust.
- Serve fruits for dessert.
- Use fat-free or low-fat dairy products when possible.
- Avoid cream dips, gravy and whipped cream.
- Broth-based sauces, vinegar, salsa, lemon and herbs add flavor, not fat.

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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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