

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

FEBRUARY 2025



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

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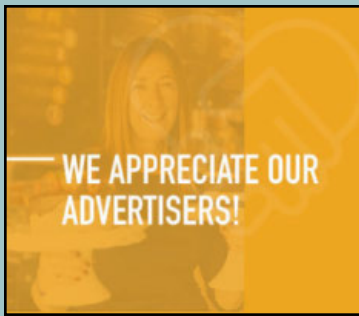


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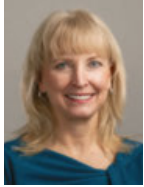
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UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

I do hope everyone is keeping warm after our many days of windy coldness!

February may promise more, so make sure you have essentials at the ready: a can opener, canned food that doesn't need heating, shelf stable food as well, in case you lose power. Make sure when severe weather is predicted that you charge your phone ahead of time – suggestion to have a solar powered battery pack charger for charging is always good as well. Blankets, warm clothing, a place to go in case you lose heat for a time as all things to prepare for emergencies. Also, be sure you have provisions for your pets and write it down someplace.

Lots of illnesses going around! If you are concerned, two of the best ways of preventing infections are handwashing and masks. Things that are going around are both airborne and transmitted by lack of clean hands. Easy to do!

We want your NOMINATIONS for the 2025 Seniors of the Year. Each year counties choose two (2) seniors who have made a difference in their community through volunteerism, etc. They will be honored as part of Older New Yorker's Day in Albany on May 27, 2025. To nominate someone please use our nomination form – it can be requested by calling our office or can be found on our website at <https://ulstercountyny.gov/aging/> - and they need to be submitted by 2/28/25.

We continue to search for people who can help drive older adults to their medical appointments, as well as to help schedule those appointments. Our transportation system is not equipped to satisfy everyone, so this is a group/community effort we are trying to build. Please contact us if this is something you might want to do – we do pay mileage.

Our Respite program for caregivers is going very well, so if you or someone you know is looking for a break from their caregiving of a loved one, please contact our Caregiver Coordinator at 845-340-3456.

AARP tax season will begin at the latter end of this month. Please call the office to begin making appointments.

Keep warm and safe!

Susan Koppenhaver, Director, Ulster County Office for Aging

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:

February 6: General Tech Q&A, Bring Your Tech and Your Questions.

February 13: Organizing Google Mail: Gmail. (Lisa McCormack).

February 20: Managing Computer, and Portable Storage. (Herb Sawtell).

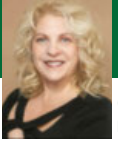
February 27: AI Demonstration using ChatGPT, & Apple Utilities. (Patrick Cusack).

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.

New York State Income Limit for Enhanced STAR Increases

An Enhanced STAR Program is offered for those age 65 and older, with an income of \$98,700 or less for the 2024-2025 school year, and \$107,300 or less for the 2025-2026 school year. Eligibility is based on the income tax year from two years prior. Residents can qualify for either the Basic or Enhanced STAR Exemption depending upon age and income. If total annual income is \$500,000 or less and the property in question is the primary residence, persons can qualify for the Basic STAR Credit. However, individuals 65 years of age or older who own property which is their primary residence, with a total annual income of \$107,300 or less, qualify for the larger Enhanced STAR exemption.

All new STAR applicants must apply with NY State to qualify for the STAR credit. New STAR applicants will receive a credit in the form of a check directly from New York State instead of receiving a school property tax exemption. New Basic and Enhanced STAR applicants need to register with the New York State Tax Department to receive a STAR check. Further information is available on the web site at <https://www.tax.ny.gov/pit/property/star/>, or contact Ulster County Real Property Tax Services at 845-340-3490.



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COMMUNITY HIGHLIGHT
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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 and Fun for All
Bands, Balls, Light Weights, and Light Cardio**
Wednesdays, 10:30 to 11:30 A.M.
Shoes must be worn.
***** Class Cancellations*****
Wednesday, February 5, 2025
Wednesday, February 12, 2025
Wednesday, February 19, 2025
Wednesday, February 26, 2025
Wednesday, March 5, 2025

MEDICARE

MEDICARE COUNSELING

The Health Insurance Information Counseling and Assistance Program (HIICAP) at the Ulster County Office for the Aging provides free and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage.

HIICAP helps people with Medicare, their representatives, or people soon to be eligible for Medicare. HIICAP Counselors are fluent in all aspects of Medicare and health insurance coverage, including Original Medicare, Medicare Advantage, Medicare supplemental plans, and prescription drug coverage.

If you need further information or would like to schedule an in-person or phone appointment with a HIICAP counselor, please call 845-340-3579.

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.



Once again, the SSIP Kingston group has come through with gifts for clients in the Adult Protective Services (APS) program, and brought some cheer to folks who have little. This generous group does this every year, and never fail to have lovely wrapped gifts for every client the APS follows. We appreciate them greatly!

**A huge thank you to SSIP from all of us, on behalf of our clients!
Happy Holidays!!!**

When Erica and her other Case Managers came to collect the very impressive array of our gifts for their clients in Adult Protective Services, we persuaded them to join us in a photo. Sadly we missed Gloria Ferraro who works with them. Erica reminded us how grateful their clients are for the gifts we provide. She still remembers a client telling, with tears in his eyes, how he was for the first time warm at night and could get a good night's sleep in his draughty and poorly heated house, because of the heated blanket given by an SSIP member. APS has around eighty to a hundred clients all over Ulster County.

Chair Zumba

In partnership with MVP and NY Connects. Dance fitness workout with seated movement to help balance and coordination. Wednesdays, February through June, 2025, from 2:00 to 3:00 P.M. Ulster County Senior Hub, 5 Development Court, Kingston, NY. Space is limited. Call the Ulster County Office for the Aging to register at 845-340-3456.



See you in the Spring.

Please join Ulster County Office for the Aging and Ten Broeck Commons for Valentine's Day Bingo

February 14, 2025

1:00 to 3:00 P.M.

Ulster County Senior Hub
5 Development Court
Kingston, NY.

Free to Ulster County Seniors age 60 and over.

Light refreshments will be served.

Call the Ulster County Office for the Aging at 845-340-3456 to R.S.V.P. by February 7, 2025



Healthy Snack Ideas

Developing a snack plan for your day or week can help you consume nutritious foods on a regular basis. Many grocery stores even sell already-prepared healthy snacks. Just be sure to check the labels on prepared items. Pay particular attention to their sodium and sugar content. Here are some healthy snack ideas:

- Baked apples or pears topped with cinnamon, nuts, and/or raisins
- Baked sweet potato fries
- Celery, apples, or bananas with nut butter
- Cheese and tomatoes on whole-grain toast
- Cucumbers topped with feta cheese and walnuts
- Fresh fruit and granola with low-fat yogurt
- Fresh fruit with low-fat cottage cheese
- Half a whole-grain bagel topped with ricotta cheese and berries
- Nuts and dried fruit (in modest portion sizes)
- Popcorn (plain air-popped or microwaved) seasoned with dark chocolate shavings, parmesan cheese, cinnamon, or any favorite seasoning (or using small amounts of extra virgin olive or coconut oil instead of butter)
- Rice cakes topped with nut butter and fresh or dried fruit
- Smoothies made with fruit, leafy greens (like kale or spinach) and yogurt or non-dairy milk
- Whole-grain crackers with salsa and guacamole
- Veggie sticks and hummus (which you can make or buy already prepared at most grocery stores)



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February 2025 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Fish Filet Corn Red Pepper Salad Spinach WW Biscuit Pear cup</p>	<p>4 American Chop Suey Green Beans Root Vegetable Salad WW Bread Peach cup</p>	<p>5 Diced Chicken Alfredo Buttered Egg Noodles Broccoli Rye Bread Mandarin Oranges</p>	<p>6 Pork Riblet Mashed Sweet Potato Cauliflower Corn Bread Mixed Fruit cup</p>	<p>7 Meatloaf w/LS Gravy Red Bliss Potatoes Brussel Sprouts WW Bread Juice Cookie</p>
<p>10 Diced Grilled Chicken Confetti Rice Peppers and Onions WW Bread Applesauce</p>	<p>11 Roast Pork Mac and Cheese Meadow Blend Vegetables WW Biscuit Peach cup</p>	<p>12 Fish Filet Herbed Couscous Buttered Carrots Rye Bread Pear cup</p>	<p>13 Hamburger Sweet Potatoes Meadow Blend Vegetables WW Burger Bun Lettuce, Tomato, Onion Juice Cookie</p>	<p>14 Spaghetti w/LS Meat Sauce Italian Blend Vegetables WW Bread Juice Chocolate Pudding Valentine Chocolate</p>
<p><i>* Closed</i> 17 Chili Mac Cauliflower Coleslaw WW Biscuit Fresh Fruit</p>	<p>18 Grilled Chicken Breast Au Gratin Potatoes Broccoli WW Bread Peach cup</p>	<p>19 Stuffed Shells w/LS Marinara Spinach WW Bread Mandarin Oranges</p>	<p>20 Fish Filet Brown Rice Pilaf California Blend Vegetables Rye Bread Pear cup</p>	<p>21 Pot Roast w/LS Gravy Mashed Potatoes Brussel Sprouts Rye Bread Mixed Fruit cup</p>
<p>24 Diced Broccoli Casserole Buttered Carrots Rye Bread Pear cup</p>	<p>25 Fish Filet Sweet Potatoes Winter Mix Vege- tables Rye Bread Fresh Fruit</p>	<p>26 Shepherd's Pie Green Beans and Mushrooms WW Biscuit Juice Brownie</p>	<p>27 Pork Loin Baked Beans Broccoli Corn Bread Mixed Fruit cup</p>	<p>28 Chicken Florentine Herbed Orzo Garlic and Lemon Spinach WW Bread Mandarin Oranges</p>
<p>Meals Prepared by Gateway Hudson Valley Milk is provided WW = Whole Wheat Menu Subject to Change</p>	<p>Community Café Information and Reservations call: 845-331-2180 For information or Home Delivered Meal Cancellation call: 845-331-2496</p>	<p><i>* Sites closed and No HDM deliveries</i></p>		



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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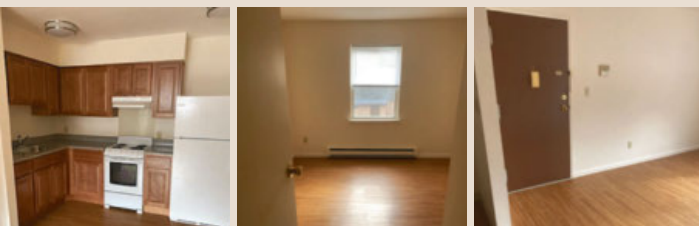
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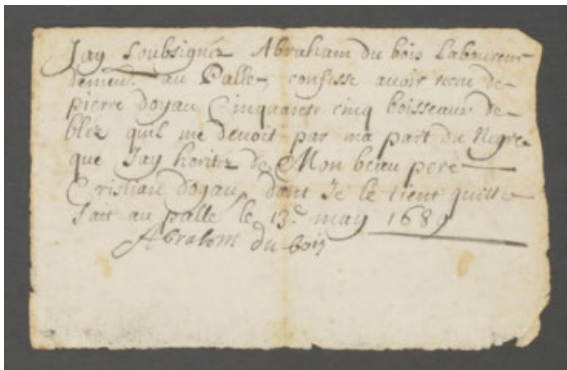


Jack: The Earliest Recorded Enslaved Individual in New Paltz, NY
 Eddie Moran, Ulster County Historian

On July 5, 1680, Christian Deyo, a founder of New Paltz, NY, purchased an enslaved African man named Jack from Hartman Wessels, a New York City physician, for the sum of eleven hundred and sixty Dutch guilders. Jack is the earliest recorded African resident and enslaved individual in New Paltz. In a surviving translation of the bill of sale (the original has not been located), Christian Deyo is referred to as “living in the Esopus in the New Paltz,” an indication of where Jack was subsequently forced to reside and labor.

A surviving receipt dated May 13, 1689, from Christian Deyo’s son-in-law, Abraham Dubois, to Christian’s son, Pierre Deyo, likely also refers to Jack. Dubois confirmed his receipt of 55 bushels of wheat from Pierre Deyo for his share of ownership of an enslaved African individual inherited from Christian Deyo. While no name is given for the enslaved individual, it likely refers to Jack, as there are no other known references to enslavement in the town prior to the 1694 purchase of an enslaved woman named Betty by the Deyo family. While Christian Deyo’s will does not explicitly mention Jack, it bequeaths certain property to his son and grandson before specifying that the remaining estate would be divided equally between his children. This will and the 1689 receipt indicate that he left shared ownership of Jack to both his son and son-in-law upon his passing, prompting his son to buy off his brother-in-law’s share.

These documents reveal the presence and impact of enslaved Africans on New Paltz and the participation of the town’s founders in the institution of enslavement from the very beginning of the community. New Paltz, for all its geographic isolation, was tied economically, politically, and culturally with New York City and the wider Atlantic world from the moment the town was founded, and these connections also provided the networks of trade by which enslaved Africans were acquired and forced to labor in the Hudson Valley.



“Receipt, Pierre Doyau, by Abraham du bois.” New Paltz Historic Documents, Historic Huguenot Street, New York Heritage Digital Collections.



“Pierre Deyo House Patentee 1692 New Paltz N.Y.”, Location: Deyo House (1692), Aerial: No, Time: Day, Season: Summer. SUNY New Paltz Postcard Collection.



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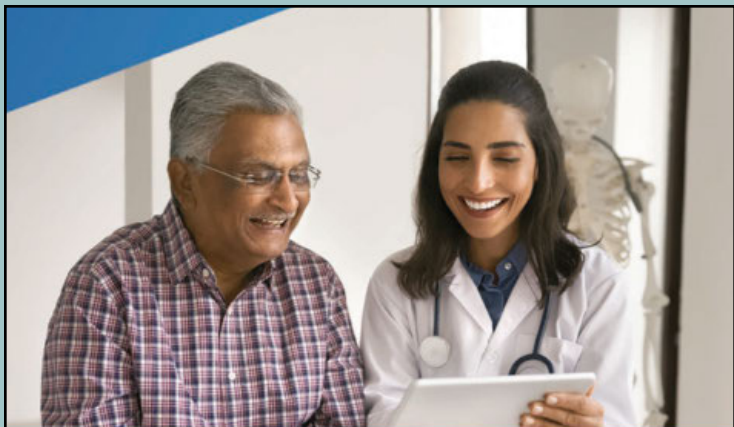
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6 Ways to Organize Your Spices for Easy Cooking

1. Evaluate: First, remove all of your spices from storage to review them. Then check the expiration dates and toss out-of-date spices. "But that date matters less than how they smell or how they taste," Alex Wilkens Director of Product and Sourcing for The Spice House, a Chicago-based e-tailer says. "Open each container and if that scent doesn't hit you strongly or the colors are dull, it's time to get rid of it." In general, ground spices and blends are good for six to 12 months. Whole spices, like cinnamon sticks or peppercorns, retain their natural oils and usually last two to three years. Check spices twice a year to refill them and replace as needed, experts say.

2. Choose containers: Containers for spices come in various shapes, sizes and materials, including glass, plastic and aluminum. Wilkens recommends getting airtight containers with lids. He prefers glass jars with screw-on caps. Airtight containers also will deter some tiny beetles that like to feed on spices, especially peppery ones like paprika and chili powder. Though not necessary, transferring your spices to new containers provides a more uniform look and helps preserve spices in bags or boxes. Stackable containers are great for organization, or have fun with small mason jars, recycled baby food jars, test tubes or magnetized containers on a fridge.

3. Label spices: It may be hard to tell dried basil from oregano, so make sure to label your spices if you move them to new containers. Consider writing the expiration date on the label or on the bottom of each container. DIYers can write on store-bought stickers or masking tape, use a label maker or devise their own color-coded system.

4. Find a place for spices: "Choose your organizers based on the space you have to organize them in a visible way," says Eric Greathouse, Associate Buyer for The Container Store. "If you are limited on cabinet space but have drawer space, in-drawer racks are great. If you have cabinet space, a tiered cabinet solution (like shelf risers or a lazy-Susan) help you see what you have at a glance without knocking jars over as you dig for something in the back." You still may want to keep spices you use frequently on a small tray or lazy-Susan on the kitchen counter.

5. Protect: Keep spices in dark, dry places away from heat, direct sunlight, and moisture to preserve flavor and texture. Avoid storing them above or near a hot stove. If your spices are on a kitchen counter or wall, shield them from windows. "One common misperception is that spices will last longer in the refrigerator or freezer," Wilkens says. "I would avoid that because it potentially creates condensation."

6. Put spices in order: Arrange your spices, experts say, in a way that makes sense to you - alphabetically, by the most often used or by category, such as baking spices and hot spices (like red pepper flakes and cayenne). Consider shifting spices seasonally, so winter ones like cloves and curry are up front during colder months.



Garden tips for February

- Keep holiday poinsettias in a sunny, cool location with high humidity.
- Repack bulbs that seem too damp, discarding any moldy ones.
- Plan your garden and make a diagram drawn to scale before placing your spring order.
- Double check that row cover, cold frames, ties, and supports are all holding up.

DID YOU KNOW?

February is named after the purification ritual Februa, which was a sort of early Roman spring cleaning.

Heart Health Month

February is Heart Healthy Month. Time to get out of the Winter Blues and reset our nutrition for healthy hearts and total body care. Each month through the Spring I will be giving you tips to help you navigate the nutrition aspect of your healthy journey.

Let's start with **portion control**. So, we want to start eating well and maybe lose a few of those winter pounds. But what does a PORTION look like?

Vegetables: canned, dried, fresh, and frozen - 1/2 cup to 1 cup.

Fruit: canned, dried, fresh, and frozen - 1/2 cup to 1 cup.

Whole Grains and Starches: Potato, Sweet potato, Pasta, Rice, Barley, Oatmeal, - 1/2 cup cooked.

Plain Popcorn - 1 cup.

Bread - 1 slice.

Whole Grain, Low Salt Crackers - Read the package for a serving size.

Dairy (Low Fat 1% and Fat Free): Milk and Greek Yogurt- 1 cup.

Cheese - 1 slice or 1 ounce or 1/8 cup to 1/4 cup.

Proteins: Eggs- 1 egg. Lean Meats, Fish, Poultry - 3 ounces or the size of a deck of cards or the size of your hand palm or 3/4 cup.

Nuts - 1/4 cup.

Oils (Polyunsaturated and Monounsaturated): Canola, Olive, Safflower, and Sesame, Lite or Sugar Free Salad Dressings - 1 Tablespoon.

1500 - 1700 Kcal Diet

1800 - 2000 Kcal Diet

	1500 - 1700 Kcal Diet	1800 - 2000 Kcal Diet
Vegetables	4 Servings per day	5 Servings per day
Fruits	3-4 Servings per day	3-4 Servings per day
Starches	3 Servings per day	4-5 Servings per day
Proteins	3-4 Servings per day	4 - 5 Servings per day
Oils	4 Servings per day	5 Servings per day



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.

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 7:15 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.



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The New York State Long Term Care Ombudsman Program services are made possible through funding from the New York State Office for the Aging and U.S. Department of Health and Human Services, Administration for Community Living.

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DEPARTMENT OF SOCIAL SERVICES

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Medicaid

845-334-5175

Central Intake

845-334-5125

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.



NY Connects
Your Link to Long Term
Services and Supports

of Ulster County

(800) 342-9871 (845) 334-5307



NY Connects staff can help link you to long term services and supports, such as home care, transportation and meals.

Our goal is to help you live as independently as you wish to while meeting your medical, social and functional needs that arise from aging or disability.

We can help individuals, families, caregivers, and professionals.

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.