

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

JANUARY 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 Cafés
 - 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
 - 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

Morning on the Ashokan, by Steve Aaron, Courtesy of Ulster County Tourism

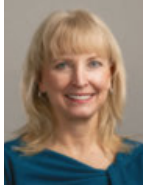
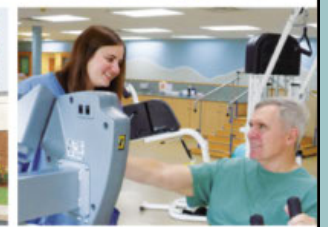


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06-5324

UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

Happy New Year! Here is hoping everyone had a lovely holiday! With so much sadness and strife going on all over the world, we must continue to be thankful that we avoid a lot of it where we are, and can continue to help folks from afar.

2024 is shaping up to be the year of the caregiver and their families. There are new state requirements that we are required to follow, and we will be looking for several creative solutions for the dearth of support for caregivers in this County. One of the things we'd like to do is find folks who would be willing to offer Respite to those caregivers who are in desperate need of a break. Some of the people who volunteer for us indicated that they'd like to be a Friendly Visitor! We'd like to ask that if you have an interest in being a Friendly Visitor, let us know – we will be happy to train you and match you with someone who needs relief from caregiving. Please note that there is no physical care involved.

We will be in full swing after January doing tax returns (didn't I just write about that last year??) Our AARP partners are busy training new volunteers to help older adults with their tax returns – don't forget, complicated returns should go elsewhere. Simple returns are very manageable. This process begins in February. We will be publicizing the number to call after January for appointments.

Folks turn 65 every day, so don't forget that you may need to enroll or choose a plan, or at least get yourself Medicare Part A if you are still working, just to have it done. And for those with lower incomes, the Medicare Savings Plans counselors are ready to assist – we will be having more workshops to help people complete the application, gather documents and get those eligible enrolled quickly.

Our technology classes continue, and we'd like to take some general classes out on the road. If you have an active senior group who thinks having a couple of experts come in and address your tech concerns, please let us know!

Some of our programming will be on hold for a few months, especially the programs that rely on fresh food delivery, as we cannot second guess the weather here! Come late March, start looking for programming around the County again.

Wishing everyone a prosperous and health New Year!

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:

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.

February 1: Apple iPad General Review, IOS 17.

February 8: Basic Computer Info.

February 25: General Tech Q&A, Bring your tech and your questions.

February 22: Buying & Selling on the Internet.

February 29: Archiving Data/Legacy Contact Setup.

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.

Ulster County Executive Jen Metzger and the Ulster County Interagency Council on Domestic Violence & Human Trafficking invite you to attend the 5th Annual Ulster County Human Trafficking Information Forum: The Complex Reality of Human Trafficking - A Survivor's Perspective. Jasmine Grace taps into her lived experience of sex trafficking and addiction to illustrate the intersectionality of human trafficking with domestic violence and other forms of abuse.

January 10, 2024, from 10:00 A.M. to 12:00 P.M.

Program will be virtual (via Zoom), is free of charge, and open to the public. A live Q&A discussion will follow the presentation. Space is limited to 300 participants.

Registration is required by clicking or copy and paste the following link:

<https://docs.google.com/forms/d/1tH1BtF-AnV5bbX7MyxqRA35uHegHVkXIFkpmevKFX2w/edit>

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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 Bands, Balls, Light Weights & Light Cardio

Wednesdays, 10:30 to 11:30 A.M.

Shoes must be worn.

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

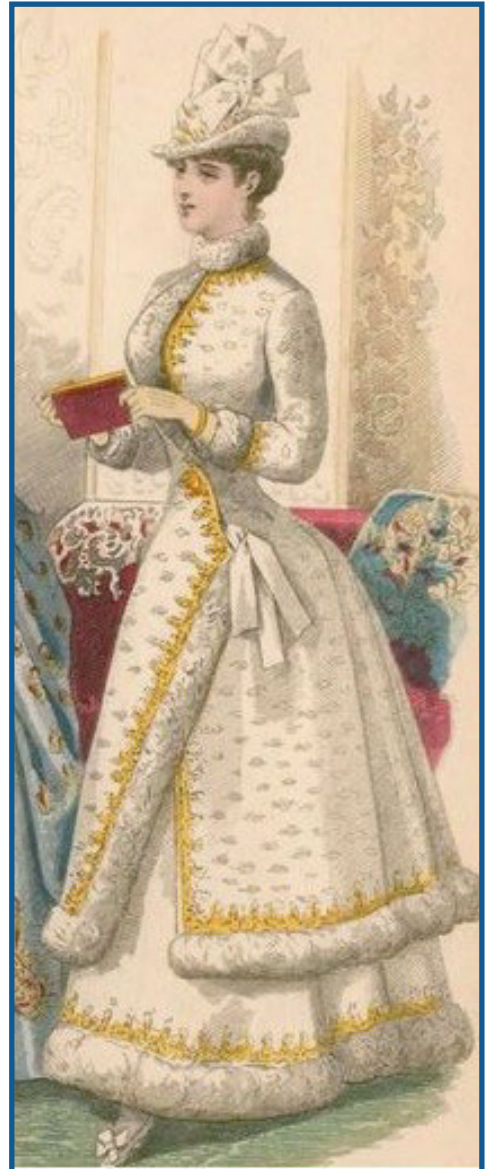
The Ulster County Office for the Aging Attorney can also prepare the following documents:

- Simple Wills
- Powers of Attorney
- Health Care Proxies
- Living Wills

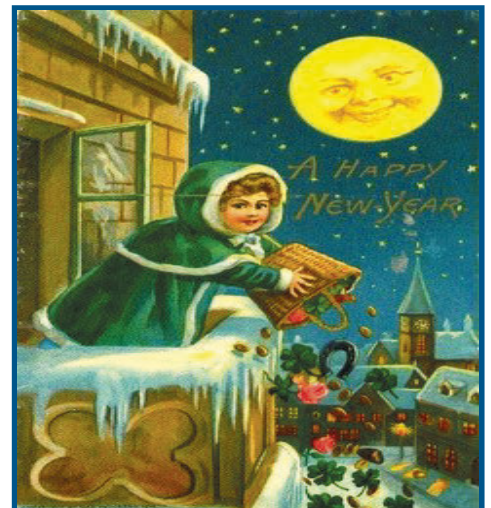
To make an appointment call Ulster County Office for the Aging at 845-340-3456.

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.

Ulster County Office for the Aging Holiday Cabaret Luncheon,
Town of Esopus Town Hall Community Room



A Big Thank You to SSIP (Settled & Serving in Place) of Kingston for their generous donations of essential items needed for Ulster County's Adult Protective Services' clients. They wrapped the gifts at the OFA Senior Hub. They have very big hearts and we appreciate all they do!



The Ulster County Office for Aging has a small but mighty maintenance/fix-it program with dedicated volunteers who can help with small jobs around the house. Here are Jim and Joe in a larger job fixing a hole in someone's back porch deck. They don't have specialized equipment, but their know-how allows them to be able to help quite a few people with small repair jobs. We are always looking for volunteers, and finding people who are willing to help older adults in need at their homes is a special calling. We have a few folks who are willing to do this, but the need is still there. If you have skills that might fit this position, please call our office at 845-340-3456 and ask about volunteering. The chance to keep someone home as opposed to having to move, to live in assisted living, or someplace else unfamiliar, is a wonderful gift to them and to the world.



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I have had the pleasure of helping buyers and sellers full-time for the last 25+ years with their real estate needs. A resident of Ulster County, I also have my Senior Real Estate Specialist (SRES) designation. I can give you a value on your home, assist you to sell your home and/or help you find a new home in or out of the area. Our offices in Ulster County are in Kingston, New Paltz, Stone Ridge and Woodstock.

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January 2024 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Sliced Ham w/ Cherry & Pineapple Sauce Mashed Sweet Potato Sauteed Spinach & Mushrooms WW Diner Roll Juice Holiday Dessert</p>	<p>2</p> <p>Meatballs Swedish MB Sauce Egg Noodles Scandinavian Veg WW Bread Pineapple</p>	<p>3</p> <p>Lasagna Roll LS Meat Sauce Winter Mix Veg Rye Bread Peaches</p>	<p>4</p> <p>Chicken & Dumpling Green Beans WW Bread Mandarin Oranges</p>	<p>5</p> <p>Hamburger Mushroom Rice Tomato Zucchini Hamburger Roll Juice Cookie</p>
<p>8</p> <p>Beef Burgundy Butternut Squash w/ Cinnamon Kale & Spinach WW Bread Fruited Yogurt</p>	<p>9</p> <p>Breaded Chicken Patty w/ Dijon Sauce Sweet Potatoes California Veg Blend Rye Bread Cookie Juice</p>	<p>10</p> <p>Taco Mix Yellow Rice Fiesta Corn Shredded Cheese Flour Tortilla Pears</p>	<p>11</p> <p>Chicken Parm Ziti w/ Sauce Broccoli WW Bread Applesauce</p>	<p>12</p> <p>Roast Turkey w/ Gravy Apple Stuffing Cranberry Sauce Garlic Mashed Potatoes WW Roll Mandarin Oranges</p>
<p>15</p> <p>Chicken Curry Jasmine Rice Zucchini & Carrots Naan Tropical Fruit</p>	<p>16</p> <p>Crab Cake Brown Rice Pilaf California Veg Blend WW Bread Juice Pudding</p>	<p>17</p> <p>Hamburger Stew w/ Carrots, Peas, Potato Broccoli WW Roll Applesauce</p>	<p>18</p> <p>Diced Chicken Divan Mashed Potatoes Green Beans WW Bread Pineapple</p>	<p>19</p> <p>Sausage Gumbo White Rice Sauteed Spinach & White Beans Corn Muffin Peaches</p>
<p>22</p> <p>Salmon w/ Stuffing & Dill Sauce Rice Florentine Peas & Carrots WW Bread Juice Cookie</p>	<p>23</p> <p>Stuffed Shells Meat Sauce Italian Blend Veg WW Bread Applesauce</p>	<p>24</p> <p>Mongolian Pork Chop White Rice Stir Fried Veg Rye Bread Tropical Fruit</p>	<p>25</p> <p>Shepherd's Pie Gravy Green Beans WW Roll Peaches</p>	<p>26</p> <p>Chicken Stew Tuscan Blend Rye Bread Cookie Juice</p>
<p>29</p> <p>Jumbo Ravioli w/ Florentine Sauce Brussel Sprouts WW Bread Mandarin Oranges</p>	<p>30</p> <p>Chicken Strips Honey Mustard Sauce Sesame Noodles Oriental Blend Veg WW Bread Fresh Fruit</p>	<p>31</p> <p>Runaway Bay Jerk Chicken Roasted Red Potatoes Scandinavian Veg Rye Bread Mango</p>	<p>Meals Prepared by Gateway Hudson Valley Milk is provided WW = Whole Wheat <i>Menu Subject to Change</i></p>	<p>Community Café Information and Reservations call: 845-331-2180 For information or Home Delivered Meal Cancellation call: 845-331-2496</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, 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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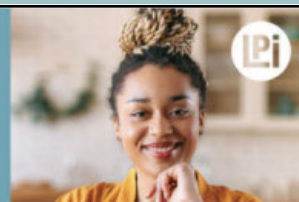
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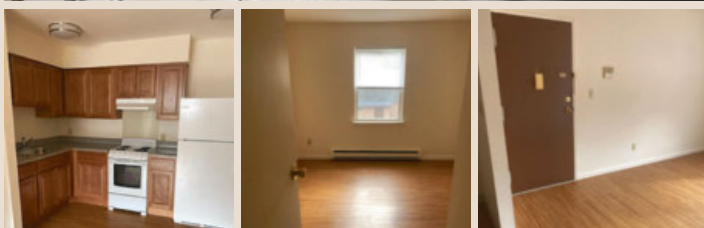


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Health and Wellness: A Holistic Approach

Health and wellness are often thought of in terms of physical fitness and nutrition. However, a truly holistic approach to health and wellness considers all aspects of our being, including our mental, emotional, social, and spiritual health. The following six key components are essential for achieving holistic health and wellness:

1. **Breath awareness and reducing stress:** Our breath is the foundation of our life force. When we are stressed, our breathing becomes shallow and erratic. This can lead to several health problems, including anxiety, depression, and high blood pressure. Learning to breathe deeply and consciously can help to reduce stress, improve our mood, and boost our overall health and well-being. There are many different breathwork techniques available, so it is important to find one that works best for you.
2. **Fitness and movement:** Regular physical activity is essential for maintaining a healthy weight, reducing the risk of chronic diseases, and improving our overall mood and energy levels. Aim for at least 30 minutes of moderate intensity exercise most days of the week. This could include anything from walking and biking to swimming and dancing. Find activities that you enjoy and that fit into your lifestyle.
3. **Good nutrition:** The food we eat has a profound impact on our overall health and well-being. Eating a healthy diet provides our bodies with the nutrients we need to function properly and to stay healthy. Focus on eating plenty of fruits, vegetables, and whole grains. Limit processed foods, sugary drinks, and unhealthy fats.
4. **Sleep and recovery:** Sleep is essential for physical and mental health. When we don't get enough sleep, we are more likely to experience stress, anxiety, depression, and other health problems. Aim for 7-8 hours of sleep each night. Create a relaxing bedtime routine and stick to it as much as possible. Avoid caffeine and alcohol before bed.
5. **Time in nature and silence:** Spending time in nature has been shown to have several health benefits, including reducing stress, improving mood, and boosting creativity. Make time to connect with nature on a regular basis. Go for a walk in the park, hike in the woods, or simply sit outside and enjoy the fresh air. Silence is also important for our health and well-being. It gives us a chance to relax and de-stress. It also allows us to connect with our inner selves and to listen to our intuition. Find some time each day to spend in silence. This could involve meditating, sitting quietly in nature, or simply taking a few minutes of deep breathing.
6. **Social connections:** Strong social connections are essential for our mental and emotional health. They provide us with support, love, and a sense of belonging. Make time for the people you care about. Schedule regular social outings, connect with friends and family online, or simply volunteer in your community.

Achieving holistic health and wellness is a journey, not a destination. It is important to be patient and to focus on making small changes that you can stick with over time. By incorporating the six key components of health and wellness into your life, you can improve your overall well-being and live a happier, healthier life.

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06-5324

Overcoming Barriers in the Kitchen for Older Adults

Sometimes the easiest solution to improve the kitchen experience for an older adult is to remove common barriers that make cooking more difficult as a person ages. Difficulties with vision, reaching for items, and grip strength can all interfere with cooking. Here are a few easy adaptations that you can make:

- **Kitchen utensils:** Look for items with large handles, or grips designed to slide over handles that make them easier to grasp. Double-handled pots, pans, cups, mugs, and other kitchen items can be much easier to carry, and safer to manage this way if they're filled with a hot liquid. Weighted utensils can help people with Parkinson's tremors control what they're holding better.
- **Helpful tools:** Jar openers, an electric can opener, rocking knives for chopping, lever-style sink handles, a food processor, non-slip mats for holding mixing bowls in place, and a grabber to reach faraway items can all improve the ease of tasks that require grip strength an older adult might have difficulty with.
You can also use everyday tools you already have in creative ways to make tasks easier. A pizza cutter works just fine on pancakes or waffles. A melon baller can scoop seeds out of peppers. A measuring cup can help you transfer water to a pot, instead of filling the pot and carrying it.
- **Move items within reach:** If balance is a concern, overextending to reach for items can be dangerous and can at the very least discourage an older adult from spending time in the kitchen. Think about commonly used items in cabinets and move them to lower shelves. Make sure appliances like the mixer and microwave are on counters, not up on shelves. Consider a refrigerator that is side-by-side or has a freezer on the bottom, which puts many frequently-used items at eye level instead of bending and reaching.
- **Clearly label items to avoid confusion or mix-ups due to poor vision:** Memory and vision problems can both make the kitchen harder to navigate. Re-label items like spices with hand-written, large print labels. Use bright colored tape on knife handles to avoid accidentally grabbing the blade. Label the outside of each cabinet for ease in finding contents.
Use large-print measuring tools and cookbooks. Puffy paint can be used to mark the "off" position on the stove knobs so an older adult with poor vision can make sure they are lined up correctly when they're done cooking.



Garden tips for January

- Clear turf or weeds from the area right around the trunks of fruit trees and ornamentals to reduce winter damage by rodents and rabbits.
- Be sure to look after any plants you may be protecting from the weather. Double check that row cover, cold frames, ties, and supports are all holding up.
- Crops that aren't good enough for storage because of cuts or holes are still great for eating, just use them quickly.
- Check all house plants closely for insect infestations. Quarantine holiday gift plants until you determine that they are not harboring any pests.

DID YOU KNOW?

The Times Square Ball has been dropped every year since 1907, but due to World War II blackouts, Times Square remained dark in 1942 and 1943.

Nutrition and Brain Health

Taking care of your brain health is essential as your brain supports your overall well-being. It controls your body functions, communications, decision-making and problem solving. Let's look at the best foods to keep your brain young according to Dr. Brett Osborn. Dr. Osborn is a board certified Neurosurgeon and section chief at St. Mary's Medical Center. He is very active in preventative healthcare and anti-aging. Face it.... we all want a bit of that!

Nature has a way of offering us some wonderful foods to help with brain health, anti-aging and addressing inflammation. Inflammation is a major player in the aging process and has adverse impact on non-infectious age-related diseases.

Here are some of the best foods that help to keep your brain young, and they taste so good:

1. Blueberries - such a simple food to add to your diet. They are rich in antioxidants called anthocyanins which help to protect the brain from stress and inflammation. I'm all for stress reduction.
2. Fatty Fish - mackerel, salmon and sardines offer plenty of omega-3 fatty acids that provide anti-inflammatory benefits. These fatty acids help with brain health and memory. Need I say more?
3. Leafy Greens - such a simple diet basic full of antioxidants, minerals, and vitamins. Leafy greens also help with inflammation and cognitive functions. Perfect.
4. Nuts and Seeds - easy to add to snacks and meals. I love them in my oatmeal! They are rich in antioxidants and healthy fats. Nuts and seeds also give a protein boost to your diet.
5. Broccoli - brain health and inflammation fighter, broccoli also has cancer fighting compounds. Seconds on the broccoli please.
6. Eggs - protein BOOST and contains choline that helps produce neurotransmitters responsible for memory and cognitive function. The fat in the egg is necessary for the insulation around the neurons that are our electrical wiring. Got to love that!
7. Turmeric- a little spice to enhance memory and can play a role in decreasing neurodegenerative disease. You can get turmeric in pill form!
8. Ginger- a perfect anti-inflammatory that can enhance cognitive function. I love Asian food.

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, please call 845-340-3456.

AARP Free Tax Preparation / E-Filing

AARP is once again providing this assistance to any low- or moderate-income taxpayers, especially those over 50 years of age. Volunteers are trained as Tax Counselors and will prepare and e-file your Federal and NY State Tax Returns, starting on February 5, 2024:

Monday - Gardiner Library

Tuesday - Kingston Library, 61 Crown St.

Wednesday - Saugerties Kiwanis

Tuesday and Wednesday - New Paltz, St Joseph

Wednesday and Thursday - Marbletown Community Center

Thursday - Kingston, Ulster County Community Action

Friday - Napanoch, Shawangunk Senior Center

Note: Gardiner will provide tax asst. at Vineyard Commons in Highland on three Mondays.

Returning taxpayers will be contacted by email or phone (provided the taxpayer provided this information in filing last year). Such calls will be made after the 25th of January 2024.

Email your Name, preferred Location or Town of Residence, Phone Number, and Time (AM or PM), to UlsterTaxAide@Gmail.Com to schedule an appointment.

This service is provided by AARP TaxAide and the IRS, with the generous support of the Ulster County Office for the Aging.

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Director

Judy Riley,
Deputy Director
845-340-3456

NY Connects
845-334-5307
845-443-8804

HIICAP Medicare
Counseling
845-340-3579

Neighbor-to-Neighbor
845-443-8837

DEPARTMENT OF
SOCIAL SERVICES

HEAP
845-334-5436

SNAP
845-334-5200

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 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.