

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

JANUARY 2022



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.



1003 DEVELOPMENT COURT, KINGSTON, NY 12401 | 845-340-3456 | ULSTERCOUNTYNY.GOV/AGING

Awosting Falls by Laura Connor, Environmental Educator, Minnewaska State Park, Courtesy of Ulster County Tourism

OFA DIRECTOR MESSAGE

To our fun-loving Elders in Ulster County!
 I hope everyone had a wonderful and healthy, safe holiday -we aren't past this virus yet, so please continue to practice safe habits, like mask wearing, and social distancing.

It's January, it's cold in the Hudson Valley, and now is the perfect time to come to the Hub every Wednesday, maybe have lunch at midday, and then play some games. Game Day happens each Wednesday at 1:00 to 3:00 P.M. - so many benefits (see my article this month!)

Those of you who have emergency flip phones from OFA, please be aware that soon, those phones will no longer work with the advent of the 4-5 G networks being instituted soon. 4 and 5G networks will need the current bandwidth being used by older phones to be able to be faster and run more efficiently. The current network (Verizon, Sprint, etc.) that support your phone services will be switching over to a faster network (4-5 G). Apparently, the phones will no longer operate to be able to call 911. Please check with your provider on this. We were contacted by the purveyor of these phones, and they will NOT operate after a certain date in an emergency. Please make sure that you have some way of contacting 911! You will probably have to upgrade your phone.

We are still looking for drivers and warm callers – those who give a phone call every week to isolated elders. Also looking to develop a trusted list of folks who would volunteer to do small repairs in the homes of older adults. If you or anyone you know fits these bills, send them to me!

We were able to assist over 600 60+ people with their Medicare plans this year, a big increase over last year. Also, if you have been a past client of the AARP tax Aide program, this will continue for you. Other folks, please call 845-443-8823 and leave your contact information in case this is something you need.

Please continue to make the right decisions for yourself, your health, and your community! It's working!

In health and safety,
 Susan Koppenhaver, Ulster County OFA Director

The Holiday Spirit was alive and well as the SSIP (Settled & Serving in Place) of Kingston donated essential items needed for Ulster County's Adult Protective Services' clients. They wrapped the Christmas gifts at the Ulster County Senior Hub. They have very big hearts and we appreciate all they do for the community. Thank you for your generous donations! And thank you to Gloria at OFA for coordinating this effort. (Photo – Some of the members of SSIP, APS staff, OFA staff)



Ulster County Office for the Aging Holiday Luncheon, Saugerties Senior Center.





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 interesting 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.

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The games we play!

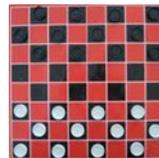
According to Health Fitness Revolution and other sources, there are so many reasons to continue playing games in our lives. Some of the obvious benefits are: Family and group fun time – lots of laughter, which creates endorphins, spending time together, and certainly child development are wonderful reasons to continue to play games. But did you know that the focus and attention you have use playing games help retain and build connections as our brains age as well? A stronger, more engaged brain lasts longer, just like anything else you use regularly, like walking a lot, or moving around consistently. Releasing endorphins from laughing and enjoying oneself also lowers blood pressure! So many things can go wrong with high blood pressure in aging bodies. This will help.

Playing games can help increase your response time, which can also help in retrieval issues, such as trying to find things and forgetting where they might be, or remembering names and faces.

Besides reducing stress, research has shown that negativity, depression, and stress can reduce your ability to fight disease. Positive feelings and thoughts, like the laughter and enjoyment that always come with board games, prevent these effects by releasing some chemicals that fight stress and boost your immune system. A simple board game could give rise to the 'survival genes' and activate them in your brain, making the brain cells live longer and helping to fight disease. What better way to increase our immune systems than by spending time with like minded family or people, all helping each other stay healthy?

Strategy games, such as chess, risk, backgammon, etc. can help you sharpen your focus as well.

Don't forget: Game Day every Wednesday at the Senior Hub at 1:00 P.M, and Chess Club at the Senior Hub every Monday at 11:00 A.M. Both are a wonderful tonic for so many things!



See you in the Spring.



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 we 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.



CLAYTON "PEG LEG" BATES By Geoffrey Miller, Ulster County Historian



Who is Clayton "Peg Leg" Bates, and why did Governor Pataki choose to name the section of Route 209 that cuts through Rondout Valley in his honor? For those of us privileged to have seen him perform at one of the many local fund raisers he helped organize, or to have visited his resort during the 1950s through the 1980s, or who ran into him at church or in one of the local stores, there is no mystery: he was a remarkable individual, consummate performer, eternal optimist, and devout humanitarian who approached life with a determination to work through any and all obstacles that stood between him and his dreams.

Born in Fountain Inn, South Carolina in 1907 into a single parent household, Bates described his childhood years in an interview he gave in 1988 (Rusty E. Frank, TAP!, NY: DaCapo Press, 1994, pp. 48-51):

my mother had a pretty tough time taking care of me and her mother. We were sharecroppers raising cotton, corn, and vegetables. We were poor, very poor. Had to reach up to touch bottom. (48)

But, as the story goes, Bates did not like working in the fields, and by age 5 was dancing on street corners and in the barbershop for tips. He explained in the same interview:

I could not truthfully explain to you why or how I really started into dancing. I've been tap dancing since I was five years old, before I even knew that I was tap dancing. I used to tap dance barefoot, making noise with no shoes on at all! (48)

In 1918, at age 12, at the height of World War I, Bates took a job in a cottonseed gin, and on the third day, had an accident that left his left leg mangled by the machinery. Since the local hospital was for Whites only, he was taken home where the doctor amputated his leg just below his knee.

Bates recovered from the accident undeterred. He told Rusty Frank:

After losing the leg, for some unknown reason, I still wanted to dance. At first, I was walking around on crutches, and I started making musical rhythm with them. Then my uncle made me a peg leg...and I started walking and dancing on the peg leg. I just wanted to dance. (48)

Determination and talent combined to catapult Peg Leg Bates to the top of the art form during the golden age of tap. But his own personal success in his chosen field was not enough for him. An article in The New Yorker magazine from November 20, 1943, describes Peg Leg Bates' performances at Army and Navy camps and hospitals, not only to entertain the troops, but to demonstrate that the lose of a limb need not be a cause for despair.

Continued on page 13

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January 2022 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Homestyle Beef Casserole Roasted Potatoes Mixed Vegetables Whole Wheat Roll Angel Food Cake with Fruit</p>	<p>4</p> <p>Beef & Peppers Mashed Potato Spinach Pea Soup Whole Wheat Bread Pears</p>	<p>5</p> <p>Lemon Pepper Chicken Couscous Cabbage Whole Wheat Roll Peaches</p>	<p>6</p> <p>Chef's Special Fish Brown Rice Broccoli Green Salad with Lentils Whole Wheat Bread Mandarin Oranges</p>	<p>7</p> <p>Penne with Blush Sauce & Cheese Zucchini Meadow Mixed Vegetables Rye Bread Fruit Cocktail</p>
<p>10</p> <p>Swedish Meatballs Noodles Red Cabbage Rye Bread Peaches</p>	<p>11</p> <p>Sweet & Sour Pork Brown Rice Broccoli Green Beans Whole Wheat Roll Oatmeal Cookie</p>	<p>12</p> <p>Tuscan Pasta Cauliflower, Beets Fresh Salad with Red Beans Whole Wheat Roll Fruit Cocktail</p>	<p>13</p> <p>Beef & Mushrooms Red Potatoes Carrots Minestrone Soup Whole Wheat Bread Pears</p>	<p>14</p> <p>Spinach Tomato Quiche Broccoli, Wax Beans Corn Salad Rye Bread Fruited Gelatin</p>
<p>MARTIN LUTHER KING Jr DAY 17 Sites Closed</p> <p>Turkey Pot Pie Parsley Potatoes Hot Beets Whole Wheat Roll Pineapple Chunks</p>	<p>18</p> <p>Chicken Cacciatore Brown Rice Mixed Vegetables Mixed Greens with Pink Beans Whole Wheat Bread Fruit Cocktail</p>	<p>19</p> <p>Chili Peas & Corn Pilaf Glazed Carrots Whole Wheat Bread Pears</p>	<p>20</p> <p>Pasta with Roasted Peppers, Spinach & Parmesan Cheese Wax Beans Winter Squash Whole Wheat Roll Peaches</p>	<p>21</p> <p>Beef Burgundy Smashed Red Bliss Potatoes Mixed Vegetables Yankee Bean Soup Whole Wheat Roll Apple Cake</p>
<p>24</p> <p>Macaroni & Cheese Stewed Tomatoes 3 Bean Salad Whole Wheat Roll Tropical Mixed Fruit</p>	<p>25</p> <p>Pasta & Meat Sauce Italian Vegetables Spinach Italian Bean Soup Whole Wheat Bread Peaches</p>	<p>26</p> <p>Chicken Stew Brown Rice Pilaf Green Beans Whole Wheat Roll Fresh Orange</p>	<p>27</p> <p>Apple Braised Pork Sweet Potato Cabbage Rye Bread Fruited Spice Cake</p>	<p>COLD 28 PLATE</p> <p>Turkey Salad over Greens /White Beans Roll, Potato Salad Marinated Carrots Tapioca Pudding with Raisins</p>
<p>31</p> <p>Beef Stroganoff Mashed Potatoes Spinach Corn Chowder Whole Wheat Roll Fruit Cocktail</p>		<p>Home Delivered Information or Meal Cancellation Call: 331-2496 Community Café information or Meal Cancellation call: 331-2180</p>	<p>Meals Prepared by Gateway Hudson Valley Milk is provided "Menu Subject to Change"</p>	<p>2022</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! 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.

Lower Heating Costs in the Winter

No matter what your financial situation is, it's wise to try to lower these energy costs any safe way you can. Here are a few suggestions that can save you money during the winter months.

- **Seal in the Heat:** Sealing your windows and doors with weather stripping or caulking can fill these gaps and prevent air from leaking out. You can go through your home to detect any air leaks, but some of the biggest culprits are windows and doors. Sealing your windows and doors with weather stripping or caulking can fill these gaps and prevent air from leaking out. Another option is to place a plastic wrap seal over your windows.
- **Set the Thermostat to a Reasonable Heat:** While it may seem counterproductive, setting your thermostat at a cooler temperature can save you a lot of money. The U.S. Department of Energy estimates that lowering your thermostat by 7°F to 10°F can lower your energy bill by 10 percent. This means that a generally smart temperature would be around 68°F. While this may seem like a cool temperature during the winter, the savings will more than make up for this. You can lower the thermostat even more at night, saving money and putting the temperature around the ideal sleeping temperature of about 60°F.
- **Don't Forget Water Heating:** Obviously, you can lower your bill by reducing your usage of hot water. Taking shorter hot showers and turning off faucets while doing the dishes are perfect examples, but you can even take it a step further. You can adjust the temperature of your water heater to a lower level so it doesn't have to work as hard. Many water heaters are set around 140°F, which may be necessary for appliances like the dishwasher to kill bacteria. However, the Consumer Product Safety Commission suggests lowering the temperature to 120° to prevent scalding water. The Department of Energy estimates that you save three to five percent for each 10°F you lower the temperature, saving you between six and ten percent if you lower it to 120°F.
- **Dress Warmer:** If you set the heat in your home to a smart 68°F and are still feeling a little cool, throw on a fluffy pair of sweatpants and a sweatshirt. A pair of snug socks also goes a long way in keeping us warm, since our extremities (like our feet and hands) are where a lot of our body heat escapes. If you set the heat in your home to a smart 68°F and are still feeling a little cool, throw on a fluffy pair of sweatpants and a sweatshirt. Now, you shouldn't be so cold that you need to be sitting around your home in a winter coat. Keep your home at a reasonable temperature. This tip is only to help you feel as comfortable as possible if following our other suggestions.
- **Blankets:** Much like dressing in warmer clothes, a warm blanket can really keep you feeling toasty on a chilly day. There are a number of ways that blankets keep us warm. They act as a barrier between you and the cold air outside and also keep warm air in around you. If you're cutting heating costs this winter, stock up on plenty of blankets to store around the house.

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Continued from page 7

Motivational speaking and demonstrations became a hallmark of his career, in times of peace as well as war, to school groups as well as the nation's military.

In 1951, when the mores of the time still prevented him from staying at the hotels and resorts where he was hired to perform despite his national and international acclaim, Peg Leg and his wife, Alice Sampson Bates, a singer and dancer in her own right, decided to establish a resort open to all. They purchased a 60 acre turkey farm on Palentown Road in Kerhonkson and created the Peg Leg Bates Resort which quickly became the largest black owned and operated resort in the United States.

Alice Bates passed away in 1987, and Peg Leg closed the resort 2 years later, though he continued to serve the community for the rest of his life. Clayton "Peg Leg" Bates passed away in 1998 at age 91 while on a trip back to his home town of Fountain Inn, SC, where he was given the Order of the Palmetto, the state's highest honor.



Ulster County Historian, Geoffrey Miller, and Arts Mid-Hudson Folklorist, Elinor Levy, are coordinating a project to collect oral histories from people who visited and/or worked at the resort, or knew the family from other aspects of their lives. If you have information to share, please contact Elinor at elevy@artsmidhudson.org



Garden tips for January

- Take this time to mend fences, sheds, greenhouses, and tools.
- Pots and rain barrels can use a good scrub.
- If you see any weeds laying in wait, remove them ahead of time now to save time and hassle later.
- Plan out your garden: what you'll plant, where you'll plant it, and when.
- If you have any perennials (flowers, shrubs, fruit trees), take advantage of their winter dormancy and prune, trim, and deadhead so they can flourish come spring.

DID YOU KNOW?

A snowflake can take up to two hours to fall from a cloud to the ground.

The beginning of a new year can signal a fresh start. It can be a decision to pursue weight loss, smoking cessation, making healthier food choices, or to begin exercising. Often even with good intentions, some of us lack follow-through. Here are some resolutions that can not only improve your health but also be followed for life.

Eight Simple New Year's Resolutions

1. Consume more whole foods: vegetables, fruits, nuts, seeds, & whole grains; increase intake of fish & reduce intake of red meats
2. Exercise: helps keep muscles limber & your heart pumping
3. Cook more meals at home: control of ingredients & portion sizes
4. Spend more time outside: fresh air helps to reduce stress, improve mood & blood pressure
5. Reduce convenience foods: they are high in fat & sodium which can contribute to obesity, heart disease & diabetes
6. Add more fruits and vegetables: the fiber improves digestion & satiety
7. Visit your doctor: regular visits & routine blood work helps avoid potential health issues
8. Take care of your teeth: natural or dentures - to be able to eat you need teeth - regular dental appointments are important

Best Wishes for a very Happy and Healthy New Year!

*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.*

Protect Your Vision

- Have a comprehensive eye exam each year after age 50.
- Stop smoking.
- Eat a diet rich in green, leafy vegetables and fish.
- Exercise.
- Maintain normal blood pressure.
- Control diabetes if you have it.
- Wear sunglasses and a brimmed hat any time you're outside in bright sunshine.
- Wear protective eyewear when playing sports or doing work around the house that may cause eye injury.

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OFFICE FOR THE AGING

Susan Koppenhaver,
Director

Judy Riley, Deputy Director

Office for the Aging

845-340-3456

NY Connects

845-334-5307

845-443-8804

HIICAP Medicare

Counseling

845-340-3579

Neighbor-to-Neighbor

845-340-3456

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
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.

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