

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

JULY 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.



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06-5324

UCOFA DIRECTOR MESSAGE

To all Ulster County Seniors!

Welcome July! And Happy Birthday America!

Don't forget about our Wish Line project beginning mid-July– a creative, Native-American-based project involving journaling, simple weaving and using mementos to tell whatever story you would like to tell. Please register at our office (845-340-3456) if you have an interest in this most fascinating project.

July's heat and Midsummer Nights are just the thing for outside activities. We do have another picnic in Wawarsing July 27 – sign up at the office!

Don't forget our driving program, still looking for volunteers for this much-needed program. We still also need a few Warm Callers to make a friendly, weekly call to isolated seniors. We are also thinking of another Bingocize exercise class – interested? Call our office and let us know! Maybe we can bring a class to you or your group, senior housing or senior club!

Our office is busy still trying to meet the many and varied needs of seniors who call, such as instruction on how to use their electronic devices, how to set up computers or email or accounts online. We have a couple of helpful volunteers – just call and get connected! We'd love to help.

Good news, the income eligibility for the Medicare Savings Program (MSP) is going up next year, so more people will be eligible for this program which will help pay for Medicare costs. Call the office if you need more information.

In health and harmony!

Susan Koppenhaver
Ulster County UCOFA Director

Ulster County Office for the Aging invites Ulster County Seniors to join Artist Bonnie Brinkley for "Art & Soul Wish Line Class"

Fridays: July 22, July 29, August 5 and August 12, 2022, from 1:30 to 3:30 P.M.

A wish line is a Native American Traditional vertical sculpture that uses weaving, knotting, fastening, sewing, painting, drawing and integrated objects of meaning to create a 3-D hanging sculpture.

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

Class size is limited. To register call the Ulster County Office for the Aging at 845-340-3456. R.S.V.P. by July 17, 2022.

Chronic Disease Self-Management Program: **Living Well with Chronic Conditions**

Sign up today for this free 6-week workshop. Self-Management skills for heart disease, diabetes, depression, asthma, bronchitis, emphysema and other physical and mental health conditions.

Wednesdays, July 27 through August 31, 2022.

1:00 to 3:30 P.M.

Light Refreshments will be served.

Pine Hill Community Center, 287 Main Street, Pine Hill, NY.

Space is limited. Call Ulster County Office for the Aging at 845-340-3456.

"The instructors were excellent. They encouraged discussion, brainstorming and great ideas for dealing with pain and emotional well-being. The book is a wonderful resource. I highly recommend this class for anyone dealing with chronic pain" ~Linda Q.

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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.

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 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 Craft Corner

Join Ulster County Office for the Aging for Creative Fun!
Each month a new craft. 3rd Friday of the month from
10:00 A.M. to 12:00 Noon, Ulster County Senior Hub,
5 Development Court, Kingston, NY. Call Ulster County Office
for the Aging to register at 845-340-3456. Please use social
distancing to the extent possible. Masks are optional.

MEDICARE

MEDICARE SAVINGS PROGRAM (MSP)

You may be eligible to get help paying your Medicare premiums and you may also get help [paying for Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments.

If you are a Medicare recipient and your gross monthly income is \$1,549 or less (Married income \$2,080 or less) you may be eligible.

Call the Office for Aging at 845-340-3456 to make an appointment with one of our Health Insurance counselors for free, unbiased assistance with Medicare and to find out more about the Medicare Savings Program.

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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UCOFA Lunch and Learn for Seniors

July 19: Medication Reconciliation

Presented by Dr. Charissa Lewis, Physician Resident,
Institute for Family Health

American Legion, 84 Grand Street, Highland, NY.

R.S.V.P. by July 11, 2022

Lunch and Learn runs Noon to 2:00 P.M.

Free to Ulster County Seniors age 60 and over and includes free lunch with reservation. Space is limited. Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P. Please use social distancing to the extent possible. Masks are optional (at discretion of presenter).

August 9: Medicaid Eligibility through Pooled Income Trust

Presented by Dr. Mark Leibowitz, SCS Pooled Trust Services

Hurley Reformed Church Hall, 11 Main Street, Hurley, NY.

R.S.V.P. by August 1, 2022

Lunch and Learn runs Noon to 2:00 P.M.

Free to Ulster County Seniors age 60 and over and includes free lunch with reservation. Space is limited. Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P. Please use social distancing to the extent possible. Masks are optional (at discretion of presenter).

Ulster County Office for the Aging invites Ulster County Seniors to the
Smore fun than you can imagine Picnic

July 27, 2022 from 12:00 to 2:00 P.M.

Lippman Park, Route 209, Kerhonkson, NY.

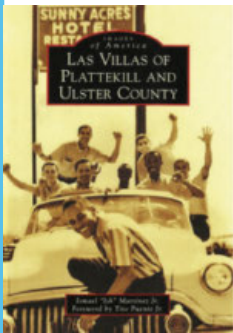
Free to Ulster County Seniors age 60 and over. Space is limited.
Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P. by
July 22, 2022.



See you soon.

Las Villas of Plattekill and Ulster County By Ismael "Ish" Martinez

*While we usually associate Catskill resorts with the Jewish Catskills, several other immigrant groups carved out niches for themselves throughout Ulster County during the early years of the 20th century. What follows are excerpts from Ish Martinez's book, *Las Villas of Plattekill and Ulster County*, part of the *Images of America Series* (Arcadia Publishing, Charleston, SC, 2016). The author's family owned and operated the *Sunny Acres Hotel* in Plattekill. (Geoff Miller, *Ulster County Historian*).*



Just as many other European immigrants had done at the turn of the 20th century, Spanish immigrants had come to America searching for jobs, greater opportunities, and a better life and future for their children. Beginning in the 1920s, Spanish immigrants in New York City and its environs felt the need to relocate to more rural surroundings. They wanted to get back to their roots and to escape the often crowded and unwholesome conditions that existed in many of the larger cities at that time.

Alejandro Rodriguez, the owner of the Villa Rodriguez, had been a cigar maker in Cuba, the Florida Keys, or Ybor City (a Spanish enclave of Tampa), before settling in Plattekill. By most accounts, he was the first Spaniard to buy a working farm and transform it into a villa.

Many villas were soon to follow in Plattekill and in other Ulster County towns, like Wallkill, Phoenicia, Rifton, Allaben, Shokan, Shandaken, and Ellenville. At first, like many other villa owners, Alejandro primarily operated his property as a farm and supplemented it by taking in summertime tourists. Eventually, most of the owners of villas operating as both a farm and a villa put all their energies into running them exclusively as villas. Their guests liked the fact that they could find in these resorts the authentic Spanish food and music they cherished.

A common adage from the people who experienced the social life at Las Villas goes as follows: "It was the Latin version of the movie *Dirty Dancing*."

In the 60 years or more of their existence, the villas entertained tens of thousands of guests from the tristate area. With the growing trend in the 1980s of affordable fly-away vacations and the younger generation seeking other forms of recreation and entertainment, Las Villas became less popular and interest waned such that only a couple of villas remained in operation by the year 2000.



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July 2022 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Prepared by Gateway Hudson Valley "Menu Subject to Change"	For Meals Program Information and Home Delivered Meal Cancellations Call: 845-331-2496	Community Café Information, Reservations or Cancellations Call: 845-331-2180		1 Cheese Lasagna Green Peas Diced Carrots Whole Wheat Bread Mandarin Oranges
CLOSED 4th of JULY Hawaiian Chicken Baked Sweet Potato Italian Vegetable Blend Whole Wheat Bread Apple Cake	5 Caribbean Flounder Coconut Rice Grilled Plantain Whole Wheat Roll Pineapple Chunks	6 Beef Stroganoff Mushroom Gravy Buttered Egg Noodles Green Peas Rye Bread Peaches	7 Eggplant Parmesan Penne Pasta Broccoli Green Salad with White Beans Whole Wheat Roll Vanilla Pudding with Fruit	8 BBQ Pulled Pork Baked Beans Braised Cabbage Rye Bread Pears
11 Stuffed Peppers Garlic Mashed Potatoes Sliced Carrots Whole Wheat Bread Pineapple Chunks	12 Apricot Chicken Baked Sweet Potato California Blend Vegetables Rye Bread Oatmeal Cookies	13 Chicken Parmesan Penne Pasta Zucchini Rice Pudding with Raisins	14 Shrimp Alfredo Snap Peas Yellow Squash Whole Wheat Bread Fresh Orange	15 Cheese Pierogies Brussels Sprouts Baby Carrots Fresh Salad with Red Beans Rye Bread Applesauce
18 Roast Turkey Mashed Potato Mixed Vegetables Whole Wheat Bread Fruit Cocktail	19 Hamburger with Caramelized Onions Baked Sweet Potato, Corn Green Salad with Black Beans Whole Wheat Roll Tropical Mixed Fruit	20 Lemon Chicken Mashed Cauliflower Green Peas Rye Bread Peach Cake	21 Breaded Fish Sweet Potato Puffs Broccoli Whole Wheat Roll Pineapple Chunks	22 Vegetable Lasagna Diced Carrots Italian Green Beans Whole Wheat Bread Rice Pudding with Raisins
25 Stuffed Shells Italian Vegetable Blend Sauteed Squash Green Salad with White Beans Peaches	26 Turkey Sausage & Peppers Roasted Potato Diced Carrots Tapioca Pudding with Fruit	27 Beef Stir Fry Jasmine Rice Snap Peas Whole Wheat Bread Fruit Cocktail	28 BBQ Chicken Baked Sweet Potato Yellow Corn Whole Wheat Bread Pears	29 Lemon Garlic Fish Rice & Beans Collard Greens Whole Wheat Roll Peanut Butter Cookie



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

UCOFA 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, Mondays and 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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06-5324

Frauds and Scams to Avoid

In their never-ending pursuit of your money and identity, criminals are constantly coming up with new cons. Here's a closer look at some types of scams that are becoming more common.

1. Google Voice Scam.

Let's say you've posted a notice online — an item for sale, for example, or a plea to find a lost pet — and included your phone number. In this scam the crook will call you, feign interest, but say they want to verify first that you aren't a scammer. They tell you that you are about to get a verification code from Google Voice (their virtual phone and text service) sent to you, and ask you to read it back. What's really going on: They are setting up a Google Voice account in your name. "They can go on to perpetrate scams and pretend to be you, hiding their footprint from law enforcement," says Eva Velasquez, CEO of the Identity Theft Resource Center.

How to stay safe: "Never share verification codes with anyone," Velasquez says. If you have fallen for this scam, you'll find steps to reclaim your account at the Google Voice Help Center.

2. Rental Assistance Cons.

As eviction bans in cities and states expire, renters should be on the lookout for rental assistance scams, says Deborah Royster, assistant director at the Consumer Financial Protection Bureau. Over 583,000 older adults were behind on their rent in mid-2021, opening the door for scammers to impersonate government or nonprofit employees and to request personal info and money up front for applications.

How to stay safe: Apply only to legit rental assistance programs run by government or nonprofit groups, Royster says. Find programs in your area at cfpb.gov.

3. Fake-Job Frauds.

Scammers harvest contact info and personal details from résumés posted on legit job websites like Indeed, Monster and CareerBuilder. Then, pretending to be recruiters, they call, email, text or reach out on social media with high-salary or work-at-home job offers. Sometimes the goal is to get additional info about you; other times it's to persuade you to send money for bogus home-office setups or fake fees.

How to stay safe: Use a separate email address just for job hunting, and set up a free Google Voice phone number that rings on your phone but keeps your real number private, says Alex Hamerstone, advisory solutions director for the information security company TrustedSec. If you get a sudden job offer, independently call the company's human resources department to verify it is real, suggests Sandra Guile, spokeswoman for the International Association of Better Business Bureaus.

4. Fake Amazon Employees.

One-third of business-impostor fraud complaints involve scammers claiming they're from Amazon, the Federal Trade Commission (FTC) reports. Older adults are four times more likely to lose money and get hit harder —

Continued on page 13

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Continued from page 7

losing a median of \$1,500, versus \$814 for younger adults — in such scams. “Amazon is the biggest, best-known company in the [online sales] space,” Hamerstone says. So the impersonator scams “feel real” to people.

How to stay safe: Ignore calls, text messages, emails and social media messages about suspicious account activity, raffles or unauthorized purchases. If you think you may have a real account problem, contact Amazon customer support at 888-280-4331.

5. Local Tax Impostors.

Scammers are impersonating state, county and municipal law enforcement and tax collection agencies to get you to share sensitive personal information or send money to “settle your tax debt.” They may call, email or mail letters threatening to revoke your driver’s license or passport. Some pretend to offer state tax relief.

How to stay safe: Ignore any such calls and emails. Real tax agencies, from the IRS to your town tax collector, do business by mail and won’t ask you for passwords or bank account or credit card info. They also won’t threaten to call the police or ask you to pay with gift cards, peer-to-peer (P2P) payment apps or cryptocurrency.

6. ‘Favor for a Friend’ Gift Cards.

You receive an email from a friend asking for a quick favor. She’s having trouble with a credit card or store account and, annoyingly, can’t buy a gift card she needs for a birthday present. Will you buy the card and call her with the numbers on the back? She’ll pay you back. But this favor’s really a fraud, as it’s almost always an impostor sending the request, the Better Business Bureau (BBB) warns. If you do as told, you’ll never see the money again because gift cards don’t have the protections that debit and credit cards have.

How to stay safe: Call or text your friend to confirm the person really needs the favor. Target, Google Play, Apple, eBay and Walmart were some of the top cards used by scammer. “Always double check before sending someone money,” the BBB advises.

7. P2P Payment Requests.

Scammers are increasingly demanding payment via money-transfer apps like Venmo, Zelle and Cash App. It’s so convenient — you pay in seconds from your phone or computer. But these payments usually cannot be canceled.

How to stay safe: Only use P2P apps to send money to friends and family. Turn on the security-lock feature that requires entering a passcode to make a payment.



Garden tips for July

- Edge beds to make a clean line and define them, and keep edges clean with regular fine-tuning with grass shears. A clean edge makes a big difference.
- Deadhead faded perennials unless they have showy seed heads (same with bulbs), or you want to collect seed later (non-hybrids only).
- Softwood cuttings of buddleia, weigela, rose-of-Sharon and roses, among other shrubs, can be taken to propagate more plants inexpensively.
- For peak flavor, basil, sage, marjoram, oregano, mint, and tarragon are best harvested just before bloom.
- Watch the leaves of your tomato plants for signs of leaf spot diseases.

DID YOU KNOW?

Strawberries can also be white or yellow, and some can even taste like pineapples.

July recognizes dried beans as important source of nutrition. Dry beans are always a good companion to beef, pork, chicken, or fish, but they are also a great protein source on their own. And now more than ever dry beans are the perfect staple for any pantry – easy preparation, can be included in most recipes and economical.

Dry beans are the mature form of legumes. They include great northern beans, pinto beans, black beans, kidney beans, garbanzo beans, black-eyed peas, split peas, and lentils. Here are some reasons to eat beans every week:

1. Beans are nutrient-dense. They are a source of high-quality protein, and provide zinc, iron, potassium, folate, are high in fiber and low in fat. Beans can be counted for a protein or a vegetable food to meet 2015-2020 Dietary-Guideline recommendations for Americans of eating 1 ½ cups each week. A ½-cup serving of cooked beans provides 7-10 grams of protein.
2. Beans have a long shelf life. Dried beans can be stored at room temperature for one to two years. Cooked beans should be used within four days or may be frozen for up to six months. They are also available canned or frozen.
3. Dry beans are inexpensive, so they fit in any budget. A half-cup serving of cooked beans costs about 17 cents. They require some time to prepare, but very little hands-on time.
4. Beans are delicious and easy to prepare. One cup of dry beans will yield about 2 cups of cooked beans or four servings. Prepare a large batch and freeze the extra beans for later use.

How to use: Sprinkle on salads, add to soups, mix in meatloaf, add to vegetables, pastas, mac & cheese, or marinate, roast, mash them. Have fun with recipes or make your own

From the desk of the UCOFA Registered Dietitian: Juanita Bryant, RDN, CD. Nutrition Consults are free to Ulster County Seniors 60 and over. Consults currently via phone with the UCOFA Registered Dietitian. To make a referral, please call 845-340-3456.

Tai Chi for Arthritis and Falls Prevention

(Beginner level)

Tuesdays and Fridays
2:30 to 3:30 P.M.

Starting July 12 2022
Saugerties Public Library
91 Washington Avenue
Saugerties, 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. This is a program that builds on each class. Masks are at the discretion of presenter. Free to Ulster County Seniors age 60 and over. Space is limited. Call 845-340-3456 to R.S.V.P.

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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.

alzheimer's  association®

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
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