

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

JUNE 2021



Our mission at the Ulster County Office for the Aging is to assist Ulster County Seniors to be as independent as possible, for as long as possible. This is accomplished through advocacy, development and delivery of person-centered, consumer-oriented, and cost-effective policies, programs and services which support and empower the elderly and their families.

We accomplish this in partnership with the network of public and private organizations that serve them.

Are you 60 years old or older and...

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...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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OFA DIRECTOR MESSAGE

To our stalwart, patient Seniors of Ulster:  
 Our patience and self-care is starting to pay off!  
 Things are opening up, we have some activities and things to share with you, and we urge those who have not yet done so, to get a vaccine.  
 Thursday, June 24 from 1:30 on – we are having a big Bingo game! At Robert Post Park! Birthday Bingo, to be exact, and cake and punch will be served. Trivia games, themed Bingo games, and prizes available! Registration is limited!  
 There will also be senior picnics at Robert Post Park on August 26, and Lippman Park in the town of Wawarsing on July 22 (rain date 7/29).  
 Our offices are ready to serve you, and will be open starting June 1. All fully vaccinated visitors will be allowed to shed their mask after showing proof of either a vaccination card, or a NYS Excelsior Pass. Otherwise any visitors will be expected to wear a mask and stay socially distant.  
 We will once again be distributing Farmer’s Market Coupons – they usually start in June, and we are hopeful that we will be able to give them out at the office again!  
 Our program folks are here and willing to take your calls – we have a new Meals Manager from Gateway, so we are also hopeful that some of our wait list will decrease, as he accepts new clients onto the meals program.  
 We are considering opening congregate dining again! Slowly at first, perhaps a day a week, but it’s something!  
 We will begin offering A Matter of Balance, and other evidenced-based exercise and balance and strength programs soon, thanks to a grant we were just awarded!  
 We are also looking at the Mall Walk, the movies, and other types of events we can safely have!  
 Crossing our fingers at seeing everyone soon,  
 I am,  
 Yours in health and safety,  
 Susan Koppenhaver, Ulster County OFA Director

Mandatory 10-Digit Dialing Becomes Effective on October 24, 2021

Beginning October 24, 2021, you must dial the area code + telephone number (or 1 + the area code + telephone number as applicable) for all local calls, calls within your area code that are currently dialed with seven digits.

In New York, the following area codes are affected by the switch to 10-digit dialing: 516, 607, 716, 845, and 914.

On and after this date, local calls dialed with only 7 digits may not be completed, and a recording will inform you that your call cannot be completed as dialed.

If you get this recording, you must hang up and dial again using the area code and the 7-digit number.

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Join Ulster County Office for the Aging for Birthday Bingo  
 June 24, 2021 at 1:30 P.M.  
 Robert E. Post Memorial Park  
 515 Park Road, Kingston, NY.  
 (Large Pavilion)

Refreshments will be served.

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 June 16.

Socially distancing guidelines will be followed.

Please wear a mask.

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2021 Annual Family Caregiver Conference via Zoom  
 Thursday, June 10, 2021.  
 10:00 A.M. to Noon.  
 Registration required by calling 845-481-0160.

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The Ulster County Older Adults Empowerment Council and Ulster County Executive Patrick K. Ryan present: What? Me Worry? How Ulster County is Responding to Ageism and Exploitation.

June 15, 2021  
 9:00 to 11:00 A.M.  
 Free event, via Zoom

Registration is required, [click to register.](#)

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**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.

We hope to be walking soon.

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.

**MEDICARE**

**Medicare Counseling**

The Health Insurance Information Counseling and Assistance Program (HIICAP) at the Ulster County Office for the Aging provides free and objection 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 a phone appointment with a HIICAP counselor, please call 845-340-3579.

The Ulster County Office for Aging may have to suspend all County sponsored activities as a pre-caution against social gatherings where the Coronavirus might be spread.

These activities include, but are not limited to, exercise classes (tai chi, gentle yoga, stretch band class, chair moves), picnics, lunch & learns, movies, and mall walks.

We will reassess the situation on a regular basis as circumstances change and develop.

Thank you.

**SUPPORT OUR ADVERTISERS!**



**UCOFA Online Learning for Seniors**

**June 17: Creamy Asparagus Pasta**

Presented by Juanita Bryant, UCOFA Registered Dietitian

*R.S.V.P. by June 14, 2021*

**June 22: Central Hudson Payment and Special Assistance Programs**

Presented by Danielle Whiteley, Consumer Outreach Representative

*R.S.V.P. by June 18, 2021*

**June 29: Advance Care Planning**

Presented by Erica Halwick-Williams, Esquire

*R.S.V.P. by June 24, 2021*

**Medicare: What you Need to Know & How you can Save Money**

Presented by Eleanor Minsky, UCOFA Health Insurance Counselor

June 30: *R.S.V.P. by June 25, 2021*

OFA Online Learning runs Noon to 2:00 P.M.

Free to Ulster County Seniors age 60 and over.

Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P. and receive confirmation email about joining the presentation online or dial-in.



Hope to see you soon.

**Solarize Ulster**

Solarize Ulster is Ulster County’s campaign to promote local renewable energy projects in the region through community solar subscriptions.

How does community solar work?

Anyone who pays an electricity bill is eligible to receive community solar credits. These monetary credits are generated by solar fields located in the County and surrounding region and must be purchased by a utility account holder.

Our campaign providers are offering these credits at a 10% discount—so you pay for only 90% of the credits you receive on your utility bill. There is no initial cost or monthly fee. For example: if you receive \$100 in credits, you will pay your provider \$90 and save the remaining \$10.

Why subscribe during Solarize Ulster?

- By subscribing to community solar, you will save up to 10% on your electric bill, with no upfront costs or monthly fees.
- Your subscription directly supports clean, renewable energy resources in our region.
- When you subscribe, your provider will donate \$100 to the County’s Green New Deal fund and send you a \$100 gift card for enrolling!

Visit <https://www.solarizeulster.org> to learn more, review vendors and enroll.



**VOLUNTEERS NEEDED!**

The Hudson Valley Long Term Care Ombudsman Program will be offering FREE New York State Ombudsman certification training for Ulster County residents.

Participation is available for anyone interested in volunteering as a Resident Advocate for people living in Long Term Care facilities.

Please call or email for more information on dates and times:

845-229-4680, ext. 102

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**June 2021 Community Café & Home Delivered Meals Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Baked Chicken & Gravy Mashed Potato Mixed Vegetables Whole Wheat Bread Fruit Cocktail	<b>2</b> Pulled Pork with Onions & Apples Brown Rice Brussels Sprouts Sweet Potato Whole Wheat Roll Lemon Pudding with Blueberries	<b>3</b> Meatloaf & Gravy Mashed Potato Meadow Mixed Vegetables Whole Wheat Bread Peaches	<b>4</b> <b>COLD MEAL</b> Chicken Salad Plate Pasta Salad Whole Wheat Roll Oatmeal Cookie
<b>7</b> Goulash Buttered Noodles Spinach Rye Bread Fruit Cocktail	<b>8</b> Jambalaya with Chicken & Sausage Brown Rice Cauliflower Corn Bread Pudding Pineapple Chunks	<b>9</b> Baked Fish with Mango Chutney Roasted Red Potato Green Beans Whole Wheat Bread Vanilla Pudding	<b>COLD 10 MEAL</b> Chef's Salad Plate with Turkey, Cheese & Egg WW Roll Angel Food Cake with Strawberries	<b>11</b> Apple Glazed Turkey Cutlet Mashed Potato Broccoli Whole Wheat Bread Peaches
<b>FLAG 14 DAY</b> Asparagus Quiche Cauliflower Peas Whole Wheat Roll Chocolate Pudding with Granola	<b>15</b> Beef & Gravy over Buttered Noodles Oriental Mixed Vegetables Rye Bread Mandarin Oranges	<b>COLD 16 MEAL</b> Salad Plate with Balsamic Chicken Potato Salad Carrot Salad Whole Wheat Bread Oatmeal Cookie	<b>17</b> Italian Meatballs & Pasta Italian Mixed Vegetables Whole Wheat Roll Fresh Fruit	<b>18</b> Sweet & Sour Chicken Brown Rice Broccoli Whole Wheat Roll Fruit Cocktail
<b>21</b> Salisbury Steak & Gravy Mashed Potato Spinach Rye Bread Pineapple Chunks	<b>22</b> Macaroni & Cheese Stewed Tomatoes Broccoli Whole Wheat Bread Pears	<b>23</b> Pasta & Meat Sauce Green Beans Whole Wheat Bread Fruited Gelatin	<b>24</b> Baked Chicken & Gravy Sweet Potato Cabbage Whole Wheat Bread Tropical Mixed Fruit	<b>25</b> <b>COLD MEAL</b> Tuna Macaroni Salad Plate Cole Slaw Whole Wheat Roll Apple Cake
<b>28</b> Beef & Peppers Mashed Potato Beets Whole Wheat Roll Tapioca Pudding with Fruit	<b>29</b> Chicken Divan Rice Pilaf Carrots Whole Wheat Roll Mandarin Oranges	<b>30</b> Meatloaf & Gravy Sweet Potato Broccoli Whole Wheat Bread Pears	Meals Prepared by <b>Gateway Hudson Valley</b> Milk is provided <b>"Menu Subject to Change"</b>	For Information or Home Delivered Meal Cancellation Call: <b>331-2496</b> Community Café Reservations call: <b>331-2180</b>





## 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?

For current clients, the sites and pickup times for weekly frozen meal pickup are as follows:

Monday – Ellenville, Trudy Farber Building, 50 Center Street, Ellenville, NY from 10:30 A.M. to 12:30 P.M.

Tuesday – Saugerties, Frank D. Greco Senior Center, 207 Market Street, Saugerties, NY from 10:30 A.M. to 12:30 P.M.

Friday – Rosendale, Rosendale Recreation Center, Route 32, Rosendale, NY from 10:30 A.M. to 12:30 P.M.

Community Café sites are closed until further notice.

Thank you.

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 nutritious hot (or frozen) meal delivered to Seniors at NO cost, Monday - Friday. 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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**NYS Tax Department Tax Tips for Property Owners: It's time to check your assessment**

In most towns across New York, assessors publish the tentative assessment roll on the town or county website in the beginning of May. The tentative assessment roll includes the property assessment, the assessor's estimate of the *market value* of the property (the amount your property could sell for), and exemption information.

You should review the tentative assessment roll annually. After you review the roll, you have the right to file a *grievance* (or contest the assessment) if you believe your property is *over assessed*, or if you think you have been inappropriately denied an exemption.

How to know if your property is fairly assessed

A fair assessment reflects your property's market value. Follow the steps below to determine whether your property is assessed fairly and to learn what you can do if your assessment is too high.

1. Estimate the market value of your property

To determine whether your property is assessed fairly, you first need to know the approximate market value of your property. [Learn how to estimate the market value of your home.](#)

Compare your estimate to the assessor's estimate of the market value of your property

Your assessment is based on the assessor's estimate of the market value of your property. You'll find your property's assessment and the assessor's estimate of its market value on the assessment roll. [See an overview of the assessment roll.](#)

2. Assessments may be at market value or a percentage of market value. If assessments are at market value, your assessment and the assessor's estimate of the market value will be the same. If your estimate and the assessor's estimate of market value are similar, then your assessment is likely fair. If not, continue to step 3.

3. Contact your assessor's office

If you don't believe that your property could sell for the assessor's estimate of market value, a conversation between you and the assessor can be helpful to both parties. If you come to a mutual agreement, your assessment can be reduced without going through the grievance process. However, if such a discussion does not result in a reduction in your assessment, you may wish to proceed to step 4.

4. Grieve your assessment

As a property owner in New York State, you are eligible to grieve (or contest) your assessment. The grievance process takes place at the municipal level, typically with the local board of assessment review. To learn how to grieve your assessment, see [Grievance procedures](#). In most communities, the deadline to apply is Grievance Day, which is typically the fourth Tuesday in May, but you should confirm the date with your assessor.

Learn more

- To find the date when the tentative assessment roll is published in your municipality, visit [Municipal Profiles](#).
- You can also find contact information for your assessor in [Municipal Profiles](#).
- Review [Learn about assessments and property taxes](#).

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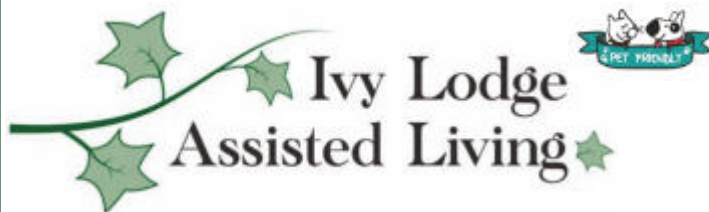
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06-5324

**June is Alzheimer’s & Brain Awareness Month**

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. It’s never too late or too early to incorporate healthy habits to achieve maximum benefit for the brain and body. Follow these 10 tips to help you achieve optimal brain health this June:

10 ways to love your brain:

**Break a sweat:** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

**Butt out:** Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

**Heads Up!:** Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

**Catch some ZZZ’S:** Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

**Stump yourself:** Challenge and activate your mind. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

**Hit the books:** Formal education in any stage of life will help reduce your risk of cognitive decline and dementia.

**Follow your heart:** Evidence shows that risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

**Fuel up right:** Eat a healthy and balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

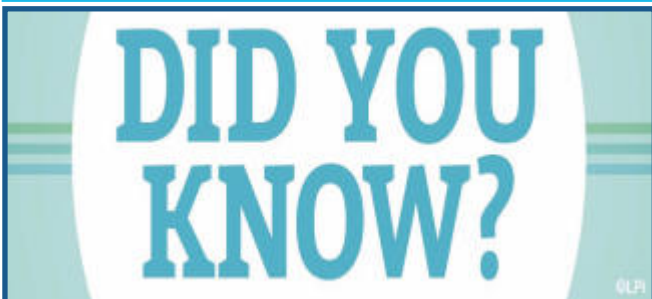
**Take care of your mental health:** Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

**Buddy up:** Staying socially engaged and pursuing activities that are meaningful to you may support brain health.



**Garden tips for June**

- Make a pass through each garden bed each week, since weeds are not just unsightly but steal moisture, nutrients and light from desired plants. Apply mulch to all beds to help in the plight.
- Mulch vegetables with baled or chopped straw, partially rotted leaves, or other available organic materials.
- Potted plants and hanging baskets need extra attention, especially smallish ones in sun, and they also need regular feeding. During hot spells, provide water twice a day.
- Eggplants and peppers should be in the ground early this month, and too-small tomato cages can be recycled to hold these guys up.
- To speed up decay, fork over your compost pile and soak it thoroughly.
- Prevent garden pests; a treatment of soapy water can deter many pests, including aphids and cucumber beetles, and shallow pans of beer works for slugs.



Flamingoes are only pink because of chemicals called carotenoids in the algae they eat; their feathers are grayish white when they’re born.

**Kidney Stones - What are they?**

The painful kidney stone begins as a tiny crystal and as time goes by builds up into a bigger and more solid mass. The formation of kidney stones occurs when the urine contains an increase of more crystal- forming material like calcium, uric acid, and oxalate with inadequate fluid in the urine to dilute.

What are the symptoms?

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 1. Pain in the back, belly, or side | 5. Cloudy or smelly urine          |
| 2. Pain or burning during urination | 6. Small amount of urine at a time |
| 3. Urgent need to go                | 7. Nausea and vomiting             |
| 4. Blood in the urine               | 8. Fever and chills                |

Calcium oxalate is the most common type of kidney stone. Many individuals can benefit from reducing their intake of high oxalate containing foods. Your physician will inform you if oxalate is elevated in your body.

How to avoid kidney stones:

1. Consume fewer high-oxalate foods: spinach, bran flakes, rhubarb, beets, potato chips, French fries, nuts, and nut butters.
2. Increase the amount of calcium in your diet: calcium reduces the amount of oxalate the body absorbs so stones are less likely to form. Consume 2 to 3 servings of rich calcium foods or beverages daily such as milk, yogurt, or cheese.
3. Limit vitamin C in the diet to one serving daily: oxalate is a product of Vitamin C or ascorbic acid metabolism. Increased intake of Vitamin C can increase oxalate creation.
4. Drink, Drink, Drink: Diluting the urine helps reduce crystal formation. Consume 8-10 glasses daily with at least 5 of them being water. Your Registered Dietitian can help you determine the amount that is most appropriate for you.
5. Consume enough protein daily: Daily needs are generally met with 2-3 servings a day (4 to 6 ounces). Consuming more than this puts you at risk of developing kidney stones needlessly.
6. Sodium reduction: Reduce the amount in your diet to 2000 mg per day. Limit fast and processed foods, deli meats, sauerkraut, pickles, and canned products.

*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.*

**VOLUNTEER**

During the past six months, more Seniors than ever are now shut in and isolated. If you'd like to volunteer to give Seniors a friendly call every week, they would greatly appreciate it. Your effort would help to improve the lives of Seniors in our community.

If you'd like to help a Senior in need, contact Patrick McDonough at the OFA Volunteer Program: 845-802-7935 or pmcd@co.ulster.ny.us.

**10 Reasons to Volunteer**

1. Healthy body, healthy mind.
2. It brings fun and fulfillment to your life.
3. Help others.
4. Make a difference.
5. Enjoy a meaningful conversation.
6. Connect with your community.
7. Feel involved.
8. Meet new people.
9. Get out of the house.
10. Feel better about yourself.

**ADT-Monitored Home Security**

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider **SafeStreets** 1-855-225-4251



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*Serving the Hudson Valley since 1994!*

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We Do Wax Removals • We Work With All Insurance Plans  
Audiologists on Staff • We Have the Newest Rechargeable Hearing Aids



*The senior care experience you want, matched by the safety and care you deserve.*

As a family-owned business for over three decades, we take great pride in our senior communities. Throughout the Hudson Valley, Wingate is well known for our innovative skilled nursing programs for those in need of short-term rehabilitation, post-acute care and long-term care.

### Wellness and Life Enrichment Highlights

- Dedicated Nurse Infection Preventionist at each location
- Ongoing infection control education for all staff
- Private rooms for quarantining new admissions
- Virtual visits with family members
- Socially distant activities and programs to keep our residents engaged

*At Wingate Healthcare, the safety and health of our community is our top priority. Contact us today for more information on our latest safety initiatives and visit our website for details on a community near you.*

**1-833-2WINGATE**

*Applications for long-term care now being accepted.*

Located in Beacon, Fishkill and Highland, NY | [www.wingatehealthcare.com](http://www.wingatehealthcare.com)

# SAUGERTIES SENIOR HOUSING

## Subsidized Housing for Low Income Senior Citizens

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## OFFICE FOR THE AGING

Susan Koppenhaver,  
Director

845-340-3578

Judy Riley, Deputy Director

845-340-3580

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**  
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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