

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

JUNE 2023



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](http://ULSTERCOUNTYNY.GOV/AGING)

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06-5324



## UCOFA DIRECTOR MESSAGE

Greetings to the Older Adults of Ulster County!  
Welcome to June! "May June bring you joy, happiness, love, and lots of sunshine." "March into May to witness that fullness of life in June." "Life is better in flip-flops. Life is better in June." Not that I advocate flip-flops if you are having balance problems, or feet issues! But they are cooler when it's hot out!

Hope some of you have planted gardens if you can, or at least a nice pot of flowers to keep growing in your space. Things are heating up in this month as well – we have a nice Lunch and Learn speaking about gardening in June in Rosendale (on the 6th), an Older Adults Empowerment Council Forum on the 15th speaking to Social Isolation (recently quoting the Surgeon General that social isolation is at least as bad for your health as smoking!!) – all online, or if you want to come to a local library or watch in our Hub, and a Senior Prom at the end (6/29). We are co-sponsoring an event (with Statewide Senior Action Council) with a representative from HHS on June 20 here in our Hub who will come speak about government plans for assisting seniors. Call 845-340-3456 for more details. Busy month! We will be soon receiving our Farmers' Market coupons we get every year, to begin distributing them in July and August, so look for us at a gathering place near you! We also have the ability to bring Balance and Fall Prevention classes to you, so let us know if that is something your senior complex might want, or your senior group has been discussing – we'd love the opportunity to offer these classes around the County to those who know their importance!

Our staff has slowly been growing – we have a new Case Manager – some of you will meet her, I'm sure, and we will be adding to our Homemaker staff – those lovely folks who help so many of you stay safe at home by doing the tasks that you might not handle as well anymore, but allow you to stay there. Our County has been very supportive of these additions, and know how important it is for our older neighbors to stay at home, live in their own house, and remain a vibrant member of the community. Here's to our gardens, their eventual bounty, and the lovely fireflies we will soon see at night!

Susan Koppenhaver,  
Ulster County Office for the Aging Director

### 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:  
6/1/23: **Online Security for Seniors:** This class will cover Internet Safety, Online Scams, and Securing your Devices.

6/8/23: **Q&A with Individual Support:** Your opportunity to bring your device and your questions and sit down for some one-on-one tech help.

6/15/23: **Apple iPad Class:** Viewing Photos, Reading Books, Watching TV & Movies, Using the Split Screen and more.

6/22/23: **Computer Clean Up:** Tips on cleaning up your computer and an introduction to a safe way to download free programs from Ninite. (Installs and updates all your programs at once on Windows Computers).

6/29/23: **Q&A with Individual Support:** Your opportunity to bring your device and your questions and sit down for some one-on-one tech help.

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 Senior of the Year

Each year, Ulster County recognizes two individuals as Seniors of the Year for their enduring commitment to Ulster County in their important and vital roles as volunteers. We ask that you consider nominating individuals who have made a commitment to excellence in your community by volunteering and submit their names for the 2023 nominations for "Senior of the Year."

Please consider nominating a notable Senior in your life that has demonstrated a long-term commitment to Ulster County by volunteering in the community. A nomination form can be found at our website at <https://ulstercountyny.gov/aging>. Or, call the Ulster County Office for the Aging at 845-340-3456. All nominations must be received by July 31, 2023.

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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.*

## **UCOFA Weekly Game Day**

Wednesdays, 1:00 to 3:00 P.M.

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

Please use social distancing to the extent possible.  
Masks are optional.

## **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 P.M., 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 \$2,280 or less (Married income \$3,077 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.

### **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.

## UCOFA Lunch and Learn for Seniors

### July 13 : Medicare 101

Presented by Bob Meci, UCOFA Health Insurance Coordinator

Shawangunk Town Hall, 14 Central Avenue, Wallkill, NY.

*R.S.V.P. by June 30, 2023*

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. Masks are optional (at discretion of presenter).

Ulster County Older Adults Empowerment Council and  
Ulster County Executive Jen Metzger present

### Is Anyone There?

### Older Adults and Social Isolation: How Having a Community & Social Connections Can Help Prevent Fraud & Abuse.

June 15, 2023, from 1:30 to 3:30 P.M. via Zoom

Or Contact Ulster County Office for the Aging for local places to view the event at 845-340-3456 (those in attendance will receive a bag of info.)

Presentations by:

Nicholas R. Nicholson, JR., PhD, MPH, RN, PHCNS-BC Professor of Nursing at Quinnipiac University

Ulster County Enhanced Multi-Disciplinary Team (EMDT)

Panel: Office for the Aging, Adult Protective Services, Jewish Family Services (EMDT), UC Sheriff's Office, UC Mental Health, and Legal Services of the Hudson Valley.

This event will be virtual (via Zoom), is free of charge, and open to the public. Registration is required by copying the following into your computer browser: <https://bit.ly/3LLIwFT>

To view at a local library or hub call the Ulster County Office for the Aging for locations.

To register over the phone, call the Ulster County Office for the Aging at 845-340-3456.

## Tai Chi for Arthritis and Falls Prevention

(Beginner level)

Tuesdays and Fridays

1:15 to 2:15 P.M.

Starting June 13, 2023

Olive Free Library

4033 Rt 28-A, West Shokan, 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. Free to Ulster County Seniors age 60 and over. Space is limited. Call 845-340-3456 to R.S.V.P.



Happy Flag Day



See you soon.

## Medicare Card Scam

An imposter from Medicare or a health care agency contacts you and asks for your updated information so they can send you a new Medicare card. If you have a Medicare card, you don't need a new one, nor should you speak to anyone who says you'll need to "update your information" in order to get a new card. This is a fraud.

To prevent Medicare frauds and scams **DON'T**:

- Give your Medicare card, Medicare Number, Social Security card, or Social Security Number to anyone except your doctor or people you know should have it (like insurers acting on your behalf or people who work with Medicare, like your State Health Insurance Assistance Program (SHIP). Get the contact information for your local SHIP.
- Accept offers of money or gifts for free medical care.
- Allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.
- Join a Medicare health or drug plan over the phone unless you called us.

Remember that Medicare will never call you to sell you anything or visit you at your home. Medicare, or someone representing Medicare, will only call and ask for personal information in these 2 situations:

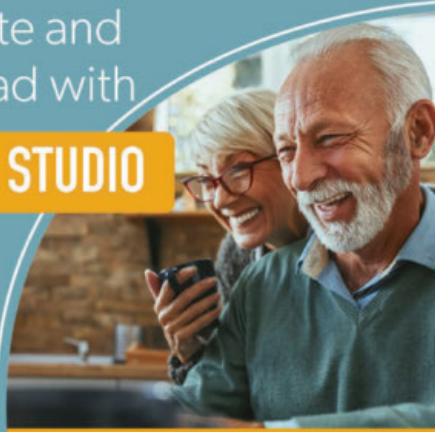
1. A Medicare health or drug plan may call you if you're already a member of the plan. The agent who helped you join can also call you.
2. A customer service representative from 1-800-MEDICARE can call you if you've called and left a message or a representative said that someone would call you back.

Call the Medicare number if you suspect fraud. Also contact your local US attorney's office and the state Attorney General's office. You can also file a complaint online on the Federal Trade Commission's website.

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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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## June 2023 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Prepared by <b>Gateway Hudson Valley</b> Milk is provided WW = whole wheat <b>"Menu Subject to Change"</b>	For information or Home Delivered Meal cancellation call: <b>845-331-2496</b> Community Café information call: <b>845-331-2180</b>		1 Veal Parmesan Linguini and Sauce Winter Blend Vegetables Rye Bread Peaches	2 Meatloaf w/Onion Gravy Mashed Potatoes Beets w/Dill & Garlic W/W Roll Pineapple Chunks
5 Vegetable Lasagna w/Cream Sauce Zucchini Salad W/W Roll Mixed Fruit	6 Pier 17 Fish Filet Cubed Sweet Potatoes Capri Blend Vegetables Rye Bread Oatmeal Raisin Cookie	7 Baked Ziti w/Meat Sauce Italian Blend Vegetables W/W Bread Mandarin Oranges	8 Salisbury Steak w/Mushroom Gravy Sliced Potatoes Peas & Carrots Rye Bread Pineapple Chunks	9 Pork Loin w/Pan Gravy Buttered Egg Noodles Peas & Onions W/W Roll Apple Sauce
12 Chili Baked Potato w/Cheese Broccoli W/W Roll Pineapple Chunks	13 Sausage & Peppers Buttered Orzo Peas Rye Bread Tropical Fruit	<b>FLAG 14 DAY</b> Bruschetta Chicken Penne Pasta Italian Blend Vegetables W/W Bread Pears	15 Crab Cakes Rice Pilaf Brussel Sprouts Rye Bread Lemon Pudding Mandarin Oranges	116 Ravioli w/Meat Sauce Spinach & Kale W/W Roll Peaches
<b>CLOSED 19 JUNETEENTH</b> BBQ Chicken Baked Beans Cole Slaw W/W Roll Tapioca Pudding Peaches	20 Sliced Turkey Rice Summer Squash W/W Bread Fresh Fruit	21 Hamburger Lettuce & Tomato Sweet Potato Tots Green Beans W/W Bread Peanut Butter Cookie Pineapple	22 Chef Salad w/Lettuce & Tomato, Egg, Chick Peas, Peppers, Turkey, Roast Beef, Swiss Cheese W/W Bread Pears	23 American Chop Suey w/Elbow Macaroni Beef, Onions, & Tomato Sauce Peas Rye Bread Tropical Fruit
26 Teriyaki Pork Fried Rice Oriental Vegetables W/W Bread Mandarin Oranges	27 Stuffed Shells Italian Blend Veggies Rye Bread Peaches	28 Chicken Salad w/Cranberries, Pasta Salad w/White Beans, Red Peppers, Carrots W/W Roll Pineapple Chunks	29 Lasagna w/Meat Sauce Brussel Sprouts Rye Bread Tropical Fruit	30 BBQ Chicken Potato Salad Broccoli Slaw W/W Roll Pudding Pears





## 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 days of the week.

### UCOFA Community Café Locations:

Ellenville: Trudy Farber Building, 50 Center Street,  
Ellenville, NY, Mondays and Wednesdays

Kingston: Ulster County Senior Hub,  
5 Development Court, Kingston, NY,  
Mondays and Wednesdays

New Paltz: New Paltz Community Center,  
3 Veterans Drive, New Paltz, NY, Thursdays

Rosendale: Rosendale Recreation Center,  
1055 Route 32, Rosendale, NY, Fridays

Saugerties: Frank D. Greco Senior Center,  
207 Market Street, Saugerties, NY, Tuesdays

Woodstock: Mescal Hornbeck Community Center,  
56 Rock City Road, Woodstock, NY, Thursdays

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

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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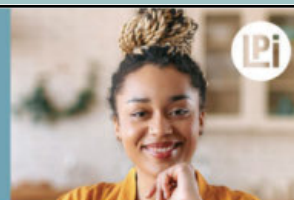
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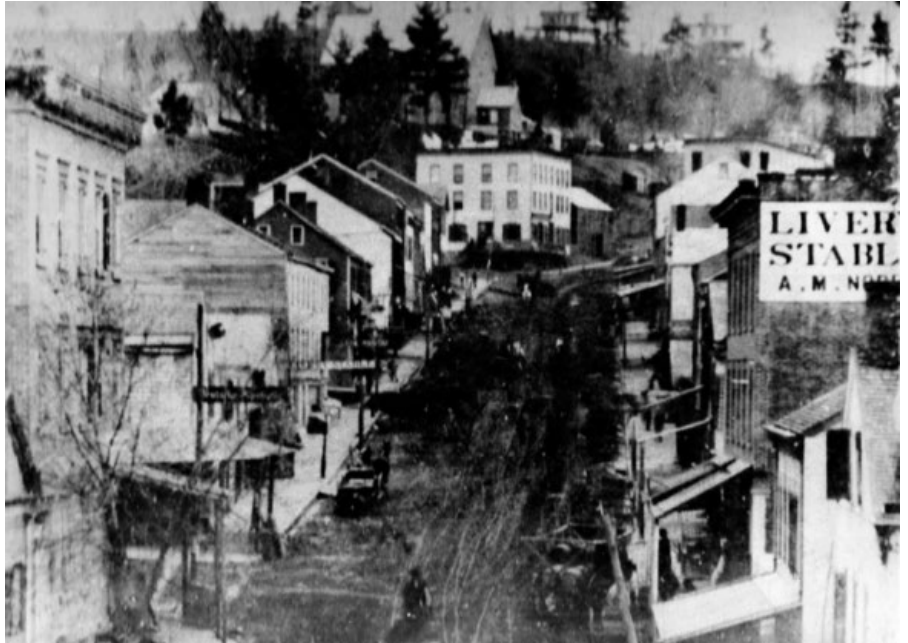
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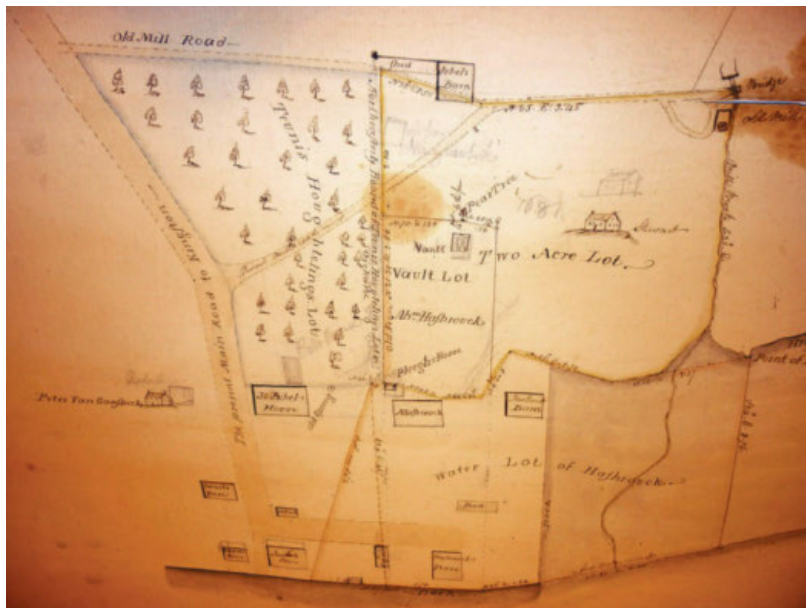
## When Change Came to Kingston by Geoffrey Miller, Ulster County Historian

"I am at times amazed when I contemplate the changes which have taken place within the territory of the City of Kingston, even within my own limited recollection," Marius Schoonmaker (1811-1894) reflected in the opening pages of his *History of Kingston* in 1888.

In every generation, people are confronted by change. Some will inevitably see the promise it can bring, while others will mourn the passage of the "the good old days." But imagine yourself on the banks of the Rondout Creek at Kingston Landing in 1820, surrounded by farms and a few docks, the landscape seemingly unchanged from as far back as you could remember. If you were informed, you probably would have been aware of the new forces shaping the new nation: "canal fever" inspired by the Erie Canal, the change from wood to coal to power factories and heat homes, and the introduction of steam travel on the Hudson. Even so, looking out across the creek you would have been hard pressed to imagine how radically these larger forces would affect the ground on which you were standing even before the decade's end.



By 1823, the Delaware & Hudson Canal Company had incorporated to build a canal to bring coal from Honesdale, Pennsylvania, to Kingston to be transferred from canal boats to river barges for the trip to markets in New York. Work began on the D & H Canal in 1825 and was completed by 1829. 7,000 tons of coal was shipped that year. By 1859 that number had grown to 1,300,000 tons.



Regular steamboat service was also inaugurated in 1829 between Wilbur and New York City and between Rondout and New York City by 1831. The steamboat *Congress* left Wilbur every Wednesday and Saturday and returned every Monday and Thursday. With several steamboats operating, daily service to New York City was now possible. A trip that once had to be calculated in terms of the number of days it took in 1820 could be measured in terms of the number of hours by the decade's end.

By the decade's end, as well, a new town, Rondout, had taken root on the spot on which you would have stood that day to house the workers who built and ran the canal and the industries that sprang up around it, and for the shopkeepers that served the needs of the growing community.

For people dealing with pain, anxiety, or sleep disturbances, CBD has become an increasingly popular option for natural relief without side effects.

“Education is paramount” says *Your CBD Store Kingston* owner, Matthew Tallarico. “Once customers understand how CBD works and have someone to help them find the right product and dosage, that’s when we see folks getting the best results.”

Not all CBD is created equally, so consumers should make sure they’re purchasing products that are 3rd party tested, organic, U.S. grown and extracted using clean methods.

If you're interested in trying a free sample of high-quality CBD, visit *Your CBD Store Kingston* at 1220 Ulster Ave., or call us at 845-383-1425.

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## June is Alzheimer's and Brain Awareness Month

Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. Alzheimer's disease is considered to be younger-onset Alzheimer's if it affects a person under 65. The most common early symptom of Alzheimer's is difficulty remembering newly learned information. Just like the rest of our bodies, our brains change as we age. Most of us eventually notice some slowed thinking and occasional problems with remembering certain things. However, serious memory loss, confusion and other major changes in the way our minds work may be a sign that brain cells are failing. Alzheimer's changes typically begin in the part of the brain that affects learning. As Alzheimer's advances through the brain it leads to increasingly severe symptoms, including:

- Disorientation
- Mood and behavior changes
- Deepening confusion about events, time and place
- Unfounded suspicions about family, friends and professional caregivers
- More serious memory loss and behavior changes
- Difficulty speaking, swallowing and walking

People with memory loss or other possible signs of Alzheimer's may find it hard to recognize they have a problem. Signs of dementia may be more obvious to family members or friends. Anyone experiencing dementia-like symptoms should see a doctor as soon as possible. The first step in following up on symptoms is finding a doctor you feel comfortable with. Many people contact their primary care physician about their memory or thinking concerns, and primary care doctors often oversee the diagnostic process themselves. Your doctor will evaluate your overall health and identify any conditions that could affect how well your mind is working. When talking to your primary care physician about memory and thinking problems, ask how familiar he or she is with diagnosing dementia and whether there are circumstances in which he or she would refer to a specialist. The specialists listed below can evaluate memory and thinking issues and diagnose dementia. Some people with unclear symptoms, including those under age 65, may require evaluation by two or more specialists who combine their findings to reach a diagnosis:

- Neurologist, who specializes in diseases of the brain and nervous system.
- Psychiatrist, who are trained in general psychiatry with additional training in mental health and aging.
- Psychologist, who has special training in testing to assess thinking abilities, including memory, attention, language, reading and problem-solving skills.
- Geriatrician, who specializes in the care of older adults and dementia.

If you need assistance finding a doctor with experience evaluating memory problems, your local Alzheimer's Association can help. Earlier diagnosis and intervention methods are improving dramatically, and treatment options and sources of support can improve quality of life.



## Garden tips for June

- Continue sowing carrots, beets, radishes, salad greens, dill.
- It's not too late to plant tomato seedlings and other plants still growing in pots.
- Be mindful of your container garden: plants in pots tend to dry out much faster than those in the ground.
- Shredded leaves, wood chips, grass clippings, straw, and even newspaper and cardboard can be used as mulch. Adding organic matter like compost can also improve moisture levels.
- Regularly weed new beds of pachysandra, vinca minor, and others.

# DID YOU KNOW?

June has three birthstones – Alexandrite, Moonstone, and Pearl.

## What's New with the Nutrition Drug Facts Label?

The U.S. Food and Drug Administration (FDA) is requiring changes to the Nutrition Facts label. This is the first major update to the label in over 20 years. This new design may make it easier for you to read and make informed choice for healthy eating habits.

### New Label

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 250mg	20%
Iron 8mg	45%
Potassium 240mg	6%

- 1 The serving size now appears in larger, bold font and some serving sizes have been updated.
- 2 Calories are now displayed in larger, bolder font.
- 3 Daily Values have been updated.
- 4 Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

What is no longer required on the label? Calories from Fat has been removed because research shows the type of fat consumed is more important than the amount. Vitamin A & C are no longer on the label as deficiencies in these vitamins are rare.

What Information has been added? Added Sugars have been added to the label as consuming too much added sugars can make it difficult to meet nutrition needs and maintain calorie limits. Added sugars include sugars that are added during processing of foods such as table sugar, honey, food sweeteners, sugars from fruit and juices. Vitamin D & Potassium are now required to be listed because we do not always get the recommended amounts.

What Vitamins & Minerals stayed the same? Calcium and Iron are still listed. We do not always get the recommended amounts of these vitamins & minerals.

## Caprese Quinoa Bake

- 1 1/3 C Quinoa
- 2 1/3 Low sodium vegetable broth ( You can use chicken broth as well)
- 3 Large red tomatoes
- 2 C Fresh spinach tightly packed
- 1 tbsp. Italian Seasoning
- 1/2 C Fresh grated Parmesan
- 2 Cloves minced garlic
- 1 (16 oz) ball of mozzarella
- Basil for garnish

Step 1: Preheat oven to 400 degrees. Prepare Quinoa according to package using the broth.

Step 2: Chop one tomato into medium pieces. In a 9" x 13" baking dish combine cooked Quinoa, Chopped Tomato, Spinach Italian Seasoning, Parmesan and garlic. Spread into an even layer.

Step 3: Slice remaining Tomatoes, then layer the Tomato slices with Mozzarella slices on top of the Quinoa mixture.

Step 4: Bake until cheese is melty and slightly golden, 20 - 30 minutes. Garnish with Basil before serving

*From the desk of UCOFA Registered Dietitian: Patricia Ricks, MPA, RD, CDN. 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.*

## Caregiver Support Group

Ulster County Office for the Aging (OFA) and the Mental Health Association in Ulster County, Inc. (MHA) are offering a support group designed for caregivers seeking support and interaction with other caregivers. The group will also allow caregivers to learn skills, share information, and learn about available resources.

Meets every Wednesday 3:00 to 4:15 P.M. Meetings are held at MHA, 300 Aaron Court, Kingston, NY or via Zoom.

Facilitated by MHA.

For registration and details, please call the Ulster County Office for the Aging at 845-340-3456.

Meet with a Care Consultant from the Alzheimer's Association for care planning customized to meet your needs. During a care consultation, Alzheimer's Association staff can help you:

- Navigate difficult caregiving decisions and family issues.
- Assess current needs and anticipate future care challenges.
- Develop an effective care plan and problem solve barriers.
- Offer supportive listening in a confidential, nonjudgmental environment.

Tara DeLuca will be in the Ulster County Office for Aging from 10:00 A.M to 1:00 P.M., on the following dates in 2023:

June 9, September 8, October 13, November 10, and December 8. Please call the Ulster County Office for the Aging at 845-340-3456 to make an appointment.



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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

845-443-8837

**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.