

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

JUNE 2024



It is the mission of the Ulster County Office for the Aging to assist and empower older adults and their families to live as independently as possible, with dignity and purpose.

Ulster County will strive to reach more older adults and expand upon its current services by bringing them to remote and underserved areas of the County.

This includes new educational health promotion, service enrollment and Senior advocacy program opportunities so they can stay in, and contribute to, their community.

Are you 60 years old or older and...

...Need a ride for a medical appointment?

...Would benefit from a nutritious home-delivered meal?

...Need help with legal matters or Medicare questions?

## Programs and Services:

- Home-Delivered Meals and Community Café's
  - Legal Services
  - HIICAP Medicare Counselling
  - Home Care Services
  - Transportation for non-emergency Medical appointments via Ulster County Area Transit (UCAT) or Neighbor to Neighbor
  - Medical Alert
  - Housing Information
  - Caregiver Support Group and Warm Calls
  - Tai Chi, Mall-Walk, and other Exercise Programs
  - Nutrition Counseling by Registered Dietitian
  - Information and Assistance/NY Connects
- Trained staff are available 9:00 A.M. to 5:00 P.M., in person or by phone, to answer questions about available community resources, benefits and entitlements. Call 845-340-3456 for more information.



1003 DEVELOPMENT COURT, KINGSTON, NY 12401 | 845-340-3456 | [ULSTERCOUNTYNY.GOV/AGING](http://ULSTERCOUNTYNY.GOV/AGING)

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UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

June is upon us! Where has almost half a year gone??

We were been very busy with our Death Literacy Series in May, and planning our Older Adults Empowerment Council Forum, set for June 13, in which we encourage senior groups to help form themselves into something more supportive for the entire group. Register for this through our office! We think this could help many older adults find purpose, support and protection through their own neighborhood groups.

Just a reminder that the Farmer’s Market Coupons are not delivered to us till late June, and we will begin (if they get here in time) handing them out in July and August.

We are planning the opening of our Group Respite program, which will happen in the Hub every week, staffed mostly by volunteer caregivers, and will support those caregivers needing some respite from their caregiving duties. At the moment, we cannot accept folks who have personal care needs, only those who are still able to care for themselves, perhaps with some reminders, and who can participate in activities, lunch, discussions, etc. We are beginning the training for the caregivers in May, and hope to have this open in June.

Summer will hold our Prom again (in June!), our picnics, and a Volunteer Recognition luncheon as well. We have things going on every month, in addition to regular programming, so we are constantly planning and executing events all over the County.

We appreciate everyone’s support and hope you keep coming to our events! There is usually something for everyone!

In sunshine and health,

Susan Koppenhaver

Director, Ulster County Office for Aging

Ulster County Office for the Aging Senior Technology Support Classes

Senior Technology Support Classes will be held at the Ulster County Senior Hub in Kingston on Thursday mornings from 9:30 AM to 11:30 AM. Next classes:

**June 6:** Introduction to the Android Cell Phone.

**June 13:** Introduction to Podcasts.

**June 20:** General Tech Q&A Practice Session, bring your Tech and your questions.

**June 27:** Online Security, Passwords.

Please Note: As the summer gets underway, we are planning only one class for the month of July.

**July 11:** General Tech Q&A Practice Session, bring your Tech and your questions.

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 Older Adults Empowerment Council Presents Seniors Helping Seniors Stay Afloat: All in the Same Boat!**

Join us to learn about the various Senior groups throughout the county - how they were formed, what they do, how they support and assist each other. In addition, hear about some of the fun activities, how they socialize and help each other, and how being part of a group can help prevent seniors from being isolated and becoming a victim of various scams that target Seniors.

Featured Speakers /Groups:

Local SSIP Groups (Seniors Serving in Place) – both established and new, Rhinebeck at Home, Catskill Neighbors and Vet2Vet – Veteran Support Groups.

**June 13, 2024, from 1:30 to 3:30 P.M.**

Hybrid Event: Via Zoom and In-Person.

Ulster County Senior Hub, 5 Development Court, Kingston, NY. Option to watch at a local library too! Must Register. Call Ulster County Office for the Aging at 845-340-3456.



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## CLASSES



### **MALL WALK WITH THE UCOFA**

HUDSON VALLEY MALL

1300 Ulster Avenue, Kingston, NY.

Every Tuesday, 10:00 A.M. sharp!

**We meet by the Food Court at 9:45 A.M.  
All are welcome!**

*If Kingston City School District is on delay or closed, the mall walk is cancelled.*

**All classes below are held at the  
Ulster County Senior Hub,  
5 Development Court, Kingston, NY  
Call the Ulster County Office for the Aging to  
register at 845-340-3456.**

#### **UCOFA Weekly Game Day**

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

#### **UCOFA Free Chess Classes**

Mondays at 11:00 A.M.

If a County Holiday falls on a Monday, Chess Class will meet on Friday at 11:00 A.M. of that week.

#### **UCOFA Craft Corner**

Join Ulster County Office for the Aging for Creative Fun!  
Each month a new craft. 3rd Friday of the month  
10:00 A.M. to 12:00 P.M

#### **UCOFA Gentle Chair Yoga**

Mondays, 9:30 to 10:30 A.M.

Shoes must be worn.

#### **UCOFA Fitness & Fun for All Bands, Balls, Light Weights & Light Cardio**

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

Shoes must be worn.

## MEDICARE

### **MEDICARE 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 \$2,355 or less (Married income \$3,189 or less) you may be eligible.

Call the Office for the 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.

MSP workshops are also available to assist you.

### **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 the 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 9: Medicare 101**

Presented by Bob Meci, UCOFA Health Insurance Coordinator  
 Marlboro Free Library, 1251 Route 9W, Marlboro, NY.  
*R.S.V.P. by July 1, 2024*

**July 24: The Vital Five 2024 Update: The Five Supplements  
 Almost Everyone Would Benefit From**

Presented by Dr. Neal Smoller, PharmD, Woodstock Apothecary  
 Russell Brott Senior Center, 1 Town Hall Drive, Lake Katrine, NY.  
*R.S.V.P. by July 16, 2024*

Lunch and Learns run 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.

OFA Senior Prom **"Under the Stars"**

June 20, 2024, from Noon to 2:00 P.M.  
 Rosendale Community Center, 1055 Route 32, Rosendale, NY  
*R.S.V.P. by June 13, 2024*

Ulster County Office for the Aging **Summer Picnic**

July 25, 2024, from Noon to 2:00 P.M.  
 Lippman Park, Route 209, Wawarsing, NY.  
*R.S.V.P. by June 18, 2024*

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

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.



**Happy Flag Day**



See you soon.

**Ulster County Veteran Services Agency Transportation**

Providing transportation to Ulster County Veterans for VA and Medical appointments throughout Ulster and surrounding counties.

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**June 2024 Community Café & Home Delivered Meals Menu**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>3 Chicken Bruschetta Buttered Medium Shells Bruschetta Sauce Broccoli WW Bread Fruit Cup</p>	<p>4 Taco Mix Yellow Rice Mexicali Corn Shredded Cheese Flour Tortilla Tres Leches Cake Juice</p>	<p>5 Butter Crunch Fish Sweet Potatoes Zucchini and Tomato WW Dinner Roll Fruit Cup</p>	<p>6 Ravioli Meat Sauce Brussel Sprouts Rye Bread Cannoli Cupcake Juice</p>	<p>7 Tandoori Chicken Basmati Rice Cauliflower Naan Bread Fruit Cup</p>
<p>10 Crab Cake Brown Rice Pilaf Summer Blend Veg Cole Slaw WW Bread Fresh Fruit</p>	<p>11 Chicken Parmesan LS Marinara Penne w/ Marinara Sauce California Blend Veg Rye Bread Fruit Cup</p>	<p>12 Hamburger Reduced Fat Cheese Carrots Burger Bun Side Salad Fruit Cup</p>	<p>13 BBQ Pork Riblet Au Gratin Potatoes Brussel Sprouts WW Bread Fresh Fruit</p>	<p>14 Sausage &amp; Cheese Quiche Tater Tots Broccoli &amp; Red Peppers WW Dinner Roll Fresh Fruit</p>
<p>17 Grilled Chicken w/ Marsala Sauce Buttered Ziti Italian Blend Veg WW Bread Fruit Cup</p>	<p>18 American Chop Suey Peas &amp; Carrots Rye Bread Fruit Cup</p>	<p>*19 <b>CLOSED</b> Cheese Omelet Peppers &amp; Onions French Toast Sticks WW Bread Fresh Fruit</p>	<p>20 Meatloaf w/ LS Gravy Mashed Potatoes Green Beans &amp; Mushrooms WW Dinner Roll Banana Pudding Juice</p>	<p>21 Potato Pollock Confetti Rice Broccoli Rye Bread Fresh Fruit</p>
<p>24 Meatballs Orange Sauce White Rice Mixed Veg WW Bread Juice Fortune Cookie</p>	<p>25 Breaded Pollock Waffle Fries Scandinavian Veg Dinner Roll Juice Snicker Doodle Cookie</p>	<p>26 Lasagna w/Meat Sauce Italian Blend Veg Garlic Bread Sticks Fresh Fruit</p>	<p>27 BBQ Pork Loin Mac &amp; Cheese Carrots Cheese &amp; Jalapeno Corn Bread Fruit Cup</p>	<p>28 Chicken Breast w/ Honey Mustard Sauce Mashed Potatoes Spinach and Tomato Rye Bread Fruit Cup</p>
<p>Meals Prepared by Gateway Hudson Valley Milk is provided WW = Whole wheat Menu Subject to Change * No Deliveries *Sites Closed June 19</p>	<p>Community Café Information and Reservations call: 845-331-2180 For information or Home Delivered Meal Cancellation call: 845-331-2496</p>			





## COMMUNITY CAFÉS

Do you know that Ulster County and the Office for the Aging sponsor multiple meal sites around the County so that Seniors, age 60 and over, can have a free meal?

Come and enjoy good food and socialization! See below for locations and days of the week.

### UCOFA Community Café locations:

Ellenville: Trudy Farber Building, 50 Center Street, Ellenville, NY, Mondays and Wednesdays, 11:30

Kingston: Ulster County Senior Hub, 5 Development Court, Kingston, NY, Mondays and Wednesdays, 12:00

New Paltz: New Paltz Community Center, 3 Veterans Drive, New Paltz, NY, Thursdays, 12:00

Rosendale: Rosendale Recreation Center, 1055 Route 32, Rosendale, NY, Fridays, 11:30

Saugerties: Frank D. Greco Senior Center, 207 Market Street, Saugerties, NY, Tuesdays, 11:30

Woodstock: Mescal Hornbeck Community Center, 56 Rock City Road, Woodstock, NY, Thursdays, 12:30

Want to try it out? Call Gateway Hudson Valley at 845-331-2180 for more information.

Reservations for registered participants must be made at least 24 hours in advance. Please remember, this is for Ulster County Seniors age 60 and over.

The recommended voluntary contribution for a Community Café meal is \$3.00 per meal but not mandated. All contributions are voluntary and confidential. No one will be denied a meal if they do not contribute. Meals made possible by funds provided by Ulster County Government, NYSOFA, UCOFA and Private funds. Your contributions help keep Senior programs available. Thank you.



## HOME DELIVERED MEALS

Home delivered meals can help Seniors stay independent in their own homes. Are you or someone you know, unable to take care of meal preparation?

The Ulster County Office for Aging Home Delivered Meal Program provides a weeks-worth of nutritious frozen meals delivered once a week to Seniors at NO cost.

The meals served are planned by a registered dietitian and each meal provides one-third of a Senior's daily nutritional needs.

Qualified Seniors must be:

- 60 years or age or older
- Ulster County resident with no other supports
- Unable to prepare meals
- Homebound due to incapacity or illness

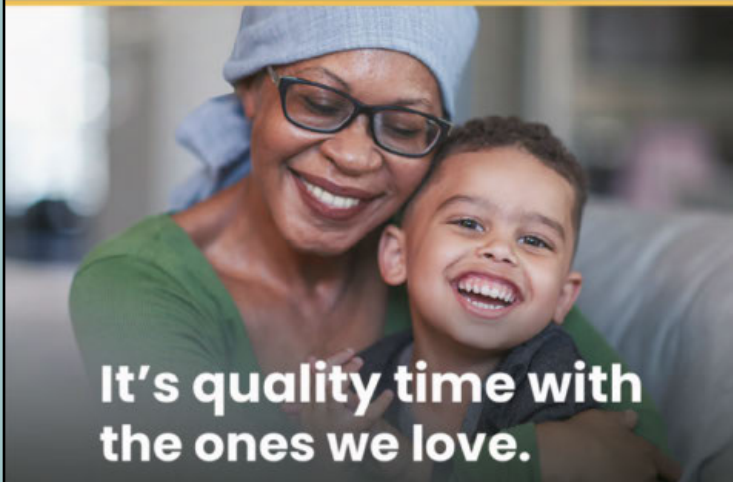
Voluntary contributions are appreciated. Contributions are confidential and no one will be denied a meal if they do not contribute. The recommended voluntary contribution is \$3.00 per meal. If monthly income is higher than 185% of the federal poverty level (\$2,248 for a 1 person household and \$3,040 for a 2 person household), Seniors are offered the opportunity to contribute the full cost of the meal which is \$ 11.04. Checks payable to Ulster County.

For more information, please call Ulster County Office for the Aging at 845-340-3456. For home delivered meal cancellation call 845-331-2496.

The Office for the Aging gratefully accepts voluntary contributions. Your contributions help keep Senior programs available. Thank you. This program is made possible by funding from Federal, State, County and/or local contributions.



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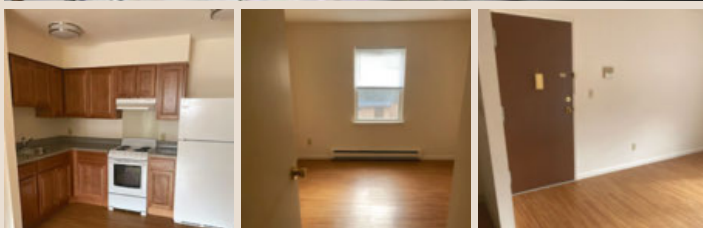


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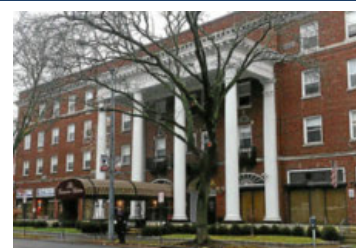
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### June is Cataract Awareness Month

Cataracts are the leading cause of vision loss in Americans 65 and older and the principal cause of blindness in the world. In fact, there are more cases of cataracts worldwide than there are of glaucoma, macular degeneration, and diabetic retinopathy combined.

Although cataracts are the number one cause of blindness worldwide, this eye disease is highly treatable with a simple surgical procedure with a 95% success rate.

A cataract is a clouding of the eye's lens, which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris, and is normally transparent. The lens helps to focus images onto the retina – which transmits the images to the brain. Your vision may become blurry or dim because the cataract stops light from properly passing through to your retina.

The exact cause of a cataract is unknown. Most often, a cataract is part of getting older. As you age, you are at greater risk of developing a cataract. There are also several possible risk factors for cataracts, such as:

- Intense heat or prolonged exposure to UV rays from the sun
- Inflammation in the eye
- Events before birth, such as German measles in the mother
- Long-term steroid use
- Smoking
- The normal aging process
- Family history of cataracts
- Having eye injuries or eye diseases
- Having conditions like diabetes or high blood pressure
- Being obese
- Drinking alcohol excessively

Generally, a cataract does not cause pain, redness or tears. The following problems may indicate that you have a cataract:

- You have blurred vision, double vision, ghost images, or the sense of a "film" over your eyes.
- Lights seem too dim for reading or close-up work, or you are "dazzled" by strong light.
- You change eyeglass prescriptions often and the change does not seem to help your vision.
- You may also be able to see the cataract in your eye. It may look like a milky or yellowish spot in your pupil.

A healthy diet may reduce risk of and/or delay formation and progression of cataracts. Research suggests that a diet high in vitamin C-rich foods — citrus (oranges, kiwi, lemon, grapefruit), bell peppers, strawberries, tomatoes, cruciferous vegetables (broccoli, Brussels sprouts, cabbage, cauliflower) — is helpful in slowing the progression of cataracts. More importantly, adopting good nutrition is a cornerstone of optimizing health early in life and can greatly reduce the risk of developing age-related, vision-worsening conditions like cataracts.

If you have cataracts, they can be accurately diagnosed during a comprehensive eye examination. Your ophthalmologist may perform a visual acuity test, dilated eye exam, and a tonometry test. After this exam, your eye doctor will determine whether you have cataracts, how much they interfere with your vision, whether surgery would help, and what types of treatment and lens replacements are best for you.

It is important to speak with your doctor about vision issues you might be having, and to make informed decisions about the care and protection of your eyes.

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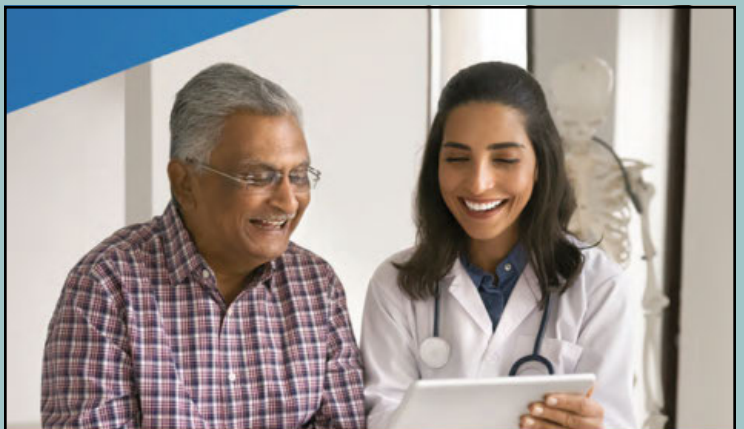
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The Ulster County Nature Bus program kicked off on Saturday, April 27, for community members to visit and explore the County's natural treasures and destination favorites like Sam's Point, Ashokan Rail Trail, Walkway Over the Hudson, Minnewaska, and the Catskills Visitor Center, to name a few. The program is entirely free, and residents can take buses from Kingston and Ellenville to a park or preserve along three different routes to enjoy a morning or day out of doors. The full bus schedule can be found here, with destinations for people of all abilities and ages. It's a great way to spend a Saturday with family and friends!

A joint program of UCAT and the Ulster County Department of Tourism, the Nature Bus will run on scheduled Saturdays through mid-October.

The program was initiated by the County Executive's Office to expand opportunities for our residents, including those without a car or who do not drive, to visit the County's pristine natural treasures and outdoor recreational destinations. With an estimated 7.5% of Ulster County residents lacking car ownership, and even higher percentages in urban centers like Kingston and Ellenville, this program helps fill a gap in access while providing all residents with the chance to take a fun and free excursion and connect with nature.

If your Senior group would like to have an excursion together, please call our office at 845-340-3456. We would be happy to arrange an outing for you all!

- **River Route:** Pick up/drop off at Kingston Plaza and Garraghan Drive. Destinations along the route include: Kingston Point Beach, Sojourner Truth State Park, Shaupeneak Ridge, Walkway Over the Hudson State Park, Black Creek Preserve and Esopus Meadows Preserve.  
For 2024, River Route will run on 4/27, 5/4, 5/25, 6/15, 7/6, 7/27, 8/17, 9/7, 9/28, and 10/5.
- **Ridge Route:** Pick up/drop off at Liberty Square in Ellenville. Destinations include: Sam's Point Preserve, Lippman Park and Minnewaska State Park Preserve.  
For 2024, the Ridge Route will run on 4/27, 5/11, 6/1, 6/22, 7/13, 8/3, 8/24, and 9/14.
- **Mountain Route:** Begins and ends with pick up/drop off at Kingston Plaza and Garraghan Drive. Destinations along the route include: Points on the Ashokan Rail Trail and Catskills Visitor Center in Mt Tremper.  
For 2024, the Mountain Route will run on 4/27, 5/18, 6/8, 6/29, 7/20, 8/10, 8/31, 9/21, and 10/12.



**Garden tips for June**

- Might be time to plant some crops you may not have gotten around to yet, like Corn or direct-sown Summer Squash.
- Pull out all the small weed seedlings that have sprung up recently.
- It's time to keep an eye out for pests! Learning to identify and control pest infestations early on can make things way easier on you for this season and the years to come.
- Deadhead and fertilize spring bulbs. Wait until leaves have yellowed before trimming or dividing.
- Keep on top of watering. Plants need at least an inch of water per week this time of year.

**DID YOU KNOW?**

No word in the dictionary rhymes with the word orange.

**Diet and Inflammatory Arthritis**

Joint pain!!!! Did you know that there are about 350 joints in the human body? Just think about the positive impact on our daily lives if we can reduce the inflammation that is causing so much movement pain.

Different types of Arthritis, as defined as joint inflammation, each have their own unique cause per Dr. G. Wright, Rheumatologist, founder, and president of the Association of Women in Rheumatology. Diet can play a powerful role in the treatment of one very common and painful type of arthritis called Rheumatoid Arthritis. This type of arthritis is caused by inflammation. It is recommended we minimize the following foods to combat the inflammation process:

- Ultra-Processed Foods and Drinks - High refined carbohydrates, added Sugar, and artificial additives. These foods were discussed in the May Nutrition Corner as negative links to multiple medical concerns including Inflammation. They can increase joint pain by triggering inflammation in the body. So let's reduce the soda, candy, boxed pastries, and other Ultra-Processed foods.
- Cured or Processed Meats - Processed foods high in Sodium and Nitrates such as Bacon, Sausage, Hot Dogs, and Ham can make the pain of rheumatoid arthritis and gout much worse. Nitrates are a compound that is found in processed meats that aggravates the inflammation and pain.
- Fried Foods - The Oils used in fried foods can trigger inflammation and pain in our joints. Better to use an air fryer for these foods as it can reduce the use of oils and unwanted fats in our diet.
- Gluten (Maybe?) - Cutting out gluten foods may benefit people with Celiac disease or have a gluten sensitivity. But for those without these issues, it may not help. Some folks do claim it does help. If you are willing.... cut out gluten from your diet for 3 months and see if there is a difference in pain. If so, continue with this. If not, work gluten foods back into your diet.
- Alcohol - The use of alcohol can worsen arthritis for several reasons: The breakdown of alcohol in the body creates inflammatory bodies. In other words, it creates an inflammatory response triggering symptom. Alcohol can reduce the production of anti-inflammatory bacteria in the gut, allowing for the production of inflammatory bacteria.

*What are we going to eat???????* How about that Mediterranean Diet I keep on telling you about? Limiting processed foods, red meat, sugar, salt, and alcohol while emphasizing whole grains, fruits, vegetables, healthy fats, lean poultry and fish. This is also helpful in promoting overall health as well as reducing the risk of other chronic diseases such as diabetes type 2, Alzheimer's, cardiac and certain types of cancers.

\*I hope this article helps to begin reducing inflammatory arthritis pain in your life. Be Healthy.

*From the desk of UCOFA Registered Dietitian: Patricia Ricks, MPA, RD, CDN. Nutrition consults are free to Ulster County Seniors 60 and over. To make a referral, call 845-340-3456.*

**Grilled Honey-Chipotle Salmon foil packet with Summer Squash**

Ingredients (serves 4):

- 4 Tbsp Olive Oil
- 2 Tbsp Honey
- 1 tbsp Chili Powder
- 3 cloves minced Garlic
- 4 (6 oz) salmon filets (leave skin on)
- 1 medium Zucchini chopped
- 1 medium Summer Squash chopped
- 1 small Red Onion chopped
- ¼ cup Basil leaves (torn up)

Directions:

Preheat Grill to Medium/High heat. In a small bowl whisk oil, honey, chili powder & garlic. Set aside.

Toss together the Zucchini, Summer Squash, and Onion in a small bowl.

Lay 4, 12 inch by 16 inch pieces of foil on a flat surface. Divide the vegetable mixture among the 4 pieces of foil. Next to the vegetables, add a Salmon filet. Drizzle the sauce mixture onto the 4 foils of veg/Salmon. Fold and seal each foil to create 4 packets.

Cook on the covered grill & rotate your packets for about 11-14 minutes, until the Salmon is pink and flakey and the vegetables are tender. Enjoy!

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

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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.



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The Alzheimer's Association helpline is available 24/7 by calling (800) 272-3900.