

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

NOVEMBER 2021



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

OFA DIRECTOR MESSAGE

To our Ulster County seniors, Elders, recently retired, and looking for something to do!

Calling all people! We are looking for volunteers for many of our programs!

We need: Warm callers: you would be matched with one or two (or more if you want) isolated seniors who need to hear a friendly voice on the phone every week. We have lost several volunteers and need to beef up our callers! We also need someone to oversee this program.

We need: Drivers for our Neighbor to Neighbor (N2N) program! As many of you know, our County has limited transportation options, especially for those who need to travel out of County (over the county border) for medical care and treatment. This is a crucial part of what we do. The N2N program is starting up again, and WE NEED DRIVERS. We partner with Jewish Family Services who is responsible for providing drivers with additional coverage under JFS' insurance plan. In addition, they will require drivers to supply their car/registration/insurance information. Driving can be at your leisure and according to what you can do – mileage is provided. Please contact our office for more details. 845-340-3456.

We need: Schedulers for the N2N Driving Program. Limited hours, in our office, scheduling rides and drivers.

We need: Ombudsmen and folks who are willing to help out in Nursing Homes. Ombudsmen are volunteers who are trained to go into nursing homes and be the advocate for the residents staying there. Ombudsman is the Swedish word for advocate, and that's what they do. They watch out for things that conflict with the rights of the residents.

We need: Volunteers who would like to help in any capacity at food pantries, nursing homes, assisted living sites, and any place looking for volunteers who are dependable and compassionate. I know I'm speaking to you!

Please contact me at the Office for Aging if any of these request's sound like something you can do or wish to be involved with. I'm sure we can find something that suits you! And on a completely different note, don't forget that next week you have to start using area codes before all phone numbers! We hope to hear from you 845-340-3456!

In the helping spirit,
Susan Koppenhaver, Ulster County OFA Director

BEWARE

Advertisements for Medicare Advantage plans

Advertisements for Medicare Advantage plans are pervasive during the Annual Enrollment Period. They can also make these plans seem tempting, with their myriad benefits and low premiums.

Keep in mind that these Medicare Advantage plans are offered by for-profit entities, corporations not unlike your cable provider. The purpose of the TV commercials is to get you to act, to call the number on your screen, to make a purchase.

Call HIICAP (Health Insurance Information Counseling and Assistance Program) at the Ulster County Office for the Aging at 845-340-3456 or toll-free 1-877-914-3456 for more information.

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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.

The first Tuesday of each month, staff from the Resource Center for Accessible Living (RCAL) will join us to discuss their services, including an Equipment Loan Closet, Nursing Home Transition & Diversion, Home Care Coordination and Healthy Homes.

UCOFA Monthly Game Day

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

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

UCOFA Free Chess Classes

Learn to play and exercise your brain at the same time.

Mondays at 11:00 A.M., Ulster County Senior Hub,
5 Development Court, Kingston, NY.

Call Ulster County Office for the Aging at 845-340-3456 to
R.S.V.P. Socially distancing guidelines will be followed.
Please wear a mask regardless of vaccination status.

MEDICARE

Open annual enrollment period to change your Medicare health or prescription drug coverage for 2022 will be from October 15 to December 7, 2021* During the annual enrollment period you can: Change from Original Medicare to a Medicare Advantage Plan, Switch or drop a Medicare Advantage Plan or Join, or, switch or drop a Medicare Prescription Drug Plan. Call the Ulster County Office for the Aging for a free HIICAP appointment if you would like to make a change in your Medicare coverage at 845-340-3456 or toll-free 1-877-914-3456. Appointments are available via phone or Zoom. Limited in-person appointments available upon request (following social distancing guidelines and mask required).

*If you are happy with how you currently receive your Medicare Coverage, there is no need to do anything.

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.

SUPPORT OUR ADVERTISERS!



UCOFA Lunch and Learn for Seniors

November 10: Understanding and Responding to Dementia-Related Behavior

Presented by Tara DeLuca, Alzheimer's Association,
Hudson Valley Chapter

New Paltz Community Center, 3 Veterans Drive, New Paltz, NY.

R.S.V.P. by November 5, 2021

November 19: Independent Living with Aging Vision

Presented by Lisa Jorden, Northeastern Association of the Blind at Albany

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

R.S.V.P. by November 12, 2021

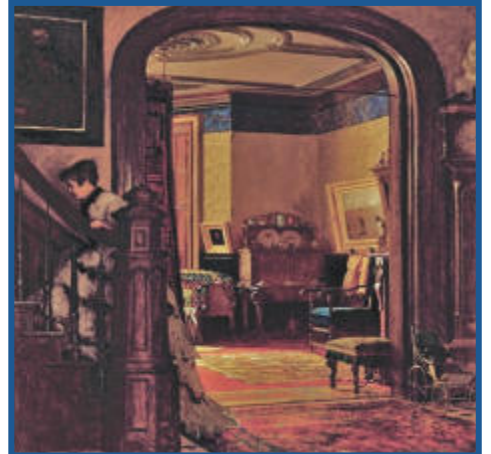
Lunch and Learn runs Noon to 2:00 P.M.

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.

Socially distancing guidelines will be followed.

Please wear a mask regardless of vaccination status.



Hope to see you soon.



3 Kinds of Exercise That Boost Heart Health

Being physically active is a major step toward good heart health. It's one of your most effective tools for strengthening the heart muscle, keeping your weight under control and warding off the artery damage from high cholesterol, high blood sugar and high blood pressure that can lead to heart attack or stroke. It's also true that different types of exercise are needed to provide complete fitness. "Aerobic exercise and resistance training are the most important for heart health," says Johns Hopkins exercise physiologist Kerry J. Stewart, Ed.D. "Although flexibility doesn't contribute directly to heart health, it's nevertheless important because it provides a good foundation for performing aerobic and strength exercises more effectively."

Aerobic Exercise

What it does: Aerobic exercise improves circulation, which results in lowered blood pressure and heart rate, Stewart says. In addition, it increases your overall aerobic fitness, as measured by a treadmill test, for example, and it helps your cardiac output (how well your heart pumps). Aerobic exercise also reduces the risk of type 2 diabetes and, if you already live with diabetes, helps you control your blood glucose.

How much: Ideally, at least 30 minutes a day, at least five days a week.

Examples: Brisk walking, running, swimming, cycling, playing tennis and jumping rope. Heart-pumping aerobic exercise is the kind that doctors have in mind when they recommend at least 150 minutes per week of moderate activity.

Resistance Training (Strength Work)

What it does: Resistance training has a more specific effect on body composition, Stewart says. For people who are carrying a lot of body fat (including a big belly, which is a risk factor for heart disease), it can help reduce fat and create leaner muscle mass. Research shows that a combination of aerobic exercise and resistance work may help raise HDL (good) cholesterol and lower LDL (bad) cholesterol.

How much: At least two nonconsecutive days per week of resistance training is a good rule of thumb, according to the American College of Sports Medicine.

Examples: Working out with free weights (such as hand weights, dumbbells or barbells), on weight machines, with resistance bands or through body-resistance exercises, such as push-ups, squats and chin-ups.

Stretching, Flexibility and Balance

What they do: Flexibility workouts, such as stretching, don't directly contribute to heart health. What they do is benefit musculoskeletal health, which enables you to stay flexible and free from joint pain, cramping and other muscular issues. That flexibility is a critical part of being able to maintain aerobic exercise and resistance training, says Stewart. "If you have a good musculoskeletal foundation, that enables you to do the exercises that help your heart," he says. As a bonus, flexibility and balance exercises help maintain stability and prevent falls, which can cause injuries that limit other kinds of exercise.

How much: Every day and before and after other exercise.

Examples: Your doctor can recommend basic stretches you can do at home, or you can find DVDs or online videos to follow. Tai chi and yoga also improve these skills.

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November 2021 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Stuffed Shells Primavera Broccoli Winter Squash Whole Wheat Bread Lemon Pudding/ Fruit	2 Meatloaf & Gravy Mashed Potato Glazed Carrots Whole Wheat Roll Peaches	COLD 3 PLATE Tuna Salad Plate over Mixed Greens Barley Salad Tomato Salad Whole Wheat Roll Fruit Crisp	4 Roasted Lemon Sage Chicken Brown Rice Spinach Whole Wheat Bread Tropical Mixed Fruit	4 Beef Stew Buttered Noodles Hot Beets Squash Soup WW Roll Mandarin Oranges
8 Baked Fish with Scampi Sauce Brown Rice Broccoli Whole Wheat Roll Chocolate Pudding	9 Penne with Blush Sauce & Cheese Zucchini Meadow Mixed Vegetables Whole Wheat Bread Fruit Cocktail	10 Home Style Beef Casserole Roasted Potatoes California Vegetables Green Salad Angel Food Cake with Fruit	Veteran's 11 Day Sites Closed No Deliveries Beef & Peppers Mashed Potato Broccoli Whole Wheat Bread Pears	12 Lemon Pepper Chicken Couscous Cabbage Whole Wheat Roll Peaches
15 Chicken Stew Brown Rice Pilaf Green Beans Whole Wheat Bread Mandarin Oranges	16 Pasta & Meat Sauce Italian Mixed Vegetables Green Salad Whole Wheat Roll Pears	Thanksgiving 17 Dinner Celebration Roast Turkey & Gravy Mashed Potato Brussels Sprouts Cranberry sauce Whole Wheat Bread Pumpkin Pudding	18 Spinach Tomato Quiche Corn Salad Broccoli Bean Soup Rye Bread Fruited Gelatin	19 Apple Braised Pork Sweet Potato Cabbage Whole Wheat Roll Fruited Spice Cake
22 Sweet & Sour Chicken Brown Rice Broccoli Green Beans Whole Wheat Roll Oatmeal Cookie	23 Beef & Mushrooms Red Potatoes Carrots Whole Wheat Bread Pears	24 Tuscan Pasta Beets Cauliflower Minestrone Soup Whole Wheat Roll Fruit Cocktail	Thanksgiving 25 Day Sites Closed No Deliveries Turkey & Gravy Mashed Potato Brussels Sprouts Cranberry Dressing Pumpkin Pudding	26 Sites Closed No deliveries Swedish Meatballs Noodles Red Cabbage Rye Bread Fruit Cocktail
29 Beef Burgundy Smashed Red Bliss Potatoes California Mixed Vegetables Rye Bread Pineapple Chunks	30 Chicken Cacciatore Brown Rice Meadow Mixed Vegetables Whole Wheat Bread Fruit Cocktail	For Information or Home Delivered Meal Cancellation Call: 331-2496 Community Café Reservations call: 331-2190	Meals Prepared by Gateway Hudson Valley Milk is provided "Menu Subject to Change"	Made possible by funds provided by New York State Office for the Aging, Ulster County Office for the Aging and your contributions.



COMMUNITY CAFÉS

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

Come and enjoy good food and socialization! OFA Community Cafés have re-opened. See below for days of the week.

OFA COMMUNITY CAFÉ LOCATIONS:

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

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

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

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

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

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

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

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



HOME DELIVERED MEALS

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

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



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

DO YOU KNOW SOMEONE WHO MIGHT BENEFIT FROM HOME DELIVERED MEALS?

Qualified Seniors must be:

- 60 years or age or older
- A resident of Ulster County
- Difficulty preparing own meals

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

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

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06-5324

Living better tips

- **Eat a rainbow.** You need fewer calories when you get older, so choose nutrient-rich foods like brightly colored fruits and vegetables. Eat a range of colors—the more varied, the wider the range of nutrients you're likely to get. The longest-lived and healthiest people in the world eat primarily a whole-food, plant-based diet. Vegetable, legumes, fruits, nuts, and seeds form the basis of this diet. Limit red meat, dairy, and other animal products. Choose whole grains over the refined stuff.
- **Sidestep falls.** Walking at least 30 minutes a day, three times a week, can help you stay physically fit and mentally sharp, strengthen your bones, lift your spirits—and lower your risk of falls. Aim for about 7,500 steps per day for the most benefits. Aim to bring in more activity into your normal daily routine (such as parking farther away from the store, or taking the stairs instead of the elevator). Preventing falls is important because falls are a leading cause of fractures, other serious injuries, and death among older adults. Bicycling, dancing, and jogging are also good weight-bearing exercises that can help strengthen your bones. In addition to exercising, get plenty of bone-healthy calcium (from food sources) and vitamin D daily.
- **Toast with a smaller glass.** The amount of alcohol that is safe to drink changes as we get older. Adults over age 65 who are healthy and do not take medications should not have more than 3 drinks on a given day or 7 drinks in a week. (A drink is 1.5 oz of hard liquor, 6 oz of wine, or 12 oz of beer.) If you have a health problem or take certain medications, you may need to drink less or not at all. Since alcohol can interact with certain drugs, ask your healthcare professional whether any alcohol is safe for you.
- **Know the low-down on sleep in later life.** Contrary to popular belief, older people don't need less sleep than younger adults. New recommendations from the National Sleep Foundation suggest 7 to 8 hours of shut-eye a night. If you're getting that much and are still sleepy during the day, see your healthcare professional. You may have a sleep disorder called sleep apnea. People with sleep apnea stop breathing briefly, but repeatedly, while sleeping. Among other things, untreated sleep apnea can increase your risk of developing heart disease.
- **Get your medications checked.** When you visit your healthcare professional, bring all of the prescription and over-the-counter medications, vitamins, herbs and supplements you take. You can also bring a complete list that notes the names of each, the doses you take, why you take them, and how often you take them. Ask your healthcare provider to review everything you brought or put on your list. Your provider should make sure they're safe for you to take, and that they don't interact in harmful ways. The older you are, and the more medicines you take, the more likely you are to experience medication side effects, even from drugs bought over-the-counter.
- **Speak up when you feel down or anxious.** Roughly 1 in 5 older adults suffers from depression or anxiety. Lingering sadness, tiredness, loss of appetite or pleasure from things you once enjoyed, difficulty sleeping, worry, irritability, and wanting to be alone much of the time can all be signs that you need help. Tell your healthcare professional right away. There are many good treatments for these problems.
- **Get your shots.** They're not just for kids! Must-have vaccines for seniors include those that protect against pneumonia, tetanus/diphtheria, shingles, and the flu, which kills thousands of older adults in the US every year.
- **Find the right healthcare professional and make the most of your visits.** See your healthcare professional regularly, answer questions frankly, ask any questions you have, and follow your provider's advice. If you have multiple, chronic health problems, your best bet may be to see a geriatrics healthcare professional—someone with advanced training that prepares them to care for the most complex patients.

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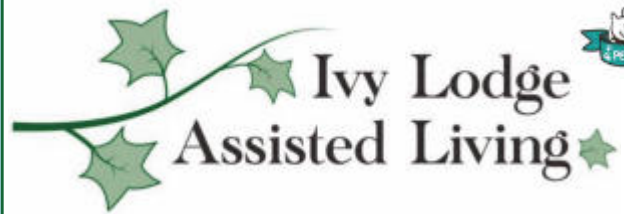


Ulster County Seniors

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Common Fraud and Scams that target Seniors

Romance scam: Criminals pose as interested romantic partners on social media or dating websites to capitalize on their elderly victims' desire to find companions.

Tech support scam: Criminals pose as technology support representatives and offer to fix non-existent computer issues. The scammers gain remote access to victims' devices and sensitive information.

Grandparent scam: Criminals pose as a relative—usually a child or grandchild—claiming to be in immediate financial need.

Government impersonation scam: Criminals pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.

Sweepstakes/charity/lottery scam: Criminals claim to work for legitimate charitable organizations to gain victims' trust. Or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee."

Home repair scam: Criminals appear in person and charge homeowners in advance for home improvement services that they never provide.

TV/radio scam: Criminals target potential victims using illegitimate advertisements about legitimate services, such as reverse mortgages or credit repair.

Family/caregiver scam: Relatives or acquaintances of the elderly victims take advantage of them or otherwise get their money.

Protect Yourself

- Recognize scam attempts and end all communication with the perpetrator.
- Resist the pressure to act quickly. Scammers create a sense of urgency to produce fear and lure victims into immediate action. Call the police immediately if you feel there is a danger to yourself or a loved one.
- Be cautious of unsolicited phone calls, mailings, and door-to-door services offers.
- Never give or send any personally identifiable information, money, jewelry, gift cards, checks, or wire information to unverified people or businesses.
- Make sure all computer anti-virus and security software and malware protections are up to date.

If you spot a scam, or think you may be a victim of a scam, you can contact the Ulster County Consumer Affairs at 845-340-3260 or visit <https://ulstercountyny.gov/district-attorney/consumer-affairs>.

Or the Federal Trade Commission at 877-382-4357 or online at <https://reportfraud.ftc.gov/#/>



Garden tips for November

- Target extra thorough cleanup first to areas where rodents and moles might do winter damage, like in perennial beds, not leaving any heavy buildup of fallen plants and wet leaves in place.
- Once the plant matter in your garden has succumbed to frost, clear it from the bed.
- Herbs such as rosemary, thyme, and lavender benefit from a mulching (a light, dry one, if possible), as they can be felled by January freezes.
- Mulching also extends the harvest season for cold-hardy roots such as carrots, turnips, radishes, and potatoes.
- Prime transplanting time for deciduous trees and shrubs continues into this month, sometimes longer if weather permits and the ground show no signs of freezing.

DID YOU KNOW?

There is a town named Thanksgiving in Talbot County, Maryland.

November is American Diabetes Awareness Month

Not only is November the beginning of the holiday season but is also considered American Diabetes Awareness Month! I realize that this is a busy time of year for all of us with shopping, flu season and the COVID worry- but we can't put our health on the back burner. Holidays are full of family traditions and favorite foods that are put on the table year after year. Consider remaking your favorite holiday foods with good health in mind!

Simple suggestions:

- Omit the bad fat - roast, broil, steam or bake when cooking
- Use small amounts of cooking oil, no butter, lard or shortening
- Consume fish at least once a week
- Cut back on the processed/high fat meat choices.

Did you know that 1 in 3 American adults have prediabetes? Prediabetes can be reversed- but knowing your risk is step # 1!

Prediabetes is defined as an individual's blood sugar level being higher than normal, but not high enough to be diagnosed as having diabetes. There are some prediabetes risks that can't be controlled like age and family history.

There are lifestyle changes that you can make to reduce your risk:

1) Increase your physical activity

- Go for brisk walks
- Park the furthest away from an entrance
- Take the stairs versus the elevator

2) Weight loss if above your desirable weight range

- Visit your physician before beginning any weight loss program
- Monitor portion sizes
- Reduce your intake of fast foods ex. Burger King; Mc Donald's
- Read the nutrition food labels on all products

Making lifestyle changes can help manage diabetes or delay the onset of - so do you know your risk? Speak with your doctor and discuss ways you can prevent or delay the onset of diabetes.

Your Registered Dietitian can help with meal planning and how to read the food label!

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.

Volunteers Needed for AARP Tax Aide Program

Are you looking for a way to help Seniors? Then, AARP Tax Aide is looking for you. Who can volunteer for our program? Anyone who lives in Ulster County. If you love people, volunteer as a client facilitator. You will greet taxpayers, help them organize their paperwork and assist in the smooth flow of work. If you have some experience with Excel, you can volunteer as a scheduler. You will answer calls from clients, find an opening for them at their preferred location (if possible) and finalize their appointment. If you have experience with computers, especially if you have prepared your own taxes, why not volunteer as a tax preparer? Volunteer tax preparers, schedulers and facilitators will be trained to assist Seniors as well as low-to-moderate-income individuals and families. AARP will provide this comprehensive training starting in December 2021 and January 2022. Starting February 2022, AARP Tax Aide will provide free tax preparation and counseling services at multiple locations throughout Ulster County. When assigned to a site you need not worry about being left on your own. The Site Coordinator will coach you and another preparer will check all your work for accuracy. Interested? For more information, please contact Steve Weir, Ulster County New Volunteer Coordinator, at 917-757-0968 or email sweir12525@gmail.com.

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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.



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alzheimer's association

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