

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

NOVEMBER 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

Saugerties, Courtesy Keith Perry, Courtesy of Ulster County Tourism

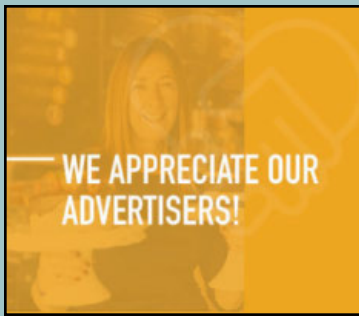


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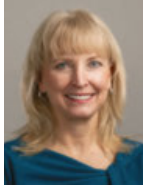
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UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!
 Almost November! And the frost is on the Pumpkin!
 We are still busy planning for the next couple of months, after which we will slow down somewhat for January-March, as we usually do.
 Looking for volunteers for: driving and scheduling – we are running low on both positions. We are trying to meet the many needs of Ulster County older adults for medical transportation, and we cannot do it without a good, strong volunteer pool. We do pay mileage for drivers. Please consider this if you: love to drive, and love to chat with people, and/or like doing clerical work and helping people with a very crucial service, and love to chat on the phone! Speaking of chatting on the phone – we are also in need of our Warm Caller volunteers. All you need is a willingness to call an Ulster County senior who has said they'd like to hear from someone every week, get to know them, check in on them over the phone, and let them know someone cares. Just let our office know you might be interested in any of these positions as a volunteer.
 The HEAP season opens in November – if you need help with heating bills, have a house that may need weatherization to make it retain heat better, please call our NYConnects staff to help with this very important service. There are some options available to many people who qualify. Please call one of our NYConnects representatives for help with this and with SNAP benefits.
 Tip for heating season: If you use something with a filter, have it cleaned, or clean it off yourself – it will help tremendously with machine efficiency. Also, consider installing weatherstripping on doors and caulking around windows to effectively seal and insulate against air leaks, making your home more comfortable and efficient. Replace conventional light bulbs with energy-efficient light bulb options such as LEDs. Energy-efficient lighting uses less energy and lasts longer. These are some of the tips from our summer intern and his research on saving energy!
 Hoping for a reasonable winter!
 Susan Koppenhaver,

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:

- November 7:** CVS Photobook, Design your own Photobook. (Lisa McCormack)
- November 14:** Apple Password App (New in IOS 18) and Password Manager Apps. (John Dowley)
- November 21:** Using your Android Phone. (Herb Sawtell)
- November 28:** Happy Thanksgiving - No class.

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.

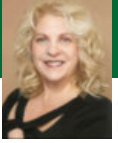
Ulster County OFA now offers Caregiver Support!

November is National Family Caregivers Month

Caregivers do so much for others. They deserve to prioritize their own well-being, too.



Call us at (845) 340-3456 to find out more!



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OCTOBER EDITION

COMMUNITY HIGHLIGHT
Involvement in the community is essential for the well-being of our members.

SECTION HEADINGS
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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 and Fun for All
Bands, Balls, Light Weights, and Light Cardio**
Wednesdays, 10:30 to 11:30 A.M.
Shoes must be worn.

MEDICARE

MEDICARE ANNUAL OPEN ENROLLMENT PERIOD

The Annual Open Enrollment Period to change your Medicare health or prescription drug coverage for 2025 will begin on October 15. The Open Enrollment Period will be from October 15 to December 7, 2024.

During this six week open enrollment period, you can:

- Change from Original Medicare to a Medicare Advantage Plan
- Change from Medicare Advantage to Original Medicare
- Switch Medicare Advantage Plans
- Join, switch, or drop a Medicare Prescription Drug Plan

If you would like to make a change to your Medicare coverage and need assistance or information, please contact the Ulster County Office for the Aging for a free HIICAP appointment at 845-340-3456 or toll-free at 1-877-914-3456.

It is important for Seniors to note that if you are happy with how you are currently receiving Medicare coverage, there is no need to do anything. Your current coverage will be the same in 2025 if you make no changes.

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.

**Ulster County Office for the Aging invites Seniors to a
Holiday Cabaret Luncheon**

December 6, 2024
Noon to 2:00 P.M.

Hurley Reformed Church Hall, 11 Main Street, Hurley, NY.
R.S.V.P. by November 18, 2024

Free to Ulster County Seniors age 60 and over and includes free
lunch with reservation. Space is limited.

Call the Office for the Aging to R.S.V.P. at 845-340-3456.



Ulster County Office for the Aging, NY Connects, and Ulster County
Department of Social Services
2024 Human Services Expo Tunk or Treat



The Shop Around the Corner (1940) on
December 10, 2024, at the Rosendale Theatre,
408 Main Street, Rosendale, NY. Movie starts at
1:00 P.M. Free to Ulster County Seniors age 60
and over. Call the Office for the Aging to R.S.V.P.
by December 5, 2024 at 845-340-3456.



Dressing Aids for Seniors

As you get older, it can become more difficult to get dressed independently. Daily tasks that used to be simple, like pulling on socks, can become more challenging due to arthritis and lack of balance. Avoid bending over and fiddling with tricky buttons with the help of these dressing aids!

1. Reacher: A Reacher makes it easier to get dressed and so much more. Use the tool to grab clothes and other items from the floor or high shelves. A Reacher can be used to pull your clothes up or down without needing to bend over. Then use the same device to pick up a water bottle that’s out of reach or a remote that fell on the floor – it’s got multiple purposes.
2. Dressing Stick: a dressing stick can also help you get dressed. The hook lets you push and pull fabric, belt loops, socks, and more, so you can get dressed without bending.
3. Sock and Stocking Aid: Find it difficult to reach your feet to put on socks or stockings? This aid can help! Slip the sock over the device and drop it on the floor, holding onto the strings with your hands.
4. Button Hook: The tool goes through the buttonhole, loops around the button, and can then be pulled out so the button is done!
5. Zipper Pull: If zippers are challenging too, use a zipper pull. Hook the end on your zipper and pull it up or down using the large handle. This version also has a button hook, making it easier to secure all your fasteners.
6. Long Shoehorn: Tired of crushing the backs of your shoes while slipping into your favorite pair? Try using a long-handled shoehorn. It keeps your shoe open as you put them on.



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November 2024 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Sites closed and No HDM deliveries.</p>	<p>Meals Prepared by Gateway Hudson Valley. Milk is provided. WW = Whole Wheat. Menu Subject to Change.</p>	<p>Community Café Information and Reservations call: 845-331-2180 For information or Home Delivered Meal Cancellation call: 845-331-2496</p>		<p>1 Cheese Omelet French Toast Sticks Rye Bread Diced Peach cup</p>
<p>4 Garbanzo and Diced Chicken dish White Rice Collard Greens WW Bread Mixed Fruit cup</p>	<p>5 Turkey and Bean Chili Mac Meadow Blend Vegetables WW Biscuit Mandarin Orange cup</p>	<p>6 Chicken Piccata Mashed Potatoes Garlic Green Beans WW Breadstick Fresh fruit</p>	<p>7 Roast Pork w/ Chef's Choice Sauce Baked Potato Broccoli Rye Bread Juice Cookie</p>	<p>8 Meatloaf Wide Egg Noodles w/ LS Gravy Peas and Carrots WW Bread Fresh Fruit</p>
<p>11 *Veterans Day Stuffed Shells w/ LS Marinara Carrots WW Breadstick Juice Patriotic Cake</p>	<p>12 Fish Sandwich Lemon Orzo Brussel Sprouts WW Burger Bun Pear cup</p>	<p>13 Herbed Chicken Breast Sweet Potatoes Meadow Blend Vegetables Rye Bread Peach cup</p>	<p>14 Goulash Green Beans Cornbread Mixed fruit cup Juice Pudding</p>	<p>15 Pot Roast w/LS Gravy Baked Potato Peas and Pearl Onions Green Salad WW Bread Fresh Fruit</p>
<p>18 Fish Filet Herbed Couscous Zucchini and Tomato WW Dinner Roll Fresh fruit</p>	<p>19 Swedish Meatballs Buttered Egg Noodles Meadow Blend Vegetables WW Bread Applesauce</p>	<p>20 Mexican Casserole Brown Rice Whole Grain Tortilla Chips Salsa Mandarin Orange cup</p>	<p>21 Spaghetti w/LS Meat Sauce Italian Blend Vegetables WW Breadstick Fresh Fruit</p>	<p>22 Garlic Butter Pork Loin Mac and Cheese Brussel Sprouts Rye Bread Juice Pudding Fresh Fruit</p>
<p>25 Ravioli w/LS Cream Sauce Italian Peas WW Breadstick Mixed Fruit cup</p>	<p>26 Sweet and Sour Diced Chicken Brown Rice Oriental Vegetables WW Bread Fresh Fruit</p>	<p>27 Shepherd's Pie Butternut Squash Cornbread Juice Pudding</p>	<p>28 *Thanksgiving Roast Turkey w/LS Gravy Herbed Potatoes Mixed Vegetables WW Dinner Roll Pumpkin Pie</p>	<p>29 *Closed for Holiday Pork Tenderloin Apple Gravy Mashed Potatoes Beets WW Dinner Roll Fresh Fruit</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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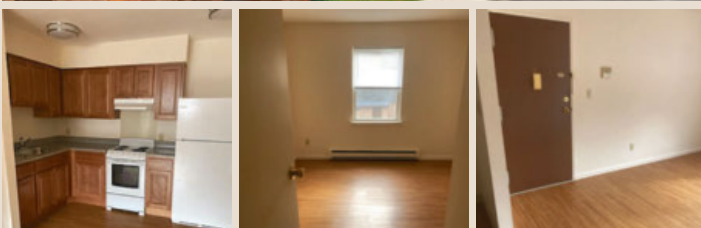
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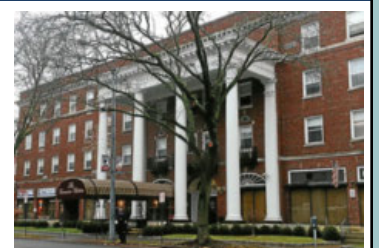


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06-5324

November is National Diabetes Awareness Month

Diabetes is a chronic disease that occurs when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that helps regulate blood sugar levels. When blood sugar levels are too high, it can lead to serious health problems, such as heart disease, stroke and kidney disease.

There are two main types of diabetes: type 1 and type 2. Type 1 diabetes occurs when the body does not produce any insulin. This form of diabetes is typically diagnosed in childhood or adolescence. Type 2 diabetes occurs when the body does not produce enough insulin or when the body cannot effectively use the insulin it produces. This form of diabetes is typically diagnosed in adulthood.

Some common signs and symptoms of diabetes include:

- Feeling very thirsty
- Weight gain or loss
- Urinating (peeing) more, especially at night
- Blurry vision
- Feeling very tired
- Dry mouth or skin
- Cuts that take longer to heal
- Tingling or numbness in your hands or feet



The exact cause of diabetes is unknown, but it is thought to be caused by a combination of genetic and environmental factors. Some people are more at risk for developing diabetes than others, such as those with a family history of the condition or those who are overweight or obese.

Diabetes can lead to a number of serious health complications if it is not properly managed. Some of these complications include heart disease, stroke, kidney disease, nerve damage and eye damage. Diabetes can also make it more difficult for wounds to heal and can increase the risk for infections.

Diabetes is managed through lifestyle changes and medication. Lifestyle changes such as eating a healthy diet and getting regular exercise can help control blood sugar levels. Medications such as insulin injections or oral diabetic medications may also be necessary to manage the condition.

Type 1 diabetes can't be prevented. But the healthy lifestyle choices that help treat prediabetes, type 2 diabetes and gestational diabetes can also help prevent them:

- Eat healthy foods. Choose foods lower in fat and calories and higher in fiber. Focus on fruits, vegetables and whole grains. Eat a variety to keep from feeling bored.
- Get more physical activity. Try to get about 30 minutes of moderate aerobic activity on most days of the week. Or aim to get at least 150 minutes of moderate aerobic activity a week. For example, take a brisk daily walk. If you can't fit in a long workout, break it up into smaller sessions throughout the day.
- Lose excess pounds. If you're overweight, losing even 7% of your body weight can lower the risk of diabetes. For example, if you weigh 200 pounds (90.7 kilograms), losing 14 pounds (6.4 kilograms) can lower the risk of diabetes.



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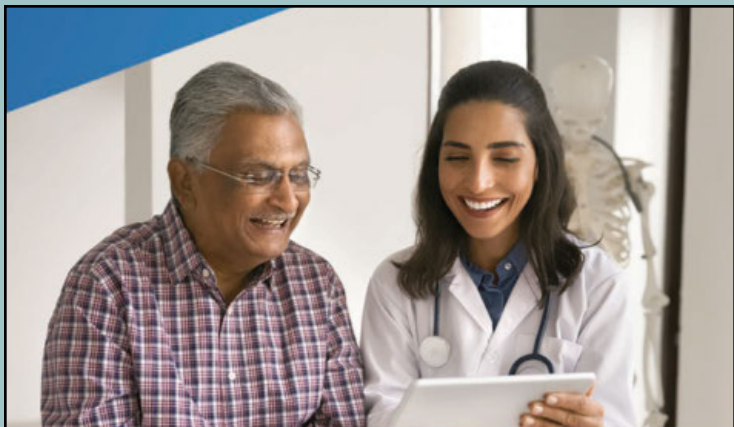
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Seasonal well-being tips for Seniors

Maintaining a focus on personal health and safety is especially important this time of year. These tips can help you focus on your well being:

Nourish Your Body: Maintaining energy levels while nourishing our bodies requires a balance between indulgence and eating healthy. Portion management is key, as is eating only until you are satisfied rather than full. Vegetables, fruits, whole grains, healthy fats, and protein are essential parts of a balanced diet and should be consumed moderately during the holiday season. "Eat what you love in moderation," suggests Jody Engel, a nutritionist and registered dietitian at National Institute for Health.

Hydration Matters: It's easy to lose track of how much water you are drinking during the busy holidays. Adequate hydration is essential for sustaining energy, increasing alertness, facilitating digestion, and protecting brain health. If you consume alcohol, drink plenty of water before, during, and after. Alcohol can cause your body to remove fluid at a much quicker rate than other liquids.

Stay Active: Moving and staying active year-round is especially important during the colder months. Plan time for exercise, such as light yoga or strolling through the mall. When venturing outdoors, protect yourself from the elements by layering your clothing, and keeping your mouth and nose covered. Be mindful of icy paths to avoid falls by wearing appropriate footwear with non-slip soles. Also, consider aids like a cane or walker when needed.

Relax and Recharge: During this potentially stressful time of year, it's important to prioritize self-care and effective stress management for our mental and emotional well-being. Setting reasonable goals for the use of our resources (time, money, and energy) is crucial. We can decrease our stress by scheduling downtime, relaxation techniques like deep breathing and meditation, and listening to music.

Mind Your Medications: Our daily routines can easily be sidetracked during the holiday seasons. It's important to remember to maintain your medication schedule and doses as prescribed by your doctor. Using a pillbox with compartments for each day provides a visual reminder to take medication and avoid taking two doses at once. Don't be afraid to ask for help from a family member or friend if needed.



Garden tips for November

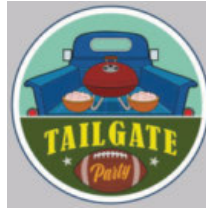
- If you haven't already, get your new spring flowering bulbs planted now.
- Continue to check houseplants for insects that may have come indoors as you brought the plants inside.
- By the end of the month, winterize the lawnmower, wiping off all dirt and debris to avoid rusting and wear.
- To protect tender perennials from harsh winter weather, place a wooden frame over plants after the ground has frozen and fill with leaves.

DID YOU KNOW?

In 1896, the first ever Turkey Trot was hosted by a YMCA in Buffalo, NY with just six contestants.

Time for Tailgating

Fall is here and it is time to have tailgate parties with friends and family as you cheer on your favorite teams. When cooking inside or outside, it is important to follow food safety guidelines to prevent being sidelined by foodborne illness. Let's huddle up and put together a winning food safety plan.



Play Defense with Insulated Coolers - When transporting foods to the tailgate or party site, pack food right from the refrigerator or oven into a cooler or insulated bag. Using a heat bag appropriate heat block or ice packs, keeping the cold/ hot foods at a safe temp of 40 degrees F and below or 140 degrees F and above. Bring a thermometer to make sure you are maintaining safe holding temps.

Zone Defense! No Cross-Contamination - Don't use the same utensils/platters that hold raw meat or poultry to serve cooked foods. Any bacteria in the raw foods can easily transfer to other foods. Serve all of your foods on clean platters, plates, and utensils.

No Bacteria at My Party! - Use Thermometers - Cooking meat to proper internal temperatures is so important to avoid foodborne illness. Using a thermometer to measure a minimum safe internal temperature:

- Beef, Pork, Veal, and Lamb (Steaks, Roasts, and Chops)* - 145 degrees F with a 3-minute rest time.
- Hamburger made of Ground Beef, Pork, Veal, and Lamb* - 160 degrees F.
- All poultry* - 165 Degrees F.

No Food Warming on the Bench - The Danger Zone is leaving out foods too long in the range of 40-140 degrees F. Foods left in the Danger Zone can have bacteria growth that rapidly increases every 20 minutes. So never leave foods in the Danger Zone: Out of heat and cold holding temperatures, for more than 2 hours. If the outside temperature is over 90 degrees F, foods should not be out for more than 1 hour.

*Remember: Cold foods keep COLD at 40 degrees or lower. Using ice and refrigeration to keep foods chilled. Hot foods keep HOT at 140 degrees or higher. Use preheated steam tables, chafing dishes or warming trays. Slow Cookers / Crock Pots are another great option.

Caregiver Support Group

Ulster County Office for the Aging (UCOFA) 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. Facilitated by MHA of Ulster County, Inc.

Meetings are held at:

MHA of Ulster County Inc.
300 Aaron Court, Kingston, NY
1st & 3rd Thursday of each month:
6:00 to 7:15 P.M.

In-person or via Zoom.

RCAL Conference Room
727 Ulster Avenue, Kingston, NY
2nd & 4th Tuesdays of each month:
10:15 to 11:30 A.M.

In-person or via Zoom.

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



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845-334-5307
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HIICAP Medicare
Counseling
845-340-3579

Neighbor-to-Neighbor
845-443-8837

DEPARTMENT OF
SOCIAL SERVICES

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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.