

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

OCTOBER 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 Seniors:

We hope you are all continuing to be well and safe in this recent Delta upsurge! As many of you know, being vaccinated really helps minimize effects of a breakthrough infection. Please continue to wear masks in public – they work! The County still offers vaccine clinics weekly, and still organizes Homebound people to get vaccines at home if you cannot get out.

We are trying to get back to a somewhat normal schedule – we have many things for you to involve yourself with – Game Day at the Hub each Wednesday, lunches at all the congregate Sites once a week (Ellenville twice a week), exercise classes and Tai chi at many places around the County, Lunch and Learns scheduled each month for your education, and our Medicare Open enrollment begins Mid-October! Don't forget – if your medications have changed, or you are unhappy with your current plan, this is the time to make an appointment with our trained Medicare counselors to switch plans, or at least your Part D plan if necessary. Our lawyer has expanded her consultation topics for better assistance, and our NYConnects staff here ready to help! Medicare Savings Plans can still save you monthly deductibles if you qualify – call for details.

Our office is involved with two helpful grants – one is a Fall Prevention Grant, and several seniors around the County have agreed to be trained in Bingocize, a new, evidenced-based program involving bingo and exercise! It looks like great fun – more soon on that! Also, we have a second grant that is exploring chronic disease and health in the senior population in Western Ulster and Eastern Delaware County – we are in the in the planning stages now.

We had two very successful picnics this summer – one in Ellenville and one in Kingston, and a Fall Harvest Bingo in September. We are planning an outdoor Trunk or Treat Human Services Expo in late October to get us ready for Halloweeeeeeen! Again call our office for details.

In health and safety, Susan Koppenhaver,  
Ulster County OFA Director

### Volunteers Needed!

Volunteers needed to schedule rides and drive Seniors to medical appointments through the Neighbor-to-Neighbor Program.

We offer mileage reimbursement, and this flexible opportunity allows you to do as much, or as little transportation as suits your schedule.

If you'd like to help a Senior in need or arrange a ride, call the OFA Volunteer Program at 845-443-8837.

Ulster County Office for the Aging / NY Connects  
and Ulster County Department of Social Services  
Present **Halloween Trunk or Treat**  
**Human Services Expo**

Wednesday October 27, 2021 from 11:00 A.M.  
to 2:00 P.M

Rain date Thursday, October 28.

Tech City Parking Lot, 300 Enterprise Drive,  
Kingston, NY

Services for Children, Adults & Seniors.

Local Service Providers & Area Agencies available  
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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

The first Tuesday of every month, 1:00 to 3:00 P.M.  
Ulster County Senior Hub, 5 Development Court, Kingston, NY. Light refreshments will be served.

### 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.

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## UCOFA Lunch and Learn for Seniors

### October 28: Emergency Preparedness

Presented by Michael Madison, Deputy Director, U.C. Emergency Services  
Shawangunk Town Hall, 14 Central Avenue, Wallkill, NY.

*R.S.V.P. by October 20, 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.

### October 12: Funeral Planning

Presented by Mark Wilsey, E. B. Gormley Funeral Home  
Pine Hill Community Center, 287 Main Street, Pine Hill, NY.  
NOTE: Due to location restrictions, lunch will not be offered.

*R.S.V.P. by October 6, 2021*

Runs Noon to 2:00 P.M.

Free to Ulster County Seniors age 60 and over. Space is limited.  
Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P.  
Socially distancing guidelines will be followed.  
Please wear a mask regardless of vaccination status.



Hope to see you soon.



## October is National Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, an annual campaign to increase awareness of the disease. Breast cancer is a disease that affects both men and women and is among the most common cancers. Since breast cancer often has no symptoms, regular breast cancer screenings are all the more important.

Early detection is key. Mammograms can help doctors detect cancer in the early stages, when treatment is most successful, and most women can survive breast cancer if it's found and treated early. Getting regular mammograms is one of the most important things a woman can do to detect breast cancer early. According to The American Cancer Society (ACS), women ages 40 to 44 should have the choice to begin annual mammograms if they choose. However, regular mammograms are recommended every year for women between ages 45-54, and then every two years beginning at age 55.

Breast cancer is often first discovered by women, which is why many doctors stress the importance of breast self-awareness. Some of the signs that women should look for include: a lump, changes in the size and shape of the breast, swelling or redness, nipple discharge or rash, or skin dimpling (like an orange peel). Women should report any breast changes to their health care providers right away.

While there is no way to prevent breast cancer, there are ways most women can lower their risk for the disease. Those include:

- Maintaining a healthy weight
- Staying physically active
- Limiting the use of alcohol
- Eating a healthy diet
- Avoiding the use of cigarettes

Take the "PLEDGE"

People who take the PLEDGE are encouraged to learn more about breast cancer and spread their knowledge and awareness to friends and family.

**PREVENTION:** Ask my doctor what steps I can take that could reduce my risk of breast cancer.

**LEARNING:** Arm myself with knowledge about my own risks.

**EXAMINATION:** With my doctor, find out when I should get screened for breast cancer, and how often.

**DENSITY:** Have a conversation with my doctor to see if I have "dense" breasts, and which screening approach is right for me.

**GENETICS:** Discuss with my doctor my family history -- both mom's and dad's side -- of breast cancer, to see what it might mean for my level of risk.

**EDUCATE** Once I've put these steps into action, "pay it forward" by encouraging friends and family to do it as well.

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.

## Get the help you need in Ulster County



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**Older Adult Services Program**

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## October 2021 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meals Prepared by 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>331-2496</b> Community Café information call: <b>331-2180</b>	<b>Columbus Day OCTOBER 11th Gateway Home Delivered Meals will be OPEN</b> <b>Ulster County &amp; ELLENVILLE CAFÉ will be CLOSED</b>		<b>1</b> Spinach & Mushroom Ziti Alfredo Broccoli Winter Squash Whole Wheat Roll Lemon Pudding with fruit
<b>4</b> Beef Burgundy over Noodles California Mixed Vegetables Whole Wheat Bread Pineapple Chunks	<b>5</b> Baked Chicken & Gravy Mashed Potato Mixed Vegetables Whole Wheat Bread Fruit Cocktail	<b>OKTOBER 6 FEST</b> Naturschnitzel (Pork Cutlet & Gravy) Warm Potato Salad Red Cabbage Brötchen (bread) German Apple Cake	<b>COLD 7 MEAL</b> Chicken Salad Plate with Pasta Salad Whole Wheat Sandwich Roll Oatmeal Raisin Cookie	<b>8</b> Meatloaf & Gravy Mashed Potato Mixed Vegetables Whole Wheat Bread Lemon Pudding with Blueberries
<b>COLUMBUS 11 DAY</b> Apple Glazed Turkey Cutlet Mashed Potato Broccoli Green Salad WW Dinner Roll Apple Crisp	<b>12</b> Chicken Pot Pie Parsley Potatoes Carrots WW Dinner Roll Peaches	<b>13</b> Baked Fish with Mango Chutney Roasted Red Potatoes Green beans Bean Soup WW Bread Vanilla Pudding	<b>14</b> Goulash over Buttered Noodles Spinach Rye Bread Fruit Cocktail	<b>15</b> Jambalaya with Chicken & Sausage Brown Rice Corn Pudding Cauliflower Pineapple Chunks
<b>18</b> Asparagus Quiche Peas Cauliflower Whole Wheat Roll Chocolate Pudding with Granola	<b>19</b> Beef & Gravy over Buttered Noodles Oriental Mixed Vegetables Rye Bread Mandarin Oranges	<b>20</b> Chicken Divan Mashed Potatoes Beets Squash Soup Whole Wheat Bread	<b>21</b> Pasta & Meatballs Italian Mixed Vegetables Green Salad Whole Wheat Roll Fresh Fruit	<b>22</b> Sweet & Sour Chicken Brown Rice Broccoli Whole Wheat Roll Oatmeal Cookie
<b>25</b> Salisbury Steak Mashed Potato Spinach Minestrone Soup Rye Bread Pineapple Chunks	<b>26</b> Beef & Peppers Rice Pilaf Mixed Vegetables Green Salad Whole Wheat Roll Apple Cake	<b>27</b> Pasta & Meat Sauce Green Beans Whole Wheat Bread Rice Pudding with Raisins	<b>28</b> Baked Chicken & Gravy Sweet Potato Brussels Sprouts Whole Wheat Bread Tropical Mixed Fruit	<b>29</b> Macaroni & Cheese Stewed Tomatoes Broccoli Whole Wheat Bread 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! 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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## Tips to Retrieve old Memories

Sometimes memories of certain experiences remain crystal clear for life. Other significant memories from long ago can be harder to recall. But they may still be with you; it just takes effort to retrieve them. Of the many memories you accumulate every day, only those marked as meaningful are recorded in your brain's long-term files. "We have a system in our brains that tags memories that are important in some way so we'll remember them in the future," explains Dr. Andrew Budson, a neurologist and chief of Cognitive and Behavioral Neurology at VA Boston Healthcare System. Two things tag a memory as special:

1. Emotion: "Getting married is an example of a highly emotional event. In that circumstance, a whole host of brain chemicals become active as these memories are being recorded," Dr. Budson says.
2. Personal significance: "You probably remember what you had for breakfast this morning and what clothes you wore yesterday. But if I were to ask you about those in a few days or a month, you'd have no memories for them because they're just not that important to you," Dr. Budson explains.

Several age-related factors contribute to this loss of recall:

- Memory goes downhill after age 30: "There's good evidence that our ability to retrieve information peaks between ages 20 and 30. By the time we're in our 50s, the frontal lobes, which are in charge of searching for memories, don't work as well as they used to," Dr. Budson says.
- Memories fade with time: If you haven't thought about a memory in years, it won't be as vivid or strong as it used to be. "By not revisiting the memory, you're telling your brain it's not important, and other memories might be laid on top of it," Dr. Budson says.
- We need help to jog our memory: "When we're younger, an internal cue, just thinking of something, can help retrieve a memory," Dr. Budson says. "But when we're older, we rely more on external cues to retrieve memories, like a sound or an image."

To reactivate an old memory, you must think about the senses that were engaged as the memory was being recorded. That's because as you experienced something special or important, your perceptions, images, sounds, smells, tastes, touches, thoughts, or feelings, were being stored in one part of the brain (the cortex) and then bound together as a memory by another part of the brain (the hippocampus) and tagged so the frontal lobes could retrieve the pattern of information later. A cue from your environment (such as hearing a song) or a cue that you generate (such as thinking about your high school graduation) can help you retrieve a memory. "The more specific the cues are for the episodes of life you're trying to remember, the more likely it is you'll have a pattern match and pull up an old memory," Dr. Budson says. Because you may not spontaneously recall cues related to a long-forgotten memory, you'll have to generate some. Dr. Budson recommends that you try these strategies:

- Look at old photographs of your home, family, or friends.
- Read a poem you wrote or liked to read when you were younger.
- Hold an old article of clothing you saved.
- Read an old letter, personal journal, or newspaper article.
- Listen to an old song that you or someone in your family loved.
- Cook a meal your mom or dad used to make for you.
- Smell something that may jog your memory, like a book, pillow, perfume, or food.
- Visit a place from your younger days.
- Watch an old movie or TV show.

Be still as you try to summon old memories; close your eyes at times and focus on the sights, sounds, smells, thoughts, and feelings associated with each one. And when you do recall memories, write them down and reinforce them by visiting them often in your mind if they're pleasing or helpful.

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## How Aging affects Focus

Just as you may not run as fast or jump as high as you did as a teenager, your brain's cognitive power—that is, your ability to learn, remember, and solve problems—slows down with age. You may find it harder to summon once familiar facts or divide your attention among two or more activities or sources of information. These changes affect your ability to focus, so you may find yourself getting more easily distracted than you were when you were younger.

Hearing loss that often accompanies aging makes it more difficult to distinguish speech in a noisy environment. Because hearing then requires more concentration than usual, even mild loss of the ability to focus can affect speech comprehension.

Most people start to notice changes as they enter their 50s and 60s. Although these changes can cause consternation, most age-related memory and thinking problems don't stem from an underlying brain disease such as Alzheimer's disease. Instead, what appears to be a memory problem may simply reflect a slower processing speed and poor encoding and retrieval of new memories as a result of diminished attention. However, even though your brain may be slower to learn and recall new information, your ability to make sense of what you know and to form reasonable arguments and judgments remains intact.

Many of these limitations are reversible and related to poor sleep, but structural changes that take place in your brain as you age can explain some of these developments, too. Brain regions involved with memory processing, such as the hippocampus and especially the frontal lobes, undergo anatomical and neurochemical changes over time.

The result is that as you age, it takes longer to absorb, process, and remember new information. The natural loss of receptors and neurons that occurs with aging may also make it harder to concentrate. Therefore, you not only learn information more slowly, but you also may have more trouble recalling it because you didn't fully learn it in the first place. With slower processing, facts held in working memory may dissipate before you have had a chance to solve a problem.

In addition, the ability to perform tasks that involve executive function declines with age. Many people learn to compensate for these changes by relying on habit most of the time and devoting extra effort to focus on new information they are trying to learn.

Even the aches and pains of getting older can affect focus. Pain itself is distracting, and some of the medications used to treat it also can affect concentration.



## Garden tips for October

- Cut off Peony foliage. Dig in a trowelful of bonemeal around each plant.
- Plant as many daffodil, tulip, hyacinth, and crocus bulbs as you can. You can't have too many of these in spring.
- Let clippings lie on the lawn to return Nitrogen to the soil, unless they are long and wet, in which case, rake and compost.
- Order a supply of bulk mulch, which is cheaper than the packaged kind and also eliminates the waste of all those heavyweight plastic bags.
- Top up mulch in all garden beds.
- Don't completely deadhead plants with showy or bird-friendly seed heads, like coneflowers.
- Be sure to water trees now through hard frost if conditions are dry, so that they enter dormancy well-hydrated.

# DID YOU KNOW?

The planet Mercury is made mostly of iron.

## October is Healthy Lung Month

With the aging process we will experience changes to all of the organs that impact our breathing such as: lungs, bones and muscles. These changes can cause a decline in lung function. We want to help make sure to maintain healthy lungs!

A few ways to help protect your lungs :

1. Quit smoking or never start: Smoking causes significant damage to lungs. It's very important that we all make every effort to not start or stop the habit.
2. Stay active!: Participate in regular physical activity to both strengthen lungs and the chest muscles. It is very important not to spend too much of your time lying in bed, potential to cause fluids and mucous to settle in the lungs. Find an exercise buddy, go for walks or join the gym!
3. Maintain a healthy weight: Being overweight creates excess body fat that we carry around with us causing a strain on the diaphragm, making it harder for the lungs to expand. Balanced nutrition is key: portion control, eat in moderation and remember to drink plenty of fluids to stay hydrated.
4. Avoid air pollutants: Even the healthiest of lungs can deteriorate by breathing in secondhand smoke, chemicals, and outdoor air pollution. Be mindful of your surroundings.
5. Get regularly screened: Annual screenings can reduce the likelihood of a late diagnosis. Treatments can be more effective when diseases/cancers are caught in the early stages.

Speak with your Physician and remember your Registered Dietitian is also available for nutritional support.

*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.*

## Preparing for Disasters with a Chronic Disease

Create a "go-kit" for emergencies:

- At least one week's worth of medical supplies and equipment.
- Contact information for health care providers and emergency contacts.
- A medication list with doses and dosing schedules.
- A list of your allergies.
- Information about any medical devices you use.
- At least a three-day supply of any foods needed to manage your condition.
- Copies of your insurance card and photo ID.
- Copies of recent lab work you might need.

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## OFFICE FOR THE AGING

Susan Koppenhaver,  
Director

845-340-3578

Judy Riley, Deputy Director

845-340-3580

NY Connects

845-334-5307

845-443-8804

HIICAP Medicare  
Counseling

845-340-3579

Neighbor-to-Neighbor

845-340-3456

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**  
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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.

alzheimer's association

Appointments available at the  
Ulster County Office for the Aging.

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