

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

OCTOBER 2022



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

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

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

Are you 60 years old or older and...

...Need a ride for a medical appointment?

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

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

Trained staff are available 9:00 A.M. to 5:00 P.M., in person or by phone, to answer questions about available community resources, benefits and entitlements.



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

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## UCOFA DIRECTOR MESSAGE

Dear Ulster County Seniors:

Happy Fall! Things are going to be getting cooler, and folks may not go out so much – please keep in mind that you need to stay active even when it’s cold. You can do lots of things to keep active – walk in your neighborhood. When you are sitting, lift your legs up and down – move around your house safely. Walk at the Mall – we have a Walking Club every Tuesday at 10:00 A.M. and it’s year round! As September was Falls Prevention Month, every month should be a fall prevention month, with you preventing your own falls, staying active, eating healthy, and avoiding things like the ER and doctor’s visits – you are in charge!

October is always a time of transition to the winter months, and we know that will mean heat bills (see us for HEAP applications), furnace maintenance (see HEAP help) and if you have other fuel sources, most of them are covered. We also haven’t stopped offering lots of things to do, like Tai Chi classes, movies, Game Day, and very importantly, your Medicare Open enrollment begins October 15 – make your appointment now! Our staff and volunteers are getting very busy already, and this year is no exception – if you need to change your plans, and you struggle with online enrollment, that’s what we are here for!

Don’t forget that socialization during colder times is just as important – the congregate programs continue through the whole year, and all sites can accept more people – please consider having a nice meal, a chat with neighbors, and a relaxing lunch hour.

Please note that beginning October 1st, you can ride the Ulster County Bus for free.

Be well! Be Healthy! Stay Active!

Susan Koppenhaver,  
Ulster County Office for the Aging Director

## Ulster County Office for the Aging Public Hearings

October 3, 2022: Ulster County Senior Hub, 5 Development Court, Kingston, NY from 1:00 to 2:30 P.M.

October 6, 2022: Ellenville Public Library, 40 Center Street, Ellenville, NY, from 1:00 to 2:30 P.M.

We want to hear from you. Learn about Office for the Aging, share your ideas and suggestions for improving services and adding programs. Light refreshments will be served. Please call Ulster County Office for the Aging to R.S.V.P. at 845-340-3456.

Ulster County Office for the Aging, NY Connects & UC Department of Social Services Present 2022 Human Services Expo **"Trunk or Treat"**

Wednesday October 12, 2022 from 11:00 A.M. to 2:00 P.M. (rain date October 13, 2022). Kingston Plaza, 151 Plaza Road, Kingston, NY. (Hannaford/Ball field Parking Lot).

Get Connected. Learn about services for Children, Adults and Seniors. Local service providers & area agencies available to discuss their services and answer any questions. Attendees will park their vehicles and visit each provider for a Halloween Treat & to learn about services available to Ulster County residents.



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

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

Tara DeLuca will be in the Ulster County Office for Aging on the following days: October 14, November 11 and December 9 from 10:00 A.M to 1:00 P.M. Please call the Ulster county office for the Aging at 845-340-3456 to make an appointment.

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## Ulster County Seniors

We provide nutritious, well-balanced meals to seniors in Ulster County. Please contact Ulster County Office for the Aging at 845-334-5125 for more information on how to qualify. We also offer the same great meals through our "Just Like Home" meal service - perfect for anyone desiring convenience, independent living, recuperating at home, or managing an illness.



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## MALL WALK WITH THE UCOFA HUDSON VALLEY MALL

1300 Ulster Avenue, Kingston, NY.  
Every Tuesday, 10:00 A.M. sharp!

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

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

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 Weekly 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 the Ulster  
County Office for the Aging to register at  
845-340-3456. Please use social distancing to the  
extent possible. Masks are optional.

### UCOFA Craft Corner

Join Ulster County Office for the Aging for Creative Fun!

Each month a new craft. 3rd Friday of the month from  
10:00 A.M. to 12:00 Noon, Ulster County Senior Hub,  
5 Development Court, Kingston, NY. Call Ulster County  
Office for the Aging to register at 845-340-3456.  
Please use social distancing to the extent possible.  
Masks are optional.

## MEDICARE

### MEDICARE ANNUAL OPEN ENROLLMENT PERIOD

The Annual Open Enrollment Period to change your Medicare health or prescription drug coverage for 2022 will begin on October 15. The Open Enrollment Period will be from October 15 to December 7, 2022.

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 (OFA) for a free HIICAP appointment. The number is 845-340-3456 or toll-free 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 2022 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

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**

**October 19: Healthy Living for Your Brain and Body**

Presented by Tara DeLuca, Alzheimer’s Association Hudson Valley Chapter  
Shawangunk Town Hall, 14 Central Avenue, Wallkill, NY.

*R.S.V.P. by October 11, 2022*

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. Please use social distancing to the extent possible. Masks are optional (at discretion of presenter).

**November 3: Advance Care Planning**

Presented by Erica Halwick-Williams, Esquire

Mescal Hornbeck Community Center, 56 Rock City Road, Woodstock, NY.

*R.S.V.P. by October 25, 2022*

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. Please use social distancing to the extent possible. Masks are optional (at discretion of presenter).

**November 9: Holiday Stress and How to Avoid it**

Presented by Maria-Anne Duncan, LCSW-R & Craig Bronder, M.A., MHC,  
Gateway Hudson Valley

Town of Kingston Town Hall, 906 Sawkill Road, Kingston, NY.

*R.S.V.P. by November 1, 2022*

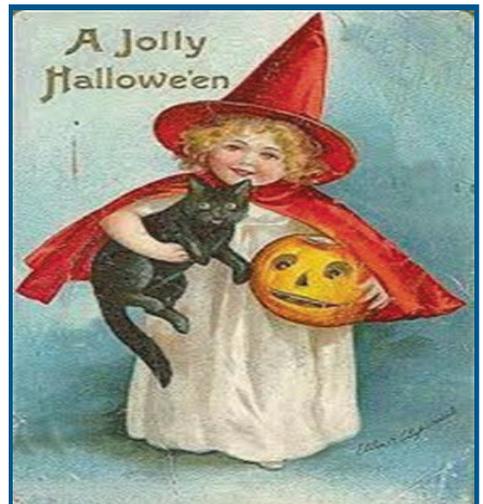
Lunch and Learn runs Noon to 2:00 P.M.

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. Please use social distancing to the extent possible. Masks are optional (at discretion of presenter).



**Whatever Happened to Baby Jane?** on October 25, 2022 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. Masks must be worn indoors at all times except when eating and drinking at your seat.

Space is limited. Call the Office for the Aging to R.S.V.P. by October 21, 2022 at 845-340-3456.



## 5 tips for Seniors during Fall

1. Get the Flu Vaccine. The Center for Disease Control (CDC) recommends that adults age 65 and older receive the flu vaccination every year. Seniors are especially at risk for complications from the flu, such as bronchitis, pneumonia and ear infections, and the Flu can also make other health conditions worse.
2. Lookout for tripping hazards. When Fall approaches temperatures begin to drop, it becomes darker outside earlier, leaves begin to fall and the ground is often wet or frozen. Leaves can be a fall hazard so be sure to keep your walkways clear and illuminated to reduce your chances of falling. As a result of cooler temperatures joints may become more stiff and it can become more difficult to move around. As such, it is important to stretch in your home before venturing out.
3. Stay warm. As you age, the risk of suffering from hypothermia increases. As a result of cooler temperatures, it is important to dress properly. Dress in layers so if the temperature varies from indoors to outdoors, you can adjust accordingly. Consult with your medical professional about your different medications as some medications can make you more sensitive to cold temperatures. It is also recommended to keep your indoor temperature a minimum of 68 degrees Fahrenheit.
4. Protect your skin. The dry nature of indoor air from heating systems could introduce potential problems for your skin. Using a humidifier indoors can help reintroduce moisture into the air and help prevent skin from drying out. Be sure to stay hydrated and use lotion or cream to keep the skin moisturized.
5. Fire risks. As the temperature drops, it is common to use electrical appliances such as electric blankets. Always check any electrical appliance to make sure there are no open breaks or frayed cords. Another common electrical appliance is a space heater; a common source of fires. Be sure the heater is placed away from flammable objects/surfaces. Keep a fire extinguisher that is easily accessible and check the batteries in your smoke and carbon monoxide detectors.

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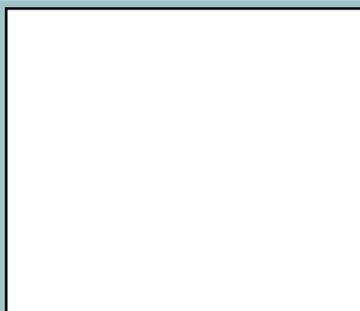
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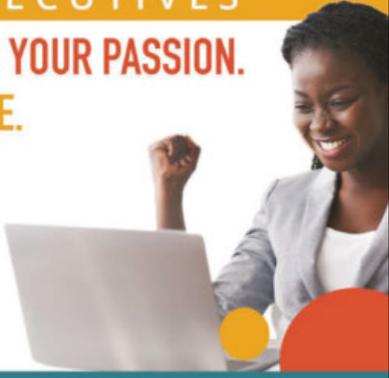


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**October 2022 Community Café & Home Delivered Meals Menu**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>3</b> Chicken Parmesan Cavatappi Pasta Zucchini Tossed Salad Rye bread Mandarin Oranges</p>	<p><b>4</b> Shrimp Alfredo Snap Peas Yellow Squash Whole Wheat Roll Peaches</p>	<p><b>5</b> Cheese Pierogi Brussels Sprouts Crinkle Cut Carrots Rye Bread Applesauce</p>	<p><b>6</b> Apricot Chicken Sweet Potato California Blend Vegetables Whole Wheat Bread Tropical Fruit</p>	<p><b>7</b> Stuffed Peppers Garlic Mashed Potato Sliced Carrots Whole Wheat Bread Banana Nut Bread</p>
<p><b>CLOSED 10</b> <b>Columbus Day</b> Vegetable Lasagna Peas &amp; Carrots Green Beans Whole Wheat Roll Pears</p>	<p><b>11</b> Hamburger with Caramelized Onions Baked Sweet Potato Corn Whole Wheat Bun Pineapple</p>	<p><b>12</b> Lemon Chicken Mashed Cauliflower Green Peas Tossed Salad Rye Bread Vanilla Pudding</p>	<p><b>13</b> Roast Turkey Mashed Potatoes Mixed Vegetables Cranberry Sauce Whole Wheat Bread Apple Crisp</p>	<p><b>14</b> Breaded Fish Sweet Potato Puffs Steamed Broccoli Cole Slaw Rye Bread Tropical Fruit</p>
<p><b>17</b> Beef Stir Fry Jasmine Rice Yellow Beans Whole Wheat Bread Pineapple Chunks Fortune Cookie</p>	<p><b>18</b> BBQ Chicken Sautéed Kale Corn Cole Slaw Whole Wheat Bread Pears</p>	<p><b>19</b> Lemon Garlic Fish Rice with Beans Sautéed Collard Greens Low Sodium V8 Juice Rye Bread Mandarin Oranges</p>	<p><b>20</b> Stuffed Shells Italian Mixed Veggies Sautéed Squash Rye Bread Oatmeal Raisin Cookies</p>	<p><b>21</b> Turkey Sausage &amp; Peppers Roasted Potato Corn Whole Wheat Bun Pineapple Chunks</p>
<p><b>24</b> Fish Scampi Risotto Italian Green Beans Green Salad Whole Wheat Roll Tropical Fruit</p>	<p><b>25</b> Rigatoni Bolognese Butternut Squash Cauliflower Fruit Juice Whole Wheat Bread Pumpkin Spice Cookie</p>	<p><b>26</b> Salisbury Steak with Mushroom Gravy Scalloped Potatoes Peas &amp; Pearl Onion Whole Wheat Bread Pineapple Chunks</p>	<p><b>27</b> Chicken Stir Fry Rice Pilaf Baby Carrots Fruit Juice Rye Bread Peaches</p>	<p><b>28</b> Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach Rye Bread Mandarin Oranges</p>
<p><b>31</b> Teriyaki Chicken Basmati Rice Collard greens Fruit Juice Rye Bread Peach Cobbler</p>	<p><b>HAPPY HALLOWEEN</b></p>	<p>For Information or Home Delivered Meal Cancellation Call: <b>845-331-2496</b> Community Café information call: <b>845-331-2180</b></p>	<p>Meals Prepared by <b>Gateway Hudson Valley</b> Milk is provided WW = whole wheat <b>"Menu Subject to Change"</b></p>	<p><b>HAPPY COLUMBUS DAY</b></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! UCOFA Community Cafés have re-opened. See below for days of the week.

### UCOFA 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, Mondays and 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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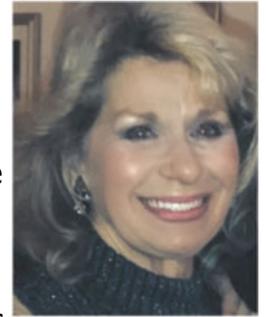
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06-5324

## Ulster County Office for the Aging Senior of the Year

### Mary Angela Tuma

Mary Angela Tuma is a very compassionate and giving person with lots of energy and talents. She volunteers her services providing free fitness classes at the Ulster County Office for the Aging, People's Place Wellness Center and the Salvation Army; and assists those programs with their fundraising projects such as People's Place Project Santa and food/clothing drives. Mary spearheaded the funding to install a "chair lift" at People's Place so seniors and people with mobility issues could access the 2nd floor so they can participate in Wellness Programs and activities. Additionally, she volunteers for the Ulster County Veterans Services Agency providing shopping assistance to home bound Veterans, the SPCA helping care for animals, and Community Action where she makes sure no food is wasted-even bringing leftovers to the Forsyth Park Zoo animals. Mary is Chair of the Ulster County Italian American Foundation's Community Cares Program which provides funding and outreach for a multitude of community assistance. She is a host on the "Tutto Italiano," a radio show to bring awareness to residents about services and resources. Mary was awarded "Senora of the Year" by the Ulster County Italian American Foundation due to her endless diligence of serving members of our community. Over the years, Mary has served in many capacities for various organizations. Mary's mantra for her volunteer services is "though you are the one giving-it is you that is the one truly receiving."



"I found out early as a young wife and mother that regardless of whether you are working, raising a family, or both, there is always time left over to help others and to have a positive impact in your community. Just give it a try and give what you can; the satisfaction that you'll feel is great. Also, the happiness of making new friends cannot be measured." Mary Tuma

### Carolyn Shorter – Outstanding Contribution by a Senior

Carolyn Shorter has dedicated much of her life to helping others in her community. She has a huge heart and is loving, kind and is always willing to extend a hand to whomever needs assistance. She helps people find housing, she cooks and feeds people who do not have food, and she provides financial advice to seniors. She visits the sick and those who are isolated. Carolyn has been a member of the New Testament Church of Jesus Christ in Ellenville, New York for 49 years and is an Evangelist at the church, as well as a mentor and volunteer. Carolyn is also a site manager at some of the Ulster County Office for the Aging Congregate Sites (Ellenville, Rosendale, and New Paltz) where she heats up the meals and serves them to the participants with a smile and usually a funny story. The older adults who attend enjoy her energy and company. Carolyn is the type of person who likes to help people and she volunteers when the need arises. She drives people to appointments and refers them to OFA services. Carolyn has experienced some of the struggle's others are going through and when she feels the need of people, she reaches out to them. Most importantly, she does everything with compassion and a smile. Her nickname is "Joy" because she spreads joy wherever she goes, and she is well loved by the community.



"To be a volunteer you have to love people and feel the needs of other people. You don't put people down or pass judgment. Whatever you give to people you give it on to God. If you're disappointed in people, you won't feel bad because you gave it on to God."

The above Seniors will be recognized by the New York State Office of the Aging on November 4, 2022.



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06-5324

**Home Energy Assistance Program (HEAP)**

Home Energy Assistance Program (HEAP) - The regular component will open on Tuesday, November 1st. HEAP, is a federally funded program that may assist low-income households who meet the requirements with a one-time benefit towards their heating source.

Regular HEAP Benefits are available to households who meet the criteria based on income, energy costs, and family size and households who may be eligible for a renter’s benefit. Clean and Tune Program is open. This benefit may provide assistance to eligible homeowners for their primary heating systems to be cleaned and tuned once per year. Heating Equipment Repair and Replacement (HERR) is open. HERR benefit is available to assist homeowners in repairing, replacing primary heating equipment which is deemed inoperable or unsafe.

Applicants must meet the eligibility requirements including resource testing. For information contact NY Connects at 845-334-5307.

The Ulster County Executive, the Ulster County Inter-Agency Council on Domestic Violence & Human Trafficking & SUNY Ulster invite you to attend the **10th Annual Ulster County Domestic Violence Information Forum:** When Resilience Meets Community Support, a Survivor Can Journey. Nydia Elena Valencia illustrates the complex realities of fleeing a violent interpersonal relationship, how utilizing services available in Ulster County helped her do it, and the truth that healing transformation is possible .

October 20, 2022 from 9:30 to 11:30 A.M. at the Quimby Theater, SUNY Ulster, 491 Cottekill Road, Stone Ridge, NY. Program is free of charge, and open to the public. A live Q&A discussion will follow the presentation. Registration is required.

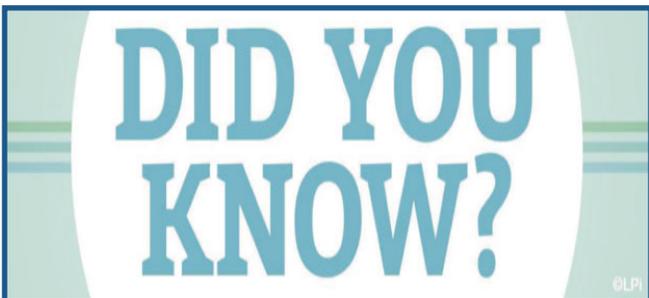
Click or enter in web browser: <https://form.jotform.com/222293672415153> to register.

Questions: Contact Beth LaValle at [blav@co.ulster.ny.us](mailto:blav@co.ulster.ny.us) or 845-334-5221.



**Garden tips for October**

- Potted perennials can be buried in an empty part of the vegetable garden or surrounded with a thick layer of straw to get them through the winter.
- Keep an eye on the weather and harvest any remaining summer produce like beans, eggplant, peppers, and tomatoes before a hard frost rolls in.
- Fall-planted flower bulbs like Alliums, Crocuses, Daffodils, Irises, and Tulips can be sown now, and will be ready to emerge colorfully in early spring.
- If you find that some bulbs get “un-planted” by hungry critters, consider protecting your bulb bed by laying down a sheet of chicken wire over it, removing the wire when the plants sprout in the spring.



In October 1886, France presented the United States with the Statue of Liberty.

## October is Apple Month

There are over 7000 varieties worldwide that include some sweet favorites, like Red Delicious, Fuji, or Gala, and tangy green apples like Granny Smith. The Hudson Valley is known for apple growing where they are enjoyed by visitors and locals and shipped commercially throughout the country.

Apples are commonly used in recipes, like pies, cookies, muffins, jam, salads, oatmeal, and smoothies, but also make a great snack on their own or wedged and smeared with nut butter. Not only are they versatile to use in the kitchen but are a healthy fruit with many research-backed benefits.

Apples are nutrient dense. One medium 7-ounce apple provides: 104 calories, 28 grams of carbohydrate, 5 grams of fiber, some vitamin C, vitamin K, Potassium, Copper, vitamin E, and B vitamins thiamine and pyridoxine (B6), and polyphenols.

The fiber and water in apples increase your feeling of fullness which can work as a weight-loss strategy to help manage appetite. The soluble fiber can help lower blood cholesterol levels.

Polyphenols are an important group of antioxidants that protect your cells from free radicals-the harmful molecules they contribute to developing chronic conditions like heart disease and cancer. They also lower blood pressure and stroke risk and reduce insulin resistance.

Studies have found an 18% reduction in type 2 diabetes risk for people who eat apples. In fact, one serving a week may reduce risk by 3%.

Pectin found in apples is a type of fiber that acts as a prebiotic. This means it feeds your gut microbiota – or good bacteria, that may help protect against chronic diseases like type 2 diabetes, heart disease, and cancer.

**The Bottom Line:** Apples are an incredibly nutritious fruit that offers multiple health benefits, you can't go wrong with this tasty, versatile, and easily accessible fruit.

### Microwave Baked Apple Recipe

#### Ingredients:

- 1 Apple of your choice
- ½ package Instant Oatmeal
- ¼ cup liquid (water, juice)

#### Directions:

- Cut apple in half, cut out core & stem.
- Mix oatmeal according to directions.
- Place apple halves on plate, top with prepared oatmeal.
- Add additional liquid over oatmeal topped apple halves.
- Cover with plastic wrap, microwave 5-7 minutes.
- Enjoy.

*From the desk of the UCOFA Registered Dietitian: Juanita Bryant, RDN, CD. Nutrition Consults are free to Ulster County Seniors 60 and over. Consults currently via phone with the UCOFA Registered Dietitian. To make a referral, please call 845-340-3456.*

## Ulster County Office for the Aging invites Seniors to a Thanksgiving Luncheon

November 16, 2022

Noon to 2:00 P.M.

R.S.V.P. by November 1, 2022

Shawangunk Senior Center  
70 Main Street, Napanoch, NY.

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

Call the Office for the Aging to R.S.V.P. at 845-340-3456. Please use social distancing to the extent possible. Masks are optional.



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SAUGERTIESSENIORHOUSING.COM



OFFICE FOR THE AGING

Susan Koppenhaver,  
Director

Judy Riley, Deputy Director

Office for the Aging

845-340-3456

NY Connects

845-334-5307

845-443-8804

HIICAP Medicare

Counseling

845-340-3579

Neighbor-to-Neighbor

845-443-8837

DEPARTMENT OF  
SOCIAL SERVICES

HEAP

845-334-5436

SNAP

845-334-5200

Medicaid

845-334-5175

Central Intake

845-334-5125

Do you know someone who might like to receive The Buzz via email? Have them call the Office for the Aging with their e-mail address.

The Ulster County Office for the Aging is always looking for ways to improve our services and resources to all Seniors across the County. Please do not hesitate to contact us if you have feedback, ideas or need additional information regarding our services.



**NY Connects**  
Your Link to Long Term  
Services and Supports

of Ulster County

(800) 342-9871 (845) 334-5307



NY Connects staff can help link you to long term services and supports, such as home care, transportation and meals.

Our goal is to help you live as independently as you wish to while meeting your medical, social and functional needs that arise from aging or disability.

We can help individuals, families, caregivers, and professionals.

Appointments available at the Ulster County Office for the Aging.

Call 845-340-3456 to make an appointment.

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