

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

SEPTEMBER 2023



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)

*Sam's Point Preserve, Ellenville, by Steve Aaron, Courtesy of Ulster County Tourism*

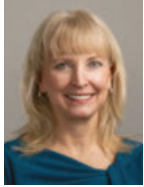
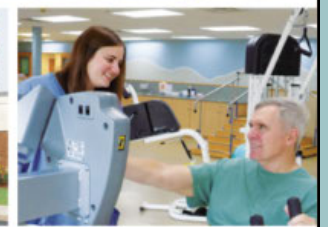


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06-5324



## UCOFA DIRECTOR MESSAGE

To the awesome Older Adults of Ulster County!  
I can't believe I have been here 4 years now! It literally seems like yesterday when I walked into the OFA, had to do a 4-year plan in the next month, and then COVID hit and the world changed. How much it changed, I think we are still seeing.

But our seniors had the best County vaccination rates, and I believe were the most careful. Now we are seeing a lot of public interaction, and our office staff is seeing an increased interest in our programming, which is wonderful!

Please be on the lookout for our 4-year plan survey within the next couple of months – we are pretty aware of the needs of the County and its older adults, but we always like to hear from you. There will be a number of ways to complete it – paper, online, fillable forms, etc. Your comments and concerns are always considered as we finalize our 4-year plan, which is due later this year. Many of its elements we are already working on in some form or another. Larger concerns, such as doing whatever we can to keep folks at home, options for exercise, caregivers, Medicare Counseling, disease management, fall prevention, and other matters all currently have our attention. Our Senior Technology Support Classes are growing, and we expect to bring it around the County. There are always Tai Chi classes being offered somewhere, and we have staff and volunteers trained for Fall Prevention classes as well. We are pleased to have increased our personal care services to help keep folks safely at home and now have several full-time Homemaker Aides, and they all carry full caseloads.

We still seek volunteers for driving, Warm Calling, Respite, and other types of assistance for those who need it – please call our office if you would like to spend some time doing something for your neighbors.

The County is in the process of redesigning its website and we hope to have many links and helpful resources for you to be able to find lots of information quickly, including exercise programs across the County, food banks and pantries, informational seminars, Evidenced-Based programming to help with specific issues, among many other helpful resources. Please visit the County website to take a survey [www.ulstercountyny.gov](http://www.ulstercountyny.gov) and provide input. A reminder that our dietician will give free nutritional advice and consultation to anyone who needs it in our older adult population.

Please tune into my radio program – the 2nd Tuesday of the month at 8:30am on WGHQ (92.5FM & 920AM). There are always different topics discussed.

September is upon us! The beginning of the Fall, the usual beginning of school, and another busy Fall and Winter season coming!

In health,  
Susan Koppenhaver,  
Ulster County Office for the Aging Director

### Ulster County Office for the Aging 2023 Senior Farmers' Market Nutrition Program Coupons

Eligibility is determined by two factors: AGE and INCOME. You must be a Senior 60 or older and monthly income is at or below the federal income guidelines:

\$2,248 month for a one-person household  
\$3,041 month for a two-person household  
\$3,833 month for a three-person household

- Eligible recipients must personally sign for the coupons (POA or Proxy accepted).
- Coupons cannot be reserved and are distributed on a "First Come First Serve" basis.
- Coupons can only be redeemed for fruits and vegetables and only from participating farmers.

Coupons (\$25 value) are available at the Ulster County Office for the Aging, 1003 Development Court, Kingston, NY, from 10:00 A.M. to 4:00 P.M., Monday through Friday. For more information call the Office for the Aging at 845-340-3456.



### 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:

**9/7/23:** iPhone refresher & preparation for IOS 17.

**9/14/23:** Saving and organizing files on your PC.

**9/21/23:** General tech Q&A, Bring your tech and your questions.

**9/28/23:** Apple's Utility Suite.

**10/5/23:** iPad Refresher & Preparation for IOS 17.

**10/12/23:** Google Drive & Google Applications.

**10/19/23:** General Tech Q&A, Bring your tech and your questions.

**10/26/23:** How to use Zoom to connect with family and friends.

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.

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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.**

Please use social distancing to the extent possible.  
Masks are optional.

### UCOFA Weekly Game Day

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

### UCOFA Free Chess Classes

Mondays at 11:00 A.M.

### UCOFA Craft Corner

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

### UCOFA Gentle Chair Yoga

Mondays, 9:30 to 10:30 A.M.  
Shoes must be worn.

### UCOFA Fitness & Fun for All

**Bands, Balls, Light Weights & Light Cardio**  
Wednesdays, 10:30 to 11:30 A.M.  
Shoes must be worn.

## MEDICARE

### MEDICARE ANNUAL OPEN ENROLLMENT PERIOD

The Annual Open Enrollment Period to change your Medicare health or prescription drug coverage for 2023 will begin on October 15. The Open Enrollment Period will be from October 15 to December 7, 2023.

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 at 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 2023 if you make no changes.



## SAVE THE DATES

## OFA PUBLIC HEARINGS



**We Want to Hear From You!**

**Monday, October 2<sup>nd</sup> - 1:30pm**

Town of Esopus Town Hall  
1 Town Hall Way, Ulster Park, NY

**Thursday, October 12<sup>th</sup> - 1:00pm**

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

Learn about Office for the Aging Services and Programs  
Share your ideas/suggestions for improving services & adding  
programs

Please RSVP to OFA at 845-340-3456

**Light refreshments will be served**

## UCOFA Lunch and Learn for Seniors

### September 26: Medicare 101

Presented by Bob Meci, UCOFA Health Insurance Coordinator  
Ulster County Senior Hub, 5 Development Court, Kingston, NY.

*R.S.V.P. by September 18, 2023*

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. Masks are optional (at discretion of presenter).

### October 5: Understanding and Responding to Dementia-Related Behavior

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

Shawangunk Senior Center, 70 Main Street, Napanoch, NY

*R.S.V.P. by September 27, 2023*

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. Masks are optional (at discretion of presenter).

### October 5: Medicare 101

Presented by Bob Meci, UCOFA Health Insurance Coordinator  
Highland Public Library, 14 Elting Place, Highland, NY.

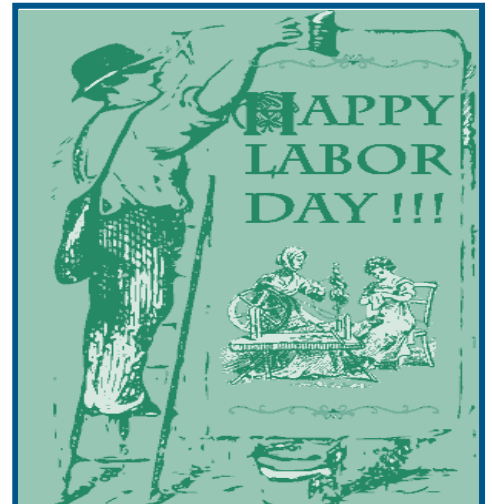
*R.S.V.P. by September 27, 2023*

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. Masks are optional (at discretion of presenter).



**Psycho (1960)** on October 24, 2023 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 are no longer required but for the safety of our staff and volunteers they are highly recommended. Call the Office for the Aging to R.S.V.P. by October 20, 2023 at 845-340-3456.



## Climate Change and the Health of Older Adults -Ulster County Department of Health

97% of scientists know climate change is real. Climate change is a serious threat to the health of all people, but older adults are particularly vulnerable to its effects. Some of the health effects of climate change on older adults include:

- Heat stress: As the climate warms, heat waves are becoming more common and severe. This can be a major health threat for older adults, who are more likely to experience heat-related illnesses such as heat stroke and heat exhaustion.
- Breathing problems: Climate change is expected to increase air pollution, which can worsen respiratory conditions such as asthma and COPD. Older adults are more likely to be affected by poor air quality because they have more sensitive lungs.

There are a number of actions that can be done to help protect your health from extreme heat and poor air quality.

- Stay cool during heat waves. It is important for older adults to stay cool by staying indoors in air-conditioned areas, drinking plenty of fluids, and wearing loose-fitting, light-colored clothing.
- Avoid outside activity when the air quality is poor.
- Check on your friends who may be alone and isolated.
- Take care of your mental health. If you are experiencing anxiety or depression in response to climate change, there are resources available to help you.
- Talk to your doctor or a mental health professional about how to cope with the stress of climate change.
- You have the power to fight back against climate change. For more information, go to: [www.cdc.gov](http://www.cdc.gov).

It is important to remember that climate change is a serious threat to the health of all people. By taking steps to protect yourself from the health impacts of climate change, you can help ensure that you stay healthy and active for many years to come.

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## September 2023 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Prepared by <b>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>845-331-2496</b> Community Café information call: <b>845-331-2180</b>			1 Pier 17 Fish Seasoned Roasted Potatoes Scandinavian Blend WW Bread Tropical Fruit
4 Chicken Marsala Mushrooms Mashed Potatoes Green Beans Rye Bread Applesauce	5 Sliced Ham Pineapple Glaze Sweet Potatoes Geneva Blend Vegetables WW Bread Pears	6 Meatloaf Gravy Wide Egg Noodles Peas & Carrots WW Bread Peaches	7 Vegetable Lasagna Marinara Sauce Italian Blend Vegetables Juice Rye Bread Chocolate Pudding	8 Macaroni & Cheese Stewed Tomatoes Tossed Salad Juice WW Roll Oatmeal Raisin Cookie
11 Chicken Picatta Linguini Brussel Sprouts WW Roll Diced Pears	12 Salisbury Steak w/Mushroom Gravy Sliced Potatoes Broccoli WW Bread Applesauce	13 Turkey Divan Brown Rice California Blend Vegetables, Juice Rye Bread Vanilla Pudding	14 Baked Veal Parmesan Rigatoni Marinara Sauce Green Beans WW Bread Peaches	15 Egg Bake w/Broccoli Potato Sausage Crumble Spinach Rye Bread Mandarin Oranges
18 BBQ Pork Harvest Rice Black Beans & Corn Rye Bread Mandarin Oranges	19 Stuffed Shells Meat Sauce Italian Blend Vegetables, Juice WW Roll Peanut Butter Cookie	20 Codfish Cakes Tater Tots Broccoli Cole Slaw Rye Bread Tropical Fruit	21 Turkey Turkey Gravy Stuffing Carrots & Broccoli WW Bread Pears	22 Herbed Chicken Breast, Cheesy Rice Asian Blend Vegetables, Juice WW Bread Vanilla Pudding
25 Philly Cheesesteak Peppers & Onions TaterTots Carrots Juice WW Bread Vanilla Pudding	26 Grilled Chicken Breast Garlic Sauce Yellow Rice Spinach WW Roll Peaches	27 Chicken & Sausage Gumbo Rice Mixed Vegetables Rye Bread Mandarin Oranges	28 Fajita Chicken Strips Peppers & Onions Spanish Rice, Pintos & Black Eyed Peas WW Bread Pineapple Chunks	29 Spaghetti & Meatballs Italian Blend Vegetables Tossed Salad Rye Bread Applesauce





## 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

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

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

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

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

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

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

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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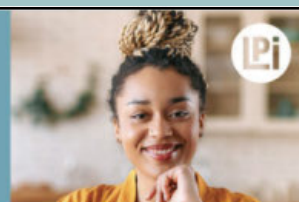
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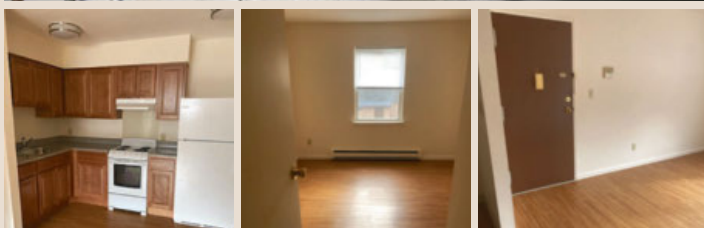


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## 6 Nutrition Tips for Healthy Aging

Good nutrition can give you more energy and improve heart health. Eating a balanced diet can also reduce your risk of health concerns like diabetes, high blood pressure, and osteoporosis. As you age, you might notice changes in your appetite and cravings. Your body also absorbs nutrients differently. By making healthy food choices and incorporating these 6 important food categories in your diet, you can give your body the vitamins, minerals, and nutrients it needs to stay active and healthy regardless of age.

6 types of food to eat for healthy aging:

1. **Lean Protein:** You might not feel as hungry as you used to, and older adults usually need fewer calories. It's a good idea to stay away from sugary or processed foods and choose healthy, whole foods. For example, lean proteins like chicken, fish, eggs, legumes, nuts, and seeds are nutrient dense. Protein gives you more energy and helps maintain muscle mass.
2. **Fiber:** Our digestive systems slow down as we get older. Fiber-rich foods improve digestion and can even reduce the risk of diabetes and cancer. Foods high in fiber include bran, wholegrain cereals, brown rice, nuts, berries, and vegetables.
3. **Omega-3 Fatty Acids:** Salmon, sardines, tuna, mackerel, flaxseed, and soybeans are all high in omega-3 fatty acids. These fatty acids keep us healthy as we age by reducing or preventing inflammation. Omega-3 fatty acids can also slow macular degeneration and other vision problems. They're even good for your brain! Fatty acids can help reduce the risk of Alzheimer's disease and keep your brain healthy.
4. **Calcium:** Calcium is an important part of good nutrition. Bones naturally become more fragile with age, which is why older adults need extra calcium. This mineral can strengthen bones and reduce the risk of osteoporosis. Incorporate more calcium-rich foods into your daily diet by eating yogurt, cheese, milk, and dark, leafy green vegetables.
5. **Iron:** Have you been feeling tired, weak, lightheaded, or low on energy? You may not be eating enough iron (these can also be symptoms of other health issues, so ask your doctor first). Iron helps the blood carry more oxygen throughout your body and improve your energy levels. Foods that are high in iron include lean meats, beans, lentils, dark green leafy vegetables, and fortified cereals.
6. **Vitamins and Minerals:** As we get older, our bodies have a harder time absorbing vitamins and minerals. Make sure you're eating plenty of foods with these nutrients:
  - Vitamin B12 helps your body produce red blood cells and keeps your nerves healthy. As we get older, our stomachs don't absorb this vitamin as well, so eat lean meat and dairy products to increase your vitamin B12 intake.
  - Vitamin C supports collagen production, giving your skin more elasticity and fewer wrinkles. Foods high in vitamin C include apples, oranges, strawberries, and tomatoes.
  - Vitamin D can prevent calcium loss in your bones and maintain bone density, which is especially important as we age. Food sources of vitamin D include fish and fortified cereals and milk. Your doctor may recommend getting additional vitamin D from supplements or limited exposure to sunlight.
  - Potassium can lower blood pressure and promote heart health. Foods high in potassium include bananas, prunes, dried apricots, and potatoes.
  - Magnesium is another important mineral that strengthens the immune system. Older adults have a hard time absorbing magnesium, so eat more magnesium-rich foods like whole grains, nuts, seeds, and green leafy vegetables.

By adding these foods to your meals, you can enjoy the health benefits of a well-balanced diet. And if you think you're not getting enough nutrients from food, talk to your doctor about adding nutritional supplements to your daily diet.

For people dealing with pain, anxiety, or sleep disturbances, CBD has become an increasingly popular option for natural relief without side effects.

"Education is paramount" says *Your CBD Store Kingston* owner, Matthew Tallarico. "Once customers understand how CBD works and have someone to help them find the right product and dosage, that's when we see folks getting the best results."

Not all CBD is created equally, so consumers should make sure they're purchasing products that are 3rd party tested, organic, U.S. grown and extracted using clean methods.

If you're interested in trying a free sample of high-quality CBD, visit *Your CBD Store Kingston* at 1220 Ulster Ave., or call us at 845-383-1425.

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September is a great month to get out and explore the Hudson Valley. UCAT (Ulster County Area Transit) offers a variety of transit services to help get everyone to their destinations. All transportation services are **FREE**.

**The following services are offered through UCAT:**

**Regular Route Service** – open to all – runs daily from 5:30 A.M. to 11:00 P.M. depending on the Route. Specific Routes cover each area of Ulster County, and the Poughkeepsie Train Station and both Trailways locations in Kingston, and New Paltz. Details on service can be found on our website:

<https://ucat.ulstercountyny.gov>.

**Paratransit Service** – ADA Service – must apply and be approved – details can be requested through our website: <https://ucat.ulstercountyny.gov> or by calling our dispatch at 845-334-8458.

**Shopper's Bus** – Open to Seniors – Reservations required – Limited to specific areas each day of the week. For more information, please call scheduling at 845-338-8458.

**Events happening in the Hudson Valley:**

**Kingston Farmers Market (258 Wall Street)** – The Blue and Yellow Route will take you to Uptown Kingston - Can be accessed by the following Routes: Blue Yellow.

**Kingston Home Crafters (Andy Murphy Center, 467 Broadway)** Knitting, crocheting, beading, ceramics, line dancing, nature hikes and more. All listed programs are FREE (according to the website) – Can be accessed by the following routes: Blue, Yellow, KPL.

**Forsyth Nature Center- Zoo** – Can be accessed by the following Routes: Yellow.

UCAT is here to help you enjoy the Fall here in Historic Ulster County!

**Reach Out and Play Game Day** - sponsored by AARP. Reach Out and Play Game Day is an initiative from Ageless Innovation designed to create meaningful social connections for older adults by bringing people of all ages together through the power of play. As a sponsor of Reach Out and Play, AARP is bringing the initiative to life by hosting board game events across the country from September 5 through September 17, 2023.

Join the Ulster County Office for the Aging on September 13, 2023, from 1:00 to 3:00 P.M., at the Ulster County Senior Hub, 5 Development Court, Kingston, NY, to try out the newly designed classic Scrabble, Trivial Pursuit and the Game of Life, and challenge your friends and yourself while you have fun. Refreshments will be served! Prizes! R.S.V.P. for this event by calling the Ulster County Office for the Aging at 845-340-3456 by September 11, 2023.



## Garden tips for September

- If you harvested your own garlic, save the best heads with the biggest cloves for replanting later this month or next (about a month before frost is in the ground). Otherwise, order bulbs now.
- If houseplants need repotting, do it before they come inside later this month (less messy than in the house).
- Peonies are best divided and transplanted in late August through September, if they need it.
- Cover your September sown greens with hoops and row cover. The row cover will speed growth, protect greens from frost burn and make harvesting easier once the weather turns cold. (But don't cover your garlic or bulbs with row cover).

# DID YOU KNOW?

The first newspaper ever in the United States was printed on September 25, 1690.

What is Mindfulness? It is the practice of focusing your full attention on the present moment. It can be used during any activity of your daily life such as brushing your teeth, driving your car, going for a walk or spending time with your family. It is the practice of awareness and intention to the task without interference of judgment or including stressful situations in your life.

You can also try mindful eating, employing the focus on the present, to help you enjoy your meal, better understand your feeling of hunger, fullness and prompt better digestion which will bring about an appreciation for every bite of food.

There is no one way to accomplish this but it involves reorienting your focus to be present when eating. This is a time to remove the external stress in our lives and to experience the pleasant feelings we get from enjoying a meal. Try by noticing the bite to bite experience of the food. Use your five senses during the meal. Notice the taste, temperature, texture and anything else occurring at the moment of your meal. Over time you may start to enjoy the meal and the present company around you instead of worrying about the distractions that occupy your mind and make eating a meal a blur or chore.

- Recognize physical and mental cues around food: It is a time to actually experience the food you eat and to recognize the flavors we like and dislike. You also begin to understand hunger and give your body the foods you want and need.
- Lower stress and improve digestion: Mindful eating has been shown to help activate the nervous system and encourage a healthier digestion and nutrient absorption of the foods we eat.
- Mindful eating is not a diet: The purpose of mindful eating is not to lose weight or follow a certain meal pattern. It is to help you reduce your stress, increase your digestion and absorption of nutrients and to enjoy your meal.

How to practice mindful eating:

1. Notice how the food tastes and whether you like it.
2. Take one bite and let yourself smell, taste, feel the texture and enjoy each bite.
3. Take a deep breath before you begin to eat to reorientate yourself to the present moment.
4. Reduce distractions. Put away your phone or reading materials, turn off the TV and clear the table or surface where you eat.
5. Have a simple but pleasant centerpiece at your table such as a flower, picture, or plant to remind you to step into mindfulness.
6. Notice when you are hungry and the pace at which you eat. Then notice the pace at which you eat as you begin to get full.
7. Notice how the food feels in your body. Notice how good and energized you feel after a mindful meal.

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

## Save the Date(s)

September 11: Financial Exploitation and Scams  
(Presented by Ulster County Office for the Aging and Jewish Family Services )  
Esopus Town Hall,  
1 Town Hall Way, Ulster Park, NY  
1:30 P.M.

September 21: Fall Bingo  
Sojourner Truth Park /  
Ulster Landing Park,  
916 Ulster Landing Road,  
Saugerties, NY  
1:00 to 3:00 P.M.

October 18 : Human Services Expo "Trunk or Treat"  
Kingston Plaza, 151 Plaza Road,  
Kingston, NY  
Hannaford/Ball Field Parking Lot  
(rain date 10/19)  
11:00 A.M. to 2:00 P.M.

## Caregiver Support Group

Ulster County Office for the Aging (OFA) and the Mental Health Association in Ulster County, Inc. (MHA) are offering a support group designed for caregivers seeking support and interaction with other caregivers. The group will also allow caregivers to learn skills, share information, and learn about available resources.

Meets every Wednesday 3:00 to 4:15 P.M. Meetings are held at MHA, 300 Aaron Court, Kingston, NY or via Zoom.

Facilitated by MHA.

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



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## OFFICE FOR THE AGING

Susan Koppenhaver,  
Director

Judy Riley,  
Deputy Director  
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  
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HEAP  
845-334-5436

SNAP  
845-334-5200

Medicaid  
845-334-5175  
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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 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.