

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

SEPTEMBER 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.



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UCOFA DIRECTOR MESSAGE

To our Ulster County Seniors!

September and the fullness of the harvest leads me to think of the Farmers' Market Coupons we are handing out this year! The amount increased to \$25 and they were very popular – so please make sure to use them at a participating market before the end of November.

Just a reminder that Open Enrollment in the Medicare Program begins October 15th so if you need to make changes, please call to make an appointment with one of our knowledgeable counselors. Good news, the Medicare Savings Program has raised the income limits for eligibility beginning in 2023. We believe there will be many more people who will be eligible for this program which can help save you money on your Medicare premiums and more. Call our office for more information

845-340-3456.

We had two successful picnics this year, very well attended. We are planning some Holiday gatherings as well starting around Thanksgiving. Movies are also back at the Rosendale Theatre and a couple have been planned for both September, October, and we will announce our Holiday movie soon!

I'd like to thank all seniors who have welcomed us to their groups, sites, or housing as it is a great chance to get to know you, find out what you might need, and try to get it to you!

Hope to see you all at our events!

Susan Koppenhaver,
Ulster County UCOFA Director

Ulster County Salutes

Ulster County Veteran Service agency and Hope for Heroes presents Heroes Tribute on Saturday, September 17, 2022, from 4:00 P.M to 9:00 P.M. (rain date September 18, 2022) at the Ulster County Fairgrounds, 249 Libertyville Road, New Paltz, NY.

Free Admission. Live music, food and fireworks. For more information contact:

mcoz@co.ulster.ny.us. or info@heroeshope.org.



Ulster County Office for the Aging, NY Connects & UC Dept. 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 & 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.



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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.



We can help you with your nutrition needs. Call us for more information about our "Just Like Home" meals at
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06-5324



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 13: Emergency Preparedness

Presented by Michael Madison, Deputy Director, U.C. Emergency Services
Esopus Town Hall Community Room, 1 Town Hall Way, Ulster Park, NY.

R.S.V.P. by October 4, 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).

Falls Prevention

Falls Facts by William Shatasky, MPS & Occupational Therapist, HAHV,
Home Safe Home by Gilles Malkine, Architectural Barrier Consultant, RCAL,
and Tai Chi Demo by Certified instructor Celeste Graves.

September 21: New Paltz Community Center, 3 Veterans Way,
New Paltz, NY.

R.S.V.P. by September 12, 2022

10:00 A.M. to 11:30 A.M.

Free to Ulster County Seniors age 60 and over. Light refreshments will be served. 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 presenters).

Public Hearings

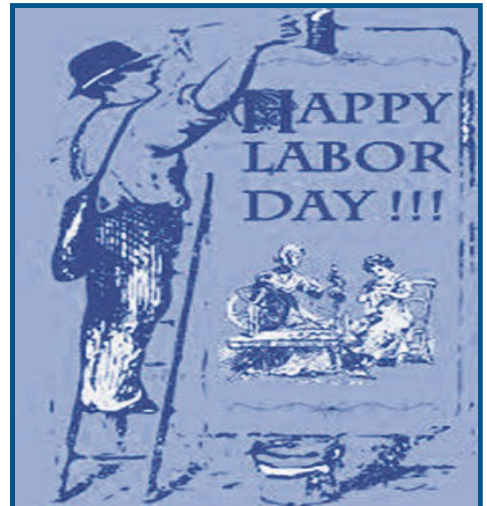
October 3, 2022: Ulster County Senior Hub, 5 Development Court, Kingston, NY
1:00 to 2:30 P.M.

October 6, 2022: Ellenville Public Library, 40 Center Street, Ellenville, NY
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.



From Here to Eternity on September 27, 2022 at the Rosendale Theater, 408 Main Street, Rosendale, NY. Movie starts at 1:00 P.M. Free to Ulster County Seniors age 60 and over. Please wear a mask regardless of vaccination status. Both proof of vaccination (vaccination card, a legible copy of the card on your phone, or the New York State Excelsior Pass), paired with your photo ID, must be presented for admission. Space is limited. Call the Office for the Aging to R.S.V.P. by September 23, 2022 at 845-340-3456.





FALL HARVEST BINGO



**Tuesday, September 27th
1pm – 3pm**

Sojourner Truth/Ulster Landing Park
916 Ulster Landing Rd, Saugerties, NY

Prizes & light refreshments will be served

Space is limited – to register please contact OFA at 845-340-3456
RSVP by 9/22/22



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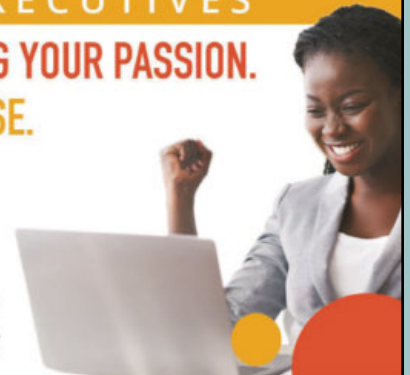
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September 2022 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<i>SITES CLOSED LABOR DAY 9/5</i>	Meals Prepared by Gateway Hudson Valley "Menu Subject to Change" WW=Whole Wheat	For Meals Program Information and Home Delivered Meal Cancellations Call: 845-331-2496 Community Café Information, Reservations or Cancellations Call: 845-331-2180	1 Breaded Fish Sweet Potato Puffs Steamed Broccoli Rye Bread Cole Slaw Rice Pudding with Fruit	2 Lemon Chicken Mashed Cauliflower Peas WW Bread Oatmeal Raisin Cookie
<i>Labor 5 Day</i> Turkey Sausage & Peppers Roasted Potatoes Corn WW Hoagie Roll Fruit Cocktail	6 BBQ Chicken Sautéed Kale Corn WW Dinner Roll Rice Pudding with Fruit	7 Tuna Macaroni Salad over Greens 3 Bean Salad Pickled Cucumbers Rye Bread Mixed Fruit	8 Stuffed Shells Italian Vegetables Carrots Whole Wheat Roll Applesauce	9 Beef Stir Fry Jasmine Rice Yellow Beans WW Bread Fruit Juice Pineapple Chunks
12 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach Whole Wheat Bread Peaches	13 Salisbury Steak with Mushroom Gravy Peas & Pearl Onions Green Salad Rye Bread Apple Crisp	14 Rigatoni Bolognese Butternut Squash Cauliflower Whole Wheat Bread Fresh Fruit	15 Chicken Stir Fry Rice Pilaf Baby Carrots Whole Wheat Roll Fruit Juice Tropical Mixed Fruit	16 Fish Scampi Risotto Italian Green Beans Fresh Salad WW Bread Pears
19 Teriyaki Chicken Basmati Rice Collard Greens Fruit Juice Whole Wheat Bread Tapioca Pudding with Fruit	20 Cheese Lasagna Green Peas Diced Carrots Whole Wheat Roll Pears	21 Baked Cod with Creole sauce Lemon Zested Orzo Brussel Sprouts Rye Bread Peach Crisp	22 Meatloaf with Mushroom Gravy Buttered Egg Noodles Green Peas Green Salad Whole Wheat Bread Pineapple Chunks	23 Asian Pork Stew Lo Mein Noodles Green Peas Fruit Juice Whole Wheat Bread Mandarin Oranges
26 Beef Stroganoff with Mushroom Gravy Buttered Egg noodles Petit Green Peas Fresh Salad Whole Wheat Roll Peaches	27 Hawaiian Chicken Baked Yam Italian Mixed Veg Whole Wheat Bread Oatmeal Raisin Cookie	28 BBQ Pulled Pork Baked Beans Braised Red Cabbage Fruit Juice Rye Bread Fruited Bread Pudding	29 Eggplant Parmesan Penne Pasta Broccoli Whole Wheat Roll Pears	30 Caribbean Flounder Coconut Rice Grilled Plantain Whole Wheat Bread Fruit Juice Fruit Cocktail



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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06-5324

September is Fall Prevention Awareness Month

September is Fall Prevention Awareness month, meaning it's the perfect time to talk about tips for preventing falls. Falling was once a simple thing in the early stages of life. However, it can get much worse as we age. Here are some tips to make falling less likely.

- Wear shoes that keep you safe. Choose rubber or nonskid soles that fit well. Athletic shoes are a good choice. Choose flats or shoes with low heels and avoid high heels or platforms. Don't wear flip-flops or backless shoes or slippers. And remember, never to walk around in stocking feet even when indoors.
- Improve your balance by wearing foot braces or custom orthotics. There are new braces today that have slim profiles and fit in most shoes. They will give your ankle extra support while walking. Custom orthotics put your foot back in the 'neutral' position thus supporting your arch and correct pronation and supination.
- Build strength in your feet and toes. Tai Chi, and exercises, including resistance and stretching, will help your feet stay strong and supportive as you age. A few exercises to try are:

Heel lifts: Stand with both feet flat on the ground. Raise your heels and stand on your tiptoes. Hold for a second and lower back down.

Toe lifts: Stand with both feet flat on the ground. Raise your toes in the air until your weight is on your heels. Hold for a second and lower your toes.

Leg lifts: Stand straight and lift one leg off the ground. (Hold onto a chair or other support, if you need). After 10 seconds, lower your leg. Switch sides and repeat.

Heel to toe walk: Slowly walk forward placing the heel of one foot directly in front of the other. Look ahead a bit if it helps keep your balance. Repeat for 20 steps.

Backward leg lifts: Stand straight with feet shoulder width apart. Hold on again if you need to do so and lift one leg behind you and lower it back down. Switch sides .

Sit to stand: Sit in a sturdy chair and place both feet on the floor. Stand using only your legs and slowly sit down again. You can hold your arms out in front of you or cross them.

Wall push-ups: Place your hands on the wall at chest height with your fingers pointed up. Keep your back straight and slowly bend your elbows to bring your body toward the wall. Then straighten your arms to push away from the wall.

- Talk with your primary care physician about your medications at every visit. The way your body reacts to medications can change as you age, so certain medications that were fine in the past may cause side effects now. Your health care provider can help review your medications and make changes if needed.
- Check your vision and hearing. Problems with vision or hearing can lead to falls. Get your eyes checked at least once a year and your hearing every other year. Take time to adjust to new glasses. Inner ear problems can affect your balance.
- Remove hazards from your home that you can trip on like throw rugs, boxes or cords.
- Drink plenty of fluids and eat a well-balanced diet.
- Using a cane or walker will keep you steady on your feet. Remember to use your cane on your stronger side. Don't leave home without them!

Don't let fear keep you from leading an active life. Fear can lead to isolation from others, depression, or the use of more medications or alcohol. All these things can make falling even more likely.



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06-5324

House Cleaning Tips for Seniors

Keeping your home clean day-to-day can be a big task for anyone. For Seniors it can become quite an overwhelming and difficult chore. Here are some helpful house cleaning tips to try.

- **A Broom is Not Just a Broom.** Try using your broom to clean hard to reach places. Use a clean broom and your favorite cleaner to scrub your shower and tub. This will make cleaning those hard to reach places easier. Another trick is to simply wrap a cloth around your broom and secure it with a rubber band. Then spray with your favorite cleaner to easily clean your baseboards and walls.
- **Press n' Seal your Fridge.** Try lining your refrigerator shelves with Glad Press n' Seal for easy clean up and to keep your fridge clean for longer. When it's messy simply peel off toss and replace.
- **Lint Roller Your Lampshades.** Lampshades are notorious duct collectors and the often odd-shapes make them hard to keep clean. This easy trick can be done quickly with little effort. Simply run a lint roller up and down them a few times and your lampshades will be lint free.
- **Rubber Gloves for Pet Hair.** Rubber gloves are a surprising solution. Simply put the gloves on and run your hands over the furniture. The static is generated makes even the tiniest hairs stick to the gloves. Rinse your hands and the hair will all fall off.
- **Vinegar is Your Friend.** Lime scale that builds up on faucets and other fixtures in the kitchen and bathroom is a major frustration for anyone. Try simply wrapping the fixtures in a towel soaked in vinegar to make the lime scale dissolve without having to put any elbow grease into the job.
- **Extension Tools.** Avoid reaching or climbing on stepladders by adding extension poles to your cleaning tools. Dusting the tops of doors and ceiling fan blades will become a breeze. Claw-style grabbing tools can also be used to pick items up off the floor without having to bend down and stoop.
- **Streak-Free Windows.** Enjoy perfectly clear windows by simply washing them with a microfiber cloth that is dampened with water. Be sure to use a second dry cloth and wipe the window dry.
- **Sparkling Oven Racks.** Simply run warm water in the bathtub, squeeze in a dash of dish soap and allow them to soak for a while. Once they have had a chance to soak wipe them down using a fabric softener sheet. This will loosen baked on grease and grime. Give them a rinse with a fresh tub full of water, and allow them to dry.
- **Clean Blinds Fast.** All you need is a pair of old socks and some tongs. Put the socks on the tongs and run them through each row of blinds. Gently squeeze the tongs as you go so that the socks hit the blinds, and you will pick up dust.



Garden tips for September

- Take cuttings of Wax Begonias, Petunias, Impatiens, and root them in pots of good soil. Brought indoors before frost, these tender annuals will provide cheerful bloom during the dark winter months.
- To avoid the ravages of late blight, frost, or a severe storm, pick mature tomatoes while they are still green, and let them ripen in paper bags indoors.
- Lettuce and spinach can be sown outdoors through October 1st. If a hard frost is predicted, cover the plants with floating row covers or bed sheets.
- Make a note of any particular productive or unsatisfactory varieties of vegetables that you planted this year. Such information can be very useful when planning next years' garden.

DID YOU KNOW?

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For example: 150 LB person requires 55 grams +/- of protein per day due to its importance in the body.

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Reduces Muscle Loss

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SALMON 17G
PER 3 OZ



EGG
6G PER EGG

BINGOCIZE®

Looking for a fun, new way to be more active?

BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

Come join the fun! We meet every week.

Tuesdays and Thursdays beginning September 13, 2022.

10:00 to 11:00 A.M.

Esopus Town Hall
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Port Ewen, NY

To register call the Ulster County Office for the Aging at 845-340-3456 by September 6, 2022

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.



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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.