

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

SEPTEMBER 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.



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

Have Medicare questions?  
I have answers.

**Aaron Palmiter**  
Licensed Sales Agent  
845-242-4325, TTY 711  
aaronpalmiter@gmail.com  
myuhcagent.com/aaron.palmiter



## Feet Hurt?



We Treat ALL Types  
of Foot Problems!

103 Hurley Ave., Kingston  
(845) 339-4191 hvfa.com

PARTNER WITH AN SPECIALIST  
**WOODHOUSE**  
WEALTH MANAGEMENT, LLC



Helping You Put Your Financial House in Order

Call Stephen at 845-339-3800

STEPHEN.WOOD@WOODHOUSEWM.COM  
WWW.WOODHOUSEWM.COM

10 WESTBROOK LANE, SUITE 2, 1ST FLOOR KINGSTON

Securities and advisory services offered through Commonwealth Financial Network, Member FINRA/SIPC, a Registered Investment Advisor.  
Fixed insurance products and services offered through Woodhouse Wealth Management and CES Insurance Agency.

**ACCUMULATION**  
*how to target asset growth*

**RETIREMENT PLANNING**  
*how to target distribution of your assets  
in a tax-advantaged way*

**ESTATE PLANNING**  
*how to preserve your assets*

**RISK MANAGEMENT**  
*how to protect your assets*

**BUSINESS PLANNING**  
*how to grow and manage your business*

**TAXATION**  
*how to minimize your tax burden*

JSPHomeServices.com • 845-331-8473



**PLUMBING • HEATING  
AIR CONDITIONING • ELECTRICAL  
24 HOUR EMERGENCY SERVICE**

**AVAILABLE FOR  
A LIMITED TIME!  
ADVERTISE HERE NOW!**

Contact **Karen Fontaine**  
to place an ad today!  
kfontaine@lpicommunities.com  
or (800) 477-4574 x6350

Providing funeral service excellence for nearly 70 years!



411 ALBANY AVENUE  
KINGSTON  
845-331-0631  
WWW.SIMPSONHAMMERL.COM

Paul R. Hammerl  
Owner

162 S. PUTT CORNERS ROAD  
NEW PALTZ  
845-255-1212  
WWW.COPELANDHAMMERL.COM

## THIS IS LIVING... SENIOR LIVING

friday cocktail hours • interactive music and dance class  
semi-weekly shopping trips • strength & balance class  
arts and crafts classes • lunches at local restaurants  
yoga for seniors • in-house bocci & shuffleboard courts  
golf putting green • trips to museums • concerts in the park



Spectacular senior living with first-class amenities  
paired with compassionate and skilled health care.



397 WILBUR AVENUE, KINGSTON 845.331.1254 MOUNTAINVALLEYMANOR.COM



## OFA DIRECTOR MESSAGE

To our Ulster County Seniors!

Some important information to pass along to all of you –

Farmer’s Market Coupons – we **STILL HAVE THEM AT OUR OFFICE!** If you know someone who qualifies, send them our way. Lots of local Farm markets take them, and a free \$20 for fruits and veggies is a free \$20!

Our second picnic is sold out and we are considering adding a third. To be announced soon!

Game DAY: in the Hub – beginning in September (9/1 to be exact) lots of things to do, games to learn or play, you can even set up your own Poker group! Dominoes! Mah Johhng! Our Chess teacher will be there, too, if you want to learn how to play this great game! We have a growing library of best sellers and writers for you to borrow from our little corner library!

We have Lunch and Learns starting up as well as our Community Cafés! All congregate sites are open once a week! Ellenville is open two days a week.

There are still PODS around the County that offer vaccines for those who still need them! Let’s protect each other and get vaccinated! – on the County website weekly....

If you are looking for something to do, we have volunteer positions available – particularly drivers for our Neighbor to Neighbor program, starting back up in September - and don’t forget, September is Fall Prevention Month, and there will be local programs to learn about this important topic for you as well to stay safe at home, and stay out of the Emergency room because of a fall.

Here’s hoping to see you all at events soon!

In health and caution,

Susan Koppenhaver, Ulster County OFA Director



Birthday Bingo, June 2021, Robert E. Post Park, Kingston, NY.



BBQ Picnic, July 2021, Lippman Park, Wawarsing, NY.

## Lab Work That Comes to You

Our experienced and highly-trained collection technicians come to your home or office to collect your specimen and then deliver it under controlled conditions to our nearest state of the art laboratory



**Bruen Medical Partners**

Call 845-853-0676

Info@bruenmedicalpartners.com



**Curtis Care Management**

We help seniors obtain services and benefits needed to age independently in the community.

Free 30 minute phone consult

**914-420-2438**

www.curtiscaremanagement.com

OUR LOAN CLOSET has an extensive array of medical equipment for loan for a nominal fee. Contact us to see if we have what you need.

IF you need an architectural barrier consultant to help make your home safe...

WHEN you or someone you love has been placed or is at risk of a nursing home placement...

# RCAL CAN HELP

RESOURCE CENTER for

**RCAL**  
ACCESSIBLE LIVING

rcal.org

**845-331-0541**



**support our**

# ADVERTISERS

**TenBroeck**  
CENTER FOR REHABILITATION & NURSING

**CONTACT US TO SCHEDULE A TOUR**  
845-336-6666 | tenbroeckrehab.com  
One Commons Drive | Lake Katrine, NY 12449

**LAW OFFICE OF ANTONY M. EMINOWICZ PLLC**

**WILLS, TRUSTS AND MEDICAID ASSET PROTECTION**

845-481-4688 • 2 PEARL STREET, KINGSTON, NY 12401

antony@ame-law.com • www.ame-law.com







**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.

**MEDICARE**

**Medicare Counseling**

The Health Insurance Information Counseling and Assistance Program (HIICAP) at the Ulster County Office for the Aging provides free and objection information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage. HIICAP helps people with Medicare, their representatives, or people soon to be eligible for Medicare.

HIICAP Counselors are fluent in all aspects of Medicare and health insurance coverage, including Original Medicare, Medicare Advantage, Medicare supplemental plans, and prescription drug coverage.

If you need further information or would like to schedule an in-person or phone appointment with a HIICAP counselor, please call 845-340-3579.

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.

**SUPPORT OUR ADVERTISERS!**



**UCOFA Lunch and Learn for Seniors**

**September 21: Falls Prevention**

Presented by William Shashaty, MPS & Occupational Therapist HAHV, Giles Malkine, RCAL, and Tai Chi demo, Celeste Graves, Certified Tai Chi instructor

Esopus Town Hall Community Room, 284 Broadway, Port Ewen, NY

*R.S.V.P. by September 13, 2021*

**September 30: Opioid awareness, Narcan training and Prescription drug take-back**

Presented by Patrick Carroll, CASAC-T, CIT, Ulster County Sherriff O.R.A.C.L.E. team

Marbletown Community Center, 3564 Main Street, Stone Ridge, NY.

*R.S.V.P. by September, 22 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 if you wish or if you are not fully vaccinated.

Fitness & Fun for All -Bands, Balls, Light Weights, Light Cardio with certified fitness instructor Mary Tuma.

Wednesdays, beginning September 8, 2021 from 10:30 to 11:30 A.M.

Ulster County Senior Hub, 5 Development Court, Kingston, NY. Call Ulster County Office for the Aging at 845-340-3456 to register.

Social distancing guidelines will be followed. Please wear a mask if you are not fully vaccinated. Proof of vaccination may be required.



**TAI CHI**

**Tai Chi for Arthritis and Falls Prevention** (Beginner level)

Tuesdays and Thursdays  
1:00 to 2:00 P.M.

Starting September 7, 2021.  
Saugerties Public Library  
91 Washington Ave,  
Saugerties, NY.

*Masks are required at the Library*

Mondays and Fridays  
9:30 to 10:30 A.M.

Starting September 13, 2021.  
Town of Rochester Community  
Center  
15 Tobacco Road, Accord, NY.

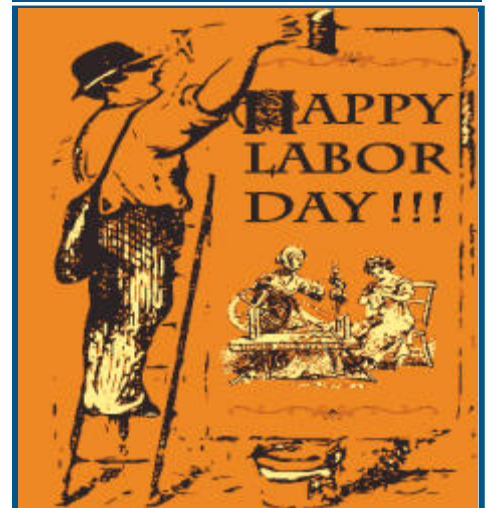
Tuesdays and Thursdays  
3:00 to 4:00 P.M.

Staring September 21, 2021.  
Shawangunk Town Hall  
14 Central Avenue, Wallkill, NY.

Classes are twice a week for eight weeks and ask that you be willing to make the commitment to be at all classes twice a week for all eight weeks. Social distancing guidelines will be followed. Please wear a mask if you wish or if you are not fully vaccinated. Proof of vaccination may be requested. Free to Ulster County Seniors age 60 and over. Space is limited. Call 845-340-3456 to R.S.V.P.



Hope to see you soon.



**September is Falls Prevention Month**

Falls are a leading cause of injury among older adults. September is Falls Prevention Awareness Month, which is an opportunity to assess your risk of falling. Factors that put Seniors in danger of seriously injuring themselves during a fall include:

- **Decline in Physical Fitness.** Many adults become less active as they get older, which exacerbates the physical effects of aging. Failure to engage in even mild exercise on a regular basis results in reduced muscle strength, decreased bone mass, loss of balance and coordination, and reduced flexibility.
- **Impaired Vision.** Age-related eye diseases can make it difficult, if not impossible, to detect fall hazards, such as steps, puddles and thresholds. Even if a Senior is in top physical condition, failing to see obstacles or changes in ground level can lead to a nasty tumble. Refusing to follow physician recommendations for treatment, including wearing eyeglasses and using necessary low vision equipment can lead to a fall as well.
- **Medications.** A wide variety of medications can increase a Senior’s risk of falling. Side-effects, such as drowsiness, dizziness and low blood pressure, can all contribute to an accident. Sedatives, anti-depressants, anti-psychotics, opioids and some cardiovascular drugs are the most common culprits. Taking multiple medications increases the risk of medication interactions and falling. Keep in mind that over-the-counter medications and supplements can have powerful side effects and synergistic effects, too.
- **Chronic Diseases.** Health conditions such as Parkinson’s disease, Alzheimer’s disease and arthritis cause weakness in the extremities, poor grip strength, balance disorders and cognitive impairment. Poor physical health increases a person’s initial risk of falling and minimizes their ability to respond to and recover from hazards, like tripping or slipping. Peripheral neuropathy, or nerve damage, can cause numbness in the feet, making it very difficult for a Senior to sense environmental hazards and get around safely.
- **Surgical Procedures.** Hip replacements and other surgeries can leave an elderly person weak, in pain and discomfort, and less mobile than they were before the procedure. This can be temporary while a patient heals or a new and lasting problem.
- **Environmental Hazards.** The majority of falls in the elderly population occur in or around the home. Environmental factors such as poor lighting, clutter, areas of disrepair, loose carpets, slick floors and lack of safety equipment can jeopardize a Senior’s safety in their home.
- **Behavioral Hazards.** A person’s fall risk is influenced by their unique lifestyle and behaviors. This includes the types of activities they engage in, the level of physical demand these activities require, and their willingness and ability to adapt their routine for enhanced safety. For example, laundry is a normal daily activity for many people, but it can involve a great deal of exertion for a Senior, especially if they transport a heavy laundry basket. This can be risky on its own, but if they also refuse to wear secure, non-skid footwear or attempt to navigate stairs, they put themselves at greater risk. Failing to modify behaviors to account for new or increasing difficulties is a serious, yet common, contributing factor for falls in older individuals.

**Get the help you need in Ulster County**



**Health care coordination • Help for sadness, anxiety and stress  
Case management • Resources and information**

**Older Adult Services Program**

**(845) 255-2930 x 3169**



**September 2021 Community Café & Home Delivered Meals Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Prepared by <b>Gateway Hudson Valley</b> Milk is provided <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>COLD 1 MEAL</b> Tuna Salad Plate Barley Salad Tomato Salad Mixed Greens Whole Wheat Roll Blueberry Cake	2 Meatloaf & Gravy Mashed Potato Glazed Carrots Whole Wheat Bread Peaches	3 Stuffed Shells Primavera Broccoli Winter Squash Whole Wheat Roll Lemon Pudding with Fruit Pears
<b>CLOSED 6</b> <b>CLOSED</b> <b>LABOR DAY</b> Penne with Blush Sauce & Cheese Zucchini Mixed Vegetables Whole Wheat Roll Fruit Cocktail	7 Bake Fish with Scampi Sauce Red Roasted Potato Broccoli Whole Wheat Bread Chocolate Pudding	8 Lemon Pepper Chicken Couscous Cabbage Rye Bread Peaches	<b>COLD 9 MEAL</b> Chef's Salad Plate Potato Salad Salad Greens Whole Wheat Bread Angel Food Cake with Fruit	10 Beef & Peppers Mashed Potato Broccoli Whole Wheat Roll Pears
13 Apple Braised Turkey Cutlet Broccoli Sweet Potato Whole Wheat Bread Rice Pudding with Raisins	14 Pasta & Meat Sauce Italian Mixed Vegetables Green Salad Whole Wheat Roll Pears	15 Spinach Tomato Quiche Broccoli Corn Salad Rye Bread Fruited Gelatin	16 Roast Pork & Gravy Applesauce Mashed Potato Winter Squash Whole Wheat Bread Apple Crisp	17 Chicken Stew Brown Rice Pilaf Green Beans Whole Wheat Bread Fresh Orange
20 Sweet & Sour Chicken Brown Rice Broccoli Whole Wheat Roll Oatmeal Cookies	21 Pork Chili Verde Mashed Potato Glazed Carrots Whole Wheat Bread Peaches	22 Tuscan Pasta Beets Cauliflower Whole Wheat Roll Vanilla Pudding with Fruit	23 Beef & Mushrooms Buttered Noodles California Mixed Vegetables Whole Wheat Bread Pineapple Chunks	24 Swedish Meatballs Noodles Red Cabbage Rye Bread Fruit Cocktail
27 Beef Burgundy Smashed Red Bliss Potatoes California Mixed Vegetables Rye Bread Pineapple Chunks	28 Chicken Cacciatore Brown Rice Meadow Mixed Vegetables Whole Wheat Bread Fruit Cocktail	29 Swiss Broccoli Pasta Mixed Vegetables Winter Squash Whole Wheat Roll Pears	30 Meatloaf & Brown Gravy Mashed Potato Spinach Whole Wheat Bread Tapioca Pudding	





## 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.

Hospice is...



In your **home**  
In your **nursing home** or **hospital**  
Wherever you **need** us



Ask us if it's time  
HVHospice.org / (845) 240-7555



Caring for Caregivers  
for over 10 years.

Visit our website: [www.caringconnectionsofuc.com](http://www.caringconnectionsofuc.com)

Stay Tuned  
for  
**2022 Conference!**

Contact us: (845) 481-0160  
[UCCARINGCONNECTIONS@GMAIL.COM](mailto:UCCARINGCONNECTIONS@GMAIL.COM)

**NOW OPEN TO THE PUBLIC**  
Prepared, Healthy Food is only a phone call away!



**EDIBLE INDEPENDENCE**

"Eat Right, Live Well"

7 Meals/\$55

Chef prepared frozen, dietician  
and health department approved meals  
**DELIVERED TO YOUR HOME.**

845-331-MEAL (6325) [edibleindependence.com](http://edibleindependence.com)

Attention MLTC customers of Fidelis, Hamaspik,  
Visiting Nurse Services and WellCare. A new meal option is available!

# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed  
to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)





### Five Hearty, Healthy Fall Foods for Seniors

While the fall weather can be beautiful, the autumn season is also associated with bounteous harvests, making it a perfect time to restock your refrigerator and pantry with delicious and nourishing fall foods. Eating healthy and hearty fall meals can help make the changing of the seasons easier. Here are five classic fall foods that are delicious and healthy for Seniors:

#### 1.) Sweet Potatoes

Sweet potatoes often take up a place of honor on the Thanksgiving dinner table, where they can be found mashed, baked, or whipped into a pie. Beyond Turkey Day, sweet potatoes are a fabulous food to add to your fall shopping list, offering tons of nutrients with very little guilt. Sweet potatoes are a true superfood, packed with goodness like vitamin A, vitamin B6, vitamin C, iron, magnesium, potassium, and fiber. Feasting on sweet potatoes can help reduce inflammation and help improve the health of a Senior's eyes, skin, and bones – all while containing just over 100 calories per serving.

#### 2.) Pumpkins and Squash

Pumpkin is naturally rich in potassium and is a great source of B vitamins and dietary fiber. A single serving of pumpkin can also help provide more than 200% of your daily supply of vitamin A. It's also considered to be a nutrient-dense food, packing in all those nutritious vitamins and minerals while being low in calories and easy to eat. Winter squash is loaded with healthy fats, vitamins, and antioxidants. Squash can also be paired well with hearty fall seasonings like turmeric, clove, cinnamon, and ginger, which all contain healthy and invigorating properties of their own.

#### 3.) Apples and Pears

Apples are a famously healthy fall fruit, bursting with benefits. In fact, apples have been shown to help promote a healthy weight, improve heart health, lower the risk factors of diabetes, promote healthy digestion, strengthen muscles and bones, and even boost your brainpower.

Sweet, tart, juicy, and versatile, pears hit their peak in late fall and early winter, and are a sound source of vitamin C, vitamin K, copper, and dietary fiber.

#### 4.) Beets

While beets have a variety of healthy benefits, they're particularly noteworthy for any Seniors pursuing an exercise regimen or focusing on their heart health. Studies have shown that beets are rich in nitrates, which the body converts to nitric oxide and which can help expand blood vessels, improve blood flow, and improve overall cardiovascular function. In addition to helping your heart, beets may help reduce inflammation and improve digestive health.

#### 5.) Cauliflower

Cauliflower is a cruciferous vegetable that really flourishes in the fall – and it's as nutritious as it is versatile! Cauliflower can be served raw, baked, steamed, pureed, or mashed; it can be served as a substitute for proteins like chicken, made into a hearty soup, or transformed into a healthy replacement for white rice. It is a great source of vitamin C, and contains plant compounds that may help battle cancer, along with phytonutrients that can promote healthy cholesterol levels. Cauliflower is also loaded with vitamin A and is a great source of potassium, which has countless health benefits, including promoting healthy muscles and lowering blood pressure.

# SUPPORT OUR ADVERTISERS!





### 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. We also offer the same great meals through our JUST LIKE HOME meal service - perfect for anyone desiring convenience or independent living, or for those recuperating at home or managing an illness.



We can help you with the nutrition you need. Please call Gateway's JUST LIKE HOME at **845-331-2180**



## Ivy Lodge Assisted Living



We offer services that allow residents to live a longer, healthier and more satisfying life.

- Help with showers and personal care to the extent needed and desired
- Assistance with medications by nurses and trained medication aides
- Transportation in our wheelchair - accessible van to shopping, doctor's visits and scheduled events
- Three delicious meals per day, approved by a dietician and prepared by trained chefs
- Special needs units for people with cognitive impairment
- Enhanced license for additional care
- Handicapped accessible throughout



Short stays available for family recuperation and respite.

**845-246-4646**

108 Main Street Saugerties, NY

[www.ivylodgeassistedliving.com](http://www.ivylodgeassistedliving.com)



### PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



**\$29.95/MO**  
BILLED QUARTERLY

PLUS SPECIAL OFFER

CALL NOW! 1.877.801.7772  
[WWW.24-7MEDALARM.COM](http://WWW.24-7MEDALARM.COM)



“Home Healthcare With Dignity”

Since 1984, A&T Healthcare is a Home Healthcare Agency that is dedicated to providing high-quality home healthcare services for caregivers and families who are caring for loved ones at home - with dignity. We provide home healthcare services for adults and seniors.

**845-331-7868**

Live-In & Hourly Health Aides • Companions • LPN's • RN's • Therapists • Adults • Senior



[www.at-healthcare.com](http://www.at-healthcare.com)

A & T Healthcare of NJ Inc. is CAHC Accredited in New Jersey for personal care and in-home skilled nursing.



**Fall Prevention Devices for Seniors**

For those over the age of 65, falls are a major source of injury. A resulting fracture or break from a fall can mean months of rehabilitation and reduced quality of life. Ironically, falling over can even make a person more likely to fall again if they become more sedentary due to fear of falling.

Fall prevention devices can help elderly citizens lessen the risk of falling by supporting better gait and balance. They can also act as a safety net in situations where they might be more likely to fall (such as falling out of bed). Here are some options:

**Grab bars.** Grab bars are one of the most commonly used fall prevention devices. They offer support and stability when navigating tricky areas such as stairs, the bathtub or shower, or when getting up from the toilet. They are typically fixed to walls via screws, or alternatively suction grab bars can offer portability while still being very strong and stable.

**Mobility aids.** An unsteady gait and lack of balance are big contributors to falls in the elderly, but staying active is also a crucial part of preventing falls. Canes and walkers are other commonly used fall prevention aids that offer that extra bit of stability for people who are unsteady on their feet. If a person only needs a bit of help, a cane might be enough to give the support and confidence that's needed.

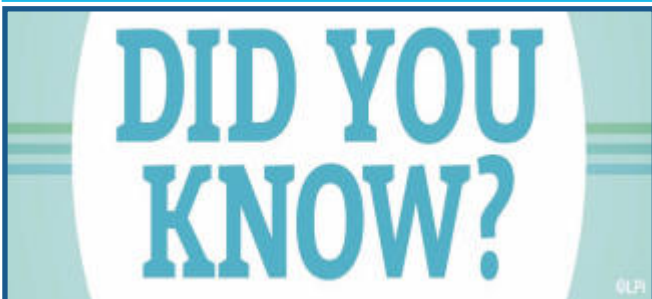
Alternatively, walkers are a better option for those who are a higher fall risk. Non-wheeled walkers have 4 legs that give extra stability. Wheeled options offer smooth and steady movement - as long as the hand brakes are used! Wheeled walkers also offer the added convenience of a storage basket underneath, and a seat for resting.

**Bedside fall mats.** As we get older, we sometimes need to get up and go to the toilet during the night. But for many seniors, the disorientation from coming out of a sleeping state, combined with the lack of light during the night, can make those night-time toilet visits very dangerous missions. For those people, a bedside crash mat might be a good safety option. They provide an extra bit of protection by cushioning the floor next to the bed just in case. Fall mats come in many sizes and are foldable for easy moving and storage. They also have a non-skid bottom to stop it from slipping around.



**Garden tips for September**

- Order bulbs early, and with purpose. Print out a copy of your order form, and note each bulb's height, color and location for planting .
- Divide and transplant any poor-blooming old Peony plants or set out new ones this month. They need sun, good drainage and only two to three inches of soil over the crowns.
- Top up mulch in all garden beds as they get cleaned up gradually.
- Keep deadheading Roses but stop feeding. Roses need to prepare themselves for winter dormancy, not new growth.
- To avoid the ravages of late blight or frost, pick mature Tomatoes while they are still green, and let them ripen in paper bags indoors.
- Don't deadhead faded perennials, biennials and annuals if you want to collect seed (non-hybrids only) or plan to let some self-sow.



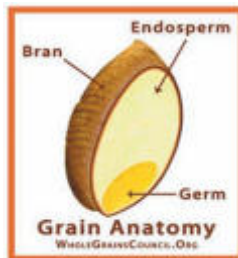
President Grover Cleveland designated Labor Day a National holiday in 1894.

**September is Whole Grain Month**

Why are whole grains important? Increasing whole grains in the diet can reduce your risk of heart disease, obesity, type 2 diabetes and some forms of cancer. Another benefit of whole grains is the improved consistency of bowel movements and promotion of healthy bacteria in the colon.

Whole grains contain the entire grain kernel-the bran, germ and endosperm.

Examples include whole-wheat flour, bulgur, oatmeal, whole cornmeal and brown rice. These are important sources of nutrients including several sources of B vitamins (thiamin, riboflavin, niacin and folate), and minerals such as iron, magnesium, selenium, and fiber.



How much fiber do we need:

Women should have ~ 20-25 grams/ day of fiber –

Men should have ~30-35 grams/day

Easy ways to increase fiber intake is to look for products that have at least 3 grams of fiber per serving: 1-1oz slice of bread, ½ English muffin, ½ of a mini bagel or 1/3 cup of pasta or rice.

3 grams fiber or more per serving is a good source of fiber

5 grams or more is an excellent source of fiber

Try substituting a whole grain product for a refined one- use your Nutrition Facts Label that is found on every food product you purchase to help you choose more whole grains at the grocery store.

Remember: Your Registered Dietitian is also available to help!

*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.*

2021 Senior Farmers' Market Nutrition Program Coupons may be picked up at the Ulster County Office for the Aging, 1003 Development Court, Kingston, NY, Monday thru Friday 9:00 A.M. to 5:00 P.M. Coupons are distributed only once a year July to September and can only be redeemed for fruits and vegetables and only from participating farmers:

Kingston Farmers' Market, 285 Wall Street, Kingston, NY. Saturday 9:00 A.M to 2:00 P.M. May 8-November 20.

Woodstock Farm Festival Farmers' Market, 20 Mountainview Ave parking lot, Woodstock, NY, Wednesday 3:00 to 7:00 P.M., May 19-October 13.

Kingston YMCA Farm Stand, 507 Broadway, Kingston, NY, Tuesday 10:00 A.M. to 12:30 P.M. and Thursday 3:30 to 6:00 P.M., June 3-October 28.

Saugerties Farmers' Market, 115 Main Street, Saugerties, NY, Saturday 10:00 A.M. to 2:00 P.M., May 29-October 30.

Phoenicia Farmers Market, 85 Main Street, Phoenicia, NY, Sunday 10:00 A.M. to 2:00 P.M., June 6-October 31.

Heart of the Hudson Valley Farmers' Market, Cluett-Schantz Park, 1801-1805 Route 9W, Milton, NY, Saturday 9:00 A.M to 2:00 P.M., June 19-October 2.

**ADT-Monitored Home Security**

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider **SafeStreets** 1-855-225-4251



**Byron's Hudson Valley Hearing Aid Centers**

*Serving the Hudson Valley since 1994!*

<b>Lake Katrine</b> 845-336-0108	<b>Poughkeepsie</b> 845-485-0168	<b>Rhinebeck</b> 845-516-4920
-------------------------------------	-------------------------------------	----------------------------------

We Do Wax Removals • We Work With All Insurance Plans  
Audiologists on Staff • We Have the Newest Rechargeable Hearing Aids





*The senior care experience you want, matched by the safety and care you deserve.*

As a family-owned business for over three decades, we take great pride in our senior communities. Throughout the Hudson Valley, Wingate is well known for our innovative skilled nursing programs for those in need of short-term rehabilitation, post-acute care and long-term care.

### Wellness and Life Enrichment Highlights

- Dedicated Nurse Infection Preventionist at each location
- Ongoing infection control education for all staff
- Private rooms for quarantining new admissions
- Virtual visits with family members
- Socially distant activities and programs to keep our residents engaged

*At Wingate Healthcare, the safety and health of our community is our top priority. Contact us today for more information on our latest safety initiatives and visit our website for details on a community near you.*

**1-833-2WINGATE**

*Applications for long-term care now being accepted.*

Located in Beacon, Fishkill and Highland, NY | [www.wingatehealthcare.com](http://www.wingatehealthcare.com)

# SAUGERTIES SENIOR HOUSING

## Subsidized Housing for Low Income Senior Citizens

Senior Lifestyle • Secure Living  
Extremely Low Income Preference

**WAITING LIST**



CALL OR WRITE FOR AN APPLICATION

845-247-0612 • 155 MAIN STREET, SAUGERTIES, NY 12477  
SAUGERTIESSENIORHOUSING.COM



## 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**  
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.

Are you looking for a *Top-Quality, Affordable* rental community?

Come home to **DEVON**

*for Seniors*  
Ellenville Senior Housing  
845.647.4772  
15 Healthy Way  
Ellenville NY  
Ellenville@DevonMgt.com

*for Seniors & Families*  
Ulster Gardens Apartments  
845.514.2889  
2000 Ulster Gardens Court  
Kingston NY  
UlsterGardens@DevonMgt.com

*Quality • Convenience • Comfort • Affordable*

Devon apartments offer affordable excellence in Ulster, Sullivan, Orange Co. NY; & Pike Co. PA. Wait list & income guidelines apply. Applications and more info online at [DevonMgt.com](http://DevonMgt.com).

