

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

DECEMBER 2020



Our mission at the Ulster County Office for the Aging is to assist Ulster County Seniors to be as independent as possible, for as long as possible. This is accomplished through advocacy, development and delivery of person-centered, consumer-oriented, and cost-effective policies, programs and services which support and empower the elderly and their families.

We accomplish this in partnership with the network of public and private organizations that serve them.

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

OFA DIRECTOR MESSAGE

Dear Ulster County Seniors:

I hope you are all well and keeping yourselves busy. This has been a very long time to be cooped up, and we understand this. We hope that if you might be able to, you could contact the office (845-340-3456) and we can help you connect with other through Zoom, email, Facebook, or whatever means you have, if you need help learning – we have trainers and help available in a safe setting. Learn how to use your smart phone! Get your table or laptop going! Although connecting in person has been a huge challenge, there are ways to easily make connections, keep in touch and make sure all your loved ones are safe, and they can see that you are safe and well.

December is usually a time for holiday greetings and get-togethers, but we need to all remain vigilant. A virus needs a host to survive and thrive. Denying it a host means it dies a much quicker death – that’s why we stay in or wear masks – so it’s not spread. This year may be a quieter one for all of us as we try and get through this possible second wave, or at least an increase in cases due to gatherings, schools and being inside more. I realize all of you are already doing that, and I hope it has kept you well. Please keep up the right work for yourself and everyone else!

Sincerely,

Susan Koppenhaver
 Ulster County OFA Director

Things for December to celebrate while at home, or something you can think about:

December 1: Rosa Parks Day, World AIDS Day, Eat a Red Apple Day, National Pie Day, Giving Tuesday* (Tuesday after Thanksgiving)

December 5: Repeal Day, International Volunteer Day, National Communicate With Your Kids Day

December 7: National Pearl Harbor Remembrance Day

December 10: Human Rights Day, Nobel Prize Day, First Night of Hanukkah* (varies, sometimes in November), Dewey Decimal System Day

December 11: First Day of Hanukkah* (varies, sometimes in November)

December 15: Bill of Rights Day

December 16: Boston Tea Party Day

December 17: Wright Brothers' First Flight Anniversary

December 21: First Day of Winter/Winter Solstice

December 24: Christmas Eve

December 25: Christmas Day, National Pumpkin Pie Day

December 26: National Whiners Day, Boxing Day

December 31: New Year's Eve



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.

We hope to be walking soon.

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 ANNUAL OPEN ENROLLMENT PERIOD

The Annual Open Enrollment Period to change your Medicare health or prescription drug coverage for 2021 will begin on October 15 and end December 7, 2020. 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 or join, switch or drop a Medicare Prescription Drug Plan. If you would like to make a change and need assistance or information, please contact the Ulster County Office for the Aging at 845-340-3456 for a free HIICAP appointment. Appointments will be available via phone or Zoom. There will be limited in-person appointments which will follow social distancing guidelines. 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 2021 if you make no changes.

The Ulster County Office for Aging may have to suspend all County sponsored activities as a pre-caution against social gatherings where the Coronavirus might be spread.

These activities include, but are not limited to, exercise classes (tai chi, gentle yoga, stretch band class, chair moves), picnics, lunch & learns, movies, and mall walks.

We will reassess the situation on a regular basis as circumstances change and develop.

Thank you.

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UCOFA Online Learning for Seniors

December 10: Citizen Preparedness Corps - Preparing for Emergencies and Disasters

Presented by Eastern New York Red Cross

R.S.V.P. by December 8, 2020

December 15: Understanding Alzheimer's and Dementia

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

R.S.V.P. by December 11, 2020

December 17: One -Pot Creamy Mushroom & Pasta

Presented by Juanita Bryant, UCOFA Registered Dietitian

R.S.V.P. by December 15, 2020

OFA Online Learning runs Noon to 2:00 P.M.

Free to Ulster County Seniors age 60 and over.
Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P.
and receive confirmation email about joining the presentation online or dial-in.



Hope to see you soon.



Holiday & Winter Health Tips for Seniors

Prevent Infection: There are a handful of ways to fortify your immune system against infection during cold and flu season. These include getting appropriate vaccines in a timely manner (for influenza, pneumonia, etc.), as well as practicing above-and-beyond hygiene like washing hands frequently, disinfecting commonly-used surfaces like door-knobs, and having hand sanitizer and tissues with you.

Take a Walk after Large Meals: After large meals it is natural to want to rest. While sleep during the holidays is important, it has the potential to allow food to sit. As food sits, particularly carbs, it does not turn into energy for your body. Instead it gets stored into fat cells. A walk, even if it isn't very far or fast, can do wonders for your body both during the holidays as well as the rest of the year.

Hydrate Often: With all the food, alcohol and cool, dry air outside pulling moisture out of your skin, your body runs a higher risk of dehydration. Make sure you are drinking plenty of water throughout each day and eating lots of water-rich foods like stews and soups.

Stick with Your Sleep Schedule: Getting off of your regular sleep schedule can be dangerous. Not only has it been shown that even as little as a few nights of sleep deprivation can impair cognitive functioning, but lack of sleep has also been linked to dehydration, high blood pressure, and insulin resistance. As much as possible, stick with your routine bed and wake times and aim to get 7 to 9 hours of quality sleep a night.

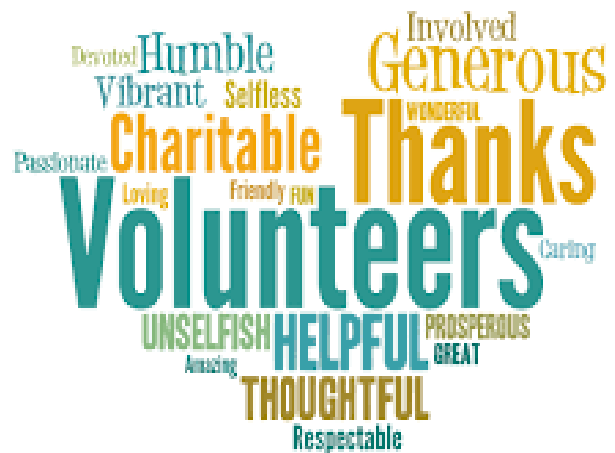
Make Healthy Cooking Choices: Over-consumption of salty, sugary, fried, processed and fatty foods can exacerbate existing health conditions, amplify joint inflammation, and lead to unwanted weight gain. Make healthy cooking choices this holiday season by substituting saturated fats (like butter) for unsaturated fats (like olive oil), replacing salt with flavorful spices in savory dishes, and using sugar-free sweeteners like Stevia in your baked goods.



Each year in October, the Ulster County office for the Aging honors all of our senior volunteers at a gala luncheon. While we were unable to do so this year, please know that we appreciate and honor you all for your service and your dedication to our community.

Our volunteers have helped make Ulster County a beautiful place to live, work, and play.

We wish you all a Joyous Holiday Season, and a New Year filled with Health, Hope, and Happiness.



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December 2020 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals Prepared by Gateway Hudson Valley Milk is provided "Menu Subject to Change"</p>	<p>1 Beef Stew Buttered Noodles Winter Squash Whole Wheat Roll Tropical Fruit</p>	<p>2 Sweet & Sour Chicken Brown Rice Pilaf California Mixed Vegetables Whole Wheat Roll Pineapple Chunks</p>	<p>3 Goulash Buttered Noodles Spinach Green Salad with Kidney Beans Rye Bread Oatmeal Raisin Cookie</p>	<p>4 Red Pepper Quiche Corn Green Beans Squash Soup Whole Wheat Bread Fruited Gelatin</p>
<p>7 Spaghetti & Meatballs Italian Vegetables Fresh Salad with White Beans Rye Bread Apple Cake</p>	<p>8 BBQ Chicken Sweet Potato Brussels Sprouts Whole Wheat Roll Pineapple Chunks</p>	<p>9 Shepard's Pie Broccoli Whole Wheat Bread Vanilla Pudding with Fruit</p>	<p>10 Macaroni & Cheese Stewed Tomatoes 3 Bean Salad Whole Wheat Roll Fruit Cocktail</p>	<p>11 Chicken Pot Pie Beets Cauliflower Bean Soup Whole Wheat Bread Pears</p>
<p>14 Fish with Creole Sauce Brown Rice California Mixed Vegetables Whole Wheat Bread Pears</p>	<p>15 Salisbury Steak & Gravy Mashed Potato Wax Beans Whole Wheat Roll Fruit Cocktail</p>	<p>16 Chef's Salad Plate Hard Cooked Egg Sliced Cheese Sliced Turkey Tomatoes, Lettuce, Cucumbers, Chickpeas, Rye Bread, Peaches</p>	<p>17 Turkey Cutlet & Gravy Mashed Potato Brussels Sprouts Lentil Soup Whole Wheat Roll Apple Crisp</p>	<p>18 Pasta & Meat Sauce Spinach Green Beans Whole Wheat Bread Tapioca Pudding with Raisins</p>
<p>21 Beef Burgundy Buttered Noodles Winter Squash Whole Wheat Bread Fresh Orange</p>	<p>22 Swiss Broccoli Pasta Mixed Green & Wax Beans Whole Wheat Roll Peach Crisp</p>	<p>23 Pot Roast of Beef Mashed Potato Parisian Vegetables Green Salad with Red Beans Rye Bread Pumpkin Pudding</p>	<p>24 Beef & Peppers Brown Rice Pilaf Harvard Beets Whole Wheat Roll Minestrone Soup Fruit Cocktail</p>	<p>Closed 25 Christmas Day Turkey & Gravy Red Roasted Potato, Broccoli Whole Wheat Bread Pineapple Chunks</p>
<p>28 Chicken Parmesan Pasta Italian Mixed Vegetables Whole Wheat Bread, Pears</p>	<p>29 Vegetable Lasagna (white sauce) Broccoli Carrots Whole Wheat Roll Fruited Gelatin</p>	<p>30 Meatloaf & Gravy Mashed Potato Mandalay Mixed Vegetables Whole Wheat Roll Peaches</p>	<p>31 Baked Ham with Pineapple Sauce Sweet Potato Braised Cabbage Whole Wheat Roll Spice Cake with Apples</p>	<p>For Information or Home Delivered Meal Cancellation Call: 331-2496 Community Café Reservations call: 331-2180</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?

For current clients, the sites and pickup times for weekly frozen meal pickup are as follows:

Monday – Ellenville, Trudy Farber Building, 50 Center Street, Ellenville, NY from 10:30 A.M. to 12:30 P.M.

Tuesday – Saugerties, Frank D. Greco Senior Center, 207 Market Street, Saugerties, NY from 10:30 A.M. to 12:30 P.M.

Friday – Rosendale, Rosendale Recreation Center, Route 32, Rosendale, NY from 10:30 A.M. to 12:30 P.M.

Community Café sites are closed until further notice.

Thank you.

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 nutritious hot (or frozen) meal delivered to Seniors at NO cost, Monday - Friday. 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.

Tips for Older Driver Safety

Driving can sometimes be challenging for older adults. As you get older, you'll likely notice physical changes that can make certain actions such as turning your head to look for oncoming traffic or braking safely more challenging. Still, older drivers can remain safe on the road. Consider these tips for older drivers:

1. **Stay physically active:** Staying physically active improves your strength and flexibility. In turn, physical activity can improve driver safety by making it easier to turn the steering wheel, look over your shoulder, and make other movements while driving and parking. Look for ways to include physical activity in your daily routine. Walking is a great choice for many people. Stretching and strength training exercises are helpful for older drivers, too. If you've been sedentary, get your doctor's OK before increasing your activity level.
2. **Schedule regular vision and hearing tests:** Some senses, such as hearing and vision, tend to decline with age. Impaired hearing can be a concern for older drivers by limiting the ability to hear an approaching emergency vehicle or train. Common age-related vision problems such as cataracts, glaucoma and macular degeneration also can make it difficult to see clearly or drive at night. Even if you think your hearing and vision are fine, stick to your doctor's recommended exam schedule. Problems might be easier to correct if caught early, and specialists can recommend timely adjustments to reduce your risk of an accident.
3. **Manage any chronic conditions:** Work with your doctor to manage any chronic conditions, especially those that might impact driver safety, such as diabetes or seizures. Follow your doctor's instructions for managing your condition and staying safe behind the wheel. This might include adjusting your treatment plan or restricting your driving. It's equally important to know your medications. Many drugs, including pain medications, sleep medications, antihistamines and muscle relaxants, can affect driver safety. Don't drive if you've taken medication that causes drowsiness or dizziness. Consult your doctor or pharmacist about side effects.
4. **Understand your limitations:** Consider your physical limitations and make any necessary adjustments. For example, if your hands hurt when gripping the steering wheel, use a steering wheel cover that makes holding and turning the wheel more comfortable. You might ask your doctor for a referral to an occupational therapist, who can offer assistive devices to help you drive or suggest exercises to help you overcome your limitations.
5. **Drive when the roads and you are in good condition:** You can improve driver safety by driving during the day-time, in good weather, on quiet roads and in familiar areas. If visibility is poor, consider delaying your trip or using public transportation. Beyond road conditions, make sure you're in optimal condition to drive. Don't drive if you're tired or angry. Never drive after drinking alcohol or using other mind-altering substances. This includes marijuana even if it's been prescribed to you for medical use.
6. **Stash your cellphone and focus on the road:** Driving while distracted is a frequent cause of accidents. Take steps before you go to ensure your ability to focus. When you get in your vehicle, be prepared. Plan your route ahead of time so that you don't need to read a map or directions while driving. If you use a GPS device, enter your destination before you start driving. If necessary, call ahead for directions. While you're driving, don't do anything that takes your focus from the road even eating or adjusting the radio.
7. **Update your driving skills:** Consider taking a refresher course for older drivers. Updating your driving skills might even earn you a discount on your car insurance, depending on your policy. Look for courses through a community education program or organizations that serve older adults. AARP CarFit virtual workshops offer older adults the opportunity to check how well their vehicles "fit" them. Visit <https://www.car-fit.org> for more information. If you become confused while you're driving, concerned about your ability to drive safely or others have expressed concern it might be best to stop driving. Consider taking the bus or other local transportation options.

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Winter Home Prep Tips

Think of it as spring-cleaning, but in reverse: winterize your home. Take stock of your home and plan for hazards and prepare for the months to come.

- Check doors and windows for cracked or worn seals, and insulate drafty door and windows with weather stripping or caulk.
- Stock up on surface deicers that will melt ice if it forms and prevent further ice from forming. Consider the high traffic areas like the sidewalk, steps into the garage, and path to mailbox.
- Handrails will offer support for slippery, snowy, and unpredictable conditions.
- Replace worn rubber tips on canes and walkers replaced for best tread.
- Remove rugs that clutter entryways or doors; they can be a tripping hazard.
- Check and replace batteries in smoke detectors, carbon monoxide detectors, and cordless phones.
- Make sure your home's heating system is in good working order before the mercury drops. Schedule an annual check-up, cleaning and adjustment - an unmaintained system often uses more power, thus increasing heating bills.
- Be sure to cover up your exterior air conditioning condenser unit to protect it from snow and ice.
- Replace your warm-weather bedding with a cozy down comforter or wool blankets, and make sure extra blankets are nearby and easily accessible for nights when it's frigid outside. Or, you could layer a few throw blankets or quilts for added warmth when you need it.
- If you like to venture outside for a little exercise, make sure steps and walkways are clear before you walk. Consider creating a small safety kit that you can take with you that includes a flashlight, whistle, medications, hand warmers and a bottle of water.
- Be prepared for weather-related emergencies including power outages. Stock non-perishable food, can opener and extra water. Keep an up-to-date emergency kit that includes battery powered radio, flashlights, extra batteries, warm clothing, first aid kits, blankets, medications, and a list of emergency numbers.



Garden tips for December

- Keep an eye out for signs of houseplant pests like spider mites, mealybugs, and scale insects. If tackled before they get out of hand, nonchemical methods are usually successful: a simple shower, insecticidal soap spray (as directed on label) or with the most tenacious (like mealybugs) sometimes an alcohol swab and Q-tip. Overwatering is the biggest risk to houseplants in winter, go easy.
- Clear turf or weeds from the area right around the trunks of fruit trees and ornamentals before snow flies to reduce winter damage by rodents.
- Always be on the lookout for dead, damaged, diseased wood in trees and shrubs and prune them out as discovered. This is especially important before winter arrives with its harsher weather, where weaknesses left in place invite tearing and unnecessary extra damage.
- Protect roses from winter damage by mounding up their crowns with a 6- to 12-inch layer of soil before the ground freezes. After all is frozen, add a layer of leaf mulch to further insulate.

DID YOU KNOW?

“Jingle Bells” was originally written as a Thanksgiving song.

The holidays are a time of celebration, giving thanks and a time of reflection of the past year and what a year it has been! It is a time to also pay attention to our own health and wellness. During this holiday season give yourself special attention; give the gift of health and safety not only to yourself but others as well.

Wash your hands often: keeping your hands clean is by far the most important thing you can do for yourself and family. Washing your hands with soap and water for at least 20 seconds can help avoid getting sick and spreading germs to others.

Stay warm: cold temperatures can cause serious health issues for young children and older adults. Stay dry and dress in warm layers of loose-fitting clothes.

Manage stress: we all know this time of year is not only busy but can be very stressful and if you allow, can take a toll on one's health. Balance yourself, keep track of over commitment and spending - take time to relax, breathe and enjoy the season.

Get check-ups and vaccinations: regular exams and screenings can help find problems before they start. Make sure you get your flu vaccination!

Be smoke free: Avoid breathing other people's smoke and if you smoke now is a great time to quit! Call 1-800-QUIT-NOW or speak with your doctor for assistance - you got this!

Handle and prepare food safely: Wash hands and prep areas often; keep raw meats, eggs and their juices away from ready to eat foods. Cook foods to the proper temperature and refrigerate promptly. Do not leave foods that are perishable out for more than 2 hours.

Eat healthy: With moderation and portion control you can enjoy the holidays in a healthy way. Choose more vegetables and fruits. Have dessert! Choose one of your favorites and not one of each.

*From the desk of the OFA 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 OFA Registered Dietician.
To make a referral, please call 845-340-3456.*

VOLUNTEER

During the past six months, more Seniors than ever are now shut in and isolated. If you'd like to volunteer to give Seniors a friendly call every week, they would greatly appreciate it. Your effort would help to improve the lives of Seniors in our community.

If you'd like to help a Senior in need, contact Patrick McDonough at the OFA Volunteer Program: 845-802-7935 or pmcd@co.ulster.ny.us.

10 Reasons to Volunteer

1. Healthy body, healthy mind.
2. It brings fun and fulfillment to your life.
3. Help others.
4. Make a difference.
5. Enjoy a meaningful conversation.
6. Connect with your community.
7. Feel involved.
8. Meet new people.
9. Get out of the house.
10. Feel better about yourself.

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OFFICE FOR THE AGING

Susan Koppenhaver,
Director

845-340-3578

Judy Riley, Deputy Director

845-340-3580

NY Connects

845-334-5307

845-443-8804

HIICAP Medicare
Counseling

845-340-3579

Neighbor-to-Neighbor

845-443-8837

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 OFA 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.

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