



ULSTER COUNTY OFFICE FOR THE AGING OFA COMMUNITY NEWS February 2019

1003 Development Court
Kingston, NY 12401
845-340-3456

Mike Hein, County Executive
Shelley Wagar, OFA Director

Dear Ulster County Senior,

On January 23, 2019, I had the privilege of delivering the 2019 State of the County address to the residents of Ulster County. As the first County Executive in Ulster County, I reflected on how far we have come and my optimism for the future. When I first took office, my administration began with the daunting task of fixing a broken \$350 million government, we were in a financial freefall. We were still reeling from the departure of IBM and the loss of thousands of jobs, unemployment was over 9%, real estate values were plummeting, and county property taxes were going up by double digits.

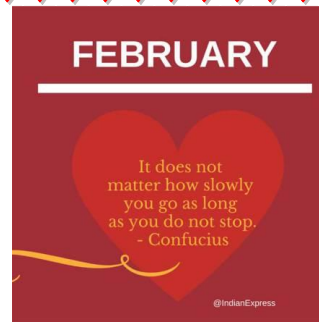
Through hard work, tough decisions and innovative ideas, I am pleased that Ulster County saw a dramatic county government turnaround. We significantly reduced the size of county government, eliminated unnecessary spending, and saw the unemployment rate go down, while private sector job growth went up. This all happened while providing more critical services for our citizens than ever before, and most importantly, County property taxes have continued to decline over the years, reaching their lowest levels this year since I first took office ten years ago.

We reinvented county government to better serve you, the amazing citizens of Ulster County. Whether it was establishing the Patriots Project for homeless veterans; creating a SUNY Ulster Satellite Campus next door to Kingston High School; moving the Ulster County Family Court to a new location by refurbishing a county-owned property; becoming the first and only County in New York State to be net carbon neutral and purchasing 100% of the county government's energy from renewable resources; fighting for the film tax credit; or my Brighter Futures Initiative that aims to reduce generational poverty right here in Ulster County – our focus was always on providing the best possible government for the citizens of Ulster County, and as a result, I am proud to say that the State of the County is Strong – stronger than ever!

I want to thank each and every one of you for all you do to help others and improve our community. Please know that it has been an honor to serve you, the residents of Ulster County over the years and I appreciate you, our extraordinary seniors and your many contributions to the community. We live in an amazing place, full of amazing people, and I thank you for the privilege of serving you, the people who make Ulster County the finest places anywhere to live, work, and raise a family.

To view the State of the County Address please visit <http://ulstercountyny.gov/>.

Michael P. Hein



Hello and Happy February-

Can you believe it? It is February of 2019 already.... Where does all the time go?

Even though I am writing this newsletter in the middle of January, it seems to me that time is passing by way too quickly and not all the things I want to do, and like to do, are getting done. I am not one for resolutions although I have made a couple of promises to myself.

I believe in the adage “take care of yourself first so you can take of others.” And to me, part of that saying means to make time to do not only the chores in my life, but to do the things I like to do and put off for a rainy day, or perhaps retirement. Why wait? Life is short, right?

This February, I ask that each senior reading this newsletter make a goal of doing something you have wanted to do but have been putting off. Perhaps it is giving blood at the hospital blood drive; or, reading that favorite book that you have read so many times already but want to read again. Do you want to take a dance lesson? Try senior armchair yoga? Adopt a pet? Volunteer? Learn to quilt? Go ahead and take the chance to learn something new. Risk failure and take the opportunity to succeed.

My personal goals (aside from losing weight like everyone else) include reading 24 books this year. Now this is hard for me because I love to read epoch novels, often 1000 pages or more in length. But I am going to stick to this because reading brings me so much satisfaction and pleasure.

By indulging yourself to do something for yourself, you are taking care of yourself so that you are better prepared to help others. Many of us have families and friends who need a helping hand occasionally. We can help them when we feel we have taken care of ourselves.

So, I challenge every senior- take a moment to spoil yourself. Not just by eating right or exercising, but by indulging yourself in a new experience or hobby and having fun doing so. You deserve it!

And to get you on your way, check out our OFA activities on our calendar page, <https://ulstercountyny.gov/aging/calendar-list>. You might just find something that tickles your fancy!

Sincerely,

Shelley Wagar



The Ulster County Office for the Aging is introducing its new newsletter in March 2019.

Officially named “The Buzz,” you will see a new format and added content for your convenience and enjoyment. We will feature guest columnists, puzzles, recipes, community events, Office for the Aging events, highlighted Ulster County Seniors, local businesses and much, much, more.

In addition, the Office for the Aging will distribute 3500 printed copies of *The Buzz* to libraries, local pharmacies, senior centers, and local businesses to expand our communication with seniors across the County.

Those who receive the newsletter via email will continue to receive the electronic copy. If you are interested in receiving the newsletter electronically, please call our office at 845-340-3456 and provide us your email address.



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4	3	8	2					
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Stuck inside on a snowy, cold day? Here is some exercise for your brain!

Do you know how to do Sudoku? If not, here are the instructions:

Each puzzle consists of a 9x9 Sudoku grid containing areas surrounded by gray or dotted lines. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box, and the sum of the numbers in each area is equal to the clue in the area's top-left corner.



Social Security has become aware of reports of fraudulent telephone calls from individuals claiming to represent the Social Security Administration (SSA). In them, unknown callers are using threatening language to warn unknowing victims that they will be arrested or face other legal action if they fail to call a provided phone number or press the number indicated in the message to address the issue. In some instances, these unknown callers switch tactics and communicate that they want to help an individual with activating a suspended Social Security number. Such calls are a scam, and are not coming from official SSA representatives. We encourage you to inform your members and extended networks not to engage with such callers, and to report any suspicious calls to Social Security's Office of the Inspector General by calling 1-800-269-0271 or submitting a report on the OIG website. We also urge you to read and share our Social Security Matters blog, which provides more information on the nature of these fraudulent calls, as well as instructions on how to report such activity. Social Security is committed to protecting the privacy and security of the people we serve. We appreciate your help in spreading the word about this important topic.

Alert from Central Hudson

Scam telephone calls asking for bank or personal information such as SS# - never give that information over the phone. One scam says a government agency will pay your Central Hudson bill, another says you are due for a rebate and need your details to send you the rebate. The third actually uses a genuine Central Hudson recording to fool you into thinking you are talking to Central Hudson. First, you get a call saying your account is overdue and you will be cut off if payment is not made immediately. They give you a number to call where you will hear this genuine recording followed by someone telling you to pay the bill, usually with a store-bought credit card. If you think you may be the subject of a scam call, please contact Central Hudson Customer Service 845 452 2700.

Beware of an email purporting to come from Central Hudson with the address Accounts@cenhud.com or similar. The attachment may contain malware that will damage your computer if you open it. Central Hudson says they do not send emails with attachments. Delete any suspicious email immediately or call CH Customer Service to check if it is genuine.



all around the
COMMUNITY

AARP Driver Safety Course

Saturday, February 9, 2019, from 9:00 am – 4:00 pm

South Fallsburg Senior Center, Laurel Avenue, South Fallsburg

Call 845-434-8922 after 9:00 am and leave a message to register and for more information.

Saugerties First Friday

Every month in the village of Saugerties, businesses stay open late and offer special activities and discounts to visitors. 5-8 p.m.

Friday, February 1, 2019 - 5 p.m. to 8 p.m.

Partition, Market and Main Streets, Saugerties

Swing Dance in Hurley

A dance learning and practice experience. No partner necessary. Admission \$15. Beginner lesson 7:30-8 p.m. Live band dancing until 10:30 p.m.

Saturday, February 2, 2019 - 7:30p.m.

Schadewald Hall at Hurley Reformed Church

11 Main St.

Hurley

12443

845-236-3939

got2lindy.com





Ulster County Office for the Aging
presents



Celebrate Valentine's Day at the movies


Thursday, February 14, 2019 at 1:00 P.M.
Rosendale Theater, 408 Main Street, Rosendale, NY

Free to Seniors over 60

Call the Office for the Aging to RSVP by February 11
at 845-340-3456



The Ulster County Office for the Aging
presents



Thursday, March 21, 2019 at 1:00 P.M.
Rosendale Theater, 408 Main Street, Rosendale, NY

Free to Seniors over 60

Call the Office for the Aging to RSVP by March 18
at 845-340-3456



All Ulster County Seniors over 60 are invited to attend free of charge. The concessions stand will be open for purchases of popcorn and water. Bring a friend and don't forget to call to claim your seat!





The Ulster County Office for the Aging is proud to bring you the first two Lunch and Learn events for 2019. For those who are new to the area, our Lunch and Learn activities is a two-hour event. Lunch is served from noon to 12:30 pm. An educational program follows for approximately one-hour and the last 30 minutes are saved for questions and open discussion. This is a great forum to learn something new and make new friends. And, best part of all? All Lunch and Learns are free and open to any Ulster County Senior over the age of 60.

March 19, 2019; Funeral Planning

Time: 12:00 pm – 2:30 pm.

Location: Gateway Industries, Mary Kay Parkway, Kingston.

Presenter: Paul Hammer, Simpson-Gaus Funeral Homes.

RSVP: by March 12.

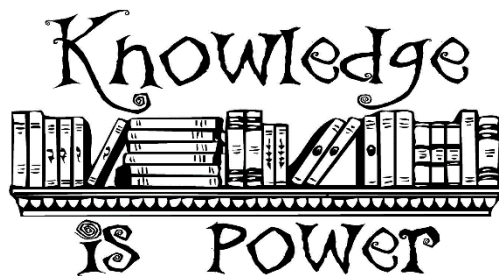
April 17, 2019; Healthy Vision

Time: 12:00 pm – 2:00 pm

Location: New Paltz Community Center, 3 Veterans Drive, New Paltz.

Presenter: Nancy Ryan, Ryan Vision Rehab Services, Ulster Park.

RSVP: by April 10





Free Tax Preparation and E-Filing

This assistance is available to any low or moderate income taxpayers, especially those over the age of 50.

Volunteers trained as Tax Counselors will prepare an e-file your Federal and New York State tax returns in:

Gardiner, Hurly, Kingston, Napanoch, New Paltz and Saugerties!

Call for an appointment (**beginning January 28, 2019**) at 845-443-8823, weekdays, 11:00 am – 3:00 pm or email UlsterTaxAide@Mail.com, providing your name and telephone number, to schedule your appointment. There is limited space so don't wait too long to call after January 28th!

This service is provided by AARP TaxAide and the Internal Revenue Service, with the assistance of the Ulster County Community Action, and the support of the Ulster County Office for the Aging.

Tax trivia- Did you know????

**Blueberries from Maine are subject to tax of 1.5 cents per pound sold.

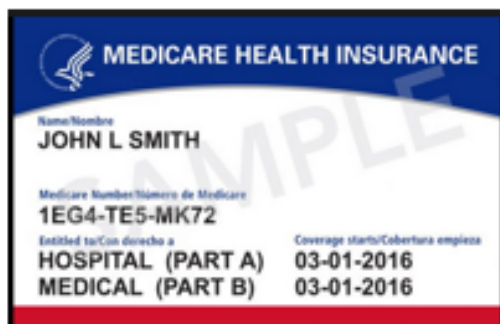
**New York levies an 8 cent tax on each sliced or toasted bagels!

**Did you know that residents of New Mexico who are over the age of 100 do not have to pay New Mexico personal income tax?

**Colorado does not consider the lid of a scalding hot cup of coffee to be "essential packaging." They tax nonessential packaging at 2.9%. The cup is essential. The lid, and your lap, is not.

Ulster County Office for the Aging presents

What you need to know about Medicare



For people turning 65 or getting ready to retire

Marbletown Community Center

3564 Main Street, Stone Ridge, NY 12484

Thursday, February 28th, 2019, 5:30-7 p.m.

Presented by

Robert Meci

OFA Consultant and Medicare Specialist

**Please RSVP to the Office for the Aging. Space is limited,
Reserve your spot 845-340-3456**



**Would you like to help people navigate
their Medicare health insurance options?**



HIICAP volunteers provides free, accurate and objective information, counseling, assistance and advocacy on Medicare, Medicare Advantage plans, Medicare drug plans, private health insurance, and related health insurance concerns.

**If you are interested in learning more about becoming
a HIICAP Volunteer, please call Bob Meci, HIICAP
coordinator for Ulster County**

845-340-3579

HIICAP Volunteer Training

6 Wednesdays—Starting March 20- April 24, 1- 2:30 p.m.

Ulster County Office for the Aging
1003 Development Ct., Kingston, NY 12401





DID YOU RECEIVE HEAP?

As part of Central Hudson's commitment to its low-income residents, the energy company offers a variety of bill payment assistance programs that can help eligible seniors manage their home heating bills.

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

HEAP is a federally-funded program that provides both regular and emergency financial grants to eligible households to help pay heating and/or utility bills. The program is available between November and April. To apply, go to www.mybenefits.ny.gov.

LOW INCOME BILL DISCOUNT PROGRAM

This program offers any HEAP recipient a discount on their monthly utility bill, regardless of the heating source. There is an automatic enrollment into Budget Billing; however, there is an opt-out option. Discounts will be applied to your account for 12 consecutive months, provided the account remains active for the entire 12-month period.

DO YOU HEAT WITH OIL, PROPANE, WOOD, PELLETS, KEROSENE OR CORN?

If so, you can self-enroll into the Low-Income Bill Discount Program. Please send Central Hudson your "Notice of Decision" letter, or "HEAP Award" letter that you received from HEAP, and Central Hudson will enroll you.

Email your letter to dssdesk@cenhud.com or fax it to 845-486-5765.

For more information, visit www.CentralHudson.com/BillDiscountProgram

Phone: 845-452-2700 800-527-2714 FAX: 845-486-5765

Soup's On!



Pumpkin Soup

Yield: 4 servings

Ingredients

1 can white beans (15 ounce, rinsed and drained)

1 onion (small, or 2 tsp. onion powder)

1 cup water

1 can pumpkin (15 ounces, plain)

1 can chicken or vegetable broth, low-salt (14.5 ounces)

1/2 teaspoon thyme or tarragon

salt and pepper to taste (optional)

Preparation:

Blend white beans, onion, and water.

In a soup pot, mix bean puree with pumpkin, broth, and spices.

Cover and cook over low heat about 15 to 20 minutes until warmed through.

delicious.

Happy February

N E C K I S S E S Y M H R X Y
G R L A D Z P I N K Q W Y B F
A N J S R Z S A Z S R A O P Z
W C K D L D Z Z M N E S R B C
P L P F A I S J Z O D H O R H
P V O V L T N Y J W I I S G E
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E D P H E L W R O K V G S O R
S O P K P C E E Y L L T H U T
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S Y H S P U D I N N E R Z X Z

presidents

lincoln

roses

heart

snow

washington

flowers

cards

date

red

valentine

dinner

cupid

love

groundhog

kisses

candy

pink



MALL WALK

With the OFA & NY Connects



Hudson Valley Mall

1300 Ulster Ave., Kingston, NY 12401

Every Tuesday, 10 a.m. Sharp!

We meet by the FOOD COURT at 9:45

ALL ARE WELCOME!!

Here are some of the benefits of mall-walking:

- ❖ *Malls are climate-controlled, safe and have lots of parking!*
- ❖ *There are water fountains, bathrooms, and benches available.*
- ❖ *Meet new friends and be the first to hear what's new at the OFA.*



NY Connects
Your Link to Long Term
Services and Supports



of ULSTER COUNTY
(800) 342-9871 (845) 334-5307

If Kingston City Schools is on delay or closed, the mall walk is cancelled.

ONGOING SERVICES AND RESOURCES

Home-delivered Meals

Home delivered meals program will include hot or frozen meal deliveries to eligible seniors.
Call 845-340-3456.



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 the Aging **Home Delivered Meals 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 of age or over
- ◆ A resident of Ulster County
- ◆ Difficulty preparing own meals



For more information, please call
Ulster County Office for the Aging
845-340-3456

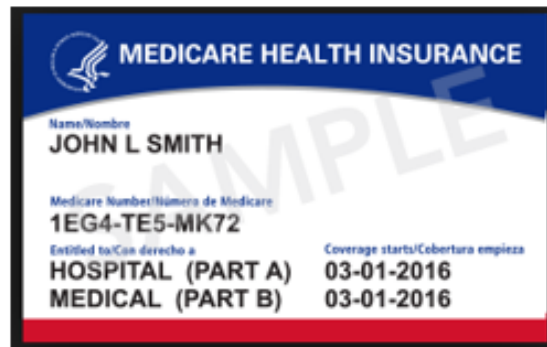


This program is made possible by funding from Federal, State, County and/or local contributions

ULSTER COUNTY OFFICE OF THE AGING

MEDICARE SAVINGS PROGRAM (MSP)

You may be eligible to get help paying your Medicare premiums and you may also get help paying for Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments.



If you are a Medicare recipient and your gross monthly income is \$1,386 OR LESS
(Married income \$1,872 OR LESS)

YOU MAY BE ELIGIBLE!

Call the Office for the Aging to make an appointment with one of our Health Insurance counselors for free, unbiased assistance with Medicare and to find out more about the **Medicare Savings Program**.

845-340-3456



ULSTER COUNTY OFFICE FOR THE AGING COMMUNITY CAFES

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? We have five different sites, and depending on which you visit, you can have lunch every week day. Our OFA Community Cafes (formerly known as Friendship sites) are offered Monday through Friday at our Saugerties, Rosendale and Ellenville sites. Our New Paltz site offers lunch every Thursday. Our Ulster café offers lunch the first and third Tuesdays. Want to try it out? Just call Gateway Industries at 845.331.2180 to make a free reservation, at least 24 hours in advance. Please remember, this is for Seniors age 60 and over.



Our OFA Community Cafes are at the following locations:

Rosendale: Rosendale Recreation Center, Route 32, Rosendale, NY.

Saugerties: Frank D. Greco Senior Center, 207 Market St., Saugerties, NY.

Ellenville: Trudy Farber Building, 50 Center Street, Ellenville, NY.

New Paltz: New Paltz Community Center, Route 32, New Paltz, NY.

Ulster: Russell F. Brott Senior Center, 1 Town Hall Road, lake Katrine, NY.

(meals are funded by the UCOFA, made possible by funds provided by The Ulster County government, USAoA, NYSOFA, and private funds.)



ULSTER COUNTY OFFICE FOR THE AGING SENIOR NUTRITION/DINING PROGRAM

Shelley J. Wagar, Director

~February 2019~

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>"Menu Subject to Change"</p> <p>"your contributions help keep senior programs available"</p>	<p>For Information or Home Delivered Meal Cancellation Call: 331-2496</p> <p>Community Café Reservations call: 331-2180</p>		<p>1</p> <p>Baked Chicken & Gravy Mashed Potato Spinach WW Bread Fresh Fruit</p>
<p>4</p> <p>Asparagus Quiche Peas Carrots WW Bread Mandarin Oranges</p>	<p>5</p> <p>Lemon Pepper Fish Brown Rice Broccoli Lentil Soup WW Roll, Pears</p>	<p>6</p> <p>Sheperd's Pie Green Beans Fresh Salad Rye Bread Yellow Cake</p>	<p>7</p> <p>Roast Turkey Gravy Mashed Potato Brussels Sprouts WW Roll Cranberry Whip</p>	<p>8</p> <p>Baked Ziti with Cheese Italian Mixed Vegetables WW Bread Tropical Fruit</p>
<p>11</p> <p>Beef & Peppers Rice Pilaf Harvard Beets WW Bread Butterscotch Pudding</p>	<p>12</p> <p>Spaghetti & Meat Sauce Parisian Mixed Vegetables Minestrone Soup WW Roll Fruit Cocktail</p>	<p>13</p> <p>Meatloaf with Gravy Mashed Potato California Mixed Vegetables Rye Bread Peaches</p>	<p>14</p> <p>VALENTINE'S DAY Chicken Roasted Potato Asparagus Fresh Salad WW Roll Chocolate Mousse</p>	<p>15</p> <p>Sweet & Sour Pork Brown Rice Broccoli WW Bread Pineapple</p>
<p>Closed 18 Closed President's Day</p> <p>Rotini with Meat Sauce Italian Green Beans WW Bread Pears</p>	<p>19</p> <p>Salisbury Steak with Gravy Mashed Potato Wax Beans WW Roll Tropical Fruit</p>	<p>20</p> <p>Chicken Parmesan Pasta Italian Mixed Vegetables Rye Bread Rice Pudding</p>	<p>21</p> <p>Fish with Dill Sauce Roasted Potato Carrots Bean Soup WW Roll Fruit Cocktail</p>	<p>22</p> <p>Beef Stew Cauliflower Green Beans Fresh Salad WW Bread White Cake</p>
<p>25</p> <p>Macaroni & Cheese Stewed Tomatoes 3 Bean Salad WW Bread Fruit Cocktail</p>	<p>26</p> <p>Roast Pork with Gravy Sweet Potato Braised Cabbage WW Roll Applesauce</p>	<p>Cold 27 Meal</p> <p>Chicken Salad with Greens Potato Salad Lentil Soup Rye Bread Lemon Pudding</p>	<p>28</p> <p>Beef Stroganoff Buttered Noodles Broccoli WW Roll Apricots</p>	<p>Meals Prepared by Gateway Community Industries <i>"All SOUPS are homemade. Milk is provided with meals"</i></p>

Made possible by funds provided by Ulster County Government, NYSOFA, UCOFA and Private Funds.

**Ulster County Office for the Aging
Volunteer Program**

Is looking for

VOLUNTEERS!!

- **Transporting seniors to medical appointments**
- **Calling homebound seniors**
- **Ombudsman Senior Advocate**
- **Health Insurance counseling**
- **Helping in a local Library or Hospital**
- **And MUCH more!**

*Please call Patrick McDonough to talk about the
volunteer opportunities available*

845-802-7935

WE WANT YOU!!

As many or as few hours as you can give.



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.

OFFICE FOR THE AGING FREQUENTLY USED NUMBERS

Shelley J. Wagar, Director	845. 340. 3578
Kim Butwell, Deputy Director	845. 340. 3580
NY Connects	845.340.3259/845.443.8804
Medicare Counseling	845.340.3579
Neighbor-to-Neighbor	845.443.8837/8838

DEPARTMENT OF SOCIAL SERVICES FREQUENTLY USED NUMBERS

HEAP	845.334.5436
SNAP	845.334.5200
Medicaid	845.334.5175
Central Intake	845.334.5125



Shelley Wagar
Director, Office for the Aging

Ulster County Office for the Aging

1003 Development Court

Kingston, NY 12401

845-340-3456

OFA Website – <http://ulstercountyny.gov/aging/>

Do you know someone who might like to be on our mailing list? Please have them call the