

## ULSTER COUNTY OFFICE FOR THE AGING OFA COMMUNITY NEWS November 2018

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

Mike Hein, County Executive Shelley Wagar, OFA Director

November 2018

Dear Ulster County Senior,

Last month, I presented my 2019 Executive Budget for the County. I am pleased to let you know that we are cutting County property taxes once again for the great people of Ulster County for the 7th year in a row; and the tax levy or the amount we collect through property taxes has now been reduced to the lowest level since all the way back in 2009, an entire decade ago! I am also pleased to report that we continue to earn strong recognition from the NYS Comptroller as well as multiple independent bond rating agencies for the responsible way we manage taxpayer money. Plus, by implementing innovative solutions we now ensure more services than ever before, including many of the services provided through the Office for the Aging such as lunch and learns and other classes, legal services, transportation for shopping trips and medical appointments, Medicare and insurance assistance, and much more. As a result, this budget is one of the most socially responsible county budgets our State has ever seen.

One of the highlights of my proposed budget is my 'Brighter Futures' initiative which is intended to help more children and families rise above the nightmare of generational poverty and this budget specifically funds important efforts to improve equality and address social injustice. I am proud to say that because my administration has a track record of tackling important issues, we were able to secure a remarkable \$4 million in supportive funding to help make our exciting Brighter Futures initiative an even bigger success! As a result, we will be expanding college readiness programs, tutoring, mentorship and greater access to no-cost higher education, all while removing longstanding impediments like child care, transportation and books. For those who want greater career opportunities immediately, we will be offering enhanced job training and certificate programs to assist at-risk youth and their parents to move toward higher paying jobs, as we work to break the cycle of generational poverty together.

I am pleased that the Executive Budget is reflective of a government that continues to respect its taxpayers by reducing their burden while never sacrificing critical services for those in need. We continue to choose efficiency over waste to be able to fund valuable programs for our Veterans, our seniors, our children and our families, as we continue to strive to make Ulster County the finest place anywhere to live, work and raise a family.

Wishing you a very Happy Thanksgiving!

Sincerely,

Mike Hein Ulster County Executive

| 7 Super Easy Ways to<br>Live Thanks |
|-------------------------------------|
| 1 pay it forward                    |
| handwrite a thank-you               |
| support a cause                     |
| send a sweet surprise               |
| 5 make it public                    |
| 6 send an e-card                    |
| simply say, "Thanks!"               |
| WRITTENREALITY,COM                  |

#### Dear Ulster County Senior,

November is here and the Ulster County Office for the Aging (OFA) gives thanks to all the seniors we serve and meet throughout the year. I am writing this letter the day after our volunteer appreciation luncheon. We enjoyed great food and fellowship while hearing from County Executive Mike Hein and recognizing our long-standing volunteers with service awards.

The lucky number this year is 40,378. This is the number of hours the 334 OFA volunteers put in this past year. Isn't that an amazing number? And it is more than the previous year! Just think- that equals the work of more than 22 full-time employees. The OFA is indeed very fortunate for the time and talent of each volunteer.

November is filled with events. Medicare open enrollment began in October and continues until December 7. We also have our last public hearing on November 5. Our last Lunch and Learn for 2018 is on November 14 with the topic of Senior Driver Safety. We are collaborating with Statewide Senior Action Network to show the documentary "Care" on November 29<sup>th</sup> at the Rosendale Theater. These are free events! To attend all or just one or two, please call the OFA office at 845-340-3456 to reserve a spot.

I wish all of you a wonderful Thanksgiving holiday,

Shelley Wagar

Director



The Ulster County Office for the Aging announces the dates and locations of our four Holiday Cabarets! Please plan on attending and don't forget to RSVP to the OFA at 340-3456. All Holiday Cabarets are free to Ulster County Seniors over 60. Come ready to dance and celebrate the season!





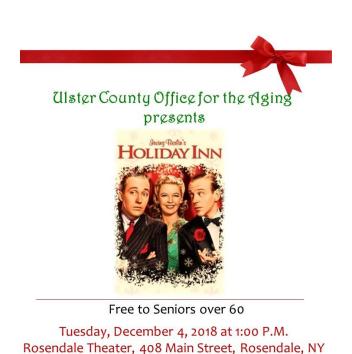
The Ulster County Office for the Aging is collaborating with The Rosendale Theatre and we are excited to bring you these upcoming movies!

#### November 29th: "Care"

The Ulster County Office for the Aging is partnering with Statewide Senior Action Network for the showing of "Care." This documentary addresses the poignant and largely-hidden work of in-home elder care, revealing the deep bonds that form between paid care workers and elders while exposing the cracks in the U.S. care system. Following this showing, there will be an interactive discussion about the challenges of home care in the Hudson Valley for people who need care and for those who provide it.

#### December 4th: "Holiday Inn"

Lovely Linda Mason has crooner Jim Hardy head over heels, but suave stepper Ted Hanover wants her for his new dance partner after femme fatale Lila Dixon gives him the brush. Jim's supper club, Holiday Inn, is the setting for the chase by Hanover and manager Danny Reed. The music's the thing. (Starring Bing Crosby and Fred Astaire).



Call the Office for the Aging to RSVP by November 26, 2018 at 845-340-3456





## **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 <a href="https://www.mybenefits.ny.gov">www.mybenefits.ny.gov</a>.

#### **LOW INCOME BILL DISCOUNT PROGRAM**

This program offers any HEAP recipient a discount on their monthly utility ill, regardless of the heating source. There is an automatic enrollment into Budget Billing; however, there is an optout 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 <u>dssdesk@cenhud.com</u> or fax it to 845-486-5765.

For more information, visit <a href="www.CentralHudson.com/BillDiscountProgram">www.CentralHudson.com/BillDiscountProgram</a>

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



#### **VOLUNTEERS ARE NEEDED!**

<u>AARP TaxAide</u> needs volunteers for the upcoming tax season to make telephone appointments for tax preparation at our locations in Ulster County!

Volunteers will receive training on phone and appointment scheduling procedures; no tax knowledge is needed!

The volunteer work location will be the Office for the Aging in Kingston. You can volunteer any day(s), Monday to Friday, mornings or afternoons. AARP volunteers will begin making calls/appointments in mid-January and continue through early April, or until all appointments slots are full.

Interested in helping? For more information, contact Rich Dooley, District Coordinator, at 845-246-0696, or email Rich at rd6201@yahoo.com.

<u>The United Way of Ulster County</u> has been providing free tax preparation to low-wage workers for years and they are looking for new volunteers to expand their team.

Candidates must be comfortable working with laptop computers, learn to use tax software, and be able to work with all individuals. Volunteers must complete a course in Federal Tax Law and pass a certification test, and complete a course in NYS tax law.

Both courses are provided online and need to be completed by December 31. Training and technical assistance will be provided by experienced volunteers. Tax season runs from the first week in February through the middle of March with sessions held on Saturdays and weekday evenings at the United Way office in Kingston. Preparers do not need to attend all sessions.

For further information on joining the United Way's volunteer team of tax preparers, please contact Su Marcy at the United Way of Ulster County at 845-331-4199.

## Happy Thanksgiving

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

ACORNS
CASSEROLE
DRESSING
FEAST
GRATITUDE
PUMKINPIE
TRAVEL

AMERICA
CORN
DRUMSTICK
FEATHERS
PARADE
SETTLERS
TURKEY

BREAD CRANBERRY FAMILY FOOTBALL PILGRIM THANKS





A warning has been issued regarding phone calls from the Social Security Administration. The Ulster County District Attorney's Division of Consumer Affairs has reported individuals receiving scam telephone calls from the Social Security Administration's number 800-772-1213. This is a caller-ID spoofing scheme, exploiting the Social Security Administration's reputation.

Social Security Administration employees will <u>not</u> make unsolicited calls and request personal information. To verify the legitimacy of text messages, emails or phone calls, you may contact the local Social Security office at 1-877-405-6747 or Office of the Inspector General (OIG) website, <a href="https://oig.ssa.gov/report">https://oig.ssa.gov/report</a>.

Consumer Affairs may be reached at 845-340-3260.



#### What is New York Connects?

Do you ever wonder why we at the Ulster County Office for the Aging (UCOFA) answer the phone "Office for the Aging/New York Connects"?

NY Connects is your trusted place to go for free, unbiased information about long term services and supports in New York State for people of all ages or with any type of disability. Long term services and supports include medical and non-medical services a person needs to improve or maintain health and independence. They may be provided in a nursing home, the individual's home or other community-based settings. You can visit the NY Connects website at <a href="https://www.nyconnects.ny.gov/welcome">https://www.nyconnects.ny.gov/welcome</a> and use the directory to search for programs, providers, and services in your area and to contact your local NY Connects office for further assistance.

NY Connects is available through the Ulster County Office for the Aging, 845-334-5307; ask for Gloria Ferraro or Sandy Ramos. NY Connects of Ulster County is also available through Westchester Independent Living Center (WILC), 914-589-4254, ask for Vanessa Turner. NY Connects workers 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 while meeting your medical, social and functional needs that arise from aging or disability. We can help individuals, families, caregivers, and professionals.



#### Did you know??????

- ❖ Benjamin Franklin wanted the national bird to be the turkey, and not the bald eagle?
- ❖ Macy's began their Thanksgiving Day Parade in 1924.
- ❖ Wild turkeys can run up to 20 mph when they are scared.
- Only male turkeys gobble.



## Don't Forget to RSVP for the Remaining 2018 Lunch and Learns

The Ulster County Office for the Aging Lunch and Learn schedule is complete and posted on our website calendar at <a href="https://ulstercountyny.gov/aging/calendar-list">https://ulstercountyny.gov/aging/calendar-list</a>. We are now accepting reservations for all Lunch and Learns at 845.340.3456. All events are free and will be held at Gateway Industries at 1 Amy Kay Parkway, Kingston, NY from noon- 2:00 pm. Our topics and dates include:

❖ November 14: Senior Driver Safety

We are currently planning the 2019 Lunch and Learn schedule so if you have a special topic you would like to request, please let us know!



# MALL WALK with the OFA

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## **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.

Mall walk is cancelled in inclement weather

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Ulster County Executive Michael P. Hein

## Ulster County Office for the Aging responds to what seniors want—More Tai Chil

Ulster County Office for the Aging is offering advanced drop-in classes at different locations around the County, **Every Tuesday from 3-4 p.m.** 

Ellenville Library, FIRST Tuesday of each month

Governor Clinton, Kingston, SECOND Tuesday of each month

Saugerties Public Library, THIRD Tuesday of each month

**NEW LOCATION!!** St Francis De Sales Community Hall

109 Main Street, Phoenicia, FOURTH Tuesday of each month



## Benefits include...

- Increase strength
- · Improve balance and posture
  - Help prevent falls
- Strengthen mind, body and spirit
- · Reduce stress and support relaxation

These drop-in Tai Chi classes are intended for seniors who have already attended the 8-week intro class to continue their practice.

Please call the OFA for more information: 845-340-3456



## Ulster County Office for the Aging

## Drop in Tai Chi Notice!

## NO CLASS these three Tuesdays:

- December 4<sup>th</sup> at Ellenville Library.
- December 25<sup>th</sup>, Christmas Day Phoenicia St. Francis Hall.
- January 1, New Year's Day Ellenville Library.



## Happy Holidays!

Questions? Please call the OFA for more information: 845-340-3456



#### 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

## alzheimer's Ps association

## Appointments at the Ulster County Office for the Aging



**Care Consultation:** Helps people navigate the difficult decisions and uncertainties that persons with Alzheimer's and their Primary Care Partners face at every stage of the disease. Components of a Care Consultation include an assessment of needs, assistance with planning and problem solving (developing an action plan), and provision of support. It may also include providing in-depth education and information about the disease, making appropriate referrals, and providing supportive interventions such as active listening, empathy, normalization, and emotional containment.

**Family Consultation:** Offers families the opportunity to discuss their individual concerns with a third party and help them engage and collaborate with each other while planning care for persons with dementia. Family | consultations will provide assistance and support in navigating difficult decision-making processes and provide the opportunity to address the collective concerns that arise while planning for and dealing with dementia-specific needs. These are recommended when family members disagree about care giving issues or family dynamics prevent effective decision making for the benefit of the person with dementia.

Call the Office for the Aging to make an appointment 845-340-3456



Ulster County Executive, Michael P. Hein

## 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 SENIOR NUTRITION/DINING PROGRAM

Shelley J. Wagar, Director

## ~November 2018~

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| "Menu Subject to<br>Change"<br>Meals Prepared by<br>Gateway<br>Community<br>Industries<br>Milk provided with meals | For Information or<br>Home Delivered Meal<br>Cancellation Call:<br>331-2496<br>Community Café<br>Reservations call:<br>331-2180 | Eat TONS and take a map.   | 1<br>Baked Fish Creole<br>Brown Rice<br>Broccoli<br>WW Roll<br>Pears  | 2<br>Bar B Q Chicken<br>Baked Beans<br>Collard Greens<br>WW Bread<br>Fresh Fruit                           |
| 5  | 6   | 7  | 8   | 9  |
| Sweet & Sour Pork Brown Rice Broccoli WW Bread Pineapple Chunks  | Stuffed Shells<br>Tomato Sauce<br>Green Beans<br>Minestrone Soup<br>WW Roll<br>Peaches  | Balsamic Chicken Salad<br>Plate with Potato Salad<br>Tomatoes, Cucumbers<br>Rye Bread<br>Oatmeal Cookies | Beef Stroganoff over<br>Buttered Noodles<br>Brussels Sprouts<br>WW Roll<br>Apricots   | Shepard's Pie<br>Baby Carrots<br>Fresh Salad<br>WW Bread<br>Rice Pudding                                   |
| Cafés 12 Closed<br>VETRAN'S DAY  | 13  | 14   | 15<br>THANKS GIVING MEAL  | 16<br>Spaghetti with Meat  |
| Red Pepper Quiche<br>Green Beans<br>Spinach<br>WW Bread<br>Pears   | Meatloaf & Gravy Sweet Potato Cauliflower WW Roll Vegetable Soup Tapioca Pudding  | Baked Fish with<br>Lemon Sauce<br>Orzo<br>Broccoli<br>Rye Bread<br>Pineapple Whip                        | Roast Turkey & Gravy<br>Cranberry Sauce<br>Dressing<br>Mashed Potato<br>Mixed Vegetables<br>Pumpkin Cake                                    | Sauce Sauce California Mixed Vegetables WW Bread Peaches   |
| 19<br>Macaroni & Cheese<br>Stewed Tomatoes<br>3 Bean Salad<br>WW Bread<br>Vanilla Pudding                          | 20<br>Chicken Parmesan<br>Pasta<br>Italian Mixed<br>Vegetables<br>Fresh Salad<br>WW Roll<br>Fruit                               | 21<br>Bar B Q Pork<br>Brown Rice<br>Green Beans<br>Coleslaw<br>Rye Bread<br>Pineapple Chunks             | Cafés 22 Closed<br>THANKS GNING<br>Roast Turkey & Gravy<br>Cranberry Sauce<br>Dressing<br>Mashed Potato<br>Mixed Vegetables<br>Pumpkin Cake | Cafés 23 Closed<br>Holiday<br>Chicken Pot Pie<br>Cauliflower<br>Carrot Coins<br>WW Bread<br>Fruit Cocktail |
| 26<br>Salisbury Steak<br>Buttered Noodles<br>Spinach<br>WW Bread   | 27<br>Baked Ziti with<br>Meat Sauce<br>Italian Mixed<br>Vegetables  | 28<br>Chicken Divan<br>Brown Rice<br>Broccoli<br>Rye Bread   | 29<br>Swedish Meatballs<br>Buttered Noodles<br>Carrots<br>WW Roll   | 30<br>Lemon Garlic Fish<br>Orzo<br>Zucchini, Tomato &<br>Onions, Fresh Salad                               |
| Mandarin Oranges   | WW Roll<br>Apple Crisp  | Chocolate Pudding  | Tropical Fruit Mix  | WW Bread<br>Peaches  |

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

#### 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 and our Shokan site offers lunch every second and fourth Tuesday of the month. 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.)



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 |
|-----------------|--------------|
| $\mathbf{SNAP}$ | 845.334.5200 |
| Medicaid        | 845.334.5175 |
| Central Intake  | 845.334.5125 |



Michael P. Hein Ulster County Executive

**Shelley Wagar** Director, Office for the Aging

## **Ulster County Office for the Aging**

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

 $OFA\ Website - \underline{http://ulstercountyny.gov/aging/}$ 

Do you know someone who might like to be on our mailing list? Please have them call the OFA with their E-mail address.