



ULSTER COUNTY OFFICE FOR THE AGING OFA COMMUNITY NEWS October 2018

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

**Mike Hein, County Executive
Shelley Wagar, OFA Director**

October 2018

Dear Ulster County Senior,

Every year it is important to shine the light on the difficult subject of Domestic Violence to let people know that there are resources available to help if they find themselves or someone else in an abusive relationship. Domestic violence is a national epidemic that affects millions of people, including many people right here in our own community. I urge anyone in need of help to call the 24-hour hotline at 845-338-2370.

Therefore, I have proclaimed October as Domestic Violence Awareness Month in Ulster County. In addition, we will be holding our 6th Annual Domestic Violence Information Forum focusing on Offender Accountability on October 25th from 8:30am-12pm at SUNY Ulster, Vanderlyn Hall in Stone Ridge. If you are interested in attending this free event please register at <http://bit.ly/2018dvforum> or call Mrs. Farina at 845-687-5192.

As we enter the Autumn season, our Office for the Aging will be holding their Annual Public Hearings throughout the County in Kingston, Wallkill and Woodstock. I invite you to attend one of the meetings to learn about some of the wonderful programming we offer and to provide feedback and suggestions regarding current programs as well as ideas for future programs. I look forward to your valuable comments and contributions.

I also want to let you know that all the County buses (UCAT) are now equipped with free WiFi. Now you will be able to connect to the internet, whether on your phone, laptop or other device, as you head to your destination. And don't forget the free "UCAT" App which allows you to find the closest bus stop and to see the current location of the bus and when it will be arriving at your stop.

Sincerely,

Mike Hein
Ulster County Executive



Dear Ulster County Senior,

Happy October! I must admit that the Fall and October are pretty much my favorite season and month of the year. I love the smell of Autumn - the crisp air in the morning, the smell of the apple orchards, the leaves on the ground, and all the beautiful colors of the trees as they turn color and prepare for winter.

This October marks my first anniversary as your Director of the UCOFA. Our County Executive, Mike Hein, gave me an incredible opportunity a year ago and I sincerely thank him for giving me the very best job I have ever had! I thank every senior I have met these past 12 months as you have made a difference in my life and truly impacted the operations of our office. Our mission is to provide services and resources that make it possible for Ulster County seniors to stay in their homes safely; provide opportunities for fellowship and socialization; and provide healthy and tasty meals through our nutrition programs. Ulster County seniors feedback and ideas have had a big impact on this mission and we truly look forward to hearing more from you in our upcoming annual public hearings (the flyer is included in this newsletter).

The UCOFA has several events coming up that we would love for you to attend. October's Lunch and Learn is "Sleep Well and Sweet Dreams" presented by Jeff Murphy from Health Alliance. The UCOFA Masquerade Ball will be held on October 25 at the Rosendale Community Center (flyer follows in newsletter). Don't forget to RSVP at 845-340-3456.

The UCOFA also begins our annual public hearings in October. October 22 at Congregation Emmanuel in Kingston, and October 29 at Shawangunk Town Hall in Walkill. Our 3rd hearing is in Woodstock at Woodstock Jewish Congregation on November 5. All hearings will be from 10:30-Noon and refreshments will be served. Please RSVP to UCOFA at 845-340-3456 for the hearings.

I wish all of you the very best October! See you soon,

Shelley Wagar

Director



**The Ulster County Office for the Aging
invites you to join us for our
Annual Public Hearings**

Monday, October 22, 2018

Congregation Emanuel

243 Albany Ave, Kingston, NY

Monday, October 29, 2018

Shawangunk Town Hall

14 Central Avenue, Wallkill, NY

Monday, November 5, 2018

Woodstock Jewish Congregation

1682 ~~Glasco~~ Turnpike, Woodstock, NY

10:30 A.M. to 1:00 P.M.

- *Learn about Office for the Aging services and programs*
- *Share your feedback with the Office for the Aging*

We want to hear from YOU!

Coffee and pastry will be served!

Please call Ulster County Office for the Aging to

RSVP at 845-340-3456

Translation services available





It is that time of the year again! Time to get our flu shots. The Ulster County Office for the Aging has flu clinics set up for seniors so mark your calendars!

Ulster County Office for the Aging and Department of Health

are partnering to offer

Flu Shots for Seniors

Tuesday October 9th, 10:30 AM

Saugerties Senior Center, 207 Market Street, Saugerties, NY

Wednesday October 10, 10:30 AM

Trudy Farber Building, 50 Center Street, Ellenville, NY

Friday, October 12th, 10:30 AM

Rosendale Recreation, Center, 1055 Route 32, Rosendale, NY

Thursday, October 18th, 10:30 AM

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

For your convenience, flu shots will be available at the OFA Cafes listed above.

Please Call OFA to Reserve Your SHOT! 845-340-3456



Bring your Medicare card! These shots are FREE if you have Original Medicare.

Ulster County Department of Health will bill Medicare on behalf of the client if the client's primary coverage is Medicare Part B. If a client's primary coverage is a Managed Care, HMO or MCO Medicare plan, the fee is \$26. Please make checks payable to "Commissioner of Finance".





Ever wonder the history of the masquerade ball? According to Wikipedia, “A **masquerade ball** (or *bal masqué*) is an event in which the participants attend in costume wearing a mask. A masquerade ball usually encompasses music and dancing. These events are used for entertainment and celebrations. Come join the UCOFA at our first Masquerade Ball on October 25th at Rosendale Recreation Center.

ULSTER COUNTY OFFICE FOR THE AGING
PRESENTS

LET'S CELEBRATE

*Masquerade
Ball*

THURSDAY, OCTOBER 25th FROM NOON TO 2:00 P.M.
ROSENDALE RECREATION CENTER
Route 32, Rosendale NY

LUNCHEON | DANCING | PHOTO BOOTH
COME DRESSED TO IMPRESS, MASK REQUIRED

Please RSVP by October 18th to the OFA at 845-340-3456





The NYS Department of Taxation and Finance have announced the 2019 changes to exemptions for property owners age 65 and over.

To receive the Enhanced STAR exemption, you must enroll in the Income Verification Program, (IVP). You only need to enroll in the IVP once. If eligible for the Enhanced STAR exemption, you will automatically receive the exemption each year thereafter. Once enrolled, benefits include:

- The comfort of knowing you can't miss the renewal deadlines; and,
- Greater privacy, since you will no longer need to share your income tax returns with your assessor's office.

In the first year, your assessor will verify your eligibility based on the income information you provide. In the following years, the NYS Tax Department will verify your income eligibility. You will not need to renew the exemption or provide copies of your tax returns to your local assessor. The Tax Department will contact you if any additional information is needed.

If you already receive the Enhanced STAR exemption:

Already enrolled in the Income Verification Program? If so, you don't need to take any action to continue receiving the Enhanced STAR exemption. The Tax Department will contact you if any additional information is needed.

If you are also receiving the senior citizen's exemption, you will still need to annually file Form RP-467-Rnw, *Renewal Application for Partial Tax Exemption for Real Property of Senior Citizens* with your assessor.

Not yet enrolled in the Income Verification Program?

You must renew your application for the Enhanced STAR exemption and enroll in the IVP. Submit the following forms to your assessor:

- Form RP-425-Rnw, *Renewal Application for Enhanced STAR Exemption for the 2019-2020 School Year*; and,
- Form RP-425-IVP, *Supplement to Forms RP-425-E and RP-425-Rnw*. Be sure to include the Social Security numbers of all property owners and any owner's spouse who resides at the property.

You must also provide proof of income as described on your forms. If you are also receiving the senior citizen's exemption, you will still need to annually renew that benefit with your assessor.

To renew your application for the senior citizen's exemption, file Form RP-467-Rnw, *Renewal Application for Partial Tax Exemption for Real Property of Senior Citizens*, with your assessor.

Are you receiving the Basic STAR exemption and eligible for Enhanced STAR this year?

You must apply for the Enhanced STAR exemption and enroll in the IVP. Submit the following forms to your assessor:

- Form RP-425-E, *Application for Enhanced STAR Exemption for the 2019-2020 School Year*; and,
- Form RP-425-IVP, *Supplement to Forms RP-425-E and RP-425-Rnw*. Be sure to include the Social Security numbers of all property owners and owner's spouse who resides at the property.

You must also provide proof of income as described on your forms. If you are eligible for the senior citizen's exemption, file Form RP-467, *Application for Partial Tax Exemption for Real Property of Senior Citizens* separately with your assessor.

Never received a STAR exemption before?

If you are a new homeowner or first-time STAR applicant, you need to register for the STAR credit with the Tax Department, instead of applying for the exemption. For more information about the STAR credit, visit www.tax.ny.gov/STAR.

Senior citizens exemption recipients must apply for Enhanced STAR separately.

In the past, older adults who qualified for the *Partial Tax Exemption for Real Property of Senior Citizens* (also known as the senior citizens or aged exemption) were automatically granted the Enhanced STAR exemption. Due to changes in New York State law, beginning with applications for 2019, you must apply separately for the senior citizens' exemption and the Enhanced STAR exemption.

Note: all of the above information has been taken directly from the NYS Department of Taxation and Finance pamphlet entitled "2019 Changes to Exemptions for Property Owners Age 65 and Over."

Need more information or assistance?

- Copies of the pamphlet are available at the Ulster County Office for the Aging; or,
- Contact your local assessor; or,
- Call the NYS Tax Department at 518-457-2036; or,
- Visit the NYS Tax Department's website at www.tax.ny.gov.

Woodstock Film Festival

The 19th annual Woodstock Film Festival will present a roster of over 150 films, concerts, panels and the Maverick Awards Ceremony. Special screenings and events also take place year-round.

Wednesday, October 10, 2018 (all day) to Sunday, October 14, 2018 (all day).

Various locations in Woodstock, Rosendale, Kingston and Saugerties.

845-679-4265. www.woodstockfilmfestival.com

18th-Century Autumn Festival

Demonstrations and hands-on activities such as making cornhusk dolls and action-figures, dipping candles and more. Eighteenth0century reenactors and entertainment. Free.

Saturday, October 13, 2018, 11:00 am – 3:00 pm.

Senate House State Historic Site; 296 Fair Street, Kingston. 845-338-2786. www.nysparks.com

21st Annual Rosendale International Pickle Festival

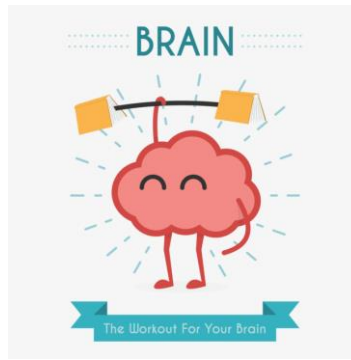
Cultures of many countries are represented with food and music. Vendors offer a variety of wares. Contests, prizes and plenty of pickles. Accessible. Always the Sunday before Thanksgiving.

Sunday, November 18, 2018; 10:00 am – 5:00 pm.

Rosendale Recreation Center; 1055 Route 32, Rosendale. 845-204-8827.

www.rosendalechamber.org/pickle-fesitval





Celebrate Autumn

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

SEASONS	TRADITIONS
HALLOWEEN	ORCHARDS
BLUSTERY	FOOTBALL
FESTIVALS	HIBERNATE
APPLES	
HARVEST	
SPOOKY	
RAKE	
HAYRIDE	
OCTOBERFEST	
ACORNS	
CRANBERRIES	
MAPLE	
DOUGHNUTS	
MIGRATION	

Make Your Life Even More Meaningful By Becoming A Volunteer

Are you looking for a rewarding opportunity to make a difference in your community? AARP Foundation TaxAide is the nation's largest free tax preparation and assistance service. By volunteering, you have an opportunity to make a real difference in your community and get the satisfaction of helping others next tax season. You don't have to be an AARP member to volunteer and you don't have to have a lot of experience doing taxes. You just have to have a desire to help others. Tax volunteers receive free tax training during autumn and early winter, using provided computers and software. Once trained, they work as many hours a week as they are comfortable, from February through mid-April, interacting with clients by filling out tax returns at one of the many locations in Ulster County. If you have a knack for working with numbers and you enjoy helping others, becoming a tax volunteer may be right for you.

Besides tax volunteers, other kinds of volunteer opportunities are available:

Greeters, or Communications, Technology and Administrative Coordinators. Call the Ulster County Coordinator Rich Dooley at 845-246-0696 if you have questions, or complete the AARP Foundation TaxAide Prospective Volunteer Form at <https://secure.aarp.org/applications/volunteer/general-volunteer-sign-up.action>.

If you prefer, you may call Tax-Aide at 1-888-227-7669 directly.

Feel the joy and satisfaction of helping others by applying to join the AARP Foundation TaxAide volunteer team.





NY Connects
Your Link to Long Term
Services and Supports

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 <https://www.nyconnects.ny.gov/welcome> 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??????

- ❖ The terms "fall" and "autumn" are used interchangeably, though the latter is more popular among British people.
- ❖ The word "autumn" originated from the French word "automne" — which came from the Latin word "autumnus."
- ❖ Average fall temperatures in the United States can range from about 70 degrees to about 30 degrees, depending on which state you live in.
- ❖ One gallon of apple cider takes about 40 individual apples to make.
- ❖ The changing leaves are called "koyo" in Japanese.



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 <https://ulstercountyny.gov/aging/calendar-list>. 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:

- ❖ October 11: Sleep Well and Sweet Dreams
- ❖ 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!



Transportation

Free or low-cost bus fare for seniors for shopping and medical appointments. Call UCAT at 845. 331.8120 to register for this program. For people, not able to use the bus, UCOFA offers the Neighbor-to-Neighbor; volunteer drivers providing rides to seniors for medical appointments. Call 845.443.8837 for more details.

Legal Services

Ulster County Office for the Aging provides individual legal consultation for simple wills; living wills; healthcare proxies; power of attorney; and, elder law consultations. Please call 845.340.3456 for an appointment.

MALL WALK

with the OFA



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



Ulster County Executive Michael P. Hein

Ulster County Office for the Aging

responds to what seniors want—***More Tai Chi!***

*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



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



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

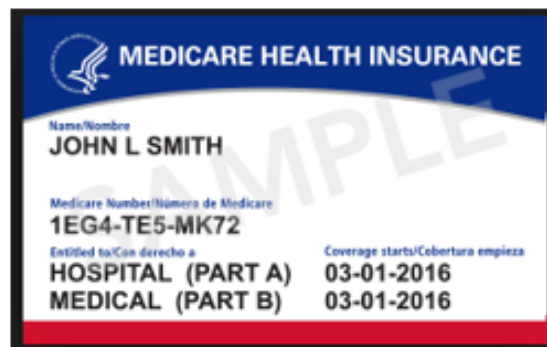


Ulster County Executive, Michael P. Hein

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



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.)



ULSTER COUNTY OFFICE FOR THE AGING SENIOR NUTRITION/DINING PROGRAM

Shelley J. Wagar, Director

~October 2018~

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sweet & Sour Chicken Brown Rice Broccoli WW Bread Pineapple Chunks	2 Rotini with Meat Sauce Green Beans WW Bread <i>Homemade Vegetable Soup</i> Fruit Cocktail	3 OCTOBERFEST Knockwurst & Sauerkraut Parsley Boiled Potato Carrot Coins Rye Bread, Spice Cake	4 Roast Beef with Gravy Mashed Potato Zucchini <i>Fresh Salad</i> WW Roll Apple Crisp	5 Baked Fish with Dill Sauce Roasted Potato Carrots Rye Bread Rice Pudding
8 Columbus Day Asparagus Quiche Cauliflower, Peas WW Bread Peaches Holiday Cafés Closed	9 Salisbury Steak with Gravy Roasted Potato Wax Beans WW Roll Chocolate Pudding	10 Chicken Divan Brown Rice Mixed Vegetables <i>Low Sodium Veg Juice</i> Rye Bread Apricots	11 Pulled Pork Mashed Potato Red Cabbage Wheat Roll Pears	12 Chili Con Carne Brown Rice Broccoli <i>Homemade Pea Soup</i> WW Bread Oatmeal Cookies
15 Beef Burgundy Buttered Noodles California Mix Vegetables WW Bread Tropical Fruit	16 Turkey Steak with Gravy Mashed Potato Brussels Sprouts Wheat Roll Peaches	17 Fish Creole Brown Rice Broccoli WW Roll Hawaiian Delight Cake	18 Herb Crusted Chicken Parsley Potato Spinach WW Roll <i>Homemade Pea Soup</i> Fresh Fruit	19 Shepherd's Pie Green Beans <i>Fresh Salad</i> WW Bread Vanilla Pudding
22 Spaghetti & Meatballs Spinach WW Bread Pears	23 Meatloaf with Gravy Mashed Potato Monaco Mix Veg WW Roll Peach Crisp	24 Roast Pork with Gravy Mashed Sweet Potato Braised Cabbage Rye Bread Applesauce	25 Macaroni & Cheese Stewed Tomatoes 3 Bean Salad WW Roll Chocolate Brownie	COLD 26 MEAL Tuna Salad Potato Salad <i>Fresh Green Salad</i> WW Bread <i>Vegetable Soup</i> Butterscotch Pudding
29 Beef Stew Wax Beans Hot Beets WW Bread Pineapple Chunks	30 Baked Ziti Meat Sauce Italian Mixed Vegetables <i>Fresh Salad</i> WW Roll Vanilla Pudding	31 HALLOWEEN Haunted Roast Pork with Gravy Ghostly Mashed Potatoes Witches Greens <i>Homemade Skeleton Soup (lentil)</i> Rye Bread Trick or Treat Cake	"Menu Subject to Change" Meals Prepared by Gateway Community Industries  <i>Milk provided with meals</i>	For Information or Home Delivered Meal Cancellation Call: 331-2496 Community Café Reservations call: 331-2180

Made possible by funds provided by Ulster County Government, NYSOPA, 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*

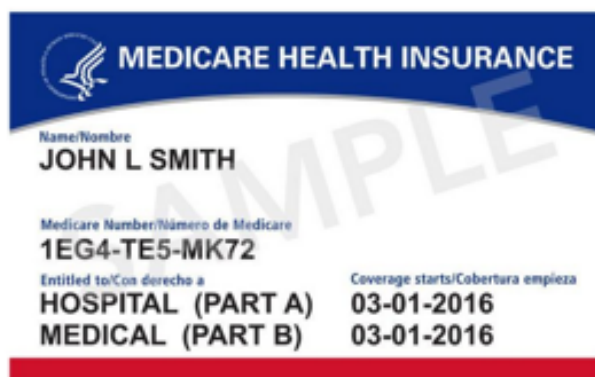
845-802-7935

WE WANT YOU!!

As many or as few hours as you can give.



What You Need to Know about Medicare for 2019



Kerhonkson Jewish Center

26 Minnewaska Trail, Kerhonkson, NY

Tuesday, October 9, 2018

12:30 p.m.

Presented by

Robert Meci

OFA Medicare Specialist & HIICAP Coordinator



Please RSVP to the OFA—Space is limited 845-340-3456

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



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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 – <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.