

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

SEPTEMBER 2019



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

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OFA DIRECTOR MESSAGE

Dear Ulster County Seniors,

We invite you to attend our new Community Café at the Ulster County Senior Hub which is located right next door to the OFA Office and is on the UCAT bus routes. Our Community Café lunches will be held on Mondays and Wednesdays beginning September 9th, and if you are interested in attending you must register with our meal provider - Gateway to participate by calling 845-331-2180.

In addition, we have scheduled some fun and healthy programs at the Senior Hub. We are partnering with MVP to offer *Gentle Yoga* on Mondays (9/23-10/21) and *Chair Exercises* on Fridays (10/4-11/22). And September is National Falls Prevention month so we are hosting a free workshop: *Preventing Falls One Step at a Time* on September 25th. For more information or to register please call 845-340-3456.

We are also partnering with Jewish Family Services (JFS) to provide training for volunteers who are interested in becoming a respite companion. Although families take great joy in providing care to their loved ones so that they can remain at home, the emotional, physical, and financial consequences for the family caregiver can be overwhelming without some support, such as respite. This important program trains volunteers so they can provide a break for the family caregiver. For more information or to sign up please call JFS at 845-338-2980 or Judith Bromley at 845-559-5656.

In addition, the Mental Health Association in Ulster County is also partnering with us to offer *Caregiver Workshops* designed for caregivers looking for support and interaction with other caregivers. The free workshops are weekly beginning on September 9th at the Ellenville Regional Hospital. To register please call our office at 845-340-3456.

As you can see – we have a lot going on at the UCOFA. We look forward to seeing you at some of our lunches and events. For information on services or to register for any of our programs please call our office at 845-340-3456.

With best regards,

Judy L. Riley
Interim Director

COUNTY EXECUTIVE MESSAGE

Dear Ulster County Neighbors:

I am pleased to let you know that my wife Rebecca and I welcomed our first child into the world on July 27, 2019 - Theodore "Theo" Willem Ryan. He is healthy and doing great and Rebecca and I feel truly blessed. Theo officially kicks off the sixth-generation of Ryan's in Ulster County!

Fall is a spectacular time of the year as the leaves change colors all around us. However, if you are out taking a walk, hiking, attending a picnic, or doing yard work, please be mindful of ticks. Unfortunately, an Ulster County resident recently passed away from the Powassan virus, a rare and often serious disease spread by an infected tick. As part of my commitment to making County government more responsive and responsible, I have instructed our multiple county departments to inform our residents of the proper precautions to help combat tick-borne diseases.

There are many precautions you can take to help prevent tick illnesses such as: covering up and using insect repellents containing DEET for skin applications and Permethrin for clothing and shoes; wearing light colored clothing to spot ticks easily; tucking pants into socks; and more. For more information to protect yourself from tick bites and tick-borne diseases please visit: <https://ulstercountyny.gov/health/be-tick-free-ulster-county> and <https://www.health.ny.gov/diseases/communicable/lyme/> or call Stacy Kraft, Public Health Educator at the Ulster County Department of Health at 845-334-5527.

I was glad to meet so many of you at our Live Laugh and Learn event in August. There were 130 seniors attending and I want to thank the UCOFA staff and participating instructors for making it a fun and educational day. Please do not hesitate to contact my office if you have any questions, concerns or ideas: exec@co.ulster.ny.us or 845-340-3800.

Sincerely,

Patrick K. Ryan
Ulster County Executive



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Ulster County Office for the Aging, Kingston, NY 06-5324



MALL WALK WITH THE OFA

HUDSON VALLEY MALL

1300 Ulster Ave., Kingston, NY

Every Tuesday, 10:00 A.M. sharp!

Please join us for a very special walk during which Dr. Anna Samedova of the Institute for Family Health will be present to answer questions and discuss your health.

Tuesday, September 17

We meet by the Food Court at 9:45 A.M.

All are welcome!

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

The first Tuesday of each month, staff from the Resource Center for Accessible Living (RCAL) will join us to discuss their services, including an Equipment Loan Closet, Nursing Home Transition & Diversion, Home Care Coordination and Healthy Homes.

MEDICARE OPEN ENROLLMENT

The Annual Open Enrollment Period to change your Medicare health or prescription drug coverage for 2019 will begin on October 15 and run through December 7, 2019.

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
- Join, switch or drop a Medicare Prescription Drug Plan

If you would like to make a change to your Medicare coverage and need assistance or information, please contact the Ulster County Office for the Aging (OFA) for a free HIICAP appointment at 845-340-3456 or toll-free 1-877-914-3456. Please 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 2020 if you make no changes.

New Community Café at the OFA Senior Hub!

The Ulster County Office for the Aging invites you to come join us for

LUNCH AT OUR NEW SPACE!

Mondays and Wednesdays

Beginning September 9, 2019, Ulster County Seniors can have lunch at the Community Café located at the:

OFA Senior Hub

5 Development Court, Kingston, NY

(Same entrance as Veterans Services)

Call Gateway Industries at 845-331-2180 to make a reservation at least 24 hours in advance.

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Lunch and Learns for Seniors

September 17: Senior Fraud & Scams

Olivebridge Firehouse, 9 Mill Road, Olivebridge, NY
RSVP by September 12.

October 9: Breast & Prostate Cancer Education

Gateway Community Industries, 1 Amy Kay Parkway, Kingston, NY
RSVP by October 3.

All lunch and Learns run Noon to 2:00 P.M.
 Free to Ulster County seniors age 60 and over
 and includes free lunch with reservation by calling 845-340-3456.

Preventing Falls One Step at a Time

Free workshop designed to prevent accidents and injury due to falls.

Presentations by representatives from Institute for Family Health, RCAL, and a Tai-Chi demonstration.

Light refreshments will be served.

Wednesday, September 25, 2019, 10:00 A.M. to 11:30 A.M.
 Ulster County Senior Hub, 5 Development Court, Kingston, NY.
 (Same entrance as Veterans Services)

Call the Ulster County Office for the Aging to RSVP at
 845-340-3456.

If interested in attending the Community Café for lunch at the Senior Hub following the workshop, please register at Gateway 331-2180 at least 24 hours in advance.



Drop-in Tai-Chi

at different locations around the County. Every Tuesday from 3:00-4:00 P.M.

- Town of Shawangunk Town Hall, Wallkill, 1st Tuesday of each month (3:15-4:15)
- OFA Senior Hub, Kingston, 2nd Tuesday of each month
- Saugerties Senior Center, 3rd Tuesday of each month
- St Francis De Sales Community Hall, Phoenicia, 4th Tuesday of each month

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 at 845-340-3456.

Train to become an in-home Respite Companion

Ulster County Office for the Aging and Jewish Family Services offering in-home respite companion training.

For more information contact Jewish Family Services at 845-338-2980.



The Ulster County Office for the Aging presents **Dial M for Murder**. Tuesday, October 29, 2019. Movie starts 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 *October 25* at 845-340-3456.
 Watch for movie events coming soon.

Tai-Chi for Arthritis

TWICE a week for eight weeks

Starting September 10, 2019

Tuesdays & Thursdays

1:00 – 2:00 P.M.

Esopus Town Hall, 284 Broadway,
Port Ewen, NY

Starting September 11, 2019

Wednesdays & Fridays

4:30 – 5:30 P.M.

Saugerties Public Library, 91 Washington Ave,
Saugerties, NY

We ask that you be willing to make the commitment to be at this class twice a week for all eight weeks. This is a program that builds on each class.

Space is limited. RSVP by calling the Ulster County Office for the Aging at 845-340-3456.

Office for the Aging Free Fitness Classes

Gentle Yoga Mondays

September 23 through October 21, 2019

11:00 – 11:45 A.M.

Chair Exercise Fridays

October 4 through November 22, 2019

11:00 – 11:45 A.M.

All are welcome. Space is limited. RSVP a must.

Call the Ulster County Office for the Aging at
845-340-3456 to RSVP.

Free Fitness classes sponsored by MVP Healthcare.



Berenice FitzGerald has volunteered at People's Place for 28 years, and is usually there five days a week, often bringing work home to do while she watches her beloved New York Mets.

Christine Hein, the Executive Director of People's Place, says that "Berenice's commitment to the wellbeing of her neighbors has impacted thousands over the past three decades. She gives complete attention to helping families, always sharing with those who need services. It is no exaggeration to say she's helped over 25,000 people through her volunteer activities. Because of her volunteer work providing food and support for those in need, Berenice not only feeds the body, but also the soul."

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September 2019

Monday

Tuesday

Wednesday

Thursday

Friday

Labor 2 Day Swiss Broccoli Pasta Green Beans WW Bread Pears CLOSED	3 Swedish Meatballs Buttered Noodles Red Cabbage WW Roll Rice Pudding	Cold 4 Meal Turkey Salad Plate Potato Salad Fresh Greens Carrot Raisin Salad Rye Bread Fresh Fruit	5 Sloppy Joe Green Beans Cauliflower WW Roll Fruit Cocktail	6 Lemon Pepper Chicken Roasted Potato Spinach, WW Roll Chocolate Cake
9 Spaghetti & Meatballs Parisian Mixed Vegetables WW Roll Peaches	Cold 10 Meal Tuna Salad plate Macaroni Salad Fresh Greens Tomatoes & Cucumbers WW Roll Tapioca Pudding	11 Red Pepper Quiche Corn French Cut Beans Rye Bread Oatmeal Cookie	12 BBQ Pulled Chicken Baked Beans Wax Beans Cole Slaw (carrots) WW Roll Apricots	13 Beef Burgundy Buttered Noodles California Mixed Vegetables WW Bread Fruit Cocktail
16 Beef & Peppers Brown Rice Pilaf Harvard Beets WW Bread Butterscotch Pudding	17 Herb Crusted Chicken Parsley Potato Carrot Coins WW Roll Pears	18 Meatloaf & Gravy Mashed Potato Monaco Vegetables Rye Bread Tropical Fruit	Cold 19 Meal Chef's Salad Plate Salad Greens Hard Cooked Egg Sliced Turkey & Cheese Potato Salad, Beet Salad WW Roll Yellow Cake	20 Rigatoni & Spinach Stewed Tomatoes 3 Bean Salad WW Bread Fresh Fruit
23 Lasagna Italian Beans WW Bread Pineapple Whip	24 Sweet & Sour Chicken Brown Rice Broccoli WW Roll Peaches	25 Beef Patty & Mushroom Gravy Roasted Potato Oriental Mixed Vegetables Rye Bread, Pears	26 Roast Pork & Gravy Mashed Sweet Potato Braised Cabbage WW Roll Applesauce	Cold 27 Meal Chicken Salad Plate Pasta Salad Mixed Greens Vegetable Juice WW Bread Dutch Apple Cake
30 Chicken Florentine Boiled Potatoes California Mixed Vegetables WW Bread Fruit Cocktail	Community Café meals made possible by funds provided by Ulster County Government, NYSOFA, UCOFA and Private funds. Your donations help keep Senor programs available. Thank you.	Menu Subject to Change. Your contributions help keep senior programs available.	For Information or Home Delivered Meal Cancellation Call: 331-2496 Community Café Reservations & Cancellations call: 331-2180	Meals Prepared by Gateway Community Industries <i>All SOUPS are homemade. Milk is provided with meals.</i>



COMMUNITY CAFÉS

Do you know that Ulster County and the Office for the Aging sponsor multiple meal sites around the County so that seniors, age 60 and over, can have a free meal?

Come and enjoy good food and socialization! OFA Community Cafés can be found at five different locations, and depending on which you visit, you can have lunch every weekday.

OFA COMMUNITY CAFÉ LOCATIONS:

Rosendale: Rosendale Recreation Center, Route 32, Rosendale, NY, Monday-Friday

Saugerties: Frank D. Greco Senior Center, 207 Market Street., Saugerties, NY, Monday-Friday

Ellenville: Trudy Farber Building, 50 Center Street, Ellenville, NY, Monday-Friday

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

Ulster: Senior Hub, 5 Development Court, Kingston, NY, Mondays and Wednesdays

Want to try it out? Call Gateway Industries at 845-331-2180 to make a free reservation, at least 24 hours in advance. Please remember, this is for Ulster County Seniors age 60 and over.

The recommended voluntary contribution for a Community Café meal is \$3.00 per meal but not mandated. All contributions are voluntary and confidential. No one will be denied a meal if they do not contribute. Meals made possible by funds provided by Ulster County Government, NYSOFA, UCOFA and Private funds. Your donations 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 donations. These contributions help and maintain programs.

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



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Ulster County Office for the Aging, Kingston, NY 06-5324

September is National Fall Prevention Awareness Month

If you or an older person you know has fallen, you're not alone. More than one in three people age 65 years or older falls each year. The risk of falling, and fall-related problems, rises with age. Begin your fall prevention plan by making an appointment with your doctor. Be prepared to answer questions such as:

- What medications are you taking? Make a list of your prescription and over-the-counter medications and supplements, or bring them with you to the appointment. Your doctor can review your medications for side effects and interactions that may increase your risk of falling. To help with fall prevention, your doctor may consider weaning you off medications that make you tired or affect your thinking, such as sedatives and some types of antidepressants.
- Have you fallen before? Write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but were caught by someone or managed to grab hold of something just in time. Details such as these may help your doctor identify specific fall-prevention strategies.
- Could your health conditions cause a fall? Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk — for example, do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk? Your doctor may evaluate your muscle strength, balance and walking style (gait) as well.
- Keep moving: Physical activity can go a long way toward fall prevention. With your doctor's OK, consider activities such as walking, water workouts or tai chi a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility. If you avoid physical activity because you're afraid it will make a fall more likely, tell your doctor. He or she may recommend carefully monitored exercise programs or refer you to a physical therapist. The physical therapist can create a custom exercise program aimed at improving your balance, flexibility, muscle strength and gait.
- Wear sensible shoes: Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy shoes with nonskid soles. Sensible shoes may also reduce joint pain.
- Take a look around your home: Remove boxes, newspapers, electrical cords and phone cords from walkways, secure loose rugs with double-faced tape, tacks or a slip-resistant backing or remove loose rugs from your home, store clothing, dishes, food and other necessities within easy reach, Use nonslip mats in your bathtub or shower or a bath seat, which allows you to sit while showering.
- Light up your living space: Place night lights in your bedroom, bathroom and hallways, consider trading traditional switches for glow-in-the-dark or illuminated switches, turn on the lights before going up or down stairs.
- Use assistive devices: Your doctor might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. For example: Hand rails for both sides of stairways, nonslip treads for bare-wood steps, a raised toilet seat or one with armrests, grab bars for the shower or tub. If necessary, ask your doctor for a referral to an occupational therapist. He or she can help you brainstorm other fall-prevention strategies.



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Ulster County Office for the Aging, Kingston, NY 06-5324

Ulster County Department of Health Powassan Virus Information

The first reported case of Powassan virus in Ulster County was confirmed in a resident in early August.

Powassan virus can be transmitted by the bite of the infected deer tick and groundhog tick. Since this is a viral disease, it cannot be treated with antibiotics. The risk of getting Powassan is exceedingly low. Tens of thousands of people get tick bites every year, and typically, in New York State, anywhere from only 0-6 cases of Powassan infection are diagnosed each year.

Dr. Carol M. Smith, Ulster County Commissioner of Health and Mental Health- "It is imperative that all residents take every precaution necessary against tick-borne illnesses, especially during outdoor activities. Residents should vigilantly check themselves and their pets for ticks and tick bites."

Symptoms of the Powassan virus include fever, headache, vomiting, weakness, confusion, loss of coordination, speech difficulties, and memory problems. If you or a family member has been bitten by a tick and are experiencing one or more of these symptoms, please consult your doctor as soon as possible.

The best way to avoid becoming ill with tick borne diseases is to take proper precautions when spending time outdoors. These include:

- Staying on clear well-travelled paths.
- Wearing light colored clothing to spot ticks easily.
- Tucking pants into socks.
- Use of insect repellents containing DEET for skin applications and Permethrin for clothing and shoes.
- Showering as soon as possible after spending time outdoors.
- Everyone should frequently check for ticks, including on children and pets, and remove any ticks promptly and properly.

Additional information can be found on: <https://www.health.ny.gov/diseases/communicable/powassan/> and www.cdc.gov/powassan



Garden Tips for September

- **Plant winter-hardy pansies and fall annuals (calendula, dianthus, ornamental cabbage and kale)**
- **Plant tag teams of perennials and spring-blooming bulbs that will complement each other or bloom in sequence next season**
- **Water trees and shrubs when rainfall is scarce to "winterize" them**
- **Dethatch and aerate the lawn**
- **De-head chrysanthemum plants to keep flower buds forming through the fall**
- **Clean out rose beds; apply fungicide; leave hips for winter color and bird food**
- **Prune summer-bearing Raspberries**
- **Mow back strawberry plants; remove weeds and mulch**
- **Move tender houseplants, etc. indoors after rinsing and repotting, and set up a grow light to supplement natural light**

DID YOU KNOW?

Maintaining your physical fitness level is important for your independence. If you are not active, start slowly with a walk around the house or block. You can also break your activity into shorter times of 10-minute blocks and benefit.

September is National Whole Grains Month!

Making whole grains a part of your healthy diet may help to reduce the risk of heart disease, assist with weight management, and reduce constipation.

Whole grains contain the entire grain kernel- the bran, germ and endosperm. Examples of this include whole-wheat flour, bulgur, oatmeal, whole cornmeal and brown rice. Whole grains are important sources of nutrients including several sources of B vitamins (thiamin, riboflavin, niacin and folate), and minerals such as iron, magnesium and selenium.

How much do I need:

Women should have ~ 20-25 grams/ day of fiber or 5oz serving

Men should have ~30-35 grams/day or 6 oz. serving

A serving size of a grain fiber is 1-1oz slice of bread, ½ English muffin, ½ of a mini bagel and 1/3 cup of pasta or rice. Sources of grain fiber are bread products, brown rice, whole grain cereals, whole wheat pastas and light popcorn.

Look for products that have at least 3 grams of fiber, making that a good source, 5 grams or more makes it an excellent source of fiber. Food color is not always a good tell of a whole grain product. Bread can be brown because of molasses or other added ingredients. Also choose products with a higher percent of daily value (% DV) for fiber.

Try substituting a whole grain product for a refined one - use your Nutritional Facts Label that is found on every product you purchase to help you choose more whole grains at the grocery store. You can save money by buying sale items or store brands. Also buy in bulk if there is a sale and freeze for later use.

From the desk of the OFA Registered Dietitian: Juanita Bryant, RDN, CDE

VOLUNTEER

VOLUNTEER DRIVERS NEEDED!

Volunteer drivers help seniors get to medical appointments through the Neighbor to Neighbor Program. We offer a generous mileage reimbursement, and this flexible opportunity allows you to do as much or as little transportation as suits your schedule. 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.

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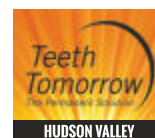
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Ulster County Office for the Aging, Kingston, NY 06-5324

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Director

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845-334-5436

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Medicaid

845-334-5175

Central Intake

845-334-5125

Do you know someone who might like to be on our e-mail list? Please 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.



of Ulster County

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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.

Ulster County Office for the Aging and The Mental Health Association are offering a workshop series designed for caregivers seeking support and interaction with other caregivers. Beginning September 9, 2019, meets every Monday, 2:00- 3:15 P.M. at the Ellenville Regional Hospital, 10 Healthy Way, Ellenville, NY. For registration and details, please call 845-340-3456.



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.