

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

APRIL 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.



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OUR LOAN CLOSET has an extensive array of medical equipment for loan for a nominal fee. Contact us to see if we have what you need.

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OFA DIRECTOR MESSAGE

Dear Ulster County Seniors,

I write this note at the end of February for the April newsletter; and, after watching the Academy Awards program last evening. I am not an avid fan of most award shows but the Oscars always get me-it is a date I set with myself each year to watch the stars, look at the fancy dresses and tuxedos, and listen to the acceptance speeches.

This year I was hopeful, and am very happy, that Rami Malek won the award for Best Actor for Bohemian Rhapsody. Not only because I loved the movie, am a fan of the music group Queen, but also because of the story. The words of Freddy Mercury’s father in the movie, “good thoughts, good words, good deeds” just keep going around in my head.

So, I googled them! These words, or philosophy, are from the religion Zoroastrianism. It is a Persian religion founded in the sixth century B.C. that also taught the existence of angels, demons and saviors, ideas that can also be found in Christianity, Judaism and Islam. I had never heard of this religion nor its origins, but these words really made an impact on me.

What if these words became everyone’s mantra every day? Good thoughts, good words, good deeds. Adopting this way of thinking and demonstrating those words towards our neighbors and community members would enhance both our lives and the lives around us, with our family and friends we interact with every day. I have been told many times over that I am an idealist. These words, this action, blends in with my idealism. That we, one by one, can make our community and world a better place by being kind, generous and community-oriented. This is what we try to accomplish everyday at the Office for Aging.

Good thoughts, good words, good deeds. A wonderful mission statement for us all.

Best to all of you,
Shelley Wagar

COUNTY EXECUTIVE MESSAGE

Dear Ulster Senior,

It is finally Spring as we begin to see the flowers and trees bloom all around us. As you get out and about to enjoy the nicer weather, I hope you will consider attending some of our Office for the Aging’s upcoming events, such as our next “Lunch and Learn” at noon on April 17th in New Paltz. In addition, OFA offers drop-in Tai Chi classes every Tuesday at locations throughout Ulster County; movie viewings at the Rosendale Theater; and much more. Please visit the OFA website for more information at <https://ulstercountyny.gov/aging/> or call the office at 845-340-3456.

If you are looking for a way to give back by helping other seniors, there is always an opportunity to volunteer your time and talents by joining our Volunteer Program. Volunteering is a great way to assist the community, whether it be driving a senior to a medical appointment, helping in a gift shop or visitor center, helping at a local library or hospital, or engaging with children as a tutor or Foster Grandparent – there are so many ways to brighten someone’s life, even if you only can dedicate a small amount of time. Patrick McDonough is always happy to hear from our amazing seniors who are interested in helping. For more information, please feel free to contact Patrick at 845-802-7935.

I am also pleased to inform you that one of my priorities during my time in office is to focus on ways we can work together to make Ulster County more “senior-friendly.” Over the next three months, I will be seeking out input from senior groups across the County, but I also encourage you to reach out to my office if you have your own ideas about cost-effective steps we might take to improve quality of life for our seniors. You can share your ideas via email to exec@co.ulster.ny.us, or by calling 845-340-3629.

With best regards,
Adele B. Reiter
Acting County Executive



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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. Ali of the Institute for Family Health will be present to answer questions and discuss your health.

Tuesday, April 16th

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.

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.

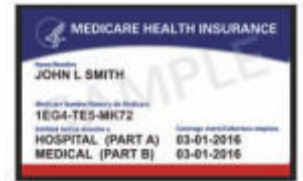
Meet new friends and be the first to hear what's new at the OFA.

MALL WALKERS

MEDICARE SAVINGS PROGRAM

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 Aging at 845-340-3456 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.

Easy Ways Seniors Can Boost Their Mental Health and Well-Being

- Exercise.
- Socialize at your senior center
- Stay involved in family gatherings
- Call on friends
- Get a pet
- Play games
- Volunteer

**Ulster County Office for the Aging
Spring 2019 Lunch and Learns for seniors**

April 17: Healthy Vision
New Paltz Community Center, 3 Veterans Drive,
New Paltz, NY
RSVP by April 10

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



The Ulster County Office for the Aging presents *Casablanca*. Monday, May 20, 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 May 16 at 845-340-3456.

Watch for more movie events coming soon...



Drop-in Tai Chi classes

at different locations around the County. Every Tuesday from 3:00-4:00 P.M.
Ellenville Library, 1st Tuesday of each month
Governor Clinton, Kingston, 2nd Tuesday of each month
Saugerties Senior Center (Market and Robinson Street), 3rd Tuesday of each month
St Francis De Sales Community Hall (109 Main Street, 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.

Benefits of Tai Chi include...

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

The 3 Things Wrong With The Supplement Industry

By Neal Smoller, PharmD, Village Apothecary

There's a lot of great things happening in the wellness arena. Using nutrition and other lifestyle interventions is a critical part of preventing and even treating many diseases. Supplements are often looked to as a cornerstone of a wellness plan. While I agree wholeheartedly, I offer some caution before you spend another dollar on supplements. This article isn't meant to turn you off completely from supplements, but instead better arm you with the information to make even better decisions around your health.

- 1. Just because you swallow something, doesn't mean it's helping.** Supplement industry regulations only require a manufacturer to give you exactly what's on the label. If it says "Vitamin C", you are only guaranteed to get Vitamin C in whatever dose they promise. That doesn't mean that the Vitamin C will be usable by the body or even in a large enough amount to do anything in your body. Supplements aren't tested to be safe or effective like drugs. Supplements aren't even tested to see if we absorb them. This is a crazy concept, but it's an important one: many supplements people take may not even be absorbed by the body. We need to be sure our supplements are in an absorbable, usable form by the body. The dose of a supplement is something MANY consumers don't consider when buying supplements. They should, because manufacturers count on you not knowing. They do what I call "Fairy Dusting"; supplement companies will label their product "Ginseng" but put a VERY low dose inside the pill. The amount is equivalent to sprinkling a small amount of active ingredient like they're trying to make Peter Pan fly, not formulating a product with a good enough dose to help you. Many people are taking handfuls of supplements. They get them from cheap from mail order companies, or buy-one-get-a pallet-full free from the big discount stores. They take them with a smile, not realizing there's a good chance it's not being used by the body.
- 2. We don't REALLY know the effects.** Watch a drug commercial and you'll hear a laundry list of side effects. They sound worse than the disease you're trying to treat! We study the drugs extensively, so we are familiar *continued on page 13*



Rich Dooley has lived in Saugerties since 1991. What had been his weekend home on the Esopus Creek during his career with the federal government became his full time home after he retired in 2005. Not one to be idle for long, he got to know all the inhabited spaces in Saugerties when he worked as a mapper for the 2010 Census. He first volunteered as a tax counselor with AARP's Tax Aide program in 2006. He still helps seniors and other participants fill in their federal and state tax returns, in addition to acting as the program's District Coordinator. Rich - who is called "My Tax Guy" by many of the people he helps - says, "I approach each tax return like a puzzle, where I put the pieces together so that each person pays no more taxes than they truly owe." Rich takes every opportunity to recruit and train other volunteers who share his satisfaction in providing such an important service to residents of Ulster County.

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April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Baseball 1 Season Opener</i></p> <p>Hot Dog on Roll Baked Beans Sauerkraut Carrots Peaches</p>	<p>2</p> <p>Chili Mac Green Beans WW Roll Cranberry Juice Apricots</p>	<p>3</p> <p>Sweet & Sour Pork Brown Rice Broccoli Rye Bread Lemon Whip</p>	<p>4</p> <p>Herb Crusted Chicken Parsley Potato Spinach WW Roll Spice Cake</p>	<p>COLD 5 MEAL</p> <p>Tuna Salad Plate Macaroni Salad Fresh Greens Tomatoes & Cucumbers WW Bread, Pears</p>
<p>8</p> <p>Lemon Baked Fish Brown Rice Pilaf California Mixed Vegetables WW Bread Pears</p>	<p>9</p> <p>Roast Beef with Gravy Mashed Potatoes Mixed Vegetables WW Roll Tapioca Pudding</p>	<p>COLD 10 MEAL</p> <p>Chicken Salad Plate Potato Salad Fresh Greens Carrot Raisin Salad Rye Bread Chocolate Cake</p>	<p>11</p> <p>Chili Con Carne Brown Rice Cauliflower WW Roll Fruit Cocktail</p>	<p>12</p> <p>Spinach Quiche Broccoli Green Beans WW Bread Pineapple Chunks</p>
<p>15</p> <p>Macaroni & Cheese Stewed Tomatoes 3 Bean Salad WW Bread Pears</p>	<p>16</p> <p>Lime Tarragon Turkey Steak Buttered Noodles Brussels Sprouts WW Roll Peaches</p>	<p>17</p> <p>Penne with Meat Sauce Green Beans Rye Bread Fruit Cocktail</p>	<p>COLD 18 MEAL</p> <p>Balsamic Chicken Salad Plate with Tomatoes & Cucumbers Carrots WW Roll Oatmeal Cookies</p>	<p>19</p> <p>Fish Florentine Boiled Potatoes California Mixed Vegetables WW Bread Chocolate Pudding</p>
<p>EASTER 22 MEAL</p> <p>Baked Ham with Pineapple Sauce Sweet Potato Broccoli WW Bread Peach Crisp</p>	<p>COLD 23 MEAL</p> <p>Chef's Salad Plate Salad Greens Hard Cooked Egg Sliced Turkey, Cheese, Tomatoes Beet Salad WW Roll Mandarin Oranges</p>	<p>24</p> <p>Meatloaf with Gravy Mashed Potato Monaco Vegetables Rye Bread Tropical Fruit</p>	<p>25</p> <p>Beef Stew Wax Beans Low Sodium V8 Juice WW Roll Vanilla Pudding</p>	<p>26</p> <p>Chicken Parmesan With Pasta Mixed Vegetables Green Salad WW Bread Brownie</p>
<p>29</p> <p>Beef Stroganoff Buttered Noodles Brussels Sprouts WW Bread Fruit Cocktail</p>	<p>30</p> <p>Turkey with Gravy Mashed Potatoes Oriental Mixed Vegetables WW Roll Apricots</p>	<p>Menu Subject to Change.</p> <p>Your contributions help keep senior programs available.</p>	<p>For Information or Home Delivered Meal cancellation call:</p> <p>331-2496</p> <p>Community Café reservations call:</p>	<p>Meals Prepared by Gateway Community Industries</p> <p>All SOUPS are home-made.</p> <p>Milk is provided</p>



COMMUNITY CAFÉS

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

We have five different locations, and depending on which you visit, you can have lunch every weekday. Our OFA Community Cafés (formerly known as Friendship sites) are offered Monday through Friday at our Saugerties, Rosendale and Ellenville locations. Our New Paltz café offers lunch every Thursday. Our Ulster café offers lunch the first and third Tuesday of the month.

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 CAFÉS 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



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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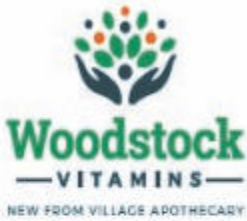
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- Bladder and spinal stimulation
- Nutritional counseling and support

Residents covered by Medicare can also receive an additional level of personalized care coordination, ongoing preventive care and other valuable benefits by enrolling in ArchCare Advantage, a Medicare Advantage HMO Special Needs Plan designed especially for nursing home residents.





THE SILENT KILLER: Inflammation

Tuesday, April 30th
6pm (45 Minutes)

Neal will explain the complex picture of inflammation in simple, easy-to-understand terms. We'll discuss how inflammation affects our bodies and may contribute to disease. Finally, we'll review strategies to remove and reduce inflammation naturally.

Attend from home! Call 845-679-0790 to sign up or visit www.woodstockvitamins.com/April2019

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Erica Halwick-Williams

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with the fine details about who experienced what side effect during the studies. For transparency, manufacturers are required to report that, especially during commercials. This is a good thing and shouldn't be so scary. Most of those side effects, if any, wouldn't be really experienced by you. "Natural products don't have all those side effects, so they are safer!" says the confused customer. This is simply not true. Supplements aren't studied extensively like drugs. Supplements also have no requirement for reporting those side effects and drug interactions to you. Based on what I know about medications, supplements would have a list equal to, if not longer, than some drugs if they were studied so extensively. We have a natural inclination (excuse the pun!) to play up the downsides of drugs, while playing down or straight ignoring the downsides of supplements. Supplements can be great, but we must be honest about them. The truth is, many people who advise on supplements aren't qualified to do so, especially to someone who may take more than a couple medications. How do they all play together? Hopefully nicely, or we'll have to put them in time out!

3. There's so much misinformation. "FAKE NEWS!" has become a new thing in politics, but bending the truth to manipulate the public has been a hallmark of the natural product industry for almost 7 decades. There's articles online, in magazines, and even in direct marketing flyers sent to your house. They talk about this or that benefit. How if you don't start this supplement, your life will be an utter failure and you'll be the most unhealthy person on the block. The only truth in the supplement industry is that it easy to say anything to get attention. Many consumers aren't like me. They didn't get beat up in pharmacy school by their professors, teaching them how to look at these claims and debunk them. To you, an article may look official - references, fancy schmancy vocabulary, and amazing claims. In reality, it's just manipulative marketing. A problem that's run rampant. Here are some questions you can ask yourself about your supplements to help you whittle down the list to a simpler, smarter group:

1. Do I have a list of what I use? That list should have the product name, the brand, how many you take and how often, and most importantly - why you use it.
2. Do I know why I'm taking this supplement? If you don't, that's a good indication it's largely unnecessary.
3. Does this supplement help in some way? If you don't know, why are you using it?
4. Has a professional looked at my regimen and approved it? Not the guy at the vitamin store. Not the "practitioner" who hasn't had a formal medical education. Someone who has been trained to make REAL clinical decisions.

In general, you shouldn't make any changes to any of your regimens - supplements OR medicine - without first talking with your healthcare professionals. Supplements and wellness can work! We here love them, but the 3 big problems of the natural products industry - product variability, lack of studies, and misinformation - makes being a consumer looking for supplements difficult. Find yourself a trusted expert to help you navigate your wellness journey!



Because your soil is likely dried out after winter, it's time to add moisture like compost or manure. You might also need to add more fertilizer to increase the health of the soil and the life of your plants.

Plants will need to be pruned. Make sure to wait until mid-April or May in case there's an unexpected freeze. Blooming plants should be pruned right after they bloom to avoid cutting off future flowers. Summer plants should be pruned in early spring.

Adding one to three inches of mulch helps to prevent weeds and diseases, keeps in moisture, and maintains the temperature. Keep the mulch a few inches from the plant stems to prevent roots from rotting.

Some good spring plants include:

- Pansies
- Vegetables like lettuce, peas and arugula
- Transplanting tomato plants from indoor pots to outside
- Lilacs
- Tulips



Loneliness increases chances of depression and illness? Seniors who spent hours daily being social were happier, enjoyed life, and were less likely to be stressed up or worried.

Vitamin D and your Health

Vitamin D is a fat-soluble vitamin which means your body can store extra amounts of vitamin D. It helps our bodies absorb and use calcium and phosphorus for strong bones and teeth, so it is important to get enough vitamin D in our diets.

Vitamin D can help older adults against osteoporosis. It can also protect against infections by keeping the immune system healthy. Having appropriate Vitamin D levels can also reduce the risk of developing chronic diseases like multiple sclerosis and certain types of cancers.

Vitamin D is not naturally found in many common foods. Good food sources are certain types of fish (salmon, cod, tilapia, swordfish, sturgeon, and trout), egg yolks, and mushrooms. Other foods such as cereals, fortified milk and yogurt, tofu, and margarine have vitamin D added to them.

How much Vitamin D do I need?

Age in years	Goal for intake of Vitamin D (IU/day)	Stay below (IU/day)
Men and Women 19-50	600	4000
Men and Women 51-70	600	4000
Men and Women 71 and older	800	4000

Supplements: Vitamin D is found in supplements in two forms: D2 (ergocaliferol) and D3 (cholecalciferol). Both of these supplements increase the vitamin D in your blood.

Medication Interaction: Just like with any other medication/supplement Vitamin D may interact or interfere with what you are taking. Tell your doctor and pharmacist about medications and supplements you take. They will be able to tell of any possible interference in how your body absorbs, uses and breaks down.



SEEKING TOURISM VOLUNTEERS!
Come share your enthusiasm and knowledge of the area. Ulster County Tourism, located on the beautiful Kingston waterfront, is a fun and exciting place to volunteer! We are seeking volunteers, from May thru October, for 3-hour shifts, from 11am to 2pm or 2 pm to 5pm, on Saturdays and/or Sundays. Call 845-340-3567. Ulster County Tourism is located at the Kingston Heritage Visitors' Center at 20 Broadway in Kingston.

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. Some drivers make one or two trips per month, and some drive as many as four times a week. If you'd like to help a senior in need, contact Patrick McDonough at the OFA Volunteer Program, 845-802-7935 or e-mail pmcd@co.ulster.ny.us.

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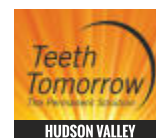
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Medicaid

845-334-5175

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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.



NY Connects
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Services and Supports

of Ulster County

(800) 342-9871 (845) 334-5307

NY Connects staff can help link you to long term services and supports, such as home care, transportation and meals. Our goal is to help you live as independently as you wish to while meeting your medical, social and functional needs that arise from aging or disability. We can help individuals, families, caregivers, and professionals.



Appointments available at the Ulster County Office for the Aging.

Call (845) 340-3456 to make an appointment.

The Alzheimer's Association helpline is available 24/7 by calling (800) 272-3900.