

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

JULY 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

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.

IF you need an architectural barrier consultant to help make your home safe...

WHEN you or someone you love has been placed or is at risk of a nursing home placement...

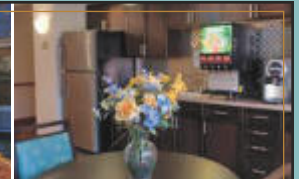
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OFA DIRECTOR MESSAGE

Dear Ulster County Seniors,

I hope you are having a nice summer. I was so happy to meet many of you at our Senior of the Year picnic. I want to remind you about the new Bring Your Own Bag Act with takes effect on July 15, 2019 in Ulster County. Under the Act, the distribution of most types of plastic bags will be prohibited and retailers will be required to collect a 5¢ fee on any recyclable paper bags provided. So please be prepared to bring your own bags. For frequently asked questions please visit ulstercountyny.gov/BYOBagFAQ or submit your questions to BYOBagAct@co.ulster.ny.us or call our Department of the Environment at 845-338-7287.

I also want to let you know that Ulster County Area Transit (UCAT) has expanded their services within the City of Kingston as of July 1st. This will provide riders with more frequent service, smoother connections at the Kingston Plaza, and dispatch availability during operating hours of service. In addition, UCAT has a smartphone app that provides real-time bus location and arrival information as well as free Wi-Fi service on all buses. All individuals riding on the red/blue/yellow routes in the City of Kingston will ride for free from July 1-December 31, 2019. For more information regarding the new bus routes please contact UCAT Director Carol Hargrove via email at char@co.ulster.ny.us or call 845-340-3335.

Please note that we have now begun distributing Farmer Market Coupons! If you would like to obtain a booklet please stop in the Office for the Aging. You must come in person/cannot pick up for others and, if you have not done so already – please complete the Senior Survey which will help us determine the types of services our Ulster County residents need as they age. The 2019 Senior Survey is available online: <https://ulstercountyny.gov/aging> or call our office at 845-340-3456 and we can mail you a copy.

Also, I hope to see you at some of the exciting events highlighted in our newsletter. Please do not hesitate to call us if you are in need of services.

With best regards,

Judy L. Riley

Interim Director

COUNTY EXECUTIVE MESSAGE

Dear Ulster County Seniors:

As your new County Executive, I want to take this opportunity to introduce myself. My family has been here in Ulster County for five generations, soon to be six as my wife Rebecca and I are expecting our first child in August! I graduated from Kingston High School and West Point and went on to serve two combat tours in Iraq as an Army intelligence officer. After leaving the military, I founded a small technology company, which grew to over 150 employees. Rebecca and I now live in Gardiner with our two rescue cats Frankie and Weetzie.

Serving our seniors through our top-notch Office of the Aging is one of my top priorities. On my second day in office, I attended the Ulster County Older Adults Empowerment Council Conference to make it clear the importance of serving you. It was a pleasure to hear from so many of you directly and see first hand the types of programs that we offer.

At its core government is about service. It is about making sure that we can provide for residents in the most efficient ways. It's about ensuring that we follow the number one rule I learned as an Army officer: we NEVER leave anyone behind. This especially applies to our seniors, many of whom count on Ulster County government to help them access critical health services, get legal advice, or get a healthy meal delivered to their home. As County Executive, I promise that will be the ethos guiding every single member of our team.

Please do not hesitate to contact my office if you have any questions, concerns, or ideas. You can email me at exec@co.ulster.ny.us or you can call my office at 845-340-3800. I am looking forward to meeting you, hearing from you, and ultimately finding ways in which we can best serve our senior community.

Sincerely,

Patrick K. Ryan

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

Tuesday, July 16

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.

BENEFITS OF MALL-WALKING:

Malls are climate-controlled, safe and have lots of parking!

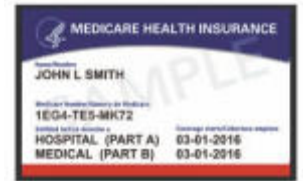
There are water fountains, bathrooms and benches available.

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

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 \$1,426 or less (Married income \$1,923 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.

2019 Senior Farmer's Market Coupons

Coupons are available at the Ulster County Office for the Aging from 10:00 A.M to 4:00 P.M. Monday through Friday.

Eligibility: You must be 60 years or older and your income is at or below:

- \$1,926/month for a one person household
- \$2,607/month for a two person household
- \$3,289/month for a three person household

Eligible recipients must personally sign for the coupons, they cannot be reserved, it is on a first come first serve basis. Coupons can only be received one time per year and be redeemed for fruit and vegetables from participating markets/stands.

Current participating markets/stands are in Kingston and Saugerties. This list may expand to include other areas.

Ulster County Office for the Aging
Summer 2019 Lunch and Learns for seniors

July 16: Senior Tenant Rights
 Gateway Community Industries, 1 Amy Kay Parkway
 Kingston, NY

RSVP by July 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 at 845-340-3456 to RSVP.

Live, Laugh & Learn

A day of informational, educational & fun workshops for
 Ulster County seniors 60 and over.

Thursday, August 15, 2019

Kingston Center of SUNY Ulster
 94 Mary's Avenue
 Kingston, NY

\$5.00 Registration fee - \$3.00 eat-in bag lunch (optional)

Doors open at 8:30 a.m. Workshops begin at 9:00 a.m.

Register by August 7.

For an application or more information, please call Ulster County
 Office for the Aging at 845-340-3456.



Drop-in Tai-Chi

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

- Shawangunk Senior Center, Napanoch, 1st Tuesday of each month
- Governor Clinton, 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.

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 Ulster County Office for the Aging presents *The Seven Year Itch*. Tuesday, July 30, 2019. Movie starts at 1:00 P.M., Rosendale Theater, 408 Main Street, Rosendale, NY. Free to Ulster County seniors over 60. Call the Office for the Aging to *RSVP by July 26* at 845-340-3456.

Watch for more movie events coming soon.

Staying Safe When It's Hot

When the temperature climbs above 90°F, older adults need to be proactive and take precautions. So check the outside temperature on summer days. If it's above 90°, older people should keep in mind the following tips:

- Stay out of the sun if possible. If possible, wait to go out until the sun starts to set or until early the next morning. Adjusting when you go outside could mean a difference of several degrees.
- Air conditioning is your friend. Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. Read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center.
- Stay hydrated. Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine can dehydrate you (dry you out).
- Dress appropriately. Whenever you can, try wearing loose, light-colored clothes (dark-colored clothes absorb heat). Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.
- Did someone say sunburn? Use broad-spectrum sunscreen with sun protection factor (SPF) of 15 or higher.
- Cool down! Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.



OFA volunteer driver Jeff DaPuzzo and client Maria

"I've been a resident of Kerhonkson for over twenty years, mostly as a "weekender." When I retired here full time in 2015, I was looking for ways to give back to my community.

When I met with Patrick, the head of the Neighbor to Neighbor program, I knew right away that driving seniors to their medical appointments would be a perfect fit for me. My clients' rich life experiences make our conversations so lively, and I learn a lot from them. I consider many of my clients as friends. I look forward to driving and I especially like the flexibility the program offers. I choose how many clients I take each week. The staff who schedules appointments are so friendly and helpful. I feel honored to be on such a worthy team of volunteers."

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July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Beef Stroganoff Buttered Noodles Brussels Sprouts WW Bread Fruit Cocktail</p>	<p>2</p> <p>Roast Turkey with Gravy Mashed Potato Oriental Mixed Vegetables WW Roll, Apricots</p>	<p>3</p> <p>Baked Ziti Italian Mixed Vegetables Spinach Rye Bread Lemon Pudding</p>	<p>JULY 4th CLOSED</p> <p>Baked Fish with Dill Sauce Brown Rice Pilaf Carrot Coins WW Roll Apple Crisp</p>	<p>COLD 5 MEAL</p> <p>Balsamic Chicken Salad Plate with Tomatoes & Cucumbers WW Bread Peaches Fresh Fruit</p>
<p>8</p> <p>Pork Creole Brown Rice Broccoli WW Bread Berry Whip</p>	<p>9</p> <p>Sloppy Joe Green Beans Cauliflower WW Roll Fruit Cocktail</p>	<p>COLD 10 MEAL</p> <p>Turkey Salad Potato Salad Fresh Greens Carrot Raisin Salad Rye Bread Fresh Fruit</p>	<p>11</p> <p>Lemon Pepper Chicken Roasted Potato Spinach, WW Roll Chocolate Cake</p>	<p>12</p> <p>Swiss Broccoli Pasta Green Beans WW Bread Pears</p>
<p>15</p> <p>Red Pepper Quiche Corn French Cut Beans WW Bread Oatmeal Cookie</p>	<p>16</p> <p>Spaghetti & Meat Balls Parisian Mixed Vegetables WW Roll Peaches</p>	<p>17</p> <p>Roast Beef & Gravy Mashed Potato Zucchini Fresh Salad with Spinach Rye Bread Fruit Cocktail</p>	<p>COLD 18 MEAL</p> <p>Tuna Salad Plate Macaroni Salad Fresh Greens Tomatoes & Cucumbers WW Bread Tapioca Pudding</p>	<p>19</p> <p>BBQ Pulled Chicken Baked Beans Wax Beans Carrot Cole Slaw WW Roll Apricots</p>
<p>22</p> <p>Rigatoni & Spinach Stewed Tomatoes 3 Bean Salad WW Bread Pears</p>	<p>COLD 23 MEAL</p> <p>Chef's Salad Plate Salad Greens Hard Cooked Egg Sliced Turkey & Cheese Potato Salad Beet Salad, WW Roll Yellow Cake</p>	<p>24</p> <p>Herb Crusted Chicken Parsley Potato Carrot Coins Rye Bread Fresh Fruit</p>	<p>25</p> <p>Meatloaf & Gravy Mashed Potato Monaco Vegetables WW Roll Tropical Fruit</p>	<p>26</p> <p>Beef & Peppers Brown Rice Pilaf Harvard Beets WW Bread Butterscotch Pudding</p>
<p>29</p> <p>Sweet & Sour Chicken Brown Rice Broccoli WW Bread, Peaches</p>	<p>30</p> <p>Beef Patty & Gravy Roasted Potato Oriental Mixed Vegetables WW Roll, Pears</p>	<p>31</p> <p>Lasagna Italian Beans Rye Bread Dutch Apple Cake</p>	<p>For Information or Home Delivered Meal Cancellation Call: 331-2496 Community Café Reservations call: 331-2180</p>	<p>"Menu Subject to Change" Meals Prepared by Gateway Community Industries <i>All SOUPS are homemade.</i> <i>Milk is provided.</i></p>

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

Your contributions help keep Senior programs available. Thank you.



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? 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.

OFA COMMUNITY CAFÉ LOCATIONS:

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

Saugerties: Frank D. Greco Senior Center
207 Market St., 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: Russell F. Brott Senior Center
1 Town Hall Road, Lake Katrine, NY, 1st & 3rd Tuesday



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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- Care of patients requiring hemodialysis and peritoneal dialysis
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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.



Recognizing Cataracts -Watch for Vision Changes as You Age

As life goes on, we all start to notice certain changes that are a natural part of aging. Maybe our joints aren't as flexible as before, or our hearing just isn't what it used to be. Our vision, too, may be less sharp than it once was. One cause of impaired eyesight later in life is cataracts. A cataract is a clouding of the lens in the eye. People with cataracts may notice cloudy vision or halos around lights when driving at night. If left untreated, cataracts can greatly limit vision. In fact, some people with severe cataracts may only be able to tell the difference between light and dark.

Cataracts are common in older adults. About half of all Americans will either have cataracts or have had cataract surgery by the time they reach age 80. "I don't usually think of cataract as an eye disease. In most cases, it's simply a normal aging change of the eye," says Dr. Rachel Bishop, an ophthalmologist. "Typically, cataracts don't cause damage to the eye the way most eye diseases do." Early symptoms of cataract can be improved with eyeglasses, brighter lighting, anti-glare sunglasses or magnifying lenses. If these steps don't help, surgery is the only effective option for treatment. Surgery involves removing the cloudy lens and replacing it with a plastic lens. Cataract procedures are among the most common surgeries performed in the United States. Most patients recover in just a few weeks, and many have improved eyesight after a few days. Recent advances have allowed doctors to tailor new lenses to patients and help reduce the need for eyeglasses after surgery.

The decision to have cataract surgery is a personal one that should be made between you and your doctor. Some experts advise that cataracts be removed only when vision loss interferes with your everyday activities, such as driving, reading or watching TV. The best way to prevent or delay cataracts is to protect your eyes from harmful ultraviolet rays from the sun. Try wearing sunglasses or a hat with a brim. Researchers also believe that good nutrition can help reduce the risk of age-related cataract. They recommend eating plenty of green leafy vegetables, fruits, nuts and other healthy foods. Also, don't smoke, because smoking may speed cataract development.

To screen for early signs of eye disease, Bishop recommends that everyone have a dilated eye exam at age 40, even if your vision seems fine. Once you're in your 60s, a dilated eye exam is usually advised every year. "Some people think reduced vision is just an unavoidable part of normal aging," says Bishop. "It isn't. If you notice your vision isn't as good as it used to be, you should see your eye doctor." Since many serious eye diseases have no early warning signs, it's also important to make regular eye exams part of your standard health care routine.



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AND

Just Like Home, dedicated to creating meals for ALL individuals desiring convenience or independent living and for people recuperating at home or managing illness. For more info contact Gateway's Just Like Home at (845) 331-2180

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Aging, your memory and thinking skills—What's happening

Your brain undergoes changes as you age that may have minor effects on your memory or thinking skills. For example, healthy older adults might forget familiar names or words, or they may find it more difficult to multitask.

You can promote cognitive health by taking the following steps:

- Include physical activity in your daily routine. Physical activity increases blood flow to your whole body, including your brain. Studies suggest regular exercise is associated with better brain function and reduces stress and depression — factors that affect memory.
- Eat a healthy diet. A heart-healthy diet may benefit your brain. Focus on fruits, vegetables and whole grains. Choose low-fat protein sources, such as fish, lean meat and skinless poultry. Too much alcohol can lead to confusion and memory loss.
- Stay mentally active. Staying mentally active may help sustain your memory and thinking skills. You can read, play word games, take up a new hobby, take classes, or learn to play an instrument.
- Be social. Social interaction helps ward off depression and stress, which can contribute to memory loss. You might volunteer at a local school or nonprofit, spend time with family and friends, or attend social events.
- Treat cardiovascular disease. Follow your doctor's recommendations to manage cardiovascular risk factors — high blood pressure, high cholesterol and diabetes — that may increase the risk of cognitive decline.
- Quit smoking. If you smoke, quitting smoking may help your cognitive health.

If you're concerned about memory loss or other changes in your thinking skills, talk to your doctor.



Garden Tips for July

Water as needed. Most plants need at least an inch of water per week, more if the weather is very hot and dry.

Stay ahead of weeds. Pulling them before they flower could save you from thousands of new weeds.

Replace mulch as needed. It naturally decomposes and may need replenishing.

Keep lawns at about 3 inches, to protect from summer heat.

Keep up on deadheading. The more you deadhead, the more your flowers will re-bloom.

Focus on heat and rain resistant flowers like: coleus, hibiscus, melampodium, pentas, plumbago, portulaca and zinnias.

Do a final pinching by mid-July of fall blooming flowers like mums and asters.

Clean up fallen fruits under trees. Rotting fruits are an invitation for diseases, insects, and foraging animals.

Harvest daily. Some vegetables, like zucchini and cabbages, can mature in the blink of an eye. Don't let them get tough or split open.



Dehydration can have a negative impact on your mood and energy levels. Drink enough water to ensure you're always at your best.

Staying Well Hydrated

Did you know.....The human body's largest component is water - on average 60% of an adult's body weight is water. As we age, the water content in our bodies decreases and the risk for dehydration increases. Dehydration in the elderly is more common than you might think. Dehydration has been associated with UTI's (urinary tract infections), confusion, impaired cognition, falling and constipation.

It is more often that as we age our taste and thirst sensations decrease. If you don't feel hungry or thirsty then you may not consume as much food or liquid. Remember food has a fluid component also. If you are prescribed a medication called a diuretic (water pill), it is very important that you consume adequate fluid intake even if it makes you to run to the bathroom more frequently.

Signs of dehydration:

Mild symptoms:	Dry, sticky mouth and tongue, lightheaded or dizzy, weakness and headache
Moderate symptoms:	Confused or irritable, stop sweating, dark urine or decreased urine output, low blood pressure-lower than usual, increased heart rate
Severe symptoms:	Fainting or unconsciousness, disoriented, onset of fever

Water is the best fluid to drink. Ways to increase intake:

Drink from a straw, carry a water bottle with you, set an alarm to remind you to drink more, have a glass of water before and after every meal and drink water with your medications.

Recommended adequate total water intake:

Men: Five to seven 8 oz. glasses daily

Women: Four to six 8 oz. glasses daily

Does not take into account medical conditions such as congestive heart disease / end stage renal disease.

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.

Become a New York State Certified Ombudsman

An experienced Ombudsman will mentor you as you become familiar with your role. You can schedule around your daily life. We will provide you with the tools you need to educate, empower and advocate for Long Term Care residents. Contact Patrick McDonough at the OFA Volunteer Program: 845-802-7935 or pmcd@co.ulster.ny.us.

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Dr. Claudia Patch

Bringing Compassion to Dentistry

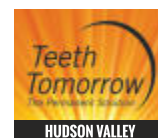
Dr. Claudia Patch and her dedicated team of dental professionals understand that visits to other dentists can be stressful. That's why her practice is built on providing the best dental experience you'll ever have. From checkups and cleanings, to the most advanced cosmetic and restorative procedures, Dr. Patch delivers the results you deserve in the most caring and compassionate way. Whether you're looking for that perfect smile, or just want to get back to enjoying the foods you love to eat, don't let fear keep you from living your life to the fullest.

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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
Your Link to Long Term
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.