

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

JUNE 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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Caring for someone with dementia? Call our Helpline anytime for support, with questions or to learn about programs near you.

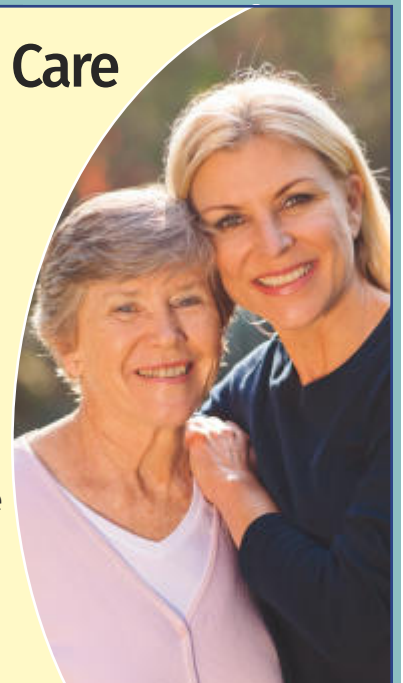
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OFA DIRECTOR MESSAGE

Dear Ulster County Seniors,

I would like to introduce myself. My name is Judy Riley and I am pleased to be serving as Interim Director for the Ulster County Office for the Aging (OFA). I am excited to be able to continue Shelley Wagar’s great work here at the OFA and I look forward to meeting many of you out in the community or at our office.

As you probably know, Ulster County elected a new County Executive – Pat Ryan. We are pleased to welcome him and our office looks forward to working with him as we continue to provide critical services to the older adults of Ulster County. I also want to thank Acting County Executive Adele B. Reiter for her outstanding leadership in county government and all she has done for our residents, especially our senior population.

As you may know, the OFA has many services available for our residents, such as home care services, home-delivered meals, legal services, medical alerts and more. In addition, for information about long term services and supports for people of all ages or with any type of disability please contact our NY Connects staff who can link you to various services at 845-334-5307.

I also invite you to attend the Ulster County Older Adults Empowerment Council’s Conference: Ageism to Elder Abuse on June 11th at the Best Western in Kingston. Alice Fisher, MA, MSW, Director/Founder of the Radical Age Movement will be the keynote speaker. To register please visit <https://bit.ly/2PRy8Od> or call 845-334-5221.

We also invite you to complete **ULSTER COUNTY’S 2019 SENIOR SURVEY**, which is available online <https://forms.gle/BN4KP16K69Cj7xhU7> via <http://ulstercountyny.gov/aging> to let us know what you feel is important in order to age safely and happily in Ulster County. Please call our office if you prefer a paper copy or need assistance.

I am so proud to work with the great staff at OFA in order to serve the amazing seniors of Ulster County.

With best regards - Judy L. Riley

COUNTY EXECUTIVE MESSAGE

Dear Ulster County Seniors,

Please join me in welcoming our new County Executive Pat Ryan, who takes office this month. I hope all of you have a chance to meet him in the next several months. I’m also excited to announce our new Interim Director of the Office for the Aging Judy Riley. I have had the great pleasure of working with Judy in her former position here in the County Executive’s Office, and I am confident that once you get to know her you will see how willing she is to help in any way she can.

In addition to all of the great services our Office for the Aging provides, I am very proud to announce the completion of a Senior-Friendly Action Plan for Ulster County. This plan, which outlines 33 specific actions that Ulster County Government can take to help improve the quality of life for our seniors, was developed with input from over 100 residents who served on my Acting County Executive Community Advisory Board. I can’t begin to thank them enough, but I hope that their work gives you more of what you need from your government.

In response to their input, we are creating a Senior Hub, which is located next to the Ulster County Office for the Aging and which we expect will provide a central and convenient home for a range of programs and services to help combat isolation and encourage engagement for our seniors. You can learn more about the Senior-Friendly Action Plan at <http://ulstercountyny.gov/aging>.

I hope you will continue to take advantage of all the great programs and services that our Office for the Aging provides, and I wish you all the best. It has been my pleasure to serve you.

Sincerely,

Adele B. Reiter

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

Tuesday, June 18

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.

Tips to eat more vegetables and fruits each day

1. Keep fruit where you can see it. Place several ready-to-eat washed whole fruits in a bowl or store chopped colorful fruits in a glass bowl in the refrigerator.
2. Variety and color are key to a healthy diet. On most days, try to get at least one serving from each of the following categories: dark green leafy vegetables; yellow or orange fruits and vegetables; red fruits and vegetables; legumes (beans) and peas; and citrus fruits.
3. Skip the potatoes. Choose vegetables with different nutrients and more slowly digested carbohydrates.
4. Make it a meal. Try cooking new recipes that include more vegetables. Salads, soups, and stir-fries are just a few ideas for increasing the number of tasty vegetables in your meals.

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

June 18: Emergency Preparedness
Marbletown Community Center, 3564 Main Street
Stone Ridge, NY

RSVP by June 11

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.

**Ulster County Office for the Aging
2019 Senior of the Year Picnic**

ROBERT E. POST PARK

515 Park Road, Kingston, NY

Thursday, June 13

Noon to 2:00 p.m.

Free to seniors age 60 and over

RSVP by June 6

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



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 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.



Tai Chi for Arthritis

TWICE a week for eight weeks
Starting June 17

Hurley Reformed Church
11 Main Street, Hurley, NY
Mondays and Fridays
1:00-2:00 P.M.

Walker Valley Fire Department
3679 NY-52, Walker Valley, NY
Mondays and Thursdays
3:15-4:15 P.M.

We ask that you be willing to make the commitment to be at the classes twice a week for all eight weeks. This is a program that builds on each class. Priority will be given to new participants.

Space is limited! To RSVP, call the OFA 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

Celebrate Fresh Fruit and Vegetable Month

Add color to your meals during National Fresh Fruit and Vegetable Month in June. As the peak season for many early garden crops find their way into markets, it's an excellent time to take advantage of these freshly picked fruits and vegetables.

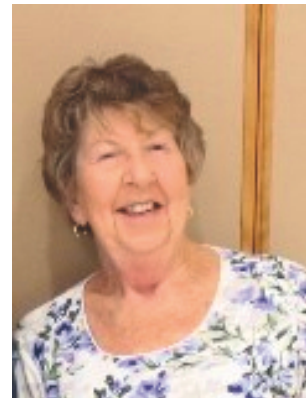
Fruits and vegetables provide a variety of nutrients, vitamins, minerals, and fiber while remaining naturally low in calories, fat and sodium. In addition, they lower your risk of developing certain chronic diseases and help you maintain a healthy weight.

Berries and salad items come to mind first, but don't hesitate to try exotic produce, too. As we head into a season where more variety is available, our family gets to enjoy the benefits of early summer's bounty in vibrant color.

From zucchini and tomatoes, leafy greens, onions, and avocado, each provides added fiber, protein, and vital nutrients. Whether we eat them as a snack, on a salad or in smooth, it's important to have five servings of fruit and vegetables per day.

How to Observe

Skip the canned and frozen aisle and check out the delicious fresh fruits and vegetables coming into the grocery, farmers markets, and even your garden every day in June. Maybe visit a pick-your-own-fruit-and-vegetable farm and bring home the fruits of your labor.



Barbara Seacord is known by many in Kingston for her many years at the lunch counter at Woolworths. Upon retiring she stayed busy, spending four years volunteering at Ten Broeck Commons nursing home, several years with the American Red Cross and SUNY Ulster, and most recently as a Volunteer Leader with the Office for the Aging. For the last five years, she has recruited, coordinated and scheduled volunteers for Ulster County Tourism, at the famous Tourism Caboose, at the Visitors Center, and for many festivals around Ulster County. She is also the main support person for Office for the Aging Neighbor to Neighbor Program. Barbara enjoys her volunteer work, because of the help she is able to provide for essential Ulster County functions, and for seniors in need in her community.

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June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Beef Stroganoff Buttered Noodles Brussels Sprouts WW Bread Fruit Cocktail</p>	<p>4 Chili Mac Green Beans WW Roll Cranberry Juice Apricots</p>	<p>5 Sweet & Sour Pork Brown Rice Broccoli Rye Bread Lemon Whip</p>	<p>6 Herb Crusted Chicken Parsley Potato Spinach WW Roll Spice Cake</p>	<p>Cold 7 Plate Tuna Salad Plate Macaroni Salad Fresh Greens Tomatoes & Cucumbers WW Bread, Pears</p>
<p>10 Lemon Baked Fish Brown Rice Pilaf California Mixed Vegetables WW Bread Pears</p>	<p>11 Roast Beef & Gravy Mashed Potatoes Mixed Vegetables WW Roll Tapioca Pudding</p>	<p>Cold 12 Meal Chicken Salad Plate Potato Salad Fresh Greens Carrot Raisin Salad Rye Bread Chocolate Cake</p>	<p>13 Chili Con Carne Brown Rice Cauliflower WW Roll Fruit Cocktail</p>	<p>FLAG 14 DAY Spinach Quiche Broccoli Green Beans WW Bread Pineapple Chunks</p>
<p>17 Macaroni & Cheese Stewed Tomatoes 3 Bean Salad WW Bread Pears</p>	<p>18 Lime Tarragon Turkey Steak Buttered Noodles Brussels Sprouts WW Roll Peaches</p>	<p>19 Penne Pasta with Meat Sauce Green Beans Rye Bread Fruit Cocktail</p>	<p>Cold 20 Meal Balsamic Chicken Salad Plate with Tomatoes, Cucumbers & Carrots. WW Roll Oatmeal Cookies</p>	<p>21 Fish Florentine Boiled Potatoes California Mixed Vegetables WW Bread Chocolate Pudding</p>
<p>24 Roast Pork & Gravy Sweet Potato Broccoli WW Bread Peach Crisp</p>	<p>Cold 25 Meal Chef's Salad Plate Salad Greens Hard Boiled Egg Turkey & Cheese Tomatoes, Beet Salad, WW Roll Mandarin Oranges</p>	<p>26 Meatloaf & Gravy Mashed Potatoes Monaco Vegetables Rye Bread Tropical Fruit</p>	<p>27 Beef Stew Wax Beans Low Sodium V8 Juice WW Roll Vanilla Pudding</p>	<p>28 Chicken Parmesan with Pasta Mixed Vegetables Green Salad WW Bread Brownie</p>
<p>Meals Prepared by Gateway Community Industries. Menu Subject to Change.</p>	<p><i>All SOUPS are homemade. Milk is provided with meals.</i></p>	<p>HAPPY FATHERS DAY</p>	<p>For Information or HDM Cancellation Call: 331-2496 Community Café Reservations call: 331-2180</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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- 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.



10 Tips for Eating Healthy on a Budget

Even when you know what healthy foods to choose, being able to pay for them can be hard, especially if you are on a fixed income. While shopping, make use of these budget-wise 10 tips:

1. Ask about discounts. Ask your local grocery stores if they have a senior discount or a loyalty or discount card. Besides getting items at a lower price, you may also get store coupons.
2. Use coupons when you can. Remember, coupons only help if they are for things you would buy anyway. Sometimes, another brand costs less even after you use the coupon.
3. Consider store brands—they usually cost less. These products are made under a special label, sometimes with the store name. You might have to look on shelves that are higher or lower than eye level to find them.
4. Be aware that convenience costs more. You can often save money if you are willing to do a little work. For example, buy whole chickens and cut them into parts, shred or grate your own cheese, and avoid instant rice or instant oatmeal. Bagged salad mixes cost more and might not stay fresh as long as a head of lettuce.
5. Look at unit prices. Those small stickers on the shelves tell you the price but also the unit price—how much the item costs per ounce or per pound. Compare unit prices to see which brand is the best value.
6. Try to buy in bulk, but only buy a size you can use before it goes bad. If you buy meat in bulk, decide what you need to use that day and freeze the rest in portion-sized packages right away.
7. Focus on economical fruits and vegetables like bananas, apples, oranges, cabbage, sweet potatoes, dark-green leafy vegetables, green peppers, and regular carrots.
8. Think about the foods you throw away. For less waste, buy or cook only what you need.
9. Resist temptations at the check-out. Those snack foods and candy are put there for impulse buying. Save money and avoid empty calories!
10. Sign up for meal delivery. While some older people have trouble finding enough money to buy food, others need help preparing meals. There are a variety of groups around the country that deliver meals to people who have trouble getting out of their homes. These groups usually offer one hot meal a day.



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Taking Charge of Oral Health: 3 Ways to Prevent Dental Disease as We Age

Many people—both patients and healthcare professionals alike believe that toothaches, painful bleeding gums, and tooth loss are as inevitable as gray hair, wrinkles, and fragile skin. The truth is dental diseases are not a normal part of aging. They are actually very preventable, and an important part of healthy aging. Here are three tips to help you maintain great oral health as you age.

1. Adopt the right oral techniques

Is an electric toothbrush better than a manual toothbrush? Are there flossing aids available to make the process a little easier? Can handles of tooth brushes and floss aides be adapted for people with arthritis that make them easier to hold? The answer to all of these is YES! Additionally, many different mouth rinses and toothpastes are available to stop decay and kill the bacteria that can cause gum disease and bad breath. There are also products that are specifically formulated for dry mouth and painful ulcers. Schedule time to talk to your dentist, primary doctor, or physical therapist about these brushing and flossing techniques, as well as preventative products that might be right for you.

2. Make sure you're producing enough saliva!

Many medications and illnesses can limit saliva production, but saliva actually has magical properties that protect us from disorders, like severe and rapid tooth decay and gum disease. More than 400 of the most commonly prescribed drugs for older adults promote dry mouth and taste disturbances. If you are currently taking any medications, and have noticed these symptoms, talk with your doctor to see if there are other medication options you could try.

3. Stay away from acid-producing foods

Your odds of having dental disease isn't just how well you brush, or the medications you take, but it's also what you eat and how often you indulge. Germs love to feed on sticky sugary foods, which produce acid that promotes tooth and gum decay and that means cavities. Remember that oral problems are not inevitable as we age. But it's still important to see your dentist for routine checkups and cleanings.



In the garden, June is the time to...

- Heavily and thoroughly water new plants and transplants, preferably early in the morning, and make sure they are well mulched (to retain water during heat/dry spells)
- Water all plants heavily and infrequently when not in extreme heat or drought conditions, to build drought resistance
- Weed as necessary
- Throw healthy grass clippings into compost pile
- Prune spring-flowering shrubs, deadhead mountain laurel, rhododendron, azalea, lilacs (when done flowering) and shrub roses (to encourage continued blooms)
- Spray roses to prevent fungus; fertilize
- Continue planting shrubs, trees and perennials (especially containers)
- Prune evergreens
- Plant annual seeds



Optimism may help you live longer? Studies have found that there is a correlation between increasing levels of optimism with decreasing levels of death from cancer, disease, infection and stroke. This is particularly true for cases of cardiovascular disease. Those that had the highest levels of optimism had an almost 40% lower risk of heart disease.

Food Safety

With the changing of the seasons it is important to remind everyone, and especially those who receive home delivered meals of food safety! The home meals delivered meals, hot or cold, are perishable and can cause illness if mishandled. Proper handling and storage is important to ensure food remains safe to eat. Place your meals in the refrigerator if you don't plan on eating them right away. Bacteria grows most rapidly in the "DANGER ZONE" temperatures of 40-140 degrees. Perishable food left at room temperature for more than 2 hours should be thrown away.

If you prepare your own meals or receive home delivered meals: place food in the refrigerator if you will not be eating them immediately. You can reheat your food when you are ready to eat.

Follow these easy steps for all perishable foods :

- Store food in refrigerator at 40 degrees or below
- Use shallow containers to store food
- Remove any stuffing from whole cooked poultry before refrigerating

Food delivered cold should be eaten within 2 hours or refrigerated or frozen to be eaten at another time.

Food Item	Refrigerate at 40 degrees	Freeze at or below 0 degrees
Cooked meat/poultry	3 to 4 days	2 to 6 months
Pizza	3 to 4 days	1 to 2 months
Luncheon Meats	3 to 5 days	1 to 2 months
Egg, tuna, and macaroni salad	3 to 5 days	Do Not Freeze

Reheating:

Reheat food to 165 degrees using a food thermometer. Bring soup or gravy to a boil.

When using a microwave to reheat food, cover food and rotate the dish so that food heat evenly. This prevents cold spots from harboring bacteria.

Heat food until it reaches at least 165 degrees throughout!

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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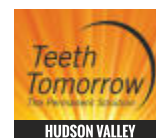
Dr. Claudia Patch and her dedicated team of dental professionals understand that visits to other dentists can be stressful. That's why her practice is built on providing the best dental experience you'll ever have. From checkups and cleanings, to the most advanced cosmetic and restorative procedures, 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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845-443-8837

DEPARTMENT OF
SOCIAL SERVICES

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845-334-5436

SNAP

845-334-5200

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.



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.