

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

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

OFA DIRECTOR MESSAGE

Dear Ulster County Seniors,

Welcome to The Buzz! This is the newly-designed monthly newsletter for all seniors to get the latest and greatest up-to-date news about events, information and programming for Ulster County. We hope you enjoy the new format, use the community organizations and businesses that support us in this newsletter, and provide us feedback if you have any.

March is a month of recognitions. March 3rd is Caregiver Appreciation Day. Many of us in Ulster County rely on caregivers daily to help us stay in our own homes. We rely on caregivers for transportation, nutrition, chores and errands. The Ulster County Office for the Aging celebrates the work caregivers perform and applaud their time and hard work caring for loved ones.

And of course, who can forget St Patrick's Day? In 1995, Congress designated March as National Irish American Heritage Month. You will find a wonderful recipe for a yummy Irish Colcannon in this issue. Ulster County was named for the Irish Province of Ulster. Ulster is one of the four Irish provinces. Its name derives from the Irish language *Cúige Uladh*, meaning "fifth of the Ulaidh", named for the ancient inhabitants of the region.

And with March, comes the beginning of Spring. Winter is almost over, the groundhog didn't see its shadow, so join me in welcoming springtime, saying goodbye to snow and ice, and joining us at our programs and activities.

The very best to all of you,

Shelley Wagar

COUNTY EXECUTIVE MESSAGE

Dear Ulster Seniors,

I want to introduce myself. Many of you know me as Chief of Staff to former County Executive Mike Hein. As you know, I now have the great privilege to serve the residents of Ulster County as Acting County Executive until the next election when voters will determine the next Ulster County Executive. I am deeply honored and humbled to serve the people of Ulster County, and I take the responsibility of holding the Office of County Executive very seriously, especially during this transition period. I see it as my solemn duty to serve the residents of Ulster County by upholding the legacy of strong fiscal leadership and compassionate social progress that were the hallmarks of County Executive Hein's tenure in office.

As Acting County Executive, I will continue to strive to make the community better for our families, our friends, our neighbors and all those who choose to live here. Among the many things I have learned is that in order to be effective while serving in government it is critical to identify the public good and recognize that it is the right thing to do in spite of it potentially being controversial or its political implications; clearly communicate with the public; and have a plan to effectively implement it. You must achieve your goals and live up to your ideals, while mastering the art of compromise. But most importantly, you must stand strong when it is called for to deliver results for the people who put their faith and trust in you.

I am so proud to lead an amazing group of distinguished professionals who are deeply committed to serving the people of Ulster County. We all work for you - the 180,000 residents of Ulster County. Please do not hesitate to contact my office at 845-340-3800 or the Office for the Aging at 845-340-3456 if you have any questions, are in need of any services, or want information on the many amazing programs offered by our Office for the Aging.

With best regards,

Adele B. Reiter
Acting County Executive



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MALL WALK WITH THE OFA

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1300 Ulster Ave., Kingston, NY 12401

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

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

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If you are a Medicare recipient and your
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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.

Family Support Training Available in Ulster County

The Mental Health Association in Ulster County is
presenting a free, eight-week family support training for
families, partners and friends of persons living with
serious and persistent mental health challenges.

This training will provide information on bi-polar disorder,
depression, anxiety, schizophrenia, schizoaffective
disorder, and more. There is also training on effective
communication with family members, hospital personnel,
people with disabilities and members of the community.

The training will be held on Tuesdays, beginning on
March 19, 2019, from 6:00 pm – 8:00 pm. Trainings will
take place at the Town of Esopus Town Hall, 284
Broadway, Ulster Park. Registration is required. To
register, please call 845-339-9090.

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

March 19: Funeral Planning
Gateway Community Industries, 1 Amy Kay Parkway,
Kingston, NY
RSVP by March 12

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

All lunch and learns will 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 *The Cincinnati Kid*. Thursday, March 21, 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 March 18 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

Second Round of Home Energy Assistance Program (HEAP) Emergency Benefit Available

Effective Feb 19, 2019, a second emergency benefit is available for households who have exhausted both the regular and first emergency HEAP benefits and who are in a heat or heat-related energy emergency, as defined by HEAP, and who meet the eligibility guidelines for emergency benefit assistance. You may be eligible for an emergency HEAP benefit if:

- *Your electricity is necessary for your heating system or thermostat to work and is either shut-off or scheduled to be shut-off; or,
- *Your electric or natural gas heat is off or scheduled to be shut-off; or,
- *You are out of fuel, or you have less than one quarter tank of fuel, kerosene or propane or have less than a 10-day supply of wood, wood pellets, corn or other deliverable heat source.

And,

- *Your income is at or below the current income guidelines or you receive family assistance, safety net assistance, SNAP or code A SSI.
- *The heating and/or electric bill is in your name.
- *Your household's available resources are less than \$2000 if no member of your household is age 60 or older; or less than \$300 if any member of your household is age 60 or older.

To learn more and get assistance, please call HEAP at 845-334-5436.

Senior Spotlight



Andrew Domenech of Wallkill is recently retired from a career in public service. He continues to give today as a Volunteer Medicare Counselor with the Ulster County Office for the Aging HIICAP Program. "I retired from Orange County Social Services working with people who needed assistance. I have always enjoyed working with people and helping them through their challenges. Joining the HIICAP program was a great opportunity to use my past experience and knowledge to help my fellow senior citizens with their Medicare questions. I also am involved with the Smart Climate Communities for the Town of Shawangunk and have volunteered at the Loaves and Fishes food pantry in the hamlet of Wallkill. I enjoy my time and I am very satisfied whenever my efforts result in a positive outcome for the folks I help out."

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March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Prepared by Gateway Community Industries <i>"All SOUPS are homemade."</i> <i>Milk is provided</i>	"Menu Subject to Change" <i>"your contributions help keep senior"</i>	For Information or Home Delivered Meal Cancellation Call: 331-2496 Community Café		1 Meatloaf/Gravy Mashed Potato Monaco Mixed Vegetable
4 Swedish Meatballs Buttered Noodles Brussels Sprouts	5 Herb Crusted Chicken Parsley Potato Spinach Green Salad WW Roll	6 ASH WEDNESDAY Lemon Baked Fish Brown Rice Pilaf California Mixed Vegetables	7 Roast Beef/Gravy Mashed Potato Mixed Vegetables WW Roll Fruit Cocktail	8 Mushroom Quiche Broccoli Green Beans Vegetable Soup WW Bread
11 Sweet & Sour Chicken Brown Rice Oriental Vegetable	12 BBQ Pork Mashed Potato Broccoli Coleslaw WW Sandwich Roll	13 Chicken Divan Rice Pilaf Normandy Mix Vegetables Pea Soup	14 ST PATRICK'S DAY Corned Beef & Cabbage Boiled Potato & Carrots	15 Baked Ziti with Cheese Italian Vegetables WW Bread Apricots
18 Beef Pot Pie Cauliflower Carrot Coins WW Bread	19 Fish with Lemon Sauce Orzo, Broccoli Green Salad	20 Roast Turkey with Gravy & Dressing Cranberry Sauce Sweet Potato	21 Chicken Florentine Roasted Potato Hot Beets Lentil Soup	22 Swiss Broccoli Pasta Green Beans WW Bread Pineapple Whip
25 Beef Stroganoff Buttered Noodles Brussels Sprouts	Cold 26 Meal Chef's Salad Plate Turkey, Cheese Tomatoes, & Cucumbers Potato Salad	27 Baked Chicken Gravy Mashed Potato Carrots Rye Bread	28 Spaghetti and Meatballs Spinach WW Roll Pears	29 Red Pepper Quiche Broccoli Green Beans Black Bean Soup



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 331-2496.

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



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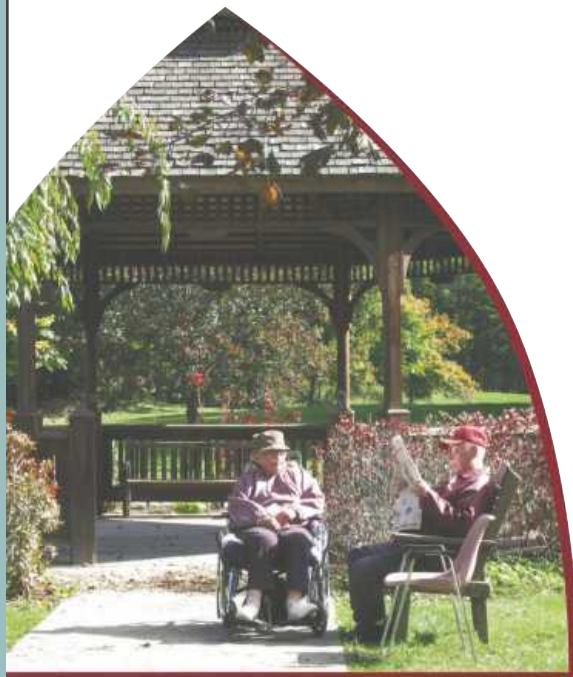
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Ulster County for the Aging, Kingston, NY 06-5324

Think Spring

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

Five Ways to Stay Physically Active in Winter

(taken from the National Council on Aging)

The U.S. Department of Health and Human Services just released the Physical Activity Guidelines for Americans. The guidelines recommend that adults move more and sit less throughout the day by engaging in a combination of aerobic activities, as well as balance training and muscle strengthening.

Exercising during the winter months can be challenging as temperatures drop, roads and sidewalks are slippery, and storms prevent outdoor activities.

Here are 5 ways to keep active this season:

1. Explore arthritis-friendly exercise videos
2. Go mall walking (the Office for Aging sponsors a weekly mall walk on Tuesdays at 10:00 A.M.)
3. Find an exercise class near you (the Office for Aging offers Tai Chi throughout Ulster County. Call the Office at 340-3456 for more information)
4. Take steps to prevent falls (keep a lookout for the Office for Aging's newest upcoming program, A Matter of Balance)
5. Find an indoor community pool or track



March is the beginning of spring and time to begin planning your garden. Did you know that one can use coffee in the garden? Coffee grounds are most valuable as a nitrogen-rich kick-starter for the compost pile. Add to your compost pile; once your compost has decomposed, add to your soil to help plants grow! The Farmer's Almanac suggests March is a good month to re-pot houseplants so they will grow well during spring and summer. Resist the temptation to uncover spring-flowering plants such as daffodils and tulips. Mulch may be loosened, but the shoots will still benefit from protection against cold, drying winds. Start seeds of some herbs in flats indoors, such as basil, parsley, sage, and thyme. Once the seeds germinate, place the plants under grow lights for 14 hours a day (timers make this easy) and keep soil moist. Happy Spring!

DID YOU KNOW?

Thinking about falling over makes you fall over? Negative thinking can have serious consequences. A study found that elderly people who worry about collapsing fall more frequently.

St. Patrick's Colcannon

Ingredients

- 3 pounds red potatoes, quartered
- 1 head cabbage, cored and shredded
- 2 tablespoons butter
- 1/2 cup butter
- 1 teaspoon minced garlic
- 4 green onions, sliced, white parts and tops separated
- White pepper to taste
- 1 1/4 cups hot milk
- 1 pound leftover corned beef, cut into pieces and warmed

Directions

Place potatoes in a large saucepan and add water to cover by 1-inch. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.

Meanwhile, bring a large pot of salted water to a boil. Stir in cabbage along with 2 tablespoons of butter; cover, and simmer until the cabbage has softened. Drain.

Melt 1/2-cup butter over medium heat. Stir in garlic and the white parts of the green onions. Cook until the garlic has softened and mellowed.

Drain the potatoes and mash with white pepper to taste. Fold in melted butter, milk, cabbage, and corned beef. Sprinkle with green onion tops to serve.



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OFFICE FOR THE AGING

Shelley J. Wagar, Director

(845) 340-3578

Kim Butwell, Deputy
Director

(845) 340-3580

NY Connects

(845) 334-5307

(845) 443-8804

Medicare Counseling

(845) 340-3579

Neighbor-to-Neighbor

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DEPARTMENT OF
SOCIAL SERVICES

HEAP

(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.



of Ulster County

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Services and Supports

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.