

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

APRIL 2020



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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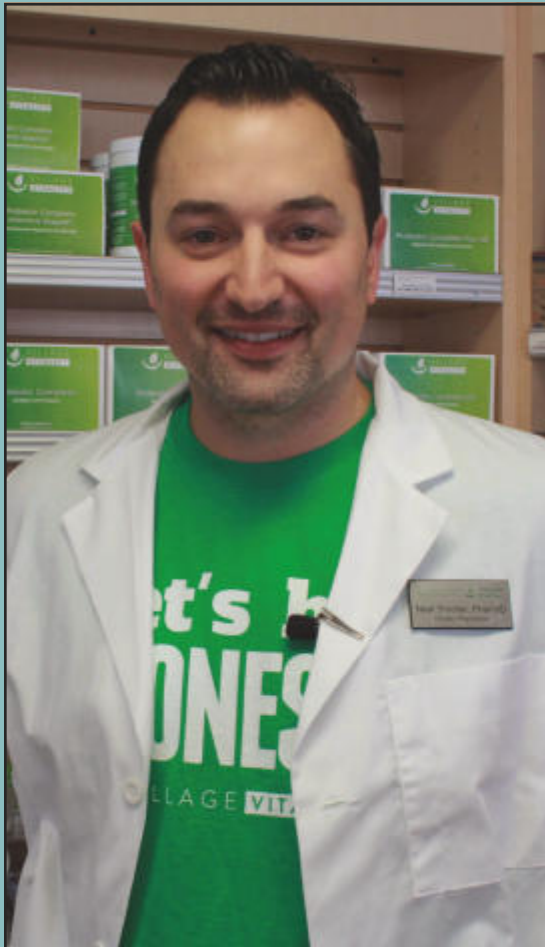
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OFA DIRECTOR MESSAGE

Dear Ulster County Seniors:

Stay Healthy and wash your hands often, get plenty of sleep, drink lots of water, and try and rest. Those are simple, effective ways of staying healthy through this virus outbreak. The County has already opened the Emergency Operations Center to ensure that all are on the same communications page, the Health Department is seeing people and tracking numbers, and we watch hourly to see what is happening both within and outside of New York State. We saw what happened in other countries and areas, and want to make sure we are completely on top of this.

That being said, the Senior Hub Game Day opening went very well, lots of folks came and played games, all had fun, and Mah Jongg is a very complicated game!

We embark on ramping up our season of Lunch and Learn programs, in May the first Picnic will happen, we are busy planning our Live, Laugh and Learn day, and we have more Cabarets planned for the fall and beginning of Holiday season! Our planning staff has been very productive, and have programs all over the County, in new spots, with new topics! Spring has sprung and we also have a couple of gardening presentations for you coming up, along with Emergency Preparedness, financial planning, Dietician advice and shopping and cooking planning, and lots of other subjects! We hope you can come and enjoy them.

Always remember to R.S.V.P. for any program – thanks!

And don't forget to COMPLETE YOUR CENSUS! Very important for community budgets and planning! USE YOUR VOICE!
Stay healthy everyone!

Susan Koppenhaver
Director, Ulster County OFA

We appreciate your understanding and patience during this very difficult time for our County.

We understand that many citizens are frustrated by cancellations and inconveniences but we are trying to limit the exposure to all staff, seniors, and their families.

The sooner the virus is contained and people are properly tested, the sooner people can recover and we can get back to our lives.

Due to this situation April's activities maybe subject to postponement or cancellation.

Please stay well, everyone.

Susan Koppenhaver,
Director, Ulster County OFA



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

Tuesday, April 21

We meet by the Food Court at 9:45 A.M.
All are welcome!

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

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

MEDICARE

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.

Census 2020 Avoiding Fraud and Scams

The Census Bureau will not send unsolicited emails to request your participation in the 2020 Census. Further, the Census Bureau will never ask for:

- Your Social Security number.
- Your bank account or credit card numbers.
- Money or donations.

In addition, the Census Bureau will not contact you on behalf of a political party.

If someone visits your home to collect a response for you can do the following to verify their identity:

Check to make sure that they have a valid ID badge, with their photograph, a U.S. Department of Commerce watermark, and an expiration date. If you still have questions about their identity, or you suspect fraud, you can call 800-923-8282 to speak with a local Census Bureau representative. If it is determined that the visitor who came to your door does not work for the Census Bureau, contact your local police department.

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Lunch and Learns for Seniors

April 22: Estate Planning

Presented by Woodhouse Financial
Gateway of the Hudson Valley, 1 Amy Kay Parkway, Kingston, NY.
R.S.V.P. April 17, 2020

May 5: Advance Care Planning

Presented by Erica Halwick-Williams, Esquire
St. Francis de Sales Parish Hall, 117 Main Street, Phoenicia, NY.
R.S.V.P. by April 30, 2020

May 12: Nutrition to Thrive in Your Golden Years

Presented by Kristin Kessler, RDN, ShopRite
Russell Brott Senior Center, 1 Town Hall Road, Lake Katrine, NY.
R.S.V.P. by May 6, 2020

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 R.S.V.P. at 845-340-3456.

Ulster County Office of the Aging Senior of the Year Picnic

May 27, 2020, Noon to 2:00 P.M.
Robert Post Park, 515 Park Road, Kingston, NY
R.S.V.P. by May 21, 2020

Free to Ulster County Seniors age 60 and over. Call the Office for the Aging to R.S.V.P. at 845-340-3456.



TAI CHI

Drop-in Tai Chi

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

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

These drop-in Tai Chi classes are intended for Seniors who have already attended the 8-week intro class to continue their practice.

Please call the OFA for more information at 845-340-3456.



The Ulster County Office for the Aging presents: **On the Town.** Tuesday, April 21, 2020. *R.S.V.P. by April 17.*

Movies start 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 R.S.V.P. at 845-340-3456.



Coronavirus: What Older Adults Need to Know

The novel coronavirus is at the top of everyone’s news these days. While it’s important not to panic, it does make sense to stay informed and follow basic tips to protect yourself and those around you.

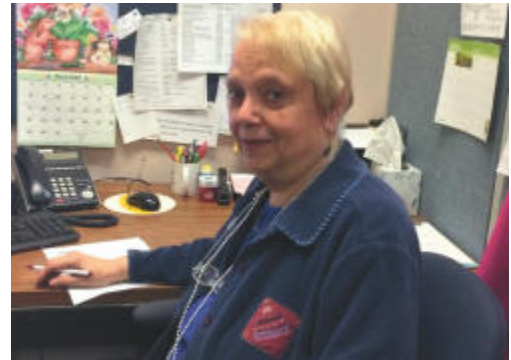
Like with the seasonal flu, older adults and those with chronic health conditions are at higher risk of being impacted if the illness does spread.

The U.S. Centers for Disease Control (CDC) is monitoring the situation closely and is the best source of information. The CDC is urging individuals to stay calm and **Share Facts, Not Fear**. Among the CDC’s advice are these common-sense tips:

- Wash hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizers.
- Avoid touching eyes, mouth and nose with unwashed hands.
- Avoid close contact with individuals who are sick.
- Stay home when you are sick. The CDC recommends that individuals remain home for at least 24 hours after you no longer have a fever or signs of a fever (i.e., chills, feeling warm, flushed appearance).
- Cover your cough or sneeze with a tissue, then immediately discard the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

It’s also important to remember that we are still in the middle of the seasonal flu season, which impacts older adults every year. According to the CDC, it’s estimated that 70-85% of seasonal flu-related deaths have occurred in people aged 65+.

While there is no vaccine for the coronavirus, it’s never too late for individuals to get their annual flu shot. Talk to your doctor or pharmacist about how you can protect yourself and those around you.



Rachel Pollan has been a Volunteer at numerous agencies over the past fifteen years, including Ulster County Tourism, AARP Tax Aides, SUNY Ulster, and the Lisa Novak Libraries. She currently is involved with both Ulster Literacy Association and Neighbor to Neighbor.

One of her most memorable moments as a volunteer was when she was invited to her literacy student’s Naturalization Ceremony. “It was such a beautiful ceremony, and an honor to attend,” she said. While working with Neighbor to Neighbor, she says, “I get as much out of it as the people I’m helping, if not even more. It’s a real two-way street for me.”

Get the help you need in Ulster County



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Older Adult Services Program

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April 2020 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For Information or Home Delivered Meal Cancellation Call: 331-2496</p> <p>Community Café Reservations call: 331-2180</p>		<p>1 Beef Burgundy Buttered Noodles Mixed Vegetables Rye Bread Mandarin Oranges</p>	<p>2 Roast Turkey & Gravy Mashed Potato Brussels Sprouts WW Roll Apple Oatmeal Crisp</p>	<p>3 Stuffed Shells with Tomato Sauce Italian Mixed Vegetables WW Bread Pears</p>
<p>Baseball 6 Opener Hot Dog Sauerkraut Baked Beans Mixed Vegetables WW Roll Fresh Orange</p>	<p>7 Beef Stroganoff Buttered Noodles Broccoli Bean Soup WW Bread Peach Crisp</p>	<p>8 Baked Chicken with Gravy Mashed Potato Carrot Coins Rye Bread Pineapple Chunks</p>	<p>9 Roast Pork & Gravy Sweet Potato Braised Cabbage Fresh Salad WW Roll Applesauce</p>	<p>GOOD 10 FRIDAY Vegetarian Chili Brown Rice Cauliflower WW Bread Fruited Gelatin</p>
<p>13 Macaroni & Cheese Stewed Tomatoes 3 Bean Salad WW Bread Pears</p>	<p>14 Herb Crusted Chicken Parsley Potato Carrot Coins WW Roll Pineapple</p>	<p>15 Lasagna Italian Mixed Vegetables Fresh Salad Rye Bread Lemon Pudding</p>	<p>16 Beef & Peppers Brown Rice Pilaf Harvard Beets WW Roll Fruit Cocktail</p>	<p>17 Goulash Buttered Noodles Minestrone Soup WW Bread Green Beans Dutch Apple Cake</p>
<p>20 Sweet & Sour Chicken Brown Rice Cauliflower WW Bread Pineapple Chunks</p>	<p>21 Spinach Quiche Peas Hot Beets Fresh Salad WW Roll Mandarin Oranges</p>	<p>22 Meatloaf & Gravy Mashed Potato Monaco Mixed Vegetables Rye Bread Tapioca Pudding</p>	<p>23 Lemon Pepper Fish Parsley Potato Spinach Lentil Soup WW Roll Oatmeal Cookies</p>	<p>24 Shepherd's Pie Broccoli WW Bread Tropical Mixed Fruit</p>
<p>27 Spaghetti & Meatballs California Mixed Vegetable WW Bread Fruit Cocktail</p>	<p>28 Salisbury Steak & Gravy Mashed Potato Wax Beans WW Roll Peaches</p>	<p>Cold 29 Plate Chicken Salad Fresh Greens Tomatoes Cucumbers Potato Salad Split Pea Soup Rye Bread Chocolate Pudding</p>	<p>30 Beef Stew Cauliflower Green Beans WW Roll Cake</p>	<p>Meals Prepared by Gateway of the Hudson Valley</p> <p><i>All soups are homemade. Milk is provided with meals. WW = whole wheat</i></p> <p>"Menu Subject to Change"</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?

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

OFA COMMUNITY CAFÉ LOCATIONS:

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

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

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

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

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

Want to try it out? Call Gateway Community Industries at 845-331-2180 for more information.

Reservations for registered participants must be made at least 24 hours in advance. Please remember, this is for Ulster County Seniors age 60 and over.

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



HOME DELIVERED MEALS

Home delivered meals can help Seniors stay independent in their own homes. Are you or someone you know, unable to take care of meal preparation?

The Ulster County Office for Aging Home Delivered Meal Program provides a nutritious hot (or frozen) meal delivered to seniors at NO cost, Monday - Friday. The meals served are planned by a registered dietitian and each meal provides one-third of a senior's daily nutritional needs.



DO YOU KNOW SOMEONE WHO MIGHT BENEFIT FROM HOME DELIVERED MEALS?

Qualified seniors must be:

- 60 years or age or older
- A resident of Ulster County
- Difficulty preparing own meals

For more information, please call Ulster County Office for the Aging at 845-340-3456. For home delivered meal cancellation call 845-331-2496.

The Office for the Aging gratefully accepts voluntary contributions. Your contributions help keep Senior programs available. Thank you.

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

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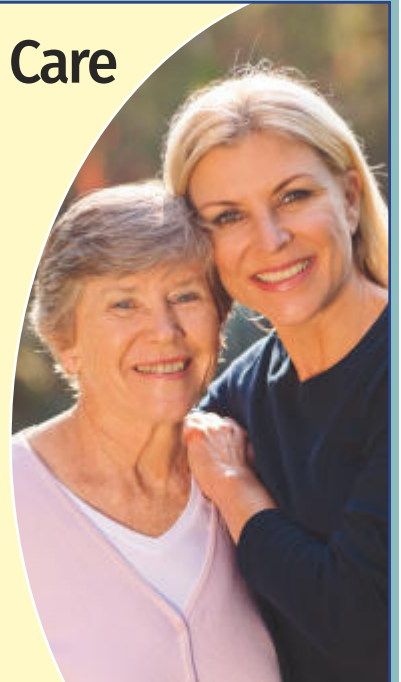
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Residents covered by Medicare can also receive an additional level of personalized care coordination, ongoing preventive care and other valuable benefits by enrolling in ArchCare Advantage, a Medicare Advantage HMO Special Needs Plan designed especially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



To Screen or Not to Screen? The Benefits and Harms of Screening Tests

Catching chronic health conditions early—even before you have symptoms—seems like a great idea. That’s what screening tests are designed to do. Some screenings can reduce your risk of dying from the disease. But sometimes, experts say, a test may cause more harm than good. Before you get a test, talk with your doctor about the possible benefits and harms to help you decide what’s best for your health.

Screening tests are given to people who seem healthy to try to find unnoticed problems. They’re done before you have any signs or symptoms of the disease. They come in many forms. Your doctor might take your health history and perform a physical exam to look for signs of health or disease. They can also include lab tests of blood, tissue, or urine samples or imaging procedures that look inside your body. “I wouldn’t say that all people should just simply get screening tests,” says Dr. Barnett S. Kramer, a cancer prevention expert at NIH. “Patients should be aware of both the potential benefits and the harms when they’re choosing what screening tests to have and how often.”

Teams of experts regularly look at all the evidence about the balance of benefits and harms of different screening tests. They develop guidelines for who should be screened and how often. Choosing whether you should be screened for a health condition isn’t always easy. Screening suggestions are often based on your age, family health history, and other factors. You might be screened for many conditions, including diabetes, sexually transmitted infections, heart disease, osteoporosis, obesity, depression, pregnancy issues, and cancers.

Every screening test comes with its own risks. Some procedures can cause problems like bleeding or infection. A positive screening test can lead to further tests that come with their own risks. “Most people who feel healthy are healthy,” says Kramer. “So a negative test to confirm that you’re healthy doesn’t add much new information.” But mistakenly being told that you do or don’t have a disease can be harmful. It’s called a misdiagnosis. A false negative means that you’re told you don’t have the disease, but you do. This can cause problems if you don’t pay attention to symptoms that appear later on because you think you don’t have the disease. A false positive means that you’re told you may have the disease, but you don’t. This can lead to unnecessary worry and potentially harmful tests and treatments that you don’t need.

Even correctly finding a disease may not improve your health or help you live longer. You may learn you have an untreatable disease long before you would have. Or find a disease that never would have caused a problem. This is called overdiagnosis. Some cancers, for example, never cause symptoms or become life-threatening. But if found by a screening test, it’s likely to be treated. Cancer treatments can have harsh and long-lasting side effects. There’s no way to know if the treatment will help you live longer.

An effective screening test may decrease your chances of dying of the condition. Most have not been shown to lengthen your overall life expectancy, Kramer explains. Their usefulness varies and may depend on your risk factors, age, or treatment options. If you’re at risk for certain health conditions—because of a family history or lifestyle exposures, like smoking—you may choose to have screenings more regularly. If you’re considering a screening, talk with your health care provider.



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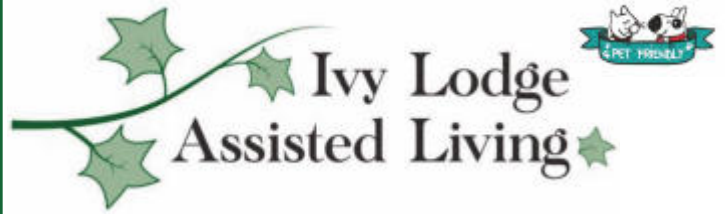


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Ulster County Office for the Aging, Kingston, NY

06-5324

What it takes to be agile at any age

You may have noticed a few of the signs already. You're stiffer than you used to be when you wake up, or your knees get achy after sitting awhile. Over time, everyone's body ages and shows signs from natural wear and tear. Regular exercise helps delay the process. However, many people forget to include mobility exercises in their routine. Both flexibility and mobility are important to how your body functions. Flexibility refers to the ability to move a joint through the full range of motion, or fully lengthen a muscle. Mobility includes flexibility, as well as strength, coordination and balance. There are three ways you can make sure your body can stay in motion for a long time to come:

1. Stretch every day. Simple stretching can increase your range of motion and decrease pain in conditions like rotator cuff tendinopathy. The great thing about stretching is that you can do it anywhere, and it only takes a few seconds to a few minutes. There are three types of basic stretches. You can choose to focus on increasing flexibility or you can work on mobility, too.

Static stretching: Static stretching increases flexibility by putting light tension on a muscle and holding the position for 30-60 seconds. Be sure not to bounce. It's best to warm up first before attempting this type of stretch.

Isometric stretching: In this type of stretching, you get into a static stretch position, then gently contract the stretched muscle. Keep the length of the muscle and the angle of the joint steady. Hold for 10-15 seconds then relax your muscle for about 20 seconds or more, then repeat. Isometric stretching increases strength and flexibility.

Dynamic stretching: When you roll your neck, do walking lunges or arm windmills, you're doing dynamic stretching. A dynamic stretch takes a specific movement and allows the joints and muscles to move through their full range of motion. Dynamic stretching is controlled and smooth. It's a great way to warm up before exercising and helps increase range of motion.

When beginning a stretching routine, remember to take it slow. Stretching too quickly and too far can trigger your body's defense mechanisms to protect itself from tearing joints and muscles. Stretch just until you feel tension. If you feel pain, you've gone too far.

2. Discover foam roller self-massage. They cost as little as \$10 and come in many lengths and densities. A foam roller is an easy and convenient way to release tension in muscles and connective tissue, which helps increase flexibility and improve mobility. For beginners, a medium foam roller may be most comfortable.

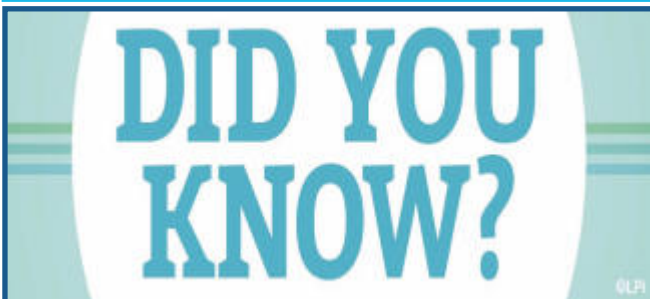
3. Use your body's natural movement. Using your body's natural movements can increase your mobility, stability and balance. One example of a "natural movement" activity is crawling. Getting down on all fours strengthens and mobilizes just about every muscle and joint in your body. Climbing, carrying, throwing and catching (safely and gently, of course) are other ways to keep yourself supple.

However you choose to move, remember to breathe freely, start slow, be gentle, and don't bounce. Find stretches and other activities you actually like to do that fit into your daily routine and help you stick with a more flexible way of life.



Garden tips for April

- After your first mowing, apply fertilizer.
- If you wrapped the trunks of young trees to guard against sun-scald and frost cracking over the winter, it's time to remove that protection.
- Plant hardy annuals such as geraniums and even petunias.; a light frost usually does them no harm but a hard freeze will.
- Use row covers to protect seedbeds from birds and late frosts.
- Seeds for most root crops can be planted in April, such as carrots, radishes, turnips, beets, and parsnips.
- Start cutbacks by trimming battered leaves from semi-evergreen perennials, such as hellebores and epimedium and gingers, and with ornamental grasses.



Arachibutyrophobia is the fear of peanut butter sticking to the roof of your mouth.

April is "Stress Awareness Month"!

If you are alive, you have stress. Stress can be related to work, family, money or health. Stress is real; how we manage it affects our quality of life and our bodies. Stress is defined as a mental, emotional or physical tension or strain which in an escalated fashion can impact health in a negative manner.

Some helpful tips:

- Pinpoint the stressor - keep a journal become more aware of what set the stress in motion
- Know your limits - learn to say no; don't take on more than you can handle
- Alter stressful situations-if you can't avoid the situation - change it; deal with it head on
- Try changing the reaction-adapt to the situation and try a more positive approach
- Increase your resistance to stress- get moving, exercise, walk- expend that energy and frustration, practice deep breathing
- Nurture yourself for improved health- eat well and sleep well
- Taking time for you also means taking the time to eat right and incorporate some of those brain foods (fruits, vegetables, salmon, etc.) into your food plan.

Brain health helps with managing stress by:

- Engage with others in some exercise or yoga
- Laugh or sit quietly for a few moments

These suggestions can help relieve stress. Only you can make these changes! We all have some sort of stress in our lives, don't be afraid to share. Strive for a STRESS-FREE ZONE!

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

Be Tick Free

April 3, 2020 at 1:00 P.M. at the Ulster County Senior Hub, 5 Development Court, Kingston, NY. Lyme disease is Ulster County's most common tick-borne illness learn about prevention and early detection of tick-borne illnesses. Participants will receive a free tick removal kit. Presented by the Ulster County Department of Health. Please R.V.S.P to 845-340-3456.

Tai Chi for Arthritis and Fall Prevention.

Tuesdays and Fridays from 1:00 to 2:00 P.M. starting Tuesday April 21, 2020. Wallkill Reformed Church, 45 Bridge Street, Wallkill, NY. Please RVSP to 845-340-3456

VOLUNTEER

10 Reasons to Volunteer

1. Healthy body, healthy mind
2. It brings fun and fulfillment to your life
3. Help others
4. Make a difference
5. Enjoy a meaningful conversation
6. Connect with your community
7. Feel involved
8. Meet new people
9. Get out of the house
10. Feel better about yourself

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.

➤ Reach the Senior Market
ADVERTISE HERE
CONTACT
Joshua Dibble to place an ad today!
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Dr. Claudia Patch

Bringing Compassion to Dentistry

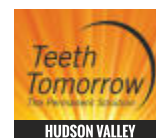
Dr. Claudia Patch and her dedicated team of dental professionals understand that visits to other dentists can be stressful. That's why her practice is built on providing the best dental experience you'll ever have. From checkups and cleanings, to the most advanced cosmetic and restorative procedures,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

845-334-5200

Medicaid

845-334-5175

Central Intake

845-334-5125

Do you know someone who might like to receive The Buzz via email? 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.

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