

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

APRIL 2021



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

**Have Medicare questions?
I have answers.**

Aaron Palmiter
Licensed Sales Agent
845-242-4325, TTY 711
aaronpalmiter@gmail.com
myuhcagent.com/aaron.palmiter



Feet Hurt?



**We Treat ALL Types
of Foot Problems!**

**103 Hurley Ave., Kingston
(845) 339-4191 hvfa.com**

PARTNER WITH AN SPECIALIST

WOODHOUSE

WEALTH MANAGEMENT, LLC

Helping You Put Your Financial House in Order

Call Stephen at 845-339-3800

STEPHEN.WOOD@WOODHOUSEWM.COM

WWW.WOODHOUSEWM.COM

10 WESTBROOK LANE, SUITE 2, 1ST FLOOR KINGSTON

Securities and advisory services offered through Commonwealth Financial Network, Member FINRA/SIPC, a Registered Investment Advisor.
Fixed insurance products and services offered through Woodhouse Wealth Management and CCS Insurance Agency.

ACCUMULATION

how to target asset growth

RETIREMENT PLANNING

*how to target distribution of your assets
in a tax-advantaged way*

ESTATE PLANNING

how to preserve your assets

RISK MANAGEMENT

how to protect your assets

BUSINESS PLANNING

how to grow and manage your business

TAXATION

how to minimize your tax burden

JSPHomeServices.com • 845-331-8473



**PLUMBING • HEATING
AIR CONDITIONING • ELECTRICAL
24 HOUR EMERGENCY SERVICE**

Providing funeral service excellence for nearly 70 years!



SIMPSON-HAMMERL

~ Funeral Home ~

411 ALBANY AVENUE
KINGSTON

845-331-0631

WWW.SIMPSONHAMMERL.COM



Paul R. Hammerl
Owner

COPELAND-HAMMERL

~ Funeral Home ~

162 S. PUTT CORNERS ROAD
NEW PALTZ

845-255-1212

WWW.COPELANDHAMMERL.COM

THIS IS LIVING... SENIOR LIVING

friday cocktail hours • interactive music and dance class
semi-weekly shopping trips • strength & balance class
arts and crafts classes • lunches at local restaurants
yoga for seniors • in-house bocci & shuffleboard courts
golf putting green • trips to museums • concerts in the park



Spectacular senior living with first-class amenities
paired with compassionate and skilled health care.



MOUNTAIN VALLEY MANOR
ON YOUR OWN. NEVER ALONE.

397 WILBUR AVENUE, KINGSTON 845.331.1254 MOUNTAINVALLEYMANOR.COM

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

**Contact Karen Fontaine
to place an ad today!
kfontaine@lpseniors.com
or (800) 477-4574 x6350**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpseniors.com

Ulster County Office for the Aging, Kingston, NY

06-5324

OFA DIRECTOR MESSAGE

To our Ulster County Seniors:

Things are moving along slowly but steadily. The word is getting out, thanks to some of you who are communicating with both the pharmacies and the legislators, that the current system doesn't work for Seniors with little or no internet connection.

The County is aware of this and is trying different ways to address this issue and get the vaccine to the Senior population. Just wanted to give everyone an update.

I do not know yet when congregate meals will restart – the County needs to approve the loosening of those restrictions first. Once Spring comes around, and many more people are vaccinated, I think things will loosen up further. We are still offering all services via Zoom, and Spring will bring in-person Tai Chi in several locations around the County!

Legal is still helping people, warm calls are happening, meals and case management are happening, PERS (Personal Emergency Response System) units are still be installed, and we are hopeful for less restrictive lives soon!

We still offer Zoom informational presentations for those able to join, still are delivering or offering meals to both isolated seniors and to congregate clients who can pick them up, and are trying every day to help those who call us locate a vaccination site, pre-register for a vaccine appointment with the County, and direct folks to different ways of getting registered.

We have some very helpful volunteers who have been trying to get folks vaccines at the pharmacies locally, which has been partially successful. The large vaccine site for the County has moved to the old Best Buy location at the Hudson Valley Mall. We really do hope to see you all soon and will keep you posted of progress and opportunities.

In health and wellness and hope,
Susan Koppenhaver, Ulster County OFA Director

Inspector General for the Social Security Administration (SSA), Gail Innis, urges Americans to be very cautious of calls from a government agency telling you about a problem you don't recognize. Real government officials will NEVER:

- Threaten arrest or legal action against you if you don't immediately send money.
- Promise to increase your benefits or resolve identity theft if you pay a fee or move your money into a protected account.
- No matter what the problem is, the government will never require payment with retail gift card, wire transfer, internet currency, or by mailing cash.
- Text or email you messages that contain your personal information.

Hang up when a "government official" threatens you on the phone.

If you ever owe money to Social Security, the agency will mail you a letter with payment options and appeal rights. Social Security doesn't suspend Social Security numbers or demand secrecy from you to resolve a problem - ever.

Visit <https://oig.ssa.gov/scam> for more information Social Security-related phone scams.

You can also visit <https://www.ssa.gov/antifraudfacts/> for additional scam resources.

Pharmacies currently providing vaccines to the 60+ population:

CVS, 188-300-4419 <https://www.cvs.com/immunizations/covid-19-vaccine>

Walgreens, 800-925-4733 <https://www.walgreens.com/topic/promotion/covid-vaccine.jsp>

Walgreens, 201 Plaza Road, Kingston, NY.

Walgreens, 3732 Route 9W, Highland, NY.

Walgreens, 236 Main Street, New Paltz, NY.

Walgreens, 3852 Main street, Stone Ridge, NY.

Rite Aid, 485 Broadway, Kingston, NY.

Village Apothecary (Woodstock) <https://villageapothecaryrx.com/>

Contact pharmacies directly for more information.



Any-Time Home Care, Inc.

Modern Nursing, Old Fashioned Caring



**Providing HHA/PCA/CDPAP
NHTD/TBI Waiver
to Ulster County.**

Kingston Office 845-340-0100

*Accepting Applications for Full and
Part Time Employment*

If we say we will cover, we do... Any-Time

Albany 518-454-9433	Poughkeepsie 845-485-2666	Middletown 845-344-4222	Forest Hills 718-297-1999
Hudson 518-828-0183	Nyack 845-353-8280	Newburgh 845-565-1212	White Plains 914-761-7100



**Curtis Care
Management**

We help seniors obtain services
and benefits needed to age
independently in the community.

Free 30 minute phone consult
914-420-2438

www.curtiscaremanagement.com

**We can help you buy or sell
anywhere in the Catskills and
Hudson Valley.**

**Call us today to find
out why we're a leading
independent brokerage, and
Experience the Halter Difference.**

WOODSTOCK 845-679-2010 | KINGSTON 845-331-3110

**HALTER
ASSOCIATES
REALTY**



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...

**RCAL
CAN
HELP**

RESOURCE CENTER for

RCAL
ACCESSIBLE LIVING

rcal.org

845-331-0541



TenBroeck

CENTER FOR REHABILITATION & NURSING

CONTACT US TO SCHEDULE A TOUR

845-336-6666 | tenbroeckrehab.com

One Commons Drive | Lake Katrine, NY 12449

**LAW OFFICE OF
ANTONY M. EMINOWICZ PLLC**

WILLS, TRUSTS AND MEDICAID ASSET PROTECTION

845-481-4688 • 2 PEARL STREET, KINGSTON, NY 12401

antony@ame-law.com • www.ame-law.com





MALL WALK WITH THE OFA

HUDSON VALLEY MALL
1300 Ulster Avenue, Kingston, NY.
Every Tuesday, 10:00 A.M. sharp!

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.

We hope to be walking soon.

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 \$1,469 or less (Married income \$1,980 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.

The Ulster County Office for Aging may have to suspend all County sponsored activities as a pre-caution against social gatherings where the Coronavirus might be spread.

These activities include, but are not limited to, exercise classes (tai chi, gentle yoga, stretch band class, chair moves), picnics, lunch & learns, movies, and mall walks.

We will reassess the situation on a regular basis as circumstances change and develop.

Thank you.

SUPPORT OUR ADVERTISERS!



UCOFA Online Learning for Seniors

April 14: Container Gardening: Add a Little Color to your Front Door

Presented by Victoria Coyne, Victoria Gardens

R.S.V.P. by April 12, 2021

April 22: Hearing Loss and Amplification

Presented by Byron's Hudson Valley Hearing and Megan Bishop, Remote Training Audiologist, ResoundUS

R.S.V.P. by April 20, 2021

April 29: Easy Chicken Enchiladas & Fresh Salsa

Presented by Juanita Bryant, UCOFA Registered Dietitian

R.S.V.P. by April 27, 2021

Medicare: What you Need to Know & How you can Save Money

Presented by Eleanor Minsky, UCOFA Health Insurance Counselor

April 28 *R.S.V.P. by April 23, 2021*

May 28, *R.S.V.P. by May 21, 2021*

June 30, *R.S.V.P. by June 25, 2021*

OFA Online Learning runs Noon to 2:00 P.M.

Free to Ulster County Seniors age 60 and over.

Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P. and receive confirmation email about joining the presentation online or dial-in.



Hope to see you soon.



TAI CHI

Tai Chi for Arthritis and Falls Prevention -

Beginner Level

Tuesdays and Fridays
from 11:00 A.M. to 12:00 P.M.
Starting April 13, 2021.

Twice a week for eight weeks.

Robert E. Post Memorial Park
(large pavilion)

515 Park Road, Kingston, NY.

We ask that you be willing to make the commitment to be at this class twice a week for all eight weeks.

Continuing Tai Chi -

Multi level

(for those who completed Tai Chi for Arthritis and Falls Prevention - Beginner level)

Wednesdays from 11:00 A.M. to 12:00 P.M.

Starting April 14, 2021.

Robert E. Post Memorial Park
(large pavilion)

515 Park Road, Kingston, NY.

Free to Ulster County Seniors age 60 and over. Call the Ulster County Office for the Aging at 845-340-

3456 to R.S.V.P. Social distancing guidelines will be followed. Please wear a mask and bring a pen.



Best way to Age-Proof Your Vision

Consider the plethora of age-related conditions that can affect your eyes, including cataracts, age-related macular degeneration (ARMD) and glaucoma. "As individuals, our bodies ages differently from each other," says Johns Hopkins ophthalmologist Albert Jun, M.D., Ph.D. "However, an abundance of evidence indicates that keeping yourself in good health as you age decreases the occurrence or effects of age-associated eye problems." That's why Jun recommends that all adults have a comprehensive eye exam when they turn 40. The results will serve as a benchmark to track any changes in the coming years. Although you can't control a family history of glaucoma or macular degeneration, there are certain life-style changes you can make to reduce your risk of developing eye conditions, says Jun.

Stop smoking: Current and former smokers have up to four times the risk of developing ARMD, the leading cause of blindness in the U.S., than those who never smoked. The risk remains high even up to 20 years after quitting. Researchers say there are several reasons for the increased risk in smokers, including cellular changes, oxidative stress and vascular constriction.

Maintain a healthy weight: Being overweight affects far more than your heart, blood pressure and blood sugar control; it can also affect your vision. Most studies find that overweight and obese people are far more likely to develop cataracts than those who weigh less. Unfortunately, losing the extra weight once you've gained doesn't seem to prevent cataracts.

Studies also suggest that obesity increases the risk of glaucoma, likely by increasing the build up of fluid inside the eye as well as from the effects of high blood pressure, diabetes, high cholesterol and insulin resistance. Obesity also increases the risk of ARMD, possibly by increasing inflammation and oxidative stress in the eyes. Further studies are needed to see if losing weight can improve these conditions.

Slip on the shades: Exposure to ultraviolet (UV) light also increases the risk of ARMD. The increased UV light is thought to cause changes in the metabolism of the cells in the retina and lens. Just make sure your sunglasses protect against UV-A and UV-B wavelengths, and wrap around your face.

ATTENTION CAREGIVERS



CAREGIVER SUPPORT GROUP

Ulster County Office for the Aging (OFA) and MHA are offering a support group designed for caregivers seeking support and interaction with other caregivers. The group will also allow caregivers to learn skills, share information, and learn about available resources.

Meets every
Wednesday
4:00 - 5:15 pm

Meetings are
available via
ZOOM

**FOR REGISTRATION AND
DETAILS PLEASE CALL**

OFFICE FOR THE AGING
845-340-3456



MHA
The Mental Health
Association
In Ulster County, Inc.

Get the help you need in Ulster County



**Health care coordination • Help for sadness, anxiety and stress
Case management • Resources and information**

Older Adult Services Program

(845) 255-2930 x 3169



April 2021 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Prepared by Gateway Hudson Valley Milk is provided WW = whole wheat "Menu Subject to Change"	For Information or Home Delivered Meal Cancellation Call: 331-2496 Community Café information call: 331-2180		1 Broccoli Quiche Corn, Beets, Squash Soup WW Bread Fruited Gelatin	2 Macaroni & Cheese Stewed Tomatoes 3 Bean Salad WW Roll Fruit Cocktail
5 Beef Burgundy Buttered Noodles Winter Squash WW Bread Fresh Orange	6 Baked Chicken & Gravy Mashed Potatoes Mixed Vegetables Green Salad & Beans, WW Roll Fruit Cocktail	7 Asian Spiced Pork Loin, Sweet & Sour Sauce, Brown Rice, Broccoli WW Bread Lemon Pudding	8 Chicken Pot Pie Beets Cauliflower Bean Soup WW Bread Spice Cake with Fruit	9 Meatloaf & Gravy Mashed Potatoes Meadow Mixed Vegetables WW Roll Peaches
12 Chicken Divan Brown Rice California Mixed Vegetables WW Bread Pineapple Chunks	13 Beef & Gravy Buttered Noodles Brussels Sprouts Rye Bread Mandarin Oranges	14 Baked Fish with Dill Sauce Red Roasted Pota- to Spinach Split Pea Soup WW Roll Apple Cake	15 Roast Pork & Gra- vy Sweet Potato Braised Cabbage Applesauce Rye Bread Butterscotch Pudding with Pears	16 Turkey Cutlet & Gravy Mashed Potatoes Broccoli, Green Salad with Kidney Beans WW Bread, Fruit Cocktail
19 Goulash Buttered Noodles Spinach Rye Bread Oatmeal Cookies	20 Beef & Peppers Mashed Potato Harvard Beets WW Bread Tapioca Pudding with Fruit	21 Chicken & Gravy Baked Potato Carrots & Green Beans WW Bread Pineapple Chunks	COLD 22 MEAL Tuna Salad, Pasta Salad, Lettuce, Tomato, Cucumbers, Red Beans, Minestrone Soup, WW Roll, Mixed Fruit	23 Sweet & Sour Chicken Brown Rice Oriental Mixed Vegetables Pears
26 Salisbury Steak & Gravy Mashed Potatoes Spinach WW Bread Peaches	27 Swedish Meatballs Buttered Noodles Red Cabbage Rye Bread Apple Crisp	28 Roast Turkey & Gravy Stuffing Mashed Potatoes Carrots Chocolate Mousse	29 Red Pepper Quiche Corn Broccoli Cuts Squash Soup WW Bread Fruited Gelatin	30 Pasta & Meat Sauce Italian Vegetables Green Salad WW Bread Fresh Fruit



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?

For current clients, the sites and pickup times for weekly frozen meal pickup are as follows:

Monday – Ellenville, Trudy Farber Building, 50 Center Street, Ellenville, NY from 10:30 A.M. to 12:30 P.M.

Tuesday – Saugerties, Frank D. Greco Senior Center, 207 Market Street, Saugerties, NY from 10:30 A.M. to 12:30 P.M.

Friday – Rosendale, Rosendale Recreation Center, Route 32, Rosendale, NY from 10:30 A.M. to 12:30 P.M.

Community Café sites are closed until further notice.

Thank you.

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.

Hudson Valley
Hospice is... hope



At Hudson Valley Hospice, we
believe there is always *hope*.

Contact Hudson Valley Hospice
845-485-2273 • hvhospice.org



Caring for Caregivers
for over 10 years.

Visit our website: www.caringconnectionsofuc.com

Free virtual **SAVE THE DATE...**
Thursday, June 10, 2021
annual
Family Caregiver Conference
Contact us: (845) 481-0160
UCCARINGCONNECTIONS@GMAIL.COM

NOW OPEN TO THE PUBLIC
Prepared, Healthy Food is only a phone call away!



EDIBLE INDEPENDENCE
"Eat Right, Live Well"
7 Meals/\$55

Chef prepared frozen, dietician
and health department approved meals
DELIVERED TO YOUR HOME.

845-331-MEAL (6325) edibleindependence.com

Attention MLTC customers of Fidelis, Hamaspik,
Visiting Nurse Services and WellCare. A new meal option is available!

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed
to you at www.ourseniorcenter.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpiseniors.com

Ulster County Office for the Aging, Kingston, NY

06-5324

Stay Strong: Four Ways to Beat the Frailty Risk

The spring in your step, the healthy foods on your plate and the optimistic feeling in your heart all help you feel great today. But did you know that nurturing these factors could also help you sidestep or even reverse frailty—the loss of strength, speed and energy that can whittle away at independence as a person ages? An estimated 7 to 12 percent of Americans age 65 and older are considered frail. That's a concern, because frailty increases the risk of infections, illnesses that have to be treated in the hospital, falls and even disabilities. Johns Hopkins researchers have found that frailty doubles the risk of surgical complications, lengthens hospital stays, and increases the odds of leaving independence behind (and moving to a nursing home or assisted-living facility) after a surgical procedure by as much as twentyfold.

Pioneering research at Johns Hopkins is helping doctors and their patients spot frailty sooner, for better health outcomes. "If we understand the underlying biomedical processes that create frailty, we can develop better interventions—from medications to lifestyle changes," says Samuel Durso, M.D., director of geriatric medicine and gerontology at Johns Hopkins. "And fortunately, research already shows that some lifestyle steps can help."

You or a loved one may be considered frail if three or more of these criteria, developed by Johns Hopkins, apply to you:

1. You're shrinking. You've unintentionally lost 10 or more pounds in the past year.
2. You feel weak. You have trouble standing without assistance or have reduced grip strength.
3. You feel exhausted. Everything you do takes a big effort, or you just can't get going three or more days most weeks.
4. Your activity level is low. This includes formal exercise plus household chores and activities you do for fun.
5. You walk slowly. Your pace is considered slow if the time it takes you more than six or seven seconds to walk 15 feet.

Discuss frailty with your doctor if you have concerns. "It's also important to keep chronic conditions like high blood pressure, cholesterol and diabetes under control," Durso notes. Be active most days of the week: "One cause of frailty is the age-related loss of muscle mass," Durso explains. Research suggests that activities like walking and easy strength-training moves improve strength and reduce weakness – even in very old, frail adults. Every little bit helps, at any age.

Eat well: Aim for three healthy meals a day that provide fruit, vegetables, protein, good fats, whole grains and low-fat dairy products. In one study, people who followed this approach (also known as the Mediterranean diet) faithfully were 74 percent less likely to become frail. Be sure to include enough muscle-nurturing protein. Women need about 46 grams per day, men about 56 grams—but many older people don't get quite enough. Good sources include:

- Low-fat milk (8 grams per 8 ounces)
- Meat, fish or poultry (about 21 grams in 3 ounces)
- Cooked dried beans (about 16 grams in a cup)
- Yogurt (11 grams in 8 ounces of regular yogurt, 23 grams in 8 ounces of Greek yogurt)

Keep your mind active, your attitude optimistic: Positive feelings were shown to translate into a lower risk of frailty in one study. "Staying socially connected with others and continuing to learn may also help," Durso says.

SUPPORT OUR ADVERTISERS!





Gateway Community Industries Is Now
Gateway Hudson Valley



**New Name...
Same Great Food!**

We provide nutritious meals to our Seniors in Ulster County!
For more information contact the Ulster County Office for the Aging at (845) 334-5125
We also offer the same great meals through our "Just Like Home," meal service. Just Like Home is perfect for anyone desiring convenience or independent living or for those recuperating at home or managing an illness.
For more info contact: Gateway's Just Like Home at (845) 331-2180

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

alzheimer's association®

800.272.3900 • alz.org/hudsonvalley

**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**



\$29.95/MO

BILLED QUARTERLY

**PLUS
SPECIAL
OFFER**

**CALL NOW! 1.877.801.7772
WWW.24-7MEDALARM.COM**



**We offer services that allow residents to live a longer,
healthier and more satisfying life.**

- Help with showers and personal care to the extent needed and desired
- Assistance with medications by nurses and trained medication aides
- Transportation in our wheelchair - accessible van to shopping, doctor's visits and scheduled events
- Three delicious meals per day, approved by a dietician and prepared by trained chefs
- Special needs units for people with cognitive impairment
- Enhanced license for additional care
- Handicapped accessible throughout



Short stays available
for family recuperation
and respite.

845-246-4646

108 Main Street Saugerties, NY

www.ivylodgeassistedliving.com



**"Home Healthcare
With Dignity"**

Since 1984, A&T Healthcare is a Home Healthcare Agency that is dedicated to providing high-quality home healthcare services for caregivers and families who are caring for loved ones at home - with dignity. We provide home healthcare services for adults and seniors.

845-331-7868

Live-In & Hourly Health Aides • Companions • LPN's • RN's • Therapists • Adults • Senior



www.at-healthcare.com

A & T Healthcare of NJ Inc. is CAHC Accredited in New Jersey for personal care and in-home skilled nursing.



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpiseniors.com

Ulster County Office for the Aging, Kingston, NY

06-5324

5 Foods that can Interact with Prescriptions

According to board-certified family physician and chief medical officer at Vireo Health of New York, Dr. Stephen Dahmer, below are some common food/drug interactions that Seniors and caregivers should be aware of:

Grapefruit and Grapefruit Products: Vitamin C, fiber and potassium are just a few of the health perks of eating grapefruit. However, just one glass of grapefruit juice can interfere with important intestinal enzymes, consequently changing how some medications are metabolized by the body. Grapefruit products are contraindicated for patients who are taking certain prescription drugs like statins (Lipitor, Mevacor, Zocor), immunosuppressants (cyclosporine), calcium-channel blockers (Adalat, Afeditab, Procardia, Plendil), psychiatric medications (BuSpar, Zoloft) and benzodiazepines (Valium, Triazolam, Halcion).

Bananas: A potassium powerhouse, bananas are typically a good choice for those seeking to reduce their risk of cancer, stroke and heart disease. However, eating too many potassium-rich foods like bananas, oranges and green, leafy vegetables can be problematic if a person is taking ACE inhibitors or angiotensin receptor blockers (ARBs). Designed to lower blood pressure, these medications also reduce potassium excretion via urination. According to the FDA, people taking ACE inhibitors (Lotensin, Capoten, Zestril) or ARBs (Cozaar) may develop hyperkalemia (elevated potassium levels) and dangerous heart palpitations if they over-indulge on potassium-rich foods. This risk is increased for elders who have impaired kidney function. Bananas also contain tyramine, an amino acid found in red wine, soy and certain cheeses that can negatively interact with monoamine oxidase inhibitors (MAOIs). MAOIs (Nardil, Parnate) are a class of drugs commonly prescribed to treat depression. O'Connor says that a low-tyramine diet is typically recommended for people taking these medications.

Cranberry Juice: Urinary tract infections (UTIs) are a common and potentially serious problem for Seniors, but this juice contains chemicals that may interact with Warfarin and some statin medications.

Leafy Greens: Spinach, kale, cabbage and broccoli receive high praise in health food circles for their vitamin K content, minerals, fiber and low calorie count. But, for people taking blood thinners like Warfarin (Coumadin), munching on too much green can be bad. Vitamin K promotes blood clotting, which may counteract the blood-thinning benefits of anticoagulant drugs. However, taking blood thinners doesn't mean that Seniors must forgo healthy food choices. It's okay for people on these medications to consume a moderate amount of leafy greens like spinach consistently (for example, a one-half cup serving two to three times a week). The key is to communicate with the prescribing doctor about one's usual diet and they will tweak anticoagulation therapy to fit one's lifestyle factors and prevent blood clots.

High-Fiber Foods: Dietary fiber, the kind found in whole grains, vegetables and fruits, is a nutritional powerhouse and has been shown to play a role in reducing the risk of heart disease and diabetes. It can also help relieve constipation and promote healthy weight management. Because fiber slows the rate at which the stomach empties, it may also slow the rate at which medications are absorbed, resulting in lower blood levels of certain prescriptions, such as antibiotics.



Garden tips for April

- Remove finished compost from bottom of heap and make room for incoming garden debris.
- Cold-season transplants like broccoli, cabbage, cauliflower, Brussels sprouts can be sown indoors still if you hurry (or store-bought seedlings can go outdoors around month's end). Sow carrots, radishes, dill.
- When working in beds and borders, be careful not to clean up too roughly; desirable emerging self-sown annuals and biennials (larkspur, clary sage, Verbena bonariensis, perilla) can be disturbed unless you pay attention.
- Wait until after bloom to prune spring-flowering shrubs like lilacs.
- Have mower serviced and sharpened before it's needed a month from now. Fill fuel can; have correct oil on hand.
- Cool-season annuals like pansies and violas can be potted up for spring color.

DID YOU KNOW?

The world's largest chocolate Easter egg was made in Italy in April 2011. It measured 34 feet and 1.05 inches and weighed approximately 15,873 pounds.

Vitamin D

Vitamin D is required to maintain strong bones. It helps with absorption & ensures your bones & teeth have the calcium & phosphorus they need. Vitamin D is also required to ensure a strong & healthy immune system.

Food sources: Fatty fish, fish liver oils, eggs, vitamin D fortified foods

Required amount: Adults 19-70 years 600 IU, Adults 71 years - up 800 IU

Supplements: Vitamin D is found in supplements in two forms: D2 (ergocalciferol) and D3 (cholecalciferol)

Medication Interaction: May interact or interfere with other medications
Examples:

- Prednisone or other corticosteroid medicines that are used to reduce inflammation - may hinder how the body absorbs Vitamin D & could lower calcium absorption & cause loss of bone over time.
- Dilantin used to prevent and control seizures - increases the breakdown of vitamin D & reduces absorption of calcium.
- Some cholesterol lowering medication such as: Questran, LoCholest, Prevalite & weight loss drugs such as: Orlistat and Alli - reduce the body's absorption of Vitamin D & other fat-soluble vitamins including: A, E & K.

Be sure to tell your doctor & pharmacist all medications, supplements, & over the counter medications & herbals you take so they can identify possible interactions or any interference in absorption.

Try and step out into the sunshine after all it is known as the "Sunshine Vitamin"

From the desk of the UCOFA Registered Dietitian: Juanita Bryant, RDN, CD. Nutrition Consults are free and available to Ulster County Seniors 60 and over. Consults will be done by phone, at this time, with the OFA Registered Dietician. To make a referral, please call 845-340-3456.

VOLUNTEER

During the past six months, more Seniors than ever are now shut in and isolated. If you'd like to volunteer to give Seniors a friendly call every week, they would greatly appreciate it. Your effort would help to improve the lives of Seniors in our community.

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.

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.

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

1-855-225-4251



Lake Katrine
845-336-0108



Byron's
Hudson Valley
Hearing Aid Centers

*Serving
the Hudson
Valley since
1994!*

Poughkeepsie
845-485-0168

Rhinebeck
845-516-4920

We Do Wax Removals • We Work With All Insurance Plans
Audiologists on Staff • We Have the Newest Rechargeable Hearing Aids





The senior care experience you want, matched by the safety and care you deserve.

As a family-owned business for over three decades, we take great pride in our senior communities. Throughout the Hudson Valley, Wingate is well known for our innovative skilled nursing programs for those in need of short-term rehabilitation, post-acute care and long-term care.

Wellness and Life Enrichment Highlights

- Dedicated Nurse Infection Preventionist at each location
- Ongoing infection control education for all staff
- Private rooms for quarantining new admissions
- Virtual visits with family members
- Socially distant activities and programs to keep our residents engaged

At Wingate Healthcare, the safety and health of our community is our top priority. Contact us today for more information on our latest safety initiatives and visit our website for details on a community near you.

1-833-2WINGATE

Applications for long-term care now being accepted.

Located in Beacon, Fishkill and Highland, NY | www.wingatehealthcare.com

SAUGERTIES SENIOR HOUSING

Subsidized Housing for Low Income Senior Citizens

Senior Lifestyle • Secure Living
Extremely Low Income Preference

WAITING LIST



CALL OR WRITE FOR AN APPLICATION

845-247-0612 • 155 MAIN STREET, SAUGERTIES, NY 12477
SAUGERTIESSENIORHOUSING.COM



OFFICE FOR THE AGING

Susan Koppenhaver,
Director

845-340-3578

Judy Riley, Deputy Director

845-340-3580

NY Connects

845-334-5307

845-443-8804

HIICAP Medicare
Counseling

845-340-3579

Neighbor-to-Neighbor

845-443-8837

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 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.

alzheimer's association

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.

Are you
looking for a
Top-Quality,
Affordable
rental community?

Come home to
DEVON

for Seniors
Ellenville Senior Housing
845.647.4772
15 Healthy Way
Ellenville NY
Ellenville@DevonMgt.com

for Seniors & Families
Ulster Gardens Apartments
845.514.2889
2000 Ulster Gardens Court
Kingston NY
UlsterGardens@DevonMgt.com

Quality • Convenience • Comfort • Affordable

Devon apartments offer affordable excellence in Ulster, Sullivan, Orange Co. NY; & Pike Co. PA. Wait list & income guidelines apply. Applications and more info online at DevonMgt.com.

