

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

AUGUST 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.



OUR LOAN CLOSET has an extensive array of medical equipment for loan for a nominal fee. Contact us to see if we have what you need.

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

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

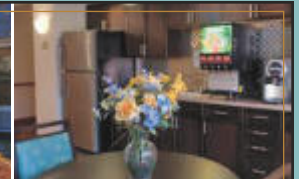
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OFA DIRECTOR MESSAGE

Dear Ulster County Seniors,
 I hope everyone is staying cool and enjoying their summer. Just a reminder to take precautions during times of extreme heat. Make sure to limit physical activity during the hottest part of the day (between 11 a.m. – 4 p.m.); wear loose, lightweight, light-colored clothing; wear sunscreen and a ventilated hat; and drink plenty of water and avoid caffeinated and sugary drinks. To locate a local cooling center during severe heat please call our office at 845-340-3456 for the most recent list of locations or visit <https://www.health.ny.gov/environmental/weather/cooling/countycenters.htm> online.

I look forward to seeing many of you at our 22nd Annual Live, Laugh & Learn on August 15th – we have a variety of fun and informational workshops we think you will really enjoy! Please note that the last day to register is August 7th. I also hope to see you at our next Senior Picnic on September 5th at Cluett-Schantz Park in Milton. For reservations please call our office at 845-340-3456.

In addition, County Executive Pat Ryan and the Office for the Aging are excited to begin providing daily programming and activities at our new Senior Hub located next to our office. Keep an eye out for announcements regarding daily programming beginning in the Fall such as gentle yoga, chair exercise classes, lunches, and much more. The Senior Hub is also available for seniors and senior groups to reserve for various events, club meetings, or even to play cards with friends. Please call our office for more information or if you would like to reserve the space (845-340-3456). Enjoy the rest of your summer!

With best regards,
 Judy L. Riley
 Interim Director

COUNTY EXECUTIVE MESSAGE

Dear Ulster County Seniors:

We are fortunate to live in such a beautiful and special place and I want to let you know that I have been busy working with my Administration to begin implementing my five big priorities for Ulster County. These include: developing a “green new deal;” combatting opioid abuse; driving economic growth and diversifying our economy in an equitable way; redefining the county’s criminal justice efforts; and making county government more responsible and responsible.

In order to make sure that our residents receive the best possible services at the greatest values, one of my goals is to make county government more responsive and responsible. Therefore, I have created a new Innovation Team which will focus on strengthening the culture of accessibility, responsiveness and accountability within county government, as well as developing new partnerships to help ensure our 180,000 residents receive the best services possible.

I also want to let you know that I have been holding many town-hall meetings throughout the county to seek input from residents. My next town-hall meeting is scheduled for September 5th at 6:00p.m. at the Kingston Town Hall and all are welcome.

It is important that our residents have a county government that is transparent and will do everything with the highest degree of ethics and integrity. Please do not hesitate to contact my office if you have any questions, concerns or ideas: exec@co.ulster.ny.us or 845-340-3800.

Enjoy the remainder of the summer!

Sincerely,
 Patrick K. Ryan
 Ulster County Executive



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MALL WALK WITH THE OFA
HUDSON VALLEY MALL

1300 Ulster Ave., Kingston, NY
Every Tuesday, 10:00 A.M. sharp!

Please join us for a very special walk during which Dr. Nathalie Absiror of the Institute for Family Health will be present to answer questions and discuss your health.

AUGUST 20

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

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

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

BENEFITS OF MALL-WALKING:

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

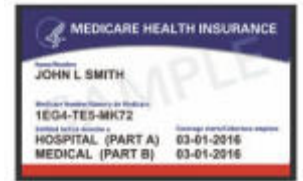
There are water fountains, bathrooms and benches available.

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

MEDICARE SAVINGS PROGRAM

MEDICARE SAVINGS PROGRAM (MSP)

You may be eligible to get help paying your Medicare premiums and you may also get help paying for



Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments.

If you are a Medicare recipient and your gross monthly income is \$1,426 or less (Married income \$1,923 or less) you may be eligible!

Call the Office for Aging at 845-340-3456 to make an appointment with one of our Health Insurance counselors for free, unbiased assistance with Medicare and to find out more about the Medicare Savings Program.

2019 Senior Farmer's Market Coupons

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

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

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

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

Live, Laugh and Learn

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

Thursday, August 15, 2019

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

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

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

Register by August 7.

For an application or more information, please call Ulster County Office for the Aging at 845-340-3456. *(Applications can also be found on the OFA homepage).*

2019 End of Summer Picnic

Thursday, September 5, 2019

Noon to 2:00 P.M.

Cluett Schantz Memorial Park, 1801 Route 9W, Milton, NY.

RSVP a must by August 30.

Lunch and Learns for Seniors

September 17: Senior Fraud & Scams

Olivebridge Firehouse, 9 Mill Road, Olivebridge, NY

RSVP by September 12.

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 by calling 845-340-3456.



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)
- OFA 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.

Benefits of Tai Chi include...

- Increase strength
- Improve balance and posture
- Help prevent falls
- Strengthen mind, body and spirit
- Reduce stress and support relaxation



Watch for more movie events coming soon.

Plan for Healthy Travel

- Schedule enough sleep before and during travel. Adults typically need 7-8 hours of sleep each night.
- Drive while rested. You may be too tired to drive safely if you have trouble keeping your eyes focused, yawn repeatedly or can't remember parts of the drive.
- Help your body adjust to a new time zone. Get lots of sunlight and exercise, eat meals at local times, drink plenty of water and avoid alcohol and caffeine.
- Make a plan for healthy choices and set limits. Consider how to make decisions on the road that maintain aspects of your home life and routine.
- Learn about your destination. Research local living conditions, laws and customs, health risks and how to minimize them, and what vaccinations you'll need.
- Consider food options. Look for restaurants with freshly cooked, hot foods and clean utensils. Avoid risky foods, like raw or undercooked meat and seafood, unpeeled or raw fruits and vegetables, and drinks with ice.
- Pack your medicines. Make sure to pack enough medicine, sunscreen and any other health products you might need. If you have specific health problems, ask your doctor about how to prepare for your trip. You might also consider seeing a doctor who specializes in travel medicine.

Hudson Valley Veterans Stand-down

for Vets in need, homeless Vets and networking.

Friday, August 9, 2019 9:00 A.M. to 2:00 P.M.

Cantine Veterans Memorial Complex, Pavilion Street, Saugerties, NY.

Free refreshment, lunch and over 40 providers and exhibitors. Contact Ulster County Veterans at 845-340-3190 for more information.



For over sixteen years Woodstock resident Marvin Moskowitz has been a volunteer with S.C.O.R.E. (Service Corp of Retired Executives) as a small business consultant, and at the OFA Neighbor to Neighbor Program scheduling rides for seniors.

During that time, he has helped countless people start their own businesses, and scheduled thousands of medical rides.

Marvin reminds people that "When you volunteer, you get as much as you give. You meet great people on both sides...your fellow volunteers, and the people you serve."

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August 2019

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Meals Prepared by Gateway Community Industries. <i>All SOUPS are homemade.</i> <i>Milk is provided with meals.</i> Menu Subject to Change.</p>	<p>Your contributions help keep senior programs available. Made possible by funds provided by Ulster County Government, NYSOFA, UCOFA and Private Funds.</p>	<p>For Information or Home Delivered Meal Cancellation Call: 331-2496 Community Café Reservations call: 331-2180</p>	<p>1 Roast Pork with Gravy Mashed Sweet Potato Braised Cabbage Whole Wheat Roll Applesauce</p>	<p>Cold 2 Meal Chicken Salad Plate Pasta Salad Mixed Greens Low Sodium Vegetable Juice Whole Wheat Bread Pineapple Whip</p>
<p>5 Lemon Baked Fish Brown Rice Pilaf California Mixed Vegetables Whole Wheat Bread</p>	<p>6 Roast Beef & Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll Tapioca Pudding</p>	<p>Cold 7 Meal Chicken Salad Plate Potato Salad Fresh Greens Carrot Raisin Salad Rye Bread</p>	<p>8 Chili Con Carne Brown Rice Cauliflower Whole Wheat Roll Fruit Cocktail</p>	<p>9 Spinach Quiche Broccoli Green Beans Whole Wheat Bread Pineapple Chunks</p>
<p>12 Macaroni & Cheese Stewed Tomatoes 3 Bean Salad Whole Wheat Bread Peaches</p>	<p>13 Lime Tarragon Turkey Steak Buttered Noodles Brussels Sprouts Whole Wheat Roll Pears</p>	<p>14 Penne with Meat Sauce Green Beans Rye Bread Fruit Cocktail</p>	<p>Cold 15 Meal Balsamic Chicken Salad Plate with Tomatoes, Cucumbers & Carrots Whole Wheat Roll Oatmeal Cookies</p>	<p>16 Fish Florentine Boiled Potatoes California Mixed Vegetables Whole Wheat Bread Chocolate Pudding</p>
<p>19 Roast Pork & Gravy Sweet Potato Broccoli Whole Wheat Bread Peach Crisp</p>	<p>Cold 20 Meal Chef's Salad Plate Salad Greens, Hard Cooked Egg, Sliced Turkey & Cheese, Tomatoes Beet Salad Whole Wheat Roll Mandarin Oranges</p>	<p>21 Meatloaf & Gravy Mashed Potatoes Monaco Vegetables Rye Bread Tropical Fruit</p>	<p>22 Beef Stew Wax Beans Low Sodium V8 Juice Whole Wheat Roll Vanilla Pudding</p>	<p>23 Chicken Parmesan with Pasta Mixed Vegetables Green Salad Whole Wheat Bread Brownie</p>
<p>26 Beef Stroganoff Buttered Noodles Brussels Sprouts Whole Wheat Bread Fruit Cocktail</p>	<p>27 Roast Turkey with Gravy Mashed Potato Oriental Mixed Vegetables Whole Wheat Roll Apricots</p>	<p>28 Baked Ziti Italian Mixed Vegetables Spinach Rye Bread Lemon Pudding</p>	<p>29 Baked Fish with Dill Sauce Brown Rice Pilaf Carrot Coins Whole Wheat Roll Apple Crisp</p>	<p>Cold 30 Meal Balsamic Chicken Plate with Tomatoes & Cucumbers Whole Wheat Bread Peaches</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 (formerly known as Friendship sites) 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

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

Ulster: Russell F. Brott Senior Center, 1 Town Hall Road, Lake Katrine, NY, 1st & 3rd Tuesday

Want to try it out? Call Gateway Industries at 845-331-2180 to make a free reservation, at least 24 hours in advance. Please remember, this is for Ulster County Seniors age 60 and over.

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.



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.



Stress Management for Senior Health

Stress management has been associated with increased senior health and well-being. While retirement seems to be a time of little stress. After all, with job stress that’s been endured for decades out of the picture, one may wonder if there even is stress after retirement — senior stress can still originate from relationships, finances, and retirement itself, as well as from many other areas of life. The following are effective methods of stress management that may be especially conducive to senior health.

Meditation

Studies on meditation show that it can not only provide relief from stress when it is practiced but can help build a kind of immunity to future stress — your stress response may be triggered less often if you meditate regularly.

Meditation is also an ideal stress reliever for seniors in that it requires no special equipment or physical ability, can be practiced in a variety of settings, and provides excellent relief from stress.

Cognitive Puzzles

Solving Sudoku or crossword puzzles, or working on other thinking games can provide mental stimulation akin to ‘brain exercise.’ Because these games require focused concentration, they can provide helpful distraction for those who tend to ruminate over stressors, plus the benefits of mental stimulation. You can get a lot of mental stimulation by doing the daily crossword puzzle from your local newspaper, or you can go the more high-tech route of playing a portable game like Brain Age for the Nintendo DS. You can also play fun online games.

Yoga

Research shows that yoga can help promote well-being and improve quality of life in seniors, as well as enhance senior health. It’s also an excellent stress relief tool and can carry other physical benefits. (Note: While some forms of yoga have a spiritual component, yoga can be practiced as a purely physical exercise, making it compatible with all faiths.) The practice of yoga allows a lot of flexibility, so it’s a good choice for people of all ability levels and fitness goals.

Breathing Exercises

Breathing exercises are an extremely convenient, fast-acting and effective stress reliever that can be easily adopted by people of any age, including seniors. Wherever you are, it’s possible to diffuse stress with a few deep, controlled breaths.

Cognitive Restructuring

Sometimes just looking at something a different way can make it seem less stressful. Practice finding the positive in a situation, looking at it from a different angle, or even working with a therapist on a specific situation, and you may find that your stress response is triggered less and less. ‘Cognitive restructuring’ is a clinical term for changing the way you look at things, an important part of cognitive therapy, which has been found to be extremely helpful for a variety of issues, including stress.



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AND

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

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Erica Halwick-Williams

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Beating Bursitis - Take Care of Your Joint Cushions

Almost everyone has joint pain at some point in life. It can flair up suddenly. Or it can start off mild and get worse over time. A common cause of joint pain is bursitis. Bursitis happens when a bursa in a joint becomes inflamed. (When you see "itis" at the end of a medical word, it means inflammation.)

A bursa is a small, fluid-filled sac that acts as a cushion between bones and other moving parts, such as muscles, tendons, or skin. You have about 150 bursas in your body. They keep joints such as your shoulders, knees, and elbows working smoothly. But they can be hurt by sudden or repetitive forces.

Bursitis often flairs up because of another injury, explains Dr. Jeffrey Katz, a joint specialist at Brigham and Women's Hospital and Harvard University. When an injury causes someone to move their joint differently than normal, it can irritate a bursa. "For example, if you have a foot injury, it can change the way you walk. Maybe you don't even notice it, but you limp a little," Katz says. "And that changes the way that forces from muscles and tendons pull on the bones. That subtle change can give rise to some inflammation in the bursa." Bursitis can also be caused by putting pressure on a joint for too long, such as kneeling or leaning on your elbows. Activities that require repetitive motions or place stress on your joints—such as carpentry, gardening, playing a musical instrument, or playing a sport—can sometimes trigger bursitis. Rarely, a bursa may become inflamed due to an infection. It can sometimes be hard to tell whether joint pain is caused by inflammation in a bursa, tendon, or muscle, Katz says. Lab tests and imaging often can't help pinpoint the source of the pain. Your doctor will likely do a physical exam and ask questions about your activities and recent injuries.

Fortunately, treatment for most simple cases of joint pain is similar no matter what's causing it, Katz adds. This may include rest, over-the-counter drugs that suppress inflammation, and gentle stretching and strengthening exercises. Physical therapy may help if bursitis has reduced your ability to move your joint or if it results in muscle weakness. If your bursitis is due to an infection, your doctor may prescribe antibiotics.

Bursitis and other causes of joint pain can be prevented by paying attention to how you move and perform daily activities. Bursitis is more likely to occur the older you get. To help prevent bursitis as you age, try to stay as active as possible, Katz says. "The best way to stay out of trouble with these joint injuries is to try to stay flexible and strong," he concludes.



Garden Tips for August

- Don't bag or rake clippings; let them lie on the lawn to return Nitrogen to the soil. Mow higher grass if it's hot and dry, or don't mow at all if things have slowed way down.
- Peonies are best divided and transplanted in late August if they need it. Their "eyes" must not be buried more than an inch or two beneath the soil surface.
- Sow seeds of fall vegetables.
- Divide and transplant bearded iris.
- Plan perennial beds for fall and winter color with ornamental grasses, fall-blooming bulbs and hardy heaths and heathers.
- Harvest vegetables continuously to stretch their season.
- Sprinkle compost starter to speed up composting for fall soil building.
- Prune summer-blooming shrubs (hydrangea, clethra, caryopteris) after flowers finish.
- Enjoy a case of the late summer "blues" with a palette of hardy ageratum, caryopteris, fall asters and reblooming iris in your planting schemes.



Laughter is a natural stress-reducer. Stress oxidizes cholesterol, but laughter releases chemicals in our bodies that drive away pain and fear, two negatives usually associated with old age. Laugh often. Even better: laugh with friends. Friendship is the flagship of positive aging.

As the warm weather returns so does the farmers markets.

Farmers markets are the best place to experience the tastes of the local area. They bring the season's freshest fruits, vegetables, cheeses, eggs, meats, maple syrups, and baked good as well as plants, arts and crafts. You can find a large variety of freshly harvested products, it is a chance to meet the local producers and buy/support local business.

Ulster County Farmers Markets:

Kingston-Midtown, YMCA Farm Project, 507 Broadway, Thursday 3:30-6pm, June 5 - Oct 27

New Paltz, 257 Main Street, Sunday 10am-3pm, June 5 - Nov 20

Rosendale, 408 Main Street, Sunday 10am-2pp, June 5 – Oct 29

Kingston-Uptown, Summer Market, Wall Street, Saturday 9am-2pm, May 7 – Nov 26

Woodstock, 6 Maple Lane, Wednesday 3:30-dusk, June 1 – Oct 19

Saugerties, 115 Market Street, Saturday 10am-2pm, May 28 – Oct 29

Support your local Farmers' Market!

The 2019 Senior Farmers' Market Nutrition Program offers to eligible seniors coupons to use at participating farmers' markets. If you are 60 or older and within the required income you can use these coupons only at the participating markets: Kingston-Midtown, Kingston-Uptown, Saugerties and Woodstock. This is a chance for low income seniors to support local farmers and have access to local fresh produce. The coupons may be used to buy locally grown fresh fruits and vegetables only from participating farmers.

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.

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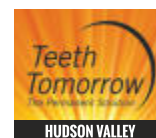
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Do you know someone who might like to be on our e-mail list? Please have them call the OFA with their e-mail address.

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

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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.