

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

AUGUST 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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Ulster County Office for the Aging, Kingston, NY

06-5324

OFA DIRECTOR MESSAGE

Dear Seniors of Ulster County:

We are still here, answering your calls, referring people for help, making appointments for legal, HIICAP counselors, Neighbor to Neighbor rides, help for shopping, COVID19 meals, along with our regular client meals and case management. Our aides are starting to go back to their original assignments, and we are starting to discuss the idea of congregate meals again, albeit in a different way, and adhering to all mandates. By the time you get this letter, there will be scheduled Farmer's Market coupon distribution sites scheduled around the County through the end of September – as we add dates and times, we will let everyone know, or call the office to ask for future dates.

Please know that we are still assessing and meeting folks virtually, with no contact. However, we hope that with the opening of the OFA in the County Phase 3, we will be able to start meeting you all again in the Senior Hub, where there is much more room to both wait and meet, and easier to set up with barriers. We will also be able to restart Legal and HIICAP appointments once we are given the go-ahead with opening. We will let you know about that as well.

Please, everyone continue to stay safe, observe the mandates, wear your masks, wash your hands, isolate when you can, stay apart, and we will all get through this together!

Susan Koppenhaver, Ulster County OFA Director

OFA is currently distributing Farmer's Market Coupons throughout the County including at the OFA (in the parking lot) every Friday from 11:00 A.M to 1:00 P.M. during August. Masks and social distancing are required and please bring your own pen. Please call 845-340-3456 for more information and other locations where OFA staff may be distributing coupons.

The following Farmer's Markets are currently participating in Ulster County:

- Seed Song Farm Stand, 160 Esopus Ave., Kingston, Daily 10:00 A.M to 6:00 P.M.
- Kingston YMCA Farm Stand, 507 Broadway, Kingston, Tuesday 10am-12:30pm, Thursday 3:30 P.M. to 6:00 P.M., through November 19th
- Kingston Farmers' Market, Old Dutch Church, 272 Wall St., Kingston, Saturday 9:00 A.M. to 2:00 P.M,

through November 21st

- Woodstock Farm Festival Farmers' Market, 6 Maple Lane, Woodstock, Wednesday 3:00 P.M. to 8:00 P.M., through October 7th

The 2020 Senior Farmers' Market Nutrition Program offers to eligible Seniors coupons to use at participating markets. If you are 60 or older and within the required income you can use these coupons only at the participating markets. 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 farms. For any updates regarding participating Farmers please visit <https://agriculture.ny.gov/farming/farmers-markets> - or call OFA at 845-340-3456.

New York has made great strides against COVID-19 and our numbers remain low with a 7-day rolling average in July of 1% of New Yorker's testing Positive for COVID-19 with a very low number of deaths. In Ulster County, there were only 122 active cases as of mid-July and County Executive Pat Ryan continues to provide updates and reminds residents to continue to be vigilant in protecting yourself and others when you are out in public. One of the key reasons Ulster County is doing so well when it comes to having low COVID-19 numbers is THANKS TO YOU!

You understood the severity of this unforeseen pandemic and stayed home when asked to and have abided by the safety recommendations - and we applaud you! Now that New York is doing so well, you can go out to the store, run your errands and visit family by taking precautions such as wearing a mask, keeping socially distanced and making sure to wash your hands frequently. Stay safe and enjoy the rest of the summer!

Please feel free to contact the Ulster County Recovery Service Center at 845-443-8888 (RSC@co.ulster.ny.us) if you have any questions related to COVID-19 or just general inquiries or complaints.

This hotline can assist callers with programs and services related to food, housing, mental health support, employment, etc. and is available Monday, Friday 8:00 A.M. to 7:00 P.M, and Tuesday - Thursday 8:00 A.M. to 5:00 P.M.

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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

The OFA Health Insurance Information, Counseling and Assistance Program (HIICAP) appointments will be conducted by telephone. Please contact 845-340-3579 and leave a voice mail so that we can contact you to schedule an appointment or address your question.

To enroll in Medicare Part A and/or Part B, please contact the Poughkeepsie Social Security Administration Office at 877-405-6747 as all local Social Security Administration offices are closed to in-person customer service. You can also find the Medicare Part A and Part B enrollment forms at www.ssa.gov/benefits/Medicare. You can print enrollment forms and mail to: U.S. Social Security Administration, 332 Main Street, Poughkeepsie, NY 12601. You can also apply for Medicare A and B directly on-line at www.ssa.gov/benefits/medicare.

If you need to contact Medicare directly: 800-633-4227.

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.



OFA Online Learning for Seniors

August 13: Lite & Healthy Fare

Easy lesson to make a healthy treat

Presented by Juanita Bryant, OFA Registered Dietician

R.S.V.P. by August 6, 2020

August 18: Estate Planning

Presented by Woodhouse Wealth Management

R.S.V.P. by August 11, 2020

August 27: Understanding how Hospice can help you and your Family

Presented by Sofia Sciacca, Hudson Valley Hospice

R.S.V.P. by August 20, 2020

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.

If you are interested in a presentation and are unable to participate online but would like to participate by phone, please call the OFA at 845-340-3456 for the "call-in" information for the presentation.

2020 Live, Laugh and Learn is cancelled for this year.

See you next year. Thank you.

Outdoor Tai Chi for Arthritis and Fall Prevention

Tuesdays and Thursdays, 1:00 to 2:00 P.M.

Starting August 11 & 13, 2020. TWICE a week for eight weeks.

Marbletown Park, 350 Tongore Road, Kingston, NY. (Under the Pavilion).

We ask that you be willing to make the commitment to be at this class twice a week for all eight weeks. This is a program that builds on each class.

Space is limited. R.S.V.P. by calling 845-340-3456. Socially distancing guidelines will be followed. Please wear a mask and bring a Pen.



We hope to see you at the movies soon.

Opioids: Safe for older people with arthritis?

An opioid isn't the first choice for treating chronic conditions such as arthritis. Aside from cancer pain, opioids more commonly are reserved for short-term pain relief, such as after injuries or surgeries. When other means of relieving arthritis pain haven't helped, opioids may be prescribed. But safety and effectiveness are issues. Opioids may not be helpful. Even when they are, people often develop a tolerance to opioid pain medications over time, so the effect of the medication may diminish after taking the same dosage for several months.

Opioids have risks that may be particularly serious for older people, including:

Sedation and mental confusion: Opioids can cause sleepiness or mental clouding, which can dramatically increase the risk of falls and fractures caused by falls.

Disordered breathing: Higher doses of opioids can result in slower or shallow breathing patterns, especially during sleep.

Heart problems: Some opioids increase the risk of heart attack or heart failure.

Constipation: Many older adults are already dealing with this problem, and opioids generally just make it worse.

Nausea: Opioids commonly cause nausea, which can make it difficult to maintain good nutrition.

An added danger for older people is that some opioids are combined with acetaminophen. Older people often take over-the-counter acetaminophen or may take other drugs containing acetaminophen for a different condition. This acetaminophen overload increases the risk of liver disease, gastrointestinal bleeding, heart failure and interactions with other drugs. Talk to your doctor about all other prescriptions and over-the-counter drugs you take before starting opioids.



If you'd like to volunteer to deliver meals or groceries, to call a Senior who is shut in or isolated, to drive someone to a critical medical appointment, or to be available for more volunteer opportunities in the future, please contact Patrick McDonough at the OFA Volunteer Program at 845-802-7935 or pmcd@co.ulster.ny.us.

Get the help you need in Ulster County



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Older Adult Services Program

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August 2020 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef & Peppers Brown Rice Pilaf Hot Beets WW Bread Fruit Cocktail	4 Herb Crusted Chicken Parsley Potato Carrot Coins WW Roll Applesauce Cake	5 Swiss Broccoli Pasta Green Beans Cauliflower WW Bread Peaches	Cold 6 Plate Chef's Salad Plate Hard Cooked Egg Chickpeas Cheese & Turkey Greens, Tomatoes WW Roll Yogurt Parfait with Blueberries	7 Baked Ziti Mixed Vegetables Zucchini WW Bread Pears
10 Chicken Divan Sweet Potato Green Beans WW Bread Tropical Fruit	11 Macaroni & Cheese Stewed Tomatoes 3 Bean Salad WW Bread Pears Fruit Cocktail	12 Baked Chicken & Mushroom Gravy Parsley Potato Carrot Coins WW Roll Pineapple	13 Lasagna with Meat Meadow Mixed Vegetables Fresh Salad WW Bread Lemon Pudding with Fruit	Cold 14 Meal Tuna Salad Plate Macaroni Salad Mixed Greens Hard Cooked Egg Tomatoes WW Bread Fresh Fruit
17 Shepard's Pie Broccoli WW Bread Pears	Cold 18 Meal Egg Salad Plate Potato Salad Mixed Greens WW Roll Chocolate Pudding	19 Meatloaf & Gravy Mashed Potato Mandalay Mixed Vegetables WW Bread Peaches	20 BBQ Chicken Oven Roasted Potato Cauliflower WW Bread Pineapple Chunks	21 Goulash Buttered Noodles Spinach WW Roll Oatmeal Cookies
24 Chicken Parmesan Roasted Potato Oriental Mixed Vegetable WW Roll Peaches	25 Salisbury Steak & Gravy Mashed Potato Wax Beans WW Roll Pineapple Chunks	Cold 26 Meal Chicken Salad Greens, Tomatoes & Cucumbers Potato Salad WW Bread Vanilla Pudding with Fruit	27 Pasta & Meat Sauce Spinach WW Bread Fruit Cocktail	28 Roast Turkey & Gravy Mashed Potato California Mixed Vegetable WW Roll Apple Crisp
31 Beef Burgundy Buttered Noodles Broccoli WW Bread Rice Pudding		<i>Milk is provided with meals.</i> <i>WW = whole wheat</i>	Meals Prepared by Gateway Hudson Valley "Menu Subject to Change"	For Information or Home Delivered Meal Cancellation Call: 331-2496 Community Café Reservations call: 331-2180



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 of the Hudson Valley 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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Ulster County Office for the Aging, Kingston, NY

06-5324

The Aging Knee

Knee pain is common in older age, often caused by osteoarthritis (the wearing away of knee cartilage). Fortunately, there are ways to fool Father Time and postpone knee problems or even prevent them entirely. "In many cases, you can delay or avoid the need for surgical intervention, such as a knee replacement," says Dr. Lars Richardson, an orthopedic surgeon with Harvard-affiliated Massachusetts General Hospital.

Your knees absorb a huge amount of pressure with every step — typically one-and-a-half times your body weight. That pressure, plus regular wear and tear, takes a toll over time. Muscles and ligaments get weaker. The knee's two shock absorbers — pads of cartilage called menisci — start to deteriorate. So does the articular cartilage protecting the ends of the leg bones where they meet at the knee. If you have a family history of osteoarthritis, if you're overweight, or if you've had some knee injuries, you may be more prone to this deterioration. When the cartilage is gone, the bones rub against each other, and you end up with pain, stiffness, and swelling. That doesn't mean you need to let knee pain — or the threat of it — interrupt your life. By employing some of the following strategies, you can help keep your knees as young as you feel.

Strengthen the muscles. Boosting muscle strength stabilizes the knee joint and helps the muscles absorb stress you place on the knee. Strengthening should start with the quadriceps and hamstrings in the thighs, but it shouldn't end there. "In the old days, we just strengthened the quads. Now we know that it's also important to strengthen the hip and core muscles to maximize function of the knee," says Dr. Richardson. It's best to work with a physical therapist who can evaluate your needs and develop a strengthening program that's right for you.

One of Dr. Richardson's exercise recommendations is a body squat. "Don't squat so low that you're parallel to the ground," he warns. "That will put too much stress on the knee." He also recommends a "step up" to strengthen your core, hip, and leg muscles. "Stand and face a staircase, and then rotate your body 90 degrees," he explains. "Hold on to the banister. Place the leg closest to the stairs onto the first step, and straighten that leg so that your other leg is off the ground. Lower yourself back down. Repeat that exercise 10 times, and then do the exercise with your other leg."

Lose weight. If you're overweight, each additional pound you carry translates to another 4 pounds of pressure on the joints. A 20-pound weight gain, for example, would add 80 pounds of pressure on your knees. Losing weight relieves pressure and pain on the joints. "Getting your body mass index [BMI] to a healthy range will make your knees feel better," says Dr. Richardson. BMI is a measure that takes into account both your height and weight; values from 18.5 to 24.9 are considered healthy.

Increase range of motion. "Most people's joints get stiffer with age, and there's clear evidence that people with better motion have fewer symptoms, especially if they can straighten the knee. So it's important to work on getting the knee straight," Dr. Richardson says. He recommends working with a physical therapist to improve range of motion. For an exercise to try at home, he suggests sitting on a bed or floor, putting a pillow under the ankle, and using your leg muscles to force the knee down gently.

Dr. Richardson says some activities can make osteoarthritis symptoms worse, such as standing on a hard surface or squatting for a long period (while gardening, for example). "Squatting can irritate the soft cartilage meniscus of the knee. Avoid long periods of time with your knees bent deeply," he warns. Instead, wear cushioned shoes or gel inserts if you have a job or hobby that involves standing on hard surfaces, and use a low stool to sit on while gardening. Avoid high-impact activities such as jogging and aerobics classes that involve jumping. Go for non-impact exercises, such as indoor or outdoor cycling, an elliptical trainer or maybe just climbing the stairs, or going for a walk.



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Ulster County Office for the Aging, Kingston, NY

06-5324

Summer Nutrition Tips for Seniors

Summertime provides some unique nutrition opportunities and challenges for seniors. As temperatures rise seniors need to pay close attention to their health through a balanced diet, replenishing lost fluid and practicing food safety. By following a few simple nutrition tips, seniors can enjoy a healthy and safe summer.

Choose lean protein: Many seniors tend to reduce their protein intake during the summer months. Although your body does not crave protein during the warm months it is still an important part of your diet. Go for the lean proteins if possible.

Eat your vegetables and berries: Vegetables are a rich source of vitamins, minerals and natural antioxidants. Take advantage of the many varieties that are in season for the summer months. Berries are some of the best foods you can add to your diet. Not only do they assist your body in using water, but they also taste great and are refreshing.

Easy on the ice cream: Ice cream is a refreshing treat in the summer time, but it's typically not the healthiest. Try making fruit smoothies with natural ingredients instead or choose sherbet or frozen yogurt. Easy on the sugar though!

Stay hydrated: Many seniors are at risk for dehydration, which can lead to excessive thirst, cramping, heat exhaustion or stroke. Aim for six to eight 8-ounce glasses of fluid daily and replace lost electrolytes with natural sports drinks that are low in sugar. Eat fruits and vegetables with high water content, such as melon and cucumbers.

Reduce caffeine intake: Caffeine can cause dehydration, which can heighten all of the effects of not drinking water. Replace the coffee, tea and soda with ice water with fresh lemon.

Beware of unhealthy salads: Salads are easy to prepare and do not require cooking, but be careful when adding salad dressings as they tend to be high in salt and fat. Try making a light dressing with fresh lemon juice and herb-infused olive oil if not, just go easy on the creamy dressings.

Eat healthy fats: Eat less butter, full-fat dairy and fried foods. Try adding olive oil, raw nuts, natural peanut butter and avocados into your diet.

Practice food safety: Bacteria that can cause food poisoning grows quickly in the summer heat. Keep perishable items refrigerated or stored on ice and refrigerate any leftovers within two hours of eating outdoors.



Garden tips for August

- Trees are especially vulnerable to drought, particularly the oldest and the youngest (those planted in the last few years). Water deeply.
- Daylilies can be dug and divided as they complete their bloom cycle, right into fall, if needed.
- If houseplants need repotting, do it now.
- Peonies are best divided and transplanted in late August through September, if they need it. Their "eyes" must not be buried more than an inch or two beneath the soil surface.
- Don't bag or rake clippings; let them lie on the lawn to return nitrogen to the soil.
- Mow higher (longer grass) if it's hot and dry, or don't mow at all if things have slowed way down.
- Order flower bulbs for fall planting.

**DID YOU
KNOW?**

Almonds are a member of the peach family.

Boosting Your Immune System

This year has been like no other we have ever seen. A strong immune system helps you to fight off and prevent infection. As we age this just happens to get a little bit more difficult. The best way to boost your immune system is with nutrition!

- Eat hot foods when they are hot! Micro-organisms grow at room temperature.
- Increase your intake of cooked leafy green vegetables: they provide added sources of B vitamins and Iron.
- Increase your intake of fruits.
- Add spices such as ginger, black pepper and garlic while cooking, they offer anti-inflammatory properties.
- Drink plenty of water, this helps to flush the toxins from the body.
- Add probiotics into your diet, like yogurt - this helps to maintain what is called a "healthy gut."
- Eat a well-balanced healthy diet and exercise, exercise!

Wash your hands, wear a mask when in public, STAY HEALTHY!

From the desk of the OFA 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.

COVID-19 Testing Sites

COVID-19 Testing is available at several locations throughout the County, including 27 Grand Street, Kingston (through Westchester Medical Center), Monday - Friday, 9:00 A.M. to 12:00 P.M. For Anti-body testing, call the HealthAlliance Hospital's Benedictine Campus to schedule an appointment at 845-303-2730.

For additional testing sites and information please visit <https://covid19.ulstercountyny.gov/> or call the Recovery Service Center at 845-443-8888.

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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
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