

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

AUGUST 2021



It is the mission of the Ulster County Office for the Aging to assist and empower older adults and their families to live as independently as possible, with dignity and purpose.

Ulster County will strive to reach more older adults and expand upon its current services by bringing them to remote and underserved areas of the County. This includes new educational health promotion, service enrollment and senior advocacy program opportunities so they can stay in, and contribute to, their community.

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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OFA DIRECTOR MESSAGE

To our Stalwart Ulster County Seniors!
 Things are moving again! Things are opening up!
 We would like to let you know of some important things coming up that we are planning:

We are now having weekly Mall Walks, and have visiting experts come and speak (briefly) about topics of interest. Please come join us at the Hudson Valley Mall at 9:45 every Tuesday for this important set of events.

Our Community Cafes will be opening for a weekly Congregate meal. See Page 9.

As before, all events need pre-registration, so we can plan meal counts, space, etc. Thanks for calling ahead!

We are in the process of planning some exercise classes at The Hub, and we recently began chess classes and some Community Bingo games at various places since it seemed to be so popular! Our Lunch and Learns are slowly starting up again as well – we will be scheduling them around the County for all of you soon.

As part of our Falls Prevention Program, those of you who expressed interest in becoming Bingocize trainers (a new, evidenced-based exercise program using Bingo) will soon be getting that training and we will start offering those classes as well – they look like loads of fun!

I have a Radio show the 2nd Tuesday of each month on WGHQ at 8:30 am – tune in if you can!

Keep those masks on if you feel iffy about going out in public – despite many getting vaccinated, COVID is still out there, and now we have a variant – the good news is that the vaccine seems to be able to keep folks much safer, and much less infectious to others.

Here’s hoping to see you all at events soon!

In health and caution,

Susan Koppenhaver, Ulster County OFA Director

Senior of the Year

Each year, Ulster County recognizes two individuals as Seniors of the Year for their enduring commitment to Ulster County in their vital roles as volunteers.

We ask that you consider nominating individuals for the "2021 Ulster County Senior of the Year," who have made a commitment to excellence in your community by volunteering.

This year the selected seniors will be celebrated at the Older New Yorkers’ Day Celebration on October 1st. For safety concerns, the event will be virtual and they will be recognized by dignitaries and the Acting Director of the NYS Office for the Aging .

Nomination forms are available at the Ulster County Office for the Aging, on our website, or by mail.

If you have any questions, you may contact Susan Koppenhaver at skop@co.ulster.ny.us or 845-340-3578.

All nominations must be received by August 16, 2021.

Farmers’ Market Coupons will be distributed at the Ulster County Senior Hub, 5 Development Court, Kingston, NY on Wednesday, August 4, 2021 from 12:30 to 2:30 P.M.

Coupons may also be picked up at the Ulster County Office for the Aging 1003 Development Court, Kingston, NY., Monday thru Friday 9:00 A.M. to 5:00 P.M.

Ulster County Office for the Aging and Mental Health Association of Ulster County Caregiver Support Group. Offers and interaction with other caregivers. The group will also allow caregivers to learn skills, share information, and learn about available resources. Group meets every Wednesday, 3:30 P.M. to 4:15 P.M. at MHA 300 Aaron Court, Kingston, NY. For registration and details call the Ulster County Office for the Aging at 845-340-3456.

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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.

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 Counseling

The Health Insurance Information Counseling and Assistance Program (HIICAP) at the Ulster County Office for the Aging provides free and objection information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage. HIICAP helps people with Medicare, their representatives, or people soon to be eligible for Medicare.

HIICAP Counselors are fluent in all aspects of Medicare and health insurance coverage, including Original Medicare, Medicare Advantage, Medicare supplemental plans, and prescription drug coverage.

If you need further information or would like to schedule an in-person or phone appointment with a HIICAP counselor, please call 845-340-3579.

The Ulster County Office for the Aging Attorney can provide counseling and referrals for:

1. Estate & Long Term Care Planning;
2. Government Benefits, including Medicaid;
3. Consumer Issues;
4. Housing;
5. Elder Abuse.

And can also prepare the following documents:

1. Simple Wills;
2. Powers of Attorney;
3. Health Care Proxies & Living Wills.

The attorney does not go to court on any matter. If immediate assistance is needed, a prospective client may want to contact Legal Services of the Hudson Valley at 845-331-9373.

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UCOFA Lunch and Learn for Seniors

August 12: Medicare: What you need to Know & How you can save Money

Presented by Bob Mecj, UCOFA Health Insurance Coordinator
 Ulster County Senior Hub, 5 Development Court, Kingston, NY.

R.S.V.P. by August 5, 2021

August 17: Be Gentle on yourself Meditation

Presented by Naomi Schmidt, Mediation Instructor
 Ulster County Senior Hub, 5 Development Court, Kingston, NY

R.S.V.P. by August 10, 2021

Lunch and Learn runs Noon to 2:00 P.M.

Free to Ulster County Seniors age 60 and over and includes free lunch with reservation. Space is limited.

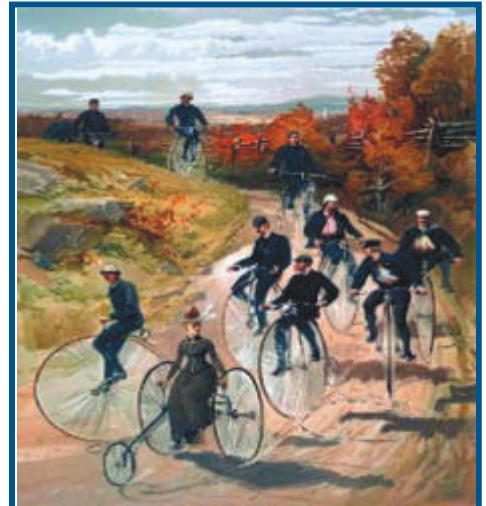
Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P.
 Socially distancing guidelines will be followed.
 Please wear a mask if you wish or if you are not fully vaccinated.

Join Ulster County Office for the Aging for a BBQ Picnic

Robert E. Post Park, 515 Park Road, Kingston, NY.
 August 26, 2021 from 11:00 A.M. to 2:00 P.M.

Free to Ulster County Seniors age 60 and over.
 Space is limited. Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P by August 20, 2021.

Socially distancing guidelines will be followed. Please wear a mask if you wish or if you are not fully vaccinated.



Hope to see you soon.

On Sound Footing The Health of Your Feet

Your feet are pretty small, considering they have to support the entire height and weight of your body. But they can cause big problems. So pay some attention to your feet.

“Feet don’t get any respect,” says Dr. Marian T. Hannan, who studies foot disorders at the Institute for Aging Research at Hebrew SeniorLife. “They’re sort of the Rodney Dangerfield of the human body.”

Each step you take involves a remarkably intricate network of bones, muscles, tendons and ligaments. That complexity—combined with all the weight they carry—accounts for why feet can be so prone to problems, including bone fractures, arthritis and plantar fasciitis, a swelling of the thick band of tissue that runs along the bottom of the foot.

If left untreated, foot problems may worsen. Eventually, the pain could interfere with your ability to do even the most basic things like walking up stairs or down the street. If pain alters the way you walk, it can lead to pain in your knees, hips and back as well. These problems can multiply, limiting your activity and affecting your quality of life.

Several things can contribute to foot pain or numbness. Sports and physical activity can cause your feet to hurt or become numb. Going too far, too fast or not warming up properly before exercise can set you up for painful or numbing injuries.

Excess weight puts extra stress on your feet. Poorly fitting shoes and other footwear are common causes of foot problems as well.

Health problems can also affect the feet. Lack of feeling in your feet could be a sign of a serious illness, such as diabetes or a nerve disorder. See your health care provider if you have unusual numbness in your feet or foot pain that is severe, comes on suddenly, or doesn’t improve with simple measures such as rest or over-the-counter pain medications.

“The good news is that most foot disorders are either treatable or modifiable,” Hannan says. “The first thing that you can do is notice and keep track of it to see if there’s a pattern to it.” Once you figure out when you feel pain or numbness, she explains, talk to an expert who can help.

How you walk and move affects your feet. Part of that is inherited. “Not only do our feet look like our parents’ but we also walk like our parents,” Hannan says. But you can modify your gait—either with training or by changing shoes or using shoe inserts or pads.

You can help keep your feet healthy by wearing comfortable, well-fitting shoes. Wash your feet regularly (especially between your toes), wear clean socks and try to rotate your shoes to give them time to air out.

“The more you exercise your feet, the better the blood flow is to the feet, and that’s important for general foot health,” Hannan says.

Walking is a great way to exercise your feet. You can also try specific foot exercises. Sit down and rotate your ankles in one direction, then the other. In bare feet, sit in a chair and curl your toes, then spread them out. This helps stretch and strengthen your feet to help you balance.

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Older Adult Services Program

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August 2021 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Glazed Turkey Cutlet Sweet Potato Broccoli Whole Wheat Bread Peaches</p>	<p>3</p> <p>Jambalaya with Chicken & Sausage Brown Rice Corn Pudding Cauliflower Whole Wheat Bread Pineapple Chunks</p>	<p>4</p> <p>Baked Fish with Mango Chutney Roasted Red Potato Green Beans Whole Wheat Bread Vanilla Pudding with Fruit</p>	<p>COLD 5 MEAL</p> <p>Chef's Salad Plate Turkey, Cheese & Egg, Salad Greens, Carrots, & Chickpeas Whole Wheat Roll Angel Food Cake with Strawberries</p>	<p>6</p> <p>Goulash over Buttered Noodles Spinach Rye Bread Fruit Cocktail</p>
<p>9</p> <p>Chicken & Vegetable Lo Mein Oriental Vegetable Blend, Cauliflower Whole Wheat Roll Pears</p>	<p>10</p> <p>Italian Meatballs & Pasta Italian Mixed Vegetables Whole Wheat Bread Fresh Fruit</p>	<p>COLD 11 MEAL</p> <p>Salad Plate with Balsamic Chicken Potato Salad Carrot Salad Greens & Red Beans Whole Wheat Bread Oatmeal Cookie</p>	<p>12</p> <p>Mushroom Quiche Peas Cauliflower Whole Wheat Bread Chocolate Pudding with Fruit</p>	<p>13</p> <p>Beef & Gravy over Buttered Noodles Monaco Mixed Vegetables Whole Wheat Roll Mandarin Oranges</p>
<p>16</p> <p>Salisbury Steak & Mushroom Gravy Mashed Potato Spinach Rye Bread Pineapple Chunks</p>	<p>COLD 17 MEAL</p> <p>Tuna Macaroni Salad Plate Cole Slaw, Greens & White Beans Whole Wheat Bread Tropical Mixed Fruit</p>	<p>18</p> <p>Curry Pork Stew Sweet Potato Broccoli Whole Wheat Roll Pears</p>	<p>19</p> <p>Pasta & Meat Sauce Green Beans Whole Wheat Bread Fruited Gelatin</p>	<p>20</p> <p>Baked Chicken & Gravy Sweet Potato Cabbage Whole Wheat Roll Peach Cake</p>
<p>23</p> <p>Chicken Scampi Onions & Peppers Brown Rice, Beets Rye Bread Tapioca Pudding with Raisins</p>	<p>24</p> <p>Macaroni & Cheese Stewed Tomatoes Broccoli Whole Wheat Roll Apple Cake</p>	<p>25</p> <p>Meatloaf & Gravy Mashed Potato Meadow Mixed Vegetables Whole Wheat Bread Peaches</p>	<p>26</p> <p>Lasagna Italian Beans Zucchini Whole Wheat Bread Fruit Cocktail</p>	<p>COLD 27 MEAL</p> <p>Chicken Salad Plate Tomatoes & Cucumbers, Potato Salad, Salad Greens, Carrots & Pink Beans, WW Roll, Pineapple Chunks</p>
<p>30</p> <p>Beef Tips & Mushrooms Mashed Potato California Mixed Vegetables Rye Bread Pineapple Chunks</p>	<p>31</p> <p>Baked Chicken & Gravy Red Mashed Potato Meadow Mixed Vegetables Whole Wheat Bread Fruit Cocktail</p>		<p>Meals Prepared by Gateway Hudson Valley Milk is provided. "Menu Subject to Change"</p>	<p>For Information or Home Delivered Meal Cancellation Call: 331-2496 Community Café Reservations call: 331-2180</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 are re-opened. See below for days of the week.

OFA COMMUNITY CAFÉ LOCATIONS:

Rosendale: Rosendale Recreation Center, 1055 Route 32, Rosendale, NY, Fridays

Saugerties: Frank D. Greco Senior Center, 207 Market Street, Saugerties, NY, Tuesdays

Ellenville: Trudy Farber Building, 50 Center Street, Ellenville, NY, Mondays and Wednesdays

New Paltz: New Paltz Community Center, 3 Veterans Drive, New Paltz, NY, Thursdays

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

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 weeks-worth of nutritious frozen meals delivered once a week to Seniors at NO cost.



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?

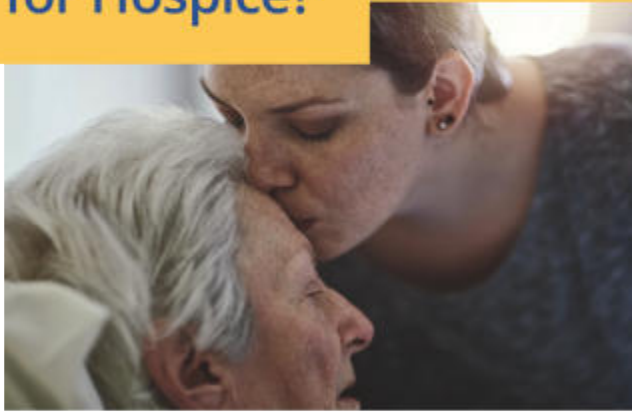
Qualified Seniors must be:

- 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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Managing Medications

The following suggestions will help you manage your medications:

- Understand the exact dose and timing of each medication your healthcare provider prescribes. Verify the information with your pharmacist when you have the prescriptions filled.
- If you go to different healthcare providers for different conditions, it's extremely important to tell all of them about each medication you are taking. It may help to carry a list with you at all times. Ask your pharmacist for a medicine wallet card that will help you keep an up-to-date list of your medicines with you. Make sure your pharmacy has a record of all the medicines that you take including any over-the-counter medicines.
- Tell all your healthcare providers and your pharmacist if you have any allergies so they can also keep that important information in your records.
- Write your daily schedule for medications on a calendar or chart. Be sure to update the schedule each time your medicine changes.
- Follow the schedule exactly, and take the exact dosage prescribed by your healthcare provider. Do not change the dose (take more or less of the medicine) without checking with your healthcare provider.
- Know which medications need to be taken on an empty stomach or with food.
- Use a weekly or daily pill organizer—especially when taking several different medicines—to help make sure that you get the right dose at the right time. Ask at your pharmacy to see what pill organizers are available. There are smartphone or computer-based apps that may also help.
- Keep medicines in their original containers—except for those you put in an organizer. The labels contain important information such as medicine name, dosage, healthcare provider's name, and expiration dates.
- Medications should be kept in a dry, cool place (not in the bathroom.)
- Do not take medicine in the dark, when you are tired, or when you are distracted. You might take the wrong medicine or too much. Ask for help, if needed, to find and take the correct medicine.
- Alcohol can interact with many different kinds of medications. Ask your healthcare providers or pharmacist whether it is safe to drink alcohol with any prescription or over-the-counter medicine.
- When children or grandchildren are around, keep medicine containers out of reach, particularly those that do not have childproof caps.
- Never take a medicine that was prescribed for someone else. (See below for cautions about costs of taking medicines not intended for you.)
- If your healthcare provider has told you to discontinue a medicine, dispose of it immediately. (See below for disposal recommendations.) Do not keep it for future needs. The cost of having side effects or a medicine interaction if you accidentally take that medicine would be greater than the cost of the medicine.
- Dispose of a medicine once the expiration date has passed. Always inquire at your pharmacy about any medicine take back programs in your city. If one is not available, follow any specific disposal instructions on the medicine label or patient information that accompanies the medicine. If no instructions are given, crush and mix medicines with coffee grounds, cat litter, or food scraps; seal them in a bag or a container (such as a margarine tub or jar) and discard them in the regular trash.
- Never stop taking a medicine on your own—always get your healthcare provider's guidance. Some medicines must be stopped gradually to avoid complications.
- If the medicine is making you feel sick or causing side effects that you find difficult to tolerate, talk to your healthcare provider about adjusting the dose or changing the medicine.

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Ulster County Seniors

We provide nutritious, well-balanced meals to Seniors in Ulster County. Please contact Ulster County Office for the Aging at 845-334-5125. We also offer the same great meals through our JUST LIKE HOME meal service - perfect for anyone desiring convenience or independent living, or for those recuperating at home or managing an illness.



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Beat the Heat: Summer Safety tips for Seniors

Here are eight tips to help ensure you and your senior loved one stays safe during the summer months.

1. **Keep Hydrated.** Seniors are more prone to dehydration because they aren't able to conserve as much water as they could when they were younger and their sense of thirst becomes less acute as they age. Seniors should drink at least 8 glasses of water or sports drinks daily and avoid alcohol and caffeinated drinks, which are dehydrating.
2. **Know the side effects of your prescriptions.** Some medications can cause increased sensitivity to the sun. Look over your medications and talk with your doctor about any concerns or questions you have.
3. **Stay indoors during extreme heat.** In extreme heat and high humidity, evaporation slows down and the body must work extra hard to maintain a normal temperature. Keep in mind, the sun is the most intense between 10 am and 4 pm. If you can, limit your outdoor activity to the morning and the evening.
4. **Dress appropriately.** A Senior's summer wardrobe should be full of light-colored, loose-fitting clothing. Choose cotton and other natural fabrics that are more lightweight and breathable than synthetic fabrics like nylon and polyester. Wearing a wide brimmed hat will help keep the sun off your face and neck.
5. **Wear sunscreen.** Apply a sunscreen of SPF 30 or higher at least 15-30 minutes before sun exposure. Look for a sunscreen that blocks both UVA and UVB rays. Reapply frequently if engaging in water activities.
6. **Preserve your vision.** Sun exposure can irritate Seniors' eyes and cause vision damage. Sunglasses should always be worn when exposed to the sun.
7. **Watch for heat stroke.** Heat stroke is a life threatening condition. Look for heat stroke symptoms, which include high body temperature, dizziness, headache, confusion, and nausea. Seek immediate medical attention if these signs are present.
8. **Use bug spray.** The elderly are more susceptible to West Nile virus, so be sure to protect yourself with bug spray, especially at night.



Garden tips for August

- Mid-August to mid-September is prime lawn-renovation and planting time.
- If houseplants need repotting, do it now, while's they're still outside (less messy than in the house!). Don't step up more than an inch (on small pots) or a couple (on large ones). Most plants don't like to swim in their containers.
- Many perennials and biennials can still be started from seed if you hurry, then set out in the Fall into nursery beds.
- Peonies are best divided and transplanted in late August through September, if they need it. Remember with these fussy guys that "eyes" must not be buried more than an inch or two beneath the soil surface.
- Always be on the lookout for dead, damaged, diseased wood in trees and shrubs and prune them out as discovered. Ditto with suckers and water sprouts.

DID YOU KNOW?

In the northern hemisphere, August is considered to be the last month of summer. In the southern hemisphere, it's the last of the winter months.

As the warm weather returns so do the farmers’ markets.

It doesn’t matter if you live in the area fulltime or you are just simply passing through, the markets are the best place to experience the tastes of the local area. They bring the season’s freshest fruits and vegetables, cheese, eggs, meats, maple syrups, baked goods, as well as arts and crafts.

Why are they so good?

- You can find a large variety of products
- A chance to meet the local producers and buy/support local business.

Shopping Tips:

- Arrive early for the best selection
- Walk around the market first to see what’s available before you buy
- Bring your own bags
- Buy in season and bulk for the best deals
- Bring small bills

As the seasons change so do the products being offered!
So, come and celebrate Farmer’s Markets – buy and support your local Farmer’s Market!

Ulster County Farmers Markets:

Please check for current status of markets due to COVID restrictions.

Heart of the Hudson Valley Cluett-Schantz Park 1801-1805 Rt 9W, Milton Saturday, 9 AM – 2 PM	Kingston Uptown Summer Market 285 Wall Street Saturday, 9 AM – 2 PM	Kingston YMCA Farm Stand 507 Broadway Tuesday, 10 AM – 12:30 PM Thursday, 3:30 PM - 6 PM
New Paltz Farmers’ Market 45 Main Street Sunday, 10 AM – 3 PM (coupons are not accepted at this market)	Saugerties Farmers’ Market 115 Market Street Saturday, 10 AM – 2 PM	Woodstock Farm Festival 20 Mountainview Ave parking lot Wednesday, 3 PM - 7 PM

NOTE to eligible Seniors using “**Senior Farmers Market Coupons**”: coupons can only be used to purchase fresh fruits and vegetables. The program is to promote local farmers and to foster healthy communities through the consumption of locally grown fruits and vegetables.

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 UCOFA Registered Dietician. To make a referral, please call 845-340-3456.

Being Mindful

Becoming more mindful requires practice. Here are some tips to help you get started:

- Take some deep breaths.** Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- Enjoy a stroll.** As you walk, pay attention to your breath and the sights and sounds around you. If thoughts and worries enter your mind, note them but then return to the present.
- Practice mindful eating.** Be aware of taste, textures, and flavors in each bite. Listen to when your body is hungry and full.
- Do a body scan.** Bring your attention to how each part of your body is feeling. This can help you connect with your body.
- Find mindfulness resources** including online programs and teacher-guided practices.

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Director

845-340-3578

Judy Riley, Deputy Director

845-340-3580

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845-334-5307

845-443-8804

HIICAP Medicare
Counseling

845-340-3579

Neighbor-to-Neighbor

845-340-3456

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 Office for the Aging 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.



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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.

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