

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

DECEMBER 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.



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OFA DIRECTOR MESSAGE

Dear Ulster County Seniors,

Welcome to December and the Holiday rush we are all looking forward to! I thought I would mention a few things about your smart/not smart phones that can offer you some protection in public, especially during the busy Holiday season-

Looking to charge your phone/Ipad/tablet before traveling:

- “If it’s not yours, don’t touch it” – USB cords can transfer more than electricity. Data can be stored on some cords either directly when you leave the cord after charging or wirelessly while you are charging.
- Charge at home and/or carry an extra battery. It sounds simple, but the safer way to operate your phone is make sure it’s charged before leaving the house. If you are out for a majority of the day and do not have access to a secure charging station, carry a battery extension. That way you can charge up on a power source you control. Or use your car charger.
- If you absolutely must charge your phone on a public charging station, power down your device first and use your own USB cord.

If you absolutely have to connect to check an email, shop, or schedule something important, take precautions: Know the hotspots you are connecting to – hackers often create hotspots near common public Wi-Fi and make the names very similar to places like hotels and coffee shops.

- Do not “automatically” connect to available Wi-Fi hotspots. Update your phone settings to choose Wi-Fi connections each time you encounter them.
- Close all apps before you connect.
- Don’t open private information (bank apps, credit card apps) when you are connected.
- Don’t use any games that are connected to your social media—this allows for hacking to take “the long route” into your information. Hackers use social media to find additional information about you and your accounts.

This is very helpful information – who knew that the cords you use to charge phones carry data? I didn’t.

Please know that we are planning a Holiday gathering in the Senior Hub on Wednesday, December 11 after the meal is served. Come sing some well-known holiday carols, and enjoy some punch and cookies for your Holidays! Speaking of the Senior Hub, we are looking to procure games, cards, colored pencils, checker and chess sets, a Mahjong set, maybe a scrabble game or two! We are going to set up a portion of the Senior Hub devoted to group games, maybe a bridge or Canasta club, Card games and tournaments, Bingo games, you name it! Lots of ways to bring you all together for some fun!

Susan Kopenhagenver, Director

COUNTY EXECUTIVE MESSAGE

Dear Ulster County Neighbors,

It is a privilege and an honor to continue serving the over 180,000 residents of Ulster County. One of the main themes I heard from residents at the many Town Hall meetings I held throughout the County was that people want a direct personal relationship with their government. I recently announced a new program, in conjunction with our County Clerk Nina Postupack, to take County Government on the road to directly bring services across the County. The Mobile County Government unit will go to every region of Ulster County quarterly and will provide services from the County Clerk’s Department of Motor Vehicle (DMV) van, which can be used for vehicle registration, licenses, and passport renewal. In addition, representatives from other Ulster County departments including The Office for the Aging will be collaborating with us to offer mobile services to bring services directly to residents in their home communities.

I also want to let you know that we are creating a Memorial Pavilion at the Ulster County Veterans Cemetery located in New Paltz dedicated to the internment of Veterans and their spouses. This project will allow Ulster County to honor our Veterans for the next century. As the County Executive and as a combat veteran, I am committed to ensuring that we recognize the selfless service of the thousands of veterans here in our County. This new addition will serve as a monument for the brave men and women who fought to protect our nation.

In addition, please note that the Ulster County Warming Center has a new location at the 2nda Iglesia La Mision Church, 80 Elmendorf St., Kingston. No one should find themselves out on the streets without shelter in the freezing weather. To find out when the Warming Center is activated please check our website at www.ulstercountyny.gov or call my office at 845-340-3800.

On behalf of my family and the entire Ulster County Government, I wish you and yours a wonderful holiday season and a very Happy New Year!

Sincerely,
Patrick K. Ryan
Ulster County Executive

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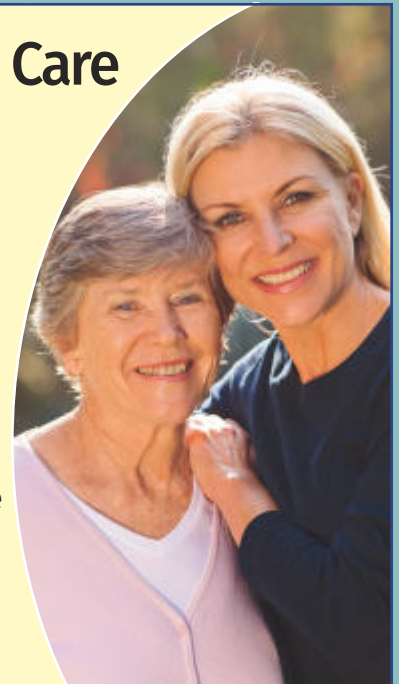
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MALL WALK WITH THE OFA

HUDSON VALLEY MALL
1300 Ulster Ave., 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 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 find out more.

Cut Added Sugars

- Choose water, milk, or unsweetened tea or coffee instead of sodas, sports drinks, energy drinks, and fruit drinks.
- Reduce sugar in recipes. If a recipe says 1 cup, use 2/3 cup.
- To enhance flavor, add vanilla, cinnamon, or nutmeg.
- Eat fresh, canned, frozen, and dried fruits without added sugar. Choose fruits canned in their own juice or water rather than syrup.
- Use fruits to top foods like cereal and pancakes rather than sugars, syrups, or other sweet toppings.
- Read the ingredients list to pick food with little or no added sugar.

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Mondays and Thursdays 11:30 A.M. to 12:30 P.M.

Starting December 2, 2019

Twice a week for eight weeks. Skipping Christmas week.

Pine Hill Community Center, 287 Main Street, Pine Hill, NY.

Space is limited Must R.S.V.P. by calling 845-340-3456.

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.



Drop-in Tai Chi

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

- Town of Shawangunk Town Hall, Walkkill, 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.



Holiday Harmony Sing-A-Long

Wednesday, December 11, 2019

1:00 P.M. at the Ulster County Senior Hub, 5 Development Court, Kingston, NY.

Refreshments will be served.

This event is free to Ulster County Seniors over 60.

Please R.S.V.P. by December 9 by calling the Office for the Aging at 845-340-3456.

If Kingston City School District is closed, this event will be cancelled and will not be rescheduled.



It's a Wonderful Life on December 10, 2019 at the Rosendale Theater, 408 Main Street, Rosendale, NY. Movie starts at 1:00 P.M. Free to Ulster County Seniors over 60. Call the Office for the Aging to R.S.V.P. by December 6 at 845-340-3456.



Senior Transportation Services

Transportation is a concern for many Seniors. Ulster County is here to help!

Ulster County Area Transit (UCAT) and the Office for the Aging (OFA) are working together to offer seniors who live in Ulster County one free shopping trip per week and two free medical trips per week.

Service is based on availability. Advance reservations are required. This service is available for Ulster County seniors who do NOT have Medicaid. (Medicaid recipients can book their medical transportation through the MAS system: 1-866-287-0983).

Here's how it works: You must register for this service by calling UCAT at 845-334-8120, or OFA at 845-340-3456. When you call, please leave a message, and one of our helpful staff will call you back to explain the program in detail.

All UCAT vehicles are wheelchair-accessible. In addition to the limited free rides, Seniors may ride 1/2 fare between the hours of 9:00 A.M. and 3:00 P.M. on UCAT's fixed-route service, and personal care attendants ride free.

The UCAT bus goes to the Poughkeepsie train station and the Main & Market Street area in Dutchess County.

Senior Spotlight



John and Sylvia Fogarty have been volunteers at the Ellenville Hospital for many years. John has been there for sixteen years, and Sylvia for over twenty-six years.

Here's what they have to say about their service. "We consider volunteering a plus for us in every way. We chose to be here at Ellenville Regional Hospital as it has shown us what a great and caring place it is. We consider volunteering here as one of the best things that we can do. The satisfaction of being a part of this hospital, the staff and its patients is beyond words. We give thanks every day that we can still volunteer here. We encourage others to enjoy volunteering as much as we do."

Get the help you need in Ulster County



Health care coordination • Help for sadness, anxiety and stress
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Older Adult Services Program

(845) 255-2930 x 3169





December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Goulash California Mixed Vegetables WW Roll Pineapple Chunk</p>	<p>3 Beef Patty & Gravy Mashed Potato Hot Beets WW Roll Butterscotch Pudding</p>	<p>4 Baked Ziti with Cheese Fresh Salad Green Beans Rye Bread Peach Crisp</p>	<p>5 Baked Chicken & Gravy Sweet Potatoes Brussels Sprouts WW Roll Fruit Cocktail</p>	<p>6 Spinach Quiche Cauliflower Carrots <i>Bean Soup</i> WW Bread Fruited Gelatin</p>
<p>9 Chicken Parmesan Pasta Broccoli WW Bread Peaches</p>	<p>10 Beef Burgundy Buttered Noodles Mixed Vegetables WW Roll Mandarin Oranges</p>	<p>11 Spanish Rice Spinach <i>Split Pea Soup</i> Rye Bread Pears</p>	<p>Cold 12 Meal Balsamic Chicken Fresh Salad, Tomatoes, Cucumbers Pasta Salad WW Roll, Spice Cake</p>	<p>13 Macaroni & Cheese Stewed Tomatoes 3 Bean Salad WW Bread Chocolate Pudding</p>
<p>16 Meatloaf & Gravy Mashed Potato Monaco Vegetables WW Bread Tropical Fruit</p>	<p>17 Chicken Divan Rice Pilaf Green Beans Fresh Salad with Tomatoes & Carrot WW Roll Fruit Cocktail</p>	<p>Christmas 18 Holiday Meal Pot Roast Mashed Potato Candied Carrots Rye Bread Holiday Cake</p>	<p>19 Sausage & Peppers Red Potatoes Zucchini <i>Lentil Soup</i> WW Roll Vanilla Pudding</p>	<p>20 Baked Fish with Dill Sauce Red Potatoes Broccoli WW Roll Peaches</p>
<p>23 Vegetarian Chili Brown Rice Cauliflower WW Bread Tapioca Pudding</p>	<p>24 Spaghetti & Meat Sauce Green Beans WW Bread Pineapple</p>	<p>Sites 25 Closed Christmas Holiday Pot Roast Mashed Potato Candied Carrots Rye Bread Holiday Cake</p>	<p>26 Shepherd's Pie French Cut Green Beans <i>Vegetable Soup</i> WW Roll Pears</p>	<p>27 Baked Chicken & Gravy Winter Squash, Peas Fresh Salad WW Bread Mandarin Oranges</p>
<p>30 Swedish Meatballs Buttered Noodles Red Cabbage WW Bread Fruit Cocktail</p>	<p>31 Chicken Pot Pie Broccoli Cuts <i>Bean Soup</i> WW Roll Peaches</p>	<p>For Information or Home Delivered Meal Cancellation Call: 331-2496 Community Café Reservations call: 331-2180</p>	<p>Meals Prepared by Gateway Community Industries <i>All soups are home-made.</i> <i>Milk is provided with meals.</i> "Menu Subject to Change"</p>	<p>Made possible by funds provided by Ulster County Government, NYSOFA, UCOFA and Private Funds.</p>



COMMUNITY CAFÉS

Do you know that Ulster County and the Office for the Aging sponsor multiple meal sites around the County so that Seniors, age 60 and over, can have a free meal?

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

OFA COMMUNITY CAFÉ LOCATIONS:

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

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

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

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

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

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. 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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- 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.



Holiday Scams to Watch Out For

Following are some examples of scams that may target older adults this holiday season.

Grandparent scam. This scam involves a criminal contacting a senior citizen, posing as a grandchild or other family member, who fabricates a family emergency, which requires immediate financial assistance. To avoid becoming a victim of this scam, contact family members directly to check if the emergency is real prior to providing any confidential information or sending money.

Secret shopper. This scam offers gift cards to people to become a secret shopper – either online or in a store. They may either offer payment for your service or say that you will be able to keep what you purchase. To be a secret shopper, the “company” requires you to provide personal information and sometimes bank account numbers. You should never trust a secret shopper offer, and it is never wise to hand over personal information online or over the phone.

Charity Scam. Find out where and how your potential donation will be used. Will it stay local or offer help in another state or country? Research the charity on give.org for legitimacy and transparency. Watch for emotional appeals that pull at your heartstrings, but don't actually offer assistance for a cause that you believe in. It's okay to say no to someone soliciting for an organization until you can determine the charity's authenticity.

Free gift cards. Some scammers will pose as legitimate businesses, offering free gift cards through phishing emails. These emails attempt to entice you to click on links that will install malware on your computer. Never click on suspicious links in emails.

Fake check scams. In this scam, the criminal will devise a scenario that will entitle you to receive a check. This could involve winning a prize or overpaying on an online purchase. To receive the check, you will be required to send money. Any time you receive an offer that says you will receive a check for sending money, it's best to ignore it.

Phony Websites. Not all advertisements and links in online searches are legitimate. Some links will lead to websites designed to steal your financial information. Watch for too-good-to-be-true pricing on popular items and research websites you've never purchased from before with BBB. Verify the website is secure and encrypted and begins with “https” before buying.

If expecting packages over the holidays, shippers will often provide updates on the status orders. Knowing this, scammers will send phishing emails pretending to be from companies like FedEx and UPS. Look closely at delivery notifications and email updates before you click on links or input information. And remember, UPS and FedEx won't ask for personal information via email.

Packages stacking up outside your door can be tempting for thieves. Consider tracking your package so you'll know when they've arrived or set up a different delivery address with a neighbor who is home during the day to ensure packages are delivered safely.

If you're traveling for the holidays, consider having your mail held for you at the post office and collect all deliveries at once when you return.



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Winter Health Tips for Seniors

Winter is just around the corner and as the temperatures drop, it can become more challenging to stay healthy and active. Seniors can be especially prone to the “winter blues,” so it’s more important than ever to be mindful of your habits and mood during the colder months.

1. **Keep Eating Healthy:** During the winter months, it can be more challenging to maintain a healthy diet. Since many produce items are “out of season” during the winter, their prices can increase substantially. Take this opportunity to check out your store’s selection of frozen veggies, which often contain less sodium than their canned counterparts. Be sure to stock up on winter fruits and vegetables, like pomegranates, cranberries, citrus fruits, grapes, and root vegetables. It’s also important to eat to support your immune system; this includes taking your vitamins (especially Vitamin C) and eating foods rich in zinc, such as fish, oysters, poultry, and eggs.
2. **Exercise Outdoors, Smartly:** If you’re able-bodied and have your doctor’s okay to exercise, don’t let colder weather keep you from enjoying your favorite outdoor activities. Be sure to dress in layers so that you can remove articles of clothing as needed, and be sure to wear a hat since the majority of your body heat escapes through your head. Don’t forget your sunscreen and sunglasses with UV protection, and protect yourself from windburn as well. Be smart about checking the weather forecast and wear the proper footwear for the season.
3. **Let the Sunshine In:** Sunshine, and the Vitamin D it imparts to your body, is key in battling the winter blues. Try your best to get fresh air and some natural light every day, even if it’s just to walk the dog or check the mail. If it’s particularly cold, open your blinds and spend some time sitting by the window. Don’t underestimate the value of light and sunshine in helping your energy level and your overall winter attitude.
4. **Keep in Touch:** Seniors and caregivers often face an increasing sense of isolation; proactively fight the winter blues by keeping in touch with friends and family members during the colder months. Make appointments to meet for coffee, take a bundled-up walk, or set aside time for a longer phone call with friends on a regular basis. Take special care of others you know who are primarily homebound, and may be feeling lonely or in need of help running errands. Helping others is an excellent way to feel connected.
5. **Winter-Proof Your Home:** As we age, it gets increasingly difficult to maintain body temperature, and with a more limited budget, we may be tempted to scrimp on the heating bill. Unfortunately, hypothermia is a very real concern for seniors. An easy way to ensure you are staying warm enough is to set your thermostat to at least 68 degrees Fahrenheit. It’s always a great idea to have working carbon monoxide detectors in the home, especially if you use space heaters.



Garden Tips for December

- Begin light pruning on trees and shrubs by removing watersprouts and dead or crossing branches.
- Protect shallow-rooted perennials, such as mums, coral bells, shasta daisy, and crocus, from the freeze-thaw cycles of winter by covering plants with evergreen boughs from leftover holiday greens.
- Apply winter mulch to base of roses once ground begins to freeze.
- Clean, sharpen, and repair all garden tools before storing.
- Protect multi-stemmed evergreens, such as upright arborvitae, junipers, and yews, from heavy snow or ice damage during a winter storm by tying trunks together with old nylons or cotton twine.
- Avoid using heavy quantities of deicing material along sidewalks and parking areas near landscape plants.
- Gently shake or brush off heavy snow that accumulates on shrubs and small trees before it freezes.
- Begin monitoring for animal damage when food sources become scarce, but don't forget to feed the birds.

DID YOU KNOW?

Tinsel was invented in 1610 in Germany and was once made of real silver.

Lots of food, family, friends and celebrations offer opportunity for mishandling and contamination of food. A few easy tips to ensure a safe holiday season:

Plan ahead:

- have the proper equipment such as cutting boards and utensils

When food shopping:

- separate all raw meat, fish, poultry and eggs from fruit and vegetables
- do not buy fresh cut fruits and vegetables that are not refrigerated
- avoid canned products that are dented, bulging or rusted

When working in the kitchen, be sure:

- anyone that helps follows the basic rules - clean, separate, cook and chill
- everyone washes their hands before and after handling food
- to use paper towels when a crowd is present, it is safer and helps to avoid cross contamination
- to keep the refrigerator door closed as much as possible to maintain the safe temperature of 40 degrees or below

Leftovers:

- discard all perishable foods - meat, eggs, casseroles that have been left out at room temperature for 2 hours or longer
- whole hams, roasts and turkeys should be sliced or cut into smaller portions before storing in the freezer or refrigerator to allow quicker cooling
- freeze or refrigerate leftovers in smaller/shallow containers
- consume refrigerated leftovers in 3 to 4 days and reheat them to an internal temperature of 165 degrees

"WHEN IN DOUBT THROW IT OUT!"

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

VOLUNTEER

VOLUNTEERS 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.

The Volunteer Program at the Office for the Aging is putting together a new Friendly Visitor Program. We would like to offer this service to some of our most vulnerable seniors who are shut in and isolated. We have been trying out a pilot program that has been very successful. We are now ready to expand the program and make it "official." If you are interested, the OFA will identify someone in your area that would benefit from a friendly visitor. We will hold an informational meeting soon, and we will share more details about the program. Please email pmcd@co.ulster.ny.us or call me 845-802-7935 for more information.

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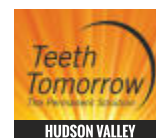
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OFFICE FOR THE AGING

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Director

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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

845-443-8837

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 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.



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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.

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