

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

JANUARY 2021



Our mission at the Ulster County Office for the Aging is to assist Ulster County Seniors to be as independent as possible, for as long as possible. This is accomplished through advocacy, development and delivery of person-centered, consumer-oriented, and cost-effective policies, programs and services which support and empower the elderly and their families.

We accomplish this in partnership with the network of public and private organizations that serve them.

Are you 60 years old or older and...

...Need a ride for a medical appointment?

...Would benefit from a nutritious home-delivered meal?

...Need help with legal matters or Medicare questions?

Trained staff are available 9:00 A.M. to 5:00 P.M., in person or by phone, to answer questions about available community resources, benefits and entitlements.



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Ulster County Office for the Aging, Kingston, NY

06-5324

OFA DIRECTOR MESSAGE

Dear Ulster County Seniors:

Greeting in the Deep Midwinter Season: We hope you all had healthy and safe Holidays!

With a vaccine (many, actually!) arriving on the horizon, there is hope anew that soon we will start seeing what a somewhat normal life looks like! On behalf of myself and all the staff here, we are missing everyone so much, we can't wait to get our long-delayed plans going again, and we are impatient for this all to end. But we still have to be safe, stay healthy, and follow the protocols so we can all be together again soon.

Some things that are available: Virtual education session through our Zoom platform, Tai chi classes, Legal advice on the phone or through virtual platform, HIICAP counselors, and sometime starting in later January, our AARP Tax Aid program will begin again. Training on the computers is available for those comfortable enough to want to do it, but it may be better to wait until this wave has passed over. Again. Our Case Managers have been doing their due diligence and making their phone calls, going through the wait list and finding out if folks are still in need of services, and we are still making Warm Calls to isolated citizens. Our County Services are there for you, too. Just give a call.

Our congregate meals program will begin, as will our gatherings for Lunch and Learns, when it is safe once again to gather. We rely on the science here to dictate what we will open up to do. Again, we had to cancel our entire movie season, and will have to revisit that next year. Volunteers, in smaller numbers, but still active, are still taking seniors needing rides to medical appointment, as is the County Bus system.

Time is flying by, and it won't be too long till we can see you all again!

Please stay healthy!

In good health,
Susan Koppenhaver, Ulster County OFA Director

U.S. Department of Health and Human Services
Administration for Community Living
COVID-19 vaccine scam alert

Though we've only seen one COVID-19 vaccine scam at this point, we know that this type of fraud will move very quickly, very soon, and will take many forms.

Scammers rapidly alter their tactics and adapt their schemes to the changing landscape, and we anticipate that they will leverage the pending COVID-19 vaccine to prey on unsuspecting beneficiaries.

At this point, it is essential that we alert the public of likely schemes and provide them with information on how they can protect themselves:

- You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- No one from Medicare or the Health Department with contact you.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the vaccine, STOP. That's a scam.

As you receive specific vaccine fraud case information, please notify the SMP Mailbox (smp@acl.hhs.gov) via email.



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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

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 \$1,456 or less (Married income \$1,960 or less) you may be eligible!

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

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

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

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

Thank you.

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UCOFA Online Learning for Seniors

January 14: Don't Fall for Bad Medicine

Presented by Neal Smoller, Village Apothecary

R.S.V.P. by January 11 2021

January 19: Easy Pumpkin Soup

Presented by Juanita Bryant, UCOFA Registered Dietitian

R.S.V.P. by January 25, 2021

January 21: Healthy Living for your Brain and Body

Presented by Tara DeLuca, Alzheimer's Association,
Hudson Valley Chapter

R.S.V.P. by January 18, 2021

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

Free to Ulster County Seniors age 60 and over.

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



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Starting January 20, 2021.

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



Hope to see you soon.



Tips to Make Your New Year's Resolutions Stick

A new year is always a great opportunity to start fresh and make your goals happen. Whatever your goal is the important thing is that you are on the right path to achieve it. These tips will help you stick to your New Year resolutions and maximize your chances of not giving up.

1. Start with small goals. You may be feeling motivated and excited about your goal, but don't let your ambition lead you to unattainable levels. If you want to try a new activity, don't commit yourself to 5 times a week – start slowly and consistently and build from there. Giving yourself the ability to meet your goal in small steps can help you avoid discouragement along the way.
2. Make it measurable. For your goal to be attainable, it's important that you make it specific and measurable. For example, if you want to exercise more, set the amount of time you want this to be: 30 minutes a day, 4 times a week. By assigning a measurement, you are specifying what goal success looks like.
3. Be realistic. Set your goals according to your lifestyle and with what you will be able to achieve, otherwise you might lose your motivation. Be honest to yourself and be sure to consider the resources and time you have available to help you meet your goals.
4. Make a plan. So you know what you want to accomplish, but make sure you also determine the when, where, and why of your vision. That way you can establish an action plan and set yourself on the right path to achieve your goal.
5. Stay positive. It can be difficult to make changes in your life, but focusing on the negative side will only discourage you. Try not to think about how tired you will feel after a session at the gym, or how much stress it may cause you if you stop smoking. Believe in your goal and try to constantly remind yourself of the benefits and the impact it will have on your life. Focusing on the positives will help you stick to your resolution and make it happen.



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Older Adult Services Program

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January 2021 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals Prepared by Gateway Hudson Valley</p> <p>Milk is provided "Menu Subject to Change"</p>	<p>For Information or Home Delivered Meal Cancellation Call: 331-2496</p> <p>Community Café information call: 331-2180</p>			<p>1/1/2021 CLOSED New Year's Day Beef Burgundy Buttered Noodles Mixed Vegetables Whole Wheat Bread Pears</p>
<p>4 Meatballs with Gravy, Rice Stewed Tomatoes Peas and Carrots WW Roll Pineapple Chunks</p>	<p>5 Chicken Florentine Asparagus Carrots WW Bread Lemon Pudding with Blueberries</p>	<p>6 Breaded Fish with Spinach Alfredo Sauce Sweet Potatoes Cauliflower WW Bread Oatmeal Cookie</p>	<p>7 Pork Patty with Mushroom Gravy Sweet Potatoes Green Beans WW Bread Fruit Cocktail</p>	<p>8 Pesto Basil Chicken Patty Lima Beans, Three Season Vegetables WW Roll Tropical Mixed Fruit</p>
<p>11 Swiss Broccoli Pasta Green Beans Cauliflower Whole Wheat Bread Pineapple Chunks</p>	<p>12 Sweet & Sour Chicken Brown Rice Pilaf California Mixed Vegetables Whole Wheat Roll Mandarin Oranges</p>	<p>13 Baked Fish with Dill Sauce Red Roasted Potato Spinach Split Pea Soup WW Dinner Roll Apple Cake</p>	<p>14 Baked Ziti Mixed Vegetables Fresh Salad Whole Wheat Bread Peaches</p>	<p>15 Roast Pork with Gravy Mashed Potato Braised Cabbage Rye Bread Applesauce</p>
<p>18 CLOSED Martin Luther King Day Macaroni & Cheese Stewed Tomatoes 3 Bean Salad Whole Wheat Bread Fruit Cocktail</p>	<p>19 Beef Stew Winter Squash Cauliflower Fresh Salad Whole Wheat Roll Fresh Orange</p>	<p>20 Chicken Parmesan Pasta Italian Mixed Vegetables Minestrone Soup Whole Wheat Bread Pears</p>	<p>21 Meatloaf with Gravy Mashed Potato Broccoli Whole Wheat Bread Cranberry Pear Crisp</p>	<p>22 Apple Braised Turkey Cutlet Sweet Potato Brussels Sprouts Rye Bread Chocolate Pudding with Fruit</p>
<p>25 Beef Patty with Gravy Herbed Potatoes California Mixed Vegetables Whole Wheat Bread Peaches</p>	<p>26 Chicken Divan Brown Rice Carrots Split Pea Soup Whole Wheat Bread Tropical Mixed Fruit</p>	<p>27 Swedish Meatballs Buttered Noodles Red Cabbage Rye Bread Pears</p>	<p>28 Chicken with Gravy Mashed Potato Parisian Mixed Vegetables Whole Wheat Roll Pumpkin Pudding</p>	<p>29 Spaghetti & Meat Sauce Italian Beans Green Salad Whole Wheat Bread Apple Crisp</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?

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

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

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

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

Community Café sites are closed until further notice.

Thank you.

The recommended voluntary contribution for a Community Café meal is \$3.00 per meal but not mandated. All contributions are voluntary and confidential. No one will be denied a meal if they do not contribute. Meals made possible by funds provided by Ulster County Government, NYSOFA, UCOFA and Private funds. Your contributions help keep Senior programs available. Thank you.



HOME DELIVERED MEALS

Home delivered meals can help Seniors stay independent in their own homes. Are you or someone you know, unable to take care of meal preparation?

The Ulster County Office for Aging Home Delivered Meal Program provides a nutritious hot (or frozen) meal delivered to Seniors at NO cost, Monday - Friday. The meals served are planned by a registered dietitian and each meal provides one-third of a Senior's daily nutritional needs.



DO YOU KNOW SOMEONE WHO MIGHT BENEFIT FROM HOME DELIVERED MEALS?

Qualified Seniors must be:

- 60 years or age or older
- A resident of Ulster County
- Difficulty preparing own meals

For more information, please call Ulster County Office for the Aging at 845-340-3456. For home delivered meal cancellation call 845-331-2496.

The Office for the Aging gratefully accepts voluntary contributions. Your contributions help keep Senior programs available. Thank you.

This program is made possible by funding from Federal, State, County and/or local contributions.

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Ulster County Office for the Aging, Kingston, NY

06-5324

Keep Warm Inside

Living in a cold house, apartment, or other building can cause hypothermia. Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse.

People who are sick may have special problems keeping warm. Do not let it get too cold inside. Even if you keep your temperature between 60°F and 65°F, your home or apartment may not be warm enough to keep you safe.

Here are some tips for keeping warm while you're inside:

Set your heat to at least 68–70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.

Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.

Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers. When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.

Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.

Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.

You may be tempted to warm your room with a space heater. But some space heaters are fire hazards, and others can cause carbon monoxide poisoning. Follow these safety tips when using a space heater:

- Never operate a heater you suspect is damaged. Before use, inspect the heater, cord, and plug for damage. Follow all operation and maintenance instructions.
- Never leave the heater operating while unattended, or while you are sleeping.
- Keep combustible material such as beds, sofas, curtains, papers, and clothes at least 3 feet from the front, sides, and rear of the heater.
- Be sure the heater plug fits tightly into the wall outlet. If not, do not use the outlet to power the heater. Never power the heater with an extension cord or power strip.
- Ensure that the heater is placed on a stable, level surface, and located where it will not be knocked over.
- When purchasing a heater, ask whether the heater has been OSHA safety-certified.
- Never run the heater's cord under rugs or carpeting. This can damage the cord, causing it and nearby objects to burn.
- To prevent electrical shocks and electrocutions, always keep electric heaters away from water, and never touch an electric heater if you are wet.



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Ulster County Office for the Aging, Kingston, NY

06-5324

January is National Glaucoma Awareness Month

Glaucoma is the root cause of about 10 percent of total blindness in the United States, and many of the people affected are Seniors (those over the age of 65). Glaucoma is a group of eye diseases that gradually steal sight without warning. Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There are many different types of glaucoma, but the most common type is called open-angle glaucoma - that's what most people mean when they talk about glaucoma. Other types of glaucoma are less common, like angle-closure glaucoma and congenital glaucoma.

At first, glaucoma doesn't usually have any symptoms. That's why half of people with glaucoma don't even know they have it. Over time, you may slowly lose vision, usually starting with your side (peripheral) vision - especially the part of your vision that's closest to your nose. Because it happens so slowly, many people can't tell that their vision is changing, especially at first. However, if it's caught early, you can preserve your vision and prevent vision loss. Taking action to preserve your vision health is key:

- Get a comprehensive dilated eye exam to catch glaucoma early and start treatment, especially if you have a family history of glaucoma. Medicare covers a glaucoma test once a year for people in high-risk groups.
- Maintaining a healthy weight, controlling your blood pressure, being physically active, and avoiding smoking will help you avoid vision loss from glaucoma. These healthy behaviors will also help prevent type 2 diabetes and other chronic conditions.

There are a few different types of treatment for glaucoma:

Medicines. Prescription eye drops are the most common treatment. They lower the pressure in your eye and prevent damage to your optic nerve.

Laser treatment. To lower pressure in your eye, doctors can use lasers to help the fluid drain out of your eye. It's a simple procedure that your doctor can do in the office.

Surgery. If medicines and laser treatment don't work, your doctor might suggest surgery. There are several different types of surgery that can help the fluid drain out of your eye.

There is no cure for glaucoma - yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.



Garden tips for January

- Start pansies indoors. Give them love and attention, and you should have gorgeous flowers to plant outdoors when the temperatures warm.
- To give your bushes a bit of a reprieve, try knocking the heavy snow off of them.
- If you enjoy broccoli, onions, cabbage, or cauliflower go ahead and start them indoors from seeds.
- Seeds of microgreens are readily available in January. You can plant a mix or grow some of your outdoor favorites, such as arugula, beet greens, mizuna, and pea shoots.
- Start seed indoors for notoriously slow-to-grow celery, parsley, onions, and leeks.
- On warm days, pile mulch and leaves on garden beds if they've been blown off by winter winds. Mulch will help keep the soil temperature even and reduce the thawing and heaving that causes plant damage.

DID YOU KNOW?

Uranus is the coldest planet and winter lasts for 21 years.

HAPPY NEW YEAR JANUARY 2021

Now that the holidays are behind us, let's clear the slate and focus on health and wellness!

Salt (or sodium) is a mineral our bodies need for muscle and nerve function as well as fluid balance. Salt also known as sodium chloride is found in many foods but just like a lot of other things, too much is bad for your health. Our bodies need salt to regulate blood pressure and to assist in the proper function of our nerves and muscles, but in moderation! Consuming salt at an excessive amount leads to fluid retention and elevated blood pressure with a possibility of the end result of a stroke and heart failure.

The best way to reduce salt/sodium in your meal plan is to cook meals at home and try and stay away from the pre-packaged and processed food items. Cooking suggestions:

- Don't add salt while you are cooking- add herbs, spices, try lemon or lime juice!
- If you use canned vegetables always rinse them first
- Choose lower sodium protein options, fresh or frozen meats, eggs, chicken, seafood or dried beans
- Use low-sodium or sodium free condiments and seasoning blends
- Read the food labels!

So, how much sodium should you consume? A sufficient amount of sodium is 1500 milligrams per day but we typically consume more than that and need to be mindful of what we are doing. We actually get enough salt (sodium) in the foods we eat without adding any extra.

Empty the salt shaker, put it in the cabinet – remember just because you may be taking blood pressure pills doesn't give the okay to overdo it on the salt. Health depends on it!

Your Registered Dietician is available if you have questions!

*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.*

VOLUNTEER

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

If you'd like to help a Senior in need, contact Patrick McDonough at the OFA Volunteer Program: 845-802-7935 or pmcd@co.ulster.ny.us.

10 Reasons to Volunteer

1. Healthy body, healthy mind.
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5. Enjoy a meaningful conversation.
6. Connect with your community.
7. Feel involved.
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Judy Riley, Deputy Director

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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
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of Ulster County

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alzheimer's  association

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