

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

JULY 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:

Depending on when the Office for Aging gets the approval to start reopening from the County Executive, there may be opportunities for clients to visit the Medicare and Legal help in the office in the not too distant future. If you have already have virtual or phone appointments with legal and Medicare, please keep them. We will be notifying the public about reopening plans soon through the website, the newsletter, emails blasts, newspaper notifications, and you are always welcome to call the office at 340-3456 to find out more. As of now, no live presentations, learning opportunities or special events such as Lunch and Learns or movies can be scheduled until the complete reopening plan and dates are in place, and the State Executive Order regarding Matilda's Law has been lifted. We have, however, planned online activities, and will continue to do so (Tai Chi, basic and continuing, and planning some nutritional presentations through Zoom).

You have all been so patient with this, and we commend you for that. Our staff is anxious to see you, and I am sure you are anxious to see each other, but it needs to be done safely. We have put together what I believe is a workable plan for opening up the office, but the OFA is in Phase 3 of the County plan; in other words, the end of the plan, so we will be the last department to open. We will put safeguards in place, use social distancing, have masks available for those who do not have them, and have a strict disinfection regimen for any public spaces we both use, and we will design a safe, open, large space for any other senior walk ins who desire information or referral services.

The Farmer's Market coupons are going to be available in July – we have yet to announce a way to get them to interested parties during this time – more to come on that.

We hope you have all been safe and health during the worst of the pandemic, and we are all cautiously starting to breathe sighs of relief that the light at the end of the tunnel is growing brighter!

We hope to see you all soon!

Susan Koppenhaver, Ulster County OFA Director

Reopening Plan for Office for the Aging

Please know that the Office for the Aging is taking every precaution to keep the public safe as well as our own staff. When we do reopen, all staff and visitors will be screened before entering the building and will have their temperature taken. All staff and visitors will be required to wear masks and use appropriate social distancing measures. In addition, OFA public meeting areas will be outfitted with shield barriers. We strongly encourage anyone wanting to come to our office to call and make an appointment as it is important to limit walk-ins for safety concerns. We will also be meeting with people in the Senior Hub where we will strategically space out areas. If you have any questions or concerns please feel free to call our office at 845-340-3456.

Recovery Service Center

845-443-8888

RSC@co.ulster.ny.us

In addition, Ulster County Executive Pat Ryan has established the Recovery Service Center in the wake of COVID-19. The Recovery Service Center will assist the public on a wide range of topics including: helping direct callers to county and community resources and will allow callers to submit general inquiries and complaints. The hotline will be able to assist callers with programs and services related to: food, housing, mental health support, employment, business, as well as continuing COVID-19 assistance. The RSC hotline will be available Monday – Saturday 9:00 A.M. to 5:00 P.M.

The Gen to Gen program matches Ulster County seniors and high school students for a mutual learning experience, where the senior gets to learn (from HS mentors) interviewing skills, some tech skills, while they ask a comprehensive set of questions of the seniors who agree to be interviewed, and perhaps create a montage of video and audio information about that senior and the richness of their lives. It has been a project wish of Pat Ryan since he started. We are currently working on the project now in conjunction with Ulster Corps and local HS guidance counselors and students in different areas. If you wish to be interviewed, and want to take part, please call the office 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.

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.

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OFA Online Learning for Seniors

July 14: Be Tick Free

Presented by Stacy Kraft, U.C. Department of Health and Mental Health
R.S.V.P. by July 7, 2020

July 21: Advance Care Planning

Presented by Erica Halwick-Williams, Esquire
R.S.V.P. by July 13, 2020

July 28: Freshen up your Pantry Staples

How to create balanced meals using everyday pantry staples and fresh, seasonal produce.
 Presented by Kristin Kessler, RDN, ShopRite
R.S.V.P. by July 21, 2020

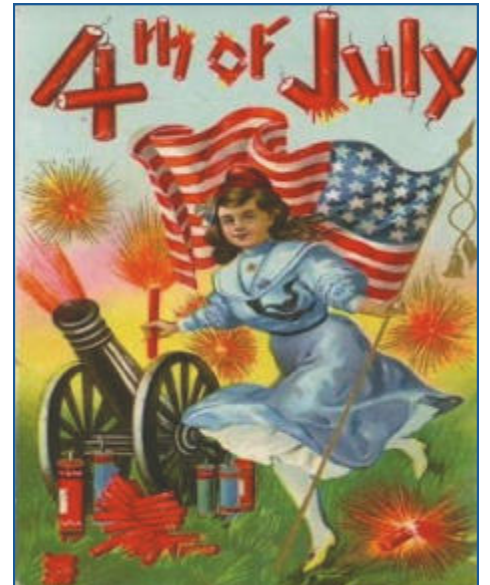
July 30: Gourmet on a Budget

Presented by Juanita Bryant, OFA Registered Dietician
R.S.V.P. by July 22, 2020

August 6: Advance Care Planning

Presented by Erica Halwick-Williams, Esquire
R.S.V.P. by July 29, 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.



We hope to see you at the movies soon.

Keeping Cool

Get out of the sun and into a cool place.
 Drink plenty of liquids, especially water. Avoid drinks that contain alcohol and caffeine.
 Limit use of the oven if you don't have air conditioning.
 Dress for the weather. Wear light-colored, loose-fitting clothing.
 Shower, bathe or sponge off with cool water. Or, sit with feet in a pan of cool water.
 Cover windows with shades, blinds or curtains during the hottest part of the day.
 Eat light, cold meals like chicken or pasta salad instead of heavy, hot dishes like pot roast.

Coronavirus Tax Relief: Stimulus debit cards

Some payments may be sent on a prepaid debit card known as The Economic Impact Payment Card. The Economic Impact Payment Card is sponsored by the Treasury Department's Bureau of the Fiscal Service, managed by Money Network Financial, LLC and issued by Treasury's financial agent, MetaBank, N.A.
 If you received an Economic Impact Card, it will arrive in a plain envelope from "Money Network Cardholder Services." The Visa name will appear on the front of the Card; the back of the Card has the name of the issuing bank, MetaBank, N.A. Information included with the Card will explain that the card is your Economic Impact Payment Card.
 You will need to call 800-240-8100 to activate card and set up a pin number. That number will also provide the cards balance. Please go to <https://www.eipcard.com/> for more information.



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July 2020 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For Information or Home Delivered Meal Cancellation Call: 331-2496 Community Café Reservations call: 331-2180</p>	<p>Meals Prepared by Gateway Hudson Valley <i>Milk is provided</i> <i>WW = whole wheat</i> "Menu Subject to Change"</p>	<p>Cold 1 Plate Chicken Salad Greens, Tomatoes & Cucumbers, Chickpeas, Potato Salad, Rye Bread, Pineapple Chunks</p>	<p>2 Roast Turkey & Gravy Mashed Potato Spinach WW Roll Apple Crisp</p>	<p>JULY 4th 3 CLOSED Chicken Parmesan Roasted Potato Oriental Mixed Vegetable WW Roll Pears</p>
<p>6 Chili Con Carne Brown Rice Cauliflower WW Bread Rice Pudding with Raisins</p>	<p>7 Red Pepper Quiche Corn Green Beans WW Roll Fruited Gelatin</p>	<p>8 Chicken Dijon Parsley Potato Carrots Rye Bread Fruit Cocktail</p>	<p>Cold 9 Plate Chef's Salad Plate Cheese, Turkey, Greens, Tomatoes, Kidney Beans WW Sandwich Roll Yogurt Fruit Parfait</p>	<p>10 Beef Burgundy Buttered Noodles Broccoli WW Bread Peach Crisp</p>
<p>13 Baked Chicken & Gravy Mashed Potato Carrots WW Bread Pears</p>	<p>14 Swedish Meatballs Buttered Noodles Red Cabbage WW Roll Fresh Orange</p>	<p>15 Turkey Cutlet & Mushroom Gravy Sweet Potato Brussels Sprouts Rye Bread Applesauce Cake</p>	<p>16 Macaroni & Cheese Stewed Tomatoes 3 Bean Salad WW Roll Fruit Cocktail</p>	<p>Cold 17 Plate Seafood Salad Plate Potato Salad, Greens, Carrots, Cucumbers, Chickpeas WW Bread Chocolate Pudding with Fruit</p>
<p>20 Goulash Whole Wheat Noodles Green Beans WW Bread Tropical Mixed Fruit</p>	<p>Cold 21 Plate Balsamic Chicken Macaroni Salad Greens, Tomatoes, Cucumbers, Carrots, Kidney Beans WW Roll Vanilla Pudding</p>	<p>22 Beef & Peppers Brown Rice Pilaf Harvard Beets Rye Bread Fruit Cocktail</p>	<p>23 BBQ Pulled Pork Red Potatoes Cooked Greens Coleslaw WW Sandwich Roll Pineapple Chunks</p>	<p>24 Meatloaf & Gravy Mashed Potato Monaco Mixed Vegetables WW Bread Fresh Fruit</p>
<p>27 Sweet & Sour Chicken Brown Rice Broccoli Cuts WW Bread Mandarin Oranges</p>	<p>28 Spaghetti & Meat Sauce Mixed Vegetables WW Roll Tapioca Pudding with Fruit</p>	<p>Cold 29 Plate Turkey Salad Plate Potato Salad Carrot Raisin Salad Greens Rye Bread Spice Cake with Pineapple</p>	<p>30 Broccoli Quiche Winter Squash Cauliflower WW Roll Fruit Cocktail</p>	<p>31 Baked Chicken & Gravy Mashed Potato Spinach WW Bread Peaches</p>



COMMUNITY CAFÉS

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

Come and enjoy good food and socialization! OFA Community Cafés 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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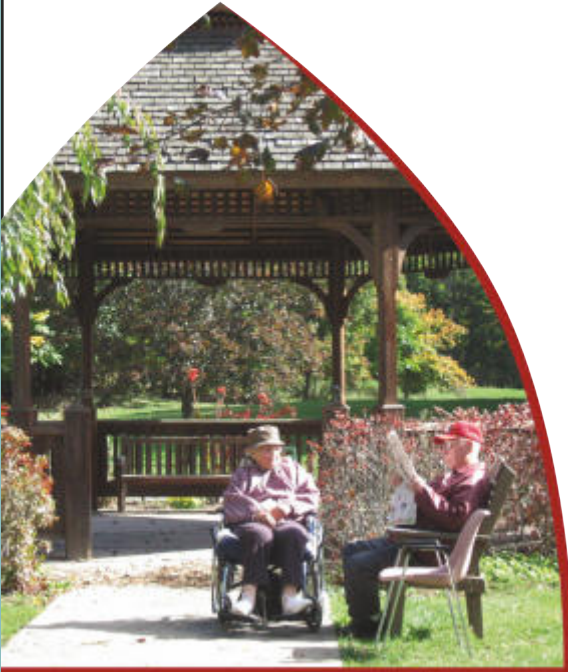
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Sun Safety for Older Adults

The only way to safely escape the familiar interiors of our homes during this pandemic is to go outside into the fresh air, bask in the beauty of nature and get some desperately needed exercise and sunshine. Being able to go outside can be particularly important at a time when people are cooped up at home, isolated from others and moving a lot less than normal.

The key is to maintain physical distance from others and minimize exposure to the coronavirus. So a private space can be a great, safe way to reap the benefits of being outside. So just think about the environment and what you'll be doing. Of course, you're using safety precautions to protect yourself from the virus — walking 6 feet or more from others, wearing a mask, avoiding touching your face, washing your hands — but have you thought of the necessity of protecting your skin?

The danger of skin cancer certainly hasn't disappeared during the age of coronavirus, and using sunscreen is more important than ever, experts say. While it's true that much of the ultraviolet (UV) damage to the skin happens during childhood and adolescence, that doesn't mean your skin should be unprotected in adulthood. Every new sunburn you experience at any age increases your risk of developing skin cancer. As we head into the hottest months of the year, it's important to take a few minutes to learn more about skin safety. That's because non-melanoma skin cancer continues to be the most commonly diagnosed type of cancer in the U.S. Older adults with compromised immune systems can be at especially high risk. Here's what older adults should know about skin cancer prevention:

Use Sunscreen and reapply: Applying sunscreen is one of the best steps you can take to protect yourself from skin cancer. Don't forget to cover the backs of your ears, the tops of your feet, and the back of your neck. These are areas people often forget about. In general, you should apply one full ounce every two to four hours. If you are swimming or sweating, you might need to apply it even more often.

Avoid Peak Sun: The sun's rays are typically strongest between the hours of 10 A.M. and 4 P.M. If you can avoid being outside during these hours, you can lower your risk of skin cancer. Try to run errands, take your daily walk, and do other outdoor tasks around peak sun times.

Wear Quality Sunglasses: Don't forget to protect your eyes from the sun's rays, too, they are susceptible to UV damage. Choose those with a label showing they meet UVA/UVB standards. In addition to preventing sun damage, wearing sunglasses can help lower your risk for developing cataracts.

Wear Protective Clothing: While it might not sound all that comfortable on a hot day, wearing lightweight long pants, a long-sleeved shirt, and a hat that shields your face also helps protect skin. Some fabrics even have a sun protection factor (SPF) built in.

Car Sun Safety: Don't forget to wear sunscreen and sunglasses when you are riding in a car. It's easy to think you are safe, but sunburn can easily occur if you are a driver or passenger in a car.

Scan for Growths: Make a habit of checking your skin head-to-toe once a month for new growths or changes to old ones. Growths that have irregular borders, varying colors, or have increased in size should all be shared with your doctor. The Skin Cancer Foundation recommends seeing a dermatologist once a year for a skin cancer check. Catching potential problems early gives your physician an opportunity to intervene before the cancer is too advanced.

One final tip for remaining safe in the summer sun is to stay hydrated. Older adults are often at greater risk for dehydration for a variety of reasons including medication side effects. Keep water with you when you are outdoors and sip from it continuously.



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Ulster County Office for the Aging, Kingston, NY

06-5324

Pill-free ways to lower high blood pressure

More than a third of all adults in the United States have high blood pressure—a systolic pressure (the top number in a reading) of at least 140 millimeters of mercury (mm Hg), or a diastolic pressure (the bottom number) of at least 90 mm Hg, or both. The condition injures blood vessel walls and forces the heart to work harder, increasing the risk for heart disease and stroke. Taking medication to treat high blood pressure is just part of the solution. "Lifestyle modification is equally important," says Dr. Randall Zusman, medical editor of the Harvard Special Health Report. Just one change can begin to lower your blood pressure. With several, "we may be able to take you off some medications," says Dr. Zusman.

Lose weight: High blood pressure risk increases approximately threefold for people who are overweight. For each pound you lose, you may be able to drop both systolic and diastolic pressure an average of one point.

Exercise: Getting 30 minutes of moderate aerobic exercise (the kind that gets your heart pumping) on most days of the week has the potential to lower systolic blood pressure as much as four to nine points.

Eat a heart-healthy diet: Shift to a diet with less fat and more antioxidant-rich fruits and vegetables (blueberries, strawberries, spinach, red cabbage), lean meats, legumes, chicken, fish, and whole grains.

Reduce sodium intake: In some people, too much sodium increases the amount of body fluid and blood volume, which makes the heart work harder. Limiting sodium to 2,300 milligrams per day has the potential to lower systolic blood pressure by two to eight points.

Boost potassium-rich foods: Foods that are high in potassium, such as sweet potatoes, white beans, and bananas, help relax blood vessels and eliminate excess sodium.

Manage stress: Chronic stress can lead to high blood pressure. Meditation, guided imagery, deep breathing exercises, and yoga can help you manage stress.

Monitor your blood pressure: Taking a daily blood pressure measurement will make you more likely to work at improving your numbers. The best times are early in the morning before you take any blood pressure medications, and again in the evening.

Quit smoking: The nicotine in tobacco constricts blood vessels and makes the heart work harder, leading to higher blood pressure. Quitting can lower your systolic blood pressure by two to eight points.

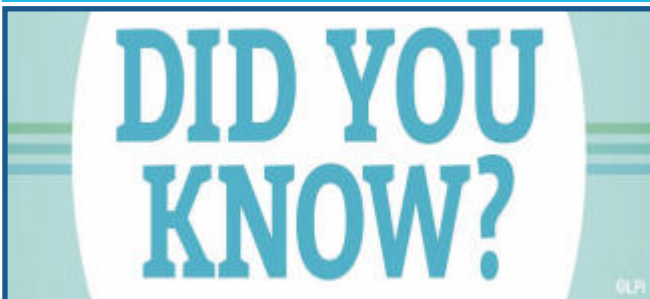
Cut back the booze: Limit daily alcohol intake to one drink (if you're a woman) or two drinks (if you're a man). Cutting down has the potential to reduce systolic blood pressure by two to four points. If you don't drink, don't start.

Treat sleep apnea: Obstructive sleep apnea sometimes causes high blood pressure. Treatment—such as continuous positive airway pressure or a dental appliance—may help lower blood pressure and reduce the harm to your heart.



Garden tips for July

- Always be on the lookout for dead, damaged, diseased wood in trees and shrubs and prune it out as discovered.
- Make a pass through each garden bed each week, since weeds are not just unsightly but steal moisture, nutrients and light. Top up mulch where needed.
- Through month's end, softwood cuttings of buddleia, weigela, rose-of-sharon and roses, among other shrubs, can be taken to propagate more plants inexpensively.
- For peak flavor, basil, sage, marjoram and oregano, mint, tarragon are best harvested just before bloom.
- Prune rambler roses and once-blooming climbers now, after their flowering period.
- Many perennials and biennials can be started now from seed, then set out in the fall into nursery beds.
- Deadhead faded perennials unless they have showy seed heads (same with bulbs).



The very first 4th of July fireworks show took place in Philadelphia in 1777.

The summer months are finally here and with that comes the Farmer's Markets. The markets showcase local fresh fruits, vegetables, meats and bakery products. For a well-balanced meal plan we always recommend you create a rainbow of color on your plate.

At the farmer's market you see a wide variety of fruits and vegetables that provide vitamins, minerals and Phytochemicals.

Phytochemicals help the body to:

- Stay healthy and energetic
- Maintain a healthy weight
- Protect against the effects of aging
- Reduce the risk of some cancers and heart disease

My Plate the perfect guide, it recommends you consume:

2 cups of fruits per day (1/4 c dried fruit= 1/2 c fruit)

2 1/2 c vegetables per day (2 raw leafy greens = 1c vegetable)

Visiting a Farmer's market is a great place to not only shop but get some exercise. Enjoy the day, walk around looking at the produce and baked goods, talk to the vendors- ask questions, they always love talking about their products and may even have a few recipe ideas for you to use!

Friendly reminders:

1) Bring cash - vendors may not accept checks or credit cards. Seniors using the NY State Farmer's Market Nutrition Program Coupons (eligibility for coupons is age and income) – Remember; only participating farmers accept these, they do not give change, and are only for the purchase of fruits or vegetables.

2) Bring your own bags or baskets - vendors don't have bags and the markets don't have shopping carts

3) Wide woven baskets help prevent produce from piling on each other

4) Use several bags to avoid squishing your produce

Helpful tip: Using the reusable bags are nice – you can help prevent bacteria, yeasts and mold from growing on your bags and cross contaminating your food by washing and storing the bags safely between each use.

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

10 Reasons to Volunteer

1. Healthy body, healthy mind.
2. It brings fun and fulfillment to your life.
3. Help others.
4. Make a difference.
5. Enjoy a meaningful conversation.
6. Connect with your community.
7. Feel involved.
8. Meet new people.
9. Get out of the house.
10. Feel better about yourself.

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 give me a call or send me an email.

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.

➤ Reach the Senior Market
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 Kathy Buck to place an ad today!
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845-443-8804

HIICAP Medicare
Counseling

845-340-3579

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845-443-8837

**DEPARTMENT OF
SOCIAL SERVICES**

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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.



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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