

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

JUNE 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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OFA DIRECTOR MESSAGE

To all the Ulster Seniors:

We hope you are all well and healthy during this very difficult time. It has really been a test of everyone’s patience and fortitude and resilience to get through the last couple of months. However, the numbers are going down, due to everyone’s efforts with social distancing and masks, and we are hopeful that things will open up in the not too distant future. Please keep up with what you are doing, however!

A couple of things for you to know – cloth masks will be available at the towns and senior housing complexes very soon – they were donated by the State Office for Aging.

We would like to explore the idea of some forms of get-togethers with Zoom. In order to use this program, you have to have either a computer or a smart phone, and email on your smart phone, tablet or computer. That way, you can click into a Zoom conference or activity, and participate remotely. Some places are already using this technology, and Tai Chi classes will soon be available this way – you can click in at the scheduled time, and do your Tai Chi in the comfort of your home!

Please call our office at 845-340-3456 and let us know you are interested in this, and what your email address is – we can take it from there! We will let you know dates and times then.

Other types of programming, learning, etc. may well be available through this technology as well, and soon!

Everyone stay well! Don’t forget to chime in about possibly joining in on Zoom!

In health,  
Susan Koppenhaver  
Ulster County OFA Director

We will be contacting all who originally signed up for a Tai Chi class, either beginning or review, and invite you to a Zoom series of classes if you have the ability to join (need email and either a computer, tablet or a smart phone). The classes will begin in the second week of June – if you signed up for a class, we will be calling you.

If you want to join a Zoom Tai Chi class, please call 845-340-3456 and let them know you want to register.

**Ulster County COVID-19 Mobile Testing Sites**

The collection site is ONLY for pre-screened people who meet ALL of the following criteria:

- You called your doctor’s office and had a consultation
- Based on your symptoms and other information you provided, your doctor determined that you meet criteria for COVID-19 testing, and ordered a test for you.
- You have a scheduled appointment at the collection site:

[For more information on Ulster County’s Mobile Testing Site](#)

**NYS Department of Health COVID-19 Testing Protocol:**

NYS DOH has recently expanded the criteria to determine who should be prioritized for COVID-19 diagnostic testing. The new guidance prioritizes people over 70 years old, people with underlying health conditions, health care workers and other essential employees, as well as people who have been exposed to people with a confirmed case of COVID-19. If you meet these conditions and wish to be tested, even if you have previously been unable to receive an order for a test, you should reach out to your medical provider or call the COVID-19 hotline at 845-443-8888 and follow menu prompts to speak with one of our testing providers. If you do not have a primary care physician, we recommend you call the Nuvance Physician’s Network Hotline at 845-525-4767.

Kingston – TechCity

Hours: Monday – Friday | 8:30 A.M. to 3:30 P.M.

Saturday 8:30 to 11:30 A.M.

Address: 300 Enterprise Dr. Kingston, NY.

Doctor’s order required. No appointment necessary. Drive-thru only.

Ellenville

Hours: Monday – Friday | 9:00 A.M. to 2:00 P.M.

Address: 10 Healthy Way, Ellenville, NY.

Doctor’s order required. Appointment preferred. Drive-up and inside the hospital testing available. Contact Ellenville Hospital at 845-647-6400 ex. 269.

Midtown Kingston

Hours: Monday – Friday | 9:00 A.M. to 12:00 P.M.

Address: 27 Grand St. Kingston, NY.

No prior doctor’s order needed. Appointment required. Drive-through and walk-up testing is available. Call Westchester Medical Center’s hotline number for a telephone screening at 845-303-2730. If criteria are met, an appointment will be scheduled during the same call.

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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](http://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](http://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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**Lunch and Learns for Seniors**

**June 24: Opioid Awareness for Seniors**

Presented by Deputy Wilbur Prutzman, U.C. Sherriff's ORACLE Program  
Russell Brott Senior Center, 1 Town Hall Road, Lake Katrine, NY.

*R.S.V.P. by June 17, 2020*

**June 29: You Gotta Have Heart**

Presented by Dr. Ellis W. Lader  
Olivebridge Firehouse, 9 Mill Road, Olivebridge, NY.

*R.S.V.P. by June 22, 2020*

**July 9: Funeral Planning**

Presented by E.B. Gormley Funeral Home  
Pine Hill Community Center, 287 Main Street, Pine Hill, NY.

*R.S.V.P. by July 3, 2020*

**July 16: Emergency Preparedness**

Presented by Ulster County Emergency Services  
Shawangunk Town Hall, 14 Central Avenue, Wallkill, NY.

*R.S.V.P. by July 9, 2020*

All Lunch and Learns run Noon to 2:00 P.M.  
Free to Ulster County Seniors age 60 and over and includes free lunch  
with reservation. Call Ulster County Office for the Aging to R.S.V.P.  
at 845-340-3456.

**OFA Online Learning**

Miss OFA Lunch & Learns? Register for OFA Online Learning.

**June 16: 10 Warning Signs of Alzheimer's**

Presented by Alzheimer's Association, Hudson Valley Chapter  
Noon to 2:00 P.M. To register, call the Alzheimer's Association at  
800-272-3900.



**TAI CHI**

**Drop-in Tai Chi**

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

- Town of Shawangunk Town Hall, Wallkill, 1st Tuesday of each month (3:15-4:15)
- U.C. 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.



The Ulster County Office for the Aging presents:  
**American Graffiti**

Tuesday, July 14, 2020. *R.S.V.P. by July 10, 2020.*

Movies start at 1:00 P.M., Rosendale Theater, 408 Main Street,  
Rosendale, NY.

Free to Ulster County Seniors over 60. Call the Office for the Aging  
to R.S.V.P. at 845-340-3456.



**Ulster County Department of Social Services:**

Ulster County Temporary Assistance 845-334-5442.  
 HEAP (Heating Energy & Assistance Program) 845-334-5436.  
 Medicaid Office 845-334-5175.  
 nystateofhealth -The official health plan marketplace 855-355-5777 or [www.nystateofhealth.ny.gov](http://www.nystateofhealth.ny.gov)

**Other Resources:**

Hudson Valley Region 211: Call 2-11 or go online <http://www.hudson211.org/cms/> United Way's 2-1-1 Helpline is a free, confidential, multilingual service to assist the public in finding the answers to a variety of Health and Human Services related questions.

Resources are available online at the Ulster County COVID19 website <https://covid19.ulstercountyny.gov/>

No access to the internet? Call the Ulster County COVID Hotline for assistance at 845-443-8888.

**COVID-19 indoor activities**

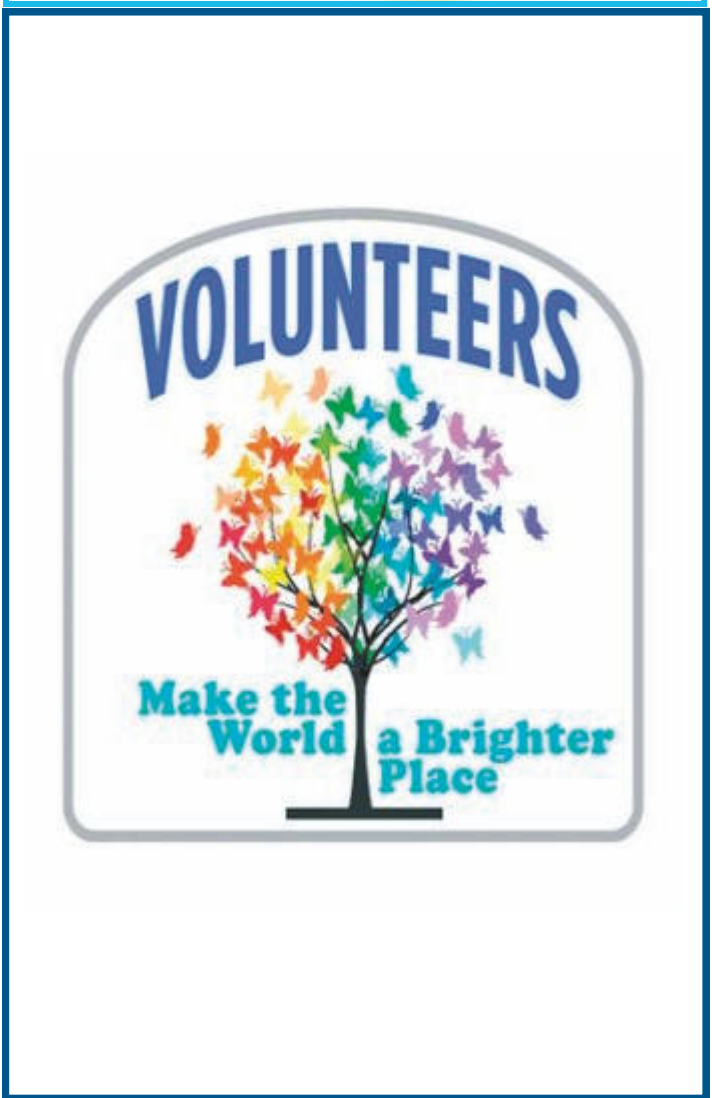
Go green. Plant some flower seeds or herbs and keep them on your kitchen windowsill.

Transform someone else's life. Write them a letter; recall a special moment or funny memory.

Revisit. Dust off the musical instrument you once enjoyed, or those knitting needles.

Get organized. No more excuses: Sort through your junk drawer; organize your kitchen cabinets; alphabetize your spices; untangle and label that pile of electronic cords; clean the garage. Whatever you've put off that will make your life easier when this is over, do it now.

Humor. Although humor may not seem like a mentally stimulating activity, it is a mentally healthy one. Watch movies or funny television shows.



**Get the help you need in Ulster County**



**Health care coordination • Help for sadness, anxiety and stress  
 Case management • Resources and information**

**Older Adult Services Program**

**(845) 255-2930 x 3169**



**June 2020 Community Café & Home Delivered Meals Menu**

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| <b>1</b><br>Baked Chicken & Gravy<br>Mashed Potato<br>Spinach<br>WW Bread<br>Peaches                     | <b>2</b><br>Sweet & Sour Pork<br>Brown Rice<br>Broccoli Cuts<br>WW Roll<br>Mandarin Oranges            | <b>3</b><br>Spaghetti & Meatballs<br>Meadow Mixed Vegetables<br>Rye Bread<br>Tapioca Pudding  | <b>Cold 4 Meal</b><br>Turkey Salad Plate<br>On Lettuce, Potato<br>Salad, Carrot Raisin<br>Salad,<br>WW Roll<br>Spice Cake with<br>Pineapple | <b>5</b><br>Broccoli Quiche<br>Winter Squash<br>Cauliflower<br>WW Bread<br>Fruit Cocktail   |
| <b>8</b><br>Baked Ziti<br>Mixed Vegetables<br>Zucchini<br>WW Bread<br>Pears                              | <b>9</b><br>Beef & Peppers<br>Brown Rice Pilaf<br>Hot Beets<br>WW Roll<br>Fruit Cocktail               | <b>Cold 10 Meal</b><br>Chef's Salad Plate<br>Hard Cooked Egg<br>Cheese & Turkey<br>Chickpeas<br>Greens, Tomatoes<br>Rye Bread<br>Yogurt Parfait | <b>11</b><br>Swiss Broccoli<br>Pasta<br>Green Beans<br>Cauliflower<br>WW Roll<br>Peaches  | <b>12</b><br>Herb Crusted<br>Chicken<br>Parsley Potato<br>Carrot Coins<br>WW Bread<br>Applesauce Cake                               |
| <b>15</b><br>Macaroni & Cheese<br>Stewed Tomatoes<br>3 Bean Salad<br>WW Bread<br>Pears<br>Fruit Cocktail | <b>16</b><br>Baked Chicken & Mushroom Gravy<br>Parsley Potato<br>Carrot Coins<br>WW Roll<br>Pineapple  | <b>17</b><br>Lasagna with Meat<br>Meadow Mixed Vegetables<br>Fresh Salad<br>Rye Bread<br>Lemon Pudding  | <b>18</b><br>Chicken Divan<br>Sweet Potato<br>Green Beans<br>WW Roll<br>Tropical Fruit  | <b>Cold 19 Meal</b><br>Tuna Salad Plate<br>Macaroni Salad<br>Hard Cooked Egg<br>Mixed Greens<br>Tomatoes<br>WW Bread<br>Fresh Fruit |
| <b>22</b><br>BBQ Chicken<br>Oven Roasted<br>Potato<br>Cauliflower<br>WW Bread<br>Pineapple Chunks        | <b>Cold 23 Meal</b><br>Egg Salad Plate<br>Potato Salad<br>Mixed Greens<br>WW Roll<br>Chocolate Pudding | <b>24</b><br>Meatloaf & Gravy<br>Mashed Potato<br>Mandalay Mixed Vegetables<br>Rye Bread<br>Peaches   | <b>25</b><br>Goulash<br>Buttered Noodles<br>Spinach<br>WW Roll<br>Oatmeal Cookies   | <b>26</b><br>Shepherd's Pie<br>Broccoli<br>WW Bread<br>Pears  |
| <b>29</b><br>Pasta & Meat Sauce<br>California Mixed Vegetables<br>Spinach<br>WW Bread<br>Fruit Cocktail  | <b>30</b><br>Salisbury Steak & Gravy<br>Mashed Potato<br>Wax Beans<br>WW Roll<br>Peaches               |   |   |   |





## 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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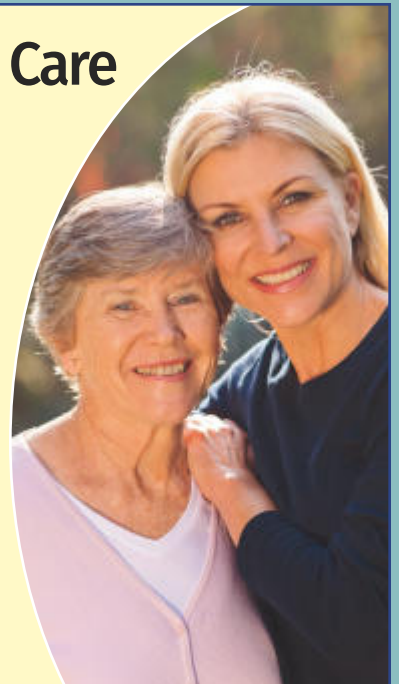
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*Residents covered by Medicare can also receive an additional level of personalized care coordination, ongoing preventive care and other valuable benefits by enrolling in ArchCare Advantage, a Medicare Advantage HMO Special Needs Plan designed especially for nursing home residents.*



## Shopping Assistance:

Ulster Emergency Food Resources & Area Grocery Stores with pickup/delivery options are listed at <https://covid19.ulstercountyny.gov/> including local pharmacies offering delivery.

Ulster County Office for the Aging: Ulster County Office for the Aging offers grocery shopping assistance for residents ages 60 and over who have no one to shop for them. Visit their [website https://ulstercountyny.gov/aging/](https://ulstercountyny.gov/aging/) or call 845-340-3456 for more information.

Project Manna is a group of several non-profit organizations working together to help with grocery shopping and Delivery for seniors and others at risk. There is no cost for this service, however you must have a credit card or personal check to pay for the groceries/prescriptions and a telephone in order to participate in the program. Please call for more information:

- Jewish Federation of U.C.: Mondays & Fridays, 10:00 A.M. to 3:00 P.M., 845-338-8131.
- Hand in Hand: Wednesdays-Saturdays, 10:00 A.M. to 4:00 P.M., 845-389-0969.
- Jewish Family Services: Mondays-Thursdays, 9:00 A.M. to 1:00 P.M., 845-338-2980.

## Meal Assistance:

Ulster County Office for the Aging: Meal assistance to residents ages 60 and over who have difficulty preparing meals and are homebound may be eligible for OFA meal delivery service. Visit their website <https://ulstercountyny.gov/aging/home-delivered-meals> or call 845-340-3456.

Project Resilience Phase 2: Project Resilience will offer Phase 2 assistance to those who are homebound with limited supports, not eligible for other government assistance, and not able to connect to any of the programs listed here. Please contact the Ulster County COVID-hotline at 845-443-8888 for more information.

Grocery Boxes: Grocery boxes may be available for weekly pickup or delivery starting on Monday May 18, 2020 depending on your location. Please call the COVID hotline to determine eligibility at 845-443-8888.

**School District Meal Delivery Plans:** Ulster County school districts providing meals for school-aged children are posted on the County website. <https://covid19.ulstercountyny.gov/schools/>

## Supplemental Nutrition Assistance Program SNAP:

Visit the Ulster County website for information or [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov) to apply and NYDocSubmit to upload supporting required documentation.

Ulster County SNAP Department 845-334-5200.

Hudson Valley Community Services for SNAP application assistance 845-579-2558.

## Financial Assistance – Unemployment, Food, Utilities, Medical:

Unemployment- Expanded unemployment assistance is now available. Please visit [www.labor.ny.gov/unemploymentassistance](http://www.labor.ny.gov/unemploymentassistance) or call 888-209-8124.



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For more info contact: Gateway's Just Like Home at (845) 331-2180



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Ulster County Office for the Aging, Kingston, NY

06-5324

**Safe Sleep for Older Adults**

There are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep. Some medicines can keep you awake. No matter the reason, if you don't get a good night's sleep, the next day you may:

- Be irritable.
- Have memory problems or be forgetful.
- Feel depressed.
- Have more falls or accidents.

Try to set up a safe and restful place to sleep. Make sure you have smoke alarms on each floor of your home.

Before going to bed, lock all windows and doors that lead outside. Other ideas for a safe night's sleep are:

- Keep a telephone with emergency phone numbers by your bed.
- Have a lamp within reach that is easy to turn on.
- Put a glass of water next to the bed in case you wake up thirsty.
- Don't smoke, especially in bed.
- Remove area rugs so you won't trip if you get out of bed during the night.

You may have heard about some tricks to help you fall asleep. Try counting slowly to 100. Some people find that playing mental games makes them sleepy. For example, tell yourself it is 5 minutes before you have to get up, and you're just trying to get a little bit more sleep.

Some people find that relaxing their bodies puts them to sleep. One way to do this is to imagine your toes are completely relaxed, then your feet, and then your ankles are completely relaxed. Work your way up the rest of your body, section by section. You may drift off to sleep before getting to the top of your head.

Use your bedroom only for sleeping. After turning off the light, give yourself about 20 minutes to fall asleep. If you're still awake and not drowsy, get out of bed. When you feel sleepy, go back to bed.

If you feel tired and unable to do your activities for more than 2 or 3 weeks, you may have a sleep problem.

Talk with your doctor about changes you can make to get a better night's sleep.



**Garden tips for June**

- Plant tomato plants deep, and use heavy cages, or better yet, stake and prune tomatoes to help prevent disease.
- Eggplants and peppers should be in the ground early this month.
- Mulch vegetables with baled or chopped straw, partially rotted leaves, or other available organic materials.
- Deadhead any messy-looking bulbs as blooms fade, but continue to leave bulb foliage intact to wither and ripen the bulbs naturally.
- Tender bulbs like dahlias, cannas, caladiums, gladiolus and such should be in the ground, but with the gladiolus, you can stagger flower harvest by planting a row every two weeks until the start of July.

**DID YOU KNOW?**

Pound cake got its name because the original recipe required a pound each of butter, flour, sugar and eggs.

**Food Safety**

With the changing of the seasons it is important to remind those that receive home delivered meals of food safety!

Meals delivered hot or cold ready-prepared meals are perishable and can cause illness if mishandled. Proper handling and storage is very important to ensure the food remains safe to eat.

Place your meals in the refrigerator if you don't plan on eating them right away. Bacteria grows most rapidly in the "DANGER ZONE" temperatures of 40-140 degrees. Perishable foods left out at room temperature for more than 2 hours should be thrown away.

Place your delivered meals in the refrigerator if you will not be eating them immediately. You can reheat your meal when you are ready to eat.

Follow these easy steps for to refrigerate home delivered meals:

- Store food in refrigerator at 40 degrees or below
- Use shallow containers to store food
- Remove any stuffing from whole cooked poultry before refrigerating
- Food delivered cold should be eaten within 2 hours or refrigerated or frozen to be eaten at another time.

| Food Item                     | Refrigerate at 40 degrees | Freeze at or below 0 degrees |
|-------------------------------|---------------------------|------------------------------|
| Cooked meat/poultry           | 3 to 4 days               | 2 to 6 months                |
| Pizza                         | 3 to 4 days               | 1 to 2 months                |
| Luncheon Meats                | 3 to 5 days               | 1 to 2 months                |
| Egg, tuna, and macaroni salad | 3 to 5 days               | ---                          |

Reheating:

- Reheat food to 165 degrees using a food thermometer. Bring soup or gravy to a boil
- When using a microwave to reheat food, cover food and rotate the dish so that the food heats evenly. This prevents cold spot from harboring bacteria. Heat food until it reaches at least 165 degrees throughout!

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

**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.

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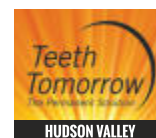
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Do you know someone who might like to receive The Buzz via email? Have them call the OFA with their e-mail address.

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.



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of Ulster County

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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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