

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

MAY 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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OUR LOAN CLOSET has an extensive array of medical equipment for loan for a nominal fee. Contact us to see if we have what you need.

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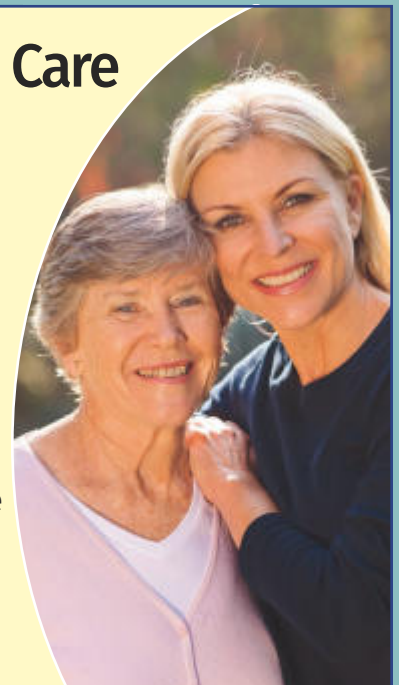


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OFA DIRECTOR MESSAGE

Dear Ulster County Seniors,

It is with very mixed emotions that I write this letter to you. Some of you are aware that I became a grandmother in December. My daughter and son-in-law, Courtney and Kevin, gave birth to a wonderful little baby girl who has delighted us all with her being, beautiful navy eyes, and now, her smiles. Some of you also know that they live in Myrtle Beach; a mere 900 miles away.

One of my favorite mantras is "family first." My father was an important part of my daughter's life growing up (my daughter was born after my mom died) and it is very important to me and my daughter that I have a similar role in my granddaughter's life. I can't do that from New York. My partner David, a life-long Ulster County resident, and I have decided the time is right for us to move to the warm state of South Carolina, be closer to our family; and, for me to join David in the life of retirement. So, it is with sadness mixed with excitement that I tell you I am leaving the Office for the Aging and moving in the beginning of May.

I have enjoyed every single minute of the last 18 months serving you as the Director for UCOFA. I have met so many seniors that have made a significant impact on my life. All of you are dear to me and I will miss you. I also can say that I work with the greatest staff I ever have in my 36-year career. The OFA staff are wonderful, every one of them. And they will continue to carry on the mission of the OFA, take care of your needs, and be the best team ever.

I wish you all a wonderful spring, a summer full of great activities, movies, and picnics, and learning!

Godspeed to you all,
Shelley Wagar

COUNTY EXECUTIVE MESSAGE

Dear Ulster Senior,

May is a beautiful time in Ulster County to get outside and to get active. I want to let you know that there will be many events and promotions offered during Healthy Ulster County Week – May 3rd – May 12th – and I invite you to participate in some of the activities and discounts offered. We are fortunate to have so many amazing businesses and organizations who have agreed to provide our residents with health-related offerings during the week, including such things as guided nature walks, discounts on facials and massages, fitness classes, and much more. The Calendar of Events can be found on our website: <https://ulstercountyny.gov/healthy-ulster-county-week-calendar> or call us at 845-340-3800 for a printed copy or more information.

In May, we also celebrate two extraordinary Ulster County seniors who are being recognized for their caring and tireless contributions to enhance the lives of seniors within our community. I want to congratulate the 2019 Ulster County Senior of the Year, Sheldon Quimby of Port Ewen; and the family of the late Anita Williams Peck of Kingston – Ms. Peck has been selected to receive Ulster County's Most Outstanding Contribution by a Senior Citizen Award (posthumously). Both awardees are inspirational and outstanding and we greatly appreciate their dedication to making a difference in the lives of our residents.

I also want to let you know that we held the Ulster County Senior Summit in April. It was a great opportunity for Senior Leaders throughout the County to network and share information about their organizations.

We truly have so many amazing residents who improve our community and I thank each of you for all you do. I hope you enjoy the Memorial Day Holiday as we honor those who have made the ultimate sacrifice.

With best regards,
Adele B. Reiter
Acting County Executive



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MALL WALK WITH THE OFA
HUDSON VALLEY MALL

1300 Ulster Ave., Kingston, NY
Every Tuesday, 10:00 A.M. sharp!

Please join us for a very special walk during which Dr. De los Santos of the Institute for Family Health will be present to answer questions and discuss your health.

Tuesday, May 21

We meet by the Food Court at 9:45 A.M.
All are welcome!

If Kingston City Schools 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.

BENEFITS OF MALL-WALKING:

Malls are climate-controlled, safe and have lots of parking!

There are water fountains, bathrooms and benches available.

Meet new friends and be the first to hear what's new at the OFA.

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 to find out more about the Medicare Savings Program.

Taking some time to partake in springtime activities can help to not only improve cognitive function but happiness as well, according to the National Institute of Health. Even if mobility is a problem, you can choose activities that are handicap and wheelchair accessible:

Choose a local park or nature trail for walks.

Enjoy tourist attractions.

Go fishing.

Go on a picnic.

Go see a show.

Invest in a bird feeder for bird watching.

Plant an herb garden.

Visit a farmer's market.

Visit a nursery.

**Ulster County Office for the Aging
Summer 2019 Lunch and Learns for seniors**

June 18: Emergency Preparedness
Marbletown Community Center, 3564 Main Street
Stone Ridge, NY

RSVP by June 11

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 RSVP at
845-340-3456.

Ulster County Office for the Aging
invites Ulster County Seniors to join us for the

2019 Senior of the Year Picnic

Robert E. Post Park

515 Park Road, Kingston, NY

Thursday, June 13, Noon to 2:00 p.m.

RSVP by June 6

Call Ulster County Office for the Aging at
845-340-3456 to RSVP.



The Ulster County Office for the Aging presents
Casablanca. Monday, May 20, 2019. Movie starts at 1:00
P.M., Rosendale Theater, 408 Main Street, Rosendale, NY.
Free to Seniors over 60. Call the Office for the Aging to
RSVP by May 16 at 845-340-3456.

Watch for more movie events coming soon.



Drop-in Tai Chi classes

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

Ellenville Library, 1st Tuesday
of each month

Governor Clinton, Kingston,
2nd Tuesday of each month

Saugerties Senior Center
(Market and Robinson Street),
3rd Tuesday of each month

St Francis De Sales Community
Hall (109 Main Street,
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.

Benefits of Tai Chi include...

- Increase strength
- Improve balance and posture
- Help prevent falls
- Strengthen mind, body and
spirit
- Reduce stress and support
relaxation

May 6-12 is National Emergency Preparedness Week- Are You Prepared?

Emergency preparedness has become a way of life with climate change and the focus of critical incidents such as fire, flood, and other crisis situations.

The Ulster County Office for the Aging places great importance on preparedness and encourages all seniors to have a plan. Ask these four questions when you begin your planning process:

How do I receive information, alerts and warnings about impending events?

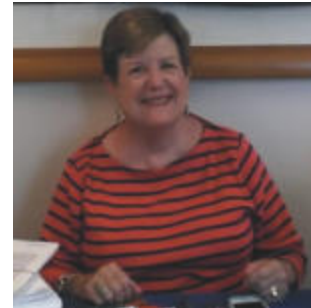
Where will I take shelter? Will I stay at home or evacuate away from the event?

If I decide to evacuate, what will be my route?

Do I have a communication plan with my family?

Depending on your answers, you will need to decide what you need in your home to deal with an event. Do you have others living with you? Do you have pets? What kind of supplies do the different household members need during a weather event or emergency?

To help you in your planning process, there is a template form you may use at www.fema.gov/media-library/assests/documents/133447).



Claire O'Brien is a retired social worker who moved to Kingston with her husband in September of 2015. She became active in volunteering very early on. Besides managing the OFA Ulster Checks in Warm Call program, she is a volunteer at Peoples Place, with Age Well Kingston, and is the President of NY Statewide Senior Action Council's Ulster County Chapter. She also serves on the OFA Advisory Council.

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May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals Prepared by Gateway Community Industries <i>All soups are homemade. Milk is provided with meals.</i></p>	<p>Menu Subject to Change. Your contributions help keep senior programs available.</p>	<p>1 Baked Ziti Italian Mixed Vegetables Spinach Rye Bread Lemon Pudding</p>	<p>2 Baked Fish with Dill Sauce Brown Rice Pilaf Carrot Coins WW Roll Apple Crisp</p>	<p>Cold 3 Meal Balsamic Chicken Salad Plate Tomatoes & Cucumbers WW Bread Peaches</p>
<p>6 Pork Creole Brown Rice Broccoli WW Bread Berry Whip</p>	<p>7 Sloppy Joe Green Beans Cauliflower WW Roll Fruit Cocktail</p>	<p>Cold 8 Meal Turkey Salad Potato Salad Fresh Greens Carrot Raisin Salad Rye Bread Fresh Fruit</p>	<p>9 Lemon Pepper Chicken Roasted Potato Spinach WW Roll Chocolate Cake</p>	<p>10 Swiss Broccoli Pasta Green Beans WW Bread Pears</p>
<p>13 Red Pepper Quiche Corn French Cut Beans WW Bread Oatmeal Cookie</p>	<p>14 Spaghetti & Meat Balls Parisian Mixed Vegetables WW Roll Peaches</p>	<p>15 Roast Beef & Gravy Mashed Potatoes Zucchini Fresh Salad with Spinach Rye Bread Fruit Cocktail</p>	<p>Cold 16 Meal Tuna Salad Plate Macaroni Salad Fresh Greens Tomatoes & Cucumbers WW Bread Tapioca Pudding</p>	<p>17 BBQ Pulled Chicken Baked Beans Wax Beans Cole Slaw (carrots) WW Roll Apricots</p>
<p>20 Rigatoni & Spinach Stewed Tomatoes 3 Bean Salad WW Bread Pears</p>	<p>Cold 21 Meal Chef's Salad Plate Salad Greens, Hard Cooked Egg, Sliced Turkey & Cheese Potato Salad Beet Salad, WW Roll Yellow Cake</p>	<p>22 Herb Crusted Chicken Parsley Potato Carrot Coins Rye Bread Fresh Fruit</p>	<p>23 Meatloaf & Gravy Mashed Potato Monaco Vegetables WW Roll Tropical Fruit</p>	<p>24 Beef & Peppers Brown Rice Pilaf Harvard Beets WW Bread Butterscotch Pudding</p>
<p>27 Sweet & Sour Chicken Brown Rice Broccoli WW Bread Peaches</p>	<p>28 Beef Patty & Gravy Roasted Potato Oriental Mixed Veg WW Roll Pears</p>	<p>29 Lasagna Italian Beans Rye Bread Dutch Apple Cake</p>	<p>30 Roast Pork with Gravy Mashed Sweet Potato Braised Cabbage WW Roll Applesauce</p>	<p>Cold 31 Meal Chicken Salad Plate Pasta Salad Mixed Greens Low Sodium Vegetable Juice WW Bread Pineapple Whip</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?

We have five different locations, and depending on which you visit, you can have lunch every weekday. Our OFA Community Cafés (formerly known as Friendship sites) are offered Monday through Friday at our Saugerties, Rosendale and Ellenville locations. Our New Paltz café offers lunch every Thursday. Our Ulster café offers lunch the first and third Tuesday of the month.

Want to try it out? Just call Gateway Industries at 845-331-2180 to make a free reservation, at least 24 hours in advance. Please remember, this is for Seniors age 60 and over.

OUR OFA COMMUNITY CAFÉS LOCATIONS:

Rosendale: Rosendale Recreation Center
Route 32, Rosendale, NY

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

Ellenville: Trudy Farber Building
50 Center Street, Ellenville, NY

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

Ulster: Russell F. Brott Senior Center
1 Town Hall Road, Lake Katrine, NY



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 donations. These contributions help and maintain programs.

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



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- IV/infusion therapy
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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.



Ulster County Senior of the Year Award 2019



Sheldon "Lee" Quimby's professional life included many years as Deputy Treasurer of Ulster County. He retired from public service as Deputy County Administrator in 2015. Very little in Ulster County has not been touched by Sheldon Quimby in some way. He is always working quietly behind the scenes. He has patience, tenacity, and a "stick-to-it" mentality that are true assets to our community. The O&W rail trail from Kingston to Ellenville would not exist without his vision, hard work, diligence, and PR expertise.

Mr. Quimby's friends and neighbors point out his kindness and generosity, his willingness to help others, his advice and assistance to so many people with their finances or their taxes, especially for those who are most in need.

Sheldon Quimby has a servant's heart and is the best kind of neighbor. He has a kind word for all and his honesty and integrity are impeccable. Sheldon is deeply committed to his faith in God and lives it out in the way he cares for others.

Most Outstanding Contribution by a Senior Citizen Award 2019 (posthumously)



Anita Williams Peck was born in Kingston, NY, and grew up in Rosendale at Williams Lake, the family resort that her Finnish immigrant grandfather founded in 1929.

Anita served on the Rondout Valley School Board, and the Ulster County School Board Association. She recently completed her third term as Chair of the Ulster County Community College Foundation. Additionally, she endowed the Anita Williams Peck Public Speaking Competition, now in its ninth year at the college. Anita founded the SUNY Ulster President's Challenge Scholarship, which helps Rondout Valley High School students to be

the first in their family to attend college.

While managing Williams Lake, Anita was an incredible environmental steward, preserving over 400 ecologically sensitive acres, ensuring the land will remain "forever-wild." Anita was renowned in Ulster County for her countless hours of volunteerism with dozens of non-profit organizations that included libraries, schools, chambers of commerce, historical sites, children's agencies, the Rosendale Theatre, SKAL international, and over 56 years at the Junior League of Kingston. Upon her mother's passing, many people asked Anita's daughter Jennifer, "What can I do?" Jennifer's simple and telling response was always, "be like Anita."



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Erica Halwick-Williams

Kathleen H. Dittus



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What are you doing to prevent osteoporosis?

May is national osteoporosis month. Osteoporosis is a medical condition in which the bones become brittle and fragile from loss of tissue, typically as a result of hormonal changes, or deficiency of calcium or vitamin D. Osteoporosis can cause falls and broken bones in people of all ages. But... it is never too late to work on preventive strategies to avoid falls and broken bones.

According to the National Council on Aging, one out of five falls among older adults causes serious injury such as a broken bone. Working on prevention of falls helps us avoid the possibility of broken bones. One of the reasons individuals develop osteoporosis is a lack of vitamin D and/or calcium. Osteoporosis may also be a result of medication side effects. To learn more about these reasons and causes, speak with your primary physician.

How can we avoid or prevent further deterioration of our bones? The National Council on Aging suggests the following:

- Eat a balanced-diet rich in calcium;
- Take vitamin D supplements;
- Exercise regularly (take a walk now that Spring has arrived!);
- Do not smoke;
- Limit alcohol;
- Make sure your home is free of trip hazards; and,
- Speak with you physician about a screening test.

Want to learn more? Here are some resources.

www.noca.org/fallsprevention

www.nof.org

www.chronicdisease.org



Wherever you are gardening, May is sure to be a busy month. Here are some suggestions of what you might not want to overlook:

Remove spent blooms on tulips, daffodils and other spring flowering bulbs to focus its energy on growing new bulbs rather than producing seeds.

Plant tomatoes, peppers and melons after the danger of frost is past and the soil temperature is 65° F usually around the last week in May. Rotate plants each year to reduce insect and disease problems.

Plant dahlias, gladioli, cannas and other summer flowering bulbs. Put hoops and stakes in place for floppy plants.

Turn your compost pile to add oxygen and speed decomposition.

Feed azaleas, rhododendrons, and other ericaceous ornamentals with fertilizers for acid-loving plants.

Begin deadheading roses and apply fertilizer in mid-May.

Fill baskets with trumpet-shaped blooms such as nasturtiums and fuschias to attract hummingbirds.



The digestive system slows down with age, so high fiber fruits, vegetables and whole grains are as important as ever. Because seniors are prone to dehydration, they should drink plenty of water to stay energized and sharp.

May is Strawberry month

Did you know that just one serving of eight strawberries a day has more Vitamin C than an orange? Strawberries are filled with beneficial antioxidants and nutrients which include potassium, fiber and folate.

The American Diabetes Association includes strawberries as one of the top 10 super foods for any meal plan: low in calories, half the sugar of an apple or banana and filled with essential vitamins, potassium and dietary fiber.

Strawberries are delicious in both sweet and savory dishes. They are good cooked, frozen, blended in a smoothie or just fresh as a snack.

Fun Facts:

Strawberries are the first fruit to ripen each spring.

There are 200 seeds on an average strawberry and they are the only fruit to wear their seeds on the outside.

According to the U.S. Department of Agriculture, Americans eat an average of 3.4 pounds of fresh strawberries every year and if you count frozen strawberries, that number is closer to five pounds.

California produces 75 percent of strawberry crops in the U.S. although they are grown in every state and Canadian province.

Stop and smell the strawberries! Considered members of the rose family, they give off a sweet fragrance as they grow on bushes.

Ancient Romans believed strawberries had medicinal powers, used to treat everything from depression to fever & sore throats.

Native Americans were also among the earliest people to eat strawberries.

Don't rinse cut strawberries under water until you're ready to eat them—it speeds up spoiling.

There is a museum in Belgium dedicated to strawberries.

They were first cultivated in the 14th century. It is commonly believed that the name resulted from the habit of growing cultivated berries on a bed of straw and when harvested hung on a straw blade then sold that was as a "straw of berries".

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



SEEKING TOURISM VOLUNTEERS!

Come share your enthusiasm and knowledge of the area. Ulster County Tourism, located on the beautiful Kingston waterfront, is a fun and exciting place to volunteer!

We are seeking volunteers, from May thru October, for 3-hour shifts, from 11am to 2pm or 2 pm to 5pm, on Saturdays and/or Sundays. Call 845-340-3567. Ulster County Tourism is located at the Kingston Heritage Visitors' Center at 20 Broadway in Kingston.

VOLUNTEER DRIVERS 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. Some drivers make one or two trips per month, and some drive as many as four times a week. If you'd like to help a senior in need, contact Patrick McDonough at the OFA Volunteer Program, 845-802-7935 or e-mail pmcd@co.ulster.ny.us.

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Bringing Compassion to Dentistry

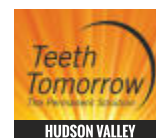
Dr. Claudia Patch and her dedicated team of dental professionals understand that visits to other dentists can be stressful. That's why her practice is built on providing the best dental experience you'll ever have. From checkups and cleanings, to the most advanced cosmetic and restorative procedures, Dr. Patch delivers the results you deserve in the most caring and compassionate way. Whether you're looking for that perfect smile, or just want to get back to enjoying the foods you love to eat, don't let fear keep you from living your life to the fullest.

Come see Dr. Patch
– She takes the stress out of going to the dentist.



TISCHLER & PATCH
DENTAL

Tischler  Implant Dentistry^{pc}



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OFFICE FOR THE AGING

Shelley J. Wagar, Director
845-340-3578
NY Connects
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.



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.