

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

MAY 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

Dear Elder Friends in Ulster County:

We have all had a very challenging and trying month or so. We all hope you are staying safe at home, and we have been stretching ourselves and our staff to try and get shopping done, meals delivered, and sometimes laundry done for hundreds of you who have called. Gateway Hudson Valley, our meals purveyor, has been very flexible and great to work with all the requests as this virus has taken us by surprise at its rapidity of spread, and its lethal ends for some. It has been a very scary time, and we understand many of you are afraid to leave your houses. We all are, but folks have to eat, and so we have had brave staff and volunteers go out and shop for you, pick up your meals for you and help you manage your household. Please thank them when you get a moment, or send a note to the County Executive's office about your gratitude. Nothing feels better to helpers than to know their help is appreciated.

The Office for Aging staff has also been working at home to help keep all the office functions going as best we can – we miss you all, and unfortunately had to cancel April functions, events that the staff worked very hard to make interesting and informative, or maybe even just fun! But when we can get back together, we will re-plan events, lunches, movies, games and all the other things we hope to offer! Our office staff look forward to help get everything going again.

Everyone stay well, please!

Susan Koppenhaver  
Director, Ulster County OFA

Please note:

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), lunch & learns, movies, and mall walks.

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

Ulster County has announced Project Resilience, a community fund and local food distribution effort to support Ulster County residents impacted by COVID-19. This temporary program provides meals 3x weekly.

To Request Meal Assistance: Residents in need can apply online to receive meals and other support from participating local restaurants and community groups. To apply online and for more information please visit: <https://covid19.ulstercountyny.gov/project-resilience/>

The Project Resilience service is NOT for individuals or households with a mandatory quarantine in place. Please call the Ulster County COVID-19 hotline at 845-443-8888 to make meal arrangement if there is an official quarantine in place.

Ulster County COVID-19 Testing sites:

300 Enterprise Drive, Kingston, NY. Monday - Saturday 8:30 A.M. to 3:30 P.M.

To schedule an appointment (if you have an order for a COVID-19 test) call 845-443-8888.

10 Healthy Way, Ellenville, NY. Monday—Friday 9:00 A.M. to 2:00 P.M.

To contact Ellenville Hospital regarding a COVID-19 test, call 845-647-6400 ext. 269.

Any individual who does not have a primary care physician, should contact the Ulster County COVID-19 hotline at 845-443-8888.

Ulster County also has updates and information on their website under COVID-19 at: <https://covid19.ulstercountyny.gov/>

Ulster County COVID-19 hotline at 845-443-8888 Monday - Saturday, 9:00 A.M. to 5:00 P.M.

Be aware of a Facebook or phone text scam from "Agent Greg Olsen" from the Federal Empowerment Program, the Federal Empowerment Grant, or the Aging Empowerment Program offering awards or government grant money to "qualified" Seniors and asking for personal information. Please remember to never share your personal information by phone, email or text.

COVID-19 scam text message: "Someone who came in contact with you tested positive or has shown symptoms for COVID-19 & recommends you self-isolate/get tested" Do not click on the link, it is not a message from any official agency.

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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.

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.

### Coronavirus Economic Impact Payments - Social Security Recipients

Social Security beneficiaries who are not typically required to file tax returns will not need to file to receive an economic impact payment. It's automatic.

For Social Security recipients who didn't file taxes in 2018 or 2019, #IRS will use the information on Form SSA-1099 and Form RRB-1099 for their economic impact payments.

Social Security recipients will automatically receive economic impact payments without the need to file taxes for 2018 or 2019. Social Security recipients will automatically receive the economic impact payment the same way they normally receive their Social Security benefits. Most adults will get \$1,200, although some may get less. For every qualifying child age 16 or under, the payment will be an additional \$500.

More information from #IRS at [www.irs.gov/coronavirus#COVIDreliefIRS](http://www.irs.gov/coronavirus#COVIDreliefIRS)

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**Lunch and Learns for Seniors**

**June 9: COPD Talk**

Presented by Teri Osterhout-Paton, Health Alliance of the Hudson Valley Gateway of the Hudson Valley, 1 Amy Kay Parkway, Kingston, NY.

*R.S.V.P. by June 2, 2020*

**June 23: 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*

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.

**Ulster County Office of the Aging Senior of the Year Picnic**

May 27, 2020, Noon to 2:00 P.M.

Robert Post Park, 515 Park Road, Kingston, NY.

*R.S.V.P. by May 21, 2020*

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



The Ulster County Office for the Aging presents:

**On the Waterfront**

Tuesday, June 16, 2020. *R.S.V.P. by June 11, 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.



**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.



**Pharmacies that deliver during COVID-19**

Catskill Pharmacy, 6401 Route 209, Kerhonkson, NY 845-626-0900.  
Free home delivery within 5-7 miles. For Seniors only. Payment by phone or in person.

Matthew's Pharmacy, 101 Canal Street, Ellenville, NY. 845-647-6222.  
Free home delivery within 7-mile radius within 24-hour notice. Curbside pickup for additional items / prescription. Payment by phone or in person.

Port Ewen Pharmacy, 177 Broadway, Port Ewen, NY. 845-331-4229.  
Free home delivery to limited areas. 24-hour notice preferred but will deliver in an emergency. Drivers are masked and gloved. Payment by phone or in person.

Nekos-Dedricks Pharmacy, 86 N. Front Street, Kingston, NY. 845-338-8000.  
Free home delivery within 5-miles of Kingston Area. 24-hour notice required. Additional pharmacy items can be purchased along with prescription for delivery. Payment by phone.

Rite Aid Pharmacy, 485 Broadway, Kingston, NY. 845-338-4155.  
Will deliver anywhere in the city of Kingston only for free, Monday-Friday. Broadway Rite Aid only. Drive-thru is open. Credit card phone payments only.

Saugerties Pharmacy, 250 Main Street, Saugerties, NY. 845-246-5649.  
Free home delivery in the village of Saugerties. 24-hour notice preferred. Delivery on Monday and Thursdays only.

Woodstock Apothecary, 79 Tinker Street, Woodstock, NY. 845-679-0790.  
Free home delivery Monday-Friday within a 5-10-mile radius of Woodstock/Saugerties/West Hurley/Hurley/Mount Tremper.

Walmart Pharmacy  
1-800-2-REFILL (1-800-273-3455).  
National free home delivery. Set up account to determine insurance eligibility.



**May is Older Americans Month**

Every year in May, Older Americans Month recognizes the contributions of older adults across the nation. This is a great opportunity to show appreciation and support to Seniors as they continue to enrich and strengthen our community.

In these difficult times, the need for Volunteers is even more important. As we work hard to stay safe and well, the "social distancing" that we must observe poses a special hardship for those most vulnerable in our community.

Ulster County Seniors are out and about giving back and making a difference in our community.

Today, older Volunteers all over Ulster County are shopping, delivering meals, calling seniors who are shut in, driving people to critical medical appointments, and doing virtual one-on-one Medicare consultations. They represent another pair of eyes and ears on people in our society who are isolated and alone.

We'd like to take this time to sincerely thank all our Senior Volunteers who are taking the time and energy, to serve the community.

Please be careful out there. And Thank You...we couldn't do it without you.

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



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**Older Adult Services Program**

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



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

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| For Information or Home Delivered Meal Cancellation Call: <b>331-2496</b><br><br>Community Café Reservations Call: <b>331-2180</b> | Meals Prepared by Gateway of the Hudson Valley<br><i>Milk is provided with meals.</i><br><br><i>WW = whole wheat</i><br><b>"Menu Subject to Change"</b> |   |  | <b>1</b><br>Chicken Parmesan<br>Roasted Potato<br>Oriental Mixed Vegetable<br>WW Bread<br>Pears              |
| <b>4</b><br>Swiss Broccoli Pasta<br>Wax Beans<br>WW Bread<br>Pineapple Chunks  | <b>5</b><br>Shepherd's Pie<br>Monaco<br>Vegetables<br>WW Roll<br>Spice Cake with Fruit  | <b>6</b><br>Roast Turkey & Gravy<br>Mashed Potato<br>Brussels Sprouts<br>Rye Bread<br>Apricots                                | <b>7</b><br>Stuffed Shells with Tomato Sauce<br>Italian Mixed Vegetables<br>WW Roll<br>Pears     | <b>8</b><br>Baked Fish<br>Au Gratin Potato<br>California Mixed Vegetables<br>WW Bread<br>Tropical Fruit      |
| <b>11</b><br>Chili Con Carne<br>Brown Rice<br>Cauliflower<br>WW Bread<br>Rice Pudding/<br>Raisins                                  | <b>12</b><br>Chicken Pot Pie<br>Peas<br>Beets<br>WW Roll<br>Mandarin Oranges  | <b>13</b><br>Red Pepper Quiche<br>Corn<br>French Cut Beans<br>Rye Bread<br>Fruited Gelatin                                    | <b>14</b><br>Chicken Dijon<br>Parsley Potato<br>Carrots<br>WW Roll<br>Fruit Cocktail             | <b>15</b><br>Beef Burgundy<br>Buttered Noodles<br>Mixed Vegetables<br>WW Bread<br>Peach Crisp                |
| <b>18</b><br>Baked Chicken & Gravy<br>Mashed Potato<br>Carrot Coins<br>WW Bread<br>Pears   | <b>19</b><br>Macaroni & Cheese<br>Stewed Tomatoes<br>3 Bean Salad<br>WW Roll<br>Fruit Cocktail  | <b>20</b><br>Swedish Meatballs<br>Buttered Noodles<br>California Mixed Vegetables<br>Rye Bread<br>Peaches                     | <b>21</b><br>Roast Pork & Gravy<br>Winter Squash<br>Braised Cabbage<br>WW Roll<br>Yogurt Parfait | <b>Holiday 22 BBQ</b><br>BBQ Chicken<br>Baked Beans<br>Carrots<br>WW Bread<br>Lemon Cupcake with Blueberries |
| <b>Memorial 25 Day</b><br><b>CLOSED</b><br>Beef & Peppers<br>Brown Rice Pilaf<br>Harvard Beets<br>WW Bread<br>Fruit Cocktail       | <b>26</b><br>Turkey Cutlet & Mushroom Gravy<br>Broccoli Cuts<br>Winter Squash<br>WW Roll<br>Tropical Mixed Fruit  | <b>Cold 27 Plate</b><br>Tuna Salad<br>Fresh Greens<br>Tomatoes & Cucumbers<br>Macaroni Salad<br>Rye Bread<br>Pineapple Chunks | <b>28</b><br>Meatloaf & Gravy<br>Mashed Potato<br>Monaco Mixed Vegetables<br>WW Roll<br>Pears    | <b>29</b><br>Goulash<br>Noodles<br>Green Beans<br>WW Bread<br>Dutch Apple Cake                               |



## 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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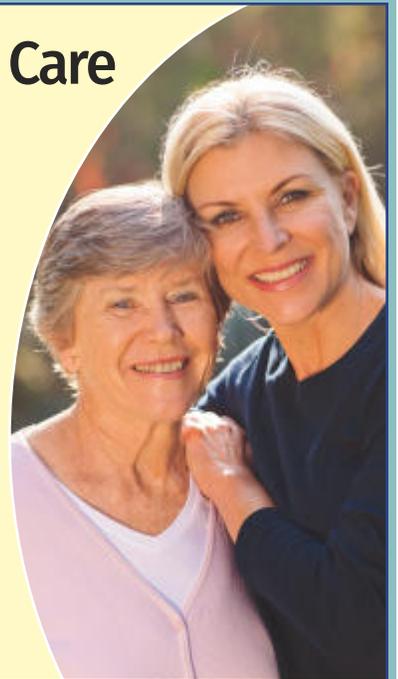
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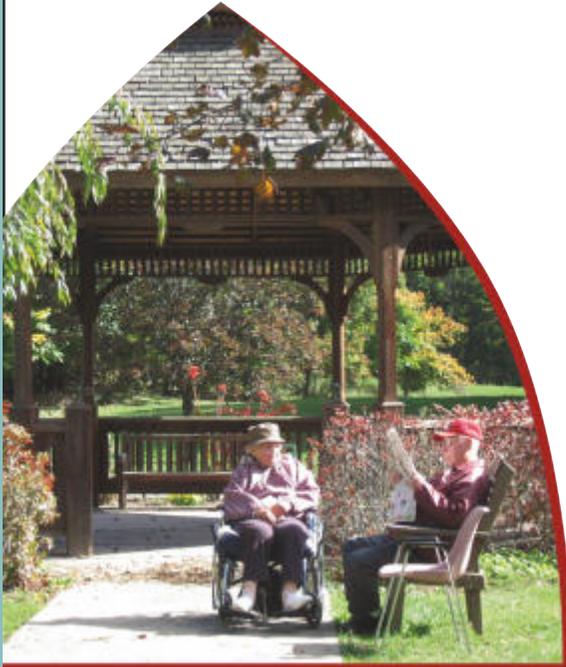
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- Bladder and spinal stimulation
- Nutritional counseling and support

*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.*



**COVID-19 Resources**

**Family of Woodstock/YMCA Meals**

Prepared, microwave-ready meals are available for pick-up and delivery on weekdays for lunch and dinner. Call or text the Family of Woodstock 24/7 hotline for information about delivery and where to pick-up at 845-679-2485.

**People’s Place**

For those in need of food support on the weekdays, People’s Place is offering the following services: The Community Cafe will be open from 8:30 A.M to 1:00 P.M offering take out Continental breakfast and sandwiches for lunch. The Food Pantry will operate in a modified version at regular hours: 10:00 A.M to 1:00 P.M Monday through Friday and Wednesday evening from 5:30 P.M to 7:30 P.M.

**Salvation Army**

Offering prepared lunch, pre-bagged groceries to anyone in need Monday-Friday, 12:00 P.M., 35 Cedar St., Kingston, NY. 845-331-1803 you do not need to call ahead.

**United Way of Ulster County**

Offers a comprehensive guide to health and human services offered in Ulster County and beyond. Call 845-331-4199. Hudson Valley Region Hotline: dial 211. Website at [www.ulsterunitedway.org](http://www.ulsterunitedway.org)

**Radio Kingston’s Community Fund**

Residents within the City of Kingston’s School District who are in need of financial assistance for any reason will be able to receive one-time financial support through the Community Fund. Information for the fund will be through Family of Woodstock via phone and online. Support applications will begin processing on March 23, 2020. To stay informed, visit [www.radiokingston.org/community-fund](http://www.radiokingston.org/community-fund)

**Ulster County Mobile Crisis**

Connect with a trained counselor when stress, depression or other mental health issues create a personal crisis. Your call with a trained counselor will be kept confidential. This service is available to all Ulster County residents at no charge. Call 844-277-4820 or visit: [www.accesssupports.org](http://www.accesssupports.org)

**New York State COVID-19 Mental Health Hotline**

Governor Cuomo’s free Mental Health Hotline 844-863-9314.



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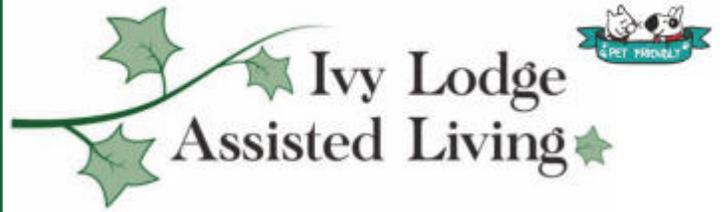


Providing nutritious meals to our Seniors in Ulster County!

For more information contact the Ulster County Office for the Aging at (845) 334-5125

AND

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Ulster County Office for the Aging, Kingston, NY

06-5324

**COVID-19 and the use of Cloth Face Coverings**

New York State Department of Health (NYSDOH) continues to study and respond to the spread and effects of the SARS-CoV-2 virus, which causes the COVID-19 disease. Recent studies have shown that a significant portion of individuals infected with the virus are asymptomatic. Asymptomatic individuals, even if they eventually develop symptoms, can transmit the virus to others before showing symptoms. This means that the virus can spread between people in close proximity — for example, speaking, coughing, or sneezing — even if those people are not exhibiting symptoms at the time.

Considering this new evidence, NYSDOH supports members of the public who choose to wear cloth face coverings in public settings, where social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community transmission. It is important to emphasize that maintaining social distancing, by staying at least 6 feet apart when in public and staying home whenever possible, is critical to slow the spread of the virus, even if wearing a face covering. While cloth face coverings may not prevent the wearer from becoming infected, they might help slow spread from people who have the virus and are unaware.

Cloth face coverings fashioned from household items or made at home from common materials at low-cost, can be used as an additional, voluntary public health measure, beyond the recommended social distancing. Surgical masks and N-95 respirators are critical supplies that must continue to be reserved for healthcare workers and other first responders.

When wearing cloth face coverings, New Yorkers should:

- Make sure that they fit snugly and cover their nose and mouth.
- Be changed frequently and laundered when they are soiled or wet.
- Not become complacent with other protective measures.
- Do not touch the cloth covering or face.
- Continue to be vigilant with thorough and frequent hand washing.
- Soap and water, or alcohol-based hand sanitizer of 60%+ alcohol.
- Practice respiratory etiquette and cover your coughs or sneezes.
- Practice social distancing – even when wearing masks.

**Stay home and help flatten the curve!**

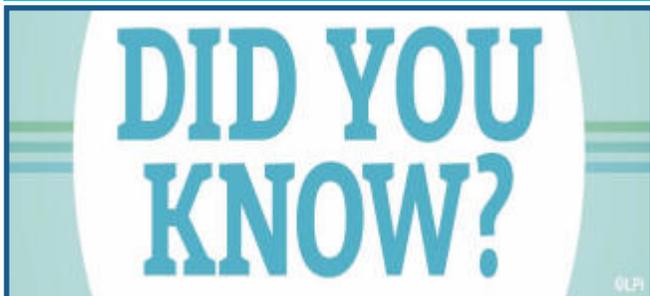
**Tips to manage stress during COVID-19**

- Let go and focus on what you can control.
- Practice gratitude.
- Limit news consumption.
- Stay connected via phone or video chat (Skype, Facebook Video Chat, Google Chat or Zoom)
- Have fun: read, learn a new recipe, dance, start a new hobby or project.
- Practice self-care: get plenty of sleep, eat nutritious foods, exercise, or journaling.



**Garden tips for May**

- Muck out water gardens if you didn't yet, to avoid buildup of debris that can feed algae development and taint water.
- Right after bloom is usually a good time for spring-flowering shrubs, such as lilacs to be pruned.
- Remove finished compost from the bottom of the heap and make room for incoming debris, then screen it before using to remove twigs and stones.
- Begin deadheading roses and apply fertilizer in mid-May.
- Pinch back and repot houseplants that need it and begin regular feeding if you didn't already in earlier spring.
- Tender bulbs started indoors for a head start (like cannas) can go into the ground after frost danger passes.
- Mulch vegetables with baled or chopped straw, partially rotted leaves, or other available organic materials.



There is enough iron in a body to make a metal nail measuring up to three inches (7.6 centimeters) long.

**May is Osteoporosis Month**

It is estimated that 24 million Americans have osteoporosis. What is Osteoporosis? Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both, resulting in bones becoming weak. Bones may easily break from a fall or simply from sneezing, coughing or bumping into something.

Osteoporosis has been called a "Silent Disease". You can't feel your bones becoming weaker. The first sign is usually a broken bone, becoming aware that you are getting shorter, or that your spine is curving.

How Serious is Osteoporosis? Bone breakage is common, often the hip, but other bones can break as well. It causes constant pain and loss of height-when the vertebrae are affected or the bones of the spine, resulting in a hunched or stooped posture.

Can Osteoporosis Limit My Mobility? Mobility can be limited from pain as a result of a broken bone. Limited mobility also contributes to feelings of isolation and or depression.

What You Can Do: Calcium and Vitamin D are important for building strong and dense bones when we are young and keeping them strong and healthy as we get older.

Recommendation:  
1200 mg Calcium daily for women above 50 years and men above 70 years.  
800-1,000 IU Vitamin D daily for both men and women above 50 years of age.

TIP: Low fat milk and yogurt are good sources of both Calcium & Vitamin D. An 8 oz glass of 2% milk provides about 300 mg of calcium and 90 IU of vitamin D.

Best calcium sources: dairy products.

Best vitamin D sources: salmon, tuna, and eggs.

Talk with your physician to see if you need an additional calcium or vitamin D supplement.

*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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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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