

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

MAY 2021



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

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

Are you 60 years old or older and...

...Need a ride for a medical appointment?

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

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

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



1003 DEVELOPMENT COURT, KINGSTON, NY 12401 | 845-340-3456 | ULSTERCOUNTYNY.GOV/AGING

**Have Medicare questions?
I have answers.**

Aaron Palmiter
Licensed Sales Agent
845-242-4325, TTY 711
aaronpalmiter@gmail.com
myuhcagent.com/aaron.palmiter



Feet Hurt?



**We Treat ALL Types
of Foot Problems!**

**103 Hurley Ave., Kingston
(845) 339-4191 hvfa.com**

PARTNER WITH AN SPECIALIST

WOODHOUSE

WEALTH MANAGEMENT, LLC



Helping You Put Your Financial House in Order

Call Stephen at 845-339-3800

STEPHEN.WOOD@WOODHOUSEWM.COM

WWW.WOODHOUSEWM.COM

10 WESTBROOK LANE, SUITE 2, 1ST FLOOR KINGSTON

Securities and advisory services offered through Commonwealth Financial Network*, Member FINRA/SIPC, a Registered Investment Advisor.
Fixed insurance products and services offered through Woodhouse Wealth Management and CES Insurance Agency.

ACCUMULATION

how to target asset growth

RETIREMENT PLANNING

*how to target distribution of your assets
in a tax-advantaged way*

ESTATE PLANNING

how to preserve your assets

RISK MANAGEMENT

how to protect your assets

BUSINESS PLANNING

how to grow and manage your business

TAXATION

how to minimize your tax burden

JSPHomeServices.com • 845-331-8473



**PLUMBING • HEATING
AIR CONDITIONING • ELECTRICAL
24 HOUR EMERGENCY SERVICE**

Providing funeral service excellence for nearly 70 years!



SIMPSON-HAMMERL

~ Funeral Home ~

411 ALBANY AVENUE
KINGSTON

845-331-0631

WWW.SIMPSONHAMMERL.COM



Paul R. Hammerl
Owner

COPELAND-HAMMERL

~ Funeral Home ~

162 S. PUTT CORNERS ROAD
NEW PALTZ

845-255-1212

WWW.COPELANDHAMMERL.COM

THIS IS LIVING... SENIOR LIVING

friday cocktail hours • interactive music and dance class
semi-weekly shopping trips • strength & balance class
arts and crafts classes • lunches at local restaurants
yoga for seniors • in-house bocci & shuffleboard courts
golf putting green • trips to museums • concerts in the park



Spectacular senior living with first-class amenities
paired with compassionate and skilled health care.



MOUNTAIN VALLEY MANOR
ON YOUR OWN. NEVER ALONE.

397 WILBUR AVENUE, KINGSTON 845.331.1254 MOUNTAINVALLEYMANOR.COM

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

**Contact Karen Fontaine
to place an ad today!
kfontaine@4LPi.com
or (800) 477-4574 x6350**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Ulster County Office for the Aging, Kingston, NY

06-5324

OFA DIRECTOR MESSAGE

To Our Ulster County Seniors:

Spring has sprung and has brought with it a plethora of vaccines available to all! We are able to make appointments weekly for anyone who wants them. So that's some good news we have been waiting for.

We are already filled up with some outdoor Tai Chi classes where we can FINALLY get together in person. We are planning some outdoor activities/events for our seniors in June, July and August, so stay tuned for those dates! We look forward to seeing you!

We urge you to stay sharp about scams – the people doing them are very crafty, and keep coming up with things to try and rip you off. Call our office if something doesn't sound right – it probably isn't. There are many – some are mailed, some are phone calls, etc.

We are still offering learning seminars via Zoom monthly – please contact our office. Our office continues to offer legal services, Medicare counseling, Medicare Savings Plans, Case Management, Home Delivered Meals, Medicaid application assistance, PERS services, resources, referral, help with HEAP and SNAP, nutritional one on one counseling, access to mental health services, caregiver support, education, evidenced-based programming for health, and lots of knowledge to help you get what you need. We've been plugging along via phone, or Zoom, or sometimes by mail. Keep track through our monthly newsletter!

Call us if any of these services are needed. Let us know how you are!

Hope to see you soon!

In health and wellness and hope,
Susan Koppenhaver, Ulster County OFA Director

Signs of Opioid Addiction in Seniors

As people age, their need for pain relief is likely to increase. But because opioids are highly addictive, those taking it at any age run the risk of abuse of, or addiction to, these drugs.

Many people who care for their aging parents are unaware of all drugs that are being prescribed, and Seniors themselves sometimes are unaware of the potential hazards that medications can pose to their health. Seniors are more likely to unintentionally misuse medicines by forgetting to take their medicine, taking it too often, or taking the wrong amount.

Often, if someone has become withdrawn, depressed, hostile or fatigued for no reason, you may think it might be part of the aging process. But many of these behaviors can also be signs of opioid misuse, or drug-related issues. Here are some signs that could mean a person over 65 is at risk:

- Appearing over sedated, disoriented or impaired.
- Poor balance or unsteady gait.
- Requesting early refills.
- Reporting that their medications have been lost or stolen (particularly if this occurs more than once).
- Poor hygiene or disheveled appearance.
- Appetite changes.
- Mood swings or major personality changes.
- Increased isolation.
- Demanding narcotic drugs at visit to the doctor.
- Apparent doctor shopping.

What you can do:

- Understand the risk factors for misuse of painkillers: improper use, depression, anxiety.
- Encourage Seniors to keep a log of when they take their medications which includes, medication name, date, time, dosage, and total number of remaining patches or pills in the bottle. For liquid medication, you can mark the level on the bottle after taking the dose with the date and time.
- Do not keep unused or unwanted prescriptions; dispose of them at a Drug Take Back location.
- Talk with them about the risks and dangers of prescription painkillers, especially opioids (or narcotics).
- Encourage Seniors to ask healthcare professionals for non-narcotic painkiller alternatives if prescribed.
- Store any prescription painkillers in a locked storage box, drawer, or cabinet to limit access.
- Ask about Senior caregiver/care facility policies on prescription drug policies and encourage administrators to share proper use and/or misuse of narcotic painkillers.
- Watch for signs of misuse.

Lab Work That Comes to You

Our experienced and highly-trained collection technicians come to your home or office to collect your specimen and then deliver it under controlled conditions to our nearest state of the art laboratory



Bruen Medical Partners

Call 845-853-0676

Info@bruenmedicalpartners.com



Curtis Care Management

We help seniors obtain services and benefits needed to age independently in the community.

Free 30 minute phone consult
914-420-2438

www.curtiscaremanagement.com

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.

IF you need an architectural barrier consultant to help make your home safe...

WHEN you or someone you love has been placed or is at risk of a nursing home placement...

**RCAL
CAN
HELP**

RESOURCE CENTER for

RCAL
ACCESSIBLE LIVING

rcal.org

845-331-0541



TenBroeck

CENTER FOR REHABILITATION & NURSING

CONTACT US TO SCHEDULE A TOUR

845-336-6666 | tenbroeckrehab.com

One Commons Drive | Lake Katrine, NY 12449

**LAW OFFICE OF
ANTONY M. EMINOWICZ PLLC**

WILLS, TRUSTS AND MEDICAID ASSET PROTECTION

845-481-4688 • 2 PEARL STREET, KINGSTON, NY 12401

antony@ame-law.com • www.ame-law.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Ulster County Office for the Aging, Kingston, NY

06-5324



MALL WALK WITH THE OFA

HUDSON VALLEY MALL

1300 Ulster Avenue, Kingston, NY.

Every Tuesday, 10:00 A.M. sharp!

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

If Kingston City School District is on delay or closed, the mall walk is cancelled.

We hope to be walking soon.

The first Tuesday of each month, staff from the Resource Center for Accessible Living (RCAL) will join us to discuss their services, including an Equipment Loan Closet, Nursing Home Transition & Diversion, Home Care Coordination and Healthy Homes.

MEDICARE

MEDICARE SAVINGS PROGRAM (MSP)

You may be eligible to get help paying your Medicare premiums and you may also get help paying for Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments.

If you are a Medicare recipient and your gross monthly income is \$1,469 or less (Married income \$1,980 or less) you may be eligible.

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

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

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

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

Thank you.

SUPPORT OUR ADVERTISERS!



UCOFA Online Learning for Seniors

May 13: Barley Salad

Presented by Juanita Bryant, UCOFA Registered Dietitian

R.S.V.P. by May 11, 2021

May 18: COVID-19 and Caregiving

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

R.S.V.P. by May 14, 2021

May 25: Home Safe Home

Presented by Gilles Malkine, Architectural Barrier Consultant, RCAL

R.S.V.P. by May 21, 2021

Medicare: What you Need to Know & How you can Save Money

Presented by Bob Meci, UCOFA Health Insurance Coordinator

May 26, *R.S.V.P. by May 21, 2021*

Presented by Elanor Minsky, UCOFA Health Insurance Counselor

June 30, *R.S.V.P. by June 25, 2021*

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

Free to Ulster County Seniors age 60 and over.

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



Hope to see you soon.



Spring Nutrition for Seniors

For many people, food is a source of joy and one that can help them live life at its fullest. One of the best ways to infuse flavor into your diet and be sure you're getting the nutrients you need? Fresh fruits and vegetables! Seniors are often challenged by diet and nutrition, because dietary needs change as we age.

It can sometimes be difficult to incorporate all the nutrients seniors need into an everyday diet.

One way to make food more inviting and palatable is to include fruits and vegetables that are fresh and in-season. The spring is an especially good time to try new types of produce.

Eating a variety of fruits and vegetables is one easy way to make sure you are getting the nutrients you need through your diet.

There are a number of fruits and vegetables that are in season during the spring. Each is packed with different nutrients and vitamins. Here are a few choices:

- Grapefruit is an excellent source of vitamin A, vitamin C, pantothenic acid, copper, dietary fiber, potassium, biotin, and vitamin B1.
- Cabbage has high levels of vitamin C, folic acid, calcium, potassium, and fiber.
- Peas have lots of protein, B vitamins, vitamins C and A, manganese, iron, potassium, and lutein.
- Shallots are a wonderful source of potassium, vitamin B6, manganese, and folic acid.
- Eggplant is high in fiber, potassium, manganese, and vitamin B1.
- Strawberries are an excellent source of vitamin C, manganese, folate, and potassium.
- Peppers have lots of Beta-carotene, vitamins B6, C, and A, and potassium.
- Carrots are rich in Beta-carotene, vitamins A and K, and potassium.



Ulster County Office for the Aging Basket Give-Away

You could win a basket of Italian pasta, a large, heavy pasta strainer, sauces, and other goodies.

To win, simply send us your best "Together Again" phrase. After all this time apart, we want to celebrate!

The Ulster County Office for the Aging will choose one lucky winner and the winning phrase will be displayed on a wall in the Ulster County Senior Hub.

Send your phrase and contact information including your name, telephone number, and address to OFA@co.ulster.ny.us, by mail to Ulster County Office for the Aging, 1003 Development Court, Kingston, NY 12401 or call us at 845-340-3456 and leave your phrase and contact information.

Deadline is May 31, 2021.

Winners will be notified via phone. Basket will be sent to your home.

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



Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey Cutlet & Gravy Mashed Potato Carrots Whole Wheat Bread Pineapple Chunks	4 Meatloaf & Gravy Mashed Sweet Potato Broccoli Green Salad Whole Wheat Bread Fruit Cocktail	Cinco 5 de Mayo Enchilada Bake Brown Rice Cauliflower Tomato Salad Whole Wheat Bread Rice Pudding with Raisins	6 Chicken Parmesan Pasta Italian Mixed Vegetables Whole Wheat Bread Pears	7 Baked Fish with Dill Sauce Roasted Red Potato Spinach Split Pea Soup Whole Wheat Roll Apple Cake
10 Swiss Broccoli Pasta Green Beans Carrots Whole Wheat Roll Pineapple Chunks	11 Chicken Pot Pie Beets Cauliflower Whole Wheat Roll Pumpkin Pudding	12 Pork Chop Apple Sauce Sweet Potato Braised Cabbage Whole Wheat Bread Spice Cake/Raisins	COLD 13 MEAL Spanakopita (Greek Spinach Pie) Fresh Salad Whole Wheat Bread Tropical Mixed Fruit	14 Meatballs & Gravy over Buttered Noodles California Mixed Vegetables Whole Wheat Roll Peaches
17 Beef & Peppers Mashed Potato Harvard Beets Whole Wheat Roll Tapioca Pudding with Fruit	18 Baked Ziti with Cheese Monaco Mixed Vegetables Green Salad Whole Wheat Bread Fruit Cocktail	19 Baked Chicken & Gravy Mashed Potato Mixed Vegetables Whole Wheat Roll Pears	20 Swedish Meatballs Buttered Noodles Red Cabbage Rye Bread Peaches	21 Beef Stew Winter Squash Cauliflower Lentil Soup Whole Wheat Bread Pineapple Cake
24 Broccoli Quiche Corn Wax Beans Squash Soup Whole Wheat Roll Fruited Gelatin	25 Apple Braised Turkey Cutlet Sweet Potato Brussels Sprouts Rye Bread Chocolate Pudding	26 Pasta & Meat Sauce Italian Mixed Vegetables Green Salad Whole Wheat Bread Pears	27 Chicken Dijon Brown Rice Pilaf Green Beans Whole Wheat Roll Fresh Orange	Memorial 28 Day Celebration Sausage & Peppers Mashed Potatoes 3 Bean Salad Whole Wheat Bread Peach Crisp
Memorial 31 Day CLOSED HDM Only Beef Burgundy Noodles California Mixed Vegetables WW Bread Pineapple Chunks		Made possible by funds provided by New York State Office for the Aging, Ulster County Office for the Aging and your contributions.	Meals Prepared by Gateway Hudson Valley Milk is provided "Menu Subject to Change"	For Information or Home Delivered Meal Cancellation Call: 331-2496 Community Café Reservations call: 331-2180



COMMUNITY CAFÉS

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

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

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

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

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

Community Café sites are closed until further notice.

Thank you.

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



HOME DELIVERED MEALS

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

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



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

Qualified Seniors must be:

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

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

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

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

Hudson Valley
Hospice is... *hope*



At Hudson Valley Hospice, we
believe there is always *hope*.

Contact Hudson Valley Hospice
845-485-2273 • hvhospice.org



Caring for Caregivers
for over 10 years.

Visit our website: www.caringconnectionsofuc.com

Free virtual **SAVE THE DATE...**
Thursday, June 10, 2021
annual
Family Caregiver Conference
Contact us: (845) 481-0160
UCCARINGCONNECTIONS@GMAIL.COM

NOW OPEN TO THE PUBLIC
Prepared, Healthy Food is only a phone call away!



EDIBLE INDEPENDENCE
"Eat Right, Live Well"
7 Meals/\$55

Chef prepared frozen, dietician
and health department approved meals
DELIVERED TO YOUR HOME.

845-331-MEAL (6325) edibleindependence.com

Attention MLTC customers of Fidelis, Hamaspik,
Visiting Nurse Services and WellCare. A new meal option is available!

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed
to you at www.mycommunityonline.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicomunities.com Ulster County Office for the Aging, Kingston, NY

06-5324

Real-Life Benefits of Exercise and Physical Activity

Exercise and physical activity are good for just about everyone, including older adults. No matter your health and physical abilities, you can gain a lot by staying active. In fact, studies show that "taking it easy" is risky. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. Lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.

Staying active can help you:

- Keep and improve your strength so you can stay independent
- Have more energy to do the things you want to do and reduce fatigue
- Improve your balance and lower risk of falls and injuries from falls
- Manage and prevent some diseases like arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and 8 types of cancer, including breast and colon cancer
- Sleep better at home
- Reduce levels of stress and anxiety
- Reach or maintain a healthy weight and reduce risk of excessive weight gain
- Control your blood pressure
- Possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks or plan an activity
- Perk up your mood and reduce feelings of depression

Physical activity can help:

- Reduce feelings of depression and stress, while improving your mood and overall emotional well-being
- Increase your energy level
- Improve sleep
- Empower you to feel more in control

In addition, exercise and physical activity may possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

Here are some exercise ideas to help you lift your mood:

Walking, bicycling, or dancing. Endurance activities increase your breathing, get your heart pumping, and boost chemicals in your body that may improve mood.

Yoga. This mind and body practice typically combines physical postures, breathing exercises, and relaxation.

Tai Chi. This "moving meditation" involves shifting the body slowly, gently, and precisely, while breathing deeply.

Activities you enjoy. Whether it's gardening, playing tennis, or something else, choose an activity you want to do, not one you have to do.

SUPPORT OUR ADVERTISERS!





Gateway Community Industries Is Now
Gateway Hudson Valley



**New Name...
Same Great Food!**

We provide nutritious meals to our Seniors in Ulster County!
For more information contact the Ulster County Office for the Aging at (845) 334-5125
We also offer the same great meals through our "Just Like Home," meal service. Just Like Home is perfect for anyone desiring convenience or independent living or for those recuperating at home or managing an illness.
For more info contact: Gateway's Just Like Home at (845) 331-2180

Caring for someone with dementia? Call our Helpline anytime for support, with questions or to learn about programs near you.

alzheimer's association®

800.272.3900 • alz.org/hudsonvalley

**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**



\$29.95/MO

BILLED QUARTERLY

**PLUS
SPECIAL
OFFER**

**CALL NOW! 1.877.801.7772
WWW.24-7MEDALARM.COM**



We offer services that allow residents to live a longer, healthier and more satisfying life.

- Help with showers and personal care to the extent needed and desired
- Assistance with medications by nurses and trained medication aides
- Transportation in our wheelchair - accessible van to shopping, doctor's visits and scheduled events
- Three delicious meals per day, approved by a dietician and prepared by trained chefs
- Special needs units for people with cognitive impairment
- Enhanced license for additional care
- Handicapped accessible throughout



Short stays available for family recuperation and respite.

845-246-4646

108 Main Street Saugerties, NY

www.ivylodgeassistedliving.com



**"Home Healthcare
With Dignity"**

Since 1984, A&T Healthcare is a Home Healthcare Agency that is dedicated to providing high-quality home healthcare services for caregivers and families who are caring for loved ones at home - with dignity. We provide home healthcare services for adults and seniors.

845-331-7868

Live-In & Hourly Health Aides • Companions • LPN's • RN's • Therapists • Adults • Senior



www.at-healthcare.com

A & T Healthcare of NJ Inc. is CAHC Accredited in New Jersey for personal care and in-home skilled nursing.



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Ulster County Office for the Aging, Kingston, NY

06-5324

May is National Stroke Awareness Month

May is National Stroke Awareness Month, an observance that highlights the importance of knowing the signs and symptoms of stroke and encourages persons to act F.A.S.T. During a stroke, every minute counts! Fast treatment can lessen the brain damage that stroke can cause. By knowing the signs and symptoms of stroke, you can take quick action and perhaps save a life, maybe even your own. If you think someone may be having a stroke, act F.A.S.T. and do the following simple test:

F - Face: Ask the person to smile. Does one side of the face droop?

A - Arms: Ask the person to raise both arms. Does one arm drift downward?

S - Speech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?

T - Time: If you see any of these signs, call 9-1-1 right away.

Prevent stroke by following the American Heart Association/American Stroke Association's life's simple 7 tips:

1. **Manage Blood Pressure:** High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.
2. **Control Cholesterol:** High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke. When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages.
3. **Reduce Blood Sugar:** Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.
4. **Get Active:** Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life.
5. **Eat Better:** A healthy diet is one of your best weapons for fighting cardiovascular disease. When you eat a heart-healthy diet, you improve your chances for feeling good and staying healthy for life.
6. **Lose Weight:** When you shed extra fat and unnecessary pounds, you reduce the burden on your heart, lungs, blood vessels and skeleton.
7. **Stop Smoking:** Cigarette smokers have a higher risk of developing cardiovascular disease. Quitting is the best thing you can do for your health.



Garden tips for May

- When shopping for seedlings of tomatoes, or really anything, pick stock young plants about 4 inches high and wide.
- Mulch vegetables with baled or chopped straw, partially rotted leaves, or other available organic materials.
- With flower seedlings in 6-packs, "buy green," as in don't buy annuals that are flowering madly in tiny cells. Younger, fresher plants are best. They will catch up.
- Deadhead spring-flowering perennials unless they have showy seed heads.
- Zinnias and marigolds and other familiar summery annuals can be direct sown now, or start in cell-packs and set them out after a month to six weeks.
- Container gardens can provide lots of seasonal color, but don't just use annuals.

DID YOU KNOW?

May 20, 1873, is the "birthday" of blue jeans.

May is High Blood Pressure Education Month

So, what affects blood pressure when we talk about food?

You guessed it- Sodium! Our bodies require some sodium which helps with nerve and muscle function and maintaining the balance of fluid in the body.

Table Salt is the combination of two minerals, sodium, and chloride. Most Americans over do it with the saltshaker and sprinkling on salt before even tasting food. How much sodium should we consume per day?

The American Heart Association recommends no more than 2,400mg or 800mg/meal. It is worthy to note that 75% of our sodium consumption comes from processed, prepackaged and restaurant foods. Using too much table salt adds up:

¼ teaspoon = 575mg sodium

½ teaspoon = 1,150mg sodium

¾ teaspoon = 1,725 mg sodium

1 teaspoon = 2,300 mg sodium

Risk factors for High Blood Pressure increase with:

Age: 65% of Americans over 60 years of age have high blood pressure, and some do not even realize it.

Overweight: Individuals that are overweight are more likely to develop high blood pressure.

Lifestyle: consuming too much salt, lack of physical activity, too much alcohol and stress all are important factors that can affect your blood pressure.

Know Your Number!

Top number (systolic)	Bottom number (diastolic)	Category	What to do
120	Below 80	Normal	Healthy lifestyle
120-129	Below 80	Elevated normal	Healthy lifestyle
130-139	80-89	Stage 1 hypertension	Adopt a healthy lifestyle - speak with MD
140 or higher	90 or higher	Stage 2 hypertension	Adopt a healthy lifestyle - speak with MD

Contact the Office for Aging Dietitian for help in controlling your blood pressure!

From the desk of the UCOFA Registered Dietitian: Juanita Bryant, RDN, CD. Nutrition Consults are free and available to Ulster County Seniors 60 and over. Consults will be done by phone, at this time, with the OFA Registered Dietician. To make a referral, please call 845-340-3456.

VOLUNTEER

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

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

10 Reasons to Volunteer

1. Healthy body, healthy mind.
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.

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

1-855-225-4251



Lake Katrine
845-336-0108



Byron's
Hudson Valley
Hearing Aid Centers

*Serving
the Hudson
Valley since
1994!*

Poughkeepsie
845-485-0168

Rhinebeck
845-516-4920

We Do Wax Removals • We Work With All Insurance Plans
Audiologists on Staff • We Have the Newest Rechargeable Hearing Aids





The senior care experience you want, matched by the safety and care you deserve.

As a family-owned business for over three decades, we take great pride in our senior communities. Throughout the Hudson Valley, Wingate is well known for our innovative skilled nursing programs for those in need of short-term rehabilitation, post-acute care and long-term care.

Wellness and Life Enrichment Highlights

- Dedicated Nurse Infection Preventionist at each location
- Ongoing infection control education for all staff
- Private rooms for quarantining new admissions
- Virtual visits with family members
- Socially distant activities and programs to keep our residents engaged

At Wingate Healthcare, the safety and health of our community is our top priority. Contact us today for more information on our latest safety initiatives and visit our website for details on a community near you.

1-833-2WINGATE

Applications for long-term care now being accepted.

Located in Beacon, Fishkill and Highland, NY | www.wingatehealthcare.com

SAUGERTIES SENIOR HOUSING

Subsidized Housing for Low Income Senior Citizens

Senior Lifestyle • Secure Living
Extremely Low Income Preference

WAITING LIST



CALL OR WRITE FOR AN APPLICATION

845-247-0612 • 155 MAIN STREET, SAUGERTIES, NY 12477
SAUGERTIESSENIORHOUSING.COM



OFFICE FOR THE AGING

Susan Koppenhaver,
Director

845-340-3578

Judy Riley, Deputy Director

845-340-3580

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 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.

alzheimer's association

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.

Are you
looking for a
Top-Quality,
Affordable
rental community?

Come home to
DEVON

for Seniors
Ellenville Senior Housing
845.647.4772
15 Healthy Way
Ellenville NY
Ellenville@DevonMgt.com

for Seniors & Families
Ulster Gardens Apartments
845.514.2889
2000 Ulster Gardens Court
Kingston NY
UlsterGardens@DevonMgt.com

Quality • Convenience • Comfort • Affordable

Devon apartments offer affordable excellence in Ulster, Sullivan, Orange Co. NY; & Pike Co. PA. Wait list & income guidelines apply. Applications and more info online at DevonMgt.com.

