

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

MAY 2023



It is the mission of the Ulster County Office for the Aging to assist and empower older adults and their families to live as independently as possible, with dignity and purpose.

Ulster County will strive to reach more older adults and expand upon its current services by bringing them to remote and underserved areas of the County.

This includes new educational health promotion, service enrollment and Senior advocacy program opportunities so they can stay in, and contribute to, their community.

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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06-5324

UCOFA DIRECTOR MESSAGE

Happy Month of May to the Ulster County Seniors! Oh, the merry month of May! – lots of songs written about May – the dance around the Maypole, when a young man's fancy turns to love and all that. All I know is that it's time to garden, and grow things, and no more heating bills!

Please join us for a Community Forum presented by our Older Adults Empowerment Council, called "Is Anyone There? Social Isolation in Older Adults." We will have a speaker well-versed on this topic, a panel to discuss this, and solutions for our neighbors in the community to help them navigate solo living, how to stay safer at home, and things you can do to help yourself. Please register with our office at 845-340-3456.

We have lots of community partners trying to help in general. Currently, our health partner MVP is offering health awareness and Yoga classes for Ulster County seniors. Call our office for details.

Don't forget, we always have a need for drivers for our wonderful Neighbor to Neighbor program, we still need Warm Callers, as there are always lonely souls in our community – they might live right next door to you! And unfortunately, there's a growing and perpetual need for all types of caregivers. Luckily, some churches are trying to establish respite programs for caregivers, to give them a break while their loved one spends some time in a safe place. Our caregiver and respite program can train folks in some practical ways to safely offer caregiving as community members, and this is a crucial part of caregiving.

Be sure to note our classes at the Senior Hub continue (tech, crafts, yoga, aerobics, the congregate meals, Senior group meetings as needed, chess club and game day) and we will be opening a NEW Community Café in Woodstock at their Community Center on May 4! Please spread the word!

Enjoy the wonderful warm weather, and get some sunshine! It creates Vitamin D!

In health and harmony,

Susan Koppenhaver,

Ulster County Office for the Aging Director

Ulster County Office for the Aging Senior Technology Support Classes

Senior Technology Support Classes will be held at the Ulster County Senior Hub in Kingston on Thursday mornings from 9:30 AM to 11:30 AM. Next classes: Thursday 5/4/23 – **Google Contacts, Google Drive In Depth:** Class will cover setting up and using Google Contacts and Contact Groups. It will also cover some of the many uses for Google Drive. Both Android and Apple device users will find this helpful if using Gmail.

Thursday 5/11/23 – **Apple's Utility Suite:** Session will cover Apple Email File Management, FaceTime, Air Drop, Voice Memo, Storage & more.

Thursday 5/18/23 – **Introduction to Excel Spreadsheet Basics:** Session will cover how to set up and use a simple spreadsheet for tracking a budget, organizing a library, using simple formulas; Lessons learned here can be applied to Google Spreadsheets.

Thursday 5/25/23 – **General Tech Q&A Apple Devices:** This session is designed for users of Apple products but all are welcome. iPhones, iPads, MacBook Computers, iMac's, Apple AirPods, AirTags.

Classes are limited to 15 people. Please call the Ulster County Office for the Aging at 845-340-3456 to register. If you have registered for a class but find you are unable to attend, please call as soon as possible so we can contact a person on the waitlist.

Ulster County Senior of the Year

Each year, Ulster County recognizes two individuals as Seniors of the Year for their enduring commitment to Ulster County in their important and vital roles as volunteers. We ask that you consider nominating individuals who have made a commitment to excellence in your community by volunteering and submit their names for the 2023 nominations for "Senior of the Year."

Please consider nominating a notable Senior in your life that has demonstrated a long-term commitment to Ulster County by volunteering in the community. A nomination form can be found at our website at <https://ulstercountyny.gov/aging>. All nominations must be received by July 31, 2023.

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MALL WALK WITH THE UCOFA 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.

UCOFA Weekly Game Day

Wednesdays, 1:00 to 3:00 P.M.

Ulster County Senior Hub, 5 Development Court,
Kingston, NY.

Please use social distancing to the extent possible.
Masks are optional.

UCOFA Free Chess Classes

Learn to play and exercise your brain at the same time.

Mondays at 11:00 A.M., Ulster County Senior Hub,
5 Development Court, Kingston, NY.

Call the Ulster County Office for the Aging to register
at 845-340-3456. Please use social distancing to the
extent possible. Masks are optional.

UCOFA Craft Corner

Join Ulster County Office for the Aging for Creative Fun!

Each month a new craft. 3rd Friday of the month from
10:00 A.M. to 12:00 P.M., Ulster County Senior Hub,
5 Development Court, Kingston, NY. Call Ulster County
Office for the Aging to register at 845-340-3456.

Please use social distancing to the extent possible.
Masks are optional.

MEDICARE

MEDICARE COUNSELING

The Health Insurance Information Counseling and Assistance Program (HIICAP) at the Ulster County Office for the Aging provides free and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage.

HIICAP helps people with Medicare, their representatives, or people soon to be eligible for Medicare. HIICAP Counselors are fluent in all aspects of Medicare and health insurance coverage, including Original Medicare, Medicare Advantage, Medicare supplemental plans, and prescription drug coverage.

If you need further information or would like to schedule an in-person or phone appointment with a HIICAP counselor, please call 845-340-3579.

Ulster County Office for the Aging Attorney

The Ulster County Office for the Aging Attorney can provide counseling and referrals for:

- Estate & Long Term Care Planning
- Government Benefits, including Medicaid
- Consumer Issues
- Housing
- Elder Abuse

The Ulster County Office for the Aging Attorney can also prepare the following documents:

- Simple Wills
- Powers of Attorney
- Health Care Proxies
- Living Wills

To make an appointment call Ulster County Office for the Aging at 845-340-3456.

The attorney does not go to court on any matter. If immediate assistance is needed, a prospective client may want to contact Legal Services of the Hudson Valley at 845-331-9373.

UCOFA Lunch and Learn for Seniors

May 23 : Emergency Preparedness

Presented by Michael Madison, Deputy Director, U.C. Emergency Services

Gardiner Library, 133 Farmer's Turnpike, Gardiner, NY.

R.S.V.P. by May 12, 2023

Lunch and Learn runs Noon to 2:00 P.M.

Free to Ulster County Seniors age 60 and over and includes free lunch with reservation. Space is limited. Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P. Masks are optional (at discretion of presenter).

June 6 : Annuals to Plant Now for Full Season of Color

Presented by Victoria Coyne, Victoria Gardens

Rosendale Community Center, 1055 Route 32, Rosendale, NY.

R.S.V.P. by May 25, 2023

Lunch and Learn runs Noon to 2:00 P.M.

Free to Ulster County Seniors age 60 and over and includes free lunch with reservation. Space is limited. Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P. Masks are optional (at discretion of presenter).

Ulster County Office for the Aging invites Ulster County Seniors to
2023 Senior Prom

****Black or White Attire****

June 29, 2022 from 12:00 to 2:00 P.M.

Rosendale Community Center, 1055 Route 32, Rosendale, NY.

Free to Ulster County Seniors age 60 and over. Space is limited.

Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P.
by June 21 2023.



Charade on May 16, 2023, at the

Rosendale Theatre, 408 Main Street, Rosendale, NY.

Movie starts at 1:00 P.M. Free to Ulster County Seniors age 60 and over.

Space is limited. Call the Office for the Aging to R.S.V.P. by

May 12, 2023, at 845-340-3456.

Although NYS vaccination policy has been relaxed, please consider the welfare of other patrons. Masks are no longer required but for the safety of staff and volunteers they are highly recommended.



Why You Need a Durable Power of Attorney from the desk of UCOFA Attorney, Erica Halwick-Williams, Esquire

Power of Attorney (referred to as "POA") is a document that allows you to appoint someone (referred to as your "agent") to act on your behalf with regard to your financial matters while you are alive. This can be helping with banking, bill paying, real estate, taxes, etc.

A Durable POA remains in effect if you ever become incapacitated. Should you become incapacitated, your agent will still have authority to handle your finances for you when you can no longer do so for yourself. Unfortunately, if you do not have a POA and you can no longer make decisions or handle financial matters for yourself, the only way for someone to assist you would be to petition a court for Guardianship over your person and property. This can be a lengthy and costly proceeding that can be avoided if you create a POA while you're still competent.

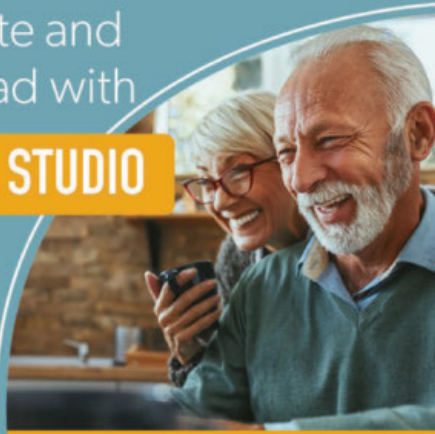
You can choose which powers you grant your agent(s). You can grant limited authority, or broad authority, based on your wishes. No matter what power you give, you want to only appoint someone that you TRUST. The POA is also a great long term care planning tool. Your attorney can add powers to the POA for your benefit so that your agent can have authority to give gifts and create trusts to help protect your assets for Medicaid planning when facing long term care at home or in a nursing home.

It's important that you have this document in your arsenal – for you to make an independent, autonomous decision about who you choose to handle your affairs in case you are ever unable to do so for yourself. You don't want a court to decide for you.

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I have had the pleasure of helping buyers and sellers full-time for the last 25+ years with their real estate needs. A resident of Ulster County, I also have my Senior Real Estate Specialist (SRES) designation. I can give you a value on your home, assist you to sell your home and/or help you find a new home in or out of the area. Our offices in Ulster County are in Kingston, New Paltz, Stone Ridge and Woodstock.

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May 2023 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pork Loin Pan Gravy Buttered Egg Noodles Peas and Onions Rye Bread Apple Sauce	2 Baked Ziti w/Meat Sauce Italian Blend Vegetables WW Roll Pears	3 Pier 17 Fish Fillet Cubed Sweet Potatoes Capri Blend Vegetables Juice WW Bread Lemon Pudding	4 Vegetable Lasagna w/Cream Sauce Zucchini WW Roll Pineapple	5 Salisbury Steak w/Mushroom Gravy Sliced Potatoes Peas and Carrots WW Bread Peaches
8 Bruschetta Chicken Penne Pasta Italian Blend Vegetables WW Roll Mandarin Oranges	9 Chili Baked Potato w/Cheese Broccoli Rye Bread Apple Sauce	10 Ravioli w/Meat Sauce Spinach and Kale Toss Salad WW Bread Peanut butter	11 Crab Cakes Rice Pilaf Brussel Sprouts Rye Bread Peaches	12 Sausage and Peppers Buttered Orzo Peas WW Bun Fresh Fruit
15 American Chop Suey w/Elbow Macaroni Beef, Onions, Tomato Sauce, Peas WW Bread Pineapple	16 Sliced Turkey w/Gravy, Rice, Summer Squash Cranberry Sauce Juice Rye Bread Tapioca Pudding	17 BBQ Chicken Baked Beans Cole Slaw Corn Bread Fresh Fruit	18 Omelet Sausage Patty Zucchini & Tomatoes WW Bread Mixed Fruit	19 Hamburger Lettuce & Tomato Sweet Potato Tots Green Beans WW Bun Pears
22 Fish Fillet Potato Tots Spinach Cole Slaw WW Bread Peaches	23 Salisbury Steak Vegetable Gravy Mashed Potatoes Green Beans Rye Bread Apple Sauce	24 Ziti w/Meatballs Marinara Sauce Parmesan Cheese Italian Vegetables WW Roll Tropical Fruit	25 Chicken Fajita w/Onions & Peppers Mexican Rice Soupy Beans Flour Tortilla Pineapple	26 Tortellini w/Cream Sauce Capri Blend Vegetables Juice WW Bread Apple Cake
Memorial Day* CLOSED Baked Fried Chicken Seasoned Potatoes Zucchini WW Bread Strawberry Shortcake	30 Turkey Tetrazzini Brown Rice Brussel Sprouts Rye Bread Fresh Fruit	31 Grilled Chicken w/Garlic Parm Sauce Penne Florentine Broccoli WW Bread Peaches	No Deliveries Sites Closed May 29th Meals Prepared by Gateway Hudson Valley Milk is provided WW = whole wheat "Menu Subject to Change"	For information or Home Delivered Meal cancellation call: 845-331-2496 Community Café information call: 845-331-2180



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?

Come and enjoy good food and socialization!
See below for days of the week.

UCOFA Community Café Locations:

Ellenville: Trudy Farber Building, 50 Center Street,
Ellenville, NY, Mondays and Wednesdays

Kingston: Ulster County Senior Hub,
5 Development Court, Kingston, NY,
Mondays and Wednesdays

New Paltz: New Paltz Community Center,
3 Veterans Drive, New Paltz, NY, Thursdays

Rosendale: Rosendale Recreation Center,
1055 Route 32, Rosendale, NY, Fridays

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

Woodstock: Mescal Hornbeck Community Center,
56 Rock City Road, Woodstock, NY, Thursdays

Want to try it out? Call Gateway 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 weeks-worth of nutritious frozen meals delivered once a week to Seniors at NO cost.



The meals served are planned by a registered dietitian and each meal provides one-third of a Senior's daily nutritional needs.

Qualified Seniors must be:

- 60 years or age or older
- Ulster County resident with no other supports
- Unable to prepare meals
- Homebound due to incapacity or illness

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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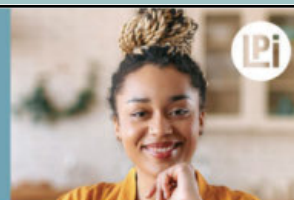
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06-5324

Home Title Theft

Imagine a stranger attempting to steal your home out from under you by transferring the title without your knowledge or consent. Scary, right? Home title theft — sometimes also called title fraud or deed theft — happens when someone steals a homeowner's personal information and uses it to transfer the home's title into their own name. Home title theft comes in several forms, including:

- A fraudulent refinance in which the person withdraws your equity and leaves you with another mortgage. While they don't gain possession of your home, they use your identity to steal money based on your home's value.
- Similarly, they can access your equity through a home equity line of credit (HELOC) and create a mountain of debt for which you're responsible.
- Thieves can forge deeds to sell uninhabited real estate, such as rental buildings or vacation homes.
- Someone might present homeowners in financial hardship with a fake refinancing opportunity. At closing, the homeowner unknowingly signs paperwork for a home sale assigning the scammer as the new owner.

Scammers are most likely to target a property that meets these conditions:

- The property is paid off, with no existing mortgage or liens.
- The property is vacant and not closely monitored.
- The property is owned by someone vulnerable, Seniors, or otherwise compromised.

Title theft victims can be home buyers as well. For example, a buyer might be conned into buying (or renting) a property by someone posing as the legitimate owner, using a fraudulent title. Victims may turn over earnest money or some kind of deposit thinking they have secured a new place to live.

If someone has stolen the deed or title to your property, they have managed to pose falsely as you and transition ownership of the property to someone who is not you. In the process of doing so, they may borrow against the equity you've built in the property. And if there is no existing loan on the property, a thief may be able to acquire it even more easily. Home title theft can have dire consequences – but fortunately, homeowners can take several measures to protect themselves:

1. **Keep Track of all Bills and Homeowner Mail.** Staying on top of the consistent flow of typical bills, such as utilities and mortgage payment notices, is crucial for homeowners to stay in good financial standing. If specific bills stop arriving or you receive mortgage paperwork that seems unfamiliar, it may be a sign that someone could be tampering with your home title.
2. **Check Your Credit Report Routinely.** Frequently checking your credit report is excellent practice for financial health. In addition, homeowners can scan their reports for suspicious activity. For example, a new loan or lender you don't recognize requires further investigation, as it could be a sign of a scam. You can also pay for a monitoring service to provide constant vigilance for your credit reports.
3. **Get Title Insurance.** Title Insurance comes in two forms: lenders and homeowners. When you buy a home, your lender will mandate your purchase of title insurance to ensure there are no liens against the home you're buying. In other words, the insurance helps guarantee the sale is legitimate and provides repayment to the lender if it isn't.

Homeowners who are victims of home title theft or detect suspicious activity should take the following steps:

- Call or contact the relevant entities. For instance, call your lender's fraud department if you think scammers have used your identity to steal money through a refinance. Your lender will freeze your account to prevent further activity.
- Change your login credentials for your mortgage, credit cards, bank accounts and other financial accounts. It's also essential to file an identity theft claim with the Federal Trade Commission (FTC).
- Notify one of the three credit bureaus (Equifax®, TransUnion® and Experian™) of the theft. The entity you contact will inform the others. In addition, pull your credit reports from the bureaus to document the theft.
- Visit your local police department with your ID, proof of address and documents demonstrating the home title theft and your FTC identity theft claim.

For people dealing with pain, anxiety, or sleep disturbances, CBD has become an increasingly popular option for natural relief without side effects.

“Education is paramount” says *Your CBD Store Kingston* owner, Matthew Tallarico. “Once customers understand how CBD works and have someone to help them find the right product and dosage, that’s when we see folks getting the best results.”

Not all CBD is created equally, so consumers should make sure they’re purchasing products that are 3rd party tested, organic, U.S. grown and extracted using clean methods.

If you're interested in trying a free sample of high-quality CBD, visit *Your CBD Store Kingston* at 1220 Ulster Ave., or call us at 845-383-1425.

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06-5324



May is a great month to get out and do some shopping or touring the Hudson Valley in Ulster County

UCAT offers a variety of transit services to help get everyone to their destinations. All transportation services are FREE.

The following services are offered through UCAT:

Regular Route Service – open to all – runs daily from 5:30 A.M. to 11:00 P.M. depending on the Route. Specific Routes cover each area of Ulster County, and the Poughkeepsie Train Station and both Trailways locations in Kingston, and New Paltz. Details on service can be found on our website at: <https://ucat.ulstercountyny.gov>

Paratransit Service – ADA Service – must apply and be approved. Details can be requested through our website at: <https://ucat.ulstercountyny.gov> or by calling our dispatch at 845-334-8458.

Shopper's Bus – Open to Seniors – Reservations required – Limited to specific areas each day of the week. For more information please call 845-340-3333 and request to speak with scheduling.



Garden tips for May

- Measure the rainfall with a rain gauge posted near the garden so you can tell when to water. The garden needs about one inch of rain per week from April/ May to September.
- By the end of this month, it should be safe to plant almost everything outdoors -tender annual flowers like impatiens as well as tomatoes, peppers, and eggplants.
- Add mulch around trees and shrubs.
- Roots need oxygen, so gently aerate the soil with a garden fork or broad fork. No need to flip the soil; flipping or stirring the soil will destroy soil structure.
- If you have let shrubs get out of hand, do a big pruning job now on the early spring bloomers.

**DID YOU
KNOW?**

On May 1, 1931, the Empire State Building was officially opened.

Are You Getting Enough Protein?

Protein is necessary for our bodies to work properly. We use protein to build and repair muscles and vital organs. Proteins are used for hormone and circulatory functions in the body. It is also a vital energy source.

The amount of protein you may need depends on the individual. Protein take should be considered a range to see what works best for your hunger & activity levels. Also, your intake should depend on how your body feels or any medical issues you may have. Protein intake is not a value set in stone.

For example: The Center for Disease Control and Prevention recommends Men 65-75 years old, light activity and a weight of approximately 160 pounds intake approximately 44-159 grams per day. Women of the same description, at about 130 pounds should intake approximately 36-131 grams per day.

Protein rich foods include meats, fish, cheese, dairy, vegetables, nuts & seeds, beans, peas, and lentils as well as pasta, rice, and potato.

Here are some easy ways to boost Protein in your diet:

1. Consider higher protein containing foods. Bean or protein fortified pastas are a great alternative to traditional pasta.
2. Add protein to your salads like grilled chicken, nuts, or black beans.
3. Add a protein source to your favorite dishes. Add grilled chicken to your pasta meal.
4. Up your bean intake. Black Beans in particular offer 13 grams of protein per serving.
5. Add nuts and seeds to any of your dishes like vegetable side dishes, salads, grain bowls and stir fry.
6. No cook options can be a simple boost to your protein intake. Pre sliced cheese or meat rolled up, yogurt or hummus and vegetables are great as a snack.
7. Use yogurt instead of sour cream for dips and sauces. You will be reducing your fat intake as well as increasing your protein intake for the day

From the desk of UCOFA Registered Dietitian: Patricia Ricks MPA, RD, CDN. Nutrition Consults are free to Ulster County Seniors 60 and over. Consults currently via phone with the UCOFA Registered Dietitian. To make a referral, please call 845-340-3456.

If you think someone may be having a stroke, act F.A.S.T.

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.

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Susan Koppenhaver,
Director

Judy Riley, Deputy Director

Office for the Aging

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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 Office for the Aging 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 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.