

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

FEBRUARY 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 Ulster County Seniors:

Hello to all of you in the doldrums of January and February! The winter months can be gray and depressing, so we are embarking upon a project to start bringing some fun into the Senior Sites!

We have started purchasing and establishing Game Days. In the Senior Hub, for instance, we were able to procure a number of games, have a place to store them, and hope to start planning a day where our Seniors can join up for some good times. We would like to be able to have a dedicated person/day in each site – they don’t have to be every week, but at least once a month, and a someone or someones who might be willing to lead them! We will also, hopefully, have some help from interns, and also from local high school students from a joint venture – more on that!

Games and game playing are vital to stemming the aging process in your brain. Cognitive exercise, thinking and strategy games, word and crossword games, crafts, and activities like that have many benefits, not the least of which is socialization, laughter, thinking and fun!

To that end, we have purchased chess, backgammon, memory games, crosswords, Scrabble, card games we hope to teach groups, and many other opportunities to get folks together for some fun on a regular basis. Brain games, trivia and word games are also vital for keeping our memories sharp!

We hope you find this a welcome idea, and we look forward to seeing you at the Congregate sites (for now, anyway) to start up our Gaming!

MAY THE GAMES BEGIN, AND MAY THE ODDS BE EVER IN YOUR FAVOR!

Joining you in the fun,

Susan Koppenhaver  
Director, Ulster County OFA

COUNTY EXECUTIVE MESSAGE

Dear Ulster County Neighbors,

On January 30, I delivered my State of the County address and for the first time we held the speech at Kingston High School in front of an audience of students from all around Ulster County. We did this because as County Executive, I want to engage directly with our next generation of leaders. As a graduate of Kingston High School myself, I could not help but be reminded of how I had often been told that to find success one needed to leave our area. My message to students was simple, that is not true - and together we must work to ensure that our community is a place where everyone can be successful.

Additionally, we have some exciting news regarding Ulster County Area Transit (UCAT). Passengers on UCAT’s Red, Yellow and Blue routes in the City of Kingston will continue to ride free through March 31, 2020. I understand that transportation is a concern for many so I want to also remind you of the services offered by our Office for the Aging (OFA) and UCAT. If you are sixty years of age or older there are free rides for shopping and medical appointments: one (1) round trip for shopping and two (2) round trips for medical appointments per week on the UCAT system or the OFA medical van. You must first register by calling OFA at 845-340-3456 or UCAT 845-334-8120 or register online at <http://ulstercountyny.gov/ucat/ofa-registration> and then you can make advanced reservations for medical appointments or shopping trips going forward. Please note that service is based upon availability and reservations should be made at least three weeks in advance. Medicaid clients must use the Medical Answering Services/MAS system by calling 1-866-287-0983.

In addition, please feel free to contact the Office for the Aging at 845-340-3456 or my office at 845-340-3800 if you have any questions, concerns, or suggestions.

Sincerely,  
Patrick K. Ryan  
Ulster County Executive

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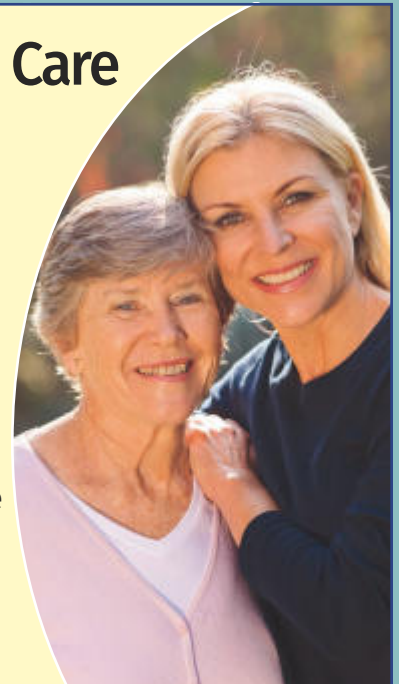
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## MALL WALK WITH THE OFA HUDSON VALLEY MALL

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

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

**Tuesday, February 18**

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

### HIICAP Medicare Counselor Training

Interested in helping your fellow seniors navigate the complexities of Medicare? The OFA Health Insurance Information Counseling and Assistance Program (HIICAP) will be holding a training program this spring for people want to become volunteer HIICAP Medicare Counselors. The course will be held on six consecutive Wednesdays beginning on April 1. Each session will be 2 hours long.

Topics will include Original Medicare, Medicare Advantage Plans, Medigap Plans, Medicare Part D, the Medicare Savings Program, EPIC and Part D Extra Help. If you are interested in taking this training program and in becoming a HIICAP counselor, please contact Bob Meci, HIICAP Coordinator, at 845-340-3579.

### American Heart Association Heart Healthy Snacks

- Apples and pears
- Carrot and celery sticks
- Bell pepper slices
- Zucchini or cucumber circles
- Whole-grain toast with peanut or almond butter
- Cherry tomatoes with hummus
- Thin slice of angel food cake or homemade banana-nut bread
- Baked apple
- Frozen banana
- Frozen grapes
- Fresh fruit salad
- Fruit and veggie smoothie
- Broccoli and cauliflower florets

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**Lunch and Learns for Seniors**

**March 10: Funeral Planning**

Presented by Simpson-Hammerl Funeral Home  
 Ulster County Senior Hub, 5 Development Court, Kingston, NY.  
*R.S.V.P. by March 4, 2020*

**March 25: Know the 10 Signs: Early Detection Matters**

Presented by Alzheimer’s Association Hudson Valley Chapter  
 New Paltz Community Center, 3 Veterans Drive, New Paltz, NY.  
*R.S.V.P. by March 19*

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.  
 If Kingston City School District is closed due to weather events will be cancelled and will  
 not be rescheduled.

**OFA invites you to join us for Valentine Bingo**

February 12 at 1:00 P.M. (snow date February 13, 1:00 P.M.)  
 Ulster County Senior Hub, 5 Development Court, Kingston, NY.  
 Light refreshments will be served. R.S.V.P. to 845-340-3456.

**Presentation: The Rondout during the Urban Renewal Period**

by Ulster County Historian Geoffrey Miller  
 February 24 at 1:00 P.M. (snow date February 25 at 1:00 P.M.)  
 Ulster County Senior Hub, 5 Development Court, Kingston, NY.  
 Light refreshments will be served. R.S.V.P. to 845-340-3456.

**Ulster County Office for the Aging Free Stretch-Band  
 Exercise Class**

Mondays, 11:00 to 11:45 A.M.  
 Ulster County Senior Hub, 5 Development Court, Kingston NY  
 Space is limited. To register, call the Ulster County Office for the Aging at  
 845-340-3456.



The Ulster County Office for the Aging presents **The Quiet Man**.  
 Tuesday, March 17, 2020. Movies starts 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. by *March 13*  
 at 845-340-3456.

If Kingston City School District is closed due to weather this event will be cancelled and  
 will not be rescheduled.



**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)
- OFA 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.



**February is National AMD and Low Vision Awareness Month**

The American Optometric Association (AOA) lists common causes of low vision, including:

- Macular degeneration, the deterioration of the retina’s macula, which is responsible for sharp central vision. The AOA states that macular degeneration is the primary cause of blindness in people over age 50. Some inherit a juvenile form, while cigarette smoking and poor nutrition are suspect links to the age-related form.
- Diabetic retinopathy, damage to blood vessels in the light-sensitive retina tissue because of complications from diabetes. Initially, diabetic retinopathy causes no symptoms or only mild vision changes, but can eventually cause blindness. Consistently monitoring blood sugar is the primary treatment, and laser and surgical treatments may slow progression.
- Glaucoma, increased internal pressure from blocked fluid in the eye that damages the optic nerve. If caught early, glaucoma can respond to drug treatment or surgery to minimize vision loss.
- Cataracts, a cloudy section of the eye lens that leads to murky or fuzzy vision and sensitivity to glare. Aging, injury, disease, inherited conditions and long-term exposure to ultraviolet light can cause a cataract. In an otherwise healthy eye, a cataract can be surgically removed and an intraocular lens implanted to help restore vision.

A person may show signs of low vision if they are wearing glasses or contact lenses and still find it difficult to:

- See clearly in well-lit areas (or, the person may feel that lights are dimmer than normal)
- Identify the correct color of clothes or other objects
- Read the print on signs (traffic, building, directions, etc.)
- Do close-up work such as reading, turning dials, sewing, fixing household items, etc.
- Go up and down stairs
- Walk on bumpy or uneven surfaces
- Pick up objects without over-reaching or under-reaching
- Get food onto a fork or keep food on a plate
- Pour liquids without spilling

If you have risk factors for low vision, it is time to see a low vision specialist. A comprehensive exam will help determine the cause behind the vision loss, testing to ensure that the patient can do the things they enjoy, and that current prescriptions are accurate.



**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 vital roles as volunteers. We ask that you consider nominating individuals for the "2020 Ulster County Senior of the Year," who have made a commitment to excellence in your community by volunteering.

Selected seniors, two from every county across the State of New York, are honored as part of the annual NYS Celebration of Aging each May. The celebration includes a luncheon held in Albany where they are publicly recognized by dignitaries, including the Commissioner of the NYS Office for the Aging.

Nomination forms are available at the Ulster County Office for the Aging, or on our website. If you have any questions, you may contact Patrick McDonough at the OFA Volunteer Program, pmcd@co.ulster.ny.us or 845-802-7935. All nominations must be received by February 14, 2020.

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**Older Adult Services Program**

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Mushroom Quiche Peas Hot Beets WW Bread Mandarin Oranges</p>	<p>4</p> <p>Spanish Rice Broccoli <i>Bean Soup</i> WW Roll Pears</p>	<p>5</p> <p>Chicken Dijon Parsley Potato Carrots Rye Bread Yellow Cake</p>	<p>6</p> <p>Sheperd's Pie Green Beans Fresh Salad WW Roll Lemon Pudding</p>	<p>7</p> <p>Baked Ziti with Cheese Mixed Vegetables WW Bread Peaches</p>
<p>10</p> <p>Sweet &amp; Sour Chicken Brown Rice Cauliflower WW Bread Fresh Orange</p>	<p>11</p> <p>Salisbury Steak Gravy Mashed Potato Wax Beans WW Roll Tropical Fruit</p>	<p>12</p> <p>Roast Pork with Gravy Sweet Potato Braised Cabbage Rye Bread Applesauce</p>	<p>13</p> <p>Spaghetti &amp; Meat Sauce California Mixed Vegetables <i>Minestrone Soup</i> WW Roll Fruit Cocktail</p>	<p>14</p> <p><b>Valentine's Day</b> Baked Chicken Roasted Potato Asparagus Fresh Salad WW Bread Chocolate Mousse</p>
<p><b>CLOSED 17</b> <b>CLOSED</b> <b>President's Day</b> Beef &amp; Peppers Au Gratin Potato Spinach WW Bread Peaches</p>	<p>18</p> <p>Beef Stew Cauliflower Green Beans Fresh Salad WW Roll White Cake</p>	<p>19</p> <p>Roast Turkey Gravy Mashed Potato Brussels Sprouts Rye Bread Cranberry Whip</p>	<p>20</p> <p>Stuffed Shells with Tomato Sauce Broccoli WW Roll Pears</p>	<p><b>Cold 21 Meal</b> Balsamic Chicken Fresh Greens Tomatoes &amp; Cucumbers Macaroni Salad <i>Split Pea Soup</i> WW Bread Apricots</p>
<p>24</p> <p>Beef Stroganoff Buttered Noodles Broccoli WW Roll Apple Crisp</p>	<p>25</p> <p><b>Mardi Gras</b> Jambalaya Sausage &amp; Rice Mixed Vegetables WW Roll Peaches</p>	<p>26</p> <p><b>Ash Wednesday</b> Fish with Dill Sauce Roasted Potato Carrots <i>Lentil Soup</i> Rye Bread</p>	<p>27</p> <p>Meatloaf with Gravy Mashed Potato California Mixed Vegetables Rye Bread Rice Pudding</p>	<p>28</p> <p>Macaroni &amp; Cheese Stewed Tomatoes 3 Bean Salad WW Bread Fruit Cocktail</p>
	<p>"Menu Subject to Change"</p>	<p>Meals Prepared by Gateway Community Industries</p>	<p><i>All soups are homemade. Milk is provided with meals.</i></p>	<p>For Information or Home Delivered Meal Cancellation Call: <b>331-2496</b> Community Café Reservations call: <b>331-2180</b></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?

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

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

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

Want to try it out? Call Gateway Community Industries 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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**February is American Heart Health Month**

February is American Heart Month, a time dedicated to increasing awareness about heart disease, prevention and the small lifestyle changes that can help improve heart health.

**What Is Heart Disease?**

The phrases “heart disease” and “cardiovascular disease” are used interchangeably to describe the various conditions that affect your heart. Heart or cardiovascular diseases include blood vessel diseases, heart rhythm problems, and congenital heart defects. The most common form of heart disease in the United States is coronary artery disease (CAD), which occurs when the arteries that supply blood to the heart become hardened and narrowed due to a buildup of cholesterol, known as plaque. CAD can lead to health issues such as heart attack, heart failure, angina (chest pain), stroke, and irregular heartbeat.

**Facts About Heart Disease**

Every year, one in four people will die from heart disease. Heart disease can strike anyone, but certain individuals may be more at risk than others. Some of the most common risk factors for heart disease include:

- High blood pressure
- High cholesterol
- Diabetes
- Obesity
- Poor diet
- Inactive lifestyle
- Cigarette smoking
- Excessive alcohol consumption

Heart disease is still the main source of death in the United States. In fact, cardiovascular disease remains the leading cause of death in the world. And according to the Centers for Disease Control and Prevention (CDC), many of these deaths would have been preventable with proper preventative care. Many people believe that cardiovascular diseases (CVD) inevitably comes with old age, there are many things that seniors can do to strengthen their heart and circulatory system.

**Knowing The Symptoms Of Heart Disease**

While there are several different forms of heart disease, they share common symptoms and warning signs. It’s important to learn these symptoms to receive a prompt diagnosis and medical treatment. Symptoms of an emergency may include:

- Chest pain, discomfort or an uncomfortable pressure in the chest
- Shortness of breath

*Continued on page 13*



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- Pain in the upper body, arms, back, neck, jaw or upper stomach
- Feeling nauseous or vomiting
- Sweating; or cold sweats
- Weakness, light-headedness, feeling faint or dizzy
- Feeling very full or having indigestion
- Fatigue or exhaustion
- An irregular heartbeat, palpitations, or increased heart rate

The American Heart Association Heart-Healthy Habits for Seniors  
It's possible to reduce the risk for heart disease by making changes in your everyday habits. Here's how to get started:

- Get enough exercise. Physical activity is one of the best ways to improve heart health. The American Heart Association recommends that individuals perform at least 150 minutes per week of moderate exercise.
- Quit smoking. If you're still smoking, it's time to quit. There are many benefits to living a smoke-free life including improved circulation, reduced risk of certain types of cancer, and feeling more energetic.
- Eat a heart-healthy diet. Load up on fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol, like fatty meats. A Mediterranean diet focuses on eating a diet rich in fresh fruit and vegetables, whole grains, nuts, and fish and seafood instead of red and processed meats.
- Watch your numbers. Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes, and make sure they're under control with medication.
- Reduce your alcohol intake. Excess alcohol consumption can worsen health conditions that contribute to heart disease, such as high blood pressure, arrhythmias, and high cholesterol levels.
- Watch your weight. To help prevent heart disease, maintain a healthy body weight for your size. Too many pounds can add up to increased heart disease risk.
- Get better sleep. It's critical for seniors (and everyone) to have a good night's sleep. Most experts say that seniors should sleep between seven and nine hours each night. Sleep is beneficial for brain functionality, metabolism, immune functionality and emotional well-being.
- Reduce stress factors. According studies, stress can compound many heart disease risks that older adults already face, like high blood pressure. Take the time to find healthy outlets to relieve stress and lower your risk of heart disease.



**Garden tips for February**

- Finish up your catalog shopping and get your seed and plant orders in.
- Get your garden tools in order.
- Prune Grape vines to no more than four fruiting canes with 7 to 10 buds apiece.
- Always be on the lookout for dead, damaged, diseased wood in trees and shrubs and prune it out as discovered. Remove suckers and water sprouts, too.
- Begin sowing cool-season vegetables and herbs indoors in flats and jiffy pots during February for transplanting into the garden when the snow has melted.
- Now is the time to prune deciduous trees and shrubs while they are dormant. Prune dormant fruit trees before the buds swell.
- Wash previously used flats, cell packs or pots with a 1:10 solution of bleach and water to prevent fungal disease that can kill seedlings. Instead of potting soil, use a finer textured seed-starting mix.
- If you start sowing seeds in flats indoors for spring planting, remember that small, compact seedlings are better transplants than older, leggy ones.

**DID YOU KNOW?**

Conversation candy hearts were originally medical lozenges.

**February is American Heart Month**

HEALTHY DIET      HEALTHY WEIGHT      HEALTHY HEART

A well-balanced healthy diet can help you maintain heart health.

Ways you can create a healthy meal plan:

- Control your portion size - try using smaller plates and bowls, even measuring cups can help.
- Consume more fruits and vegetables- they are low in calories and high in fiber.
- Choose whole grains – a good source of fiber.
- Limit unhealthy saturated and trans fats - reducing intake is crucial to improve blood cholesterol and lower your risk of coronary artery disease (CAD).
- Choose lower protein options such as: lean meats, poultry, fish, low fat dairy products and eggs. Meatless options include legumes, beans and lentils.
- Reduce sodium intake in the food you consume - the goal is to consume less than 2400 milligrams per day (look at the food labels).
- Plan ahead! Create a weekly menu so you have meals planned to avoid fast foods when on the road.
- Treats! Don't forget to give yourself a treat once in a while, not all the time but on occasion will keep you on the right path.

EXERCISE is also important! Stay active, join the gym, grab your friend and take a walk.

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

**Gentle Yoga & Chair Moves exercise classes return**

Chair Yoga on Mondays, March 2 through May 18, 2020  
(No Class April 13) from 11:00 – 11:45 A.M.

Chair Moves on Fridays, March 6 through May 22, 2020  
(No Class April 10) from 11:00 – 11:45 A.M.

Sponsored by MVP Healthcare

For more information or to R.S.V.P. contact OFA at 845-340-3456.

**VOLUNTEER**

**VOLUNTEERS 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.

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.

**Giving Back to Your Community**  
Make a difference in Ulster County as a Certified Volunteer Ombudsman. Learn the art of advocating for the rights, quality of life and quality of care for Seniors residing in long term care facilities. Long Term Care Community Coalition Ombudsman Program is providing a free training. Reserve your seat today for March 2020 training.

Contact 845-229-4680:  
Diane at ext.104  
diane@ltccc.org  
or  
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# Dr. Claudia Patch

## Bringing Compassion to Dentistry

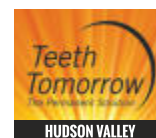
Dr. Claudia Patch and her dedicated team of dental professionals understand that visits to other dentists can be stressful. That's why her practice is built on providing the best dental experience you'll ever have. From checkups and cleanings, to the most advanced cosmetic and restorative procedures, 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.

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845-334-5436

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Medicaid

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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.



Appointments available at the Ulster County Office for the Aging.

Call (845) 340-3456 to make an appointment.

The Alzheimer's Association helpline is available 24/7 by calling (800) 272-3900.

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