

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

MARCH 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.

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

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

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OFA DIRECTOR MESSAGE

Dear Ulster County Seniors:

We may be in sleety, blustery February, but that doesn't stop your OFA from work and planning! We are busy planning the year to come, and have some terrific things planned for you!

We are excited that our First Ever Senior Game Day is planned for the Senior Hub (1003 Development Court, Ulster Avenue, Kingston) on Tuesday, March 3 at 1-3 PM! We have invited some folks from our State Office and we hope they can drop by. They love this concept! We have different areas planned for different games, and will have some light refreshments as well. Please stop by – we hope that our Senior Hub Game Day will serve as a model for the other Game Days we are planning for other Senior sites around the County. May the Odds be ever in your favor!

Some other interesting and informational events are coming as well. On April 30th, there will be an important informational session on Lyme Disease held at the Senior Hub. The ticks don't stop, and they get more brazen every year! Let's learn out how to protect ourselves!

We have a number of programs set up even in this dreary time at various sites that we hope will not be affected by snow and sleety rain.

Ellenville is beginning a very robust educational series on Monday and Tuesday afternoons (we are supplying some of the programming), New Paltz will have a Dementia program near the end of March, the movie is already set up in Rosendale for St. Patrick's Day (The Quiet Man), and a serious, albeit necessary, topic, Funeral Planning, will occur on March 10 in the Senior Hub.

Please join us! The OFA Staff are coming up with new and different programming ideas for you, and our van is getting road ready for visiting the townships! See our website!

See you out on the town!

Sunnily,

Susan Koppenhaver
Director, Ulster County OFA

COUNTY EXECUTIVE MESSAGE

Dear Ulster County Neighbors,

I recently delivered my first State of the County address at Kingston High School, where I graduated almost exactly 20 years ago. It was an honor to address an audience of students from schools throughout the County, state and local leaders, and community members.

Since I took office eight months ago, I've been meeting with and listening to people all across our County. Informed by those conversations, I announced several major initiatives that are designed to help bring our community to its maximum potential. These new initiatives will drive the future of our County, including investments in solidifying our position as a leader in the green economy, spearheading a new youth service program, and a commitment to launch 1,000 jobs in 1,000 days here with a focus on youth and workers in transition.

One program I am particularly excited to share with you all is "Generation to Generation: Ulster County's Living History." This program, led by the Office for the Aging, will partner young people with our seniors to build intergenerational relationships and document the living history of Ulster County's senior community. As a part of this program, young people will have the opportunity to sit down with our seniors and use video cameras and other digital tools to tell their stories and later showcase them for residents of our County to enjoy.

If you are interested in participating, please contact the Office for the Aging at 845-340-3456.

Sincerely,
Patrick K. Ryan
Ulster County Executive

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MALL WALK WITH THE OFA

HUDSON VALLEY MALL

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

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

Tuesday, March 17

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 with 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.

Aging Mastery Program (AMP)

Ulster County Office for the Aging will be running the Aging Mastery Program. This program empowers you to take key steps to improve your well-being.

Classes begin Thursday, April 2 through June 4, 2020.

Classes meet once a week for 10 weeks every Thursday, 10:00 A.M to Noon at the Esopus Town Hall Community Room.

We ask that you be willing to make a commitment to be at these 10 classes once a week, every Thursday for the 10 weeks.

R.S.V.P by March 20 by calling the Office for the Aging at 845-340-3456.

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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

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

April 3: Office for the Aging Services and Programs

Pine Hill Community Center, 287 Main Street, Pine Hill, NY.
R.S.V.P. by March 26

April 7: Hearing Loss 101

Presented by Byron's Hudson Valley Hearing Aid Centers
Marbletown Community Center, 3564 Main Street, Stone Ridge, NY
R.S.V.P. by April 2

April 22: Estate Planning

Presented by Woodhouse Financial
Gateway Community Industries, 1 Amy Kay Parkway, Kingston, NY.
R.S.V.P. April 17

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.



The Ulster County Office for the Aging presents:

The Quiet Man. Tuesday, March 17, 2020. *R.S.V.P. by March 13.*

On the Town. Tuesday, April 21, 2020. *R.S.V.P. by April 17.*

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.

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.



MVP Gentle Yoga

Mondays, March 2 through May 18, 2020

11:00 to 11:45 A.M.

(No class April 13)

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.

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

Wednesdays, starting March 4, 2020

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.

MVP Chair Moves

Fridays, March 6 through May 22, 2020

11:00 to 11:45 A.M.

(No class April 10)

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.

Tai Chi

Mondays and Thursdays from

11:30 A.M. to 12:30 P.M.

Start date March 23, 2020.

Harold Lipton Community Center, 15 Tobacco Road,
Accord NY.

Space is limited. To register, call the Ulster County
Office for the Aging at 845-340-3456.

Ulster County Office for the Aging Game Day

Ulster County Senior Hub, 5 Development Court,

Kingston, NY. 1st Tuesday of the month,

1:00 to 3:00 P.M. Beginning March 3, 2020.

For more information call 845-340-3456.

Senior Spotlight



Bob Meci has coordinated the HIICAP Program for 9 years. He has provided training for the certified HIICAP volunteer-counselors, and has counseled over 4,000 seniors regarding their Medicare coverage.

The Health Insurance Information, Counseling and Assistance Program (HIICAP) at the Office for the Aging is a volunteer-based Medicare counseling program. HIICAP is a very important and popular program at the OFA. HIICAP counselors are trained to provide information, counseling and assistance to Seniors about their Medicare coverage. They provide counseling for seniors enrolling in Medicare for the first time as well for those that are having problems or issues with their current Medicare coverage.

Get the help you need in Ulster County



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Older Adult Services Program

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March 2020 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Turkey Cutlet & Mushroom Gravy Broccoli Cuts Winter Squash WW Bread Tropical Mixed Fruit</p>	<p>3</p> <p>Chili Con Carne Brown Rice Cauliflower Bean Soup WW Roll Rice Pudding with Raisins</p>	<p>4</p> <p>Goulash with Noodles Green Beans Rye Bread Dutch apple Cake</p>	<p>5</p> <p>Herb Crusted Chicken Parsley Potato Carrot Coins WW Roll Pineapple Oatmeal Crisp</p>	<p>6</p> <p>Swiss Broccoli Pasta Wax Beans Green Salad WW Bread Pears</p>
<p>9</p> <p>Beef & Peppers Brown Rice Pilaf Harvard Beets WW Bread Fruit Cocktail</p>	<p>10</p> <p>Shepard's Pie Monaco Vegetables WW Roll Fruited Spice Cake</p>	<p>11</p> <p>Chicken Parmesan Roasted Potato Oriental Mixed Veg Rye Bread Peach Oatmeal Crisp</p>	<p>12</p> <p>Pork Chop & Gravy Sweet Potato Braised Cabbage WW Roll Applesauce</p>	<p>13</p> <p>Vegetable Lasagna Green Beans WW Roll Lemon Pudding with Pineapple</p>
<p>16</p> <p>Macaroni & Cheese Stewed Tomatoes 3 Bean Salad WW Bread Fruit Cocktail</p>	<p>17</p> <p>St. Patrick's Day Corned Beef Cabbage & Carrots Boiled Potatoes WW Roll Fruited Lime Gelatin</p>	<p>18</p> <p>BBQ Pulled Chicken Wax Beans Oven Browned Potatoes Cole Slaw Rye Bread Fresh Orange</p>	<p>19</p> <p>Beef Stew Cauliflower WW Roll Chocolate Pudding with Strawberries</p>	<p>20</p> <p>Red Pepper Quiche Corn French Cut Beans WW Bread Oatmeal Cookie</p>
<p>23</p> <p>Baked Ziti with Meat Sauce California Mixed Vegetables WW Bread Pears</p>	<p>Cold 24 Meal Turkey Salad Plate Potato Salad Mixed Greens Vegetable Soup WW Roll Apricot Oatmeal Crisp</p>	<p>25</p> <p>Meatloaf & Gravy Mashed Potato Monaco Mixed Vegetables Rye Bread Tapioca Pudding</p>	<p>26</p> <p>Spaghetti & Meatballs Parisian Mixed Vegetables WW Roll Peaches</p>	<p>27</p> <p>Fish with Dill Sauce Rice Pilaf Broccoli WW Bread Tropical Mixed Fruit</p>
<p>30</p> <p>Sloppy Joe Brown Rice Green Beans WW Bread Vanilla Pudding with Mandarin Oranges</p>	<p>31</p> <p>Chicken Dijon Parsley Potato Carrots WW Roll Apple Cake</p>	<p>Information or Home Delivered Meal Cancellation Call: 331-2496 Community Café Reservations call: 331-2180</p>	<p><i>All soups are homemade. Milk is provided with meals. WW = whole wheat</i> "Menu Subject to Change"</p>	<p>Made possible by funds provided by New York State Office for the Aging, Ulster County Office for the Aging and your contributions.</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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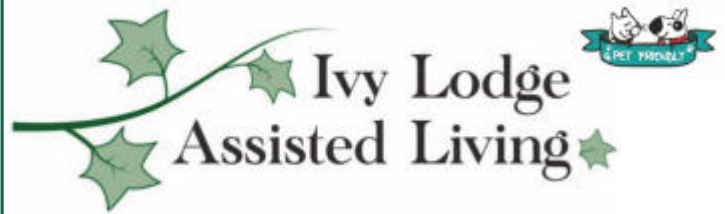
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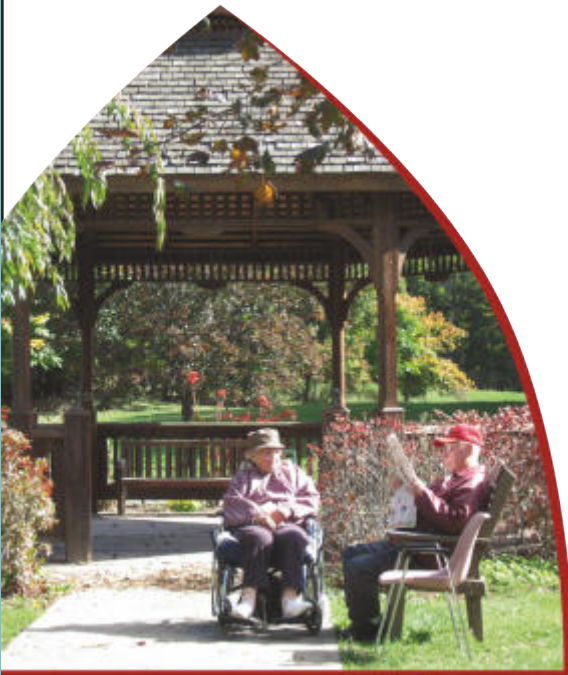
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Ulster County Office for the Aging, Kingston, NY

06-5324

Easy bruising: Why does it happen

Easy bruising is common with age. Although most bruises are harmless and go away without treatment, easy bruising can sometimes be a sign of a more serious problem. Most bruises form when small blood vessels (capillaries) near the skin's surface are broken by the impact of a blow or injury. When this happens, blood leaks out of the vessels and initially appears as a black-and-blue mark. Eventually your body reabsorbs the blood, and the mark disappears. Generally, harder blows cause larger bruises. However, if you bruise easily, a minor bump, one you might not even notice, can result in a substantial bruise. Some people, especially women, are more prone to bruising than others. As you get older, your skin also becomes thinner and loses some of the protective fatty layer that helps cushion your blood vessels from injury.

Aspirin, anticoagulant medications and anti-platelet agents reduce your blood's ability to clot. Antibiotics might also be associated with clotting problems. As a result, bleeding from capillary damage might take longer than usual to stop which allows enough blood to leak out to cause a bigger bruise. Topical and systemic corticosteroids which can be used to treat various conditions, including allergies, asthma and eczema cause your skin to thin, making it easier to bruise. Certain dietary supplements, such as ginkgo, also can increase your bruising risk due to a blood-thinning effect. If you experience increased bruising, don't stop taking your medications. Talk to your doctor about your concerns. Also, make sure your doctor is aware of any supplements you're taking especially if you're taking them while on a blood-thinning drug. Your doctor might recommend avoiding certain over-the-counter medications or supplements.

Easy bruising sometimes indicates a serious underlying condition, such as a blood-clotting problem or a blood disease. See your doctor if you:

- Have frequent, large bruises, especially if your bruises appear on your trunk, back or face, or seem to develop for no known reasons
- Have easy bruising and a history of significant bleeding, such as during a surgical procedure
- Suddenly begin bruising, especially if you recently started a new medication
- Have a family history of easy bruising or bleeding

These signs and symptoms can indicate:

- Low levels of the blood components that help it clot after injury (platelets)
- Abnormally functioning platelets
- Problems with proteins that help the blood clot

To find the cause of your bruising, your doctor might check your blood platelet levels or do tests that measure the time it takes your blood to clot. Other serious causes of bruising include domestic violence or abuse. If a loved one has an unexplainable bruise, particularly in an unusual location such as on the face, be aware of the possibility of abuse.

To prevent minor bruising, take steps to avoiding falling:

- Use good lighting in your home.
- Avoid clutter and throw rugs, especially on stairs.
- Arrange furniture and electrical cords so that they're not in your way when you walk.
- Find out about the side effects of medications you take. Tell your doctor or pharmacist if a medication makes you dizzy or sleepy.
- Have your vision and hearing tested. Even small changes in sight or hearing can cause you to fall.

Unfortunately, once a bruise has formed, not much can be done to treat it. Most bruises eventually disappear as your body reabsorbs the blood, although healing might take longer as you age. It might help to elevate the affected area and apply ice.



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Ulster County Office for the Aging, Kingston, NY 06-5324

Life Made Easier: Everyday Products for Independent Seniors

Here are a few of the many items that can help you or your loved one maintain independence and make day-to-day life a bit more relaxed.

- Automatic Jar/Can Opener:** Traditional can openers and rubber jar openers are helpful tools but can still require effort. Ditch the elbow grease and opt into getting an automatic jar opener and can opener. Each designed to open a respective container, these automatic tools are easy to use and make cooking in the kitchen a little less stressful.
- Swivel Seat Cushion:** Whether in the car or at home, a swivel seat cushion provides comfort and easy accessibility. Effortlessly get out of a car or move in your chair without straining your hip with this comfortable and convenient cushion.
- Reacher Grabber:** Items are never that far out of reach with a Reacher Grabber. From grocery items that are just a little too high on a shelf to food that's rolled under the couch, this product is a helpful tool. There are multiple types of Reacher Grabbers, so be sure to research each product before purchasing.
- Key Turner:** Designed for seniors struggling with arthritis and joint pains, a key turner provides additional leverage, making locking and unlocking doors effortless. Select key turners can hold multiple keys and are often more useful than a keyring.
- Automatic Robotic Vacuum:** Although jarring at first, a robotic vacuum can help lessen the need for the thankless chore. Robotic vacuums today are just as powerful as traditional vacuums and are autonomous, meaning they'll clean your floors and carpets with little to no interaction from you. Let this friendly and cute robot clean your place as you enjoy the rest of your day.
- Auto Pill Dispenser:** Built with active reminders and time locks, automatic pill dispensers can help seniors remember when to take medications while preventing unforeseen accidents. The dispenser also doubles as an organizer and sets up your medications for 28 days. Select dispensers include additional alarms such as lights.
- Cane/Seat Combination:** The independent senior can easily navigate a location and always find a seat with this convenient and easy tool. These types of canes can conveniently turn into a chair, making it easy to sit no matter the occasion. The specialized cane works effectively as both a cane and a seat, making it an ideal product for those who have trouble walking or standing for long periods of time.
- Medical Alert system:** Designed to be worn on the senior, this device immediately contacts emergency services at the push of a button. There are multiple medical alert systems to choose from, so be sure to look at the various costs and benefits to determine the right alert system for you or your independent senior.
- Shower Mats and Shower Seats:** Although a common item, shower mats and seats can often be overlooked. Both items can make the morning routine easier for aging adults and can even make the process more efficient.
- Wall Handles and Hand Holds:** Handholds and wall handles can make your life a lot more effortless. Whether in the bathroom or by the front door, hand holds along the walls can help prevent falls and accidents before they occur.



Garden tips for March

- Top off your garden** with shredded leaves. Give the leaves a light sprinkling of alfalfa meal, cottonseed-meal, or another organic source of nitrogen to help hasten their decay.
- Don't cultivate** until soil is beginning to be crumbly, but not sodden. You may have to wait until April. Don't till wet soil or you will destroy its structure and wind up with a mess.
- As soon as soil can be worked**, go ahead and set out cool-season crops like broccoli, collards, kale, Brussels sprouts, cabbage. Plant seeds of carrots, beets and turnips.
- Start seeds of warmth-loving** crops such as tomatoes, peppers, and eggplants indoors under lights.
- Transplant early tomatoes** into larger pots, planting the stem deeper into the soil for additional root growth.
- Fertilize spring blooming bulbs** in March or early April.
- Depending on weather patterns**, fertilize your yard by the end of March. After the first mowing, apply a balanced fertilizer.

**DID YOU
KNOW?**

No word in the English language rhymes with month, orange, silver, or purple.

March is National Nutrition Month

Nutrition month focuses on the importance and benefits of good food choices, eating habits and exercise.

The theme: Eat Right, Bite by Bite

The goal: Portion control, moderation, and exercise along with healthier food choices.

Our bodies require fewer calories as we age. Why? We just are not as active as we once were.

Some tips to help eat less:

- Use smaller plates, bowls and glasses
- Cook more often at home, you have better control of what is in your food and how it is made
- When dining out ask for a "to go box" when your meal comes and package half of it to go to be enjoyed at a later time.
- Reduce intake of solid fats by using oils when preparing food
- Reduce intake of added sugars by drinking water instead of sugar packed beverages and fruit instead of the sugary desserts

Eating healthy isn't complicated; it can be fun. Be creative with food. Contact your Registered Dietician if you have any questions or need suggestions.

Happy Nutrition Month!!

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

Caregiver Support Groups

Beginning March 5 and 12, 2020. Meets every 1st Thursday, 2:00 to 3:15 P.M., and every 2nd Thursday, 5:00 to 6:15 P.M at Ten Broeck Center for Rehab and Nursing, 1 Commons Drive, Lake Katrine, NY.

Beginning March 19 and 26, 2020. Meets every 3rd Thursday, 2:00 to 3:15 P.M., and every 4th Thursday, 5:00 to 6:15 P.M. at Ellenville Regional Hospital (Main Board Room), 10 Healthy Way, Ellenville, NY.

For more information, call 845-340-3456.

VOLUNTEER

VOLUNTEERS NEEDED!

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

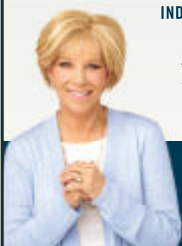
Gloria at ext. 102, Gloria@ltccc.org

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.

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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

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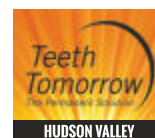
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Director

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Judy Riley, Deputy Director

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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.



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of Ulster County

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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
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