

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

NOVEMBER 2019



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...

...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,

The weather is starting to change, and we all need to be reminded of SAFETY and driving. Just a reminder for Congregate Meal sites: if the school system closes in Kingston, Congregate Meals will not be delivered. Please check at your individual sites for other programming scheduled. November is always tricky, so please take care. We don't want you driving in ice, snow or sleet.

However, as long as things hold out, please make sure you know our schedule for the month of November, and take advantage of our fine programming! There are still Tai Chi and Chair Exercise classes going on in November at the Senior Hub.

Anyone interested in group games? Like Mahjong, Bridge, card games, etc.? We might be able to put together groups that can get together on the same day and time for some gaming. What about craft groups? We have many talented seniors looking for some help or company when they take on their artistic or craft projects.

Thought for November:

"But there is always a November space after the leaves have fallen when she felt it was almost indecent to intrude on the woods...for their glory terrestrial had departed and their glory celestial of spirit and purity and whiteness had not yet come upon them."

— L.M. Montgomery, Anne of Windy Poplars

Witness the beauty of the month after the leaves have fallen, and the starkness and shape of the trees is there for everyone to see.

Got any ideas for what you would like considered for Seniors? Let us know! We are open and waiting for your feedback!

See you around town, in Saugerties, or the Town of Ulster, or on the Radio, or at Tai Chi, or.....

Best wishes for a safe and warm November!

Sincerely,  
Susan Koppenhaver  
Director

COUNTY EXECUTIVE MESSAGE

Dear Ulster County Neighbors,

Last month, I presented my 2020 Executive Budget for the County which provides funding for my "Big Five" initiatives while decreasing the tax levy by .25 percent, bringing it to the lowest level in a decade. Our government is about priorities, and I'm committed to delivering on my "Big Five" while keeping Ulster County affordable. My "Big Five" include: A Green New Deal for Ulster County; tackling the opioid epidemic; growing and diversifying our economy; enduring justice for all residents; and making county government more responsive and responsible. This budget delivers on our commitment to move Ulster County forward by establishing the first ever Green Careers Academy to expand opportunities and help grow our economy, by putting real money behind our efforts to combat the opioid epidemic, and by creating new avenues for residents from throughout the County to engage with County Government.

Ulster County has a responsibility to deliver the absolute best services to residents and ensure that the County is responsive to their need. As County Executive, I am committed to ensuring our seniors and their families feel empowered and supported. As a part of the 2020 Budget, I am excited to announce that the Office for the Aging will see an additional \$175,000 in funding to expand services to assist seniors to be as independent as possible, for as long as possible. This will allow the OFA to reach and assist more of its senior citizen population and provide additional personal care services. For more information on the 2020 Executive Budget or if you would like to get involved with County Government, please reach out with questions, comments or requests, by visiting <https://ulstercountyny.gov/budget> or by calling our office at 845-340-3800.

As the holidays approach, I hope you will join me in celebration at the Office for the Aging Thanksgiving Luncheon on November 15th at the Shawangunk Senior Center in Napanoch. For more information or to register please call 845-340-3456.

Wishing you and your families a very Happy Thanksgiving!

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. Himanshu Parikh of the Institute for Family Health will be present to answer questions and discuss your health.

**Tuesday, November 19**

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 OPEN ENROLLMENT

The Annual Open Enrollment Period to change your Medicare health or prescription drug coverage for 2019 will begin on October 15 and run through December 7, 2019. During this six week open enrollment period, you can:

- Change from Original Medicare to a Medicare Advantage Plan
  - Change from Medicare Advantage to Original Medicare
  - Switch Medicare Advantage Plans
  - Join, switch or drop a Medicare Prescription Drug Plan
- If you would like to make a change to your Medicare coverage and need assistance or information, please contact the Ulster County Office for the Aging (OFA) for a free HIICAP appointment at 845-340-3456 or toll-free 1-877-914-3456. Please note that if you are happy with how you are currently receiving Medicare coverage, there is no need to do anything. Your current coverage will be the same in 2020 if you make no changes.

The Office for the Aging is thinking about offering a "write your personal ancestry" project.

Also, new exercise classes, board and brain games coming.

Look for more information at the Senior Hub.

Author Talk: **FINISHING UP** by Bette Moskowitz is a very personal book about a very public subject: Aging and Ageism. "Getting old is sometimes hard for some people, but not always hard for everyone. Believing it is, is ageism at work. Old age is not a problem or a disease or a disability, it is a time of life, and unless you die young you will go through it." November 20, 2019 at 1:30 to 3:00 P.M. Senior Hub, 5 Development Court, Kingston, NY. R.S.V.P. by calling 845-340-3456.

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**Lunch and Learns for Seniors**

**November 19: Medication Interaction**

Presented by Village Apothecary  
 Phoenicia Library, 48 Main Street, Phoenicia, NY  
*R.S.V.P. by November 13*

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 by calling 845-340-3456.

**The Ulster County Office for the Aging Invites Seniors to a Thanksgiving Luncheon**

Friday, November 15, 2019  
 Noon to 2:00 P.M.

Shawangunk Senior Center, 70 Main Street, Napanoch, NY

Entertainment by DJ Jay

Free to Ulster County Seniors age 60 and over.

Space is limited. R.S.V.P. by *November 8* by calling the Ulster County Office for the Aging at 845-340-3456.

**The Ulster County Office for the Aging Invite Seniors to a Holiday Cabaret Luncheon**

Thursday, December 5, 2019  
 Noon to 2:00 P.M.

Saugerties Senior Center, 207 Market Street, Saugerties, NY

Entertainment by the Bronx Express Duo

Free to Ulster County Seniors over 60

Space is limited. R.S.V.P. by *November 27* by calling the Ulster County Office for the Aging at 845-340-3456.



**Drop-in Tai Chi**

at different locations around the County. Every Tuesday from 3:00-4:00 P.M.

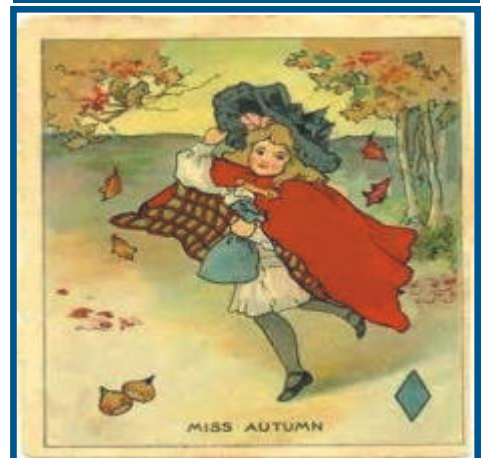
- Town of Shawangunk Town Hall, Wallkill, 1st Tuesday of each month (3:15-4:15)
- OFA Senior Hub, Kingston, 2nd Tuesday of each month
- Saugerties Senior Center, 3rd Tuesday of each month
- St Francis De Sales Community Hall, Phoenicia, 4th Tuesday of each month

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.



Holiday Movie to be announced. December 10 at the Rosendale Theater, 408 Main Street, Rosendale, NY. Movie starts at 1:00 P.M. Free to Ulster County Seniors over 60. Call the Office for the Aging to R.S.V.P. by *December 6* at 845-340-3456.



**A Heart-Healthy Eating Adventure**

You hear the phrase "Mediterranean diet" a lot when doctors talk about heart-healthy eating. And with good reason: Its hallmarks, healthy fats and plant foods, have been shown to be very beneficial to heart health. But there's a wide world of other international choices out there that share these nutrition principles. Mixing up the types of foods you eat can make your diet more interesting says Johns Hopkins registered dietitian Kathleen Johnson, M.A., R.D., L.D.N. Try some of the following tasty, good-for-you choices that favorite ethnic cuisines have to offer.

**Mexican:** A staple of Mexican cooking is the tortilla. Start by choosing organic corn tortillas over wheat for more minerals and fiber. It's also a smart choice for many people who are looking to lower their fat and sodium intake, Johnson says. Select fish, chicken or vegetable dishes. Black beans are a great source of protein pick them over refried beans. For a topper, try a little guacamole. Avocado is a heart-healthy fat, and cilantro (a common spice in guacamole and Mexican dishes) is surprisingly full of antioxidants, Johnson says.

**Indian:** The abundance of vegetarian options makes it easy for heart-conscious diners to go out for Indian food. The warming spices they feature, such as turmeric and garam masala, are also anti-inflammatory, which is great for the heart.

Among the Indian dishes Johnson suggests:

- lentil dal - lentils are a good source of protein
- chickpea vindaloo
- chana masala (made of chickpeas) and bhindi (okra)
- Rajma - it features kidney beans in a thick sauce
- curries, of course, in addition to curries with classic spices, such as turmeric, you can find plenty of vegetarian options made with coconut milk

**Japanese:** Fish dishes, hallmarks of the Japanese diet, are an excellent source of important omega-3 fatty acids for your heart. But be aware that Japanese foods can have a lot of sauce. "It's best to ask for sauce on the side if you can," Johnson suggests. Also choose brown rice over white for more heart-healthy fiber.

**Ethiopian/Moroccan/North African:** What these cuisines have in common is a lot of vegetable tagines, a type of stew named after the earthenware pot in which it's cooked. Rather than utensils, the food is eaten with a flatbread made of teff flour, which is thought to help with blood-sugar management.



*Senior Spotlight*

Every year, more than 300 Senior Volunteers who are registered with the Ulster County Office for the Aging, perform tens of thousands of volunteer hours all over the county. They help such agencies and organizations as People's Place, AARP Tax-Aides, the Esopus Library, Health Alliance of the Hudson Valley, Ellenville Hospital, the Hudson River Maritime Museum, Ulster County Tourism, and more.

These good people also volunteer directly with the Office for the Aging. Some do one-on-one Medicare counseling. Others provide rides for medical appointments. And still others call seniors who are shut in and isolated, or they do telephone surveys to help improve services and programs offered by the OFA.

Each October, the OFA recognizes these volunteers with a gala luncheon, and this year was no different. We gathered at the Diamond Mills in Saugerties with 120 volunteers from all over the county and their friends and family. They were introduced to the new Director of the OFA, Susan Koppenhaver, who was the Master of Ceremonies for the event. The keynote speaker was our new County Executive, Patrick Ryan, who was clearly humbled by the extraordinary contributions of the honored volunteers.

We can't thank these volunteers enough for the work they do.

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**November 2019**

Monday

Tuesday

Wednesday

Thursday

Friday

<p>For Information or Home Delivered Meal Cancellation Call: <b>331-2496</b> Community Café Reservations &amp; Cancellations call <b>331-2180</b></p>	<p>Meals Prepared by Gateway Community Industries <i>All soups are home-made.</i> <i>Milk is provided with meals.</i> <b>"Menu Subject to Change"</b></p>			<p><b>1</b> Sweet &amp; Sour Chicken Brown Rice Broccoli WW Bread Peaches</p>
<p><b>4</b> Sloppy Joe Green Beans Cauliflower WW Roll Fruit Cocktail</p>	<p><i>Election 5 Day</i> Chicken Pot Pie Broccoli Cuts WW Roll Pineapple Chunks</p>	<p><b>6</b> Swedish Meatballs Buttered Noodles Red Cabbage <i>Pea Soup</i> Rye Bread Rice Pudding</p>	<p><b>7</b> Baked Chicken &amp; Gravy Roasted Potato Spinach WW Roll Spice Cake</p>	<p><b>8</b> Swiss Broccoli Pasta Wax Beans Green Salad WW Bread Pears</p>
<p><b>Closed 11</b> <i>Veteran's Day</i> Beef Patty &amp; Gravy Roasted Potato Oriental Mixed Veg WW Bread Peaches</p>	<p><b>12</b> Lasagna Italian Beans Fresh Salad WW Roll Lemon Whip</p>	<p><b>13</b> Pork Chop &amp; Gravy Sweet Potato Braised Cabbage Rye Bread Applesauce</p>	<p><b>14</b> Beef &amp; Peppers Brown Rice Pilaf Beets WW Roll Butterscotch Pudding</p>	<p><b>15</b> Herb Crusted Chicken Parsley Potato Carrot Coins <i>Bean Soup</i> WW Bread Pineapple Chunks</p>
<p><b>18</b> Red Pepper Quiche Corn French Cut Beans WW Bread Oatmeal Cookie</p>	<p><b>19</b> Beef Stew Cauliflower WW Roll Mandarin Oranges</p>	<p><b>Thanks 20 giving Holiday Meal</b> Roast Turkey &amp; Gravy Dressing Mashed Potato Brussels Sprouts Pumpkin Pudding</p>	<p><b>21</b> Baked Ziti with Meat Sauce California Mix Veg <i>Vegetable Soup</i> WW Roll Fruit Cocktail</p>	<p><b>22</b> BBQ Pulled Chicken Wax Beans Oven Brownd Potato Cole Slaw WW Bread Apricots</p>
<p><b>25</b> Fish with Dill Sauce Rice Pilaf Broccoli WW Bread Vanilla Pudding</p>	<p><b>26</b> Meatloaf &amp; Gravy Mashed Potato Monaco Mixed Veg <i>Lentil Soup</i> WW Roll Tropical Fruit</p>	<p><i>Cold 27 Meal</i> Chicken Salad Plate Pasta Salad <i>Mixed Greens</i> Veg Juice Rye Bread Dutch Apple Cake</p>	<p><b>Closed 28 Thanksgiving Holiday</b> Roast Turkey &amp; Gravy Mashed Potato Brussels Sprouts Dressing Pumpkin Pudding</p>	<p><b>Closed 29 Thanksgiving Holiday</b> Spaghetti &amp; Meatballs Parisian Mixed Veg WW Bread Peaches</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: Senior Hub, 5 Development Court, Kingston, NY, Mondays and Wednesdays

Want to try it out? Call Gateway Industries at 845-331-2180 to make a free reservation, 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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- Nutritional counseling and support

Residents covered by Medicare can also receive an additional level of personalized care coordination, ongoing preventive care and other valuable benefits by enrolling in ArchCare Advantage, a Medicare Advantage HMO Special Needs Plan designed especially for nursing home residents.



## National Alzheimer’s Disease Awareness Month

November was originally designated as National Alzheimer’s Disease Awareness Month by President Ronald Reagan in 1983. Alzheimer’s is a complex neurological disease that is the most common form of dementia. More than 5 million people in the United States have Alzheimer’s and more than 10 million are caring for a loved one with the disease. There are 10 warning signs and symptoms:

1. Memory loss that disrupts daily life. Forgetting recently learned information, forgetting important dates or events, asking for the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.
2. Challenges in planning or solving problems. Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.
3. Difficulty completing familiar tasks. People with Alzheimer's often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.
4. Confusion with time or place. People living with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.
5. Trouble understanding visual images and spatial relationships. For some people, having vision problems is a sign of Alzheimer's. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.
6. New problems with words in speaking or writing. People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a "watch" a "hand-clock").
7. Misplacing things and losing the ability to retrace steps. A person living with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.
8. Decreased or poor judgment. Individuals may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.
9. Withdrawal from work or social activities. A person living with Alzheimer’s disease may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity.
10. Changes in mood and personality. Individuals living with Alzheimer’s may experience mood and personality changes. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or when out of their comfort zone.

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor. With early detection, you can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer, as well as increase your chances of participating in clinical drug trials that help advance research.



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AND

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## KATHLEEN H. DITTUS

Attorneys at Law

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Erica Halwick-Williams

Kathleen H. Dittus



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### 7 Ways to Reduce Early Morning Joint Pain

Have you ever wondered why your joints are stiff in the morning? There are many reasons you may be feeling this -- some are just part of a normal process and others may be cause for concern. For people who suffer from arthritis, this morning pain or stiffness may be caused by a lack of lubrication in the joint spaces, or from a breakdown in the cartilage that covers the ends of the bones. This can happen in your back, fingers, wrists, knees, ankles, or feet.

Many who experience this morning pain find it is short-lived, resolving on its own within 10 or 15 minutes. For others, though, it may linger and begin to affect the rest of the day. Fortunately, there are some ways you can prevent or reduce the amount of morning stiffness you experience.

1. **Sleep.** Be sure you get plenty of deep sleep. This is how your body and mind refuel and recharge. It is when healing agents within your body repair areas that are in need. Be sure to allow for time for this process to happen.
2. **Your Mattress.** Consider the condition of your mattress. If it is too firm or too soft or not supportive, this can lead to poor sleeping position and overnight strain on certain muscles.
3. **Gentle Stretching.** Before getting out of bed, do some gentle stretching while you are still cozy under the covers. Gently do ankle circles and ankle pumps, wrist circles, bend your knees and hips.
4. **Hot shower.** Start your day with a hot shower. The warmth of the shower can help relax stiff muscles and bring comfort to your morning.
5. **Be active.** During your day, include periods of activity. Exercise, walk, and/or stretch during the day. If you sit for extended periods of time, make time to change position. Be sure your desk or comfortable chair is supportive and does not contribute to muscle strain.
6. **Eat well.** Be aware of how your diet affects your joints. Certain foods can cause inflammation or can affect your ability to fall asleep if consumed close to bedtime. Being mindful of your diet can help prevent joint stiffness upon waking.
7. **Take your medicine.** If you have been prescribed medication to help with your joint discomfort or stiffness, set your alarm and take them 30 minutes to an hour before you get out of bed. Then your medication will begin to work as you need to start your day.

Hopefully these tips can help you reduce or even prevent your morning joint pain and stiffness. However, if you experience any of the following, you may want to seek further evaluation with an expert:

- morning muscle/joint pain that lasts more than an hour
- joint stiffness involving your back, to a point where you have difficulty taking a deep breath
- ongoing numbness or tingling in your arms or legs along with your joint pain



### Garden Tips for November

- Rake leaves and make leaf mold or compost. Cover compost so that rain doesn't flood and leach the nutrients.
- Clean, sharpen, and oil garden tools.
- Start forcing bulbs like paperwhites, hyacinth, and amaryllis for the holidays.
- Add organic matter to beds.
- Keep weeding. It's easier to see the weeds once the garden plants die back. Now is a great time to get rid of some perennial weeds that stay green all year.
- Keep watering, until the ground freezes. Pay particular attention to anything you planted late in the season.
- Clean up garden debris and cut back and remove any diseased or infested foliage.
- Protect evergreens from deer damage by circling with stakes and burlap or spraying with a deterrent.
- Continue harvesting vegetables like Brussels sprouts and carrots, that can handle frost.
- Protect your roses by mounding soil around the crown and covering the bud union. Tie down climbing rose canes to protect them from cold winds.

**DID YOU KNOW?**

You are taller in the morning; throughout the day, the cartilage between your bones is compressed, making you about 1 cm shorter by day's end.

November brings us closer to the end of the year and the start of the holiday season, which is stressful all on its own. Most importantly, November is also Diabetes Awareness Month! It allows healthcare professionals the ability to increase awareness of the symptoms, encourage healthy lifestyles and put focus on the risk factors related to diabetes.

Diabetes Facts:

- 30 million people in the US have diabetes and 1 in 4 are not even aware of it
  - 84 million US adults have pre-diabetes, and 90% are not aware
  - Diabetes is now the 7th leading cause of death in the US
  - Type 2 diabetes accounts for 90-95% of the diagnosed cases
  - Type 1 diabetes accounts for 5% of those diagnosed
  - Within the last 20 years, adults diagnosed with diabetes has doubled: the American population has aged and become more overweight and/or obese
- Who's at risk for Pre-Diabetes and Type 2 Diabetes?

- Are you overweight?
- Are you 45 or older?
- Do you have a history of diabetes in your family?
- Are you not physically active?
- Do you have a history of gestational diabetes?
- Are you African American, Hispanic/Latino American, American Indian or Alaska Native?

If you have been already diagnosed with Pre-Diabetes you are at risk for developing Type 2 Diabetes. This can be reversed and/or prevented with life style changes, increased physical activity and a healthier meal plan.

Make Healthy Choices:

1. Cut back on soft drinks - drink water or calorie free beverages
2. Snack on lower calorie items such as popcorn, not chips
3. Have a vegetable or a tossed salad with low-fat dressing with dinner every night
4. Push aside the cakes, pies, and cookies. Choose fruit instead

Omit the bad fat:

1. Roast, broil, steam or bake for cooking methods
2. Use small amounts of cooking oil, no butter, lard or shortening
3. Consume fish at least once a week and cut back on processed/high fat meats

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

**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.

AARP Tax-Aides is recruiting Volunteers to help with income tax preparation for the 2019 filing season. No tax experience is necessary. You may volunteer to prepare taxes, greet clients, or make appointments by phone.

The Tax-Aide program prepares income tax returns for seniors, and families with moderate income, at several sites within Ulster County. For further information, contact AARP Tax-Aide district coordinator, Rich Dooley: rd6201@yahoo.com or 845-246-0696; or Patrick McDonough at OFA: 845-802-7935.

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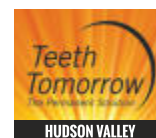
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Do you know someone who might like to be on our e-mail list? Please have them call the OFA with their e-mail address.

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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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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