

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

NOVEMBER 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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Ulster County Office for the Aging, Kingston, NY

06-5324



## OFA DIRECTOR MESSAGE

Dear Ulster County Seniors:

As November is Alzheimer's Awareness month, research suggests that a host of factors beyond genetics may play a role in the development and course of Alzheimer's disease. Even though no one knows all the reasons why people get this terrible disease, there are some things we can all do to try and mitigate the symptoms.

There is a great deal of interest in the relationship between cognitive decline and vascular conditions such as heart disease, stroke, and high blood pressure as well as metabolic conditions such as diabetes and obesity. Ongoing research will help us understand whether and how reducing risk factors for these conditions may also reduce the risk of Alzheimer's.

A good nutritious diet, exercise, social engagement and involvement (hard right now, I know) and mentally stimulating pursuits have all been associated with helping people stay healthy as they age. These factors might also help reduce the risk factors of cognitive decline and Alzheimer's disease. Clinical trials are testing some of these possibilities.

Many of these habits are developed throughout life, or maybe sometimes when we need to develop them. The OFA offers exercise, nutritional advice and consultations, and, when we are not in the middle of a pandemic, socialization! Mentally stimulating pursuits can be found with others, but also on one's own. Read a book. Watch a history movie. Do a crossword puzzle. Write something. Take an online art course. Take ANY course online. Learn something new. All of these things, most of which are free, will help with mental stimulation. Ask for a nutrition consult to try and lose those few extra pounds. Obesity and diabetes can often be controlled with different habits. We have some control over our lives and habits. Make them good ones, affording you long, health lives. We look forward to the day when we can get together again!

Sincerely,  
Susan Koppenhaver, Ulster County OFA Director

November is National Alzheimer's Awareness Month

In 1983, President Ronald Reagan proclaimed November as National Alzheimer's Awareness Month. Unfortunately, Alzheimer's Disease is the most common form of dementia and affects approximately 5.4 million Americans and is the sixth leading cause of death.

This month aims to raise awareness about the disease and focuses on caregiver support and resources. 83% of the help provided to older adults in the U.S. comes from family members, friends, unpaid caregivers and 30% of the caregivers are aged 65 and older. Nearly half of all caregivers provide assistance to someone with Alzheimer's or another dementia.

There is help and support. Please contact the Alzheimer's Association of the Hudson Valley. They offer online education as well as Support Groups for caregivers, individuals living with Alzheimer's Disease and others dealing with the disease. Information can be found at <https://www.alz.org/hudsonvalley> or contact their 24/7 Helpline (800-272-3900) for details.

In addition, OFA has partnered with Mental Health Association in Ulster County to provide a virtual weekly Caregiver Support Group which will be held on Wednesdays beginning November 11, 2020 at 5:00 P.M. via ZOOM. The support group welcomes caregivers who are 18 years of age or older caring for a person age 60 or older; or individuals 60 years old or older, caring for a disabled family care receiver of any age.

If interested please call Ulster County Office for the Aging at 845-340-3456 to register.



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## MALL WALK WITH THE OFA

HUDSON VALLEY MALL

1300 Ulster Avenue, Kingston, NY.

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

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

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

We hope to be walking soon.

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

## MEDICARE

### MEDICARE ANNUAL OPEN ENROLLMENT PERIOD

The Annual Open Enrollment Period to change your Medicare health or prescription drug coverage for 2021 will begin on October 15 and end December 7, 2020. 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 or join, switch or drop a Medicare Prescription Drug Plan. If you would like to make a change and need assistance or information, please contact the Ulster County Office for the Aging at 845-340-3456 for a free HIICAP appointment. Appointments will be available via phone or Zoom. There will be limited in-person appointments which will follow social distancing guidelines. It is important for Seniors to 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 2021 if you make no changes.

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

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

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

Thank you.

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## OFA Online Learning for Seniors

### **November 12: Medicare Questions and how to Save Money on Medicare**

Presented by Eleanor Minsky, OFA Health Insurance Counselor

*R.S.V.P. by November 9, 2020*

### **November 17: One-Pot Pasta with Ground Turkey and Spinach**

Presented by Juanita Bryant, OFA Registered Dietician

*R.S.V.P. by November 12, 2020*

### **November 19: Breast and Prostate Cancer Education**

Presented by Miriam Chavez-Blandon, HITCH, Inc.

*R.S.V.P. by November 16, 2020*

### **November 24: Diabetes Health and You**

Presented by Jaclyn Meyer, Health Alliance of the Hudson Valley  
Diabetes Education Center

*R.S.V.P. by November 19, 2020*

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

Free to Ulster County Seniors age 60 and over.

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



Hope to see you soon.



## Autumn Safety and Wellness To-Dos for Seniors

The weather is growing cooler, the days shorter and the air crisper. The following checklist will help you prepare yourself for the season.

- Schedule pre-winter heating maintenance. Before you crank up the heat, schedule regular maintenance for heating systems to confirm they're in good working order. If your home includes a fireplace, be sure to also have chimneys inspected and cleaned to prevent dangers like flue fires.
- Get ready for fall fashion. Be sure to have sweaters and jackets at the ready. Layering is the name of the game throughout autumn. Be mindful of footwear, as well. Non-skid boots and shoes with plenty of traction can help prevent slips and falls in wet or frosty weather.
- Prepare for ice and snow. In cooler regions, it's not unusual to get a preview of the cold, snowy and icy winter weather during the autumn months. Be sure to make shovels, car brushes and salt accessible in the event of an early storm.
- Ward off seasonal illnesses. Hand washing is one of the most effective ways to prevent the spread of fall illness. The Centers for Disease Control recommends washing hands with soap and clean, running water for 20 seconds. Older adults can also help boost immunity through good hydration, which can benefit the immune system during cold and flu season.
- Take advantage of the harvest. Many healthy and delicious fruits and vegetables are center stage this time of year. Adding seasonal produce such as beets, broccoli, Brussel sprouts, sweet potato, pumpkin, apples, cranberries, eggplant and kale can help manage diabetes, contribute to heart health and promote a healthy immune system.
- Beware of falling leaves. While colorful leaves are part of the beauty of autumn in many regions, they can present a safety hazard. When wet, they can become slippery and pose a fall risk. Be sure to remove them regularly from porches, sidewalks and key walkways.
- Be sure you can detect danger. Check smoke and carbon monoxide detectors. Change the batteries in these devices and test them to make sure they're in good working order.

## ATTENTION CAREGIVERS



### CAREGIVER SUPPORT GROUP

Ulster County Office for the Aging (OFA) and MHA are offering a support group designed for caregivers seeking support and interaction with other caregivers. The group will also allow caregivers to learn skills, share information, and learn about available resources.

**FOR REGISTRATION AND DETAILS  
PLEASE CALL OFA  
845-340-3456**



**MHA**  
The Mental Health  
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*Your contribution help keep senior programs available! Contributions can be made at OFA at the front desk or mailed directly to the OFA office. Thank you!*

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**Beginning  
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## November 2020 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Macaroni & Cheese Stewed Tomatoes Broccoli 3 Bean Salad Whole Wheat Bread Pears	<b>3</b> Chicken Dijon Brown Rice Pilaf Brussels Sprouts Squash Soup Whole Wheat Roll Fruit Cocktail	<b>4</b> Swedish Meatballs Buttered Noodles Red Cabbage Green Salad with Carrots Rye Bread Vanilla Pudding with Fruit	<b>5</b> Spinach Quiche Mixed Vegetables Beets Whole Wheat Roll Apple Cake	<b>6</b> Meatloaf & Gravy Mashed Potato Mandalay Mixed Vegetables Whole Wheat Bread Peaches
<b>9</b> Beef & Peppers Brown Rice Pilaf Green & Yellow Beans Whole Wheat Bread Fruit Cocktail	<b>10</b> Apple Braised Turkey Cutlet Sweet Potato Brussels Sprouts Rye Bread Chocolate Pudding with Fruit	<b>CLOSED 11</b> <b>Veteran's Day</b> Beef Patty & Gravy Mashed Potato Braised Cabbage Rye Bread Tropical Fruit	<b>12</b> Chicken Pot Pie Brussels Sprouts Cauliflower Bean Soup Whole Wheat Roll Pineapple Chunks	<b>13</b> Lasagna Italian Mixed Vegetables Broccoli Green Salad Whole Wheat Bread Oatmeal Cookie
<b>16</b> Baked Chicken & Gravy Herbed Potato Beets Whole Wheat Bread Tapioca Pudding with Fruit	<b>17</b> Beef Burgundy Noodles Baby Carrots Whole Wheat Roll Fresh Orange	<b>18</b> Swai with Dill Sauce Red Roasted Potatoes Spinach Lentil Soup WW Dinner Roll Peaches	<b>19</b> <b>Thanksgiving Meal</b> Roast Turkey & Gravy, Dressing, Mashed Potatoes California Mixed Veg, Cole Slaw Cranberry Sauce Apple Crisp	<b>20</b> Chili Con Carne Brown Rice Wax Beans Whole Wheat Bread Pears
<b>23</b> Swiss Broccoli Pasta Green Beans Cauliflower Whole Wheat Bread Pineapple Chunks	<b>24</b> Chicken Divan Brown Rice Carrots Split Pea Soup Whole Wheat Roll Peaches	<b>25</b> Meatloaf & Gravy Mashed Potato Broccoli Rye Bread Cranberry Pear Crisp	<b>CLOSED 26</b> <b>Thanksgiving Day</b> Turkey & Gravy Mashed Potato Monaco Mixed Veg Whole Wheat Roll Pears	<b>27</b> Baked Ziti Mixed Vegetables Fresh Salad Carrots Whole Wheat Bread Fruit Cocktail
<b>30</b> Shepherd's Pie Broccoli, Wax Beans Whole Wheat Bread Rice Pudding with Fruit	For Information or Home Delivered Meal Cancellation Call: <b>331-2496</b> Community Café information call: <b>331-2180</b>		Meals Prepared by Gateway Hudson Valley  <b>"Menu Subject to Change"</b>	





## COMMUNITY CAFÉS

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

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

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

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

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

Community Café sites are closed until further notice.

Thank you.

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



## HOME DELIVERED MEALS

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

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



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

Qualified Seniors must be:

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

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

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

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

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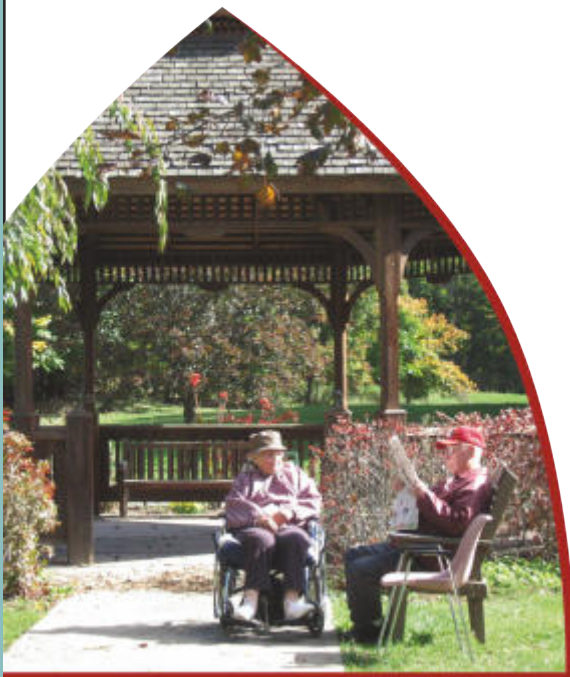
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## November is Diabetes Awareness Month

While type 1 diabetes is most often developed at a younger age, type 2 is most commonly diagnosed in older adults. One out of four Americans who are 65 or older have type 2 diabetes. People get diabetes when their blood glucose, also called blood sugar, is too high. The good news is that you can take steps to delay or prevent type 2 diabetes.

Symptoms of type 2 diabetes may include feeling tired, increased hunger or thirst, losing weight without trying, urinating often, or having trouble with blurred vision. You may also get skin infections or heal slowly from cuts and bruises. Some people with type 2 diabetes may not realize they have it because symptoms often develop slowly and go unnoticed. Sometimes older adults dismiss these symptoms as "getting old," but they can be signs of a serious problem. Talk with your doctor if you have any of these symptoms.

### Self-management tips:

Take care of your skin. Apply an alcohol-free lotion, and report any non-healing cuts or bruises, or any unusual skin issues to your doctor or dermatologist.

See a dentist every six months. People with diabetes get more periodontal disease, so make sure to keep a good check on those pearly whites. If you wear dentures, still go for your gums to be checked. Dental problems can limit many food choices for the elderly with diabetes.

Check your feet every day. Report to your doctor if you have any problems with your feet, including any non-healing cuts or bruises. Use a good lotion, but not between the toes. Practice good foot care, and if you have thickened toenails, see a podiatrist to cut your toenails. If you cannot reach your feet, have someone else check them for you. There are also telescoping foot mirrors that can help you see the bottoms and sides of your feet. Do not use any corn, callous or wart removers on your feet, and cut your toenails straight across. Always buy good fitting shoes/socks that don't pinch you.

### Five steps to help manage diabetes:

**Lose weight and eat healthy:** This may sound simplistic, but the one major cause of Type 2 diabetes in seniors is eating too much. The best way to prevent diabetes is to eat less and exercise more. A nutritionist may counsel you in making dietary changes. Generally speaking, people with diabetes are advised to increase their intake of vegetables and whole grains and to decrease animal fats and sugars.

**Eliminate stress:** Schedule entire days where you do only things that you enjoy. Relaxing practices such as meditation, tai chi, or yoga can be very effective in reducing daily stresses, as can having regular massages.

**Exercise:** Aerobic exercise can help keep your blood glucose, blood pressure and cholesterol levels on target. Aim for 30 minutes of aerobic activity a day, at least five days a week. You can go for a brisk walk, go dancing, swim, do water aerobics or ride a bicycle.

**Stop smoking:** Smoking hurts your lungs and heart. It also lowers the amount of oxygen that gets to your organs, increases your bad cholesterol level and raises your blood pressure. All of these can increase your risk of developing diabetes.

**Manage your blood glucose level:** Understand what makes your blood glucose level rise like excess carbohydrates, inactivity or infections. Also understand what makes it fall: missing a meal or snack, drinking alcohol and extra activity. You can't tell what your blood glucose level is by how you feel, so it's important to monitor it by testing.



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Ulster County Office for the Aging, Kingston, NY

06-5324



## Don't 'fall' into unhealthy habits: 10 tips for healthy Autumn eating.

The fresh produce of summer makes it easier (aside from the lure of ice cream) to maintain a healthy diet. Plus, during the warmer months, our bodies naturally want lighter foods. When the weather turns cool, your body's natural instinct is to store fat. And delicious stuff, like apple cider, pumpkin spice lattes, pies and cinnamon doughnuts, is everywhere. With some common sense and our quick guide, you can indulge in favorite fall treats without your wellness goals going into hibernation.

Continue eating local – plenty of healthy, plant-based options are still available after watermelon season ends. Snack on apples and look for recipes that use root vegetables like sweet potatoes, parsnips, carrots and squash.

Embrace citrus season – don't forget about produce that isn't local! Citrus fruits, plus bananas, pineapples and avocados contain Vitamin C, a must during cold season.

Enjoy the flavors of the season – the spice in pumpkin spice? It's good for you! (The whipped cream, not so much.) Incorporate fall spices like cinnamon, ginger, cardamom and turmeric into healthier recipes. Studies show that certain spices may boost metabolism and help you feel more satisfied after a meal.

Stick to whole grains – as bread, rice casseroles and hearty pasta dishes become the stars of the table, stay away from refined white flour and white rice. Brown rice, whole wheat flour, wild rice, bulgur wheat and barley are some tasty, filling alternatives.

Remember lean proteins – fattier meats like beef and sausage are popular during the colder months. Try to only eat them once in a while, and enjoy a roast chicken or some turkey breast instead.

Eat more soup – use chicken or veggie stock to make healthy, warming soups. Look for new recipes or experiment with your pantry.

Try winter greens – maybe summer lettuces have left the farmer's market for now, but did you know that certain greens grow during the winter? Health food staple kale is one, plus Swiss chard, collards, mustard greens and beet greens. Cooking them will help temper any bitter taste.

Plan ahead. Nutritious freezer meals and a crock pot or Instant Pot are your best fall and winter pals.

Incorporate nuts and nut butters – nuts contain healthy fat, and they're a cold-season favorite. Snack on pecans, almonds or walnuts. Just be sure to measure out your servings.

Have a piece of pie! Fall treats are meant to be enjoyed, so have at them in moderation. Try a smaller piece of pumpkin pie, a tall skim pumpkin spice latte or splitting that cider doughnut with a friend.



## Garden tips for November

- Clear turf or weeds from the area right around the trunks of fruit trees and ornamentals to reduce winter damage by rodents.
- Always be on the lookout for dead, damaged, diseased wood in trees and shrubs and prune them out as discovered. This is especially important before winter arrives with its harsher weather, where weaknesses left in place invite tearing and unnecessary extra damage.
- Protect roses from winter damage by mounding up their crowns with a 6- to 12-inch layer of soil before the ground freezes. After all is frozen, add a layer of leaf mulch to further insulate.
- Keep mowing till the grass stops growing, and make the last cut a short one. Let clippings lie on the lawn to return Nitrogen to the soil, and mow over fallen leaves to shred if not too thick, or rake them off before snow comes.

# DID YOU KNOW?

There are towns in the United States named "Turkey" and can be found in Texas, Louisiana, and North Carolina.

November is American Diabetes Month! This is a busy time of year for everyone with the holidays fast approaching and shopping. Don't put your health on the back burner. Do you know that 1 in 3 American adults have prediabetes, and more than 84% aren't even aware that they have it?

Prediabetes can be reversed - knowing your risk is step # 1! Prediabetes is defined as having a blood sugar level higher than normal, but not high enough to be diagnosed as diabetes. There are some prediabetes risks that can't be controlled; age and family history.

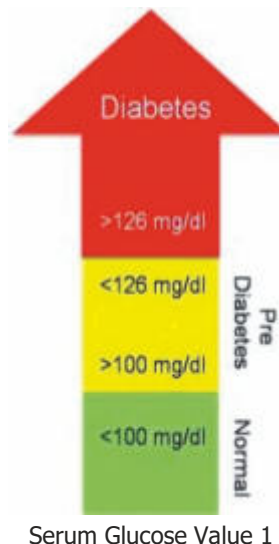
There are lifestyle changes that you can make to reduce your risk:

## 1) Increase your physical activity

- Go for brisk walks
- Park the farther away from an entrance
- Take the stairs versus the elevator
- While sitting in your chair at home lift your legs up and down or lift a bottle of water up and down

## 2) Weight loss

- Visit your physician before beginning any weight loss program
- Monitor portion sizes - use measuring cups and smaller dishes at meals and snacks
- Pre-portion your snacks in individual snack bags according to the food label
- Read the nutrition food labels on all products



Making lifestyle changes can help or delay the onset of Diabetes. So... do you know your risk?

Speak with your medical provider and discuss ways you can prevent or reduce the onset of diabetes.

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

## VOLUNTEER

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

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

### 10 Reasons to Volunteer

1. Healthy body, healthy mind.
2. It brings fun and fulfillment to your life.
3. Help others.
4. Make a difference.
5. Enjoy a meaningful conversation.
6. Connect with your community.
7. Feel involved.
8. Meet new people.
9. Get out of the house.
10. Feel better about yourself.

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scarpenter@lpiseniors.com or (800) 477-4574 x6348

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- Virtual visits with family members
- Socially distant activities and programs to keep our residents engaged

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

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# NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



## OFFICE FOR THE AGING

Susan Koppenhaver,  
Director

845-340-3578

Judy Riley, Deputy Director

845-340-3580

NY Connects

845-334-5307

845-443-8804

HIICAP Medicare  
Counseling

845-340-3579

Neighbor-to-Neighbor

845-443-8837

DEPARTMENT OF  
SOCIAL SERVICES

HEAP

845-334-5436

SNAP

845-334-5200

Medicaid

845-334-5175

Central Intake

845-334-5125

Do you know someone who might like to receive The Buzz via email? Have them call the OFA with their e-mail address.

The Ulster County Office for the Aging is always looking for ways to improve our services and resources to all seniors across the County. Please do not hesitate to contact us if you have feedback, ideas or need additional information regarding our services.



**NY Connects**  
Your Link to Long Term  
Services and Supports

of Ulster County

(800) 342-9871 (845) 334-5307

NY Connects staff can help link you to long term services and supports, such as home care, transportation and meals. Our goal is to help you live as independently as you wish to while meeting your medical, social and functional needs that arise from aging or disability. We can help individuals, families, caregivers, and professionals.

alzheimer's association

Appointments available at the  
Ulster County Office for the Aging.

Call 845-340-3456 to make an  
appointment.

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

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