

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

OCTOBER 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 Seniors of Ulster County:

As October is Domestic Violence month, we thought we would extend that a little to include violence of one sort against seniors. Financial exploitation is a very real threat to many. People pretending to be someone you love, asking for money, is not something you should ever trust. Code words between family members would work well. Banks are starting to recognize when a senior comes and takes out large sums of cash as something to be wary and suspicious of, but it isn't happening fast enough. People calling to lure you to sign up for a credit card because your computer isn't working (and it IS), or people calling saying they are representing someone in your family in distress are SCAMS to get your money. People who are much younger asking elders on dates, and then asking about their money and bank accounts are SCAMMERS.

Someone claiming to be from the IRS or a governmental agency and saying someone is coming to arrest you for non-payment, unless you send them your credit card information, is a SCAM. The IRS never calls people. Even mail scams are being used now that look official. Never click on any email address with an embedded link that you don't know where it came from. Never answer "yes" to any question from someone you do not know, because they are recording you and that gets you to agree to pay for something you know nothing about.

There are many very slick ways these folks are using to get at your money. If you have any doubt, hang up. Get a phone number. Call the police. It's very sad that the elderly and senior populations are becoming targets of these people. Don't let them. Trust none of these attempts. These thieves are very crafty and have many ways of trying to get you to trust them, and eventually get all your money. We can only point these scams out. You must be the ones to be vigilant. Even family members, sadly, are doing this in the forms of cashing checks that belong to the elder, using their joint accounts for their own gain, stealing from an elder who is confused, and there are many other examples.

Speaking to trust and scams, please let us know if there is a handyman, electrician, plumber etc. that you TRUST, and we can start keeping a list of trusted sources.

Sincerely,

Susan Koppenhaver, Ulster County OFA Director

Ulster County invites you to attend the 8th Annual Domestic Violence Information Forum *Response, Recovery, and Revision*

October 22, 2020 from 9:30 to 11:00 A.M.
The Evolution of Programs and Services Addressing Domestic Violence in Ulster County During the COVID-19 Pandemic

This is a free virtual event, registration is required at <https://forms.gle/UJ4LVq99ey1ZxGPN6>

Or you can email Linda Farina MPS, CASAC, at farinal@sunyulster.edu or call Office for the Aging at 845-340-3456.

October is Domestic Violence Awareness Month

Ulster County continues to raise awareness about this difficult topic which can take many forms and can include physical, sexual, psychological and economic abuse. Unfortunately, this is a national problem which affects millions of people. There are resources available in Ulster County and if anyone is in need of help please call the Ulster County Crime Victims Assistance Program's 24-hour hotline at 845-340-3442 or the Family of Woodstock's Domestic Violence hotline at 845-338-2370.

If you feel you are a victim of **Elder Abuse**: which can include: physical abuse, sexual abuse, emotional abuse, financial abuse, neglect, or abandonment – or you are concerned about something you have noticed, please contact one of the following agencies which are available Monday through Friday, 9:00 A.M. to 5:00 P.M.:

Ulster County Adult Protective Services: 845-334-5125

Ulster County Office for the Aging: 845-340-3456

Hudson Valley Long-Term Care Ombudsman Services: 845-229-4680 (for Skilled Nursing Homes or Assisted Living)

Hudson Valley LGBTQ Community Center: 845-331-5300.

If you or another are in immediate danger call 911.



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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

October 13: 1 Pot Chicken Soup with White Beans & Kale

Presented by Juanita Bryant, OFA Registered Dietician

R.S.V.P. by October 7, 2020

October 22: COPD

Presented by Teri Osterhoudt-Paton and Dr. Kassem Harris,
Health Alliance of the Hudson Valley

R.S.V.P. by October 15, 2020

October 27: Wiltwyck Cemetery: Options, Beauty, and History

Presented by Matthew Sirni, Wiltwyck Rural Cemetery

R.S.V.P. by October 20, 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.



TAI CHI

Tai Chi for Arthritis and Fall Prevention

Tai Chi classes at the following locations while following the social distancing guidelines.

- Robert E. Post Memorial Park (Pavilion), 515 Park Road (off of Ulster Landing Road), Kingston, NY (Town of Ulster) Tuesdays & Fridays, 11:00 A.M. to 12:00 P.M. beginning September 8, 2020.
- Thomas Felton Park (Pavilion), 11 Patura Rd., Modena, NY, Tuesdays & Thursdays, 1:30 to 2:30 P.M. beginning September 8, 2020.
- Field of Dreams (Pavilion), 241 Libertyville Road, New Paltz, NY, Mondays & Wednesdays, 1:00 to 2:00 P.M. beginning September 14, 2020.

Participants must be willing to attend the class twice a week for eight weeks. Call OFA to register at 845-340-3456.



Hope to see you soon.



Tips to Avoid Injuries While Doing Yard Work

You can still work in the yard, but you've got to play it safe to avoid getting injured. In fact, about 230,000 people a year visit hospital emergencies rooms for injuries from working in the yard, using a lawnmower, handling garden tools, or climbing a ladder. Here's how to avoid an injury when you decide to work in the yard:

Warm-Up

You might think this is just reserved for exercise, but in reality gardening and yard work do count as exercise. Before you dig in with your shovel, warm up by walking briskly and stretching your muscles.

Make Smart Moves

Pay attention to your body when you're moving, bending, or twisting. When lifting, always keep your back and bend from the knees. If you know your back easily tires while working in the yard, take it easy by using a cart or wheelbarrow to carry the load. Make smart moves and you'll be less likely to hurt your back, pull a muscle, or get hurt.

Stay Hydrated

When you're outside on warm days and working in the yard, you'll probably work up a sweat. Yard work is good exercise, but to prevent dehydration and muscle fatigue, stay hydrated. Keep a bottle water with you while you're working in the yard and drink throughout the day.

Protect Yourself from the Sun

A little time in the sun is good for vitamin D, strong bones, and better health. But too much sun can lead to a sunburn, skin damage, and cancer. Protect your skin from the sun by wearing pants, a long-sleeved shirt, and a hat. If you want to dress a little cooler, be sure to apply sunscreen with an SPF rating of 15 or higher to protect your skin from the sun's ultraviolet rays.

Practice Safety

Wearing gloves when you work in the yard can protect your hands from cuts, scrapes, thorny weeds and plants. Gloves can help prevent blisters, and those with a non-stick surface can help you get a better grip on the tools you plan to use. If you're going to use a ladder, make sure it's secure, or have someone hold it while you're on it. And when it comes to tools and machinery, be safe, wear protective eye wear when recommended, and use common sense.



Stephen Weir, of Gardiner, has been a Volunteer in various capacities throughout Ulster County. He currently sits on the Office for the Aging Advisory Council, and has been a driver for our Neighbor to Neighbor Program for five years.

He also works with the AARP Tax Aides, and the regional AARP Driver Safety Program. In addition, Steve is the Secretary of the Gardiner Library Board, and has been involved with the Gardiner Senior Resource Committee for eight years, helping to address numerous senior issues in the town.

Steve's commitment to service has assisted literally hundreds of Seniors all over Ulster County.

Get the help you need in Ulster County



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Older Adult Services Program

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October 2020 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Prepared by Gateway Hudson Valley "Menu Subject to Change" <i>Milk is provided with meal</i>	For Information or Home Delivered Meal Cancellation Call: 331-2496 Community Cafés Call: 331-2180 Gateway Hudson Valley		1 OCTOBERFEST Roast Pork Apple Gravy Mashed Potato Red Cabbage Whole Wheat Roll Apple Cake	2 Beef Patty & Gravy Mashed Potato Spinach Whole Wheat Bread Butterscotch Pudding
5 Macaroni & Cheese Stewed Tomatoes 3 Bean Salad Whole Wheat Bread Fruit Cocktail	6 Chicken Divan Mashed Potato Green Beans Whole Wheat Roll Lentil Soup Tropical Fruit	Cold 7 Plate Tuna Salad Plate Macaroni Salad Mixed Greens Carrots, Tomatoes Hard Cooked Egg Rye Bread Fresh Fruit	8 Lasagna with Meat Meadow Mixed Vegetables Fresh Salad Whole Wheat Roll Lemon Pudding with Fruit	9 Baked Chicken & Gravy Herbed Potato Carrot Coins Whole Wheat Bread Pineapple
12 COLUMBUS DAY Shepard's Pie Broccoli Whole Wheat Bread Vanilla Pudding with Fruit	13 BBQ Chicken Roasted Potato Cauliflower Whole Wheat Roll Pineapple Chunks	14 Goulash Buttered Noodles Spinach Fresh Salad Whole Wheat Roll Oatmeal Cookies	15 Meatloaf & Gravy Mashed Potato Mandalay Mixed Vegetables Whole Wheat Roll Peaches	16 Chicken Pot Pie Beets Cauliflower Bean Soup Whole Wheat Bread Pears
19 Broccoli Quiche Peas Italian Mixed Veg Whole Wheat Bread Peaches	20 Salisbury Steak & Gravy Mashed Potato Wax Beans Whole Wheat Roll Fruit Cocktail	21 Sweet & Sour Chicken Brown Rice Pilaf California Mixed Vegetables Split Pea Soup Rye Bread Mandarin Oranges	22 Roast Turkey & Gravy Mashed Potato Brussels Sprouts WW Roll Apple Crisp	23 Pasta & Meat Sauce Spinach Fresh Salad Whole Wheat Bread Tapioca Pudding with Raisins
26 Beef Stew Buttered Noodles Winter Squash Whole Wheat Bread Tropical Fruit	27 Lemon Chicken Brown Rice Pilaf Carrots Whole Wheat Roll Pears	28 Swiss Broccoli Pasta Mixed Green & Wax Beans Rye Bread Chocolate Pudding with Fruit	29 Beef & Peppers Brown Rice Pilaf Harvard Beets Minestrone Soup Whole Wheat Roll Spice Cake with Raisins	30 Baked Chicken & Gravy Mashed Potato Braised Cabbage Fresh Salad Whole Wheat Bread Fruit Cocktail



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.

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

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

Want to try it out? Call Gateway of the Hudson Valley at 845-331-2180 for more information.

Reservations for registered participants must be made at least 24 hours in advance. Please remember, this is for Ulster County Seniors age 60 and over.

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



HOME DELIVERED MEALS

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

The Ulster County Office for Aging Home Delivered Meal Program provides a 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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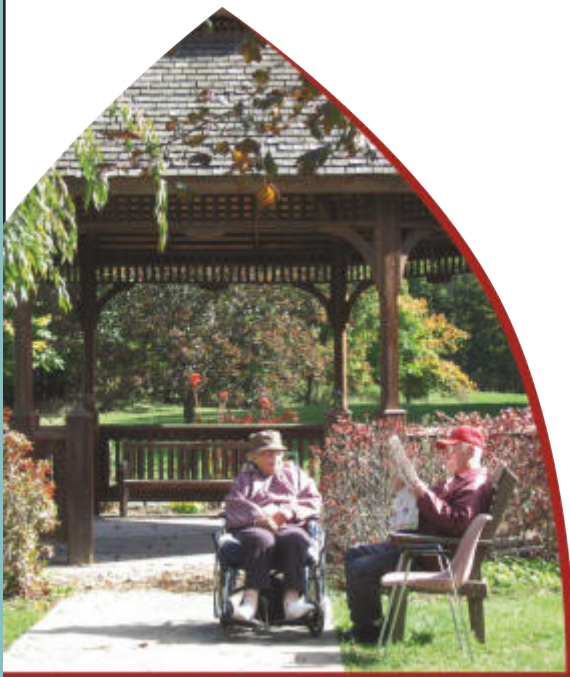
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06-5324



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Ulster County Office for the Aging, Kingston, NY

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HOW TO VOTE BY MAIL IN ULSTER COUNTY

In New York State, voters are required to give a reason to vote and submit a request or application to receive a absentee ballot. In light of the COVID-19 crisis, the State has expanded the reason of **“temporary illness or physical disability”** to cover a risk of contracting or spreading a disease causing illness to the voter or other members of the public.

HOW TO APPLY

Voters can find the application by visiting voteulster.com, they should complete the application and mail their application to or drop it off in person to: **Ulster County Board of Elections, 284 Wall St, Kingston NY 12401**. Voters can also submit their application via email by emailing their application or writing out their request in the email and sending that request to: absentees@co.ulster.ny.us. Please include a reason in your email.

VISIT VOTEULSTER.COM
FOR MORE INFORMATION



Garden tips for October

- Always be on the lookout for dead, damaged, diseased wood in trees and shrubs and prune them out as discovered.
- Prepare a seedbed now for peas and spinach for next spring, to get a head start on such early crops.
- Pay special attention to areas to cleanup around peonies, roses and other flowers that are prone to fungal diseases; don't leave any debris in place.
- Don't completely deadhead faded perennials, biennials and annuals if you want to collect seed (non-hybrids only) or wish to let them self-sow for next year's show.
- Prepare beds for future planting by smothering grass or weeds with layers of recycled corrugated cardboard or thick layers of newspaper, then put mulch on top.
- Start a leaves-only pile alongside your other heap as a future source of soil-improving leaf mold, or when partly rotted for use as mulch.

**DID YOU
KNOW?**

Samhainophobia is the fear of Halloween.

Oral Health / Dry Mouth

Dry mouth doesn't have to be a part of the aging process. It is crucial that you determine the cause so you can get relief.

Having dry mouth can make it more difficult for you to chew and swallow your food. This alone will make meals unenjoyable and discourage you from eating.

Some of you may have dentures and having dry mouth can make them feel uncomfortable and possibly cause them not to fit properly.

The problem with not having fitted dentures is they can rub against the gums and roof of the mouth and cause open sores which again will lead to not eating.

The most common causes of dry mouth:

Medicines - most medicines such as those that treat high blood pressure, depression, and bladder control problems potentially can cause dry mouth.

Dehydration - as we age we are more prone to dehydration because we don't drink enough throughout the day.

Disease - Diabetes, Sjogren's Syndrome can cause dry mouth

If you feel you are experiencing dry mouth symptoms, reach out to your provider or dentist so they can help pinpoint the issue.

What you can do:

- Add lemon to drinking water to stimulate the salivary glands
- Drink more throughout the day
- Apply lip moisturizer to avoid licking lips

Speak with your Dietitian, she can offer suggestions for increasing your fluid intake.

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

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.

If you'd like to volunteer to deliver meals or groceries, to call a Senior who is shut in or isolated, to drive someone to a critical medical appointment, or to be available for more volunteer opportunities in the future, please give me a call or send me an email.

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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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
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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
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