

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

OCTOBER 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 and...

...Need a ride for a medical appointment?

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

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

Trained staff are available 9:00 A.M. to 5:00 P.M., in person or by phone, to answer questions about available community resources, benefits and entitlements.



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OFA DIRECTOR MESSAGE

Dear Ulster County Seniors,

Please let me introduce myself – my name is Susan Koppenhaver and I am the new Director of the Ulster County Office for the Aging. I served the senior population as the Chief Executive Officer of Always There Home Care in Kingston until last March. I appreciate County Executive Ryan’s confidence in my ability to lead the Ulster County Office for the Aging and to keep serving our seniors and their families. It will be a privilege to serve the residents of Ulster County and I look forward to meeting you in our office, at our events and out in the community. As we enter the Autumn season, I want to let you know that we will be holding our Annual Public Hearings as follows: **10/21/19 at 1:00P.M. at the Town of Esopus Town Hall, 284 Broadway, Port Ewen** and **10/22/19 at 10:30 A.M. at the Ulster County Senior Hub located next to our office at 5 Development Court, Kingston.** I invite you to attend one of the meetings to learn about some of the wonderful programming we have to offer and to provide feedback and suggestions regarding current programs as well as ideas for future programs. I look forward to your valuable comments and contributions. As you know, we are heading into flu season. I am pleased to announce that OFA is partnering with the Department of Health to offer Flu Shots at our Community Cafés on the following dates:

- 10/9 – Ulster County Senior Hub
- 10/10 – New Paltz Community Center
- 10/11 – Rosendale Recreation Center
- 10/15 Saugerties Senior Center
- 10/16 Trudy Farber Building in Ellenville.

Please note that flu shots will be given between 10:30 A.M. to 11:30A.M. and you must register by calling the OFA at 845-340-3456.

I hope to meet many of you at our Annual Hearings, at our Community Cafés, or at our events. Have a wonderful October!

Sincerely,
 Susan Koppenhaver
 Director



Join us for lunch at the
ULSTER COUNTY SENIOR HUB

Mondays and Wednesdays at Noon

Enjoy good food and socialization!

Located near OFA/Veteran Services Agency
 5 Development Court, Kingston, NY

View the lunch calendar at:
<https://ulstercountyny.gov/aging/menu>

Call Gateway Community Industries to make a
reservation at least 24 hours in advance at
845-331-2180

HOPE TO SEE YOU THERE!

Also participate in a Fitness Class at the Senior Hub!

Gentle Yoga - 10/7 & 10/21 (Mondays) 11:00 A.M.

Chair Exercises - 10/4, 10/11, 10/18, 10/25
 (Fridays) 11:00 A.M.

OUR LOAN CLOSET has an extensive array of medical equipment for loan for a nominal fee. Contact us to see if we have what you need.

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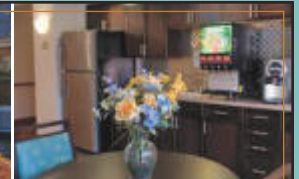
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MALL WALK WITH THE OFA
HUDSON VALLEY MALL
 1300 Ulster Ave., Kingston, NY
 Every Tuesday, 10:00 A.M. sharp!

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

Tuesday, October 15

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

If Kingston City Schools 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.

Legal services are available through Ulster County Office for Aging for Ulster County Seniors age 60 years and older. The attorneys at the Office for the Aging assist with preparation of:

- Wills
- Health Care Proxies
- Living Wills
- Powers of Attorney

By Appointment Only. To make an appointment call the Ulster County Office for the Aging at 845-340-3456.

Contributions are gratefully accepted! \$20 - \$100 is the suggested contribution. All contributions go back into the program to help other Ulster County Seniors with legal concerns.

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Lunch and Learns for Seniors

October 9: Breast & Prostate Cancer Education

Presented by HITCH.org
 Gateway Community Industries, 1 Amy Kay Parkway, Kingston, NY
RSVP by October 3.

November 19: Medication Interaction

Presented by Village Apothecary
 Phoenicia Library, 48 Main Street, Phoenicia, NY
RSVP 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.

Office for the Aging Free Fitness Classes

Chair Exercise Fridays
 October 4 through November 22, 2019
 11:00 – 11:45 A.M.

All are welcome. Space is limited. RSVP a must.
 Call the Ulster County Office for the Aging at 845-340-3456 to RSVP.
 Free Fitness classes sponsored by MVP Healthcare.



Drop-in Tai-Chi

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

- Town of Shawangunk Town Hall, Walkkill, 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.



The Ulster County Office for the Aging presents **Dial M for Murder**. Tuesday, October 29, 2019. Movie starts at 1:00 P.M., Rosendale Theater, 408 Main Street, Rosendale, NY. Free to Seniors over 60. Call the Office for the Aging to RSVP by *October 25* at 845-340-3456. Watch for new movie events coming soon.

October is Breast Cancer Awareness Month

That’s why you’re probably seeing a lot of pink awareness ribbons this month! Breast cancer is the 2nd most common type of cancer in women. Early detection could save your life.

How can I lower my risk of breast cancer?

Although breast cancer cannot be prevented entirely, healthy lifestyle choices and mammograms can help to lower your risk of developing breast cancer.

Early detection is key to fighting breast cancer, and can lead to an easier treatment plan. And one of the best methods of early detection is an annual mammogram.

A mammogram is a simple, routine screening that helps detect breast cancer earlier than waiting for symptoms to appear. Regular mammograms are recommended for women 40 years of age and older. If you are at higher risk for breast cancer, you may need to begin regular mammograms sooner. It’s a good idea to talk with your doctor about your risks and the most appropriate time for you to get started with mammograms. In addition to talking with your doctor about healthy lifestyle choices and mammograms, it is also recommended that women perform self-exams on their breasts at least once a month. Ask your doctor for tips on how to perform self-breast exams at home. Your doctor can also perform a breast exam for you during an office visit. There are other things you can do to lower your risk for breast cancer, including regular exercise, adequate sleep, healthy eating, limited alcohol intake and avoidance of chemicals that can cause cancer.

While breast cancer can be a scary proposition, scheduling an annual mammogram to aid in early detection and living a healthy lifestyle to help reduce your risk can give you the peace of mind that comes from staying on top of your breast health.

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For nearly forty years, Elnora McSpirt has volunteered in many capacities. She has worked with Cornell Cooperative Extension providing clerical support; with UC Tourism at their Visitor Centers; at SUNY Ulster greeting incoming students and guests; with the Girl Scout Council of Ulster County; and with our own Neighbor to Neighbor program. Elnora served on the Advisory Board for the UC Office for the Aging, and continues to volunteer, making “warm calls” to isolated seniors who need a friendly voice.

She says “I enjoy giving a little of myself to help the community. As volunteers, it’s important to think about the impact we make in the lives of others, and in our own lives. For me, the reward is in my own heart.”

Get the help you need in Ulster County



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Older Adult Services Program

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October 2019

Monday

Tuesday

Wednesday

Thursday

Friday

<p>For Information or Home Delivered Meal Cancellation Call: 331-2496 Community Café Reservations & Cancellations call: 331-2180</p>	<p>1 Vegetarian Chili Brown Rice Cauliflower WW Roll Peaches</p>	<p>2 Shepherd's Pie French Cut Green Beans Fresh Salad Rye Bread Chocolate Cake</p>	<p>3 Pot Roast Beef Gravy Mashed Potatoes Mixed Vegetables WW Roll Tapioca Pudding</p>	<p>4 Lemon Baked Fish Brown Rice Pilaf Broccoli <i>Vegetable Soup</i> WW Bread Pears</p>
<p>7 Macaroni & Cheese Stewed Tomatoes 3 Bean Salad WW Bread Peaches</p>	<p>8 Penne with Meat Sauce Green Beans Rye Bread Fruit Cocktail</p>	<p>9 Baked Chicken & Gravy Sweet Potatoes Brussels Sprouts Rye Bread Apple Crisp</p>	<p>10 Spinach Quiche Broccoli Wax Beans <i>Split Pea Soup</i> WW Roll Pineapple Chunks</p>	<p>11 Beef Stew Cauliflower Vegetable Juice <i>Fresh Salad</i> WW Bread Vanilla Pudding</p>
<p>14 Columbus Day Sausage (chicken) & Peppers Red Potatoes Zucchini WW Bread</p>	<p>15 Goulash Noodles California Mixed Vegetable WW Roll Pears</p>	<p>16 Roast Turkey with Gravy Mashed Potato Oriental Mixed Vegetables Rye Bread Pumpkin Pudding</p>	<p>17 Chicken Parmesan Pasta Italian Beans Cole Slaw WW Roll Lemon Cake</p>	<p>18 Spanish Rice Spinach <i>Homemade Soup</i> WW Bread Fruit Cocktail</p>
<p>21 Beef Burgundy Buttered Noodles Baby Carrots WW Bread Butterscotch Pudding</p>	<p>22 Lemon Chicken Au Gratin Potato Italian Mixed Vegetable WW Roll Pineapple Chunks</p>	<p>23 Baked Ziti California Mixed Vegetables Rye Bread Pears</p>	<p>24 Pork Chop & Mushroom Gravy Red Potatoes Braised Cabbage WW Roll Applesauce</p>	<p>COLD 25 PLATE Turkey Salad Potato Salad Carrot Raisin Salad <i>Lentil Soup</i> WW Bread Spice Cake</p>
<p>28 Spaghetti & Meatballs Italian Mixed Vegetables WW Bread Rice Pudding</p>	<p>29 Broccoli Quiche Hot Beets Corn <i>Homemade Soup</i> WW Roll Apple Cake</p>	<p>30 Chicken Divan Roasted Potatoes Baby Carrots Fresh Salad Rye Bread Fruited Gelatin</p>	<p>31 Halloween Meatloaf & Gravy Mashed Potatoes Monaco Vegetables WW Roll Tropical Fruit</p>	<p>Meals Prepared by Gateway Community Industries <i>"All SOUPS are homemade. Milk is provided with meals"</i> Menu Subject to Change</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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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.



4 tricks to rev up your memory

We all have moments of forgetfulness about where we put the keys, why we walked into a room, or what an object is called. Most likely, this reflects age-related changes in thinking skills. "In terms of brain function, everyone has a decline over time in all areas, with the exception of vocabulary," says Dr. Joel Salinas, a neurologist specializing in behavioral neurology and neuropsychiatry at Harvard-affiliated Massachusetts General Hospital. Many people notice a difference in memory starting in their 50s. That's when age-related chemical and structural changes can begin in brain regions involved with memory processing, such as the hippocampus or the frontal lobes. These changes may slow processing speed, making it hard to recall familiar names or words. Other factors may be at play as well. "Working memory-a mental scratch pad that allows us to use important information throughout the day is susceptible to depression, anxiety, and stress," explains Dr. Salinas, "and a lack of sleep can affect the brain's retention and use of information." A medication side effect may also affect memory. For example, if you use an anti-anxiety drug like clonazepam (Klonopin), its sedating side effects can make your brain less alert and more sluggish. This in turn makes it more challenging for your brain to carry out the essential encoding, recording, and retrieval steps of memory. Dr. Salinas says addressing these problems first often helps improve memory. Another way to boost memory is to make the most of the way it works. The following strategies may help:

1. Repeat what you hear out loud, such as someone's name, or an address, or a new idea. Repetition increases the likelihood you'll record the information and be able to retrieve it later. "With each repetition, your brain has another opportunity to encode the information," explains Dr. Salinas. "The connections between brain cells are reinforced, much like blazing a trail in the woods. The more you walk the same trail, the easier it is to walk it the next time."
2. Make a note of people you need to call, errands to run, and appointments. "We are much better at recognition than recall," Dr. Salinas explains. "With recognition, such as reading a list, you have additional hooks or hints that help you find the information you're looking for."
3. Make associations between old and new information. Connect a person's first name to something familiar. For example, if the person's name is Sandy, imagine that person on a beach. Or create a story around a shopping list. "Our brain is good at sequences, and putting things into a story helps. The more ridiculous, the more memorable it is. For example, if your list is milk, eggs, and bread, the story could be that you are having milk with Elvis over an egg sandwich," Dr. Salinas suggests.
4. Divide information into chunks, such as taking a long number and remembering it more like a phone number. "It's hard to store a long number," says Dr. Salinas, "but easier to store little bits through working memory." If you're trying to memorize a speech for a wedding toast, focus on getting only one sentence or idea down at a time, not the whole speech in one take.

Dr. Salinas recommends that you talk to your doctor if you're making more mistakes than usual at work; having difficulty paying the bills; or having trouble completing tasks, cooking, emailing, or doing chores.



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What dance does for your health

The evidence for the health benefits of exercise is indisputable. Physiologic studies have demonstrated that regular activity builds muscle and bone, reduces fat, increases aerobic capacity, lowers blood pressure, and improves the ratio of “good” to “bad” cholesterol. Dance has been shown to have all the benefits of other forms of exercise. Moreover, by incorporating music, dance may have benefits beyond those of exercise alone. Music stimulates the brain’s reward centers, while dance activates its sensory and motor circuits. Dancing has improved balance, gait, and quality of life in people with Parkinson’s disease and related movement disorders. And several, but not all studies, have indicated that mastering dance movements and patterns yields greater improvements in memory and problem-solving than walking does. Dr. Lauren Elson is a former professional dancer who specializes in sports and rehabilitation medicine at Harvard-affiliated Spaulding Rehabilitation Network. “Dancing is accessible to everybody. People who can’t stand can use the rest of their body while seated, people who have lost movement in their arms can dance with their torso and legs. It’s a way to connect to your own body, to music, and to other people. It just depends on whatever your goals are. But we know that there are so many benefits of dancing-cognitive, physical, and social-that it merits consideration by everybody.”

How to get started

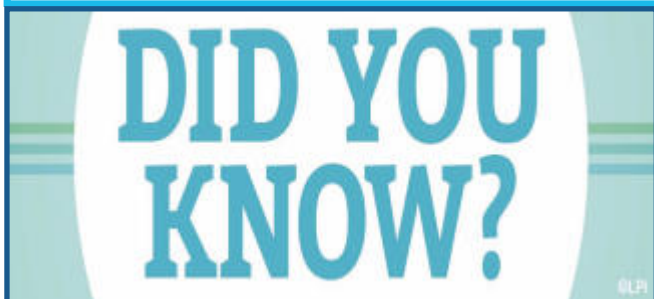
Take a class. Many “Y”s and senior centers offer some type of group instruction for people of all levels of expertise. You’re most likely to find lessons in tai chi, a meditative exercise that is often performed to relaxing music, and Zumba, an aerobic workout that combines steps and moves from a variety of traditional dances, often to Latin music. Learning new types of ballroom dance can also be fun and challenging. If you don’t have a partner, there is a world of folk and line dances that don’t require a pairing with another person. Many dance studios and square-dance and contra-dance groups create a friendly environment for people by having all classes involve rotations, where you switch partners and dance with someone new each time. You might also consider taking up (or resuming) tap, which can build bones, or ballet, to strengthen core muscles and improve balance.

Dance at home. The Internet has a wide variety of dance instruction videos, such as the popular “Dance for Dummies,” that demonstrate the steps in slow motion and allow you to proceed at your own pace. Your public library may also stock instructional dance videos that you can borrow. All you need is comfortable clothing, a pair of sneakers, and enough space to move freely.



Garden Tips for October

- Amend your soil with a dressing of compost
- Turn your compost pile.
- Use your garden debris and leaves to start a new compost pile.
- Plant trees and shrubs. Be sure to keep them well-watered, even through the winter (snow permitting).
- Plant cool-season annuals. Covering mums and asters on nights when a frost is expected, will lengthen their blooming.
- Clear away dead foliage.
- Take cuttings of tender perennials.
- Remove green tomatoes from the plants. Either ripen in a brown paper bag or lift the entire plant and hang upside down in a warm spot, to ripen.
- Harvest winter squash once the vines die back, but definitely before a hard freeze.
- Continue harvesting fall crops like beets, cabbage, carrots, cauliflower, kale, and leeks.



Before alarm clocks were invented, factories employed people to knock on the bedroom windows of their workers with a long stick, to ensure they arrived at work on time.

Eat Right and Stay Active

Eating right and staying active is important at every stage of life. As we grow older our nutritional needs change, we may not need as many calories as we did in our 30's and 40's but our bodies still require sufficient amounts of vitamins and minerals. Iron is a mineral that carries oxygen in the hemoglobin (red blood cells) throughout our bodies. It is involved in producing energy and assists in removing carbon dioxide. When the bodies' iron stores become low, not enough normal red blood cells can be made. This develops a condition referred to as iron deficiency anemia.

Symptoms of low iron levels:

- Fatigue
- Weakness
- Difficulty maintaining body temperature
- Pale skin/fingernails
- Dizziness
- Headaches
- Glossitis or inflamed tongue

Iron exists in food in two types:

- 1) Heme: animal foods - lean meats, oysters, chicken and turkey. The body absorbs 2 to 3 times more iron when consumed from animal sources.
- 2) Non-heme: plant foods - beans / lentils, tofu, baked potatoes, cashews, dark green leafy vegetables, fortified breakfast cereals. * adding a source of Vitamin C to plant / vegetarian sources will enhance absorption

Ways to prevent iron deficiency:

- Eat a well-balanced healthy diet with good sources of iron
- Combined plant/vegetarian sources of iron with Vitamin C in the same meal.

If treatment for iron deficiency is needed, your doctor will be able to evaluate and determine the appropriate treatment. Speak with your Registered Dietitian for more information in ways to enhance iron intake in your diet.

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

VOLUNTEER

VOLUNTEER DRIVERS 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.

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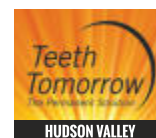
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Do you know someone who might like to be on our e-mail list? Please have them call the OFA with their e-mail address.

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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of Ulster County

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