

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

SEPTEMBER 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...

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...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:

September is National Preparedness Month. This year's theme is: Disasters Don't Wait. Make Your Plan Today. Please visit [www.ready.gov](http://www.ready.gov) for more information, useful links and tips.

As we have been through a very long emergency period, which is still happening to some extent, let us all learn some useful things from this:

Be prepared with shelf-stable foods, at least 2 weeks with manual can opener.

Matches, candles and flashlights – batteries for the flashlights. Blankets set aside for colder weather.

Check with your pharmacy or doctor for supplies of medications and whether you can get them by mail—perhaps 3 months at a time, especially if you live in a more rural area.

Water - use old water containers/jugs/liquid containers and fill them now and store them— at least 1 per day per person for two weeks.

Backup - please find someone you can use for shopping, or perhaps find a friend who has internet access if you don't, and set up an account with your local supermarket for deliveries. An example from the website of Shoprite in Kingston:

*ShopRite charges a \$5 service fee for finding and packing groceries. Curbside pickup includes a \$5.95 fee, and deliveries include a \$6.95 fee (orders over \$150 are free). Some ShopRite weekly circular deals include free pickup or delivery, so keep an eye out for any additional free pickup and delivery offers – other stores may have different rates.*

Familiarize yourself with the bus system, and where it can pick you up. Call us for schedules – we can send one to you. Contact the OFA for getting on a list for a volunteer driver in case you might need to go to the doctor. Form a group of friends who can drive you.

Try to put aside some cash if you can, and list of emergency contacts.

Do not hesitate to call our office for HEAP assistance – believe it or not, Fall and Winter are just a few months away!

Congregate meal note: at this time, we are still not ready to offer congregate meals at the sites. Please continue to retrieve your frozen meals as you have been doing, if you are a regular congregate client.

All stores are open. All restaurants are open for at least take out. Delivery services are operating. Use common sense and be safe!

Susan Koppenhaver, Ulster County OFA Director

September is National Falls Prevention Month

Falls in older adults account for 40% of all nursing home admissions and are the leading cause of injury related to emergency room visits due to hip fractures, head injuries and more. To recognize National Falls Prevention Month, the OFA will be hosting an online learning event (ZOOM) September 23, 2020 from 10:00 to 11:30 A.M. for Falls Prevention. There will be presentations from: Gilles Malkine of RCAL, William Shashaty MPS & Occupational Therapist of HAHV, and a Tai Chi demonstration by Celeste Graves. Please R.S.V.P. by September 16 at 845-340-3456.

In addition, OFA offers Tai Chi for Arthritis and Fall Prevention classes. We are now offering Tai Chi classes at the following locations while following the social distancing guidelines. Participants must be willing to attend the class twice a week for eight weeks. Please contact our office to register at 845-340-3456.

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.

**DON'T FORGET TO COMPLETE THE CENSUS at:**  
<https://2020census.gov/>

Please feel free to contact the Ulster County Recovery Service Center at 845-443-8888 ([RSC@co.ulster.ny.us](mailto:RSC@co.ulster.ny.us)) if you have any questions related to COVID-19 or just general inquiries or complaints. This hotline can assist callers with programs and services related to food, housing, mental health support, employment, etc. and is available Monday, Friday 8:00 A.M. to 7:00 P.M., and Tuesday – Thursday 8:00 to 5:00 P.M.

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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

The OFA Health Insurance Information, Counseling and Assistance Program (HIICAP) appointments will be conducted by telephone. Please contact 845-340-3579 and leave a voice mail so that we can contact you to schedule an appointment or address your question.

To enroll in Medicare Part A and/or Part B, please contact the Poughkeepsie Social Security Administration Office at 877-405-6747 as all local Social Security Administration offices are closed to in-person customer service. You can also find the Medicare Part A and Part B enrollment forms at [www.ssa.gov/benefits/Medicare](http://www.ssa.gov/benefits/Medicare). You can print enrollment forms and mail to: U.S. Social Security Administration, 332 Main Street, Poughkeepsie, NY 12601. You can also apply for Medicare A and B directly on-line at [www.ssa.gov/benefits/medicare](http://www.ssa.gov/benefits/medicare).

If you need to contact Medicare directly: 800-633-4227.

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

### September 15: Senior Frauds & Scams

Presented by Patrick Long, Ulster County Consumer Affairs

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

### September 17: Frittata in a Flash

Presented by Juanita Bryant, OFA Registered Dietician

*R.S.V.P. by September 10, 2020*

### September 23: Falls Prevention

Falls Facts by William Shatasky, MPS & Occupational Therapist, HAHV  
Home Safe Home by Gilles Malkine, Architectural Barrier Consultant, RCAL

Tai Chi Demo by Certified instructor Celeste Graves

**PLEASE NOTE:** This OFA Online Learning runs 10:00 to 11:30 A.M.

*R.S.V.P. by September 16, 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.

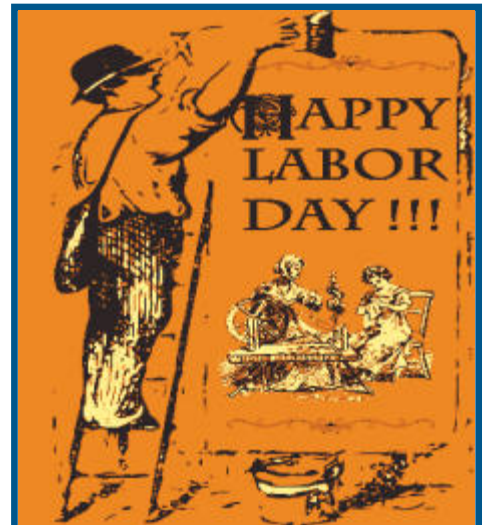
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- Field of Dreams (Pavilion), 241 Libertyville Road, New Paltz, NY, Mondays & Wednesdays, 1:00 to 2:00 P.M. beginning September 14, 2020.

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



### Ulster County hosts movie nights

Friday and Saturday through September 26, 2020 at Tech City Kingston, 300 Enterprise Drive, Kingston, NY. Movies are free of charge to Ulster County residents. The lot will open at 8:30 P.M. and the movies will begin at 9:00 P.M. Films are subject to weather and attendance is limited to a maximum of 200 cars. Register in advance. Registration will be available a few days before the day of the event. Visit <https://covid19.ulstercountyny.gov/ulster-county-movie-nights/> for more information.



## What can I do to keep my bones healthy?

You can take a few simple steps to prevent or slow bone loss. For example:

Include plenty of calcium in your diet. For adults ages 19 to 50 and men ages 51 to 70, the Recommended Dietary Allowance (RDA) is 1,000 milligrams (mg) of calcium a day. The recommendation increases to 1,200 mg a day for women after age 50 and for men after age 70. Good sources of calcium include dairy products, almonds, broccoli, kale, canned salmon with bones, sardines and soy products, such as tofu. If you find it difficult to get enough calcium from your diet, ask your doctor about supplements.

Pay attention to vitamin D. Your body needs vitamin D to absorb calcium. For adults ages 19 to 70, the RDA of vitamin D is 600 international units (IUs) a day. The recommendation increases to 800 IUs a day for adults age 71 and older. Good sources of vitamin D include oily fish, such as salmon, trout, whitefish and tuna. Additionally, mushrooms, eggs and fortified foods, such as milk and cereals, are good sources of vitamin D. Sunlight also contributes to the body's production of vitamin D. If you're worried about getting enough vitamin D, ask your doctor about supplements.

Include physical activity in your daily routine. Weight-bearing exercises, such as walking, jogging, and climbing stairs, can help you build strong bones and slow bone loss.

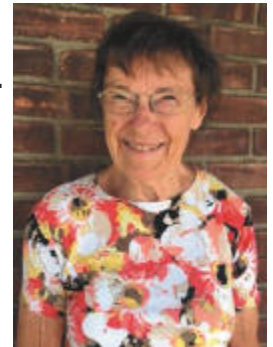
Avoid substance abuse. Don't smoke. If you are a woman, avoid drinking more than one alcoholic drink each day. If you are a man, avoid drinking more than two alcoholic drinks a day.

If you're concerned about your bone health or your risk factors for osteoporosis, including a recent bone fracture, consult your doctor. They might recommend a bone density test to help gauge your bone density, determine your rate of bone loss and assess whether you might be a candidate for medication to help slow bone loss.



## 2020 Ulster County Senior of the Year Frances Drakert

Fran Drakert and her late husband Bill moved to Ulster County almost thirty years ago. Since then she has been a staple at the Hudson River Maritime Museum, working in the archives and collections, the gift shop, and as a docent for tours of the Rondout Lighthouse. She even portrayed Catherine Murdock, the renowned lighthouse keeper of the early 1900s.



## 2020 Ulster County Outstanding Contribution by a Senior

### Thomas Wadnola

Tom Wadnola is a lifelong resident of Ulster County, and has given his time and talent to numerous organizations, including the Little League, the Mid-Hudson Library System, the Senior Computer Learning Center, and most significantly, to the Boy Scouts of America for the past sixty years, in both the United States and Columbia.



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## September 2020 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Prepared by Gateway Hudson Valley	1 Red Pepper Quiche Corn Green Beans WW Roll Fruited Gelatin	2 Roast Pork & Gravy Sweet Potato Braised Cabbage WW Bread Applesauce	3 Chicken Dijon Parsley Potato Carrots WW Bread Fruit Cocktail	<b>Cold 4 Meal</b> Chef's Salad Plate Cheese, Turkey over Greens, Tomatoes, Cucumbers, Kidney Beans, WW Roll Fresh Fruit
<b>LABOR DAY 7 CLOSED</b> Macaroni & Cheese Stewed Tomatoes 3 Bean Salad WW Bread Fruit Cocktail	8 Baked Chicken & Gravy Mashed Potato Carrots WW Roll Pears	<b>Cold 9 Meal</b> Seafood Salad Plate Potato Salad Fresh Greens Shredded Carrots Cucumbers, Chick Peas, Rye Bread, Chocolate Pudding	10 Turkey Cutlet & Mushroom Gravy Sweet Potato Brussels Sprouts WW Roll Applesauce Cake	11 Swedish Meatballs Buttered Noodles Red Cabbage WW Bread Fresh Orange
14 Lasagna Italian Mixed Vegetables Broccoli WW Bread Oatmeal Cookie	15 BBQ Chicken Red Potatoes Cooked Greens Coleslaw WW Roll Pineapple Chunks	16 Meatloaf & Gravy Mashed Potato Monaco Mixed Vegetables Rye Bread Fresh Fruit	17 Beef & Peppers Brown Rice Pilaf Harvard Beets WW Roll Fresh Salad Fruit Cocktail	18 Goulash Whole Wheat Noodles Green Beans WW Bread Tropical Mixed Fruit
21 Broccoli Quiche Winter Squash Cauliflower WW Bread Fruit Cocktail	22 Chili Con Carne Brown Rice Wax Beans WW Roll Pears	23 Roast Turkey & Gravy Mashed Potato California Mixed Vegetables Rye Bread Spice Cake with Pineapple	24 Spaghetti & Meat Sauce Meadow Mixed Vegetables Rye Bread Tapioca Pudding with Fruit	25 Lemon Chicken Oven Brownd Potato Spinach Fresh Salad WW Bread Peaches
28 Herb Crusted Chicken Parsley Potato Carrot Coins WW Bread Pears	29 Swiss Broccoli Pasta Green Beans Cauliflower WW Roll Peaches	30 Baked Ziti Mixed Vegetables Fresh Salad Rye Bread Fruit Cocktail	<i>Milk is provided</i> <i>WW = whole wheat</i> <b>"Menu Subject to Change"</b>	For Information or Home Delivered Meal Cancellation Call: <b>331-2496</b> Community Café Reservations call: <b>331-2180</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?

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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## September is National Falls Prevention Month.

Falls have become epidemic in America and are now the leading cause of death due to injury for those over 65, and account for 40% of all nursing home admissions. Falls are also the leading cause of injury related emergency department visits for older adults, the major cause of hip fractures, and responsible for more than half of fatal head injuries. Nearly half of all Seniors sustaining a fall do not resume independent living.

For the person who takes a fall, they become more nervous about experiencing it again. Their gait and speed of walking changes and even the smallest, imperceptible changes can lead to another fall as our bodies adjust to the new reality. The family members of someone who has taken a fall find themselves a little more concerned and guarded about the fall itself. Sometimes, they leap to conclusions and take unnecessary actions, while well-intended, are not always good solutions.

As with so many things in our lives, prevention is worth a pound of cure-thanks to Benjamin Franklin. There are seven simple exercises that we can do to improve balance and strength to reduce the risk of falls.

The exercises are:

1. Heel lifts- stand with both feet flat on the ground. Raise your heels and stand on your tiptoes. Hold for a second and lower back down.
2. Toe lifts-stand with both feet flat on the ground. Raise your toes in the air until your weight is on your heels. Hold for a second and lower your toes.
3. Leg lifts-stand straight and lift one leg off the ground. (Hold onto a chair or other support, if you need). After 10 seconds, lower your leg. Switch sides and repeat.
4. Heel to toe walk-Slowly walk forward placing the heel of one foot directly in front of the other. Look ahead a bit if it helps keep your balance. Repeat for 20 steps.
5. Backward leg lifts-stand straight with feet shoulder width apart. Hold on again if you need to do so and lift one leg behind you and lower it back down. Switch sides .
6. Sit to stand- sit in a sturdy chair and place both feet on the floor. Stand using only your legs and slowly sit down again. You can hold your arms out in front of you or cross them.
7. Wall push-ups- place your hands on the wall at chest height with your fingers pointed up. Keep your back straight and slowly bend your elbows to bring your body toward the wall. Then straighten your arms to push away from the wall.

Starting with a few repetitions at least twice a week will show benefits in balance and strength...and confidence!



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Ulster County Office for the Aging, Kingston, NY

06-5324



## Keeping your weight stable in older age: How to gain weight safely when you're down a few pounds.

You've spent your whole life trying to keep extra pounds off. Now your doctor says you actually need to gain a few pounds to stay healthy. But healthy weight gain isn't so simple. "Some people find it difficult to add enough calories to their usual diet. It takes a lot of effort," says registered dietitian Kathy McManus, director of the Department of Nutrition at Harvard affiliated Brigham and Women's Hospital.

A dietitian can help you come up with an eating plan based on your specific calorie needs. It starts with understanding how quickly you've lost weight and why. Your age, size, activity, amount of weight lost, and overall health will be key to designing a diet that's right for you. Meal structure is also important. McManus says eating mini-meals throughout the day is better than relying on large feasts. "If you've lost weight, you're used to eating a lower volume of food, and you get fuller faster. It's better to spread several 300-calorie meals throughout the day than dump 900 calories at dinner," she explains.

What if you're not up to eating a mini-meal at some point during the day? "Have a protein drink. It could be something you make at home or something ready-made that you buy," McManus says. If it's ready-made, you'll want a drink with about 10 to 20 grams of protein per 8-ounce serving, and as little added sugar as possible. (If sugar is the first or second ingredient, there's probably a healthier option.)

McManus steers people toward nutrient-dense foods with the most nutrition bang for the buck: they have lots of vitamins, minerals, fiber, lean protein, or unsaturated fat. For example, a slice of white bread has about 70 calories, but very few vitamins and minerals. However, one slice of whole-wheat bread has about 70 calories, plus four times the amount of potassium and magnesium and three times the zinc. Other examples of nutrient-dense foods: green, leafy vegetables (kale, spinach); fruits (berries, apples); whole grains (oatmeal, quinoa); beans and lentils; lean protein (fish, poultry, lean meat); dairy foods (low-fat milk, cheese, or yogurt); and unsaturated fats (nuts, seeds, avocado).

Don't worry about counting grams of nutrients. "Just aim for a balance of healthy carbohydrates, unsaturated fats, and protein," McManus says. She advises power-packing each mini-meal with as many nutrient-dense foods as possible. Examples include oatmeal with berries and walnuts; a salad with spinach, tomatoes, cheese, black beans, shelled sunflower seeds, and avocado dressing; or brown rice with raisins, almonds, chicken chunks, and asparagus pieces. For something simple, try scrambled eggs with cheese or whole-wheat crackers with peanut butter. Eating this way throughout the day will help you regain the weight you've lost. "I look to see 2 to 3 pounds per month if they're going in the right direction. It won't be faster than that," McManus says. "You have to hang in there and be consistent over time. Slow and steady wins the race."



## Garden tips for September

- Repot houseplants if necessary and bring indoors. Place them by a sunny window that has good airflow and make sure to check for pests.
- If you want annuals to self-seed, stop deadheading in September. Annual Poppies, Zinnias, Sunflowers, and more will drop their seeds and (most likely) come back next year.
- Dig up/divide Daylilies, Iris, Hostas, and more in September if they have become overcrowded or outgrown the space.
- As you cut plants back and continue to weed, top up mulch in all of your garden beds to provide a nice layer of protection for the winter months.
- Re-edge beds to make a clean line and define them. Don't let them get overrun just because summer's wound down. A clean edge makes a big difference.
- Don't let the compost heap dry out completely, or it will not "cook." Turning it to aerate will also hasten decomposition, but things will rot eventually even if not turned.

# DID YOU KNOW?

The first commercial passenger flight was in 1914 and lasted only 23 minutes flying between St. Petersburg and Tampa, Florida.

## September is More Fruits and Veggies Month.

The best way to reduce your risk of disease and maintain a healthy weight:

- Eat more fruits and vegetables
- Exercise

The Dietary guidelines for Americans recommends that we fill half of our plate with fruits and vegetables.

Why?

- They are enriched with nutrients that are under consumed such as Vitamin A, C, K, folate, carotenoids, potassium, fiber and magnesium
- They are linked to reduced risk of many chronic diseases including cancer
- Low in calories, by replacing the high calorie foods it will help with weight reduction
- Fruits and vegetables help protect the heart and brain. They just happen to be the basis of the DASH (Dietary Approaches to Stop Hypertension) diet, which calls for about 2 ½ cups of fruit & veggies a day.
- They are easy! Yes, check the time it takes to unwrap a breakfast bar, open a candy bar versus biting into an apple or peeling a banana or eating a carrot? Some fruit today such as pineapple is already diced or sliced for you at time of purchase.
- Taste! Fruits and vegetables are naturally sweet, juicy and delicious.

Visit your Farmer's Markets and enjoy the taste of homegrown!

*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](mailto:pmcd@co.ulster.ny.us).

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

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



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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  
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