

# ***SPRING 2013 SENIOR VALLEY NEWS***

ULSTER COUNTY OFFICE FOR THE AGING

1003 DEVELOPMENT COURT, KINGSTON, NEW YORK 12401 (845) 340-3456

## **FROM THE DIRECTOR'S DESK:**

The Office for the Aging has had a busy winter with program and staff changes. We bid farewell to Barbara King Swift, the Office for Aging Registered Dietician, who after being with us for 17 years retired March 14th. We wish her well, and we will soon be welcoming a new Registered Dietician to the Office for Aging staff.

In addition, another change is in case management. Case managers have shifted areas served; therefore you may have a new case manager. Some programs are expanding and others have waiting lists for services. Both the home delivered meals program and the home care programs have waiting lists at this time. The UCOFA will continue to provide our services as best as possible and as quickly as possible.

One of the expanded services is a program identified as the Chronic Disease Self Management Program (CDSMP) offered through the Long Term Program within the OFA (NY Connects). CDSMP is a program that teaches adults with chronic health conditions (i.e. diabetes, arthritis, high blood pressure, etc ...) practical skills on managing chronic health problems. Trained peer leaders teach residents in the community the tools needed to live a healthy and more active life. If you are interested in volunteering or participating in the CDSMP please call Janet Caffo at 340-3259.

I would like to take this opportunity to remind you to please call the Office for Aging at 340-3576 to cancel your home delivered meal if you are not going to be home. Currently, missing a meal costs the Office \$8.65 per meal. This cost can add up quickly when people are not available for meals. Please remember, if you have a medical appointment and will not be home for your meal delivery, you can choose to call our office to let us know your situation and we can send an extra meal the day before your appointment. Also, your voluntary contributions for meals go back into the program and are used to expand the program. We thank you for your donations.

Best wishes for a sunny and healthy Spring.

*Anne Cardinale,,RN,,GCNS-BC, Director UC Office for the Aging*

**We would like to thank the Health Alliance of the Hudson Valley  
for sponsoring this newsletter.**



***YOUR PARTNERS IN HEALTH***

**ULSTER COUNTY CONGREGATE NUTRITION CENTERS**  
***COME, JOIN US FOR LUNCH***

All are welcome to join us at one of our conveniently located Dining Centers in Ulster County. Please refer to the list below to find the center nearest you and to place a reservation.

**Note new phone numbers.**

<u>DINING CENTER:</u>	<u>SITE MANAGER</u>	<u>PHONE</u>
Saugerties: Mon - Fri	Kate Hendrickson	389-3476
Kingston: Mon, Weds, Fri	Donna Briglia	336-7112
Rosendale: Mon - Fri	Vincene Pennacchio	214-3740
Ellenville: Mon - Fri	Carolyn Shorter	647-1605

SATELITE CENTERS:

Reservoir United Methodist Church	Second and Fourth Tuesdays	657-5107
Town of New Paltz Community Ctr.	Every Thursday	255-3631
Town of Ulster Senior Center	First and Third Tuesdays	389-0015

\*\*Meals are prepared by Prestige Services, Inc. and are funded by the Ulster County Office for the Aging. Made possible by Funds provided by USAOA, NYSOFA, UCOFA, & Private Funds.

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**HELP US HELP YOU!!**

It is our pleasure to serve you a Home Delivered Meal or a Congregate Meal. We hope that you enjoy them. Voluntary contributions keep our dining programs available to all Ulster County senior citizens.

The suggested donation for senior meals is \$3.00 per meal or \$15.00 per week. Guests under age 60 will be charged \$8.65. Your contribution is voluntary and confidential and no one will be denied a meal if they cannot contribute.

Please contact the Office for the Aging for further information at: 845-340-3456 or Prestige Services: 336-7112

***"If you use natural gas and/or electric and are eligible for NYSERDA's Empower Program, we can help you stretch your dollar. Contact Christine Noble for further information and an application at 845-340-3006."***

***Just a Friendly Reminder***

Please be sure to call the Office for the Aging at 340-3576 to cancel delivery of a meal if you are not going to be home; if the meal cancellation is due to a medical appointment, an extra meal can be provided the day before if requested.

Congregate Center members must also call Prestige Services or your local nutrition center to cancel your meal if you cannot attend the center.

Thank you for your cooperation.

## Healthy Ulster Seniors

“Healthy Ulster Seniors” offers health education and screening services to Ulster County seniors 60 years of age and older. This program promotes good health and helps prevent health-related problems through education and early detection. Seniors are updated to the latest recommended guidelines and connects them to available community resources. For more information, call Ulster County Office for the Aging @ 340-3456

**ULSTER COUNTY OFFICE FOR AGING**  
**HEALTHY ULSTER SENIOR COMMUNITY OUTREACH**  
**SPRING 2013**

<b>DATE</b>	<b>SITE</b>	<b>ADDRESS</b>	<b>CITY</b>	<b>TIME</b>
04/01/13	Birches at Chambers	3000 Maple Lane	Kingston	9:30am-11:30am
04/01/13	Gov. Clinton	1 Albany Ave.	Kingston	1:30pm-3:30pm
04/04/13	Birches at Esopus	35 Dick Williams Dr.	Esopus	9:30am-11:30am
04/10/13	Aloha Acres	Community Room	New Paltz	10:00am-12:00pm
04/17/13	Birches at Saugerties	700 Rt. 9W	Saugerties	10:00am-12:00pm
04/24/13	Family of Ellenville	221 Canal St.	Ellenville	12:00pm-3:00pm
05/07/13	The Mill	87 E. Bridge St.	Saugerties	10:00am-2:00pm
05/08/13	Rosendale Rec. Center	1055 Rt. 32	Rosendale	11:00am-2:30pm
05/14/13	Ashokan Reservoir U.M. Church	3056 Rt. 28	Shokan	11:00am-2:00pm
05/15/13	Walker Valley Seniors	Rt. 52 (Schoolhouse)	Walker Valley	12:00pm-3:00pm
06/03/13	St. Charles Church	2212 Rt. 44/55	Gardiner	11:30am-3:00pm
06/06/13	Accord Fire Co.	Main St.	Accord	12:30pm-3:30pm
06/11/13	Elsie's Meadow	189 Third Street	Wallkill	2:00pm-4:00pm
06/13/13	Trudy Farber Bldg.(Nutrition Site)	40 Center St.	Ellenville	10:00am-2:00pm
06/20/13	New Paltz Senior Center	Rt. 32	New Paltz	11:00am-2:00pm