

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

JULY 2024



It is the mission of the Ulster County Office for the Aging to assist and empower older adults and their families to live as independently as possible, with dignity and purpose.

Ulster County will strive to reach more older adults and expand upon its current services by bringing them to remote and underserved areas of the County.

This includes new educational health promotion, service enrollment and Senior advocacy program opportunities so they can stay in, and contribute to, their community.

Are you 60 years old or older...

...Need a ride for a medical appointment?

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

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

## Programs and Services:

- Home-Delivered Meals and Community Café's
  - Legal Services
  - HIICAP Medicare Counselling
  - Home Care Services
  - Transportation for non-emergency Medical appointments via Ulster County Area Transit (UCAT) or Neighbor to Neighbor
  - Medical Alert
  - Housing Information
  - Caregiver Support Group and Warm Calls
  - Tai Chi, Mall-Walk, and other Exercise Programs
  - Nutrition Counseling by Registered Dietitian
  - Information and Assistance/NY Connects
- 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. Call 845-340-3456 for more information.



1003 DEVELOPMENT COURT, KINGSTON, NY 12401 | 845-340-3456 | [ULSTERCOUNTYNY.GOV/AGING](http://ULSTERCOUNTYNY.GOV/AGING)

*Falls on Bear Hole Brook, Sundown Wild Forest, by Steve Aaron, Courtesy of Ulster County Tourism*



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## UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

This is the birthday month of the U.S.! Hope you can celebrate in style! We have a lot to be thankful for. A few reminders that we have tech teaching classes here on a regular basis in our Senior Hub – however we will be taking a break for July and August – with only 1 class on July 11th. They are taught by very knowledgeable people, so please take advantage of this free service. We also have begun taking tech teaching on the road! So far we have been in Ellenville, and will also visit Wallkill, Saugerties and Pine Hill this summer. If your senior group might need something like this, please let us know! Call 845-340-3456 and ask for tech classes. A reminder that the Zumba classes have been extended through August 14, with a couple of days off in there (holidays). Our partnership with MVP has afforded many folks with extra exercise and learning opportunities, and we are grateful for our continued partnership with them. There will be a CFD (Circle of Friends for the Dying) Death Café planned for July 12 at 10 A.M. to 11:30 A.M. in the Senior Hub – a flyer will be ready soon, and please call the office to register or for more information. We will be holding our annual picnics again at Lippman Park in July and then Robert Post Memorial Park in August. We often have many vendors who have helpful services to offer and we expect it to be a good time and a great picnic again!

Keep cool this summer folks, as it looks like it's going to be a hot one – don't forget HEAP and the services they can provide. Call our office if that's something you need to explore.

We still offer Tai Chi all around, craft classes, chess club, exercise classes each week at the Hub, and many learning opportunities around the County, along with additional legal seminars, Community Cafés, Medicare counselors, Medicare Savings plan information, and our dietician who can meet with anyone for a consult, among other services.

Keep cool and collected!  
 Susan Koppenhaver,  
 Director, Ulster County Office for Aging

### Ulster County Office for the Aging Senior Technology Support Classes

Senior Technology Support Classes will be held at the Ulster County Senior Hub in Kingston on Thursday mornings from 9:30 AM to 11:30 AM.

Please Note: As the summer gets underway, we are planning only one class for July.

**July 11:** General Tech Q&A Practice Session, bring your Tech and your Questions.

There will be no classes scheduled for August. Classes will resume on September 5, 2024, continuing our regular Thursday mornings schedule. Have a wonderful, relaxing summer! Please call the Ulster County Office for the Aging at 845-340-3456 to register.

OFA offers various transportation options for older adults not on Medicaid. To register and find out what is available please contact the Office for the Aging at 845-340-3456. Advanced notice of appointments is required.

Neighbor to Neighbor Program – for medical appointments

UCAT (UC Area Transit) – medical van and paratransit – for medical appointments

GoGo Grandparent (GoGo) – this is a new transportation program being offered thanks to the NYS Office for the Aging. This is an on-demand transportation option for older adults in Ulster County who are not on Medicaid and have no other options for transportation, with limited free rides to non-emergency medical appointments within Ulster County (including providers in Dutchess & Orange Counties). GoGo is available anywhere Uber/Lyft drivers operate in Ulster County. Call OFA at 845-340-3456 to register with GoGo and check availability of free non-emergency transportation. This program serves as a back up to the OFA Neighbor to Neighbor and UCAT transportation programs. GoGo is now also available for older adults in Ulster County for the purpose of grocery shopping, trips to the pharmacy, and visits to loved ones in a hospital, nursing home or hospice within Ulster County.



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## CLASSES



### **MALL WALK WITH THE UCOFA**

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.*

**All classes below are held at the  
Ulster County Senior Hub,  
5 Development Court, Kingston, NY  
Call the Ulster County Office for the Aging to  
register at 845-340-3456.**

#### **UCOFA Weekly Game Day**

Wednesdays, 1:00 to 3:00 P.M.

#### **UCOFA Free Chess Classes**

Mondays at 11:00 A.M.

If a County Holiday falls on a Monday, Chess Class will meet on Friday at 11:00 A.M. of that week.

#### **UCOFA Craft Corner**

Join Ulster County Office for the Aging for Creative Fun!  
Each month a new craft. 3rd Friday of the month  
10:00 A.M. to 12:00 P.M

#### **UCOFA Gentle Chair Yoga**

Mondays, 9:30 to 10:30 A.M.  
Shoes must be worn.

#### **UCOFA Fitness & Fun for All Bands, Balls, Light Weights & Light Cardio**

Wednesdays, 10:30 to 11:30 A.M.  
Shoes must be worn.

## MEDICARE

### **MEDICARE SAVINGS PROGRAM (MSP)**

You may be eligible to get help paying your Medicare premiums and you may also get help paying for Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments.

If you are a Medicare recipient and your gross monthly income is \$2,355 or less (Married income \$3,189 or less) you may be eligible.

Call the Office for the Aging at 845-340-3456 to make an appointment with one of our Health Insurance counselors for free, unbiased assistance with Medicare and to find out more about the Medicare Savings Program.

MSP workshops are also available to assist you.

### **Ulster County Office for the Aging Attorney**

The Ulster County Office for the Aging Attorney can provide counseling and referrals for:

- Estate & Long Term Care Planning
- Government Benefits, including Medicaid
- Consumer Issues
- Housing
- Elder Abuse

The Ulster County Office for the Aging Attorney can also prepare the following documents:

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

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

The attorney does not go to court on any matter. If immediate assistance is needed, a prospective client may want to contact Legal Services of the Hudson Valley at 845-331-9373.

**UCOFA Lunch and Learns for Seniors**

**July 24: The Vital Five 2024 Update: The Five Supplements Almost Everyone Would Benefit From**

Presented by Dr. Neal Smoller, PharmD, Woodstock Apothecary  
Russell Brott Senior Center, 1 Town Hall Drive, Lake Katrine, NY.

*R.S.V.P. by July 16, 2024*

**August 9: Wills & Advance Care Planning**

Presented by Erica Halwick-Williams, Esquire  
Shawangunk Senior Center, 70 Main Street, Napanoch, NY.

*R.S.V.P. by July 31, 2024*

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. Space is limited. Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P.

Ulster County Office for the Aging **Summer Picnic**

August 22, 2024, from Noon to 2:00 P.M.

Robert Post Park, 515 Park Road, Kingston, NY.

*R.S.V.P. by August 15, 2024*

Free to Ulster County Seniors age 60 and over. Space is limited. Call the Ulster County Office for the Aging at 845-340-3456 to R.S.V.P.



Caregiver Support Group

Ulster County Office for the Aging (OFA) and the Mental Health Association in Ulster County, Inc. (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.

Meets every Wednesday 3:00 to 4:15 P.M. Meetings are held at MHA, 300 Aaron Court, Kingston, NY or via Zoom.

Facilitated by MHA.

For registration and details, please call the Ulster County Office for the Aging at 845-340-3456.



See you soon.

**Ulster County Clerk Land Records Fraud Alert System**

Property owners in Ulster County can sign up for the free "Fraud Alert" service by visiting: <https://searchiqs.com/fraudalert/?CC=NYULS>.

As of November 13, 2023, Ulster County Clerk Nina Postupack is proud to introduce a free new service aimed at enhancing the security of property owners throughout Ulster County. The office is rolling out "Fraud Alert," a user-friendly tool designed to empower property owners in safeguarding their most valuable assets.

"Fraud Alert" is a free service that enables property owners to stay vigilant and informed about any recorded documents, such as deeds or mortgages, filed under their name. This innovative tool allows property owners to receive timely notifications whenever such documents are recorded. You can access these documents online through the official portal at <https://www.searchiqs.com/NYULS/> or in person at the Ulster County Clerk's Office.

**\*\*Please note there may be other property owners in the village, town or city in which you live that share the same name.\*\***

**Extreme Heat during the Summer**

Please note that the County has various Cooling Centers around the County which they activate during extreme heat. Please check the County's website at <https://ulstercountyny.gov/emergency-services/cooling-centers> for updates or call the Ulster County Office for the Aging at 845-340-3456.



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**July 2024 Community Café & Home Delivered Meals Menu**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>1 Meatball Sub LS Spaghetti Sauce Potatoes Wedges Spinach WW Mini Sub Roll Mandarin Orange Cup</p>	<p>2 Taco Mix Yellow Rice Fiesta Corn Shredded Cheese Corn Tortilla Pudding Juice</p>	<p>3 Pork with Cranberry Sauce Red Beans and Rice Collard Greens WW Bread Fresh Fruit</p>	<p>4 <b>HOLIDAY</b> Cheeseburger with Swiss Tater Tots Brussel Sprouts WW Bun Holiday Cake Juice</p>	<p>5 Grilled Chicken Tropical Salsa Rice and Black Beans Cinnamon Glazed Carrots Rye bread Fresh Fruit</p>
<p>8 Diced Chicken Tetrazzini White Rice Broccoli and Red Peppers WW Bread Fruit Cup Pears</p>	<p>9 Breaded Pollack Tartar Sauce Tater Tots Buttered Carrots with Dill WW Bread Fresh Fruit</p>	<p>10 Grilled Chicken Breast BBQ Sauce Lemon Orzo Mixed Veg WW Roll Fresh Fruit</p>	<p>11 Ravioli LS Marinara Brussel Sprouts WW Roll Cannoli Cupcake Juice</p>	<p>12 Pork Creamy Garlic Sauce Baked Potatoes California Blend Veg Rye Bread Fresh Fruit</p>
<p>15 Pork Choppette LS Gravy Buttered Egg Noodles Broccoli WW Roll Applesauce</p>	<p>16 Meatballs with Sweet and Sour Sauce White Rice Oriental Veg Fortune Cookie Pineapple Cup</p>	<p>17 Sliced Turkey LS Gravy Mashed Potatoes Brussel Sprouts WW Roll Fresh Fruit</p>	<p>18 Fish Taco Breaded Pollack Yellow Rice Cilantro Lime Coleslaw Tres Leche Cake Juice</p>	<p>19 Pot Roast LS Gravy Baked Potatoes Meadow Veg WW Roll Fresh Fruit</p>
<p>22 Breaded Chicken Nuggets Honey Mustard Herbed Orzo Corn Niblets WW Bread Fruit Cup</p>	<p>23 Shepherd's Pie Carrots Rye bread Fresh Fruit</p>	<p>24 Crab Cake Brown Rice Pilaf Green Beans WW Roll Fruit Cup Mixed</p>	<p>25 Mac and Cheese Stewed Tomatoes WW Bread Fresh Fruit</p>	<p>26 Roast Turkey LS Gravy Mashed Potatoes Meadow Veg WW Roll Fresh Fruit</p>
<p>29 Chicken Bruschet- ta Buttered Shells Bruschetta Sauce Broccoli WW Bread Fruit Cup Pears</p>	<p>30 American Chop Suey Peas and Carrots Rye Bread Fresh Fruit</p>	<p>31 Omelet with Cheese and Spinach French Toast Sticks Fresh Fruit</p>	<p>Meals Prepared by Gateway Hudson Valley Milk is provided WW = Whole wheat Menu Subject to Change</p>	<p>Community Café Information and Reservations call: 845-331-2180 For information or Home Delivered Meal Cancellation call: 845-331-2496</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! See below for locations and days of the week.

### UCOFA Community Café locations:

Ellenville: Trudy Farber Building, 50 Center Street, Ellenville, NY, Mondays and Wednesdays, 11:30

Kingston: Ulster County Senior Hub, 5 Development Court, Kingston, NY, Mondays and Wednesdays, 12:00

New Paltz: New Paltz Community Center, 3 Veterans Drive, New Paltz, NY, Thursdays, 12:00

Rosendale: Rosendale Recreation Center, 1055 Route 32, Rosendale, NY, Fridays, 11:30

Saugerties: Frank D. Greco Senior Center, 207 Market Street, Saugerties, NY, Tuesdays, 11:30

Woodstock: Mescal Hornbeck Community Center, 56 Rock City Road, Woodstock, NY, Thursdays, 12:30

Want to try it out? Call Gateway 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 weeks-worth of nutritious frozen meals delivered once a week to Seniors at NO cost.

The meals served are planned by a registered dietitian and each meal provides one-third of a Senior's daily nutritional needs.

Qualified Seniors must be:

- 60 years or age or older
- Ulster County resident with no other supports
- Unable to prepare meals
- Homebound due to incapacity or illness

Voluntary contributions are appreciated. Contributions are confidential and no one will be denied a meal if they do not contribute. The recommended voluntary contribution is \$3.00 per meal. If monthly income is higher than 185% of the federal poverty level (\$2,248 for a 1 person household and \$3,040 for a 2 person household), Seniors are offered the opportunity to contribute the full cost of the meal which is \$ 11.04. Checks payable to Ulster County.

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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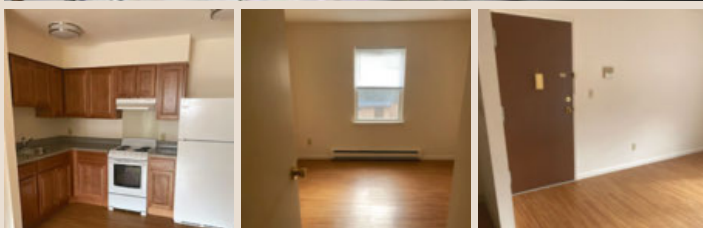


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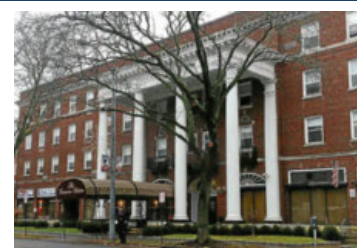
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## 7 scams that target Seniors

1. Sweepstakes and Lottery Scam. Scammers contact their victims through phone calls, emails, or social media and inform them that they have won a large sum of money or a prize in a lottery. However, the scammers then ask for payment, usually in the form of fees for shipping, insurance, or taxes, before the winnings can be claimed. These scammers may also request bank account information or ask the victims to purchase gift cards and provide the card details. It is important to remember that legitimate lotteries and sweepstakes do not require payment to claim winnings. Never provide personal or financial information to unknown individuals and be cautious of requests for immediate payment.
2. Online Dating Scams. Scammers create fake profiles on legitimate dating sites, chatrooms, or social media platforms and build relationships with their victims online. They often gain the trust of their victims before requesting money for various reasons such as medical expenses, Visa applications, or travel expenses to meet in person. The Federal Trade Commission advises caution when communicating with individuals whom you have only met online and who ask for money. These individuals are likely scammers attempting to exploit your emotions and finances.
3. Money Mule Scams. Money mule scams are money laundering schemes that trick individuals, including the elderly, into becoming intermediaries for criminals. Scammers convince their victims to allow deposits into their bank accounts and then instruct them to withdraw the money, usually in small amounts, and send it to a third party. These funds often originate from criminal activities, making the victims unknowingly involved in illegal transactions. Do not to accept job offers that involve transferring money using their own accounts. Legitimate companies do not require individuals to use their personal bank accounts for financial transactions.
4. IRS and Tax Scams. Scammers may use emails claiming to be from the IRS or tax preparation companies to steal private information for identity theft or tax refund hijacking. They may also call pretending to be IRS agents, demanding immediate payment and threatening legal consequences. The IRS never asks for immediate payments over the phone, and they do not threaten arrest. It is crucial to be vigilant and verify the genuineness of any communication related to taxes.
5. Tech Support Scams. Scammers try to convince victims that their computers have serious issues and then offer unnecessary software or services for a fee. They may pose as representatives from well-known tech companies, such as Microsoft or Google, or display pop-up ads on websites claiming the need for a computer update. These scammers often request payments that are difficult to reverse, such as wire transfers or prepaid gift cards. It is important to be cautious and seek legitimate tech support from reputable sources.
6. Drug Smuggling Scam. In an elaborate and dangerous scam, perpetrators offer unsuspecting Seniors all-expense-paid trips to various countries. During the trip, they ask the victims to transport a gift or a seemingly innocent item to someone at the next destination. Unbeknownst to the victims, these items are packed with illegal drugs, putting them at risk of being caught and imprisoned for drug smuggling. It is important to be extremely cautious when accepting offers from strangers and to decline any requests to carry packages or items for them.
7. Grandparent Scams. Scammers call claiming to be a relative in urgent need of money for medical expenses or legal troubles, often catching the victim off guard. They may call in the middle of the night to exploit the victim's grogginess or confusion. It is crucial not to send money immediately without verifying the situation. Always contact the relative or their parent directly at a known phone number to confirm the authenticity of the request.



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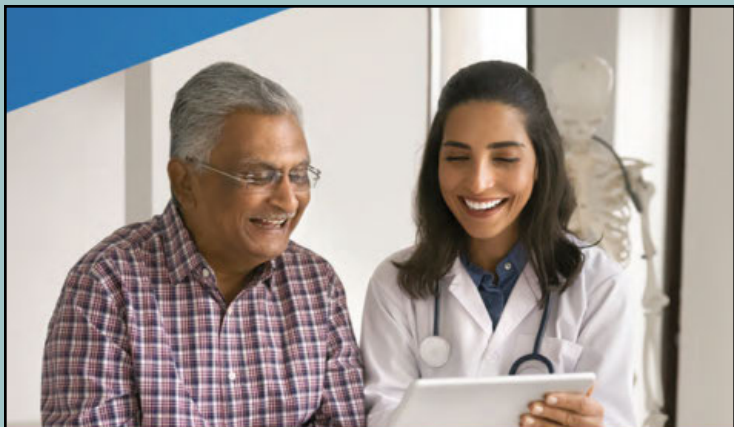
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**10 Tips to Help Seniors Keep Cool in a Hot Weather**

For older adults, the excessive heat and humidity can be dangerous. It's important to know the signs of heat-related illnesses and how to prevent them. Here are some signs to watch for and tips to help Seniors to keep cool.

There are several heat-related conditions to be aware of and to prevent, each with their own distinct symptoms:

**Heat Rash:** Heat rash produces pimple-like blisters in clusters, typically on the chest, neck, groin, or in the bend of the elbow.

**Sunburn:** Most of us are familiar with the redness, warmth, and pain associated with sunburn, but it can also produce blisters.

**Heat cramps:** Heat cramps occur during intense exercise that produces heavy sweating and muscle spasms or pain.

**Heat exhaustion:** Like heat cramps, heat exhaustion also produces heavy sweating and muscle cramps, but can also include cold, clammy skin, weakness or dizziness, headache, nausea, or vomiting.

**Heat stroke:** Heat stroke is the most serious heat-related condition. Skin will be red and hot, and may be either dry or damp. Body temperature is elevated to 103 degrees or more. The person may also experience a strong, fast pulse, dizziness, confusion, headache, nausea, and may lose consciousness as well.

How can you prevent heat-related illnesses? Keep these ten tips in mind to help keep cool and safe:

1. Dress in breathable, lightweight materials, such as cotton.
2. Stay hydrated throughout the day, regardless of whether the person feels thirsty or not. Plain, cool water is best. Avoid drinks with caffeine or alcohol.
3. Keep the home air conditioned, and stay indoors during the hottest time of day.
4. If the home does not have air conditioning, visit cool facilities such as the library, mall, or Senior center.
5. Rest the feet in a pan of cool water.
6. Take a cool shower or bath, or use cool, damp washcloths to wipe down the skin.
7. Place a cool, damp washcloth on the back of the neck, regularly dipping into fresh water when it becomes warm.
8. Eat lighter, chilled meals such as chicken, tuna, or pasta salad.
9. Enjoy cool treats like popsicles or chilled fruit.
10. Limit outdoor time to early morning and evening when the heat is less overbearing.



**Garden tips for July**

- Pinch the flowers off of herbs like basil, mint, and oregano to promote bushy growth.
- Check the soil moisture of container-grown vegetables and flowers daily. As the temperature rises, some plants may need water twice a day.
- Seeds to direct sow in July include: Arugula, Beans, Beets, Carrots, Peas, Scallions, and Summer Squash.
- Stay on top of climbing, sprawling plants by using stakes or other supports.

**DID YOU KNOW?**

The Pennsylvania Evening Post was the first newspaper to print the Declaration of Independence on July 6, 1776.

### **Gut Health for Better Body Function**

As we are learning more about nutrition and our body, we are finding that it is a smart idea to give your gut attention for full body health.

According to Health Studies from researchers at King's Mass General Hospital, Harvard T.H. School of Public Health, University of Trento, Italy, and Zoe Company, have shown that healthy Gut can lower the risk of Heart Disease, Obesity and Type 2 Diabetes. We are looking at an intricate system that when kept in balance, can impact your general health.

So, what is Gut Health? It is the overall wellness of the intestinal tract. It has become a very hot topic as our Gut is home to trillions of microbes trying to keep us healthy. Our healthy Gut is responsible for a healthy immune system and beneficial bacteria that have a huge role in absorbing healthy nutrients into our bodies.

How can we boost our Gut Health? Eating foods such as yogurt, Kefir, Sauerkraut, Kimchi, and other fermented vegetables. Try to reduce sugar and alcohol intake. Increase the intake of fresh fruits, vegetables, and water. Eating whole grains and exercise will also help. Eat a modest amount of lean meats while eating plenty of beans and legumes, nuts & seeds.

Omega 3 Fatty Acid foods such as salmon and fresh fish are great choices. Note that a diet with lots of processed foods can disrupt the Gut Biome and is not beneficial to your Healthy Body. So, when it is mealtime, make a colorful plate with choices from fresh fruits, vegetables (fermented as well as unfermented), beans, legumes, nuts & seeds, lean meat or fish, whole grains, yogurt and drink plenty of water.

As you may know, Ulster County is developing a Community Climate Action Plan. A climate action plan is a strategy that outlines the steps a community can take to reduce greenhouse gas emissions. Greenhouse gases are in the Earth's atmosphere that affect our weather patterns and climate. They result from the burning of fossil fuels (coal, oil, and natural gas) from sources like cars and heating/cooling systems in buildings. Greenhouse gas emissions cause the atmosphere to trap heat, causing changes in the climate. As the climate changes, this will directly impact Ulster County, causing heat waves, shifting seasons, more severe storms and floods, and more (see below). This is one reason it is important to get input from residents in Ulster County. What are the needs and priorities of the community? How can the County's projects to address climate change also benefit residents? Our summer intern will be researching some energy-saving, emissions-reducing ways that older adults can participate, and will be presenting these around the County in late July and August. Please stay tuned for a presentation near you!

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OFFICE FOR THE AGING

Susan Koppenhaver  
Director

Judy Riley  
Deputy Director  
845-340-3456

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  
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Do you know someone who might like to receive The Buzz via email? Have them call the Office for the Aging 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.

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.