

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

JUNE 2025



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 and...

...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

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Income (AMI)

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06-5324

UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

Summer is upon is (isn't it??), so much rain, so much grass to cut! It's been a weird spring – let's hope things are different by the time you get this letter! Please note that we should be receiving our Farmers' Market coupons around July 1st, and as in years past, we will be coming to your neighborhood, your housing complexes, your community centers, your farmers' markets, and your food pantries, to distribute them to those who qualify. Although the amount has not changed, we will be receiving more booklets in order to serve more eligible folks. The last two years we have requested additional booklets, due to demand, and hope we can meet that this year. At present, the State is enrolling farms and farmers into the program, so there will be enough coverage for fruits and veggies when you start going to market!

As I have broadcast in the past, we always look for volunteers for our driving program. Our goal this year is to expand and broaden it. We do pay mileage for rides to medical appointments. We are also looking for ride schedulers, a big need right now. If you have some computer skills (it's a very simple program) and wish to help riders get to their appointments, please let us know. We thankfully have been able to recruit more drivers, and our ride numbers have gone up significantly over the last few months! More folks getting to their providers means healthier neighbors! Please note that a couple of housing projects are opening up for applications! Silver Gardens in Highland, and soon, the Golden Hill project. If you have housing concerns or questions, please call our NYConnects staff here at the office.

As in year's past, we have planned a couple of picnics, various Lunch and Learns, other presentations as requested, as well as Tai chi classes throughout the County.

Keep healthy! We hope to see you at some of our upcoming events!

Susan Koppenhaver,
Director, Ulster County Office for Aging

Ulster County Office for the Aging Senior Technology Support Classes

For the month of June, we will be doing the open class: General Tech Q&A, Bring your Tech and your Questions. We will also return to the schedule of **9:30 A.M. to 11:30 A.M.** Additionally, there will be no Tech classes in July or August. Thank you!

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

June 5: General Tech Q&A, Bring your Tech and your Questions

June 12: General Tech Q&A, Bring your Tech and your Questions

June 19: General Tech Q&A, Bring your Tech and your Questions

June 26: General Tech Q&A, Bring your Tech and your Questions

Classes are limited to 15 people. Please call the Ulster County Office for the Aging at 845-340-3456 to register. If you have registered for a class but find you are unable to attend, please call as soon as possible so we can contact a person on the waitlist.

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The New York State Long Term Care Ombudsman Program services are made possible through funding from the New York State Office for the Aging and U.S. Department of Health and Human Services, Administration for Community Living.

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CONTACT ME
Ileana Vasquez

ivasquez@lpicommunities.com
or (800) 477-4574 x3105

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 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.
From 10:00 A.M. to 12:00 P.M.

UCOFA Gentle Chair Yoga

Mondays from 9:30 to 10:30 A.M.

First Come-First Served Basis. No Late Entries.
Maximum capacity is 35.
Shoes must be worn.

UCOFA Fitness and Fun for All Bands, Balls, Light Weights, and Light Cardio

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

MVP Living Well Chair Zumba

Dance fitness workout with seated movement to help
balance and coordination.
Wednesdays from 2:00 to 3:00 P.M.

MEDICARE

MEDICARE COUNSELING

The Health Insurance Information Counseling and Assistance Program (HIICAP) at the Ulster County Office for the Aging provides free and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage.

HIICAP helps people with Medicare, their representatives, or people soon to be eligible for Medicare.

HIICAP Counselors are fluent in all aspects of Medicare and health insurance coverage, including Original Medicare, Medicare Advantage, Medicare supplemental plans, and prescription drug coverage.

If you need further information or would like to schedule an in-person or phone appointment with a HIICAP counselor, please call 845-340-3579.

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

There is no fee for this service, however contributions are gratefully accepted. (Suggested contributions: \$20 - \$100). 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 Learn for Seniors

June 11: Dance Xcross Fitness for Boomers and Seniors

Presented by Bryant "Drew" Andrews, Energy Dance Company

V.F.W. 101 State Route 208 South, New Paltz, NY.

R.S.V.P. by June 3, 2025

June 18: Common medications, Side Effects, and Nutrition Concerns.

Presented by Pam Rhodes RN, MHA, and Patricia Ricks, MPA, RD, CDN

Landmark East, 304 Flatbush Avenue, NY.

R.S.V.P. by June 12, 2025

July 9: The 10 Warning Signs of Alzheimer's

Presented by Tara DeLuca, Hudson Valley Chapter, Alzheimer's Association

Highland Public Library, 14 Elting Place, Highland, NY.

R.S.V.P. by July 1, 2025

Ulster County Office for the Aging Summer Picnic

July 24, 2025, from Noon to 2:00 P.M.

Lippman Park, Route 209, Wawarsing, NY.

R.S.V.P. by July 16, 2025



Tai Chi for Arthritis and Falls Prevention

(Beginner level)

Wednesdays and Fridays

3:15 to 4:15 P.M.

Starting June 11, 2025

Ulster County Senior Hub

5 Development Court

Kingston, NY.

Please note: the initial class will be 3:00 to 4:00 P.M.

Classes are twice a week for eight weeks and ask that you be willing to make the commitment to be at all classes twice a week for all eight weeks. Free to Ulster County Seniors age 60 and over. Space is limited. Call 845-340-3456 to R.S.V.P.



See you in the Fall.

Happy
Flag
Day



Plan for Healthy Travel

- Schedule enough sleep before and during travel. Adults typically need 7-8 hours of sleep each night.
- Drive while rested. You may be too tired to drive safely if you have trouble keeping your eyes focused, yawn repeatedly or can't remember parts of the drive.
- Help your body adjust to a new time zone. Get lots of sunlight and exercise, eat meals at local times, drink plenty of water and avoid alcohol and caffeine.
- Make a plan for healthy choices and set limits. Consider how to make decisions on the road that maintain aspects of your home life and routine.
- Learn about your destination. Research local living conditions, laws and customs, health risks and how to minimize them, and what vaccinations you'll need.
- Consider food options. Look for restaurants with freshly cooked, hot foods and clean utensils. Avoid risky foods, like raw or undercooked meat and seafood, unpeeled or raw fruits and vegetables, and drinks with ice.
- Pack your medicines. Make sure to pack enough medicine, sunscreen and any other health products you might need. If you have specific health problems, ask your doctor about how to prepare for your trip. You might also consider seeing a doctor who specializes in travel medicine.



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June 2025 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pineapple Chicken Stir Fry Brown Rice Asian Blend Vegetables WW Bread Cookie Juice	3 Fish Filet Confetti Lemon Orzo Diced Butternut Squash WW Bread Mixed Fruit cup	4 Hot Dog Tater Tots Corn WW Roll Applesauce	5 Broccoli Egg Bake Sweet Potato Tots Green Beans Rye Bread Fresh Fruit	6 Pork Loin w/ Apple Gravy Sweet Potatoes Brussel Sprouts WW Bread Pear cup
9 Chili White Rice Kale and Spinach WW Bread Fresh Fruit	10 BBQ Riblet Au Gratin Potatoes California Vegetable Blend Rye Bread Applesauce	11 Crispy Chicken Filet Tater Tots Brussel Sprouts WW Bread Juice Vanilla Pudding	12 Grilled Chicken Tropical Salsa Rice and Black Beans Cinnamon Glazed Carrots Green Salad WW Roll Fresh Fruit	13 Ground Beef Stroganoff Egg Noodles Broccoli and Carrots WW Bread Peach cup
16 Chicken Marsala Buttered Noodles Brussel Sprouts WW Biscuit Cookie Fresh Fruit	17 Sweet and Sour Meatballs White Rice Asian Blend Vegetables WW Bread Applesauce	18 Roast Pork w/ Creamy Garlic Sauce Mashed Sweet Potato Spinach WW Bread Chopped Carrot Celery Salad Fresh Fruit	* Closed 19 Fish Filet Confetti Rice Capri Vegetable Blend WW Bread Juice Berry Shortcake	20 Roast Turkey w/ LS Gravy Stuffing Cauliflower WW Bread Pear cup
23 Pork Choppette w/ LS Sage Gravy Mashed Potatoes Green Beans WW Bread Applesauce	24 Swedish Meatballs Egg Noodles Spinach WW Bread Juice Cookie	25 Crispy Chicken Filet Tater Tots Broccoli Rye Bread Peach cup	26 Lasagna w/ LS Marinara Italian Blend Vegetables WW Biscuit Pear cup	27 Stuffed Chicken Roasted Red Potatoes Honey Glazed Baby Carrots Coleslaw WW Bread Fresh Fruit
30 Omelet w/ Red Peppers French Toast Sticks Turkey Sausage Link WW Bread Fresh Fruit	Meals Prepared by Gateway Hudson Valley Milk is provided. WW = Whole Wheat Menu Subject to Change	Community Café Information and Reservations call: 845-331-2180 For information or Home Delivered Meal Cancellation call: 845-331-2496.	* Sites closed and No HDM deliveries	



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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For An Application



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06-5324

Ulster County Office for the Aging

AARP Driver Safety Course

July 25, 2025 – 9:30 a.m.

**Senior Hub, 5 Development Court, Kingston, NY
(Human Services Complex-Veteran's Entrance – Building #2)**



The AARP Driver Safety Course will provide you with proven driving techniques to help keep you and your loved ones safe on the road and may make you eligible for a multi-year discount on your auto insurance.

Participants must pre-register and pre-pay prior to start of class. **All check payments must be submitted by Monday, July 14, 2025. Registration fee is \$25 for AARP members and \$30 for non-members.** Driver's License and your AARP member's card (if seeking the discounted price for the course) are required for registration. Checks must be made out to AARP. Payment can be made in person or mailed to Ulster County Office for the Aging, 1003 Development Court, Kingston, NY, 12401. Cash (exact amount) will only be accepted on the date of the class by the instructor.

Please arrive at 9:30 a.m. to sign in, collect course materials and select a seat. This is a 6-hour course which starts promptly at 10:00 a.m. Please bring your own lunch. Lunchtime break is a ½ hour. Attendees are expected to be back in their seats at that time, so there is no delay in completion. There will be two 10-minute breaks and we anticipate completion around 4:30 p.m.

Participants arriving late for the start of class or returning late from breaks or lunch will have their checks or cash returned (mandated DMV policy) and will not be credited for attending.

At the course's end, the instructor will complete the attendance certification. You will receive a copy of the certificate in the mail so that you may send it to your insurance company for reduction of your liability insurance.

**Space is limited - to register please contact
OFA at 845-340-3456**





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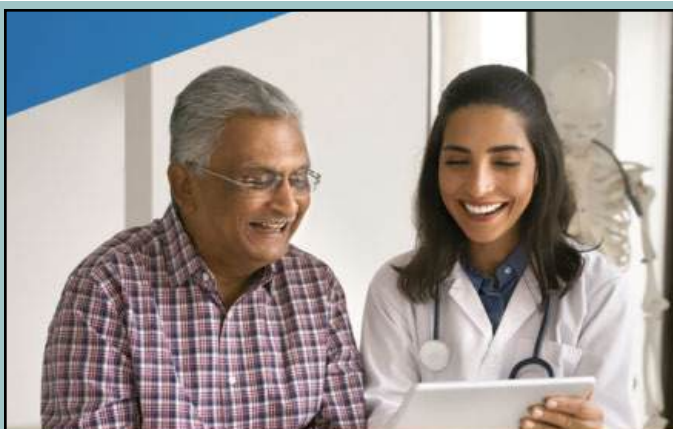
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Ulster County Office for the Aging, Kingston, NY

06-5324

ULSTER COUNTY OLDER ADULTS EMPOWERMENT COUNCIL

PRESENTS **Gotcha!**



Beware of Scams / See the Red Flags!

Case Studies in Financial Exploitation (and how to Prepare)

June 12, 2025 : 1:30pm - 3:30pm
Hybrid event: Zoom & In-Person
Ulster County Senior Hub
5 Development Court, Kingston, NY
(option to watch at a local library too)



FORUM HIGHLIGHTS:

- 1 **Welcome & Introduction**
- 2 **Presentation of Cases #1 & #2**
Panel discussions
- 3 **Presentation of Case #3**
Audience discussion: how things were not noticed, what could have been prevented and how it could have happened differently
- 4 **Knowledge is Empowerment**
Learn about Powers of Attorney, Banking perspectives, common scams & how to recognize them

Call Ulster County Office for the Aging
to register ☎ 845-340-3456



Garden tips for June

- To speed up decay, fork over your compost pile and soak it thoroughly.
- Start seedlings of broccoli, cauliflower, and cabbage now so they can be transplanted in the fall.
- Deadhead spring-flowering perennials unless they have showy seedheads (same with bulbs), or you want to collect seed later (non-hybrids only).
- Weed by hand first, then maintain with tools. The former can be done in any weather, the latter only on a dry day.

DID YOU KNOW?

June has the most amount of daylight hours of any month in the Northern Hemisphere.

Lowering your Cholesterol

Lowering Cholesterol is not easy. Often the body manufactures enough, if not more than enough, essential Cholesterol for Cell Membrane Structure, Hormone Production, and for Fat Digestion. The body can overproduce Cholesterol due to a combination of factors, including unhealthy lifestyle choices, genetics and certain medical conditions.

Let's look at our diet and food choices that can impact Cholesterol levels:

Foods to Avoid

- Organ Meats - liver and kidney. Fatty cuts of meats- pork belly, fat marbled red meats, full fat ground beef, pork, lamb, and skin of poultry.
- Processed meats - bacon, sausage, hot dogs, deli meats, jerky, and corned beef.
- Fried Foods and Processed Foods- (Watch out for low fat processed foods as the product usually increases sugar. Just as low sugar products may increase fat for palatability).
- Commercial Salad Dressings- try vinaigrette or a low-fat yogurt-based dressing.
- Full Fat Dairy Products - full fat cheese, milk, sour cream, yogurt, ice cream, and heavy cream
- Foods High in Sodium and Sugar - pizza, canned soups, chips, salty snacks, condiments, gravies, candy, sweets, and pastries.

Foods to Enjoy

- Fruits
- Vegetables
- Lean Cuts of Meat, Fish, Poultry, and Eggs.
- Beans and Lentils
- Oatmeal
- Low-fat Dairy foods
- Nuts (do not overeat as they still contain fat) and Seeds
- Avocado
- Choose Olive Oil, and Avocado Oil (again, in moderation)
- Complex Carbohydrates like whole grain pasta, rice, and breads
- Sweet Potato and White Potato in moderation - Just watch out for added fats from frying, added sauces, butter, and gravies.

Don't forget to get in daily exercise to lower LDL (bad) Cholesterol and help to increase HDL (good) Cholesterol. Also, enjoy all the fresh foods that the spring and summer seasons have for you to enjoy.

From the desk of UCOFA Registered Dietitian: Patricia Ricks, MPA, RD, CDN. Nutrition consults are free to Ulster County Seniors 60 and over. To make a referral, call 845-340-3456.

Caregiver Support Group

Ulster County Office for the Aging (UCOFA) 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. Facilitated by MHA of Ulster County, Inc.

Meetings are held at:

MHA of Ulster County Inc.

300 Aaron Court, Kingston, NY
1st & 3rd Thursday of each month:
6:00 to 7:15 P.M.
In-person or via Zoom.

RCAL Conference Room

727 Ulster Avenue, Kingston, NY
2nd & 4th Tuesdays of each month:
10:15 to 11:30 A.M.
In-person or via Zoom.

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



June is Alzheimer's and Brain Awareness Month

Alzheimer's & Brain Awareness Month, observed in June, is a crucial time to raise awareness about Alzheimer's disease and all other forms of dementia. Alzheimer's disease is the most common type of dementia, a progressive neurological disorder that leads to memory loss, impaired thinking, and changes in behavior. It begins with mild memory issues and can advance to severe impairment, affecting a person's ability to carry out daily activities.

Because only 16% of Seniors get cognitive check-ups when they visit the doctor, it's important to stay informed of some of the major signs and symptoms of Alzheimer's and other forms of dementia:

- Memory loss
- Issues recognizing family and friends
- Losing items
- Difficulty with everyday activities, like getting dressed
- Unusual emotional outbursts
- Poor judgment and decision-making
- Problems with reading, writing, or communicating



Although these symptoms don't necessarily mean that an individual has Alzheimer's Disease or dementia, it's important to use the month of June as a time to reassess your own or a loved one's behavior. Has anything recently changed? Or have changes been building up for a long time? Now is the time to address any concerns you might have with your doctor.

While it's important to stay educated and informed about Alzheimer's signs and symptoms, don't overlook the importance of including healthcare professionals early on. Early detection of degenerative disorders can make all the difference in intervention and treatment options. When you or a loved one sees your primary care doctor, make sure to highlight any concerns you might have about changing behavior, memory loss, or lapses in concentration. Your primary doctor may be able to ask some preliminary questions to see if you are at risk of Alzheimer's. In other cases, you might be referred to a specialist who can evaluate your cognitive and psychological state.

In addition, you may not realize that there are some unique ways to detect Alzheimer's Disease. For example, testing someone's sense of smell can highlight people with a greater chance of having dementia. In addition, hearing loss can sometimes be a sign of brain atrophy. Scheduling an audiology appointment may be a useful tool in identifying early stages of dementia and getting the help you need.

We can lower our personal risk by:

- Getting enough exercise. Engaging in regular cardiovascular exercise increases blood flow to the brain. It also lowers the risk of brain-damaging fall injuries.
- Eating a healthy diet. A diet that's low in bad fats and processed foods and high in fruits, veggies, and healthy proteins helps protect the brain.
- Giving our brain a workout, too. Appropriate mental stimulation and socialization lower the risk of cognitive decline.
- Reducing stress. Stress causes an increase in hormones that can harm the brain.
- Getting enough sleep. Good quality sleep helps our brains remove harmful substances and store memories.
- Managing underlying health conditions. Diabetes, stroke, heart disease, depression, and many other physical ailments raise the risk of memory loss.
- Ditch the Bad Stuff. It goes without saying that quitting unhealthy habits like smoking cigarettes can make a huge difference not just for brain health, but for your health overall.
- Address hearing and vision loss. Recent studies show that a combination of the two is especially taxing for the brain. Have regular vision exams and get hearing aids if you need them.

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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

Ulster County Office for the Aging

(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.