

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

MARCH 2026



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](http://ULSTERCOUNTYNY.GOV/AGING)

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Monday, February 23rd • 6:30 PM • Newburgh Free Library  
Wednesday, February 25th • 6:30 PM • Newburgh Town Library  
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UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

March is upon us – We had quite a few tough wintery weeks there- I hope everyone fared well. Don't forget there are two warming centers in the County if you need one – in Kingston and Ellenville and don't forget your emergency preparedness "kit" of shelf stable food, water to drink for a few days if you stay home, a can opener, blankets, your phone charged, etc.; and what to bring if you have to leave your house for a few days – medications, clothing, phone and charger, list of folks to call, snacks, water, etc.

For a while we will be focusing on our new set of Lunch and Learns, which will include past popular topics, and a few new ones. A request was made to include information about gathering important documents in case you are left without the help of a spouse who may have done all the finances in your home, and you were not part of it. We will be offering a couple of lunch and learns to help guide folks with this process. We think this will be a very helpful option for folks who may be faced with this issue.

We will be offering Emergency preparedness, because that never goes out of style, legal information, Scams presentations, the financial preparedness I mentioned, Fall Prevention, and other topics as well.

Please don't forget about our Tech class – we need folks to come, and another volunteer who is tech savvy to help teach is always welcome! There will be a special Tech Class on Friday, March 6th which will teach how to do online grocery shopping.

Beginning in March, our food purveyor will switch to Brooklyn Kitchen, a longstanding caterer, restaurant and frozen pre-prepared meal delivery service, which is located in Brooklyn, but has a robust delivery service in the Hudson Valley. They will be supplying us with Home Delivered Meals and Congregate meals as well. The Congregate Sites will remain open as normal.

Big changes, and we hope they are all good ones! See you in the Spring!

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, 5 Development Court, Kingston, NY, on Thursday mornings from 9:30 A.M. to 11:30 A.M. Going forward with these classes the instruction portion will be limited to one hour and the second hour will be devoted to Q&A on any topic. Next classes:

**March 5:** Using an Android Cellphone Camera (Herb Sawtell)

**March 12:** Creating/Viewing Photo Albums on iPhone, iPad, TV (Lisa McCormack)

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

**March 26:** TV Watching: Choosing the Right Streaming Service (John Dowley)

**SPECIAL CLASS: Friday March 6:** How To - Online Grocery Shopping 10:00 A.M. to 12 Noon

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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## 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.

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 \$2,474 or less (Married income \$3,355 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

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**

**April 14: Ulster County Office for the Aging Programs and Services**

Presented by Presented by Susan Koppenhaver, UCOFA Director

Knight of Columbus Kingston Council #275  
471 Delaware Avenue, Kingston, NY

*R.S.V.P. by April 10, 2026*

**Please join Ulster County Office for the Aging and Ten Broeck Commons for St. Patrick's Day Bingo and Trivia**



March 13, 2026

1:00 to 3:00 P.M.

Ulster County Senior Hub  
5 Development Court  
Kingston, NY.

Free to Ulster County Seniors age 60 and over.

Light refreshments will be served.

Call the Ulster County Office for the Aging at 845-340-3456 to R.S.V.P. by March 7, 2026

**HIICAP Training for New Volunteer Counselors**

The Office for the Aging will be holding a program for training volunteers to become certified Medicare counselors is beginning in April 2026. The Health Insurance Information Counseling and Assistance Program (HIICAP) is a statewide volunteer program whose mission is to educate Seniors about Medicare, Medicare Advantage plans and other health insurance issues. HIICAP counselors provide free, accurate and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans.

The training will be held at the Office for the Aging and will consist of 6 weekly (2 hour) sessions beginning on April 1, 2026.

If you interesting in joining HIICAP and in becoming a certified HIICAP volunteer, please contact the Ulster County Office for the Aging at 845-340-3456.



See you in the Soon!



**Ulster County Veteran Services Agency Transportation**

Providing transportation to Ulster County Veterans for VA and Medical appointments throughout Ulster and surrounding counties.

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- Local VA clinics and private medical facilities.
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March 2026 Community Café & Home Delivered Meals Menu

<p><b>Monday</b> Mar 2</p> <p><i>Mains:</i> Western Cheese Omelet</p> <p><i>Sides:</i> Whole Grain Bagel Potato Home Fry Peach Crisp 1% Milk Margarine</p>	<p><b>Tuesday</b> Mar 3</p> <p><i>Mains:</i> Cheese Tortellini with Tomato Sauce</p> <p><i>Sides:</i> Green Beans Fresh Apple 1% Milk Whole Grain Bread Margarine</p>	<p><b>Wednesday</b> Mar 4</p> <p><i>Mains:</i> Baked Chicken with Mushroom Sauce</p> <p><i>Sides:</i> Rice Cheesy Broccoli Apple Crisp 1% Milk Whole Grain Bread Margarine</p>	<p><b>Thursday</b> Mar 5</p> <p><i>Mains:</i> Beef Vegetable Stew</p> <p><i>Sides:</i> Mashed Potatoes Fresh Orange 1% Milk Whole Grain Bread Margarine</p>	<p><b>Friday</b> Mar 6</p> <p><i>Mains:</i> Sliced Turkey with Gravy</p> <p><i>Sides:</i> Stuffing Carrots Fresh Apple 1% Milk Whole Grain Bread Margarine</p>
<p><b>Monday</b> Mar 9</p> <p><i>Mains:</i> Arroz con Pollo</p> <p><i>Sides:</i> Yellow Rice Broccoli Fresh Apple 1% Milk Whole Grain Bread Margarine</p>	<p><b>Tuesday</b> Mar 10</p> <p><i>Mains:</i> Asian BBQ Chicken</p> <p><i>Sides:</i> Brown Rice Asian Blend Veggies Fresh Orange 1% Milk</p>	<p><b>Wednesday</b> Mar 11</p> <p><i>Mains:</i> Stuffed Shells with Tomato Sauce</p> <p><i>Sides:</i> Green Beans Peach Crisp 1% Milk Whole Grain Bread Margarine</p>	<p><b>Thursday</b> Mar 12</p> <p><i>Mains:</i> Sliced Turkey with Gravy</p> <p><i>Sides:</i> Stuffing Carrots Fresh Apple 1% Milk Whole Grain Bread Margarine</p>	<p><b>Friday</b> Mar 13</p> <p><i>Mains:</i> Pasta Bolognese</p> <p><i>Sides:</i> Mixed Vegetables Apple Crisp 1% Milk Dinner Roll Margarine</p>
<p><b>Monday</b> Mar 16</p> <p><i>Mains:</i> Chicken Skillet</p> <p><i>Sides:</i> Rice Peppers and Onions Fresh Apple 1% Milk Whole Grain Bread Margarine</p>	<p><b>Tuesday</b> Mar 17</p> <p><i>Mains:</i> French Onion Cheese Burger</p> <p><i>Sides:</i> Sweet Potato Fries Mixed Vegetables Fresh Orange 1% Milk Margarine Whole Grain Bread</p>	<p><b>Wednesday</b> Mar 18</p> <p><i>Mains:</i> Butter Chicken</p> <p><i>Sides:</i> Raisin Rice Corn and Broccoli Peach Crisp 1% Milk Margarine Whole Grain Bread</p>	<p><b>Thursday</b> Mar 19</p> <p><i>Mains:</i> Stuffed Pasta with Bolognese Sauce</p> <p><i>Sides:</i> Green Beans Apple Crisp 1% Milk Margarine Dinner Roll</p>	<p><b>Friday</b> Mar 20</p> <p><i>Mains:</i> Baked Breaded Fish in Garlic Sauce</p> <p><i>Sides:</i> Pasta with Sauce Peas and Carrots Fresh Apple 1% Milk Dinner Roll Margarine</p>
<p><b>Monday</b> Mar 23</p> <p><i>Mains:</i> Cheese Ravioli with Tomato Sauce</p> <p><i>Sides:</i> Green Beans Fresh Orange 1% Milk Margarine Whole Grain Sliced Bread</p>	<p><b>Tuesday</b> Mar 24</p> <p><i>Mains:</i> Chicken Meatballs</p> <p><i>Sides:</i> Pasta with Sauce Broccoli Fresh Apple 1% Milk Margarine Dinner Roll</p>	<p><b>Wednesday</b> Mar 25</p> <p><i>Mains:</i> Shepherds Pie</p> <p><i>Sides:</i> Mashed Potatoes Carrots Apple Crisp 1% Milk Margarine Whole Grain Sliced Bread</p>	<p><b>Thursday</b> Mar 26</p> <p><i>Mains:</i> Chicken Cacciatore</p> <p><i>Sides:</i> Pasta with Sauce Broccoli and Carrot Fresh Orange 1% Milk Margarine Whole Grain Sliced Bread</p>	<p><b>Friday</b> Mar 27</p> <p><i>Mains:</i> General Tso's Chicken</p> <p><i>Sides:</i> Brown Rice Asian Blend Veggies Peach Crisp 1% Milk Dinner Roll Margarine</p>
<p><b>Monday</b> Mar 30</p> <p><i>Mains:</i> Lentil Stew with Beef Crumble</p> <p><i>Sides:</i> Couscous Broccoli &amp; Cauliflower Fresh Orange 1% Milk Whole Grain Bread Margarine</p>	<p><b>Tuesday</b> Mar 31</p> <p><i>Mains:</i> Eggplant Parmesan</p> <p><i>Sides:</i> Penne Pasta with Tomato Sauce Mixed Vegetables Fresh Apple 1% Milk Whole Grain Bread Margarine</p>	<p><b>Wednesday</b> Apr 1</p> <p><i>Mains:</i> BBQ Chicken</p> <p><i>Sides:</i> Mac n Cheese Broccoli Apple Crisp 1% Milk Whole Grain Sliced Bread Margarine</p>	<p><b>Thursday</b> Apr 2</p> <p><i>Mains:</i> Meatloaf with Gravy</p> <p><i>Sides:</i> Mashed Potatoes Carrots Fresh Orange 1% Milk Whole Grain Bread Margarine</p>	<p><b>Friday</b> Apr 3</p> <p><i>Mains:</i> Cacio e Pepe Pasta w/ Chicken</p> <p><i>Sides:</i> Green Beans Peach Crisp 1% Milk Dinner Roll Margarine</p>

Community Café Information and Reservations call: 845-331-2180  
For information or Home Delivered Meal Cancellation call: 845-331-2496.



## 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 (\$2,413 for a 1 person household and \$3,261 for a 2 person household), Seniors are offered the opportunity to contribute the full cost of the meal which is \$8.50. 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.



# Hope comes in many forms



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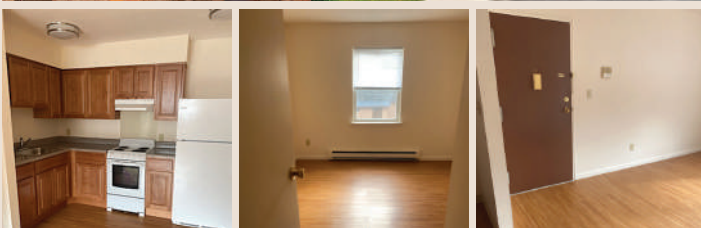


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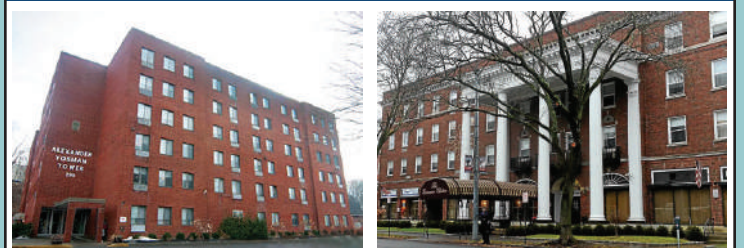


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**For An Application**



### **March is National Kidney Month**

National Kidney Month is observed every March to raise awareness about kidney health, the risks of kidney disease, and the importance of early detection and prevention. It's never too early to start learning about your kidney health and taking action to keep your kidneys healthy.

Kidneys play an active role in our overall health. They filter the waste and balance the minerals in our blood, keep bones healthy, regulate blood pressure and make red blood cells.

Early detection of kidney disease can significantly slow its progression and improve long-term health outcomes. Since CKD often develops silently with no noticeable symptoms in its early stages, regular screenings are critical, especially for people with risk factors such as high blood pressure, diabetes, obesity, and a family history of kidney disease.

Routine blood and urine tests can help identify kidney disease before it reaches an advanced stage. Early intervention through lifestyle modifications, medications, and disease management strategies can help preserve kidney function and reduce the risk of complications, including kidney failure, cardiovascular disease, and the need for dialysis or a kidney transplant.

Be aware of these potential symptoms:

- Changes in urine frequency or amount, especially at night
- Blood in the urine
- Frothy urine
- Swelling in the legs and ankles
- Back pain
- Pain or burning during urination
- High blood pressure

Your kidneys work hard to keep you healthy - now it's time to return the favor. Here are some steps you can take to reduce your risk of kidney disease:

**Get Screened:** If you have diabetes, high blood pressure, or a family history of kidney disease, regular kidney function tests can help detect problems early.

**Eat a Kidney-Friendly Diet:** Focus on fresh fruits, vegetables, whole grains, and lean proteins while limiting processed foods, excessive salt, and sugary drinks.

**Stay Hydrated:** Drinking enough water helps your kidneys function properly and flush out toxins.

**Control Blood Sugar & Blood Pressure:** Keeping these levels in check is essential for reducing kidney disease risk.

**Avoid Excessive NSAIDs:** Overuse of painkillers like ibuprofen and naproxen can damage the kidneys over time. Your pharmacist and doctor need to know about all the medicines you take.

**Maintain a Healthy Lifestyle:** Regular exercise, quitting smoking, and managing stress can all contribute to better kidney health.

**Aim for a healthy weight:** Create a healthy meal plan and consider working with your doctor to develop a weight-loss plan that works for you.

It may seem difficult, but small changes can go a long way to keeping your kidneys and you healthier for longer.



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### Winter Depression in Seniors

During winter, the days are shorter and colder. Overcast skies combined with late sunrises and early sunsets makes for short gloomy days. For many this can bring on seasonal affective disorder, a type of depression which lasts throughout the winter months. While it can occur at other times of the year, most are affected when there is less sunlight.

What can Seniors do to help with winter depression?

- If possible, spend some time outside on sunny days. Sunny days during the winter also tend to be the colder days, so dress warmly and don't stay out for too long. 15 minutes is long enough and being in the sun will help to lift your mood. Even sitting by a sunny window can help improve your spirits.
- Some seniors use light therapy to help with their depression. "Light boxes" can mimic the light from the sun. A half hour a day spent using a light box can help with seasonal depression.
- Increase the amount that you exercise. Movement can improve your mindset and lower anxiety and depression. Many Seniors "walk the mall". Walking through a mall can give you plenty of exercise each day and you can always meet friends for a cup of coffee when you're finished!
- Increase your amount of vitamin D, the sunshine vitamin. Take supplements or add more through your diet. Eat more vegetables and fruit since a healthy diet helps you to maintain a healthy mind.
- Try to get out more or have family and friends over. Spend a day at the library or go to a concert. Listening to uplifting music can help too.

### RECIPE CORNER

Quick & Easy High Protein Bagels

Equipment: Sheet pan, mixing bowl, parchment paper

Ingredients:

- 1 Cup Self-Rising Flour
- 1 Cup Cottage Cheese
- 1/2 Teaspoon Salt
- 1 Egg beaten

Topping ideas: sesame seeds, everything bagel seasoning, cinnamon

Instructions:

1. Preheat oven to 375 degrees F. Line a baking sheet with parchment paper and spray with olive oil.
2. Add the cottage cheese to a blender and blend smoothly.
3. Add the flour, cottage cheese, and salt (if using) to a large bowl. Stir together with a fork to make a crumbly dough. Then, knead lightly with your hand a few times to bring it fully together and make sure that the flour and cottage cheese are evenly combined. (The dough may be a little sticky, so expect that. You can add a little more flour as needed, 1 table-spoon at a time. You can coat your fingers and/or the bagels with a little flour as you work. Or wash your hands halfway through which will help, too.)
4. Divide the dough into 4 equal portions. Form into balls. Roll into a tube about 8 inches long and form a circle. Place onto the prepared baking pan.
5. Optional: Brush with egg and sprinkle with seasoning.
6. Bake for 24-26 minutes, or until lightly golden brown. Remove from oven and let cool on a wire rack.

**DID YOU KNOW?**

The first United States Postage stamps were issued on March 3, 1847.

**Let's Talk About Gut Health**

Gut Health.... It doesn't sound like a great topic, does it? It is National Nutrition Month and Gut Health as a basis for good Nutrition has finally come around to be a very important topic. It is linked to conditions like Inflammation, Inflammatory Bowel Disease, Irritable Bowel, Diabetes, Heart Disease and even some Cancers.

Signs of a Healthy Gut

- Regular Bowel Movements
- Minimal Discomfort from gas and bloating. No regular occurring pain, nausea, or heartburn.
- Consistent Energy and Mood- Feeling well rested and energetic.

How to Improve your Gut Health

- Eat a Diverse Diet, A High Fiber Diet: A wide variety of plant-based whole foods, such as fruits and vegetables, legumes, nuts, seeds, and whole grains provide the necessary fiber and prebiotics needed to feed our beneficial body bacteria.
- Include Fermented Foods: Foods with live Cultures such as yogurt, kefir, \*Sauerkraut, \*kimchi and kombucha. (Some of these are high in sodium and not on a low salt diet). Fermented foods provide probiotics and beneficial live microorganisms.
- Limit Processed Foods, High Sugar and Fat Foods: Ultra processed foods, high sugar intake and excessive saturated fats can promote harmful bacteria and inflammation.
- Stay Hydrated: Drink plenty of water for essential proper digestion and to prevent constipation.
- Manage Stress and Sleep: Chronic stress and poor sleep can negatively impact Gut Bacteria. Incorporate relaxation techniques (such as Yoga or Meditation) and aim for 7-8 hours of sleep per night.
- Regular Exercise: Regular physical activity can positively affect the gut Gut Microbiome and stimulate healthy digestion.

Note that if you have persistent or severe symptoms such as unexplained weight loss, blood in your stool or ongoing severe abdominal pain/bloating it is recommended that you consult your Medical Doctor.

*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.*

**Seniors Serving in Place (SSIP)**

Branches are Senior groups where members help one another remain independent, strengthen their communities, and stay in their own homes. They are always looking for new members. Feel free to contact any of the SSIP groups below for more information.

(Website: <https://SSIP.info/>)

SSIP 209 (Marbletown, Rosendale, Rochester, Olive Area)

Vivi Hlavsa 845-331-0155  
vvhlavsa@aol.com

Meets for coffee on Tuesday, Wednesday and/or Friday, 10:00 A.M. at Lydia's Country Deli (or Wesley's Way)

SSIP Kingston

Beverly Nielsen 845-377-1240  
bnak146@gmail.com

Albert Rando 845-853-9399  
paparando50@yahoo.com.

Meets for coffee Monday 9:30 A.M. at the Kings Diner on Ulster Avenue and/or 12:30 to 2:30 P.M. for lunch on Thursdays at the Ulster County Senior Hub, Summers in the park.

SSIP New Paltz

Pearl Lee, 845-255-8628  
Cell 845-706-7333

pearlllee@aol.com

Meets at 10:00 A.M. on Tuesdays at the New Paltz Community Center Route 32.

Bring your own coffee.

SSIP Saugerties

Greta Hutton 845-246-6608  
gretahutton@aol.com

Meets for coffee 9:30 A.M. on Tuesdays at the Village Diner in Saugerties.

SSIP Woodstock

Bette Ann Moskowitz  
845-679-4702

Betteannm56@gmail.com

Meets at 11:00 A.M. on Mondays at the Woodstock Library

### Sensible Sleep Tips for Older Adults

Over the years, many older adults develop habits that are disruptive to the sleep process. These include consuming caffeine too late in the day, drinking alcohol in the evening, or maintaining an inconsistent sleep/wake schedule. Other factors that can cause disruptive sleep are:

**Insomnia:** Insomnia affects people at every age, but it's the most common sleep disorder among adults age 60 and older. With insomnia, you have trouble both falling asleep and staying asleep. This condition can be a temporary nuisance or develop into a long-term pattern that affects your quality of life.

**Sleep Apnea:** One common reason for older adults not sleeping at night is a condition called sleep apnea. This is when your breathing repeatedly stops for short intervals while you're asleep, which deprives your body of oxygen. If left untreated, sleep apnea can lead to serious health problems such as stroke, cognitive issues, and high blood pressure. Many adults have sleep apnea and don't even know it. If you feel extra sleepy during the day, or your partner tells you that you snore loudly or make gasping sounds during sleep, talk to your doctor. Lifestyle changes, breathing devices like CPAP machines, and surgery have been shown to help people with this condition.

**Movement disorders:** Movement disorders happen frequently among older adults. One example is restless legs syndrome (RLS), which refers to an uncomfortable urge to move your legs (and sometimes arms). RLS can make it difficult to relax and fall or stay asleep. Another movement disorder is periodic limb movement disorder (PLMD), which involves repetitive twitching and jerking of the limbs during sleep. Although there is no cure for movement disorders, relaxation techniques and certain medications can help ease symptoms.

**Alzheimer's disease:** Alzheimer's disease may impact the sleep-wake cycle for some older adults, causing them to either sleep too much or not sleep enough. Waking frequently at night, wandering, and yelling out are common behaviors among people with this type of dementia. Since sleep medications can cause side effects, non-drug strategies are often the first line of defense for Alzheimer's-related sleep issues. These strategies may include improving the sleep routine and environment and reducing daytime napping.

Here are some smart sleep habits to adopt:

- Keep a steady sleep schedule. Going to bed and waking up at the same time each day helps support your body's natural sleep rhythms.
- Make sure you have the right mattress. You spend a lot of time in bed so choosing the best mattress for you can make all the difference in the quality and duration of your sleep. Adjustable beds, for example, can help you achieve the ideal sleep position and relieve pain that's causing sleep disruptions. Some even have anti-snore features.
- Avoid heavy meals right before bed. Indigestion from a big meal can make it hard to fall asleep, so keep evening meals and snacks light. It's also a good idea to avoid caffeine, nicotine, and alcohol too close to bedtime since they can all interfere with sleep.
- Keep napping to a minimum. When you sleep too much during the day, you may feel too alert to settle down at night. Limit daytime naps to no more than one hour and try to restrict them to earlier in the day.
- Wind down before turning in. Create a quiet, calming bedtime routine to help your mind and body relax. This may include reading or listening to your favorite soft music. If you're feeling stressed, try meditation or journaling.
- Avoid screens right before bed. The blue light emitted by smartphones, TVs, tablets, and computers can disrupt our body's circadian rhythms. Unplug from all devices at least 60 minutes prior to bedtime and keep them out of the bedroom.

How to create a good sleep environment:

- Stay cool. Since our body's temperature naturally drops as we drift off to sleep, maintaining a bedroom temp of 60-70 degrees supports the falling-asleep process.
- Minimize noise. A quiet bedroom makes it easier to fall asleep and can prevent you from waking during the night. Turn off the TV or radio when you're ready to turn in. If you have noisy housemates or neighbors, consider wearing earplugs to bed or using a white noise machine to drown out external sounds.
- Block out excess light. A dark room is best for deep sleep. Room-darkening curtains or shades will help filter out streetlights, car headlights, and other types of light that can illuminate your bedroom. Install a soft nightlight (or keep a flashlight by your bed) so that you can safely navigate the room if you must get up at night.

OFFICE FOR THE AGING

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Director

Judy Riley  
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845-340-3456

NY Connects  
845-334-5307  
845-443-8804

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Counseling  
845-340-3579

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845-334-5175

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845-334-5125

Many of the services offered by the Ulster County Office for the Aging are made possible by funds provided by the Administration for Community Living, New York State Office for the Aging, Ulster County Office for the Aging, and your contributions.

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**  
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Ulster County Office for the Aging

**(800) 342-9871    (845) 334-5307**

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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.

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.



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.