

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

MAY 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.



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Ulster County Office for the Aging, Kingston, NY

06-5324

UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

May is upon us! Warmer weather, sunlight, outdoor activities!!

Don't forget to use that nice weather to make yourself exercise in the sunlight – you'll get stronger, get vitamin D for your bones, and feel better overall.

Last week we went on a walk on the O & W trailhead off Washington Avenue – there's a ½ mile out and back route which is marked off for you– just walk along at your pace, read the signs, and before you know it, you will have walked a mile!

Spring is also a time for clearing out – look around your home – do you have items that you haven't touched for 20 years, but are saving them "just in case you need them?" Put together a bag of clothing and donate it.

Take unused pots and pans, dishes or flatware, or old jewelry, fabric or bedding to one of our donation centers like People's Place, Goodwill, Frugal Fabrics or the Salvation Army, and someone else will be able to use your things. Give your things a new life! And repurposing items is a great way to reduce waste!

We are planning some great things for May – a couple of notable mentions: an emergency preparedness lecture at the Esopus Library on May 21 at noon – look for flyers. No lunch here, but important information on how you can be better prepared for emergencies of any kind at home, presented by one of our Advisory Council Members! Also, there will be OFA Lunch and Learns concerning nutrition and emergency preparedness. It is important that everyone understands the importance of health and home preparation!

Another reminder is that staff from our office can come to talk to your groups about certain topics on a more informal basis, subjects important to older adults, such as our OFA services, adjunct services, scams and fraud, emergency preparedness, Medicare, the Medicare Savings Plan, and nutritional topics. Our informative Lunch and Learns will continue to be offered throughout the year and the County.

I encourage you to get outside, walk around – we have an amazing set of rail trails that are flat, have places to sit, easy to get to, park and get out, and have wonderful, restorative views! Enjoy 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:

May 7: Using the Files App on iPhone, iPad (Lisa)

May 14: Android Phone Overview (Herb)

May 21: Safety Tips, Map App Tour, Entertainment Options, iPhone & iPad (John)

May 28: General Tech Q&A Bring Your Tech & 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.



Thank you to the Ulster County employees union CSEA for providing nutritious snacks and coffee for our Seniors. It is truly appreciated.



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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
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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 \$2,494 or less (Married income \$3,375 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

May 27: Emergency Preparedness

Presented by Michael Madison, Deputy Director, U.C. Emergency Services
 St. Joseph Church Hall, 34 South Chestnut Street, New Paltz, NY
R.S.V.P. by May 14, 2026

June 9: Wills & Advance Care Planning

Presented by Erica Halwick-Williams, Esquire
 Highland Public Library, 14 Elting Place, Highland, NY
R.S.V.P. by May 22, 2026

June 12: Hospice and Palliative Care

Presented by Denise Hammel, RN BSN, and Randee McArdle, LCSW
 Hudson Valley Hospice
 Shawangunk Senior Center, 70 Main Street, Napanoch, NY
R.S.V.P. by June 2, 2026

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. Due to venue space restrictions, and food ordering deadlines, if you have not registered or responded to confirmation calls by the R.S.V.P. date, we cannot guarantee a seat or a meal for this event.

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



Breakfast at Tiffany's (1961)
 on June 2, 2026, at the Rosendale Theatre
 408 Main Street, Rosendale, NY.
 Movie starts at 1:00 P.M. Free to Ulster County Seniors age 60 and over.
 Call the Office for the Aging to R.S.V.P. by May 25, 2026 at 845-340-3456.

Healthy Eating Tips:



Regular Meal Times:

Eat at the same times each day to stabilize metabolism.



Prepared Meals:

Use services that deliver healthy meals or spend a day preparing meals for the week.



Healthy Snacks:

Keep fruits, vegetables, and whole grains within easy reach.



Stay Hydrated:

Older adults often feel less thirsty; set reminders to drink water throughout the day.



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May 2026 Community Café & Home Delivered Meals Menu

<p>Monday Apr 27</p> <p>Main: Chicken Skillet</p> <p>Sides: Rice Sweet Potato Fresh Apple 1% Milk Assorted Whole Grain Bread Butter</p>	<p>Tuesday Apr 28</p> <p>Main: French Onion Cheese Burger</p> <p>Sides: Sweet Potato Fries Mixed Vegetables Fresh Orange 1% Milk Assorted Whole Grain Bread Butter</p>	<p>Wednesday Apr 29</p> <p>Main: Butter Chicken</p> <p>Sides: Raisin Rice Corn and Broccoli Peach Crisp 1% Milk Assorted Whole Grain Bread Butter</p>	<p>Thursday Apr 30</p> <p>Main: Stuffed Pasta with Bolognese Sauce</p> <p>Sides: Green Beans Apple Crisp 1% Milk Assorted Whole Grain Bread Butter</p>	<p>Friday May 1</p> <p>Main: Chicken Parmesan</p> <p>Sides: Pasta with Sauce Peas and Carrots Fresh Apple 1% Milk Assorted Whole Grain Bread Butter</p>
<p>Monday May 4</p> <p>Main: Cheese Ravioli with Tomato Sauce</p> <p>Sides: Green Beans Fresh Orange Low Fat Cheese Stick Assorted Whole Grain Bread Margarine</p>	<p>Tuesday May 5</p> <p>Main: Chicken Meatballs</p> <p>Sides: Pasta with Sauce Broccoli Fresh Apple Low Fat Cheese Stick Assorted Whole Grain Bread Margarine</p>	<p>Wednesday May 6</p> <p>Main: Shepherds Pie</p> <p>Sides: Mashed Potatoes Carrots Apple Crisp Low Fat Cheese Stick Assorted Whole Grain Bread Margarine</p>	<p>Thursday May 7</p> <p>Main: Chicken Cacciatore</p> <p>Sides: Pasta with Sauce Broccoli and Carrot Fresh Orange Low Fat Cheese Stick Assorted Whole Grain Bread Margarine</p>	<p>Friday May 8</p> <p>Main: General Tso's Chicken</p> <p>Sides: Brown Rice Asian Blend Veggies Peach Crisp Low Fat Cheese Stick Assorted Whole Grain Bread Margarine</p>
<p>Monday May 11</p> <p>Main: Lentil Stew with Beef Crumble</p> <p>Sides: Couscous Broccoli & Cauliflower Fresh Orange 1% Milk Assorted Whole Grain Bread Butter</p>	<p>Tuesday May 12</p> <p>Main: Eggplant Parmesan</p> <p>Sides: Penne Pasta with Tomato Sauce Mixed Vegetables Fresh Apple 1% Milk Assorted Whole Grain Bread Butter</p>	<p>Wednesday May 13</p> <p>Main: BBQ Chicken</p> <p>Sides: Mac n Cheese Broccoli Fresh Orange 1% Milk Assorted Whole Grain Bread Butter</p>	<p>Thursday May 14</p> <p>Main: Meatloaf with Gravy</p> <p>Sides: Mashed Potatoes Carrots Apple Crisp 1% Milk Assorted Whole Grain Bread Butter</p>	<p>Friday May 15</p> <p>Main: Cacio e Pepe Pasta w/ Chicken</p> <p>Sides: Green Beans Peach Crisp 1% Milk Assorted Whole Grain Bread Butter</p>
<p>Monday May 18</p> <p>Main: Lasagna with Veggies</p> <p>Sides: Green Beans Apple Crisp Low Fat Cheese Stick Assorted Whole Grain Bread Butter Chocolate Pudding</p>	<p>Tuesday May 19</p> <p>Main: Chicken with Lemon Tarragon Thyme Sauce</p> <p>Sides: Brown Rice Broccoli Apple Sauce Cup Low Fat Cheese Stick Assorted Whole Grain Bread Butter</p>	<p>Wednesday May 20</p> <p>Main: Beef Stroganoff</p> <p>Sides: Egg Noodles Peas and Carrots Fruit Cup Low Fat Cheese Stick Assorted Whole Grain Bread Butter Sugar Cookie</p>	<p>Thursday May 21</p> <p>Main: Chicken Tikka Masala</p> <p>Sides: Rice Carrots Fresh Apple Low Fat Cheese Stick Naan Pita Dippers</p>	<p>Friday May 22</p> <p>Main: Egg and Cheese Fritata</p> <p>Sides: Potato Home Fry Mixed Vegetables Apple Crisp Low Fat Cheese Stick Assorted Whole Grain Bread Butter</p>
<p>Monday May 25</p> <p>Main: Sliced Turkey with Gravy</p> <p>Sides: Stuffing Carrots Fresh Apple 1% Milk Assorted Whole Grain Bread Butter Brownie</p>	<p>Tuesday May 26</p> <p>Main: Cheese Tortellini with Tomato Sauce</p> <p>Sides: Green Beans Fresh Apple 1% Milk Assorted Whole Grain Bread Butter</p>	<p>Wednesday May 27</p> <p>Main: Baked Chicken with Mushroom Sauce</p> <p>Sides: Rice Cheesy Broccoli Apple Crisp 1% Milk Assorted Whole Grain Bread Butter</p>	<p>Thursday May 28</p> <p>Main: Beef Vegetable Stew</p> <p>Sides: Mashed Potatoes Fresh Orange 1% Milk Assorted Whole Grain Bread Butter</p>	<p>Friday May 29</p> <p>Main: Western Cheese Omelet</p> <p>Sides: Whole Grain Bagel Potato Home Fry Peach Crisp 1% Milk Assorted Whole Grain Bread Butter</p>

Menu Subject to Change.

Community Café Information and Reservations call: 845-331-2180.
For information or Home Delivered Meal Cancellation call: 718-371-0025.

**May 25: Sites closed and No HDM deliveries.

Made possible by funds provided by New York State Office for the Aging, Ulster County Office for the Aging, and your contributions.



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 (\$2,461 for a 1 person household and \$3,336 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 718-371-0025.

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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Stress management tips for Seniors

Stress is common to all. It is our brain and body's way of responding to the various stressors that we experience in life. According to the National Institute of Mental Health, everyday responsibilities at work, home and play may cause stress. Stress levels may rise if we experience a sudden negative change in circumstance or if a traumatic event occurs. As we age, we face unique stressors that may be related to changes in our health, relationships, finances, living arrangements or our caregiving status. Harvard Health reminds us that if stress is not addressed, it may become chronic or long-term. This in turn can increase the risk of conditions such as heart disease, diabetes, heartburn, high blood pressure and insomnia. It can also challenge our mental health and wellness.

To best manage stress, the first step is to notice how stress typically shows up and then create a tailored plan for stress relief.

- If stress usually impacts your body such that you experience high blood pressure, heart racing, fatigue, or aches and pains, find some physical ways to reduce stress like going for a walk or doing some gentle stretches. Shaking a calming jar is another physical action that can help individuals calm down and reduce stress.
- If stress affects your thoughts or feelings and you become more forgetful, anxious, negative, or sad, use your mind to reduce stress through meditation, prayer, mindful breathing, or other relaxation activities. Practicing gratitude is also an effective way to relieve stress as it redirects our attention towards positive thinking.
- If stress impacts your behaviors and you tend to misuse substances (food, drugs, alcohol), under/oversleep, yell at or withdraw from people, find an alternate behavior to replace the unhealthy behavior. For instance, if you comfort-eat when stressed, choose to go for a brief walk, journal, or call a friend instead.

In addition to matching stress relief strategies to the type of stress one may be experiencing, there are a host of other practices that can help reduce stress as we age.

- Sign up for free health programs. Sign up for free Tai Chi for Arthritis and Falls Prevention, which teaches evidence-based stress management techniques such as mindful breathing, relaxation techniques, and more.
- Engage in regular physical activity. This improves health, lifts mood, and reduces stress by releasing "happy" (serotonin) and "pain-killer" (endorphin) hormones. Aim for 150 minutes of weekly activity that includes flexibility exercises (10 minutes); strengthening exercises (8 to 10 exercises, two to three days a week); and endurance exercises (30 to 40 minutes, three to five days a week).
- Eat a healthy and balanced diet. Choosing whole foods, eating seasonally, and exploring new items from the produce aisle or farmer's market are all habits that can improve our health and relationship to food. Aim for at least five servings a day of fruits and vegetables and eat mindfully (paying attention to hunger and fullness cues, slowing down and savoring meals).
- Reflect and connect. Take time to determine what emotional and physical needs you have and share them with your family and friends. In addition, connect with local supports and services that may provide housing, financial, caregiver, kinship or bereavement supports.

If you need more tips to help manage your stress, consider talking to your health care provider.



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Ulster County Office for the Aging, Kingston, NY

06-5324

Spring into Health: Wellness Tips for Seniors

1. Stay Active with Gentle Exercise: Warmer temperatures and longer days make spring ideal for outdoor activities. Walking, stretching, and light gardening can improve flexibility, balance, and overall fitness. For those who prefer staying indoors, chair yoga or low-impact aerobics are great options.

Tip: Start with short walks and gradually increase duration to build endurance and strength.

2. Enjoy Seasonal Nutrition: Spring offers an abundance of fresh fruits and vegetables packed with essential vitamins and antioxidants. Foods like berries, leafy greens, and citrus fruits boost immunity and promote heart health.

Tip: Incorporate seasonal produce into daily meals for a natural health boost.

3. Hydrate for Better Energy & Health: Warmer weather increases the need for hydration. Many seniors may not feel as thirsty, but staying hydrated is essential for digestion, circulation, and joint health.

Tip: Aim for at least 6-8 glasses of water daily and include hydrating foods like cucumbers and melons.

4. Get Fresh Air & Sunshine: Spending time outdoors is beneficial for mental well-being and vitamin D production. Sun exposure helps maintain strong bones and reduces the risk of osteoporosis.

Tip: Enjoy outdoor activities in the morning or late afternoon to avoid peak sun exposure.

5. Refresh Your Sleep Routine: Longer days can disrupt sleep patterns. Maintaining a consistent bedtime routine helps regulate sleep cycles and improve overall rest.

Tip: Reduce screen time before bed and create a relaxing environment to promote deep sleep.

6. Socialize & Engage in Activities: Spring is a great time to reconnect with friends and family. Participating in community events, book clubs, or hobbies helps Seniors stay mentally active and emotionally fulfilled.

Tip: Try new activities like painting, gardening, or joining a local walking group to stay engaged.

7. Schedule a Health Check-Up: A seasonal health check-up ensures Seniors are in optimal condition for the months ahead. Preventative screenings, medication reviews, and wellness visits can help maintain overall health.

RECIPE CORNER

Peking-Style Beef

- 1 TBSP all-purpose soy sauce
- 1 TBSP dark soy sauce
- 1 TBSP rice wine vinegar
- 1 TSP brown sugar
- 1/2 TSP Chinese five-spice (optional)
- 1 TBSP light olive oil (or any neutral oil of choice)
- 1 pound ground beef (not extra-lean)
- 1 TSP freshly minced garlic
- 1 TBSP freshly grated ginger
- 1 TSP corn flour (cornstarch) mixed with 2 TBSP water

1. Make the sauce - In a jug or small bowl, combine the sauce ingredients and set aside.
2. Cook the beef – Heat the oil in a large, heavy-based pan over high heat. Add the beef, break it up (so it covers more of the surface area of the pan), and allow it to cook, untouched, for at least 5–6 minutes – this will allow the beef to brown and develop crispy edges. Flip it, further breaking it apart with your spatula, and cook for a further 1–2 minutes or until cooked through.
3. Add the garlic and ginger – Stir the garlic and ginger in, cooking for 30 seconds.
4. Add the sauce – Pour the sauce over the beef and simmer for 1–2 minutes to coat the beef.
5. Thicken the sauce – Stir in the corn flour and water mixture. Cook for 30–60 seconds until the sauce thickens and clings to the beef.
6. Serve – Spoon over rice and top with cucumber ribbons, spring onion, sesame seeds and a drizzle of sesame oil.

DID YOU KNOW?

Memorial Day was originally called Decoration Day. The name "Memorial Day" became more popular after World War II, and was made official in 1967.

Cutting Your Diabetes Risk

Although your risk does increase in age, it is not inevitable that you will receive a diagnosis of Diabetes.

There is plenty you can do to lower the risks:

Cut Risk as Much as 25%: Skip the sugary drinks that make blood glucose rise, cause weight gain and surges in insulin levels, and eventually reduce the body's ability to absorb blood sugar.

Cut Risk as Much as 17%: Forget ultra processed foods. Focus on REAL FOOD... Fruits, Vegetables, Healthy Carbohydrates, Beans, Lentils, and Lean meat choices.

Cut Risk as Much as 12%: Walk 2,000 Steps per day. Per a study by The University of California, San Diego, muscle contractions help to absorb blood sugar, a benefit that remains in effect for approximately two days. You do not need an intense workout program, just get your muscles moving by walking.

Cut Risk as Much as 17%: Pick up some weights. Just get in 60 minutes per week of weight work or 20 minute sessions 3 times per week to get the risk lowering benefit.

Cut Risk as Much as 45%: Poor sleep habits of skipping sleep and irregular wake-up times boosted risk of Diabetes in older adults. Sleep problems can also increase stress that impact multiple health risk issues. Keep regular bedtimes, limit caffeine and create a calming bedtime routine for a good night sleep.

Cut Risk as Much as 72%: Lose Some Belly Fat. If you are overweight, dropping as little as 5% of your weight could reduce diabetes risk by 72%. Losing 8% can improve blood sugar for adults with Diabetes. Weight loss can also help with reducing inflammation, cardiac disease, cancer risks, and improving overall health.

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

AI Scams Guide for Older Adults

AI scams use artificial intelligence tools to target consumers in very sophisticated and personalized ways. AI allows criminals to create websites, emails, and impersonations that are startlingly authentic and believable. Below are four of the latest AI scams:

1. **Voice cloning:** AI can now clone a person's voice using just a short audio sample, making it possible for scammers to impersonate authority figures and even your loved ones. Voice cloning is often used in scams where the criminal pretends to be a family member who is in trouble, or a trusted figure asking for urgent help.
2. **Deepfake scams:** Deepfake technology uses AI to generate convincing videos, photos, and audio clips that make it seem like someone said or did something they didn't. Scammers use deepfakes to impersonate public figures, celebrities, institutions, and even our friends and family members in order to promote fraudulent products or persuade us to take certain actions.
3. **Phishing email attacks:** Phishing is an older online scam in which scammers use email and other methods to steal personal information. An article from Harvard Business Review projects that AI technologies will drive a dramatic increase in the quality and quantity of phishing scams in the years to come.
4. **Fake websites:** In cryptocurrency scams and other AI scams, criminals send phishing emails or set up online ads promoting high-return investment opportunities or prize giveaways. These ads lead to fake, AI-generated websites that look nearly identical to legitimate ones. When visitors arrive, they're persuaded to enter their personal information, leading to identity theft or financial fraud. Often, the sites are so realistic, many victims don't realize they've been scammed until it's too late.

Here are some common AI scam red flags to watch for:

- **Unusual requests for personal information:** Be cautious if someone contacts you out of the blue and asks for sensitive details, like your Social Security number or bank account information.
- **Outdated content:** Many AI tools and bots are trained on limited data sets, which causes them to generate text that contains stale information.
- **Unnatural language:** Technology that uses generative AI often produces language that sounds generic or just slightly "off." You might notice things like odd paragraph structures, nonsensical sentences, and repetitive use of certain words and phrases (e.g., "delve," or "vital").
- **High-pressure pitches:** Fraudulent ads and scam emails are designed to create a sense of urgency, pressuring you to make quick decisions without thinking it through.
- **Requests for payment in unconventional forms:** Be suspicious if someone asks for payment in gift cards, cryptocurrency, or wire transfers. These payment methods are usually untraceable, which is why they're often used by scammers.
- **Visual or audio inconsistencies:** Look for subtle oddities in language, tone, or visual quality that may point to the use of deepfake technology, especially in videos, phone calls, and recorded messages.

The tips below can help you stay safe in the age of AI scams:

Stay up to date: Knowledge is your best defense against AI trickery. Learn about the latest online scams and techniques fraudsters are using, especially as this technology continues to develop. Also, use trusted security tools.

Verify the source: Always double-check the legitimacy of a request or message, especially if you receive it unexpectedly or it seems unusual. If someone claims to be a relative or authority figure, confirm their identity through another trusted means (e.g., by calling your relative's cell phone directly).

Limit sharing your personal details online: Avoid oversharing on your social media pages or posting your personal data on public websites. Scammers are always watching, and they can use any information you provide to personalize their attacks.

Sharpen your AI literacy: [IBM SkillsBuild](#) offers a free online AI course for beginners, no technical experience needed.

If you think you've been targeted by an AI-powered scam, keep the following tips in mind:

Don't engage: Avoid immediately responding to or acting on suspicious requests. Resist the urge to click on links, open attachments, or call phone numbers. Instead, take a moment to think the situation through and verify sources and information.

Secure your accounts: If you've already provided information to a suspected fraudster, change all your passwords and monitor your financial accounts carefully for any unusual activity. Consider freezing your credit at all three credit bureaus.

Report the scam: Notify the [Federal Trade Commission](#) (FTC) about the suspected AI scam or call your local consumer protection agency.

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
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
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.

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.