

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

JUNE 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...

...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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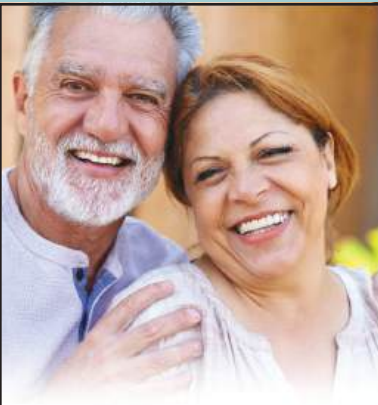
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Ulster County Office for the Aging, Kingston, NY

06-5324

UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

June is here and with it, some warmer weather and a sense of the summer season!

As we embark on our summer season – there have been some changes to OFA programming. The biggest one being our shift from Gateway Hudson Valley as our Home Delivered Meal provider and Community Café operator. Now, we are using Brooklyn Kitchen for our home delivered meal program and OFA will be directly running the Community Cafés. Please be patient as the staff learn how to manage the sites, as we transition from a contractor to the county run services.

We have some interesting offerings coming up, including a Geology and Rocks lesson in June, some more Advanced Directives and Palliative care offerings, Patriotic Bingo, and our yearly town of Wawarsing Picnic! This year we will be having Brooks BBQ supplying the lunch for both our summer picnics – we hope everyone enjoys it! Something a little different and fun!

The Crafts class will NOT meet in June as it will fall on Juneteenth, and that is a County Holiday.

Any ideas you may have for information you need, please let us know. We may have the opportunity to partner with the UC Department of Health and Cornell Cooperative Extension to bring some food and cooking demos to various locations (senior centers) across the County this summer. We will again be distributing the Farmers' Market Coupons so be on the lookout.

We have had several colleagues come and offer to present something they are passionate about to our older adults, and we hope you all find them worthwhile. Some are Lunch and Learns and some are just workshops and educational opportunities. The subject matter they are presenting should be worthwhile, fun, different, and/or thought-provoking – at least we hope so!

Have yourself a wonderful beginning of summer and get out and enjoy the warmth!

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:

June 4: Bring your Tech & your Questions

June 11: Bring your Tech & your Questions

June 18: Bring your Tech & your Questions

June 25: 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.





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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 \$2,494 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

July 14: Medicare 101

Presented by Bob Meci, UCOFA Health Insurance Coordinator
 Rosendale Community Center, 1055 Route 32, Rosendale NY
R.S.V.P. by June 30, 2026

July 23: Services from the Ulster County Clerk

Presented by Taylor Bruck, Ulster County Clerk
 Esopus Town Hall Community Room, 1 Town Hall Way, Ulster Park, NY
R.S.V.P. by July 7, 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.

Summer Picnic "Grilling & Chilling"

June 25, 2026 from Noon to 2:00 P.M.
 Lippman Park, Route 209, Wawarsing, NY.
R.S.V.P. by June 18, 2026

Patriotic Bingo and Trivia

July 10, 2026, from 1:00 to 3:00 P.M.
 Ulster County Senior Hub, 5 Development Court, Kingston, NY.
 Light refreshments will be served.
R.S.V.P. by July 3, 2026

Tai Chi for Arthritis and Falls Prevention

(Beginner level)

Tuesdays and Thursdays
 1:00 to 2:00 P.M.
 Starting June 16, 2026
 Olive Free Library
 4033 Route 28A
 West Shokan, NY

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 October.



Do-It-Yourself Bird Feeders



Popcorn on a String

Pop some unflavored popcorn. Use a needle to thread the popcorn along a string of your choice and hang it outside for the birds to enjoy!



Peanut Butter Pinecone

Cover a pinecone with peanut butter and then sprinkle it with any type of bird seed you like. Hang it from a tree branch.



Orange Peel Bird Bowl

Cut an orange in half and scoop out half of the fruit. Insert two wooden skewers through the "bowl" to make a cross. String the ends and hang it. Fill it with bird seed!

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June 2026 Community Café and Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Arroz con Pollo Yello Rice Broccoli Fresh Apple Low Fat Cheese Stick WW Bread Butter</p>	<p>2 Asian BBQ Chicken Brown Rice Asian Blend Vegetables Fresh Orange Low Fat Cheese Stick WW Bread Butter</p>	<p>3 Stuffed Shells w/ Tomato Sauce Green Beans Peach Crisp Low Fat Cheese Stick WW Bread Butter</p>	<p>4 Turkey Cheeseburger WW Bun Sweet Potato Fresh Apple Low Fat Cheese Stick Ketchup Butter</p>	<p>5 Pasta Bolognese Mixed Vegetables Apple Crisp Low Fat Cheese Stick Dinner Roll Butter</p>
<p>8 Chicken Skillet Rice Sweet Potato Fresh Apple 1% Milk Assorted WW Bread Butter</p>	<p>9 French Onion Cheeseburger Sweet Potato Fries Mixed Vegetables Fresh Orange 1% Milk Assorted WW Bread Butter</p>	<p>10 Butter Chicken Raisin Rice Corn and Broccoli Peach Crisp 1% Milk Assorted WW Bread Butter</p>	<p>11 Beef Hot Dog Baked Beans Corn Applesauce Cup 1% Milk Hot Dog Bun Butter</p>	<p>12 Chicken Parmesan Pasta w/Sauce Peas and Carrots 1% Milk Assorted WW Bread Butter Holiday Dessert</p>
<p>15 Cheese Ravioli w/ Tomato Sauce Green Beans Fresh Orange Low Fat Cheese Stick Assorted WW Bread Butter</p>	<p>16 Pork Adobo White Rice Broccoli Fresh Apple Low Fat Cheese Stick Assorted WW Bread Butter</p>	<p>17 Shepherd's Pie Mashed Potatoes Carrots Apple Crisp Low Fat Cheese Stick Assorted WW Bread Butter</p>	<p>18 Chicken Cacciatore Pasta w/Sauce Broccoli and Carrots Fresh Orange Low Fat Cheese Stick Assorted WW Bread Butter</p>	<p>19 General Tso's Chicken Brown Rice Asian Blend Vegetables Peach Crisp Low Fat Cheese Stick Assorted WW Bread Butter</p>
<p>22 Lentil Stew w/Beef Crumble Couscous Broccoli and Cauliflower Fresh Orange 1% Milk Assorted WW Bread Butter</p>	<p>23 Eggplant Parmesan Penne Pasta w/ Tomato Sauce Mixed Vegetables Fresh Apple 1% Milk Assorted WW Bread Butter</p>	<p>24 BBQ Chicken Mac and Cheese Broccoli Fresh Orange 1% Milk Assorted WW Bread Butter</p>	<p>25 Meatloaf w/Gravy Mashed Potatoes Carrots Apple Crisp 1% Milk Assorted WW Bread Butter</p>	<p>26 Cacio e Pepe Pasta w/Chicken Green Beans Peach Crisp 1% Milk Assorted WW Bread Butter</p>
<p>29 Lasagna w/Vegetables Green Beans Apple Crisp Low Fat Cheese Stick Assorted WW Bread Butter Chocolate Pudding</p>	<p>30 Sweet and Sour Chicken White Rice Broccoli Apple Sauce cup Low Fat Cheese Stick</p>		<p>Community Café Information and Reservations call: 845-443-8836 For information or Home Delivered Meal Cancellation call: 718-371-0025</p>	<p>Menu Subject to Change WW=Whole Wheat</p>



COMMUNITY CAFÉS

Do you know that Ulster County and the Office for the Aging sponsor multiple meal sites around the County so that Seniors, age 60 and over, can have a free meal?

Come and enjoy good food and socialization! See below for locations and days of the week.

UCOFA Community Café locations:

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

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

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

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

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

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

Want to try it out? Call 845-443-8836 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 Administration for Community Living, New York State Office for the Aging, Ulster County Office for the Aging, and local contributions. 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 funds provided by Administration for Community Living, New York State Office for the Aging, Ulster County Office for the Aging, and local contributions






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5 Medication Safety Tips for Older Adults

Medications contain potent ingredients, so it's essential to take them correctly to be sure they can work effectively to manage your condition and decrease the chances of medication-related issues, such as side effects or drug interactions.

Consider these five medication safety tips to enhance your drug safety and effectiveness.

1. **Know your medications:** Depending on your condition, you may take one or more medications as part of your treatment plan. Remembering a single drug each day might not be too difficult, but when you're taking multiple medications, mistakes can happen to even the most conscientious people.

Knowing the names of each medication you take and why your doctor prescribed them can help counter this. Having a better understanding of why you're taking a drug allows you to monitor your symptoms and track improvements, providing valuable insights into whether a drug actually works to help manage your condition.

2. **Maintain a consistent schedule:** Sticking to a consistent medication schedule can lessen the chances of missing or taking doses incorrectly. Some medication management tools that can help you keep track of your medications include:

- using a weekly pill organizer to sort your pills and plan your medications
- refilling your pill organizer on the same day and at the same time each week
- incorporating a medication reminder, such as an alarm or a medication app on your phone
- placing a schedule or note where you're most likely to see it, such as on your refrigerator door or bathroom mirror.

By maintaining a routine, taking medications may become a habit, making it easier to remember and integrate them into daily life.

3. **Ask your doctor questions:** When your doctor prescribes a drug, be sure to ask them questions you may have about it. If you don't have questions when you receive your prescription, make sure you know who you can contact for concerns after you leave the office — typically, this will be a nurse or pharmacist.

Asking questions and receiving answers creates better communication between you and your healthcare professional about a drug's effects or potential side effects you may encounter, which helps your doctor determine the safest treatment options for you.

4. **Discuss prescription and over-the-counter drugs you take:** Tell your doctor about prescription and OTC drugs you take, including supplements, vitamins, and herbs. Doing so can help avoid potential drug interactions that may be harmful to you.

It could also prevent your doctor from prescribing a duplicate drug that may be similar to one you're already taking, decreasing the likelihood of experiencing adverse reactions.

5. **Request accessible drug labels:** Labels provide crucial information, which helps you take your medication safely and as prescribed. If you have trouble seeing the print on your medication labels, ask your pharmacist whether they can provide labels with larger print, braille, or a smartphone code that converts text to speech after you scan it to make label reading more accessible to you.

If you need a more immediate solution to view your labels, consider having a magnifying glass to identify your medications and see the dosage instructions, including how much medication to take and how often. You can also make your own large-print labels for easier viewing.

Practicing medication safety can help older adults manage health conditions more effectively. Knowing your medications, asking your doctor questions you may have, and sticking to a regular schedule can help avoid challenges that can happen with taking a drug incorrectly.

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Ulster County Office for the Aging, Kingston, NY

06-5324

6 Ways to Increase Protein Intake

While many foods we all know and love contain some degree of protein, others are known for being especially protein rich. These are the sources that elderly adults should eat on a regular basis. Dairy products, meats, and nuts each help elderly people meet their protein needs while maintaining a healthy body composition.

Chicken: With 38 grams of protein in just one cup, chicken is not only rich in protein and essential amino acids but also versatile and beneficial for muscle and bone health. For easier digestion, older adults might prefer softer preparations like poached or braised chicken. These methods make it tender and easier to eat, ensuring you get the nutrients without the strain.

Lean beef: Offering 22 grams of protein per three ounces, lean beef is a powerhouse of essential amino acids, iron, and zinc, crucial for oxygen transport and immune support. For those concerned about digestion, opting for ground lean beef in dishes like meatloaf or slow-cooked stews can make it more digestible and enjoyable.

Salmon: With 17 grams of protein in a three-ounce serving, salmon not only supports muscle mass but may also protect against chronic diseases. For older adults, baking or steaming salmon can ensure it's soft and moist, making it easier on the digestive system while still offering its rich nutritional benefits, including antioxidants and omega-3 fatty acids.

Eggs: A single egg provides six to seven grams of protein, making it a simple yet effective way to boost protein intake. Scrambled eggs or a simple hard boiled egg (which can be made in advance at the start of the week) can be softer and more manageable for older adults to eat, while still delivering essential nutrients for muscle health, blood pressure regulation, and eye health.

Peanut butter: Two tablespoons pack 8 grams of protein, making peanut butter a convenient plant-based protein source. Spreading it on soft bread or incorporating it into smoothies can make it an easy-to-consume option for older adults, helping to boost the immune system and lower the risk of chronic diseases.

Lentils: For those who prefer plant-based proteins, a cup of lentils contains 18 grams of protein. Preparing lentils in soups or purees can make them easier to digest while still offering benefits for cholesterol and blood pressure management. Pairing lentils with whole grains can also complement their amino acid profile, making it a wholesome option for elderly nutrition.

RECIPE CORNER

Spinach and Mushroom Stuffed Chicken

- 1 tbsp olive oil
- 1/2 cup frozen spinach (chopped, thawed and drained)
- 1 cup white (button) mushrooms (finely chopped)
- 1 clove minced garlic
- 4 (4-oz) boneless, skinless chicken breasts
- 4 wedges light garlic and herb cheese (Laughing Cow)
- 1/4 tsp black pepper
- 1/2 tsp paprika

Preheat the oven to 350 degrees F. Spray a baking dish with cooking spray.

Add the oil to a medium sauté pan over medium-high heat. Add the spinach and sauté for 3 minutes. Add the mushroom and cook for an additional 4-5 minutes. Add the garlic and sauté for 30 seconds.

Place one chicken breast on a cutting board and cover it with plastic wrap. Pound the chicken with a meat tenderizer or rolling pin until it is about 1/4-inch thick. Repeat this process for the other 3 chicken breasts.

Spread 1 Laughing Cow cheese wedge on one side of one chicken breast. Spread 1/4 cup of the spinach mushroom mixture on top of the cheese. Roll the chicken breast and secure the seam with a toothpick. Repeat this procedure for the 3 remaining chicken breasts.

Sprinkle the chicken breasts with pepper and paprika. Place the rolled chicken breasts on a baking dish and bake for 30-40 minutes or until done.

To serve, remove the toothpicks and slice each breast into 5 rounds.

DID YOU KNOW?

The bird associated with the month of June is the Dove.

Foods to Eat That Support Healthy Aging and Longevity

As we all age, our bodies need more specific nutrients for longevity and positive health. Adding specific nutrients to our diet may also preserve bone health and ward off numerous age-related diseases.

Whole Grains - An essential carbohydrate containing Dietary Fiber, B Vitamins, Antioxidants and other nutrients essential to successful, healthy aging. Whole grains have been associated with a lower risk of cardiovascular disease and strokes.

Blueberries - A rich source of antioxidants and nutrients to help with brain function and slowing aging process. Blueberries rid the body of harmful FREE RADICALS lowering disease risk. The antioxidant and anti-inflammatory benefits may help gut health and insulin sensitivity.

Cruciferous Vegetables - Broccoli, Kale, Cauliflower are a few in the cruciferous family containing antioxidants, dietary fiber and many vitamins and minerals. Studies quoted by Very Well Publications show these vegetables have a role in higher brain function and anti-inflammatory properties.

Nuts, Seeds, and Legumes - Packed with vitamins, minerals, protein, fiber and antioxidants. Research shows a promise in a reduction of stroke, heart disease, blood cholesterol, and cancer as well as a slowing of age-related cognitive decline.

Dark Leafy Greens - a great source of antioxidants, vitamin k, iron, fiber, calcium and B vitamins. Higher intake of the leafy greens has been associated with enhanced learning and memory as well as preserving bone health.

Grapes - Reducing oxidative stress and inflammation with antioxidants and polyphenols that protect against heart disease, age-related muscle loss and certain types of cancer.

Coffee - In moderation may promote a longer life span and protection from cancers, liver and heart disease.

Fish - Contain Protein, Vitamin D, Omega-3 Fatty Acids and other essential nutrients associated with reduced age-related disease, dementia risk, bone health and age-related osteoporosis.

Foods to Limit - Refined Grains, Sugar-Sweet Beverages and Snacks, Saturated and Trans Fats, Ultra-Processed Foods, and Baked Goods.

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

June is National Hernia Awareness Month

June is National Hernia Awareness Month, a time to educate and raise awareness about hernias. Understanding the risk factors, symptoms, and treatment options can help individuals take proactive steps to manage their health.

A hernia occurs when an organ or fatty tissue pushes through a weak spot in the surrounding muscle or connective tissue. Hernias develop due to a combination of muscle weakness and strain, which can arise from various factors such as heavy lifting, chronic coughing, or even aging. While hernias are not usually dangerous and are treatable, if left untreated, complications may arise, and a hernia can become life-threatening. Common hernia symptoms:

- Hernia symptoms can vary depending on the type and location of the hernia.
- A noticeable lump or bulge in the affected area, such as the abdomen or groin.
- Pain, discomfort, or soreness, especially when bending over, coughing, or lifting heavy objects.
- A feeling of weakness, heaviness, or pressure in the abdomen.
- Burning or aching sensations at the site of the bulge.
- In severe cases, symptoms like nausea, vomiting, and difficulty passing stools or gas may indicate a strangulated hernia, which requires immediate medical attention.

Hernias come in various forms, each with distinct characteristics, including the following:

Inguinal Hernia: The most common type of hernia, an inguinal hernia, occurs when tissue protrudes through a weak spot in the lower abdominal wall, often into the inguinal canal. This type is more prevalent in men.

Hiatal Hernia: A hiatal hernia involves part of the stomach pushing through an opening in the diaphragm into the chest cavity. This can cause symptoms like heartburn and acid reflux.

Incisional Hernia: Incisional hernias occur at the site of a previous surgical incision. They develop when the abdominal wall fails to heal properly, allowing tissue to protrude through the scar.

Umbilical Hernia: This type occurs near the belly button when part of the intestine pushes through a weak area in the abdominal wall. Umbilical hernias are common in infants but can also affect adults.

Femoral Hernia: Less common and more frequent in women, femoral hernias appear in the upper thigh near the groin. They can be particularly dangerous due to the risk of strangulation.

Perineal Hernia: This is a rare type of hernia that occurs when tissue or organs can push through weakness or an opening within one's pelvic floor into the abdominal cavity.

Certain factors can increase the likelihood of developing a hernia:

- Age is a significant factor, as muscle weakness and tissue deterioration occur naturally with aging.
- Genetics can also play a role, as a family history of hernias may predispose individuals to the condition.
- Chronic coughing, often due to smoking or lung conditions, can strain abdominal muscles and contribute to hernia formation.
- Obesity is another risk factor, as excess weight puts additional pressure on the abdominal wall.
- Pregnancy can lead to hernias due to the increased pressure and changes in the abdominal area.
- Additionally, physical activities involving heavy lifting or intense strain can cause or exacerbate hernias.

Treatment options for hernias depend on the type and severity of the condition. For small, asymptomatic hernias, doctors may recommend a watch-and-wait approach, monitoring the hernia for any changes. Lifestyle modifications such as dietary changes, weight management, and avoiding heavy lifting can help manage symptoms and prevent hernias from worsening.

Hernia surgery is often necessary for larger or symptomatic hernias. Hernia repair involves repositioning the protruding tissue and reinforcing the weakened area, often with a mesh implant. It's crucial to consult a healthcare professional if you experience any symptoms of a hernia. Early diagnosis and treatment can prevent complications and improve outcomes.

Seek immediate medical attention if you experience any of the following symptoms: sudden, intense pain at the hernia site; nausea, vomiting, or difficulty passing stools; and the hernia becomes red, purple, or dark.

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.