

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

AUGUST 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 Respite 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!
Welcome to the Dog Days of Summer! Is it hot enough for you??
Hopefully everyone is trying to stay cool and hydrated! We have Tai Chi starting in August here at the Hub again – call for details. Our programming continues, and will go on until the snow starts flying, then, as usual, we will calm down a bit but still have regular programming at the Hub.

I will reiterate our need for driving volunteers. We have many more folks seeking rides than we are able to accommodate. Drivers or folks willing to drive (you get paid mileage!) are few and far between. All of us, at some point, may need a ride to a doctor when we cannot drive ourselves home. Please consider becoming a driver, pick up a little extra money, help someone who will be very appreciative, and pay it forward! Become a volunteer for this program. We have to rely on each other when services are sparse, and in most counties, transportation is a challenge. It is no different here in Ulster County. Even a couple rides a week will help the congestion and serve more folks!

We will have a blood drive coming up in August – time and date to be determined, but especially looking for those of Hispanic origin, African-American/Black community members to give blood, as their blood types can help specific populations. Did you know that over 60% of the Hispanic population has type O blood, and that can be used for any transfusion, as a universal donor, and also have rare blood sub-types that can help specific cases? Also, Black Americans have a larger percentage of O type blood overall, and also specific rare blood subtypes that can help those with sickle cell anemia, which is a disease suffered by some Black Americans.

We will be having another Fall Festival at a local park, our usual our Human Services Expo (Trunk or Treat) in October and Holiday events!

Please check your email and Buzz for updates!
Stay cool, everyone!

Susan Koppenhaver, Director,
Ulster County Office for the Aging

Ulster County Office for the Aging Senior Technology Support Classes

There will be no classes for the months of July and August.

We will start classes again in the Fall starting Thursday September 3, 2026.

If you have questions or an issue you would like help with during this time please call the Ulster County Office for the Aging at 845-340-3456 and we will do our best to provide assistance.

Ulster County Office for the Aging 2026 Farmers' Market Nutrition Program Coupons (\$25 value)

Eligibility is determined by two factors: AGE and INCOME. You must be a Senior 60 or older and income is at or below:

\$2,461/month for a one-person household

\$3,337/month for a two-person household

\$4,212/month for a three-person household

Eligible recipients must personally sign for their coupons or send a signed POA or proxy document for proxy to sign.

Coupons cannot be reserved and are distributed on a "First Come First Serve" basis.

Examples of what you can buy using FMNP coupons with authorized vendors include locally grown fresh fruits, vegetables, and culinary herbs.

Coupons are available at the Ulster County Office for the Aging, 1003 Development Court, Kingston, NY, from 10:00 A.M. to 4:00 P.M., Monday through Friday.

For more information or to find out if we will be distributing in an area near you, call the Office for the Aging at (845) 340-3456.





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Ulster County Office for the Aging, Kingston, NY

06-5324

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

August 25: Senior Fraud and Scams

Presented by Presented by Sue Koppenhaver, Director UCOFA

Woodstock Fire Department Meeting Room
(Entrance door by American Flag and Bell) 242 Tinker Street, Woodstock, NY

R.S.V.P. by August 7, 2026

September 16: Falls Prevention

Presented by Presented William Shashaty, MPS & Occupational Therapist
HAHV, and Giles Malkine, Architectural Barrier, Consultant, RCAL

Marbletown Town Hall/Rondout Municipal Center Gymnasium
1925 Lucas Avenue, Cottekill, NY

R.S.V.P. by September 1, 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.

Tai Chi for Arthritis and Falls Prevention

(Beginner level)

Mondays and Fridays

3:00 to 4:00 P.M.

Starting August 17, 2026

Ulster County Office for Aging
Senior Hub

5 Development Court
Kingston, 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.

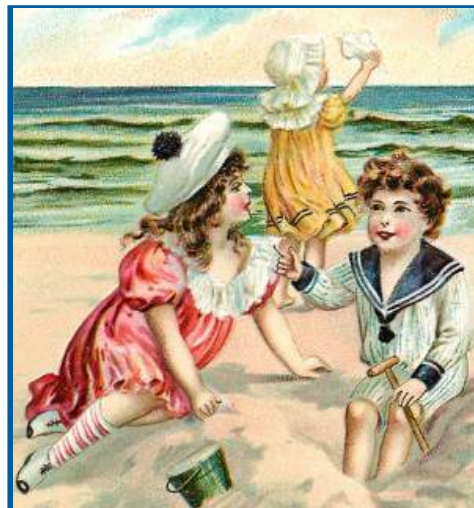
Free to Ulster County Seniors age 60 and over.

Space is limited.

Call (845) 340-3456 to R.S.V.P.



See you in October.



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August 2026 Community Café & Home Delivered Meals General Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Lentil Stew w/Beef Crumble Couscous Broccoli and cauliflower Fresh Orange 1% Milk Assorted WW Bread Butter	4 Meatloaf w/Gravy Mashed Vegetables Apple Crisp 1% Milk Assorted WW Bread Butter	5 BBQ Chicken Mac and Cheese Broccoli Fresh Orange 1% Milk Assorted WW Bread Butter	6 Eggplant Parmesan Penne Pasta w/ Tomato Sauce Italian Capri Vegetable Blend Fresh Apple 1% Milk Assorted WW Bread Butter	7 Cacio e Pepe Pasta w/ Chicken Green Beans Peach Crisp 1% Milk Assorted WW Bread Butter
10 Lasagna w/ Vegetables Italian Capri Vegetable Blend Apple Crisp Low Fat Cheese Stick Assorted WW Bread Butter	11 Sweet and Sour Chicken White Rice Asian Stir Fry Vegetables Apple Sauce Cup Low Fat Cheese Stick Assorted WW Bread Butter	12 Egg and Cheese Frittata Potato Home Fries Mixed Vegetables Apple Crisp Low Fat Cheese Stick Assorted WW Bread Butter	13 Beef Stroganoff Egg Noodles Summer Blend Vegetables Fruit Cup Low Fat Cheese Stick Assorted WW Bread Butter	14 Fish w/Lemon Dill Sauce Rice California Blend Vegetables Fresh Apple Low Fat Cheese Stick Naan Pita Dippers
17 Cheese Tortellini w/ Tomato Sauce Summer Blend Vegetables Fresh Apple 1% Milk Assorted WW Bread Butter Brownie	18 Sliced Turkey w/ Gravy Stuffing Carrots and Green Beans Fresh Apple 1% Milk Assorted WW Bread Butter	19 Beef Vegetable Stew Italian Capri Vegetable Blend Mashed Potatoes Apple Crisp 1% Milk Assorted WW Bread Butter	20 Baked Chicken w/ Mushroom Sauce Rice Cheesy Broccoli 1% Milk Assorted Fresh Fruit Choice Assorted WW Bread Butter	21 Western Cheese Omelet WW Bagel Potato Home Fries Fresh Orange Peach Crisp Butter
24 Arroz con Pollo Yellow Rice Summer Blend Vegetables Fresh Apple Low Fat Cheese Stick WW Bread Butter	25 Stuffed Shells w/ Tomato Sauce Green Beans Apple Crisp Low Fat Cheese Stick WW Bread Butter	26 Baked Fish in Garlic Sauce Brown Rice California Blend Vegetables Fresh Orange Low Fat Cheese Stick WW Bread Butter	27 Beef Picadillo Rice Summer Blend Vegetables Peach Crisp Low Fat Cheese Stick WW Dinner Roll Butter	28 Turkey Cheeseburger WW Bun Sweet Potato Fries Fresh Apple Low Fat Cheese Stick Ketchup
31 Chicken Parmesan Pasta w/Sauce Italian Capri Vegetable Blend Assorted Fresh Fruit Choice 1% Milk Assorted WW Bread Butter			Menu Subject to Change WW=Whole Wheat	Community Café Information and Reservations: (845) 443-8836 For information or Home Delivered Meal Cancellation: (718) 371-0025



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: **July and August location**
Woodstock Methodist Church, 233 Tinker St,
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 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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Cooling Foods to Eat in Summer for Seniors

Eating foods packed with water and essential nutrients does more than just refresh. Dietary choices promote circulation, digestion, and overall vitality. Here are some of the top cooling foods for Seniors and their benefits.

1. Water-Rich Fruits & Vegetables

Opt for summer produce like watermelon, cucumbers, zucchini, and lettuce to keep Seniors hydrated. These foods are over 90% water and easy to digest, making them ideal for warm-weather meals. High in vitamins A and C, they boost immunity while quenching thirst.

Tip: Serve sliced watermelon as a snack or add cucumbers to a refreshing salad.

2. Dairy Products

Yogurt, kefir, and buttermilk are cooling dairy options loaded with probiotics that support gut health. Their natural cooling properties can help lower body heat, making them excellent additions to breakfast or snacks.

Consider: Mixing plain yogurt with fresh fruit for a light, satisfying treat.

3. Citrus Fruits

Think orange slices, grapefruits, and limes. Citrus fruits are incredibly refreshing and packed with vitamin C, which promotes hydration and supports the immune system.

Tip: Add a few slices of citrus fruit to your water for a flavorful and hydrating boost.

4. Coconut Water

Nature's ultimate electrolyte drink, coconut water, is rich in potassium and low in calories. It is perfect for Seniors with high blood pressure or a natural hydration boost.

Try: A chilled glass on a hot day to instantly refresh your body.

5. Cool Meals to Eat in Summer

Finding the perfect summer meal for Seniors combines refreshing ingredients with nutritional value. Here are three soothing meal options with health benefits.

6. Smoothies

Smoothies are a versatile, nutrient-packed option for senior diets. Blend water-rich fruits like watermelon, berries, or cantaloupe with yogurt or a splash of coconut water for an easy meal replacement or afternoon snack.

Tip: Add chia seeds or spinach for an extra boost of fiber and iron.

7. Salads

Salads featuring hydrating vegetables such as cucumbers, tomatoes, and leafy greens are easily prepared and customizable. To boost flavor and nutritional benefits, add citrus fruits, avocados, nuts, or grilled chicken.

Use: A light vinaigrette dressing with lemon juice and olive oil to keep it refreshing.

8. Light Meals

Lighter meals, such as those made with simple grains like quinoa or brown rice, combined with steamed or raw vegetables, are easier on the digestive system and reduce the body's heat load. Fish tacos or rice paper spring rolls filled with lean protein are excellent, flavorful options for summer dinners.

Tip: Make a light dressing with yogurt to add probiotics to any meal.

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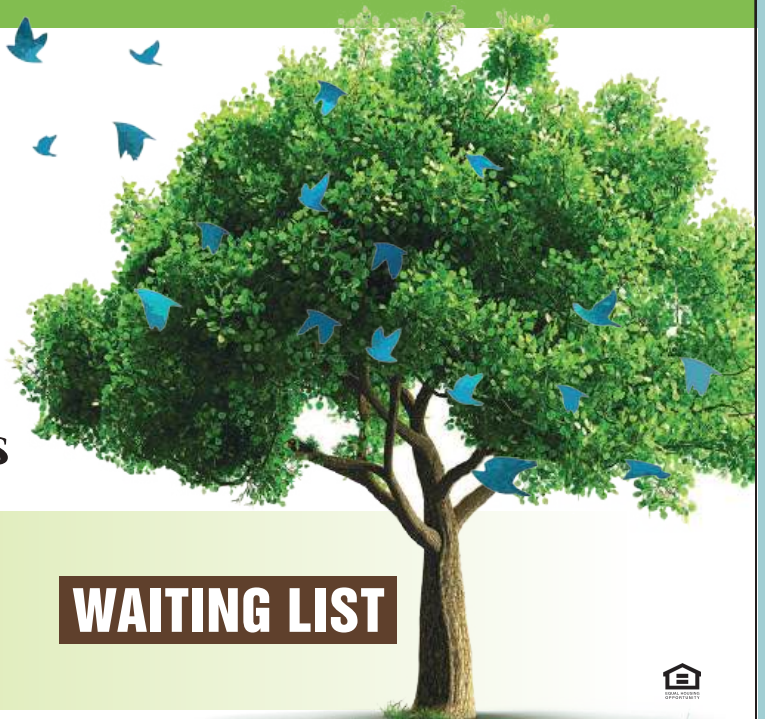
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Ulster County Office for the Aging, Kingston, NY

06-5324

High Blood Pressure and Older Adults

High blood pressure, or hypertension, is a major health problem that is common in older adults. Your body's network of blood vessels, known as the vascular system, changes with age. Arteries get stiffer, causing blood pressure to go up. This can be true even for people who have heart-healthy habits and feel just fine. High blood pressure, sometimes called "the silent killer," often doesn't cause signs of illness that you can see or feel. If high blood pressure isn't controlled with lifestyle changes and medication, it can lead to serious health problems, including cardiovascular disease (such as heart disease and stroke), vascular dementia, eye problems, and kidney disease. The good news is that blood pressure can be controlled in most people.

You can often lower your blood pressure by changing your day-to-day habits and by taking medication if needed. Treatment requires ongoing evaluation and discussions with your doctor, especially if you have other medical conditions such as diabetes. Lifestyle changes you can make to help prevent and lower high blood pressure:

- Aim for a healthy weight. Being overweight adds to your risk of high blood pressure. Ask your doctor if you need to lose weight. In general, to maintain a healthy weight, you need to burn the same number of calories as you eat and drink.
- Exercise. Moderate activity, such as brisk walking or swimming, can lower high blood pressure. Set goals so you can exercise safely and work your way up to at least 150 minutes (2.5 hours) per week. Check with your doctor before starting an exercise plan if you have any health problems that aren't being treated.
- Eat a heart-healthy diet. A balanced diet of vegetables, fruits, grains, protein, dairy, and oils, such as the Dietary Approaches to Stop Hypertension (DASH) eating plan, can lower your blood pressure.
- Cut down on salt. As you get older, the body and blood pressure become more sensitive to salt (sodium), which is added to many foods during processing or preparation. Limiting your amount of salt each day may help. DASH is a low-salt diet.
- Drink less alcohol. Drinking alcohol can affect your blood pressure. For those who drink, men should have no more than two drinks a day and women no more than one a day to lower their risk of high blood pressure.
- Don't smoke. Smoking increases your risk for high blood pressure, heart disease, stroke, and other health problems. If you smoke, quit. The health benefits of quitting can be seen at any age — you are never too old to quit.
- Get a good night's sleep. Tell your doctor if you've been told you snore or sound like you stop breathing for moments when you sleep. This may be a sign of a problem called sleep apnea. Treating sleep apnea and getting a good night's sleep can help to lower blood pressure.
- Manage stress. Coping with problems and reducing stress can help lower high blood pressure.

RECIPE CORNER

Quick & Easy Basic Biscotti

1/2 cup Sugar

1/4 cup Vegetable oil

1 Whole egg

1 Egg white

2 tsp Anise extract

1 1/2 cups All Purpose Flour

2 tsp Baking powder

1/4 tsp Salt

Beat sugar, oil, eggs, and anise in a medium size bowl. Combine the ingredients thoroughly.

In a separate bowl combine flour and baking powder. Mix well for ingredients to be thoroughly mixed.

Pour flour mixture into the egg mixture to create heavy dough ball.

Separate the dough into 2 equal parts. Take each part and shape into log, about the length of cooking sheet. Place log on to cookie sheet.

Press dough log into 1/2 inch thick and bake at 375 degrees for 20-25 minutes.

Remove from oven and let sit for 10 minutes- just cool enough to handle.

Cut the log cross wise into 9 slices and place cut side up back on to the cookie sheet and return to oven for 5-7 minutes.

Add ~ 1/2 cup almond slivers or chocolate chips for a fun twist

For Chocolate Biscotti reduce Flour to 1 1/4 cup and add 1/4 cup Cocoa Powder

DID YOU KNOW?

Hawaii Becomes the 50th U.S. State
on August 21, 1959.

Summer Fruit and Veggie Fun Facts

Summer is a great time to pick up some fresh fruits and vegetables from the farmer's market or your local store. Not only is seasonal produce full of flavor, but it also provides loads of nutrients that your body needs to stay healthy.

Here are some fun facts you may not know about your favorite summer fruits and veggies:

Blueberries: These small berries are big on promoting brain health and may lower the risk of Type 2 diabetes. They add sweetness and a pop of color to muffins, oatmeal, salads, smoothies and sparkling water. Refrigerate after purchase and wash right before eating.

Tomatoes: Nothing says summer like a plump, ripe tomato. This summer favorite, which comes in a rainbow of colors, is rich in lycopene, a compound known to help promote heart health. Store tomatoes at room temperature away from direct sunlight.

Strawberries: A one cup serving of strawberries supplies more vitamin C than an orange. Eating a small bowl of strawberries every day provides a combination of essential nutrients that benefit your entire body. Refrigerate after purchase and wash right before eating.

Cucumbers: Made up of 95% water, cucumbers are hydrating and only 17 calories per cup. Great for a boost of fiber and lutein, a powerful plant nutrient that promotes vision health. Wash and dry cucumbers, then store in an open bag in the crisper drawer of the fridge.

Summer Squash: Zucchini, or summer squash, is packed with vitamins A and C, plus potassium and fiber. Store in refrigerator or in a cool counter spot.

Green Beans: Low in calories and good for the heart, green beans are full of soluble fiber. This helps lower your LDL (bad) cholesterol levels. Refrigerate.

Watermelon: Nothing beats the taste of fresh watermelon on a hot summer day. Made up of mostly water, watermelon is one of the most hydrating fruits. Refrigerate after cutting.

Bell Peppers: Available in many colors, bell peppers are rich in the antioxidant vitamin C. Red, orange and yellow peppers start as green peppers and change color as they ripen. Each color has its own set of unique antioxidants. Last longer in refrigerator crisper

Peaches: Sweet, juicy peaches contain fiber and vitamins A & C. Refrigerate.

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 Hlavska (845) 331-0155
vvhlavska@aol.com

Meets for coffee on Tuesday, Wednesday and/or Friday, 10:00 A.M., 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. Kings Diner, Ulster Avenue and/or 12:30 to 2:30 P.M. for lunch on Thursdays, 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 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, Village Diner, Saugerties

SSIP Woodstock

Bette Ann Moskowitz
(845) 679-4702

Betteannm56@gmail.com

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

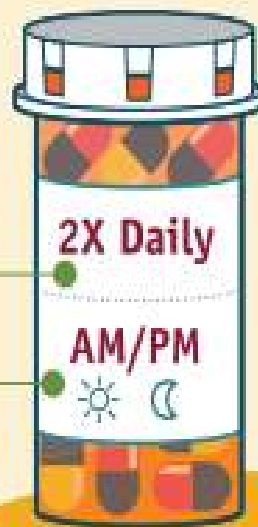
Let's talk about taking medications as prescribed



If you skip, change, or ignore your medicine, it can be bad for your health.

Take your medicine ...

... in the right doses



... at the right time

... the right way



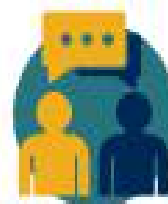
Tips



Use a weekly pillbox.



Create reminders with notes or alarms.



Ask for help if you're having trouble taking your medications.



Review all your medications with your care team at every health visit.

For your safety, don't stop taking any medication without talking to your care team.

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.