

September 2026



Alpine Endeavors/Marty Molitoris, Courtesy of Ulster County Tourism

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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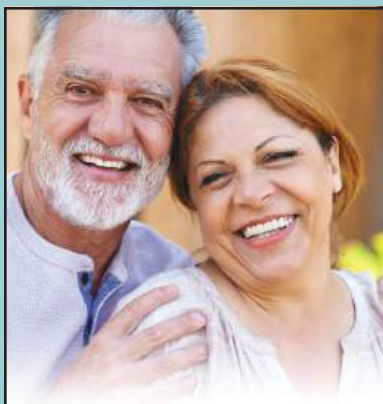
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Ulster County Office for the Aging, Kingston, NY

06-5324

From the Director

Dear Ulster County Older Adults!

September – the days are shortening, and the nights are a bit colder – what a relief!

My tomatoes did not like the weather this year, but oddly enough, the zucchini did! Some flowers loved it too – too wishy washy and changeable!

September is always Fall Prevention Month – there are many free or cheap things you can do inside your home or apartment to prevent falls. Call us if your apartment complex or senior group want to learn about a few key things to help – we can also show you some personal exercises to help as well! Falling is the number 1 reason for emergency room visits, hospitalizations and nursing home stays for older adults in this country and are largely preventable. We will have a Lunch and Learn on Falls Prevention on September 16th in Marbletown. Also, as usual, we offer our regular programming.

We still seek VOLUNTEER DRIVERS, especially from more rural areas, such as Wallkill, Pine Bush, Pine Hill, Shandaken, and out toward Phoenicia for our medical appointment driving program (mileage is paid). Your neighbors will be eternally grateful, and when the time comes and you need a ride, there might be someone else who can help you get to your medical appointment! We will be planning more driver safety education classes soon, so be on the lookout for that. If you have a place where you think at least 35 people could gather, and have a minimum of 15 people to attend, we can arrange that for you. Please let our office know!

One thing you can do to prepare for emergencies: make sure you have a way to charge your phone – don't forget, all phones have flashlights, and the ability to call 911 if needed, so it's a very useful tool in an emergency. Power blocks are very inexpensive, so that's always a good option. Also make sure, if you know a big storm is coming, and you have a car, be sure to fill the tank – you never know where you might have to go! Have a few things in the car and on hand in your home – a bottle or jug of water, a candle, some matches, a blanket, some shelf stable food, just in case. Enjoy the waning summertime! See you soon!

Susan Koppenhaver, Director,
Ulster County Office for the 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:

September 3: Bring your Tech & your Questions

September 10: Creating and Ordering a Photo Calendar on iPhone and iPad (Lisa)

September 17: Gmail Overview With Coverage of Available Settings (Herb)

September 24: Intro to AI: How AI Comes Up with Answers, How to Tell What's Real (John)

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.

Ulster County Office for the Aging and Brooks' House of BBQ provided good food, cold drinks and great fun in the sun at our OFA Senior Picnics!





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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.

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 and 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

October 5: Senior Fraud and Scams

Presented by Sue Koppenhaver, Director UCOFA
Olive Free Library, 4033 Rt 28-A, West Shokan, NY
R.S.V.P. by September 16, 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.

Ulster County Office for the Aging invites you to attend

Golden Harvest Fall Festival

September 10, 2026, from 1:00 to 3:00 P.M.

Robert Post Park, 515 Park Road, Kingston, NY

Games and Prizes, Music and Light Refreshments

Call the Ulster County Office for the Aging at (845) 340-3456 to
R.S.V.P. by September 4, 2026

Ulster County Office for the Aging,
NY Connects and Ulster County
Department of Social Services
Human Services Expo

"Trunk or Treat"

October 7, 2026

11:00 A.M. to 2:00 P.M.

(rain date October 8, 2026)

Kingston Plaza, 151 Plaza Road,
Kingston, NY.

(Hannaford/Ball field Parking Lot)

Get Connected. Learn about services
for Children, Adults and Seniors.

Local service providers and area
agencies are available to discuss
their services and answer any
questions. Attendees will park their
vehicles and visit each provider for a
Halloween Treat and to learn about
services available to Ulster County
residents.

Trunk
OR
Treat



Strangers on a Train (1951)

October 27, 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 Ulster County Office for the Aging to R.S.V.P.
by October 21, 2026 at (845) 340-3456.



BINGOCIZE®

Looking for a fun, new way to be more active? **BINGOCIZE®** is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

Mondays and Wednesdays

10:30 to 11:30 A.M.

Starting September 14, 2026.

Institute for Family Health Community Room, 140 Pine Street, Kingston, NY.

Free to Ulster County Seniors age 60 and over. To register, call the Ulster County Office for the Aging at (845) 340-3456 by September 14, 2026.

Tai Chi for Arthritis and Falls Prevention

(Beginner level)

Tuesdays and Fridays

1:30 to 2:30 P.M.

Starting October 6, 2026

Woodstock Library, 10 Dixon Avenue, Woodstock, 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.

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September 2026 Community Cafe and Home Delivered Meals General Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Community Café Information and Reservations call: (845) 443-8836 Home Delivered Meal Information and Cancellation call: (718) 371-0025	1 French Onion Cheeseburger Sweet Potato Fries Fall Blend Vegetables Peach Crisp 1% Milk	2 Butter Chicken Raisin Rice Corn and Broccoli Fresh Orange 1% Milk	3 Chicken Parmesan Pasta w/Sauce Italian Capri Vegetable Blend Apple Crisp 1% Milk	4 Beef Picadillo Rice Broccoli Applesauce cup 1% Milk
*Closed 7 Holiday BBQ Chicken Mac and Cheese Baked Beans Fiesta Corn Low Fat Cheese Stick Corn Bread Chocolate Chip Cookie	8 Shepherd's Pie Mashed Potatoes Fall Blend Vegetables Assorted Fresh Fruit Low Fat Cheese Stick	9 Lentil Stew w/ Beef Crumble Couscous Broccoli Apple Crisp Low Fat Cheese Stick	10 Cheese Ravioli w/ Tomato Sauce Green Beans Peach Crisp Low Fat Cheese Stick	11 Beef and Broccoli Rice Carrots Fresh Orange Low Fat Cheese Stick
14 Meatloaf w/Gravy Mashed Potatoes Fall Blend Vegetables Apple Crisp 1% Milk	15 Pork Adobo White Rice Broccoli and Cauliflower Fresh Orange 1% Milk	16 Cacio e Pepe Pasta w/Chicken Green Beans Peach Crisp 1% Milk	17 Eggplant Parmesan Penne Pasta w/ Tomato Sauce Italian Capri Vegetable Blend Fresh Apple 1% Milk	18 Pollo en Crema Rice Mixed Vegetables Fresh Orange 1% Milk
21 Sweet and Sour Chicken White Rice Asian Stir Fry Vegetables Apple Sauce cup Low Fat Cheese Stick	22 Lasagna w/Vegetables Italian Capri Vegetable Blend Apple Crisp Low Fat Cheese Stick	23 Fish w/Lemon Dill Sauce Rice California Blend Vegetables Assorted Fresh Fruit Low Fat Cheese Stick	24 Beef Stroganoff Egg Noodles Fall Blend Vegetables Fruit Cup Low Fat Cheese Stick	25 Southwest Chicken w/ Lime Garlic Sweet Potato Fries Broccoli Fresh Apple Low Fat Cheese Stick
28 Western Cheese Omelet Whole Grain Bagel Potato Home Fries Fresh Apple Brownie 1% Milk	29 Baked Chicken w/ Mushroom Sauce Rice Cheesy Broccoli Fresh Apple 1% Milk	30 Sliced Turkey w/ Gravy Stuffing Carrot and Green Beans Assorted Fresh Fruit 1% Milk		Menu Subject to Change Whole Grain Bread with each meal * Sites closed

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 the Administration on Community Living, NYS Office for the Aging, Ulster County OFA, and private 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.

This program is made possible by funds provided by the Administration on Community Living, NYS Office for the Aging, Ulster County OFA, and private contributions.



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Install Handrails

along indoor and outdoor staircases, hallways, and anywhere you feel you need a little extra support.



Use nonslip mats and treads

to help improve traction on bathroom floors, shower, bathtub, outside decks, and outside steps.

Falls are the leading cause of injuries among older adults, sending more than two million people to the emergency department each year.



Improve lighting.

Make sure you have adequate lighting in hallways, stairways, and outdoor walkways, and areas in which you're likely to walk in the middle of the night.



Install grab bars

near showers, bathtubs, and toilets. Avoid grab bars that "stick on" to shower tiles with suction, which are less reliable than metal grab bars attached to wall studs.

Many of the fall hazards are right in our own homes, and a few inexpensive changes could lower your fall-risk.



Inexpensive fixes.

Remove all floor clutter. Rearrange furniture so that it works well with the flow of traffic. Use double-sided tape to secure the edges of area rugs to the floor, and remove small throw rugs.



Repair steps and flooring.

Repair crumbling outdoor steps, loose wall-to-wall carpeting, and uneven floorboards. Call a handyman to repair stairs or floorboards, or a carpet store to come and tighten wall-to-wall carpeting.



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Ulster County Office for the Aging, Kingston, NY

06-5324

Six Myths about Activity and Aging

Myth: “There’s no point to exercising. I’m going to get old anyway.”

Fact: Regular physical activity helps you look and feel younger and stay independent longer. It also lowers your risk for a variety of conditions, including Alzheimer’s and dementia, heart disease, diabetes, certain cancers, high blood pressure, and obesity. And the mood benefits of exercise can be just as great at 70 or 80 as they were at 20 or 30.

Myth: “Exercise puts me at risk of falling down.”

Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually reducing your risk of falling.

Myth: “It’s too frustrating; I’ll never be the athlete I once was.”

Fact: Changes in hormones, metabolism, bone density, and muscle mass mean that your strength and performance levels inevitably decline with age. But that doesn’t mean you can no longer derive a sense of achievement from physical activity or improve your health. The key is to set lifestyle goals that are appropriate for your age. And remember: a sedentary lifestyle takes a much greater toll on athletic ability than biological aging.

Myth: “I’m too old to start exercising.”

Fact: You’re never too old to get moving and improve your health! In fact, adults who become active later in life often show greater physical and mental improvements than their younger counterparts. If you’ve never exercised before, or it’s been a while, you won’t be encumbered by the same sports injuries that many regular exercisers experience in later life. In other words, there aren’t as many miles on your clock so you’ll quickly start reaping the rewards. Just begin with gentle activities and build up from there.

Myth: “I can’t exercise because I’m disabled.”

Fact: If you’re chair-bound, you obviously face special challenges. However, you can lift light weights, stretch, and do chair aerobics, chair yoga, and chair tai chi to increase your range of motion, improve muscle tone and flexibility, and promote cardiovascular health. Many swimming pools offer access to wheelchair users.

Myth: “I’m too weak or have too many aches and pains.”

Fact: Getting moving can help you manage pain and improve your strength and self-confidence. Many older people find that regular activity not only helps stem the decline in strength and vitality that comes with age, but actually improves it. The key is to start off gently.

RECIPE CORNER

Quick & Easy Strawberry Kale Salad

1 cup frozen shelled edamame thawed /
remove from natural casing/pod
Drizzle of olive oil or lemon juice
Dash of onion powder, garlic powder,
and paprika powder
1/4 small red onion thinly sliced
5 ounces baby kale or spinach
1/2 quart strawberries hulled and
quarter
1/4 cup cooked quinoa (optional)
1/3 cup raw walnuts chopped (or 1/3 cup
pumpkin or sesame seeds)
¼ cup balsamic vinegar
2 tablespoons extra-virgin olive oil
1/2 tablespoon sesame seeds or poppy
seeds
1 tablespoons maple syrup
1/4 teaspoon Dijon mustard
1/4 teaspoon dried oregano or
marjoram (optional)

Make the dressing: In a small bowl or large liquid measuring cup, mix the balsamic vinegar, olive oil, sesame seeds, maple syrup, Dijon, and marjoram.

Press the garlic into the dressing and mix to combine. Adjust oil to taste.

Transfer the kale to a large bowl. Add the strawberries, walnuts, capers, edamame, red onion, and quinoa (if using).

Toss with the dressing for serving.

Add lemon juice to taste.

**DID YOU
KNOW?**

September 3, 1783, The Treaty of Paris officially ended the American Revolutionary War and recognized the United States as an independent nation.

Hydration and Muscle Mass

We are trying to maintain muscle mass as we get older. We know why we need to exercise and try the workouts recommended... but we may not realize that we cannot improve without a simple nutrition fact:

Stay Hydrated!

Proper hydration facilitates the transport of nutrients, such as amino acids (simple element of protein) and glucose (simple element of carbohydrate) to muscle cells. Without adequate hydration, nutrient delivery to muscles can be compromised, affecting growth and repair.

Water also influences how your muscles move and contract. Water plays a huge role in electrolyte balance, which is necessary for proper muscle contraction during exercise and daily living tasks. Dehydration can lead to muscle cramps and the inability to perform simple tasks/ exercise performance.

According to the National Academy of Sports Medicine a 2% body fluid loss/3 pounds of fluid for someone weighing 150 pounds can lead to a disruption of proper nutrients delivered to your muscles. Slightly higher loss in fluid can impact your strength, mobility and mental acuity. It is still warm out and we must remember to hydrate in the summer months and all year long. Here are some tips to stay hydrated:

- **Hydrate all day long:** Start your day with a glass of water and keep filling up that glass all day long. Coffee, tea, lemonade can add to your fluid intake, but it remains important to have water as your primary fluid intake.
- **Set a Water Break Reminder:** It is not uncommon to forget to hydrate, especially when we are busy during the day. Set a reminder/ alarm to remind yourself to stop and get some water.
- **Carry a water bottle with you.**

How much water do I need for exercise and to maintain an active lifestyle?

A quick method for minimal hydration is to take your weight in pounds and divide that in half. Drink that number in ounces.

For example: 150 pound person / 2 = 75 ounces minimum per day which is ~ 9 x 8oz cups or 6 x 12 ounce water bottles. Adding at least 12- 16 ounces of water to your day for excessive heat or a very active day.

That is not much more than the average sedentary woman, age 65 and older, who is recommended to consume a minimum of ~68 ounces, or about 8 cups, of water per day; men are recommended to consume ~85 ounces, or about 10 cups, per day.

Staying hydrated, eating enough macro nutrients (Protein, Carbohydrate and Healthy Fats) and getting good quality sleep is essential to be able to move with daily living tasks and to take it up a notch with exercise for muscle maintenance.

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)

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 on Monday 9:30 A.M. 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 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 the Village Diner in Saugerties

SSIP Woodstock
Bette Ann Moskowitz
(845) 679-4702
Betteannm56@gmail.com
Meets at 11:00 A.M. on Mondays Woodstock Library

September Is National Cholesterol Education Month

September is National Cholesterol Education Month, a time dedicated to raising awareness about managing cholesterol levels for a healthy heart.

According to The American Heart Association, cholesterol is a “waxy” entity in your blood. The human body requires cholesterol to create cells, hormones, and vitamins. The liver produces the cholesterol that the human body needs. The rest comes from the food we consume (primarily animal products such as dairy and meat). There are two kinds of cholesterol -HDL cholesterol (also known as “good cholesterol”) and LDL cholesterol (also known as “bad cholesterol”). If the body intakes too much LDL cholesterol and/or not enough HDL cholesterol, then cholesterol can begin to stick to the walls of your blood vessels. You are considered to have “high cholesterol” when your LDL cholesterol number is too high and/or your HDL cholesterol is too low, making it more likely cholesterol will begin to build up in your blood vessels. Some of the most common cause of high cholesterol is unhealthy lifestyle choices and certain medications can also have an effect on your cholesterol levels such as:

- Smoking
- A sedentary lifestyle
- Eating foods high in saturated fats
- Stress
- Drinking too much alcohol

Medical conditions that increase your risk of high cholesterol:

- Being overweight or obese
- Diabetes
- HIV infections
- Kidney diseases
- Sleep apnea
- Lupus



If your blood contains too much LDL cholesterol and/or not enough HDL cholesterol, then over time, the cholesterol will build up in your blood vessels and arteries, increasing the risk of blocking proper blood flow. Considering that your organs need adequate blood flow to oxygenate and keep your body functioning, this can quickly become serious (or even deadly). According to the CDC, the most significant risk of high cholesterol is heart disease, heart attack, and stroke caused by these blockages.

When considering the danger of high cholesterol, you may be interested to know that there are almost no warning signs that your cholesterol is high. The CDC reports that some people may not realize they even have high cholesterol until they experience angina (chest pain caused by blockages), a heart attack, or a stroke. This is why it is so vital to take preventative measures to ensure that your cholesterol levels are within a healthy range.

Because high cholesterol can cause serious health problems, the CDC emphasizes that you should get your cholesterol levels checked regularly (at least every five years). Outside of the doctor’s office, you can also make heart-healthy choices to reduce your risk of high cholesterol by:

- Maintain a healthy weight.
- Get regular exercise.
- No smoking.
- Limit alcoholic beverages.
- Reduce your intake of unhealthy saturated fats and trans fats.
- Increase your intake of fiber and healthy fats (unsaturated fats).

By knowing your risk factors, regularly getting your blood tested, and following a heart-healthy diet, you can avoid the risks of high cholesterol. Consider making an appointment to have your cholesterol levels checked. This way, you and your doctor can go over the best plan of attack against high cholesterol for you.

OFFICE FOR THE AGING

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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



Do you know someone who might like to receive The Buzz via email? Have them call the Ulster County Office for the Aging with their e-mail address.



Office for the Aging
NY Connects

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.

Ulster County Office for the Aging NY Connects

(800) 342-9871 (845) 334-5307



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.

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.