ULSTER COUNTY
NEW YORK

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

November 2026



Belleayre Mountain Ski Center, 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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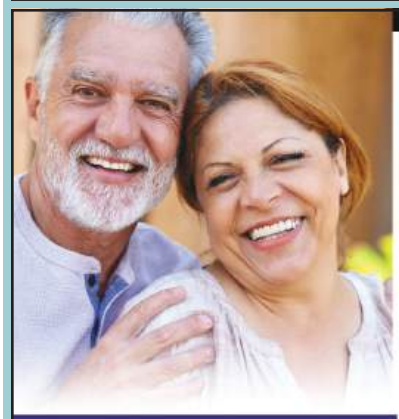
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MVP HEALTH CARE

From the Director

Dear Ulster County Older Adults!
It's getting colder and the leaves are falling and late Fall is upon us! Look out for the dreaded S word!
I wanted to take this moment in the month of Thanksgiving to remind everyone how much the County does for its neighbors and citizens. So many helpful departments, people, and outlooks on things, programs and initiatives. As usual, with everything, there is room for improvement. However, it is easy to work for a place that allows you the creativity to see an issue and act upon it, with the help of your staff. After many years in for-profit worlds, you cannot imagine how refreshing this is. Our staff is, always, willing to help if we can.
I hope sometime my pleas for volunteers do not fall on deaf ears. We still seek volunteer drivers and schedulers for our driving program.We have lost some drivers for various reasons, and have not been able to replace them. That leaves many more people without rides for important appointments. Schedulers in the office are needed as well. Just a few hours a week helping our busy coordinator would be a gift to us. Some basic data entry and phone calls to folks looking for rides is really all it is. The gratitude of people finding a ride, as many of us would feel going to important doctor appointments, is also a gift to us here. We know we are doing something crucial for many people.
As many of you know, Gateway is no longer our food vendor, and we had to find someone local to serve at our upcoming Holiday dinners so a new chef will be on board from The Stone Pony Deli and Catering Company.
We hope in this season of gratitude you find a way to makes someone's life a little easier. The Kingston SSIP club purchases clothing and necessities for those who are registered in our APS programs each year. All food pantries need donations. Folks need rides, and maybe a friendly call every month. The need seems to grow each year. Let us know how we can help you help someone else.
With gratitude!

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:
November 5: Navigating Patient Portals
November 12: Herb's Tech Tips
November 19: How to use an Online Calendar
November 26: No Class
December 3: Q&A, Bring your Tech and 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.



Please note: All fitness classes are canceled for the week of November 23 and the week of December 21 and will resume on January 4, 2027.

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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 Districted 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.

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.

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.

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.

MEDICARE

MEDICARE ANNUAL OPEN ENROLLMENT

The Annual Open Enrollment Period to change your Medicare health or prescription drug coverage for 2027 will be from October 15 to December 7, 2026.
During this six week open enrollment period, you can:
• Change from Original Medicare to a Medicare Advantage Plan
• Change from Medicare Advantage to Original Medicare
• Switch Medicare Advantage Plans
• Join, switch or drop a Medicare Prescription Drug Plan
If you would like to make a change to your Medicare coverage and need assistance or information, please contact the Ulster County Office for the Aging for a free HIICAP appointment at (845) 340-3456 or toll-free at (877) 914-3456.
It is important for Seniors to note that if you are happy with how you are currently receiving Medicare coverage, there is no need to do anything. Your current coverage will be the same in 2027 if you make no changes.

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.

Ulster County Office for the Aging invites Seniors to a

Holiday Cabaret Luncheon

December 2, 2026

Noon to 2:00 P.M.

Hurley Reformed Church Hall, 11 Main Street, Hurley, NY.

R.S.V.P. by November 13, 2026

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 by the R.S.V.P. date, or responded to confirmation calls 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.

If Kingston Central School District is closed this event will be cancelled and will not be rescheduled.





Meet me in St. Louis (1944)

December 9, 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 December 4, 2026 at (845) 340-3456.





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ULSTER COUNTY OFFICE FOR THE AGING

08

November 2026 Community Cafe and Home Delivered Meals General Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sweet and Sour Chicken White Rice Asian Stir Fry Vegetables Apple Sauce cup Low Fat Cheese Stick	3 Beef Stroganoff Egg Noodles Fall Blend Vegetables Fruit cup Low Fat Cheese Stick	4 Fish w/Lemon Dill Sauce Rice California Blend Vegetables Assorted Fresh Fruit Low Fat Cheese Stick	5 Lasagna w/Vegetables Italian Capri Vegetable Blend Apple Crisp Low Fat Cheese Stick	6 Southwest Chichen w/Lime Garlic Sauce Cilantro Rice Broccoli Fresh Apple Naan Pita Dippers Low Fat Cheese Stick
9 Baked Fish w/Garlic Sauce Couscous California Blend Vegetables Apple Crisp 1% Milk	10 Pollo en Crema Rice Carrots and Green Beans Assorted Fresh Fruit 1% Milk	***Closed** 11 **Holiday*** Western Cheese Omelet Whole Grain Bagel Potato Home Fry Fresh Apple 1% Milk	12 Beef Vegetable Stew Mashed Potatoes Italian Capri Vegetable Blend Assorted Fresh Fruit Chocolate Chip Cookie 1% Milk	13 Fish Veracruz Rice Fall Blend Vegetables Fresh Orange 1% Milk
16 Arroz con Pollo Yellow Rice Fall Blend Vegetables Fresh Apple Low Fat Cheese Stick	17 Baked Chicken w/Mushroom Sauce Pasta w/Sauce Broccoli w/Cheese Low Fat Cheese Stick	18 Beef Picadillo Rice Fiesta Corn Fresh Orange Low Fat Cheese Stick	19 Cranberry Chicken Roasted Potato Fall Blend Vegetables Chocolate Chip Cookie Low Fat Cheese	20 Stuffed Shells w/Tomato Sauce Green Beans Fresh Apple Low Fat Cheese Stick
23 Beef Meatballs Pasta w/Sauce Sauteed Spinach Assorted Fresh Fruit 1% Milk	24 Egg and Cheese Frittata Sweet Potato Home Fry Peppers and Onions Fresh Orange 1% Milk	25 Chicken Parmesan Pasta w/Sauce Italian Capri Vegetable Blend Assorted Fresh Fruit Chocolate Chip Cookie 1% Milk	***Closed** 26 **Holiday*** Sliced Turkey w/Gravy Stuffing Mashed Potatoes Green Beans Assorted Fresh Fruit Cranberry Sauce Holiday Dessert 1% Milk	***Closed** 27 **Holiday*** Beef Stroganoff Egg Noodles Broccoli Applesauce cup 1% Milk
30 Pork Adobo Plantains Broccoli Fresh Orange Corn Bread Chocolate Chip Cookie Low Fat Cheese Stick		*Sites closed 11/11 but HDMs will be deliverd. *SItes closed 11/26 and 11/27 and no HDMs will be delivered.	Community Café Information and Reservations call: (845) 443-8836 Home Delivered Meal Information and Cancellation call: (718) 371-0025	Menu Subject to Change. Whole Grain Bread and Butter 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 be sure to call by 10:00 A.M. the day before at (845) 443-8836 to cancel your reserved Community Café meal.
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 two weeks-worth of nutritious frozen meals delivered bi-weekly 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.

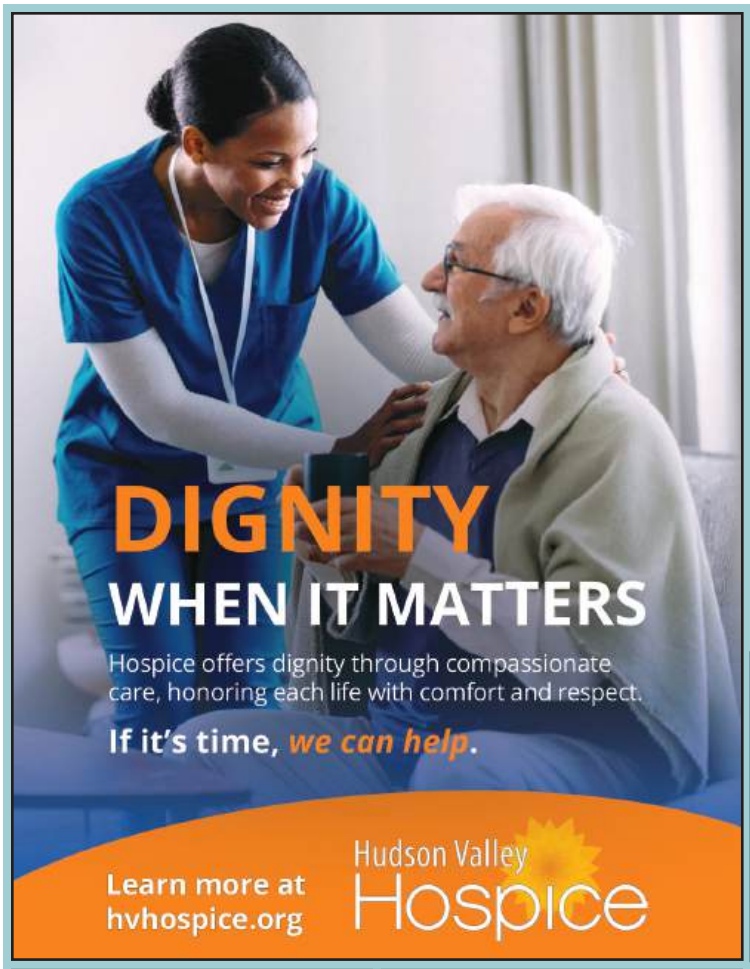
Qualified Seniors must be:

- 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 Brooklyn Kitchen at (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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For An Application

7 Best Fruits for Energy

We've all felt tired at different times of the day. While low energy is common, several factors can contribute to fatigue or an energy crash — what you eat, when you eat, how much you eat, your sleep quality, and more. The good news: certain foods can help fuel your body with long-lasting energy. These seven fruits can give you a natural boost for more energy.

1. Apples

Apples are delicious, nutritious, and versatile. They are high in fiber, which helps the naturally occurring sugars digest slowly for sustained energy. One medium apple (about 6.5 ounces) offers 95 calories and 4 grams of fiber. If you're looking for a satisfying snack, pair some apple slices with natural peanut butter.

2. Oranges

The natural sugars in oranges provide a quick source of fuel, while fiber helps slow digestion so your energy lasts longer instead of spiking and crashing. Vitamin C also plays a supporting role by helping your body reduce oxidative stress, which helps fight tiredness. Vitamin C also helps your body absorb iron more effectively. This is especially helpful if you're low in iron because low iron can contribute to fatigue. Eating one between meals can offer a quick, steady energy boost. An average orange contains about 59 calories, 3 grams of fiber, and 59 milligrams of vitamin C.

3. Bananas

A research review noted that bananas can act as an effective carbohydrate source during endurance exercise. In studies of long-distance cycling, athletes who consumed bananas performed just as well as those who used commercial sports drinks. One medium banana provides 105 calories and 3 grams of fiber for steady energy. Bananas also supply potassium and other nutrients that support normal muscle and nerve function.

4. Avocados

Avocados are another fiber-rich fruit that can prevent blood sugar spikes, which can lead to energy crashes. Additionally, avocados are packed with healthy fats that not only give you lots of energy but also keep you satisfied. One cup of sliced avocado contains 234 calories, 10 grams of fiber, and 17 grams of unsaturated fat. Plus, the avocado is heart healthy!

5. Peaches

Peaches are sweet and refreshing, perfect for a boost of energy. One peach (about 5 ounces) contains 69 calories and 2 grams of fiber. Peaches are also a great source of essential nutrients, like potassium and vitamins A and C, to help you feel your best.

6. Plums

While plums are notable for their potential laxative effects, they are also great for an energy boost. Two plums provide 69 calories and 2 grams of fiber. That combination of natural sugars and fiber helps deliver quick energy while preventing a blood sugar crash.

7. Goji berries

Goji berries, also known as wolfberries, are sweet and tangy. These small berries are rich in antioxidants, helping prevent fatigue. Five tablespoons of dried goji berries offer 98 calories, 4 grams of protein, and almost 4 grams of fiber, making them a perfect fruit for long-lasting energy. Toss them into your next batch of trail mix for an easy snack to pack to work. One potential drawback of these berries is their interaction with certain medications, such as warfarin. Consult a health care provider first to get the green light.

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Eat with the Seasons

Seasonal foods ensure you're getting as many nutrients as possible. Here's some quick thought into what's in season during the autumn and winter months:

November/December:

- Fruit: Pears, apples, clementines, cranberries, passion fruit, satsumas.
- Vegetables: Cabbage, bean and lentils, turnips, artichoke, beetroot, butternut squash, celery, kale, leeks, parsnips, potatoes, pumpkin, wild mushrooms, brussels sprouts, onions, and cauliflower.

January/February:

- Fruit: Pears, clementines, lemons, oranges, passion fruit, satsumas, and pomegranates.
- Vegetables: Brussels sprouts, cabbage, potatoes, beans and lentils, beetroot, cauliflower, celery, kale, leeks, parsnips, and turnips.

Add in Vitamin D: Vitamin D is known as the "sunshine vitamin" because your body produces it when your skin is exposed to sunlight. This can be a problem when the days are shorter, and it's too cold to spend much time outdoors, as vitamin D deficiency can lead to depression, bone and joint pain, and fatigue.

You can get an amount of vitamin D from a variety of foods (including oily fish like salmon and mackerel, portobello mushrooms, fortified cereal and milk, egg yolks, and fortified juice), but your doctor may recommended that we consider taking a vitamin D supplement to boost our intake from October to March), when sunlight is less available. Aim for 10 micrograms (400 IU) of vitamin D each day.

Fill up on Fiber: Hormonal changes in the body commonly occur during colder seasons, which can cause the body to feel increased hunger and feel less satisfied with what they are eating. Studies suggest we tend to consume an extra 90-200 calories in winter as a result. When you feel the urge for comfort foods, try to limit refined (or 'white') starchy carbohydrates and opt for complex carbohydrates (the whole meal alternatives) instead. Look for whole grains like brown pasta, quinoa, oats and brown rice plus legumes and vegetables. These are not only higher in fiber but can give you a much-needed boost of serotonin, the 'happy' hormone.

Stay hydrated: Living and working in centrally heated buildings can dehydrate you, making you more susceptible to colds and flu. When dehydrated, you're also more likely to feel fatigued and less productive. Herbal tea is a great alternative to warming a winter warmer to boost your fluid and nutrient intake whilst keeping you feeling toasty. Fresh lemon and ginger, apple and cinnamon, cardamom, and fennel tea are tasty warming options. Green tea is also an ideal winter drink as it contains beneficial antioxidants called polyphenols.

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.

RECIPE CORNER

Honey Glazed Chicken

Ingredients

1/8 cup honey

1 tablespoon light or low sodium soy sauce

1/16 teaspoon red pepper flakes

¾ tablespoon olive oil

2 skinless, boneless chicken breast halves, cut into bite-size pieces

Directions

1. Gather all of your ingredients
2. Whisk honey, soy sauce, and red pepper flakes in a bowl; set aside.
3. Heat olive oil in a skillet over medium heat; cook and stir chicken in hot oil until lightly brown, about 5 minutes.
4. Pour honey mixture into the skillet; continue to cook and stir until chicken is no longer pink in the center and sauce is thickened, about 5 minutes more.
5. Serve hot over rice and pair with some of your favorite fall vegetables and enjoy.

DID YOU KNOW?

There are three places in the United States named Turkey: Turkey, Texas; Turkey, North Carolina; and Turkey Creek, Louisiana.

Tips for a Healthy Thanksgiving for Seniors

Thanksgiving is a time for gratitude, togetherness, and delicious meals. By emphasizing moderation, nutrient-rich choices, and thoughtful planning, Seniors can savor the holiday without compromising your health.

- Begin the day with a nutritious breakfast: Though it may well seem sensible to forego breakfast on Thanksgiving morning to save room for the heavy meal to come, it's always best to begin with a wholesome meal to start the day.
- Experiment with something new: Try mashing cauliflower rather than potatoes, or roasting sweet potatoes with cinnamon and olive oil to serve instead of candied yams.
- Opt for turkey breast: A lean protein source and remove the skin to reduce saturated fat intake. Encourage baking, grilling, or roasting methods instead of frying.
- Highlight colorful veggies: Carrots, spinach, and sweet potatoes are rich in antioxidants and fiber, aiding digestion and promoting heart health.
- Smart substitutions: Use herbs and spices for flavor instead of excessive salt, reducing sodium intake, which is vital for Senior health.
- Go easy on desserts: It wouldn't be Thanksgiving without those delicious home-baked desserts, and as long as the dietary plan allows it, a small portion of a couple of beloved treats delivers the satisfaction of a sweet ending to the meal. Try to incorporate some fresh fruit as well. Swap heavy creams with low-fat alternatives in recipes.
- Stop eating when you begin to feel full: Considering that we tend to overindulge at Thanksgiving more than at any other time, listen more closely to your stomach than your eyes. Although it's certainly tempting to go back for seconds and even thirds during holiday mealtimes, our bodies inform us when we've had enough. Choosing to use a smaller plate is also a very good way to regulate portion sizes and prevent overindulgence.
- Don't forget to exercise: Instead of slouching onto the sofa for the remainder of the day, get up and get active to burn off all of those calories. Go for a walk or engage in some energetic games that others can participate in together.

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

November is National Chronic Obstructive Pulmonary Disease Awareness Month

Chronic Obstructive Pulmonary Disease (COPD) is a term used to describe chronic lung diseases including emphysema, and chronic bronchitis. This disease is characterized by breathlessness. Some people with COPD also experience tiredness and chronic cough with or without mucus.

It is not always easy to determine the exact cause of COPD. However, we understand that certain factors can increase the likelihood of developing it. These include:

- Smoking of any kind
- Exposure to secondhand smoke
- Inhaling environmental pollutants (dust, fumes or chemicals)
- Genetic predisposition

It's easy to think of shortness of breath and coughing as a normal part of aging, but these could be signs of COPD. COPD can progress for years without noticeable shortness of breath. COPD symptoms often don't appear until a lot of lung damage has occurred. Symptoms usually worsen over time, especially if smoking or other irritating exposure continues. Symptoms of COPD may include:

- Trouble catching your breath, especially during physical activities.
- Wheezing or whistling sounds when breathing.
- Ongoing cough that may bring up a lot of mucus. The mucus may be clear, white, yellow or greenish.
- Chest tightness or heaviness.
- Lack of energy or feeling very tired.
- Frequent lung infections.
- Losing weight without meaning to (this may happen as the condition worsens).
- Swelling in ankles, feet or legs

COPD is primarily diagnosed with a breathing test commonly known as Pulmonary Function Testing or Spirometry test. This test measures how well the lungs can move air in and out of the body. Other diagnostic methods may involve imaging, such as a CT scan or X-ray, and blood work. These tests, along with your medical history, will help your doctor figure out how serious your COPD is.

There's no cure for COPD. Treatment focuses on improving your symptoms and reducing and treating exacerbations. Your provider may recommend:

- Smoking cessation programs. If you smoke, quitting can slow down the progression of COPD.
- Inhaled medications. Bronchodilators and steroids can reduce inflammation and open your airways. These might come in an inhaler or as a liquid you put in a nebulizer.
- Oxygen therapy. You may need supplemental oxygen to improve your oxygen levels.
- Pulmonary rehabilitation. This is an exercise and education program that can strengthen your lungs and help you manage COPD.
- Corticosteroids. You might need a course of steroids to reduce inflammation during an exacerbation.
- Positive airway pressure. Your provider might have you use a BiPAP machine to help you breathe, especially during an exacerbation.
- Antibiotics. If you have frequent bacterial infections in your lungs, your provider may prescribe antibiotics to prevent infections and exacerbations.
- Lung volume reduction (LVR). If you have severe COPD and you're a good candidate, your provider may suggest surgery or a valve procedure that reduces the trapped air in your lungs.

Leaving symptoms misdiagnosed, untreated, or undertreated may cause them to worsen faster than if they were treated with proper medication and therapy. Many adults with COPD are incorrectly diagnosed with asthma. Providing a proper diagnosis means individuals will receive the right treatments and follow-up monitoring.

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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.
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ALZHEIMER'S ASSOCIATION

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.