

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

APRIL 2024



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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Ellenville Spring View, by Steve Aaron, Courtesy of Ulster County Tourism



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UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

April is here and so is Spring. I am looking forward to working in the garden soon.

I hope you all take a look at the advertisers we have in this newsletter – these folks have taken out ads in the hope that if you need their services, they are a “page away!” We also ensure that a good variety of ads are placed in there for services you may need someday. These folks are local companies and agencies who believe in our mission, and continue to support our important work, in both our programming and getting the information out there for folks to see every month. Please support them if you can.

I wanted to bring everyone’s attention to a series we are helping to support and promote, which begins at the end of this month. Death Literacy 101 will be a 3-part series exploring your options to prepare yourself and your family for end of life. It really applies to all of us, doesn’t it? Attending this series, presented by experts in the field, and each of the 3 parts will be different, will give you a much broader picture on what you and your family can do for peace of mind in helping prepare yourself and your estate. We will have Hospice come and speak, a lawyer will present the legal options on what you can do (our office can help with this as well, as our lawyers comes in every week) and other experts who are familiar with many techniques for preparation, information and education for this somewhat difficult topic. We want to make the topic accessible for all, so we have teamed up with the Hudson Valley Women’s Network and Bevival.com to put this series together for you. It is free, and we encourage everyone interested to register for the entire series, which begins April 26, and continues May 3 and May 10 here in our Senior Hub at 1:30 on all those dates. Please register at our office – 845-340-3456. We hope to see many folks there. It is a difficult topic for some and we hope to give you some useful tools and help in your planning.

We will also be offering A Matter of Balance again (this time in Pine Hill Community Center beginning in April) and Bingocize in Marbletown, also beginning in April – call to register for these important Fall Prevention classes.

Looking forward to things growing again!
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 in Kingston on Thursday mornings from 9:30 to 11:30 A.M. Next classes:

April 4: How to Manage Files on your Computer Hard Drive and Managing Files on an External Hard Drive.

April 11: Editing and Managing e-Mail files and Text messages on the iPhone.

April 18: General Tech Q&A Practice Session, bring your Tech and your questions.

April 25: Using Apple iCloud and Accessibility Features on iPhone and iPad.

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.

UCAT Application (App) for your Smartphone is available!

Find bus Route Information for the Ulster County Area Transit System (UCAT). This app displays real-time locations of the city buses with notifications and schedules. Features include:



- Real-time location of the buses
- Routes displayed on a map
- Bus location-based ETA’s
- Arrival notifications
- Route schedule views

To download the application to an Apple iPhone:

1. Go to the Apple App Store on your iPhone
2. Tap the Search icon and enter UCAT
3. Look for the icon shown above that represents the UCAT app
4. Tap GET to download the application to your device

To download the application to an Android Phone:

1. Go to Google Play (store) on your phone
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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.**

Please use social distancing to the extent possible.
Masks are optional.

UCOFA Weekly Game Day

Wednesdays, 1:00 to 3:00 P.M.

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, 9:30 to 10:30 A.M.

Shoes must be worn.

UCOFA Fitness & Fun for All Bands, Balls, Light Weights & Light Cardio

Wednesdays, 10:30 to 11:30 A.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 \$2,355 or less (Married income \$3,189 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

To make an appointment call Ulster County Office for the Aging at 845-340-3456.

The attorney does not go to court on any matter. If immediate assistance is needed, a prospective client may want to contact Legal Services of the Hudson Valley at 845-331-9373.

UCOFA Lunch and Learn for Seniors

May 7: Emergency Preparedness

Planning for emergency or natural disaster.

Presented Michael Madison, Deputy Director, U.C. Emergency Services
 Saugerties Public Library, 91 Washington Avenue, Saugerties, NY.
R.S.V.P. by April 29, 2024

May 21: Emergency Preparedness
Planning for emergency or natural disaster.

Presented Michael Madison, Deputy Director, U.C. Emergency Services
 Highland Public Library, 14 Elting Place, Highland, NY.
R.S.V.P. by May 13, 2024

Lunch and Learn runs Noon to 2:00 P.M.

Free to Ulster County Seniors age 60 and over and includes free lunch with reservation. Space is limited. Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P. Please use social distancing to the extent possible. Masks are optional (at presenters discretion).

Chair Zumba

In partnership with MVP and NYConnects.

Dance fitness workout with seated movement to help balance and coordination.

Wednesdays, April 24 to May 29, 2024, from 2:00 to 3:00 P.M.

Ulster County Senior Hub, 5 Development Court, Kingston, NY.

Space is limited. Call the Ulster County Office for the Aging to register at 845-340-3456.



Meet with a Care Consultant from the Alzheimer's Association for care planning customized to meet your needs. During a care consultation, Alzheimer's Association staff can help you:

- Navigate difficult caregiving decisions and family issues.
- Assess current needs and anticipate future care challenges.
- Develop an effective care plan and problem solve barriers.
- Offer supportive listening in a confidential, nonjudgmental environment.

Tara DeLuca will be in the Ulster County Office for Aging from 10:00 A.M to 1:00 P.M., on the following dates in 2024: April 12, May 10, and June 7. Call the Ulster County Office for the Aging at 845-340-3456 to make an appointment.



Pillow Talk (1959) starring Rock Hudson and Doris Day, on April 23, 2024. R.S.V.P. by April 19, 2024.

On the Waterfront (1954) starring Marlon Brando, on May 14, 2024. R.S.V.P. by May 10, 2024.

At the Rosendale Theatre, 408 Main Street, Rosendale, NY. Movie starts at 1:00 P.M. Free to Ulster County Seniors age 60 and over. Call the Office for the Aging to R.S.V.P at 845-340-3456.

Thank you to TenBroeck Commons for sponsoring Ulster County Office for the Aging's Valentine's Bingo in February.



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April 2024 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Butternut Mac & Cheese Broccoli Cole slaw Strawberry Shortcake Juice	2 Sloppy Joe Tater Tots Blended Veg Hamburger Bun Apple Sauce	3 Chicken Marsala Herbed Ziti Italian Blend Veg Rye Bread Cookies Juice	4 Ground Beef Stew w/ Peas and Carrots Scalloped Potatoes WW Bread Pears	5 Grilled Chicken w/ Cranberry Orange Sauce Cinnamon Yams Spinach WW Bread Fruit Cocktail
8 Chicken Parm w/ Penne Marinara Italian Veg Rye Bread Pears	9 Sweet & Sour Meatballs Fried Rice w/ Egg Bed of Cabbage WW Roll Fortune Cookie Mandarin Oranges	10 Crab Cake Tater Tots Blended Veg Cole slaw WW Bread Lemon Pudding Juice	11 Grilled Chicken/w BBQ Sauce Au Gratin Potatoes Carrots Corn Bread Peaches	12 Meatball Parm w/ Penne Italian Veg Rye Bread Pineapple
15 Salisbury Steak w/ Gravy Egg Noodles Peas & Carrots WW Bread Apple Sauce	16 Chicken Fricassee Herbed Brown Rice Green Beans Rye Bread Mixed Fruit	17 Meatloaf w/ Gravy Garlic Mashed Potatoes Carrots Rye Bread Pears	18 Salmon w/ Latino Sauce White rice Spinach WW Roll Lemon Cake Juice	19 Grilled Chicken Au Gratin Potatoes Blended Veg WW Bread Apple Sauce
22 Chicken & Dump- lings Green Beans & Pep- pers Biscuit Fresh Fruit	23 Potato Pollack Confetti Rice Broccoli WW Bread Rice Pudding Juice	24 Lasagna Roll w/ Meat sauce Winter Blend Veg Tossed Salad WW Roll Tropical Fruit	25 Swedish Meatballs Egg Noodles Blended Veg Rye Bread Mandarin	26 Cheese Omelet Broccoli Rye Bread Fruited Yogurt Parfait
29 Taco Mix Yellow Rice Fiesta corn Shredded Cheese Corn Tortilla w/Salsa Pineapple	30 Breaded Chicken w/ Dijon Sauce Sweet Potatoes Blended Veg WW Bread Pears		Meals Prepared by Gateway Hudson Valley Milk is provided WW = Whole wheat Menu Subject to Change	Community Café Information and Reservations call: 845-331-2180 For Home Delivered Meal Cancellation call: 845-331-2496



COMMUNITY CAFÉS

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

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

UCOFA Community Café locations:

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

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

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

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

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

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

Want to try it out? Call Gateway Hudson Valley at 845-331-2180 for more information.

Reservations for registered participants must be made at least 24 hours in advance. Please remember, this is for Ulster County Seniors age 60 and over.

The recommended voluntary contribution for a Community Café meal is \$3.00 per meal but not mandated. All contributions are voluntary and confidential. No one will be denied a meal if they do not contribute. Meals made possible by funds provided by Ulster County Government, NYSOFA, UCOFA and Private funds. Your contributions help keep Senior programs available. Thank you.



HOME DELIVERED MEALS

Home delivered meals can help Seniors stay independent in their own homes. Are you or someone you know, unable to take care of meal preparation?

The Ulster County Office for Aging Home Delivered Meal Program provides a weeks-worth of nutritious frozen meals delivered once a week to Seniors at NO cost.

The meals served are planned by a registered dietitian and each meal provides one-third of a Senior's daily nutritional needs.

Qualified Seniors must be:

- 60 years or age or older
- Ulster County resident with no other supports
- Unable to prepare meals
- Homebound due to incapacity or illness

Voluntary contributions are appreciated. Contributions are confidential and no one will be denied a meal if they do not contribute. The recommended voluntary contribution is \$3.00 per meal. If monthly income is higher than 185% of the federal poverty level (\$2,248 for a 1 person household and \$3,040 for a 2 person household), Seniors are offered the opportunity to contribute the full cost of the meal which is \$11.04. 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 845-331-2496.

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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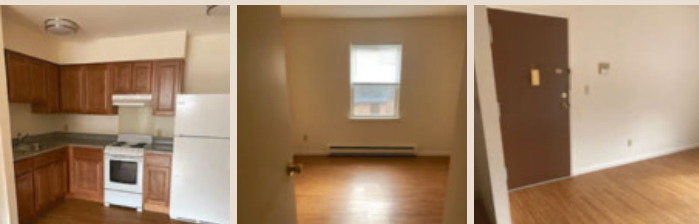


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For An Application

Introducing the Ulster County Archives!

By: Ulster County Clerk's Office

It may come as a surprise to many readers of this newsletter that Ulster County is one of only a handful of local governments in New York State to operate an Archives program! A service of the Ulster County Clerk's Office, the job of our Archives division is to help the public navigate the remarkable permanent records and donated collections currently in the care of the County Clerk. Our Record Center, in which the Archives is located, contains upwards of 39,000 boxes of material, a considerable portion of which are historic permanent public records available for historians and researchers to examine year-round.

How is it that we have so many historic records?! The origins of our County begin with the colonization of the Esopus Valley by the Dutch in the early 1650s. This was a complex and tragic period marred by conflict with the Native Americans who had called this place home for millennia. By 1658 the Anglo-Dutch colonists here had formed a local court, and the records of their administration during this period make up some of the earliest papers now in our care.

When Ulster County was formed by James, Duke of York in 1683, a Clerk was appointed to record and preserve the proceedings of the county government. 341 years later our 45th County Clerk, Nina Postupack, continues to fulfill this responsibility while also working to expand the services of the Clerk's Office. The commitment of this office to expanded access and preservation resulted in the official formation of the Archives division in 2002, and our office began operating a records donation program allowing the public to donate historic materials that testify to the history of Ulster and its people.

Some of the most fascinating materials now in our care include not only the Dutch-language records mentioned above, but things like historic records of IBM Kingston and the photographic archives of the Kingston Daily Freeman. That last collection is huge, including upwards of 85,000 press photos used by the Freeman between 1960 and 2005 that were donated to our office by the newspaper back in 2021. Our staff is now in the process of digitizing these pictures, and you should stay tuned for a more detailed discussion of that collection in a future edition of The Buzz!



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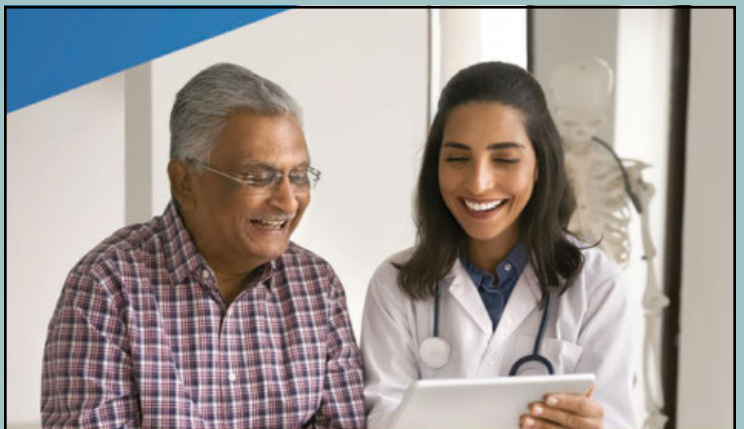
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Death Literacy: What is it and why should you care?

In an era marked by unprecedented advancements in healthcare, technology and longevity, individuals and their communities have begun fostering a deeper understanding of death and dying through education – a concept encapsulated by the term "death literacy." Simply stated, death literacy ensures a more compassionate, informed, and empowered approach to end of life. It serves as a compass for navigating complexities of aging and ending of life. And like all other forms of literacy, death literacy empowers the individual with knowledge, nurturing a culture where individuals can feel comfortable discussing their preferences, fears, and expectations. Such openness eases the emotional burden on individuals and their families and facilitates better decision-making regarding healthcare choices, legacy and estate planning and funeral arrangements.

Furthermore, death literacy ensures self-determination and safeguards the well-being and dignity of individuals during the final chapters of their lives. At a time when chronic illnesses and age-related ailments become more prevalent, making informed choices regarding medical options and end of life care is crucial. A death-literate society and individual engages in meaningful conversations and advance planning, ensuring that their values and preferences are respected leading up to, and during their final moments. By making these critical decisions long before time of need, individuals have taken the necessary steps to navigate the complex healthcare landscape and share their informed choices with healthcare providers, family, and friends.

Moreover, death literacy fosters resilience and emotional well-being by encouraging a positive perspective about life's impermanence. As we age, the loss of loved ones becomes more prevalent. Death literacy encourages open conversations about mortality, breaking the taboo surrounding death and fostering supportive communities where individuals can seek comfort as they cope with grief and bereavement. The importance of death literacy cannot be understated. Facing the inevitability of death with awareness and understanding allows individuals to appreciate the significance of life and relationships. It prompts a reevaluation of priorities, encouraging people to live more authentically and meaningfully. Embracing the concept of death as a natural part of the human experience can contribute to reduced anxiety and fear, leading to a more fulfilling and purposeful existence, even in the face of life's inevitable conclusion.

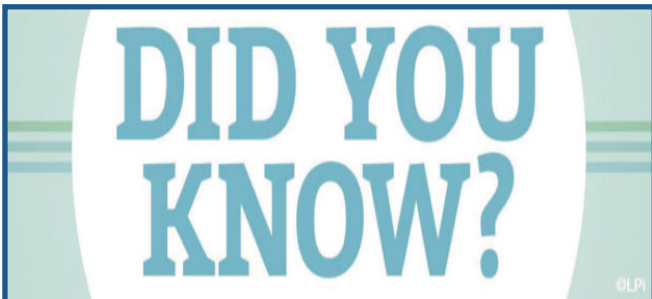
Without adequate literacy about these matters, individuals and their families typically face uncertainty, stress, and conflict unnecessarily during these emotionally sensitive times. But by fostering death literacy, individuals can alleviate logistical burdens on loved ones and ensure their wishes are honored during their final days. Confronting the realities of aging may not be comfortable, but it's an investment that delivers meaningful outcomes as life reaches its natural conclusion.

Please join Caren Martineau, founder of Beval.com for Death Literacy 101, a three-part workshop at the Ulster County Senior Hub from 1:00 to 2:30 P.M., on April 26, May 3, and May 10, 2024. R.S.V.P. by April 22, 2024 by calling the Ulster County Office for the Aging at 845-340-3456.



Garden tips for April

- Choose planting areas based on exposure to sun, shade, wind and distance from water source.
- There is still time to start tomatoes, eggplants, and pepper seeds indoors, despite the passing of their so-called "ideal" start-dates.
- Wait until after bloom to prune spring-flowering shrubs like lilacs
- Measure the rainfall with a rain gauge posted near the garden so you can tell when to water. The garden needs about one inch of rain per week from April to September.



The first Olympics of the modern era took place in April 1896 in Athens.

Let's Revisit Fiber

Are you getting enough Fiber in your Diet? It appears that only about 5% of Americans reach the recommended fiber intake. Fiber needs vary from person to person, but the Dietary Guidelines for Americans 2020-2025 suggest goals for adults ~ 28 grams of fiber daily.

What is Fiber? Fiber is a type of Carbohydrate. Unlike other Carbohydrate foods, Fiber goes through the digestive system without being digested or absorbed. Fiber can be broken down into 2 categories: Soluble and Insoluble. Soluble fiber dissolves in water (in your digestive tract) and helps to manage blood sugar and cholesterol. It slows down digestion to dull the blood sugar response, resulting in less spikes and dips after eating. It also helps to leave you feeling full longer. Soluble fiber also binds with Cholesterol to help rid the body of this fat. As we may know, excessive cholesterol in the body can lead to some serious cardiac problems.

Insoluble fiber does not dissolve in water and adds bulk to the stool making it easier to pass.

Fiber and fiber rich foods help with digestion, heart function, metabolism and to boost the health of our Gut Microbiome. Soluble fiber has Prebiotic powers that help to boost healthy bacteria in the microbiome and thus help support the healthy microorganisms in the large intestines.

Increase your fiber intake gradually: Too much too soon can cause abdominal discomfort and bloating, so drink plenty of water and space out fiber between your meals and snacks and not all in one sitting.

Foods high in fiber: Whole grains, fruits, vegetables, nuts, seeds, and legumes.

Tips to add fiber to your day:

- Include fresh fruit , cooked or raw veggies to your meals and snacks.
- Grab a handful of unsalted nuts or add nuts, seeds, and granola to your oatmeal/ yogurt.
- Swap out white breads and pasta for 10% whole grain choices.
- Choose snacks made with nuts and seeds.
- Fun fiber dips for your fresh veggies - guacamole, hummus, and veggie dips.

Beefless fiber packed vegan tacos

Ingredients

1 (16 ounce) package extra-firm tofu, drained, crumbled and patted dry

2 tablespoons reduced-sodium tamari or soy sauce

1 teaspoon chili powder

½ teaspoon garlic powder

½ teaspoon onion powder

1 tablespoon extra-virgin olive oil

1 ripe avocado

1 tablespoon vegan mayonnaise

1 teaspoon lime juice

½ cup fresh salsa or Pico de Gallo

2 cups shredded iceberg lettuce

8 corn or flour tortillas, warmed

Pickled radishes for garnish

Directions

1. Combine tofu, tamari (or soy sauce), chili powder, garlic powder and onion powder in a medium bowl. Heat oil in a large nonstick skillet over medium-high heat. Add the tofu mixture and cook, stirring occasionally, until nicely browned, 8 to 10 minutes.

2. Meanwhile, mash avocado, mayonnaise, lime juice and salt in a small bowl until smooth.

3. Serve the taco "meat" with the avocado crema, salsa (or Pico de Gallo) and lettuce in tortillas. Serve topped with pickled radishes, if desired.

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.

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

10:00 to 11:00 A.M.,

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Marbletown Town Hall,

1925 Lucas Avenue,

Rondout Municipal Center

Cottkill, NY.

(enter on Marbletown/playground side)

To register, call the Ulster County

Office for the Aging at

845-340-3456 by April 5, 2024.

A Matter of Balance

An evidenced-based fall prevention and exercise program

Thursdays

12:00 to 2:00 P.M.

April 11 through May 30, 2024.

Pine Hill Community Center,

287 Main Street, Pine Hill, NY.

Classes are once a week for eight weeks This is a program that builds on each class. 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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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.

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.



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Call 845-340-3456 to make an appointment.

The Alzheimer's Association helpline is available 24/7 by calling (800) 272-3900.