

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

DECEMBER 2022



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?

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.



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UCOFA DIRECTOR MESSAGE

Dear Ulster County Seniors:

The Holidays are approaching! Every year the store décor seems to be earlier and earlier, doesn't it?

However, please do not let the merchandising of the holidays deter you from the meaning of togetherness, family and spreading cheer and goodwill. There are always plenty of opportunities available to help those less fortunate than yourselves, even for a small moment, or even once or twice. The ability to give lies in all of us. We have lots of volunteer spots for all sort of abilities, time commitments, and preferences. Call us at 845-340-3456 to chat about it!

We also have decided to keep some things (activities) going during the winter months, as we know the need isn't going away. All our Community Cafés stay open, and our Senior Hub will continue to offer its own schedule of craft classes and exercise classes as we did last year. PLEASE NOTE: ALL CLOSINGS OF THE HUB WILL COINCIDE WITH KINGSTON CITY SCHOOL DISTRICT CLOSINGS, WHETHER THEY BE A TWOHOUR DELAY (MORNING ACTIVITIES WILL BE CANCELLED) OR SCHOOL CLOSURE (ALL ACTIVITIES CLOSED). PLEASE NOTE THAT GATEWAY WILL MAKE A DECISION ABOUT THE COMMUNITY CAFÉ SITES THE MORNING OF THE WEATHER.

We at the Office for Aging wish all of you a most health and happy Holiday season, whatever you celebrate!

Warm Wishes to all!

Susan Koppenhaver,
Ulster County Office for the Aging Director

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 on December 9 from 10:00 A.M to 1:00 P.M. Please call the Ulster county office for the Aging at 845-340-3456 to make an appointment.

Central Hudson Electric & Gas Relief Program for low-income customers.

Customers or a member of the customer's households must provide documentation of proof of enrollment in regular or emergency HEAP, Lifeline, SNAP, Medicaid, SSI, Federal Public Housing Assistance, Veterans Pension or Survivors Pension.

Customers must be enrolled in Central Hudson's Bill Discount Program by December 31, 2022.

For eligibility requirements and to enroll visit www.CentralHudson.com/PaymentAssistance.

Senior Technology Informal Q&A Technology Class

Thursday, December 15, 2022 from 9:30 to 11:30 A.M.

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

Please register by calling UCOFA at 845-340-3456 (space is limited).

Bring your mobile phones, tablets, laptops and most importantly, your questions. There will be OFA Tech Volunteers to work with you one on one to clarify, untangle, unravel, whatever it is that has you stumped. You are bound to come away with some new-found "Tech savvy"!"

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Ulster County Seniors

We provide nutritious, well-balanced meals to seniors in Ulster County. Please contact Ulster County Office for the Aging at 845-334-5125 for more information on how to qualify. We also offer the same great meals through our "Just Like Home" meal service - perfect for anyone desiring convenience, independent living, recuperating at home, or managing an illness.



We can help you with your nutrition needs. Call us for more information about our "Just Like Home" meals at
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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.

UCOFA Weekly Game Day

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

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

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

UCOFA Free Chess Classes

Learn to play and exercise your brain at the same time.

Mondays at 11:00 A.M., 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 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 Noon, Ulster County Senior Hub,
5 Development Court, Kingston, NY. Call Ulster County
Office for the Aging to register at 845-340-3456.
Please use social distancing to the extent possible.
Masks are optional.

MEDICARE

Medicare Counseling

The Health Insurance Information Counseling and Assistance Program (HIICAP) at the Ulster County Office for the Aging provides free and objection information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage.

HIICAP helps people with Medicare, their representatives, or people soon to be eligible for Medicare.

HIICAP Counselors are fluent in all aspects of Medicare and health insurance coverage, including Original Medicare, Medicare Advantage, Medicare supplemental plans, and prescription drug coverage.

If you need further information or would like to schedule an in-person or phone appointment with a HIICAP counselor, please call 845-340-3579.

Ulster County Office for the Aging Attorney

The Ulster County Office for the Aging Attorney can provide counseling and referrals for:

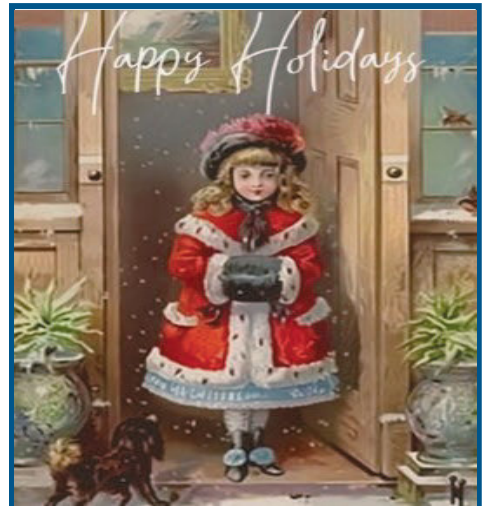
- Estate & Long Term Care Planning
- Government Benefits, including Medicaid
- Consumer Issues
- Housing
- Elder Abuse

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.



Scrooge: A Christmas Carol (1938) on December 6, 2022 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. Masks are no longer required but for the safety of our staff and volunteers they are highly recommended. Call the Office for the Aging to R.S.V.P. by December 2, 2022 at 845-340-3456.

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

Indoor Winter Activities for Seniors

If you're looking for some winter indoor activities that are fun and can help occupy the time, here's a list to get you started:

1. Start a Puzzle – Jigsaw puzzles are a great source of entertainment while keeping your mind stimulated. Choose a puzzle that relates to your interests and hobbies, and have fun seeing the picture come together piece by piece.
2. Enjoy Art – Explore your creativity and pass the time with painting, crafts or adult coloring books. You can do this alone or enjoy these activities with friends and family. There are many different ways to enjoy art that can create hours of fun.
3. Try a New Recipe – If there's a recipe you've been wanting to make, now's the time to give it a try! You could also spend time reading cookbooks or searching online for new recipes to add to your collection.
4. Listen to Music – Music can be a great way to pass the time. You can listen to music from years ago to bring back memories, or find new music to add to your playlist. Not only is it enjoyable, but it can also promote a happier outlook on life.
5. Make a Difference – If you're looking for something to do, why not try an activity that can make a difference in your community? You could stay indoors to knit, quilt or crochet articles of clothing to donate to various organizations.
6. Read a Book – The benefits of reading are endless and can include reducing stress, expanding your vocabulary and creating new perspectives – all while passing the time. If you're not interested in reading, why not listen to an audio book?
7. Play a Game – Cards and board games can be fun ways to pass the time indoors during the winter months. There are many options ranging from one-person games to games with multiple players.

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I have had the pleasure of helping buyers and sellers full-time for the last 25+ years with their real estate needs. A resident of Ulster County, I also have my Senior Real Estate Specialist (SRES) designation. I can give you a value on your home, assist you to sell your home and/or help you find a new home in or out of the area. Our offices in Ulster County are in Kingston, New Paltz, Stone Ridge and Woodstock.

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December 2022 Community Café & Home Delivered Meals Menu

Monday

Tuesday

Wednesday

Thursday

Friday

<p>For information or Home Delivered Meal cancellation call: 845-331-2496 Community Café information call: 845-331-2180</p>	<p>Meals Prepared by <i>Gateway Hudson Valley</i> Milk is provided WW = whole wheat "Menu Subject to Change"</p>		<p>1 Stuffed Shells Vegetables Sautéed Squash Rye Bread Oatmeal Raisin Cookie</p>	<p>2 Lemon Garlic Fish Rice & Beans Collard Greens V8 Juice, WW Bread Mandarin Oranges</p>
<p>5 Salisbury Steak with Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions Bean Soup Whole Wheat Bread Pineapple Chunks</p>	<p>6 Fish Scampi Risotto Green Beans Fresh Salad Whole Wheat Roll Tropical Fruit</p>	<p>7 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach Rye Bread Mandarin Oranges</p>	<p>8 Lemon Chicken Mashed Cauliflower Green Peas Whole Wheat Roll Vanilla Pudding with Toasted Coconut</p>	<p>9 Chicken Stir Fry Rice Pilaf Baby Carrots Apple Juice Rye Bread Peaches</p>
<p>12 Asian Pork Stew Lo Mein Noodles Vegetables Mandarin Slaw Whole Wheat Bread Fortune Cookie</p>	<p>13 Meatloaf with Mushroom Gravy Mashed Potato Braised Carrots Beef Barley Soup Whole Wheat Roll Applesauce</p>	<p>14 Teriyaki Chicken Basmati Rice Collard Greens Apple Juice Whole Wheat Bread Peach Crisp</p>	<p>15 Baked Cod with Creole Sauce Lemon Zested Orzo Brussel Sprouts Whole Wheat Bread Mandarin Oranges</p>	<p>16 Cheese Lasagna Green Peas Diced Carrots Whole Wheat Roll Pineapple Chunks</p>
<p>19 Pineapple Glazed Ham Jasmine Rice Yellow Beans WW Roll Apple Crisp</p>	<p>20 Eggplant Parmesan Penne Pasta Broccoli Rye Bread Rice Pudding</p>	<p>21 Caribbean Flounder Coconut Rice Grilled Plantain Vegetable Soup Whole Wheat Bread Mixed Fruit</p>	<p>22 Beef Stroganoff with Mushroom Gravy Buttered Egg Noodles, Peas, Tossed Salad Whole Wheat Roll Peaches</p>	<p>23 BBQ Pulled Pork Baked Beans Braised Red Cabbage Whole Wheat Bread Fresh Fruit</p>
<p>CLOSED 26 Hawaiian Chicken Baked Yam Vegetables WW Bread Oatmeal Raisin Cookie</p>	<p>27 Shrimp Alfredo Snap Peas Yellow Squash Whole Wheat Bread Peanut Butter Cookie</p>	<p>28 Chicken Parmesan Cavatappi Pasta Zucchini Cucumber Salad Whole Wheat Roll Fruited Pudding</p>	<p>29 Apricot Chicken Sweet Potato Vegetables Split Pea Soup Rye Bread Mixed Fruit</p>	<p>30 Stuffed Peppers Garlic Mashed Potato Sliced Carrots Whole Wheat Bread Pineapple Chunks</p>



COMMUNITY CAFÉS

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

Come and enjoy good food and socialization! UCOFA Community Cafés have re-opened. See below for days of the week.

UCOFA COMMUNITY CAFÉ LOCATIONS:

Rosendale: Rosendale Recreation Center, 1055 Route 32, Rosendale, NY, Fridays

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

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

New Paltz: New Paltz Community Center, 3 Veterans Drive, New Paltz, NY, Thursdays

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

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.

DO YOU KNOW SOMEONE WHO MIGHT BENEFIT FROM HOME DELIVERED MEALS?

Qualified Seniors must be:

- 60 years or age or older
- A resident of Ulster County
- Difficulty preparing own meals

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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Winter Nutrition Tips for Seniors

Staying balanced and on top of health goals in the winter may seem not-so-simple. The following tips can help Seniors have a healthy season despite the cold weather.

1. **Focus on Lean Protein and Iron-Rich Foods:** Lean protein accompanied by iron-rich foods can help to promote the building of muscle. Start the day out right with recipes like heart-healthy eggs benedict made with Greek yogurt.
2. **Balance the Diet with “Healthy” Fats:** “Healthy” fats help older adults to feel full. Especially with reduced appetites in the winter, the following foods can be great choices to add to the diet; Fatty fish, including anchovy, tuna, herring, and halibut, pumpkin seeds, olive oil and other plant oils, and walnuts.
3. **Dig into Root Vegetables:** Root vegetables are in season during winter and are at their nutritional peak. Try incorporating nutritious root veggies into the diet, such as beets, butternut squash, carrots, parsnips, and yams.
4. **Do not Shy Away from Salads:** Most people associate salads with summer. However, winter salads made with seasonal foods can be packed full of nutrients. Leafy greens, in particular, can provide vitamins, minerals, and antioxidants to the diet. Other fibrous, leafy green options include chard and spinach.
5. **Consume some Citrus:** Excellent for supporting the immune system, vitamin C in citrus can help Seniors stay well. Top sources of citrus include grapefruit, oranges, and pineapple.
6. **Supplement with Vitamin D as Needed:** Since sunlight is the main source of vitamin D, levels can decline in the winter. Talk with your physician about supplementing with vitamin D. In addition, include the following foods as part of the diet to elevate levels of vitamin D: eggs, fortified milk, seafood, and whole grains.
7. **Whip Up Some Whole Grains:** Whole grains are a nutritional powerhouse. They contain a plethora of nutrients, including fiber, iron, copper, zinc, magnesium, antioxidants like vitamin E, phytochemicals, and B vitamins. Some great choices to explore include: amaranth, barley, oats, quinoa, and teff.
8. **Serve Small, Frequent Meals:** For Seniors, it can be hard to manage eating three full meals. To help regulate blood sugar and keep a regular weight, try eating five to six small meals each day. Select nutrient-rich foods from each food group to make the most of meals.
9. **Hydrate Even Though It’s Not Hot:** The body still needs water in the winter, and aging bodies may need even more. The winter weather means the elderly are braving the elements. Drinking enough fluids along with eating hydrating foods is important for optimal health in the winter.
10. **Try Seasonal Spiced Recipes:** Favorite comforts foods can receive a nutrient upgrade for winter. For example, a lightened up lasagna with hints of nutmeg can be perfect for helping the elderly warm-up on dark winter nights. Herbs, like those included in Italian seasoning, are also in season during the wintertime.
11. **Hydrate with Sips and Soups:** Thirst reflexes can decrease with age, so it is extra important to be mindful of fluid consumption. Drinking plenty of water-rich beverages or warm-weather soups and stews can be a perfect, seasonal way to encourage adequate hydration.
12. **Add Nutrient-Rich Calorie Options:** Calories can be hard to come by as aging adults often deal with unwelcome weight loss. Some special foods to help maintain weight while contributing calories include: avocados, butter, coconut, cottage cheese, eggs, honey, nuts, olive oil, peanut butter and whole milk.

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Beat the Holiday Blues

For many Seniors, who may be facing the holidays without a spouse or other loved ones, the holidays can be a time of sadness and even depression. Additionally, poor health or chronic pain, can dampen holiday spirits. Here are some tips to help have a happy holiday:

- **Adjust your expectations:** Recognize that this holiday doesn't have to be like ones in the past. Honor those traditions you can and be open to creating new ones. For example, if you can't manage decorating the house by yourself, bring out a few ornaments or holiday mementos and create a centerpiece for your table
- **Acknowledge your feelings:** If you've recently lost a spouse or other loved one, recognize that feelings of sadness and grief are normal and appropriate. Don't force yourself to be happy simply because you think it's expected. If someone asks how you're doing, be honest by saying something like "I love the holidays, but this one's going to be hard without Peter around" will let people know you understand their excitement and why you may not be sharing those feelings this year.
- **Stay Connected:** Winter weather might make it difficult for to get out, but there are other options for staying connected to family and friends. Video chat services, like Skype, make it easy to talk face-to-face, or encourage faraway loved ones to text photos to you or send them via email.
- **Get Outside:** Fresh air and sunshine can boost mood. Even spending 10 minutes outside each day can help prevent the blues. Remember to bundle up and wear boots with a non-skid tread before you head out.
- **Eat Well:** When you are feeling a little down, it's easy to reach for carb-heavy, comfort foods. They can further exacerbate the problem and leave you feeling even more lethargic. Instead, make a commitment to eating a well-balanced diet rich in nutrient-dense fruits, vegetables, and lean protein.
- **Vitamin D Tested:** It isn't uncommon for Seniors who spend most of their time indoors during the winter to develop a vitamin D deficiency. It can result in depression and muscle pain if untreated. Talk with your physician about being screened for a vitamin D deficiency and the need for supplements.
- **Daily Exercise:** The endorphins released when you exercise are the body's natural mood elevator. Walking, chair yoga, Tai chi are all exercises that have mental and physical health benefits.
- **Limit Alcohol:** While you may be tempted to indulge in a cocktail or two when you are feeling down, it isn't a great idea. Experts say that overindulging in alcohol can contribute to the blues.
- **Lighten Up:** When the days are grey, it can be harder to stay upbeat and optimistic. Creating a brighter environment can help. Turn on all the lights and open the curtains and blinds. Consider adding an extra lamp in rooms that seem dark.
- **Laugh Medicine:** The old adage "laughter is the best medicine" has proven to be true. Whether it's enjoying a comedy or watching your favorite old sitcom, make a point of laughing more during the winter months.



Garden tips for December

- **Protect Roses from Winter damage** by mounding up their crowns with a 6- to 12-inch layer of soil before the ground freezes. After all is frozen, add a layer of leaf mulch to further insulate.
- **Houseplants are semi-dormant** now (unless growing under plant lights). Don't feed (or feed very little); watch it with the water in particular. Take it easy while they take their naps.
- **Seed catalog season gets going in earnest** shortly, with the first arrivals already online and in the mailbox, so early December is prime time to inventory leftover seeds and store them in a cool, dry place.
- **If you haven't already, apply a layer of mulch** on all of your planting beds, especially around your perennials.

DID YOU KNOW?

The name December comes from the Latin decem for "ten", as it was the 10th month in the Roman Calendar.

Healthy Holiday Eating

Holidays can be a time of overindulgence, especially when it comes to food and drinks. Older adults who may have more dietary restrictions should be particularly cautious during this time. Your metabolism slows as we age, so we don't need as many calories. The body may require more of certain nutrients that it didn't need as much of before – especially vitamin D. Planning for holiday meals and snacks is even more important if you have diabetes. Be sure to take proper precautions and check your blood sugar regularly if you have diabetes. Planning can also ensure you spread nutrients through the day as opposed to eating one big meal.

Things to consider:

- Eat normally before the holiday meal – don't try to "save" calories with the idea that it will keep you from indulging during the holiday meal. This reduces the risk of being so hungry that you will eat too much.
- Eat a healthy breakfast that is high in fiber to help you feel fuller longer.
- Choose healthier food options at gatherings. Choose foods without or less sauces, vegetables seasoned with herbs and spices rather than salt. Reach for vegetable appetizers rather than chips.
- Stay hydrated, be sure to drink adequate water or calorie free beverages throughout the season. Enjoy a calorie free, carbonated beverage while socializing, take a drink before snacking, the beverage will help to fill you up. The carbonation with a slice of lemon, lime, or a splash of cranberry juice makes the drink more festive.
- Enjoy small servings of desserts, it is easy to cut a slice of pie in half to enjoy and then you can also enjoy a cookie without overdoing it.
- Get enough rest. Sleep deprivation can make it more difficult to keep blood sugar under control, and we are all more likely to eat foods high in sugar and fat when not getting enough sleep. Aim for 7-8 hours of uninterrupted sleep each night.

Holiday Eggnog Recipe

Few drinks fit the holiday season like a glass of eggnog, and this is one way to enjoy a healthy, nutritious treat. Most homemade eggnog recipes include high calorie, high cholesterol, and high risk for salmonella. This recipe provides each serving only 92 calories, is low cholesterol, less than one serving of carbohydrate per serving, and is safe from salmonella contamination.

Eggnog Recipe with Liquid Pasteurized Egg Substitute Servings: 4

Ingredients:

Liquid Pasteurized Egg Substitute ½ cup

Equal Sugar Substitute 1 package

Evaporated Skim Milk 12 ounce can

Skim Milk ¾ cup

Vanilla Extract 1 teaspoon

Rum Extract 1 teaspoon

Ground Nutmeg To taste

Directions:

Whip egg substitute and Equal together. Combine with two types of milk and extracts. Mix well.

Chill overnight if possible.

Pour into tumblers and dust with nutmeg.

From the desk of the UCOFA Registered Dietitian: Juanita Bryant, RDN, CD. Nutrition Consults are free to Ulster County Seniors 60 and over. Consults currently via phone with the UCOFA Registered Dietitian. To make a referral, please call 845-340-3456.

AARP Taxaide is a Great Volunteer Opportunity

AARP Foundation Tax-Aide provides free-of-charge income tax preparation for residents of the Mid-Hudson Valley. The program targets seniors and low-to-moderate income households, but has no income restrictions and does not require AARP membership. Last year, Tax-Aide volunteers in Ulster and Sullivan counties prepared over 1,600 returns and helped taxpayers claim nearly 2 Million dollars in refunds!

For the upcoming tax season, the Ulster/Sullivan district is seeking volunteer tax preparation counselors. Training will be held in December and January, and clients will be served by appointment from February to the filing deadline of April 15. Counselors will be certified by the IRS. If you have some computer knowledge and a genuine desire to make a measurable impact on the lives of others, contact Steve Weir at 917-757-0968.

Information on the program is also available on the AARP website www.aarp.org/taxaide.



WELCOME TO SAFETY AND SECURITY.

At Wingate we believe that every resident deserves a life of dignity – regardless of age, physical or cognitive condition.

WISDOM • WELLNESS • WARMTH

The Three W's are the cornerstone of everything we do and allow us to provide everyone with exceptional nursing care, intellectual stimulation and companionship.

When a loved one is unable to care for him or herself at home, our experienced team of doctors, nurses and aides provide superior care that promotes the best possible outcomes, quality of life and comfort level for residents.

Call us today to learn why a Wingate skilled nursing facility may be right for your loved one at **866-2WINGATE**

SAUGERTIES SENIOR HOUSING

Subsidized Housing for Low Income Senior Citizens

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WAITING LIST



CALL OR WRITE FOR AN APPLICATION
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SAUGERTIESSENIORHOUSING.COM

OFFICE FOR THE AGING

Susan Koppenhaver,
Director

Judy Riley, Deputy Director

Office for the Aging

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

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.



NY Connects
Your Link to Long Term
Services and Supports

of Ulster County

(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.

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.