

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

JANUARY 2025



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 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.



1003 DEVELOPMENT COURT, KINGSTON, NY 12401 | 845-340-3456 | ULSTERCOUNTYNY.GOV/AGING

Lower Falls at High Falls, Courtesy of Steve Aaron, Courtesy of Ulster County Tourism

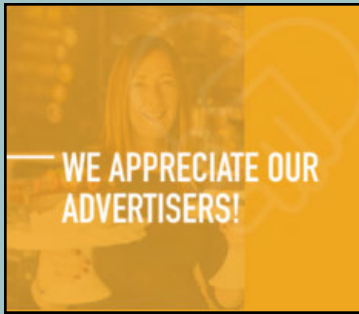


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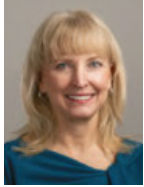
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UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

The winter, bleak as it may be, is upon us! Do not lose hope in the darkest hours, as the days are already, slowly, getting longer!

The Kingston Kiwanis is hosting their Annual Senior Holiday Dinner on the January 11th in Kingston. It is free for Seniors and reservations are required by calling 845-340-3259. The OFA has new Tai Chi classes starting and we will continue with all our Senior Hub activities throughout the winter – exercise classes, craft corner, chess classes, technology classes, and Community Cafés, providing plenty of opportunities to get together with folks. I once again stress the important of finding a social group to belong to. There are many groups around the County who would welcome new members. Some senior groups are called SSIP groups (Seniors Serving in Place), and they meet regularly, the members help each other out, and it might be just the thing you need for feeling part of something. Humans are social animals, and even though we may enjoy our solitude, we do need to reach out and not isolate. Contact our office if you want more information and we can help get you connected.

For this month’s energy tip, if you own a home, and want to possibly have an energy audit, please contact Michael Murphy at the Cornell Cooperative extension for assistance. They are eager to help, and you might be able to get some help weatherization, and energy savings – here are some things they do:

- Reduce your heating and electric bills
 - Take charge of your energy budget with a home or business energy assessment
 - Access financing and programs that offer free or reduced-cost energy efficiency upgrades
 - Start generating clean, renewable energy at home
- Call them at 845-340-3990 and find out what they can do for you.

If you do feel isolated and lonely, perhaps you’d like to become a Warm Caller – those callers reach out weekly to other folks who are living alone and have no one to speak to. It might do both of you a literal world of good! Call our office for details.

Have a wonderful healthy start to the New Year!

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 in Kingston on Thursday mornings from 9:30 AM to 11:30 AM. Next classes:

January 2: General Tech Q&A, Bring your tech and your questions .

January 9: Navigating the Windows computer (Herb Sawtell).

January 16: Creating a photo calendar (Lisa McCormack).

January 23: Navigating the Apple iPad, OS 18, new features (John Dowley).

January 30: General Tech Q&A, Bring your tech and your questions.

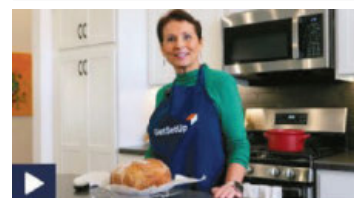
Classes are limited to 15 people. Please call the Ulster County Office for the Aging at 845-340-3456 to register. If you have registered for a class but find you are unable to attend, please call as soon as possible so we can contact a person on the waitlist.

Free Online Classes

Check out the numerous free online classes – from travel, cooking, exercise, crafts, and so much more at <https://ulstercountyny.gov/aging/ofa-online-classes> or <https://GetSetUp.io/partner/nystate>



Beginner Watercolor Painting Techniques



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OCTOBER EDITION

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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.**

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 and Fun for All
Bands, Balls, Light Weights, and Light Cardio**
Wednesdays, 10:30 to 11:30 A.M.
Shoes must be worn.

MEDICARE

MEDICARE COUNSELING

The Health Insurance Information Counseling and Assistance Program (HIICAP) at the Ulster County Office for the Aging provides free and objective 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 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 Thanksgiving Luncheon,
Rosendale Community Center



Tai Chi for Arthritis and Falls Prevention

(Beginner level)

Wednesdays and Fridays
11:45 A.M. to 12:45 P.M.
Starting January 8, 2025
Old Dutch Church, Bethany Hall,
272 Wall Street, Kingston, NY.

Tuesdays and Fridays
2:00 to 3:00 P.M.
Starting January 7, 2025
Institute for Family Health
Community Room,
140 Pine Street, Kingston, NY.

Classes are twice a week for eight weeks and ask that you be willing to make the commitment to be at all classes twice a week for all eight weeks. Free to Ulster County Seniors age 60 and over. Space is limited. Call 845-340-3456 to R.S.V.P.



See you in the Spring.



*Wishing you a
Happy New Year*

Thanks to funding made available by the Bank of Greene County, the Ulster County Office for Aging (OFA) is making essential repairs possible for older adults in need, ensuring they can safely stay in their homes 🏠❤️ With support from dedicated volunteers, vendors, and the Resource Center for Accessible Living (RCAL), we're tackling projects that make a big difference in daily life. Recent repairs include:

✂️ Robin H. received a new garage door, ending a problem with invasive animals and restoring warmth to her home. Robin shared, "This is fabulous, and life-changing. This will make a huge difference in my life and I am happy and grateful for this help!"

✂️ Phil R. had new windows, ceiling tiles, and outlets installed, making his home safer and more comfortable. He said, "They did a good job here, and fixed a lot of problems."

✂️ John received a new front door and frame, solving serious safety and temperature issues in his home. He expressed, "I'm extremely grateful for the help from Rick and the OFA."

OFA Director Susan Koppenhaver says, "This grant is helping older adults age in place safely, improving their quality of life."

Don Gibson stated "the Bank of Greene County Charitable Foundation is proud to support essential home repair initiatives. It's incredibly rewarding to hear firsthand examples of how our donations are helping restore homes and enhance safety. These stories remind us of the importance of community-driven efforts, and their ability to transform lives."

Funding has run out for the year, but we are hopeful for a new grant next year so if you or someone you know could benefit, contact the Ulster County Office for the Aging to learn more about the support available at

845-340-3456 or skop@co.ulster.ny.us. ✨ Huge thanks to the Bank of Greene County, along with OFA volunteers, vendors, and RCAL, for supporting efforts that keep our Seniors safe and our community strong!



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January 2025 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Prepared by Gateway Hudson Valley Milk is provided WW = Whole Wheat Menu Subject to Change * Sites closed and No HDM deliveries	Community Café Information and Reservations call: 845-331-2180 For information or Home Delivered Meal Cancellation call: 845-331-2496	*Closed 1 Shepherd's Pie Butternut Squash WW Bread Juice Holiday Brownie	2 Pork Tenderloin w/Apple Gravy Mashed Potatoes Harvard Beets Rye Bread Applesauce	3 Turkey Sweet Potato Skillet Steamed Cabbage WW Dinner Roll Mixed Fruit Cup
6 Chicken Marsala Buttered Noodles Brussel Sprouts WW Dinner Roll Peach cup	7 Fish Taco White Rice Corn and Black Beans Manhattan Clam Chowder WW Dinner Roll Juice Pudding	8 Roast Turkey w/LS Gravy Mashed Cinnamon Sweet Potatoes Green Bean Almondine WW Bread Pear cup	9 Chicken Tarragon Brown Rice Broccoli Rye Bread Juice Cookie	10 Lazy Man Stuffed Peppers Corn WW Bread Mixed Fruit cup
13 Chili Baked Potato Cauliflower Mushroom Soup WW Bread Pineapple Tidbits	14 Pineapple Chicken Stir Fry White Rice WW Bread Tropical Fruit cup	15 Fish Filet Brown Rice Pilaf California Blend Vegetables Rye Bread Mandarin Orange cup	16 Stuffed Shells w/LS Marinara Spinach Salad WW Dinner Roll Juice Cookie	17 Pot Roast w/LS Gravy Mashed Potatoes Brussel Sprouts WW Bread Applesauce
*Closed 20 Diced Chicken Broccoli Casserole Buttered Carrots WW Dinner Roll Pear cup	21 Fish Filet Sweet Potatoes Winter Mix Loaded Potato Soup Mandarin Orange Cup	22 Ground Beef and Cabbage Green Beans and Mushrooms WW Bread Juice Cookie	23 Pork Loin Baked Beans Broccoli Rye Bread Applesauce	24 Tuscan White Bean Pasta Brussel Sprouts WW Breadstick Peach cup
27 Fish Filet Lemon Orzo Buttered Peas Rye Bread Mixed Fruit cup	28 Taco Mix Yellow Rice Fiesta Corn Multigrain Tortilla Chips Salsa Peach Cup	29 Chicken Parm Penne Italian Blend Vegetables Salad WW Breadstick Pineapple Tidbits	30 Sloppy Joes Sweet Potatoes Brussel Sprouts WW Burger Bun Juice Cookie	31 Ravioli w/LS Cream Sauce Broccoli and Red Peppers WW Dinner Roll Mandarin Orange Cup



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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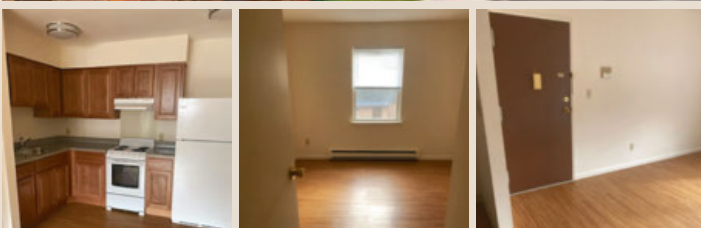
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January is Glaucoma Awareness Month

Glaucoma is called “the sneak thief of sight” since there are no symptoms and once vision is lost, it’s permanent. As much as 40% of vision can be lost without a person noticing. Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages. Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma. Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss.

Symptoms of Primary Open-Angle Glaucoma (POAG)

In the most common form of glaucoma, Primary Open-Angle Glaucoma, buildup of fluid pressure happens very slowly. There are no uncomfortable or painful symptoms. Most people who have primary open-angle glaucoma feel fine and do not notice a change in their vision at first because the initial loss of vision is of the side or peripheral vision, and the visual acuity or sharpness of vision is maintained until late in the disease.

Since we use our central vision for driving, reading and most tasks, the gradual loss of peripheral vision in glaucoma isn’t typically noticed until a significant amount of vision has been permanently lost.

By the time a patient is aware of vision loss, the disease is usually quite advanced. Vision loss from glaucoma is not reversible with treatment, even with surgery. Because POAG has few warning signs or symptoms before damage has occurred, it is important to see a doctor for regular eye examinations. If glaucoma is detected, your eye doctor can prescribe treatment to help protect your vision.

Symptoms of Primary Angle-Closure Glaucoma

Primary angle-closure glaucoma, also known as narrow-angle glaucoma, is a condition in which the angle is closed in many or most areas; this can cause increased eye pressure which can lead to optic nerve damage. Treatment in the early stages can help minimize the risk of developing glaucoma. In most patients with primary angle-closure, there is a gradual rise in eye pressure and there are no noticeable symptoms.

Rarely, the eye pressure increases rapidly and is called an acute attack of angle-closure. Here, the pressure level is extremely high and optic nerve damage can occur quickly. Acute angle-closure glaucoma is a medical emergency that requires immediate medical attention.

Symptoms of an acute attack of angle-closure can include:

- Hazy or blurred vision
- Severe eye and head pain
- Nausea or vomiting (accompanying severe eye pain)
- Appearance of rainbow-colored circles around bright lights
- Sudden sight loss

Some patients with angle-closure glaucoma may have transient episodes of high eye pressure which resolve on their own, and this can be mistaken as migraine headaches.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Eye pressure can be checked at any eye doctor’s office. Knowing what’s “normal” eye pressure is not so straightforward though. The average eye pressure is 16 mm Hg, but we know that some people with an average pressure can develop glaucoma, whereas others won’t. This is where the other risk factors really come into play. Then, if you have glaucoma, treatment can begin immediately. There are different options for glaucoma treatment and you should consult a doctor to see which one is most appropriate for you.



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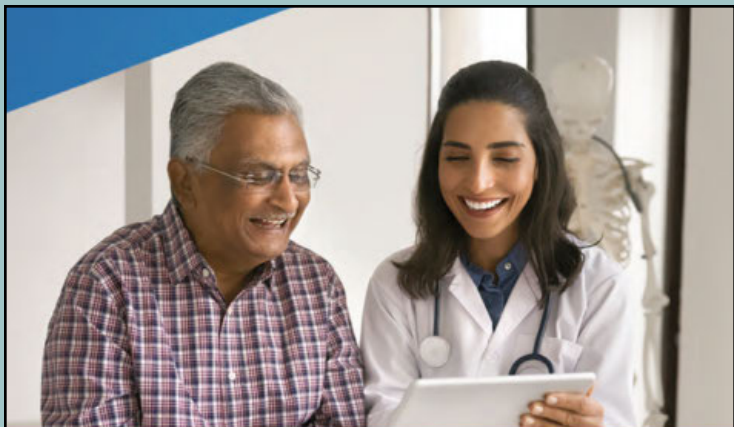
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Top 5 Healthy New Year’s Resolutions for Seniors

It’s time to renew our vows to practice healthier habits. Whether you want to lose weight, exercise more, or simply get a good night’s rest, you can improve your chances of successfully achieving your goals by following these tips.

1. **Get enough sleep:** Older adults need 7 to 9 hours of sleep each night. Lack of sleep affects your immune system, hormones, appetite, weight, thinking, energy, concentration, mood, and life expectancy. It also makes you feel dull and forgetful. To improve your sleep, try these tips for a good night’s rest:
 - Go to bed and wake up at the same time each day.
 - Exercise at least 30 minutes on most days.
 - Don’t drink coffee in the late afternoon.
 - Don’t drink alcohol before bed.
 - Avoid large meals late at night.
 - Get outside in the sunlight for at least 30 minutes a day.
2. **Make exercise a habit:** Regular exercise is important for your physical and mental health. It can help you continue to do the things you enjoy and stay independent as you age. In addition, exercise helps you manage and prevent diseases like diabetes, heart disease, breast and colon cancers, and osteoporosis. On top of that, exercise improves your mood and may improve cognitive function. The key to starting and sticking with an exercise routine is to: make it easy; make it social; make it fun. Make it easy by starting with low-intensity exercises. Set realistic goals, both short-term and long-term, and write down an exercise plan.
3. **Eat more fruits and vegetables:** As you grow older, your body doesn’t burn up as many calories as it used to, because your metabolism slows down as you age. That means eating less, but eating better, to maintain a healthy weight. The USDA’s Choose My Plate program, and your healthcare provider, can help you make good choices. They include eating plenty of vegetables and fruits; choosing healthier sources of protein such as beans, chicken, and fish; substituting whole grains for refined grain carbohydrates; replacing saturated and trans fats with unsaturated fats; and consuming alcohol in moderation.
4. **Challenge your brain:** While physical exercise is good for your brain, mental exercise is essential too. Challenging yourself by learning something new encourages the growth of new brain cells and stimulates the connections between them, which can improve cognitive function. Other activities, including music, dance, and creative writing, have also been linked to improved cognitive function and memory in older adults. So, consider singing in the choir, learning a new dance step, take or teach a class, read a book, do crossword puzzles. By keeping your brain active and engaged, you’ll help keep your mind sharp.
5. **Nurture your relationships:** Connecting with others makes us happy and drives away despair. It also reduces the health risks associated with social isolation and loneliness, including a higher risk of heart disease, stroke, and dementia. So, connect with friends and family whether it’s over a meal or over the phone. Call or email someone you’ve lost touch with. You might be surprised how excited they are to hear from you. You could also volunteer for a group or cause you’re interested in.



Garden tips for January

- Pre-order your bulbs and live plants from your preferred seed company for the whole year so you don’t have to worry about missing out on them once planting time comes around.
- Consider edible seed varieties that are drought-tolerant or disease-resistant.
- Use this month to check your houseplants: divide and re-pot any pot-bound plants.
- Set the bulbs in your sunniest window, keep temperatures on the cool side (55-65 degrees is ideal).

DID YOU KNOW?

January 3, 1959, Alaska officially became the 49th state of the United States.

Winter Nutrition Tips for Seniors

Winter and Winter Cold is here! It is time to snuggle up with a good book or get some of those inside projects done.

Flu shots, hand washing, time with family and friends can all help to keep you happy and healthy, but what about nutrition? Nutrition is fuel for your body, so filling up with premium fuel can boost your health this season. These winter tips can help you enjoy the cozy weather and avoid spending time at the Doctor's office.

No matter where you live you need plenty of Fiber and Protein to remain healthy. Nuts, Fish, Eggs, and Lentils are great sources of brain and muscle supporting proteins. Fruits and vegetables are rich in fiber for healthy digestion and antioxidants to help fight off infections.

Try some of these tips:

- Boost your immunity with Elderberry syrup and tea. There are studies out that suggest that this supplement can reduce the risk of cold and flu.
- Increase Vitamin D. The sun is a key source of Vitamin D. So you can imagine that there may be a risk of becoming deficient. Increase in Dairy foods such as milk and cheese can help as well as giving a calcium boost to your bones. Eggs, Salmon and Tuna are also great sources.
- Try eating warm soups and stews for great sources of protein and vegetables.
- Add a smoothie to your day for a quick shot of protein, fiber and antioxidants.
- Don't forget to drink water. Winter is a very dry season and hydration can be at risk.

Foods to avoid:

Sodium: Foods high in sodium can irritate cardiac and inflammation issues, especially since we tend to be less active and snack more during the colder days.

Sugar: An occasional treat is fine but high sugar snacking can increase the blood sugar and pack on unwanted pounds.

Fried Foods: Fried foods are particularly harmful to those with cardiac, gallstone, liver and weight control issues.

Some Seasonal Foods to take Advantage of: Kale, Broccoli, Root Vegetables, Swiss Chard, Brussel Sprouts.

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.

Caregiver Support Group

Ulster County Office for the Aging (UCOFA) and the Mental Health Association in Ulster County, Inc. (MHA) are offering a support group designed for caregivers seeking support and interaction with other caregivers. The group will also allow caregivers to learn skills, share information, and learn about available resources. Facilitated by MHA of Ulster County, Inc.

Meetings are held at:

MHA of Ulster County Inc.
300 Aaron Court, Kingston, NY
1st & 3rd Thursday of each month:
6:00 to 7:15 P.M.

In-person or via Zoom.

RCAL Conference Room
727 Ulster Avenue, Kingston, NY
2nd & 4th Tuesdays of each month:
10:15 to 11:30 A.M.

In-person or via Zoom.

For registration or details, please call the Ulster County Office for the Aging at 845-340-3456.

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Hudson Valley Long Term Care Ombudsman Program

JOIN OUR TEAM



Benefits of Becoming A Volunteer Ombudsman

Flexibility- You have the flexibility to complete your required 2 hours/week as it fits into your schedule.

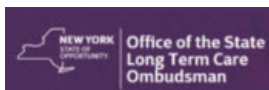
Free Training- and continuing education provided.

Vital Link- provides you the opportunity to give back to the most vulnerable of your communities' senior population.

APPLY AT:

NURSINGHOME411.ORG/LTCOP/VOLUNTEER

P: 845-229-4680 | www.nursinghome411.org



The New York State Long Term Care Ombudsman Program services are made possible through funding from the New York State Office for the Aging and U.S. Department of Health and Human Services, Administration for Community Living.

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Counseling

845-340-3579

Neighbor-to-Neighbor

845-443-8837

DEPARTMENT OF SOCIAL SERVICES

HEAP

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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.