THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

FEBRUARY 2023

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.

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

Sunrise Ice Storm on Mohonk Road, by Steve Aaron, Courtesy of Ulster County Tourism

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UCOFA DIRECTOR MESSAGE

Dear Ulster County Seniors:
February, although gloomy and cold, offers a lot of things to ponder! It holds President's Day, Lincoln's birthday, and Black History Month! Abraham Lincoln, the 16th President was successful in preventing a succession, ended slavery as it was, but had to endure a very bloody civil war, and wrote documents that last to this day, helping African-Americans begin to achieve an equality in society. Black History month began 53 years ago, has gone through name changes, but the fact that it is celebrated in the US, Canada and the United Kingdom shows its importance in parts of the world. One of the most famous Black Americans was Frederick Douglass, a former enslaved person who escaped slavery, fled to NY and Massachusetts, and became an orator and leader in the abolitionist movement before slavery was ended. As for President's Day, it is now a celebration of all American presidents, although it started as a remembrance of Washington and Lincoln. I hope it all makes us proud to be Americans!
February is also a time to start thinking about your garden: what to plant, and on a nicer day, start readying the soil. Spring is just around the corner! Soil prep is very important as is early starts to seeds, which can be germinated in homemade containers (milk cartons cut in half with good soil inside) and left outside each day – the plastic of the container will keep the heat in, let the light in, and protect the seedlings from colder temperatures. I used many successfully in starting seeds last year. A good recycling project! Or, seedlings do well planted in the spaces in cardboard egg cartons, which then after sprouting, can be planted directly in the soil. Even the eggshells can be used!
Valentine's Day is also celebrated (see? It's a busy month) in February, and although many older folks may no longer have a partner or spouse, doing a loving thing for someone else is always in the spirit of St. Valentine, a martyred saint who allegedly gave sight to a blind girl, and signed a note to her the night before his execution as "from your Valentine," a phrase that endured and was expanded upon throughout history.
Susan Koppenhaver,
Ulster County Office for the Aging Director

Ulster County Office for the Aging Senior Technology Support Classes

Senior Technology Support Classes will be held at the Ulster County Hub in Kingston on Thursday mornings from 9:30 AM to 11:30 AM. Next scheduled classes:

Thursday, 2/2/23 Creating/Participating in a Zoom Meeting

Thursday, 2/9/23 General Tech Discussion on Desktop PC's

Thursday, 2/16/23 File Management and PC Settings

Thursday, 2/23/23 General Tech Discussion on Apple iPhone/iPad

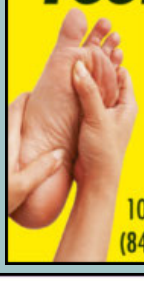
Classes are limited to 15 people. Please call the Office for the Aging at 845-340-3456 to register. If you have registered for a class but find you are unable to attend, please call as soon as possible so we can contact a person on the waitlist.

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 2023:
February 10
March 17
April 14
May 12
June 9
July & August - as needed or requested
September 8
October 13
November 10
December 8
Please call the Ulster County Office for the Aging at 845-340-3456 to make an appointment.

Feet Hurt?



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Caring for someone with dementia? Call our Helpline anytime for support, with questions or to learn about programs near you.

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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 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 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.

Please join Ulster County Office for the Aging for Valentine's Day Bingo

February 10, 2023

1:00 P.M.

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

Free to Ulster County Seniors age 60 and over.

Light refreshments will be served.

Call the Ulster County Office for the Aging to R.S.V.P. at 845-340-3456.

Senior Employment Information Session

Presented by Associates for Training and Development (A4TD), Senior Community Service Employment Program (SCSEP), and the Ulster County Career Center

The Senior Community Service Employment Program (SCSEP) is a community service and work-based job training program for people 55 and older.

February 24, 2023

1:00 to 2:30 P.M.

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

Free to Ulster County Seniors age 60 and over.

Light refreshments will be served.

Call the Ulster County office for the Aging to R.S.V.P. at 845-340-3456.

See you in the Spring

Living Well with Chronic Conditions

Chronic Disease Self-Management Program. Sign up today for this free 6-week workshop.

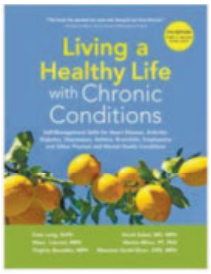
Self-Management skills for heart disease, diabetes, depression, asthma, bronchitis, emphysema and other physical and mental health conditions.

The Kingston Library,
55 Franklin Street, Kingston, NY.

Fridays, February 10 through March 17, 2023, from 10:30 A.M. to 1:00 P.M.

Light refreshments will be served.

Space is limited. Call the Ulster County Office for the Aging to R.S.V.P at 845-340-3456.



Winter driving tips for Seniors

Make sure your tires are up to snuff: Be sure you have the proper tires if you need them. There's no shame in choosing to stay in during bad weather conditions. Arriving at your destination isn't guaranteed when severe winter weather is at play. Consider the risks before you insert your key, turn on the ignition, and begin driving.

Know when to slow down: Increase your distance when driving behind the car you are following and reduce your speed. Be patient and accept the fact you will need more time to arrive at your destination. Many serious incidents happen with just the slightest covering of snow on the road. Stopping your vehicle in the winter snow requires more distance because of reduced traction.

Build a preparedness kit: Have your car battery tested so you're not stranded in the cold with a dead battery. Make sure your tires have enough air in them, with adequate tread. In case of emergency, store flashlights, extra batteries, first aid kit, warm clothes a blanket, and other essentials for seniors in the trunk.

Test those brakes: Make sure your brakes are working properly and test-drive your car to see how long it takes for your vehicle to come to a complete stop when on an icy or watery road. Avoid abrupt braking, unnecessary lane changes and acceleration as you will lose tire traction. If your vehicle is equipped with four wheel drive, shift into that gear for wet or icy conditions.

Time your trips for the daytime: If possible, try to avoid driving at dusk or in the dark. Driving in bad weather conditions can be very fatiguing. In a heavy winter storm it's especially important to stay put as your visibility will be impaired.

Practice winter driving: If you're nervous about driving during the winter, it may be worthwhile to practice. Go to an empty car lot and attempt to make your car skid on purpose. Try slamming on the brakes and see how it feels to skid and turn until you regain control of the car. The more comfortable you are maintaining control of your car, the better winter driver you'll be.

February 2023 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Caribbean Flounder Coconut Rice Grilled Plantain Cream Broccoli Soup WW Bread Peaches	**2** Eggplant Parmesan Penne Pasta Broccoli Whole Wheat Roll Pineapple	**3** BBQ Pulled Pork Baked Beans Braised Red Cabbage Rye Bread Apple Sauce
6 Chicken Parmesan Cavatappi Pasta Zucchini Marinated Mushrooms Whole Wheat Roll Fruited Pudding	**7** Stuffed Pepper Garlic Mashed Potatoes Carrots Whole Wheat Roll Fruit Cocktail	**8** Cheese Pierogis Brussel Sprouts Crinkle Carrots Rye Bread Apple Sauce	**9** Apricot Chicken Sweet Potato California Blend Vegetables Whole Wheat Bread Pears	**10** Shrimp Alfredo Snap Peas Yellow Squash Fruit Juice Rye Bread Peanut Butter Cookies
13 Roast Turkey Yukon Gold Mashed Potato Mixed Vegetable Cranberry Sauce Rye Bread Pumpkin Cookie	**Valentines 14 Day** Lemon Chicken Mashed Cauliflower Green Peas Whole Wheat Bread Chocolate Pudding	**15** Vegetable Lasagna Peas & Carrots Cut Green Beans Rye Bread Apple Sauce	**16** Breaded Fish Sweet Potato Puffs Steamed Broccoli Cole Slaw Whole Wheat Bread Pineapple	**17** Hamburger Baked Sweet Potato Yellow Corn Vegetable Soup WW Roll Mandarin Oranges
CLOSED 20 Presidents Day Lemon Garlic Fish Rice & Beans Sautéed Collard Greens Whole Wheat Bread Apple Crisp	**21** Stuffed Shells Italian Vegetables Sautéed Squash Fruit Juice Rye Bread Pudding with Apple	**22** BBQ Chicken Sautéed Kale Corn Corn Bread Apple Sauce	**23** Beef Stir Fry Jasmine Rice Yellow Beans Whole Wheat Roll Peaches	**24** Chicken Sausage & Peppers Roasted Potatoes Carrots Whole Wheat Roll Tropical Fruit
27 Salisbury Steak with Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions Fruit Juice Whole Wheat Bread Chocolate Pudding	**28** Chicken Stir Fry Rice Pilaf Baby Carrots Fruit Juice Rye Bread Peaches	For information or Home Delivered Meal cancellation call: 845-331-2496 Community Café information call: 845-331-2180	Meals Prepared by ***Gateway Hudson Valley*** Milk is provided WW = whole wheat **"Menu Subject to Change"**	**No Deliveries - Sites Closed February 20th**

Made possible by funds provided by New York State Office for the Aging, Ulster County Office for the Aging and your contributions.

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 Senor 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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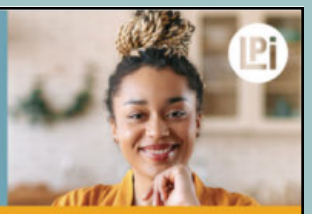

Contact us at careers@4lpi.com or www.4lpi.com/careers

Tips for Personal Self-Care & Healthy Aging

When people think of self-care, they might picture a person drinking a glass of wine in a large bubble bath or cozying up in an armchair with a cup of tea. Self-care is a conscious effort to take care of yourself so that you can be well and healthy, be there for others, and do all the things you need to do. It can be easy to get into a routine of work, caregiving, or errands that we often get into a mindset of putting ourselves last. Self-care means that you are taking care of yourself so that you can be fueled and energized to get all these things done. Here are a few tips to get stared:

1. Get Enough Vitamin D. When you're feeling down, it can be tempting to stay inside and enjoy the comfort of the couch or your bed. However, spending time outside can do wonders for both physical and mental health. There is evidence being surrounded by Vitamin D, fresh air, trees, and nature can reduce stress, increase productivity, and offer certain health benefits for older adults, like enhanced cognitive and bone health.
    - Go to a local pool to swim or relax (don't forget sunscreen!)
    - Start gardening at home
    - Go on a hike at local trails or nature preserves
2. Catch Some Zs. Getting a full night's sleep is one of the most important things you can do to take care of yourself. It can help boost the immune system, lower the risk for chronic health concerns, reduce stress, and improve overall mood. It can seem like a chore to get to bed at a decent hour every night, but it's actually just another form of self-care.
    - Reduce blue light exposure (cells phones and TVs) during the evening and before bed
    - Avoid coffee or soda late in the day
    - Reduce long naps in the afternoon and evening
    - Try to have a set sleep schedule every night
3. Make Plans. Spending time with family and friends is not only a fun activity, but it's also a way of practicing self-care. Many people feel most like themselves when surrounded by people they love.
    - Set up a weekly call with a family member or friend
    - Attend a weekly exercise or art class
    - Volunteer at a local organization
    - Consider an independent living community
4. Take Care of Your Body. While many people don't associate self-care with exercising and eating healthy, taking care of your physical body is essential in taking care of yourself as a whole. Of course, exercising doesn't mean you have to hit the gym at 5:00 A.M. every day. Spending time in nature and socializing with others are natural ways to incorporate more exercise into your life. Furthermore, eating well doesn't mean you have to deprive yourself of the foods you enjoy; it simply means establishing a balanced diet of healthy foods and guilty pleasure foods.
    - Get creative in the kitchen with new ingredients and recipes
    - Visit a local farmer's market to buy fresh produce
    - Find an activity that you love, like yoga, hiking, or dancing
5. Indulge in Something You Love. While it's true that self-care is about sleeping well, eating well, and exercising well—it's also about bubble baths and cups of tea! An essential aspect of self-care is setting aside time for yourself to engage in something you genuinely enjoy. For some, this could be exercising or spending time with friends; for others, it could be curling up with a good book, getting a massage, or baking cookies.

These may seem like surface-level means of caring for yourself, but when practiced in conjunction with taking care of yourself physically and mentally, you'll ensure that you're fully healthy and happy and will be able to live your life more efficiently and effectively.

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THRIVE LOCALLY

February is American Heart Month

February is American Heart Month, a time when all people can focus on their cardiovascular health. Heart disease is the leading cause of death in the United States, but there's a lot you can do to prevent it. Taking time to care for your heart can be challenging as you go about daily life. But it's easier than you think to show your heart the love it deserves each day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart. Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke.

What parts of your self-care routine help your heart? Self-care for your heart is really self-care for your whole self. You can improve and protect your health overall when you:

- Get a daily dose of physical activity, such as a brisk, 30-minute walk.
- Cook meals that are low in sodium and unhealthy fats.
- Take your medications as prescribed and keep your medical appointments.
- Sleep 7-8 hours a night.
- Manage stress through, for example, meditation, yoga, a warm bath, or quiet time with a good book or funny movie.
- Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies ready to grab when hunger hits.

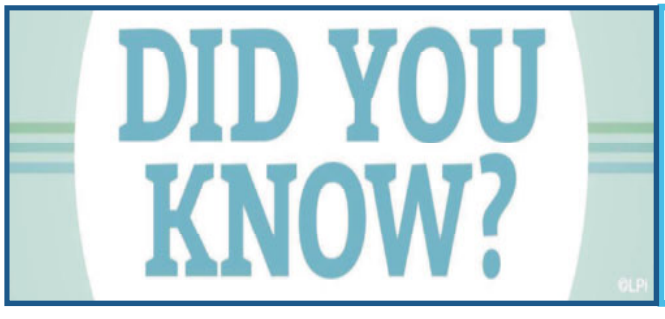
What's your health status? Part of self-care is knowing your health status. Even during uncertain and busy times, get your blood pressure, blood sugar, and cholesterol levels checked. Talk to your health care provider about your heart health.

What is the correct way to measure blood pressure? Learn the correct way to have your blood pressure taken, whether you're getting it checked at the doctor's office or checking it yourself at home:

- Don't eat or drink anything 30 minutes before you take your blood pressure.
- Empty your bladder before your reading.
- Sit in a comfortable chair with your back supported for at least 5 minutes before your reading.
- Put both feet flat on the ground and keep your legs uncrossed.
- Rest your arm with the cuff on a table at chest height.
- Make sure the blood pressure cuff is snug but not too tight. The cuff should be against your bare skin, not over clothing.
- Do not talk while your blood pressure is being measured.

Garden tips for February

- Give your tools a good cleaning and sharpening.
- Start your first seeds inside for broccoli, cabbage, cauliflower, celery, eggplant, head lettuce, onions, and parsley. Most perennial flowers should be started inside by the end of the month as well.
- Force branches of spring-blooming shrubs and trees like pussy willow, forsythia, apple and cherry once buds have begun to swell. Cut on an angle and put indoors in water.
- If you have a cold frame, sow an early crop of spinach and lettuce in it. In fact, you can start spinach in the open ground if snow has melted.



February was the last month of the year for around 200 years, until the Gregorian calendar designated January the start of the new year.

As we all know, the price of food has reached historic levels in 2022. There are a variety of reasons that include higher fuel and fertilizer costs, higher labor, transportation costs, and supply-chain issues. Statistics show a rise in food costs of 13.5% in 2022.
We can still manage our food budgets to include healthy choices. A pound of ground beef provides protein, some fat, vitamins, and minerals that we all need. Incorporating plant-based proteins and reducing some of the animal protein can save you money. One method is to include dried beans in your meal planning. Dried beans can also be purchased canned and ready to eat. Rinse the beans in a colander under running water to reduce the sodium included in canning process.

Item	Cost per package	Cost per ounce	Cost per serving
Dried Cannellini Beans (reconstituted)	$3.89 / 12 ounces	$0.32 ($0.13)	$0.39 - 3 ounces
Eggs	4.09 / dozen	$0.34 per egg	$0.34 – 1 egg
Ground Beef	$4.99	$0.42	$1.26 – 3 ounces

Some additional tips to save money on groceries:

- Watching weekly sale flyers from grocery stores can help in deciding where the best deals are this week.
- Buying in larger quantities, then freezing or properly storing unused amounts for later can help in saving money.
- Increasing vegetable and whole grain products can help fill you up, provide much needed vitamins, minerals, and fiber for a lower cost than animal products, or convenience foods.
- Purchasing foods in season and local can help reduce transportation costs and assure fresher products.
- Home preparation of meals can significantly reduce costs, allow for leftovers, guarantee you know all ingredients included, and is the healthiest meal prep method.

Contact your Registered Dietitian at the Office for the Aging for more tips on helping you to save money on your groceries.

From the desk of 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.

Cut Added Sugars

- Choose water, fat-free milk, or unsweetened tea or coffee instead of sodas, sports drinks, energy drinks, and fruit drinks.
- Reduce sugar in recipes. If a recipe says 1 cup, use 2/3 cup.
- To enhance flavor, add vanilla, cinnamon, or nutmeg.
- Eat fresh, canned, frozen, and dried fruits without added sugar. Choose fruits canned in their own juice rather than syrup.
- Use fruits to top foods like cereal and pancakes rather than sugars, syrups, or other sweet toppings.
- Read the ingredients list to pick food with little or no added sugar.
- Use the Nutrition Facts label to choose packaged foods with less total sugar.

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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.

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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.