

# THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

DECEMBER 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](http://ULSTERCOUNTYNY.GOV/AGING)

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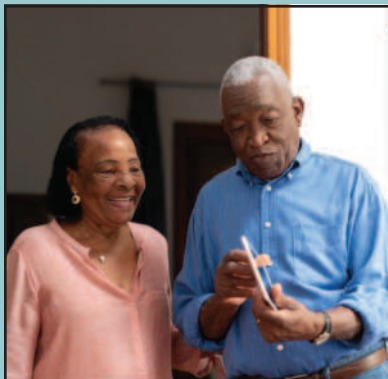
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06-5324



## UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

Just because the snow flies, doesn't mean we come to a halt!

We received the good news that Zumba will continue! I know a lot of you were concerned about that. Our Hub activities continue all year!

We will be having some holiday celebrations, a tea, a couple of midday dinners. We just began a new pilot program where we can set up live virtual tours to various places in the U.S. and other countries. We recently went to Dublin Ireland and New York City. It was lots of fun! Please note that many other places in the area offer dinners, activities, social events, and other holiday celebrations as well – your local libraries, senior centers and Towns are good places to start – just take a look at their online calendars.

A few precautions to take for winter. Make sure your phone is charged if you know bad weather is coming – do you have gas in your car? Warm blankets? Water? A flashlight that works at home, and some shelf stable food and a can opener? And don't forget plenty of water for drinking and washing. We will be offering a generator class on ways to be able to manage power outages soon, so stay tuned. The County always offers a place to go in case you need shelter, and if your home is too cold for you.

Holidays got you down? Try reaching out to someone. Volunteer. Read to children. Have tea with a friend. Listen to favorite music. Read a book you love again. Go see a high school play (there's lots of good drama clubs around!). Sometimes folks struggle through the holidays. There are resources to help. Just reach out. Although holidays are always framed as cheery, warm and inviting, for many they are tough, especially if you are alone. We have things to do here – just call! If you live alone and would like to receive a friendly call from one of our volunteers each week call our office. And everyone stay warm, toasty and safe! Winter is upon us!

In health.

Susan Koppenhaver, Director,  
Ulster County Office for Aging

### Ulster County Office for the Aging Senior Technology Support Classes

Senior Technology Support Classes will be held at the Ulster County Senior Hub, 5 Development Court, Kingston, NY, on Thursday mornings from 9:30 A.M. to 11:30 A.M. Next classes:

**December 4:** General Tech Q&A, Bring Your Tech & Your Questions

**December 11:** General Tech Q&A, Bring Your Tech & Your Questions

**December 18:** General Tech Q&A, Bring Your Tech & Your Questions

**December 25:** Christmas Holiday

**January 1:** New Year's Holiday

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.



### Ulster County Office for the Aging Volunteer Luncheon

Thank you for all you do!



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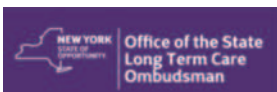
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The New York State Long Term Care Ombudsman Program services are made possible through funding from the New York State Office for the Aging and U.S. Department of Health and Human Services, Administration for Community Living.

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## 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 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.  
From 10:00 A.M. to 12:00 P.M.

### **UCOFA Gentle Chair Yoga**

Mondays from 9:30 to 10:30 A.M.

First Come-First Served Basis. No Late Entries.

Maximum capacity is 35.

Shoes must be worn.

NOTE CANCELLATIONS: December 22 and 29, 2025  
Resuming class on January 5, 2026.

### **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.

NOTE CANCELLATIONS: December 24 and 31, 2025  
Resuming class on January 7, 2026

### **MVP Living Well Chair Zumba**

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

Wednesdays from 2:00 to 3:00 P.M.

First Come-First Served Basis. No Late Entries.

## 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

There is no fee for this service, however contributions are gratefully accepted. (Suggested contributions: \$20 - \$100). To make an appointment call the Ulster County Office for the Aging at 845-340-3456.

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



## WINTER WEATHER POLICY FOR ULSTER COUNTY OFFICE FOR THE AGING ACTIVITIES AND EVENTS

All Ulster County Office for the Aging and Ulster County Senior Hub activities and events will be **Cancelled (except Community Cafés)** if the Kingston City School District **cancels** school.

All Ulster County Office for the Aging and Ulster County Senior Hub Morning activities and events will be **Cancelled (except Community Cafés)** if the Kingston City School District has a two (2) hour delay.

Cancellations of the Community Cafés will be determined by Gateway Hudson Valley – please check radio or call Ulster County Office for the Aging at 845-340-3456.

**If the County declares a STATE OF EMERGENCY – Ulster County Offices and Ulster County Senior Hub will be closed.**

Any questions please call Ulster County Office for the Aging at 845-340-3456.



**Miracle on 34th Street (1947)**  
on December 9, 2025, 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. by December 4, 2025 at  
845-340-3456.



## PREVENT SLIPS & FALLS Walk like a penguin!

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# December 2025 Community Café & Home Delivered Meals Menu

| Monday                                                                                                                            | Tuesday                                                                                                                               | Wednesday                                                                                                                                                     | Thursday                                                                                                                                                                     | Friday                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| <p>1</p> <p>Ravioli Florentine<br/>w/LS Cream<br/>Sauce<br/>Italian Peas<br/>WW Bread<br/>Fresh Fruit</p>                         | <p>2</p> <p>Orange Chicken<br/>Brown Rice<br/>Oriental<br/>Vegetables<br/>WW Bread<br/>Peach cup</p>                                  | <p>3</p> <p>Stuffed Chicken<br/>Breast Roasted<br/>Red Potatoes<br/>Garlic Green<br/>Beans<br/>WW Bread<br/>Juice<br/>Cookie</p>                              | <p>4</p> <p>Pork Ribette<br/>Apple Gravy<br/>Mashed Potatoes<br/>Havard Beets<br/>WW Dinner Roll<br/>Applesauce</p>                                                          | <p>5</p> <p>Shepherd's Pie<br/>Peas and Carrots<br/>Rye Bread<br/>Fresh Fruit</p>                                                     |
| <p>8</p> <p>Chicken Marsala<br/>Buttered Noodles<br/>Brussel Sprouts<br/>WW Bread<br/>Fresh Fruit</p>                             | <p>9</p> <p>Roast Turkey<br/>w/LS Gravy<br/>Baked Potato<br/>Green Beans<br/>WW Bread<br/>Fresh Fruit</p>                             | <p>10</p> <p>Meatballs w/<br/>Marinara Sauce<br/>Tater Tots<br/>Broccoli<br/>WW Dinner Roll<br/>Juice<br/>Cookie</p>                                          | <p>11</p> <p>Fish Taco<br/>White Rice<br/>Cilantro Lime Corn<br/>Rye Bread<br/>Applesauce</p>                                                                                | <p>12</p> <p>Grilled Chicken<br/>Breast w/LS<br/>Gravy<br/>Brown Rice<br/>Capri Blend<br/>Vegetables<br/>WW Biscuit<br/>Peach cup</p> |
| <p>15</p> <p>Meatloaf w/LS<br/>Gravy<br/>Mashed Potatoes<br/>Green Beans and<br/>Mushrooms<br/>WW Dinner Roll<br/>Fresh Fruit</p> | <p>16</p> <p>Pork Chopette<br/>Spinach<br/>Sweet Potato<br/>WW Bread<br/>Applesauce</p>                                               | <p>17</p> <p>Lemon Rosemary<br/>Chicken<br/>Confetti Rice<br/>Dill Carrots<br/>Rye Bread<br/>Fresh Fruit</p>                                                  | <p>18</p> <p>Lasagna Rolette<br/>w/LS Marinara<br/>Winter Blend<br/>Vegetables<br/>WW Bread<br/>Juice<br/>Cookie</p>                                                         | <p>19</p> <p>Pot Roast w/LS<br/>Gravy<br/>Baked Potato<br/>Peas and Pearl<br/>Onions<br/>WW Bread<br/>Peach cup</p>                   |
| <p>22</p> <p>Fish Filet<br/>Herbed Couscous<br/>Zucchini and<br/>Tomato<br/>WW Bread<br/>Applesauce</p>                           | <p>23</p> <p>Swedish<br/>Meatballs<br/>Buttered Egg<br/>Noodles<br/>Meadow Blend<br/>Vegetables<br/>WW Bread<br/>Juice<br/>Cookie</p> | <p>24</p> <p>Scrambled Egg w/<br/>Peppers and<br/>Mushroom<br/>Tater Tots<br/>Turkey Sausage<br/>French Toast<br/>Sticks<br/>WW Dinner Roll<br/>Peach cup</p> | <p><b>*Closed 25<br/>Holiday</b><br/>Christmas<br/>Turkey w/LS<br/>Gravy<br/>Dressing<br/>Sweet Potatoes<br/>Green Beans<br/>WW Dinner Roll<br/>Juice<br/>Christmas Cake</p> | <p>26</p> <p>Garlic Butter<br/>Pork Loin<br/>Mac and Cheese<br/>Brussel Sprouts<br/>WW Biscuit<br/>Fresh Fruit</p>                    |
| <p>29</p> <p>Ravioli Florentine<br/>w/LS Cream<br/>Sauce<br/>Italian Peas<br/>WW Bread<br/>Fresh Fruit</p>                        | <p>30</p> <p>Orange Chicken<br/>Brown Rice<br/>Oriental<br/>Vegetables<br/>WW Bread<br/>Peach cup</p>                                 | <p>31</p> <p>Stuffed Chicken<br/>Breast<br/>Roasted Red<br/>Potatoes Garlic<br/>Green Beans<br/>WW Bread<br/>Juice<br/>Cookie</p>                             | <p>Community Café<br/>Information and<br/>Reservations call:<br/>845-331-2180<br/>For information or<br/>Home Delivered<br/>Meal Cancellation<br/>call: 845-331-2496.</p>    | <p>* Sites closed<br/>and No HDM<br/>deliveries.</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! 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 (\$2,413 for a 1 person household and \$3,261 for a 2 person household), Seniors are offered the opportunity to contribute the full cost of the meal which is \$ 11.78. 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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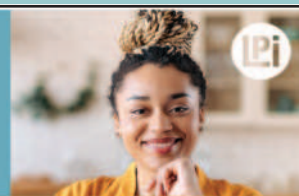
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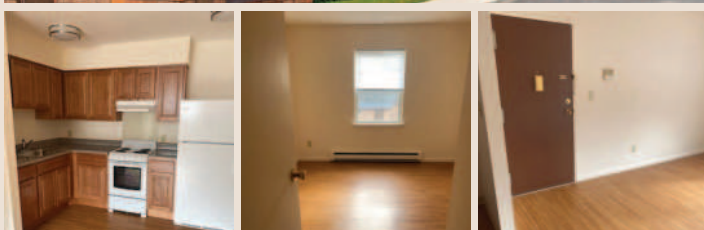


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06-5324



**Fake Holiday Charities Scams Targets Retirees and Older Adults**

The holidays are supposed to be a season of generosity, family and giving back. But there's a darker side to this generosity. Scammers know that retirees and older adults are among the most generous members of our communities, and they exploit that kindness to line their own pockets. Millions of dollars are stolen through fake "charities" that pop up just before the holidays. Their calls, letters and emails look legitimate, but the money never reaches those in need. Instead, it funds criminals who are ready to strike again.

Retirees and older adults often give more generously than other groups. Scammers know this, and they know how to tailor their pitch.

**Emotional appeals:** Fraudsters will mention children, veterans or natural disaster victims to tug at heartstrings.

**Polite persistence:** Retirees and older adults tend to answer calls and engage longer on the phone, which scammers see as an opportunity.

**Data exposure:** Your name, age, phone number and even donation history can already be found online through data brokers. That means scammers don't need to guess; they target you because they know you've donated before.

When you combine generosity with publicly available data, scammers see retirees and older adults as the "perfect donors." How do you know if a charity request is real or just a scam dressed up for the holidays? Look for these warning signs:

**Pressure to act fast:** If a caller insists you donate "right now" or tries to guilt you into giving before you hang up, it's likely a scam. Real charities welcome donations anytime.

**No details about how money is used:** Authentic charities can explain where funds go. Scammers use vague promises like "helping the needy" without specifics.

**Untraceable payment methods:** Requests for gift cards, wire transfers or peer-to-peer app transfers (like Venmo or Zelle) are instant red flags.

**Lookalike names:** Fraudsters often invent names that sound similar to well-known charities, like "Veterans Hope Relief" or "Children's Aid International."

**Caller ID tricks:** Scammers can spoof numbers to make it look like they're calling from a local area code or even a real charity office.

Here's how to protect yourself while still supporting the causes that matter to you:

**Research the charity's name:** Before donating, search it on sites like Charity Navigator or the Better Business Bureau's Wise Giving Alliance at [give.org/](https://give.org/). If it doesn't appear there, that's a red flag.

**Ask for written information:** Real organizations will happily mail or email details about their mission, budgets and how donations are used.

**Verify tax-exempt status:** Use the IRS Tax-Exempt Organization Search at [Irs.gov/charities-and-nonprofits](https://irs.gov/charities-and-nonprofits) to confirm the charity is legitimate.

**Check how much goes to the cause:** Some charities are real but inefficient, spending more on salaries than programs. Make sure your donation actually helps.

Even if the charity itself is real, you need to protect how you give:

- Use a credit card rather than a debit card because credit cards offer stronger fraud protection.
- Never give payment info over the phone if you didn't initiate the call.
- Donate through the charity's official website instead of clicking links in unsolicited emails.
- Keep records of your donations for tax purposes and to spot anything suspicious later.



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Ulster County Office for the Aging, Kingston, NY

06-5324



## 3 Lesser Known Risks of Poor Oral Care

We learned the basics of caring for our teeth and gums as children, but as many people age, their oral hygiene becomes less of a priority. This often leads to a number of dental problems. Among adults aged 65 and older:

- 30% have broken and decayed teeth
- Over 40% have puffy, infected gums
- Over 23% have no teeth at all

1. **Malnutrition:** Teeth that are severely worn, broken down, or missing make it very difficult for older adults to chew foods like meat, vegetables, and nuts. They tend to avoid these key sources of nutrients, and instead turn to foods that are softer and easier to chew and tend to be high in sugar and salt.

Diets lacking protein and important vitamins and minerals can cause malnutrition, which can lead to physical deterioration, falls, a weakened immune system, and chronic conditions like diabetes or heart disease.

2. **Loneliness:** The damage from oral diseases can trigger feelings of personal embarrassment. Our smile is our first introduction to others, and when it is framed with stained and/or missing teeth, the decline in appearance causes many seniors to lose self-confidence and avoid social interactions.

Older adults want to feel good, look good, and be confident. When they don't, they isolate themselves. This can lead to loneliness, which has real physical and mental health implications. It affects mortality, and increases your risk of anxiety, depression, and cognitive decline.

3. **Illnesses:** The same germs that cause gum pain, bad breath, and tooth decay also have the potential to enter your bloodstream, travel to other organs in your body, and cause diseases. For example, pus from swollen gums can migrate to the heart and lungs and induce respiratory infections like pneumonia. Additionally, conditions like periodontal disease have been shown to have strong links to other chronic diseases, like heart disease and cancer.

If you've been neglecting your oral hygiene, it's time to start taking it seriously—because malnutrition, loneliness, and acute and chronic illnesses are not things to joke about.



## Garden tips for December

- As houseplants grow more slowly in December light, cut down on watering by half until active growth resumes in the spring.
- Apply a layer of winter mulch to protect your perennials after the first few freezes.
- Look over the stored vegetables frequently and remove decaying specimens.
- Drain the fuel tank of the lawn mower or tiller before putting the machine away for the winter.

# DID YOU KNOW?

In 1962 the United States issued the first Christmas postage stamp.

## Healthy Eating Tips for the Holidays

It is Holiday Time once again! It is time to share good times and good foods with friends and family. The big challenge is to have fun at special occasions without jeopardizing some of the healthy practices you have worked on throughout the year.

*Here are some Helpful Hints to help you to survive the Holiday Season:*

**Manage Stress.** This time of year can be stressful. Be careful not to turn to food as a way to provide comfort. Exercise, Meditation, Meeting with Family and Friends are just a few ways to reduce stress.

**Stay Hydrated!** Often we misunderstand a feeling of Thirst as Hunger. Drink Plenty of fluids/ water throughout the day, every day to stay well hydrated. It can also help to diminish that desire to overeat.

**Do not arrive hungry to the party!** Skipping meals before a holiday party in an effort to save calories for the big party will only make you overeat. Eat a light meal or snack before arriving at the party. A snack or meal that is high in fiber and contains lean protein is ideal because it can help control your appetite and help you avoid overeating.

**Choose the right plate.** You are more likely to eat food that ends up on your plate. Thus, choosing a smaller plate will not only prevent you from filling your plate with more items than you really need, but it will also make the amount of food on your plate seem larger.

**Fill up on vegetables and fruits.** Not only do these foods have plenty of vitamins and minerals, but they also contain fiber, which helps keep you full longer and may leave less room for other high-calorie foods.

**Bring something to the party.** Offer to bring an appetizer, side, or dessert to the party. Not only will the host or hostess appreciate the help, but you'll also have control over what goes into the dish.

**Be Merry.** Spread holiday cheer by spending time enjoying the company of others at the party. The more you talk, the less time you will spend eating.

**Balance your meals.** Aim to fill half your plate with vegetables, a quarter with lean protein, and a quarter with starch.



Enjoy this festive time of year!

*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:

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.

Trudy Resnick Farber Center  
55 Center Street, Ellenville, NY  
1st Tuesday of each month:  
10:30 to 11:45 A.M.  
3rd Tuesday of each month:  
1:45 to 3:00 P.M.

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





### December Activities for Seniors

The Christmas and holiday season is a special time filled with warmth, joy, and the comforting embrace of family and friends.

Participating in Christmas and holiday activities not only stirs a sense of nostalgia but also sparks joy, fosters connections, and nurtures the spirit.

Here are some activities for Seniors during the month of December:

**Decorate for the holidays:** The festive atmosphere is very important, and the embodiment of the festive atmosphere is holiday decoration. Prepare to buy Christmas and holiday decorations in advance with your family or friends, and complete this ordinary and warm task together.

**Make Christmas and holiday cards:** Many people, including Seniors, find it hard to express their feelings. At this time, we can convey it through cards. We can write what we want to say to our family and old friends on the card to let them know our love.

**Bake Christmas and holiday-themed cookies:** Red and green cookies or desserts are also one of the important sources of Christmas and holiday atmosphere. Surprise your family and friends with your heirloom recipes or inventive twists from years of experience. It doesn't matter if you don't know how to bake before, we can have plenty of time to learn. Food is not only a taste, but also an obsession and love.

**Watch Christmas and holiday movies:** A good Christmas or holiday movie sets the mood better, too, right? We watch these movies year after year, and even know some of the lines by heart, but somehow we never get tired of them. Picking up a classic Christmas or holiday themed movie, making some popcorn, and grabbing a cozy blanket are the simple joys that really brighten our days.

**Share memories with others:** When people get older, they always like to be nostalgic and can't help but think of the days and things before. And December is a great month for reminiscing and sharing these things. Because December is cold enough, people need warm things to warm their hearts. Share what you experienced when you were young with your family and friends so that they can see what you were like.

**Participate in community events:** December is usually a time when the community comes alive with various activities. From carols and light shows to holiday markets and charity events, there's something you'll want to see. Put on your warmest coat, hat and scarf for these gatherings. This is not only an opportunity to enjoy holiday cheer, but also to meet new people and connect with the community.

**Do indoor gardening:** It is not suitable for planting outside in winter, but it is suitable for indoor gardening. Raising flowers and grass not only exercises the body, but also cultivates one's emotions. Imagine looking out at a deserted landscape and looking inside at a garden full of spring scenery.

**Read some books:** Live till you are old and read till you are old. Books are equal to everyone, no matter how old they are, they can read them. Choose a novel you like and have a cup of hot chocolate. Both your mind and body will feel warm.

**Make handicrafts:** Making handicrafts not only kills time, but also brings you a lot of fun. It's time to gather colored paper, ribbons, beads, and any craft supplies you have to create something special. You can make ornaments for your Christmas tree, you can knit a cozy scarf, or even make a holiday wreath. It's much more fun to make with other people - grandchildren, friends, or others at a community center.

**OFFICE FOR THE AGING**

Susan Koppenhaver

Director

Judy Riley

Deputy Director

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**

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845-334-5436

SNAP

845-334-5200

Medicaid

845-334-5175

Central Intake

845-334-5125

Many of the services offered by the Ulster County Office for the Aging are made possible by funds provided by the Administration for Community Living, New York State Office for the Aging, Ulster County Office for the Aging, and your contributions.

The Ulster County Office for the Aging is always looking for ways to improve our services and resources to all Seniors across the County. Please do not hesitate to contact us if you have feedback, ideas or need additional information regarding our services.



**NY Connects**  
Your Link to Long Term  
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Ulster County Office for the Aging

**(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.

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.



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.