

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

NOVEMBER 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.



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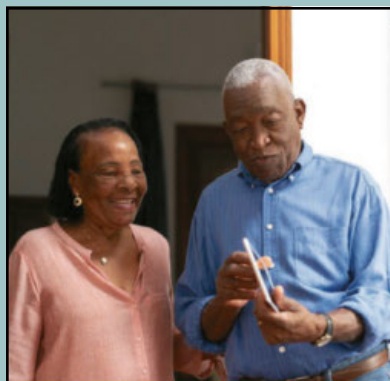
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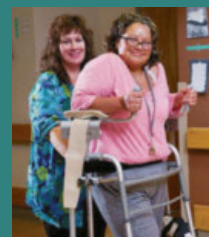
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06-5324

UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

It's already November! Where did the year go?!

Seems to be flying faster and faster by...

We haven't slowed down, though – still making sure folks are getting some balance and tai chi classes in, still have exercise going on in the Hub, still have lunches, holiday programs, and crafts.

We are still looking for volunteers for our Respite Program on Tuesdays, driving volunteers, and office schedulers for the Neighbor to Neighbor driving program. We will be co-sponsoring a Volunteer and part time Employment Fair on November 6 from 11-2 at Esopus Town Hall. We hope to find folks who are either willing to volunteer, or may be looking for a part time job – there will be employers there as well! For those of you who like to drive and want to help, you will make the mileage for the trips as well.

The office has not stopped getting calls at all – we are very busy with Medicare Open Enrollment right now, and folks changing plans, sorting through Medication plans, etc. This will be open through December 7. We have counselors available to help you sort through the plans and the recent changes. Please make sure you have everything you need (medication names, Medicare numbers, etc.) when you come for an appointment – the counselors will let you know specifics.

For a while, after our Holiday busyness, the activities will slow down a bit, but we will still offer everything we have been offering at the Senior Hub. I would urge everyone in whatever town you live in to explore what your local libraries have to offer over the colder months– they have a wonderful array of activities, mind games, board games, exercise classes, lectures, etc. The library system has become a wonderful place to learn, to engage with others, and we appreciate their contributions, especially to the older population. We are looking forward to another Holiday season, and wish everyone the best Thanksgiving yet!

Warmly (while waiting for the snow!),

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:

November 6: General Tech Q&A, Bring your Tech and Your Questions. **November 13:** Mobile Phone Transactions and Online Banking (Lisa McCormack)

November 20: Introduction to Using Your Android Phone (Herb Sawtell)

November 27: Thanksgiving Holiday

December 4: iPad OS / iPhone New Features (John Dowley)

Classes are limited to 15 people. Please call the Ulster County Office for the Aging at 845-340-3456 to register.



Ulster County Office for the Aging, Department of Social Services, and NYConnects 2025 Trunk or Treat



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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: CANCELLATION: November 24, 2025

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: CANCELLATION: November 25, 2025

MEDICARE

MEDICARE ANNUAL OPEN ENROLLMENT PERIOD

The Annual Open Enrollment Period to change your Medicare health or prescription drug coverage for 2026 will begin on October 15. The Open Enrollment Period will be from October 15 to December 7, 2025. During this six week open enrollment period, you can:

- Change from Original Medicare to a Medicare Advantage Plan
- Change from Medicare Advantage to Original Medicare
- Switch Medicare Advantage Plans
- Join, switch, or drop a Medicare Prescription Drug Plan

If you would like to make a change to your Medicare coverage and need assistance or information, please contact the Ulster County Office for the Aging for a free HIICAP appointment at 845-340-3456 or toll-free at 1-877-914-3456.

It is important for Seniors to note that if you are happy with how you are currently receiving Medicare coverage, there is no need to do anything. Your current coverage will be the same in 2026 if you make no changes.

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.

Ulster County Office for the Aging invites Seniors to a Holiday Cabaret Luncheon

December 3, 2025
Noon to 2:00 P.M.

Hurley Reformed Church Hall, 11 Main Street, Hurley, NY.

R.S.V.P. by November 14, 2025

Free to Ulster County Seniors age 60 and over and includes free lunch with reservation. Space is limited. Due to venue space restrictions, and food ordering deadlines, if you have not registered by the R.S.V.P. date, or responded to confirmation calls we cannot guarantee a seat or a meal for this event.

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

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

Holiday Harmony Sing-a-long and Holiday Craft

December 19, 2025
1:00 to 3:00 P.M.

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

Refreshments will be served along with
Holiday craft, music, and cheer.



Free to Ulster County Seniors ages 60 and over.

Space is limited. R.S.V.P. by December 13, 2025 by calling the
Ulster County Office for the Aging at 845-340-3456.

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



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.



Ulster County Office for the Aging Virtual Event for Seniors

Join Ulster County Office for the Aging for interactive, virtual tours of famous cities.



Dublin, Ireland

November 7, 2025

11:30 A.M. to 1:00 P.M.

There will be Irish Tea and treats. Feel free to bring your own lunch.



New York City: Broadway to Battery Park

November 17, 2025

1:00 to 2:30 P.M.

Light refreshments will be served.

Ulster County Senior Hub, 5 Development Court, Kingston, NY. Free to Ulster County Seniors age 60 and over. Space is limited. Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P.



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November 2025 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Grilled Chicken Marsala Buttered Ziti Italian Blend Vegetables WW Bread Fresh Fruit	4 American Chop Suey Zucchini WW Bread Peach cup	5 Meatloaf w/LS Gravy Mashed Potatoes Green Beans Red Pepper WW Bread Juice Cookie	6 Fish Filet Confetti Rice Cali Blend Vegetables WW Dinner Roll Applesauce	7 Omelet w/ Mushroom and Spinach French Toast Sticks Turkey Bacon Rye Bread Fresh Fruit
10 Hamburger Baked Beans Mixed Vegetables WW Burger Bun Fresh Fruit	<i>*Closed 11 Holiday</i> Chicken Strips Honey Mustard Sauce Sesame Noodles Asian Blend Vegetables Rye Bread Applesauce	12 Gyro Tater Tots Zucchini WW Dinner Roll Juice Cookie	13 Chili Brown Rice Cauliflower WW Bread Fresh Fruit	14 Meatballs Spaghetti w/LS Marinara Italian Blend Vegetables WW Biscuit Peach cup
17 Lasagna Rolette w/LS Marinara Winter Blend Vegetables WW Bread Juice Cookie	18 Pork Chopette Spinach Sweet Potato WW Bread Applesauce	19 Lemon Rosemary Chicken Confetti Rice Dill Carrots Rye Bread Fresh Fruit	20 Meatloaf w/LS Gravy Mashed Potatoes Green Beans and Mushrooms WW Dinner Roll Fresh Fruit	21 Pot Roast w/LS Gravy Baked Potato Peas and Pearl Onions WW Bread Peach cup
24 Fish Filet Herbed Couscous Zucchini and Tomato WW Bread Applesauce	25 Swedish Meatballs Buttered Egg Noodles Meadow Blend Vegetables WW Bread Juice Cookie	26 Scrambled Egg w/ Peppers and Mushrooms Tater Tots Turkey Sausage French Toast Sticks WW Dinner Roll Peach cup	<i>*Closed 27 Holiday</i> THANKSGIVING Turkey w/LS Gravy Dressing Sweet Potatoes Green Beans WW Dinner Roll Juice Pumpkin Cake	<i>*Closed 28 Holiday</i> Garlic Butter Pork Loin Mac and Cheese Brussel Sprouts Biscuit Fresh Fruit
Community Café Information and Reservations call: 845-331-2180 For information or Home Delivered Meal Cancellation call: 845-331-2496.	* Sites closed and No HDM deliveries.			



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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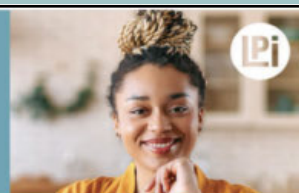
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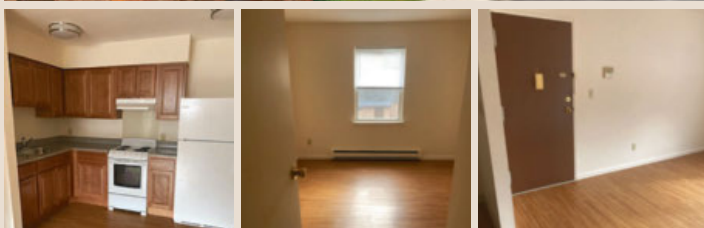


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06-5324

6 Sensible Sleep Tips for Older Adults

Sleeping well is vital to our health and longevity. It's especially important for older adults. There's a misconception that people need less sleep as they age. But this is not the case just like younger adults, older adults need 7 to 9 hours of sleep each night. Unfortunately, lack of sleep and aging often go hand in hand. The following are some of the reasons older people may struggle to fall or stay asleep at night.

- **Insomnia:** Insomnia affects people at every age, but it's the most common sleep disorder among adults age 60 and older. With insomnia, you have trouble both falling asleep and staying asleep.
- **Sleep Apnea:** This is when your breathing repeatedly stops for short intervals while you're asleep, which deprives your body of oxygen. If left untreated, sleep apnea can lead to serious health problems such as stroke, cognitive issues, and high blood pressure. Many adults have sleep apnea and don't even know it. If you feel extra sleepy during the day or your partner tells you that you snore loudly or make gasping sounds during sleep talk to your doctor.
- **Movement disorders:** One example is restless legs syndrome (RLS), which refers to an uncomfortable urge to move your legs (and sometimes arms). RLS can make it difficult to relax and fall or stay asleep. Another movement disorder is periodic limb movement disorder (PLMD), which involves repetitive twitching and jerking of the limbs during sleep. Although there is no cure for movement disorders, relaxation techniques and certain medications can help ease symptoms.
- **Alzheimer's disease:** Alzheimer's disease may impact the sleep-wake cycle for some older adults, causing them to either sleep too much or not sleep enough. Waking frequently at night, wandering, and yelling out are common behaviors among people with this type of dementia.

If you're struggling with lack of sleep, here are some steps you can take to sleep more soundly:

- **Keep a steady sleep schedule:** Going to bed and waking up at the same time each day helps support your body's natural sleep rhythms.
- **Make sure you have the right mattress:** You spend a lot of time in bed so choosing the best mattress for you can make all the difference in the quality and duration of your sleep. Adjustable beds, for example, can help you achieve the ideal sleep position and relieve pain that's causing sleep disruptions.
- **Indigestion from a big meal can make it hard to fall asleep:** Keep evening meals and snacks light. It's also a good idea to avoid caffeine, nicotine, and alcohol too close to bedtime since they can all interfere with sleep.
- **Keep napping to a minimum:** When you sleep too much during the day, you may feel too alert to settle down at night. Limit daytime naps to no more than one hour and try to restrict them to earlier in the day.
- **Create a quiet, calming bedtime routine to help your mind and body relax:** This may include reading or listening to your favorite soft music. If you're feeling stressed, try meditation or journaling.
- **Avoid screens right before bed:** The blue light emitted by smartphones, TVs, tablets, and computers can disrupt our body's circadian rhythms. Unplug from all devices at least 60 minutes prior to bedtime.

The following tips can help you create a soothing, relaxing setting that puts sleep within easier reach:

- **Stay cool:** Since our body's temperature naturally drops as we drift off to sleep, maintaining a bedroom temp of 60-70 degrees supports the falling-asleep process.
- **Minimize noise:** Turn off the TV or radio when you're ready to turn in. If you have noisy housemates or neighbors, consider wearing earplugs to bed or using a white noise machine to drown out external sounds.
- **A dark room is best for deep sleep:** Room-darkening curtains or shades will help filter out various types of light that can illuminate your bedroom. Install a soft nightlight (or keep a flashlight by your bed) so that you can safely navigate the room if you have to get up at night.
- **Keep your room tidy:** Boxes on the floor, clothes piled in baskets, and other types of clutter can increase stress and pose a safety hazard.



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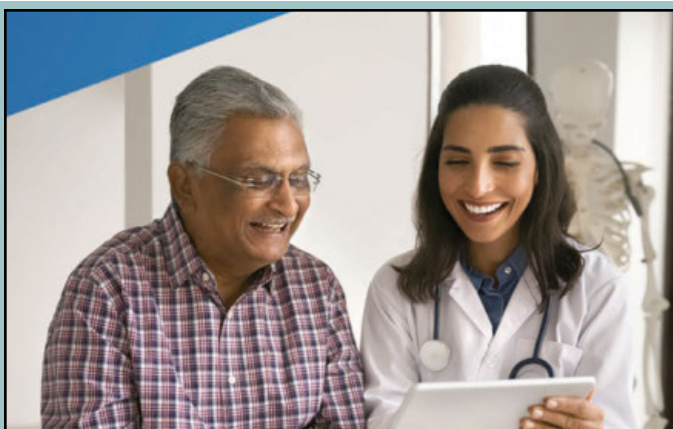
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November is American Diabetes Awareness Month

November is American Diabetes Awareness Month, a time for the American Diabetes Association (ADA) and the world to rally behind the fight to end diabetes. Diabetes is a complex disease that involves managing blood sugar levels and making informed dietary choices.

Many cases of diabetes, which is characterized by high levels of blood glucose, can be prevented and managed with certain lifestyle changes and medications. Understanding the risk factors for type 2 diabetes, such as age, weight, and race, may make those at risk more likely to modify their lifestyle in an attempt to avoid developing the condition. Complications from diabetes can include increased risk of heart disease, blindness, glaucoma, nerve damage, and kidney damage. However, detection and treatment of diabetes may prevent or delay many of these complications. By understanding diabetes and how it affects the body, individuals are better equipped to make positive lifestyle changes.

Here are some ways to lower your risk of getting diabetes:

Adopt a Balanced Diet: Eating a variety of healthy foods can help manage and prevent diabetes. Focus on incorporating more fruits, vegetables, whole grains, and lean proteins into your diet. Limiting processed foods and sugary beverages can also help maintain stable blood sugar levels. Examples include hot dogs, chips, frozen desserts, sodas, and candy bars.

Stay Physically Active: Regular physical activity is crucial for managing diabetes. Aim for at least 150 minutes of moderate exercise per week. Activities like walking, cycling, or swimming can improve insulin sensitivity and help control blood glucose levels.

Monitor Your Blood Sugar: Keeping track of your blood sugar levels can help you understand how your body responds to different foods and activities. It also allows you to adjust your lifestyle and medication as needed.

Maintain a Healthy Weight: Excess weight is a significant risk factor for type 2 diabetes. Losing even a small amount of weight can reduce your risk.

Avoid Smoking and Limit Alcohol: Smoking increases the risk of diabetes and its complications. Quitting smoking can improve overall health and make diabetes easier to manage. Similarly, limiting alcohol intake can prevent spikes in blood sugar.

Reduce your Portion Sizes: Avoiding large portion sizes may help reduce insulin and blood sugar levels, promote weight loss, and decrease your risk of diabetes.

**Garden tips for November**

- If you haven't already, get your new spring flowering bulbs planted now.
- If your soil has frozen to at least an inch thick, now is the time to start applying a two to four inch layer of protective mulch.
- Start a leaves-only compost pile for leaves you really do need to collect, and use the proceeds as mulch next year.
- Make certain that climbing roses are securely attached to their supports.

**DID YOU
KNOW?**

Pumpkins are considered a fruit.

Tips to take the Guilt out of enjoying a Thanksgiving Meal

Eat breakfast: Start the day with a healthy breakfast to avoid extreme hunger and overeating later.

Stay hydrated: Drink plenty of water throughout the day to help you feel full and reduce sugary drink intake.

Get active: Incorporate some physical activity into your day to create a calorie deficit before you indulge.

Survey the buffet: Take a moment to overlook the buffet before filling your plate to make balanced choices.

Use the "plate method": Fill half your plate with non-starchy, colorful vegetables. Divide the remaining space between lean protein (like turkey) and smaller portions of starchy foods.

Prioritize and enjoy: Choose the special, limited-availability holiday dishes you love over foods you can have any day.

Eat mindfully: Eat slowly, savor every bite, and pay attention to hunger cues to stop when you're satisfied, not stuffed.

Balance with alcohol: If you choose to drink, do so in moderation and alternate with water or sparkling water to stay hydrated.

Lighten recipes: Reduce fat, salt, and sugar in your dishes by using low-sodium broths, herbs, spices, and Greek yogurt instead of sour cream.

Boost fiber: Add fiber by using whole wheat bread or wild rice for stuffing and incorporating fresh fruits and vegetables into your meals.

Be prepared: Focus on weight maintenance rather than weight loss during the holiday season, as it's a time for celebration.

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.



Some Strategies for Addressing Malnutrition in Older Adults

As people age, a variety of factors can make it more challenging to eat a healthy, balanced diet. Over time, this can lead to malnutrition. Malnutrition occurs when someone is not consuming enough important nutrients, such as vitamins, minerals, carbohydrates, fats, and proteins. As a result, their body cannot function well. Someone who is malnourished is more likely to experience physical and mental decline and have a higher risk of serious illness. Malnourished older adults may be underweight or overweight. Malnutrition in older adults may result from a variety of factors:

- poor appetite due to a health condition or medication side effects
- trouble chewing or swallowing, often due to dental or oral motor problems
- cognitive decline
- depression
- altered or diminished sense of smell or taste
- lack of motivation to cook after a spouse passes away
- being unable to get to a grocery store or cook for oneself
- not being able to afford healthy foods
- isolation

Warning signs and symptoms of malnutrition include:

- muscle weakness
- feeling tired
- irritability or depression
- having less of an appetite
- unplanned weight loss
- dental problems
- easy bruising
- frequent illness or infection

Some people experience a reduced sense of thirst as they age. Dehydration, which is caused by not drinking enough fluids, is closely related to malnutrition, and the two can occur together. Drinking plenty of water each day is important to avoid dehydration, constipation, and urinary tract infections. Some of the health problems that result from malnutrition include:

- higher risk of heart disease, cancer, and osteoporosis (fragile bones)
- loss of muscle mass
- longer recovery from illness or surgery and slower wound healing
- higher risk of infection

If you or a loved one is experiencing symptoms of malnutrition, talk to your doctor. There are special tests to evaluate whether someone is at risk for or suffering from malnutrition such as the Mini Nutritional Assessment (MNA) which looks at dietary intake, weight loss, mobility, psychological stress, and body mass index (BMI).

Treating malnutrition entails not simply eating more, but eating more healthy foods. The following practical tips can help overcome some of the obstacles that may be interfering with proper nutrition:

- Prepare large quantities of foods, stews, and soups, and load your freezer with individual portions that can be easily reheated.
- Try cooking with a friend.
- See a dentist if you are having trouble chewing.
- Add herbs and spices to your food if you have a reduced sense of smell or taste.
- If you have trouble swallowing, drink plenty of liquids with each meal. (Also let your doctor know so that they can work with you to identify the cause of the swallowing difficulty.)
- If you don't have much appetite, eat smaller meals and add a couple of nutritious snacks or meal replacement shakes during the day.
- Treating underlying depression, if present, can also help improve appetite.

Ask your doctor about working with a Nutritionist or an Occupational Therapist if the act of cooking has become too difficult. If it's hard to get out to shop many stores will deliver grocery orders at little or no charge. There also are local food pantries, congregate meal sites, and home delivered meals programs.

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**

HEAP
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
Services and Supports

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.