

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

OCTOBER 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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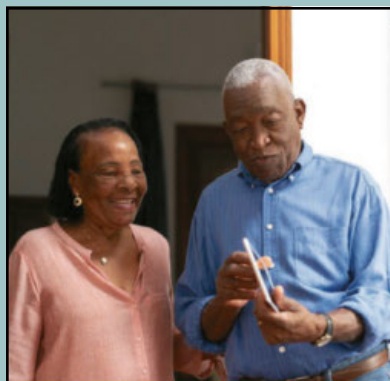
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06-5324

UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

I've been able to be out and about lately, meeting folks where they live and eat. It has been a good month for that!

October brings us the chilling of the seasons, and still we are busy! Offering Bingocize and A Matter of Balance again to help folks understand how important movement and staying active is for their lives (literally!) and be able to share ideas on how to keep us all safe collectively.

A reminder that although the Farmer's Market coupons are no longer being distributed after September 30, you can use your coupons at the participating markets till the end of November. Please take advantage of the wonderful bounty of fresh food grown right here in the Hudson Valley – we are known for apples, peaches, and lots of other good stuff!

A plug for movement again – if you cannot afford a gym, and want to do something to help your endurance and mobility, just take a walk. Find a good pair of sneakers, walk someplace in your neighborhood, or if you live in a complex, walk up and down the halls. If it's something you aren't used to, gradually build up to longer distances. It's the best thing you can do for yourself, if you aren't already doing something like that.

October is still full of events we put on, both at the Senior Hub in Kingston and in Ellenville. I have appreciated the requests for Scams presentations, and am willing to do more around!

Another plea for volunteers: we still seek drivers, schedulers, HIICAP counselors, and AARP tax aides for the upcoming season, among other things. Let us know how you want to serve your community!

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:

October 2: iPhone IOS 26 New Features - (John Dowley)

October 9: Photo Calendar 2 - (Lisa McCormack)

October 16: Portable and Cloud Storage on a Personal Computer - (Herb Sawtell)

October 23: General Tech Q&A, Bring your Tech and your Questions

October 30: iPadOS 26 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. 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 and Ulster County Career Center present:

Back in the Game.

A community event for jobs, skills, and volunteer services. For adults 50 and over ready to return to work, volunteer, or explore new ways to make a difference.

November 6, 2025 from 11:00 A.M to 2:00 P.M.

Town of Esopus Town Hall, 1 Town Hall Way,
Ulster Park, NY.

Free and open to the public.

Register to reserve your spot at: <https://forms.gle/zDK619LbzKwuSv4V9>

Or call the Ulster County Office for the Aging at 845-340-3456.

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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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or (800) 477-4574 x3105

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.

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.

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.

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.

UCOFA Lunch and Learn for Seniors

October 23: Wills & Advance Care Planning

Presented by Erica Halwick-Williams, Esquire

Esopus Town Hall Community Room, 1 Town Hall Way, Ulster Park, NY.

R.S.V.P. by October 15, 2025

November 14: Hidden Treasures

Presented by Walter Marquez, Antiques Barn at Water Street Market

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

R.S.V.P. by November 5, 2025

Each participant is welcome to bring ONE item or photo of ONE item for a verbal appraisal. Program is not responsible for loss, theft, or breakage of items.

Lunch and Learns run Noon to 2:00 P.M.

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 event(s).

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

Ulster County Office for the Aging invites Seniors to a Thanksgiving Luncheon

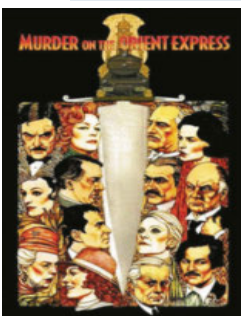
November 20, 2025 from Noon to 2:00 P.M.

Saugerties Senior Center, 207 Market Street, Saugerties, NY.

R.S.V.P. by November 3, 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 event. Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P.

LET'S GO TO THE MOVIES



Murder on the Orient Express (1974)

on October 28 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 October 25, 2025 at 845-340-3456.

Tai Chi for Arthritis and Falls Prevention

(Beginner level)

Tuesdays and Thursdays

2:00 to 3:00 P.M.

Starting October 14, 2025

Hurley Reformed Church

11 Main Street

Hurley, NY.

Wednesdays and Fridays

2:00 to 3:00 P.M.

Starting October 15, 2025

Reservoir United Methodist Church

3056 Route 28

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



Ulster County Office for the Aging, NY Connects and Ulster County Department of Social Services
Human Services Expo "Trunk or Treat"

October 8, 2025

11:00 A.M. to 2:00 P.M.

(rain date October 9, 2025)

Kingston Plaza, 151 Plaza Road, Kingston, NY.

(Hannaford/Ball field Parking Lot)

Get Connected. Learn about services for Children, Adults and Seniors. Local service providers and area agencies available to discuss their services and answer any questions.

Attendees will park their vehicles and visit each provider for a Halloween Treat and to learn about services available to Ulster County residents.



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October 2025 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Community Café Information and Reservations call: 845-331-2180 For information or Home Delivered Meal Cancellation call: 845-331-2496.	Meals Prepared by Gateway Hudson Valley Milk is provided. WW = Whole Wheat Menu Subject to Change	1 Fish Fillet w/Dill Sauce Rice Florentine Peas and Carrots WW Bread Juice Cookie	2 Sausage and Cheese Quiche Tater Tots Broccoli and Red Pepper WW Biscuit Fresh Fruit	3 Chicken Patty Mashed Potato Beets Rye Bread Applesauce
6 Grilled Chicken Breast w/Marsala Sauce Buttered Ziti Italian Blend Vegetables WW Bread Fresh Fruit	7 American Chop Suey Zucchini Rye Bread Applesauce	8 Meatloaf w/LS Gravy Mashed Potato Green Beans with Red Pepper Cole Slaw WW Dinner Roll Juice Cookie	9 Omelet with Cheese Spinach French Toast Sticks WW Bread Fresh Fruit	10 Fish Fillet Confetti Rice California Blend Vegetables WW Biscuit Peach cup
13 Hamburger Baked Beans Mixed Vegetables WW Burger Bun Juice Cookie	14 Chicken Strips Honey Mustard Sauce Sesame Noodles Asian Blend Vegetables WW Bread Applesauce	15 BBQ Ribette Buttered Noodles Broccoli Rye Bread Fresh Fruit	16 Pot Roast w/LS Gravy Baked Potato Meadow Blend Vegetables WW Dinner Roll Salad Fresh Fruit	17 Shepherd's Pie Carrots WW Bread Peach cup
20 Chicken Parmesan Ziti w/LS Tomato Sauce Broccoli WW Bread Applesauce	21 Taco Mix Yellow Rice Mexicali Corn WW Bread Juice Cookie	22 Jumbo Ravioli Florentine Sauce Brussel Sprouts WW Dinner Roll Peach cup	23 Chicken Divan Red Bliss Potatoes Summer Blend Vegetables WW Biscuit Fresh Fruit	24 Breaded Pork Chop w/Country Gravy Corn and Black Beans Spinach and Kale Rye Bread Fresh Fruit
27 Salisbury Steak w/LS Gravy Au Gratin Potatoes Beets WW Bread Fresh Fruit	28 Southern Chicken Stew Meadow Blend Vegetables WW Bread Peach cup	29 Fish Fillet w/ Dill Sauce Rice Florentine Peas and Carrots Rye Bread Applesauce	30 Sausage and Cheese Quiche Tater Tots Broccoli and Red Pepper WW Biscuit Fresh Fruit	31 Stuffed Shells w/Marinara Sauce Spinach WW Roll Juice Halloween Krispie Treat



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 (\$2413 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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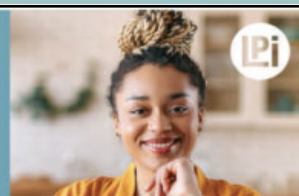
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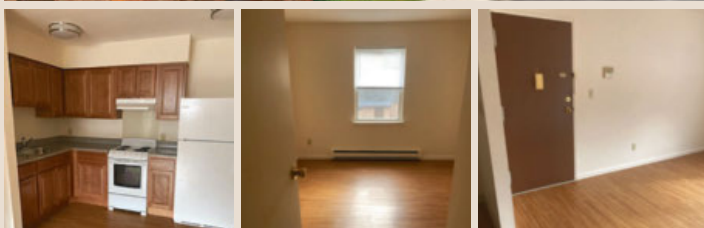


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06-5324

October National Fire Prevention Week

National Fire Prevention week will take place from October 5 to October 11, 2025. Every year in the United States, nearly four thousand people die in fires and another twenty seven thousand are injured. Adults age 65 and older are more likely to be injured or killed in a fire than any other age group. Here are a few simple tips to protect yourself and the people that depend on you from the dangers of fire.

First understand what makes fire do deadly.

Fire is FAST: Fire can double in size every 30 seconds.

Fire is HOT: Temperatures in a fire can reach well over 1000 degrees Fahrenheit.

Fire gives off Deadly Smoke and Gases: Carbon monoxide and Hydrogen cyanide are just a few of the gases that are produced in a fire. These gases will affect your ability to escape. Most people that die in fires die from the smoke and gases.

Tips on Preventing a Fire:

Never leave cooking unattended: If you need to leave the kitchen when cooking, shut off the cooking appliances or take something with you to remind you the stove is on. It only takes seconds for a fire to occur. When cooking appliances are in use make sure the area around them are clear of paper and other combustibles that can burn. Avoid wearing loose sleeves around cooking appliance that can easily catch on fire if they come to close to heating elements. Careless smoking is one of the leading causes of fire deaths in older adults.

Never smoke in bed or when drowsy: Use large, stable ash trays and make sure they are on a secure surface. Soak smoking materials thoroughly in water before disposing of them. Extra word of caution: When using oxygen cylinders to assist with breathing problems, do not smoke. This can lead to serious burns or death.

Use care when operating portable heaters, wood stoves and fire places: Make sure paper and other combustible materials are kept at least 3 feet from these heating appliances.

Don't overload electrical outlets: Avoid the use of extension cords whenever possible and if you do use them make sure they are heavy enough to handle the load they are being used for. Never run electrical cords under carpets, this can damage them and cause a fire.

Plan ahead to get out alive: Make sure all smoke detectors are working! Early warning of a fire is critical to getting out alive. Check the batteries in smoke detectors once a month and change the batteries twice a year. Smoke detectors should be located in sleeping rooms as well as outside sleeping rooms and on every level of the home. Develop a home escape plan and know two ways out from every room. Make sure exit routes are kept clear to reduce the risk of tripping when trying to make a quick escape. Make sure windows, doors and security bars open and close and operate freely.

Keep a flashlight by the bed if a fire should occur: Feel the door. If the door is hot don't open it. Keep it closed to help keep the smoke out. Use your second way out, or go to a window and call for help. Hang or wave something like a sheet from the window to get attention. If the door is cool, stay low and open it slowly check for smoke and fire before going out. Crawl low under smoke and yell "fire" as you leave to alert others.

Never use an elevator during a fire: Call 911, or the appropriate emergency number, from a safe place outside the building.

Never go back in for anything: Get out and stay out!



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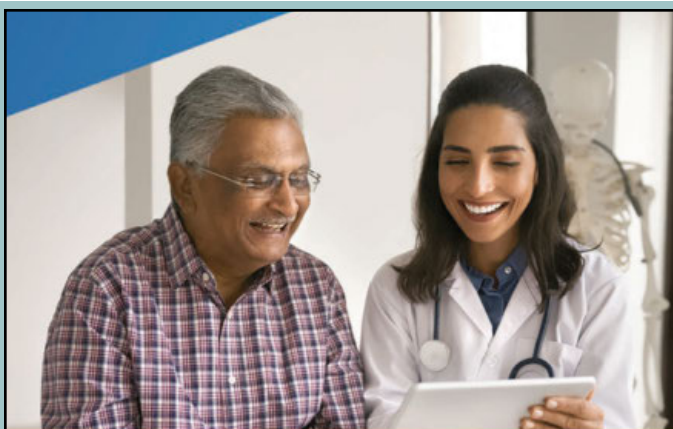
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Ulster County Office for the Aging, Kingston, NY

06-5324

October is National Healthy Lung Month

October is National Healthy Lung Month, a time to increase awareness and education around the topic of having good lung health.

Lung disease encompasses disorders that affect the lungs, including asthma, chronic bronchitis and chronic obstructive pulmonary disease (COPD). Even if a Senior does not have these conditions, the lungs will naturally age and weaken. This happens because the muscles that control the contractions of the lungs begin to get weaker as we age, thus making taking a breath more difficult. This coupled with other lung problems can really make for serious respiratory issues.

Here are some tips from the American Lung Association to improve the health of your lungs:

- Stop Smoking and Vaping. (Also avoid secondhand smoke). Quitting smoking is the fastest way to improve lung health. Cigarette smoke narrows air passages and makes breathing difficult. The longer someone smokes, the more it can cause chronic inflammation and swelling in the lungs. Smoking puts you at greater risk for lung cancer or COPD. Twenty-four hours after you quit smoking, your body begins to repair the damage, and the longer you resist a cigarette, the lower the risk.
- Exercise. When you are physically active, the lungs and heart work harder and become stronger. Your body becomes more efficient at getting oxygen into the bloodstream and transporting it to the working muscles. Keep it up, and you will become less likely to get short of breath during exercise.
- Eat Healthy and hydrated. A balanced diet full of fruits, vegetables, whole grains, and legumes (Mediterranean) reduces inflammation and improves our immune system and microbiome. Our gut microbiome affects lung health. Dehydration makes the mucus thick and sticky, impairs respiration, and increases the risk of contracting an illness. Drink water!
- Visit your healthcare provider regularly. Your healthcare provider should be the first to hear about any breathing problems you may be having. Don't wait until it is advanced.
- Get vaccinated. This decreases the chance of contracting a respiratory disease like COVID-19, pneumococcal pneumonia, and RSV.
- Avoid air pollution exposure both indoors and outdoors. Dust regularly, change air filters, and keep your house smoke-free to improve indoor air.
- Deep breathe exercises. This helps improves lung function and helps you manage stress.
- Wash your hands to avoid infections. Use hand sanitizer as a backup when running water is unavailable.

Seeing a pulmonologist may help to differentiate between lung conditions – not all that wheezes is asthma and not all shortness of breath in smokers is COPD, which is why it's important to obtain an official diagnosis.

**Garden tips for October**

- Paint any garden structures that need it. Repair garden fences.
- Harvest any remaining vegetables sensitive to frost, including winter squash, pumpkins, and sweet potatoes.
- October is the best month for planting garlic and shallots.
- Fall-planted flower bulbs like Alliums, Crocuses, Daffodils, Irises, Muscari, and Tulips can be planted later this month.

**DID YOU
KNOW?**

On October 1, 1903, Major League Baseball's World Series Begins.

Sneaky Protein Sources

Get your protein intake with more than just eggs, beef poultry, seafood, beans, and legumes.

Protein is hiding in many unexpected places that can help with muscle support, to help stay full longer and/or balancing your meals. From whole grains, dairy products, vegetables and even some fruits, here are a few tips to help you get your protein intake up and your diet even healthier!

Whole Grains such as Barley don't always get the 'Protein Creds' they deserve. For example: Barley ½ cup cooked yields approximately 3.5 grams of Protein. Barley is an excellent additive to soups and stews and can easily be swapped for rice and pasta.

Some Tropical Fruits such as guava contain a punch of about 4 grams of protein per cup! It also contains Vit C for immunity and Fiber, which is needed for digestive health and satiety. Eat guava fresh or in a smoothie.

Green Peas have more protein than most vegetables. It contains about 8 grams per 1 cup cooked. Green peas are also packed with fiber and Vit C. Add as a side dish or into a soup.

Potatoes contain a surprising amount of protein for a starchy vegetable/ food. A medium potato has about 4 grams of protein making it one of the most Protein packed vegetables. They are also high in Lysine, an essential amino acid that plant based diets may lack. Potatoes also contain fiber and Vitamin C.

Cottage Cheese is making a giant comeback for its 14 grams of protein per ½ cup! It is rich in casein protein that digests slower and leaves you feeling full longer. Add fruit to cottage cheese, spread it on a bagel or add a bit of honey for a sweet treat.

Sunflower Seeds may be tiny, but they also may surprise you. Sunflower seeds contain Arginine, a super amino acid that supports heart health by promoting positive blood flow and lowering blood pressure (just avoid the salted variety). Sunflower seeds contain Vitamin E and Healthy Fats to help reduce inflammation. Try Sprinkling the seeds on salads, oatmeal or yogurt.

Asparagus contains approximately 4-5 grams of protein per cup, high in fiber, Vitamins A, C, and E for immune function. It is also an excellent source of folate, an essential B vitamin that supports cellular growth and brain health. Add to salads, grill it or stir fry as a great addition to any meal.

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:

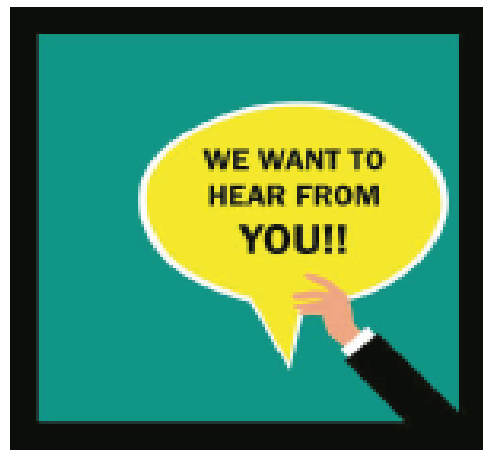
RCAL Conference Room
727 Ulster Avenue, Kingston, NY
2nd & 4th Tuesdays of each month:
10:15 to 11:30 A.M.
In-person or via Zoom.

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.



The Ulster County Office for the Aging Annual Public Hearings



**Wednesday, October 22, 2025
1:30 to 2:30 P.M.**

**Shawangunk Town Hall
14 Central Avenue, Wallkill, NY**

**Thursday, October 23, 2025
1:00 to 2:00 P.M.**

**Marlboro Community Center
1520 US-9W, Marlboro, NY**

- *Learn about Office for the Aging Services and Programs*
- *Share your ideas and suggestions for improving services and adding programs*

Light refreshments will be served!

Please call Ulster County Office for the Aging to

RSVP at 845-340-3456



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.