

October 2026*DuBois Farm, Courtesy of Ulster County Tourism*

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 Respite 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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Ulster County Office for the Aging, Kingston, NY

06-5324

From the Director

Dear Ulster County Older Adults!

With the close of summer, the leaves will soon be showing their vibrant colors and before long will be crunching beneath our feet. And it's sweater season! My favorite! I do love the beach, but enough with the humidity and hotness!

October brings us our annual Human Services Fair (Trunk or Treat), where many of the local agencies join together to hand out a lot of candy and treats together with their important information. It is a great and fun way to learn about the various services in Ulster County. There's also a scary Bingo game scheduled in October! We are reminding you that the HEAP application has changed so if you qualify, please make sure you get the updated application. We will have them soon – as usual, the season opens early November.

Calling all people who love to drive! We have a job for you! You get mileage, and the supreme satisfaction of helping your neighbors and paying it forward for when YOU need a ride to the doctor's office. Just call me, and we can go from there. Background checks are part of the application process. We also need help with some simple computer work – nothing complicated – data entry and help in the office. We are always looking for volunteers to help us help the community.

We've got a Lunch and Learn where I will be presenting on Senior Fraud & Scams at the Olive Library, which the whole world needs to see, as well as a nice suspense movie at the Rosendale Theatre this month, besides our weekly and monthly offerings.

I am working on some special presentations coming up in the New Year, one offs, as they say, so stay tuned. We will be offering more driver safety classes as well. They are quite popular, and very helpful for all drivers, not to mention the 10% liability insurance for 3 years and reduction of points, if you have any.

Have a wonderful fall and stay warm!

Keep those fires burning!

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. Going forward with these classes the instruction portion will be limited to one hour and the second hour will be devoted to Q&A on any topic.

Next classes:

October 1: Overview of Google Drive

October 8: Using Messages App on iPhone

October 15: Q&A, Bring your Tech and your Questions

October 22: IOS 27 Overview iPhone

October 29: Effectively using Search Engines 101

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 Executive Jen Metzger, the Ulster County Inter-Agency Council on Domestic Violence & Human Trafficking, and SUNY New Paltz invite you to attend the 14th Annual Ulster County Domestic Violence Information Forum: **The Human Side of Prevention Building Protective Environments Through Connection.**

October 28, 2026

SUNY New Paltz, Lecture Center Room 100, New Paltz, NY.
9:30 A.M. to 12:30 P.M. Check-In and Refreshments
beginning at 8:45 A.M.

Registration is encouraged. To register, copy the following address into your browser:

<https://forms.gle/pSppuspDYZNCiU5H8>.

Questions? Contact: Beth LaValle, UCDSS, at

(845) 334-5221 or blav@ulstercountyny.gov

Danielle Strauchler, SUNY New Paltz, at (845) 257-3184 or strauchd@newpaltz.edu



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Ulster County Office for the Aging, Kingston, NY

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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.

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.

Shoes must be worn.

MEDICARE

MEDICARE SAVINGS PROGRAM (MSP)

You may be eligible to get help paying your

Medicare premiums and you may also get help paying for Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments.

If you are a Medicare recipient and your gross monthly income is \$2,494 or less (Married income \$3,375 or less) you may be eligible.

Call the Office for the Aging at (845) 340-3456 to make an appointment with one of our Health Insurance counselors for free, unbiased assistance with Medicare and to find out more about the Medicare Savings Program.

MSP workshops are also available to assist you.

ULSTER COUNTY OFFICE FOR THE AGING ATTORNEY

The Ulster County Office for the Aging Attorney can provide counseling and referrals for:

- Estate and 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

November 6: Building a Budget

Presented by Bryan Gisiano,

Mid Hudson Valley Federal Credit Union

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

R.S.V.P. by October 22, 2026

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 or responded to confirmation calls by the R.S.V.P. date, 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.

Ulster County Office for the Aging invites you to attend

Thanksgiving Luncheon

November 19, 2026 from Noon to 2:00 P.M.

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

R.S.V.P. by October 21, 2026

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.

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

"Trunk or Treat"

October 7, 2026

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

(rain date October 8, 2026)

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 are 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.

Trunk
or
Treat



Strangers on a Train (1951)

October 27, 2026, 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 Ulster County Office for the Aging to R.S.V.P.
by October 21, 2026 at (845) 340-3456.

Join Ulster County Office for the Aging, NY Connects, and TenBroeck Center for Rehabilitation & Nursing

Halloween Bingo and Trivia.

October 23, 2026 from 1:00 to 3:00 P.M.

Prizes for best costume.

Ulster County Senior Hub

5 Development Court

Kingston, NY

R.S.V.P. by October 19, 2026 by calling the Ulster County Office for the Aging at (845) 340-3456



Tai Chi for Arthritis and Falls Prevention

(Beginner level)

Wednesdays and Fridays

11:00 A.M. to 12:00 P.M.

Starting October 14, 2026

Rondout Methodist Church, 25 Schoonmaker Lane, Stone Ridge, NY

Classes are twice a week for eight weeks and ask that you be willing to make the commitment to be at all classes twice a week for all eight weeks.

Free to Ulster County Seniors age 60 and over. Space is limited. Call (845) 340-3456 to R.S.V.P.

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ULSTER COUNTY OFFICE FOR THE AGING

08

October 2026 Community Cafe and Home Delivered Meals General Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Community Café Information and Reservations call: 845-443-8836 Home Delivered Meal Information and Cancellation call: 718-371-0025	Menu Subject to Change. Whole Grain Bread and Butter with each meal. * Sites closed but Home Delivered Meals will be delivered.		1 Beef Vegetable Stew Parsley Potatoes Italian Capri Vegetable Blend Apple Crisp 1% Milk	2 Fish w/Lemon Dill Sauce Rice Fall Blend Vegetables Fresh Orange Peach Crisp 1% Milk
5 Arroz con Pollo Yellow Rice Fall Blend Vegetables Fresh Apple Low Fat Cheese Stick	6 Baked Fish in Garlic Sauce Brown Rice California Blend Vegetables Apple Crisp Low Fat Cheese Stick	7 Beef Picadillo Rice Carrots Fresh Orange Low Fat Cheese Stick	8 Cranberry Chicken Mashed Potatoes Fall Blend Vegetables Chocolate Chip Cookie Low Fat Cheese Stick	9 Stuffed Shells w/Tomato Sauce Green Beans Fresh Apple Low Fat Cheese Stick
12 Beef Meatballs Pasta w/Sauce Sauteed Spinach Assorted Fresh Fruit Choice 1% Milk	13 Chicken Parmesan Pasta w/Sauce Italian Capri Vegetable Blend Chocolate Chip Cookie Assorted Fresh Fruit Choice 1% Milk	14 Egg and Cheese Frittata Sweet Potato Home Fries Peppers and Onions Fresh Orange 1% Milk	15 Butter Chicken Raisin Rice Corn and Broccoli Assorted Fresh Fruit Choice 1% Milk	16 Beef Stroganoff Egg Noodles Broccoli Applesauce cup 1% Milk
19 Pork Adobo White Rice Broccoli and Cauliflower Fresh Orange Low Fat Cheese Stick	20 Cheese Ravioli w/Tomato Sauce Italian Capri Vegetable Blend Applesauce cup Low Fat Cheese Stick	21 BBQ Chicken Mac and Cheese Baked Beans Fiesta Corn Low Fat Cheese Stick	22 Shepherd's Pie Fall Blend Vegetables Assorted Fresh Fruit Choice Low Fat Cheese Stick	23 Beef and Broccoli Rice Asian Stir Fry Vegetables Fresh Orange Low Fat Cheese Stick
26 Meatloaf w/Gravy Mashed Potatoes Fall Blend Vegetable Apple Crisp 1% Milk	27 Lentil Stew w/Beef Crumble Couscous Broccoli Fresh Orange Corn Bread Chocolate Chip Cookie 1% Milk	28 Cacio e Pepe Pasta w/Chicken Green Beans Fresh Orange 1% Milk	29 Eggplant Parmesan Penne Pasta w/Tomato Sauce Italian Capri Vegetable Blend Fresh Apple 1% Milk	30 Pollo en Crema Rice Mixed Vegetables Assorted Fresh Fruit Choice Chocolate Chip Cookie 1% Milk

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 (845) 443-8836 for more information.

Reservations for registered participants must be made at least 24 hours in advance.

Please be sure to call by 10:00 A.M. the day before at (845) 443-8836 to cancel your reserved Community Café meal. 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 the Administration on Community Living, NYS Office for the Aging, Ulster County OFA, and private contributions. 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 two weeks-worth of nutritious frozen meals delivered bi-weekly 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 (\$2,461 for a 1 person household and \$3,336 for a 2 person household), Seniors are offered the opportunity to contribute the full cost of the meal which is \$8.50 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 Brooklyn Kitchen at (718) 371-0025.

This program is made possible by funds provided by the Administration on Community Living, NYS Office for the Aging, Ulster County OFA, and private contributions.



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Ulster County Office for the Aging, Kingston, NY

06-5324

Healthy Meal Planning Tips

Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease. Simple adjustments can go a long way toward building a healthier eating pattern:

- Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.
- To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals.
- Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.
- Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement.
- Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.
- Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.

It's never too late to learn some cooking skills or refresh those you might not have used in a while. Search online to find information on basic cooking techniques and recipes. Borrow cookbooks with simple recipes and instructions from your local library or try an adult education cooking course. TV cooking shows might be helpful, too, especially if they show you step by step how to prepare and cook foods. Some meal delivery systems also include step-by-step instructions and pre-portioned ingredients.

RECIPE CORNER

Quick and Easy Pumpkin Soup

1 can (15 oz) pure pumpkin puree
2 cups vegetable or chicken broth
1/2 cup heavy cream or coconut milk
1/4 tsp cinnamon
1/2 tsp garlic powder
1/4 tsp nutmeg
Salt and black pepper to taste

Heat the pumpkin, broth, cinnamon, and garlic spices in a medium pot over medium heat for 10 minutes. Stir in the cream and heat through for 5 more minutes. Season with salt and pepper, then serve warm with a sprinkle of nutmeg on top and with crusty bread.



**DID YOU
KNOW?**

There are more than 70 streets in Atlanta with some variation of the name "Peachtree."

Healthy Fall Nutrition

Eating healthy in the fall is easy and fun with seasonal produce, whole grains, and hydration. Include in-season fruits and vegetables to meals, cooking with whole grains, and remember your water intake as the weather cools. Don't forget to spice things up! Cinnamon, Nutmeg, Garlic, Basil, and Oregano are some of the spices to give foods the fall taste and aroma.

Seasonal Produce

- **Apples and Pears:** Add crisp apple slices to oatmeal or mix fresh pears into leafy green salads for a boost of fiber and vitamins.
- **Root Vegetables:** Roast sweet potatoes, beets, and carrots with a bit of olive oil and herbs to bring out their natural, comforting sweetness. I love to add a sprinkle of nutmeg/cinnamon to a sweet potato.
- **Squash and Pumpkin:** Use butternut squash or pumpkin to make warm, soups rich in vitamins. Don't forget the pumpkin seeds on top of your bowl of soup.
- **Cruciferous Greens:** Broccoli, Cauliflower, and Brussels sprouts, which hold up well in the fridge and support bone and immune health.

Whole Grains and Healthy Fats

- **Steel-Cut Oats and Barley:** Warm up with hearty whole grains that provide lasting energy and fiber.
- **Pumpkin Seeds:** Roast for a crunchy snack or salad and soup topper.

Hydration

- **Water and Hot Tea/Coffee:** Do not forget to drink fluids just because it is cooler outside; dehydration is still common in dry autumn air. Warm coffee to start my day and a hot tea to end it is my pick. Remember the water all throughout your day.

After carving that Halloween Pumpkin, try Roasted Pumpkin Seeds! Toss clean pumpkin seeds with olive oil, salt, and everything bagel seasoning or chili powder. Bake at 300°F for 20 minutes until crunchy. Watch carefully as they can burn easily.

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.

Seniors Serving in Place (SSIP)

Senior groups where members help one another remain independent, strengthen their communities, and stay in their own homes. They are always looking for new members. Feel free to contact any of the SSIP groups below for more information. (Website: <https://SSIP.info/>)

SSIP 209 (Marbletown, Rosendale, Rochester, Olive Area)
ViVi Hlavsa (845) 331-0155
vvhlavsa@aol.com
Meets for coffee on Tuesday, Wednesday and/or Friday, 10:00 A.M. at Lydia's Country Deli (or Wesley's Way)

SSIP Kingston
Beverly Nielsen (845) 377-1240
bnak146@gmail.com
Albert Rando (845) 853-9399
paparando50@yahoo.com
Meets for coffee on Monday 9:30 A.M. Kings Diner on Ulster Avenue and/or 12:30 to 2:30 P.M. for lunch on Thursdays at the Ulster County Senior Hub, Summers in the park

SSIP New Paltz
Pearl Lee (845) 255-8628
Cell: (845) 706-7333
pearlllee@aol.com
Meets at 10:00 A.M. on Tuesdays New Paltz Community Center, Route 32
Bring your own coffee

SSIP Saugerties
Greta Hutton (845) 246-6608
gretahutton@aol.com
Meets for coffee 9:30 A.M. on Tuesdays the Village Diner in Saugerties

SSIP Woodstock
Bette Ann Moskowitz
(845) 679-4702
Betteannm56@gmail.com
Meets at 11:00 A.M. on Mondays Woodstock Library

October is Healthy Lung Month

Every October, Healthy Lung Month emphasizes the importance of respiratory health and encourages proactive steps to support lung well-being.

Lungs are essential organs that oxygenate the blood and remove carbon dioxide, playing a critical role in overall well-being. During Healthy Lung Month, it is important to recognize conditions such as asthma, chronic obstructive pulmonary disease (COPD), and lung cancer, which can significantly affect quality of life.

During Healthy Lung Month, it's important to prioritize respiratory health by being aware of early signs of lung issues.

Key symptoms to watch for include:

- Persistent cough
- Shortness of breath
- Wheezing
- Chest pain
- Fatigue

Consult a healthcare professional if you notice any of these symptoms.

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

1. **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.
2. **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.
3. **Eat Healthy! Stay 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!
4. **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.
5. **Get vaccinated.** This decreases the chance of contracting a respiratory disease like COVID-19, pneumococcal pneumonia, and RSV.
6. **Avoid air pollution exposure both indoors and outdoors.** Check your local air quality report. Dust regularly, change air filters, and keep your house smoke-free to improve indoor air.
7. **Deep Breathe!** It improves lung function and helps you manage stress.

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Do you know someone who might like to receive The Buzz via email? Have them call the Ulster County Office for the Aging with their e-mail address.



Office for the Aging
NY Connects

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.

Ulster County Office for the Aging NY Connects

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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.

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.