

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

MARCH 2023



It is the mission of the Ulster County Office for the Aging to assist and empower older adults and their families to live as independently as possible, with dignity and purpose.

Ulster County will strive to reach more older adults and expand upon its current services by bringing them to remote and underserved areas of the County.

This includes new educational health promotion, service enrollment and Senior advocacy program opportunities so they can stay in, and contribute to, their community.

Are you 60 years old or older and...

...Need a ride for a medical appointment?

...Would benefit from a nutritious home-delivered meal?

...Need help with legal matters or Medicare questions?

Trained staff are available 9:00 A.M. to 5:00 P.M., in person or by phone, to answer questions about available community resources, benefits and entitlements.



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Peterskill above Awosting Falls, by Steve Aaron, Courtesy of Ulster County Tourism



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UCOFA DIRECTOR MESSAGE

Dear Ulster County Seniors:

March blows in like a lion, and out like a Lamb! Well.... this year, I think the lamb is already here! Hope we aren't unpleasantly surprised by a late winter!

We have good stuff being planned this year – we have our picnics and special Bingo games already on the calendar, we have our evidenced-based classes forming, especially those involved with Fall Prevention, and if you are curious, please call the office. We are also offering, through one of our community partners, MVP Health Care, a series of health promotional activities including a Wellness Wheel program, Yoga and Line Dancing – all have limited terms, but they are very keen to reach out to different towns to offer some programming – coming soon to your town, perhaps!

Our Senior Hub will have some MVP programming beginning in March – look for flyers! And in other places – planning is happening now. We will be starting our Lunch and Learn Programs in March/April, and will be planning some movies again this year. Some reminders for our regular offerings: Tax season is upon us – we have our TaxAide program sponsored through AARP, and appointments are available through our office. United Way also offers tax help, as does a good program at SUNY New Paltz for Seniors at no cost – non-complicated tax returns, please.

We are still seeking drivers to Seniors get to medical appointments and folks to make weekly calls to those isolated seniors at home – these types of volunteers are crucial to elders living at home who can either no longer driver, and/or getting someone friendly on the phone each week. We will be able to place volunteers at various sites again, such a local museums and hospitals, to be able to assist organizations in the community.

Yours in health,
Susan Koppenhaver,
Ulster County Office for the Aging Director

Ulster County Office for the Aging Senior Technology Support Classes

Senior Technology Support Classes, Ulster County Senior Hub, 1003 Development Court, Kingston, NY. Thursday mornings from 9:30 to 11:30 A.M. Next classes:

March 2: Using the Photo and Camera Applications on Mobile Devices: Cover some photography basics on both Android and Apple mobile devices, including taking, viewing, and storing your pictures and videos.

March 9: Using an Android Mobile Device: Covers the basics of your Android Device and help you to get the most out of it. Android phones use the Google operating system and are made by Samsung, Google, LG, and others.

March 16: Introduction to Word Processing: Using Microsoft's Word Program to demonstrate basic features of most Word Processing programs. Creating, editing, and saving a document will be demonstrated.

March 23: Question & Answer Session on Apple iPhone and iPad. Bring your Apple device(s): iPhone, iPad and your questions. A discussion of IOS 16's* new features will be included. *Apple's latest Operating System upgrade.

March 30: Buying and Selling on the Internet: Learn about programs like Facebook Marketplace, Craigslist, eBay, Decluttr and others. Also, a discussion of the safest ways to buy and sell on the internet.

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

Meet with a Care Consultant from the Alzheimer's Association for care planning customized to meet your needs. During a care consultation, Alzheimer's Association staff can help you:

Navigate difficult caregiving decisions and family issues.

Assess current needs and anticipate future care challenges.

Develop an effective care plan and problem solve barriers.

Offer supportive listening in a confidential, nonjudgmental environment.

Tara DeLuca will be in the Ulster County Office for Aging from 10:00 A.M to 1:00 P.M., on the following dates in 2023:

March 17, April 14, May 12, June 9, July & August - as needed or requested, September 8, October 13, November 10, and December 8.

Please call the Ulster County Office for the Aging at 845-340-3456 to make an appointment.

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MALL WALK WITH THE UCOFA HUDSON VALLEY MALL

1300 Ulster Avenue, Kingston, NY.
Every Tuesday, 10:00 A.M. sharp!

We meet by the Food Court at 9:45 A.M.
All are welcome!

If Kingston City School District is on delay or closed, the mall walk is cancelled.

UCOFA Weekly Game Day

Wednesdays, 1:00 to 3:00 P.M.

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

Please use social distancing to the extent possible.
Masks are optional.

UCOFA Free Chess Classes

Learn to play and exercise your brain at the same
time. Mondays at 11:00 A.M.,

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

Call the Ulster County Office for the Aging to register
at 845-340-3456. Please use social distancing to the
extent possible. Masks are optional.

UCOFA Craft Corner

Join Ulster County Office for the Aging for
creative fun! Each month a new craft.

3rd Friday of the month, 10:00 A.M. to 12:00 P.M.,
Ulster County Senior Hub,
5 Development Court, Kingston, NY.

Call Ulster County Office for the Aging to register
at 845-340-3456. Please use social distancing to
the extent possible. Masks are optional.

MEDICARE

HIICAP Training for New Volunteer Counselors

The Office for the Aging will be holding a program for training volunteers to become certified Medicare counselors is beginning in late March, 2023.

The Health Insurance Information Counseling and Assistance Program (HIICAP) is a state-wide volunteer program whose mission is to educate seniors about Medicare, Medicare Advantage plans and other health insurance issues. HIICAP counselors provide free, accurate and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans.

The training will be held at the Office for the Aging and will consist of 6 weekly (2 hour) sessions beginning on March 29, 2023.

If you are interested in joining HIICAP and in becoming a certified HIICAP volunteer, please contact the Office for the Aging at 845-340-3456.

Ulster County Office for the Aging Attorney

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

- Estate & Long Term Care Planning
- Government Benefits, including Medicaid
- Consumer Issues
- Housing
- Elder Abuse

The Ulster County Office for the Aging Attorney can also prepare the following documents:

- Simple Wills
- Powers of Attorney
- Health Care Proxies
- Living Wills

To make an appointment call Ulster County Office for the Aging at 845-340-3456.

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

UCOFA Lunch and Learn for Seniors

March 30: Senior Frauds and Scams

Presented by Patrick Long, Ulster County Consumer Affairs

Mescal Hornbeck Community Center, 56 Rock City Road, Woodstock, NY.

R.S.V.P. by March 17, 2023

Lunch and Learn runs Noon to 2:00 P.M.

Free to Ulster County Seniors age 60 and over and includes free lunch with reservation. Space is limited. Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P. Masks are optional (at discretion of presenter).

April 6: Advance Care Planning

Presented by Erica Halwick-Williams, Esquire

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

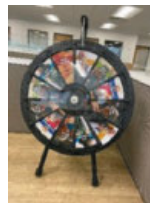
R.S.V.P. by March 29, 2023

Lunch and Learn runs Noon to 2:00 P.M.

Free to Ulster County Seniors age 60 and over and includes free lunch with reservation. Space is limited. Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P. Masks are optional (at discretion of presenter).

MVP Wellness Wheel

The Wellness Wheel has various topics including Risk Factors, Self-Management and Brain Teasers. Participants spin the wheel (or the facilitator can spin the wheel and participants can raise their hand to answer). Giveaways can be given to anyone who spins the wheel and answers or can be given out to everyone for attending (to be determined).



March 15 and 22, 2023

April 19 and 26, 2023

at 2:00 P.M.

Ulster County Senior Hub, 1003 Development Court, Kingston, NY.
Call Ulster County Office for the Aging to R.S.V.P. at 845-340-3456.



See you soon.

BINGOCIZE®

Looking for a fun, new way to be more active? BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls. Come join the fun. We meet every week!

Beginning April 11 through June 15, 2023,

Tuesdays and Thursdays from 10:00 to 11:00 A.M.,

at the Rosendale Community Center,

1055 Route 32, Rosendale, NY.

To register call the Ulster County Office for the Aging at 845-340-3456 by April 7, 2023.



Do you need a Will? *from the desk of UCOFA Attorney, Erica Halwick-Williams, Esquire*

Having a Will is a way to make your wishes known about what you want to happen with your stuff once you're gone and who you want to be in charge. Do you always need a Will? No. But, it's a good back up plan to make sure your wishes are known.

In New York State, if you die without a Will, the state decides who is going to get everything. No - the state doesn't take it all, but the state does determine who inherits based on your family tree. For instance, if you die without a Will and you have a spouse, but no children, your spouse gets everything 100%. But if you die without a Will and you have a spouse and children – your spouse doesn't get everything. In this case, your spouse gets the first \$50,000 and the remaining assets are split 1) 50% to your spouse and 2) 50% to be divided between your children equally.

If you don't want New York State to decide who is going to inherit from you, you may want to make a Will. Keep in mind, any asset with a joint owner or a beneficiary on it goes right to those individuals, not through your Will. Your Will only distributes assets in your name alone. You can avoid the need for Probate and the need to have a Will by making sure everything you own has a joint owner or a beneficiary on it.

If you are interested in creating a Will you can do so by making an appointment with the Office for the Aging. Think about these things before your appointment:

1. Who do you want to be in charge?
2. Who do you want to inherit?
3. Is there anything specific you want a certain person(s) to have?

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I have had the pleasure of helping buyers and sellers full-time for the last 25+ years with their real estate needs. A resident of Ulster County, I also have my Senior Real Estate Specialist (SRES) designation. I can give you a value on your home, assist you to sell your home and/or help you find a new home in or out of the area. Our offices in Ulster County are in Kingston, New Paltz, Stone Ridge and Woodstock.

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March 2023 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
For information or Home Delivered Meal cancellation call: 845-331-2496 Community Café information call: 845-331-2180	Meals Prepared by Gateway Hudson Valley Milk is provided WW = whole wheat "Menu Subject to Change"	1 Pesto Parmesan Tortellini Stewed Tomatoes Sautéed Spinach WW Roll Pears	2 Rigatoni Bolognese Butternut Squash Cauliflower WW Bread Mandarin Orange	3 Fish Scampi Risotto Italian Green Beans Cucumber Slices WW Roll Tropical Fruit
6 Aloha Chicken w/Pineapple Sauce Fried Rice Broccoli WW Roll Fresh Fruit	7 Beef & Bean Chili Mac Vegetables Marinated Mushroom WW Bread Pears	8 Cheese Pierogis Brussel Sprouts Crinkle Carrots Rye Bread Apple Sauce	9 Open Faced Turkey Sandwich w/Turkey Gravy Mashed Potatoes Carrots Rye Bread Apple Sauce	10 BBQ Chicken Sweet Potato Tots Braised Red Cabbage Rye Bread Mixed Fruit
13 Turkey Kielbasa w/Sauerkraut Pierogis Carrots Cole Slaw WW Bread Fresh Fruit	14 Creamy Chicken Strips w/Red Pepper Noodles Mixed Vegetables WW Roll Peaches	15 Baked Eggplant Ziti Broccoli Rye Bread Mandarin Oranges	16 Beef Stew Brown Rice Green Beans WW Roll Apple Sauce	St Patty's 17 Day Irish Stew Cabbage Rye Bread Irish Soda Bread Juice
20 Sloppy Joe Mashed Potato Corn Coleslaw WW Burger Bun Fresh Fruit	21 Chicken Strips Sesame Noodles Marinated Mushroom Chow Mein Noodles Fortune Cookie Juice Cup	22 Mac & Cheese Brussel Sprouts Zucchini Salad WW Roll Pineapple	23 Garlic Baked Chicken Spinach and Parmesan Mushroom Rice Vegetable Blend Rye Bread Apple Sauce	24 Meatloaf w/Gravy Mashed Potatoes Peas & Carrots Rye Bread Oatmeal Raisin Cookie
27 Bruschetta Chicken Buttered Shells Brussel Sprouts WW Bread Tapioca Pudding Juice Cup	28 BBQ Pork Baked Beans Broccoli WW Bun Tropical Fruit	29 Salisbury Steak Mashed Potato Peas & carrots Rye Bread Mandarin Oranges Fruit Juice	30 Sausage Patty Peppers & Onions Mashed Potato Carrots WW Roll Apple Cake	31 Crab Cakes Rice Pilaf Broccoli WW Bread Mixed Fruit



COMMUNITY CAFÉS

Do you know that Ulster County and the Office for the Aging sponsor multiple meal sites around the County so that Seniors, age 60 and over, can have a free meal?

Come and enjoy good food and socialization! UCOFA Community Cafés have re-opened. See below for locations and days of the week.

UCOFA COMMUNITY CAFÉ LOCATIONS:

Rosendale: Rosendale Recreation Center, 1055 Route 32, Rosendale, NY, Fridays

Saugerties: Frank D. Greco Senior Center, 207 Market Street, Saugerties, NY, Tuesdays

Ellenville: Trudy Farber Building, 50 Center Street, Ellenville, NY, Mondays and Wednesdays

New Paltz: New Paltz Community Center, 3 Veterans Drive, New Paltz, NY, Thursdays

Kingston: Ulster County Senior Hub, 5 Development Court, Kingston, NY, Mondays and Wednesdays

Want to try it out? Call Gateway Hudson Valley at 845-331-2180 for more information.

Reservations for registered participants must be made at least 24 hours in advance. Please remember, this is for Ulster County Seniors age 60 and over.

The recommended voluntary contribution for a Community Café meal is \$3.00 per meal but not mandated. All contributions are voluntary and confidential. No one will be denied a meal if they do not contribute. Meals made possible by funds provided by Ulster County Government, NYSOFA, UCOFA and Private funds. Your contributions help keep 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.

DO YOU KNOW SOMEONE WHO MIGHT BENEFIT FROM HOME DELIVERED MEALS?

Qualified Seniors must be:

- 60 years or age or older
- A resident of Ulster County
- Difficulty preparing own meals

For more information, please call Ulster County Office for the Aging at 845-340-3456. For home delivered meal cancellation call 845-331-2496.

The Office for the Aging gratefully accepts voluntary contributions. Your contributions help keep Senior programs available. Thank you. This program is made possible by funding from Federal, State, County and/or local contributions.



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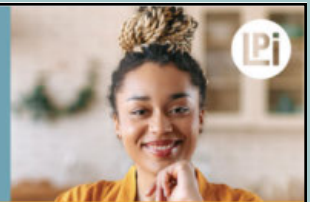
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9 Things that are Better with Age

A surprising number of things get better with each passing year: whiskey, blue jeans, leather boots, cheese, wine, antiques, trees and friendships. You know something else that gets better with age? You. Think about it. If you agree that your favorite blue jeans get better and better every time you put them on, that may be because you're overlooking the negatives. The faded color. The thinning patches of material. The same is true for adding another candle to your birthday cake.

You can either think about the negative stereotype of getting older — aches, pains and slowing of some cognitive functions — or you can embrace the positive stereotypes of aging. So to help you see the positive side of aging, here are nine things that get better with age.

1. Happiness and well-being. For most people, their 20s and 30s are plagued with instability. Finding a job, starting a family and navigating financial issues may be at the center of your life. As you age, these stressors fade, and you're able to enjoy the life you've made for yourself.
2. Some types of memory actually improve as you get older. Semantic memory — your knowledge of the world and experiences, including recollection of facts and figures — resists aging. So does prospective memory — recollecting where you put your keys, when you need to pick up the dry cleaning, and so on. Older people tend to write things down and organize their lives in a way that benefits their memory.
3. Decision-making. Among the perks of getting older, seniors tend to make better decisions, are more emotionally stable and become less impulsive than their younger peers, according to research. Older minds tend to better understand the weight of each decision because they know the value of their time, energy and happiness.
4. Stress (less). For many people, everyday life stressors are reduced as their children leave the house, they retire, and they have more time to do the things they really want to do. Compared to younger adults who are still experiencing the uncertainties of life, older adults are sure of themselves and their lives, which results in a reduced amount of stress.
5. Positive aging research published in the *Journals of Gerontology: Psychological and Social Sciences* found that overall, late middle-aged adults demonstrate more empathy than other age groups.
6. Older adults tend to tell more interesting stories about the past. Instead of giving just the essentials, they'll include interesting details that bring listeners into the story with them. They also can pull from a trove of experiences younger people don't have, simply because they've lived longer.
7. Self-confidence. As people age, they become more comfortable with themselves and stop wishing they had someone else's life. At some point, we stop trying to make other people happy and start embracing ourselves for who we are — a real positive of aging!
8. Wisdom is something that only develops with age. And in some scenarios, it gives older people a decision-making advantage over younger adults, according to a study published in *Psychological Science*. Wisdom also helps people overcome negative effects of stressors, such as diseases, that are common in late life.
9. Positive mindset. Older people focus on the positive more than younger people do. In a study by Stanford University, people reported a more positive well-being and greater emotional stability over a 15-year period, no matter their age. Negative emotions like sadness, anger and fear became less pronounced.

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Heart-Healthy Eating on a Budget

It's a myth that eating healthy has to cost big bucks. "You can spend much the same as you do now and wind up with a heart-healthier diet," says Kerry Stewart, Ed.D., professor of medicine in the cardiology division at Johns Hopkins and director of Clinical and Research Physiology. It comes down to making smarter choices. Here are some ideas for eating better without spending more.

- Compare labels. "From a health perspective certain foods are less desirable than others at a similar price," Stewart says. For example, different varieties of milk cost roughly the same, but skim milk and 1 percent milk provide less saturated fat than 2 percent milk or whole milk. The same is true with yogurt. Some yogurts, although labeled "low fat," are high in calories and sugar, he says, so by comparing the Nutrition Facts data on the labels, you can make a healthier choice that's low in both fat and sugar without spending more.
- Skip processed foods in boxes and bags. Whole foods tend to cost less than processed varieties, while sparing you the added sodium and sugar that can lead to weight gain, diabetes and heart damage, according to Stewart.
- Be aisle-smart. Shop mostly from the outer aisles of your market. That's where fresh fruits, vegetables, dairy, fish and meat tend to be displayed. In the middle aisles, look for heart-healthy canned tuna, salmon and sardines; frozen unprocessed fish fillets; and dried or canned beans (rinse them before you cook to lower sodium content). Add beans to meat dishes so you won't need as much meat—this simple step will lower the cost and your saturated fat intake.
- Pick what's in season. When produce is plentiful, it tends to cost less, Stewart says. So corn is a better buy in summer, while apples are a bargain in fall and winter, for example.
- Consider canned or frozen produce and beans. Stewart says they can pack as many nutrients as fresh produce, and at a good price. Look for "low sodium" or "no salt added" on the label.
- Don't shop when you're hungry. You'll be less tempted by junk food and impulse buys—like those fragrant bakery items and the handy snacks at the cash register.



Garden tips for March

- You won't have to buy new soil for raised beds if you top them off with shredded leaves. Give the leaves a light sprinkling of alfalfa meal, cottonseed-meal, or another organic source of nitrogen to help hasten their decay.
- When the ground is dry enough not to damage grass, rake up the accumulation of twigs and branches.
- Lengthen the hours of daylight for houseplants. Reward them with extra food and water.
- Cut out canes of raspberries that have borne fruit, and any that are thinner than a pencil. Shorten the remaining young canes by at least a foot.
- Place birdhouses outdoors this month. Birds will begin looking for nesting sites soon.

**DID YOU
KNOW?**

A single ant can live up to 29 years.

March is a time to Welcome Spring and a little bit of Irish Green. Shamrocks may bring a bit of luck, but there is plenty we can take charge of to have good health.

As we look forward to the warmer weather, we need to keep our Nutrition and Immune System on point. Our Nutrition, Activity and Sleep Habits work together to keep us healthy and ready to enjoy the Spring Season. Let's start with Good Nutrition. How about including some of those Fresh Vegetables and Fruits into your day? Cannot get to the market? Then there are always frozen and canned varieties in water or their own juices. Fruits and Vegetables give that punch of probiotics and antioxidants to strengthen our immune system and help to ward off the common cold or flu.

Let's make sure we are getting Good Quality Carbohydrates: Whole grain breads, cereals, rice, potato, sweet potato, pasta, and quinoa. Carbohydrates fuel your body for activities and give your brain and central nervous system the energy it needs to get out and be interactive! Did you know that Carbohydrates are found in fruits and vegetables as well and play a part in good protein digestion?

Are you getting enough Protein? Lean Meats, Poultry, Fish, Eggs, and Dairy are packed with protein. Vegetables and carbohydrates have some protein too! Proteins work to keep those bones and muscles in tune. Why not get up and use those muscles today? Take a walk, if the weather still permits, or pick up and lift some weights while you sit and watch your favorite TV show. No weights? Then how about some canned veggies to substitute for weights. Body movement is key to keeping us feeling positive and strong.

Fats. Do we need them? Oh yes, we do! Fats in moderation are not only an energy source but Healthy Fats such as olive oil and avocado are great to help lower LDL Cholesterol Levels and insulate our vital organs.

Don't forget to keep hydrated! Every bit of the body needs water from our skin to our muscles and vital organs. Hydration is key in getting those nutrients to where they are needed in our bodies. So, drink up!

A balance of good nutrition and activity can help to promote good sleep habits. 7-8 hours per day is recommended. We need nutrition to fuel our bodies and activity to strengthen our muscles. We need to sleep to rest, repair and reset our bodies to get the most out of our day.

So let us promote our healthiest self this spring. Healthy Nutrition, Activity and Good Sleep are key to SPRING INTO SPRING!

Irish Soda Scones. These scones are a fun treat to enjoy with a spot of tea! Just mix, scoop and bake.

Ingredients:

2 CUPS ALL-PURPOSE FLOUR	1/2 CUP DRIED CURRANTS OR RAISINS
2 TSP BAKING POWDER	2 TSP CARAWAY SEEDS
1/4 TSP BAKING SODA	1 CUP COLD BUTTER MILK
1/4 CUP GRANULATED SUGAR	1 CUP CONFECTIONERS SUGAR
1/2 TSP SALT	2 TBSP MILK
1 STICK COLD UNSALTED BUTTER	1/4 TSP GRATED ORANGE ZEST

Directions: Preheat oven to 425 degrees. Whisk together flour, baking powder, baking soda, granulated sugar and salt. Cut butter into small pieces; work into the flour mixture with your fingers or a pastry cutter until the dough resembles coarse meal. Add currants or raisins, caraway seeds and buttermilk; stir until combined. Scoop 1/3 CUP - Sized mounds of dough onto a parchment -lined baking sheet, spaced 3 inches apart. Bake until golden brown, 15 to 20 minutes. Let cool. Meanwhile, combine confectioners' sugar, milk and orange zest. Drizzle over scones and enjoy.

From the desk of UCOFA Registered Dietitian: Patricia Ricks MPA, RD, CDN. Nutrition Consults are free to Ulster County Seniors 60 and over and currently via phone with the UCOFA Registered Dietitian. To make a referral, please call 845-340-3456.

Ulster County Area Transit (UCAT) offers more than just regular route service to Ulster County

UCAT also offers Paratransit Service to qualified individuals and a Shopping Bus that services different areas each day of the week. Seniors can take advantage of our shopping bus on the following days:

Monday – Pine Hill, Big Indian, Shandaken, Phoenicia, Mt. Tremper, Boiceville

Tuesday – Woodstock, Willow

Wednesday – Marlboro, Highland, Esopus, Port Ewen

Thursday – Gardiner, Plattekill, Clintondale, Tilson, Rosendale, High Falls

Friday – Kingston, Lake Katrine Saugerties

To take advantage of these programs, you can call UCAT at 845-340-3333 or visit our website at <https://ucat.ulstercountyny.gov/>

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Office for the Aging

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845-334-5125

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

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



NY Connects
Your Link to Long Term
Services and Supports

of Ulster County

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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.

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.