

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

OCTOBER 2024



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...

...Need a ride for a medical appointment?

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

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

Programs and Services:

- Home-Delivered Meals and Community Café's
 - Legal Services
 - HIICAP Medicare Counselling
 - Home Care Services
 - Transportation for non-emergency Medical appointments via Ulster County Area Transit (UCAT) or Neighbor to Neighbor
 - Medical Alert
 - Housing Information
 - Caregiver Support Group and Warm Calls
 - Tai Chi, Mall-Walk, and other Exercise Programs
 - Nutrition Counseling by Registered Dietitian
 - Information and Assistance/NY Connects
- Trained staff are available 9:00 A.M. to 5:00 P.M., in person or by phone, to answer questions about available community resources, benefits and entitlements. Call 845-340-3456 for more information.



1003 DEVELOPMENT COURT, KINGSTON, NY 12401 | 845-340-3456 | ULSTERCOUNTYNY.GOV/AGING

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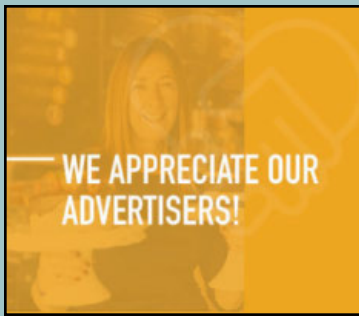


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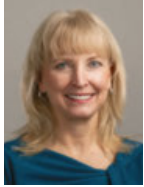
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UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

Happy almost Fall! The seasons just seem to be turning faster and faster!

We are all geared up for great programs this Fall. First – don't forget Medicare Open Enrollment season begins October 15 to December 7 and our volunteer HIICAP counselors are standing by to assist you! They can also meet folks in the community if that is easier. Make your appointments now! Also, for those with lower income levels, the Medicare Savings Program may be what you need right now to save money on your Part B deductible. Ask our Medicare counselors about that!

We have lots of things coming up – please check the Buzz or our website for activities. Importantly, every year the OFA has Public Hearings we do in the community – this year we have one at the Saugerties Library at 1 PM on October 18 and a 2nd one on October 24 at the New Paltz Community Center at 1 PM also. We will be reviewing our past year, speaking about our office's 4 year plan for future programs and services, and we want feedback from our participants.

We will once again be hosting a Death Literacy presentation on November 1 at 1PM-3Pm in our Senior Hub – please register at 340-3456. The agenda will include paperwork and necessary end of life discussions, and other interesting topics. Presented by Caren Martineau and Beival.com. Please join us!

Another hint about saving on your electric and utility bills: dehumidifiers, air conditioners and air filters use filters, and they all collect dust. Dust makes the filters clogged, and makes the machine work harder to do its job, so be sure to clean those filters regularly. Also, plugging in several electrical appliances, especially computers and monitors, into a power strip, and turning off the strip when not in use will also save on the electric bill – lots of \$\$ goes floating away when those things are on but not in use.

Our Respite Program (the Social Club at the Hub) is going well. If you are a caregiver and want to find out more, please call our office and ask for the Caregiver Coordinator, and they can direct you to the next steps and getting yourself some rest and maybe a needed break.

Enjoy the beautiful Hudson Valley foliage this year!

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 in Kingston on Thursday mornings from 9:30 AM to 11:30 AM. Next classes:

October 3: 12 Handy Tips for iPhone Users. (John Dowley)

October 10: General Tech Q&A Practice Session, bring your Tech and your Questions.

October 17: Using Search Engines and Browsers (John Dowley)

October 24: How to Update Your Apple iPhone to IOS 18 Operating System/ New Features. (John Dowley)

October 31: General Tech Q&A Practice Session, bring your Tech and your Questions

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, NY Connects & Ulster County Department of Social Services

present 2024 **Human Services Expo "Trunk or Treat"**

October 9, 2024 from 11:00 A.M. to 2:00 P.M.
(rain date October 10, 2024)
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 & to learn about services available to Ulster County residents.





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OCTOBER EDITION

COMMUNITY HIGHLIGHT
Involvement in the community is essential for the success of our organization. Our newsletter provides a platform for our members to share their stories and experiences. This is a great way to stay connected and informed about the latest news and events in our community.

SECTION HEADINGS
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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 Weekly Game Day

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

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, 9:30 to 10:30 A.M.

Shoes must be worn.

UCOFA Fitness & Fun for All Bands, Balls, Light Weights & Light Cardio

Wednesdays, 10:30 to 11:30 A.M.

Shoes must be worn.

MEDICARE

MEDICARE ANNUAL OPEN ENROLLMENT PERIOD

The Annual Open Enrollment Period to change your Medicare health or prescription drug coverage for 2025 will begin on October 15. The Open Enrollment Period will be from October 15 to December 7, 2024.

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 2025 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

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 Learns for Seniors

November 7: Common Foot Problems- What You Can Do To Keep Your Feet Healthy

Presented by Dr. Dany Jabbour, Rhinebeck Podiatry Services

Russell Brott Senior Center, 1 Town Hall Drive, Lake Katrine, NY.

R.S.V.P. by October 30, 2024

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.

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

November 14, 2024

Noon to 2:00 P.M.

Rosendale Community Center, 1055 Route 32, Rosendale, NY.

R.S.V.P. by October 25, 2024

Free to Ulster County Seniors age 60 and over and includes free lunch with reservation. Space is limited.

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



Shadow of a Doubt (1943) on October 29, 2024, 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, 2024 at 845-340-3456.



Hearty, Fall foods for Seniors

Sweet Potatoes. Sweet potatoes are a fabulous food to add to your fall shopping list and they are packed with vitamin A, vitamin B6, vitamin C, iron, magnesium, potassium, and fiber, all while containing just over 100 calories per serving.

Pumpkin. Pumpkin is naturally rich in potassium, and is a great source of B vitamins and dietary fiber. A single serving of pumpkin can also help provide more than 200% of your daily supply of vitamin A. It’s also low in calories and easy to eat.

Apples and Pears. Apples have been shown to help promote a healthy weight, improve heart health, lower the risk factors of diabetes, promote healthy digestion, strengthen muscles and bones, and even boost your brainpower. Sweet, tart, juicy, and versatile, pears hit their peak in late fall and early winter, and are a sound source of vitamin C, vitamin K, copper, and dietary fiber.

Beets. While this mushy veggie can be a bit difficult to prep on your own, there are plenty of pre-packed and even pre-cooked beets available at most markets. Studies have shown that beets are rich in nitrates, which the body converts to nitric oxide and which can help expand blood vessels, improve blood flow, and improve overall cardiovascular function

Cauliflower. Cauliflower can be served raw, baked, steamed, pureed, or mashed; it can be served as a substitute for proteins like chicken, made into a hearty soup, or transformed into a healthy replacement for white rice. It is a great source of vitamin C, contains plant compounds that may help battle cancer, can promote healthy cholesterol levels, is loaded with vitamin A and is a great source of potassium.



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October 2024 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Prepared by Gateway Hudson Valley. Milk is provided. WW = Whole Wheat. Menu Subject to Change. * Meal sites are closed, HDM meals delivery on schedule.	1 Chicken Parm w/LS Marinara and Penne Brussel Sprouts Tuscan Tomato Salad WW Garlic Breadstick Fresh Fruit	2 BBQ Riblette Au Gratin Potatoes California Blend Vegetables Buttermilk Honey Biscuit Fresh Fruit	3 Mac & Cheese Stewed Tomatoes Mixed Green Salad Corn Bread Peach cup	4 Sausage & Cheese Quiche Tater Tots Broccoli and Red Peppers Rye Bread Diced Pear cup
7 Grilled Chicken w/ Marsala Sauce Buttered Ziti Italian Vegetable Blend WW Roll Fresh Fruit	8 American Chop Suey Peas and Carrots WW Bread Mixed Fruit cup	9 Cheese Omelet Spinach French Toast Sticks Honey Wheat Biscuit Fresh Fruit	10 Meatloaf w/Gravy Mashed Potatoes Green Beans and Mushrooms WW Bread Diced Peach cup	11 Potato Pollack Tartar Sauce Confetti Rice Broccoli WW Roll Diced Pear cup
14 Holiday* Hamburger Vegetarian Bake Beans Mixed Vegetables Coleslaw WW Wheat Burger Bun Holiday Dessert	15 Fajita Chicken Brown Rice Peppers and Onions Multigrain Tortilla Chips and Salsa Mandarin Orange cup	16 Roast Pork w/ Cranberry Gravy Buttered Noodles Buttered Beets Rye Bread Peach cup	17 Veggie Chili Baked Potato Broccoli Southwest Salad Honey Wheat Roll Juice Cookie	18 Potato Crunch Fish Herbed White Rice Scandinavian Vegetable Blend WW Bread Juice Cookie
21 Salisbury Steak w/ LS Beef Gravy Seasoned Sliced Potatoes Sliced Carrots WW Bread Mixed Fruit cup	22 Diced Chicken Bruschetta Buttered Shells Brussel Sprouts Herbed Breadstick Fresh Fruit	23 Breaded Pollock Confetti Rice Zucchini and Tomatoes WW Roll Juice Cookie	24 Lasagna Rolette w/LS Marinara and Mozzarella Green Beans with Mushrooms Mixed Green Salad WW Breadstick Pineapple tidbits	25 Seasoned Pork Loin w/Sweet and Sour Sauce Mac & Cheese Broccoli and Red Peppers Rye Bread Applesauce
28 BBQ Chicken Sweet Potatoes Broccoli Cornbread Peach cup	29 Shephard's Pie Carrots WW Bread Juice Cookie	30 Spaghetti w/LS Meat Sauce Italian Vegetable Blend WW Garlic Breadstick Mixed Fruit cup	31 Potato Crunch Fish Confetti Rice Winter Blend Vegetables Rye Bread Juice Holiday Dessert	Community Café Information and Reservations call: 845-331-2180 For information or Home Delivered Meal Cancellation call: 845-331-2496



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 (\$2,248 for a 1 person household and \$3,040 for a 2 person household), Seniors are offered the opportunity to contribute the full cost of the meal which is \$ 11.04. 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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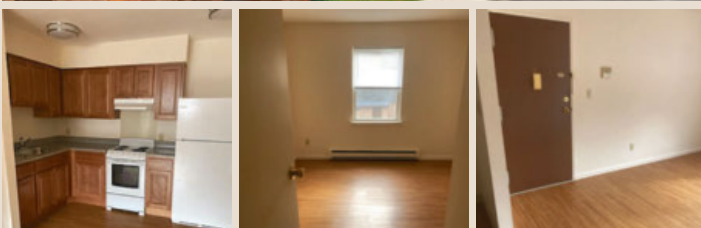
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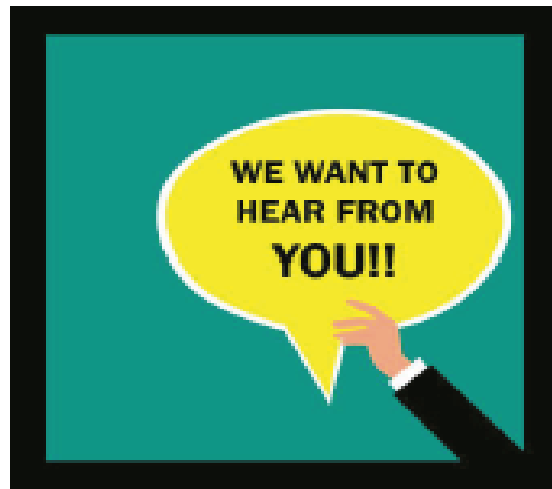
Please Contact Us At



845-338-2700

For An Application

The Ulster County Office for the Aging Annual Public Hearings



Friday, October 18, 2024

1:00 P.M. to 2:30 P.M.

Saugerties Public Library

91 Washington Ave, Saugerties, NY

Thursday, October 24, 2024

1:00 P.M. to 2:30 P.M.

New Paltz Community Center

3 Veterans Drive, New Paltz, 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





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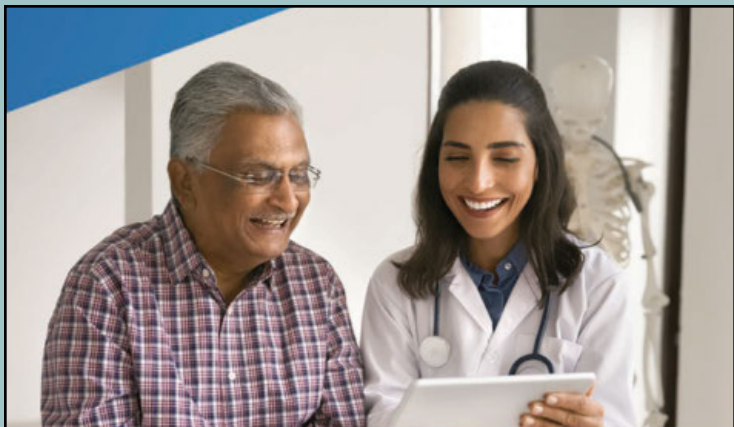
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Autumn wellness tips to keep you healthy

1. Start taking a Vitamin D supplement. We get most of our Vitamin D from the sun, so our intake decreases when the weather is colder since we spend most of our time inside during the fall/winter seasons. If you find you are not getting outside much, a Vitamin D supplement can boost your mood and immune system!
2. Take some time to yourself. Autumn and winter are the Earth’s way of telling us to slow down. Start a journal or track your moods to get more in touch with how your feeling.
3. Get your flu shot and yearly check-up. No one likes sniffing and aching and sneezing and coughing getting in the way of life.
4. Boost your immune system. You can do this by drinking plenty of water, washing your hands often to prevent sickness, and eating nutritious foods.
5. Get yourself ready for Daylight Savings Time. Go to bed earlier when you can, especially the week before the clocks change. Longer periods of darkness = longer periods of sleep! Don’t forget to change any manual clocks (like an alarm clock!)
6. Moisturize your skin. Harsh temperatures can make your skin dry. Also, you still should be wearing sunscreen.
7. Buy in-season food. Beets, broccoli, cabbage, eggplant, kale, pumpkin, broths, roasted squash, roots and sautéed dark leafy greens are all great choices.
8. Stay active! It can be easy to just sit around all the time, but it’s important to get in some movement throughout the day. Raking leaves or shoveling snow counts!
9. Wear layers and protect your body from the dropping temperature. Make sure you have gloves, a scarf, ear muffs, a winter coat, warm socks, and snow boots!
10. Do some “spring cleaning” in the fall. Clean out your closet, organize that back room, and rid yourself of things you don’t need.
11. Prepare your home for possible extreme weather conditions. Do you have a shovel and/or snow blower? Do your flashlights have batteries? Is your heat working okay?
12. Get some books to read and shows or movies to watch. Who doesn’t want to sit by the fire on chilly winter nights and read a good book or watch a movie?
13. Keep a schedule. The cold months can seem to drag on and push us into isolation. Stay on track by scheduling time in your day to do things you like to do.
14. Be kind to yourself. The holidays can cause weight gain, the shorter days can cause low mood, and the flu season can cause sickness. Listen to your body and give it what it needs, and don’t beat yourself up! Try reframing negative thoughts into positive ones.



Garden tips for October

- Cannas, Dahlias and other tender bulb-like things including elephant ears need to be dug carefully for indoor storage.
- If next year’s garden plans include a patch of strawberries or asparagus or cane fruits like raspberries, do the tilling and soil preparation now so the bare-root plants ordered over the winter can be planted extra early come spring.
- Fall-planted flower bulbs like Crocuses, Daffodils, Irises, Hyacinths, and Tulips can be sown now, and will be ready to emerge colorfully in early spring.

DID YOU KNOW?

The first traffic light in the US was built in Cleveland, Ohio in 1914.

The Top Anti-Inflammatory Nutrients

Inflammation. It gets a lot of bad press. In the short term, inflammation is necessary to fight off infection and to help heal the body. But where we find inflammation damaging is when it lingers and becomes chronic. Chronic Inflammation plays a significant role in Cardiac & Pulmonary Disease, Diabetes, Arthritis and Allergies. Therefore, whether you have a chronic disease or are looking to live an anti-inflammatory lifestyle, these nutrients could help you reduce chronic inflammation.

1. **POLYPHENOLS** - plant compounds that help to protect your body by inhibiting the formation of free radicals, which cause oxidative stress. Free radicals can cause damage to our healthy cells. Polyphenols can also improve blood pressure and cholesterol levels. Polyphenols are found in all kinds of plant foods: fruits, vegetables, herbs, spices, olives & olive oils. OH! It's also in DARK CHOCOLATE!! The more colorful the plant food the higher the Polyphenol levels.
2. **OMEGA 3 FATTY ACIDS** - Found in fatty fish such as salmon & mackerel, walnuts, soy, and some seeds. They are well known for their anti-inflammatory benefits as they help our cells stay fluid instead of rigid. This allows for normal cellular function and reduces the inflammation in the body.
3. **GINGER** - Yes, the spice! Bioactive compounds in ginger have been shown to mitigate / reduce inflammation. Try Ginger tea or adding ginger spices to baking and some meal recipes
4. **VITAMIN D** - It may be surprising to hear that Vit D plays a significant role in immunity and inflammation. A deficiency in Vitamin D has been linked to Cardiovascular Disease, Infectious Disease and Autoinflammatory conditions such as Arthritis and Lupus. Some of the only food sources of Vitamin D are fatty fish, milk, and eggs.
5. **TURMERIC & CURCUMIN** - Curcumin is the active ingredient in Turmeric that may help to lower inflammation for people with Bowel Disease, Arthritis, Psoriasis, Depression and Atherosclerosis. However, it appears that in order to get a high enough dose, it will have to be in pill form rather than in cooking. But as with any herb or supplement, it is wise to clear it with your doctor.
6. **MAGNESIUM** - This nutrient is responsible for over 600 enzyme reactions in our body. Therefore, a deficiency may spark a couple of triggers in the body that produce inflammation. Get enough Magnesium by eating plenty of greens, legumes, nuts, seeds, and whole grains.
7. **FIBER** - Sick of hearing about FIBER???? Well, I'm here to chat about it yet again. Fiber feeds the beneficial bacteria in our gut & helps to reduce inflammation. The foods that are high in fiber are also high in antioxidative properties. BONUS!!!! So, get enough fruits, vegetables, whole grains, nuts & seeds.

*Note that there are non-food related factors to consider when trying to reduce inflammation: Environmental Factors, Financial Stress, Sleep Disturbances and Work Stress. Try Yoga, Pilates, Deep Breathing exercise or meditation to reduce stress and improve how we feel mentally and physically.

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:

MHA of Ulster County Inc.
300 Aaron Court, Kingston, NY
1st & 3rd Thursday of each month:
6:00 to 7:15 P.M.
In-person or via Zoom.

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.

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

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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

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
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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.