

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

AUGUST 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.



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

Mine Hole Trail Catskill, Courtesy Steve Aaron, Courtesy of Ulster County Tourism



**Curtis Care
Management
PLLC**

**Geriatric Care Management
& Medicaid Application
Specialists**

Free 30 minute phone consult

914-420-2438

www.curtiscaremanagement.com

**SUPPORT OUR
ADVERTISERS!**



*Educating you
on your
Medicare
options!*



**Need MEDICARE Help?
Call Karen! 845-419-1984**

www.medicarekaren.com

**Affordable Senior
Housing for Rent**



**Homes and
Community Renewal**

Your next home could be at **Silver Gardens**

58 Andi Ct. Highland, NY 12528 | Ulster County

Silver Gardens offers one-bedroom apartments for seniors 62+ With free electric & high speed internet, community spaces, laundry, and easy access to trails, transportation, and services.

Learn more & apply:

Call: (845) 331-2616

or visit www.rupco.org

***Monthly rent: \$995 - \$1,200**

1BR | *Rents are determined based on the household annual income.

**Annual
Household
Income Limits**
50% Area Median
Income (AMI)

1 person: \$24,875 - \$39,100
2 people: \$24,875 - \$44,700

60% Area Median
Income (AMI)

1 person: \$30,000 - \$46,920
2 people: \$30,000 - \$53,640

NYHousingSearch.gov | www.rupco.org

ADT-Monitored Home Security

**Get 24-Hour Protection
From a Name You Can Trust**

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



SafeStreets

833-287-3502



**Contact our architectural
modification specialist to
set up a consultation.**

845-331-0541

www.rcal.org



Premier Short-Term Rehabilitation Unit and Sub-Acute Skilled Nursing

**We provide Subacute Care that
returns patients to their highest
level of functioning after injury,
illness or surgery**

Our Treatment Team

Physical Therapy • Occupational Therapy
Speech Therapy • Respiratory Therapy



Most insurance plans accepted. Semi-Private Rooms Available

300 Grant Ave Lake Katrine, New York 12449

845.336.3500 x33267

www.northeastcenter.com • ncsc@northeastcenter.com

**Personal support
for your entire
health journey.**

MVP Medicare plans starting at \$0/month.

Call **1-844-539-8684** (TTY 711) Monday-Friday, 8 am-8 pm

Visit mvphealthcare.com/medicare



MVP Health Plan, Inc. is an HMO-POS/PPO organization with a Medicare contract.
Enrollment in MVP Health Plan depends on contract renewal.

Y0051_0331_M



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Ulster County Office for the Aging, Kingston, NY

06-5324

UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

We are looking forward to the end of all this heat! Perhaps some of you enjoy it, but I think it's just as hot as Florida here! And I don't have to fly down there to get it! We are enjoying a good response to most of our programming, however, we have to be stricter with our policy and ask that you R.S.V.P. by the deadline; and when we call you to confirm that you are attending - you must let us know that indeed you are coming or you will not be included in events. This is necessary due to the popularity of many events and the fact that we must pay for meals ordered regardless of whether individuals show up or not. Thank you for understanding.

We will be seeing many of you at our (full) picnics (case in point!) as well as our (full) AARP driving classes, and several lunch and learns. We are trying to find a good venue for another Matter of Balance class or two coming up, there are Tai Chi classes starting and planned, perhaps another Bingocize session as well, our Mall Walk is weekly, we have lots of volunteer opportunities, especially for: light home maintenance assistance, driving for medical appointments and driver scheduling, warm callers. We do have a never-ending need for transportation of all kinds. We are trying to explore "out of the box" thinking on this.

Our Farmer's Market coupons are in, and several local markets will accept them throughout the county. We have received more coupons to distribute than we have ever before and will try very hard to give them all out throughout the growing season. Please encourage everyone you know who has a lower monthly income and is over 60 to get coupons.

We will be having a Volunteer luncheon in September and will be honoring our two Seniors of the Year there again. If you have volunteered your time through OFA this past year, and have not let me know, please do so I can send you an invitation!

I hope everyone is staying cool and hydrated – dehydration is a very quiet, sneaky thing!

Susan Koppenhaver, Director,
Ulster County Office for Aging

Ulster County Office for the Aging Senior Technology Support Classes

Reminder, there will be no Tech classes in July or August.

Thank you.

See you in September.



Ulster County Office for the Aging Patriotic Bingo and Trivia.

Thank you to our co-sponsor Ten Broeck Commons.



Feet Hurt?



HVFA
HUDSON VALLEY
FOOT ASSOCIATES

*We Treat ALL Types
of Foot Problems!*

103 Hurley Ave., Kingston
(845) 339-4191 hvfa.com



GATEWAY
HUDSON VALLEY

**WE PROVIDE OUTSTANDING,
NUTRITIOUS FOOD TO OUR
SENIORS AGING AT HOME!**

VISIT GHV.ORG/FOOD-SERVICES OR
CALL 845-331-1261 FOR DETAILS.



 **WINSURANCE.com**
WIEDENKELLER INSURANCE
Home • Auto • Life • Business
(845) **255-7777**

Est. 1977

171 Main Street, New Paltz, NY 12561
Email: todd@WINSURANCE.com



Todd Wiedenkiller

JSPHomeServices.com • 845-288-4162




**AIR CONDITIONING • HEATING
PLUMBING • ELECTRICAL
EMERGENCY SERVICES 7 DAYS A WEEK
365 DAYS A YEAR**

**YOU CAN MAKE A DIFFERENCE
FOR SENIORS IN THE
HUDSON VALLEY!**

**Hudson Valley Long Term Care
Ombudsman Program**

**JOIN OUR
TEAM**



**Benefits of Becoming
A Volunteer Ombudsman**

Flexibility- You have the flexibility to complete your required 2 hours/week as it fits into your schedule.

Free Training- and continuing education provided.

Vital Link- provides you the opportunity to give back to the most vulnerable of your communities' senior population.

APPLY AT:
NURSINGHOME411.ORG/LTCOP/VOLUNTEER

P: 845-229-4680 | www.nursinghome411.org



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.

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Ileana Vasquez

ivasquez@lpicommunities.com
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.

Note: *August date is August 8 instead of August 15.*

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 COUNSELING

The Health Insurance Information Counseling and Assistance Program (HIICAP) at the Ulster County Office for the Aging provides free and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage.

HIICAP helps people with Medicare, their representatives, or people soon to be eligible for Medicare.

HIICAP Counselors are fluent in all aspects of Medicare and health insurance coverage, including Original Medicare, Medicare Advantage, Medicare supplemental plans, and prescription drug coverage.

If you need further information or would like to schedule an in-person or phone appointment with a HIICAP counselor, please call 845-340-3579.

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

August 25: Medicare 101

Presented by Bob Meci, UCOFA Health Insurance Coordinator
Phoenicia United Methodist Church Hall, 29 Church Street, Phoenicia, NY.
R.S.V.P. by August 14, 2025

September 18: Falls Prevention

Presented by William Shashaty, MPS & Occupational Therapist HAHV, and
Karen Winkler-Gorsline, Environmental Modifications (E-Mod) Provider
Rosendale Community Center, 1055 Route 32, Rosendale, NY.
R.S.V.P. by September 9, 2025

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 and Taconic Health Care invite you to attend the

Harvest Fall Festival

September 26, 2025, from 1:00 to 3:00 P.M.
Robert Post Park, 515 Park Road, Kingston, NY.
Games, prizes and music. Light refreshments.

R.S.V.P. by September 17, 2025

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.



See you in October.

Tai Chi for Arthritis and Falls Prevention

(Beginner level)

Tuesdays and Thursdays
12:30 to 1:30 P.M.

Starting August 19, 2025
Olive Free Library
4033 Route 28A
West Shokan, NY.

Tuesdays 1:00 to 2:00 P.M.
Thursdays 11:00 AM. to 12:00 P.M.
Starting September 9, 2025
Cragmoor Free Library
355 Cragmoor Road
Cragmoor, NY.

Tuesdays 11:00 AM. to 12:00 P.M.
Thursdays 2:30 to 3:30 P.M.
Starting September 9, 2025
Gardiner Library
133 Farmer's Turnpike
Gardiner, 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 Veteran Services Agency Transportation

Providing transportation to Ulster County Veterans for VA and Medical appointments throughout Ulster and surrounding counties.

- VA Shuttles to Albany - Stratton VA and Wappingers Falls -Castle Point VA.
- Local VA clinics and private medical facilities.
- Additional Special Transports upon approval.
- Monday – Friday, Morning appointments.
- Wheelchair & Scooter Accessible



To Schedule Transportation Please Call (845) 340-3190



**“Home Healthcare
With Dignity”**

Since 1984, A&T Healthcare is a Home Healthcare Agency that is dedicated to providing high-quality home healthcare services for caregivers and families who are caring for loved ones at home – with dignity. We provide home healthcare services for geriatrics through pediatrics.

**Ask about our FREE TRAINING program
845-331-7868**

Live-In & Hourly Health Aides • Companions • LPN's • RN's • Therapists • Adults • Senior



www.at-healthcare.com

ALL POSITIONS AVAILABLE: RN, LPN, HHA, PCA, PT, OT, ST, MSW, Service Coordinator



August 2025 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	Community Café Information and Reservations call: 845-331-2180 For information or Home Delivered Meal Cancellation call: 845-331-2496.			1 Chicken Bruschetta Buttered Shells Bruschetta Sauce Broccoli Rye Bread Juice Cookie
4 Breaded Chicken Honey Glaze Red Bliss Potato Spinach WW Bread Fresh Fruit	5 Stuffed Shells Florentine California Blend Vegetables Salad Rye Bread Applesauce	6 Pork Loin Pineapple Sauce Sweet Potatoes Broccoli WW Dinner Roll Fresh Fruit	7 Chicken Sausage Noodles with Onion and Cabbage Beets WW Bread Fresh Fruit	8 Pineapple Chicken Stir Fry Egg Fried Rice Asian Blend Vegetables WW Biscuit Peach cup
11 Chicken Parmesan Penne w/ LS Marinara Zucchini WW Biscuit Juice Cookie	12 BBQ Pork Riblet Au Gratin Potatoes California Blend Vegetables WW Bread Applesauce	13 Taco Mix Yellow Rice Mexican Corn Rye Bread Pound Cake Fresh Fruit	14 Hamburger Tater Tots Spinach WW Burger Roll Salad Fresh Fruit	15 Chili White Rice Kale and Spinach WW Bread Peach cup
18 Pork Chopette w/ LS Gravy Buttered Egg Noodles Broccoli WW Bread Applesauce	19 American Chop Suey Peas WW Bread Juice Cookie	20 Omelet with Cheese Spinach Waffle Salad Peach cup	21 Grilled Chicken Marsala Sauce Buttered Ziti Italian Blend Vegetables WW Biscuit Juice Strawberry Shortcake	22 Ground Beef Stroganoff Egg Noodles Broccoli and Carrots Rye Bread Fresh Fruit
25 Meatloaf Confetti Rice Carrots WW Bread Fresh Fruit	26 Sweet and Sour Meatballs White Rice Oriental Vegetables WW Bread Peach cup	27 Diced Chicken Alfredo Buttered Egg Noodles Winter Blend Vegetables Rye Bread Fresh Fruit	28 Roast Turkey w/ LS Gravy Mashed Potatoes Meadow Blend Vegetables WW Biscuit Fresh Fruit	29 Swiss Cheeseburger Tater Tots Mixed Vegetables WW Hamburger Roll Salad Fresh 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! 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.



Hope comes in many forms

What does hope look like for you?
For some, it means comfort, dignity, and
care, empowering patients and loved
ones to cherish each moment together.

Hudson Valley
Hospice
hvospice.org • 845-240-7555



MOUNTAIN VALLEY MANOR
NYS Dept. of Health Licensed
24-Hour Adult Care Home
Locally owned and operated
by the DePoala Family.



Call to Inquire About Our Senior Day Care Program



**Voted Best Assisted
Living in the
Hudson Valley**

mountainvalleymanor.com

845-331-1254

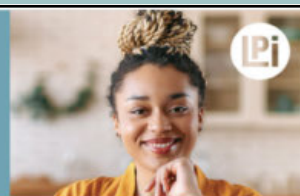
Nestled on nine acres in a
country setting at
397 Wilbur Avenue, Kingston NY

WE'RE HIRING!

AD SALES EXECUTIVES

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

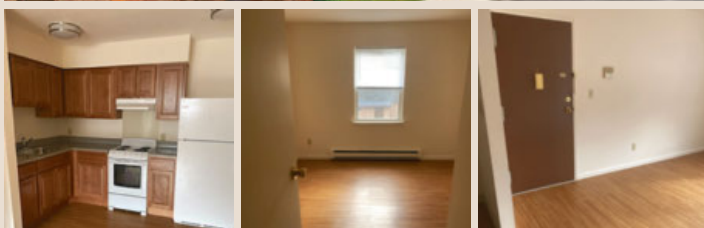


Contact us at
careers@4ipi.com or
www.4ipi.com/careers

MOUNTAINVIEW APARTMENTS

Hunter, New York

SUBSIDIZED HOUSING FOR LOW-INCOME FAMILIES



**NOW ACCEPTING WAITING LIST APPLICATIONS
FOR 1, 2, & 3 BEDROOM APARTMENTS**



**CALL 518-263-4113
FOR AN APPLICATION**

Governor Clinton and Alexander Yosman Tower Apartments

LOCATED IN KINGSTON, NY

**Is now Accepting Applications for its Waitlist
for Studio and One-Bedroom Apartments**



**This Subsidized Housing for Low-Income
Seniors 62 Years or Older Offers:**

- Newly Renovated Apartments
- Onsite Parking
- Utilities Included with Rent
- Onsite Maintenance Staff
- Easy Access to Transportation
- Onsite Property Manager
- Onsite Laundry Facilities

Please Contact Us At



845-338-2700

For An Application



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Ulster County Office for the Aging, Kingston, NY

06-5324

Ulster County Office for the Aging 2025 Farmers' Market Nutrition Program Coupons (\$25 value)

Eligibility is determined by two factors: AGE and INCOME. You must be a Senior 60 or older and income is at or below:

\$2,413/month for a one-person household

\$3,261/month for a two-person household

\$4,109/month for a three-person household

Eligible recipients must personally sign for their coupons or send a signed POA or proxy document for proxy to sign.

Coupons cannot be reserved and are distributed on a "First Come First Serve" basis.

Examples of what you can buy using FMNP coupons with authorized vendors include locally grown, fresh fruits, vegetables, and culinary herbs.

Coupons are available at the Ulster County Office for the Aging, 1003 Development Court, Kingston, NY, from 10:00 A.M. to 4:00 P.M., Monday through Friday. For more information or to find out if we will be distributing in an area near you, call the Office for the Aging at 845-340-3456.

Farmers' Markets and Farm Stands Accepting Farmers' Markets coupons:

Caradonna Farm Stand
1394 Route 9W Marlboro
Daily 9:00 A.M. to 6:00 P.M.
May 1- October 31

Heart of the Hudson Valley Farmers' Market
Cluett-Schantz Park 1801-1805 Route 9W Milton, NY
Saturdays 9:00 A.M. to 2:00 P.M.
June 14 -October 11

Kingston Farmers' Market
285 Wall Street, Kingston, NY
Saturdays 9:00 A.M. to 1:00 P.M.
May 3 - November 22

Kingston YMCA Farm Stand
507 Broadway Kingston, NY
Thursdays 3:30 to 6:00 P.M., Tuesdays 10:00 A.M. to 12:00 P.M. (July - August)
June 5 - December 27

Phoenicia Farmers' Market
Park behind 109 Main Street, Parish Field, Phoenicia, NY
Sundays 10:00 A.M. to 2:00 P.M.
May 18 -October 27, January 8 -April 16

Saugerties Farmers' Market
115 Main Street, Saugerties, NY
Saturdays 10:00 A.M. to 2:00 P.M.
May 24 - October 25

White Feather Farm Stand
1389 Route 212 Saugerties, NY
Saturdays 9:00 A.M. to 2:00 P.M.
May 24 - October 25

Woodstock Farm Festival Farmers' Market
20 Mountainview Avenue (parking lot), Woodstock, NY
Wednesdays 3:00 to 7:00 P.M.
May 14 - October 22





**Do you want to control
your Home Care?**

**Join Independent Home Care's
Consumer Directed Home Care Program**

*Hire someone you know and trust
to provide your care, your way;
we will provide their paycheck!*

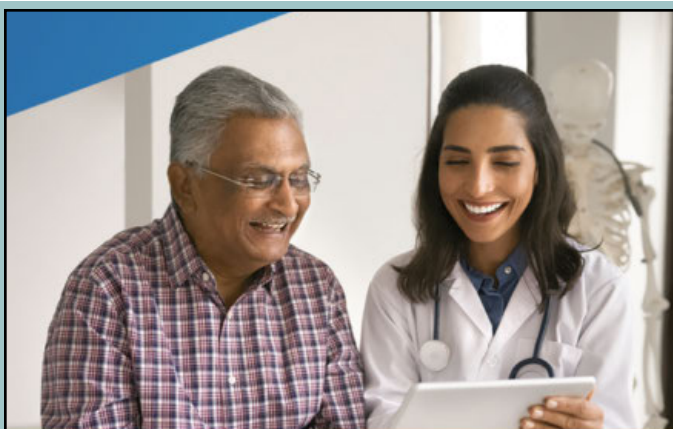
MY CARE MY WAY **MY CHOICE IS
INDEPENDENCE**

Contact Us Today!

(845) 565-1163

Contact@MyIndependentHomeCare.org

www.MyIndependentHomeCare.org



IT'S ABOUT LIVING WELL

**Hudson Valley
Medical Health Choices**

**Your illness doesn't define you...
How you choose to live does.**

Palliative care is about living life
to the fullest. It's about managing
symptoms and ensuring comfort,
dignity and emotional well-being.

It's about how you live.

Appointments
available at our
office at MidHudson
Regional Hospital!

**1 Webster Avenue
Suite 402B
Poughkeepsie**

Learn more at
hvpalliativecare.org

SAUGERTIES SENIOR HOUSING

**Subsidized Housing for
Low Income Senior Citizens**

*Senior Lifestyle • Secure Living
Extremely Low Income Preference*



WAITING LIST

CALL OR WRITE FOR AN APPLICATION

**845-247-0612 • 155 MAIN STREET, SAUGERTIES, NY 12477
SAUGERTIESSENIORHOUSING.COM**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Ulster County Office for the Aging, Kingston, NY

06-5324

GERD and Seniors

GERD (gastroesophageal reflux), which is also commonly known as heartburn of acid reflux, may seem like a relatively trivial condition, but it is one of the most discomforting issues to impact Seniors today. While GERD is common, it can be extremely uncomfortable and is characterized by a deep burning sensation in the stomach, throat and chest area. Simply put, this sensation occurs when the stomach's contents travel back up to the esophagus.

Unfortunately for Seniors, the likelihood of developing this condition only increases with age. Some of this has to do with natural changes in the body that occur throughout the years. It can also have to do with the fact that many Seniors are prescribed medications for other conditions that also alter the GI tract. The good news is, when caught, most cases of GERD can be treated with over-the-counter medications. In some situations, when the condition persists at a frequent rate (often more than 3-4 times per week) or if the symptoms are not getting better, a primary care provider may need to step in and prescribe a more aggressive form of treatment to get these symptoms under control. Certain people are more prone to GERD than others. Age is a factor as is asthma and diabetes. Those who have had hiatal hernias, peptic ulcers and issues such as scleroderma are also more prone to GERD than others. Other risk factors include:

- Certain foods including acidic, spicy, greasy or fried foods
- Eating chocolates or mints
- Caffeine and alcohol
- Smoking
- Eating large meals or eating a lot of food quickly
- Wearing compressed clothing, particularly over the stomach
- Eating and lying down right away
- Taking calcium channel blockers
- Asthma medications

In addition to over-the-counter medications such as antacids, many Seniors can start making little lifestyle changes in order to improve their GERD-related symptoms. This includes:

- Avoiding trigger foods that make burning worse
- Quitting smoking
- Drinking plenty of water
- Refraining from eating large meals at once
- Wearing loose-fitting clothing that doesn't place pressures on the stomach
- Staying upright and not laying down in the hours following a meal
- Sleeping with the head elevated
- Sucking on lozenges or chewing gum to increase saliva production

When changes like this do not prevent the onset of GERD symptoms or fail to help with the frequency of GERD, it may be time to see a doctor about a more serious remedy.



Garden tips for August

- Great time to sow root crops for fall feasts and winter storage, such as carrots, beets, radishes, and turnips.
- Container plantings will keep their looks until frost if you remove spent flowers regularly. Remember that container plants must be fed and watered daily.
- Continue to deadhead Roses. Also, fertilize one last time for autumn bloom.
- Avoid pruning trees and shrubs since doing so this late in the season can stimulate new growth that will not harden off in time for the cold winter weather ahead.

DID YOU KNOW?

In the Southern Hemisphere, August marks the last month of winter.

Anti-Aging Foods

Anti-aging foods focus on promoting longevity, protecting against cellular damage, and supporting healthy skin. They often include foods rich in antioxidants, healthy fats, and essential nutrients.

Here is a more detailed look at some of the best anti-aging foods:

Blueberries: Packed with antioxidants, including vitamin C and E, which can help protect against cellular damage and promote healthy skin.

Dark Chocolate: Moderate amounts can provide anti-aging benefits due to its antioxidant properties.

Avocados: Great source of healthy fats, which can help nourish the skin and support moisture balance.

Fatty Fish: Fish like salmon and tuna are rich in omega-3 fatty acids, which can help reduce inflammation and support healthy skin.

Cruciferous Vegetables: Broccoli, cauliflower, and other cruciferous vegetables are packed with nutrients and antioxidants, including those that can help protect against cellular damage.

Nuts and Seeds: Good source of protein, healthy fats, and antioxidants, including vitamin E.

Pomegranates: Contain antioxidants that can help protect against cellular damage and promote healthy skin.

Watermelon: Great source of vitamins A, C, and E, which can help promote healthy skin.

Sweet Potatoes: Rich in beta-carotene, which can be converted into vitamin A in the body, and they also contain other beneficial nutrients.

Grapes: Good source of antioxidants, including resveratrol, which has been linked to longevity and other health benefits.

Tomatoes: Good source of lycopene, an antioxidant that can help protect against skin damage.

Spinach: Good source of vitamins A, C, and E, as well as iron and antioxidants.

Water: Staying hydrated is essential for healthy skin and overall health.

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.



Hot Weather Safety for Seniors

Seniors and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medications.

As you age your body doesn't handle heat as well, which can be dangerous if you aren't careful.

Seniors need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool:

- Stay away from direct sun exposure as much as possible. The hottest time of the day is between 10:00 A.M. and 2:00 P.M., if possible, plan your outdoor activities either early in the morning or when the sun starts to set.
- Air conditioning is your friend in summer. Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, read a book at the library, walk around in indoor malls, or watch that new movie at the theater.
- Stay hydrated. Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.
- Cool down! Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.
- Dress appropriately. Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.
- Remember to eat. You may feel less hungry during the summer, but it is important to continue to eat well during hot weather. Be sure your meals contain protein (lean meats like chicken and fish) and complex carbohydrates (vegetables and whole grains). Eat small, frequent meals to keep up your strength.
- Check your medications. Some medications can make your skin extra sensitive to the sun's UV light, reduce sweating and increase the risk of heat-related illnesses. Be extra careful about being out of the sun and heat when taking these drugs so you can reduce your risk. Check with your health care provider or pharmacist if you are unsure.
- Did someone say sunburn? Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin.

Watch for signs of Heat-Related Illness:

- Dehydration: Dehydration occurs when your body loses more fluids than it takes in, leading to symptoms of dry mouth, dark urine, dizziness and confusion. Drink plenty of water and, if possible, sports drinks such as Gatorade™, which contain important salts called "electrolytes."
- Heat exhaustion: Symptoms of heat exhaustion include heavy sweating, weakness, muscle cramps, weak pulse, paleness, cold or clammy skin, nausea, headache and fainting. Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.
- Heat stroke: Heat stroke is the most serious form of heat-related illness when the body can't regulate temperature. Warning signs include a high body temperature (104°F or higher), red, hot, dry or moist skin, rapid or strong pulse, headache, nausea, dizziness, confusion and loss of consciousness. Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks while waiting for 911.
- Heat syncope: Fainting caused by high temperatures. Warning signs include dizziness or fainting. Lie down and put your feet up, and drink plenty of water and other cool fluids.

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

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

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.



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.