

JULY 2025 NEWSLETTER



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MON - FRI: 8AM - 5PM

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OUR OFFICE

EDITORS: TANA PRICE &
TERESA BORTREE

The Monthly Hoot



**SULLIVAN COUNTY OFFICE FOR THE AGING
100 NORTH STREET, PO BOX 5012
MONTICELLO, NY 12701**

TO:

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WE NEED YOUR SUPPORT

Sullivan County Office for the Aging is pleased to provide you with our services. Our programs are funded by the Sullivan County Legislature, New York State, the Older Americans Act and your contributions. No one will EVER be denied services because of their inability or unwillingness to contribute. Your contributions are appreciated.

Thank you.

Name _____
Address _____

I designate my contribution of \$_____ for:

- | | |
|--|---|
| <input type="checkbox"/> Home Delivered Meals | <input type="checkbox"/> Congregate Meals |
| <input type="checkbox"/> Volunteer Services | <input type="checkbox"/> Case management/Home care |
| <input type="checkbox"/> Transportation | <input type="checkbox"/> Health Insurance Counseling Services |
| <input type="checkbox"/> Use where most needed | |

Make checks payable to: Sullivan County Treasurer. Please include this coupon with payment and drop off or mail to:
Sullivan County Office for the Aging
PO Box 5012, 100 North Street
Monticello, NY 12701

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Staying Safe in Hot Weather

Older adults may be more likely to have heat-related health problems. Being hot for too long can cause hyperthermia — a heat-related illness. Below are some of the signs of hyperthermia and tips on how to prevent hot-weather illness.

Watch for these signs of hyperthermia:



Dizziness


Muscle cramps

Swelling in your ankles and feet

Nausea and weakness

Rapid pulse

Tips to prevent hot-weather illness:



Drink liquids

Limit caffeine and alcohol

Wear light-colored, loose fitting clothes

If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.



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Medicare Questions?

Medicare can be **confusing**, don't get discouraged, **get informed!**

Turning 65, new to Medicare, or have questions about your coverage? Contact me today to review your plan and explore your options!

This is an advertisement. By calling this number or providing your information you agree to speak with a licensed insurance agent about Medicare Advantage, Part D Prescription Drug Plans or Medicare Supplements. Not affiliated with any government agency including Medicare. We do not offer every plan available in your area. Currently we represent 8 organizations which offer 517 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

Let's Talk!
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Sunday, June 15th was **World Elder Abuse Awareness Day**, and the OFA staff wanted to raise awareness about it by placing purple windmills on the Government Center lawn.

If you think a local senior citizen is being abused, please call Sullivan County Adult Protective Services at 845-513-2390.



SHOPPING BUS SCHEDULE



The shopping bus provides round-trip transportation from the senior's home to Monticello shopping (Shoprite, Walmart and Aldi's) one day per week. Registration with the Office for the Aging is required. Please call **(845) 807-0244** by 11:00 am on the day before, to make a reservation.

Mondays

July 7, 14, 21, 28

Town of Bethel-Smallwood, Cohecton, Bethel Senior Housing and White Lake.

Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS

July 1, 8, 15, 22, 29

Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS

July 2, 9, 16, 23, 30

Town of Liberty- Liberty – Golden Park, Barkley Gardens & White Sulphur Springs

Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS

July 3, 10, 17, 24, 31

Highland Area- Narrowsburg, Eldred, Barryville, Glen Spey, etc. * and some surrounding areas, not all areas included

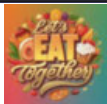
Town of Thompson- All of Monticello, Mongaup Valley

FRIDAYS

July 11, 18, 25

Town of Delaware- Fremont, Callicoon, Hankins, Jeffersonville, etc.

Liberty Village & Fallsburg- Liberty Village Apts., Hurleyville, Loch Sheldrake & Kiamesha Lake.



CONGREGATE SITES



BETHEL	Bethel Senior Center Route 55, Kauneonga Lake	MONDAYS
MAMAKATING	Wurtsboro Town Hall Route 209, Wurtsboro	MONDAYS & WEDNESDAYS
LIVINGSTON MANOR/ ROCKLAND	Livingston Manor Presbyterian Church Old Route 17, Livingston Manor	WEDNESDAYS
LIBERTY	Lapolt Park North Main St, Liberty	WEDNESDAYS
JEFFERSONVILLE	American Legion Hall Legion Ave, Jeffersonville	FRIDAYS



JULY MENU 2025

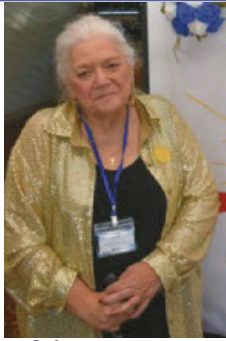


Five Congregate meal sites are now open. Lunch is served by 12:00 pm. This menu is for homebound meals and congregate sites. Registration with the Office for the Aging is required. Please call 24 hours in advance for reservations at **(845) 807-0254**. Menu is subject to change.

VOLUNTARY SUGGESTED CONTRIBUTIONS: For those over 60 years of age, our funding through the Older Americans Act requires us to ask for contributions. No one will be denied a meal based on their inability or refusal to contribute. For those under 60 years of age who wish to attend a congregate lunch, a guest fee is required. Suggested voluntary contribution \$3.00, Guest fee \$6.50.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Cheese Tortellini w/Tomato Cream Sauce , Peas, Italian Bread, Pears	2) Baked Chicken, Gravy , Mashed Potatoes, Corn, Wheat Bread, Apple	3) Meatball Sub , Broccoli, Side Salad, Hoagie Roll, Fruit Cocktail	4) CLOSED 
7) Pork Chop w/Gravy Sweet Potatoes, Diced Carrots, Whole Wheat Bread, Applesauce	8) Cheeseburger on a Bun , Oven Roasted Potatoes, Green Beans, Pickles, Peaches	9) Tuna Salad , Lettuce & Tomato, Potato Salad, 3 Bean Salad, Rye Bread, Cookie	10) Macaroni & Cheese , Stewed Tomatoes, Cauliflower, Whole Wheat Bread, Banana	11) Oven Roasted Turkey w/Gravy , Baked Potatoes, Corn, Dinner Rolls (2), Fruit Cocktail
14) Unstuffed Cabbage , Boiled Potatoes, Peas, Rye Bread, Fresh Orange	15) Chicken Cacciatore , Spaghetti Marinara, Italian Vegetable, Italian Bread, Pears	16) Kielbasa , Sauerkraut, Boiled Potatoes, Diced Carrots, Fruit Cocktail	17) Beef Stew , Brown Rice, Broccoli, Dinner Rolls (2), Apple	18) Breaded Fish , Tartar Sauce, Baked Potato, Peas & Carrots, Whole Wheat Bread, Peaches
21) Beef & Broccoli Stir Fry , Brown Rice, Oriental Vegetables, Dinner Rolls, Mandarin Oranges	22) Stuffed Shells (2) Side Salad, Green Beans, Italian Bread, Fruit Cocktail	23) Chicken Tenders(3) Oven Roasted, Potatoes, Diced Carrots. Dinner Rolls 2)Fresh Orange	24) Hot Dogs on a Bun (2) , Sauerkraut, Baked Beans, Corn, Pears	25) Roast Beef Sandwich , Lettuce & Tomato, Macaroni Salad, Cole Slaw, Whole Wheat Bread, Applesauce
28) Sausage Sandwich Peppers & Onions, Baked Beans, Hoagie Roll, Fruit Cocktail	29) Chicken A la King Brown rice, Peas, Whole Wheat Bread, Banana	30) Roast Pork Loin w/ Gravy , Sweet Potatoes, Peas & Carrots, Whole Wheat Bread, Applesauce	31) Hungarian Goulash , Egg Noodles, Mixed Vegetables, Rye Bread, Mandarin Oranges	Milk served with all Meals Coffee and Tea available at Senior Nutrition Sites

2025 OLDER NEW YORKERS AWARDEES



Sabina Toomey

Names of organizations for which the nominee volunteers/has volunteered:

Forestburgh Seniors, RSVP Advisory Council, Sullivan Professional Women's Group

What advice does the nominee have about volunteering for other New Yorkers?

"Now at 85, I genuinely feel that volunteering helps me pay back for what I have been given... family, friends, a beautiful place to live and work, enough to eat, a warm place to sleep and... the peace of mind knowing that I have helped someone else feel thankful too."



Gayle Irving

Names of organizations for which the nominee volunteers/has volunteered:

American Cancer Society, Alzheimer's Association Hudson Valley Chapter

What advice does the nominee have about volunteering for other New Yorkers?

"My advice is don't let opportunities to help others pass by. Volunteering strengthens community bonds and supports those in need by giving your time and skills. It also creates positive change by learning new perspectives and builds a more resilient, compassionate New York. You will find the reward is PRICELESS."

HONORABLE MENTIONS: Elliott Baron, Marjorie Feuerstein, Virdana Lawrence, Frank Schwarz and Marion Ziegler



Sabina Toomey, Greg Olsen and Gail Irving

Older New Yorkers Day The Desmond Hotel, Crowne Plaza Albany May 27, 2025

Pictured below from left to right, Lise-Anne Deoul (Director, OFA), Debbie Bradley, Sabina Toomey, Greg Olsen, (Acting Director, NYSOFA), Gail Irving, Karin Pantel, and Monika Roosa (Sullivan Volunteers Coordinator)



Social Security numbers are the skeleton keys to identity theft. And what better way to get someone's Social Security number than by pretending to be from the Social Security Administration (SSA)?

Common Social Security Scams

You qualify for a benefit increase. An SSA imposter call-bearing good news — say, an increase in your benefits. To get the extra money, you just have to pay a fee or verify your name, date of birth and Social Security number. Armed with those identifiers, scammers can effectively hijack your account, asking SSA to change the address, phone number and direct deposit information on your record, thus diverting your benefits.

You need to fill out forms to get the yearly COLA increase. Every fall, Social Security announces a cost of living adjustment (COLA) — in 2025 it is 2.5 percent. These increases are automatically added to your account. You don't need to fill out forms or provide information to get it.

Your Social Security number has been suspended. An impersonator tells you that your Social Security number will be suspended and that your benefits will end unless you immediately pay a fee. They'll demand payment in gift cards, a wire transfer, cryptocurrency or through a payment app. It's a fake dilemma; the real SSA wouldn't threaten you or suspend your Social Security number.

There's a problem with your Social Security number. Some scams start as package delivery scam or a tech support scam and turn into a SSA scam. Once they have you on the line, they pretend to pass you to a law enforcement agent who then "discovers" a problem in your SSA records.

Your number was used in a crime. An impersonator claims that your Social Security number has been linked to criminal activity and that you're in danger of going to jail. "They'll say, 'OK, your Social Security number was

used to rent a car that was found abandoned in El Paso, Texas, with drugs and blood in it. We're going to send somebody out to arrest you,' " explains Steve Baker, a former Federal Trade Commission official who publishes the *Baker Fraud Report* newsletter. Once the impersonators have frightened their targets, they'll sometimes tell them that the only way to avoid arrest is to send money. In one such scheme, an Indiana man and coconspirators in the U.S. and overseas allegedly pressured people into withdrawing large sums of cash and sending it by FedEx to avoid arrest. The ring stole approximately \$1.5 million that way, before it was uncovered and broken up by federal law enforcement.

Your bank account is in danger. The impersonator tells you that because your Social Security number has been stolen, your bank accounts are at risk, Baker says. "They'll say, 'What we need to do is get all of your money out and put it in a safe account or some sort of government-controlled account.' "

Social Security will never threaten or pressure you to take immediate action.

If you do owe the agency money — for a benefit overpayment, for example — you'll get an official letter outlining your payment options and appeal rights.

"We urge members of the public to ignore unexpected messages and unsolicited offers," says Rebecca Rose, spokesperson for Social Security's Office of Inspector General.

"This simple step will help protect you from a scam."

REMEMBER, WHEN IN DOUBT, CALL YOUR LOCAL SOCIAL SECURITY OFFICE 1-855-794-4728 OR THE OFFICE FOR THE AGING 845-807-0241.

Source: AARP.ORG

Use Your Voice, Be the Change.

What changes would help your family and community thrive? Your feedback will help guide local programs, services, and policies to better meet the real health needs of our community.

100% Anonymous - Open to Community Members 18+

Tuesday, July 15th, 2025
11:00 AM - 12:00 PM
Extension Education Center
64 Ferndale-Loomis Rd.
Liberty, NY 12754

Register:
Use the QR Code, or
visit sullivanccce.org/events





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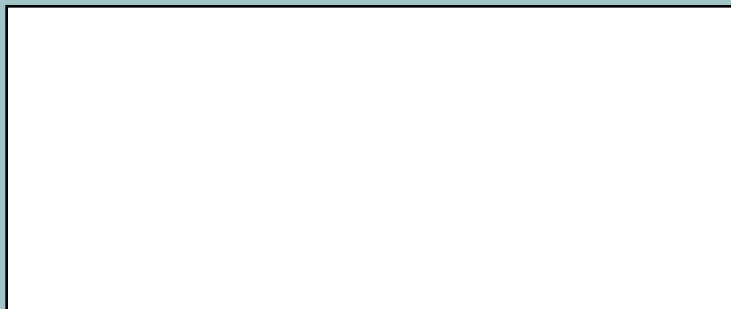
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The New York State Long Term Care Ombudsman Program services are made possible through funding from the New York State Office for the Aging and U.S. Department of Health and Human Services, Administration for Community Living.



Caregiver Support Groups Help Prevent Burnout

HEALTHY LIVING FOR YOUR BRAIN AND BODY

Time

11:00 AM - 12:00 PM

Dates & Locations

July 9th 2025:

Jeffersonville Public Library

July 16th, 2025:

Delaware Free Public Library

July 30th, 2025

Tusten-Cochecton Public Library

Registration info

Three ways to register:

1. <https://tinyurl.com/3s4uhzc>
2. Call (845) 292-6180 x 122
3. Email: sullivancrc@cornell.edu

This is a free program!

Family caregivers provide an average of 18 hours of unpaid care per week, according to the most recent AARP report, [Valuing the Invaluable](#), and this takes a toll on everything from their finances to their relationships. Additionally, in 2024, the AARP reported that 67% caregivers struggle to balance their work and life duties, which may compound the stress.

To avoid caregiver burnout, it's vital for caregivers to use coping strategies and find ways to put themselves first. This will help not only with their well-being, but it will also make them better caregivers.

Caregiver support groups are a way for you and other caregivers to share experiences, insight, and words of encouragement. Whether you're an in-home caregiver, caring for someone with Alzheimer's or another form of dementia, or have a family member in an assisted living community, a caregiver support group can help you cope and find solutions.

CCE Sullivan's Caregiver Resource Center offers several different options for caregivers to attend support groups. An in-person support group is held on the first Monday of each month at the Extension building from 10 -11 am, called the Caregiver Café.

Want to attend via zoom or by phone? The Virtual Caregiver Support Group meets on the third Wednesday of each month from 6-7pm. In addition we host a Parkinson's Support Group at CCE on the second Wednesday each month from 4-5:30 pm. You can register for any of these meetings by going to www.sullivancce.org/events or by emailing sullivancrc@cornell.edu, or simply call (845) 292-6180 x 122.

In collaboration with Action Toward Independence (ATI), we also offer a support group for family members caring for loved ones who are veterans. Call us for upcoming dates and times if you are interested.

AARP, "Valuing the Invaluable" retrieved from <https://www.aarp.org/caregiving/financial-legal/unpaid-caregivers-provide-billions-in-care/>. The National Alliance for Caregiving & AARP. (2020). *Caregiving in the U.S. 2020*.

10 WARNING SIGNS OF ALZHEIMER'S AND DEMENTIA

Date

Monday, July 28th, 2025

Time

10:30 AM - 11:30 AM

Location

Extension Education Center
64 Ferndale-Loomis Road
Liberty, NY 12754

Registration info

Three ways to register:

1. <https://tinyurl.com/5n6mtpy4>
2. Call (845) 292-6180 x 122
3. Email: sullivancrc@cornell.edu

This is a free program!

Legal & Financial Planning for Caregivers: What You Need to Know

Featuring legal representatives from



Tuesday, July 15th, 2025

11:00 AM - 12:00 PM

Extension Education Center
64 Ferndale-Loomis Rd.
Liberty, NY 12754

Register:

Use the QR Code, or visit
sullivancce.org/events

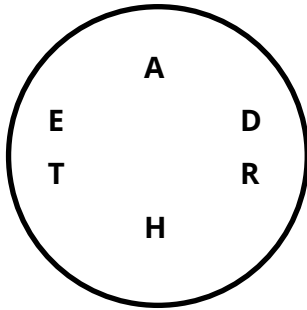


Cornell Cooperative Extension
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Double the Fun-Word Game

- 1) Make a list of as many words as you can using only the letters in the circle below.
- 2) Solve the crossword puzzle using words from your list.

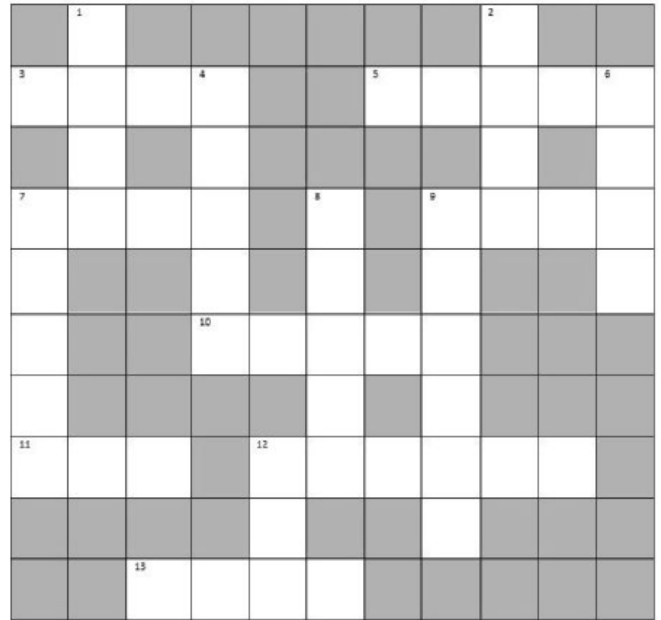


ACROSS

3. PRICE
5. PERCEIVE
7. SHRED
9. WARMTH
10. TICKER
11. ESTIMATED TIME OF ARRIVAL
12. STRAND
13. STUDY

DOWN

1. DISLIKE
2. RABBIT
4. OUR PLANET
6. DAY
7. SWAP
8. DEMISE
9. LOATHING
12. BREW



Y	N	O	N	I	H	I	C	S	H	S	D	T	N	V	U	C	M
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COLONIES	FRIENDS	LIBERTY	SUMMER
CONGRESS	GAMES	NATION	THIRTEEN
DECLARATION	HOLIDAY	PARADE	UNITED

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	1			6		7		
		5		7		9		6
1	9	3				2		
2			1		9		8	3



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Source: Dudolf.com

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LOCAL ACTIVITIES AND EVENTS

July 1, 5:30 pm Zumba in the Park, 181 Town Park Rd, Monticello

July 4, 10:00 am- Liberty 4th of July, Main St. Liberty

July 4-July 5 12:00 pm-11:00pm, East Branch Fireman's Field Days 2025, 29 Bridge St. East Branch

July 12, 11:00 am - Founders Day Street Fair, Sullivan St. Wurtsboro

July 12, 10:00 am - Vendor Crafts & Treasures Vendor Event, Grahamsville Fair Grounds

July 13, 12:00 pm- D&H Canal 200th Anniversary Celebrations, Sullivan St. Wurtsboro

July 27, 10:00 am - Woodbourne Fire Department's Craft Fair, 355 Fire House Rd, Woodbourne

July 27, 9:00 am - RRFD 2nd Annual Car Show, 318 Gulf Rd, Roscoe

July 31, 5:30 pm -Zumba in the Park, 181 Town Park Rd, Monticello

LIBRARY ACTIVITIES

Monticello

July 30, 3:30 pm - Find Out if NYS Has Unclaimed Funds in Your Name

Liberty

July 11, 2:00 pm - Chair Yoga

July 17, 6:30 pm - Bones Krew Folk Music Concert

July 18, 1:00 pm - Movie Matinee "Bob Trevino Likes it"

July 25, 1:00 pm - Senior Swing

Jeffersonville

July 2, 1:00 pm - Book to Movie Club "The Girl on the Train"

July 30, 6:00 pm - Movie Night "Willy Wonka and the Chocolate Factory"

Narrowsburg

July 23, 5:00 pm - Fiber Art with Lisa Phillips

Callicoon

July 29, 4:00 pm - Temporary Sculptures with Eric Baylin

Livingston Manor

July 15, 2:00 pm Tick Talk with Patricia Pelletier from Sullivan County Public Health.

JEMS Calendar of Events in the Backyard Park

21 Lovett Lane, Jeffersonville

Gates Open at 6:30 pm

July 12, 7:30 pm -The Poison Love Band

July 18, At Dusk - Movie Night "FROZEN"

July 26, 7:30 pm - BJ & the Bones Krew

MUSIC & FARMERS MARKET IN THE PARK

5:00 pm - Veteran's Memorial Park, Wurtsboro

Bring your chairs & blankets

July 10 - Brian Dougherty Acoustic Duo

July 17 - Keith Newman

July 24 - Good for Mondays

July 31 - Albi Beluli

FREE

ROCK HILL SUMMER CONCERT SERIES

53 Adams Rd, Lake Ida Town Park, Rock Hill
6:30pm- 8:00 pm

Bring your chairs & blankets

7/2/25 Cruise Control

7/9/25 Big Joe Fitz

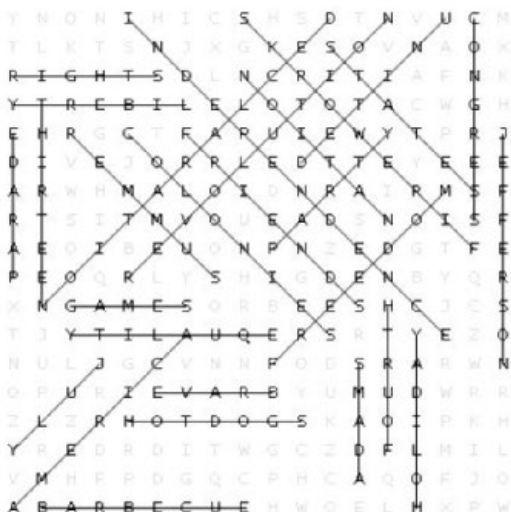
7/16/25 WAS Featuring Ron Rodkin

7/23/25 David Walton

7/30/25 Southern Fried Soul

FREE

ANSWER KEY



4	3	1	6	9	7	8	5	2
5	8	7	2	3	1	4	6	9
6	2	9	5	8	4	3	7	1
9	6	4	7	2	8	1	3	5
7	5	2	4	1	3	6	9	8
3	1	8	9	6	5	7	2	4
8	4	5	3	7	2	9	1	6
1	9	3	8	5	6	2	4	7
2	7	6	1	4	9	5	8	3

BRAINTEASER SOLUTION



ACROSS

- 3. RATE
- 5. HEARD
- 7. TEAR
- 9. HEAT
- 10. HEART
- 11. ETA
- 12. THREAD
- 13. READ

DOWN

- 1. HATE
- 2. HARE
- 4. EARTH
- 6. DATE
- 7. TRADE
- 8. DEATH
- 9. HATRED
- 12. TEA

