



APRIL NEWSLETTER



TEL: (845) 807-0241
MON - FRI: 8AM - 5PM

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**IF YOU WOULD LIKE
TO BE ON OUR MAILING
LIST, PLEASE CONTACT
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

***** PAID ADVERTISEMENTS ARE NOT ENDORSED BY THE SULLIVAN COUNTY OFFICE FOR THE AGING NOR DOES THE SULLIVAN COUNTY OFFICE FOR THE AGING HAVE ANY DIRECT CONNECTION TO THE SERVICES AND GOODS OFFERED IN THE ADVERTISEMENTS*****



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JDTCONSTRUCTIONNY.NET

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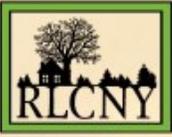
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ESTATE PLANNING BASICS

FREE PUBLIC SEMINAR



Presented by
Heather Deare West, Esq.
**RURAL LAW
CENTER OF NY**



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Office for the Aging**

Learn about Wills, Health
Care Proxies, Power of
Attorney and preparedness
for your future.



June 1, 2026, 10:00 am

**Sullivan County Government
Center Hearing Room 2nd Floor**

**100 North Street
Monticello, NY 12701**

**Call to pre-register by
May 28th at 845-807-0241**



Simple Cremation



zmmemorials.com
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Traditional Funerals ♦ Pre-Arranged Services
Two Names - A Leading Choice in Funeral Service

Pricing per general price list, excludes cash advance items - 388 Broadway, Monticello, NY 12701



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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!

Let's Talk!
Schedule your personalized
consultation today!

Meir Horowitz
Licensed Insurance Agent

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(TTY:711)

mhinsures@gmail.com

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.

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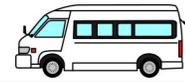
AD CREATOR STUDIO



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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

Apr 6, 13, 20, 27

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

Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS

Apr 7, 14, 21, 28

Town of Fallsburg- Woodridge, Mountaindale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS

Apr 1, 8, 15, 22, 29

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

Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS

Apr 2, 9, 16, 23, 30

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

Apr 3, 10, 17, 24

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

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



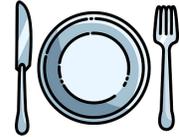
CONGREGATE SITES



| | | |
|-------------------------------|--|----------------------|
| 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 |



APRIL MENU



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 |
|---|--|--|---|---|
| Milk served with All Meals | Coffee and Tea available at Senior Nutrition Sites | 1) Cheeseburger on a Bun Oven Roasted Potatoes Green Beans Pickles Peaches | 2) Chicken & Broccoli Egg Noodles Oriental Vegetables Dinner Rolls (2) Apple | 3) Tuna Salad Lettuce & Tomato Macaroni Salad 3 Bean Salad Whole Wheat Bread Butterscotch Pudding |
| 6) Beef Stew Brown Rice Cauliflower Dinner Rolls (2) Fruit Cocktail | 7) Unstuffed Cabbage Boiled Potatoes Corn Rye Bread Mandarins | 8) Chicken Cacciatore Spaghetti Marinara Peas Italian Bread Vanilla Pudding | 9) Breaded Fish Tartar Sauce Baked Potato Mixed Vegetables Whole Wheat Bread Applesauce | 10) Macaroni & Cheese Stewed Tomatoes Broccoli Whole Wheat Bread Fresh Orange |
| 13) Kielbasa Sauerkraut Boiled Potatoes Diced Carrots Chocolate Pudding | 14) Beef & Broccoli Stir Fry Brown Rice Oriental Vegetables Dinner Rolls Pears | 15) Chicken Tenders (3) Oven Roasted Potatoes Green Beans Dinner Rolls (2) Pineapple Rings | 16) Hot Dogs on a Bun (2) Baked Beans Corn Peaches | 17) Stuffed Shells (2) Side Salad Cauliflower Italian Bread Apple |
| 20) Turkey Sliders (2) Lettuce & Tomato Potato Salad Cole Slaw Whole Wheat Bread Fruit Cocktail | 21) Chili Con Carne Brown Rice Peas Corn Muffin (1) Vanilla Pudding | 22) Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Mandarins | 23) Hungarian Goulash Egg Noodles Mixed Vegetables Rye Bread Applesauce | 24) Roast Pork Loin w/ Gravy Sweet Potatoes Broccoli Whole Wheat Bread Fresh Orange |
| 27) Meatball Sub Hoagie Roll Diced Carrots Pears | 28) Salisbury Steak Gravy Oven Roasted Potatoes Green Beans Dinner Rolls (2) Chocolate Pudding | 29) Cheese Tortellini w/Tomato Cream Sauce Peas Oriental Vegetables Whole Wheat Bread Pears | 30) Knockwurst German Potato Salad Red Cabbage Dinner Rolls (2) Pineapple Rings | |

April Showers Bring May Flowers

Did you know that gardening is a wonderful way for older adults to enjoy a variety of physical, mental, and emotional benefits? It's a great way to stay flexible, strong, and balanced while engaging in light activities like watering plants, weeding, and potting. Plus, spending time outdoors can lift your spirits, reduce stress, and boost your overall mood. Watching your plants grow and harvesting fresh produce can give you a fantastic sense of accomplishment and purpose, making life even more enjoyable!

Of course, gardening can sometimes feel like a bit more of a challenge as we get older. Bending down, kneeling, lifting heavy bags, and gripping tools can put a strain on our backs, knees, and hands. But don't worry—you don't have to give up gardening! With a few smart gardening tips designed for seniors, you can protect your joints, reduce fatigue, and still enjoy the beauty of flowers and fresh veggies. Remember, gardening is not about doing less; it's about finding creative ways to keep doing what you love!

Here are some friendly tips to make your gardening experience even more enjoyable:

Choose Lightweight Tools: Look for gardening tools that are easy to handle and have long handles to save your back.

Have a Cozy Spot: Keep a comfortable chair nearby for those well-deserved breaks.

Stay Protected: Don't forget your gloves, wide-brimmed hats, sunscreen, and comfy footwear to keep safe while you garden.

Time It Right: Try gardening early in the morning to avoid the heat and bright sun.

Take It Easy: Work in short bursts of activity and give yourself plenty of breaks.

Get High-Tech: Install drip systems or self-watering containers to simplify your watering

routine.

Pick Easy Plants: Go for low-maintenance plants that require less care, so you can enjoy gardening without too much hassle.

Garden at Your Level: Consider raised beds to make it easier to reach your plants.

Think Containers: Use pots and containers to skip the digging and reduce weeding.

Save Some Cash: Ask your local greenhouse if they offer senior discounts to help your gardening budget.

Join a Community: Connect with fellow garden lovers by joining a local gardening club or volunteering!

If you love gardening and want to help beautify your community, we may have just the right volunteer opportunity for you! Reach out to Monika at Sullivan Volunteers by calling (845) 807-0255 or sending an email to Monika.Roosa@sullivanvolunteers.gov. Let's make our neighborhoods more beautiful together!



How to Enroll in Medicare if You Are Turning 65 Without Social Security or Railroad Retirement Benefits

If you are eligible for Medicare but not currently receiving Social Security retirement benefits or Railroad Retirement benefits, there are three different time periods during which you can enroll in Medicare Parts A and B.

1. Initial Enrollment Period (IEP). You can enroll in Medicare at any time during this seven-month period, which includes the three months before, the month of and the three months following your 65th birthday. The date when your Medicare coverage begins depends on when you sign up.

If you enroll during the first three months of your IEP, coverage begins the month in which you first become eligible for Medicare.

If you enroll during the fourth through seventh months of your IEP, coverage begins the month following the month of enrollment.

It is important to note that if your birthday falls on the first of the month, your IEP is the seven months surrounding the month prior to the month of your birth.

2. Part B Special Enrollment Period (SEP) for job-based insurance. SEPs are periods of time outside of normal enrollment periods, triggered by specific circumstances. This Part B SEP lets you delay enrollment in Part B without penalty if you were covered by insurance based on your or your spouse's current work (job-based insurance) when you first become eligible for Medicare. You can enroll in Medicare without penalty for up to eight months after you lose your group health coverage or you (or your spouse) stop working, whichever comes first. Medicare

coverage begins the first month after you enroll. For example, if you retire and sign up for Medicare in February, your coverage will begin March 1. To avoid a gap in coverage, enroll in Medicare the month before your job-based insurance will end.

There are also Special Enrollment Periods for some less common situations, such as if you could not enroll in Medicare on time because you live in an area that was affected by a government-declared state-of-emergency or disaster.

3. General Enrollment Period (GEP). If you did not enroll in Medicare when you originally became eligible for it (either during your IEP or an SEP), you can sign up during the GEP. The GEP takes place January 1 through March 31 each year, with coverage starting the first of the month after the month you enroll. You may incur a Part B late enrollment penalty and face gaps in coverage if you sign up during the GEP.

Source: Medicare Rights





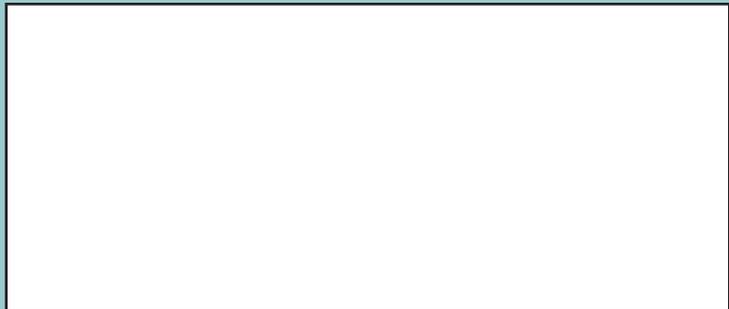
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YOU CAN MAKE A DIFFERENCE FOR SENIORS IN THE HUDSON VALLEY!

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.

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

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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.



Caregiver Café in-person Support Group
1st Monday each month 10-11am at CCE Sullivan.
 Apr. 6, May 4, June 1

Virtual Support Group 2026
3rd Wednesday each month, 6-7pm via zoom
 Apr. 15, May 20, June 17, July 15, Sept 16, Oct 21,
 Nov 18, Dec 16.

Bone Builders
 Bone Builders with Joy
 Thursdays at 11am
 WSPL-Jeffersonville branch community room
 19 Center St., Jeffersonville
 March 19 through May 21, 2026

Bone Builders with Linda
 Thursdays at 11 am
 CCE Sullivan Extension Bldg.
 64 Ferndale-Loomis Rd, Liberty
 March 26 through May 7, 2026

*Registration required: www.sullivanccce.org/events
sullivancrc@cornell.edu or call 845-292-6180 x 122*



Caring for a loved one?
 We're here for you.

- The Caregiver Resource Center offers:
- In-person and virtual support groups for family caregivers
 - Workshops on topics related to caregiving, Alzheimer's and dementia
 - Individual assistance, information and referrals to community resources
 - Caregiver assessments & tips for managing stress
 - Tai Chi for Arthritis & Falls Prevention for seniors

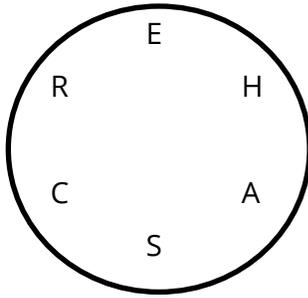


**WORTHY READS
 OFA STAFF RECOMMENDATIONS**

| Selected by | Book Title & Author |
|-------------|--|
| Carrie | Eleanor Oliphant is Completely Fine by Gail Honeyman |
| Sherri | Happiness Falls by Angie Kim |
| Tana | To Kill A Mockingbird by Harper Lee |
| Laura | A World of Curiosities by Louise Penny |
| Teresa | Yellow Crocus by Laila Ibrahim |
| Lise-Anne | Culpability by Bruce Holsinger |
| Sharon | Piper Harris Mysteries by Deany Ray |



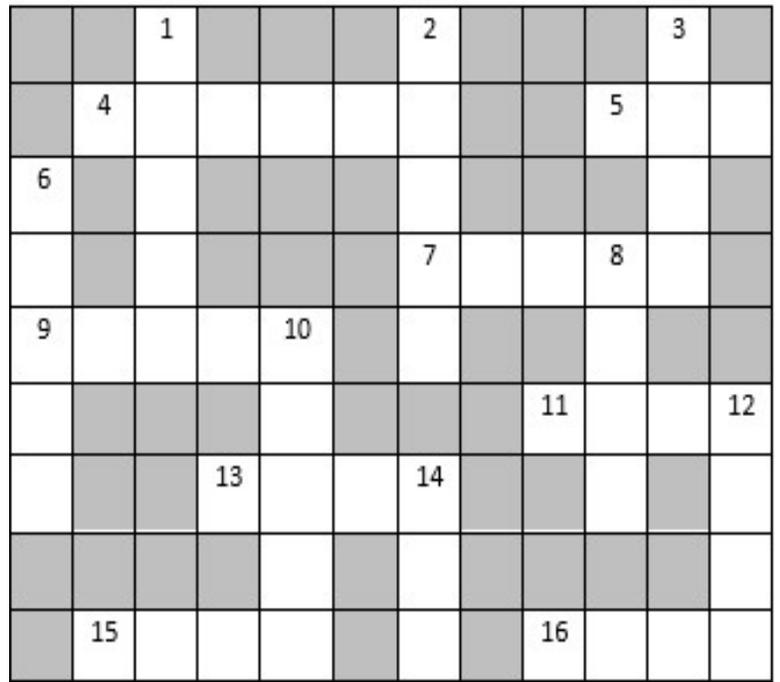
Double the Fun-Word Game



1) Make a list of as many words as you can using only the letters in the circle.

2) Solve the crossword puzzle using words from your list.

- | ACROSS | DOWN |
|-------------|-------------------|
| 4. Look for | 1. Extend |
| 5. Pro | 2. Pursue |
| 7. Portion | 3. Parcel of land |
| 9. Hurts | 6. Collision |
| 11. Blemish | 8. Contest |
| 13. Every | 10. Frighten |
| 15. Charge | 12. Reckless |
| 16. Money | 14. Possess |



SPRING CLEANING

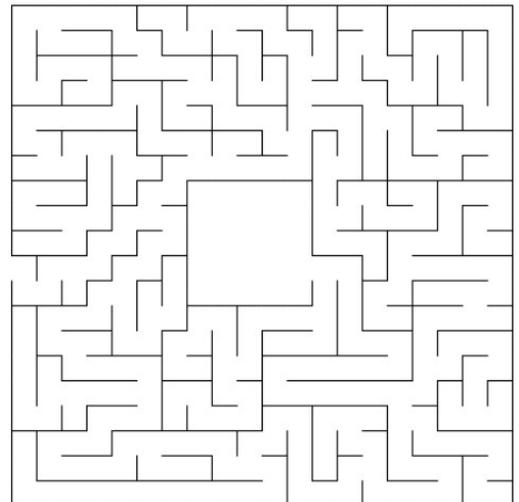
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| R | E | T | T | U | L | C | E | D | T | Z | W | Q | U | E | Q | C | P |
| A | G | P | O | X | F | W | A | S | H | Z | I | S | H | V | N | E | N |
| L | P | C | J | V | U | E | S | I | P | Y | T | N | A | T | E | T | H |
| C | K | N | H | M | R | S | H | T | R | I | H | A | A | W | A | I | S |
| R | L | P | Q | O | N | F | A | D | N | O | Q | M | S | G | D | B | Q |
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| M | U | N | A | E | T | I | P | D | E | G | R | E | A | S | E | O | K |
| U | S | U | S | N | U | P | O | N | W | Q | Y | W | V | L | Q | I | Q |
| W | Q | X | C | E | R | O | O | K | I | Y | O | T | R | B | T | S | G |
| R | C | H | G | A | E | M | B | H | N | S | X | X | S | C | J | N | D |
| R | D | P | U | N | V | Z | Z | H | D | H | T | A | H | I | J | E | S |
| M | O | O | R | D | E | B | Q | X | O | E | Y | E | Z | B | C | N | R |
| F | V | F | W | R | Z | E | F | R | W | Q | N | K | P | O | T | I | O |
| Y | Q | I | X | Y | G | Y | Q | K | S | R | F | A | R | R | M | L | O |
| E | L | E | C | T | R | O | N | I | C | S | H | O | G | Z | A | N | L |
| C | E | I | L | I | N | G | F | A | N | B | X | S | Z | F | O | C | F |
| O | S | E | R | U | T | X | I | F | T | H | G | I | L | G | I | D | O |

- | | | | |
|-------------|-------------|----------------|---------|
| BATH | DECOR | KITCHEN | SHAMPOO |
| BEDROOM | DEGREASE | LIGHT FIXTURES | SOAK |
| CARPETS | DRY | LINENS | SWEEP |
| CEILING FAN | DUSTING | MOP | VACUUM |
| CLEAN | ELECTRONICS | ORGANIZE | VENTS |
| CURTAINS | FLOORS | OVEN | WASH |
| DECLUTTER | FURNITURE | RINSE | WINDOWS |

SUDOKU

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

MAZE





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

Y0051_0570_M

LOCAL ACTIVITIES AND EVENTS

Apr 4, 2:00 pm - Salon Series: The Last Repair Shop - Documentary Screening - FREE
37 Main St. Narrowsburg

Apr 5, 12:00 pm - Spring Egg Hunt, 689 Winterton Rd, Bloomingburg

Apr 10, 5:00 pm - Retro Game & TV Dinner Night at the Chocolate Mousse, 54 River Rd, Barryville

Apr 11, 11:00 am - Sullivan County Home Show, 419 Main St. Hurleyville

Apr 12, 7:00 am-12:00 pm - Annual French Toast Breakfast, 355 Fire House Rd, Woodbourne, \$6.00

Apr 13-17, 3:00 pm - Spring/Summer Clothing Swap, 428 Hollow Rd, Glen Spey

Apr 25, 8:00 am - 1st Annual FO&WL Walk, 214 Main St. Hurleyville

Repair Café:

Saturday, April 11th 2026
11:00am-2:00pm
at the Livingston Manor
Presbyterian Church
(568 Old Route 17)



LIBRARY ACTIVITIES

LIBERTY

Apr 8, 1:00 pm - Video Lecture: Jane Pauley on Reimagining the Rest of Your Life
Apr 10, 1:00 pm - Movie Matinee "I'm Still Here: Real Diaries of Young People Who Lived During the Holocaust"
Apr 17, 1:00 pm - Senior Swing
Apr 20, 1:00 pm - Video Lecture: Learning From Lincoln
Apr 24, 1:00 pm - Movie Matinee "Springsteen: Deliver Me From Nowhere"

FALLSBURG

Apr 2, 9, 16, 23 & 30, 4:00 pm - Chair Yoga
Apr 9, 5:00 pm - Adult Movie Night (Movie TBD) (suggestions welcome)
Apr 21, 4:00 pm - Crafternoon: DIY Keepsake Boxes

LIVINGSTON MANOR

Apr 11, 10:30 am - Medicare 101

Roscoe

Apr 11, 12:30 pm - Medicare 101
Apr 17, 5:00 pm - Local History Presentation with Town Historian

JEFFERSONVILLE

Apr 25, 10:00 am - Board Game Day

CALLICOON

Apr 25, 12:00 pm - Author Talk: Hyeseung Song

MONTICELLO

Apr 2, 7, 9 & 14, - **Free Tax Prep** - Call (845)794-4660 Ext 2, to reserve a time slot

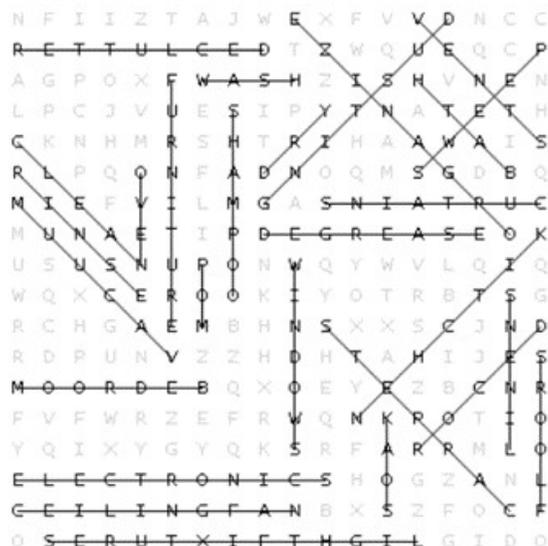
WE WANT YOU

Mamakating Senior Center is looking for new members for our knitting & crochet group, The Chain Gang. We will teach you how to crochet or knit. We meet on Wednesdays 10 am-12 pm, at Mamakating Town Hall Senior Center.



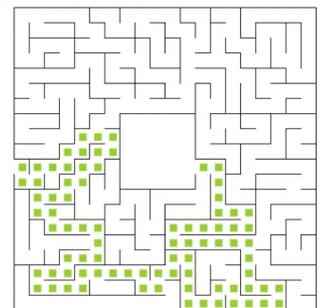
If you are interested, please call or text Rita Bellomo at (845) 745-9967.

ANSWER KEY



SUDOKU

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



ACROSS: 4) SEARCH 5) ACE
7) SHARE 9) ACHES 11) SCAR
13) EACH 15) CARE 16) CASH

DOWN: 1) REACH 2) CHASE
3) ACRE 6) CRASH 8) RACE
10) SCARE 12) RASH 14) HAS