



SEPTEMBER 2026

NEWSLETTER

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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.

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I designate my contribution of \$_____ for:

- | | |
|--|---|
| ☐ Home Delivered Meals | ☐ Congregate Meals |
| ☐ Volunteer Services | ☐ Case management/Home care |
| ☐ Transportation | ☐ Health Insurance Counseling Services |
| ☐ Use where most needed | |

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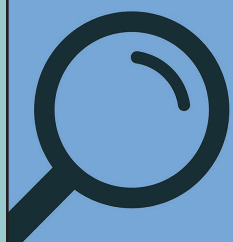
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06-5379

What is The New York State Medical Aid in Dying Law?

There is a new law in NYS, called the Medical Aid in Dying Law, that allows terminally ill adult New Yorkers with less than six months to live to obtain a prescription for medication which they can choose to self-administer to end their life under Public Health Law Article 28-F. The law took effect on August 5, 2026. The law expands end-of-life options for terminally ill New York residents and affirms their right to make informed decisions to reduce suffering at the end of life.

Also available is the NYS Department of Health's Center for Hospice & Palliative Care which provides information and resources about end-of-life supportive care options. Licensed Hospice providers care for terminally ill patients in every county in many different settings, offering expertise in alleviating pain and symptoms while also supporting the entire family to navigate complex illness. The Center's Web site offers details about Palliative Care, pain and symptom management for the chronically or seriously ill that allows for simultaneous curative or aggressive treatment and does not require a terminal diagnosis. Resources for Advance Care Planning on the site may assist you and your loved ones in having these important conversations and

putting your wishes in writing are available as well.

To qualify for Medical Aid in Dying, a person must:

- Be an adult, aged 18 or older;
- Be a resident of New York State;
- Have a medically confirmed terminal illness that is incurable and irreversible and will likely cause death within 6 months whether or not treatment is provided;
- Have the ability to understand and appreciate the nature and consequences of Medical Aid in Dying, including the benefits, risks and alternatives and to reach an informed decision; and
- Be able to self-administer the medication.

For more information visit the New York State Department of Health website at https://www.health.ny.gov/health_care/medical_aid_in_dying/

Source: NYS Department of Health

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An advertisement in this newsletter is a highly effective way to promote your business to our community.



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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

Sept. 14, 21, 28

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

Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS

Sept. 1, 8, 15, 22, 29

Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS

Sept. 2, 9, 16, 23, 30

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

Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS

Sept. 3, 10, 17, 24

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

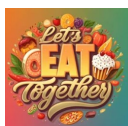
Town of Thompson- All of Monticello, Mongaup Valley

FRIDAYS

Sept. 4, 11, 18, 25

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

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



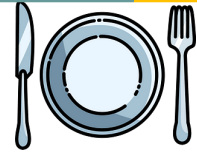
CONGREGATE SITES



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



SEPTEMBER 2026



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
Menu is subject to change	1)Cheeseburger on a Bun Oven Roasted Potatoes Green Beans Pickles Peaches	2)Chicken & Broccoli Egg Noodles Oriental Vegetables Wheat Bread (2) Apple	3)Macaroni & Cheese Stewed Tomatoes Cauliflower Rye Bread (2) Fruit Cocktail	4)Meatloaf & Gravy Mashed Potatoes Corn Dinner Rolls (2) Mandarins
7) CLOSED 	8)Breaded Fish Tartar Sauce Baked Potato Peas Whole Wheat Bread (2) Applesauce	9)Beef Stroganoff Egg Noodles Mixed Vegetables Dinner Rolls (2) Fresh Orange	10)Kielbasa Sauerkraut Boiled Potatoes Broccoli Rye Bread (2) Pears	11)Ham & Cheese Sliders Lettuce & Tomato Macaroni Salad Cucumber Salad Pineapple Rings
14)Chicken Tenders (3) Oven Roasted Potatoes Diced Carrots Dinner Rolls (2) Fresh Tangerine	15)Unstuffed Cabbage Boiled Potatoes Green Beans Rye Bread (2) Peaches	16)Pork Chop w/Gravy Sweet Potatoes Peas Whole Wheat Bread (2) Fruit Cocktail	17)Hot Dogs on a Bun (2) Baked Beans Oriental Blend Apple	18)Tuna Salad Lettuce & Tomato Potato Salad 3 Bean Salad Whole Wheat Bread (2) Pears
21)Chicken Fajita WG Flour Tortilla Brown Rice Corn Pineapple Rings	22)Cheese Ravioli w/Tomato Cream Sauce Peas Cauliflower Italian Bread (2) White Grapes	23)Roast Beef Sandwich Lettuce & Tomato Potato Salad Cole Slaw Rye Bread (2) Applesauce	24)Meatball Sub Broccoli Side Salad Sub Roll Fresh Orange	25)Oven Roasted Turkey w/Gravy Sweet Potatoes Carrots Dinner Rolls (2) Pears
28)Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Fruit Cocktail	29)Chili con Carne Brown Rice Green Beans Corn Muffin Peaches	30)Stuffed Shells Marinara (2) Side Salad Cauliflower Italian Bread (2) Banana	Milk served with all Meals	Coffee and Tea available at Senior Nutrition Sites

Second Annual Volunteer Fair

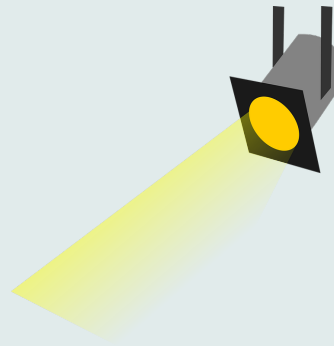
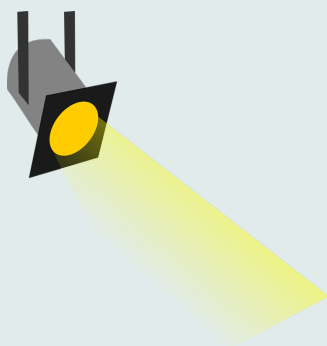
On July 29th, we held our second annual Volunteer Fair at the Monticello Firehouse. The fair featured 23 organizations from Sullivan County eager to connect with community members and discuss the volunteer opportunities they offer. This event was created to facilitate connections between community members interested in volunteering and some of Sullivan County's most respected organizations that rely heavily on the contributions of their volunteers.

Volunteerism plays a vital role in building stronger, more connected communities. It helps address local needs, fosters civic engagement, and brings people together from various backgrounds. When individuals volunteer, they contribute their time, skills, and compassion, which enhance community well-being and often fill gaps where services may be limited.

If you have a few hours to spare and want to make a difference but aren't sure where to start, please reach out to Monika Roosa, the Sullivan Volunteers Coordinator, at (845) 807-0255 or via email at Monika.Roosa@Sullivanny.gov. She can help you explore opportunities that align with your interests and availability.



OFA Welcomes New EISEP Case Management Specialist Kaitlyn Aschoff



EISEP (Expanded In-Home Services for the Elderly Program) is a non-medical personal care and home-care program. For information and assistance, contact EISEP Case Management at the Office for the Aging: (845) 807-0241 option 3.

How do Medicare and Medicaid work together to cover someone's healthcare needs?

If you are eligible for both Medicare and Medicaid, Medicaid can help with Medicare cost sharing and having Medicaid can also automatically qualify you for other programs that can reduce your premiums and prescription drug costs. Below are some of the ways Medicaid can work with Medicare.

- Medicaid can provide secondary insurance: For services covered by Medicare and Medicaid (such as doctors' visits, hospital care, home care and skilled nursing facility care), Medicare is the primary payer. When you visit a provider or facility that takes both forms of insurance, Medicare will pay first and Medicaid may cover your Medicare cost-sharing, including coinsurances and copays. Medicaid is the primary payer for services that Medicare does not cover, like durable medical equipment that is needed only outside of your home.

Note: It is important to review Medicare Advantage supplemental benefits carefully, as they may duplicate coverage you already have from Medicaid and coordination of coverage for these services can be complicated.

- Medicaid can provide access to premium assistance: In many cases, if you have Medicare and Medicaid, you will automatically be enrolled in a Medicare Savings Program (MSP). All MSPs pay your Medicare Part B premium and if you are eligible for the Qualified Medicare Beneficiary (QMB) MSP, it will cover the Part A premium and eliminate Medicare cost sharing.

- Medicaid can provide prescription drug assistance: Medicare beneficiaries who have Medicaid are automatically enrolled in the Extra Help program to help with their prescription drug costs.

- Medicaid can offer care coordination: Some states require certain Medicaid beneficiaries to enroll in Medicaid private health plans, also known as Medicaid Managed Care (MMC) plans. These plans may offer optional enrollment into a Medicare Advantage Plan designed to better coordinate Medicare and Medicaid benefits.

You can call 1-800-MEDICARE or contact your local Medicaid office to learn more about how Medicare and Medicaid work together in your state.

Stay tuned for more articles about the Medicare Savings Program and what that program can do for you!!

Source: Medicare Rights



OFA Loaner Closet

Did you know the Office for the Aging offers a Loaner Closet with lightly used medical equipment available at no cost?

If you or a loved one could benefit from items such as walkers, wheelchairs, shower chairs, or other assistive devices, we encourage you to reach out. Supplies vary, but we're always happy to check what's available and help connect you with what you need.

☎ Please contact our office to learn more or check availability.



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Virtual Support Group 2026

3rd Wednesday each month, 6-7pm via zoom
Sept 16, Oct 21, Nov 18, Dec 16.

Parkinson's Support Group

1st Wednesday each month, 4-5:30 pm
Sept 2, Oct-TBD

Bone Builders - CCE

Thursdays, 11am-12pm
Sept 17 - Nov 19

Bone Builders - Jeffersonville Library

Thursdays, 11am-12pm
Sept 10 - Nov 19

Caregiver Café Support Group

2nd Monday of each month, 10am-11am
Sept 14, Oct 19, Nov 9, Dec 14

WISE - Wellness Initiative for Senior Education

Mondays 11am-1pm

Sept 14 - Oct 26 (No class on Oct 12)

Tai Chi

Tuesdays, 1pm-2pm

Sept 1, Sept 8, Sept 15, Sept 22, Sept 29, Oct 6, Oct 13.

A one-time donation of \$25 or \$5 per class is appreciated.

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

Cornell Cooperative Extension | Sullivan County

Senior Citizen Clubs

Delaware Young at Heart (Callicoon)

Contact: Meryl Sheridan (718)216-7142)

Highland Senior Citizens (Eldred)

Contact: Scotty Greenberger (845)557-8519

Town of Lumberland Senior Citizens Club (Glen Spey)

Contact: Christine Yancy (845)544-5376

Jeffersonville Senior Citizen Club (Jeffersonville)

Contact: Barbara Hauschild (845)482-4195

Bethel Seniors (Kauneonga Lake)

Contact: George Lind (551)206-8446

Town of Rockland Senior Club (Livingston Manor)

Contact: Janet Burkey (845)439-5742

Loch Sheldrake Seniors (Loch Sheldrake)

Contact: Edie Houghtaling (845)798-3632

Monticello Senior Citizens (Monticello)

Contact: Arthur Rosenzweig (845)898-2512

SAGE Sessions by Tusten Social (Narrowsburg)

Email: hello@tustensocial.org

Senior Citizens of South Fallsburg (South Fallsburg)

Contact: Annette Conklin (845)423-0930

Woodridge Senior Club (Woodridge)

Contact: Linda Kinney (845)428-2625

Town of Mamakating Senior Citizens (Wurtsboro)

Contact: Larry Karstadt (845)641-0176

WORTHY READS OFA STAFF RECOMMENDATIONS

Selected by	Book Title & Author	Selected by:	Book Title & Author
Alexis	Mythos by Stephen Fry	Teresa	Mad Honey by Jodi Picoult
Carrie	Reminders of Him by Colleen Hoover	Lise-Anne	When Cranes Fly South by Lisa Ridzen
Tana	The Catcher in the Rye by J. D. Salinger	Sharon	The Wish by Nicola Pearson
Laura	The Calamity Club by Kathryn Stockett	Sherri	The Seven Husbands of Evelyn Hugo by Taylor Jenkins-Reid
Cathie	High Five by Janet Evanovich	Julie	The Things We Never Say by Elizabeth Strout

CRYPTOGRAM:

Each letter in the phrase has been replaced with a random letter. Try to decode the message.

K = L A = R H = T J = Y W = E

Y	R E	E E R	T	L	T	E T
J V R	B A W	Z W O W A	H V V	V K E	H V	Y W H
T	E R	L	R T	R E		E
B Z V H Q W A	X V B K	V A	H V	E A W B S	B	Z W C
	R E			L E		
	E A W B S		P Y	K W C I Y		



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BERLIN	ISTANBUL	QUEBEC	VIENNA
CAIRO	LISBON	RIO	ZURICH

SUDOKU

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

REBUS - Each "rebus" puzzle box below portrays a common word or phrase. Can you guess what it is?

1	2	3
WEAR LONG	funny funny words words words words	##### WEIGHT
4	5	6
thesingrain	1	 SECRET SECRET SECRET SECRET
7	8	9
STOOD MISS	WALKING ICE	BAD Wolf



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Sullivan County Office for the Aging, Monticello, NY

06-5379

LOCAL ACTIVITIES AND EVENTS

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

Sept 4, 6:00 pm - Town of Mamakating Summer Concert Series "Kinfolk", 27-29 Mamakating Rd, Bloomingburg

Sept 4, 10:00 am - Friday Fitness Series, Cornell Cooperative Extension, 64 Ferndale-Loomis Rd, Liberty

Sept 6, 10:00 am - Artist Residency: Sky Stitching by Audrey Bartow, 762 South Rd, Wurtsboro

Sept 12, 8:00 am - Mamakating Mega Market, 74 Pennsylvania Ave. Wurtsboro

Sept 12, 1:00 pm - 2026 SCVFA County Parade, Grahamsville Fairgrounds

Sept 26, 12:00 pm - HPAC Harvest Festival, 219 Main St. Hurleyville



LIBRARY ACTIVITIES

Liberty

9/4, 1:00 pm - Movie Matinee "Once"
9/11, 1:00 pm - Chair Yoga

Callicoon

9/16, 11:00 am - Garnet Health - Know Your Numbers Screening
9/18, 4:00 pm - Craft Lovers - Make mini mushroom displays

Fallsburg

9/10, 5:00 pm - Thursday Night Flicks "Project Hail Mary"
9/15, 4:30 pm - Crafternoon
9/24, 5:00 pm - Nature Journaling Program

Narrowsburg

9/18, 6:00 pm - Energy Savings Session

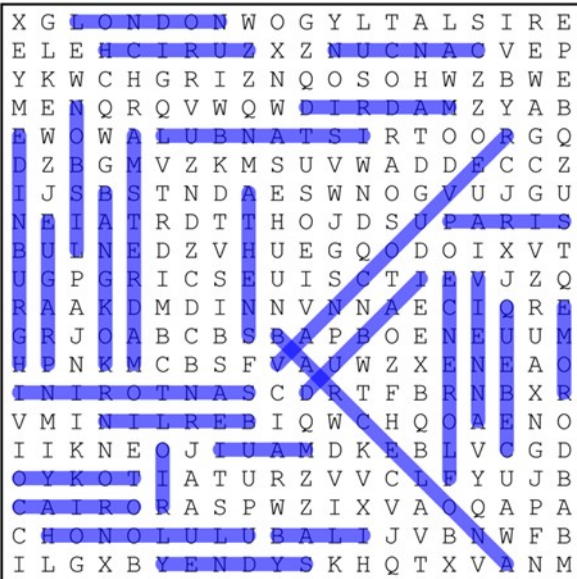
Livingston Manor

9/10, 5:30 pm - Riperian Buffers
9/12, 10:00 am - Maker-in-Residence Workshop "Clay Ornaments"

Jeffersonville

9/2, 5:30 pm Dinner & A Movie Night "Encanto"
9/25, 11:00 am - Medicare 101

ANSWER KEY



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

REBUS

- 1-long underwear
- 2-too funny for words
- 3-five pounds overweight
- 4-singing in the rain
- 5-hole in one
- 6-top secret
- 7-misunderstood
- 8-walking on ice
- 9-big bad wolf

CRYPTOGRAM:

YOU ARE NEVER TOO OLD TO SET ANOTHER GOAL OR TO DREAM A NEW DREAM

-C.S. LEWIS