



# AUGUST 2025 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:**

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| <input type="checkbox"/> Home Delivered Meals  | <input type="checkbox"/> Congregate Meals                     |
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**AUGUST 2022 - AUGUST 2025**

## SUMMER READS OFA STAFF RECOMMENDATIONS

Selected by:	Book Title & Author
Lise-Anne	The River is Waiting by Wally Lamb
Tana	The Secret Talker by Geling Yan
Teresa	The Women by Kristin Hannah
Sherri	Things I Wish I Told My Mother by Susan Patterson
Alexis	A Flicker In the Dark by Stacy Willingham
Monika	A Prayer for Owen Meany by John Irving
Cathie	Covenant of Water by Abraham Verghese
Christina	The Giver of Stars by Jojo Moyes
Robyn	The Third Grave by Lisa Jackson
Laura	A Woman of No Importance by Sonia Purnell
Carrie	The Nightingale by Kristin Hannah
Sharon	Lessons in Chemistry by Bonnie Garmus
Julie	The Things We Leave Unfinished by Rebecca Yarros



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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  
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*Let's Talk!*  
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consultation today!

**Meir Horowitz**  
Licensed Insurance Agent

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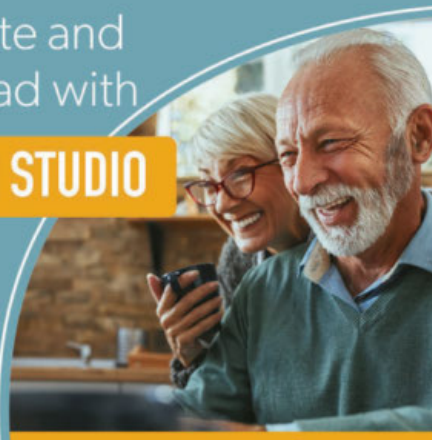


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Sullivan County Office for the Aging, Monticello, NY

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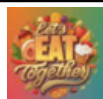


## SHOPPING BUS SCHEDULE



The shopping bus provides round-trip transportation from the senior's home to Monticello shopping (Shoptite, 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.

<b>Mondays</b>	<b><u>Town of Bethel</u></b> -Smallwood, Cohecton, Bethel Senior Housing and White Lake. <b><u>Town of Neversink</u></b> -Neversink, Grahamsville, Foxcroft Village.
<b>TUESDAYS</b> Aug. 5, 12, 19, 26	<b><u>Town of Fallsburg</u></b> - Woodridge, Mountindale & South Fallsburg. <b><u>Town of Rockland</u></b> - Livingston Manor & Roscoe.
<b>WEDNESDAYS</b> Aug. 6, 13, 20, 27	<b><u>Town of Liberty</u></b> - Liberty – Golden Park, Barkley Gardens & White Sulphur Springs <b><u>Town of Mamakating</u></b> - Summitville, Wurtsboro & Bloomingburg.
<b>THURSDAYS</b> Aug. 7, 14, 21, 28	<b><u>Highland Area</u></b> - Narrowsburg, Eldred, Barryville, Glen Spey, etc. * and some surrounding areas, not all areas included <b><u>Town of Thompson</u></b> - All of Monticello, Mongaup Valley
<b>FRIDAYS</b> Aug. 1, 8, 15, 22, 29	<b><u>Town of Delaware</u></b> - Fremont, Callicoon, Hankins, Jeffersonville, etc. <b><u>Liberty Village &amp; Fallsburg</u></b> - Liberty Village Apts., Hurleyville, Loch Sheldrake & Kiamesha Lake.



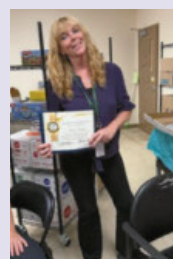
## CONGREGATE SITES

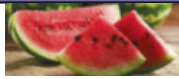


BETHEL	Bethel Senior Center Route 55, Kauneonga Lake	MONDAYS
MAMAKATING	Wurtsboro Town Hall Route 209, Wurtsboro	MONDAYS & WEDNESDAYS
LIVINGSTON MANOR/ ROCKLAND	Livingston Manor Presbyterian Church Old Route 17, Livingston Manor	WEDNESDAYS
LIBERTY	Lapolt Park North Main St, Liberty	WEDNESDAYS
JEFFERSONVILLE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

We would like to acknowledge the commitment and dedication of our Nutrition department. On 6/19 the following staff were presented with 30 years of Service Certificates from Jane Bozan, Nutrition Coordinator.

***Congratulations! Madeline Fuller, Asunda Esposito, Marjorie Janowski, Darlene Farragher and Julie Pisall***





# AUGUST 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
<b>Milk served with all Meals Coffee and Tea available at Senior Nutrition Sites</b>				<b>1) Ham &amp; Cheese Sandwich,</b> Lettuce & Tomatoes Macaroni Salad, Cole Slaw, Whole Wheat Bread, Fresh Peach
<b>4) Macaroni &amp; Cheese,</b> Stewed Tomatoes, Cauliflower, Whole Wheat Bread, Applesauce	<b>5) Chicken Cacciatore,</b> Spaghetti Marinara, Peas, Italian Bread, Fresh Orange	<b>6) Breaded Fish,</b> Tartar Sauce, Baked Potato, Mixed Vegetables, Whole Wheat Bread, Diced Pears	<b>7) Beef Stew,</b> Brown Rice, Broccoli, Dinner Rolls (2), Pineapple Rings	<b>8) Kielbasa,</b> Sauerkraut Boiled Potatoes Diced Carrots Diced Peaches Rye Bread
<b>11) Tuna Salad,</b> Lettuce & Tomato, Potato Salad, 3 Bean Salad, Whole Wheat Bread, Fresh Plum	<b>12) Chicken Tenders (3),</b> Oven Roasted Potatoes, Green Beans, Dinner Rolls (2), Apple	<b>13) BBQ Pulled Pork Sandwich,</b> Baked Beans, Cole Slaw, Fruit Cocktail	<b>14) Meatball Sub,</b> Mixed Vegetables, Side Salad, Hoagie Roll, Mandarins	<b>15) Chili Con Carne,</b> Brown Rice, Cauliflower, Corn Muffin (1), Nectarine
<b>18) Chicken A La King,</b> Brown Rice, Corn, Whole Wheat Bread, Applesauce	<b>19) Sausage Sandwich,</b> Peppers & Onions, Baked Beans, Hoagie Roll, Fresh Orange	<b>20) Hungarian Goulash,</b> Egg Noodles, Peas, Rye Bread	<b>21) Roast Pork Loin w/Gravy,</b> Sweet Potatoes, Mixed Vegetables, Whole Wheat Bread, Pineapple Rings	<b>22) Ziti w/Meat Sauce,</b> Side Salad, Broccoli, Dinner Rolls (2)
<b>25) Salisbury Steak Gravy,</b> Oven Roasted Potatoes, Diced Carrots, Dinner Rolls (2), Apple	<b>26) Cheese Tortellini w/Tomato Cream Sauce,</b> Green Beans, Diced Carrots, Whole Wheat Bread, Fruit Cocktail	<b>27) Chicken Stew,</b> Egg Noodles, Oriental Vegetables, Wheat Bread, Mandarins	<b>28) Hot Dogs on a Bun (2),</b> Baked Beans, Corn, Applesauce	<b>29) Pepper Steak,</b> Brown Rice, Cauliflower, Dinner Rolls (2)

## FARMER'S MARKET COUPONS

The Office for the Aging will be distributing Farmer's Market Coupon booklets on a first-come, first-served basis. Each booklet contains five \$5 coupons, for a total of \$25. Coupons are valid through November 30, 2024, at participating Farmer's Markets. In order to take advantage of this program, you must be a New York State resident and 60 years of age or older. You must affirm that your income is no more than: \$2,322 a month for a 1-person household; or \$3,152 a month for a 2-person household. LIMIT ONE COUPON BOOK PER PERSON PER SEASON.

## Risks of Sleeping Medications

Sleeping medications may be prescribed to help you sleep or to treat insomnia. They are usually intended for short-term use, as the body starts to get used to them over time. The risks and benefits of sleep medication can depend on the type of sleep aid, so it is important to review these with your doctor.

### Possible Risks

- Daytime drowsiness
- Car accidents
- Falls and fractures
- Memory challenges
- Delayed reaction time
- Concentration issues
- Medication interactions
- Abnormal behavior



Stopping sleeping medications suddenly may lead to withdrawal symptoms like anxiety, irritability and rebound insomnia. If you want to stop taking sleep medications, you should speak with your doctor or pharmacist about how to safely lower the dose slowly over time. The doctor should always be consulted before making any changes to your medication regimen.

Source: Trualta.com adapted by the Caregiver Resource Center

### Healthy Recipe Demonstration & Taste Test

August 16th, 11:00 am-1:00 pm

Grahamsville Fairgrounds, 8230 State Route 55, Grahamsville, NY 12740



For more information, please contact Joy Leon at (jll362@cornell.edu) or register using the link below:

[https://pub.cce.cornell.edu/event\\_registration/main/events.cfm?dept=248](https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=248)

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\$87,800  
4 - PERSON  
\$97,500

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- Own and occupy a 1-4 family home in Sullivan county as their primary residence
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- Fall within income limits

RESTORE can help with emergency repairs that correct conditions posing a threat to health and safety, including:

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- Code violations requiring immediate attention

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## DO NOT BE SCAMMED



You may get a phone call from someone asking whether you've received your new Medicare card yet. They may know your personal details, like your date of birth or address. Don't let that convince you that the caller is legitimate; scammers can purchase or find such data easily enough.

### Common Medicare scams

**New card offers.** Criminals pretend to be from Medicare and tell beneficiaries that they will receive a new Medicare card with a chip or one that is plastic instead of paper. (Medicare cards are paper and none have a chip.) They may even say the new card includes additional benefits, such as a gift card.

"The scammer will say they need to confirm the Medicare ID and other personal information. In some cases, they tell the person they just need to provide banking account information to make sure they can continue paying their premiums," says Kim McKenna, Senior Medicare Patrol (SMP) coordinator for the Washington State Office of the Insurance Commissioner. Criminals take advantage of the fact that Medicare beneficiaries typically don't receive a bill if Medicare and a supplemental policy cover the full cost, so victims may not even become aware of the fraud until services they didn't receive appear on their quarterly summary notice.

In one of the most egregious scams, criminals enroll Medicare beneficiaries in hospice without their knowledge — even though they are not terminally ill — and collect payment from Medicare for hospice services that were never delivered. Meanwhile, the beneficiary has legitimate claims denied because Medicare won't pay for many medical interventions after someone is enrolled in hospice.

### How to recognize a Medicare scam

**Unexpected calls from someone claiming to work for Medicare.** "The only time someone would receive a call from Medicare is if the beneficiary called Medicare first and scheduled a phone appointment with a representative," McKenna says.

**Offers of a new Medicare card.** "No one would receive a new Medicare card unless they personally requested one from Medicare, like in a case where their ID has been compromised," she notes.

**Fees for new or upgraded cards.** Medicare cards are paper; there are no plastic Medicare cards or cards with chips. You can print a new Medicare card anytime from your online Medicare account.

**Requests for personal information.** "Medicare will not call beneficiaries to ask for personal information or to update your information or give you a new Medicare card number," says Rose Morales, an SMP fraud investigative analyst with California Health Advocates.

**Callers don't clearly identify themselves.** "Most scammers use generic phrases like 'I'm calling from your health care provider' or 'I'm calling from Medicare Services,'" Morales says.

### How to protect yourself from Medicare scams

1. **Know how Medicare works.** As noted above, Medicare won't call you out of the blue with requests for information or new card offers.
2. **Hang up immediately.**
3. **Keep your Medicare card at home.** Only carry your Medicare card if you need it for a medical appointment.
4. **Read your Medicare claims notices.**
5. **Investigate odd charges.**

### What to do if you've been targeted

Report the call to Medicare at 800-633-4227 and your state's Senior Medicare Patrol at 877-808-2468. And of course, you can always call the Office for the Aging @ 845-807-0241 and speak to a representative.

Source: [www.aarp.org/money/scams-fraud/new-medicare-card/](http://www.aarp.org/money/scams-fraud/new-medicare-card/)





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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.





## In Memoriam: Nellie S. Culligan



It is with profound sadness that we announce the passing of Nellie S. Culligan, who departed this life on June 9, 2025, at the age of 98. Nellie was a committed volunteer who joined the Retired Senior Volunteer Program (RSVP) on July 7, 1993. She held the distinction of being the oldest active volunteer within our program, contributing her service diligently for 32 years and submitting her final timesheet at the extraordinary age of 97.

Nellie was a long-standing member of the United Methodist Church in Monticello, worshipping there for over 75 years. She played an instrumental role as one of the founding members of Noah's Arch Thrift Shop, which was established in 1991 to provide financial support to the church and to assist individuals in need within the community. "Our respect for her was so great that we followed her every direction. The thrift shop was her baby, and she was so proud of it," said Nancy Brooks. As a partner site for more than two decades, Noah's Arch has made significant contributions to our volunteer program in Sullivan County. Furthermore, Nellie was an active participant in the RSVP Entertainers, performing at nursing homes and senior centers. She also served on the Sullivan County Nutrition Advisory Committee and the Senior Games Committee as an RSVP Volunteer.

In addition to her involvement with RSVP, Nellie served on numerous committees and was affiliated with various organizations throughout the county. Within the United Methodist Church, she was a choir member for over 30 years and served on the Mission, Memorial, and Membership Committees. She held the position of former

secretary for both the Administrative Board and the Financial Committee and was the President of the Wesleyan Service Guild in Monticello, where she also served as secretary for over 25 years. Nellie was also engaged in the Sullivan County Shares program and held the title of Master of Monticello Grange #1357, participating on its 5th Degree Drill Team. Additionally, she was a member of the Sullivan County Pomona Grange, the New York State Grange, and the Sullivan County Historical Society. Her service extended to voluntary positions as secretary for the CSEA Union and the Sullivan County Parks and Recreation Commission.

In recognition of her exceptional contributions, Nellie received several accolades, including the Town of Thompson Senior of the Year award in both 2003 and 2015, the Presidential Service Award in 2006, and the Sullivan County Senior of the Year award in 2016.

We honor Nellie S. Culligan's unwavering dedication, tireless commitment, and remarkable service to the Sullivan County community. Our thoughts and condolences are extended to her family and to all who knew and cherished her.



*Nellie in 2002 receiving a medal for the Senior Games from John Lyttle, former Director of the Office for the Aging.*

*Pictured (left to right – Joan Booth, Michael Manacello, Nancy Brooks, Nellie Culligan, Martha Johnson)*



## **SUPPORT PROGRAMS**

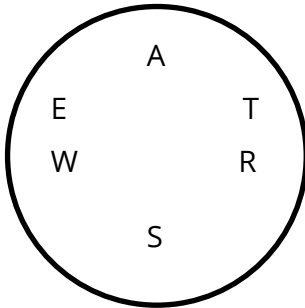
**Parkinson's Support Group** - Aug. 13th, 4:00 pm - 5:30 pm. Registration is preferred but walk-ins are welcome. Call (845) 292-6180 ext. 122 to register or email at [sullivanrcrc@cornell.edu](mailto:sullivanrcrc@cornell.edu)

**Caretaker Resource Center Monthly Virtual Support Groups** - Aug. 20th, 6:00 pm - 7:00 pm. To Register: Use the QR Code, or use the link <https://tinyurl.com/5n6mtpy4> or email [sullivanrcrc@cornell.edu](mailto:sullivanrcrc@cornell.edu)



## 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.

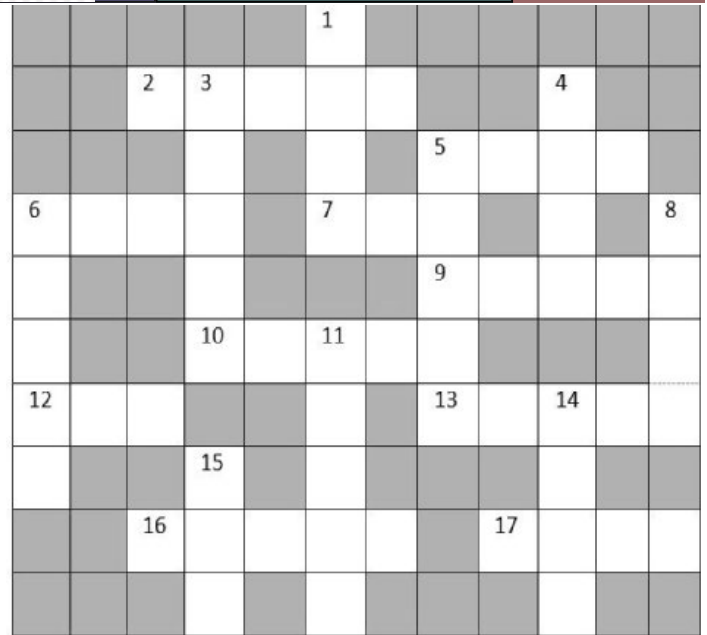


### ACROSS

2. Purple daisy
5. Put on
6. Celebrity
7. Hot beverage
9. Stun gun
10. Misuse
12. Informer
13. Prices
16. Perspire

### DOWN

1. Opposite of East
3. Hay
4. Conflicts
5. Agua
6. Gawk
8. Crafts
11. Promise
14. Rip up
15. Amazement
17. Growth



## BRAINTEASER

Make 3 arrows by adding 2 lines to the picture on the right



A	V	G	R	I	L	L	I	N	G	Y	S	R	F	F	Q	B	S
D	I	A	X	Z	H	I	E	Z	F	L	S	E	A	U	Q	Q	C
I	H	R	C	L	F	E	G	P	B	F	U	L	R	E	U	G	V
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AIR CONDITIONER  
BACKYARD  
BEACH  
BONFIRE  
DROUGHT  
FARMERS MARKET

FIREFLY  
FISHING  
GRILLING  
HEAT  
ICE CREAM  
LEMONADE

PARTY  
PICNIC  
RELAXATION  
ROAD TRIP  
STATE FAIR  
SUNFLOWER

## SUDOKU

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

## MATH RIDDLE

$$\text{🍇} + \text{🍇} = 40$$

$$\text{🍎} + \text{🍎} + \text{🍎} + \text{🍎} = 40$$

$$\text{🍌} + \text{🍌} = 30$$

$$\text{🍇} + \text{🍎} + \text{🍌} = ?$$





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## LOCAL ACTIVITIES AND EVENTS

Aug 7, 6:00 am - Duck Race, Wurtsboro Veteran's Memorial Park, Wurtsboro

Aug 9, 5:30 pm - Penny Social, Bloomingburg Ladies Auxillary, 117 Godfrey Rd, Bloomingburg

Aug 10, 9:00 am Monticello Bagel Festival, Broadway, Monticello

Aug 15-Aug 17, 11:00 am - Grahamsville Little World's Fair, Grahamsville Fair Grounds

Aug 23, 10:00 am - Craft & Vendor Fair, 1500 Denning Rd, Claryville

Aug 23, 7:00 am - 2nd Annual North Branch Firehouse to Firehouse Race, 20 N Branch Rd, North Branch

Aug 24, 12:00 pm - 90th Anniversary Celebration, Bloomingburg Fire Dept. 117 Godfrey Rd, Bloomingburg

### ROCK HILL SUMMER CONCERT SERIES

6:30pm- 8:00 pm 53 Adams Rd, Lake Ida Town Park, Rock Hill. **Bring your chairs & blankets**

8/6/25 Little Sparrow  
8/13/25 Hollywood Herb  
8/20/25 Reny and The Strange  
8/27/25 The A.M. Band

### MUSIC & FARMERS MARKET IN THE PARK

5:00 pm - Veteran's Memorial Park, Wurtsboro. **Bring your chairs & blankets**

8/7/25 - Any Night Ramblers  
8/14/25 - JustUs  
8/21/25 - Side F/X  
8/28/25 105 Band

### JEMS Events in The Backyard Park

21 Lovett Ln, Jeffersonville

Gates open at 6:30 pm Musicians on at 7:30 pm and movies at dusk

Aug. 1 - Movie Night/Little Giants  
Aug. 15 - Movie Night/Moana  
Aug. 23 - Music - Little Sparrow

## LIBRARY ACTIVITIES

### Monticello

Aug. 4, 11 & 18 2:00 pm - Mahjongg Classes for Beginners

Aug. 27, 2:00 pm - Chair Yoga

### Liberty

Aug. 15, 1:00 pm - Movie "You Gotta Believe"

Aug. 22, 1:00 pm - Senior Swing

### Jeffersonville

Aug. 6, 1:00 pm - Book to Movie Club "The Princess Bride"

### Callicoon

Aug. 15, 4:00 pm-6:00 pm - Craft Lovers - Make pony bead keychains

### Narrowsburg

Aug. 8, 5:30 pm-6:30 - DIY Energy Savings Session

### Fallsburg

Aug. 8, 5:00 pm-Movie "Cinderella" (2021)

Aug. 12, 5:00 pm-Movie "Turner and Hooch" (1989)

Aug. 19, 5:00 pm - Movie "Truth Be Told" (2011)

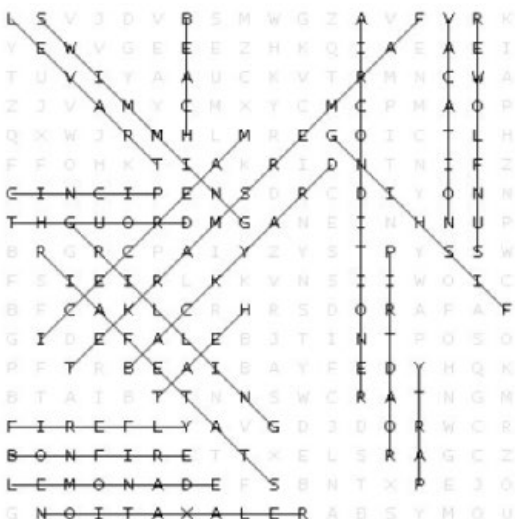
Aug. 26, 5:00 pm - Movie "Aquamarine" (2006)

### Livingston Manor

Aug. 23, 10:00 am - Introduction to Medicare Seminar



## ANSWER KEY



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

### MATH RIDDLE SOLUTION

$$20 + 10 + 15 = 45$$

### DOUBLE THE FUN WORD GAME

#### ACROSS

2. Aster
5. Wear
6. Star
7. Tea
9. Taser
10. Waste
12. Rat
13. Rates
16. Sweat

#### DOWN

1. West
3. Straw
4. Wars
5. Water
6. Stare
8. Arts
11. Swear
14. Tear
15. Awe
17. Wart

### BRAINTEASER SOLUTION

