



AUGUST 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.

Name _____
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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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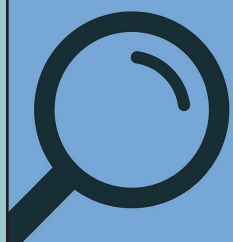
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2022 - 2026



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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

Aug 3, 10, 17, 24, 31

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

Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS

Aug 4, 11, 18, 25

Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS

Aug 5, 12, 19, 26

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

Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS

Aug 6, 13, 20, 27

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

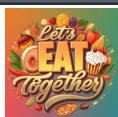
Town of Thompson- All of Monticello, Mongaup Valley

FRIDAYS

Aug 7, 14, 21, 28

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

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



CONGREGATE SITES



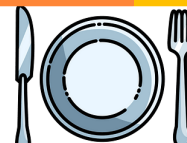
BETHEL	Bethel Senior Center Route 55, Kauneonga Lake	MONDAYS
MAMAKATING	Wurtsboro Town Hall Route 209, Wurtsboro	MONDAYS & WEDNESDAYS
LIVINGSTON MANOR/ ROCKLAND	Livingston Manor Presbyterian Church Old Route 17, Livingston Manor	WEDNESDAYS
LIBERTY	Lapolt Park North Main St, Liberty	WEDNESDAYS
JEFFERSONVILLE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

Volunteer Drivers Needed

Currently, there is an urgent need for Volunteer Medical Transportation Drivers. Our program needs caring volunteers to drive older adults to their medical appointments. Our drivers are screened, background checked and fingerprinted to ensure the safety of our clients. Volunteers help on a flexible schedule and mileage reimbursement is provided. If you enjoy driving and want to learn more about this rewarding program, contact us at 845-807-0255.



AUGUST 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
3) Macaroni & Cheese Stewed Tomatoes Cauliflower Whole Wheat Bread (2) Peaches	4) Chicken Cacciatore Spaghetti Marinara Peas Italian Bread (2) Fresh Apple	5) Breaded Fish Tartar Sauce Baked Potato Mixed Vegetables Dinner Rolls (2) Fruit Cocktail	6) Chicken Fajita Brown Rice Corn WG Flour Tortilla Pineapple	7) Kielbasa Sauerkraut Boiled Potatoes Broccoli Rye Bread (2) Applesauce
10) Tuna Salad Lettuce & Tomato Potato Salad 3 Bean Salad Whole Wheat Bread (2) Fresh Plum	11) Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Fresh Orange	12) Roast Pork Loin Gravy Brown Rice Diced Carrots Dinner Rolls (2) Pears	13) Chicken Tenders (3) Roasted Potatoes Green Beans Dinner Rolls (2) Apple	14) Ravioli Marinara Side Salad Oriental Vegetables Italian Bread (2) Nectarine
17) Chicken A La King Brown Rice Cauliflower Whole Wheat Bread (2) Peaches	18) Meatball Sub Peas Sub Roll Apple	19) Cottage Cheese Plate Leaf Lettuce Macaroni Salad Beet Salad Rye Bread (2) Fruit Cocktail	20) BBQ Pulled Chicken Sandwich Baked Beans Cole Slaw Vanilla Pudding Hamburger Bun	21) Ziti w/Meat Sauce Side Salad Mixed Vegetables Dinner Rolls (2) Mandarins
24) Salisbury Steak Gravy Roasted Potatoes Corn Rye Bread (2) Fresh Peach	25) Cheese Tortellini w/Garlic Cream Sauce Broccoli Cauliflower Italian Bread (2) Applesauce	26) Hot Dogs on a Bun (2) Baked Beans Carrots Fresh Orange	27) Turkey Sliders (2) Lettuce & Tomato Pasta Salad Cole Slaw Chocolate Pudding	28) Pepper Steak Brown Rice Green Beans Whole Wheat Bread (2) Pears
31) Stuffed Shells (2) Side Salad Mixed Vegetables Italian Bread (2) Apple		Milk served with all Meals	Coffee and Tea available at Senior Nutrition Sites	Menu is subject to change.

What Can Be Some of the Biggest Challenges for Aging Adults?

Some of the biggest challenges for older adults are social isolation, financial insecurity and health issues. These can lead to loneliness, difficulty meeting basic needs and reduced quality of life. These challenges are often connected and can stem from factors like retirement, loss of a spouse, limited mobility and an increasing cost of living.

Social and mental challenges can include:

Social isolation and loneliness is a significant issue, often caused by retirement, the death of a spouse, family members or friends and family moving away. Loneliness has been linked to serious health problems including high blood pressure, heart disease and depression.

Loss of purpose:

Many people struggle with lack of purpose after leaving the workplace and not having specific plans and activities for retirement.

Ageism:

Negative stereotypes can lead to discrimination, limited opportunities and negative impact on self-esteem.

Financial challenges:

Many seniors live on limited, fixed incomes, such as social security which might be insufficient to cover rising costs.

Inadequate Retirement Savings:

Some may not have saved enough for retirement or had to spend the money early. This can lead to financial insecurity.

Rising Expenses:

The cost of healthcare, prescription drugs and housing can be a substantial burden.

Health Challenges:

Many older adults face chronic health issues. High blood pressure can lead to more severe problems like stroke or heart attack if not managed.

Declining Mobility:

A natural decline in mobility and dexterity can make everyday tasks, hobbies and social activities more difficult to perform.

If you have questions or need help with any issues you may be facing, please call us at **(845) 807-0241** or **(845) 807-0257**. **Office for the Aging** and **NY Connects** staff are here to provide information, connect you with resources, and do our best to assist you.



Prevent Infections From Tick and Mosquito Bites

Mosquitoes, ticks and fleas can be infected with viruses, bacteria and the like and transmit them to humans. Some bug bites are more than just itchy — they can make you seriously sick. And in warmer months, your risk of getting an insect-borne illness from mosquitoes, ticks, fleas and other bugs rises.

Why bug bites and diseases from them are rising

Climate change has helped fuel the rise in insect-borne diseases. Milder winters allow more ticks to survive the colder months than have in the past. Changing land-use patterns have led to booming mice, deer and chipmunk populations in suburban areas and these animals harbor ticks. What's more, global travel can introduce insect-borne illnesses not often seen in the U.S.

9 diseases you can get from a bug bite

Here are nine of the more common diseases transmitted by insects:

1. **Lyme disease:** Deer tick (also known as a black-legged tick) infected with the bacteria *Borrelia burgdorferi*.
2. **West Nile virus:** From infected culex species mosquitoes.
3. **Anaplasmosis:** Infected deer and western black-legged ticks carrying *Anaplasma phagocytophilum* bacteria.
4. **Dengue:** Mosquito infected with *Aedes albopictus* or *Aedes aegypti*
5. **Rocky Mountain spotted fever:** Spread by several kinds of ticks — including the American dog tick, the brown dog tick and the Rocky mountain wood tick.
6. **Zika:** Infected *Ae. aegypti* or *Ae. albopictus* mosquito.
7. **Alpha-gal syndrome:** Lone star tick infected

with a sugar molecule known as alpha-gal. molecule is found in mammals (and ticks) but not humans.

8. **Babesiosis:** Deer tick with the babesia parasite

9. **Powassan:** Groundhog tick, squirrel tick or deer tick.

Preventing bug-borne diseases

A few tips to stay protected when you're outdoors:

- Wear long shirts and pants.
- Apply insect repellent. Use a product like permethrin on clothing; on skin, use picaridin or a repellent with 30 percent DEET or less.
- Check yourself after you've left the area.
- Cut grass around your yard regularly; tall grass creates a welcome home for critters.
- Protect your pets with collars or medications.
- Remove any ticks promptly.
- Take a shower immediately after you come inside.

Pay attention to alerts from your local and state health departments, as they will know which bug-borne pathogens are the biggest threat in your area. If you are bitten and start to feel off or experience specific symptoms, be sure to alert your doctor.



Source: aarp.org

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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SUPPORT GROUPS

Caregiver Café Support Group

2nd Monday each month, 10 am

Aug 10, Sept 14, Oct 19, Nov 9, Dec 14

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

Parkinson's Support Group

1st Wednesday each month, 4-5:30 pm

Aug 5, Sept 2, Oct-TBD, Nov

Virtual Support Group 2026

3rd Wednesday each month, 6-7pm via zoom

Sept 16, Oct 21, Nov 18,

Dec 16.

Cornell Cooperative Extension | Sullivan County

Unique Brain Features Found in Cognitive SuperAgers

Most people have some decline in their memory and learning abilities as they age, but certain older adults can remember past events better than most people who are much younger. Researchers recently found that exceptional recall and memory is linked to the ability to create new brain cells.

An NIH-funded research team analyzed more than 350,000 individual brain cells from younger and older adults, including cognitive "SuperAgers." Cognitive SuperAgers are people at least 80 years old with memory test scores as good as or better than people in their 50's and 60's. The cells were from donated postmortem brains.

The team looked for newly formed brain cells. They found that the molecular makeup of new brain cells differed depending on the donor's cognitive abilities.

SuperAgers' brain cells had a unique molecular make-up. SuperAgers also had more newly created brain cells than other groups.

Certain cell processes in the SuperAgers' brains appeared to be better maintained too. These processes serve important functions. Some are involved in communication between brain cells, while others help with cell survival.

"Determining why some brains age more healthily than others can help researchers make therapeutics that will boost memory in aging and prevent Alzheimer's disease and related dementias," says Dr. Orly Lazarov at the University of Illinois, Chicago, who co-led the study. (Source: News in Health, National Institute of Health and Human Services, June 2026 edition, www.newsinehealth.nih.gov).

WORTHY READS OFA STAFF RECOMMENDATIONS

Selected by	Book Title & Author	Selected by:	Book Title & Author
Alexis	A Witch in Time by Constance Sayers	Teresa	The Teacher by Freida McFadden
Carrie	The Silent Wife by Kerry Fisher	Lise-Anne	Yesteryear by Caro Claire Burke
Tana	The Scarlet Letter by Nathaniel Hawthorne	Sherri	The Color of Heaven by Julianne Maclean
Laura	Discipline is Destiny by Ryan Holiday	Julie	Untamed by Glennon Doyle
Cathie	Hot Six by Janet Evanovich		

Match the 70's Soundtrack Song to the Movie

- | | |
|---------------------------------|--|
| 1. Pure Imagination | A. Saturday Night Fever (1977) |
| 2. Pinball Wizard | B. The Sting (1973) |
| 3. Sunrise, Sunset | C. Grease (1978) |
| 4. I Don't Know How to Love Him | D. National Lampoon's Animal House (1978) |
| 5. The Entertainer | E. Tommy (1975) |
| 6. Oh Boy | F. Rocky (1976) |
| 7. Stayin' Alive | G. Willie Wonka & The Chocolate Factory (1971) |
| 8. Gonna Fly Now | H. Jesus Christ, Superstar (1973) |
| 9. Shout | I. Fiddler on the Roof (1971) |
| 10. Hopelessly Devoted to You | J. The Buddy Holly Story (1978) |



Word list:

BLUEJAY	HAWK	MOCKINGBIRD	ROBIN
CARDINAL	HERON	NUTHATCH	SPARROW
CHICKADEE	HUMMINGBIRD	OWL	STARLING
CRANE	JAY	PELICAN	SWALLOW
EAGLE	KESTREL	PHEASANT	TURKEY
FALCON	KINGFISHER	QUAIL	WOODPECKER
FINCH	LARK	RAVEN	WREN

SUDOKU

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

Rebus puzzles

Can you guess the words and expressions?

MY LIFE	Get it Get it Get it Get it	Try $\frac{\text{stand}}{2}$
TRAVEL cccccc	FAST	T O W N
EYE EYE	father ↗	ONCE



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Sullivan County Office for the Aging, Monticello, NY

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LOCAL ACTIVITIES AND EVENTS

Aug 1, 1:00 pm - 3rd Annual Local Art & Music Exposition, Arrowhead Ranch, 487 Cooley Rd, Parksville

Aug 2, 10:00 am - Artist Residency: Sky Stitching by Audrey Bartow, 762 South Rd, Wurtsboro

Aug 4, 5:30 pm - Zumba in the Park, 181 Town Park Rd, Monticello

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

Aug 14-16 - 12:00 pm -Grahamsville Little World's Fair, Grahamsville Fairgrounds

Aug 14 , 6:00 pm - Town of Mamakating Summer Concert Series "Jungle Love", 27-29 Mamakating Rd, Bloomingburg

Aug 15&16, 9:00 am-The Neversink River Festival, Delaware and Hudson Canal County Park, 58 Hoag Rd, Cuddebackville

Aug 29, 10:00 am - Annual Fall Craft Fair, 1500 Denning Rd, Claryville

Rock Hill Concert Series

53 Adams Rd, Rock Hill - 6:30 pm

8/5/26 - Oxford Station

8/12/26 - Swing Shift

8/19/26 - Fred Zep

8/26/26 - Search and Rescue Orchestra

Sounds of Sullivan Summer Series (Rain or Shine)

1864 NY 52, Liberty, NY - 5:30pm (show starts at 6)

8/4 - Open Mic Featuring Paul Lamey

8/11- Gorilla Bob and South Paw Dave

8/18 - Carl Banks

WBOT Music & Farmers Market in the Park,

Veterans Park, 3rd St. Wurtsboro
Farmers Market 5-8pm, Bands 6:00 pm

8/6 - Laurie-Anne & Midnight Slim

8/13 - Jacketown Road

8/20 - Painted Blue Sky

8/27 - New Nowhere Men

LIBRARY ACTIVITIES

Monticello

Aug 4, 6:30 pm - Music on Broadway "River Ramblers"

Aug 6, 6:30 pm - Music on Broadway "Fisher & Kean"

Aug 18, 6:00 pm - Music on Broadway "Jaketown Road"

Liberty

8/3, 10:30 am - Senior Coffee with Guest Speaker - Assemblymember Paula Elaine Kay

8/7, 1:00 pm - Chair Yoga

8/13, 6:00 pm - Woodstock on Cello Concert

8/14, 1:00 pm - Movie Matinee "Ella McKay"

8/28, 1:00 pm - Movie Matinee "Michael"

Livingston Manor

Aug 8, 10:00 am - Maker-in-Residence Workshop - Flower Arranging

Aug 22, 10:00 am - Maker-in-Residence Workshop - Introduction to Knitting & Knitting Help

Narrowsburg

Aug 3, 4:00 pm - Summer Craft Series - Candle Wax Painting

Aug 17, 4:00 pm - Summer Craft Series -Textured Art Canvas

Aug 18, 11:00 am - Garnet Health Know Your Numbers Screening

Jeffersonville

Aug 7, 5:00 pm - Summer Craft Series - Candle Wax Painting

Aug 12, 6:00 pm - Dinner & a Movie "The Goonies"

Aug 21, 5:00 pm - Summer Craft Series -Textured Art Canvas

Callicoon

Aug 4, 5:00 pm - Unearthing Our Community History with Isabel Braverman

Aug 18, 6:00 pm - Energy Savings Session

Aug 20, 4:00 pm - VIRTUAL - Yankee Stargazers with Joe Rao

Fallsburg

Aug 6, 13, 20 & 27, 4:00 pm - Chair Yoga

Aug 11, 4:30 pm - Crafternoon "Pressed Flower Mason Jar Lanterns"

Aug 20, 5:00 pm - Thursday Night Movie "Michael"

Roscoe

August 29, 11:30am - Medicare 101

HPAC Movie Night

FREE Admission - 9:00 pm
219 Main St. Hurleyville

Aug 1 -The Matrix

Aug 6 - Big Fish

Aug 8 - School of Rock

Aug 13 - Jurassic Park

Aug 15 - First Wives Club

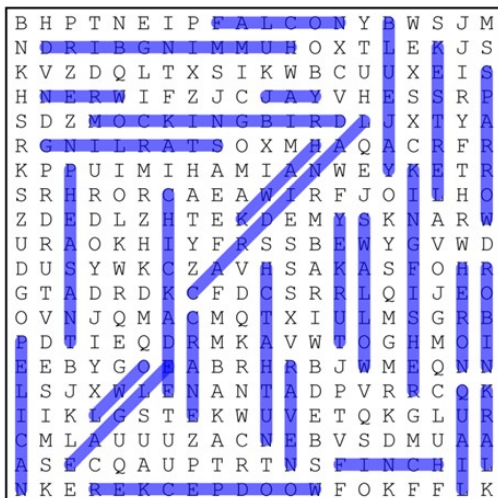
Aug 20 - Secondhand Lions

Aug 22 - My Cousin Vinny

Aug 27 - Now & Then

Aug 29 - When Harry Met Sally

ANSWER KEY



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

REBUS ANSWERS

- 1 – For once in my life (four ones in my life)
- 2 – Forget it
- 3 – Try to understand
- 4 – Travel overseas
- 5 – Breakfast
- 6 – Downtown
- 7 – Eyeshadow
- 8 – Stepfather
- 9 – Once upon a time

70's Match-Up Answers: 1.G 2.E 3.I 4.H 5.B 6.J 7.A 8.F 9.D 10.C