



DECEMBER 2024 NEWSLETTER

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MON - FRI: 8AM - 5PM

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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:

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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OFA Holiday Photo	9	Sullivan County Office for the Aging PO Box 5012, 100 North Street Monticello, NY 12701
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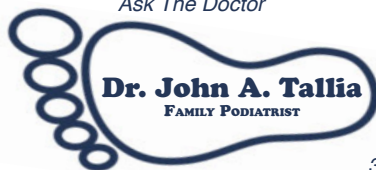
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Sullivan County DRAMATIC WORKSHOP **2024 SEASON** **THE RIVOLI THEATER**

 MAY 07th-10th	 JUNE 14th-23rd	 JULY 12th-20th	 AUGUST 9th-16th	 SEPTEMBER 15th-22nd	 OCTOBER 11th-18th
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HOLIDAY CONCERTS AT THE GOVERNMENT CENTER LOBBY

100 North St, Monticello



- Dec. 4, 12:00 pm Livingston Manor High School Band and Chorus
- Dec. 6, 10:30 am Chase Elementary School Chorus
- Dec. 11, 11:30 am Fallsburg High School Instrumental Chamber Groups
- Dec. 12, 12:00 pm Benjamin Cosor Elementary School Chorus
- Dec. 13, 10:15 am Sullivan West Elementary Chorus
- Dec. 13, 1:00 pm Roscoe Elementary and High School Choirs
- Dec. 16, 11:45 am Liberty High School Jazz Band
- Dec. 16, 1:00 pm Liberty 5th & 6th Grade Chorus and Liberty Middle School Honors Band
- Dec. 17, 10:30 am MacKenzie Elementary School (Eldred) Band and Chorus
- Dec. 17, 1:00 pm Monticello High School Emerging Ensembles and Chamber Singers
- Dec. 18, 10:45 am Sullivan West High School Select Choir
- Dec. 18, 12:30 pm Liberty Mixed and Honors Choir
- Dec. 19, 10:30 am Sullivan BOCES Choir
- Dec. 19, 12:00 pm Fallsburg High School Treble Choir and Chamber Choir
- Dec. 20, 12:00 pm Monticello Middle School Groups



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Welcome Monika Roosa RSVP Coordinator

We are pleased to announce that Wurtsboro native, Monika Roosa, is our new Retired Senior Volunteer Program Coordinator. If you are interested in becoming a volunteer or have any questions/concerns, she is available Monday thru Friday, 9am-5pm at (845) 807-0255. You are welcome to stop by to meet her and say hello.



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

Dec. 2,9,16,23,30

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

Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS

Dec. 3,10,17,

Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS

Dec. 4,11,18

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

Town of Mamakating– Rock Hill, Summitville, Wurtsboro & Bloomingburg.

THURSDAYS

Dec. 5,12,19,26

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

Town of Thompson- All of Monticello, Mongaup Valley

FRIDAYS

Dec. 6,13,20,27

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

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



DECEMBER MENU 2024



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 \$6.00.

MONDAY	WEDNESDAY	FRIDAY
2) Baked Ziti w/Meat Sauce, Side Salad, Cauliflower, Italian Bread, Pears	4) Macaroni & Cheese, Stewed Tomatoes, Cauliflower, Dinner Roll, Peaches	6) Breaded Chicken Breast, Mashed Potatoes, Green Beans, Wheat Bread, Fruit Cocktail
9) Ravioli w/Tomato Cream Sauce, Side Salad, Mixed Vegetables, Italian Bread (2), Applesauce	11) Roast Pork Loin w/Gravy, Sweet Potatoes, Mixed Vegetables, Dinner Rolls (2), Fresh Apple	13) Hot Dogs on a Bun (2), Baked Beans, Diced Carrots, Applesauce
16) Cheeseburger on a Bun, Oven Roasted Potatoes, Green Beans, Pickles, Mandarin Oranges	18) Chicken Cacciatore, Ziti Marinara, Side Salad, Peas, Italian Bread, Fruit Cocktail	20) Beef & Broccoli, Brown Rice, Cauliflower & Broccoli, Rye Bread, Fresh Orange
23) Roast Beef & Gravy, Mashed Potatoes, Green Beans, Dinner Rolls (2), Pears	25) CLOSED <i>Merry Christmas</i>	27) Meatballs (2), Baked Ziti Marinara, Broccoli, Italian Bread, Fruit Cocktail
30) Breaded Fish, Tartar Sauce, Baked Potato, Diced Carrots, Wheat Bread (2), Peaches		



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

New York State's Virtual Winter Energy Workshops

For Community Leaders and Service Organizations



New York State is holding a virtual energy information workshop

These workshops will provide organizations and community leaders with information to help their constituents prepare for the winter season.

Hear from NYS agency experts in energy, housing, aging, and more. Learn about the NYS programs and services available for low- to moderate income households and disadvantaged communities.

Each workshop will cover these topics:

Energy Efficiency:

What It Is and Why It Matters

Energy Affordability and Financial Assistance:

Ways to Reduce Your Monthly Energy Bill

Weatherization:

How Insulation and Air Sealing Can Improve Your Living Space's Comfort and Lower Your Bills

Services for Older Adults:

What They Are and How to Apply

Consumer Protections and Responsibilities

What They Are and How They Help

Participating NYS Agencies may include:

Department of Public Service
Homes and Community Renewal
New York Power Authority
New York State Energy Research and Development Authority
Office of the Aging
Office of Temporary and Disability Assistance

Virtual Workshop Date

Thursday, January 9, 2025

from 1:00-2:30 p.m.

Registration is not required to participate, but registrants will receive an invite that adds the event to electronic calendars. You may scan the QR code below for the workshop you wish to attend.

Jan 9, 2025



If not pre-registered, the webinars may be accessed through the following methods on the day of the event:

January 9, 2025

Electronic Access: www.meetny-gov.webex.com/

Webinar number: 2831 015 3016

Webinar password: Jan9-1pm

Join by Phone: +1-929-251-9612

Access code: 2821 015 3016

Password: 52690176

Easy 4-Ingredient Peanut Butter Cookies



INGREDIENTS:

1 cup smooth peanut butter
1 cup sugar (*1/2 cup lightly packed brown sugar and 1/2 cup granulated sugar*)
1 large egg
1 teaspoon baking soda

Preheat oven to 350°
Lightly grease a baking sheet.
In a medium bowl, with electric

beaters, combine peanut butter, and sugars until well combined, about 2 minutes. Add egg and baking soda and mix for another 2 minutes. Roll into small walnut-sized balls and create a crisscross pattern with a fork. Bake for 10-12 minutes, until lightly browned. Let cool and store in an airtight container at room temperature for up to 4 days. Enjoy!

Source: Joy the Baker adapted from Gourmet



Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people? Join us and bring a friend!

The educational program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid, to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect older adults differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

Mondays 11-1 pm, Jan. 27 to March 3, 2025
Located at 64 Ferndale-Loomis Road, Liberty

Free giveaways for participating in the program!

To Register: <https://tinyurl.com/5n6mtpy4>
Or click on the QR Code below



Questions? call us at (845) 292-6180 ext. 122
Or email: sullivancrc@cornell.edu

Caregiver Support Group Schedules

- Caregiver Café (in person) 2nd Monday each month 10-11am @ CCE Sullivan
- Virtual Caregiver Support Group 2nd Wednesday each month, 6-7pm via zoom
- Parkinson's Support group- monthly 2nd Wednesday each month, 4-5:30pm (No mtg December)
 - Meetings to resume April through November 2025



The Bone Builders class enjoyed a Halloween treat from CCE volunteer instructor Dr. Joy Mendelsohn, who dressed in a costume featuring a full body view of the skeletal system

Annual OFA Senior Resource Fair & Public Hearing Oct. 23, Sullivan County Government Center



Cornell Cooperative Extension | Sullivan County

64 Ferndale-Loomis Rd., Liberty, NY 12754 | (845) 292-6180



We understand.

Sometimes you just need a break. As a caregiver, it's easy to lose your sense of self. Spending time with friends, laughing, sharing, or even just sitting together can make all the difference. **We'll care for your loved one while you care for yourself.**

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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.



HOLIDAY SPECTACULAR

Sullivan County OFA

OWLETTES

Lise-Anne

Kelly

Jane

Cathie

Monika

Teresa

Ellen

*Happy
Holidays*
From all of us

Darlene

Julie R.

Sherri

Julie K.

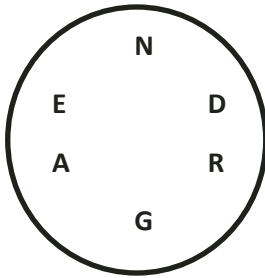
Debbie

Tana

Double the Fun-Word Game

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

Solve the crossword puzzle using words from your list.



	1				2		3		
4				5			6		7
	8						9		
					10				
11					12				
			13						
			14				15		
16							17		18
			19						

TRIVIA: How many gifts in total were given in "The Twelve Days of Christmas" song?

RIDDLES:

1. A word I know, six letters it contains, remove one letter and 12 remains. What is it?
2. What kind of running means walking?
3. What common English verb becomes its own past tense by rearranging its letters?

- ACROSS**
- 4. hazard
 - 6. cloth
 - 8. beloved
 - 9. cave
 - 11. conclusion
 - 12. span
 - 14. annoyance
 - 16. close by
 - 17. period
 - 19. organ of hearing

- DOWN**
- 1. yard
 - 2. exist
 - 3. alumna
 - 5. equipment
 - 7. glance
 - 10. haul
 - 13. take the risk
 - 15. crimson
 - 18. one

HOLIDAY COOKIE EXCHANGE

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

SUDOKU

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



Can you find 7 items? Mrs. Claus, a grumpy Santa, a snowman, a bell, a polar bear, an elf and an apple?

- | | | | |
|----------------|----------------|---------------|---------------|
| AMARETTI | ICEBOX | PALMIERS | RICOTTA |
| BARS | LACE | PEANUT BUTTER | SHORTBREAD |
| BUTTER | LEMON | PFEFFERNUSSE | SNICKERDOODLE |
| CANNOLI | LINZER | PINWHEELS | SNOWBALL |
| CHOCOLATE CHIP | MERINGUES | PIROUETTES | SPRITZ |
| GINGERBREAD | MOLASSES | PIZZELLE | SUGAR |
| GINGER SNAPS | OATMEAL RAISIN | RAINBOW | THUMBPRINT |



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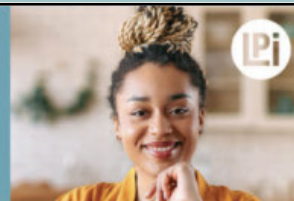


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LOCAL ACTIVITIES AND EVENTS

Dec. 7, 11am-4pm –Sullivan Catskills Holiday Marketplace, Liberty Mall, 15 Sullivan Ave. Liberty

Dec. 7, 11am-5pm-The Narrowsburg Union Holiday Market, 7 Erie Ave. Narrowsburg

Dec. 14, 11am-2pm –A Holiday Wrap-strava-ganza at the Mamakating Library, Wurtsboro

Dec. 14, 12pm-6pm-Dickens on the Delaware, downtown Callicoon

BOOK EVENT WITH BEST-SELLING AUTHOR CHARLES MARINARO

December 14TH, 2PM at Read It Again Bookstore, 63 North St. Monticello. Free event



Copies of REIGN OF GRANDEUR will be available for \$20 (cash only) and also METAMORPHOSIS will be available for \$10 (cash only)

LIBRARY ACTIVITIES

Monticello

Dec. 2, 1:30pm–Brushstrokes with Bob & Bert

Dec. 9, 1:00pm–Chair Yoga

Liberty

Dec. 6, 2:00pm–Chair Yoga

Dec. 13, 1:00pm–Movie Matinee, Greta Gerwig’s “Little Women”

Dec. 14, 1:00pm–Holiday Swing

Dec.20, 1:00pm–Senior Swing

Jeffersonville

Dec. 6, 5:00pm–Felted Wreaths and Trees for adults

Dec. 19, 5:00pm–Paper Ornaments

Narrowsburg

Dec. 16, 3:00pm–Paper Ornaments

Callicoon

Dec. 14, 12:00pm–Gingerbread Cookie Decorating

Dec. 20, 4:00pm–Wine Cork Reindeer

Sullivan County Dept. of Public Health’s

Winter Series

Board Game Night! Dec. 11, 6:00 pm-7:30pm

South Fallsburg Youth/Senior Center, 12 Laurel Ave. South Fallsburg

- Presentation by Hospice of Orange and Sullivan on their Bereavement Support Group followed by board games.

ANSWER KEY

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

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

	G			A		G			
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A			D		A				R
R			A	N	G	E	R		
N	E	A	R				E	R	A
			E	A	R		D		



Happy Holidays!

TRIVIA: 364

RIDDLES: 1) dozens 2) running out of gas
 3) Eat and Ate