



FEBRUARY 2025 NEWSLETTER

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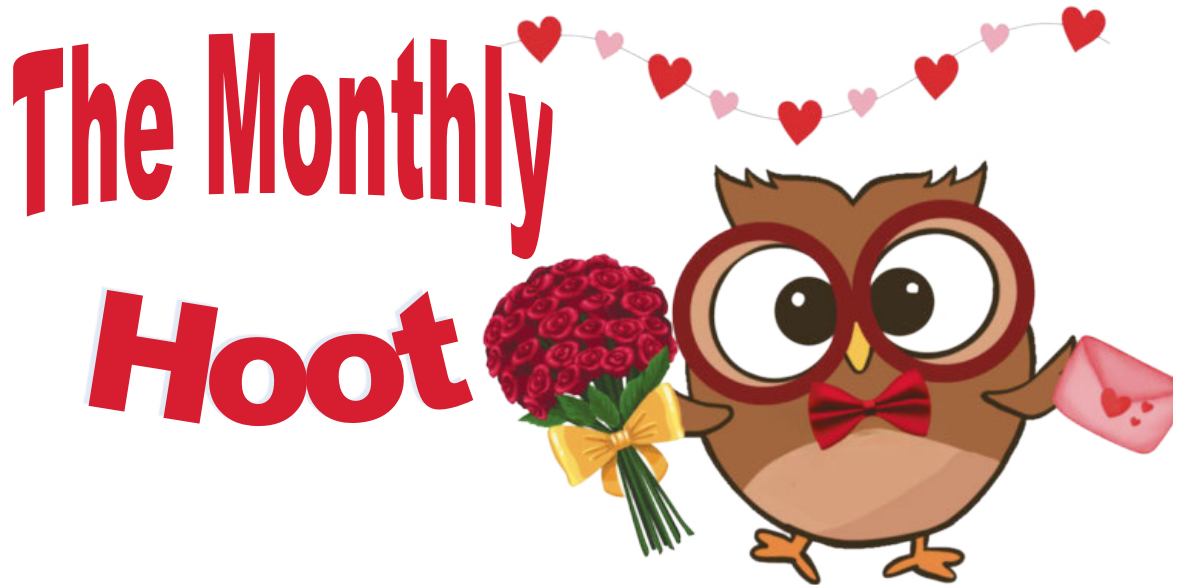
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EDITORS: TANA PRICE &
TERESA BORTREE



**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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RSVP/Shopping Bus	6	<input type="checkbox"/> Volunteer Services <input type="checkbox"/> Case management/Home care
Caregiver Supports	7	<input type="checkbox"/> Transportation <input type="checkbox"/> Health Insurance Counseling Services
		<input type="checkbox"/> Use where most needed
Older New Yorkers	9	Make checks payable to: Sullivan County Treasurer. Please include this coupon with
Fun & Games	10	payment and drop off or mail to: Sullivan County Office for the Aging
Local Events	12	PO Box 5012, 100 North Street
		Monticello, NY 12701

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MAY 6TH - 19TH


JUNE 14TH - 23RD


JULY 12TH - 20TH


AUGUST 9TH - 18TH


SEPTEMBER 15TH - 22ND


OCTOBER 14TH - 20TH



HEART FACTS

1. Your heart can weigh between 7 and 15 ounces. A man's heart weighs, on average, around 10 ounces and a woman's heart weighs around 8 ounces.
2. Newborn babies have the fastest heart beats (70 to 190 beats per minute). The average adult should have a resting heart rate between 60 and 100 beats per minute.
3. The average, healthy human heart beats around 100,000 times per day to pump blood through your body.
4. Your heart pumps 2,000 gallons of blood a day. During your lifetime, you pump about one million barrels of blood.
5. The start of the traditional work week is the most common day of the week to experience a heart attack. It's a phenomenon known as the "Blue Monday" effect.
6. There are 60,000 miles of blood vessels in your body. If one of the vessels is damaged, it makes your heart have to work harder to pump your blood.
7. Laughing is good for your heart. Studies have shown that your blood vessels relax when you're

laughing, which sends 20% more blood through your body.

8. Sneezing does not stop your heart or make it "skip a beat." It can, however, briefly change your heart's rhythm. The only time your heart stops is during cardiac arrest.
9. The biggest artery in your body, the aorta, runs from your heart to your belly. It carries the most blood and is also the most common sight for problems like aneurysms.
10. A "broken heart" can feel like a heart attack. Intense and sudden feelings of sadness can mimic the symptoms of a heart attack, also known as "Broken Heart Syndrome."
11. A study showed that a horse can mimic the heart rate of the person touching them. Along with dogs and cats, horses have been added to the list of animals that are emotionally responsive to humans.
12. Some heart problems can be inherited. You can minimize their impact by managing blood pressure and cholesterol through a heart-healthy lifestyle.



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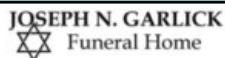
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Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people? Join us and bring a friend!

The educational program offers six lessons that cover a wide range of topics.

Join us for this fun program, where:

- 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: sullivanccrc@cornell.edu

Cornell Cooperative Extension | Sullivan County



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






FEBRUARY MENU 2025



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) Pork Chop w/Gravy Brown Rice, Broccoli Whole Wheat Bread, Peaches	4) Kielbasa & Sauerkraut, Boiled Potatoes, Diced Carrots, Dinner Rolls, Fresh Apple	5) Hungarian Goulash, Egg Noodles, Peas, Rye Bread	6) Chicken Cacciatore, Spaghetti Marinara. Mixed Vegetables. Italian Bread, Mandarin Oranges	7) Pepper Steak, Green Beans, Egg Noodles, Dinner Roll, Applesauce
10) Breaded Chicken Breast, Oven Roasted Potatoes, Corn, Wheat Bread	11) Meatballs (2), Baked Ziti Marinara, Cauliflower, Italian Bread, Pears	12) CLOSED LINCOLN'S BIRTHDAY 	13) Unstuffed Cabbage, Brown Rice, Corn, Rye Bread, Peaches	14) Cheese Tortellini in Garlic Sauce, Side Salad, Peas & Carrots, Italian Bread 
17) CLOSED 	18) Tuna Salad, Lettuce & Tomato, Potato Salad, 3 Bean Salad, Whole Wheat Bread, Fruit Cocktail	19) Roast Pork Loin, Gravy, Sweet Potatoes, Broccoli & Cauliflower, Dinner Rolls (2)	20) Cheeseburger on a Bun, Oven Roasted Potatoes, Oriental Blend	21) Sausage Sandwich, Peppers & Onions, Baked Beans, Hoagie Roll, Fresh Orange
24) Salisbury Steak, Gravy, Oven Roasted Potatoes, Diced Carrots, Dinner Rolls (2)	25) Breaded Fish, Tartar Sauce, Baked Potato, Green Beans, Whole Wheat Bread (2)	26) Chili Con Carne, Brown Rice, Mixed Vegetables, Corn Muffin (1), Fruit Cocktail	27) Stuffed Shells, Side Salad, Peas, Whole Wheat Bread, Apple	28) Beef Stew, Brown Rice, Broccoli, Dinner Roll
			DECAF TEA AND DECAF COFFEE AVAILABLE AT ALL MEALS	2% AND SKIM MILK SERVED AT ALL MEALS



VOLUNTEER DRIVERS NEEDED!



Are you at least 55 years of age? Are you interested in delivering hot meals to those who are homebound, or driving those who no longer drive to medical appointments? If you answered yes to these questions, then this volunteer opportunity may be just what you're looking for!

These are just some of the benefits of becoming an RSVP Driver:

- We offer supplemental auto insurance for all of our RSVP drivers
- We pay the standard IRS allowance for mileage reimbursement
- You have the ability to make your own schedule (you tell us when you're available)
- You are celebrated each year at our annual Volunteer Appreciation Luncheon
- You can create new friendships with fellow drivers and the people that we serve
- You can have fun staying active while making a genuine difference
- Receive an emergency car care kit compliments of the RSVP Advisory Committee

Here's what people are saying about our program:

"Thank you for your senior volunteer program. It helped me when I couldn't drive myself to an appointment and I had no one else to take me." - Pat

"Every 8 weeks a lovely driver picks me up and takes me to the doctor. I am grateful for the care and kindness." – Joyce

We are so incredibly grateful for each and every one of our volunteer drivers! If you would like more information on how you can enroll in our program, please contact Monika Roosa, RSVP Coordinator by phone at 845-807-0255 or by email at Monika.Roosa@sullivanyny.gov



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

Feb. 3, 10, 24

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

Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS

Feb. 4, 11, 18, 25

Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS

Feb. 5, 19, 26

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

Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS

Feb. 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

Feb. 7, 14, 21, 28

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

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

Tips to Manage Caregiver Stress

Caregiving can be stressful, especially over the holidays. Many caregivers often neglect to give themselves the additional rest necessary for good health, since their primary focus is often on their loved one. The following tips can help caregivers manage stress during the holidays, but also throughout the year.

1. **Practice self-care:** Explore various self-care practices such as mindfulness, meditation, yoga, tai chi, or other forms of exercise to alleviate stress.
2. **Set Boundaries:** Learn to say no when necessary and setting realistic boundaries to avoid burnout.
3. **Seek Social Support:** Build a support network with friends, family, or support groups for caregivers.
4. **Time Management:** Develop effective time management strategies to balance caregiving responsibilities with personal needs and other commitments.
5. **Take a Break:** Explore options for temporary relief from caregiving responsibilities to recharge. Scheduling regular breaks and finding ways to relax and unwind outside of caregiving responsibilities can help you manage stress.
6. **Manage Emotions:** Develop healthy coping mechanisms to deal with difficult emotions such as guilt, anger, or sadness.
7. **Seek help:** Recognize when additional support is needed and seek help from therapists, counselors, or healthcare professionals.
8. **Education and resources:** Access information and resources about the condition of the person being cared for to better understand their needs and challenges. The Caregiver Resource Center and the Alzheimer's Association has free information, workshops and support groups to help you navigate caregiving responsibilities.
9. **Finances:** Understand the financial implications of caregiving and seek assistance or resources available for financial support.
10. **Adjust Expectations:** Adjust your expectations and accept that caregiving can be challenging, while also acknowledging personal limitations.
11. **Maintain personal interests:** Take time for hobbies, interests, and activities that bring joy and fulfillment outside of caregiving duties.
12. **Prioritize your own health:** Prioritize healthy eating, regular exercise, and sufficient sleep to support overall well-being.
13. **Practice effective communication techniques:** Learn to express needs, concerns, and boundaries clearly with other family members or healthcare professionals.
14. **Give yourself credit:** Acknowledge and celebrate small victories and moments of joy in the caregiving journey.

Adapted from Daily Caring, AARP and The CaringBridge.org



Caregiver Cafe'
Winter/Spring 2025 schedule

Feb 3 Mar 3 Apr 7 May 5 June 2

1st Monday of each month
10 am-11 am

Registration Required:
Use the QR code below or go to
<https://tinyurl.com/5n6mtpy4>

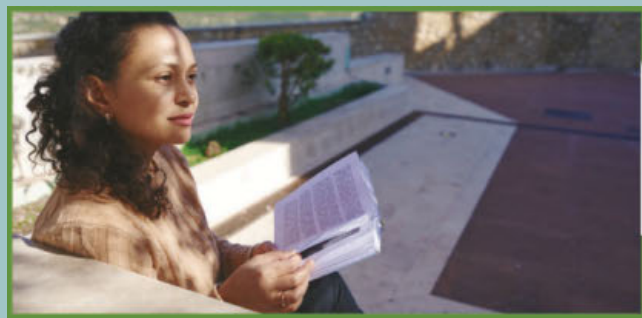
Take a break while you:

- Learn about tips for self-care
- Share caregiving strategies
- Connect with others
- Enjoy breakfast on us!

64 Ferndale-Loomis Rd, Liberty, NY 12754
(845) 292-6180 x 122 | sullivancsrc@cornell.edu

Cornell Cooperative Extension | Sullivan County





We understand.

Sometimes you need a moment alone. It's okay to admit you need a break. We understand the demands of caregiving and the importance of self-care. **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.

Nominate Your Favorite Older New Yorker!

NYS Office for the Aging will celebrate Older New Yorkers' Day on Tuesday, May 27, 2025 at the Crowne Plaza Hotel-Desmond in Albany and Sullivan County has an opportunity to include up to two local honorees!

At the ceremony in Albany, all honorees will receive a package that includes:

- A commemorative pin
- A hard copy of the book of biographies
- A certificate

Additionally, they will be featured on social media and rightfully celebrated in local media.

The deadline for submitting nominees is March 10th. Thus the Sullivan County Office for the Aging is seeking nominations of older adults from the local community to be represented at this event. These nominations can come from civic leaders, elected officials, and community organizations.

The nominee should be a volunteer aged 55 or older that has made a difference in the community through civic engagement.

Nomination forms are available at <https://sullivanny.us/Departments/Aging> (click on “Nominate a 2025 Older New Yorker!”) or can be obtained by contacting the Office for the Aging at 845-807-0243 or sullivanofa@sullivanny.us.

Last Year's Older New Yorker Awardees (2024)



ELIZABETH WUNNER



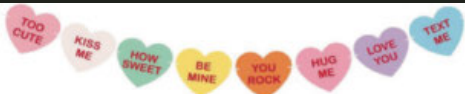
MAUREEN HOPPER



Favorite Candy

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

- | | | | |
|--------------|-----------|------------|-------------|
| CHOCOLATE | GUMMY | CARAMEL | SKITTLES |
| TWIX | SNICKERS | JELLYBEAN | LOLLIPOP |
| PEANUT | MINTS | LICORICE | KITKAT |
| REESES | TAFFY | MMS | MARSHMALLOW |
| BUTTERFINGER | STARBURST | JAWBREAKER | SOUR |



ROM-COM MATCH-UP - Match the leading female actress in each of the following romantic comedies.

- | | |
|---------------------------|----------------------|
| 1. Never Been Kissed | a. Jennifer Lopez |
| 2. Sweet Home Alabama | b. Audrey Hepburn |
| 3. Sleepless in Seattle | c. Sandra Bullock |
| 4. Moonstruck | d. Diane Keaton |
| 5. Overboard | e. Drew Barrymore |
| 6. Breakfast at Tiffany's | f. Ashley Judd |
| 7. The Wedding Planner | g. Goldie Hawn |
| 8. Something's Gotta Give | h. Meg Ryan |
| 9. Two Weeks' Notice | i. Reese Witherspoon |
| 10. Someone Like You | j. Cher |



How many triangles are present in the above diagram?

Source: Cuemath.com

SUDOKU

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

Word Twist
Valentine's Day

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.
 Hint: Each puzzle has a common theme!

Eacnmor _____

Pdicu _____

Thrae _____

Erfslwo _____

Ocaohletc _____

Terewhtsae _____

Tenfciواف _____

Skis _____

Aerfyubr _____

Ndiatoora _____



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LOCAL ACTIVITIES AND EVENTS



Free Tax Help from AARP & the IRS (For taxpayers with low and middle income, with special attention to those age 50 and over)

Preparation of tax returns, both Federal and NY State, will start on Monday Feb 3rd, 2025 and will continue through Wednesday Apr 9th.

For additional information and to make an appointment, call:

Cornell Cooperative Extension 292-6180
Ethelbert B. Crawford Public Library 794-4660

A limited number of appointments in March will also be available at the Liberty Public Library, 292-6070, the Sunshine Hall Free Library in Eldred, 5567-0578, and the Mamakating Library in Wurtsboro, 888-8004. Contact these libraries directly for availability.



Saturday, February 8, 2025 at 11 AM - 1 PM

Winter Fun Day at the Park

181 Town Park Rd, Monticello, NY 12701-3131, L

LIBRARY ACTIVITIES

Monticello Library

Feb 18, 6:00pm-7:30pm Collage Night! - Community Services and Mobile Mental Health resources bring a presentation followed by a DIY Collage Activity.

Feb 1, 10:30am-11:30am MEDICARE 101 with John Bousquet from Medicare Resource Group.

FREE TAX PREP - every Tuesday and Thursday in February, 9:45am-4:30pm call 845-794-4660 to make an appointment.

Liberty Library

Feb 7, 1:00pm- Movie Matinee "Emma"

Feb 10, All Day Event. Valentine's Raffle Basket Drawing! Tickets are \$1 each or 6 tickets for \$5.

Feb 14, 1:00pm, Valentine Senior Swing!

A Settlement Divided

Virtual Program by Sullivan County Historian John Conway

Sunday, February 2, 2 p.m.

Virtual Only

Members: FREE, Non-Members: \$5

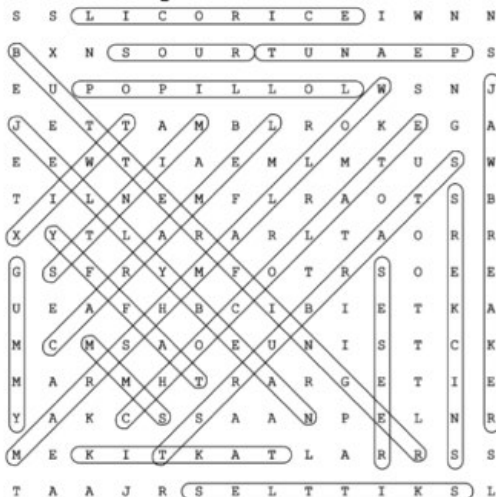
Time and the Valleys Museum

845 985-7700

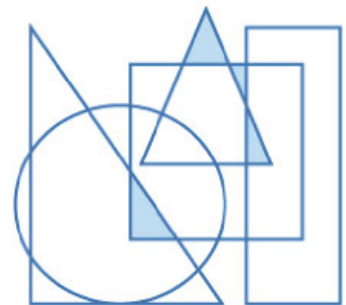
Email: info@timeandthevalleymuseum.org to request link

ANSWER KEY

Favorite Candy



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



A total of 6 (2 large triangles and 4 small triangles)

Word Twist Answers

Romance Flowers Affection Adoration
Cupid Chocolate Kiss
Heart Sweetheart February

ROM-COM MATCH-UP

1. e 2. l 3. h 4. j 5. g 6. b 7. a 8. d 9. c 10. f