



FEBRUARY NEWSLETTER



TEL: (845) 807-0241
MON - FRI: 8AM - 5PM

EMAIL US:
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SULLIVANNY.GOV

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**IF YOU WOULD LIKE
TO BE ON OUR MAILING
LIST, PLEASE CONTACT
OUR OFFICE

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 _____

Address _____

I designate my contribution of \$ _____ for:

- | | |
|--|---|
| <input type="checkbox"/> Home Delivered Meals | <input type="checkbox"/> Congregate Meals |
| <input type="checkbox"/> Volunteer Services | <input type="checkbox"/> Case management/Home care |
| <input type="checkbox"/> Transportation | <input type="checkbox"/> Health Insurance Counseling Services |
| <input type="checkbox"/> Use where most needed | |

Make checks payable to: Sullivan County Treasurer. Please include this coupon with payment and drop off or mail to:

Sullivan County Office for the Aging
PO Box 5012, 100 North Street
Monticello, NY 12701

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- Short Wait Times
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• Whirlpool Foot Massage • Medicare & Most Insurance Accepted



**LOVE TO
WRITE?**

Share your poetry and stories
Enter Contests · Get Feedback



Nominate Your Favorite Older New Yorker!

Nominations of Locals 55 and Older Are Due by March 2

The NYS Office for the Aging will celebrate Older New Yorkers' Day on May 26, and Sullivan County has an opportunity to nominate two local residents!

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 2. 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://sullivanyny.gov/departments/aging> (click on **"Nominate a 2026 Older New Yorker!"**) or can be obtained by contacting the Office for the Aging at 845-807-0243 or emailing sullivanofa@sullivanyny.gov.

<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  <p>Zygmunt-Murtie Funeral and Cremation Service</p> <hr/> <p style="text-align: center;">Simple Cremation</p> <div style="text-align: center;">  <p>zmmemorials.com 845-977-6127</p> </div> <p style="text-align: center;">Traditional Funerals ♦ Pre-Arranged Services <i>Two Names - A Leading Choice in Funeral Service</i></p> <p style="text-align: center;"><small>Pricing per general price list, excludes cash advance items - 388 Broadway, Monticello, NY 12701</small></p> </div> <div style="width: 45%;"> <p style="text-align: center;">JOSEPH N. GARLICK Funeral Home</p> <div style="text-align: center;">  <p><i>"Proudly serving the tri-county Jewish community for over 70 years"</i></p> <p>josephngarlickfuneralhome.com 845-794-7474</p> </div> </div> </div>	<div style="display: flex; justify-content: space-between;"> <div style="width: 70%;"> <h3 style="color: #0070C0;">Medicare Questions?</h3> <p>Medicare can be <i>confusing</i>, don't get discouraged, <i>get informed!</i></p> <p style="background-color: #0070C0; color: white; padding: 5px; text-align: center;">Turning 65, new to Medicare, or have questions about your coverage? Contact me today to review your plan and explore your options!</p> <p style="font-size: small;">This is an advertisement. By calling this number or providing your information you agree to speak with a licensed insurance agent about Medicare Advantage, Part D Prescription Drug Plans or Medicare Supplements. Not affiliated with any government agency including Medicare. We do not offer every plan available in your area. Currently we represent 8 organizations which offer 517 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.</p> </div> <div style="width: 25%; background-color: #002060; color: white; padding: 10px; text-align: center;"> <p><i>Let's Talk!</i> Schedule your personalized consultation today!</p> <p>Meir Horowitz <small>Licensed Insurance Agent</small></p> <p>(347) 633-0852 (TTY: 711) mhinsures@gmail.com</p> </div> </div>
<div style="display: flex;"> <div style="flex: 1;"> <h2 style="color: #0070C0;">DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?</h2> <p>Engaging, ad-supported print and digital newsletters to reach your community.</p> <p style="text-align: center; color: #0070C0;">Visit lpicomunities.com</p> </div> <div style="flex: 1; text-align: center;">  <div style="position: relative; height: 150px;">  <p style="position: absolute; bottom: 10px; left: 10px; background: white; padding: 5px;">Scan to contact us!</p> </div> </div> </div>	<div style="background-color: #0070C0; color: white; padding: 10px;"> <h2 style="text-align: center;">Place Your Ad Here and Support our Community!</h2> <p style="text-align: center;">Instantly create and purchase an ad with</p> <div style="background-color: #FFD700; padding: 10px; text-align: center; margin: 10px 0;"> <h3 style="margin: 0;">AD CREATOR STUDIO</h3> </div> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p style="text-align: center; background-color: #FFD700; padding: 5px;">lpicomunities.com/adcreator</p> </div>





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 2, 9, 23

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

Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS

Feb 3, 10, 17, 24

Town of Fallsburg- Woodridge, Mountaintale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS

Feb 4, 11, 18, 25

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

Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS

Feb 5, 19, 26

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

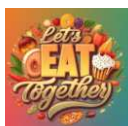
Town of Thompson- All of Monticello, Mongaup Valley

FRIDAYS

Feb 6, 13, 20, 27

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



FEBRUARY MENU 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.

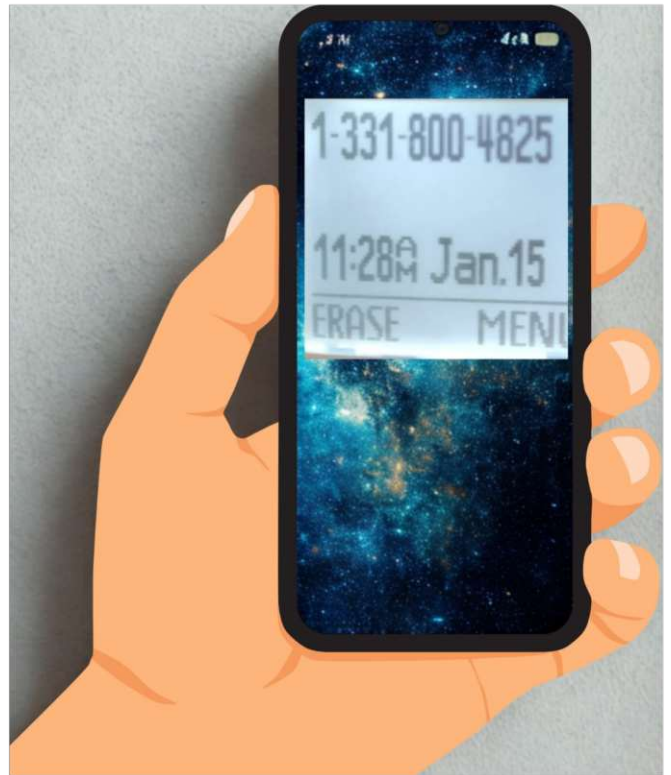
VOLUNTARY SUGGESTED CONTRIBUTIONS: For those over 60 years of age, our funding through the Older Americans Act requires us to ask for contributions. No one will be denied a meal based on their inability or refusal to contribute. For those under 60 years of age who wish to attend a congregate lunch, a guest fee is required. Suggested voluntary contribution \$3.00, Guest fee \$6.50.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2)Pork Chop w/Gravy Baked Potato Broccoli Whole Wheat Bread Peaches	3)Kielbasa & Sauerkraut Boiled Potatoes Diced Carrots Dinner Rolls Fresh Apple	4)Hungarian Goulash Egg Noodles Peas Rye Bread Fruit Cocktail	5)Chicken Cacciatore Spaghetti Marinara Mixed Vegetables Italian Bread Mandarin Oranges	6)Chili Con Carne Brown Rice Mixed Vegetables Corn Muffin (1) Fruit Cocktail
9)Chicken Tenders (3) Oven Roasted Potatoes Corn Wheat Bread	10)Meatball Sub Cauliflower Hoagie Roll Pears	11)Unstuffed Cabbage Brown Rice Peas & Carrots Rye Bread Peaches	12) CLOSED LINCOLN'S BIRTHDAY 	13)Cheese Tortellini in Garlic Cream Sauce Side Salad Broccoli Italian Bread
16) CLOSED PRESIDENTS' DAY  <small>FEBRUARY 21ST</small>	17)Tuna Salad Lettuce & Tomato Potato Salad 3 Bean Salad Whole Wheat Bread Fruit Cocktail	18)Roast Pork Loin Gravy Sweet Potatoes Broccoli & Cauliflower Dinner Rolls (2)	19)Cheeseburger on a Bun Oven Roasted Potatoes Oriental Blend	20)Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Fresh Orange
23) Salisbury Steak Gravy Mashed Potatoes Diced Carrots Dinner Rolls (2)	24)Breaded Fish Tartar Sauce Baked Potato Green Beans Whole Wheat Bread (2)	25)Stuffed Shells Side Salad Peas Whole Wheat Bread	26)Pepper Steak Green Beans Egg Noodles Dinner Roll Applesauce	27)Chicken Fajitas Brown Rice Corn Flour Tortilla (1)
	Menu Subject to Change	Milk served with all Meals Coffee and Tea available at Senior Nutrition Sites		

Scam Alert

“Dear Senior Citizen, this is your phone and TV internet provider and you’re behind on your payment, please push (a number on your phone) to make a payment.”

Don’t believe any callers asking or threatening you for an unpaid bill. Use your caller ID and ignore!



In Memoriam: Marie E. Biedinger

We express our deepest condolences to John Biedinger, our volunteer medical driver, and his family upon the passing of his mother, Marie Biedinger. John has followed in his mother’s footsteps, as Marie served as a committed volunteer medical driver for RSVP for over a decade.

Marie joined our organization in 2012 and provided vital medical transportation services to numerous individuals in need throughout her tenure. In addition to her role as a driver, she actively participated in our Telephone Reassurance program until 2023.

In 2016, she was nominated to attend the New York State Senior Citizens Day Recognition Event in Albany, where she received acknowledgment as an exemplary senior who made significant contributions to her community. Her nomination highlighted her belief that she was exceptionally blessed and emphasized her view that giving back is a form of gratitude for the blessings she received throughout her life. Marie remarked that she felt she gained more from volunteering than she gave, as she greatly enjoyed the experience.

Our thoughts and heartfelt condolences are extended to her family and to all who had the privilege of knowing and cherishing her.



What is Sullivan NY Connects

- NY connects is a trusted place to go for free, objective information and assistance on long-term services and supports (LTSS) in New York State for individuals of all ages and abilities, regardless of income or payer source.
- Established by NYSOFA in partnership with New York State Department of Health (DOH)
- Administered by the Local (County) Office for the Aging centers and Independent Living Centers (ILCs), in partnership with the Local Department of Social Services in each county.
- **NY Connects: Core Functions**
 - Information and Assistance
 - Preliminary financial and functional screening process to assist individuals in identifying options and access to LTSS
 - Coordination of applications for public benefits and other services including Medicaid
 - Guidance and linkage to functional and financial eligibility determination processes
 - Cross-systems coordination to help individuals access Medicaid and non-Medicaid services
 - Person-Centered Options Counseling
 - Outreach and public education activities for individuals of all ages and abilities in need of LTSS
 - Facilitation of local Long-Term Care Councils
- **Accessing NY Connects**
 - In Person at local NY Connects office or in the individual's home or other community setting
 - Call Local NY Connects directly (845) 807-0257
 - NY Connects Resource Directory <https://nyconnects.ny.gov/>
 - Statewide Phone number 1-800-342-9871
 - Statewide Independent Living Centers 1-866-715-4700

Signs an Older Adult May Need Help

- Change in eating habits
- Neglecting personal hygiene
- Neglecting housework
- Inappropriate behavior
- Change in relationship patterns
- Burns or injury marks
- Decreased participation in activities once important to them
- Change in eating habits
- Neglecting personal hygiene
- Neglecting housework
- Inappropriate behavior
- Change in relationship patterns
- Burns or injury marks
- Decreased participation in activities once important to them



Source: NYS Office for the Aging



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Hudson Valley Long Term Care Ombudsman Program

JOIN OUR TEAM



Benefits of Becoming A Volunteer Ombudsman

Flexibility- You have the flexibility to complete your required 2 hours/week as it fits into your schedule.

Free Training- and continuing education provided.

Vital Link- provides you the opportunity to give back to the most vulnerable of your communities' senior population.

APPLY AT:
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P: 845-229-4680 | www.nursinghome411.org



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.



Support Groups/Services

Caregiver Café in-person Support Group

1st Monday each month 10-11am at CCE Sullivan.
Feb. 2, Mar. 2, Apr. 6, May 4, June 1

Virtual Support Group 2026

3rd Wednesday each month, 6-7pm via zoom
Feb. 18, Mar. 18, Apr. 15, May 20, June 17, July 15,
Sept 16, Oct 21, Nov 18, Dec 16.

Bone Builders

Bone Builders with Joy
Thursdays at 11am
WSPL-Jeffersonville branch community room
19 Center St., Jeffersonville
March 19 through May 21, 2026

Bone Builders with Linda
Thursdays at 11 am
CCE Sullivan Extension Bldg.
64 Ferndale-Loomis Rd, Liberty
March 26 through May 7, 2026

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



FALL PREVENTION WORKSHOP

Come join the Fun and Fitness for Balance

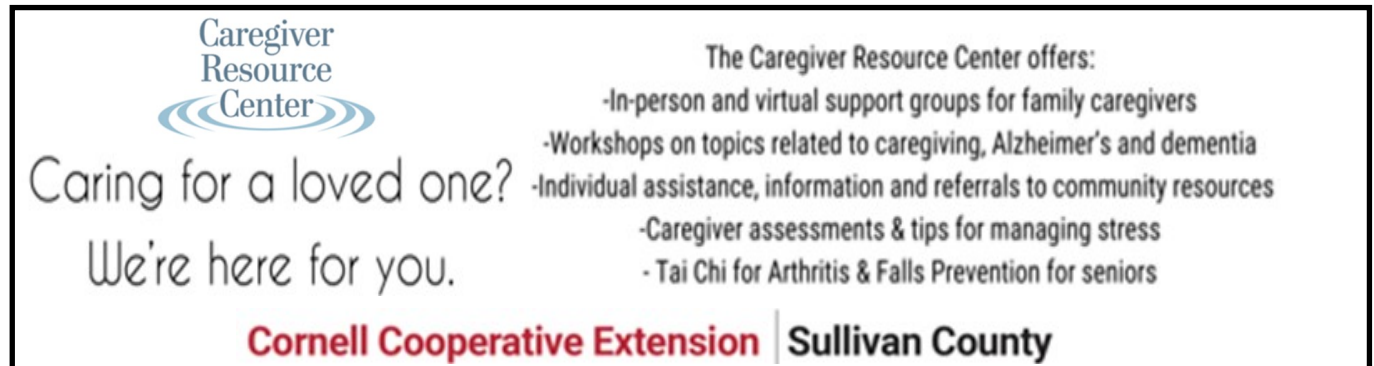
6- week Free Program

Coming to Callicoon Delaware Youth Center

beginning Thursdays Jan. 8, 2026
1:15-2:15 p.m.

Call to register at 845-292-5910 x2214
or register on site (see Shirley)

Public Health
Sullivan County
Department of Public Health



Caregiver Resource Center

Caring for a loved one? We're here for you.

The Caregiver Resource Center offers:

- In-person and virtual support groups for family caregivers
- Workshops on topics related to caregiving, Alzheimer's and dementia
- Individual assistance, information and referrals to community resources
- Caregiver assessments & tips for managing stress
- Tai Chi for Arthritis & Falls Prevention for seniors

Cornell Cooperative Extension | Sullivan County

WORTHY READS

OFA STAFF RECOMMENDATIONS



Selected by	Book Title & Author
Carrie	Black Hills by Nora Roberts
Cathie	The Lion The Witch and the Wardrobe by C.S. Lewis
Tana	Shelter in Place by Nora Roberts
Lise-Anne	Beartown by Fredrik Backman
Sharon	Sharon - A Single Thread by Marie Bostwick
Sherri	Welcome to the Family by Cathryn Grant
Teresa	The Good Father by Diane Chamberlain

CRYPTOGRAM

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

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

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HUMOR : Illegal Turn

In a hurry taking his 8-year-old son to school, a man made a right turn at a red light where it was prohibited.

"Uh-oh, I just made an illegal turn," the man said when he realized his mistake.

"Aw, Dad, it's okay," the son said. "The police car right behind us did the same thing."

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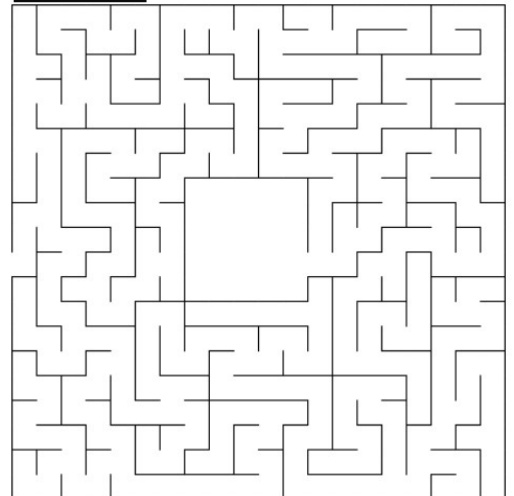
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 FRIENDS
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MAZE





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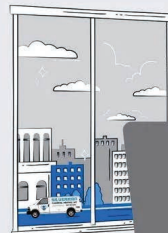


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Sullivan County Office for the Aging, Monticello, NY

06-5379

LOCAL ACTIVITIES AND EVENTS

LOCAL ACTIIVITIES

Feb 3, 5:00 pm - Fallsburg JSHS Movie Night "Moana 2"
115 Brickman Rd, Fallsburg

Feb 8, 10:00 am - Maker's Market at The Woodstock Way
Groovy Eatery, 951 SR 17B, Bethel

Feb 20, 6:00 am - 48th Annual 98.3 WSUL Heart-A-Thon
Resorts World Dr. Monticello

Mamakating Environmental Education Center
762 South Rd, Wurtsboro, NY 12790
Please call to register. (845)-644-5014

Feb 1, 10:00 am - SnO&W Snowshoe Walk & Hike , FREE

Feb 8, 2:30 pm - Winter Wildlife , FREE

Feb 15, 1:00 pm - Tracks & Other Signs of Wildlife, \$5.00

Feb 21, 1:00 pm - Squirrely Squirrels, \$5.00



FEBRUARY 2, 2026

LIBRARY ACTIVITIES

Jeffersonville

Feb 4, 5:00 pm -Dinner & Movie "Ratatouille"

Feb 7, 12:00 pm - Candle Making with Aunt
Nune's Apothecary

Feb 10, 5:00 pm - Valentine's Cookie Decorating

Feb 21, 11:00 am - Saturday Movie "Fences"

Callicoon

Feb 19, 4:00 pm - Craft Lovers "Pipecleaner
Flowers"

Liberty

Feb 7, 1:00 pm - Speed Puzzling Competition

Feb 13, 1:00 pm - Chair Yoga

Feb 20, 1:00 pm - Movie "The Fire Inside"

Feb 27, 1:00 pm - Senior Swing

Fallsburg

Feb 5, 12, 19, 26 4:00 pm - Chair Yoga

Feb 19, 5:00 pm - Adult Movie Night:
"Bridesmaids"

Feb 24, 4:30 pm - Crafternoon "Decorate your
own Keepsake Boxes"

Livingston Manor

Feb 28, 11:00 am - Scrabble for Adults

Roscoe

Feb 13, 5:30 pm - Shorts & Sweets: Readings,
Jokes and Anecdotes

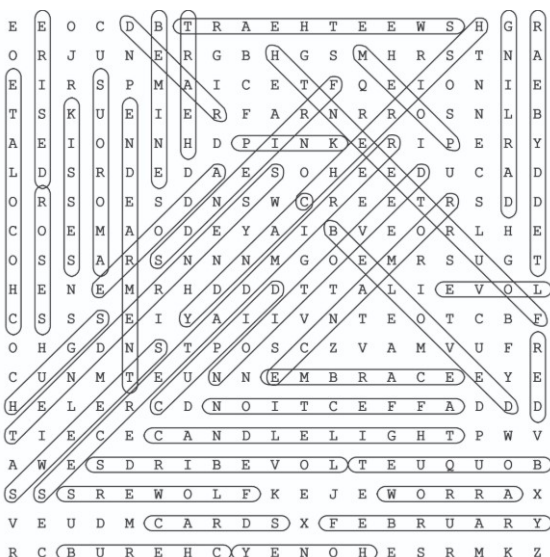
WE WANT YOU

Mamakating Senior Center is looking for new members for our knitting & crochet group, The Chain Gang. We will teach you how to crochet or knit. We meet on Wednesdays 10 am-12 pm, at Mamakating Town Hall Senior Center.

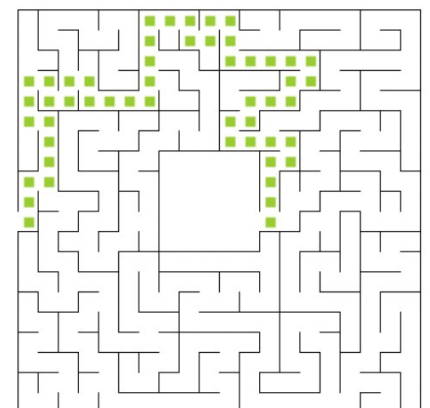
If you are interested, please call Rita Bellomo at (845) 745-9967.



ANSWER KEY



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



CRYPTOGRAM: "Choose to be optimistic, it feels better." - Dali Lama