



# FEBRUARY NEWSLETTER



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MON - FRI: 8AM - 5PM

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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:

- Home Delivered Meals
- Volunteer Services
- Transportation
- Use where most needed

- Congregate Meals
- Case management/Home care
- Health Insurance Counseling Services

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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## WHY WAIT? EMERGENCIES DON'T!

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Sullivan County Office for the Aging, Monticello, NY

06-5379

# 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://sullivanny.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 [sullivanfa@sullivanny.gov](mailto:sullivanfa@sullivanny.gov).

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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 today to review your plan and explore your options!

**Let's Talk!**  
Schedule your personalized consultation today!

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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

Feb 2, 9, 23

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

Town of Neversink-Neversink, Grahamsville, Foxcroft Village.

### TUESDAYS

Feb 3, 10, 17, 24

Town of Fallsburg- Woodridge, Mountaintdale & 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.

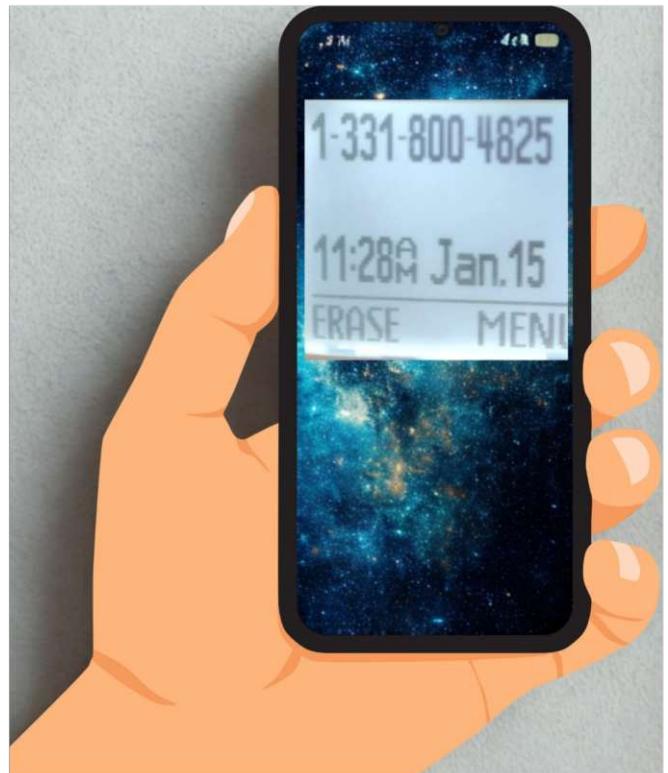
**VOLUNTARY SUGGESTED CONTRIBUTIONS:** For those over 60 years of age, our funding through the Older Americans Act requires us to ask for contributions. No one will be denied a meal based on their inability or refusal to contribute. For those under 60 years of age who wish to attend a congregate lunch, 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	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



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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.



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Sullivan County Office for the Aging, Monticello, NY

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## Support Groups/Services

### Caregiver Café in-person Support Group

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

### Virtual Support Group 2026

3<sup>rd</sup> 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.sullivancce.org/events](http://www.sullivancce.org/events)  
[sullivancrc@cornell.edu](mailto:sullivancrc@cornell.edu) or call 845-292-6180 x 122

# FALL

## PREVENTION WORKSHOP



Come join the Fun and  
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### 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)



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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 U M O O I W    X O F W    O Z X H R H I X H U    H X  
 L S                    B T T                    L                    L M  
 L W W Y I            F W X X W S            J D Y H    Y D R D

## 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."

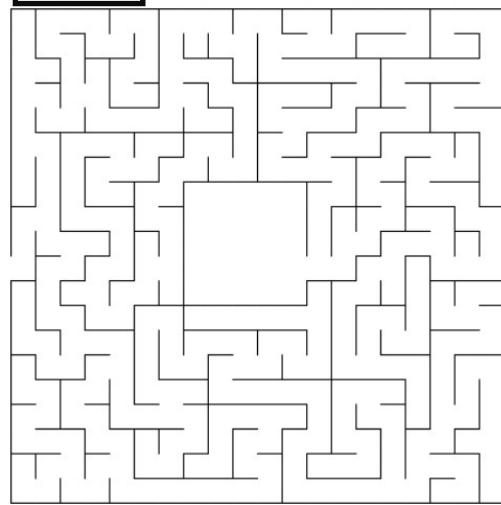
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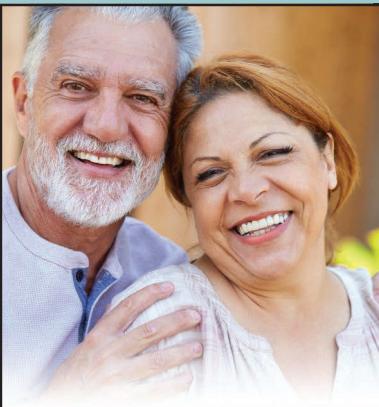
ADORE	CHERISH	FEBRUARY	PINK
AFFECTION	CHERUB	FLOWERS	POEM
AMOROUS	CHOCOLATE	FOURTEENTH	RED
ARROW	CUPID	FRIENDS	ROMANCE
BELOVED	DARLING	HEART	ROSES
BE MINE	DEAR	HONEY	SECRET ADMIRER
BOUQUET	DESIRE	HUGS	SWEETHEART
CANDLELIGHT	DEVOTION	KISSES	SWEETS
CANDY	EMBRACE	LOVE	TEDDY BEAR
CARDS	ENDEARMENT	LOVEBIRDS	TENDERNESS

## SUDOKU

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

## MAZE





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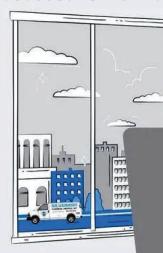


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Sullivan County Office for the Aging, Monticello, NY

06-5379

## LOCAL ACTIVITIES AND EVENTS

### LOCAL ACTIVITIES

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**

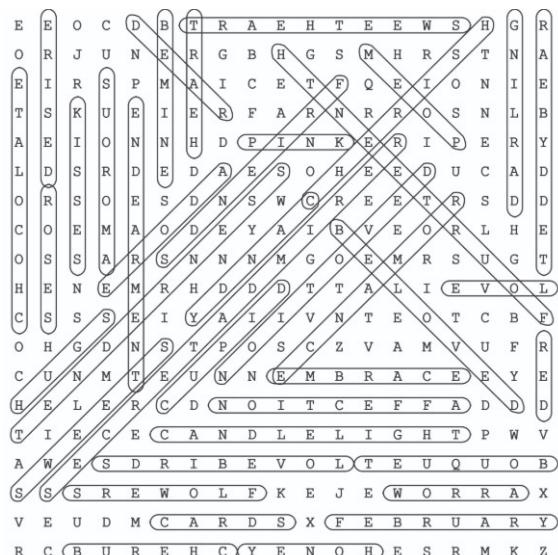
## WE WANT YOU

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.

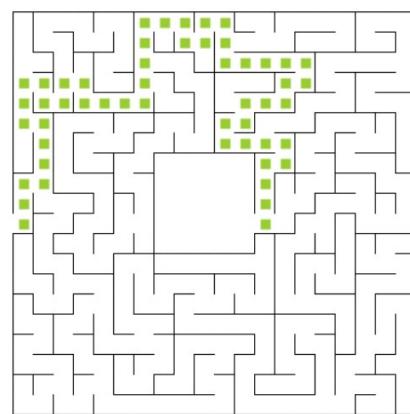


If you are interested, please call Rita Bellomo at (845) 745-9967.

### 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