



JANUARY 2024 NEWSLETTER

The Monthly Hoot



SULLIVAN COUNTY OFFICE FOR THE AGING
100 NORTH STREET, PO BOX 5012
MONTICELLO, NY 12701

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Voluntary Contributions

The 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. There are no mandatory fees for our services, however, the Older Americans Act requires us to allow voluntary, confidential contributions from the participants for the services they receive. No one will EVER be denied services because of their inability or unwillingness to contribute. All collected contributions are used to expand the service for which the contributions were given and may be made in the memory of a loved one. If you would like to make a contribution, please make check payable to Sullivan County Treasurer and mail it to Office for the Aging, PO Box 5012, 100 North Street, Monticello, NY 12701. You may also put your cash donation in an envelope and drop off at our office..

Thank you

SULLIVAN COUNTY OFFICE FOR THE AGING

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MON - FRI: 8AM - 5PM

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EDITORS: TANA PRICE & TERESA BORTREE

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RADIO DRAMATIC WORKSHOP

Sullivan County

Holiday show: "A Christmas Carol" (Radio Show) & "Santa's Little Reindeer Rap" (SCDW Youth Theatre)

Dec. 8 & 9 at 7:00pm and Dec. 10 at 2:00pm.

Don't forget our lotto raffles as Stocking Stuffers. More info at www.scdw.net

Tai Chi for Arthritis and Falls Prevention to be Offered at Cornell Cooperative Extension

The Caregiver Resource Center at Cornell Cooperative Extension (CCE) Sullivan will be Tai Chi classes starting at the end of January 2024. Weekly one-hour classes for 8 weeks will be offered for beginners or individuals who would like a refresher of basic movements. Anyone over age 55 is especially welcome and encouraged to register.

Tai chi was created in ancient China and is based on the concepts of nature and harmony. Mind-body exercises, such as Tai Chi have been gaining popularity in the U.S. There are an increasing number of medical studies on the positive effects of Tai Chi, which includes lowering blood pressure, managing depression, building strength and flexibility and improving balance. There is even evidence that Tai Chi may help you live a longer, more vital life (Harvard Health Report, 2022).

“Over 500 trials and 120 systematic reviews have been published on the health benefits of tai chi. There is good evidence of benefit for depression, cardiac and stroke rehabilitation and dementia. Systematic reviews of general health and fitness benefits show excellent evidence of benefit for improving balance and aerobic capacity in those with poor fitness” (Huston & McFarlane, 2016).

Tai Chi is particularly effective for individuals with arthritis and seniors for falls prevention. Gentle stretching, breathing and a focus on balance is incorporated into the movements that anyone can do. The movements can be done standing or from a chair to help with balance for individuals unsteady on their feet. You can practice Tai Chi for health benefits even if you aren't in good physical shape or in the best of health. By strengthening our muscles, we keep our joints stable and protected, thereby reducing risk for falls.

Look for registration and class details soon on CCE's events registration page and social media <https://sullivanccce.org/events> email sullivancrc@cornell.edu or call CCE at (845) 292-6180.

Source: Huston P, McFarlane B. Health benefits of tai chi: What is the evidence? Can Fam Physician. 2016 Nov;62(11):881-890.

Staying Healthy. The Health Benefits of tai chi. Harvard Health (May 24, 2022) retrieved from <https://www.health.harvard.edu/staying-healthy/the-health-benefits-of-tai-chi>



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Winter weather poses health problems and injuries including hypothermia, frostbite and falls. It's always good to be prepared. Here are tips to take during the winter.

Hypothermia

Hypothermia occurs when body temperature drops to dangerous levels. Body temperature drops when in the cold for long periods of time because it loses heat quickly.

Warning Signs: cold skin that is pale or ashy, feeling very tired, confused, sleepy, weak, problems walking, slowed breathing or heart rate. Call 911 if you think someone has hypothermia. Seniors tend to shiver less or not at all when their body temperature drops. Stay indoors (or don't go out for long).

Keep indoor temperature at 65 degrees or warmer. Stay dry, wet clothes chill the body more quickly.

Layer up! Wear 2 or 3 thin layers of loose-fitting clothes which is warmer than a single layer of thick clothes. Get thermals. Protect lungs from cold air.

Essential winter wear: hats, gloves (or mittens), winter coat, boots and scarf to cover your mouth and nose.

Frostbite

Frostbite occurs when damage to skin goes down to the bone. Extreme cold can cause frostbite. It likely happens on body parts farthest away from the heart such as nose, ears, cheeks, chin, fingers and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are at a higher risk.

Cover up. All body parts should be covered when going out in the cold. If your skin turns red, dark or starts hurting, go inside right away.

Know the warning signs of frostbite: skin that's white, ashy, grayish-yellow, skin that feels hard or waxy and numbness. If you think someone has frostbite, call for medical help immediately. If frostbite occurs, run the affected area under warm (not hot) water.

Injury While Shoveling Snow

If you shovel, be careful. When it's cold outside, our hearts work double time to keep us warm. Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease. Shoveling can be dangerous if you have problems with balance or Osteoporosis.

Ask your doctor if shoveling snow is safe for you.

Falls

It's easy to slip and fall in winter, especially in the ice and snow.

Make sure steps and walkways are clear and salted before walking. Be careful of wet pavement which could be iced over.

Wear proper footwear. Have a pair of lightweight boots with good support and non-skid soles. You can buy snow grips for the bottoms of shoes or boots. If you use a cane, replace the rubber tip before it's worn smooth. Consider an ice pick-like attachment that fits onto the end of a cane for traction.

Always use handrails, a walking stick, your walker or cane when out in winter weather.

Take your time. Pay attention to your steps and walk slowly. Take small steps or steps, almost from side to side (like a penguin) to help maintain your center of gravity.

Stay inside. When it's icy and don't need to go anywhere, stay inside.

If you feel yourself fall, don't catch yourself which can lead to more injuries. Try to fall on your buttocks or back. After a fall, wait for help if you are hurt. You can hurt yourself more by getting up instead of waiting for help.

Fires and Carbon Monoxide Poisoning

During winter months, it's common to use the fireplace or other heating sources, such as natural gas, kerosene and other fuels. Unless fireplaces, wood and gas stoves and gas appliances are properly vented, cleaned and used, they can leak dangerous amounts of carbon monoxide, a deadly gas that you cannot see or smell. These and other appliances, such as space heaters, can be fire hazards.

Warning Signs of carbon monoxide poisoning: headache, weakness, nausea or vomiting, dizziness, confusion, blurred vision and loss of consciousness. If you think you have carbon monoxide poisoning, get into fresh air and get medical care immediately.

Call an inspector to have chimneys and flues inspected annually.

Open a window (when using a kerosene stove) just a crack.

Place smoke detectors and carbon monoxide detectors in areas where you use fireplaces, wood stoves or kerosene heaters.

Space heaters should be at least 3 feet away from anything that might catch fire, such as curtains, bedding and furniture.

Never try to heat your home using a gas stove, charcoal grill or other stoves not made for home heating.

If there is a fire, don't try to put it out. Leave the house and call 911.

Accidents While Driving

Be alert when driving in winter due to road conditions when the weather may not be ideal.



Check antifreeze, tires and windshield wipers and change if necessary.

Bring your cell phone when driving in bad weather, always let someone know where you're going and when you should be back.

Avoid driving on icy roads and be extra careful on overpasses or bridges. Consider alternate routes, even if it means driving a longer distance, if the more direct route is less safe. Often main roads are more clear of snow than back roads.

Stock your car with basic emergency supplies such as: first aid kit, blankets, extra warm clothes, jumper cables, ice scraper, shovel, rock salt/ bag of sand/ cat litter (in case wheels get stuck), water and dried or canned food (with can opener), flashlight and map.

JANUARY MENU 2024 AND SHOPPING BUS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
1) 	2)	3) Unstuffed Cabbage Boiled Potatoes Diced Carrots Rye Bread (2) Applesauce	4)	5) Macaroni & Cheese Stewed Tomatoes Cauliflower Whole Wheat Bread Peaches
8) Breaded Chicken Breast Oven Roasted Potatoes Broccoli Dinner Rolls Fruit Cocktail	9)	10) Beef & Broccoli Stir Fry Brown Rice Oriental Vegetables Wheat Bread (2) Fresh Orange	11)	12) Tortellini Marinara Tossed Salad Mixed Vegetables Italian Bread (2) Applesauce
15) 	16)	17) Salisbury Steak Gravy Oven Roasted Potatoes Peas & Carrots Wheat Bread (2) Mandarin Oranges	18)	19) Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Fresh Apple
22) Cheeseburger on a Bun Scalloped Potatoes Cauliflower Fruit Cocktail	23)	24) Breaded Fish Baked Potato Green Beans Wheat Bread (2) Peaches	25)	26) Chili Macaroni Peas Corn Muffin (1) Fresh Apple
29) Roast Pork Loin Gravy Sweet Potatoes Corn Dinner Rolls (2) Pears	30)	31) Meatballs (2) Baked Ziti Marinara Broccoli Side Salad Italian Bread Fruit Cocktail	Please call 24 hrs in advance to book at (845) 807-0254. Transportation available. Lunch at noon. Menu is for Nutrition Sites and Homebound Meals and is subject to change. Coffee and tea available at Nutrition Sites. Milk served with all meals.	

MONDAYS: January 8TH, 22ND, 29TH

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

Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS: January 2ND, 9TH, 16TH, 23RD, 30TH

Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS: January 3RD, 10TH, 17TH, 24TH, 31ST

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

Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS: January 4TH, 11TH, 18TH, 25TH

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: January 5TH, 12TH, 19TH, 26TH

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

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

Nutrition and Alzheimer's Disease

Nutrition is an important subject, whether you have Alzheimer's disease, are caring for someone who has some form of dementia, or are interested in reducing your risk of developing dementia. The Alzheimer's Association is here to provide information about all of these issues!

Current research suggests that heart-healthy eating may also protect the brain and decrease your risk of developing Alzheimer's disease. Heart-healthy eating includes limiting the intake of sugar and saturated fats and making sure to eat plenty of fruits, vegetables, and whole grains. No one diet is best, but the following two diets have been studied and may be beneficial to lowering the risk of Alzheimer's.

- The DASH diet (Dietary Approaches to Stop Hypertension) emphasizes vegetables, fruits, low-fat dairy, whole grains, fish, poultry, beans, seeds, nuts and vegetable oils. The DASH diet limits sodium, sweets, sugary drinks and red meats.
- The Mediterranean diet includes relatively little red meat. It emphasizes whole grains, fruits and vegetables, fish and shellfish, and healthy fats like nuts and olive oil.

For a person living with Alzheimer's or dementia, poor nutrition may increase behavioral symptoms and cause weight loss. The basic nutrition tips below can help boost the person with dementia's health and your health as a caregiver, too!

- Provide a balanced diet with a variety of foods. Offer vegetables, fruits, whole grains, low-fat dairy products and lean protein foods.
- Limit foods with high saturated fat and cholesterol. Some fat is essential for health — but go light on fats such as butter, lard and fatty cuts of meat.
- Cut down on refined sugars. Often found in processed foods, refined sugars contain calories but lack vitamins, minerals and fiber. Satisfy a sweet tooth with healthier options like fruit or juice-sweetened baked goods.
- Limit foods with high sodium and use less salt. As an alternative, use spices or herbs to season food.
- Stay hydrated by drinking water or other liquids

throughout the day, or eating foods with high water content, such as fruit, soups, milkshakes and smoothies.

Please reach out to the Alzheimer's Association for free information and support... we are here for you 24/7 by calling our Helpline at 800-272-3900 or visiting our website at alz.org/hudsonvalley. We look forward to hearing from you!



NATIONAL BLOOD DONOR MONTH

Source: National Day Calendar

Due to increased seasonal illnesses during the winter months and inclement weather conditions, donations of blood and platelets decline and demand increases. The American Red Cross and Blood Banks of America encourage everyone who can donate to continue their donations. Those who have never donated, to make an appointment. Blood donation is safer than ever before and saves lives. Millions of people including cancer patients, organ recipients and victims of accidents rely on blood donations from people like you and me. Give blood. Don't wait for a disaster. Someone needs blood now! Contact the American Red Cross or your local blood bank for more information. Here are some of the biggest reasons giving blood is so important:

About 36,000 units of red blood cells and 7,000 units of platelets are needed every single day in the U.S. The most requested blood type by hospitals is type O. This kind of blood can be transfused to patients of all blood types, so it's always in great demand and very short supply. Only 7% of people in the U.S. have type O.

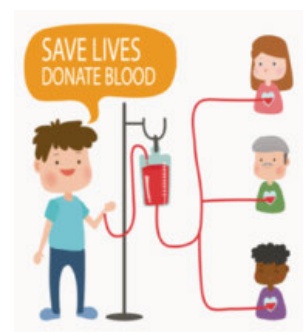
A single-car accident victim may need up to 100 pints of blood to survive.

About 6.8 million people donate blood every year in the U.S.

38% of our population is eligible to donate, but less than 10% actually do.

Donating blood is a simple, safe process. All you have to do is register, take a mini-medical history test, donate and then accept free refreshments like water, Gatorade, granola bars, etc.

A single donation from a single patient can help more than one person.



Old deceptions are recycled to take advantage of what you know from news reports. Senior Medicare Patrol (SMP) volunteers are often the first to identify new Medicare scams because they meet one-on-one with Medicare beneficiaries. Here are some of the top scams they're seeing and what you can do to protect yourself:

1. A new round of COVID fraud

During the height of COVID-19, criminals offered free coronavirus tests as a way to gather people's Medicare numbers and other personal information and file fake claims in their name. Somebody calls unsolicited, offering to send a COVID test. They aren't sending real tests, but they're billing as if they are, and they're taking the person's information to use it or sell it. The scam died down but resurfaced near the end of the public health emergency, which officially expired May 11, 2023. Senior Medicare Patrols reported seven COVID complaints in January 2023, then suddenly had 72 in April. They're using the end of the public health emergency to try to get personal information and Medicare numbers.

Note: You can get four free COVID tests in the mail by requesting them at: covid.gov/tests.

2. Bills for diabetes supplies

Claims for continuous glucose monitoring devices are showing up on Medicare summary notices for people who don't have diabetes and didn't receive the device. The scammers charge Medicare. The only reason the SMP are seeing these cases is because people are checking their Medicare summary notices.

3. Flimsy medical equipment

This is a long-standing Medicare problem. Con artists offer you a knee brace or other medical equipment if you give them your Medicare number. You'll get a cheap brace in the mail that you could have purchased at a drugstore or you might receive no brace at all. The criminals charge Medicare for an expensive brace and make other unauthorized charges with your number.

4. Bogus genetic testing

Someone at a health fair might offer to swab your cheek and test the sample to determine whether you have a genetic propensity for cancer. You need to give your Medicare number to cover the test, the con artist says. In reality, Medicare rarely covers genetic testing. Scammers use the ploy to get your Medicare number and make all sorts of fraudulent charges in your name. The scammers just discard the swabs and use the Medicare number.

5. Hospice fraud

Scammers enroll people who aren't terminally ill in hospice without their knowledge. The Medicare

beneficiaries instead may believe they are signing up for extra benefits programs, such as home cleaning, in-home nurse visits or a shower chair. The scammers have a doctor that works with them, is 'diagnosing people', sending paperwork to Medicare and claiming thousands of dollars that Medicare pays for in hospice. The criminals receive payment from Medicare for hospice services never delivered. The Medicare beneficiary has legitimate nonhospice claims denied.

6. Medicaid 'unwinding'

During the COVID public health emergency, beneficiaries of Medicaid, the federal-state health insurance for low-income Americans, didn't need to recertify eligibility based on their income. When the emergency ended in May, states began to ask Medicaid recipients for recertification. Scammers are calling Medicaid beneficiaries and telling them they need to pay them, so they don't lose Medicaid. Or they're using it to get beneficiaries personal information.

7. Next generation Medicare cards

Medicare saw a big increase in card scams in 2018 when the government sent every beneficiary new cards that didn't include Social Security numbers. Senior Medicare Patrol volunteers are seeing some card scams resurfacing. An influx of people were reporting to the SMP volunteers that they were receiving unsolicited calls from people who were falsely claiming to be a Medicare representative and offering a new card, maybe a plastic card with a chip. The scammers ask for money for the new card or ask for your Medicare number. Medicare won't call you to offer a new card, its cards are paper stock and you can print an official card from your online Medicare account anytime. What's more, Medicare won't ever call you without scheduling an appointment ahead of time.

8. Telemedicine sessions

You may get a call from somebody who is trying to sell you something, and then you'll get billed for a telehealth consult.



5 Things You Should Know About Hospice

1. Hospice care is individualized, end-of-life care.
2. Hospice care is a basic human right.
3. Hospice care is available in a variety of settings.
4. Caregiving can be overwhelming.
5. Hospice benefits more than the patient.



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Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

FUN &
GAMES



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DIFFICULTY: ★☆☆☆☆

Q	R	S	T	C	P	U	F	Q	G	N	Q	D	R	U	Y	U	D
F	Y	T	X	D	N	R	T	V	N	Y	R	E	P	P	I	L	S
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Solve the quotation or proverb below.
Each letter stands for another letter.

Hint: Y = S F = T

“NH FZH IZQXWH FZQF GSD RQXF FS
YHH MX FZH RSOKT.”

- WQXTZM

“

-----”

TRIVIA:

In total, how many years did Dick Clark host “New Year’s Rockin’ Eve”?

RIDDLES:

1. What 5-letter word typed in all capital letters can be read the same upside down?
2. I am easy to lift, but hard to throw. What am I?
3. How do you spell COW in thirteen letters?

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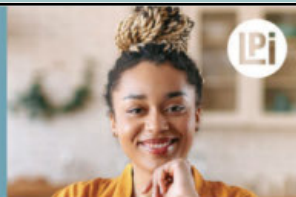
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845.791.7666
74 Sturgis Road
Monticello NY
Regency@DevonMgt.com

for Seniors & Families
Golden Ridge Apartments

845.796.0125
4 Isabel Lane
Monticello NY
GoldenRidge@DevonMgt.com

Devon apartments offer affordable excellence in Sullivan, Orange, and Ulster Counties NY; and Pike County PA.

Waiting list and income guidelines apply.

Applications and property details are online at DevonMgt.com.

pet friendly · smoke free



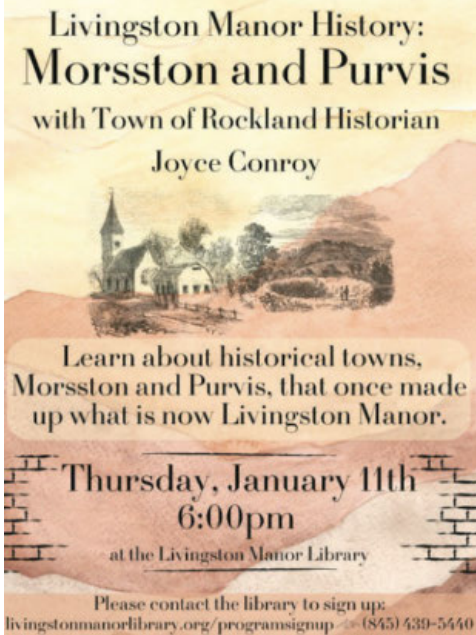
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CONTACT ME
Terry Sweeney

tsweeney@lpicommunities.com
(800) 477-4574 x6407



Livingston Manor History: Morsston and Purvis
with Town of Rockland Historian
Joyce Conroy



Learn about historical towns, Morsston and Purvis, that once made up what is now Livingston Manor.

Thursday, January 11th
6:00pm
at the Livingston Manor Library

Please contact the library to sign up:
livingstonmanorlibrary.org/programsignup -> (845) 439-5440



Want to have fun on a budget? Then this page is for you with free to low cost activities. Let's get thrifty!



HAVING TROUBLE WITH A COMPUTER, PHONE, OR TABLET?
THE LIVINGSTON MANOR LIBRARY IS HERE TO HELP!



ONE-ON-ONE ASSISTANCE IS AVAILABLE FOR ALL OF YOUR DIGITAL AND TECHNOLOGICAL NEEDS.

EVERY MONDAY AND FRIDAY
3:00-5:00pm

SIGN UP AT THE CIRCULATION DESK, ONLINE, OR BY PHONE.
LIVINGSTONMANORLIBRARY.ORG/TECHASSISTANCE
(845) 439-5440

Local Library Activities

Jeffersonville Library— Sew-cial Circle—every Thursday 1:00pm-3:00pm

Callicoon Library—January 19 at 4:00pm—Craft lovers

Monticello Library—Adult Gaming Group—every Friday at 1:00pm

Writer's Group—every 2nd and 4th Monday at 6:00pm-7:45pm

Liberty Library-Crochety Knitters every Monday at 1:00 pm

Mahjong—every Tuesday at 10:15 am

Friday, January 5 at 1:00pm—Movie Matinee: "My Big Fat Greek Wedding 3"

Friday, January 12 at 2:00pm—Chair Yoga

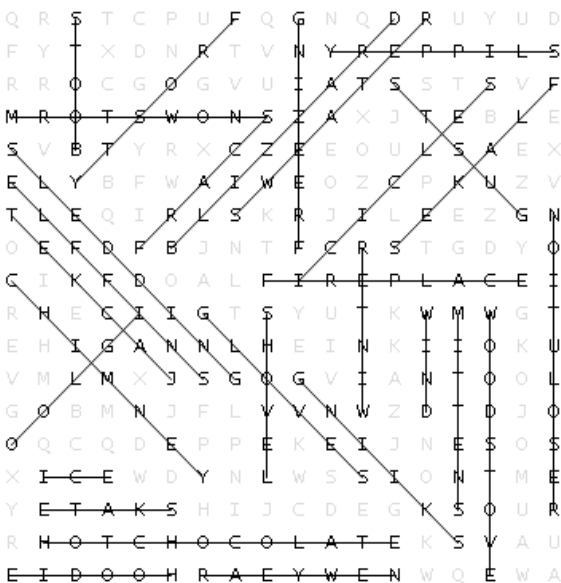
Friday, January 19 at 1:00pm—Movie Matinee: "Oppenheimer"

Narrowsburg Library—Narrowsburg Knitters—every Monday at 6:00pm

ANSWER KEY

CRYPTOGRAM:

"Be the change that you want to see in the world" - Gandhi



Answer to Sudoku

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

TRIVIA: 31 years

1973-1999 and 2001-2004

Riddles: 1) SWIMS

2. A FEATHER

3. SEE O DOUBLE YOU

BRAINTEASER: Turn the square with the 6 in it upside down. This way you can make the number 798, which is divisible by 7.