



JANUARY 2025 NEWSLETTER



TEL: (845) 807-0241
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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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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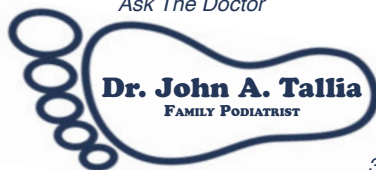


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SIDING
GUTTERS**

845-820-4954

JDTCONSTRUCTIONNY.NET

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2024 SEASON

THE REVOLI TRAGHER
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SOUTH FALLSBURG, NY 12779
845.536.6506
WWW.SCDW.NET



FRIDAY 6:15P-10:15P



JUNE 14TH-22ND



JULY 12TH-20TH



AUGUST 9TH-16TH



SEPTEMBER 15TH-22ND



OCTOBER 11TH-18TH



WARNING

A warning is issued when a hazardous weather or natural disaster (ex. Flooding) event is occurring, imminent or likely. A warning means weather conditions pose a threat to life or property. People in the path of the storm need to take protective action.

ADVISORY

An advisory is issued when a hazardous weather or natural disaster (ex. Flooding) event is occurring, imminent or likely. Advisories are for less serious conditions than warnings, that cause significant inconvenience and if caution is not used, could lead to situations that may threaten life or property.

WATCH

A watch is used when the risk of a hazardous weather or natural disaster (ex. Flooding) has increased significantly but its occurrence, location or timing is still uncertain. It is intended to provide enough lead time so those who need to set their plans in motion can do so. A watch means that hazardous weather is possible. People should have a plan of action in case a storm threatens and they should listen for later information and possible warnings especially when planning travel or outdoor activities.



Simple Cremation:
\$995.00

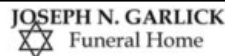
zmmemorials.com

845-977-6127

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ATTENTION HOMEOWNERS! SINGLE FAMILY HOUSING REPAIR LOAN & GRANT PROGRAM



Eligibility requirements are as follows:

- Be the homeowner and occupy the house
- Be unable to obtain affordable credit elsewhere
- Have a household income that does not exceed the very low limit by county
- For grants, be age 62 or older

*** The "Very Low Limit" threshold which needs to be met in Sullivan County is \$44,650 for a 1-4 person household, and \$58,950 for a 5-8 person household.

20 year low interest loans with a fixed rate of 1% are capped at \$40,000 and may be used to repair, improve, or modernize homes, or remove health and safety hazards. Grants are available for applicants aged 62 and older, are capped at \$10,000, and may only be used to remove health and safety hazards (total maximum available per household is \$50,000 as these can be combined). Applications are accepted through the local Rural Development Office for New York State, with contact information as follows;

Brian Murray, State Director
 The Galleries of Syracuse
 441 South Salina Street, Suite 357
 Syracuse, NY 13202-2541
 Voice: (315) 477-6400
 Fax: (315) 477-6438
<https://www.rd.usda.gov/ny>



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



NYCONNECTS NEWS

Congratulations to Tana Price and Debbie Barnes, our NYConnects Point of Entry Assistants, on being recognized by New York State as leaders in updating and adding to the Resource Directory for Sullivan County. Keep up the good work!





JANUARY 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 \$6.00.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2% AND SKIM MILK SERVED AT ALL MEALS	1) 	2) DECAF TEA AND DECAF COFFEE AVAILABLE AT ALL MEALS	3) Macaroni & Cheese, Stewed Tomatoes, Cauliflower, Whole Wheat Bread, Peaches
6) Breaded Chicken Breast, Oven Roasted Potatoes, Broccoli, Dinner Rolls, Fruit Cocktail	7) Pork Chop w/ Gravy, Sweet Potatoes, Corn, Rye Bread, Fruit Cocktail	8) Beef & Broccoli Stir Fry, Brown Rice, Oriental Vegetables, Wheat Bread (2), Fresh Orange	9) Kielbasa & Kraut, Boiled Potatoes, Peas, Dinner Rolls (2), Fresh Apple	10) Tortellini Marinara, Tossed Salad, Mixed Vegetables, Italian Bread (2), Applesauce
13) Cheeseburger on a Bun, Pickles, Scalloped Potatoes, Diced Carrots, Fruit Cocktail	14) Chicken Stew, Egg Noodles, Broccoli & Cauliflower, Dinner Rolls (2), Pears	15) Salisbury Steak, Gravy, Oven Roasted Potatoes, Peas & Carrots, Wheat Bread (2) Mandarin Oranges	16) Stuffed Shells (2), Side Salad, Green Beans, Italian Bread, Fruit Cocktail	17) Sausage Sandwich, Peppers & Onions, Baked Beans, Hoagie Roll, Fresh Apple
20) Closed 	21) Baked Chicken w/ Gravy, Sweet Potatoes, Broccoli, Dinner Rolls (2), Fresh Orange	22) Cheese Ravioli w/ Garlic Cream Sauce, Peas, Italian Bread, Mandarin Oranges	23) Breaded Fish, Baked Potato, Green Beans, Wheat Bread (2), Peaches	24) Chili Con Carne, Brown Rice, Mixed Vegetables, Corn Muffin (1), Fresh Apple
27) Roast Pork Loin, Gravy, Sweet Potatoes, Cauliflower Dinner Rolls (2), Pears	28) Roast Pork Loin, Gravy, Sweet Potatoes, Cauliflower Dinner Rolls (2), Pears	29) Meatballs (2), Baked Ziti Marinara, Broccoli, Side Salad, Italian Bread, Fruit Cocktail	30) Hot Dogs on a Bun (2), Baked Beans, Diced Carrots, Applesauce	31) Hungarian Goulash, Egg Noodles, Corn, Rye Bread, Vanilla Pudding

Medicare Advantage Open Enrollment Period January 1-March 31st.

How to get ready for Medicare Advantage Open Enrollment

Whether you recently enrolled or have had your Medicare Advantage plan for years, you can take this opportunity to confirm - or change - your plan choice. Think about your experiences using your plan and review your plan benefits. How does your plan stack up in the following areas?

- Your doctor and other providers are in the plan network.
- Your prescription drugs are on the plan formulary.
- You are comfortable with your costs, including premiums, deductibles, copays, and coinsurance.
- You have the additional coverage that you want for things like dental, vision, and hearing care.
- You are happy with your plan's additional benefits.

If you decide to make a change, you have from January 1 - March 31 to do it. You can explore other plan options. Your new plan benefits will be in effect for the rest of the year.

If you have any questions, please feel free to call the Office for the Aging 845-807-0241.

Medicare.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

Jan 6, 13, 27

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

Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS

Jan 7, 14, 24, 28

Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS

Jan 8,15, 22, 29

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

Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS

Jan 2, 9, 16, 23, 30

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

Jan 3, 10, 17, 24, 31

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

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

Emotional Well-Being

Caregivers are often hard on themselves.

Their expectations are to be able to:

- Keep their own household going as usual
- Keep their life as 'normal' as usual
- Handle the finances
- Address every physical, spiritual, intellectual and emotional need of the care recipient
- Be a case manager or health advocate
- Maintain a pleasant demeanor at all times

That is an impossible task! So, it's not surprising that caregivers feel as if they're not doing enough or that they've done something wrong. They are upset with themselves for not being patient or loving enough. They also feel guilty for wanting some time to themselves.

Keeping emotional balance is very important. Here are some ways you can shift your mood toward the positive.

Positive Self-Talk - We all have the voices in our head that make a running commentary on everything we do. Too often they're telling us how impatient we are and what we could do better. Shift your focus whenever you realize that inner voice is beating you up. The more often you do, the less power you give those negative thoughts. Turn the negative self-talk in your head to positive self-talk.

What do I often tell myself that I'd like to change? (*Example: I should have been more patient.*)

What would I rather hear? (*I did the best I could and I will try to be more patient.*)

Forgive Yourself and Let Go of your Guilt - People feel guilty because they think that somehow there's something they could, might, should do better. Know that you are trying to do the best that you can. Acknowledge what you've done that you wish you hadn't and create a strategy to avoid the same pitfall, and then let it go.

Love Yourself as You are - Caregivers are special people doing a huge job.

Share Your Feelings - sharing feelings with a special friend whom you can trust will keep them from building up.

Find a Way to Get a Good Laugh - Watch a funny movie or television show, etc.

Read a Book - Choose a book that is uplifting, and will distract and/or inspire you.

Address your Spiritual and/or Religious Needs - Talk with a religious or spiritual leader, attend a place of worship, read an inspirational book, pray, meditate, take a walk in a park, etc.

Acknowledge everything you do - make a list of all the things you do that make a positive difference in your care receiver's life – even the smallest things.

Supplied by: Caregiver Resource Center, CCE Sullivan, 64 Ferndale-Loomis Road, Liberty, NY 12754, 845-292-6180 Sullivancce.org

Source: The Complete Caregiver Support Group Guide, Ester R.A. Leutenberg & Carroll Morris with Kathy Khalsa, ORT/L, Illustrated by Amy L. Brodsky, LISW-S. ©2012 WHOLE PERSON ASSOICATES, 210 WEST MICHIGAN ST., DULUTH MN 55802-1908 800-247-6789



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Hudson Valley Long Term Care Ombudsman Program

JOIN OUR TEAM



Benefits of Becoming A Volunteer Ombudsman

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Free Training- and continuing education provided.

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

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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.



RSVP NEWS

This month I would like to extend a heartfelt thank you to a very unique group of volunteers. These volunteers make blankets, hats, scarves, gloves, and various decorative items for the home. These lovely pieces are then distributed to people in need throughout Sullivan County. Last month, we were able to distribute 36 adult hats, 44 children's hats, 22 blankets, and several other beautifully handcrafted items to four of our partner sites.

To quote a letter written to me by Kathy Kreiter, Program Administrator of the Sullivan County Federation for the Homeless, "the beautiful handcrafted blankets and hats were unexpected and so meaningful. Many of the people we serve here at the Federation do not have the advantage of receiving the gift of something that was made with so much obvious time and care. The items you donated will certainly bring joy to many." We are so grateful for our needlework volunteers who continue to provide warmth and comfort to those who need it most.

This is just one of the many opportunities for those who are interested in volunteering. If you are retired and 55 years of age or better and are looking for a volunteer opportunity, please call the RSVP office at (845) 807-0255.

Monika Roosa, RSVP Coordinator



Cornell Cooperative Extension | Sullivan County
64 Ferndale-Loomis Rd., Liberty NY 12754

Caregiver Resource Center

Tai Chi Tuesdays

March 18 - May 6, 2025
11:00 am - 12:00 pm

Tai chi is an ancient Chinese practice that combines slow and gentle movements with deep breathing. This exercise can:

- Increase strength, balance, and posture
- Prevent the risk of falls,
- Improve the mind, body, and spirit

This program is for seniors age 60 and older individuals with arthritis or chronic health issues of any age. Those with no previous Tai Chi experience who want to try a gentle form of exercise with great health benefit are welcome!

Use the QR Code or Register here:
www.sullivanccce.org/events
or call (845) 292-6180 x 122
sullivancrc@cornell.edu

Sullivan County Dept. of Public Health's *Winter Series*

BRACELET MAKING

Wednesday, January 8, 2025

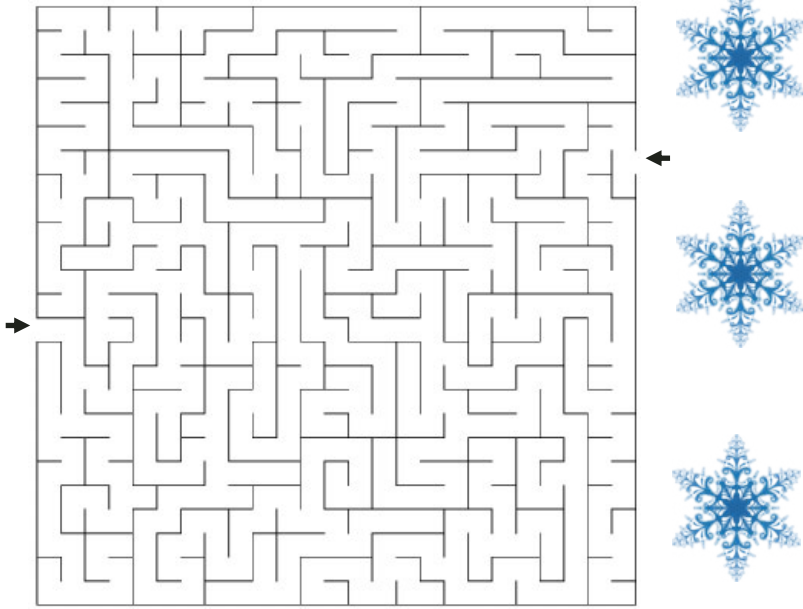
6:00 pm – 7:30 pm

119 North Main St, Liberty

Public Health presentation on self management of depression & other coping strategies followed by DIY bracelet making.

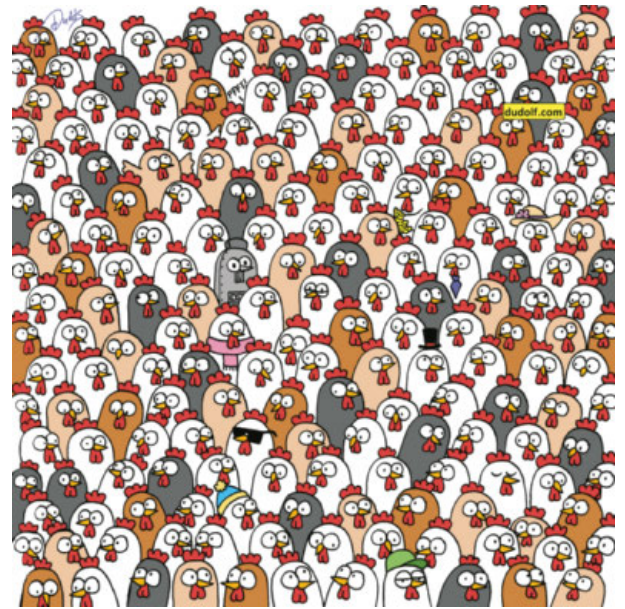


Find your way through the maze.



Can You find THREE OWLS among the chickens?

Source: Dudolf.com



CRAZY FOR COFFEE WORDSEARCH

A	M	E	R	C	D	R	I	P	F	E	Y	E	D	E	R	E
B	F	L	A	T	T	E	S	D	E	G	A	S	S	I	N	G
O	I	P	P	O	D	D	M	O	C	H	A	O	T	G	V	E
U	E	D	R	I	O	N	O	C	A	F	D	T	S	A	O	R
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SUDOKU

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3						2		7
2		8		4				5

TRIVIA: What is the largest organ in the human body?

RIDDLES:

1. What can fill a room but takes up no space?
2. What is so fragile that saying its name breaks it?
3. What word contains 26 letters but has only three syllables?

AEROPRESS	CHEMEX	FINISH	ROAST
AFFOGATO	CORTADO	FRENCH	ROASTER
AMERICANO	CREMA	GRINDER	ROBUSTA
ARABICA	DECAFFEINATED	LATTE	SHOT
BARISTA	DEGASSING	MACCHIATO	TRADE
BLEND	DOPPIO	MOCHA	TYPICA
BOURBON	DRIP	PULL	VARIETAL
BREWER	ESPRESSO	REDEYE	
CAFFEINE	FAIR	RISTRETTO	



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LOCAL ACTIVITIES AND EVENTS



Jan. 11, 10am-12pm East Mongaup River Park at 181 Town Park Rd, Monticello. Free snowshoe rentals will be provided to the first 25 town residents to RSVP by Jan.4th. Email jferriero@townofthompson.com today or call 845-434-7303

Transcendental Meditation Technique

FREE information session about Transcendental Meditation technique with a certified teacher. This is a great opportunity to learn more and ask questions about this simple mental technique practiced by millions of people of many different cultures and religions worldwide.

Saturday, January 25th 11:00am

LivingstonManorLibrary.org/ProgramsignUp (845) 439-5440 92 Main St. Livingston Manor, NY

LIBRARY ACTIVITIES

Monticello

Jan.13, 1:00pm - Chair Yoga
 Jan.23, 2:00pm-3:00pm - Find out if NYS has unclaimed funds in your name.
 ZOOM-Virtual
 Jan. 15, 7:00pm-8:00pm –Online Author Talk. “The Magic of Found Family: In Conversation with Author TJ Klune. This is an online event.

Liberty

Jan. 10, 1:00 pm Movie Matinee “Ordinary Angels”
 Jan. 17, 1:00 pm Senior Swing
 Jan. 24, 1:00 pm Movie Matinee “The Prime of Miss Jean Brodie”

Western Sullivan Public Library

Jan. 30, Feb. 27 & Mar. 27, 7:00 pm-8:00 pm 3 Part (Virtual) Declutter Series. Register online at www.wspsonline.org or call 845-887-4040.

Log on with expert organizer Jamie Novak. See instant success with LIVE mini-tidy ups during each program.

Coupons in the Digital Age

Coupons has shifted over the years, from paper inserts to instant, internet-based discounts. Maintain those savings by learning about digital coupons, cash back apps, and rebate programs.

Participants should bring a list of their most frequently purchased items and favorite stores.

Wednesday, January 15th 11:00am

LivingstonManorLibrary.org/ProgramSignUp
 (845) 439-5440
 92 Main St. Livingston Manor



SATURDAY, JANUARY 18TH

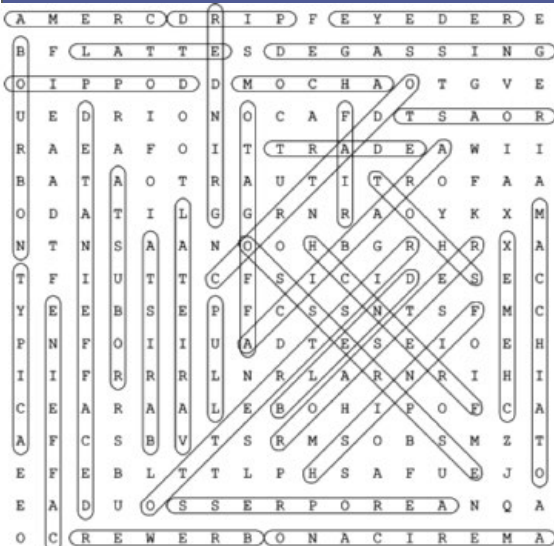
11:00AM-2:00PM

AT THE LIVINGSTON MANOR PRESBYTERIAN CHURCH

Repair Café Livingston Manor promotes repair as an alternative to tossing things out. Bring your broken, but beloved items to get repaired. Chat with your neighbors and enjoy home-baked goodies while you wait!

- LAPTOPS/COMPUTERS
- CLOTHING/TEXTILES
- CLOCKS/WATCHES
- ELECTRICAL APPLIANCES
- FURNITURE (SMALL PIECES)
- WOODEN OBJECTS
- MECHANICAL OBJECTS
- GUITAR TUNING AND STRING REPLACEMENT

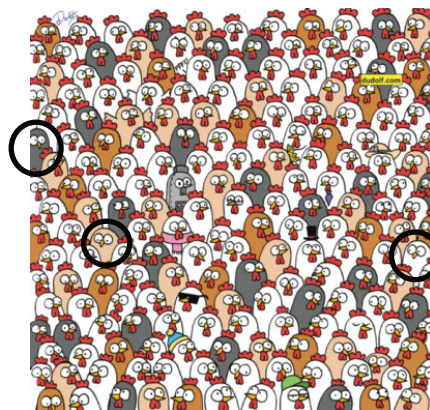
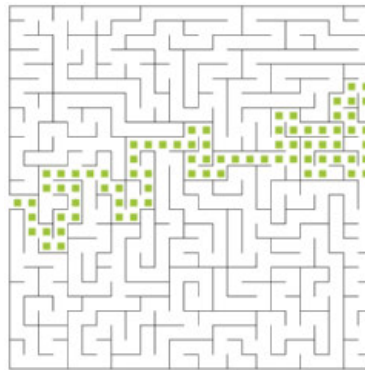
ANSWER KEY



TRIVIA: The skin

RIDDLES:

1. LIGHT
2. SILENCE
3. ALPHABET



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