



JULY 2026 NEWSLETTER



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

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SULLIVANNY.GOV

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TO BE ON OUR MAILING
LIST, PLEASE CONTACT
OUR OFFICE

EDITORS: TANA PRICE &
TERESA BORTREE

The Monthly Hoot

AMERICA
250



**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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AMERICA'S 250TH BIRTHDAY

The United States Semiquincentennial, also called America250, marks the 250th anniversary of the Declaration of Independence on July 4, 2026.

The Semiquincentennial, or 250th anniversary of the United States, commemorates the signing of the Declaration of Independence in 1776. It is also referred to as the Bisesquicentennial, Sestercentennial, or Quarter Millennium. Official celebrations are planned for July 4, 2026, with events beginning in 2025 and continuing through the anniversary year.

The milestone provides an opportunity to reflect on the nation's history, honor contributions of Americans, and engage communities nationwide

The United States Semiquincentennial Commission, established by Congress in 2016, oversees official planning. America250.org, Inc., a nonprofit supporting the Commission, coordinates programs and public engagement.

America250 Programs: Includes contests for students, volunteer initiatives and competitions like America's Startup to encourage civic engagement and innovation.

The Semiquincentennial Commission Act directs the issuance of coins, stamps and naval vessels named in honor of the milestone.

Events are planned in historically significant cities such as Boston, Philadelphia, New York City and Charleston, South Carolina.

A new public bell will honor 250 years of women's contributions and lead nationwide ringing tributes.

Americans are encouraged to participate through volunteer service, sharing personal stories, attending events and engaging in educational programs. The initiative aims to involve all 350 million Americans in the celebration, reflecting the nation's heritage and values.

The United States Semiquincentennial represents both a celebration of the nation's founding and an opportunity to inspire future generations through reflection, education and community involvement.

Source: Google

The Sullivan Semiquincentennial Commission will coordinate Sullivan County's celebration of the 250th anniversary of the Declaration of Independence and the American Revolution. For more information and list of upcoming events, go to: www.sullivan250.org

Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952





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

July 6, 13, 20, 27

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

Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS

July 7, 14, 21, 28

Town of Fallsburg- Woodridge, Mountaindale & South Fallsburg.

Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS

July 1, 8, 15, 22, 29

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

Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS

July 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

July 10, 17, 24, 31

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

OFA Loaner Closet

Did you know the Office for the Aging offers a Loaner Closet with lightly used medical equipment available at no cost?

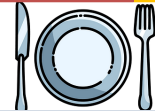
If you or a loved one could benefit from items such as walkers, wheelchairs, shower chairs, or other assistive devices, we encourage you to reach out. Supplies vary, but we’re always happy to check what’s available and help connect you with what you need.



📞 Please contact our office to learn more or check availability.



JULY MENU



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
Milk served with all Meals	Coffee and Tea available at Senior Nutrition Sites	1)Chicken & Broccoli Egg Noodles (4oz) Oriental Vegetables Wheat Bread (2) Apple	2)Meatball Sub Broccoli Side Salad Hoagie Roll Fruit Cocktail	3) CLOSED - Independence Day 
6)Pork Chop Gravy Sweet Potatoes Diced Carrots Whole Wheat Bread (2) Applesauce	7)Cheeseburger on a Bun Oven Roasted Potatoes Green Beans Pickles Peaches	8)Cottage Cheese Plate Leaf Lettuce Potato Salad 3 Bean Salad Rye Bread (2) Fruit Cocktail	9)Macaroni & Cheese Stewed Tomatoes Cauliflower Whole Wheat Bread (2) Banana	10)Oven Roasted Turkey Gravy Baked Potato Corn Dinner Rolls (2) Fresh Strawberries
13)Unstuffed Cabbage Boiled Potatoes Peas Rye Bread (2) Fresh Orange	14)Chicken Fajitas Flour Tortilla Corn Brown Rice Pineapple	15)Kielbasa Sauerkraut Boiled Potatoes Diced Carrots Fruit Cocktail Sausage Roll	16)Beef Stew Brown Rice Broccoli Dinner Rolls (2) Apple	17)Breaded Fish Tartar Sauce Baked Potato Peas & Carrots Whole Wheat Bread (2) Peaches
20)Roast Beef Sandwich Lettuce & Tomato Macaroni Salad Cole Slaw Whole Wheat Bread (2) Fresh Plum	21)Stuffed Shells (2) Side Salad Green Beans Italian Bread Fruit Cocktail	22)Chicken Tenders (3) Oven Roasted Potatoes Diced Carrots Dinner Rolls Fresh Orange	23)Hot Dogs on a Bun (2) Sauerkraut Mixed Vegetables Baked Beans Pears	24)Beef & Broccoli Brown Rice Oriental Vegetables Dinner Rolls Mandarin Oranges
27)Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Fruit Cocktail	28)Cheese Tortellini Marinara Peas Carrots Dinner Rolls (2) Fresh Nectarine	29)Roast Pork Loin Gravy Sweet Potatoes Broccoli Whole Wheat Bread (2) Applesauce	30)Hungarian Goulash Egg Noodles Mixed Vegetables Rye Bread (2) Mandarin Oranges	31)Ham & Cheese Sandwich Lettuce & Tomatoes Potato Salad Cucumber & Tomato Salad Italian Bread (2) Fresh Peach

2026 OLDER NEW YORKERS AWARDEES



Clarence Rundle

Clarence Rundle is a man with heart. He volunteers at the Community Assistance Center in Swan Lake, NY, assisting with the food pantry distribution on Tuesdays. He has been helping there since the COVID-19 outbreak in 2020.

On Tuesdays, he manages a delivery of ten to twelve pallets of food from the Food Bank of the Hudson Valley. These deliveries must be unloaded and divided among 21 pantries and then reloaded into the trucks of each of the pantries.

Clarence's positive can-do attitude and great sense of humor encourage everyone to keep going.

He also tirelessly volunteers with the Sullivan County Veterans Coalition, Liberty Elks, Sullivan Volunteers, Honor Guard, AM VETS, American Legion Post 109, and Disabled American Veterans (DAV).

Clarence said, "It's a great thing to help other people."



Virdanna Lawrence

Virdanna Lawrence has lived in Mamakating, NY since 1969. Lawrence, better known as "Danna," has been instrumental in starting the local 4H Club, a dance class at St. Joseph's and at the Community Church of Wurtsboro. She has also researched early history of Mamakating and lectured to schools and the public about the community's roots and origins.

Virdanna is a member of the Bloomingburg Restoration Church. She is responsible for restoring historical markers. Additionally, she puts American flags on veterans' graves. She is an advocate for Mamakating history throughout Sullivan County. She and her husband, Jamie, reside in Yankee Lake, NY.

When it comes to volunteering, Virdanna said, "Do it!"

Older New Yorkers' Day

May 26, 2026

The Desmond, Albany, NY



Medicare Issues New Cards and Medicare Numbers to Some Beneficiaries

Medicare has notified certain beneficiaries that they will receive new Medicare cards and Medicare numbers. According to the notice, the change is being made to help protect beneficiaries' identities and reduce the risk of fraud associated with their current Medicare numbers.

The notice explains that beneficiaries should continue using their existing Medicare cards until the effective date listed in the letter. After that date, the old Medicare number will no longer be valid, and beneficiaries should begin using the new card for all Medicare-related services.

Medicare advises recipients to destroy their old Medicare cards once the new number becomes effective and to inform their healthcare providers of the updated Medicare number. As with any sensitive personal information, beneficiaries should protect their Medicare numbers and only share them with trusted healthcare providers, insurers, pharmacists, or authorized representatives working on their behalf.

Anyone who receives a notice about a new Medicare card and has questions about its authenticity should contact Medicare directly or log in to their Medicare account for verification. Beneficiaries are encouraged to remain vigilant against scams and to avoid sharing Medicare information with unsolicited callers or unknown individuals.

As always, feel free to reach out to the Office for the Aging with any questions.

Kelly Brown

Coordinator of Services for the Aging

MEDICAL TRANSPORTATION VOLUNTEER DRIVERS NEEDED!

Qualifications:

- Must love helping people.
- Must have a clean, reliable, and insured vehicle.
- Must have a clean driving record.
- Must be able to drive out of county to places like Middletown, Goshen, Port Jervis, Ellenville.
- Must be professional and a good communicator for client interactions.
- Background check and fingerprinting required.
- Must be 45 years of age or older.

Benefits:

- Unlimited monthly mileage reimbursement of 72.5¢/mile (current standard IRS allowance)
- Supplemental insurance
- Recognition events
- Free emergency car kit

***Ask for Monika, Sullivan County Volunteers Program Coordinator or call (845) 807-0255



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Caregiver Café in-person Support Group

1st Monday each month 10-11am at CCE Sullivan. July 13, Aug 10, Sept 14, Oct 19, Nov 9, & Dec 14

Virtual Support Group 2026

3rd Wednesday each month, 6-7pm via zoom July 15, Sept 16, Oct 21, Nov 18, Dec 16.

Parkinson's Support Group

1st Wednesday each month, 4-5:30 pm July 1, Aug 5, Sept 2, Oct-TBD

Registration required: www.sullivanccce.org/events sullivanccce@cornell.edu or call 845-292-6180 x 122
64 Ferndale-Loomis Rd, Liberty

Cornell Cooperative Extension | Sullivan County

PLACES TO COOL DOWN IN SULLIVAN COUNTY



MAMAKATING LIBRARY 128 Sullivan Street Wurtsboro, NY 12791 845-888-8004 Mon, Wed, Fri 10-5 Tue & Thurs 10-7 / Sat 10-4	SUNSHINE HALL FREE LIBRARY 14 Proctor Road Eldred, NY 12732 845-557-6258 Tue, Wed, Thurs 12-4 Fri 10-6 / Sat 10-3	JEFFERSONVILLE LIBRARY 19 Center Street Jeffersonville, NY 12748 845-482-4350 Tue & Wed 10-8 Thurs & Fri 10-6 / Sat 10-2	CALLICOON LIBRARY 45 Lower Main Street Callicoon, NY 12723 845-887-4040 Mon, Wed, Thurs 10-5 Tue 3-7 / Fri 10-6 / Sat 11:30-4	NARROWSBURG LIBRARY 198 Bridge Street Narrowsburg, NY 12764 845-252-3360 Mon 10-8 / Tue 9:30-2 Wed & Fri 10-7 / Sat 9:30-2
WALMART 41 Anawana Lake Road Monticello, NY 12701 Call for Business Hours: 845-796-7202	LIVINGSTON MANOR LIBRARY 92 Main Street Livingston Manor, NY 12758 845-439-5440 Mon & Wed 10-6 / Thurs 10-7 Fri 10-5 / Sat 10-2	SOUTH FALLSBURG LIBRARY 12 Railroad Plaza South Fallsburg, NY 12779 845-436-6067 Mon & Wed 9-5 Tue & Thurs 9-7 / Fri 9-4	SULLIVAN COUNTY GOVERNMENT CENTER 100 North Street Monticello, NY 12701 845-794-3000 Mon-Fri 7:30-5	S.U.N.Y. SULLIVAN COLLEGE 112 College Road Loch Sheldrake, NY 12759 845-434-5750 Public Safety ext. 4315 Mon-Fri 9-5
MONTICELLO LIBRARY 393 Broadway Monticello, NY 12701 845-794-4660 Mon, Tue, Thurs 9:30-8 Wed & Fri 9:30-6 / Sat 10-4 (Sundays in July & Aug 12-4)		LIBERTY LIBRARY 189 North Main Street Liberty, NY 12754 845-292-6070 Mon, Wed, Fri 10-5 Tue & Thurs 10-6:30 / Sat 10-4 (Tue & Thurs in July & Aug 10-7)		

WORTHY READS OFA STAFF RECOMMENDATIONS

Selected by	Book Title & Author	Selected by:	Book Title & Author
Alexis	The Rules of Magic by Alice Hoffman	Teresa	The Boyfriend by Frieda McFadden
Carrie	Verity by Colleen Hoover	Lise-Anne	Atmosphere by Taylor Jenkins Reid
Tana	Of Mice and Men by John Steinbeck	Sharon	Summer State of Mind – Kristy Woodson-Harvey
Laura	The Hero Next Door by Martha Raddatz	Sherri	The Wrong Sister by Claire Douglas
Cathie	Three to Get Ready by Janet Evanovich		

Match the '80s Soundtrack Song to the Movie

Source: AARP.org

SONGS

1. "Call Me" by Blondie
2. "Eye of the Tiger" by Survivor
3. "Fight the Power" by Public Enemy
4. "Holding Out for a Hero" by Bonnie Tyler
5. "I Can Dream About You" by Dan Hartman
6. "If You Leave" by Orchestral Manoeuvres in the Dark
7. "I'm Alright" by Kenny Loggins
8. "It's in the Way That You Use It" by Eric Clapton
9. "I've Had the Time of My Life" by Bill Medley & Jennifer Warnes
10. "Magic" by Olivia Newton-John
11. "The Power of Love" by Huey Lewis and the News
12. "Shakedown" by Bob Seger
13. "Somewhere Out There" by Linda Ronstadt & James Ingram
14. "We Don't Need Another Hero" by Tina Turner
15. "Wind Beneath My Wings" by Bette Midler

MOVIES

- A. American Gigolo
- B. An American Tale
- C. Back to the Future
- D. Beaches
- E. Beverly Hills Cop
- F. Caddyshack
- G. The Color of Money
- H. Dirty Dancing
- I. Do the Right Thing
- J. Footloose
- K. Mad Max-Beyond Thunderdome
- L. Pretty in Pink
- M. Rocky III
- N. Streets of Fire
- O. Xanadu





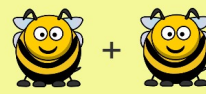

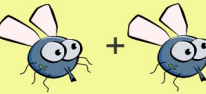



G	A	B	J	A	F	O	T	J	L	C	R	S	V	K	M	U	L	C	H
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R	T	M	N	S	E	D	E	K	M	Z	W	X	A	A	B	C	K	I	Y
D	V	T	O	T	M	A	K	R	X	N	O	C	W	K	D	T	Z	F	A
E	M	H	D	E	J	I	I	Y	E	A	L	Y	P	U	U	E	U	T	P
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O	E	T	A	T	M	S	P	R	O	U	T	G	H	L	T	Q	C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

- | | | | |
|---------|-----------|---------|----------|
| BLOOMS | GARDEN | POTTING | STEMS |
| BULBS | HARVEST | PRUNING | SUNLIGHT |
| CACTUS | HERB | ROOTS | THORNS |
| COMPOST | MULCH | SEEDS | TULIPS |
| DAISIES | PERENNIAL | SHADE | VINES |
| FERNS | PESTICIDE | SOIL | WATER |
| FLOWER | POLLINATE | SPROUT | WEEDS |

SUDOKU

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

Math Puzzle

 +
  +
  = 60
 +
  = 26
 +
  = 7
 x
  x
  = ?



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LOCAL ACTIVITIES AND EVENTS

July 4, 10:00 am - Independence Day Celebration & Parade, Main St. Liberty. Fireworks at dusk (approx. 9:15pm)

July 4, 9:00 pm - July 4th Fireworks Show, 555 World Resorts Dr. Monticello

July 11, 10:00 am - CRAFT FAIR,, Liberty Elks Lodge #1545, 21 John St. Liberty

July 11, 11:00 am - Wurtsboro Street Fair, Sullivan St. Wurtsboro

July 11, 11:00 am - SC Historical Society Book Fair & Signing, 265 Main St. Hurleyville

July 18, 10:00 am - Town Tag Sale, Main St. Livingston Manor

July 18, 2:00 pm - HPAC Music Festival, 219 Main St. Hurleyville

July 24, 6:00 pm - Town of Mamakating Summer Concert Series "Hudson Blue", 27-29 Mamakating Rd, Bloomingburg

LIBRARY ACTIVITIES

Liberty

July 3, 1:00 pm - Chair Yoga

July 10, 1:00 pm - Movie Matinee - "Hamilton - The Broadway Musical"

July 24, 1:00 pm - Senior Swing

July 31, 1:00 pm - Movie Matinee - "Tender Mercies"

Livingston Manor

July 8, 10:00 am - Maker-in-Residence Workshop - Sculpting with Clay

Narrowsburg

July 1,8,15, 5:00 pm - Happy Class with Nick Roes

July 10, 2:00 pm - Open Art Studio

Jeffersonville

July 8, 6:30 pm - Sullivan County Historian John Conway

"Divided Loyalties: The Local Impact of the War for Independence"

July 31, 5:30 pm - "Modern Pioneering" Film Premiere & Apple Shrub Workshop

Callicoon

July 17, 11:00 am - Drop in with Public Health

July 17, 4:00 pm - Craft Lovers - Make scrapbook bookmarks

July 24, 6:00 pm - Open Mic

July 28, 5:00 pm - Crafts - Sublimation Bookmarks & pouches

WBOT Music & Farmers Market in the Park Farmers Market 5-8pm , 3rd St. Bands 6:00 pm, Veterans Park, Wurtsboro FREE CONCERTS

7/2 - Neon Plaid

7/9 - Fisher & Kean

7/16 - Stephen Alexander Band

7/23 - That 70's Project

7/30 - Mike Risko Band

HPAC Movie Night - FREE Admission 219 Main St. Hurleyville - 9:00 pm

July 9 - Sixteen Candles

July 11 - Dirty Dancing

July 16 - Breakfast Club

July 18 - Top Gun

July 23 - Back to the Future

July 25 - Planes, Trains & Automobiles

Sullivan County SPCA
104 Rock Hill Drive, Rock Hill,
NY

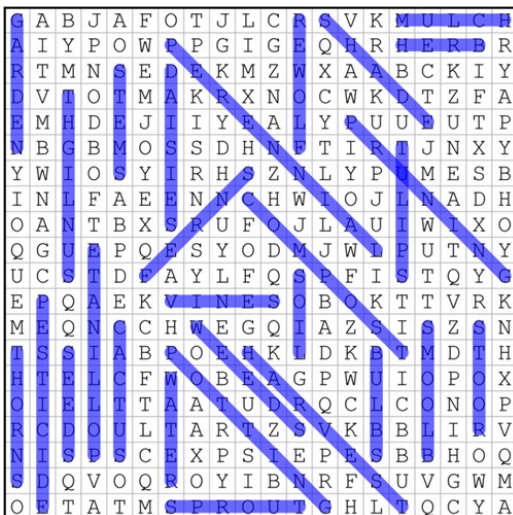
Annual Yard Sale

Sunday July 19th

10 a.m. - 4 p.m. Rain or Shine
Food, Music, and Dog Psychic



ANSWER KEY



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

80's Movies Soundtrack Match-Up

1) A 2) M 3) I 4) J 5) N 6) L 7)
F 8) G 9) H 10) O 11) C 12) E
13) B 14) K 15) D

Math Puzzle

Chicken = 20

Bee = 3

Fly = 2

$3 \times 2 \times 3 = 18$

Correct answer : 18