



JUNE 2025 NEWSLETTER

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

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EDITORS: TANA PRICE & TERESA BORTREE



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

TO:

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WHAT'S INSIDE

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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.

WE NEED YOUR SUPPORT

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Name Address I designate my contribution of \$_____ for: ☐ Home Delivered Meals ☐ Congregate Meals ☐ Volunteer Services ☐ Case management/Home care ☐ Transportation ☐ Health Insurance Counseling Services ☐ 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

*** PAID ADVERTISEMENTS ARE NOT ENDORSED BY THE SULLIVAN COUNTY OFFICE FOR THE AGING NOR DOES THE SULLIVAN COUNTY OFFICE FOR THE AGING HAVE ANY DIRECT CONNECTION TO THE SERVICES AND GOODS OFFERED IN THE ADVERTISEMENTS***





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Attention all Cyclists & Pedestrians!

SULLIVAN COUNTY

Sullivan County Division of Planning, Community Development and **Environmental Management is** gathering input to shape a comprehensive Bicycle & Pedestrian Master Plan.

The plan aims to build a safer, more sustainable walking and biking network that better connects people to schools, jobs, retail, and main streets—while reducing vehicle travel and greenhouse gas emissions.

We want your input!

Take our short survey to share your thoughts on how to make walking and biking safer, easier, and more accessible for everyone.

https://app.maptionnaire.com/q/ 7en2wex9uci4





Stay tuned for updates and upcoming events at www.sullivanny.gov/ Departments/PlanningEnvironmental



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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!

Meir Horowitz

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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 June 2, 9, 16, 23, 30	<u>Town of Bethel</u> -Smallwood, Cochecton, Bethel Senior Housing and White Lake. <u>Town of Neversink</u> -Neversink, Grahamsville, Foxcroft Village.
TUESDAYS June 3, 10, 17, 24,	<u>Town of Fallsburg</u> - Woodridge, Mountaindale & South Fallsburg. <u>Town of Rockland</u> - Livingston Manor & Roscoe.
WEDNESDAYS June 4, 11, 18, 25	<u>Town of Liberty</u> - Liberty – Golden Park, Barkley Gardens & White Sulphur Springs <u>Town of Mamakating</u> - Summitville, Wurtsboro & Bloomingburg.
THURSDAYS June 5, 12, 19, 26	<u>Highland Area</u> - Narrowsburg, Eldred, Barryville, Glen Spey, etc. * and some surrounding areas, not all areas included <u>Town of Thompson</u> - All of Monticello, Mongaup Valley
FRIDAYS June 6, 13, 20, 27	<u>Town of Delaware</u> - Fremont, Callicoon, Hankins, Jeffersonville, etc. <u>Liberty Village & Fallsburg</u> - 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



JUNE 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.

<u>VOLUNTARY SUGGESTED CONTRIBUTIONS:</u> For those over 60 years of age, our funding through the Older Americans Act <u>requires</u> 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.

. 55	TUECDAY	,	THIRCDAY	FDIDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) BBQ Pulled Pork Sandwich Baked Beans Cole Slaw Peaches	3) Cheeseburger on a Bun, Oven Roasted , Potatoes, Green Beans, Pickles, Apple	4) Chicken & Broccoli Egg Noodles Oriental Vegetables Dinner Rolls(2) Fruit Cocktail	5) Roast Beef Sandwich Lettuce & Tomato Macaroni Salad Cole Slaw Whole Wheat Bread Applesauce	6) Macaroni & Cheese Stewed Tomatoes Zucchini Slices Whole Wheat Bread Applesauce
9) Unstuffed Cabbage Boiled Potatoes Peas Rye Bread Fresh Orange	10) Chicken Cacciatore Spaghetti Marinara Mixed Vegetables Italian Bread Pears	11) Breaded Fish Tartar Sauce Baked Potato Diced Carrots Whole Wheat Bread Peaches	12) Beef Stew Egg Noodle Broccoli Dinner Rolls (2), Apple	13) Kielbasa Sauerkraut Boiled Potatoes Diced Carrots Fruit Cocktail
16) Beef & Broccoli Stir Fry Brown Rice Oriental Vegetables Dinner Rolls Mandarin Oranges	17) Chicken Tenders(3) Oven Roasted Potatoes Cauliflower Dinner Rolls (2) Applesauce	18) Stuffed Shells(2) Side Salad Green Beans Italian Bread Fresh Orange	19) Hot Dogs on a Bun (2) Potato Puffs Baked Beans Pears	20) Chili Con Carne Brown Rice Corn Corn Muffin Peaches
23) Ham & Cheese Sandwich Lettuce & Tomato Whole Wheat Bread Potato Salad 3 Bean Salad Pears	24) Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Fruit Cocktail	25) Hungarian Goulash Egg Noodles Italian Green Beans Rye Bread Mandarin Oranges	26) Roast Pork Loin w/Gravy Sweet Potatoes Peas & Carrots Whole Wheat Bread Applesauce	27) Ziti w/Meat Sauce Side Salad Broccoli Dinner Rolls(2) Fresh Orange
30)Salisbury Steak Gravy Mashed Potatoes Mixed Vegetables Dinner Rolls(2) Peaches			Milk served with all Meals Coffee and Tea available at Senior Nutrition Sites MENU SUBJECT TO CHANGE	

SULLIVAN COUNTY VOLUNTEER FAIR



















On Saturday, May 17th, a total of 26 local organizations participated in the inaugural Sullivan County Volunteer Fair, which was held at Cornell Cooperative Extension in Liberty. This event was established to facilitate connections between community members interested in volunteering and some of Sullivan County's most esteemed organizations that depend significantly on the contributions of their volunteers.

Volunteerism plays a crucial role in building stronger, more connected communities. It helps address local needs, fosters civic engagement, and brings people together across different backgrounds. When individuals volunteer, they contribute time, skills, and compassion that enhance community well-being, often filling gaps where services may be limited.

If you have a few available hours and wish to contribute to your community, please reach out to Monika Roosa, the Sullivan Volunteers Coordinator, at (845) 807-0255 or by emailing Monika.Roosa@Sullivanny.gov to explore the opportunities that best align with your interests and availability.























8 Red Flags To Help Identify Scams



YOU'RE CONTACTED OUT OF THE BLUE

Unsolicited phone calls should always be treated with caution. If you're in doubt, hang up. You shouldn't receive a call from tech support if you didn't initiate the interaction and inform them of a problem. The same goes for winning prizes or money. You can't win a sweepstakes or lottery you never entered.

IT SOUNDS TOO GOOD TO BE TRUE

If it seems too good to be true, it probably is. A long-lost relative who left you money in their will, an investment with no risk or overly consistent returns, being awarded a loan or grant you don't remember applying for or winning a lottery you did not enter all sound farfetched, but they're tactics scammers regularly use get their hands on consumers' money and personal information.





THERE'S A SENSE OF URGENCY TO ACT

Scammers know that fear works in their favor. They want you to panic and act quickly without taking the time to ask questions, verify information and evaluate the situation with a clear head. If you receive a phone call or message from someone claiming to be with a government agency, law enforcement, utility company, financial institution or health care facility, who informs you you'll face legal action, deportation, immediate disconnection of utilities or arrest if you don't immediately pay or provide your financial information, then you've likely been targeted by a scammer.

SPELLING AND GRAMMAR ERRORS

Be very suspicious of "official" documents with misspellings, poor grammar or logos that don't look legitimate. Legitimate entities take the time to proofread and review their correspondence unlike scammers who aren't always well educated and don't always have English as their first language, so their correspondence is often full of errors.





THREATENING AND VULGAR LANGUAGE

Be cautious of any caller who threatens you with arrest, deportation or legal action, becomes hostile or uses profanity. Scammers do this in hopes that the interaction will cloud your judgment and you'll be prompted to respond or act quickly.

AN UPFRONT INVESTMENT OR PAYMENT IS REQUIRED

Scammers often claim advanced payment of taxes or fees is needed to clear funds or release the money you've won. They may even suggest they're helping you despite it being unclear what the fees are actually for and the fees are small compared to what you'll receive. Never pay fees or taxes in advance, especially if you don't have clear documentation on what the payments are for.





UNTRACEABLE PAYMENT METHODS

Scammers do their best to cover their tracks and avoiding traditional banking methods helps them do that. They often direct consumers to provide payment in the form of wire transfers, prepaid debit cards or gift cards; all methods that are nearly untraceable so once the money is sent, it's gone for good.

REQUIRES YOU TO PROVIDE PERSONAL INFORMATION

In rare circumstances, banks, government agencies and legitimate companies may ask consumers to provide personal information to verify their identity, but they don't generally do so by phone, email or text message. Scammers, on the other hand, may attempt to impersonate an entity to lure consumers into providing their private information so that they can use it to commit fraud. Never provide your private information in response to an unsolicited call, email or text message. Instead, call the entity at a phone number found on its website, on the back of your credit or debit card, or on official correspondence like your monthly utility bill.





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YOU CAN MAKE A DIFFERENCE FOR SENIORS IN THE **HUDSON VALLEY!**

Hudson Valley Long Term Care Ombudsman Program

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Benefits of Becoming A Volunteer Ombudsman

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

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

APPLY AT: NURSINGHOME411.ORG/LTCOP/VOLUNTEER

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. Deportment of Health and Human Services, Administration for Community Living.









Celebrating healthy aging and educating older adults

Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people?

Join us, and bring a friend! We need 4 to 6 people to join us for the next class series, to be scheduled soon!

The educational program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect older adults differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

Free refreshments and giveaways for participating in the program!

For more information, call (845) 292-6180 x 122, or email: Nancy McGraw: nam247@cornell.edu | Martin Colavito: mc2224@cornell.edu,

2025 Caregiver Resource Center **Monthly Virtual Support Groups**

For family caregivers caring for an individual with any illness, chronic disease or disability (including seniors or someone with earlystage dementia).

To register:

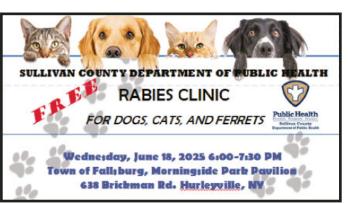
Use the QR Code, or use the link https://tinyurl.com/5n6mtpv4 or email sullivancrc@cornell.edu



3rd Wednesday each month 6:00 PM - 7:00 PM

June 18 May 21 July 16 Aug 20 Oct 15 Sept 17 Nov 19 **Dec 17**

Via Zoom or Phone



Spring Senior Fitness Class June Schedule

Monday

Mamakating 6/2 & 6/16 11:30am.-12:15pm Bethel 6/9 & 6/23 & 6/30 10:30-11:30 am

Wednesday

Liberty 6/11 & 6/25 11:30am- 12:15pm Livingston Manor 6/18 & (7/2) Substitute class for 6/4 10:30am-11:30pm

Friday

Jeffersonville 6/13 & 6/27 10:30am-



Parkinson's Support Group

Registration is preferred but walk-ins are welcome!

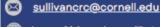


Parkinson's disease can be different for everyone. While there's no cure for Parkinson's disease, certain lifestyle changes can help manage symptoms and improve overall quality of life.

REGISTER:



(845) 292-6180 ext. 122



https://tinyurl.com/3s4uhzc9

WHEN:

4:00 PM - 5:30 PM

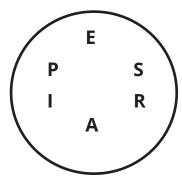
June 11 July 9 Aug 13 Sept 10 Oct 8 Nov 12

ANYONE WITH QUESTIONS CAN CALL ANGELA @ 845-292-8715

FUN & GAMES

Double the Fun-Word Game

- Make a list of as many words as you can using only the letters in the circle below.
- 2) Solve the crossword puzzle using words from your list.



ACROSS DO

1.Harpoon 2. P 5. Juice 3. E

7. Awake 8. Worship 10. Extra

12. Bartlett or Bosc

15. Scorch 16. "Two

in a pod"

17. Primate1

DOWN

2. Period 3. Elevate

4. Wharf

6. Intend

9. Photo 11. Mature

13. Harvest

14. Get up

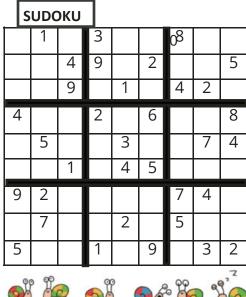
15. Drink

16. Tart

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ALEXANDRITE GARDEN LIFEGUARD SOLSTICE BARBECUE GEMINI LIGHTNING **STRAWBERRY BEACH OUTDOORS GRADUATION SUMMER DIPLOMA PEARL** HONEYSUCKLE **SUNSCREEN** FATHER'S DAY ICE CREAM **PEONY** VACATION FLAG DAY **JUNETEENTH PICNIC** WATERMELON FLIP FLOPS ROSE WEDDING **LEMONADE**





Which snail has a UNIQUE shell? (Which one doesn't have a pair?)

Source: Duolf.com



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MVP Health Plan, Inc. is an HMO-POS/PPO organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract renewal.

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LOCAL ACTIVITIES AND EVENTS

June 1, 9:00 am -Catskill Region AACA 60th Annual Car Show at Rock Hill Fire Dept.,61 Glen Wild Rd, Rock Hill

June 3, 5:30 pm -Zumba in the Park, 181 Town Park Rd. Monticello

June 8, 12:00 pm -29th Annual Callicoon Tractor Parade, 8 Creamery Rd, Callicoon

June 7, 11:00 am -Penny Social, Jeffersonville Fire Dept. 4903 NY-52, Jeffersonville

June 12, 5:00 pm -Music & Farmers' Market, Veterans Memorial Park, Wurtsboro

June 14, 11:00am thru June 15, 7:00 pm -3rd Annual America the Beautiful Festival, 517 Neversink Dr. Port Jervis

June 21, 12:00 pm -PrideFest, 219 Main St. Hurleyville

June 21, 12:00 pm -5:00 pm -Solstice in Bloom Artisan Market, 689 Winterton Rd, Bloomingburg

June 28, 11:00 am -Cornhole Tournament, 33 Weiss Rd, Parksville

LIBRARY ACTIVITIES

Monticello

June 3, 1:00 pm - Music on Broadway Series. Forever Ray is back June 18, 3:00 pm -Library Bingo Program

Liberty
June 2, 10:30 am -Senior Coffee Club with Dr. Joyce Garber
June 6, 2:00 pm -Chair Yoga

Movie Matinee "Dog Man, The Movie"

June 13, 1:00 pm - Movie Matinee "Bridget Jones: Mad About the Bov"

June 20, 1:00 pm -Senior Swing

June 27, 1:00 -Movie Matinee "Twisters"

Jeffersonville

June 4, 1:00 pm -Movie Club "Knives Out" June 4, 5:30 pm -Family Move Night "The Wild Robot" June 24, 6:00 pm -Wills & Trusts with Martin Hersch

Callicoon

June 27, 5:00 pm -Local Author, Lily Barrish Levner

Narrowsburg

June 17, 10:00 am -Intro to Podcasting. Learn the basics for creating your very own podcast

Free Movie in the Park

The Backvard Park 21 Lovett Lane, Jeffersonville Gates open at 6:30 pm, movie at dusk

June 6 - "The Lion King"

June 20 – "Chicken Little", preceded with performance by the Rhythm & Grace Performing Arts Studio

**Please bring a blanket and chair. Concession stand will be open for snacks and beverages.



GIFT BINGO

Support the Woodridge Senior Club June 21, 2025 Woodridge Village Hall 2 Dairyland Rd Woodridge, NY 12789

Admission \$5.00 (2 Bingo cards) Extra Bingo cards will be available

> Door opens at 4:00 pm Calling at 5:30 pm

Refreshments sold. All New Items, Penny Social Table, 50/50 Raffle and more

ANSWER KEY

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Double the Fu	ın Word
ACROSS	DOWN
1.SPEAR	2.ERA
5.SAP	3.RAISE
7.ARISE	4.PIER
8.PRAISE	6.ASPIRE
10.SPARE	9.SEPIA
12.PEAR	11.RIPE
15.SEAR	13.REAP
16.PEAS	14.RISE
17.APE	15.SIP
	16.PIE

